Blood for Our Bailey by Betty

Our daughter Bailey was 6 months old when she began showing signs of fatigue and pale color. Following a trip to the pediatrician, emergency trip to the hospital, and ambulance ride then to another hospital, we learned that she was severely anemic. She spent 3 days in the hospital, received 4 blood transfusions, and left with a diagnosis of Diamond-Blackfan Anemia. DBA is a type of bone marrow failure syndrome where the body does not make its own red blood cells. The next 9 months, she received blood transfusions of packed red blood cells every 3-4 weeks to keep her alive. She takes chronic steroids now to stimulate her bone marrow to make its own red blood cells, but requires blood transfusions if and when her steroid treatment is not working.

Bailey is a spunky, sweet, and energized 5 year old now! She would not be here without blood donors! We are forever grateful for those who donate blood!!! Thank you!

Donate Blood – Bailey needs us!!

Monday, Feb. 2, 8:30 a.m. - 3:00 p.m., Bede Ballroom.

SAAC will be at a registration table the week of January 26, 10:00 a.m. to 2:00 p.m. in the SSC. Or sign up online at www.bloodhero.com sponsor code umc
### Upcoming Events

**Tuesday, January 20, 2015**  
9:00 a.m. - 11:00 a.m. Physician On Campus

**Wednesday, January 21, 2015**  
9:00 a.m. - 1 p.m. UMC Hosts Region 1 FFA Contests  
12:15 p.m. - 1:30 p.m. Summer Camp and Conference Meeting, Bede Ballroom

**Thursday, January 22, 2015**  
12:00 p.m. - Crookston Student Association Full Board Meeting, Bede Ballroom  
3:00 p.m. - 5:00 p.m. Physician On Campus  
5:00 p.m. - PEACE Alliance Meeting, Equality Room

**Friday, January 23, 2015**  
6:00 p.m. UMC Women’s Basketball at Minnesota State University Moorhead  
8:00 p.m. UMC Men’s Basketball at Minnesota State University Moorhead

**Saturday, January 24, 2015**  
10:30 a.m. - Admissions Saturday Visit  
4:00 p.m. UMC Women’s Basketball at Northern State University  
6:00 p.m. UMC Men’s Basketball at Northern State University

**Monday, January 26, 2015**  
All day - 75% Refund Deadline  
All day - Graduation Application Deadline  
All day - Last Day to Add a Class for Spring Semester 2015  
5:00 p.m. - S.P.A.C.E. Meeting, Leadership Room

**Tuesday, January 27, 2015**  
9:00 a.m. - 11:00 a.m. Physician On Campus  
12:00 p.m. - 1:00 p.m. - Soup and Substance, Bede Ballroom

---

### Student Health Notes

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. Balaraman, who is on campus most Tuesdays from 9:00 a.m. to 11:00 a.m. and Thursdays from 3:00 p.m. to 5:00 p.m. 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!!

STD & Family Planning Services – Thursday, January 22, from 11:15-12:30  
Polk County Public Health will be available for Family Planning and STD testing in the Student Health office, 145F. 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 to make an appointment.

Local Clinics in Crookston: There are two local clinics located in Crookston to help you with your health care needs.  
RiverView Health is located within the RiverView Hospital at 323 S. Minnesota Street and is open 7:00 a.m. to 7:00 p.m., Monday – Friday; 9:00 am to 1:00 p.m. Saturday & Sunday. You can call 218-9100 for an appointment.

Altru, Crookston is the other local clinic and is located adjacent to RiverView Hospital at 400 S. Minnesota Street and is open 8:00 a.m. to 5:00 p.m. You can call 218-9100 for an appointment.

Polk County Public Health: PCPH is located at 721 S. Minnesota Street and is a facility that can assist you with your family planning needs, such as – birth control pills, pregnancy testing, STD screening, pap smears, etc. They charge based on a sliding fee scale which means you pay based on your income. It is a very affordable option. You can make an appointment to see the Family Planning Nurse by calling 281-3385.

