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MOM Presents Preston Pugmire
Monday, November 15

Music on Monday presents
Preston Pugmire
Monday
November 15, 2010
11:30 a.m. - 1 p.m.
Northern Lights Lounge

WOW - Ryan Conklin - Real World
November 17, 2010

During his appearance on Real World: Brooklyn, Ryan Conklin was known for enlisting in the Army at age 17 in the aftermath of 9/11. The world saw Ryan receive his notice recalling him to duty, showing a personal side of the war that had never been aired before. Ryan discusses the war bluntly as a gritty but funny memoir from a grunt's perspective, revealing what the war is really like day to day - the boredom, absurdity, horror, and even moments of grace.

Wednesday
November 17, 2010
8 p.m.
Kiehle Auditorium

Candy Guessing Game

Where: Sargeant Student Center
What: Guess the candy in the jar and WIN!
Why: Closest to the actual number in jar wins contents of the jar
When: November 15 through the 19
*Winners will be announced on Friday, November 19
Career Services Offers Informational Webinars

University of Minnesota, Crookston Career Services is offering FREE webinars to students on job search and interviewing techniques. Nine Career Authors & Experts Share Proven Job Search Techniques. The webinar will be held in the Minnesota Room of the Sargeant Student Center from 2 - 3 p.m. This week’s webinar is on Wednesday, November 17 with William Arruda presenting on Personal Branding.

Building Brand U! Personal Branding for Career Success

Graduates - Learn What YOUR Brand Is and How to Use it to Get a Job!

Personal branding is one of today’s hottest career strategy topics and an essential tool for thriving in today’s work environment. This inspiring presentation is ideal for graduating seniors.

What your current professional reputation is and how you can impact it
What your greatest strengths are and ways to use them to find a job or advance your career
How to increase your self confidence by being yourself
How to increase your visibility internally and externally and establish yourself as an influential leader
How to build and maintain a solid professional network by authentically delivering value to network members
How to ensure your real-world brand and online brand are consistent and driving value for your career
It’s easy to build your brand, but first you have to find out what your brand is. That’s the easy part. Join us and we’ll show you the how!

Volunteer Opportunities

Serve Thanksgiving meal—Villa St. Vincent is looking for volunteers to help serve their Thanksgiving meal on Tuesday, November 23 beginning at 10:30 a.m. Actual serving starts at 11 a.m. and again at 12 noon. Volunteers receive a FREE THANKSGIVING MEAL for helping! Please let Lisa Loegering know if you are interested in helping!

Empty Bowls Dinner—Lisa Loegering could use a couple more volunteers to help set out pottery bowls and clear tables Tuesday, November 16 from 4:45 - 7:00 p.m. Contact her as soon as possible if you are interested in helping!

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.

Food Bank Drop Day—North Country Food Bank will be distributing an entire semi-load of food to community members in need at the National Guard Armory. They need assistance setting up on December 9, 2010 from 10 a.m. to noon, and then distributing food and cleaning up from noon to 3 p.m. Please contact Lisa Loegering if you are interested in assisting.
International Week
November 15 - 19, 2010

Monday, November 15

Presentation by Jill Zelinsky, Semester in England, 7 p.m., Centennial Lounge

Tuesday, November 16

International Art Show & Photo Contest
Prairie Lounge
10 a.m. - 2 p.m.

Secrets of Shangri-La
National Geographic story of exploring and discovering secrets of Mustang in the Himalayas
11:30 - 1:30 p.m. in Kiehle Auditorium

Wednesday, November 17

International Market
Bede Ballroom
3 p.m. - 7 p.m.

Secrets of Shangri-La
National Geographic story of exploring and discovering secrets of Mustang in the Himalayas
11:30 - 1:30 p.m. in Kiehle Auditorium

Friday, November 19

Aama’s Journey
we are immersed in the cosmology, philosophy, hopes and humor of a woman with virtually no exposure to Western civilization.
7:00 p.m., 9:00 p.m. Kiehle Auditorium

Kiddie Carnival
International Market/Bede Ballroom
1:00 - 3:00 p.m.

