Inside This Issue

Heroes and Thieves                         2
Update Your Address                        2
Griffen Alexander                          3
Getting to Know ‘U’                         4 & 5
Sonia Spaeth                                5
Recovery Month                              6
College 101 Workshops                       7
Brain Teaser                               8

September 20, 2010

Homecoming Week
‘Glitz, Glam and Golden Eagles’
September 20 - 25

HOMECOMING 2010
Glitz, Glam, and Golden Eagles
September 20-25

Monday
Homecoming Royalty Voting
10 am - 2 pm ~ Sergeant Student Center
Griffen Alexander (Musician)
11:30 am - 1 pm ~ Sergeant Student Center
Grocery Bag Bingo
8 pm ~ Bede Ballroom

Tuesday
Homecoming Royalty Voting
10 am - 2 pm ~ Sergeant Student Center
Mocktails
10 am - 2 pm ~ Sergeant Student Center
S’mores & Campfire
8 pm ~ Near Centennial - Sponsored by Residential Life

Wednesday
Slip n’ Slide
1 - 3 pm ~ Campus Mall - Sponsored by Alpha Eta Rho
Heroes and Thieves (Band)
7 - 10 pm ~ Peterson Gazebo (Rain site: Bede Ballroom)

Thursday
Office Decorating Contest
10 am - 2 pm ~ Voting at Information Desk
Dress-up Contest (Which Celebrity are you?)
All Day ~ Voting at Information Desk
Homecoming Coronation
8 pm ~ Kibbie Auditorium
Homecoming Dance
9 pm - 12 am ~ Bede Ballroom

Friday
Regal Pictures & Spirit Stars
11 am - 1 pm ~ Sergeant Student Center

Saturday
Homecoming Parade
10:30 am ~ Campus Mall
Soccer vs. St. Cloud State
11 am ~ UMC soccer field
Student Tailgate
Live Band - Four Wheel Drive
10:30 - 1 pm ~ Parking Lot E
Football vs. Minnesota State Moorhead
1 pm ~ Ed Widseth Field

All events sponsored by S.P.A.C.E. unless indicated

The University of Minnesota is an equal-opportunity educator and employer.
UMC Printing & Design/D9024/Translation
Undergraduate Research Opportunities - Crookston (UROC)

In order to encourage undergraduate research on the UMC campus, funding has been set aside for projects approved on campus. The process for awarding these funds is separate from the University-wide UROP.

All proposals submitted for campus funding need to be approved by the appropriate unit head and submitted to the Academic Affairs office by the following date and time. Late proposals will not be considered.

The deadline is October 18, 2010, 4:00 p.m. – for spring semester 2011 projects.

For more information and guidelines contact Barbara Cournia at cournia@umn.edu.

The policy and procedures, application form, and faculty mentor recommendation form have been completely revised; please read them carefully. Submitted projects that do not follow the procedures and/or do not include all requested information will be returned and run the risk of not being considered.

Undergraduate Research Opportunities Program (UROP)

The deadline for submitting UROP proposals is October 4, 2010. For information, requirements, forms, etc., go to http://www.urop.umn.edu/

If you submit a UROP proposal, please also send a copy of the proposal to the Academic Affairs Office.

Heroes & Thieves Band
Wednesday, September 22, 2010
7 - 10 p.m.
Peterson Gazebo (Rain site Bede Ballroom)

Heroes & Thieves has been in the Midwest music scene since the Fall of 2004, crisscrossing the region countless times in pursuit the perfect show! Nights to remember have manifested from the mix of smoke and neon, and just as many nights have been forgotten and left behind, along with empty bottles of Budweiser and Jim Beam. Along the way the members of Heroes & Thieves learned what is was really like to be a working musician. The joy and the heartache, the thrill of a pulsing audience and the agony of missing the people they love. The realities of traveling with a band and crew in a cramped van, and the teachings and wisdom of those who have gone before us and have shared the wisdom and visions of how it could have been. What has been absorbed has led to more than one good song, with many more to come!

Heroes & Thieves is comprised of Shawn Smalley, on lead vocals and guitars, Joe Thiele on bass and vocals, Ty Taylor on lead guitar and vocals, and Lucas Smillie on drums and vocals. Each member brings a deep love and respect for music, and dedication for continued improvement and growth. It’s a group of guys who have been given the gift of sharing a stage together are incredibly grateful for it.

