The Eagle’s Eye

News & Events for the UMC Community

March 02, 2015

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JOSH VIETTI
Hip-Hop Violinist

Wednesday, March 4, 2015
7:00 p.m. - Kiehle Auditorium
U of M Crookston

Josh Vietti is an American Grammy nominated
nominated violinist and composer from
Los Angeles, California. He began playing
the violin at the age of four. When he was
seven, Vietti earned a violin scholarship with
Mischa Lefkowitz of the Los Angeles Philharmonic.
Vietti trained with Lefkowitz for ten years. In
2006 he began street performing on the Third
Street Promenade in Santa Monica, CA,
reportedly selling 50,000 demo CDs from
the trunk of his car.

Sponsored by
S.P.A.C.E.

Spring 2015 Convocation
Thursday, March 5
12:30 p.m.
Kiehle Auditorium

Please join us in recognizing the Chancellor’s 4.0 list, Of
the Month Recipients, the Residental Life Academic Honor
Floor and Spring Athlete Teams. The program will also
feature musical selections by the UMC Choir and Band.

College Quiz Bowl
Tuesday, March 3, 2015
Beginning at 6:00 p.m.
Bede Ballroom
Spectators Welcome!

Refreshments will be Served

Sponsored by the Sargeant Student Center

Kiddie Carnival

Friday, March 6
4:30 p.m. - 7:00 p.m.
Bede Ballroom

Free Games, Popcorn and
Prizes!
Intended for Ages 1-8

Sponsored by S.P.A.C.E.

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News & Events for the UMC Community

Upcoming Events

Monday, March 2, 2015
8:45 a.m. - 2:00 p.m. Northwest Service Cooperative Knowledge Bowl Competitions, Bede Ballroom
2:00 p.m. Composition Tenure Track Faculty Candidate Presentation, Alseth-NWSA Business Board Room
5:00 p.m. S.P.A.C.E. Meeting, Leadership Room
6:00 p.m. - 8:00 p.m. 2015 International Dinner Series: ‘India-Monsoon Musings’ Bede Ballroom

Tuesday, March 3, 2015
9:00 a.m. - 11:00 a.m. Physician On Campus
6:00 p.m. College Quiz Bowl, Bede Ballroom
7:00 p.m. Cru Bible Study, Centennial Classroom
8:00 p.m. How to become a Community Adviser Information Session, Centennial Classroom
8:00 p.m. Newman Club Meeting, Centennial Classroom

Wednesday, March 4, 2015
11:30 a.m. - 12:30 p.m. Weight Watchers at Work Meeting Kiehle 116
1:00 p.m. First Wednesday Emergency System Test Day
7:00 p.m. W.O.W. - Hip Hop Violinist Josh Vietti, Kiehle Auditorium

Thursday, March 5, 2015
12:30 p.m. Spring Convocation, Kiehle Auditorium
3:00 p.m. - 5:00 p.m. Physician On Campus
5:00 p.m. PEACE Alliance Meeting, Equality Room
6:00 p.m. - 8:00 p.m. 4th Annual Clean Water for Everyone Dinner Sponsored by UMC Enactus, Bede Ballroom
6:30 p.m. - 7:00 p.m. Archery Club Meeting, Centennial Classroom
8:00 p.m. How to become a Community Adviser Information Session, Centennial Classroom

Friday, March 6, 2015
12:00 p.m. - 1:00 p.m. Service Learning Brown Bag Lunch Talk, Bede Ballroom
4:40 p.m. - 7:00 p.m. Kiddie Carnival, Bede Ballroom

Saturday, March 7, 2015
9:00 a.m. - 7:00 p.m. Res Life Buena Vista Ski Area Trip
10:30 a.m. Admissions Saturday Visit
7:00 p.m. ‘Spring Swing Fling’ Jazz Band Swing Dance, Bede Ballroom

International Dinner Series Begins March 2

The Annual International Dinner Series Begins Monday, March 2, 2015. The Monday dinners will highlight three countries. The dinners begin at 6:00 p.m., each night in the Bede Ballroom.

Dinners Series will include:

Monday, March 2, India - “Monsoon Musings” featuring Dr. Saravana Balaraman will be giving a presentation about monsoons in India and his wife, Gayathri, will be performing a dance, honoring little Krishna, an infant god. We plan to cook authentic Indian Cuisine. SOLD OUT!

Monday, March 9, Korea - “East Meets West from Business to Culture” featuring Sumin Gwak who will be speaking about the major differences between America and Korea. We will also feature Peter Park who will be singing with the Choir that evening. The menu for that night is bibimbap and some Korean favorites.

Monday, March 23, Brazil - “Mapping Brazil” featuring Gabriela Carneiro de Sousa is a Brazilian student who is hosting the event. Aline de Souza will speak about the unknown sides of Brazil and Livia de Avevedo Lopes will perform with the UMC music department. The meal will be a Brazilian Spread.

