



INTERLINK

University of Illinois Counseling Center

INTERLINK Newsletter

September-October 2007



We are excited to have you participate in INTERLINK! The first step is to contact your mentee or mentor to arrange for a first meeting. Drinking coffee and chatting at Espresso Royale or Starbucks would be an easy way to start. After that, we encourage you to find activities that will be fun, informative, and meaningful to both of you. We will feature free or low cost campus and community events in our monthly newsletter.

Participants in the past have found it difficult to coordinate their busy schedules, so we suggest finding a regular meeting time. Some examples include lunch every Tuesday, or coffee every other Wednesday evening, or watching *Grey's Anatomy* on Thursdays! If you have trouble contacting your mentor/mentee, we suggest that you try to call and email a few times. If that does not work, please contact one of the INTERLINK coordinators and we will do our best to contact them to see if everything is okay.

Ways to Spend Time With Your Mentee/Mentor

General Activities

- **Take a Walking Tour Around Campus.** Use this website as a guide: <http://www.uiuc.edu/ricker/CampusTour>
- **Bring Yourself in a Bag exercise.** Get to know each other by collecting a bag containing 4-6 items that describe you (e.g., your favorite CD, picture of your cat, concert ticket, etc...be creative!)
- **Pick Apples at Curtis Orchard.** <http://www.curtisorchard.com/>
- **Discuss Cultural Traditions Associated with Halloween & Trick-or-Treating.** <http://www.history.com/minisites/halloween/>
- **Visit the Farmer's Market in Urbana.** Saturdays, 7am-12 noon, May 12-Nov 10. http://www.ci.urbana.il.us/urbana/Community_Development/Economic_Development/market/main.htm
- **Participate in UI Homecoming Festivities.** <http://www.admin.uiuc.edu/homecoming/schedule.html>

Cultural Events

- **Panel Discussion.** Oct. 3, 7:00 pm – Krannert Center – Cost: free. Join us for a conversation with Jabari Asim, author of "The N Word: Who Can Say It, Who Shouldn't, and Why," Editor-in-Chief of The Crisis magazine, and former deputy editor of the Washington Post Book World, hosted by Christopher Benson, Associate Professor of African American Studies and Journalism.

Cultural Events (Continued)

- **INTERLINK Food Adventure.** Tuesday, Oct 16, 6-8pm. Join us at a local restaurant serving traditional, non-U.S. ethnic cuisine. Restaurant name/location to be determined...stayed tuned for an email!
- **Cosmopolitan Club.** <http://www.prairienet.org/cosmo/>
The purpose of the Cosmopolitan Club is to cultivate social and intellectual relationships among persons of different nations through a variety of activities and services, all of which are open to all students and staff of the university and their guests.

Sunday Dinners

International dinners are an opportunity to sample foods from diverse cultures and socialize with other international and American students. Dinners begin at 6:00 p.m. and require reservations. The cost for members is \$4.00 and for non-members is \$6.00. Club members only may make dinner reservations on the Tuesday morning and Thursday afternoon preceding the dinner: call the Executive Director at 367-3079. Others may make reservations on the Friday preceding the dinner from 1:30-7:00 p.m. at the same phone number. Dinners are typically followed by a program highlighting the culture featured for the evening.

Thursday Coffee Hours

At these informal gatherings, held from 7:30 to 9:30 p.m., coffee, tea, and homemade ethnic desserts are served. International and American students, club members and non-members, are all welcome. Coffee Hours are good opportunities to meet people from around the world and learn about other cultures.

