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Holidays
Around the World

CHINA at Evergreen Hall
South Korea at Centennial Hall
Nepal at McCall Hall
Ghana at Skyberg Hall

Event: December 4, 2010
7 p.m. – 9 p.m.
Residential Halls.
Please get your “passport” from Centennial Front desk to be eligible for prizes.

Michael Kent
Wednesday, December 1, 2010
8 p.m.
Kiehle Auditorium
Volunteer Opportunities

Ring the Bell for the Salvation Army—UMC takes one day each year to assist the Salvation Army in its largest fund raising event of the year. The local chapter of the Salvation Army is in Crookston and provides emergency relief in Polk County. They have provided food during sandbagging events, local fires, and other emergencies. They provide Christmas presents, school supplies, and camping opportunities to low-income children, as well as emergency funds and food for those in need. The local chapter works closely with other local organizations such as Polk County Social Services, the Crookston Police Department, local schools, and the Care and Share to identify those who often are too proud to ask for help from other places. The best way to help them out is to help raise funds through their Kettle Campaign. We are scheduled to ring at Wal-Mart from 10 a.m. to 6 p.m. next Saturday, December 4. I still have lots of afternoon hours available. Please contact me <loege005@umn.edu> if you are interested in working a one-hour shift.

Looking for a fellow to play PlayStation games with a young resident of Villa St. Vincent. Please contact Lisa Loegering at loege005@umn.edu for more information.

Food Bank Drop Day—On Thursday, December 9, North Country Food Bank will be passing out an entire truckload of food at the Armory to those in need. Set-up runs from 10 a.m. to noon. Food distribution runs from noon until the food is gone, usually around 2 p.m. Clean-up follows. If you are interested in helping anytime this day, please let me know.

Upcoming Events

- November 22 - Ecumenical Thanksgiving Service, 7 p.m., Prairie Room
- November 25 - Thanksgiving Day, No Classes, Offices Closed
- November 26 - No Classes, Offices Closed
- November 30 - Women’s Holiday Social, 4:30 - 6:30 p.m., Bede Ballroom, Sargeant Student Center
- December 1 - Career Webinar, 2 - 3 p.m., Minnesota Room
- December 1 - World Aids Day, 11 a.m. - 1 p.m., Northern Lights Lounge
- December 1 - Comedian/Magician Michael Kent, 8 p.m., Kiehle Auditorium
- December 2 - Campus Assembly, 12:15 - 2 p.m., Bede Ballroom
- December 3 - Ag Activities Day
- December 3 - Winter Wonderland, 5 - 8:30 p.m., Downtown Crookston
- December 4 - Stable Service, 6-8 p.m., UTOC
- December 4 - Holidays Around the World, 1-8 p.m., (Res Life, International Programs)
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: Jennifer Rasmussen  
Title/Position at UMC: Crookston Student Association C.S.S.D Rep  
Area of Expertise (faculty/staff): Health Sciences  
Hometown: Ashby, Mn  
How long have you been working/studying at UMC? 3 years  
Family: Parents- Keith and Laura. Brother- Jake, 11  
Favorite Movies: Remember the Titans, The Sweetest thing, The Last Song, The Dark Knight, The Book of Eli  
Favorite Music/Bands/Performers: Paramore, Maroon 5, Three Days Grace  
Favorite TV Shows: Grey’s Anatomy, Private Practice, Friends, Two and a half men, CSI, Criminal Minds  
Favorite Books: John Grisham books  
Favorite Sports or Activities: Volleyball, Softball, Football  
Pastimes and Hobbies: Sports, Hunting, Hiking  
Favorite Vacation Spot: Colorado or California  

Complete the following sentences:
Most people don’t know I’m really very good at: psychology  
If I could change one thing about the world, I would: End world hunger, the U.S. has more food then they know what to do with but there are children starving to death everyday around the world.  
It surprises people that I: Own a shotgun, and like to hunt.  
If I wasn’t a faculty or staff member at UMC, I would probably be: Traveling  
I really enjoy the U of M, Crookston because: of small class sizes and the people.

