

S ' MORGASBOARD

September 2013 Diversity Newsletter
ASU Counseling & Psychological Services Center

A sampling of events:

- **Rosh Hashanah** begins at sunset on September 4th and ends at sunset on September 6th (Jewish New Year)
- Mexico celebrates **Independence Day** on September 16th
- **"Coming Out—Coming In: Faith, Identity and Belonging,"** a documentary exploring Christianity and sexual orientation, will be shown in the Blue Ridge Ballroom on Tuesday, September 24th at 7:00 pm. This screening will be followed by a panel discussion.

BRAIN FOOD:

Rosh Hashanah means "head of the year" in Hebrew and is observed through prayer, personal reflection, and sounding of the shofar. A *shofar* is a ram's horn utilized during many religious services and other Jewish holidays, including *Yom Kippur*.

Something to chew on:

Mexico celebrates Independence Day to commemorate Hidalgo and his army's fight for control from Spain. This war ended in 1821 after a decades-long fight. Hispanic students, staff, and faculty may be interested in sharing their experiences surrounding this fiesta on September 16th! The Hispanic Student Association meets every Thursday at 5:00 pm in the McRae Peak room in the Student Union.

A few more things

Observed every September:

- 2nd—Labor Day (USA)
- 10th—World Suicide Prevention Day
- 11th—9/11 Day of Service and Remembrance (USA)
- 21st—World Alzheimer's Day
- 21st—International Day of Peace
- 29th—National Coffee Day (USA)

S'more about Dr. Ally Matt and her guide dog, Allstar:

National Guide Dogs Month is observed during September and staff psychologist Ally Matt helped clarify the process that she and Allstar went through more than four years ago when her first guide dog, Cooper, retired in 2009 following eight and a half years of service. Guide dogs typically serve individuals who are blind or visually impaired. There are schools which allow for potential guide dogs to live with families and other committed dog enthusiasts during their first year while completing obedience and socialization training and are typically funded through donations. Dogs must meet certain standards and requirements in terms of temperament and obedience to move on to the official training to serve as a guide dog for those who understand the world a little differently. Individuals are "matched" with a dog that will meet his or her specific needs and each owner must also pass tests before returning home with a new partner. Guide dogs are exposed to different environments throughout the training process, and much like humans, they experience a learning curve when it comes to getting the job done to the best of their ability. It takes up to a year to fully develop a strong relationship between a guide dog and its owner. After four years together, Ally says Allstar has matured enough to participate in group therapy on occasion, though he's been known to bite off more than he can chew. If you meet or work with someone that has a guide dog, remember to ask the owner how to appropriately interact with the dog or if there are any specific instructions for allowing the guide dog to do its job without interruption.

September 2013 Campus & Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 High Country Praise Festival 3:30-8:00 pm - Holmes Center, Tickets required	2 Labor Day - Counseling Center is closed today	3 Tai Chi - Free event at the Turchin Center 5:00 pm weekly	4 International Coffee Hour - Whitewater Café in the Student Union - 12:30-1:30 weekly; Rosh Hashanah begins at sundown	5 Rosh Hashanah continues (Jewish New Year)	6 Boone's First Friday Art Crawl - Free event, located in downtown Boone 6:00-10:00 pm; Rosh Hashanah ends at sundown	7
8	9 24 th annual Walk for Awareness - Sanford Mall 9 pm	10 Convocation Day - classes resume at 12:30 pm; Tai Chi - Turchin Center 5 pm; World Suicide Prevention Day	11 International Coffee Hour - 12:30-1:30; Carolina Chowdown: A Local Food Feast - ASU Food Services, 11:00- 2:00	12	13 Transfer Symposium - Parkway Ballroom in the Student Union 11:00-5:00, Registration required, visit transfersymposium. appstate.edu for details	14 Yom Kippur (Jewish Day of Atonement)
15 *National Hispanic Heritage Month is Sept.15 to Oct. 15*	16 Mexico's Independence Day	17 Tai Chi - Turchin Center 5 pm	18 International Coffee Hour - 12:30-1:30	19	20 Banff Mountain Film Festival - Schafer Center 8 pm, \$8 for students, \$10 for everyone else	21 Banff Mountain Film Festival - Schafer Center 8 pm, \$8 for students, \$10 for everyone else; ASU Fall Open House
22 Fall Equinox	23	24 "Coming Out - Coming In" panel discussion - Blue Ridge Ballroom in the Student Union 7 pm; Tai Chi - Turchin Center 5 pm	25 International Coffee Hour - 12:30-1:30	26	27	28
29	30				Do you have a question, comment, or know of a diversity event happening next month?	Please contact Angela Ayers, Master's Extern and Diversity Graduate Assistant at aa77891@appstate.edu