

Feb. 2010

## HUSKIE CONNECTION

OFF-CAMPUS & NON-TRADITIONAL STUDENT SERVICES

### Apartment Hunting?

Hello! If you are thinking about where to live next year, our department can help. If you are pondering housing options and think residing off campus may be in your future, please visit Off-Campus & Non-Traditional Student Services. Our staff can assist you with this search process. A representative from our department would be happy to meet with you and help you navigate your housing options and potential lease agreements. Many students begin the apartment hunt during the early spring. If in the future you find yourself in a situation where you need assistance advertising an apartment or subleasing, we can even post information for you in our lounge to help with the process. Our office is located in the lower level of the Holmes Student Center near the computer lab. Staff is available from 8:00 am-4:30 pm Monday through Friday.

Please contact us with any questions related to off-campus living and apartment life. We would be happy to schedule an appointment with you.

Jill Zambito  
Director, Off-Campus & Non-Traditional Student Services



Pictured above are students who attended the Apartment Fair we held in October. It's not too late to gather information about your housing options. Visit us soon!

### NIU's #1 Alum

For many students at NIU, William Goose is considered our school's #1 alum. William was a goose who lived in NIU's East Lagoon until his death in 1981. For the 15 years that William occupied NIU's campus, he made quite a name for himself. Essentially, William was a goose that everyone loved to hate due to his constant harassment of students. William would constantly chase, bite, and honk at students. After many complaints about William, he was relocated to NIU's Lorado Taft Field Campus in Oregon, Illinois. Although some students complained about William's antics, many students at NIU were upset by the fact that he was no longer on campus. Students soon rallied and started a "Save William the Goose" campaign in 1979, which turned out to be a success. William was declared NIU's #1 alum by the Alumni Association and was returned to NIU. They also allowed William to fly down onto the football field during NIU's Homecoming game that year. William's story, however, has a tragic ending. On April 13, 1981, William Goose was found dead under the College Street Bridge. Word of William's death spread across campus. A student later confessed that he had been meditating by the East Lagoon, was startled by William, and struck NIU's #1 alum with a stick. A memorial plaque still sits near the Lagoon which reads "William Goose, NIU's Honorary Student."

Mike Nordstrom  
Student Coordinator

## How to Beat Cabin Fever!

The winter months are the prime time to catch cabin fever. If you didn't experience cabin fever during winter break, you will probably experience it sometime this semester. Cabin fever can make people of all ages restless, anxious, depressed, or just plain bored. The experience can be especially challenging for parents who are trying to entertain their children who are bouncing off the walls full of energy. We at Off-Campus & Non-Traditional Student Services decided to compile a list of activities you can do to help yourself and others beat cabin fever until the weather gets warmer.

### 1. Stay healthy!

Exercising and eating well during the winter months can help with feelings of anxiety and depression. Exercising is especially important because of the feel-good endorphins it gives you. The Recreation Center is a great resource for exercising indoors. The Rec Center features weightlifting and cardio machines, fitness classes and fully-equipped locker rooms, and is free to all fee-paying students. Eating well is also important. Getting enough Vitamin D is important to compensate for the lack of sun exposure in the winter. Foods that are rich in Vitamin D include salmon, shrimp, fortified milk, and eggs.

### 2. Plan ahead!

There's no better time than the winter months to start planning for spring break and summer vacations. Make a list of everything you would like to do with friends and family during these times. Make itineraries and list places you would like to go and things you would like to do once you get there. Planning ahead for warmer months is bound to make you happier and gives you something to look forward to.

### 3. Have a game night!

Breaking out the old-school board games can bring back childhood memories while having fun. Monopoly, Sorry!, and Guess Who? are just a few games that come to mind that will provide a fun activity to do with friends and family. This is also a good activity if you have children; it gives your children an outlet for their energy, and you can also make it a regular family activity to increase family time.

### 4. Catch up on some reading!

Reading is a great way to make the time go by faster in the winter months, especially if you enjoy what you read. Pick up a magazine, newspaper, or even a novel. If you want to read a book but don't want to spend money buying one, checking out a book from the library is the best way to go.

### More quick tips:

- Open the shades or blinds during the day; even winter sunlight helps alleviate depression and anxiety.
- Go for a short walk outside; getting some fresh air in your lungs, even if it may be cold, will help improve your mood.

### Fun activities for children:

- Have an indoor camping night. Arrange some chairs in a circle and put a big blanket over them, which makes a great indoor tent. Indoor s'mores and a flashlight to tell scary stories with will make the activity even more believable and fun.
- Indoor tumbling can be another great activity. Laying pillows and couch cushions on the floor and doing somersaults on top of them will definitely let children release some energy.
- Arts and crafts can help children express their creativity. After they create their artwork, you can hang their creations around the house.