When people ask about what kind of music Heroes & Thieves plays, it’s a hard question to answer. You have the cover song list . . . . Keith Urban, Jason Aldean, Rascal Flatts and other current country stars . . . . and then you their uniquely crafted original music. I guess it could be said that musically the guys go the direction the song wants to go. And when they write, they try to craft songs that have a message. Whether that message is hold onto the ones you love, take it easy on the bottle, take time to talk to an old friend, a commentary on the world as we see it, or just a good old “tear in your beer” sad song, they want to say something, and they want it to be heard.

Heroes & Thieves - Wednesday, September 22
Upcoming Events

September 20 through 25 - Homecoming Week
- September 20 - MOM - Corey Crowder, 11:30 a.m., Northern Lights Lounge
- September 20 - Bingo, 8 p.m., Bede Ballroom
- September 21 - Homecoming and CSA Voting
- September 21 - Mocktails, 10 a.m. - 2 p.m., Northern Lights Lounge
- September 21 - Campfire & S’mores, 8 p.m., (Res Life)
- September 22 - Band - Heroes & Thieves, 7 - 10 p.m., On the Mall
- September 23 - CSA Full Board Meeting, Noon, Dowell 225
- September 23 - Office Decorating/Celebrity Dress-up
- September 23 - Homecoming Tailgate and the band Four Wheel Drive, 11 a.m.
- September 24 - Spirit Day, 11 a.m. - 1 p.m., Pictures with Regal and the Stars
- September 25 - Homecoming Parade, 10:30 a.m., Around the Mall
- September 25 - Homecoming Coronation, 8 p.m., Kiehle Auditorium
- September 25 - Homecoming Dance, 9 p.m., Bede Ballroom
- September 26 - Soccer vs St. Cloud State, 11 a.m.
- September 25 - Football vs MSU - Moorhead, 1 p.m.
- September 26 - Soccer vs Concordia - St. Paul, 1 p.m.
- September 28 - National Society of Leadership and Success, 7 p.m., TBA
- September 29 - Connection Children and Nature Conference, 8:30 a.m. - 4:30 p.m., locations throughout campus
- September 29 - WOW - Open Mic Night, 8 p.m.
- September 30 - Campus Garage Sale
- October 4 - Music On Monday - Amanda Duncan, 11:30 a.m. - 1 p.m., Northern Lights Lounge

Notes From Student Health

The QuitCash Challenge is Back!! Are you ready to kick butt?? It’s the start of fall and another great opportunity to quit smoking. Are you ready for another challenge? We gathered your feedback and made some great improvements to this year’s contest, including more prizes and more FREE support every step of the way. Don’t miss your chance for a shot at $5,000, sign up and start kicking butt! Go to www.quitplan.com to learn about how you can win $5,000 if you quit smoking for the month of October.

Music on Mondays - Griffen Alexander
Monday, September 20, 2010

Singer Griffen Alexander will perform on Monday, September 20, 2010 from 11:30 a.m. - 1 p.m. in the Northern Lights Lounge in the Sargeant Student Center. This event is FREE!

“Griffen sounds very happening, very vibrant, fresh and in tune with what’s happening in modern music.” – Clint McBay / Director of A&R / TAXI

With heartfelt lyrics and a distinctive voice that resonates sincerity and passion, Griffen pulls out all the stops on “Never in Neutral.”

Griffen recorded “Never in Neutral” in a state of the art, professional recording studio in southern California. He held a pivotal role in the entire production of this CD in order to maintain the integrity and the intimate tone of his songs.

The importance of his personal artistic style is evidenced throughout this brilliant collection of self-written music and lyrics.

The first single from the CD is entitled, “I Will”. It is the perfect blend of passion and melody, underscored with a wonderfully memorable chorus.

To the Pop-Rock / Acoustic scene, the 22 year old Griffen Alexander, is a proverbial breath of fresh air. His songs are sure to make their way into everyone’s hearts. He writes about everyday feelings: experiences in love, life, and friendship. Griffen captures listeners with his sincerity, emotional depth, and realism.

Griffen is currently signed with Red Night Records Inc. Red Night Records searched for a unique, fresh, driven, artist. They knew Griffen was that and more after listening to just one of his songs. They knew almost everyone could relate to his music in some way, and would enjoy his fresh style. Whether young or older, male or female, no matter what genre of music is preferred, Griffen’s music will captivate all.
Sudoku puzzles are provided by www.sudokuoftheday.com - visit them and get a new Sudoku in your email inbox every day! Answers to Sudoku on page 6.

“Getting to Know U” continued on page 5

This year, the Eagle’s Eye will feature a new section called “Getting to Know U.” This section is meant to help students to get to know faculty, staff, and student leaders on a fun, more personal basis.

