Earth Day Celebration - Having Fun Caring for the Earth - free and open to the public

An Earth Day celebration, Having Fun Caring for the Earth, will take place from 9:30 a.m. to noon in the Sargeant Student Center today (Tuesday, April 22). The celebration includes a poster contest for college and high school students with $500 scholarships awarded to the winning posters; a sustainability fair; a Native American tribute and “hot topic” Earth Day mini lectures. All are welcome.

Sustainability Fair Participants include:
Polk Co. Community Health - community wellness info
Prairie Restoration Project - native plant community restoration
Rydell National Wildlife Refuge - protecting wildlife habitat and diversity
Otter Tail Power Co. - saving energy and money
Soil and Water Conservation Service - protecting and restoring the earth and water
Polk Co. Environmental Service - recycling and more
Crookston Park & Rec Dept. - fun and fitness for all ages
Amazing Grain Health Food Store - healthy eating good for us and the environment
MICAH Retreat Center - sustainability practices in action for stewardship of the earth
Project Get Outdoors - connecting children with nature
Biofuel Project Demonstrating the Production of Fuel from Food Waste
Honey Bee Project and the Minnesota Honey Bee Queen
Crookston Kestral Project - share the community with wildlife
Various Student Projects

Join us for LUNCH ON THE MALL (weather permitting) - free for visiting high school students and sustainability fair participants. Regular UMC prices for all others.

Bone Marrow Donor Registry Panel Discussion

Did you know that every 4 minutes someone is diagnosed with a blood cancer? For thousands of patients with leukemia or other blood diseases like sickle cell anemia, a marrow transplant is their only hope. Did you also know that you can be tested with a simple cheek swab and that 80% of the donations are through a non-surgical, outpatient procedure?

Come learn more about UMC’s first upcoming Bone Marrow Donor Registry Drive on Thursday, April 24 from 4:00 - 5:00 p.m. in Evergreen Hall Classroom. Panelists will discuss how leukemia and other blood cancers have affected them and how you can save a life.

Celebration of Achievement

Student Recognition & Award Ceremony

Thursday, April 24
Eiehle Auditorium

Ceremony at 6:00 p.m.
Reception to follow
Online Wellness Courses Now Available at UMC!

Unsure of what to expect or what you might do when you start to feel tired, stressed, hungry, pressured, conflicted, or unmotivated? Interested in trying online learning for the first time? Looking for another credit to add to your schedule this fall? Courses from the Rothenberger Institute, in the School of Public Health, can help!

We believe every student should have the tools necessary to lead a healthy, productive, and balanced life. Our one credit, wellness courses, courses are relevant, accurate, and motivating.

Our “teach, don’t preach” approach provides a learning environment that offers you the knowledge and skills to make your own informed decisions.

Course materials will provide you with opportunities to your attitudes and behaviors related to course topics and equip you with strategies to live a healthier and more balanced life. Assignments are designed to help students reflect on current behaviors, weigh the pros and cons and consider the challenges of making health-related changes, and set appropriate goals.

We believe there is tremendous value in learning about health and wellness from your peers, so our courses incorporate stories and input from real students, including video interviews of experienced students who have “been there.” Additionally, your teaching assistant is a fellow undergrad student!

Consider making room for a Rothenberger Institute course in your class schedule this fall:

- PubH 1001: Success Over Stress
- PubH 1003: Alcohol & College Life
- PubH 1004: Sexuality Matters
- PubH 1005: Sleep, Eat & Exercise

Let your academic adviser know if you are interested in one of these courses, or register online via the OneStop website.

Volunteer Opportunities

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.

Bone Marrow Registry Drive
Tuesday and Wednesday, April 29 & 30
10 a.m. - 2 p.m. (one-hour shifts)
Looking for two people each hour to hand out information about the bone marrow registry drive and direct students and community members upstairs to the Ballroom. Contact Lisa Loegering (loege005@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.

North Country Food Bank
315 3rd Avenue, S.W., Crookston
Individuals or groups of any size are invited to assist. Please call Russ Tate at 218-280-2926 to set up a time. Additionally, there also is a food shelf located in the downtown NCFB location at 424 North Broadway, and they can use shopping assistants. Call the food shelf coordinator, at 218-281-7356, ext. 7.

Special Olympics Track Meet
East Grand Forks Senior School * 1420 4th Ave NW, EGF 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).

Special Olympics Track, Swimming, Power Lifting, and Volleyball Coaches (ongoing)
Special Olympics Grand Forks is looking for coaches. To find out more information, visit Josh Parrill in the AAC (Owen Hall 270).