Justine Cramsey  
Student Coordinator

## How to Celebrate

### a “Non-Traditional” Valentine’s Day

For many people, the thought of Valentine’s Day evokes images of plush teddy bears, flowers, candy, and romantic dates spent with a special love interest, spouse, or partner. There are some, however, who may not see Valentine’s Day in this manner. Perhaps you are in a committed long-distance relationship or have a significant other who works on the big day. Maybe you’re not in a relationship at all. There are others who just don’t have the money to purchase many of the lavish gifts so desired on this day. For those of you who are struggling with how to spend your “non-traditional” Valentine’s Day, here are some tips on how to make this day a true celebration.

Because we’re in college, many of us don’t have money to spend on a dozen roses, chocolates, and dinner at the classiest restaurant in town. A romantic night at home, however, can be just as sweet. Dinner, dimmed light, and candles from the Dollar Tree can set the scene. Cooking in rather than eating out can also save you and your partner a lot of money. If cooking isn’t your thing, hitting up the deli is another option. Just place the main dish in the oven for a couple minutes before your partner arrives, and the aroma will linger through the house quite nicely. No one has to know you didn’t cook the meal.



Valentine’s Day can be the perfect opportunity for you to pamper yourself, especially if you’re spending the day solo. You spend all week hitting the books, catering to your loved ones, and occasionally neglecting your own needs and wants as a result. Planning an activity you love and taking the day to unwind will prove to be a worthwhile affair. Run yourself a soothing bubble bath, light up those candles you got at the holidays, play some Billy Holiday, and turn your bathroom into a tranquil getaway. When you’re done, dine out or order in at that restaurant you’ve wanted to try. End the evening by renting a movie or seeing a show at the local theater. If you’re single, enjoy it! Being single can be the time of your life, so look at Valentine’s Day as an opportunity to truly do what you want to do!

Antoinette Williams  
Student Coordinator

## Nutrition on the Go

It’s 10:30am and you’re starving, but you only have 15 minutes to find a snack and get to class...so what do you choose? It’s tempting to go for something quick and convenient, like fries, chips, or a candy bar. Even though it may seem challenging, it is possible to treat yourself to a deliciously nutritious snack. Snacks are a great way to keep your energy up and mind alert, satisfy hunger, and provide your body with a variety of nutrients. As a student with a chaotic lifestyle, it’s critical you take in adequate nutrition. With a bit of planning, you can eat healthy while saving time and money no matter where you are!

### Plan ahead

Review online menu posting(s) and shop for items requiring little preparation. You can’t go wrong with fruits, vegetables, whole grains, lean proteins, and low-fat dairy products!

Invest in a good supply kit

Plastic ware, Tupperware, cool-pack, water bottles, and lunch bags all come in handy. Pre-packing allows you to perfect food choices, control portions, and save money. Use that trunk, backpack, or purse!

Keep purchased items on hand and reach for them when needed. Mix it up by keeping a couple of options on hand!

### Be “size-wise”

Read food labels and know your portions. Muffins and bagels are examples of foods that have quadrupled in size. You’re not restricted to one portion, but simply be aware of what you’re eating and how it fits into your entire day’s meal plan.

### Make small changes to usual snacks

There are no “good” or “bad” foods, only good and bad food choices and habits. Don’t deprive yourself, simply put things into perspective and remember moderation is key!

Want more information on nutrition? Visit the nutrition services center at the Rec Center for your free initial and follow-up visit. Visit the Recreation Services web site at <http://www.niu.edu/recservices/index.shtml> for more information.

Jessica Gadowski  
NIU Dietetic Intern/Graduate Student

## Someone You Should Know



Each month, Off-Campus & Non-Traditional Student Services highlights a student we feel is important for you to know. This month we are featuring Kristin Moravetz, a commuter student who frequents our lounge.

**Name:** Kristin Moravetz

**Age:** 23

**Hometown:** Pearl City, IL (an hour and a half west of DeKalb)

### **What is your area of study?**

Well, I am not your typical student. I have already graduated with a degree in biology in education, but I am attending NIU this semester to get my Spanish endorsement.

### **What are your future career plans?**

I would like to teach biology or Spanish. I have also thought about going to nursing school because I already have a strong biology background.

### **What do you like best about the Off-Campus & Non-Traditional Student Services lounge?**

I love that there is computer access and a TV to pass the time between classes. It's just a central place where you can relax.

### **What hobbies or interests do you have?**

I like to sing and play guitar. I am also an advocate for sexual assault and domestic violence victims.

### **What is your greatest accomplishment?**

During my time living in Honduras, I remember experiencing the first time I was able to speak Spanish without having to think about what I was saying in English first. It was an amazing feeling to be able to bridge the gap between two cultures and help communicate with individuals who otherwise wouldn't be able to.

