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OPT WORKSHOPS

It’s time again for OPT! The ISS Office will be holding a series of OPT workshops during the Fall semester. If you are graduating this December and are planning to apply for OPT, you are strongly encouraged to attend these helpful workshops.

NOTE – THERE IS NO OPT WORKSHOP THIS WEEK

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When you’re ready to apply, visit the ISS Office to meet with an advisor. As always, you can contact us any time with questions – su-iss@okstate.edu or 744-5459.

FALL BREAK

OSU’s Fall Break is tomorrow, Friday, October 9 and there will be no classes. Classes resume on Monday, October 12; University offices will remain open Friday. Have a wonderful break!
ADDRESS UPDATES

The U.S. government requires international students to update their addresses any time they move (whether they are still taking classes or on OPT). If you have recently moved, you **MUST** update your address with the ISS Office; failure to do so could result in termination of your SEVIS record.

- To update your address in SEVIS, please complete the online [form](#).
- To update your address with OSU, click [here](#) to log in to SIS (Student Self-Service).
- If you are an **OSU Employee**, update your address with Human Resources [here](#) (Web for Employees).

**Helpful Hint:** If you are graduating and moving from Stillwater, or moving to a new apartment or house in Stillwater, be sure to complete a **U.S. Postal Service Change of Address Form**. You can find the form at the local Post Office or online at [https://www.usps.com/umove/](https://www.usps.com/umove/).

TULSA STATE FAIR

*When:* Thursday, October 1 – Sunday, October 11  
*Where:* Expo Square  
*Address:* 4145 E. 21st St., Tulsa 74114 (map)  
*Admission:* $6 – $10 (see website for details)

The **Tulsa State Fair** is the city's largest family event, providing educational experiences and entertainment during an 11-day span. Jam-packed with fun, games, food, rides, attractions and exhibits, this historical event is based upon heritage, family values and quality entertainment for all ages. The Tulsa State Fair has over 100 years of history and continues to stand out as one of the premier fairs in the country, with an estimated attendance of over a million!

Visit the Fair’s website [here](#) for more information about ticket prices, attractions, competitions, and more!
OSU ART FACULTY EXHIBITION

When: Thursday, October 1 – Friday, October 23
Times: Monday – Friday, 8:00am – 5:00pm; Saturday, 12:00pm – 5:00pm
Where: Gardiner Art Gallery in the Bartlett Center
Admission: FREE!!

Featuring recent work of full-time, adjunct, and retired faculty of Oklahoma State University’s Department of Art, Graphic Design and Art History, this exhibition features artwork representing the full spectrum of areas in studio art and design including traditional drawing, painting, sculpture, metal work, graphic design, video, and digital animation. This exhibition offers an opportunity for students to see the talents of their professors, who challenge and inspire and nurture innovation and creativity in their students, and are equally committed to sharing their work with the general public.
RED DIRT INTERNATIONAL FILM FESTIVAL

_When:_ Thursday, October 8 – Saturday, October 10  
_Where:_ Eskimo Joe’s and Stillwater Community Center  
_Address:_ 501 W. Elm St. and 318 W. 8th Ave.  
_Admission:_ $5 - $25 (see website for details)

Don’t miss the third annual Red Dirt International Film Festival! The 3-day run (Oct. 8 – Oct. 10) will feature many films, from full-length movies and documentaries, short films and music videos from filmmakers both local and worldwide. Films featured in the past came from all seven continents, including Antarctica! Festival directors Damon and Marisa formed the event to educate area-youth, bring more inspiration, culture, and entertainment to central Oklahoma, as well as to enliven people of all ages through the united power of the film medium.

The Festival will be held in two locations – the Thursday kick-off will be at 5:00pm at Eskimo Joe’s (in the parking lot across from the restaurant) and continue at 10:00am Friday and Saturday at the Stillwater Community Center. Check out the Festival’s website for schedules, to buy tickets, or for more information!

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COWBOY STAMPEDE RODEO

_When:_ Thursday, October 8 – Saturday, October 10  
_Times:_ 7:00pm  
_Where:_ Payne County Expo Center  
_Address:_ 4518 Expo Circle East (map)  
_Admission:_ $10 ($5 with OSU ID card)

The OSU Rodeo Team and the College of Agricultural Sciences and Natural Resources are proud to present the inaugural Cowboy Stampede Rodeo! Performances will take place each evening. This is the first time in nearly 30 years that OSU has hosted a rodeo. The Cowboy Stampede will include special guest appearances by OSU President Burns Hargis and First Cowgirl, Ann; DASNR Vice President Thomas Coon and wife, Rhonda; Provost Gary Sandefur; and more!

