2014 Health Expo Tuesday, April 8, 2014

Students, faculty, and staff can get information on health and medical topics, exercise and fitness, diet and nutrition, wellness, skin care, and safety and security at the annual UMC Health Expo. Join many local experts on Tuesday, April 8 from 11 a.m. to 2 p.m. in the Northern Lights Lounge, International Lounge and Bede Ballroom.

There will also be information about Donate Life organ and tissue donation, Be the Match bone marrow donation, and the Minnesota Lions Eye Bank.

Confirmed exhibitors include:
Anytime Fitness
Championship Tae Kwon Do – Rick Quirk
Chad Corenta - Acupuncture and Reflexology
Life Source Organ and Tissue Donation
MICAH Retreat Center - Spirituality
Minnesota Lions Eye Bank
Northwest Mental Health
Polk County Public Health – 2 booths – Family Planning and SHIP will focus on Tobacco Information
RiverView Health Bone Density Screening
RiverView Recovery – Behavioral Health and Tobacco
SNAP Fitness
Dr. Craig Thede, Chiropractor
U of M Extension - Healthy Eating, Food Labels, Additives
UMC Athletics - Calorie Burn and T-25 Workout
UMC Career Development & Counseling- Mental Health, Stress, Depression, Light Therapy
UMC Community Engagement – Info regarding upcoming bone marrow drive
UMC Cooperative Campus Ministries
UMC Environmental Health & Safety
UMC Info Desk – Sports & Rec Equipment
UMC Res Life – Sleep Disorders
UMC Student Health – Fat Content of Food
UMC Weight Watchers at Work

W.O.W. - Comedian Jay Black
Wed., April 9
7:00 p.m.
Kiehle Auditorium
Sponsored by Student Experience

WANT to save a life, but a just a little chicken?
Please come to an
Informational Meeting and Panel Discussion on Bone Marrow Donation
Thursday, April 24, 4 p.m.
Evergreen Classroom

WHAT'S INSIDE
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UMC’s Final Blood Drive

UMC’s final Blood Drive of the academic year is Monday, April 7, 9:30 a.m. to 3:15 p.m., Bede Ballroom. Let’s make it our most successful one!

Here are a few examples of how blood donations have been used in the area:

- A 16 year old that used 8 units of blood for abdominal cancer.
- An 11 month old baby that used 2 units of blood for post surgery complications.
- A 54 year old that used 15 units of red blood cells, 5 units of platelets and 39 units of plasmas, during and after a major surgery.
- And a 4 year old that used 6 units of blood during a surgery.

These patients would not be here without the heroic act of a blood donor.

Volunteer Opportunities

Global Youth Service Day (formerly National Youth Service Day)
Saturday, April 12
9 a.m. to 12 noon (NOTICE NEW TIME)
Parking lot of City Hall, 124 N. Broadway
Spring is just around the corner, and the melting snow is uncovering a lot of litter! Join the Crookston Beautification Committee for Global Youth Service Day! Meet in the City Hall parking lot for a light breakfast before getting supplies and assignments.

Pi Run
Saturday, April 26
9 a.m. to 11:30 a.m. (or until last runner finishes)
Highland School, 801 N. Central Avenue
ALD is sponsoring a 5K and 10K run. They are needing lots of volunteers to reassure runners, cheer them on, help direct them at turns, and make sure that they are safe. For more information, see http://theirrationalrace.com/. To register to volunteer, email Alex Skeeter at skeet005@umn.edu.

United Way Spring Fling
Tuesday, April 29
3:30 - 7:30 p.m., Crookston Sports Center
Assistance is needed to set up, take down, and assist with serving food. For more information or to volunteer, please contact UMCRLIFE@umn.edu.

Special Olympics Track Meet
East Grand Forks Senior School
1420 4th Ave NW, East Grand Forks
Saturday, May 3 (tentative date) 8:30 a.m. to 12 noon
Special Olympics Teams from across the region participate in this annual track meet. Several volunteers are needed to help run this tournament including timers, athlete escorts, and field event coordinators. To sign up to volunteer or find out more information you can visit www.specialolympicsgf.org or visit with Josh Parrill in the AAC (Owen Hall 270).

Polk County Humane Society
720 East Robert Street, Crookston
This animal shelter is staffed entirely by volunteers. Help is needed especially from 9:30 – 11 a.m. Monday through Friday and at 10 a.m. on weekends. Please call 218-281-7225 for information and to volunteer.

Sun, Country, and You
This therapy farm is located just a few miles outside of Crookston. Volunteers are sought to assist with chores and with therapy programs. For more information, contact Eleisha Owens at 218-521-0056.

