

Tiger International

From the Desk of the Advisor.....Carol Solko-Oliff

Happy Fall!!! It is hard to believe that the fall semester is quickly passing by. There is a great deal of **important information in this newsletter**, so I would ask that you take a few minutes to read through it all. If you have questions please stop by the International Student Services Office.

IMPORTANT REMINDERS:

IMMIGRATION INFORMATION – OPTIONAL PRACTICAL TRAINING

Are you graduating this December 2018 semester? If you are and want to apply for optional practical training, please stop by the International Student Office **as soon as possible** and pick up the application. Practical training applications can take 60–90 days to be completed and processed by USCIS. **Remember, you cannot start a job until you receive this work authorization AND you must apply BEFORE you graduate.**

TRAVELING ABROAD OR GOING HOME FOR THE SEMESTER BREAK

F-1, F-2 and J-1 students **must have an endorsed (signed) I-20 or DS-2019 if leaving the U.S. and returning.** If you have changed status, **OR** if your visa has expired, you must get a new visa before re-entering the U.S. To get a new visa you will need some additional documents to take to the Embassy. **Please allow three (3) working days for us to issue a new I-20 for you if you need one.**

If part of your fall break plans include entering a border country like Canada or Mexico, please be cautious in doing this and make sure you have all of your immigration documents with you. USCIS does not allow us to send digital copies of your I-20 or DS-2019 to you if you forget them.

CHECK YOUR PASSPORT & I-20 or DS-2019

If your passport, I-20 or DS-2019 is expiring, **you must renew and get a new one BEFORE the expiration date**, even if you will not be traveling outside the United States! Come in and see Marnie, Angie or myself if you need information on how to get a new passport, I-20 or DS-2019.

INTERNATIONAL EDUCATION WEEK – November 12-16, 2018

We have planned a number of events and activities to celebrate International Education Week (IEW). Please come and join President Mason and Hays City Mayor Meier as they sign proclamations that officially start the week. The proclamation ceremony will be held on **Friday, November 9 at 9:00 am in the Atrium of the Sunset Lounge in the Memorial Union.** This is a great opportunity to promote the importance of international education, and **YOU** as international students on campus and in our community. I hope you will plan to take part in many of the activities. We want to LEARN from YOU!!

FALL BREAK

Remember that fall break will be November 19 – November 25. This is a great time to take a break from your studies before finals week and the end of the semester. If you plan to travel, please be safe and watch the weather conditions.

Lastly, if you are feeling a little stressed, don't be surprised. This is the time of the year when students experience a little culture shock, and/or adjustment issues. If you are not doing as well as you had hoped in classes, are having difficulty with relationships, disliking the food, experiencing trouble with English, feeling homesick or ill, or maybe you feel like you do not have a close friend you can really talk to, stop by the International Office and let us know. Any of these things can cause sadness, depression or overall negative feelings. Living in a different culture is very challenging. Culture shock, missing your home country and family and emotional ups and downs are a normal part of living in a new country and sometimes are hard to avoid. **It WILL get better**, but adjustment takes time. *We are here to help and support you, let us know what we can do! Have a great November and Happy Thanksgiving!!*

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Trivia Question of the Month:

What is Optional
Practical Training?

If you know the
answer to this
question and want to
win a prize, be the
first student to
come into the
International Office,
Sheridan Hall 204
and provide the
correct answer to
Marnie.

DAYLIGHT SAVINGS TIME

In 2018, daylight saving time will end at 2 a.m. on Sunday, Nov. 4. You will want to turn your clocks **BACK** one hour before you go to bed Saturday night, Nov. 3.

TIGER TRANSPORT

Tiger Transport is a **FREE** van transportation service that runs a fixed route throughout Hays. It operates each Wednesday, Friday, and Saturday from 2:00-7:00pm. Tiger Transport stops at Big Creek Crossing and Wal-Mart. The van pick up location on campus is by Victor E. Village on the corner by the kiosk. Check out the Tiger Transport website for route schedules and times: <http://www.fhsu.edu/international/Tiger-Transport/> Tiger Transport WILL run it's regular schedule during Fall Break.