“Getting to Know U” continued on page 5
Getting to Know U” continued

Name: Lisa Samuelson
Title/Position at UMC: Director of Student Activities/Sargeant Student Center
Area of Expertise (faculty/staff): I work directly with the Crookston Student Association, SPACE Programming Board, Clubs and Organizations and Information Desk in addition to other event planning activities on campus. My educational background consists of a B.S. in Psychology and a Masters of Business Administration.
Hometown: Bemidji, MN
How long have you been working/studying at UMC? August of 2002 when I was first hired as the Assistant Director of Residential Life. I have held my current position since 2005
Family: single, one brother and sister-in-law and one adorable three year old nephew
Favorite Movies: Top Gun, Sound of Music and It’s a Wonderful Life
Favorite Music/Bands/Performers: I really do like pretty much everything especially 80’s, country and coffeehouse acoustic
Favorite TV Shows: Big Band Theory, NCIS, House Hunters
Favorite Sports or Activities: Football is my favorite spectator sport followed by hockey. Personally, I enjoy swimming, golf, running/walking and play a mean game of h-o-r-s-e
Pastimes and Hobbies: I love to cook/bake, enjoy reading, working out, playing outside anytime possible and spending time with friends
Favorite Vacation Spot: Toss-up between Alaska and Norway/Sweden...realistically, anywhere mountainous with water!
Complete the following sentences:
Most people don’t know I’m really very good at: writing
If I could change one thing about the world, I would: The first thing that comes to mind...civility. Treat others as you would want to be treated. Also, take care of the planet as our children and grandchildren will inherit it someday
It surprises people that I: Was nominated for a Promising New Writer Award from BSU when I was a PSEO student taking the Freshman English Courses
If I wasn’t a faculty or staff member at UMC, I would probably be: The owner/operator of a bakery or B & B
I really enjoy the U of M, Crookston because: Simple, the students! The size of campus affords us the opportunity to really get to know the students and have an impact in their lives.

Golden Eagle Men Set Two New School Records in 105-42 Win Over Crossroads College

The University of Minnesota, Crookston Men’s Basketball team raced out to a 54-19 halftime lead and set two new school records on their way to overwhelming visiting Crossroad College 105-42 in a non-conference game Saturday at Lysaker Gymnasium. The Golden Eagles set new school records for assists in a game (28) and fewest points allowed (42).
U of M, Crookston scored the first 24 points of the game before the Knights scored a layup at 12:15 of the first half. The Golden Eagles shot a blistering 63.6% in the first half and 59.4% for the game. They recorded 44 rebounds including 30 on the defensive end of the floor. U of M, Crookston also recorded 11 steals.
The Golden Eagles had 14 players see action today and ten record points. Five players hit double figures including Adam Hendricks (Sr, F, Watertown, Minn.) who scored a game high 26 points (12-15 from the field) with seven rebounds in only 19 minutes played. Jacoby Anderson (Jr, G, Lancaster, Tex.) added 16 points (6-9 from the field including 3-3 from three-Continued on Page 8

Publication Information

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Counseling Corner

**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

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**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
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, December 1 with Donald Asher presenting on Cracking the Hidden Job Market.

**Crack the Hidden Job Market**-
**Graduates - Learn How to Beat 1001-to-1 Odds to Win Your Dream Job or Internship!**

You’ve invested 4 years (or more) to acquire the knowledge to be successful in your chosen career! But have you invested any time to learn how to find the job you really want?

Donald Asher will share with you proven techniques to help you get the job you want. Did you realize that more than half of jobs change hands in an invisible job market? That’s right you’d never hear about them, unless, you attend this Webinar!

**Don will share with you:**
- How to find those jobs and get them before they’re announced!
- What the research says about hidden job market
- How to get total strangers to help you in your job search
- Why looking for work online may take forever
- The strength of weak ties
- How to beat the competition

You don’t have to work so hard to get a job. Join us to learn the inside secrets and proven strategies Don has documented and shared with thousands of others.

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**Christmas Ornament Decorating**

**Thursday December 2**

12-2 p.m. in the Sargent Student Center

Sponsored by the Information Desk

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The deadline for students to use their one-time cancellation for a class is Friday, December 10, 2010.

One-time late withdrawal: Each student may, once during his or her undergraduate enrollment, withdraw from a course without college approval, and receive the transcript symbol W, after the deadline for withdrawal and at any time up to and including the last day of instruction for that course. A student may not withdraw after completing the final examination or equivalent for a course. – Grading and Transcripts Policy, http://www.policy.umn.edu/Policies/Education/Education/GRADINGTRANSCRIPTS.html

This process CANNOT be completed using web registration. The required form must be completed and returned to the Office of the Registrar, 9 Hill Hall, no later than 4:00 p.m. on Friday, December 10, 2010.

Do not wait until the last day to complete this process as failure to meet the deadline because of weather problems, illness, or other reasons will NOT be considered extenuating circumstances.

