Sex Signals Wednesday, September 2, 2009

What’s On Wednesday - Sex Signals will take place Wednesday, September 2, 2009 at 7 p.m. in Kiehle Auditorium. A provocative, in-your-face look at issues surrounding dating, communication and boundaries. This nationally recognized program is one that can't be missed as it is both entertaining and educational as it utilizes both comedy improv and audience participation.

Sponsored by Student Health, Student Experience, and the Coca Cola Beverage Partnership

Sargeant Student Center Road Trip September 3, 2009

New and returning students are encouraged to take part in this “Road Trip” of the Sargeant Student Center (SSC) with brief detours to adjacent buildings. This fun activity will help familiarize you with the various offices and services of the facility. Students will be given a passport to get stamped at 16 destinations and rest stops along the way. There will be snacks, beverages and information provided on this road trip.

Collect all 16 stamps and have your name entered in a drawing for prizes (i.e. $75 Eagle Bucks, $50 UMC Bookstore Certificate, Wal-Mart Gift Certificates, etc.). The drawing will be held at 1:30 p.m. The road trip begins and ends at the SSC Information Desk.
Volunteer Opportunities

* **Home Delivered Meals:** Three times a year we are asked to assist a very worthwhile program, Home Delivered Meals. Our next week to deliver meals is September 7 - 11. Meals need to be picked up at the Employee Entrance on the west end of RiverView Hospital at 11:30 a.m. The deliveries usually take about 30 minutes. You can expect to be back at UMC by 12:15 p.m. If you aren’t all that familiar with Crookston, don’t worry! You are provided with a map and very specific directions. Grab a friend to help navigate!

* **Humane Society:** The Humane Society is run by volunteers. There is a huge need for volunteers to help clean cages from 9:30 – 10:30 or 11 a.m. every day. Additionally, dogs love to be walked! Get some exercise and share a walk with a very appreciative friend! The Polk County Humane Society is located at 720 East Robert Street. Please contact Mary Solberg or Tracy Janisch at 281-7225 to schedule a time to volunteer.

* **Mt. St. Benedict CSA Gardens:** Crookston’s own community supported agriculture garden is in need of weeding and harvesting. Be prepared to get a little dirty, get some fresh air, and see one of the most beautiful areas of Crookston! For more information, contact Scott Hoffman at 281-3441.

* **Crookston Storefronts:** The Beautification Committee, part of the Crookston Chamber of Commerce, is hoping to clean up storefronts in Crookston and has offered us a great deal! If you have a club or organization that you would like to advertise in a local storefront and are willing to help clean up the window display area, they will work with you to make it happen. For more information, please contact Lori Wagner or Sandy Kegler at the CVB, 281-4320.

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Monster College Advantage

**Thursday, September 3**

7:00 – 8:00 p.m.

Bede Ballroom

A successful and dynamic speaker provides key tips and advice to help you get a FAST START in college and put you on the path of a great career.

Sponsored by: Student Experience

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**Missed Opportunities Haunt Golden Eagles in 48-10 Loss to Southwest Minnesota State**

The UMC Golden Eagle football team opened the 2009 Northern Sun Intercollegiate Conference (NSIC) season at home against the Southwest Minnesota State University Mustangs. The Golden Eagle defense saw three interceptions, two possibly returned for touchdowns, slip through their hands and turn into 17 Mustang points. The 31 point swing sparked SMSU onto a 48-10 NSIC victory.

The Mustangs opened the game with an eight play, 43-yard drive that set up a Lance Schuveiller 34-yard field goal. Gannon Moore added to the first quarter lead with a five yard touchdown run. In the second quarter, Ryan Ratekin hit Blake Wilson for a 10-yard touchdown strike to put the Mustangs up 17-0. Following a Schuveiller 31-yard field goal, SMSU stuck a dagger in the hearts of the Golden Eagles when Blake Wilson, with a UMC defender in his facemask, broke the tackle and scampered 80-yards for an SMSU punt return touchdown. The return set a new Mustang record for longest punt return in school history. Ratekin hooked up with Bret Ballantine with four seconds left in the half for an eight yard touchdown to put the Mustangs up 34-0 at the break. The Golden Eagles struck first in the second half when Chris Secrest (K, 5-11, 170, FR, Hollywood, Fla.) nailed a 31-yard field goal to cap off a 13 play, 54-yard Golden Eagle drive. SMSU would score two more times in the third quarter with Moore rushing for a two yard score followed by a Ratekin touchdown pass to Derek Townsend. The Golden Eagles closed out the scoring on a Brett Rice (RB, 5-10, 175, FR, Poynette, Wis.) two yard touchdown rush.

