November 12 to 16 International Week

- November 12 - Musical Mondays "John Mathie", 11 a.m. - 1 p.m., Northern Lights Lounge (SPACE)
- November 12 - CCS Workshop "Becoming Skilled in Interviewing", 244 SC, 12:30 p.m.
- November 12 - Info Session "Working in Australia", 2 - 3 p.m., Minnesota Room (Study Abroad)
- November 12 - Campus Assembly, 4 p.m., Bede Ballroom
- November 13 - Tri-College Career Fair, Noon - 4 p.m., Ramada Plaza Suites, Fargo, ND * All UMC students welcome!
- November 13 - Passport Drive, 10 a.m. - 2 p.m., Northern Lights Lounge (Study Abroad)
- November 13 - Info Session "Exchange Program to Germany", 3 - 4 p.m., Minnesota Room (Study Abroad)
- November 14 - Info Session "HRI in Australia", 3 - 4 p.m., Minnesota Room (Study Abroad)
- November 14 - WOW Event International Board Games, 7 p.m., Student Center (Study Abroad)
- November 15 - International Poster Contest, Noon- 2 p.m., Northern Lights Lounge
- November 15 - Info Session "Semester Program to Limerick, Ireland in Equine", 2 - 3 p.m., Minnesota Room
- November 16 - John Rush, Human Pod, 9 p.m., Northern Lights Lounge
- November 17 - Preview Day
- November 17 - Late Night Capture the Flag, 10 p.m., Meet in Centennial Lobby

Diabetes Screening November 12
UMC’s Dietetics Students will be conducting a Diabetes Screening Monday, November 12 from 11 a.m. - 1 p.m. in the Eagles Nest. The screening is FREE to UMC Students and a suggested $2 donation from faculty and Staff.

Glow in the Dark Capture the Flag
Saturday, November 17 @ 10pm
Meet in the Centennial lobby
Prizes drawn throughout the night!!
Halloween Costume Contest Winners Announced

Winners of the Student Center Halloween Costume contest were announced. They were: First Place - Lisa Steinbrecher as “A One Night Stand”, Second Place - Lorrie Frendin as “An Aardvark”, Third Place - Kaarina Visness as “I’m Special”; Fourth Place - Spencer Berg as “Super Mario”

Vikings vs Raiders November 18

Vikings Vs Raiders
Sunday, November 18
Noon
Student Center
Door Prizes and Refreshments

Career and Counseling Corner

◆ November 12 - 16 is Career Development Week
◆ November 12-16 Resume Critique and Mock Interviews. Stop by Suite 245 Student Center to schedule a time.
◆ November 12 - Workshop “Becoming Skilled in Interviewing”, 12:30 p.m., 244 SC
◆ November 13 - Tri-College Career Fair, Noon - 4 p.m., Ramada Plaza Suites, Fargo, ND All UMC Students Welcome!!! For Participating Employers visit http://asp.symphlicity.com/tricollage/

Counseling Intern Mun Yee Kwan has office hours each Monday from 8:30 a.m. to 4 p.m. Mun Yee’s office is located in 245A Student Center. Students may make appointments via email (kwanx026@umn.edu) or drop by at 245A, Student Center during the office hours.
Monday, November 12
2:00 - 3:00, Minnesota Rm
I graduated from UMC with a B.S. in Ag Industries Sales and Mgt in 1997. In September, 1998 I chose to participate on an Ag Work Exchange Program called International Ag Exchange Association (IAEA). This 9 month program took me to Australia, where I lived with a host family and worked for them. I ended up enjoying my time over there so much, I extended my stay for a year. In the spring of 2000, I became a permanent resident of Australia, and I lived there for 7 years. I returned to Minnesota in January, 2007 and want to share my experiences with the program called Agriventure to others.

Tuesday, November 13
3:00 - 4:00, Minnesota Rm
Exchange Program to Germany
I am a senior this year looking at graduating in December and hopefully getting a job in Germany. Because of this dream of mine I studied last year in Berlin, Germany through the program “Business Studies in Berlin” through the Learning Abroad Center at the University of Minnesota, Twin Cities. It was a wonderful experience and I would recommend it to anyone. This program is affordable and highly recommended for business students. Come and see pictures and learn more about exchange programs in general.

