Upcoming Events

- September 17 - Career Services Workshop "Networking & Practice Interview Date", 3 - 5 p.m., SC 244
- September 18 - GLBTA Planning Meeting, 4 p.m., Kiehle 116
- September 19 - CSA Elections
- September 19 - WOW Event Grand Movie Night, 7 & 7:15 p.m., Grand Movie Theater
- September 19 - Vector Marketing Info Table, 9 a.m. - 2 p.m., Northern Lights Lounge
- September 20 - Monsanto On-Campus Interviews, 9 a.m. - 4:30 p.m., SC 244
- September 22 - Football vs Bemidji State, 1 p.m.
- September 22 - Soccer vs Northern State University, 1 p.m.
- September 22 - Crookston Entertainment Series Presents the Hunt Family Fiddlers, 7:30 p.m., Crookston High School Auditorium
- September 23 - Fly-In Drive-In Pancake Breakfast, 8 a.m. - 1 p.m., Crookston Airport
- September 23 - Soccer vs University of Mary, 1 p.m.
- September 23 - Centennial Study Snacks, 8:30 p.m., Centennial Hall (Res Life)
- September 24 - Musical Mondays Jason LaVasseur, 11 a.m. - 1 p.m., Northern Lights Lounge
- September 24 - Career Services Workshop "Professional Dress & Etiquette Luncheon", 11 a.m. - Noon, 244 SC
- September 25 - Walk-in Resume Critique for all Majors, 1 - 4 p.m., 245 SC
- September 25 - Volleyball vs St. Cloud State, 7 p.m.

Grand Theatre Move Night September 19

WOW Event

Grand Movie Night Wednesday September 19, 2007
"Super Bad"
7 p.m.

“The Nanny Diaries”
7:15 p.m.
Free Admission to UMC Students with U-Card.
Sponsored by SPACE.

Hunt Family Fiddlers September 22

Crookston Civic Music League Entertainment Series Presents the Hunt Family Fiddlers Saturday, September 22, 2007 at the Crookston High School Auditorium. The Hunt Family Fiddlers are an award winning family of Irish step dancers, fiddlers and singers that amaze crowds everywhere. Ten (10) FREE tickets are available to UMC Students at the Student Center Information Desk. You must be prepared to leave your U - Card to receive a ticket. Tickets are available on first come first serve basis.
Dear Regal,

I am a senior and have no idea about what to do with the rest of my life. What should I do?! Help me, O wise Regal!

Signed Ino Groeup

Dear Ino,

UMC’s Career and Counseling Department has many resources available to UMC students and alumni. They can assist you with resume preparation and your job search. By posting your resume on-line with the GoldPASS system you can search jobs posted with the entire University of Minnesota System. The Career and Counseling web pages also have resources available. Check out their web pages at http://ccs.umcrookston.edu. They also have information available on Grad Schools. UMC’s Career and Counseling Department is located in Suite 245 of the Student Center.

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 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.)

21 Days to University Success

Resident Life kicked off “21 Days to University Success” on Monday, September 10. Any student caught studying in the Residential Halls between September 10 and October 1 will receive a study buck. These study bucks can be used to enter a drawing for $1,000 in prizes to be given away. Good Luck and keep studying.

Attention Students With Disabilities

Students with disabilities, 504 Plans or educational accommodation needs related to a chronic health issue are encouraged to meet with Laurie Wilson of the UMC Office for Students with Disabilities ASAP fall semester. Laurie will review resources available to you at UMC to support your educational goals, develop an accommodation plan with you, or assist you to identify both on and off campus referral options. The Office for Students with Disabilities is co-located with the Academic Assistance Center, Student Support Services and the Tutoring Center in Owen 270. Email lwilson2@umn.edu or call 281-8587 to make an appointment, or just drop by Owen 270. Best wishes to all new and returning UMC students.