SAFE RIDE

Are you planning to hang out at a friend's house, a bar or other location? Will you or a friend need a ride home? Don't take the risk of driving drunk or riding with someone else who has been drinking. Protect yourself, your loved ones and others by taking advantage of the Safe Ride program. Safe Ride offers a free ride home, no questions asked. **Call (785) 621-2580 Wednesday through Saturday 10 p.m. to 3 a.m.**

ON CAMPUS EMPLOYMENT

Please remember as an F-1 or J-1 visa holder you are only allowed to work 20 hours total per week for all jobs when school is in session, and this work must be **ON CAMPUS**. Off campus employment is not allowed unless approved as part of OPT or CPT. Graduate assistantships are considered a job and counted toward the 20 hours per week.

Our office will be verifying with the student employment office and Chartwells the number of hours students are working. If students are working more than 20 hours for all jobs, if they have more than one, we will contact them and the supervisor(s) they are working for. Please stop by the International Office if you have questions regarding this. Our office wants you to be successful academically and do not want work to interfere with your coursework.

LET'S GET EXCITED ABOUT INTERNATIONAL EDUCATION WEEK

International Education Week (IEW) will be celebrated on the FHSU campus and in the Hays community starting Friday, November 9 with the Proclamation Signing then Mon. Nov. 12 through Fri., Nov. 16, 2018. This is your week to celebrate and share with the campus and the Hays community your cultures, traditions, and lifestyle. If you would like to participate in an event/activity, please let the International Office know. The International Student Services Office appreciates you getting involved and any help you can provide to us to celebrate the schedule of events!

INTERNATIONAL EDUCATION WEEK EVENTS

Friday, November 9

~International Education Week Proclamation Signing—9:00am—Sunset Lounge Atrium, Memorial Union, A dessert bar will be served following the Proclamation Signing

Monday, November 12

~Internationally themed cuisine in the Memorial Union—Mediterranean

~Pop Culture Music Activity - Stop by to hear pop culture music from around the world and add your favorite song to the playlist!—11am to 1pm—Memorial Union Feature Wall

Tuesday, November 13

~Internationally themed cuisine in the Memorial Union—Chinese/Korean

~Map Activity—Choose a country, find it on the map, then answer a fun fact question for a prize!—11am to 1pm—Memorial Union Feature Wall

Wednesday, November 14

~Internationally themed cuisine in the Memorial Union—African

~International Variety Show—Join us for a variety of talents featuring our FHSU international students and faculty—6pm—Ballroom, Memorial Union

Thursday, November 15

~Internationally themed cuisine in the Memorial Union—South American

~“Oh The Places I’ve Gone” Testimonies from our Student Abroad Tiger Ambassadors—Hear from Tiger Ambassadors & learn about how their Study Abroad experiences have impacted their academic & personal journeys! Presentations will include our SIAS China Summer Camp, National Student Exchange, International Student Exchange programs, and our Faculty Led short-term programs. —7pm—Ballroom, Memorial Union

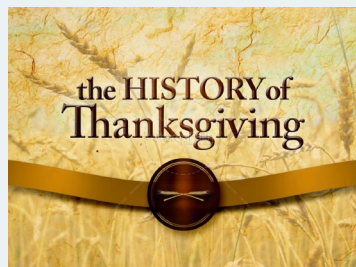
~Take 5! 5 Minutes—5 Words—5 Languages

Join us in learning 5 basic words in Chinese, Japanese, Korean, German, & Spanish — 11:30am to 1pm — Sunset Lounge, Memorial Union

FALL BREAK/THANKSGIVING VACATION

There will be **no classes** Nov. 19—23, 2018 for Fall Break and in observance of Thanksgiving. If you can, we encourage you to travel and visit friends, or family elsewhere in Kansas or the U.S. You might want to do some shopping or sightseeing outside of Hays. Whatever you do, it is beneficial to take a short break from studying. Most students need to take their minds off of school before entering the last part of the semester, and all of the pressure that comes with final exams. Take time to relax and take a break! If you plan to travel outside of Hays, KS, please take your I-20/DS-2019 and passport with you.