Bonfire & Bonfire Lounge
“SBOY”
“Bunget your own water”
Sudoku

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”

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: Andrew Svec
Title/Position at UMC: Director of Communications, Public Relations, and Marketing
Major (students) or Area of Expertise (faculty/staff): internal and external communications, public relations, advertising, web content development
Hometown: Lowry, Minnesota
How long have you been working/studying at UMC? since 1990, with a break from 2004-2008 when I worked in Sioux Falls, South Dakota, and then Boulder, Colorado
Family: single with three siblings and many nieces and nephews
Favorite Movies: Monty Python and the Holy Grail, the original Star Wars trilogy, The Accidental Tourist, Fight Club
Favorite Music/Bands/Performers: R.E.M., the Shins, Blitzen Trapper, Margot & the Nuclear So & So’s, and many others (mostly indie and alternative bands)
Favorite TV Shows: 30 Rock, The Office, The Venture Bros., Mythbusters
Favorite Books: Walden by Henry David Thoreau
Favorite Sports or Activities: I enjoy hiking, cycling, and Twins baseball
Pastimes and Hobbies: traveling, music, camping, gardening, community theater, collecting various things
Favorite Vacation Spot: I really enjoyed Vancouver, B.C., Canada when I was there this summer
Complete the following sentences:
Most people don’t know I’m really very good at: drawing and painting, but I have to have some kind of inspiration
If I could change one thing about the world, I would: have someone invent a technology that makes people appear green when they are not telling the truth and require it be used in all political debates and cable newscasts
It surprises people that I: collect super hero comic books
If I wasn’t a student, faculty, or staff member at UMC, I would probably be: involved in promoting the arts
I really enjoy the U of M, Crookston because: in many ways it feels like a family

“Getting to Know U” continued on page 5
Name: Brooke Novak
Title/Position at UMC: CSA Senator of Elections and Special Events
Area of Expertise (faculty/staff):
Hometown: Dahlen, ND
How long have you been working/studying at UMC? One Year
Family: Mom-Kaye, Dad-Curt, Sisters- Brittany and Bethany
Favorite Movies: Miracle, Pirates of the Caribbean, and Scary Movies.
Favorite Music/Bands/Performers: Everything but classical, but Taylor Swift is one of my favorites.
Favorite TV Shows: Grey’s Anatomy, World of Jenks, The Buried Life, That 70’s Show.
Favorite Sports or Activities: To watch- Twins Baseball, Sioux Hockey. To play- Volleyball.
Pastimes and Hobbies: I love music whether it is listening to it, or playing piano and guitar. Also, I love watching baseball!
Favorite Vacation Spot: A nice long weekend back in God’s Country (North Dakota) with Family and Friends.

Complete the following sentences:
Most people don’t know I’m really very good at: teaching myself how to play instruments like the guitar, and piano. If I could change one thing about the world, I would: If possible, I would try get rid of all diseases and suffering in the world.
It surprises people that I: actually really enjoy going to meetings! If I wasn’t a faculty or staff member at UMC, I would probably be: Living the dream in good old Dahlen North Dakota, where I would be teaching the senior citizens the proper method of underwater basket weaving. I really enjoy the U of M, Crookston because: Its small enough that you can be involved in different clubs and activities, and you get to know your professors.

Ecumenical Thanksgiving Service
Monday, November 22

Campus Ministry and the Music Department will co-sponsor an “Evening of Thanksgiving”, Monday, November 22, at 7:00 PM in the Prairie Room. Our guest speaker will be Pastor Bill Reck, and featured musical guests are Max Wolpert and the UMC Thanksgiving Chorale. We are also taking donations of non-perishable food items and/or cash donations for the Care and Share. Refreshments will served following the program.

Midnight Dodgeball Tournament
Saturday, November 20

Midnight Dodgeball Tournament
Saturday, November 20, 2010
Beginning at Midnight
Lysaker Gymnasium
Prizes for:
First Place
Best Name
Best Uniform
Sign up your team of 5 at the Centennial Front Desk
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.
Notes From Residential Life

Attention: On Campus Housing Students:

This is a reminder that the housing contract you signed is valid through the entire academic year - May 7, 2011.

If you are leaving UMC for any reason and not returning Spring Semester, please follow these procedures: Stop in to complete a housing appeal form by Friday, November 19, 2010. Release from a housing contract is given only for such reasons as: student status, graduation, marriage, transfer, internship, commuting from home, or extremely unusual circumstances. Every student planning to leave needs to complete this form.

If you have any questions at all regarding this correspondence, please stop in Monday-Friday, 8 a.m. - 4 p.m..

And last but not least…..Congratulations to our graduates!!! We thank you for choosing to reside on campus and wish you lots of success in your future!

Residence Halls will close at 4:00 p.m., Thursday, December 16 and reopen again at 1:00 p.m. on Sunday, January 9.

If you need to stay here at all in between these dates and times, you need to do the following:
• You need to register in person with Residential Life your specific dates of stay, so proper security key access can be given.
• The charge is $12/night.
• Failure to properly register will result in a $50 disorderly conduct fine, in addition to the number of nights we have determined you stayed here without authorization. If the number of nights can not be determined, then the entire break stay of 24 nights will be charged to your student account. All housing charges will be applied to your student account.
• No Visitors are allowed the residence halls or your room over Christmas Break. Violation of this will result in a $50 disorderly conduct fine, and the possible removal of yourself from the halls along with your guest.
• It is very important for you to understand that if you do not pre-register with Residential Life, you are not allowed to reside over break.
• Please sign up with Residential Life in Centennial Hall prior to 4:00 p.m., Friday, December 3.
• Staff will be conducting Health and Safety Inspections in every room during break, even if you are staying here.