Name: Lisa Leiran
Title/Position at UMC: Teaching Specialist/Online Student Support Assistant
Major (students) or Area of Expertise (faculty/staff): I advise online Accounting, Marketing, Manufacturing Management and Quality Management students. I also teach Introduction to Management Information Systems on campus and online.
Hometown: Ada, MN
How long have you been working/studying at UMC? Since March 1, 2010
Family: I have one daughter and am engaged to be married in January of 2011
Favorite Movies: Lethal Weapon, Back to the Future, Stakeout & The 'Burbs
Favorite Music/Bands/Performers: I prefer the 80’s music and bands
Favorite TV Shows: Seinfeld & Medium
Favorite Books: I enjoy the following authors: James Patterson, Mary Higgins Clark, John Grisham & Harlan Coben
Favorite Sports or Activities: Volleyball
Pastimes and Hobbies: Watching movies, reading and playing piano
Favorite Vacation Spot: Hawaii
Complete the following sentences:

Most people don’t know I’m really very good at: getting organized
If I could change one thing about the world, I would: ?? (not exactly sure – there are a few things I would like to do and I can’t choose one in particular)
It surprises people that I: have a daughter turning 21 in a couple of weeks :)
If I wasn’t a student, faculty, or staff member at UMC, I would probably be: Working in the IT Department of a company up North.
I really enjoy the U of M, Crookston because: I really enjoy helping people and I am able to do that through teaching and advising.

“Getting to Know U” continued on page 5
The East Grand Forks Campbell Library is hosting an artist reception featuring a number of artists from the area on Monday, September 13, 2010. The reception, scheduled for 6:30 to 7:30 p.m., will kick off the "Autumn Colors Art Exhibit" which runs from September 13 through October 16. The exhibit will highlight the talents of Author and Poet Lois Millette, Musician Sally Morris, and Artist in Residence Pat Danielson.

Art work will be exhibited from several different types of media and features visual artists from Crookston and the surrounding area including John Gilstad, Lisa Hatlestad, Ross Hier, Marita Kendig, Mary LaFrance, Hyley Lee, Sue Neufeld, Gary Stegman, Sonia Spaeth (at left), and the Sisters of Mount Saint Benedict. Spaeth, assistant professor in the Liberal Arts and Education Department, teaches art at the University of Minnesota, Crookston.

The artwork can be viewed during the library's regular hours:
- Monday - Thursday 8 a.m. - 8 p.m.
- Friday 8 a.m. - 5 p.m.
- Saturday 10 a.m. - 2 p.m.

Welcome Back to School
Rejuv Salon and Spa wants to know—Stop in to receive a new inspirational look, to start off your new school year.

WHAT INSPIRES YOU?

This is what inspires our team at Rejuv...
- Andrea - Teaching
- Heather - Love
- Sam - People
- Jade - Friends & Family
- Kashia - Music & Kids
- Patricia – The Rejuv Team
- Nan – Sharing, Education & Growth
- Dawn – Creativity & Meeting New Faces
- Tessa – Family, Music & Fashion
CELEBRATE SEPTEMBER “RECOVERY” MONTH

Thanks to YOUR FREEDOM!
Reflecting on your freedom of choice, to control your own life in making it happy and successful.

Thanks to YOU!
Setting goals to manage a personal saboteur or addiction that is in the way of your successful future.

Thanks to YOU and OTHERS!
Committing to the recovery processes where you recognize “addictions” that grab attention and sabotage positive futures.

Thanks to SCHOOL and COMMUNITY RESOURCES!
Supporting individuals and families in their “RECOVERY” Journey!

UMC COUNSELORS CELEBRATE RECOVERY!

Don Cavalier                 Jason Tangquist               Rand Rasmussen
cavalier@umn.edu            tangqui@umn.edu        rrasmuss@umn.edu

Vicki Svedarsky                Laurie Wilson
sved0009@umn.edu         lwilson2@umn.edu

September is Recovery Month!
Highland Complex
Fun & Games
September 23, 2010
4:30 - 7:30 p.m.
Stop by for a FREE MEAL
Speaker Jim Murphy at 6 p.m.
Activities Include:
  Softball
  Kids Games
  Horseshoes
  Face Painting
  Native American Drumming
  and More
Activities are tentative.
Booths and Information provided by
Glenmore Recovery
AA, NA & Al-Anon
Suicide Prevention
and many more!
Special Thanks to:
Glenmore Foundation
Women of Today
True Players
  4-H
  Pan O’ Gold
  Coca Cola
  Old Dutch

Fall into Recovery!!

