Upcoming Events

- **November 11 - Veterans Program** (see p. 2 for schedule of events)
- **November 11 - Spring Semester Registration**
- **November 11 - Chinese Corner, Northern Lights Lounge, 4 p.m. to 5 p.m.**
- **November 11 - Floor Olympics - Scene it, McCall Basement, 8 p.m.**
- **November 12 - “Can Across America” Non-Perishable Food Drive, Ma Brown Dining Room, 8 a.m. - 5 p.m.**
- **November 12 - “Cans Across America” Ice Cream Social, Ma Brown Dining Room, 2:30 p.m.**
- **November 12 - Floor Olympics - Guitar Hero, McCall Basement, 8 p.m.**
- **November 13 - Flu Shot Clinic for UMC Faculty & Staff, Bede Ballroom, 9 a.m. to 11 a.m.**
- **November 13 - GenderBENDER: Genderama, Equality Room, Hill 15, 10 a.m. to 2 p.m.**
- **November 13 - Golden Eagle Baseball Program Fund Raiser, Crookston Eagles Club, 6 p.m.**
- **November 13 - Floor Olympics - Trivia Night, McCall Basement, 8 p.m.**
- **November 14 - Men’s Hockey vs Marian College, 7:30 p.m.**
- **November 14 - Floor Olympics - Volleyball, gym, 8 p.m.**
- **November 15 - Men’s Hockey vs Marian College, 2 p.m.**
- **November 15 - Women’s Basketball vs Minnesota Morris, 5:30 p.m.**
- **November 15 - Turkey Cookie Decorating, 8 p.m., Centennial**

UMC Vet reflects on Veterans Day

By Lester F. Swenson

There is a growing misconception in this country, that Veterans Day is just another day banks, Post offices and government employees have a holiday. That it is just a second observance of Memorial Day, just another day where you make a quick trip to a cemetery to visit the grave of a deceased relative who may have died in a war protecting our rights. Rights most people take for granted every day. Veterans Day was established to remember not only those who came before us and gave the supreme sacrifice in the protection of our rights and freedoms, but those who served and went on to become productive members of our society, a society willing to trade the observance of one holiday for the convenience of another. It is also a day we remember those who are still serving in our military, either here or abroad. Giving totally of themselves, without selfish thought, knowing they must carry out their duty to America, as veterans have done through the ages. We must not give up the fight and continue at all cost the pursuit of freedom for everyone, freedom to live and die in a peaceful and caring world.

Veterans Day was established to remember those who gave all and ask for nothing in return, whether it was on the battlefield here at home or in foreign lands. Veterans Day also honors those who made it home, those who died years after completing their service, as well as those still serving. We take a single day out of the year to remember those men and women who through devotion to duty, honor and respect, asked for nothing and gave everything of themselves, to protect our way of life. So this Veterans Day as you go through your busy day, take a moment and remember those who do not get holidays or weekends off. Who give all of themselves day in and day out, thousands of miles away from family and friends. On this Veterans Day say a prayer for veterans everywhere. This Veterans Day say “thank you for your service, it is truly appreciated.”

(A complete list of UMC Veterans Activities is listed on page 2 of this edition)

Golden Eagles Open MCHA Season with 3-1 Victory

The UMC Men’s Hockey team scored a goal in each period of the game and rode solid goaltending on their way to a 3-1 victory over the Milwaukee School of Engineering (MSOE) Friday at the Crookston Civic Arena. It was the Midwest Collegiate Hockey Association (MCHA) opener for both teams. It was the first victory of the year for UMC.

(continued on p. 5)
Crookston Area Veterans Day Events

In honor of those who served, the Crookston VFW, American Legion, and the Veterans’ Support Club at the University of Minnesota, Crookston will host a series of events to commemorate Veterans Day on Wednesday, November 11, 2008. The call to colors will begin at 7:55 a.m. around the flag pole on the Crookston Campus Mall. A formal ceremony led by the color guard from the Grand Forks ROTC will include raising the flag and placing a wreath on the Soldiers and Sailors Memorial, followed by a gathering for refreshments in room 116 of Kiehle Building. Some U of M, Crookston student veterans will be identifiable by formal uniform. An information table will be available offering materials that address issues pertaining to veterans and veteran families.

At 9 a.m. a special program will be held in Kiehle Auditorium. The program will feature a welcome by Les Swenson, president of the Crookston campus Veterans’ Support Club, followed by a ceremony that includes the official folding of the American Flag and a look at the history of Veterans Day. Guest speaker Alvin Killough, Ph.D., who teaches in the Arts, Humanities and Social Sciences Department at the U of M, Crookston, and who is a Vietnam veteran himself, will speak on post-traumatic stress disorder (PTSD). At the end of the program all veterans will be recognized along with their families.

