Upcoming Events

♦ November 8 - Noon Nutrition Session, Brown Dining Room
♦ November 8 - Full CSA Board Meeting, 7:30 p.m., Dowell 225
♦ November 9 - Workshop “Resources for Grad School,” 7 p.m., Kiehle Auditorium
♦ November 10 - College Bowl, 7 p.m., Eagles Nest. Sign up at Dowell Info Desk.
♦ November 11 - Veteran’s Day Program, 11 a.m., Eagles Nest
♦ November 11 & 12 - Campus Preview
♦ November 12 - Hockey vs Lawrence University, 7:30 p.m.
♦ November 13 - Hockey vs Lawrence University, 7:30 p.m.
♦ November 13 - Crookston Artist Series, Musicians Wieska & Hubert Szymczynski, Crookston High School, 7:30 p.m.
♦ November 15 - Magnificent Monday, Great American Smokeout, Noon, SCC Lobby
♦ November 15 - Men’s Basketball vs St. Cloud State, 7 p.m.
♦ November 16 - Native American, Jaki Cottingham, Noon, Brown A & B
♦ November 17 to 21 - Play “Noises Off,” Wednesday through Saturday, 7:30 p.m., Sunday, 2 p.m., Kiehle Auditorium
♦ November 17 - Women’s Basketball vs St. Cloud State, 7 p.m.

College Bowl November 10
College Bowl will be held Wednesday, November 10, at 7 p.m. in Eagles Nest. Sign up your teams at the Dowell Info Desk by Monday, November 8. Each team should consist of 4 players. If you don’t have a team but still want to participate, contact the Dowell Info Desk and we will try to set you up with a team. Total prize money of $300 will be awarded. Win a chance to attend the Regional College Bowl Tournament in February 2005. For more information go to www.collegebowl.com.

Mr. UMC Crowned

John Burger was crowned Mr. UMC 2004. Other contestants were: Justin Mushel, Dion Turgeon, Paul Christensen, Matt Bedore, Kyle Page, John Burger, Ben Aho and Ryan Wermager

Nutrition Informational Session
Everyone is invited to a noon presentation that will be given by the UMC Dietetics’ Club on Monday, November 8, in Brown A & B. The topics that will be covered are: Learn the latest information about the low carb diet; how to figure out what the information on a food label means; learn what a proper serving size is. This is a great opportunity for you to get some great information on how to take more responsibility for better nutrition! Hope to see you there!

Great Conversations Wednesday, November 10

“An International Political Perspective” will be the topic for Wednesday, November 10, 2004’s Great Conversations Series. Presenters will be J. Brian Atwood (left) and Clare Short, M.P. (right). Atwood is the Dean of the U of M’s Humphrey Institute of Public Affairs, and Short is a member of Parliament and former Secretary of State for International Development. The event will take place in Dowell Hall 220 at 7:30 p.m. Event and refreshments courtesy of UMC Concerts and Lectures.

W.O.W. Event
College Bowl November 10 at 7 p.m.
Kiehle Auditorium

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**Question of the Week**

“What is your favorite part of the Eagle’s Eye?”

**Athletic News**

**Rollins Named NSIC POW for Third Time**

(Crookston, Minn.)- Golden Eagle runningback R.J. Rollins (Jr., Anchorage, AK) has been named as the NSIC Offensive Player of the Week for the third time this season. Rollins rushed for 238 yards on an NSIC season high 45 carries against Northern State. He averaged 5.3 yards per carry and recorded two touchdowns on a five and 62 yard run. On special teams, Rollins averaged 39.8 yards on five punts, including a 71 yard long.

**Wolff and Jeremiason Named NSIC POW’s**

(Crookston, Minn.)- Jamie Wolff (Sr., Setter, Rosemount, MN) and Katie Jeremiason (Fr., Libero, Marshall, MN) have been named NSIC Volleyball Players of the Week for their performance in conference action last week. Wolff, who was named Setter of the Week, averaged 12.6 assists per game in the Golden Eagles’ two wins. In the win over MSU-Moorhead, she tallied 69 assists, one service ace and nine digs. Against Northern State, she added 57 assists and 14 digs. Jeremiason was named Defensive Player of the Week by totaling 73 digs (7.3 dpg) as the Golden Eagles recorded their first-ever NSIC weekend sweep. In UMC’s first-ever win over a nationally ranked opponent, #15 MSU-Moorhead, she had 36 digs and then added 37 in the win over Northern State. The Golden Eagle’s Women’s Volleyball team finishes up the 2004 regular season on the road. The team takes on #1 Concordia-St. Paul on November 5 and Winona State on November 6. The NSIC Tournament runs from November 12 – 14.