Career Corner

♦ September 17 - "Networking & Practice Interview Date"  
  *3 - 5 p.m. * Student Center 244

♦ September 19 - Vector Marketing Information Table  
  9 a.m. - 2 p.m., Northern Lights Lounge

♦ September 20 - Monsanto On-Campus Interviews, 9 a.m. - 4:30 p.m., SC 244 Please sign up for interviews with Meloni Rasmussen at 236 Student Center

♦ September 24 - Workshop “Professional Dress & Etiquette Luncheon”, 11 a.m. - Noon, 244 SC

♦ September 25 - Walk-in Resume Critique for all Majors, 1 - 4 p.m., 245 SC

♦ September 26 - “Career Planning for College Majors, Noon, Bede Ballroom B
Volunteer Opportunities

Crookston has a Community Supported Agriculture (CSA) garden. Many of the college students who worked in the garden this summer have returned to school, but the garden is still producing! We’re looking for students interested in helping pick vegetables. This could be a great club or individual volunteer opportunity. For more information, please contact Mike Klawitter at 281-3441, ext. 74 during the day or at 281-6348 in the evening.

Staying Healthy in Mind and Body

Submitted by Laurie Wilson

According to the National Institute for Mental Health recent Global Survey Data, depression is the #1 cause of disability in adults age 15 and older. Excellent treatments exist for depression, but too many people still do not seek treatment for the disorder and many of those who do, do not seek appropriate treatment. As a college student, there is a lot that you can do to stay healthy…after all who wants to waste good time feeling down and losing productivity. For starters, get or stay physically fit. Regular exercise is a great antidote to depression. Manage your stress and maintain perspective as you make the adjustment to college. Avoid procrastination with daily work and longer term projects. Choose to eat well by avoiding large quantities of highly refined foods and remembering instead to choose fresh fruit and vegetables and whole grain foods whenever possible. Find healthy outlets for relaxation such as the campus fitness center (free to students), athletic events, campus clubs or other college sanctioned events. If you have questions or concerns, or wonder how to begin, seek help promptly. Many resource people exist for you at UMC from Resident Advisors to counselors, activity directors, health personnel, and staff at the Academic Assistance Center and Student Support Services programs. Don’t hesitate to be the best you can be. Make your college years your best ever!

Funding for Crookston Student Research Projects Approved

Information provided by Barb Cournia

In order to encourage undergraduate research on the U of M Crookston campus, $58,000 in funding has been set aside for projects approved on campus. The process for awarding these funds is separate from the University-wide UROP. Students and faculty/staff sponsors should still apply for system wide UROP funding. Note: System UROP dates are approximately October 1 and March 1 – exact dates will be announced as soon as they become available.

All proposals submitted for campus funding need to be approved by the appropriate unit head and submitted to the Vice Chancellor’s office by 1:00 p.m. on October 1, 2007 for spring semester 2008 consideration and by 1:00 p.m. on February 15, 2008 to be considered for summer and/or fall semester 2008. Both a hard copy and an electronic copy must be submitted. Send electronic copies to TBaldwin@umn.edu with a copy to Cournia@umn.edu.

Notification of acceptance of the research proposal will occur approximately two weeks from the submission deadline. The complete guidelines for project submission can be obtained by stopping by the Vice Chancellor for Academic and Student Affairs office in 307 Selvig or by emailing Cournia@umn.edu.

Crookston Farmer’s Market

Fridays: 3 pm - 7pm
Crookston High School Parking Lot
Tuesdays: 4 pm - 7 pm
Bremer Bank Parking lot
Come and participate in the Local Foods Movement
Students, faculty, and staff are invited to join us
Fresh Vegetables, Breads, and Pastries, Homemade Jams and Jellies, All items are locally produced

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@umn.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
Last week’s winner is Sheena Engelbert who knew the puzzle below (left) meant “Put One Foot In Front of the Other”. Sheena 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. Email your answer to Meloni prior to noon on Thursday, September 20. The winner’s name will appear in the September 24, 2007 Eagle’s Eye.

