



SSALI Newsletter

November 2017



Thanksgiving

In many American households, Thanksgiving is celebrated with a meal shared among family and friends. Nearly 90 percent of Americans eat turkey on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce, and pumpkin pie. Volunteering is a common activity on Thanksgiving Day, and communities often have food drives and host free dinners for those who are less fortunate.

Thanksgiving originates to 1621, when the pilgrims celebrated their first successful harvest with a feast shared with Native Americans. However, historians have noted that Native Americans had a rich tradition of celebrating the fall harvest long before Europeans set foot on American shores. [More history.](#)

IMPORTANT INFORMATION

November 5: Daylight Savings Time Ends

November 10 : Veteran's Day (no classes)

November 22-24: Thanksgiving Break (no classes)



Flu Season is Here!

As the cold weather season begins, please review what you can do to keep yourself healthy and free of communicable diseases. **For \$15 you can receive a flu vaccination at the Student Health Center on campus.** No appointment is necessary. Just ask for the pharmacist!

SSU Student Health Center, open 8am-5pm. Located near Zinfandel Residence Halls.

TIPS: Wash your hands often. Stay home and isolate yourself when you are sick. Manage stress with yoga, exercise, and/or meditation and eat healthy foods to bolster your immune system!

Interested in SSALI?

SPRING 2018: Priority Deadline is December 1

- January 17, 2018 (ends May 11, 2018).
Tuition: \$4290.00

SUMMER 2018:

- June 13, 2018 (ends August 9, 2018).
Tuition: \$2400.00

November Events:

***Sign up and find more events at seawolfliving.com**

- November 2 and 7: Disney's Aladdin theatre performance in San Francisco 5-11 pm. \$41
- November 3-5: Fort Bragg Camping Trip, \$60.
- November 5: Alcatraz Tour, 10 am-8pm. \$60
- November 8: San Jose Sharks (hockey) vs. Tampa Bay, 4:30-11:30 pm. \$32
- November 10: San Francisco Pier 39 Trip, 10 am-5pm. Free!
- November 11: Jelly Belly Factory Tour, 10-3. Free!
- November 12 and 18: Movie Matinee, 12-5 pm. \$5
- November 13: Golden State Warriors vs. Orlando Magic basketball game, 4:30-11:30 pm. \$75
- November 17: Lost Coast Backpacking Trip, 8 am-3 pm. \$75
- November 29: Introduction to Climbing, 6:30-7:30 pm at the Recreation Center. \$5
- Every Monday: Conversation with Judy, Marilyn, and Howard in the SSALI café at noon.
- Every Thursday: Join IEEC at SSU for Coffee & Culture from 12-1pm in the SSALI café. Come for coffee, tea, snacks, and make new friends!

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Monthly Spotlight: President Sakaki



Sonoma State University President, Judy Sakaki is the first Japanese American female university president in all of the United States. Student success is very important to President Sakaki and since she became president in 2016, she has helped to make Sonoma

State University a welcoming environment for all students. She describes herself as optimistic, open-minded, and caring. In her free time she likes to hike, garden, and read. We are very proud to have her as our university president and we hope you will say hello if you see her on or off campus!

Welcome Back to Campus!

We are happy that our SSU students are safe and back on campus, enjoying student activities and working hard on their studies! Despite recent fires in Sonoma County, the SSU campus and surrounding cities of Rohnert Park, Penngrove, Cotati, and Petaluma have not been affected.



International Education Week (November 13-17)

(IEW) is a week that celebrates the benefits of international education and exchange worldwide. As part of a joint initiative of the U.S. Department of State and the U.S. Department of Education, this week promotes and celebrates programs that prepare Americans to participate in global environments and attract future leaders from other countries to study, learn, and participate in exchange experiences.



Come celebrate at some of the many IEW events below. Learn about more events at the Center for International Education located in IH 107.

- Faculty Lecture Series at 1pm Monday-Thursday
- Cultural Presentations at 2pm Monday-Thursday
- November 13: SSALI Poster Presentation 12pm
- November 14: IEEC Art at 2pm, Film at 7:15pm
- November 15: GoGlobal! Fest at 12pm, SoCo Taiko at 2pm, Open Mic at 7:30
- November 16: Coffee and Culture at 12pm, Language bites at 2pm, Girl Rising Video at 5pm
- November 17: International Thanksgiving 4-6pm

———— Don't forget to follow us on social media! ————



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