The semester is nearing the end! There are breaks coming up, which I know will be a relief for many. Please take this time to not only be thankful for the little things, but to reflect on where you are and how you got there. It is important to be grateful for your experiences and yourself as well as those around you.

How to relax over break with final assignments on your mind.

It can be tough sometimes to find time to just rest and not worry about what’s next. My advice to you is to take the break you are given to refresh your mind and body. If you do need to work on an assignment in order to stay on track that is also OK. Plan ahead and know when you will be unavailable to work on them. Create time blocks for you to either work or simply watch your favorite shows or whatever it is that calms you. Live in the moment. I know it is easier said than done, but I encourage you all to really consider the spaces you’re in and note the positives. You will complete this semester strong! I believe in you!
The Fish Hook

Each month Associate Director Jeff Salmon shares insights and thoughts with Post-Trads.

The month of October has come and gone quickly. As I look back, I think about all that has been accomplished. My office did a fantastic job welcoming students’ families during an official Family Weekend BBQ. I’ve had some really productive meetings discussing bringing a new Financial Wellness program and coordinating the Census both in 2020. I’ve completed my fourth year teaching UNIV 201 to new transfer students. Last but not least, I got to witness the opening of the new Holmes Student Center.

I hope you take some time in the coming days to reflect back on all your hard work. You should be very proud. Take the time to enjoy each moment and look ahead as the leaves turn to November.

Thanksgiving Traditions

Every holiday comes with its traditions. We all have something that is unique to us as individuals or as a family or friendship. Thanksgiving may be one of my favorite days of the year because there is certainty that I will see my loved ones, but I love the day before. The day before Thanksgiving my parents, my sister, and my grandparents come together to cook as much of the feast as we can. This includes making my great grandmas delicious meatball recipe with my Nana.

P.S. It may be a weird combination, but if I could, I would just eat the meatballs and green bean casserole for Thanksgiving dinner.

What are your favorite feast items?

The Weather is Getting Colder!

Yes I know this seems like a negative thing to say, but it shouldn't be. There are so many great activities to look forward to as we approach the colder months. You can try new things and enjoy the old like ice skating outside, snowshoeing, skiing, and sledding. Cold weather means we get to start curling up in our favorite blankets, slipping and sliding around in our fuzzy socks and drinking hot beverages such as tea or hot chocolate. I know the cold can be intimidating, but I encourage you to make the most of it!

Survival guide

- DRESS ACCORDINGLY (hats, gloves, scarves, coats, etc.)
- Layers are a great way to stay warm.
- Fun fact: wear loose layers. Tighter clothing makes circulation more difficult.
- If you like trying new recipes, I suggest making stews and soups. Here’s a recipe for one of my favorites: Lohikeitto—salmon soup
- STAY HYDRATED
- Water is so important all year round.
- Lastly, know where your sources of heat are.

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THE HOLMES STUDENT CENTER IS OPEN!

It finally happened! The Holmes Student Center is open! There are plenty of great places to study or relax. Starbucks is open along with the NIU Bookstore and the convenient store. Students can look forward to purchasing their books for Spring 2020 at the HSC. There are plenty of sitting spaces now available so pull up a chair, breakout your computer and stay awhile! Over the next month plus the Student Association and campus activities will be moving over to the suites on the east end side of the new HSC.

MORE TO COME:
There will be a bar and grill, the Huskie Den, hopefully making its debut at the end of the semester.

Next semester there will be more food and fun with the opening of Qdoba and the return our very own bowling alley!

If you haven’t yet, go check out this awesome new space!

SO-FULL FRIDAY

Join us and the Center for Black Studies for one of their So-Full Friday events. On November 15 from 12-2:30 p.m. in the Center for Black Studies Classroom. The topic is the importance of family, unification, and support.

STAFF SPOTLIGHT

Our student intern Princess has some great ideas to share with you about student life in November!

Her favorite thing about this season is that she gets to spend time with her family since she is from out-of-state. She also gets to wear all the turtle necks she wants!

Princess says, “College is like a marathon, you really need to pace yourself. Students often feel burnt out as we get closer to the end of the semester. I suggest studying in increments and taking frequent breaks. I also suggest taking a couple days to enjoy the fall season. Go ice skating or take a trip to downtown Chicago. Do something to get yourself pumped to finish off the semester.”

How to stay focused: “Find your favorite study spot (I like HSC, the library, or the law library) and turn off your phone for the duration of your study period. Make sure to eat a big meal before you study. Get up and walk to a different location for a break. Go to a cafe and treat yourself and time your breaks. Make a study schedule so you are not overwhelmed. Once you finish, plan a fun trip. I usually go to the Jonamac Apple Orchard and get myself some apple cider donuts.”
MEET HUSKIE COMMUTER STUDENT: RILEY CLARK

Riley is a commuter student from Hampshire, Ill. He is a mechanical engineering major with the hopes of becoming an automotive engineer.

He has found the commuter life to be a very smooth process. He says that whenever he is on campus and looking for something to do in his free time, he can always find something. Whether it be hanging out in the commuter lounge in CLB 170, going to a restaurant or sitting outside of Faraday by the fountains, he is always kept busy.

In his free time, Riley enjoys doing things with cars and computers. He is also interested in listening to country music. His favorite shows to watch are Big Mouth, Rick and Morty, and F is for Family. His movie collection consists of Once Upon a Time in Hollywood, Blades of Glory, Talladega Nights and The Departed. His favorite foods are steak, asparagus, and potatoes (sounds delicious!). A fun fact that Riley wants to share is that he is the first of his siblings to attend college!
# Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Resume Writing: The Basics</td>
<td>November 4</td>
<td>3–4 p.m.</td>
<td>CLB, Room 235</td>
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<tr>
<td>Renting 101</td>
<td>November 5</td>
<td>5–6 p.m.</td>
<td>Stevenson Towers South, Smart Classroom</td>
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<tr>
<td>NIU Diversity Ball</td>
<td>November 6</td>
<td>5–9 p.m.</td>
<td>Duke Ellington Ballroom, HSC</td>
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<td>Veterans Day Flagpole Ceremony</td>
<td>November 11</td>
<td>11-11:30 a.m.</td>
<td>Flagpole outside Altgeld Hall</td>
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<tr>
<td>Warriors Brunch</td>
<td>November 11</td>
<td>11:45–1 p.m.</td>
<td>Altgeld Hall, 315</td>
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<td>Breaking Barriers</td>
<td>November 14</td>
<td>2–3 p.m.</td>
<td>CLB 100</td>
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<td>Thanksgiving Break</td>
<td>November 27-Dec</td>
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