Golden Eagle Athletics Update
Information for this article provided by UMC Athletics, Max Saarinen, Mitch Bakken and Chris Vito

The Golden Eagles Women’s Volleyball team was defeated 3 – 0 by the MSU-Moorhead Dragons on Friday, September 14. Things would not get any easier as they would take on the third ranked Golden Bears of Concordia – St. Paul on Saturday, September 15. A good team effort of digs for Concordia-St. Paul kept the Golden Eagles from being able to put up some points that could have changed the outcomes of the games. The Golden Eagles lost 3 – 0. The Golden Eagles will travel to UND in Grand Forks, ND to take on the Fighting Sioux on Tuesday, September 18 at 7 p.m.

The Golden Eagles Women’s Soccer team lost two very close contests this past weekend. On Saturday, September 15 Bemidji State scored 6:55 into overtime to defeat the Golden Eagles 1 – 0. On Sunday, September 16 Jamestown College was able to score on penalty kick at 40:23 of the game to hand the Golden Eagles their second 1 – 0 loss in as many days. Athena Mussenden (So., GK., Kenosha, Wis.) was stellar in the net recording 16 saves on the weekend. The UMC Soccer team will return to action Saturday, September 22 at 1 p.m., when they host the University of Mary.

The Golden Eagles Football team hosted the Mustangs of Southwest Minnesota State on Saturday, September 16. The two teams clashed for 60 minutes in a gridiron battle that would come down to the final play of the game to decide the victor. When the dust settled, it was the Mustangs who stopped the Golden Eagles on the Southwest Minnesota State one yard-line on the final play of the game to take the victory 20 -15. Leading the way for the Golden Eagles was Eric John (So., Running Back, North Miami, FL) who rushed 23 times for 108 yards with a long of 36 yards and two touchdowns. David White (Jr. Quarterback, Detroit, MI) was 13-29 passing for 128 yards. He rushed 16 times for 73 yards. George Allen (Fr., Wide Receiver, Culver City, CA) led the receivers, grabbing three passes for 20 yards. Defensively, Matt Forse (Sr., Linebacker, Sturgeon Lake, MN) led UMC with 10 tackles (two solo, eight assisted) and grabbed his second interception of the season. Trevor Haugh (Sr., Linebacker, Wells, MN) finished with 10 tackles (one solo, nine assisted). Tayler Michels (Jr. Defensive Back, Pelican Rapids, MN) finished with seen tackles (three solo, four assisted) and grabbed UMC’s other interception. The Golden Eagles now 1-1 on the season take on Bemidji State at 1 p.m. on Saturday, September 22 at Ed Widseth Field.

Get out and support your Golden Eagle Athletics.

Classified Ads
Help Wanted - Experienced dancer to help teach in a local studio as soon as possible. Great pay and great hours! Call 701-866-1771 for more information.

Help Wanted - Wal-Mart is hiring and seeking interested applicants for full and part-time positions. Flexible scheduling available. Various positions and benefits package. Stop by the Courtesy Desk and fill out an application. Wal-Mart is located at 1930 Sahlstrom Drive. (218) 281-2970.

Help Wanted - Dahlgren & Company, Inc. is seeking part-time/call-in Handpackers. Position requires handpacking sunflower products, cleaning and misc. duties. Shifts are available Monday thru Sunday. Weekend only shifts also available. Day shift: 7 am - 3:15 pm at $7.55 per hour; Swing Shift: 3:15 pm - 11:15 pm at $7.65 per hour; Grave Yard shift: 11 pm - 7:15 am at $7.77 per hour with an additional $1.00 per hour until September 30, 2007. Call Julie at (218) 281-2985 to make arrangements to complete application.

If you would like to include an ad in the classified section of the Eagle’s Eye, email your request to meloniR. 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.