Residential Life
1110 Centennial Hall
UMC HORTICULTURE CLUB

HOUSE PLANT SALE

WEDNESDAY, NOV. 17TH
9:00 A.M. – 1:00 P.M.
UMC INTERNATIONAL LOUNGE
$3.00 PER 4 ½ POTTED PLANT

SPRUCE UP YOUR DORM ROOM, OFFICE, APARTMENT, HOME, OR OTHER INDOOR SPACE WHILE SUPPORTING THE UMC HORTICULTURE CLUB!
Been There ~ Done That, is a campus group for students who want to make positive life choices. It meets from 12:30-1:30 every Tuesday in SSC 244 or until a larger room is needed. Who should attend? You should attend if you want to meet other students who are ready to live differently. Been There ~ Done That could be for you.

Depression Awareness / Suicide Prevention

Warning Signs that you may be experiencing Depression:

- A significantly depressed mood or general absence of mood
- Inability to experience pleasure or feel interest in daily life
- Inexplicable crying spells, sadness, and /or irritability
- Insomnia or hypersomnia nearly every day
- A change in appetite, eating patterns or weight
- Fatigue or loss of energy
- Feelings of hopelessness or worthlessness
- A lack of sexual desire
- Suicidal thoughts, feelings, behaviors.

Things You Can Do To Help Yourself Feel Better: (Pick a few to do)

- Reduce or eliminate the use of alcohol or drugs
- Exercise or engage in some type of physical activity, such as walking, every day
- Go to class and keep up with course work
- Eat a proper, well-balanced diet
- Try to get 7-8 hours of sleep every night
- Seek emotional support from friends and family
- Focus on positive aspects of your life
- Maintain a balanced schedule between classes, work, and social life
- Seek early intervention which may modify the severity of your depression

Seasonal Affective Disorder (SAD)

SAD is different than major depression in that SAD is a cyclic type of depression that is usually experienced as the amount of day light decreases and temperatures decrease. It can occur anytime from September through April, with December/January being the worst months.

Do you have any of the following?

- Depression with a fall or winter onset
- Lack of energy
- Decreased interest in school or activities
- Change in appetite
- Social withdrawal
- Carbohydrate cravings
- Increased sleep, excessive daytime sleepiness
- Difficulty concentrating

If you answer YES, then seek out assistance from one of the counselors on campus:

- Don Cavalier, Suite 245 SSC, 281.8585
- Laurie Wilson, Owen Hall 270B, 281.8587
- Vicki Svedarsky, Suite 245 SSC, 281.8583
- Rand Rasmussen, Owen Hall 270F, 281-8555
- Jason Tangquist, Sports Center, 140, 281-8424

FROM: Don Cavalier, Director of UMC’s Tobacco, Alcohol and Other Drug Prevention Program

I’m writing to inform you of a great opportunity to earn 1 credit without attending class lectures and purchasing textbooks. PubH 1003: Alcohol & College Life (ACL) is a 100% online course for freshmen and sophomores.

Alcohol and College Life gives you the science behind the social. You’ll learn why females become intoxicated faster than males, which over-the-counter medication should never be mix with alcohol, debate the 21 drinking age, and much more. Alcohol and College Life also provides excellent study strategies, tips on dealing with difficult roommates, and unbiased information regarding drugs. Make Alcohol and College Life your college survival guide.

Register today to earn a credit at your convenience! * Registration #55013 * For more information please visit www.acl.umn.edu. For questions, please contact: ACLife@umn.edu.
UMC’S NACTA group is beginning its annual car wash fund-raising for its trip out to Modesto, CA. We will be doing car washes EVERY Thursday from 1-6 p.m. now, all the way until the end of the semester!! Prices: $15 for wash, interior vacuum, interior windows cleaned, and the interior will get cleaned with Armor All®

*$10 FEE FOR EXTRA MUDDY VEHICLES*

If your car is on campus and can’t get away but would like your car washed, bring us your keys and we’ll move your car to the car wash site, wash it, and then return it!

Must email Matthew Krueger at krueg317@umn.edu to schedule your car. Slots are limited so it’s a first come first serve!!

Position Available - Full-time agronomist in Mentor/St. Hilaire. Seed Sales and checking on sunflowers as well as answering farmers questions. Contact Danny by email at dannyp@andersonseedco.com.

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 Spring Semester 2010. The position requires a time commitment of 15 hours per week. A 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.

* 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.