In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

RESIDENCE HALLS OVER THANKSGIVING BREAK

If you plan to stay in the residence halls over fall break or winter break, you will need to complete a form found on the Residential Life web site, <https://www.fhsu.edu/reslife/> no later than November 7. If you have questions regarding this, please visit with your RA or the Residence Hall Director of the hall you live in. **Students MUST sign up to stay in the residence hall over Fall Break no later than November 7!**

HAYS COMMUNITY THANKSGIVING MEALS

A Community Thanksgiving Dinner will be held on Thanksgiving Day, Thurs. Nov. 22 at Noon (12:00pm) to 2:00pm. International students who will be in Hays on Thanksgiving are encouraged to attend! The dinner will be held at the Rose Garden Banquet Hall located at 2350 E 8th St.

IMPORTANT—FALL BREAK INFORMATION!

Fall Break at FHSU is right around the corner. For those of you new to FHSU this semester, fall break is a week long break from classes, homework, and tests. Many students chose to travel during this break time. If you are planning to stay in Hays, below is the schedule for on-campus services such as Forsyth Library, the Wellness Center and food service. Information about Tiger Transport, restaurants within walking distance of campus, and on-campus events are also below.

MEALS

Restaurants within Walking Distance

Below is a listing of restaurants that are within walking distance of FHSU.

Golden Q—809 Ash St—625-6913
 Gutch's—109 W 7th St—623-4088
 Taco Shop—333 W 8th St—625-7114
 Lomato's Pizza—130 W 9th—623-2888
 Sip 'N Spin—209 W 10th St—625-9292
 Gella's Diner—117 E 11th St—621-2739
 The Press—205 E 7th St—625-9508
 Soda Shoppe Café—800 Main St—625-7323
 Paisley Pear—1100 Main St—785-621-4660
 Golden Griddle—230 W 9th St—785-301-2483
 Cancun Mexican Grill—1011 Elm St—621-4550
 Chinese Food Express—1312 Main St—628-9999
 Tiger Burger—700 Main St—785-621-8000

Delivery

Delivery is a listing of restaurants that you call (we have provided telephone numbers for you) with your order (what you would like to eat) and they will bring your meal to your residence hall room or apartment when it is ready. When you are placing your order over the telephone, the restaurant employee will tell you how much your meal is going to cost so you can have your money ready when they bring you your meal. Also, remember to give the restaurant employee your address so they can deliver your meal to you! It is a very convenient way to eat because you do not need to leave your apartment. We have also provided web addresses to most of the restaurants to you can view their menu online and have your order ready when you call them.

Continued. . . IMPORTANT – FALL BREAK INFORMATION!!

RESTAURANTS WITH DELIVERY IN HAYS

Chinese

China Garden – 628-2280

Chinese Food Express – 628-9999

Pizza

Domino's Pizza – 625-2311 -- www.dominos.com

Lomato's Pizza– 623-2888

Pizza Hut – 628-1777 -- www.pizzahut.com

Mexican

Taco Grande – 625-1413

Taco Shop – 625-7114 -- www.tacoshop.net

Subs & Pasta

Jimmy John's–621-2227–<http://www.jimmyjohns.com/>

Forsyth Library Hours–

Saturday, Nov. 17 and Sunday, Nov. 18 - CLOSED

Monday, Nov. 19–Wednesday, Nov. 21 – 8:00 am – 4:30 pm

Thursday, Nov. 22 and Friday, Nov. 23 – CLOSED

Saturday, Nov. 24 – 10:00 am – 5:00 pm

Sunday, Nov. 25 – 1:00 pm – 2:00 am

On-Campus Food Service

McMindes Cafeteria

Friday, Nov. 16 at 2:00pm – Sunday, Nov. 25 through lunch – CLOSED – No Food Service

