Upcoming Events
- September 24 - Musical Mondays Jason LaVasseur, 11 a.m. - 1 p.m., Northern Lights Lounge
- September 24 - Career Services Workshop "Professional Dress & Etiquette", 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.
- September 26 - Career Services Workshop "Career Planning for College Majors", Noon, Bede Ballroom B
- September 26 - WOW Event Open Mic Night, 8 p.m., Kiehle Auditorium
- September 27 - CSA Full Board Meeting, 7 p.m., Dowell 225
- September 28 - Night Games on the Mall, 10 p.m.
- September 29 - Board Game Night, 8 p.m., Centennial Hall
- September 30 - Vikings vs Green Bay, Noon, Student Center
- Homecoming Week October 1 to 6
- October 1 - Voting on Homecoming Royalty and Casino Night
- October 2 - Henna Tattoos and Mud Wrestling, Winner of 21 Days to University Success Announced
- October 3 - Pop the Peacocks and Grocery Bag Bingo
- October 4 - Office Decorating Contest, Coloring Contest, Homecoming Coronation and Homecoming Dance
- October 5 - Maroon and Gold Friday, Regal Photographs, UMC Athletic Hall of Fame & Outstanding Alumni Banquet, Volleyball vs Wayne State, Bonfire and Pep Rally
- October 6 - Family Day, Homecoming Parade, Tailgating, Live Band "Four Wheel Drive", Football vs Upper Iowa, Soccer vs Moorhead State, Volleyball vs SW MN State

Musical Mondays Jason LaVasseur September 24

Musical Mondays
Jason LaVasseur
11 a.m. - 1 p.m.
Northern Lights Lounge
Sponsored by SPACE

WOW Event Open Mic Night

WOW Event
Open Mic Night
8 p.m.
Kiehle Auditorium
Sponsored by SPACE
If you have a talent you would like to share sign-up in advance at the Student Center Information Desk

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**Ask Regal**

Dear Regal,

UMC is several hours from my home and I am unable to go home every weekend, are there activities on campus for students like me.

Signed Bob

Dear Bob,

UMC offers many weekend activities. A program called R.A.H. (Regal After Hours) tries to schedule activities throughout the weekend. This weekend there will be night games on Friday, September 28 on the mall beginning at 10 p.m. This event will be sponsored by SPACE (Student Programming Activities for Campus Entertainment). On Saturday, September 29 a Board Game Night will be held in Centennial Hall beginning at 8 p.m. The Vikings vs the Packers will be on the big screen on Sunday. Residential Life sponsors Centennial Study Snacks every Sunday night at 8:30 p.m. Best of all the activities are all FREE to UMC students. For other upcoming weekend events stop by and pick up a calendar at the Student Center Information Desk.

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.)

**Homecoming Parade Entries Sought**

The annual Homecoming Parade will begin at 11 a.m., Saturday, October 6, 2007. We invite all clubs, organizations, students, faculty and staff to participate in the parade. Prizes will be awarded for Best Theme, Most Creative and Best Crowd Pleaser. Parade forms are available at the Student Center Info Desk. Return the completed form to the Office of Development & Alumni Relations in Kiehle 115. The staging area for the parade is Parking Lot G behind Kiehle Building. The parade travels around the campus mall. The Homecoming Parade is sponsored by the UMC Alumni Association.

**Theology on Tap September 24**

Campus Ministry will host Theology on Tap with special guest Bishop Michael R. Cole of Gospel Outreach Ministries, Grand Forks, this Monday, September 24 at 7:00 p.m., in the Prairie Lounge (located in the student center).

Theology on Tap is an open-ended discussion about any and all topics related to faith, God and religion and how they relate to current events. Keg root beer will be served! We hope to see you there.

**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.

**Career Corner**

- 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
- October 1 - Workshop “How to Work a Job Fair”, Noon, SC 244
- October 3 - UND Career Fair, 9 a.m. - 3 p.m., Hyslop Sports Center, Grand Forks, ND Rides will be available. Sign-up with Meloni in 236 Student Center. For a list of employers go to http://www.career.und.edu/EventReports/fairRep.html
Vikings vs Green Bay on the Student Center Big Screen September 30

Enjoy the Vikings vs the Packers on the Student Center Big Screen Sunday, September 30, 2007 Noon.

Enter to win door prizes. Refreshments served.

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

Submitted 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 funding. 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 - 7 pm
Crookston High School 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

Paid Advertisement

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 Chris Zellmer who knew the puzzle below (left) meant “Meeting of the Minds”. Chris can pick up his 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 27. The winner’s name will appear in the October 1, 2007 Eagle’s Eye.

Golden Eagle Athletics Update

Information for this article provided by UMC Athletics, Mitch Bakken and Chris Vito

The Golden Eagles Women’s Volleyball team picked up their first conference victory on Friday, September 21 by defeating Upper Iowa 3-1. The Golden Eagles were led by Theresa Crance (Sr., Timber Lake, SD) with 21 kills. Cassie Yates (Jr., Buffalo, MN) added 50 assists. On Saturday, September 22, the Golden Eagles took on Winona State and outlasted the Warriors to win 3-2. UMC had five players with double-digit kills. Katie Bonine (Fr., Cottage Grove, MN) led all attackers with a career high 24 kills. Heather Foreman (Jr., Brandon, Manitoba) and Amber Meyer (Fr., Paxton, NE) finished with 13 kills each. Crance and Allison Zajicek (Jr. Beatrice, Neb) finished with 12 and 11 kills respectively. Yates set a career high, assisting on 66 of the team’s 78 total kills. Offensively, Jaclyn Slepicka (So., Crystal Lake, IL) led all players with 19 digs. The Golden Eagles return home on Tuesday, September 25 to host St. Cloud State University at 7 p.m.

The Golden Eagles Women’s Soccer team had a tough weekend when they were defeated 7-1 by Northern State on Saturday, September 22. Samantha Welch (Fr., Arlington, WA) scored the only goal for the Golden Eagles. On Sunday, September 23 the Golden Eagles lost a touch match to University of Mary 2 - 0. The Golden Eagles return to action next Saturday and Sunday when they travel to Southwest Minnesota State University and Wayne State College respectively. Both games start at 1:00 p.m.

The Golden Eagles Women’s Golf team finished 14th at the Southwest Minnesota meet this past weekend. Brittany Poole (Fr., Channahan, IL) led UMC tied for 56 place.

In football Golden Eagle turnovers proved costly in a 47-9 loss to Bemidji State University. The Golden Eagles are now 1-2 on the season and 0-2 in the NSIC. The Golden Eagles travel to Wayne, NE next Saturday to take on the Wayne State Wildcats. Kickoff is set for 1:00 p.m.

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 701-866-1722 for more information. Please note the phone number was incorrect in last week’s ad.
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 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.