Music & Dance

- **UI Symphony Orchestra.** Friday, Sept. 21 – Krannert Center – Cost: \$2-8.
Donald Schleicher leads this School of Music ensemble in Wagner's Prelude to "Die Meistersinger," Prokofiev's class suite from Romeo and Juliet, and Symphony No. 3 by Chen Yi.
- **Afterglow: Screaming Salsa.** Saturday, Sept. 22 - Krannert Center - Cost: Free. CU's premiere salsa band will ignite the night with their electrifying Latin rhythms. This saucy eight-member ensemble features some of the area's finest musicians and vocalists and promises a salsa fervor that will have everyone up and moving.
- **UI Wind Symphony & Symphonic Band I.** Friday, Oct. 5, 7:30pm – Krannert Center – Cost: \$4-10.
Two of the nation's best bands perform an exciting evening of traditional and recent music. Come hear why the UI of I has been known for decades as the center of band music in America!
- **Global Transfer Afterglow: Brian Tairaku Ritchie Shakuhachi Club Milwaukee.** Saturday, Oct. 6, ~10:00 pm—Krannert Center – Cost: Free. Bassist Brian Ritchie co-founded the legendary rock band Violent Femmes, which "combined folk aesthetics with punk-rock philosophy to practically invent acoustic folk-punk." Now, he's also a master shakuhachi (Japanese bamboo flute) player. Their repertoire includes jazz, rock, blues, and Japanese and American folk melodies, interwoven with rich improvisation.

Theatre & Film

- Series of theatre performances with African theme at the Krannert Center
 - **Approaching Africa: I Have Before Me a Remarkable Document Given to Me by a Young Lady from Rwanda** – Oct 4, 12, 7:30pm, Oct 7 – 3:00pm – Cost: \$8-15
 - **Approaching Africa: The Syringa Tree** – Oct 5, 10, 13 – 7:30pm – Cost:\$8-15
 - **Approaching Africa: In the Continuum** – Oct 6, 11 – 7:30pm, Oct 14 – 3:00pm – Cost: \$8-15.
- **Metamorphoses.** Oct 18-20, 21, 25-27. – Krannert Center – Cost: \$8-15. Classical myths from Ovid are given a breathtaking new interpretation by playwright Mary Zimmerman. These tales of Cupid, Psyche, Midas, Phaeton, and Apollo are both familiar and surprisingly new. Artistically shaped by guest director Rene Moreno and faculty scenic designer R. Eric Stone, the production is built upon the themes of transformation and contrast. Zimmerman and Ovid cut to the heart of the human folly of greed, gluttony, vanity, and recklessness, as well as the beauty of love and longing.

Art

- **Opening Celebration for the Exhibit: “Ancient Egypt: The Origins.”** Oct 5, 7pm – Spurlock Museum. Cost: Free. Join the Museum staff for refreshments, gallery exploration, and a short talk by the exhibit curator, Museum Director Douglas Brewer. This free exhibit continues through Feb. 2008.
- **Berni Searle: Approach.** Aug-Dec 2007. Krannert Art Museum. Cost: Free. This exhibition contains seven large-scale pieces by South African artist Berni Searle, whose work in performance, photography, film, and video installation addresses racial and gender inequities through the use of her body, personal histories, and the construction of personal mythologies.

Sports

{ for details see: <http://fightingillini.cstv.com/>; many events are free }

- **Ice Skating – Cheap Skates.** UI Ice Arena - — UI students/campus rec members always have free admission & \$1 skate rental – First Wed. of every month: \$1 admission, \$1 rental for general public. <http://www.campusrec.uiuc.edu/skating/publicskate.html>
- **Football – UI vs. Penn State.** Saturday, Sept 29, 11am, Memorial Stadium
vs. Wisconsin. Saturday, Oct 6, Memorial Stadium, time TBA
vs. Michigan. Saturday, Oct 20, Memorial Stadium, 7pm
vs. Ball State. Saturday, Oct 27, Memorial Stadium, 11am
- **Women’s Volleyball – UI vs. Indiana.** Oct 5, 7pm, Huff Hall.
vs. Purdue. Oct 8, 7pm, Huff Hall.
vs. Penn State. Oct 19, 7pm, Huff Hall.
vs. Ohio State. Oct 21, 2pm, Huff Hall.
- **Soccerfest 2007.** Friday, Oct 19, 6-9pm - Illinois Soccer & Track Stadium. Cost: Free for students. See the Illini play their last home game of the season against the Indiana Hoosiers. Enjoy the events of SoccerFest: free food, music, and possibly fireworks!

"We are all travelers in the wilderness of this world,
and the best we can find in our travels is an honest friend."

- Robert Louis Stevenson, Scottish writer

“Travel is fatal to prejudice, bigotry, and narrow-mindedness.”

- Mark Twain, American writer

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<http://www.couns.uiuc.edu/Interlink/interlink.htm>

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