Allison Lindburg Speaks on Sustainability
Submitted Article
With a focus on sustainability, UMC will feature guest speaker Allison Lindburg, director of the Eco-Affordable Housing Program at the Minneapolis-based nonprofit Dovetail Partners, Inc. The event, sponsored by Crookston Students for Sustainable Development and a grant funded by the Minnesota Clean Energy Resource Teams (CERTs), is at 7 p.m. in the Sargeant Student Center Bede Ballroom. The public is welcome and admission is free.
Lindburg, who holds a bachelor’s degree in architecture with a focus on sustainable design, is a Leadership in Energy and Environmental Design (LEED) accredited professional. Through her work at Dovetail Partners, Lindburg has worked with economic development and housing interests in many communities and presented at educational conferences across the country. Raised in a rural community herself, she is deeply committed to addressing housing challenges and is dedicated to energy-efficient design and the use of responsible building materials.
LEED, a green building rating system, provides technical criteria for environmentally sustainable construction. A new residence hall, slated to open in summer 2009 on the Crookston campus, received LEED certification. Students, Chris Waltz and Erick Elgin led the effort for the certification of the $10.6 million, 128-bed facility. The certification verifies that a building project meets the highest green building and performance measures. The mission of Dovetail Partners is to provide authoritative information about the impacts and trade-offs of environmental decisions, including consumption choices, land use, and policy alternatives. To learn more, visit www.dovetailinc.org.

Finals week study tips
By Spencer Dobson
Finals week is stressful for everyone. Here are a few tips that may help you get through it. Best of luck.

MAKE A GAME PLAN
Making a game Plan will make your studying go much smoother. Take the time to sit down and figure out what you need to know for each class. Organize your notes, figure out what notes you are missing and ask people who take good notes if they will help you.

FOOD
Psychology today suggests Omega 3 fat for the optimal brain function. Omega 3 fat is found in fish and fish oil supplements. Choline is a fat like b vitamin found in eggs that enhances memory and reaction time.

CRAMMING
Degreedirectory.org suggests rewriting key points from your notes as a way to help you memorize them. Another study suggestion is focusing on the summaries and review questions at the end of text book chapters, rather than trying to re-read whole chapters. (cont. p. 4)
Announcing the 2nd Annual Fall Equine Education Horse Show

Submitted Article

The 2nd Annual Fall Equine Education Horse Show will be held on Saturday, December 13, 2008 starting at 10:00 AM. The Horse Show will be held at the UTOC arena just north of the UMC campus. The show is designed to show off the horsemanship skills students gained through various Equine Science classes held this past fall semester. Fall semester classes wrap up on Friday, December 12th and include the courses: Topics in Advanced Equitation Over Fences, Western Equitation, Training and Showing, and Hunt Seat and Dressage Equitation. Students from Advanced Equine Evaluation will serve as the student judges for this contest.

Instructors, Nicky Overgaard and Brooke Leininger feel that their classes have worked hard all semester to culminate into a semester-end horse show where the students are rewarded with ribbons and the feeling of accomplishment for their classes. Organizing a successful horse show is a major undertaking. This opportunity gives the students valuable insight into how much work goes into preparing, grooming and showing a horse for a horse show.

Grand Movie Night Wednesday, December 10

Grand Movie Night Wednesday, December 10
FREE to UMC Students with U-Card
“Four Christmases” - 7 p.m.
“Twilight” - 7:15 p.m.
Sponsored by S.P.A.C.E.

Career and Counseling Corner

* Monday, December 8, 2008 - Workshop “Be Prepared for the Interview - How to Use Interview Stream”, 244 Sargeant Student Center, 7 p.m.

* Thursday, December 11, 2008 - Workshop “Job Fair Tips and Dress for Success”, Business Department Board Room - Dowell Hall, 8 p.m., Co-Sponsored by SIFE

*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/

Ma Browns will host our annual "WINTER WONDERFEAST" on Tuesday, December 9th, from 10:30am-1:30pm. The menu will feature items such as:
Carved Turkey
Sirloin Steaks
Mashed Potatoes & Gravy
Glazed Carrots
Holiday Cookies and treats
And many other delicious holiday favorites. We hope to see everyone there.

