



OISS NEWS

OFFICE OF INTERNATIONAL STUDENT SERVICES

APRIL 2008

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UPDATED OPTIONAL PRACTICAL TRAINING INFORMATION

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The Department of Homeland Security's (DHS) Immigration and Customs Enforcement (ICE) have published new items to assist F-1 visa holders and their employers. There is the OPT checklist available at [http://](http://www.ice.gov/doclib/sevis/pdf/opt_checklist.pdf)

www.ice.gov/doclib/sevis/pdf/opt_checklist.pdf and the Cap-Gap Information for employers at [http://](http://www.ice.gov/doclib/sevis/pdf/cap_gap_factsheet.pdf)

www.ice.gov/doclib/sevis/pdf/cap_gap_factsheet.pdf

Information about Optional Practical Training and the Cap-Gap is still being updated. For more information please contact Vivian Yamoah at 574 520 4419 or vyamoah@iusb.edu.

There will be an Optional Practical Training presentation on June 10th. This presentation is required for all those graduating in August and interested in applying for OPT to start in September and October. There will be one-on-one meetings in the morning of June 12th, the afternoon of June 15th and the morning of June 16th. Sign-up emails will be sent out during the first week of June.

HEALTH INSURANCE

Health insurance prices are going down again. The official rate will be available later this summer. The OISS would like to remind you that paper waivers are not accepted. **All students who wish have their own insurance, will need to use the e-Waiver form in iStart.** The eWaiver will be available approximately 30 days before the first day of classes each fall and spring semester until 10 days after the first day of classes. Instructions are available on the OISS current student health insurance site. If you need assistance, please come to the Gateway Information Center.

Chickering has had a name change to Aetna Student Health. For new students, health insurance cards are mailed out within a month of the insurance waiver date. If you never received an insurance card you may request one online, as well as print out a temporary personalized card for use right away. Please register online at Aetna Student

Health. After you have registered, you can print out a temporary card or change your address. (Changing your address in OneStart updates your school and immigration record but not your health insurance address.) You can also check charges and other items associated with your account. If you still have questions, please contact Vivian at vyamoah@iusb.edu or 574 520 4419.

OISS News

Office of International Student Services Newsletter

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Waivers for the fall semester are due on September 9th.

OISS STAFF NEWS

GOODBYE VERA



The OISS will be saying goodbye to Vera Williamson née Dutkevich on April 30th. Vera is moving with her family to Florida. She was with our office for a year and some months. She started working for the OISS on February 18, 2008. Vera was

born in the Ukraine and moved to the United States as a child. Many of you sampled her cooking talents at last year and this year's International Food Fest where she baked dessert and cooked soup. She will be missed and we wish her luck on her cross country move. If you have a chance, please stop by to say goodbye. We hope to have a new person in the position no later than June.



GOODBYE LILY

Sirilak "Lilly" Tangsrianukul our international graduate student assistant will be graduating in August with a Master of Business Administration degree. She has been a part of our office since last April and written several of the newsletter articles. Lily was recently made a member of the Beta Gamma Sigma interna-

tional business honor. Her plans after graduation are still in progress. We congratulate her and wish her the best in her future plans.



TRAVEL AND IMMIGRATION

Julie will be out the last week of April and the first of week of May. She will be out again the last week of May. Admissions decisions and transcript evaluations will be in suspense while she is away.

Vivian will be out of the office from May 8th and June 8th. She will be doing the OPT presentation and OPT appointments when she returns during the second week of June.

If you will be traveling home or have questions about immigration, visas, etc., please do not wait till the last minute. Come see Vivian or Julie at least a week before your trip overseas. We will need to sign your I-20 and make sure that all your documents are in order so you can return to Indiana University South Bend to continue your education.

FREQUENTLY ASKED QUESTIONS

Dear Advisors,

Every time I travel, the OISS wants me to bring in my I-94 and other documents to be copied. Why is this? And also I have more than 2 I-20s now? Can I throw away my old ones? I can't travel with them anymore so I don't need them, right?

Sincerely,

Too much paper

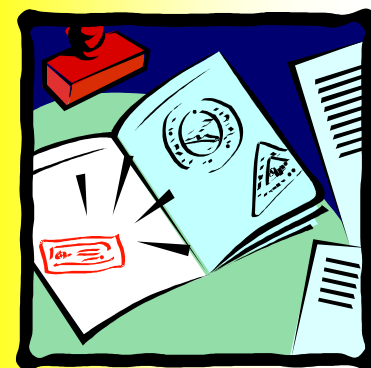
Dear Too much paper,

The OISS asks you to come in for us to copy your I-94 because that is one of the most important immigration documents that you

have. It proves that you entered the U.S. legally. It also shows that you entered the U.S. as an F-1 or J-1 student. You should keep it safe. It costs \$300 to replace the I-94 card.

And for your second question, you need to keep ALL copies of your old I-20s. When you apply for Optional Practical Training and other immigration benefits such as H1-B, you are required to provide copies of all of your I-20s. Your old I-20s also show that you have been continuously legal in the U.S.

If the OISS does not have copies of all your previous I-20s, please come in so that we can copy them for your file.



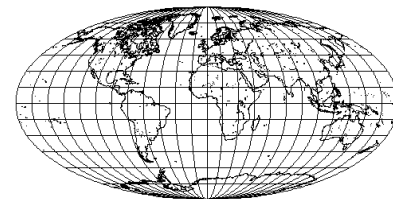
Are you in an international/culture club not listed below? Please contact Vivian at vyamoah@iusb.edu or call the OISS to be included in the September 2009 newsletter .