At 11 a.m. the Crookston Veterans of Foreign Wars, American Legion, Veterans Council, and Disabled American Veterans will present a ceremony and program at the Veterans Memorial along Highway 2, located on the eastern edge of the city. A free lunch for veterans will follow at the Crookston VFW from 11:30 a.m. to 1 p.m. The American Legion will host a free dinner for veterans from 5:30 to 7:00 p.m.

Vicki Svedarsky, counselor at the U of M, Crookston; Meloni Rasmussen, wife of a veteran and office and administrative specialist; Mike Vivion, veteran and chief pilot for the Natural Resources Aviation Program; Thomas Williams, director of diversity; and John Zak, veteran and editor in University Relations, have been involved in helping the Veterans Support Club plan the tribute and encourage community members to take part in the activities. “This day is a time to remember the sacrifices of so many,” said Svedarsky. “We have an opportunity to support our military and thank them for their service to our country. I would encourage everyone to gather with us to support and remember.”

Attention Hunters

As we are approaching hunting season, just a friendly reminder to please not dispose of deer carcasses (heads, legs, hides, bones, entrails, or lymph nodes) in the regular garbage/University dumpsters. The Polk County Landfill in Gentilly will accept deer carcasses/materials for a fee. You can reach landfill personnel at (218) 281-5419.

Career and Counseling Corner

* Stop by 236 Student Center to schedule an appointment with a Career and Counseling Department staff person. They will be able to offer you tips and pointers on your résumé and assist you with your job and/or internship search.

* Check out the on-line résumé posting service GoldPASS at http://www.umcrookston.edu/ccs/career/GoldPass.htm. Our staff is here to help you with your job or internship search.

* UMC Job and Internship Fair is happening Wednesday, February 4th from 9 a.m. to 3 p.m., in Bede Ballroom.

* UMC students looking for help with resumes writing, interviewing techniques and Graduate School plan can find free online tutorials on the Career and Counseling Services web page. http://www.umcrookston.edu/ccs/.
Thanksgiving Dinner Servers Needed: Five or six volunteers are needed to help serve dinner and clear tables at Villa St. Vincent for their Thanksgiving dinner on Tuesday, November 25 from 10:30 a.m. to 1 p.m. You would receive a delicious dinner too! This could be a great activity for a club or for a group of individuals. Please let me know if you are interested.

MICAH Project—The MICAH Project is looking for help building their retreat center. Check out http://www.micahprays.com/ for more information on the MICAH Project and their build. See Lisa about setting up a date and time.

Bell Ringing for the Salvation Army Tuesday, November 25. We will be bell ringing for the Salvation Army outside of Wal-Mart. Looking for 2-3 people for each 2-hour shift. See Lisa Loegering for more information and to sign up.

Servers for “Gala for Girls.” This is a special event held Saturday, February 7 for girls and their fathers (grandfathers, uncles, etc.). We need approximately 10 people to serve dinner and clear dishes. The theme is “Hollywood,” complete with the red carpet, photographers, and dancing. Help make a special evening for girls K-12!

CSA Gardens—Assistance is needed to harvest vegetables at CSA garden. Times are flexible. For more information contact Mike Klawitter or Matthew Erickson at 281-3441.

Humane Society—Need some exercise? Share a walk with a very appreciative dog! The Polk County Humane Society, 720 East Robert Street, is in need of dog walkers and other volunteers! Please contact Mary Solberg at 281-7225.

Humane Society Thrift Store—This new thrift store is a fundraiser for the Humane Society. Help is needed to sort items and in sales. Contact Betty Chapman at 281-3781 or 281-7225 for more information.

UMC-Tobacco Free, A Healthy Place to Learn, Work and Live

Good things happen within 20 minutes of the last cigarette you smoke. Within 20 minutes, blood pressure drops to normal, pulse rate drops to normal, body temp of hands and feet return to normal. Within eight hours, carbon monoxide levels drop to normal, oxygen level in blood returns to normal. Within 24 hours, your chance of a heart attack decreases. Within 48 hours, nerve endings start regrowing and your ability to smell is enhanced. Between two weeks and three months, lung function increases up to 30%. Within one to nine months, cilia regrow in the lungs improving ability to handle mucus, and coughing, sinus congestions and shortness of breath decrease. Within one year, risk of coronary heart disease is half that of a smoker. Within five years, the lung cancer death rate for the average former smoker decreases by half. After 10 years, precancerous cells are replaced, and the risk of mouth, throat, esophageal and bladder, kidney and pancreatic cancer decreases substantially. January 1, 2009 UMC initiates its tobacco free policy. For information about quitting, go to Quitplan.com QUITPLAN services can help you to handle cravings, create a plan that works for you, or connect you with your own health plan’s counseling program. On campus contact Stacey Grunewald, Vicki Svedarsky or Laurie Wilson. Quitting is hard. You need a plan.

