



Friday, September 11, 2009



Mix It Up Event



! Important Announcements !

- **Tuesday, Sept. 15, from 12pm-4.p.m.** at the Flanagan Gymnasium **Free Flu Vaccine** is available for students.
- **Travelling This Semester? Have Your Documents!**
If you are travelling within the U.S., you must still carry with you your passport, I-94 card, and original I-20/DS-2019. The U.S. Border Patrol often inspects documents at train stations, bus stations, and airports. If you do not have your original documents, you could be fined \$100, or detained until your status can be verified.
- If you are travelling outside the U.S., you must make sure you have a valid visa stamp to re-enter the U.S., as well as an unexpired passport valid for at least 6 months into the future, and a blue travel signature from SCIS on your I-20/DS-2019 within the last 1 year (or if you are on OPT, the last 6 months). If you are on OPT, you must also have a valid EAD card and job offer letter to re-enter the United States.
The Travel Seminar - 1st and 3rd Wednesday of each month @ 1:30pm at the Slutzker Center.
- Students who are planning to do an Internship this Fall semester should apply for Curricular Practical Training ([CPT](#)).
Curricular Practical Training Seminar (CPT) - Wednesday @ 3:00pm
Optional Practical Training Seminar (OPT) - Wednesday @ 3:45pm
- **Address Change?**
You must always provide a current physical address to the SCIS in order to keep your SEVIS registration current and to maintain your lawful status. You have 10 days to inform the SCIS of any changes or you are in violation of your status. http://international.syr.edu/address_update_opt.htm

Fall 2009 Bus Schedule

Centro is the provider of public transportation in Syracuse and throughout Onondaga, Cayuga and Oswego Counties. Centro operates a system of shuttle routes on campus under contract with Syracuse University. These are regular transit routes which Syracuse University students can board for free. Centro also operates an extensive system of bus routes connecting the Syracuse University campus to points throughout the area. Students may ride free on these routes within certain specified "free fare zones". If you wish to travel to an area outside of these zones, you must pay a fare.

http://parking.syr.edu/Parking/display.cfm?content_ID=%23%28%289%21%0A

QUESTIONS? Contact:

Parking and Transit Services
621 Skytop Road

- Phone: 443-1049
- Web: <http://parking.syr.edu>

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Free Flu Vaccine

The seasonal flu vaccine clinic is scheduled for **Tuesday, Sept. 15**, from **12pm-4.p.m.** at the Flanagan Gymnasium for SU and SUNY-ESF students. Students must enter through the Archbold entrance and present a valid student I.D. Students should wear clothing that will allow an upper arm to be easily exposed.

The seasonal flu vaccine does not offer immunity to H1N1; should H1N1 vaccine become available for students, subsequent immunization opportunities will be announced.

QUESTIONS? CONTACT:

- Syracuse University Health Services
 - 111 Waverly Ave.
 - Phone: 443-9005
 - Web: <http://sunews.syr.edu/h1n1flu/index.html>
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Protect your Personal Property with Renter's Insurance!

Pause a moment and think about what you might lose in the case of a fire or burst water pipe in your apartment...

Replacing your laptop, CD player, iPod, books, clothing, furniture, and other belongings would be costly and stressful, right?

Accidents DO happen, and each year students without insurance have had to pay out of pocket to replace valuable items, while those with insurance have benefited from their coverage. Most landlords' insurance policies do not cover the personal property of renters in the case of fire, water, or smoke damage, and every year, some SU students caught without renter's insurance have had to manage the cost of replacing lost or damaged property on their own. The SCIS therefore strongly recommends that you consider purchasing personal property insurance, also known as "renter's insurance".

Renter's insurance is often available for a low annual cost (\$50-250, depending on amount of coverage), providing coverage in the case of loss due to damage or even theft. Please note that most policies only cover an individual renter, so if you have roommates, they should buy their own policies. For more information on renter's insurance, please search the web. While the SCIS cannot recommend a particular insurance company, we can provide links to some of the major insurance companies:

[Haylor, Freyer & Coon, Inc.](#)

[State Farm Insurance](#)

[Allstate Insurance](#)

[Wachovia Insurance Services](#)

For General information about personal property insurance, and to compare rates and policies, visit <http://personalinsure.about.com/cs/renters>

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For your safety, please remember...