The Golden Eagles were led by Antonio Williams (WR, 6-2, 215, JR, West Palm Beach, Fla.) who caught six passes for 103 yards, Quartzon M детскi (QB, 6-2, 205, JR, Lancaster, Calif.) completed 12 passes on 30 attempts for 160 yards. Keith McBride (RB, 5-11, 195, FR, Lodi, Wis.) closed out the top Golden Eagle offensive players with 18 rushes for 49 yards with a long rush of 12 yards. Defensively, Kyle Myers (LB, 5-10, 255, SR, Palmyra, N.J.) led all players with 10 total tackles (2 unassisted, 8 assisted). Brandon Williams (DB, 5-9, 200, SO, Minneapolis, Minn.) played tough in the secondary making six tackles, recording 1.5 tackles for a loss of nine yards, breaking up one pass and earning one sack. U of M, Crookston won the time of possession battle holding the ball for 32:32 to SMSU’s 26:30. For the game, the Golden Eagles ran 63 plays and recorded 228 yards of total offense.

The Mustangs were led by quarterback Ryan Ratekin who completed 16 passes on 26 attempts for 201 yards and three touchdowns. Zach Wysong got the call at the running back position as he carried the ball 12 times for 99-yards with a long of 24-yards and an average of 8.2 yards/carry. Wade McDonough was Ratekin’s primary target grabbing five passes for 44-yards. As a team, the Mustangs recorded 60 plays for 370 total yards of offense.

The Golden Eagles are 0-1 overall and 0-1 in the NSIC, while the Mustangs advance to 1-0 overall and 1-0 in conference play. The Golden Eagles travel to Mayville State University on Thursday, September 3 to play the Comets in non-conference action. Kick-off is set for 7 p.m.

For more information, visit the Golden Eagle Athletics website at: www.goldeneaglesports.com.
Upcoming Events

- September 2 - Sex Signals, Kiehle Auditorium, 7 p.m. (Student Experience and Student Health)
- September 3 - CSA Executive Board Meeting, Minnesota Room, 6 p.m.
- September 3 - Golden Eagle Football vs Mayville State University, 7 p.m. - Mayville, ND
- September 4 - Maroon and Gold Friday - Show your Support Wear Maroon and Gold
- September 5 - Grand Movie Night, 7 & 7:15 p.m.
- September 7 - Labor Day, No Classes - Offices Closed
- September 8 - Golden Eagle Soccer vs Bemidji State University, 4 p.m.
- September 9 - Club Fair, Northern Lights Lounge Sargeant Student Center, 11 a.m. - 1 p.m.
- September 9 - Ultimate Frisbee and Ice Cream, Campus Mall, 7 p.m. (S.P.A.C.E.)
- September 10 - Maroon and Gold Friday - Show your Support Wear Maroon and Gold
- September 10 - CSA Full Board Meeting, Noon - 2 p.m.
- September 12 - Block Party, Noon, Centennial Hall (Res Life)
- September 14 - Study Abroad Fair, 10 a.m. - 2 p.m., Northern Lights Lounge Sargeant Student Center
- September 15 - CSA Voting, Northern Lights Lounge Sargeant Student Center
- September 16 - Singer/Songwriter Javier Colon, 7 p.m., Northern Lights Lounge Sargeant Student Center (S.P.A.C.E.)
- September 16 - Singer/Songwriter Javier Colon, 7 p.m., Northern Lights Lounge Sargeant Student Center (S.P.A.C.E.)
- September 19 - Golden Eagle Football vs University of Mary, 1 p.m.

Crookston Community Pool Available to Faculty, Staff & Students

Each year UMC has signed a contract to use the Crookston Community Pool. The contract has been for general student, faculty & staff use as well as for certain UMC classes.

This year the contract will again provide for free access to all faculty and staff as well as students. You must show your University ID card in order to use the pool under this agreement.

Here is the web link to the pool: http://www.crookstonpool.com/ or email Ken Stromberg at swimpool.crookston@midconetwork.com.

Faculty, staff and students can use the pool at no cost for the following sessions:
- Morning lap swim
- Morning & Evening aqua exercises
- UMC Aquatic class
- All open swim times

Crookston has an excellent pool facility and I encourage you to use it. Let me know if you have questions.

