CONGRATS, GRADUATING HUSKIES!

We’re Here!!!!!

It’s the end of the semester and for some, your journey at NIU is complete. On behalf of the Office of Military and Post-Traditional Student Services, I’d like to congratulate our graduates and say, continued success to our students who have some time to go.

As we close out another academic year, please remember to stay safe this summer and during finals, find moments to rest. If you ever feel the need to talk with someone, our Counseling and Consultation Services here in the Campus Life Building has a great staff that is willing to listen.

It has been a continued honor to work with you. I’ve grown to know many of you in my time here and its bittersweet when you leave but that’s the goal here….GRADUATE!

Let’s finish strong!

Huskie Pride,

Eric Armstrong, MBA

Director, Military and Post-Traditional Student Services

BUST OUT YOUR CHARCOAL, ITS GRILLING SEASON!

Bust out your charcoal, its grilling season!
Since 2007, BraveHearts has been nationally recognized for providing equine-assisted services to veterans from the northern Illinois and southern Wisconsin areas. BraveHearts has the largest equine-based program in the nation for military veterans comprised of riding, ground activities, carriage driving and gentling wild mustangs. All services are offered at no cost to the veteran and one member of his/her family/caregiver. Services are provided through individual and group lessons. BraveHearts partners with local VAs to provide innovative, recreational services using horses.

Equine services provide emotional, cognitive, social and physical benefits for veterans. Veterans at BraveHearts have reported benefits including: increased self-esteem, self-worth, trust for others and community integration and decreased depression, anxiety, post-traumatic stress disorder attacks and self-inflicting thoughts.

Lessons operate in 5-7-week session blocks, allowing veterans to build on skills learned in previous weeks. Veterans are invited to participate in lessons up to two times weekly, at no cost. As veterans increase their horsemanship and involvement with BraveHearts additional opportunities including clinics with world-renowned horsemen. Trail rides, drill teams, retreats, foundation horsemanship, horse shows and even opportunities to become certified instructors, are available for veterans to participate in as well.

DuPont is a science company dedicated to solving challenging global problems, while creating measurable and meaningful value for its customers, employees and shareholders. We unite around a set of core values—safety and health, environmental stewardship, highest ethical behavior and respect for people.

DuPont hosts and supports an internal veteran network that strives to build a network of veteran employees who serve as advocates on veteran affairs and veteran employment issues within DuPont.

As a part of its mission, the DuPont Veterans Network strives to contribute to the professional development of network members, support the hiring and retention of Veterans as a diverse talent acquisition pool, and assist in the successful transition from military to civilian work for new employees.
HABITS OF HIGHLY SUCCESSFUL PEOPLE

(Lo, 2018)

1) They look for and find opportunities where others see nothing.

2) They find a lesson while others only see a problem.

3) They are solution focused.

4) They are fearful like everyone else, but they are not controlled or limited by fear.

5) They rarely complain (waste of energy). All complaining does is put the complainer in a negative and unproductive state.

6) While they are not necessarily more talented than the majority, they always find a way to maximize their potential. They get more out of themselves. They use what they have more effectively.

THE 2018-19 FOUR-STAR AWARD WINNER FOR STUDENT VETERAN EXCELLENCE:

DANIEL GLABINSKI

Congratulations to this year's Four-Star Award recipient for student veteran excellence - Daniel Glabinski. Daniel Glabinski is a hardworking student veteran who will graduate this May with a bachelor's in science. Daniel came to NIU after being in United States Air Force for eight years. He chose a challenging major in mechanical engineering and proceeded to excel.

During his NIU career, he has designed and tested two heat exchangers, designed a heating/cooling system for a data center in New Jersey and designed five separate tests to quantify exoskeleton performance. His work with exoskeleton performance also resulted in creating a first-ever proposed standardized testing program. His work has resulted in being hired by Haumiller Engineering after graduation. Throughout his time as a Huskie he has been supported by his family, including his wife Julie.
THE PROS AND CONS OF FASTING

You may have heard of fasting as one of the new diet fads. Fasting, like all dietary and lifestyle practices, has its pros and cons. Some of the pros of fasting may include the following:

**May Boost immunity:** Some research suggests fasting naturally boosts immunity and heals conditions. It’s the world’s oldest form of medicine, after all.

**Convenient and cheaper lifestyle:** What’s great about not eating for a while is that it’s free.

**May Improve concentration:** Some people report that after adapting, their energy levels increase and as they gain control over their hunger, they in turn find it easier to concentrate throughout the day on the most technically demanding tasks.

**May Increase energy:** Many users report fasting naturally boosts their energy and helps them to feel more alert and focused throughout the day.

**A leaner, harder physique:** Fasting can certainly help you lose body fat and excess water.

**Can be sustainable long term:** Fasting isn’t a quick fix. It’s a lifestyle change. You can practice it long-term (like for the rest of your life).

Note that all the benefits of fasting come as a drip, not a downpour, which is particularly true of fat loss, especially for those individuals who are already relatively lean. Fat loss is a slow and oftentimes tedious process.

Meanwhile, some of the cons typically associated with fasting include the following:

**A feeling of hunger:** You will get hungry when fasting. It’s unavoidable.

**Occasional lightheadedness:** Getting used to being in a fasted state takes some time. And as you adapt, you may experience some uncomfortable symptoms, such as lightheadedness. They will likely go away as your body adjusts.

**Lower energy:** Along with lightheadedness, you may experience a short-term drop in energy when first embarking on your fasting journey. Most report that it dissipates within one to two weeks.

**The desire to binge after fasting:** The desire to binge is the biggest problem people face with fasting. To negate this con, you can start with shorter fasting periods first and gradually extend them as you become more experienced and in tune with your body.

**Quite difficult in the short term:** Just like exercising for the first time in a long time isn’t easy, fasting can be difficult. But after you get into the routine of it, it can become easier and the feeling of hunger in general becomes less intense.

Learn more from this Video
MAKING THE MOST OF YOUR SUMMER!

If you have a group of friends or organization looking for an adventure, see NIU Outdoor Adventure’s custom trips tab and for a tailor-made adventure suitable for your group. This May, they are embarking on an indoor rock-climbing trip, and a canoe trip to the Boundary Waters of Minnesota!

Indoor Climbing at Vertical Endeavors

Rock climbing is not just an activity—it is a lifestyle. Come find out what it’s all about and enjoy a great workout, too whether you’re a first-timer or an experienced climber. We’ll be going monthly to the largest rock climbing gym in the United States called Vertical Endeavors (VE) in nearby Glendale Heights. VE offers more than 44,000 square feet of climbing surface including bouldering areas, auto-belay, top ropes, and lead climbing. The registration fee includes leadership, equipment (harness and climbing shoes), transportation to and from NIU, and gym entry fee. All you have to do is show up!

Canoe Adventure in MN Boundary Waters

Sun-filled days and starry nights are in your future. Celebrate the end of the semester on the water canoeing on picturesque lakes and camping in the woods with great company. This is a great way to unwind after the spring semester and do it right. An adventurous summer awaits you. Included in the registration costs is leadership, transportation, all meals, camping (tent, sleeping bag, sleeping pad, dry bag) and canoeing equipment, and park permits.

The Boundary Waters Canoe Area Wilderness is 1.1 million acre wilderness area in the Superior National Forest in Minnesota. The nearest town is Ely, Minn., and about nine hours travel time from DeKalb. The Boundary Waters has nearly 1,200 miles of canoe routes.