Mondos Subs

Saturday, Nov. 17 & Sunday, Nov. 18 - CLOSED

Mon, Nov. 19 to Wed., Nov. 21 – 11am–2pm

Thurs., Nov. 22 to Sunday, Nov. 25 – CLOSED

Starbucks and Union Grab 'N Go

Saturday, Nov. 17 - 8am to 10pm

Sunday, Nov. 18 - 1-10pm

Mon, Nov. 19 & Tues., Nov 20–7am–10pm

Wednesday, Nov. 21 – 7am–5pm

Thurs., Nov. 22 to Sat., Nov. 24 – CLOSED

Sunday, Nov. 25 – 1-10pm

Tiger Transport –

Tiger Transport WILL be running its regular schedule during Fall Break. You can ride Tiger Transport to Big Creek Crossing & Wal-Mart. You can shop, eat or watch a movie.

Tiger Transport Schedule:

Fridays, Nov. 16 & 23 2:00pm–7:00pm

Saturdays, Nov. 17 & 24 2:00pm–7:00pm

Wednesday, Nov. 21 2:00pm–7:00pm

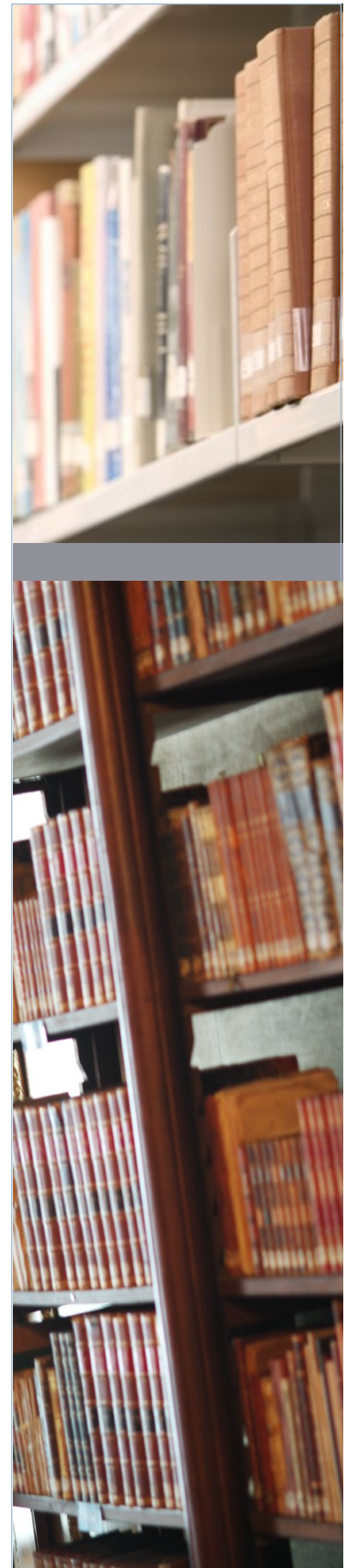
FHSU Wellness Center (TENTATIVE) -

Saturday, Nov. 17 & Sunday, Nov. 18 - 10am–5pm

Mon, Nov. 19 to Wed, Nov. 21 – 6:30am–10pm

Thurs., Nov. 22 & Fri., Nov 23–CLOSED

Sat., Nov. 24 & Sunday, Nov. 25 – 10am–5pm



I am a Tiger.

*I belong to a strong
unique family
who strives for
greatness and
success.*

*I instill integrity
and confidence
within others
as well as
myself.*

*I incorporate
honesty and
responsibility in
all I do.*

*I am the
future.*

~FHSU Tiger Pact

GROUP HEALTH INSURANCE PROCEDURE

Health insurance is **REQUIRED** for all FHSU international students. If you are **not** purchasing the Kansas Board of Regents insurance plan (which is charged along with tuition), you must turn in the Student Health Insurance Waiver Form with a copy of your policy's benefits summary page (in English), and the Acceptance/Denial Form **EVERY SEMESTER**. For the spring semester, the **DEADLINE** to turn forms in is, **January 22, 2019**. Forms & insurance brought in after this date **WILL NOT** be accepted. If you have questions regarding health insurance, please visit with Marnie in the International Office.