Thanks,
Tricia M. Sanders
Director of Finance

Welcome back to
Mugoo’s Pizza
1500 University, Crookston
281-3130

Weekly Specials
Tuesdays - Hard shell or soft shell tacos, & burritos for $5.00
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Check out our great new menu, including new pizzas, sandwiches, burgers & wraps, Mexican food, soups, salads & appetizers

Free delivery to UMC on orders over $10.00!
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Paid Advertisement
Dear University of Minnesota Students, Staff, and Faculty:

The start of fall semester and a new academic year is getting underway. Each fall, unfortunately, also marks the beginning of flu season. This one is likely to bring some potentially unusual challenges. We will experience not only the expected seasonal influenza but also the 2009 H1N1 influenza, which is sweeping the globe in the first flu pandemic in 40 years.

Because of this, it is important that we review our current expectations for impact on the University of Minnesota community, the challenges this flu outbreak may cause, and our plans for addressing them. And it is important that you stay alert to these messages during the academic year. Pandemics can change quickly and unpredictably. We will all need to be cooperative, flexible, and resilient in responding to changing conditions. Our goal is to conduct the University's activities as normally as possible, with the health and well-being of students, staff, and faculty our top priority.

**Likely Impact of Flu on the University Community**

Public health experts say that H1N1 is a highly communicable virus that they expect to run rapidly through the U.S. population this fall. At this writing, persons 25 years old and younger are more susceptible to contracting the virus than older persons, but everyone is at some risk. The potential impact at the University may include greater-than-usual absences in classes, at student activities, and among those who have campus jobs. This may result in some disruption to our normal activities and services.

In light of this, the University community needs to consider appropriate responses throughout this unusual flu season. All members of the University community must stay alert to e-mail and other communication channels. We will send frequent updates and provide up-to-date information on the University H1N1 Web site.

**Flu and Health Risks**

There is good news too. As of this writing, H1N1 appears to cause relatively mild symptoms according to the Centers for Disease Control (CDC) and World Health Organization (WHO). Most who contract H1N1 will feel ill but will not need to visit their health care providers. Keeping hydrated, treating fever, and getting plenty of rest will speed recovery in 5-7 days. The CDC recommends resuming normal activities 24 hours after fever subsides without the aide of medication.

However, there are individuals at much more serious risk of H1N1 flu: pregnant women and persons with chronic illnesses, including asthma, diabetes, and conditions causing impaired immune systems. If you are among those with these conditions, you should contact your health care provider now to develop a prevention and treatment plan. If you are among those with these conditions and have been exposed to or experience flu symptom onset, seek medical care promptly. A list of symptoms and CDC recommendations can be found online.

**Prevention**

Public health experts recommend some simple measures to help prevent or reduce the spread of 2009 H1N1 flu:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing, or use an alcohol-based hand sanitizer.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, then cough or sneeze into your elbow or shoulder and not into your hands.
3. If you become ill, stay home to recover.

**Vaccination for H1N1 and Seasonal Influenza**

While 2009 H1N1 influenza is new, we can also expect seasonal flu virus to strike as it does every year. H1N1 and seasonal flu will each have their own vaccines. The CDC recommends that you get a seasonal flu shot as early as possible after it becomes available in September. Pay close attention to your community or University campus communication channels for opportunities to be vaccinated against seasonal flu. Vaccine for the H1N1 influenza is expected to become available later this fall. It will be provided first to high-risk groups. We will send you information about the H1N1 vaccine as it becomes available.

**Attention, Cooperation, Flexibility**

All of us hope that the impact of H1N1 will be minimal and short-lived. However, University emergency preparedness groups will stay alert to potential changes, and we will communicate them to you as rapidly as is feasible. In this flu season, we ask for your attention to e-mails and the Web site for information about H1N1. We also ask your cooperation and flexibility in mounting an effective response to this unusual challenge. Stay healthy and stay informed!

Kathleen O’Brien, Vice President for University Services and Officer of the Day
John Finnegan, Assistant Vice President for Public Health and Dean of the School of Public Health
### News From Student Health

**Student Health:** Welcome new and returning UMC students! Student Health is located at 145F in the new Student Center. It is staffed by a Registered Nurse, Stacey Grunewald, who is on campus Monday through Friday, 8:30 am to 4:00 p.m. There is no charge to visit with the nurse and there are various over the counter medication that are available at no charge. You are welcomed to stop by any time during office hours however it is helpful to make an appointment by calling 281-8512. There is also a physician, Dr. Kanten, who is on campus most Thursdays from 3:00 to 4:30 free of charge. You must make an appointment to see the doctor by calling Stacey at 8512. Again, welcome and have a safe and healthy semester!