Mentors Wanted:
Riverview Health is recruiting students to serve as Mentors for the Camps-2-Careers Health Careers Exploration Camp this June 3-5. Students will stay in the dorms with high school camp participants. UMC students will receive free housing, meals and a stipend...plus a great thank you letter and something good for their resume! We are specifically asking for Pre-Health, Pre-Vet Med, Health Admin and Science Majors but others are welcome. If interested send an e-mail to (Jtronson@riverviewhealth.org) or phone/text (218) 289-3836.
HPV/Gardasil Clinic, Monday, April 21, 3:00 - 4:00

There will be a Gardasil (HPV) vaccination clinic Monday, April 21, 3:00 pm to 4:00 pm

in the UMC Student Health office, 145F SCC
Students can get the Gardasil vaccine for $10.00.
No appointment necessary.
Contact Stacey Grunewald, 8512, with questions.

- Get the Facts About HPV
Human papillomavirus or HPV is a virus you may not know too much about—but you should. HPV will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for others who don’t clear certain types, HPV could cause significant consequences: cervical, vaginal, and vulvar cancers in females. Other types could cause genital warts in both males and females. And there’s no way to predict who will or won’t clear the virus.

- Who should get vaccinated with Gardasil?
GARDASIL is for females and males ages 9 to 26. When it comes to human papillomavirus (HPV) vaccination, females are only half the equation. Males can get vaccinated, too. Like other vaccines, GARDASIL works to help prevent illness. GARDASIL works when given before there is any contact with the relevant HPV types. Girls and boys as young as 9 can get vaccinated.

If you’re a young adult who is already sexually active, you may still benefit from GARDASIL. That’s because even if you have been exposed to HPV, you may not have been exposed to the types of the virus covered by this HPV vaccine. GARDASIL could still help protect you against the relevant HPV types to which you haven’t been exposed.

If you are considering GARDASIL check out the following web site for more information www.gardasil.com

Thrillers, Spillers, & Fillers Container Class April 28 at 6:00 p.m.

Come and learn about how to make your containers the talk of the town! There will be an informational session on how to spice up your containers for all growing conditions.

Then, the experts will help you pick out the look that’s right for you!

Get your pick of the bedding plants grown at UMC before the rest of the campus community. You are able to bring up to two of your containers or one will be provided for you.

Class will be held in the UMC Greenhouses.

Cost:
$25.00- includes soil for two containers
$35.00- includes soil and provided container
** Plants sold separately**

Containers MUST be taken with you at the end of the class.

Preregistration is required as space is limited.

Contact Theresa Helgeson @ ext. 8120 or email helge0145@umn.edu.
First Annual Shoot for the Stars Archery Fundraiser - open to the public, $5 entry fee

The SRM 3003 class and the UMC Archery Club will host the First Annual Shoot for the Stars Fundraiser on Saturday, April 26. The event will be held at the Crookston Gun Club and will run from 11 a.m. to 3 p.m. The cost of the event will be $5 per person and will include a complementary lunch. All proceeds of the event will go towards the UMC Archery Club.

Location: www.crookstonshooting.org/Contact.html

Schedule:
11:00-12:00 Novice Skills Training
12:00-1:00 Lunch Social; Open Shoot
1:00-3:00 Competitions, Games and 50/50 Raffle

UMC Aviation Club Fly-In, Drive-In Breakfast

The annual spring Fly-In, Drive-In Pancake Breakfast will take place on Sunday, April 27, at the Crookston Municipal Airport. Cost is $8 per person, children under 6 are free, free for PICs flying in. The breakfast, scheduled from 8 a.m. to 1 p.m., is hosted by the University of Minnesota Crookston Aviation Club and Crookston Aviation.

Webcast: ‘Cultivating Wellbeing Through Relationships’ by Daniel Siegel, M.D.

The University of Minnesota’s Wellbeing Lecture Series will present “Cultivating Wellbeing Through Relationships,” by Daniel Siegel, M.D., on Thursday, April 24, at 6:30 p.m. in Northrup Auditorium on the Twin Cities campus. The event will be broadcast live via web streaming to all campuses of the U of M. Cost is $10 for live webcast access; free for U of M students. Siegel, a clinical professor of psychiatry at the UCLA School of Medicine, will explain why one’s relationships with self and others are deeply connected to resilience, mental health, and overall wellbeing. Learn more and register at http://z.umn.edu/wellbeingseries.

Rare Visitor to Minnesota and First for Polk County

By Elizabeth Tollefson

A Eurasian Tree Sparrow made a stop on the University of Minnesota Crookston campus this week. Known for its chocolate-colored crown and black throat and cheeks, the sparrow is commonly found around St. Louis, Mo. The sighting of the bird in the Nature Nook near Owen Hall is the first Polk County record and only the ninth in Minnesota. Vanessa Lane, a lecturer in the Agriculture and Natural Resources Department noted that it is “unusual for this non-native species to be spotted so far from its home in Missouri.” For more on the Eurasian Tree Sparrow, visit http://birds.audubon.org/birds/eurasian-tree-sparrow.