Web site: http://www1.crk.umn.edu/services/ce/
Facebook: https://www.facebook.com/umcrookstoncommunityservice/
posts/560180207363933#/umcrookstoncommunityservice
Residential Life Room Sign-Up: All Current Students

All current UMC students (including those students currently living off-campus) may reserve a room this week (April 8 - 14, the department will not be accepting housing contracts on Saturday or Sunday). After April 14th, there will be no guarantees for a space on campus as you will be placed after the incoming new students.

*A completed contract and $50 application fee are required.

Physician on Campus

Dr. Kanten will be on campus most Thursdays for Students’ health care needs. This service is free of charge to students. You must make an appointment by calling Stacey Grunewald, RN at 218-281-8512.

Thursday, 10 April, 2014
3:30 PM - 5:00 PM

Apply Early!

Submit the FAFSA application at the same time you do your taxes. If your parents get an extension on their taxes, do your FAFSA by April 15 anyway and update your FAFSA later.

Crookston Student Association

Full Board Meeting
Thurs., April 10
12:00 p.m.
Bede Ballroom

Student Computer Return

Students, as most of you know this is a roll over year which means you will all be receiving new computers in the Fall. This means that UMC computers are to be returned to the UMC Help Desk no later than 3pm, May 9th, 2014.

If you are internning over the summer, please stop at the Computer Help Desk before 3 p.m. May 9th to make arrangements to use your computer. THANK YOU!

Every 4 minutes someone is diagnosed with a blood cancer.

Want to SAVE A LIFE?

Consider joining the Bone Marrow Registry!
April 29 & 30, 10 a.m. – 2 p.m.
Bede Ballroom

Be the Match.org
Alpha Lambda Delta
4th Annual Pi Run/Walk
10K, 5K & Fun Run
Saturday, April 26, 2014

Registration begins at 8:30am – Run/Walk begins at 10:00am
Children’s Fun Run begins at 9:30am.

Course: The race will start and finish at Highland School, 801 Central Avenue N, Crookston, Minnesota 56716. The race is an out and back course. Pets will not be allowed.


Check-in: Check-in begins at Highland School at 8:30am

Awards: Awards to top three overall female & male finishers; Early registrants are guaranteed a shirt.

Beneficiary: The Carnegie Library located in Crookston. Alpha Lambda Delta is supporting the renovation of the Library into an arts and cultural center for the community and region.

Pre-registration deadline: Postmarked by Saturday, April 5th
Email: umcald@umn.edu
Phone: (218) 281-8432

Official Entry Form
Please indicate which race: 10K 5K Fun Run

Name __________________________ Age _______ Sex: M F
Address __________________________________________ City __________________________ State ______ Zip __________
Email __________________________ Phone __________ T-shirt size (circle one): S M L XL XXL

WAIVER MUST BE READ AND SIGNED BEFORE MAILING:
I know that running is a potentially hazardous activity, I should not enter this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking in the Pi Run on April 26, 2014 including, but not limited to, falls, contact with other participants, weather effects such as low temperatures, flooding, road conditions and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf or on behalf of my estate, waive and release the City of Crookston, Alpha Lambda Delta, University of Minnesota, Crookston, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence or carelessness of the aforementioned parties, arising out of my participation in this event. I also grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. I understand that if the race is cancelled because of circumstances beyond the control of the race committee and sponsors, including but not limited to unsafe weather conditions, I will agree to and abide by the accommodations set by the race officials and the aforementioned parties.

Signature __________________________________________ Date __________________________
**Fourth Annual ALD Pi Run Set for Saturday, April 26, 2014; 5K and 10K race begins at 10 a.m. at Highland School, Crookston, Minn.** By Elizabeth Tollefson

All proceeds to benefit the Carnegie Library Restoration Project Fund and the U of M Crookston Bone Marrow Registry Drive.

Alpha Lambda Delta (ALD) at the University of Minnesota Crookston is hosting the third annual Pi Run on Saturday, April 26, 2014. The run will include a new route starting at Highland School, 801 Central Avenue North, Crookston, Minn. Races include the 5K pi run, a race of 5 km (3.1 miles) a distance roughly equal to Pi, a 10K or 2Pi race (6.28 miles) and a children’s fun run. To register, visit www.theirrationalrace.com or call 218-281-8432 with questions. All runners and walkers are encouraged to participate.

The schedule for the morning begins at 8:30 a.m. with registration at the Highland School followed by the Fun Run at 9:30 and the 5K and 10K at 10 a.m. Awards will be presented to the top three overall female and male finishers. All children participating in the Fun Run will receive a finisher’s medal. Early registration guarantees 5K and 10K runners a shirt.

All proceeds from the race will benefit the Polk County Historical Society Carnegie Library Restoration Project Fund and the Bone Marrow Registry drive taking place on the Crookston campus on April 29-30.

The goal of the Polk County Historical Society’s library renovation is to possibly turn the Carnegie building into an arts and cultural center for the community and region. The building was placed on the National Register of Historic Places in June 1984 and the Lake Agassiz Regional Library of Crookston, built that same year, stands adjacent to it.