**Western Team Earns High Point Total**

(Crookston, Minn.)- The UMC Women’s Equestrian team competed in Lincoln, Nebraska on October 30 to finish off this semester’s western competitions. The western team captured the high point title for both shows on Saturday. Jess Sathoff was the Reserve High Point Rider for the first show by taking first in the horsemanship and fifth in the Reining class out of 13 riders. Many others took first in their respective classes. Lindy Savelkoul qualified for the Regional competition at the first show in the Novice Horsemanship division. UMC now leads the region in total team points overall. The team will be continuing competition on February 19 and 20, 2005, at home.

**Thanksgiving Celebration Planned**

The Office of Diversity Services would like to invite you to share and participate in a celebration of Thanksgiving on Tuesday, November 23, in Eagles’ Nest from 11:30 a.m. to 12:30 p.m. You may contribute to this celebration by preparing and bringing a loaf or sample of a bread that represents your ethnic or cultural heritage, or by simply joining everyone in sampling the breads and learning more about a variety of cultural traditions. If you think that you would like to bring a traditional bread to share, we would like you to share the name of the bread and the country of origin with Marcia Walker, coordinator of Diversity Services at UMC. Those breads identified in advance will be included in promotional and informational materials. Join us in celebrating diversity at UMC! This will be an opportunity to get to know and understand each other as well as commemorate our heritages together. Please, e-mail me if you can participate and bring your own bread sample from home!!! Thank you and have a wonderful week!!!
ECFE/Learning Readiness is looking for 5 to 6 volunteers for each of the following evenings:
Monday, November 29 - Grandparents Nite 6:30 to 8 p.m.
Tuesday, December 14 - Tour of Lights 6:30 to 8 p.m.
Thursday, January 27 - Early Childhood Event

Tuesday, February 22 - Orchestra Dinner, 5 p.m. to 7:30 p.m.
Thursday, March 31 - March Musical Madness
Monday, April 25 - Big Wheels Night, 6:30 - 8 p.m.

For more information about these events, please contact Suzanne St. Michel at 281-2762.
If you or members of your club are interested in learning more about VolunTEAM projects, contact Lisa Loeinger in the Service Learning Office in Dowell 112 (X8526, email Loege005) and she will put you in touch with the right people.

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**Respect Around the Council Fire: Tribal Lessons for Challenging Times**

What does “equality” mean in America? Why should you care about what happens to your colleague, your coworker, your classmate, your neighbor, a complete stranger? Because it’s the right thing to do, AND because whatever you do or let happen to others ... you’re next! Indigenous Americans, as tribal peoples, understand the importance of respect in achieving the common good. Come share in a discussion of how American history and tribal values can influence actions, expand opportunities, and foster success. Jaki Cottingham-Zierdt, a mixed-blood Dakota, works as an Equal Opportunity Consultant in the University of Minnesota Office of Equal Opportunity and Affirmative Action. Prior to her current position, Jaki served for 7 years as the Director of the Multicultural Institute of the Academic Health Center at the U of MN. She has a J.D. and a B.A. in medical anthropology and paleopathology, both from the U of MN. Jaki is a recipient of a 2004 Josie R. Johnson Human Rights and Social Justice Award. She is an experienced public speaker at both the local and national levels. The presentation will be Tuesday, November 16 at Brown Dining Room A from 12 to 1:30 p.m.

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**Interested in Attending Grad School?**

Interested in attending grad school? Not sure what you need to do? UMC Counseling and Career Services will be sponsoring a workshop entitled “Resources for Graduate School.” The workshop will be held Tuesday, November 9 at 7 p.m. in 116 Kiehle Auditorium.

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**Great American Smokeout**

Are you ready for 24 hours without cigarettes? That’s what the Great American Smokeout is all about. Each year on the third Thursday of November, The American Cancer Society (ACS) organizes the Smokeout. According to ACS, more Americans try to quit smoking on this day than any other day of the year, including New Year’s Day. What does it take to participate? Just you! There’s nothing to join or buy or sign up for. You simply commit to quit for one day. You can do that, right? Stop by the SCC entrance on Monday, November 15 or Thursday, November 18, from 11:30 a.m. to 1 p.m. for more information. Check out the following web site for more info. [http://www.cancer.org/docroot/PED/content/PED_10_7_Committing_To_Quit.asp?sitearea=PED](http://www.cancer.org/docroot/PED/content/PED_10_7_Committing_To_Quit.asp?sitearea=PED).