*NOTE. A "One-Time Drop" form for distance students is available online at: http://www3.crk.umn.edu/onestop/registration/Forms/onetimedrop.pdf*
Reminder of Campus Weather Closing Procedures;
TXT-U provides the fastest notification

With the winter season and its related weather now here, it's a good time to refresh our understanding of policies and procedures for campus weather-related emergency closing.

In the event of weather related closing, whenever possible, attempts will be made to announce the decision by 6:30 a.m. If that is not possible, the same channels will be used to disseminate any closure related information as soon as such decisions are made.

Notices will be posted on the UMC Today page and the main UMC website. Local radio station KROX AM 1260 and regional TV stations WDAZ in Grand Forks, and KVLY in Fargo/Moorhead will be notified. An announcement will also be made using TXT-U, the text messaging system, via mobile phones, as well as via the official campus student/faculty/staff e-mail distribution list.

TXT-U
Students, faculty, and staff can stay informed about weather announcements and critical campus safety information via TXT-U messages on their mobile phones. This is the easiest and most direct way to stay informed about that status of the campus during a weather-related event such as a blizzard or during a campus emergency.

New students are encouraged to visit the website www.umcrookston.edu/txtu (or click on the TXT-U icon on the UMC Today page) and to sign in using their university ID and password in order to verify a cell phone number. Only University of Minnesota students, faculty, and staff can take part in TXT-U. However, you can add more than one mobile device to your account, registering parents, family, friends, or others.

Please note: if you are a returning student, faculty, or staff member and have previously received this service, there is no need to register again, but you may want to verify the phone numbers.

We are pleased to provide this safety resource to our campus community. Please know that TXT-U will be used infrequently and specifically for real emergency or cancellation situations.

Keep Communications Open Among Students and Faculty Members Regarding Your Coursework
As always, if there is a question regarding a specific class and the University has not officially closed, maintain good communications among students and faculty members teaching the specific class. Please do not make assumptions without checking with faculty members teaching your classes.

General Rule of Thumb Regarding Campus Closures Due to Weather
The primary premise for weather-related closings of the University of Minnesota, Crookston is that the institution will remain open unless there is unreasonable risk or danger to a substantial number of students and/or employees due to extremely hazardous driving conditions within close proximity to the campus.

Highways 2 and 75 are the primary roads leading to the campus and are the roads most frequently closed due to weather related issues. The road closure sign in Crookston for west/north bound traffic is located near the Northland Inn. At East Grand Forks the road closure sign for eastbound traffic is located near the Riverbend Supper Club west of the highway 2 and 220 junction. Failure to obey these road closure signs can result in a substantial fine as well as injury or death. Area radio and TV stations provide timely information on road conditions and on road closures and should be considered a primary source of information for students, faculty, and staff.

If the portion of Highway 2 & 75 immediately to the west of the UMC campus is closed, the campus will be closed and only designated critical employees are to report to work or remain at work, unless specifically informed by their supervisors not to report.

The campus will generally not close for weather related conditions if Highway 2 remains open to traffic (i.e., not officially closed by law enforcement agencies or the Minnesota Department of Transportation).

Full details of emergency closing policies and procedures are available online at http://www3.crk.umn.edu/info/policies/closing.htm.
Continued from Page 4...

point range). Larry Brown (Jr, F, St. Paul, Minn.) continued his stellar play with 14 points (6-6 from the field) while Eric Dearden (Sr, G, Riverton, Utah) was solid again adding 12 points (4-7 from the field including 3-4 from three-point range) with five rebounds and seven assists. Trent Graves (Jr, F, Hartford, S.D.) came off the bench to score ten points (4-6 from the field) with five rebounds.

Crossroads College saw three players hit double figures. Dominique Wright led the Knights with 14 points (6-13 from the field) and five rebounds. Sasha Goncharenko (5-13 from the field) and Patrick Porras (3-10 from the field) each added 11 points.

U of M, Crookston improves to 3-0 on the season. Crossroads College falls to 2-5.

The Golden Eagles open Northern Sun Intercollegiate Conference (NSIC) play on Friday, December 3 and Saturday, December 4 when they travel to the University of Minnesota Duluth and Bemidji State University respectively. Friday’s game tips-off at 8 p.m. while Saturday’s tips-off at 6 p.m.

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Answers to Sudoku from page 3

7 2 5 6 1 8 3 4 9
6 4 1 9 3 7 2 8 5
3 8 2 4 5 7 6 1
5 1 3 4 6 2 9 7 8
2 8 4 5 7 9 6 1 3
4 5 6 8 3 1 4 5 2
8 3 2 7 5 6 1 9 4
1 6 9 8 2 4 5 3 7
2 6 9 8 3 1 4 5 6

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