Wednesday, November 14
3:00 - 4:00, Minnesota Rm
HRI in Australia
Last semester I went to Australia at the International College of Management, Sydney. This was part of Macquarie University and took classes in Hospitality. It was great to learn about the tourism industry from a different point of view. Please come and learn more about how Study Abroad can help supplement your college experience. I have pictures to show of Australia and some great information on how this can happen for you. Come and visit if your at all interested in Australia. Its a great place to visit!

Thursday, November 14
2:00 - 3:00, Minnesota Rm
Semester Program to Limerick, Ireland in Equine
Have you ever thought about studying abroad? Well if you have or, if you just want to learn about a different country, come see a presentation given by two students who studied in Ireland for a semester. As they share their experience you will learn about the culture, school system, country and social life of Ireland. Hear what it was like to be immersed into a different culture and see if studying abroad could be a great experience for you.
Seasonal Affective Disorder (SAD)

What is SAD?
- SAD is the acronym of Seasonal Affective Disorder
- It is a cyclic, seasonal condition
- Two types of SAD
  - Fall and winter SAD (Winter depression)
  - Spring and summer SAD (Summer depression)

Winter Depression

Causes
- Short days of winter
- Lack of light
- Possible disturbances in circadian rhythms and problems with serotonin

Symptoms of SAD
- Irritability
- Sadness
- Anxiety
- Increased appetite
- Weight gain
- Decreased activity
- Loss of energy
- Social withdrawal
- Increased need for sleep

Treatment for SAD
- Light therapy
- Antidepressant medications
- Ionized air reception
- Psychotherapy

Self-help coping skills
- Stick to your treatment plan
- Get sufficient exposure to sunlight
- Exercise regularly
- Practice stress management
- Stay connected for social support
- Take care of yourself

Sources:
Mayoclinic.com
http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195/DSECTION=1
Wikipedia
http://en.wikipedia.org/wiki/Seasonal_affective_disorder
Yahoo! Health
Polk County Public Health will be on campus, Monday, November 26, 10:00 to 1:00, Bede Ballroom for this year's flu shot clinic. This will be free for UMC employees (the cost is covered by the Employee Benefits Office) and $20.00 for all others. No appointment necessary. Check out the following web site from the CDC for more information on influenza. http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf Call Stacey Grunewald, 8512 with questions.

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 Meredith Wentzel who knew the puzzle below (left) meant “Piece (P’s) of Pumpkin Pie.” Meredith 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, November 15. The winner’s name will appear in the November 19, 2007 Eagle’s Eye.

\[ \text{PumPkinPie} \quad \text{WINEEEE} \]

Classified Ads

Discount tickets are still available to UMC Students for the musical RENT by contacting Meloni Rasmussen at melonir or by stopping by her office in 236 Student Center. RENT will be performed November 28 at 8 p.m. at the Chester Fritz in Grand Forks, ND. Tickets can be purchase for one-third off through UMC’s Concerts and Lectures. Tickets are limited to one discounted ticket per UMC student.

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.

Paid Advertisement

Snap Fitness 24-7

We are now open!!!!

- Open 24 hours, 365 days - close to campus!
- Free access at ANY Snap Fitness in the nation!
- No long-term contracts - ideal for college students!
- Unlimited tanning for only $15.00 a month!
- FREE consultation with a personal trainer ($100 value)

Discounts for U of M Students and Staff! Buddy special....sign up with a friend for only $25/month per person (mention this ad)!

404 North Broadway
218-281-SNAP
crookston@snapfitness.com
www.snapfitness.com/crookston

International Photo Contest!

Cash Prizes! 1st $100, 2nd $50, 3rd $25

(For more information contact Rae French, Learning abroad office at french@umc.edu or 539)

Sponsored by the Learning Abroad Office at UMC, “Know More Adventure”

For more information contact Rae French, Learning abroad office at french@umc.edu or 539

When: November 13, 2007 from 10 - 12
Where: International Lounge
Who: Anyone who is a Student at UMC! (Individual or Group)
Theme: International, (Will be judged on Uniqueness, Adventure & Quality)
When do I turn in Picture and where: Rae’s Office, No later than Monday, November 12th at 3:00 p.m.