### University of Minnesota Job and Internship Fair 2015

The University of Minnesota Job and Internship Fair 2015 is Friday, February 20 from 10 a.m. to 4 p.m. at the Minneapolis Convention Center. Student registration is now open at http://jobfair.umn.edu. All students who plan to attend need to sign up on-line. The cost is $10 for those who pre-register on-line by February 17 or $25 at the door on the day of the fair. Need based waivers are available. Check with UMC’s Career Development and Counseling Department for more information.

A FREE bus will be provide to and from the fair. You must sign up by Tuesday, February 17 in 236 Sargeant Student Center. A $10 deposit is required to hold your seat and will be returned to you when you get on the bus.
Welcome From Campus Ministry

Campus Ministry offers a number of opportunities to assist you in your physical, mental, and spiritual health. Whatever your faith background or if you are not a “person of faith” we are here for you.

Monday and Wednesday of each week Trey Everett, Campus Ministry Coordinator, will be available in the Equality Room (second floor of the Sargeant Student Center) between 11:30 and 2:00.

He is available to discuss and explore your particular journey as well as a variety of ways to express your spirituality through art, walking meditation, study, worship, silence, playfulness, mindfulness, journaling, and so on.

Spiritual Direction is also available by appointment.

Meditation Monday, 12:15 to 12:45 in the Equality Room. No experience necessary. All are welcome.
To contact Trey email evere102@umn.edu or call 218-280-4917.

Flu Information

Influenza is characterized by a sudden onset of body aches and pains, high fever, persistent cough and severe fatigue and weakness. Influenza is spread by contact with droplets exhaled by an infected person. Since campuses have a high density population, they can be a perfect breeding ground for the virus.

PREVENTION TIPS FOR COLD AND FLU:
1. Wash your hands. That means using SOAP and water and scrubbing for at least 20 seconds! (Sing “Happy Birthday” twice)
2. Don’t share drinking glasses, utensils, towels, or other items that may spread germs.
3. Get a Flu shot.

For more info on influenza, check out the following web site. http://www.cdc.gov/flu/about/disease/index.htm

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Characteristic, high (102-104°F); Lasts three to four days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
</tr>
<tr>
<td>General aches and pain</td>
<td>Slight</td>
<td>Usual, often severe</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Quite mild</td>
<td>Can last two to three weeks</td>
</tr>
<tr>
<td>Prostration (extreme exhaustion)</td>
<td>Never</td>
<td>Early and prominent</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
</tr>
<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>
</tr>
</tbody>
</table>


Summer Camp and Conference Interest Meeting

On Wednesday, January 21, 2015 from 12:15 to 1:30 p.m. in Bede Ballroom A & B, the campus is providing a working lunch meeting for those faculty, staff or student groups interested in hosting a summer camp or conference here at UMC. We will discuss the process and support services that are in place to help you successfully promote and implement an event. Lunch is provided by Sodexo. Prior to the meeting go to Brown Dining Room, tell the cashier you’re attending the Summer Camp & Conference meeting, get a tray, go through the line and bring your tray to Bede for the meeting.

Contact Peter Phaiah (phaiah@umn.edu / X-8505) or Lisa Samuelson (samue026@umn.edu / X-8507) if you have any questions.
Tickets are for sale...only 150 sold! $20.00
February 7, 2015
Zippel Bay Resort on Lake of the Woods MN
Registration 9:30 a.m.
Lines in the water from 11 a.m. to 2 p.m.
For tickets contact Alysa Tulibaski, hauge450@umn.edu, 218-281-8570 or 701-215-4300

Prizes awarded for:
• 1st Fish Caught: Lowrance Endura GPS with Lake Chip
• Biggest Walleye: Clam X1 Portable Fish House
• Biggest Northern: Clam Sixpack 1150 Fish House
• Biggest Sauger: Vexilar FL22
• Biggest Perch: $75.00 Streiff giftcard
• Biggest other species: $75.00 Streiff giftcard
• Prizes also awarded for 2nd and 3rd place fish!!

Tons of door prizes on the ice!!

Come out and have a great time fishing and raising money for athletic scholarships!