****This will include the UnitedHealthCare insurance through PSI. It does not meet requirement Letter L under Section B of the waiver form.**

1. Complete **Acceptance/Denial Form** and **Student Health Insurance Waiver Form** for students who have their own private health insurance. You will be responsible for printing these forms on your own from the following website <http://www.fhsu.edu/international/health/> or from the PDF files that are attached in the weekly emails. You can print forms at the library or in any computer lab. **I will not have copies in the office for students to pick up.**

2. Students must provide proof of private insurance which includes the card or certificate, explanation of benefits, and US contact information (telephone & address) all in English. The insurance must meet the minimum requirements that are listed on the Student Health Insurance Waiver Form. **Please do not wait until 2 weeks before school starts to purchase the insurance as you will not have the insurance card to turn in with all the paperwork.**

****IMPORTANT NOTE:** Waiver requirements for 2018-2019 have changes under section B of the waiver form. **PLEASE** make sure to verify with the insurance company you want to purchase insurance from that **ALL** requirements are met. Letter L is a new requirement stating that the insurance company must be authorized to do business in the State of Kansas and approved by the Kansas Department of Insurance. If not ALL requirements are met, insurance cannot be waived**

If you need help or have questions regarding health insurance or are receiving medical bills and not sure what to do, please see Marnie in the International Office, Sheridan Hall 204 or Chris Kuhn in the Student Health Center, lower level of the Memorial Union. We are here to assist you.

WINTER BREAK TRAVEL OPPORTUNITY

The Jarod and Amanda Tippy family invite you to join them for a week of Christmas Celebration in the Colorado Rocky Mountains at Bear Trap Ranch- December 20 -26. This is a wonderful opportunity to gather with people from around the world, practice your English, enjoy the BEAUTIFUL Rocky Mountains, and to learn more about the Christian meaning of Christmas!! The cost is \$315 - for a week of lodging and delicious food!! Please contact The Tippy's for more information at thetippys@gmail.com or 785-259-8475. A scholarship of \$100 will be offered to the first 8 applicants who have completed registration BEFORE fall break (Nov 17).

2019-2020 FHSU SCHOLARSHIP APPLICATION

The 2019-2020 Scholarship application is available at <http://www.fhsu.edu/finaid/Scholarships/>. The priority deadline for applying for scholarships for 2019-2209 is November 15, 2018. The final deadline is February 15, 2019. If you have question please stop by the Scholarship Services Office in Picken Hall 202 or call 785-628-4408.

SPRING 2019 CLASSES

If you have not already picked your classes for the spring 2019 semester, you should get started now. Please use TigerTracks to pre-register for classes. Log into TigerTracks and go to “Online Services” tab to find TigerEnroll. Then fill out the course worksheet through TigerEnroll to get approval for the classes from your academic advisor.

If you would like to talk about your classes, you should make an appointment with your academic advisor. Early registration has already started. Please refer to the University calendar for registration date based on classification (graduate, senior, junior, sophomore, and freshman) and family name. If you have any questions about when you can enroll or who your academic advisor is, please do not hesitate to contact the International Student Services Office. As a reminder, you can only enroll in one (1) three credit hour virtual college course to count toward your full-time enrollment.

INTERNATIONAL EMERGENCY TELEPHONE NUMBER

The International Student Services Office has a cell phone that can be called after regular office hours or on the weekend for emergency purposes only! We would ask that if you have questions that can be answered during regular office hours that you call the office number at 785-628-4176.

If an emergency situation such as sickness, immediate problem or an accident happens outside of office hours, please use the cell phone number 785-259-0005 and someone from the ISS will try to assist you.

