Military Family Appreciation Month

History

Each year the President signs a proclamation declaring November Military Family Month. Last year President Obama said that our nation owes “each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.”

This annual proclamation marks the beginning of a month-long celebration of the Military Family in which the Department of Defense and the nation will honor the commitment and sacrifices made by the families of the nation’s service members. Contact your local MWR or Family Services offices to learn more about events scheduled in your area.

Source: http://www.military.com/military-family-appreciation-month

Open Ride Night

Open riding ($3/ride) to the public on University horses Monday, November 18 from 5:00 - 7:00 p.m. at UTOC. All proceeds support the U of M, Crookston Horseman’s and Rodeo Association.
Upcoming Events

**Monday, November 18, 2013**
10:00 a.m. - 3:00 p.m. Hairstory!
11:30 a.m. Facilities Director Candidate Open Forum
5:00 p.m. - 7:00 p.m. Open Ride Night
7:00 p.m. - 8:00 p.m. Student Open Forum for Proposed UMC Wellness Center

**Tuesday, November 19, 2013**
9:00 a.m. - 11:00 a.m. Flu Shot Clinic for Faculty and Staff
1:00 p.m. - 3:00 p.m. Free Flu Shot Clinic for Students
6:00 p.m. Home Women’s Basketball vs. Mayville State University

**Wednesday, November 20, 2013**
4:15 p.m. - 7:00 p.m. Traditional Native American Meal - open to the public
5:00 p.m. Home Women’s Basketball vs. Finlandia University
7:00 p.m. - Home Men’s Basketball vs. Finlandia University
7:00 p.m. W.O.W.: Native American Heritage Event ‘Belief’ - free and open to the public

**Thursday, November 21, 2013**
11:30 a.m. - 1:00 p.m. Great American Smokeout
3:00 p.m. - 4:00 p.m. Career Services: Preparing for Graduation

**Friday, November 22, 2013**
UMC Bookstore Maroon and Gold Friday - 20% Off!

**Saturday, November 23, 2013**
10:00 a.m. - 12:30 p.m. Campus Preview Day for Prospective Students
1:00 p.m. UMC Hosts Hunt Seat Equestrian Show
6:00 p.m. Men’s Basketball at University of Jamestown
8:00 p.m. Res Life Bingo

**Sunday, November 24, 2013**
9:00 a.m. 8:00 p.m. Res Life Bingo

**Monday, November 25, 2013**
11:30 a.m. - 1:00 p.m. Music on Monday featuring Jared Mahone

**Tuesday, November 26, 2013**
4:00 p.m. Multicultural and International Club (MIC) Meeting
6:00 p.m. SPACE Meeting

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CSSD is collecting cans to support cancer. This movement is called “Cans for Cancer”. Please put the cans in the bins that says “Cans for Cancer”

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OF UNIVERSITY OF MINNESOTA

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spintroffic/locator

Line this code to claim your discount:
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Employee Corporate ID: GAURAV_UWA_222

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UMC Lions Eyeglass Collection

If you no longer need your used glasses or sunglasses, please consider donating them to the UMC Lions Club. UMC Lions can accept prescription eyeglasses (frames with lenses intact), nonprescription sunglasses, and reading glasses. (No lenses without frames or frames without lenses, please.)

A collection box is located at the SSC Information Desk.

Glasses collected by UMC Lions are cleaned, repaired, and classified by prescription before being made available for medical mission work in developing countries. Contact Amanda Thompson, thom3974@umn.edu; or Stacey Grunewald, sgrunewa@umn.edu with questions.

Thank You!

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**Paid Advertisement**
Volunteer Opportunities

Community Service Opportunities

Polk County Humane Society
If you love animals and are looking for a volunteer opportunity in town, the Humane Society is looking for reliable individuals to come walk dogs, help with general cleaning and play with cats. If you would like more information, please contact The Humane Society at 281-7225.

Gala for Girls
A dinner and dance for young girls and their dads. They are looking for a group to help set up tables and chairs Thursday, February 6 (time TBA) and take them down Saturday, February 7 at 8:30 p.m. For more information, please contact Lisa Loegering at loege005@umn.edu.

