Upcoming Events

- December 4 - Flu Shots, 9 - Noon, Bede Ballroom
- December 4 - Open Forum (Athletic Review Committee Findings) 4 p.m., Bede Ballroom
- December 4 - Holidays Around the World, 7 - 9 p.m., Skyberg, McCall & Centennial Hall Lounges
- December 5 - College 101 “Get a Job”, 11 a.m. - Noon, Bede Ballroom C, D, & E
- December 5 - Open Forum (Athletic Review Committee Findings) Noon, Bede Ballroom
- December 6 - Hypnotist Sailesh, 8 p.m., Kiehle Auditorium
- December 7 - Delta Theta Sigma Chili Feed, 5-8 p.m., American Legion $5 in advance, $7 at the door
- December 8 - New Student Registration
- December 8 - Women’s & Men’s Basketball vs Minnesota State University - Moorhead, 6 and 8 p.m.
- December 9 - Women’s & Men’s Basketball vs Concordia St. Paul, 6 and 8 p.m.
- December 9 - Hockey vs Finlandia University, 7:30 p.m.
- December 9 - “Club McCall” Dance, 8 p.m. - midnight, McCall Basement
- December 10 - Hockey vs Finlandia University, 2 p.m.
- December 10 - Marcoux Corner, 3 p.m., Kiehle Auditorium
- December 13 - Gingerbread House Contest, 8 p.m., Bede Ballroom
- December 14 - CSA Full Board Meeting, 7 p.m., Dowell 225
- December 15 - Last Day of Instruction
- December 15 - Men’s Basketball vs MN State Mankato, 7 p.m.
- December 16 - Hockey vs Concordia-Moorhead, 7:30 p.m.

Hypnotist Sailesh December 6

Hypnotist Sailesh

Wednesday, December 6
8 p.m.
Kiehle Auditorium
Free to UMC
Students with ID
All others $5
Uncensored
For Mature Audiences Only
No one under 18 admitted

Marcoux Corner December 10

A Cappella Group
Marcoux Corner
with the UMC Choir
as the opening act
Sunday, December 10
3 p.m.
Kiehle Auditorium
Free to
UMC Students with ID
Adults $10
Children (6-18) $5
Students from other Universities $5 with ID
This will be Eric Patenaude’s last performance in Crookston with Marcoux Corner.

Delta Theta Sigma Chili Feed December 7

Delta Theta Sigma is holding a Chili Feed at the Crookston American Legion on Thursday, December 7, 2006, from 5-8 p.m. Tickets are $5.00 (presale) and $7.00 at the door. Contact 218-281-5970 or Email bela0056@umn.edu for more information.

Inside This Issue

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Flu shots will be available on Monday, December 4, 9:00 to 12:00, Bede Ballroom. UMC faculty and staff can receive the vaccine free of charge as a benefit of the UPlan. Students can receive the vaccine during that time also, but will be charged $20.00. Please contact Stacey Grunewald, 8512, with any questions. The following link contains information from the CDC about seasonal influenza [http://www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm). For Helpful Information regarding Avian Flu/Pandemic Flu, please refer to the following website from the CDC [http://www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm).

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Ask Regal

Regal,
I am getting more and more concerned for the upcoming flu season. Last year I was out for over a week with fever, fatigue, a sore throat and this terrible cough. The worst part was that I couldn’t even make up the school work I had missed because it happened at the end of the semester! What are some tips to help me stay healthy going into this winter?

Sincerely,
Wanna B. Well

Dear Wanna,
While flu season is upon us, there are things you can definitely do to ensure you have the best chance to stay healthy. While I am no health expert, I know someone who is! My good friend Stacey Grunewald, the resident health services guru, has a list of tips for flu prevention

In order to squash that flu bug, be sure to:

1. Wash your hands. That means using SOAP and water and scrubbing for at least 10 seconds
2. Don’t share drinking glasses, utensils, towels, or other items that may spread germs
3. Wipe down “high touch” areas such as doorknobs and telephones frequently
4. Use a humidifier
5. Don’t smoke

That’s the word from Stacey. As usual getting the proper rest and drinking plenty of fluids is always a good idea. Good luck finishing out the semester healthy and happy!

Your Pal,
Regal

Do you or someone you “know” have a problem they need help with? If so, just ask regal! Ask about life, love, school, or just something that you have been pondering. Email Meloni Rasmussen at melonir to have your anonymous question sent to Regal the Eagle. (Please keep in mind that Regal simply offers suggestions, and that it is still up to you to choose your own path in life.)