LUNCH AND LEARN ABOUT TOBACCO CESSATION

Curious about quitting? Want to know what the process of tobacco cessation is all about? Drop in on one of the information sessions scheduled for Brown Dining Room D:

- Tuesday, November 25, noon; Thursday, December 4, noon or; Wednesday, December 10, noon

At these sessions you will learn:
- about resources available to support your efforts to quit
- who to contact for the kind of assistance that you want
- how to connect with area resources, phone quit courses, campus group cessation
- what is involved with group cessation support and counseling

Join us, and ask your questions as our campus prepares to go Tobacco-Free on January 1, 2009.

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.

We reserve the right not to publish any article/submitted question that is deemed inappropriate and/or is in violation of University policy, State or Federal law. All content must establish and nurture an environment that actively acknowledges and values diversity and is free from racism, sexism and other forms of prejudice, intolerance or harassment, for men and women, faculty, staff and students from varying racial, religious and ethnic backgrounds and of varying sexual orientations, as well as people with disabilities.
Staff from Residential Life and the Residence Hall Association (RHA) sponsored their annual Haunted House on Friday, October 31. With the help of I.C. Muggs/Mugoo’s, a local business that generously donated building space, they created and operated the scary event for the entire community. More than 340 people attended, raising $1,700 for Habitat for Humanity and over 100 cans of food for the local Care and Share.

The Horticulture Club is Selling House Plants!!
Mondays from 10:00 to 12:00
International Lounge
Christmas Cactus, Jade Trees, Multi Colored Wandering Jews, Soapworts, Spider Plants and Much more!!!!!

This month Plant of the Month:
ARROWHEAD PLANT

Paid Advertisement

LEAD THE WAY
Do you have 60 college credits? Then you may have what it takes to become a LEADER in the Minnesota Army National Guard. Call today to learn how you can earn money for college while learning real-world leadership skills. Take command of your future.

- Up to 100% paid tuition
- Up to $679/mo GI Bill
- Up to $20,000 Student Loan Repayment
- Part-time pay ($354/mo)
- Referral program ($3,000 per officer you refer)
- Up to $11,000 bonus

ILT Aaron Oelschlager • 651-775-9853
aaron.oelschlager@us.army.mil

NATIONAL GUARD
The Golden Eagles got on the board first when Spencer Syvertson (So, Def, Wassilla, Alaska) found the back of the MSOE net with an even-strength goal at 10:15 of the first period. He was assisted by Chase Haubursin (Fr, Fwd, Green Bay, Wis.) and Brent Swanson (Jr, Fwd, Mason City, Iowa).

U of M, Crookston widened the lead to 2-0 at 17:30 of the second period when Tony Huberty (So, Fwd, Hermantown, Minn.) scored a power play goal off an assist from Jake Delisle (So, Def, Grand Forks, N.D.).

MSOE countered at 18:01 of the second period with an even-strength goal from Kyle Smith. He was assisted by Simon Labrosse-Gelinas.

The Golden Eagles put the game away at 12:16 of the third period when Swanson scored a shorthanded goal. He was assisted by Huberty.

U of M, Crookston’s Jacob Schira (Fr, G, Bloomfield Hills, Mich.) was stellar in net once again stopping 33 of 34 shots he faced.

**Flu Shot Clinic**

Submitted Article

Polk County Public Health will be providing flu shots on campus:

Monday, November 10, Bede Ballroom, 1 p.m. to 3 p.m.

Thursday, November 13, Bede Ballroom, 9 a.m. to 11 a.m. Bede Ballroom.

Cost is $15.00 for students, Free for UMC employees, $25.00 for all others.

(UMC employees are free because the cost is being covered by the UPlan. UMC students are receiving a $10.00 discount and that cost is being covered by UMC Student Health) Please refer to the following web site for more information about influenza [http://www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm). Stacey Grunewald
Brain Teasers

Last week’s winner is Mike Watson who knew the puzzle below (left) meant “For better or worse.” Mike 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@umn.edu. 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 13, 2008. The winner’s name will appear in the November 17, 2008 Eagle’s Eye.

Classified Ads

For Rent - A one-bedroom apartment will soon be available at Prairie View Apartments in Fisher, MN. This smoke-free multi-family single-story complex features: security doors, laundry facilities, spacious common area, off-street parking with plug-ins available and all utilities included with affordable rent. Call 218-637-2431 for an application or see our website at www.nwmnhr.org.

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.