Dear Students,

We would like to extend a warm welcome to our incoming students and “welcome back” to our returning students. The 2009-10 academic year is off to a great start with record enrollment. IU South Bend has over 8,200 students enrolled this semester. We also have a record international student enrollment of over 230 students.

There are a lot of activities scheduled on campus this year. We encourage you to get involved with campus activities along with your studies to make the most of your experience here. The International Student Organization (ISO) hosted a welcome dinner for new and returning students on Friday, September 4th at the Jordan Center. We hope that you were able to attend this event.

We have a new staff member in our office. Betsy Court is our new International Student Representative. She joined our office in late May. If you haven’t met her yet, please stop by and introduce yourself.

Best wishes for a successful semester!

Julie

Julie M. Williams, Director
Office of International Student Services

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**OPTIONAL PRACTICAL TRAINING**

Every six months or so, the government is bringing out new changes about Optional Practical Training (OPT) and Curricular Practical Training (CPT); it is important to learn the new information and regulations. Things may have changed since your friends and classmates applied OPT last year or even last semester.

**OISS will hold workshops on CPT and OPT on September 14th and 15th from 4-5 pm in the Alumni Room in the Administration Building.** Attendance at a workshop is required before you can apply for OPT.

Please sign up by calling the OISS at 574 520 4419 or email oiss@iusb.edu.

While the government is processing OPT applications quicker than before, it is important that students who will graduate in December, apply for OPT as soon as possible. With the many holidays occurring in October, November, and December, EAD cards may not arrive on time if students apply in November or December for a January or February start date. The dates for December graduates OPT appointments are:

- Friday October 2nd—10am, 10:30am, 11 am, 11:30am, 12:00 pm
- Monday October 5th 2:30pm, 3pm, 3:30pm, 4pm
- Tuesday October 6th 3pm, 3:30pm, 4pm
- Friday October 9th 2:30pm, 3pm, 3:30pm, 4pm
Julie at Michigan City Beach for Orientation

Julie with the IU South Bend “international team”

Julie receiving ISO award at Food Fest

International Student Services Office May 2008
For those coming in for immigration advising at the end of the last academic year, you probably noticed that I was out of the office for some time. I was in Turkey from early May until early June. I was participating in a Group Student Exchange program with Rotary International. I was selected for the program last September. I participated in the exchange with 4 other people, who live in other parts of northern Indiana.

My travels took me around a large swatch of Turkey. While for most people Turkey is about Istanbul or Ankara, these are not the places that I visited. I had the opportunity to visit over 5 different regions and several cities.

My journey started in the northern part of the country where we passed snow covered mountains and ended in the south at the Turkish Riviera. I saw some world heritage sites and touched the waters of the Black and Mediterranean Seas. I was able to homestay with Turkish families. I hiked through mountains bursting with flowers and went to an underground city built over a millennia ago. I saw silk worms become gorgeous carpets and ate fresh seafood at a restaurant by the sea. Turkey is a country of contrasts. Each city I visited was new, exciting and unique. Each area also had their own food specialty.

I hope for the opportunity to go back and visit

and hopefully see Istanbul and the Western part of Turkey.
HEALTH INSURANCE

HEALTH INSURANCE PRICES DOWN AGAIN!!

Aetna Student Health insurance prices have gone down by 15% this year, making it even more affordable. Aetna Student Health Insurance is the Indiana University health insurance plan for all F-1 and J-1 students. All F-1 and J-1 students and their dependents are required to have health insurance. You will be signed up automatically for the Aetna insurance and the charges will be posted to your account in September.

If you have your own insurance from overseas or a company in the U.S., you must fill out an online form to waive out of the Aetna Student Health Insurance. You must verify that you have the same coverage as the Aetna plan and that your insurance took effect on August 31, the first day of classes. Minimum health insurance requirements are available at http://www.iusb.edu/~oiss/current_students/health_waiver.shtml.

Fall online waivers are due no later than September 9, 2009. If you do not fill out the waiver by the deadline, you will be charged for the Aetna Student Health Insurance. To submit a waiver, login to your OneStart account and click on iStart. Instructions for accessing iStart and processing the waiver are available on the health insurance page of the current student website.

For new students, health insurance cards are mailed out within a month of the insurance waiver deadline. You will receive an email message when your card is available for pick up. OISS can print out a temporary card for you if you need to see a doctor before your card arrives. Students are encouraged to use the University’s Health and Wellness Center and also to visit the Aetna web site at www.aetnastudenthealth.com to learn more about their policy.

If you have any questions about health insurance, please stop by OISS and speak to Betsy or call her 574 520 4419 or email at ecourt@iusb.edu.

FREQUENTLY ASKED QUESTIONS

Dear Advisor,

I am having serious problems in my class. I did poorly on some homework assignments and almost failed a test. I am not sure if I can pass. I really want to drop it. But I know there are immigration restrictions. I don’t want to go below 12 credits. I also don’t want to hurt my G.P.A. What are my options? Do I have any options? What should I do? I am afraid of being dropped from my department because my G.P.A. will become too low. Please help.

Sincerely,

Barely hanging on!

Dear Barely hanging on,

Please come to the OISS as soon as you are having problems with your class(es). There are some options available to you. We will not know how to help you until you see us. It is better to see us in September and October when we have more options than to wait till the drop deadline in November.

Also please see you academic advisor to see what your academic options are.

OISS
The use of proverbs is one way in which society hands down wisdom from generation to generation. Often we do not know who the originator of the proverb is. So sometimes we will begin a proverb by adding the words ‘a wise man once told me,’ We do not seek to give credit to that person, but the advice or the good will in the proverb remains relevant over time. So what is a proverb? Depending on which dictionary you use, there are many definitions of a proverb but the one I found on Dictionary.Com, sums it all up, “a short popular saying, usually of unknown and ancient origin, that expresses effectively some commonplace truth or useful thought”. Below is a list of some proverbs from various countries around the world represented by current and former students at this campus.