The Cowboy Stampede is sanctioned by the National Intercollegiate Rodeo Association. The NIRA includes 11 national regions, and OSU participates in the Central Plains Region, which features 28 colleges and universities from Kansas and Oklahoma, totaling more than 500 regional competitors. Each evening’s performance will feature 10 events. The athletes will be competing as individuals and as a team. Championship buckles will be presented to event and all-around winners at Saturday night’s championship performance.

For more information, contact Cody Hollingsworth at cody.hollingsworth@okstate.edu.

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**BRUSH CREEK BAZAAR**

*When:* Friday, October 9 – Sunday, October 11  
*Where:* The Barn  
*Address:* 10900 S. Louisville Ave., Tulsa 74137  
*Admission:* $5 adults; $3 seniors; FREE children 12 and under

The **Brush Creek Bazaar** is an outdoor festival that has been going on for nearly 40 years. It is an "arts paradise" that hosts nearly 100 vendors which include various crafts and artisans, such as: wood, home decor, soap, jewelry, outdoor decor, metal, clothing, candles & much, much more. This 3-day event also features live music of all genres from bluegrass & jazz, to contemporary and & country, as well as clogging & other dance styles. There is also a "Kidzone Extravaganza" awaiting all children with face-painting, pony rides, a pumpkin patch, as well as other specialty activities to enjoy!!!

Visit [brushcreekbazaar.org](http://brushcreekbazaar.org) or call 918-435-8206 for more information.
PUMPKIN PALOOZA

**When:** Friday, October 9 from 4:30pm – 8:00pm  
**Where:** Rockin’ Star Farm  
**Address:** 17351 Alamo Rd.  
**Admission:** Donation

Rockin’ Star Farm is ready to help you kick off your fall with a great celebration at Pumpkin Palooza 2015! This year’s new attractions include an Official Pistol Pete Corn Maze, a wooden pirate ship, and even more food trucks, farm animals and fun than ever before! Activities include the petting zoo, bounce house, face painting, pumpkins and our fun-filled farm themed playground. Local food trucks will be on hand to keep everyone filled up with tasty treats while the whole family enjoys music and games.

This year, Rockin’ Star Farm admission to the farm will be a donation to “Kickin’ Childhood Hunger”, a local organization working to stop childhood hunger in North Central Oklahoma. The “Kickin’ Childhood Hunger” committee will take monetary donations at the gate. They will also be selling bottled water and t-shirts to help the cause.

For more information or to see what else is happening at the Farm, call 405-612-0287 or visit rockinstarfarm.com.
**SPEAKER CHAD PREGRACKE**

*When*: Tuesday, October 13 at 7:00pm  
*Where*: Student Union Theater  
*Admission*: FREE!!

The **Biosystems and Agricultural Engineering Graduate Student Association (BAEGSA)**, with funding from the Green Student Initiative, is excited to host Chad Pregracke to speak at Oklahoma State University. Chad is a recipient of the Jefferson Award for Public Service and was named 2013 CNN Hero of the Year. He is a dynamic speaker with a truly inspiring story that will show the Oklahoma State community what an individual with a vision and passion can accomplish. Join us in the Student Union Theater to hear Chad’s story of one man’s mission to clean up America’s great rivers. This event is free and open to anyone, including the community at large. The doors open at 6:00 – the first 50 people will receive a free Nalgene 32 oz. reusable bottle!

Visit [baegsa.okstate.edu](http://baegsa.okstate.edu) for more information.

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**COWGIRL SOCCER**

*When*: Friday, October 9 at 7:00pm  
*Where*: Cowgirl Soccer Complex  
*Admission*: $5

Come on out and support the Cowgirls as they take on the Oral Roberts Golden Eagles! Tickets are $5 and can be purchased at the game (cash only if buying at the game). Visit [okstate.com](http://okstate.com) to buy tickets, to get more info, or to see schedules for other OSU sporting events.

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LIVE ON THE PLAZA

When: Friday, October 9 from 7:00pm – 11:00pm  
Where: Plaza District (map)  
Address: N.W. 16th St between N. Blackwelder Ave and N. Pennsylvania Ave., OKC

LIVE on the Plaza is the Plaza District’s second Friday artwalk. Each second Friday, Plaza District businesses stay open late with featured artists, live music, special events, local shopping and much more! Parking is available on the street, in Lyric Theatre's lots in the center of the district, and just west of 16th & Indiana. Additional parking can be made in the surrounding neighborhoods.

