THE HISTORY OF FRIENDSGIVING

Friendsgiving has no set origin although there are several theories. The term has become so mainstream that it is even on the Miriam-Webster’s list for “words we are watching.” Many believe Friendsgiving was created by the tv show *Friends* when the original Thanksgiving episode ran in 1994. Other’s believe that the first sighting of the term was used in 2007 in a Twitter feed. Lastly, the term became widely used and seen after the 2011 Baily’s Irish Cream commercial “Friendsgiving with Baily’s.” The true origin is up to you to decide.

However, military families have been having Friendsgiving for quite some time due to their location and inability to travel to families. Either way, Friendsgivings are becoming an important time for friends to gather and enjoy good food and drinks, in a relaxed environment. Unlike the traditional family tradition that involves avoiding election day and political arguments.

Feel free to watch the hilarious SNL skit from 2015 featuring the song Hello by Adele.

TIPS

1). Pick a location with enough space and possibly less pets. Unless that’s your thing.

2). Let everyone pick their own dish, but make sure everyone has an idea of who is bringing what so there is no confusion.

3). Have a good variety of drinks available for your guests. (Continued on page 2)
4). Have snacks available.

5). The host generally prepares the turkey.

6). Have a plan for if you are watching football or not.

7). Prep the food the night before if possible, and bring food ready to be reheated, assuming there is not enough room in the oven for everything to cook once you are there.

8). Get together and decorate sometime the week of.

9). Relax! It doesn’t have to be perfect!

10). Assign people roles for cleaning. Aka this group does the dishes, this group puts food away and this group cleans the tables.

**RECIPES**

Some popular recipes are on Pinterest and magazines like *Eating Healthy*. Again, make sure that you are doing something that is going to be fun and enjoyable not something you are going to be up until 3 a.m. making while pulling your hair out. I don’t know about you, but I did mine last year when something important was due, didn’t think that through! Have fun and enjoy socializing!

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*Continued from page 1*

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**MPTSS FRIENDSGIVING**

**WEDNESDAY, NOV. 14**

**FOOD STARTING AT 3 P.M.**

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**THE FISH HOOK**

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

Welcome to November! As I write, week 11 of the semester is starting. The end of the semester is coming rapidly. I teach my final UNIV 201 class this week. It’s been a great group of transfer students who represent the wide spectrum of post-traditional students. They are student veterans, student parents, commuters from near and far as well as home owners. It’s always one of the highlights of the academic year that each fall I get to spend 11 weeks with a new group of post-traditional students in this class.

Is everyone excited about Thanksgiving? My more recent tradition of working Thanksgiving day continues. Before anyone gets too sad, I’ll be working the Bears v. Lions game in Detroit. I freelance as a radio production assistant. I tend to feel bad for faithful Lions fans when the team loses on turkey day, but some how I don’t think I’ll feel too bad this year. Enjoy your family, food and of course some football!
Each month, MPTSS Graduate Assistants highlight things to do and see in the local community.

Being a college student, working and having a family can be a really stressful time! One great resource to help elevate some of this stress is the Huskie Food Pantry!

Every Thursday, from 5:30-7:30 p.m., NIU students who do not currently have a meal plan can come to the Chick Evans Field house and receive free meals!

The food consists of baked goods, dry goods, fresh produce, frozen foods and much more!

In addition to food, the pantry also gives out donated toiletry items whenever they have a supply.

The vision of the pantry is to help students alleviate the stress of having to afford their higher education while also purchasing basic necessities.

The pantry is open every Thursday during the 2018-2019 school year, but will be closed on: December 20 & 27, and January 3.

Military & Post-Traditional Student Services and Career Services are hosting its third annual Veterans Job Fair on November 13. The job fair will be located in the Holmes Student Center, Duke Ellington Ballroom from 2-6 p.m.

Part of the Veterans Week Series, the Veterans Job Fair is open to all NIU Student Veterans, reservists, national guardsmen, active duty and ROTC. The event is also open to Veterans in the greater DeKalb/Sycamore Community. The event will feature employers and networking partners that are looking hire Veterans. The event will also be open to the rest of the NIU student population.

In preparation for this event, Career Services has some valuable resources students can take advantage of. One of the most beneficial resources is their walk in resume reviews. Bring in a copy of your current resume and get quality advice on how to improve it or tailor it a specific employer.

Another valuable resource is how to prepare for an interview. This includes information on how to answer specific questions, what you should know prior to meeting the employer, and questions you should ask the employer.

When you’re at the job fair it’s important to remember that this is where you will make your first impression on potential employers. Interviewing and resume writing are skills that can be continuously improved over time!

There is no doubt that the holiday season is forthcoming. Mother Nature has warned us with her dropping temperatures. However, not only are we facing colder and colder temperatures, our grades are also at stake. The week of finals falls less than two weeks after Thanksgiving. As much as it is important to spend quality time with family and friends, preparing for the future ahead is necessary. Begin mapping out your plans to study for finals weeks beforehand. Here are some helpful tips and resources to help you get ready for your finals push.

