WOW Grocery Bag Bingo, January 29

**Grocery Bag Bingo**
**Wednesday, January 29**
**7:00 p.m.**
**Brown Dining Room**
**Sponsored by SPACE**

Blood Drive Monday, February 3, 2014

United Blood Services has reported that our area’s blood supply is extremely low. Due to the cold weather and poor driving conditions, blood drives have been cancelled and donors have not been able to keep their appointments. We are asking the UMC Community to please consider donating blood, Monday, Feb. 3, between 9:30 a.m. and 3:15 p.m. Somebody’s life depends on it.

Up to 80% of us will need blood at some time in our lives, yet only 5% of the population donates. What if it wasn’t there when you or someone you loved needed it????

Stop by the Sargeant Student Center anytime from 10:00 a.m. to 2:00 p.m., Jan 27-Jan 31, to sign up.

Members from SAAC will be available all week during that time to assist you.

The blood drive is: Monday, Feb. 3, 9:30 AM to 3:15 PM in the Bede Ballroom.

You can also sign up online at [www.bloodhero.com](http://www.bloodhero.com) Use the Sponsor Code, umc.

Wellness Center Update January 28, 2014

On Tuesday, January 28, 2014 the Wellness Center Steering Committee and Pre-Design Team will provide an update to the campus community on the planning for the proposed Wellness Center. This will include some proposed plans/diagrams for the proposed Wellness Center as they continue to evolve. They will also discuss the processes involved in hopefully obtaining final approval and in finalizing the design.

These presentations will be according to this schedule.

- **Tuesday (1/28)**
  - Noon - 1 p.m. Presentation to UMC Students in Kiehle Auditorium
  - 1 - 2 p.m. Presentation to UMC Faculty/Staff in Kiehle Auditorium

Please mark the appropriate meeting on your calendar. These meetings will be a good opportunity to more learn about the plans for the proposed UMC Wellness Center, and also to ask questions/provide feedback to the committee on this transformational building for our campus. We hope you will attend.

Changes made to CSA Constitution

The Crookston Student Association (CSA) has made revisions to their constitution. The new constitution can be viewed at the CSA Web site at [http://www1.crk.umn.edu/services/studentactivities/csa/](http://www1.crk.umn.edu/services/studentactivities/csa/). If you have any questions or concerns please contact Kayla Bellrichard at bellr012@umn.edu.

Like us on Facebook at [facebook.com/UMCSCSSID](http://facebook.com/UMCSCSSID)
Garden Party Supper: Supper series started off strong at UMC January 23

A series of discussions about local foods and gardening started Thursday, January 23, 2014, in Bede Ballroom. A lot of students, faculty, staffs and community people attended. The presentation was very effective and a lot of ideas simmered around. This is a great progress and if we continue to sustain our effort then that day is not too far when we will have garden in our own campus. Suppers are free for all the students interested.

The Crookston campus has been exploring the concept of a campus garden since 2011, but a sustained effort is lacking. Student and community involvement is the most important out of many. We need an action plan patterned after successful initiatives in operation at other campus and community settings. The action plan would identify financial, personnel, and equipment resources; and benefits to the campus and community. The “Garden Party Supper” series is a good way to integrate all the ideas from students, faculties, staffs, and community people.

Thursday’s speaker was Noelle Hardin, a U of M Extension Educator whose focus is Community Food Systems in northwest Minnesota. Noelle has a broad familiarity with gardening at the community and campus level, having experienced gardening efforts at the U of M St Paul, the U of Wisconsin – Madison, and the University of Oregon. She will profile those efforts and lead discussions to identify various possibilities and priorities of attendees. The programs are supported by a Mini-grant from the U of MN’s Institute on the Environment to UMC’s Center for Sustainability and are free and open to all interested in the topic.

The next program is scheduled for Thursday, Feb. 6 and will featured a discussion of the University of Minnesota – Duluth’s campus garden, presented by Randel Hanson, environmental scientist and garden project leader.

These programs are complementary to the “Local Foods College” sponsored by Extension beginning on Tuesday, Jan. 21. For more information, contact Tashi Gurung at 218-281-8128 gurun011@crk.umn.edu.

Upcoming Events

Tuesday, January 28 – Music and Food with Soul (BSA)

Tuesday, January 28 – Tuesday Leadership Chat. Topic: Meeting Management 101: Parli Pro is your friend; 4:00 p.m.; Leadership Room (Student Activities)

Wednesday, January 29 – WOW- Grocery Bag Bingo; 7:00 p.m.; Brown Dining (SPACE)

Thursday, January 30 – Common Read Discussion featuring Lean In by Sheryl Sandberg; 4:30 p.m. at Cofe (Women’s Commission)
12th Annual
Winter Job and Internship Fair
Wednesday, January 29, 2014
10 am - 3 pm
Bede Ballroom

Come prepared by dressing professionally and having your résumé in hand!