On Wednesday, April 1 the series will conclude with the M.I.C. International Festival which will highlight cultural student talents such as dancing, singing, instruments and more..... There will be food from four or five different countries, display showings beginning at 5:00 p.m. and this year we will have a UMC back drop ahead of the show for people who want to walk the red carpet.

We only have limited tickets so if you are wanting a ticket please see Rae French, 12 Hill Hall by Wednesday to get your tickets.

Individual Dinner Tickets

Adults wanting individual tickets $15.00 for the meals in March & $20.00 for the Final International Festival
Child individual tickets $12.50 for each meal in March and $15.00 for the Final International Festival. Students wanting individual tickets who have a Meal Plan: You can use your meal plan but for the Final International Dinner $3.00. Students who do not have a Meal Plan: The cost for you is $8.00 per meal in March and $10.00 for the Final International Dinner.

All tickets must be paid in full and tickets will remain on sale until we run out.
The 4th annual Clean Water for Everyone (CWFE) dinner will be held on Thursday, March 5, 2015, in Bede Ballroom, Sargeant Student Center, beginning at 6:00 p.m., at the University of Minnesota Crookston. Dinner tickets are $25 per person. All proceeds from the dinner, sponsored by Enactus, support the CWFE initiative to provide safe drinking water and promote safe hygiene practices in a rural area close to Lome’, Togo. For information or to purchase tickets, contact Delali Degbey at 218-289-8188 or Courtney Bergman at 218-281-8188.

The project leader for this year’s CWFE dinner is Afi Delali Degbey, a senior at the University of Minnesota Crookston, a midwife from Lome’, Togo. She is majoring in applied studies and working on a certificate in health informatics. She is dedicated to improving the well-being of women and children in her country and around the world, but particularly in the poverty-stricken area where she grew up.

Background

In order to sustain life, humans need clean, safe water. Believing in equality and the vital importance of clean water, Wemimo Abbey leads an effort to bring safe, clean drinking water to underdeveloped countries. It began when he was an undergraduate at the University of Minnesota Crookston when he realized how very little his peers knew about the desperate need for clean drinking water following the news of the devastating earthquake in Haiti. It became apparent to Abbey, that not only did his peers need educating, but also he might be the catalyst necessary to bring clean water to those who needed it.

Abbey came from the populous city of Lagos, Nigeria, to the small, insular, rural campus in northwestern Minnesota. While life on campus was vastly different, Abbey immersed himself in the culture and embraced the opportunity to involve himself. He won the trust and respect of his classmates and also of the faculty and staff.

He took on leadership roles in the student government and in clubs and organizations he joined. It was in his role as a student leader that he began to talk to others about the desperate need in underdeveloped countries for drinking water—something taken for granted by those around him. Abbey sought council from faculty inside and outside the institution and from experts who had led similar efforts.

As the clean water effort grew, so did his resolve. It is from this determination and deep conviction to help others that Clean Water for Everyone was born. Today more than two years since its inception, Clean Water for Everyone has become a non-profit organization dedicated to providing access to sustainable clean water and sanitation for communities around the world. The organization’s efforts have provided more than 48,000 people with clean water. Donations are used to build water infrastructure, toilet renovation, filtration systems, and more. For information, visit cwfe.org.
WE NEED YOU!

YOUNG ADULT ALCOHOL SURVEY (YAAS)
Survey for Young Adults (Ages 18-25)
The Young Adult Alcohol Survey (YAAS) is designed to collect information about the alcohol-related behaviors, attitudes and perceptions of young adults ages 18-25.

YOUR VOICE MATTERS.
YOUR OPINION MATTERS.

GRAND PRIZE DRAWING: After completing the survey you will be entered into a drawing to win an IPAD Mini (Two Mini's valued at $250 will be given away).

Also, you can select one of the following non-profit groups to receive a $3 donation:
- United Way of Crookston
- Polk County Humane Society or
- East Grand Forks Food Shelf

The Young Adult Alcohol Survey is voluntary and confidential, and ALL responses will remain anonymous. We will not share any identifying information about you with anyone. Your answers will be combined with the answers from other Polk County young adults.

You may access the survey at: https://goo.gl/IYkuCx

If you have any questions about the survey please contact Leah Winjum or Sue Thompson at Polk County Public Health 218.281.3385 or email leah.winjum@co.polk.mn.us or sue.thompson@co.polk.mn.us

Polk County Wellness Coalition (PCWC) has contracted with the Wilder Research (St. Paul, MN) to survey Polk County young adults ages 18-25. The results from this survey will be used by the PCWC to help guide decisions/strategies for future prevention efforts.

