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You are cordially invited to the 2008 SUNY-ESF International Night. This annual event provides an opportunity for students from both SUNY-ESF and SU to showcase the richness of their cultural background through cultural performances and the sharing of cultural foods.

Day: Saturday, February 9, 2008

Time: 5:00 - 9:00 p.m.

Location: Nifkin Lounge (ESF Campus)

Admission: Free (students, faculty and staff and their families and friends)

If you would like to represent your country/ethnicity by cooking a dish for about 20 people (or more if you can), performing something that represents your cultural background, or contributing in other ways, please contact Amos Quaye quamous@yahoo.com or Jaconette Mirck jmirck@gmail.com. Photos from previous years' International Nights are available [online](#).

Event hosted by the Graduate Student Association of ESF.

Say "Farewell" to Andrea!

Our Associate Director, Andrea Godfread-Brown, will be ending her time with us on Thursday, January 31, at the end of the day. Andrea will be remaining in Syracuse, opening her own law practice. We will miss her at the Slutzker Center—please free to send her your own words of farewell at agodfrea@syr.edu.

Living in Syracuse**Social Security****Taxes****Centro Bus System****Driving in the U.S.****Getting settled in Syracuse****Off Campus Housing****Orange Housing****SCIS Temporary Closing**

Wednesday, January 30, the Slutzker Center will be closed from 11:45 a.m. until 2:00 p.m. to bid farewell to Andrea Godfread-Brown. Please plan to visit the office before 11:45 or after 2:00 p.m. if you need assistance on Wednesday.

Focus the Nation

Text Box: January 29-31, 2008, Syracuse University and SUNY-ESF will participate in Focus the Nation—a nationwide event to explore global warming solutions.

Focus the Nation events include: policy makers and experts exploring the technological, political, moral, and social challenges of global warming; a green democracy roundtable; and an evening celebration with live music. All events are free and open to the public. [More information...](#)

SU Salsa Night

Date: Friday, January 25

Time: 10:00 p.m. - 2:00 a.m.

- Beginner Salsa Survival Lesson: 8-9:15 p.m.
\$7 (students w/ ID: \$5)

-Afro-Cuban drumming: 12:30 p.m.

Location: Ballybay Pub, 550 Richmond Ave, Syracuse
Cover: \$5 (free bus)

Free bus leaves from Schine Student Center (main entrance on University Pl. facing Hall of Languages and the Quad) every 30 minutes starting at 10 p.m. running until 2 a.m.

For more information, contact: lafamilia@twcny.rr.com

Dinner on Us—You Do The Cooking**Free cooking Seminars**

Text Box: Italian Cooking-February 4 or March 3

Cooking for Beginners-March 24

All Seminars are from 5-8 p.m. in the Lyman Hall Kitchen, 229

To sign-up, e-mail ooop@syr.edu (Preference will be given to students who have not attended previously)

Event sponsored by Healthy Monday, Office of Orientation and Off-Campus Programs, Food Services, and Nutrition and Hospitality Management.

Eating Healthy on a Budget

You can eat healthy without spending a lot of money. Just remember these tips:

- Use coupons and discount cards, and look for sales.
- Buy generic brands.
- Don't shop when you're hungry—you'll buy more and probably choose unhealthy foods.
- Make dishes that you can refrigerate or freeze for another meal.
- Avoid recipes with very expensive ingredients.
- Look for healthy recipes with low-cost ingredients like the ones in [Eating Healthy: A Health Guide and Recipe Book for Students Living Off-Campus](#) .

Here are some rules of thumb for food safety when shopping:

- Shop for foods that you shelve (can goods, breads, etc.) first.
- Buy refrigerated, frozen foods, and prepared foods last.
- Don't choose raw meats, poultry, or fish that are warm to the touch or have damaged packages.
- Check "sell-by" and "use-by" dates on foods—especially milk, yogurt cheese, and prepared foods.

Income Tax Resources

General income tax information is currently available on the Slutzker Center [website](#) . 2007 income tax materials and **CINTAX**: Complete International Tax Preparation Software information will be available February 4, 2008.

Hotel Room Lottery for 2009 Commencement

The Sheraton Syracuse University Hotel and Conference Center conducts a lottery for its rooms for the 2009 Commencement Weekend. The hotel takes names from Monday, Dec. 3, 2007, until Friday, Feb.15, 2008. (Note: The lottery for the 2008 Commencement Weekend has concluded.) You can call 1-800-395-2105 from 8:30 a.m. to 5 p.m., Monday through Friday, and the Sheraton staff will enter you into the 2009 Commencement Weekend lottery. Only one card per graduating senior will be accepted. The lottery will be selected in February. Only the names selected at that time will receive written notification by the hotel.

Questions? Contact:

- Sheraton Syracuse University Hotel
- 1-800-395-2105
- <http://www.sheratonsyracuse.com>