Visit www.plazadistrict.org/live for more information.

CONTRA DANCING

When: Friday, October 9 from 7:30pm – 11:00pm  
Where: 465 Student Union (Starlight Terrace)  
Admission: FREE!!

Join the Scissortail Traditional Dance Society of Oklahoma in Contra Dancing this Friday! Emerald Flame provides music with Louise Siddons calling the dance. No experience is necessary to attend!

Contra Dancing is an American folk dance that is derived from English Country Dancing brought to America by the early settlers. It is related to square dancing and traditional European dance forms, and over the course of its history has incorporated elements of swing, jazz, and rock and roll. Live music with roots in Irish and old-time American traditions is normally played at Contra Dances, but there are as many styles of music as there are dancers!

For more information about Contra Dancing or the Scissortail Traditional Dance Society of Oklahoma, visit their website at scissortail.org.
PUMPKINVILLE

When: October 9 – October 25  
Times: 10:00am – 5:00pm  
Where: Myriad Botanical Gardens  
Address: 301 W. Reno Ave., Oklahoma City 73102  
Admission: $4 adults; $6 children

The fourth annual Pumpkinville, presented by the OGE Energy Corporation, will be held from October 9th to 25th in the Children’s Garden at the Myriad Botanical Gardens. Join us for a celebration of pumpkins, harvest and all things fall, including cider pressing demonstrations and tastings. More than 3,000 pumpkins will fill the Children’s Garden along with crafts, games, imaginative displays, a party and more. Bring your friends and family to explore together as we bring the town of Pumpkinville to life!  
Visit our Pumpkin Patch to purchase your pumpkins.

Visit the Botanical Gardens' [website](#) for details.
SPEED READING & MEMORY CLASSES

When: Monday, October 12 and Thursday, October 15  
Times: 5:00pm  
Where: Online

Iris Reading is offering FREE Speed Reading and Memory webinars for OSU students to help with reading textbooks more effectively! Iris Reading is the largest provider of speed-reading training with programs that have been conducted for employees of NASA, Google and universities throughout the U.S. Space is limited, so if you’re interested in attending these FREE webinars, register online [here](#).

COWGIRL SOFTBALL

When: Wednesday, October 14 at 6:00pm  
Where: Cowgirl Stadium (at the corner of Duck St. and McElroy Rd.)  
Admission: $5

Support the Cowgirls as they play against the Seminole State College Trojans! Tickets can be purchased at the game and cost $5. Visit [okstate.com](http://okstate.com) for more info.

FREE FLU SHOT CLINIC

When: Wednesday, October 14  
Times: 8:00am – 3:00pm  
Where: Student Union Basement (Cowboy Underground)

OSU Health Services will be offering FREE flu shots to students.
TAI-CHI CHUAN FUNDAMENTALS

*When*: Tuesdays, from October 6 – November 24  
*Times*: 5:30pm – 6:30pm  
*Where*: Colvin Dance Studio 2  
*Registration Fee*: $50 – students; $60 – non-students

Commonly called Tai Chi or Taiji, it is an exercise that employs slow intentional movements, breathing techniques, and a rich array of cognitive tools (e.g. focused body awareness, imagery) to strengthen, relax and integrate the body and mind. Tai Chi is practiced for health, personal development and self-defense.

The fundamentals class introduces students to the fundamental principles of Tai Chi, including relaxed and mindful movement, proper structural alignment, and breath awareness. Students learn a foundational set of qigong (chi kung) exercises as well as the core movements from the Tai Chi short form. Tai Chi walking is also introduced.

Registration Information: Register in the Colvin Recreation Center or Seretean Wellness Center, call 405-744-5510 or email wellness@okstate.edu. This program is open to students, employees and Wellness community members.  
NOTES: This program may be canceled if minimum registration limits are not met. Any applicable refunds will be issued in that event.

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LASSO CENTER

*Where*: 021 Classroom Building

The LASSO Center is dedicated to helping all OSU students succeed as they transition into college and throughout their college experience. Our staff works to empower students to take an active role in their learning experience by fostering the development of critical thinking, active learning and increased self-awareness through collaborative partnerships with LASSO Tutors, Academic Success Coaches and Supplemental Instruction Leaders. LASSO provides **FREE** academic assistance through:

- Supplemental Instruction  
- Academic Success Coaching  
- Tutoring  
- Student Success Workshops

Visit [lasso.okstate.edu](https://lasso.okstate.edu) for more information or call 405-744-3309.

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