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**QUITPLAN at Work Tobacco Cessation Program**

QUITPLAN at Work is coming to UMC to help those employees who are interested in quitting smoking. The focus of this program is on employees and their spouses who want to make a successful quit attempt. Student employees are also eligible. You will have the opportunity to participate in a group led by a professional tobacco cessation counselor. As a part of this program you will receive:

- a personal plan to stop your tobacco use
- detailed information about Zyban and Nicotine replacement therapy
- the tools needed to help you learn to stop smoking
- five weeks of group-led support by a trained professional
- connection to additional resources, such as self-help materials, community resources, [QUITPLAN](http://www.mpaat.org/index.asp?Type=B_BASIC&SEC=(82C98A32-D5E8-4863-9F97-538DADB2E7E)) and the QUITPLAN Helpline, the phone-based support program.

There will be an informational booth on Monday, November 15 and also Thursday, November 18, from 11:30 to 1 p.m., in the SCC entrance. We need a minimum of 8 employees for this program. Feel free to stop by or give Stacey Grunewald a call at 8512 for more information.
Brain Teasers

Tiffany Fuller is last week’s winner. Tiffany knew that the puzzle below on the left meant “Down in the Dumps.” She can pick up his free movie pass at the Dowell Info Desk. Can you guess this week’s puzzle (below on the right)? If you think you know the answer, send an e-mail to melonir. A winner will be chosen from the correct answers. The winner will receive a free ticket to the Grand Theatre in Crookston. Email your answer to Meloni prior to noon on Thursday, November 11. The winner’s name will appear in the November 15 Eagle’s Eye.

dumps dumps goosefeathers dumps dumps

cluck cluck quack quack

Crookston Artist Series Presents Wieska & Hubert Szymczynski

Crookston Artist Series presents Wieska & Hubert Szymczynski, Saturday, November 13, 2004 at 7:30 p.m. at the Crookston High School Auditorium. Ten FREE tickets are available for this event at the Dowell Info Desk. Classically cool husband and wife, Wieska and Hubert Szymczynski live in Vaxjo, Sweden. She is a world-class violinist and concertmaster of a leading chamber orchestra. He is a composer, multi-instrumentalist, cabaret songwriter, and a passionate jazz pianist. As Wieska plays the original score, Hubert improvises at the same time, and all it comes out “classically cool.” They started blending their own style together to entertain family and friends, but a short appearance on Swedish TV was enough to create an unbelievable demand for live performances. So they expanded their repertoire, making this unique duo possible. Wieska and Hubert graduated with honors from the Academy of Music in Poznan, Poland, and are now professors of music academies and universities in Sweden. The ten FREE tickets to this event are sponsored by UMC Concerts and Lectures.

What is Depression?

Most people feel down from time to time. It’s a natural reaction to stress and tension. But when these feelings are severe or prolonged, you may be experiencing depression. Depression is a serious health problem that affects the person’s body and mind. Depression can lead to withdrawal from people and activities; loss of pleasure and enjoyment of life; feelings of sadness, disappointment or loneliness; physical discomfort, fatigue, and sleep disturbances. When the “down” mood along with other symptoms lasts more than a couple of weeks, the condition may be clinical depression. This is the time to seek professional help. On campus help is available at the Counseling & Career Center, 270 Owen Hall. Off-campus help is available at the Northwestern Mental Health Center, 281-3940. The 24-hour Crisis Intervention number is 1-800-282-5005. Please check out the following link for more information http://www.nimh.nih.gov/publicat/depression.cfm#intro.

Classified Ads

Found: Digital Camera. To claim, stop by Pam Holsinger-Fuch’s office at Dowell 117.
For Sale: 1997 Polaris Indy 500, 2,700 miles, 96 studs, new wear-bars and slides. License good through 2006. Asking $1,500. Contact Rudy Jensen at urjj001@crk.umn.edu.
For Sale: “Crookston in Time” CD’s. This CD features local artists including UMC Alum Sonic Petithomme, faculty members Jim Schaar and George French, and our own University of Minnesota, Crookston Chamber Choir. CD’s can be purchased for $10 each at the Dowell Info Desk or from Pam Holsinger-Fuchs.
Have you lost something? Check the Dowell Info Desk for lost items. We have glasses, keys, jewelry, coats, and other articles of clothing. Maybe one of these items is yours.

If you would like to include an ad in the classified section of the Eagle’s Eye, email your request to melonir or drop your ad off in Dowell Hall 119. Ads will be included in the Eagle’s Eye FREE of charge to students, faculty and staff. Ads will be included on a first come first served basis. Ads will run for two weeks if space allows. We reserve the right to reject any ads.

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