Habitat for Humanity
We have an exciting opportunity for you to volunteer on the recently started Habitat house in Crookston. We will be looking for volunteers on an as needed basis and sometimes on very short notice. If you would like to be added to an email list for those opportunities, please email Lisa Loegering at loege005@umn.edu. Also be watching your email for additional opportunities. Most work will be done on Saturdays with some afternoon hours during the week.

Carnegie Library
Assistance requested cataloging books in storage and inputting the information into Past Perfect software at the Carnegie library on the corner of Ash Street and Robert Street (next to the current Crookston Library). For more information and to volunteer, please contact Kristina Gray at grayx073@umn.edu or 281-2663.

Salvation Army Bell Ringing Campaign.
The bell ringing campaign is the Salvation Army’s biggest fundraiser. This year UMC will be ringing on Saturday, December 7, from 10 a.m. to 4 p.m. We can add additional days during the week if we have interested volunteers. Shifts will be an hour. Contact Lisa Loegering or sign up on the bulletin board outside her office.

PATCH
Interested in working with youth? Here is a great opportunity: PATCH is an after-school homework help program for 7-12th grade students. Volunteers would assist students with homework in a variety of subjects from 3:30-4:30. Currently seeking a volunteer on Tuesdays starting in November and continuing until May; volunteers will have the opportunity to win gift cards if they sign up for 3 or more sessions. For more information, please contact Maria at 281-5313 or mariaargueta@isd593.org

Web site: http://www1.crk.umn.edu/services/ce/
Facebook: https://www.facebook.com/umcrookstoncommunityservice/posts/560180207363933#!/umcrookstoncommunityservice

Student Open Forum for Proposed UMC Wellness Center
Any students interested in sharing their thoughts regarding the proposed UMC Wellness Center are encouraged to attend an open forum session on Monday, November 18, at 7 p.m. in Kiehle Auditorium. This student open forum will be an opportunity for students to meet with members of the Wellness Center Steering Committee and to hear an update on the planning process as well as to voice opinions regarding aspects of the UMC Wellness Center.

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Hairstory - Sponsored by the UMC Black Student Association
Hair history! Raffles! Free Haircuts! Free Food! Monday, November 18, 10 a.m. to 3 p.m., Sargeant Student Center

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Flu Shot clinics for Faculty/Staff

Flu Shot clinics for Faculty/Staff will be
Tuesday, Nov. 19, 9:00 am to 11:00 am. Bede Ballroom, C.
Thursday, Nov. 21, 9:00 am to 11:00 am. Kiehle 105

Flu Shot Clinics for Students will be,
Tuesday, Nov. 19, 1:00 p.m. to 3:00 p.m., Bede Ballroom, C.
Wednesday, Nov. 20, 9:00 am to 11:00 am, Centennial Classroom
Please bring your student ID. This is free and paid for by Student Health.
For more info on influenza, check out the following web site. http://www.cdc.gov/flu/about/disease/index.htm

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<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
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<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Characteristic, high (102-</td>
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<td></td>
<td></td>
<td>104°F); lasts three to four days</td>
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<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
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<tr>
<td>General aches and pains</td>
<td>Slight</td>
<td>Usual, often severe</td>
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<tr>
<td>Fatigue, weakness</td>
<td>Quite mild</td>
<td>Can last two to three weeks</td>
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<tr>
<td>Prostration</td>
<td>Never</td>
<td>Early and prominent</td>
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<td>(extreme exhaustion)</td>
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<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
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<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
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<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest discomfort, cough</td>
<td>Mild to moderate, hacking cough</td>
<td>Common, can become severe</td>
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National Great American Smoke Out 2013

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Thursday, Nov. 21st marks the 38th Annual Great American Smokeout. In recognition of this important event, there will be an information booth on tobacco cessation, Thursday Nov. 21st, 11:30 to 1:00, SSC, to help you quit!

The vast majority of UMC students (93%) would rather date a nonsmoker.

“The only safe cigarette is your last one...” Duane Alan Hahn
Here are some resources that can help you quit:
• Smokefree.gov
• Quitplan.com 1-888-354-PLAN
• Becomanex.org
• http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index
Meet Your Student Leaders

Name: Michelle Julien Boateng

Which year/ Major: I am a senior majoring Information Technology Management with a Health Informatics Certificate.