FROM ALL OF US HERE IN DINING SERVICES:
HAPPY HOLIDAYS AND HAVE A SAFE,
Volunteer Opportunities
Submitted by Lisa Loegering

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.

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!

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.

Residential Life’s Clothing and Food Drive
Submitted Article
Any old clothes and non-perishable can food items can be dropped in the green bins in all the Resident Hall Lobbies for donation to the Care and Share.

Deadline to Use One-Time Drop is December 12
The deadline for students to use their one-time drop for a class is Friday, December 12th.

One-Time Drop Policy - Each student may, once during his or her undergraduate enrollment, withdraw from a course without college approval, and receive a “W,” at any time up to and including the last day of class for that course. — UNIFORM GRADING AND TRANSCRIPT POLICY

Lunch and Learn about Tobacco Cessation
Submitted Article
Curious about quitting? Want to know what the process of tobacco cessation is all about? Drop in on the information sessions December, 10 at noon in Brown Dining Room D.

At this 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 to ask your questions as our campus prepares to go Tobacco-Free on January 1, 2009.
Questions, contact Stacey Grunewald, RN, sgrunewa@umn.edu or 281-8512.

Free Flu Shots
Stop by Bede A & B Thursday, December 11
Any time between 10 a.m. and 1 p.m.
for a FREE FLU SHOT
This is for UMC students only.
contact Stacy at 8512 with any questions. cost is covered by UMC Student Health

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 meloni@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.
Zabel Leads Golden Eagles to 70-64 Overtime Victory over Bulldogs
Submitted Article
UMC Women’s Basketball team opened the 2008-09 Northern Sun Intercollegiate Conference (NSIC) season in dramatic fashion against the University of Minnesota Duluth (UMD). The Golden Eagles down early, rallied to force overtime and outplayed the Bulldogs through the five minute overtime to take the 70-64 victory.

Minnesota Duluth flew out of the gates, taking a 14-2 lead through the first 8:30 of the game. UMC closed out the first half with a 19-11 run of their own to go into the break trailing 21-25. In the second half, the Golden Eagles slowly chipped away at the Duluth lead until four minutes remained in the game when Minnesota, Crookston went on a 14-5 run led by Gina Jaroszewski (F, 5-11, SO, Moorhead, Minn.) who scored all of her 14 points in the second half. With 47 seconds remaining in the game, Diana Taddy (G, 5-8, SO, Two Rivers, Wis.) dished a pass in the paint to Lauren Kessler (C, 6-1, FR, Albertville, Minn.) who sank the jumper to send the game into overtime. The extra session saw the Golden Eagles explode, shooting 60% from the field and outscoring Duluth 12-6 to take the NSIC conference home-opener at Lysaker Gymnasium. UMC’s largest lead of the game was six points, which came with five seconds left in overtime.

The spark that ignited the Golden Eagles all night was Bri Zabel (F, 6-0, SO, Northfield, Minn.). Zabel scored 11 of her game-high 17 points in the first half and was instrumental in the 14-5 run to close out the first half. Through the first 20 minutes of play, she was 3-6 from the floor and 5-5 at the free-throw line. Zabel played big on the glass, picking up 11 rebounds for her second double-double of the season in just under 40 minutes of play. Jamie Zelinsky (G, 5-11, SO, Brooklyn Park, Minn.) scored 14 points, grabbed five clutch rebounds and more importantly than her shooting, dished out six assists. Jaroszewski tallied 14 points all in the second half and grabbed five rebounds. Ana Garcia (G, 5-7, SO, Minnetonka, Minn.) was generous with the ball all night, delivering a career seven assists on the night.
SLEEP
If you are not capable of functioning on zero sleep, don’t stay up cramming all night the night before a final. Manage your time so you can get the sleep you need

STUDY GROUPS
Collegeboard.com recommends study groups as a learning aide. Explaining something to someone else helps one understand the subject matter more clearly. You will also gain insight from another person’s perspective.