- On campus after dark, use DPS' free escort service.** Off campus, use SU Home (it's free); call 443-2224 for more information on these services. Additional options are Centro Bus or taxi service.
- Walk, bike or jog in groups of three or more**—away from bushes, cars and other objects a suspect could hide behind.
- Look and listen.** Headphones and cell phones can create tunnel vision.
- Travel in well-lighted and well-traveled areas.**
- Don't approach strangers** or let them get close to you.
- If you think someone is following you, switch directions or cross the street.** Go toward an open business or lighted house.
- Have your house or car keys in hand** before you reach your door.
- Know where "Blue Light" phones** are and how to use them.
- If someone tries to rob you, don't resist.** Give up your property, not your life.
- Try to get a description of the suspect(s)** and any associated vehicle and tag number.
- IMMEDIATELY report emergencies or suspicious activities, persons and vehicles.** For SU's Department of Public Safety, **dial 711** on campus or #78 (from a cell phone); for the Syracuse Police

Department, **dial 911.**

Your quick report may help prevent others from becoming victims.

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10th Annual Jewish Music & Cultural Event of Central New York

When: Sunday, September 13, 2009, 12:00pm - to 6:00pm

Where: Jewish Community Center of Syracuse
5565 Thompson Road, Syracuse, New York 13214

Cost: Free Admission

This year's festival will celebrate its 10th Anniversary. The festival will have music from Susan Watts and Elaine Watts with the Fabulous Shpielkehs, Love & Knishes, West of Odessa and other groups featuring a variety of Jewish Music. There'll be va'ad ha'ir Kosher food, arts & crafts vendors, a Children's Activities Tent, Jewish community organizations and synagogues. This cultural community event is open to the general public with free admission.

www.syracusejewishfestival.com 315-446-7810 or 315-682-8489

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ALLY DEVELOPMENT FACILITATOR TRAINING

Do you want to educate others about lesbian, gay, bisexual, and transgender issues? Do you want to challenge homophobia and encourage others to act as allies to the LGBT community? If so, then your first step is to attend this training!

Facilitators who have completed this training are eligible to lead one hour-long Ally Development workshops in classrooms, residence halls, student organization meetings, etc. to discuss how to be an ally to LGBT individuals. Students, faculty, staff, and straight allies are all welcome and encouraged to participate.

The Ally Development Facilitator Training is three hours long.

When: Friday, September 18 from 1:30-4:30 p.m.

Where: in HL 114.

Please RSVP by September 16, or contact us with questions:

Lauren Hannahs

Graduate Assistant, LGBT Resource Center

443.3983 and lbhannah@syr.edu

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University Community Harvest Farmers' Markets

The 3rd annual University Community Harvest Farmers' Market series will continue in September and October. Markets are planned for Sept. 18, 25 and Oct. 9, from 11 a.m. to 3 p.m. in the Waverly parking lot. For more information, call 443-3608.

Presented by Syracuse University and the SUNY College of Environmental Science and Forestry and open to the public, this year's markets will feature a wide variety of locally grown fruits, vegetables and plants; snacks; condiments; ceramics; and other handmade items. There will also be educational literature on healthy eating, sustainable practices and organic farming.

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HEALTH FOR A COUNTRY AT WAR

When: Thursday, October 8, @ 4 pm.

Where: Public Events Room, 220 Eggers Hall

The Regional Holocaust and Genocide Initiative funded by the Chancellor's Leadership Projects will host "HEALTH FOR A COUNTRY AT WAR." This is a visit by Dr. Jo Lusi and his wife, Lyn Lusi, who founded and run HEAL Africa, a hospital in Goma, DRC (Democratic Republic of Congo), that provides surgeries for survivors of mass rape and other horrors.

Any student who are from Congo and are musicians who'd like to perform briefly at this event. Please let us know.

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Concert by LYRA

When: Saturday, September 12, at 7 p.m.