**Urgent Care at Crookston:** There is an Urgent Care facility located within the RiverView hospital in Crookston that is open from 7:00 am to 8:00 p.m., Monday through Friday, and 9:00 am to 1:00 p.m. Saturday and Sunday. The cost is comparable to a regular office visit. There is no need to make an appointment.

**Local Clinics:** There are two local clinics that are located in Crookston to help serve your medical needs. RiverView Health is located within RiverView Hospital at 323 S. Minnesota Street. You can make an appointment by calling 281-9595. Office hours are Monday through Friday, 8:00 am to 4:30 p.m. Altru, Crookston is the other local clinic and is located adjacent to RiverView Hospital at 400 S. Minnesota Street. Altru’s office hours are Monday through Friday, 8:00 to 5:00, and appointments can be made by calling 281-9100.

**Polk County Public Health** is located at 721 S. Minnesota Street and is a facility that can assist you with your family planning needs, such as birth control pills, pregnancy testing, STD screening, pap smears, etc. They charge based on a sliding fee scale which makes it an affordable alternative. You can make an appointment to see a Family Planning nurse by calling 281-3385.

### Area College Students Invited to College Outdoor Skills Day at the Crookston Gun Club

College students from around the area are invited to attend College Outdoor Skills Day taking place on Thursday, September 10, 2009, from 4 to 7:30 p.m. at the Crookston Gun Club, located north of the campus. This free event is designed to help students experience new outdoor activities or sharpen the outdoor skills they already have.

Programs will be offered throughout the evening, including fly-fish casting, target archery, slingshots/wrist rockets, outdoor survival, outdoor first aid, rifle shooting, trap shooting, and tree stand safety. These events are free, but students interested must pre-register. For more information or to register, contact Laura Bell, lab coordinator and naturalist at the U of M, Crookston, at 218-281-8131 (lbell@umn.edu).

This event is sponsored by the University of Minnesota, Crookston, Minnesota Department of Natural Resources, West Polk Deer Hunters, Crookston Gun Club, Rocky Mountain Elk Foundation, Federal Cartridge, and the U of M, Crookston’s Natural Resources Club and Student Chapter of the Wildlife Society.

### Grand Movie Night Saturday, September 5

**Grand Movie Night**
**Saturday**
**September 5, 2009**
**Show times are 7 & 7:15 p.m.**
**FREE to UMC Students with U-Card**
(Res Life)

### 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.

* 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.
Brain Teasers

Last week’s winner is Kasey Bekkerus. Kasey can pick up her free movie pass from Meloni in 236 Sargeant Student Center. Can you guess this week’s puzzle. 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 3, 2009. The winner’s name will appear in the September 8, 2009 Eagle’s Eye.

Classified Ads

* Position Available - Part-time position available at M & H Gas Station. Afternoons, evenings and weekends. Stop by M & H at 315 North Main and pick-up application.

* Position available - Childcare leader wanted: Starting mid September, every Wednesday morning 10 a.m. - Noon during the school year. Will lead an already prepared lesson, crafts and snacks. Must be responsible, energetic, and love kids. Great pay and great kids for 2 hours a week!! Call: Melissa @ (218) 281-6303.

* Position Available - The UMC Sargeant Student Center has an opening for a student to assist with the publication of the weekly Eagle’s Eye for Fall Semester 2009. The position requires a time commitment of 15 hours per week. A $500 stipend will be paid at the end of the semester. The student 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 Sargeant Student Center or at melonir@umn.edu


* Position Available - Beet Truck Driver. Flexible Hours. Call (218) 280-0980.

* For Rent - One bedroom apartments are available at Prairie View Apartments in Fisher, MN. This smoke-free multi-family single-story complex features: security doors, laundry facility, spacious common area, off-street parking with plug-ins available and all utilities included with affordable rent. Call 218-637-2431 today for an application or see our website at www.nwmhra.org.

* For Rent - Bedroom in a private home with kitchen access. Non-smoker. Located close to hospital. For more information contact Arlene at (281) 281-4787.

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:

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