TAKE A BREAK
Suite101.com stresses the importance of study breaks. They recommend a short break once an hour and breaks of several hours if you plan on studying all day. Break time activities should rejuvenate and relax you. They suggest a walk or jog, watching mindless television, reading a novel, snacking or playing a fun video game.

Hopefully one or all of these tips will make your life a little bit easier. Good luck, we’ll see you on the dean’s list.

The Amethyst Initiative Debate: Rethinking the Drinking Age
The Amethyst Initiative Debate: Rethinking The Drinking Age. Dr. McCardell will discuss the Amethyst Initiative with higher education risk-management expert Brett Sokolow and they will debate the pros and cons of changing the legal drinking age. Following the seminar there will be a 30 minute panel discussion. (For information about the Amethyst Initiative: www.amethystinitiative.org)

Friday, Dec. 12, Coffman Memorial Union Theater
12:00-1:00 pm Online Seminar
1:00 - 1:30 Panel Discussion

WE WANNA GO WALKIES!!!!
The Polk County Humane Society needs dog walkers!!
Please Help these dogs.
The Humane society also needs reliable animal lovers who are willing to work a regular shift at the shelter. Volunteers can work as little as one shift a month. If you are willing to give some of your time
Please contact Mary Solberg at 281-7225
The Polk County Humane Society
720 East Robert Street
Brain Teasers

Last week’s winner is Kari Hendrickx who knew the puzzle below (left) meant “placed under arrest.” Kari 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, January 8, 2009. The winner’s name will appear in the January 12, 2009 Eagle’s Eye.

Classified Ads

Internship Available - The UMC Student Center has an opening for an intern to assist with the publication of the weekly Eagle’s Eye for Spring Semester. The internship requires a time commitment of 15 hours per week. A $500 stipend will be paid at the end of the semester. The intern will be involved in all aspects of publication of the Eagle’s Eye including, but not limited to: information gathering, article writing, conducting interviews, advertising, weekly features, preparation and layout of newsletter and photography. Preference will be given to Juniors and/or Seniors majoring in communications or marketing. Excellent written communication skills a must. Will be asked to supply a sample of your writing. For a complete job description contact Meloni in 236 Student Center or at melonir@umn.edu.

Algebra Tutor Needed - High School Junior needs tutor. Will Pay, meets 2 – 5 times per week. A ride would be possible if needed. Contact Will at 218.281.8381 or at home at 218.281.4828. Email: enlo0003@umn.edu

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.nwmnhra.org.

Late Night Study BreakFest

A free study breakfast (waffles, eggs, hash browns, bacon, toast, juice, milk and lots of coffee & friends) will be hosted by Student Affairs on Sunday, December 14 beginning at 10:30 p.m. and ending at Midnight in Ma Brown Dining Center. The breakfast will be served by UMC faculty, staff and administrators. This is our way to say we appreciate working with you and the best of luck as you prepare and take your final exams.

Snap Fitness is the perfect workout facility for college students! We are a 24 hour state-of-the-art workout facility with NO CONTRACTS and ridiculously low membership dues for students!

Snap Fitness is unique because we offer:

- No contracts – Perfect for college students who leave for the summer!
- Nearby and open 24/7, with access to over 1,500 Snap’s world wide!
- FREE Online Training Center to track and monitor your success!
- Membership prices as low as $5 a month with qualified insurances!
- Unlimited tanning available with a Hex stand-up booth only $13.00!
- Get into shape with our Nintendo Wii and Wii Fit!
- FREE equipment instruction & total body assessment with a personal trainer!
  - 404 North Broadway (Downtown)
  - 218-281-SNAP
  - www.snapfitness.com/crookston

It is time to think about your New Year’s Resolution!!
Sign up Now and get the rest of 2008 FREE!!
Must bring in coupon

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.