Raffle tickets also available for sale
$5.00 per ticket
• Grand Prize 2015 Big Bite Lil’ Skidder Fish House compliments of Big Bite Mfg.
other raffle prizes: 4 person ice fishing trip out of Springsteel Resort, Warroad Super 8 Jacuzzi Suite, Custom Fire Ring compliments of Heatmor, UMC gift package to name a few complete list at www.umcrookston.edu/justinknebel

For tickets contact Alysa Tulibaski, hauge450@umn.edu, 218-281-8570 or 701-215-4300

Check out and like us on Facebook https://www.facebook.com/JKnebelIceFish

Showcase what you love about UMC in a short video!
There are separate contests for domestic students and international students.

First place prize: $100 for each category in each contest (a gift card for the UMC Bookstore). Second and third place prizes will also be awarded. Additional grand prize for best overall video: lunch with Chancellor Wood.

Contest rules: Videos should be no more than two minutes and preferably around one minute each. Students may submit a video in any or all of the three categories.

By submitting a video entry, those involved (the student submitting the video and anyone speaking in that video) give UMC permission to use the video for promotional purposes and to post the video on official campus social media and other websites.

It is expected most videos will be shot with cell phones rather than professional equipment. Judging will be based on video impact, quality, and length. International videos can be in native language, English, or combination of both.

Videos should be uploaded to students’ University YouTube accounts.
How to upload videos for UMC video contest:
1. Go to YouTube.com - in upper right corner sign in to YouTube using your University google account
2. In upper right corner choose upload.
3. Change Public to Private, and add dbuegel@crk.umn.edu as “Share to” e-mail address like this

4. You will receive a confirmation e-mail that video was received.

Entries may be submitted now through Noon on Monday, February 2. Winners will be announced no later than Friday, February 6.

Sponsored by UMC Admissions and University Relations.
Welcome to the start of a great spring semester! It is important to know that the UMC Email is the Official Student Communication. Please check your email regularly for official and important information. The emails may include topics such as registration, tuition refund, mid-term alert, emergency situations, and more. The full policy can be found at: http://www.fpd.finop.umn.edu/groups/ppd/documents/policy/Email_Pol.cfm

Below is an overview of the university policy.

Policy Statement:
A University assigned student email account shall be the University’s official means of communication with all students. Students are responsible for all information sent to them via their University assigned email account. If a student chooses to forward their University email account, he or she is responsible for all information, including attachments, sent to any other email account.

Reason for Policy:
The University of Minnesota provides students with an email account upon the student’s matriculation to the institution. This account is free of charge and currently is active as long as the student remains active. Increasingly, email is becoming the primary mode of communication between students and the University. The information distributed via email varies from college updates to registration summaries.

Some students do not use their University assigned email account. Other students forward their University email account to an alternative account (i.e., Hotmail, AOL, Yahoo, etc.). When students do not use or forward their University assigned email account, vital information is often not conveyed as the email is unopened or the associated attachment is not forwarded.

It is imperative that students understand that a majority of information will be communicated to them via their University assigned account while they are students. To better serve our students, upon matriculation students are informed that their University assigned email account is the primary means of communication from the University community and that they will be held responsible for the information in the email.

---

UMC Intramurals - Spring Semester 2015

Below is a list of what sport and when they are going to be taking place.

Broomball- Will be every Thursday starting January 22 and Playoffs begin March 26. This will take place at the Crookston Hockey Arena

Basketball- Will be every Monday and Wednesday starting January 27 and playoffs will begin March 30.

Dodgeball- Will be every Tuesday starting January 28 and Playoffs begin March 24. Dodgeball will take place in the Racquetball courts

Volleyball- Will start later in the semester possibly at the end of February going through May.

Soccer- Will start as soon as turf is placed in the Crookston Hockey Arena

Note: This is a tentative schedule. Dates and Sports may be adjusted according to the number interested.

* Roster Form is attached below. Forms can be turned in at the intramural table located in the Student Center. The table will be available from 10 a.m. - 2 p.m. starting next Tuesday, January 20 through Friday, January 23.