Campus Involvement: Current VP of Technology for Enactus. Former: NSLS President, MIC member, BSA Historian, CSA committees on committees rep, and Women’s tennis captain.

Hometown: Rosemount, MN

How long have you been studying at UMC? A long time hahaha (Since Aug 2009)

Family: My mommy: Naana, Sister: Mary, Brother: Eman, Fiance: Timothy, Brother In-law: Thaddeus, Sister and Brother by association Brant and Toy

Favorite Movie Genre: Comedy and Romance.

Favorite Music/Bands/Performers: Hip hop/ Rap, R&B, and Pop.
Favorite TV Shows: Revenge, Pretty Little Liars, The Voice.


Favorite Sports or Activities: Tennis and Shopping

Pastimes and Hobbies: Watching TV and Hanging out with my friends!

Favorite Vacation Spot: United State Virgin Islands

Complete the following sentences:
Most people don’t know I’m really very good at: Making brownies!!!

If I could change one thing about the world: World Hunger!!

It surprises people that I am from Washington D/C

One best thing about UMC: UMC has a lot of opportunities and people should take advantage of that, and build their resume.

One thing you would change about UMC: I wish we had more dining options.

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Spotlight on Clubs

Club Name: Accounting and Finance Society

President: Abdou Niang

Number of members: 8

Objective of Club: To exchange information with students who are studying in the same field

Club’s activities: Tax preparation, Accounting tutoring, High school presentation

How this club in impacting UMC: We offer walk-in accounting tutoring at AAC. It helps students who are taking accounting courses.

Why should student join this club: By doing community service, we learn a lot of things about our major and possibilities. It will give us more opportunities to our futures, and the experience from the club’s activities will help our careers.

One thing this club wants to do in UMC: Make good relationship with other clubs since this club is new.
**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**!

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**Help Wanted:** The Cobblestone Hotel and Suites in Crookston is now hiring for the following positions: Front Desk, Night Auditor and Housekeeping. Walk-in interviews will be held at the Crookston Public Library on Monday, November 25 from 10 a.m. - 7 p.m. and Tuesday, November 26 from 10 a.m. to 1 p.m. Pick up applications at the Crookston Public Library or the Chamber of Commerce office and bring to the interview or fill out an application when you come to interview. Questions? e-mail to Crookston@StayCobbleston.com.

**Help Wanted:** 2 part-time openings. One is for night audit (3 to 4 shifts per week) and the other is day/evening Front Desk Agent. I don’t know how you want to set it up to send out but my contact information is: Miranda Hall, Front Office Manager, Hilton Garden Inn Grand Forks/UND, 4301 James Ray Drive, Grand Forks ND 58203, Phone: 701.775.6000 Fax: 701.746.0298. Salary range is between $8.25-9.00 per hour, benefits include 401K, dental, holidays, life insurance, medical, sick leave, vacation and vision. Position Purpose: Represent the Hotel to the guest. Respond courteously and efficiently to the guests needs. Act as a source of information about the hotel and local area. Assist guest during the arrival and departure. Responsible for selling rooms and making reservations. Performs a variety of clerical and office duties, handles departmental accounting and financial transactions, posts payments, charges and credits to the city ledger. Sets up and maintains records.

**Help Wanted:** The Crookston VFW is looking for an individual (s) to work during Bingo. The individual would be required to work two evenings during the arrival and departure. Responsible for selling rooms and making reservations. Performs a variety of clerical and office duties, handles departmental accounting and financial transactions, posts payments, charges and credits to the city ledger. Sets up and maintains records.

**Central Information Session:** Will take place on Tuesday, November 19 at 6:00 p.m. in the Minnesota Room. Refreshments will be served (pizza). To RSVP to this event please email Meloni at melonir@umn.edu.

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**FOR A FULL LISTING OF PART-TIME EMPLOYMENT OPPORTUNITIES GO TO THE CAREER DEVELOPMENT WEB SITE AT:**

[http://www3.crk.umn.edu/ccs/career/crookstonJob.htm](http://www3.crk.umn.edu/ccs/career/crookstonJob.htm)

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