Where: performs at St. David's Church, 14 Jamar Dr. , in DeWitt

"LYRA is a vocal ensemble of St. Petersburg , Russia. The performance begins with sacred liturgical music and concludes with Russian folk songs in costume. The program is suitable for the entire family and lasts about an hour. Free-will offering."

Directions: At the traffic light on Rt..92/5 between I-481 and Wegmans, turn south onto Maple Dr. , then right onto the fourth street on the right, Jamar Drive . St. David's is at the end of Jamar Drive . When using a map service, use zip code 13066.

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"WEEKLY SALSA UPDATE"



www.lafamiliadelasalsa.com
315-636-7133

A) NEW BEGINNER SALSA PARTNERING CLASS!!!

Starting Thurs Sept 17th... Register soon!

We are accepting registrations for our upcoming Beginner I Salsa Partnering Class - **email lafamilia@twcny.rr.com to register!** Space will be limited. The session will run for 6 weeks, on Sept 17, 24 & Oct 1, 8, 15, 22 at 6pm at Ballybay Pub, 550 Richmond Ave, Syracuse. Cost is \$60 per person for 6 classes.

EVERY THURSDAY - Syracuse

Noche de Salsa Latin Dance
9:30pm - 1am ... 21+ event ...\$3
Featuring DJ "La Maquina" and the best Salsa, Merengue, and Bachata hits!
Metro Lounge & Cafe, 505 Westcott St. Syracuse NY
www.lafamiliadelasalsa.com

EVERY 1ST SATURDAY - Syracuse

Noche de Salsa Latin Dance
9:30pm - 1:30am ... 21+ event ...\$5
Featuring DJ "La Maquina" and the best Salsa, Merengue, and Bachata hits!
Metro Lounge & Cafe, 505 Westcott St. Syracuse NY
www.lafamiliadelasalsa.com

SATURDAYS - Rochester:

Latin Night @ the Keg
9:30pm - 2 am ... \$5 ... 18+
The Keg, 315 Gregory St Rochester, NY
Salsa, Merengue, Bachata, Chachacha
For complete details [Click Here](#)

SATURDAYS (except 1st Sat) - Ithaca:

Noche Latina
8pm - 1am ... 21+ event ...\$5
The Oasis Dance Club, 1230 Danby Rd, Rt 96B, Ithaca NY
www.ithacaoasis.com

SATURDAYS - Rochester:

Tapa's Latin Night w Live Band
11pm - 2 am ... 21+ event ...FREE!
Tapa's Lounge, 177 St Paul St, Rochester, NY
www.tapas177.com

MONDAYS - Syracuse

Salsa @ Suds
7pm - 10pm ... FREE!
Beginners welcome!
Syracuse Suds Factory, 320 S Clinton St, Syracuse, NY [Map](#)
www.lafamiliadelasalsa.com

TUESDAYS - Ithaca:

Noche Latina
7pm - 1am ... 21+ event ...FREE!
The Oasis Dance Club, 1230 Danby Rd, Rt 96B, Ithaca NY
www.ithacaoasis.com

Every Other THURSDAY - Ithaca:

Latin Night at the Haunt
9pm - 1:20am ... 18+ event .. \$3
702 Willow Ave, Ithaca
www.thehaunt.com

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Motivational Quotes of the Week:

" I found that when you start thinking and saying what you really want, then your mind automatically shifts and pulls you in that direction. And sometimes it can be that simple, just a little twist in vocabulary that illustrates your attitude and philosophy."
by Jim Rohn

" Whatever the mind of man can conceive and believe, it can achieve. Thoughts are things! And powerful things at that, when mixed with definiteness of purpose, and burning desire, can be translated into riches."
by Napoleon Hill

" The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years." *by Deepak Chopra*

" As we let our light shine, we unconsciously give other people permission to do the same." *by Marianne Williamson*

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Note:

If you would like to submit a request to publish your news or events in our SCISNEWS letter. Please contact Daniela Baban Hurrel at dbabanhu@syr.edu

[The Lillian and Emanuel Slutzker Center for International Services, Syracuse University](#)
310 Walnut Place, Syracuse, NY 13244-2380. Email: lescis@syr.edu - Phone: (315) 443-2457