Funding for this project is provided by the MN Department of Human Services/Alcohol and Drug Abuse Division.
Volunteer Opportunities

North Country Food Bank
424 N. Broadway, Crookston - Individuals or groups of any size are invited to assist packing boxes and backpacks. Additionally, there also is a food shelf located at this downtown location; they can use shopping assistants. Call the food shelf coordinator, at 218-281-7356, ext. 7. UPCOMING PACKING DATES: March 10, 5 - 6:30 p.m., March 19, 5 - 6:30 p.m., March 26, 5:30 - 7 p.m.. Please call Russ Tate at 218-280-2926 if you can help one of these dates.

Winter Shows Building
Volunteers needed to help clean the Winter Shows Building. Date and time are flexible. This would be a great opportunity for a club. For more information or to volunteer, please contact Curt Knutson at 218-289-0810.

Celebrate the Young Child Family Festival
Thursday, March 19, 5 - 8 p.m., Crookston High School. If you are hanging around during Spring Break, please consider volunteering for this fun event. This is a family festival that encourages children from birth - 10 years old to move, explore, and learn. There will be 20 different stations set up. Volunteers are needed at 5 p.m. to help set up. The event runs from 5:30 - 7:30 p.m., and volunteers are needed to assist children at various stations and then help clean up afterwards. For more information, or to volunteer, please contact Francine Olson at olson68@q.com.

Negative Effects of Screens and Phones Before bed

Lately Tim Menard has been working with folks who are dealing with sleep troubles, such as they can’t fall asleep, they don’t sleep through the night, or they experience frequent awakening from sleep, all of which lead to a deficit in one’s sleep account. Contrary to popular belief, a person can make sleep deposits and get out of sleep debt. Naps are an excellent tool for restoring a healthy sleep account.

First, however, they have to get a good nights sleep. If you are someone, who is compulsively tied to your i-device, checking social media, email, and surfing, then the following message is for you. Staring at screens right before sleep turns out to be a lot worse than previously thought. Dr. Dan Siegel, clinical professor of psychiatry at the UCLA School of Medicine, lays out all of the negative effects bedtime screen viewing can have on the brain and body. Click on the link below and enjoy an enlightening 3+ minutes:

If you have further questions about sleep problems, don’t hesitate to drop Tim a note.

Student Volunteer Awards

The Office of Community Engagement presents several awards at the Student Awards Ceremony Thursday, April 23 to a club and individuals who do significant community service. Please consider applying for the following awards:

Dale Knotek Community Service Award
Named for Dale Knotek, former Student Activities director at UMC, this award honors the UMC club which best exemplifies outstanding commitment to service in and around Crookston. Clubs must be a registered club at UMC, and all projects listed on the nomination form must have already been submitted to the Office of Community Engagement on the online community engagement tracking form. The winning club will receive a certificate, and their club name and photo will be displayed on a perpetual plaque. Clubs apply through a self-nomination process by completing and submitting the application by 4:30 p.m., Monday, April 13, 2015.

UMC Student Volunteer of the Year
The UMC Student Volunteer of the Year not only volunteers many hours but exemplifies the spirit of community service. He or she makes an outstanding contribution to the community (UMC, local, regional, national, or world) through volunteer service and demonstrates exceptional commitment, service, creativity, cooperation, or leadership. This volunteer serves as a role model for others in their community and inspires others to engage in volunteer service too. The award winner will receive a certificate, and his or her name and photo will be displayed on a perpetual plaque. To be considered for this award, first submit your hours online. Then students may self-nominate or be nominated by community partners.

President’s Student Service Award (PSSA)
As a way to recognize our UMC students for their volunteerism, the Office of Community Engagement presents the President’s Student Service Awards (PSSA). Started in 1998 by President Clinton, PSSA is a way to recognize students across America who have devoted their time to volunteering. All full-time students who contribute at least 100 hours of service to the community within any 12-month period are eligible. Award winners receive a certificate from President Obama and a lapel pin. To be considered for this award, submit your hours online. No additional application is necessary.

All hours from April 1, 2014 - March 31, 2015 are considered. Any club community service should be entered by a club representative. Use the Individual Community Service Form to submit service done outside your UMC club. To see all of your community service, click on “my Volunteer Reports.” For more information on all of these awards and to submit an application, please check out the awards page.
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**!

Corissa Robinson is last week’s winner. She knew last week’s puzzle was “Noel (No “L”).” She 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, March 5, 2015. The winner’s name will appear in the March 9, 2015 Eagle’s Eye.

Classifieds

**Help Wanted:** Operators to drive dry fertilizer spreaders and sprayers. Experience preferred but will train. Duties would consist of operating equipment, selling seed, chemical, fertilizer, also checking fields and making deliveries. Long term employment as an agronomist with right qualifications. Pay dependent on experience. Contact Wes at 218-790-1756 or Tim at 701-261-9401 (2/23/15)

**Help Wanted:** Dining Services is looking for students interested in catering. If you are looking for a position with flexible hours please stop in and Melissa Parkin. She is usually here Monday - Friday from 8:30 a.m. - 5:30 p.m.. (2/23/15)