Any questions Kamille Wahlin at kmwahlin@umn.edu.
13th Annual
Winter Job and Internship Fair

Wednesday, January 28, 2015
10 am - 3 pm
Bede Ballroom

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

For a complete listing of companies and graduate schools attending go to: U of M Crookston Job Fair
http://www1.crk.umn.edu/services/career/fairs/umcfair/index.html
40th Anniversary
Ag Arama
January 30 and 31

Coronation of 2015
Ag Arama Royalty
at 2:30 p.m.
Saturday!

Dance Saturday
night at 9 p.m. at the
Crookston Eagles.
EAGLE CREEK LIVE
BAND!

Want to show an animal for Ag-Arama?

When: Saturday January 31st
Where: UTOC Arena
Classes: Novice and Experienced
-English or Western Horse, Beef, Dairy, Swine,
Sheep, and Poultry
-Lamb lead
$2 per class

If interested or have any questions contact
Brady Breitenfeldt at breit130@crk.umn.edu
**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)

**HEAD HEELS**  

**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**!

---

**Help Wanted:** Aspen Chiropractic here in Crookston - is looking for some part time help at their office located at 116 North Main Street in Crookston.  They are looking for someone to work Monday - Friday in the afternoon for 2 - 4 hours (between the hours of 1 p.m. - 5 p.m.) - can be flexible with the start time but until 5 p.m. for sure - the job is pretty basic - answering phones - filing - making copies - no experience necessary - Stop by or call 218-281-3811 to discuss this opportunity.

**Help Wanted:** Study while you work. Will train. Personal Care Attendant needed for wheelchair bound adult male. $13.00/hr plus other incentives. After school hours!  Must pass background check. Lots of down time for studying.  Wi-Fi available.  Call Vince or Travis at 218-281-2851.

**Help Wanted:** Receptionist/Administrative Assistant (RAA), Trinity Lutheran Church  Purpose:  The RAA receives, processes, and disseminates information for Trinity Lutheran.  The RAA oversees communications within and beyond Trinity including publicity outlets.  The RAA is a point person in the office to greet and receive people.  The RAA is also administrative assistant to the congregation, pastors, staff, and teams.

**Skills and Abilities:**  • Education and experience in office procedures and practices.  • Strong organizational skills.  • Excellent communication skills, both written and verbal, especially in an editorial function.  • Computer skills related to word processing, church management software, email, internet resources, social media, web-site maintenance and updating.  • Ability to work with staff and volunteers.  (1/12/15)

**Help Wanted:** Food Service Worker II - Essential Job Functions  • Supervise inmate labor and/or team members in accordance with the company and the facilities policies  • Prepares, assists, or instructs inmate labor and/or team members in the preparation of a variety of food items in accordance with departmental work production standards, standardized recipes, and work instructions  • Follows assigned facility housekeeping and safety practices in all preparation, oversight, and serving of correctional facility meals

**Skill Requirements:** - • Ability to motivate and supervise inmates and/or team members to attain quality and quantity of food production in a correctional work environment  • Strong oral and written communication skills  • Ability to exercise good judgment and tact  • Skilled in overseeing high volume food preparation and have experience with safety procedures as applied to food preparation and cooking is preferred  

**Education/Experience:**  • High School Diploma or Equivalent  • Must have at least three (3) months experience in a food service position  

**Help Wanted:** REM is looking for Direct Support Professional (DSPs) Also known as Caregivers.  Provide support to individuals with intellectual and developmental disabilities, Our DSPs are critical to our success and make a difference in the lives of people throughout their communities every day, And as a part of the MENTOR Network - a national network of local providers, REM Minnesota employees are part of a growing organization that’s been at the forefront of providing innovative community-based care for more than 30 years. Opportunities available in Crookston and East Grand Forks.  Offer supportive team environment, competitive wages, flexible schedule, family-oriented culture to complement our attractive salary and benefits package.  Apply today: http://jobs.thementornetwork.com/Crookston or http://jobs.thementornetwork.com/eastgrandforks.  REM North Star is an Equal Opportunity Employer/AA (1/12/15)