• Check out “What is my GPA?” This NIU resource helps you determine your semester, cumulative and target grade point averages. Knowing your anticipated grades ahead of time provides motivation to study for finals

• Create a study planner for the Thanksgiving break! Whether you use a spreadsheet, planner or Google Docs, the best option is to map your designated blocks of time in a planner so you can prioritize and keep up with your study needs.

• Locate where you can study besides the Founders Library on campus. NIU has plenty of study options! Gabel Learning Center, MPTSS Student Lounge, Barsema Hall, Faraday Library, Wirz Hall and along Reavis Hall stairwell are good options for study locations. In addition, seek out lounge and designated study areas located within your department of study.
MEET HUSKIE STAFF MEMBER:
SHANA WARE

Shana Ware is the Advocacy Services Coordinator on NIU’s campus. Before she entered this position, she completed both her bachelor’s degree in Public Health and master’s degree in Adult and Higher Education while attending NIU. She is now currently pursuing a master’s in Counseling while she uses her position on campus to help college students. Shana originally never pictured herself where she is today. She was drawn to working with college students because she saw how fresh and excited college students are about their futures.

Shana began working at NIU in 2012, and she believes it is a good place to stay. She likes the way NIU is student-driven and how NIU cares about each individual student. When she was going through her undergraduate degree, she noted different staff members who invested in her life. She hopes she can give back in a similar way through her current position.

One piece of advice she has for students is to move out of your comfort zone and introduce yourself to new people. Some of her lifelong friends were individuals who were originally outside of her typical friend group. She noted that it is also important to go out and utilize all that NIU has to offer. Her office not only offers advocacy services, but Counseling Services offers free counseling to all NIU students. She emphasized that there are many free services on campus that students will miss when they eventually graduate.

In her free time, Shana is a major coffee enthusiast. She also has been making a habit to practice self-care in between juggling work and her education. Lately, she has been practicing mindfulness through yoga and journaling.

One of her favorite memories as an undergraduate student, at NIU, was when her boyfriend gave her a ride to work, and as they were walking towards DuSable he got down on one knee and proposed to her. She shared that they had first crossed paths walking outside of the building.

MEET HUSKIE POST-TRADITIONAL STUDENT: RENEE CHANTHALANGSY

Renee chose NIU for her undergraduate degree because both of her parents are Huskie alumni. She loves the idea of following in their huskie pawprints. Her dad is an engineer in DeKalb so they conveniently commute together. She also chose NIU because it was so affordable.

Renee is a freshman majoring in biochemistry. She is drawn to biochemistry because it is on the path to becoming a genetic engineer, which appeals to both her love of medicine and ability to connect socially with patients. Her plan is to attend another university for graduate school that that offers a genetic counseling.

As a non-traditional student, she commutes and therefore does not live on campus. Renee does feel that she gets the best of both worlds because she is able to have her friends at school and her friends at home at the end of the day. She feels that she has the ability to choose her friends more carefully and her time management skills are kicking butt. One of her favorite parts of being a non-traditional student is that she is able to enjoy her Spotify playlist on her 40-minute commute.

Some of her passions in her free time include producing music on Sound cloud, candid photography and playing instruments. Renee likes to participate in the arts to create a level of separation from work and play.

Her best memory so far is hanging out in the MPTSS lounge and laughing with Princess. We love her.
### UPCOMING EVENTS

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<tr>
<td><strong>Facts and Snacks Workshop</strong></td>
<td>November 7</td>
<td>12:15-1:15 p.m.</td>
<td>CLB 100</td>
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<tr>
<td><strong>Swap Don't Shop</strong></td>
<td>November 29</td>
<td>5:30-7:30 p.m.</td>
<td>Chick Evans Field House</td>
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<td><strong>Veterans Job Fair</strong></td>
<td>November 13</td>
<td>2-6 p.m.</td>
<td>HSC, Duke Ellington Ballroom</td>
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<td><strong>I Am Because She Is</strong></td>
<td>November 30</td>
<td>4:30-6 p.m.</td>
<td>Center for Black Studies</td>
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<td><strong>Final NIU Home Football Game</strong></td>
<td>November 14</td>
<td>6 p.m.</td>
<td>Huskie Stadium</td>
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<td><strong>Sycamore Winter Chocolate Walk</strong></td>
<td>December 6</td>
<td>4-8 p.m.</td>
<td>Downtown Sycamore</td>
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<td><strong>Secretary of State Mobile Services</strong></td>
<td>November 19</td>
<td>9:30 a.m.-3:30 p.m.</td>
<td>HSC, First floor</td>
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<td><strong>Thanksgiving Recess</strong></td>
<td>November 21-25</td>
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<td><strong>Fall Classes End</strong></td>
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<td><strong>Final Exam Period</strong></td>
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