ISO CORNER

INTERNATIONAL FOOD FEST

The International Student Organization held its 10th annual International Food Festival on April 11, 2009, at the IU South Bend main cafeteria. The International Food Festival (IFF) was another great success this year! On Saturday morning April 11, 2009, the kitchen was bustling with activity as students prepared dishes from China, Cote D'Ivoire, El Salvador, Japan, Kenya, Lebanon, Malaysia, Mexico, Poland, Saudi Arabia, Taiwan, Trinidad and Tobago, and Ukraine with assistance from people from other countries. Over three hun-

dred guests attended the event which was featured both on WNDU 16 and Fox News 28 TV stations. On top of having food, there was also dancing, singing, and the crowd favorite fashion show. This year set a record in recent times for number of tickets sold and amount of food eaten.



ISO ACTIVITIES

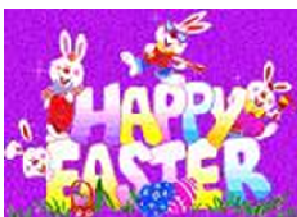
The ISO will have its end of semester party and elections on May 8th at 5 pm in the Jordan Center. For more information about positions

available and requirements to be an officer. Please contact the ISO at iso@iusb.edu or find them on facebook.

WORLD CULTURE AND AMERICAN CULTURE

EASTER

After Valentine's Day, I am sure many of you saw the new set of decorations that were put up in groceries stores, supermarkets and even here in some campus offices. Have you wonder what all those bunnies and chicks stood for? That answer is the topic of this month's newsletter. But before we get there, a little background on why these things now represent or are associated with Easter.



Easter or Resurrection Sunday is the day Christians celebrate the resurrection of Jesus Christ from the dead. Easter is one of the most important annual religious festivals commemorating the principal feast of the Christian year. The origins of the English word "Easter" are not certain, but many people think that it probably developed from the name of the goddess *Ēostre* or *Eastre*, an Anglo-Saxon goddess of springtime.

Easter is celebrated on a Sunday between March 22 and April 25. Easter Sunday is a movable feast; meaning that it is not fixed but is determined by a system based on a lunar calendar. This year, Easter Sunday occurred on April 12, 2009 for Western Christians – Roman Catholic, Anglican, and Protestant Churches, etc.; whereas for the Orthodox Eastern Christian Orthodox Churches, Easter occurred on April 19, 2009.

Easter Symbols

Easter Eggs & Baby Chicks

Eggs and chicks symbolize rebirth and new life. Eggs have been a

symbol of spring since ancient times. An egg also is a symbol of the rock tomb out of which Christ emerged when he arose. The chick, hatching out of the egg, symbolizes new life or rebirth.

Easter Bunny

The rabbit or hare is a symbol of abundant new life in ancient times and reminds us of spring and new life. The Easter Bunny is a rabbit-spirit. In ancient times, he was called the "Easter Hare." Hares and rabbits have frequent multiple births thus, they have become a symbol of fertility.

Easter Lilies

The white blossoms symbolize the purity of Jesus. Lilies, emerging from the earth in the spring, also symbolize new life and the resurrection of Christ.

Hot Cross Buns

Hot cross buns have a cross of icing on the top to remind people of Christ. Eating hot cross buns is a tradition that has passed over from one generation to another. Moreover, it has been a custom to eat hot cross buns at breakfast time on Good Friday. And since then, this tradition has become a major part of Easter celebration.

By Lily





ENGLISH GONE CRAZY? MAD?

THE FOOD WE EAT

“I had some cow for lunch today and Vivian just told me how good the pig she had was.” What’s wrong with this sentence; maybe it’s the fact that we never really give the same name to the meat as the animal it comes from. The sentence would make more sense if I said, “I had beef for lunch and Vivian just told me how good the pork she had was”.

But how did this come about? Well the theory is that the Anglo-Saxon peasants who raised the animals in the fields used their English names but the people who cooked and served the meats used the Norman French names since that was the language spoken by the nobles who were eating the meat. Beef comes from the French word *boeuf* which means cow; and pork from the French word *porc* which means pig and likewise mutton from the French word *mouton* which is the French



word for sheep. Turkey, chicken and duck came way later as domestic animals. When the two languages were put together to form English the two names stuck, one as the eaten version and the other as the farmed version. The animals that were domesticated later did not have this split in names.

Farm/Animal Name	Food Item Name
Cow	Beef
Pig	Pork/bacon
Sheep	Mutton
Calf	Veal
Deer	Venison

By Chabula

REMINDERS

SEE OISS BEFORE TRAVELING IN THE US OR OVERSEAS
ISO END OF SEMSTER PARTY MAY 8TH
FALL HEALTH INSURANCE eWAIVER DUE SEPTEMBER 9TH

Office of International Student Services NEWS

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Calendar of Events

April

- 12th—International Food Fest
- 15th—Taxes Due
- 17th—Asian Heritage Festival

May

- 1st– 7th -Final Exams
- 8th—ISO End of Semester Party
- 12th—Commencement
- 18th—First day of Summer Session 1
- 25th —U.S. Memorial Day Observed (no classes, campus closed)

June

- 15th—Taxes Due (8843 form only)
- 24th - 25th - International Student Orientation

July

- 3rd— U.S. Independence Day Observed (campus closed)
- 4th— U.S. Independence Day
- 6th—First day of Summer Session 2

August

- 20th-22nd —International Student Orientation
- 31st — First Day of Class Fall Semester

September

- 7th— U.S. Labor Day (no classes, campus closed)
- 9th —Insurance e-Waiver Due