Hosted by University of Minnesota Crookston, Career Development and Counseling Department, and enactus
Updated Information Regarding T.H.E. Bus

Starting Monday, January 13, 2014, transportation within Crookston on T.H.E. Bus (Tri-Valley Heartland Express) will cost $1.00 per ride for UMC students, faculty, and staff with their UCards. The University’s fall contract with T.H.E. Bus expired at the end of December 2013.

Beginning January 13, 2014, the Information Desk in the Sargeant Student Center will offer discount bus passes for purchase. The $10 cards will have 11 available punches and the $20 cards will have 22 punches.

Bus schedules will be posted throughout campus. This bus is dedicated to transportation services for the UMC campus Monday through Friday from 7:30 a.m. to 8:30 p.m. If our bus is busy with regularly scheduled runs, individuals can call 218-281-0700 to schedule a ride on the next available bus in their fleet.

Please be advised T.H.E. Bus dispatch office closes at 5:00 p.m. Individuals needing a ride after 5:00 p.m. should call the UMC Bus driver’s cell phone at 218-289-4507. This number is only used after business hours.

Please contact Peter Phaiah (x-8505 or phaiah@umn.edu) if you have any questions.

Notes from Student Health

Welcome New and Returning Students! Student Health is located at 145F in the Sargeant Student Center in the doorway next to the big screen TV. It is staffed by a Registered Nurse, Stacey Grunewald, who is on campus Monday through Friday, 8:30 a.m. to 4:00 p.m. There is no charge to visit the nurse and there are various over the counter medications available free of charge. You are welcomed to stop by anytime during office hours, however, it is helpful to make an appointment by calling 281-8512 or emailing Stacey at sgrunewa@umn.edu. There is also a family physician, Dr. Kanten, who is on campus most Thursdays from 3:30 p.m. to 5:00 p.m. and there is no charge to be seen by him. You must make an appointment to see the doctor by calling Stacey, 281-8512. Again, Welcome and have a Safe and Healthy Semester!!

The First Thursday of every month from 10:00 a.m. to 11:30 a.m. in the Student Health office, 145F Polk County Public Health will be on campus to offer STD testing and Family Planning Services. If you are interested in starting the birth control pill, the Depo Provera shot or getting an STD check, you will now be able to take care of this on campus! You will also be able to get your pap smear done at this time. Contact Stacey Grunewald, 8512 for information regarding this.

U of M Job & Internship Fair

Friday, February 21, 2014
10 a.m. – 4 p.m.
Minneapolis Convention Center
www.umjobfair.org

Don’t miss the biggest student career fair in Minnesota! More than 200 organizations will be there recruiting for hundreds of jobs and internships. Visit the event website to learn more, register, and get preparation tips. The Fair is open to all U of M undergraduates, graduate students, and recent alumni. Free transportation will be provided from campus. Cost: $10, if you pre-register online by February 18th, or $25 at the door on the day of the fair. Need based fee waivers are available to those who demonstrate financial hardship, visit the Register page to learn more. www.umjobfair.org

For the latest U of M Job and Internship Fair updates:
-- Facebook: https://www.facebook.com/umjobfair
-- Twitter: https://twitter.com/umjobfair
-- Instagram: http://instagram.com/UMJobFair

To sign up for the FREE transportation contact Meloni Rasmussen in 236 Sargeant Student Center, email her at melonir@umn.edu or by phone at 218-281-8586. Space is limited so sign up early!

www.quitplan.com

Right now is the best time to quit smoking. Get 2014 off to the best start by stopping smoking. It is the gift of better health that you give yourself. It’s important for smokers to understand that past attempts at quitting are not failures, but normal and necessary steps to quitting for good.

Now is a good time to try again. The vast majority of UMC students (93%) would rather date a nonsmoker.

Here are some resources that can help you quit:
Ø Quitplan.com 1-888-354-PLAN
Ø Smokefree.gov
Ø Becomeanex.org

Contact Stacey Grunewald, RN, for on campus quit smoking assistance, 218.281.8512 or sgrunewa@umn.edu.
UMD student recovering from frostbite undergoes more amputations, January 22

Reprinted from the January 22 Crookston Daily Times

Duluth, Minnesota - The University of Minnesota student recovering from severe frostbite has undergone another amputation surgery. Alyssa Lommel’s mother, Teri, posted on her Caring Bridge website that doctors were unable to save any of her fingers or thumbs. Lommel’s mother says surgeons found more tissue damage than expected and had to amputate just below the knuckles of both hands.

The 19 year old woman suffered severe frostbite and hypothermia after a night outdoors in Duluth when temperatures dropped to -17.

Police say the sophomore from St. Cloud had been out drinking with friends, was dropped off, but never made it inside.

Lommel earlier had some tips on her toes removed as well as part of one foot. Her mother writes that her daughter should be able to walk normally.