Open Mic Night
September 29, 2010
HOMECOMING PARADE
‘Glitz, Glam, and Golden Eagles
Saturday, September 25, 2010
10:30 a.m.
Complete the Parade Entry Form found at
www.umcrookston.edu/alumni/web_assets/paradentry-fm2010.pdf
and return it to the Alumni Office
Kiehle 115

Prizes will be awarded for
• Best Crowd Pleaser
• Most Creative
• Best Theme

Turn in your entry form no later than
Wednesday, September 22

The Office Decorating Contest/Theme Dress-Up Day
will be held on Thursday, September 23 and voting will take place between 10 a.m. – 2 p.m. with students having ballots available to them to cast a ballot at the Information Desk. The winning office with receive a Pizza Party for their Office Staff.

If you’re office or area is interested in participating please let Lisa Samuelson know no later than Tuesday, September 21 in order to have your name listed on the ballot.

Open Mic Night Wednesday September 23, 2010 Kiehle Auditorium 8 p.m.
Come show off YOUR talent Playing an instrument Singing Poetry or anything else Sign up at the Student Center Information Desk
This event is sponsored by S.P.A.C.E.
College 101 Workshops

Thursday, September 23  1:00 pm – 1:50 pm
Organize for Success and Forming Effective Study Groups
Kiehle Auditorium

Thursday, October 14  1:00 pm – 1:50 pm
Avoid the Freshman “15”
Dowell 207

Thursday, October 28  1:00 pm – 1:50 pm
Adventures Abroad
Dowell 207

Thursday, November 11  1:00 pm – 1:50 pm
How to Plan for Success
Dowell 207

Thursday, December 9  1:00 pm – 1:50 pm
$$$.…..Management
Dowell 207

Sponsored by the Student Experience Office.

Volunteer Opportunities

Habitat for Humanity: Learn some handy household skills while helping out a wonderful family! House #13 is currently under construction. There are opportunities most Saturdays for students to assist with the build from 9 a.m. to 3 p.m. I will send out notices for specific dates as we know the schedule, but if you are interested in being on the "Habitat Volunteer List," please let Lisa Loegering know.

Indoor Soccer League Forming

An intramural indoor soccer league is being formed. Games will be held on Tuesday and Thursday nights at the Crookston Sports Center. Registration forms can be picked up in the Sports Center Office #142 or downloaded from the U.M.C. Web site. Deadline for registration is September 22, 2010. For more information and to turn in forms contact David Jackson in Sports Center 142.

On-Campus Recruiting Opportunities

The ND Natural Resources Conservation Service will be at UMC next Monday and Tuesday, September 20 & 21. They’re interviewing for 2 types of positions:

- **STEP - Student Temporary Employment Program:**
  - For Summer 2011
  - Must be returning to school Fall 2011
  - Great starting point in the agency

- **CAREER INTERN PROGRAM:**
  - For NatR graduates of 2010 INCLUDING Fall 2010 grads!!
  - Would be a full-time 2 year phasing into full-time/perm Soil Conservationist position

- **How to get an interview:**
  - Sign up for an interview time on the Wolf case (1-4 p.m. on Monday, 8-11 a.m. on Tuesday)
  - Leave a resume and unofficial transcript with Phil or Laura by noon on Monday

Interviews will be in Sargeant Student Center 244.

This is an INCREDIBLE opportunity – please give it serious consideration.
Brain Teasers

Last week’s winner is Gemma Schmitz. Gemma knew last week's puzzle was “Reasoning.” She can pick up her free movie pass from Meloni in 236 Sargeant Student Center. Can you guess this week’s puzzle (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, September 23, 2010. The winner's name will appear in the next Eagle's Eye.

Classified Ads

Help Wanted - An announcer for NFL Flag Football on Sundays from 1-4 p.m. every Sunday until November 7, 2010. If you are interested, please contact Natasha at kuhle007@umn.edu! You must know a little about the game of football. You will be paid for this position.


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 2010. 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. Applicants will be asked to supply a sample of their writing. For a complete job description contact Meloni in 236 Sargeant Student Center or at melonir@umn.edu.

House For Sale - Ranch Style 2-bedroom Home with exceptional yard in Fisher, MN. This home has many amenities including: Full basement, 1.5 baths, woodburning fireplace, forced air heat, air conditioning, 2-car insulated garage and hardwood floors as well as 2 garden sheds, fenced yard and a vegetable garden. Major renovations and improvements in 2004. Please call to arrange a private viewing. Monte Koshel, Owner (218) 891-2268.

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.

* 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, Principal Office & 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.

UMC is an Equal Opportunity Employer and Educator. Alternative formats of this publication can be obtained by calling (218) 281-8586.