The race is once again sponsored by Herc-U-Lift. Anyone interested in contributing to the project should contact Brian Dingmann at 218-281-8249.

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**3D Printing Event to Be Held at University of Minnesota Crookston April 28** By Elizabeth Tollefson

The public is invited to attend “Taking Shape: 3D Printing,” Monday, April 28, 6:00-8:00 p.m. in the Peterson Classroom in Heritage Hall on the campus of the University of Minnesota Crookston. The event is hosted by 360-degrees Manufacturing and Applied Engineering ATE Regional Center of Excellence, together with the Center for Rural Entrepreneurial Studies at the University of Minnesota Crookston. Attendees will have the opportunity to see 3D printers in action and learn about the potential of this emerging technology to print a multitude of 3D objects, including such things as art, jewelry, personalized dolls and action figures, mechanical parts, medical devices, implants and even food.

Attendees will learn about recent developments in 3D printing technology which are taking the world by storm and impacting many segments of society, including the arts, education, medicine and business. At the same time, the cost of personal use 3D printers has dropped to around $1,000 to $3,000 per unit, placing the purchase of these units within reach for small- to mid-sized businesses, individuals and other organizations.

In its simplest definition, 3D printers (using a process which is sometimes referred to as additive manufacturing) place material precisely, layer-by-layer, slowly building up a 3-dimensional object. Materials which are being used currently include plastic, concrete, metal, wood, food and human cells.

The potential impact for Crookston and surrounding communities is significant. Individuals interested in learning more about these emerging technologies and seeing them in action are encouraged to attend. There is no cost, but pre-registration is highly encouraged as space is limited.

Parking for the event is available in lots E and G. No parking permits will be required. Go to the event website to register at www.3DPrintingCrookston.eventbrite.com.
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 puzzle would be HEAD OVER HEELS!

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

Nobody correctly guessed this week’s puzzle. The correct answer was “illegal (ILL Eagle)”!

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, April 10, 2014. The winner’s name will appear in the April 14, 2014 Eagle’s Eye.

Employment Opportunities

Help Wanted - Drafts Sports Bar is now hiring all kitchen staff including cooks, prep cooks, dish washers, and a kitchen manager position. If you are looking for summer employment Drafts has several openings. If interested pick up an application at the restaurant or call 218-281-1183 and ask for Brent or Jasmine.

Help Wanted - Summer Student Position at U of M Northwest Research and Outreach Center, Crookston. There are summer positions available within the U of M plant pathology team based at the NWROC working with fungal diseases of small grains. Positions are available for four months working 40 hrs per week. Duties include: Assisting with layout and maintenance of misting systems; helping to plan and inoculate wheat and barley lines for diseases such as Fusarium head blight, net blotch and leaf rust; assist with note taking such as heading dates and disease incidence/severity; assist with nursery harvest. If interested contact Galen Thompson at: thomp169@crk.umn.edu or 218-281-8626. Required qualifications: essential that candidates hold a valid driver’s license. Desired qualifications: general knowledge of agronomy, farming and plant pathology. Would be expected to work independently after appropriate training.

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BDB Dog Boarding

Donna Malarkey
22669 340th St SW
Crookston, MN 56716-8821

218-280-7504
BDBbrdg@hotmail.com

Daily, overnight, weekly and extended stay rates
Call/Text/Email/Visit

Health and Wellness Expo

April 8, 2014 - 11 am - 2 pm
Northern Lights Lounge & International Lounge
U of M Crookston

U of M community businesses will set up booths to conduct demonstrations and screenings to provide information relating to health and wellness in the following categories:

- **HEALTH/MEDICAL**
  - Screenings, Information

- **EXERCISE/FITNESS**
  - Athletics, Local Fitness Clubs, Programs

- **DIET/NUTRITION**
  - Wholesome Food, Dieting, Food Labels, Gardening

- **WELLNESS**
  - Stress Relief, Mental Health, Massage, Reflexology, Spa, Acupuncture, Light Therapy

Participating Organizations:

- Life Sport
- Minneapolis Eye Bank (for Donation)
- Northwest Mental Health
- Crookston ChampionShip Tax Keno Do
- Anytime Fitness
- UMC Weight Watchers at Work
- UMC Info Desk (Sports & Recreation)
- UMC Community Engagement (New Member Orientation)
- Polk County Public Health - 2 Booths (Flu/Pneumonia/Acute Care Awareness)
- RiverView Health
- SNAP Fitness (Fitness & Exercise/Onsite)
- RiverView Recovery (Behavioral Health & Tobacco)

Sponsored by Office of Diversity & Multicultural Programs, Student Health Services, and Student Activities.

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*UMC News without a writer’s name in the Eagle’s Eye are written by Elizabeth Tolesons, assistant director, communications, 218-281-8432 (ttolesons@umn.edu)

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