GETTING A KANSAS DRIVERS LICENSE

Many students think about getting a driver’s license in the United States. Students will need to read the driver’s license handbook and you can get one by going to the DMV office at 1222 Canterbury Rd or on-line at <http://www.ksrevenue.org/pdf/dlhb.pdf> Once you are prepared to taken the written exam, you will go to the DMV Office at 13th & Canterbury.

For general information about the Kansas Department of Motor Vehicles (DMV) please visit this web site <http://www.ksrevenue.org/vehicle.html>

*Go! you Hays
Tigers, Fight with
all your might.*

*With your
colors flying,
we will cheer
you all the time!
FORT, HAYS,
STATE!!!*

*Go! you Hays
Tigers,
Fight for victory.
Fight for the fame
defend our name.*

*Go! Hays tigers,
WIN THIS GAME!*

*~FHSU Fight
Song*

November 2018

S	M	T	W	T	F	S
				1 ISU Meeting, 7pm, Heather Hall Storm Shel- ter FHSU wrestling 7pm, Gross Memorial Colise- um Dia De Los Muertos Celebra- tion, 7pm CSI Lounge, UNION	2 Writing Work- shop, 9:30am, OR 3:30pm Forsyth Library south study area FHSU volley- ball, 6pm, Gross Memorial Coli- seum	3 FHSU volley- ball, 3pm, Gross Memorial Coli- seum FHSU men's soccer, 6pm FHSU soccer complex AfriFest, 7pm, Ballroom, UN- ION
4	5	6 Chris Carter: Hypnotis, Illu- sionist, Mental- ist, 8pm, Beach/ Schmidt PAC	7 Daymond John from Shark Tank, 7:30pm, Beach/Schmidt PAC	8	9 Proclamation Signing, 9am, Sunset Lounge Writing Circle, 4pm, Forsyth Library Rm 133 Acoustic Tunes w/Hannah & Matea, 7pm, Cody Commons, UNION FHSU women's basketball, 7pm, Gross Memorial Coliseum	10 FHSU football, 2pm, Lewis Field FHSU women's basketball, 7:30pm, Gross Memorial Coli- seum
11	12 Pop Culture Music Activity, 11am, Feature Wall, UNION	13 Map Activity, 11am, Feature Wall, UNION	14 International Variety Show, 6pm, Ballroom, UNION	15 Take 5! 5 Mins-5 words-5 lan- guages, 11:30am, Sunset Lounge Oh The Places I've gone-Study Abroad Testimo- nies, 7pm, Ball- room, UNION	16	17 FHSU men's basketball, 3pm, Gross Memorial Coliseum
I n t e r n a t i o n a l E d u c a t i o n W e e k						
18 FHSU men's basketball, 4pm, Gross Memorial Coli- seum	19	20	21	22	23	24 FHSU men's basketball, 5pm, Gross Memorial Coliseum
F a l l B r e a k / T h a n k s g i v i n g						
25	26 Spa Day, 11am, Sunset Lounge	27 FHSU men's basketball, 7pm, Gross Memorial Coliseum	28	29 ISU Meeting, 7pm, Heather Hall Storm Shelter	30 Writing Circle, 4pm, Forsyth Library Rm 133 Friday Film Works-The Santa Clause, 7pm, CSI Lounge, UNION	

For a complete list of events, please go to the TigerLink web site at <https://tigerlink.fhsu.edu>



INTERNATIONAL FACEBOOK PAGE

Please like our page at www.facebook.com/FHSUISS. We will be posting pictures and news about various events that we will have throughout the year.

INTERNATIONAL EDUCATION WEEK 2018

For information on activities throughout the week and a schedule of daily events, please visit our Facebook page at www.facebook.com/FHSUISS/ Or on the web at www.fhsu.edu/international/programs

#FHSU

#IEW2018

#FHSUIEW2018

#internationaleducationweek

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International Student Services
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Hays, KS 67601

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E-mail: international@fhsu.edu

We're on the Web!
www.fhsu.edu/international

We're on Facebook!
www.facebook.com/fhsuiss

***Don't forget to
bring your
Tiger Card
to athletic events***