RecycleMania

RecycleMania is a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities to their campus communities. Over an 8-week period each spring, colleges across the United States and Canada report the amount of recycling and trash collected each week and are in turn ranked in various categories based on who recycles the most on a per capita basis, as well as which schools have the best recycling rate as a percentage of total waste and which schools generate the least amount of combined trash and recycling. With each week’s updated ranking, participating schools follow their performance against other colleges and use the results to rally their campus to reduce and recycle more.

National recognition is provided to the winning school in each category on the RecycleMania website and in a national press release. Winning schools receive an award made out of recyclable materials, and win the right to host that category’s special traveling trophy for the coming year."

UMC is one of the 8 universities in Minnesota and only campus in UofM system to participate in RecycleMania 2014. We would need a lot of support from all the faculties, staffs, and students to score a decent position. To make our campus proud, to make our campus clean and green, all of us should work together, all of us should recycle together. Let’s go Recycle UMC.

4th Annual Justin Knebel Memorial Ice Fishing Tournament

Get your rods, grab your ice fishing gear, and get ready for the 4th Annual Justin Knebel Memorial Ice Fishing Tournament.

Saturday, February 1st, 2014 at Zippel Bay Resort, Williams, MN on Lake of the Woods, Minnesota. Registration begins at 10 am with lines in the water at 11 am and concluding at 2 pm. Only 150 tickets are sold! $20.00 ticket (includes tournament entry, road access fee, and raffle ticket) Tickets are selling quickly, so do not hesitate and get your tickets today!!

Prizes will be awarded to the following categories:

1st fish caught: Vexilar FL12
Biggest Walleye: StrikerMaster Strike Lite 4 Stroke Auger
Biggest Northern: Frabill Excursion Portable Fish House
Biggest Sauger: $75.00 Streiff’s Giftcard & Fishing Gear package
Biggest Perch: $75.00 Streiff’s Giftcard & Fishing Gear package
Biggest Other Species: Fishing Gear package

We just added 2nd and 3rd place prizes for each of the fish categories!!

Also your tickets gets you the chance at a few raffle prizes:
Lowrance Out N Back Handheld GPS
Gift Card Package
Super 8 Jacuzzi Suite
Cabela’s fishing gear package
UMC gift package
Teeth Whitening basket
Heatmor Custom Fire Ring
Game processing kit
Many other door prizes will be given away throughout the event.

Justin Knebel, who played basketball for UMC, grew up in Warroad MN, graduating from Warroad High School in 2001. Justin came to UMC the fall of 2001 and suddenly passed away due to complications after a brief illness. Justin’s love of UMC athletics and the great outdoors make this event the perfect combination. All money raised goes towards a scholarship fund in Justin’s memory.

To purchase tickets please contact Bill Tyrrell at 281-8436 or Alysa Tulibaski at 281-8570. For more information check out our website www.umcrookston.edu/justinknebel or find us on Facebook.
Help Wanted: Childcare supervisor needed for Wed. mornings from 10-12:00 each morning during the school year. Two hours with younger kids for $40.00 each Wednesday. Easy pay with good kids for a mom’s Bible Study at a local church. Please contact Melissa Boll 218-281-6303 or bboll@rrv.net.

Position Available for Spring 2014: The UMC Sargeant Student Center will have an opening for a student to assist with the publication of the weekly Eagle’s Eye for Spring Semester 2014. The position requires a time commitment of 5-10 hours per week. A $750 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.

Help Wanted: Dining Services is currently looking for student workers at all of our venues. Please stop and see the cashier in Brown Dining for an application.

Brain Teasers

A REBUS is a picture representation of a name, work, or phrase. Each “rebus” puzzle box portrays a common word or phrase. Can you guess what it is? Example)

Answer for Head HEELS: Since the word HEAD is over the word HEELS, the answer to the puzzle would be HEAD OVER HEELS!

Answer for Corporate: Because the word Corporate is getting smaller, the answer to the puzzle would be Corporate Downsizing!

Last week’s winner is Emily Weidemer. The correct answer was “A Step Backward.” Emily can pick up her FREE movie pass from Meloni in 236 Sargeant Student Center. If you think you know the answer to this week’s Rebus, send an e-mail to meloni (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, January 30, 2014. The winner’s name will appear in the February 3, 2014 Eagle’s Eye.

February Fitness Fever 2014

Family Fun Sundays

FREE and OPEN to all area children, families and adults!

GET UP, GET OUT and HAVE FUN!

GET UP, GET OUT and HAVE FUN!

Sunday, February 2nd
1-3pm
Cross Country SKIING UMC-Sargeant Student Center-North door-Parking lot A (Free skis available for use)

Sunday, February 9th
1:15-3:15 pm
Free Swimming at the Crookston Community Pool

Sunday, February 16th
1-3 pm
Free ICE SKATING at the Crookston Sports Center

Sunday, February 23rd
1-2 pm
Free Tae Kwon Do at the Crookston TKD studio-119 Main St. N

Thank you to the many local sponsors. Polk County Public Health put healthy ideas to work!