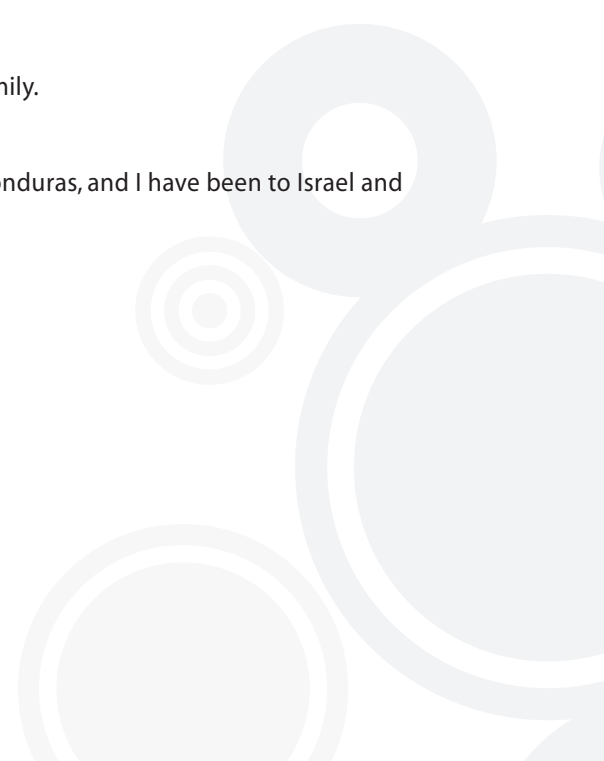
### **Who is someone who inspires you in your daily life?**

My mom. After my dad died, she stepped up and really took care of the family.

### **What are some interesting facts about you?**

I have dreadlocks, I am a pseudo-vegetarian, I have lived in Denver and Honduras, and I have been to Israel and Palestine on an archeological dig.

Audrey Barsanti Gonzalez  
Student Coordinator



## The Huskies Den

The Huskies Den is your campus entertainment center located in the lower level of the Holmes Student Center. When you're at the Huskies Den, you're guaranteed to have fun due to the variety of activities The Den provides. The Huskies Den has 16 lanes of bowling. You can form your own bowling league, and you can even participate in cosmic bowling on Friday nights. Want to bring out the pool shark in you? The Huskies Den features 17 full-size Brunswick Gold Crown III pocket billiard tables, one snooker table, and one carom billiard table. Some of the best video games and flat screen TVs around make the Huskies Den a high-tech gaming center. The Den even has arcade-style games for your entertainment.

The Huskies Den is more than just a place to have fun. In November 2008, students and faculty had the opportunity to watch election night results in the Huskies Den. Chris Riddle, the director of the Huskies Den, sees the importance of The Den: "The Huskies Den contributes to the social fabric of the NIU community because the facility serves as a place for people to gather and share important events and friendships. The Den also serves as a classroom by hosting the various bowling classes offered by NIU."

Off-Campus & Non-Traditional Student Services is hosting a Huskies Den Extravaganza on Friday, March 26th, 2010. At this family-friendly event, students will be able to enjoy all of the Huskies Den activities FREE OF CHARGE. This will be the culminating event to our Comrade Week celebration from March 22nd to March 26th. Be sure to come by the Huskies Den to check it out!

Dennis Hill  
Graduate Assistant



## Off-Campus & Non-Traditional Student Services Calendar of Events Spring 2010

### February 2010

2nd, 10th, 17th, and 24th: Soup Du'Jour, 11:30am, Holmes Student Center basement  
Take a break from the cold with a hot bowl of soup at no charge!

15th: Good Evening Huskies, 4:45pm, Wirtz Hall, co-sponsored with Campus Child Care  
Enjoy a free snack with us as you prepare for your evening class.

### March 2010

22nd – 26th: Comrade Week: A Week of Appreciation for Commuter and Non-Traditional Students

30th: Good Evening Huskies, 4:45pm, University Circle  
Enjoy a free snack with us as you prepare for your evening class.

### April 2010

27th: Study Break, 11:30am-1:30pm, Holmes Student Center basement  
Take a break from studying for finals to enjoy a free lunch and sign up for a free ten minute seated massage.

28th: Good Evening Huskies, 4:45pm, Graham Hall  
Enjoy a free snack with us as you prepare for your evening class.



## **Comrade Week: A Week of Appreciation for Commuter and Non-Traditional Students March 22-26, 2010**

Feeling a little frustrated about commuting in the cold? Feel like you have tons to balance and just need a little love? Mark your calendars for Comrade Week 2010, a week of appreciation specifically for you!