Photo by John Zak, University Relations.
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.

Open Forum on UMC’s Strategic Planning Process

An open forum on UMC’s strategic planning process and directions is scheduled for Friday, April 25, from 1:30 to 3 p.m. in the Prairie Room, Sargeant Student Center. The agenda will include a brief overview, small group discussion, and “input cards” for individuals to share their ideas. Light refreshments will be served. All faculty, staff, and interested students are encouraged to review the information at www.umcrookston.edu/stratplan.

This is a fundraiser for make a wish foundation!

DodgeBall

• May 1st
• Lysaker Gymnasium
• 6pm

MYTHOS Screening April 23, at 3:00 p.m.

MYTHOS is a mini web-series that has won a number of awards for their first season last year. This web-series is about the Greek gods living in modern times and unknown to those around them. They have been living normal lives and are now called out of hiding because of a universal crisis. The plot explores relationships, love, decision making, loyalty and ethics.

Everyone is invited to come out to Heritage Hall Classroom from 3:00 - 5:30 p.m., Wednesday, April 23 to watch the first season. Sponsored by Rachel McCoppin and Campus Ministry.
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 Sabra Amundson. The correct answer was “Touchdown.” Sabra 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 (meloni@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 24, 2014. The winner’s name will appear in the April 28, 2014 Eagle’s Eye.

Summer Employment Opportunities

Hook A Great Job • Now hiring in Crookston and Fosston, MN
- Immediate Industrial Openings - Production-Machine Operators-Warehouse. Various Shifts Available: Days/Evenings Call Dawn @ 701-293-3545 for more info. Manpower

Help Wanted: Commercial Roofing Apprentice. McDowell Company of Waite Park is seeking entry level Commercial Roofing Apprentices for their commercial roofing division with work in Crookston & Erskine, MN. There are open positions for career seekers and summer help. No experience is necessary; however a general knowledge of construction is helpful. McDowell Company is a member of the Local 96 Roofers & Water Proofer Union and compensation is base on the current contract (starting is $13.05). Work Duties include: Operation of basic hand tools, Lift & Carry items weighing 100 lbs or greater, climb ladders and work at heights, assist journeyman roofers in the removal & installation of flat roof systems, organize & cleanup jobsite at the conclusion of day, stage roofing material, remove & install roof metal with shovel, wheel barrow, & motorized cars, perform duties in various temperatures and weather conditions, flexible schedule to work around stoppages due to weather, work with a crew of 6+ people. Maintain safe working environment for yourself and coworkers. Honest/accountable. Interested candidates should apply immediately by printing an application from www.mcdowellco.com/company tab/employment and mail to: McDowell Company, PO Box 606, Waite Park, MN 56387. McDowell Company is an EOE employer-Pre-employment/Random drug screening required.

Help Wanted: Cooperstown Bible Camp has summer openings for Cabin Counselors, Adventure & Recreation Program Staff, Media & Video Technician, Nursing Intern and Grounds and Maintenance Staff. Positions are paid and full-time for the summer. Dates of employment are June 2, 2014 - August 2, 2014. Apply online at http://www.cooperstownbiblecamp.com/Home.aspx or email mail@cooperstownbiblecamp.com. For more information call (701) 797-2174.

Job Posting Apprentice
Organization: Lee Plumbing & Heating Co. Inc., at PO Box 530, Thief River Falls, 56701
Position Title: Apprentice plumbers and laborers
Position type: Full-time, part-time, or seasonal (summer)
Location: Thief River Falls and surrounding area
Job Description: Immediate positions available for apprentice plumbers and laborers. Projects in Crookston, Roseau, and Thief River Falls starting this spring and extending for approximately one year.
Requirements:
- Valid driver’s license required - Must be dependable, self-motivated
- Having mechanical abilities a plus
- Regularly lifting and carrying objects weighing up to 50 pounds
- Frequent bending, reaching, climbing, twisting, standing
Salary: Salary and benefits based on experience. Application instructions:
Send resume to Lee Plumbing and Heating Co. Inc., at PO Box 530, Thief River Falls, MN 56701, or contact 218-681-1903.

Robotic Instructors Needed
The Crookston School District and UMC are looking for 2-3 faculty/staff or students who have an interest and basic skill with robotics to help teach a 3-week (June 10-26) summer robotic camp for 3rd-6th graders. The camp will be held on the UMC campus from 9:00 a.m. to noon each Tuesday, Wednesday, and Thursday during this program. LEGO NXT 2 Robotic kits will be utilized for this camp.
The Crookston ISD will pay approximately $25/hr. A background check is required to work with the children.
Please contact Peter Phaiah at phaiah@umn.edu or 218-851-8505 if you are interested or need more details.

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