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Studio 108
Family Hair Care Center
Shop Hours: M-Th 9 a.m. - 7 p.m./F - 9 p.m. - 5 p.m.

Marti & Stacy Welcome UMC Students
Colors * Perms * Waxing * Haircuts
- Walkins Welcome -

Good with Student I.D.
$2.00 off Hair Cut
$5.00 off Chemical Process

$5.00 off 10 session tanning package
(Package must be used by December 31, 2006)

[218] 281-7337
107 2nd St. E.
Crocketon, MN 56716

Paid Advertisement
Holidays Around the World December 4

**Holidays Around the World at UMC's Residential Living**

<table>
<thead>
<tr>
<th>Skyberg Lounge</th>
<th>McCall Lounge</th>
<th>Centennial Lounge</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nepal</strong></td>
<td><strong>Brazil</strong></td>
<td><strong>Korea</strong></td>
</tr>
<tr>
<td>&quot;Tihar&quot;</td>
<td>Festa Junina</td>
<td>Sol-Nal - Korean New Year</td>
</tr>
</tbody>
</table>

- Food
- Games
- Tika Ceremony (Putting color on the forehead)
- Hand Painting
- Traditional Wear
- Food
- Games
- Flags
- Decorations
- Costumes
- Food
- Games
- Learn the formal bow
- Tea Ceremony
- Traditional Wear

**Monday, December 4, 7:00 - 9:00 p.m.**

**Progressive Party - when you are done with one lounge you go to the next**

News From Student Health

**College 101 Tuesday, December 5**

Student Experience and Career Services are sponsoring the College 101 Workshop “Get a Job” Tuesday, December 5 from 11 -11:45 a.m. in Bede Ballroom C, D, & E. Learn how to register with Career Services, get help with your resume preparation, job search skills and learn about what UMC Career Services can do for you.

**Volunteer Opportunities**

Mark your calendars! National Youth Service Day will be held Saturday, April 21! We will join forces with youth groups from the community and will assist elderly homeowners with yard work! Stay tuned for more details! The Boxes and Walls interactive museum on oppression will be held again this year on February 22 and 23. We are looking for volunteers to help staff the rooms. This year’s museum will include a women’s room, African-American room, and disability room. For more information, please contact Lisa Loegering.

**Publication Information**

The Eagle’s Eye is published by the Student Center weekly September through May. Copy deadline is noon on Thursday of each week. Please send items for the Eagle’s Eye electronically to Meloni Rasmussen, Senior Administrative Specialist, at melonir@umcrookston.edu, or drop the copy off at the Student Center Info Desk.

Disability accommodations will be provided upon request for all events. The University of Minnesota is an equal opportunity educator and employer. The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.
Brain Teasers

Amy Sowada is last week’s winner. Amy knew that the puzzle below on the left meant “He Came Out of Nowhere.” Amy can pick up her free movie pass from Meloni in 236 Student Center. 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. E-mail your answer to Meloni prior to noon on Thursday, December 7, 2006. The winner’s name will appear in the December 11 Eagle’s Eye.

UMC Mitten Tree

The Mittens have been hung on the tree with great care in the hopes that faculty, staff, and students, soon would appear... UMC Student Center has once again taken on the task of sponsoring local children who are in need of a Happy Holiday Season. We received names of 37 little boys and girls as well as their wish lists and have placed those on mitten ornaments on the tree in the International Lounge across from the Bookstore in the Student Center. If you are interested in purchasing gifts for one of those children please follow the below instructions.

Mitten Tree Instructions

1. Pick a mitten
2. Go to the Student Center Information Desk to sign-up for the name on the mitten
3. Purchase gifts for the child according to the wish list (guideline of approximately $25)
4. Drop off unwrapped gifts in a plastic bag at the Information Desk labeled with the child’s name by Monday, December 18th.
5. If you have questions please contact Lisa Samuelson in 238 Student Center or at 8507.

Classified Ads

Unexpectedly Pregnant? If you are pregnant and considering adoption for your child, we would love to talk to you! We are a young, childless, Catholic couple in the Duluth, MN area seeking to adopt a healthy infant. We have a fun, loving, and stable home and are eager to raise our family. We are agency approved in MN, and open to a relationship with you. Please contact us ANYTIME: nrhope2adopt@hotmail.com or 888-834-2041.

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 236 Student Center. Ads will be included in the Eagle’s Eye FREE of charge to students, faculty and staff. Off campus ads will be charged $5 per ad. 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.

UMC is an Equal Opportunity Employer and Educator. Alternative formats of this publication can be obtained by calling (218) 281-8586.