International Proverbs
Adversity makes a man wise, not rich. – Romanian Proverb
Better to light a candle than to curse the darkness. – Chinese Proverb
A closed mind is like a closed book; just a block of wood. – Chinese Proverb
Do not lengthen the quarrel while there is an opportunity of escaping. – Latin Proverb
Do not protect yourself by a fence, but rather by friends. – Czech Proverb
Don’t speak unless you can improve the silence. – Spanish Proverb
Don’t think there are no crocodiles because the water is calm. – Malayan Proverb
Don’t throw away the old bucket until you know whether the new one holds water. – Swedish Proverb
Examine what is said, not him who speaks. – Arab Proverb
Fall seven times, stand up eight. – Japanese Proverb
You learn a lot about a man by his behavior when he is hungry. – Zambian Proverb
A tree never hits an automobile except in self defense. – American Proverb

Man has responsibility, not power. – Native American Proverb (Tuscarora)
Since the house is on fire, let us warm ourselves. – Italian Proverb
Tell me who’s your friend, and I’ll tell you who you are. – Russian Proverb
A bird in the hand is worth two in the bush—American Proverb

By Chabula
Festivals are big part of the U.S. cultural landscape. Festivals are held in big cities and small towns. Some celebrate the city or town while others celebrate a food item or plant well known in the area. This newsletter, we will look at festivals that take place in the Michiana area.

Encarta online dictionary/encyclopedia defines festivals as “a program or series of performances or other cultural events, usually held at regular intervals, often in one place.” This definition covers a wide range of activities.

Two Michiana area festivals that will be coming up in the fall semester are the Blueberry Festival and the Niles Haunted House.

The Blueberry Festival always takes place over the Labor Day weekend. This year it will be from September 4-7th. The festival takes place in Centennial Park in Plymouth which is less than 40 minutes from South Bend. According to the planners website, the Blueberry Festival has been voted a “Top 100 Event” in North American by the American Bus Association in 1997, 1999 and again in 2007.”

As the name of the festival implies, there are a great many things available at the festival that are made from blueberries; these include “blueberry delights like blueberry pie, blueberry ice cream, blueberry shakes, sundaes, donuts, blueberry cheesecake and just plain blueberries!” Many of the groups there are raising funds for non-profits organizations. [http://www.blueberryfestival.org/](http://www.blueberryfestival.org/)

The Niles Haunted House while not a festival in the sense that many U.S. people think, does fit the definition of a festival and is listed on many local news stations and area cultural websites as a festival.

Niles Haunted House includes several acres of lands. On this land is haunted house designed to scare both young and old alike. It has been expanded this year. Its attractions this year include, Dark Terror-ory Haunted Hayride, the Field of Screams, and a midway (the area where rides, food and entertainment is located) with several attractions such as Fry Freddie Hoops, the Blade, Spooky Splatt paintball shooting gallery and the X-Terminator. [http://www.haunted.org/](http://www.haunted.org/)

The International Student Organization will be organizing a trip to the Niles Haunted House in October as part of ISO’s Halloween celebrations.

ISO EVENTS

As usual the International Student Organization (ISO) has a lot of activities planned for this semester. Below is a listing of future ISO events. If you are interested in getting more information about ISO or the event ties and locations, please contact them at iso@iusb.edu or find them on facebook at http://www.facebook.com/home.php#/group.php?gid=2219424596

September – Welcome Party
October – Niles Haunted House, Halloween Party
November – Thanksgiving Dinner
December – End of Semester Party
January – Welcome Back Party

AMERICAN CULTURE

FESTIVALS

Festivals are big part of the U.S. cultural landscape. Festivals are held in big cities and small towns. Some celebrate the city or town while others celebrate a food item or plant well known in the area. This newsletter, we will look at festivals that take place in the Michiana area.

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OPT/CPT Workshop
September 14th and 15th
Alumni Room
4-5 pm
## Calendar of Events

<table>
<thead>
<tr>
<th>August</th>
<th>September</th>
<th>October</th>
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<tbody>
<tr>
<td>21st – All Student Orientation</td>
<td>7th – Labor Day (no classes)</td>
<td>5th – OPT Appointments</td>
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<tr>
<td>31st – First day of Classes</td>
<td>164h – OPT/CPT Workshop SAC 223 4-5pm</td>
<td>6th – OPT Appointments</td>
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<tr>
<td></td>
<td>15th – OPT/CPT Workshop SAC 221 4-5pm</td>
<td>9th – OPT Appointments</td>
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<td></td>
<td></td>
<td>ISO Halloween Party**</td>
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<table>
<thead>
<tr>
<th>November</th>
<th>December</th>
<th>January</th>
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<tbody>
<tr>
<td>ISO Thanksgiving Celebration**</td>
<td>12th – Last day of classes</td>
<td>6th – International Student Orientation</td>
</tr>
<tr>
<td>26th – Thanksgiving (no classes)</td>
<td>14th – 19th – Final Exams</td>
<td>11th – First Day of Class spring semester</td>
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<tr>
<td>27th – no classes</td>
<td>ISO end of semester party**</td>
<td>ISO Welcome Party**</td>
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<td></td>
<td>20th – January 10th – winter holidays</td>
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<td>25th – 1st January – OISS and university closed for winter break.</td>
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** items – check email for date, time and location

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**Office of International Student Services NEWS**

**Contributors:**
- Julie Williams – OISS Director
- Vivian Yamoah – OISS Assistant Director
- Betsy Court – OISS Representative
- Chabula Mulumbu – OISS Student Worker

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