The week of events is scheduled for March 22-26. Don't miss out!  
Tentative Schedule for Comrade Week:

### **Monday, March 22: 8:00am-5:00pm**

*Appreciation Bags:* Get free giveaways and a formal schedule of events. Holmes Student Center, lower level

### **Tuesday, March 23: 11:30am-1:30pm**

*Ice Cream Sundae Bar:* Free make-your-own ice cream sundaes. Holmes Student Center, lower level

### **Wednesday, March 24: 5:30pm**

*Community Dinner:* Come and enjoy a free dinner. Northern View Community Center.

### **Thursday, March 25: 6:00pm**

*Pamper Yourself:* Come de-stress with our staff and community partners as we provide activities for you to relax, unwind, and enjoy free food. Holmes Student Center, lower level.

### **Friday, March 26: 7:00pm**

*Huskies Den Extravaganza:* Enjoy fun and games in the Huskies Den, free for NIU students and their families. Holmes Student Center, Huskies Den.

For more information on the week's events, please call us at (815) 753-9999 or visit our events page at <http://www.niu.edu/ComNonTrad/news/upcomingevents.shtml>.

Brought to you by Off-Campus & Non-Traditional Student Services

## **Join our Listserv!**

Interested in what Off-Campus & Non-Traditional Student Services has to offer? Join our weekly listserv! As an off-campus and/or non-traditional student, it is important to stay connected and informed about issues that directly affect you. Joining our listserv will allow you to receive weekly updates with the programs and services we provide along with other important dates and events on and off campus. Come by our office (located in the lower level of the Holmes Student Center, room 023J) to provide us with your name and email to sign up for the program, or simply email us at [comnontrad@niu.edu](mailto:comnontrad@niu.edu) and request to be on our listserv!

## Important Dates to Remember

As the semester progresses, students are expected to know many important dates pertaining to class schedules and registration deadlines. We want to make sure you stay up to date, so we compiled a list of the most important dates of the semester.

- February 5: Last day to withdraw from a first-half-semester course
- February 23: Last day for an undergraduate to make up a mark of incomplete from summer session 2009
- March 5: Last day for an undergraduate to withdraw from a full-semester course or from the university
- March 6: End of the first half of semester
- March 7: Beginning of spring break
- March 15: Resumption of classes and beginning of second half of semester
- March 21: Last day to add or drop a second-half-semester course via self-service
- March 22: Last day to add or drop a second-half-semester course with approval of major college
- April 2: Last day to change a second-half-semester course from credit to audit or from audit to credit
- April 9: Last day to withdraw from a second-half-semester course
- April 16: Last day to change or declare a major for the spring semester
- April 30: Reading Day
- May 1, 3-7: Final examinations
- May 3: Last day to apply for summer 2010 graduation
- May 8: End of spring semester and undergraduate commencement

If you want more information on these dates, please access this web site: <http://catalog.niu.edu/content.php?catoid=12&navoid=319>.

## Ideas? Suggestions? Let Us Know!

If you have any program ideas, suggestions for improving our services, or anything else you wish to share, do not hesitate to contact us via email at [comnontrad@niu.edu](mailto:comnontrad@niu.edu) or call our office at (815) 753-9999. We also have a suggestion box on the bulletin board outside our office (Holmes Student Center, Room 023J).

## Contact the Staff

### Director:

Jill Zambito, [zambito@niu.edu](mailto:zambito@niu.edu), (815)753-0100

### Graduate Assistants:

Kelli Bradley,  
[kbradley3@niu.edu](mailto:kbradley3@niu.edu)  
(815)753-9999

Dennis Hill,  
[dhill9@niu.edu](mailto:dhill9@niu.edu)  
(815)753-9999

### Student Coordinators:

Audrey Barsanti Gonzalez  
Justine Cramsey  
Mike Nordstrom  
Antoinette Williams  
(815)753-9999

Feb. 2010

HUSKIE CONNECTION

## OFFICE INFORMATION

**Location:** Holmes Student Center Lower Level, Rooms 23J and 23K

**Email:** [comnontrad@niu.edu](mailto:comnontrad@niu.edu)

**Web site:** [www.niu.edu/comnontrad/](http://www.niu.edu/comnontrad/)

**Facebook Group:** NIU Comm & Nontrad

**Phone:** (815) 753-9999

**Fax:** (815) 752-9999

OFF-CAMPUS &

NON-TRADITIONAL

STUDENT SERVICES

**NIU** NORTHERN  
ILLINOIS  
UNIVERSITY

DIVISION OF STUDENT AFFAIRS  
& ENROLLMENT MANAGEMENT

Northern Illinois University is an equal opportunity institution and does not discriminate on the basis of race, color, religion, sex, age, marital status, national origin, disability, status based on the Victims' Economic Security and Safety Act (VESSA) or status as a disabled or Vietnam-era veteran. Further, the Constitution and Bylaws of Northern Illinois University provides for equal treatment regardless of political views or affiliation, and sexual orientation.