Community Conversations
Information about Mental Illnesses

The goal of Community Conversations is to encourage people to talk about mental health and mental illnesses: challenge misconceptions, myths and misinformation, increase community knowledge and support, make communities inclusive and free from discrimination, promote prevention and early intervention, agree on steps that communities can take.

This conversation features speakers followed by a group discussion.

For registration and information, visit www.namihelps.org. For questions, call 651-845-2948, extension 118.
All are welcome and encouraged to join in the conversation.

October 20 - 24, 2014 UMC will observe Collegiate Alcohol Awareness Week

• Monday, October 20: 11 a.m. - 1 p.m., Student Center, ATOD info booth will announce prizes for the week, must attend three of the following activities:
  • All week - Student Center on the mall, wrecked squad car
  • Tuesday, October 21: DWI Blood Alcohol Activities, Student Center 11 a.m. - 1 p.m.
  • Tuesday, October 21: 6-7 p.m., Prairie Room, Community Conversation; Alcohol Abuse and Mental Health
  • Wednesday, October 23: 11 a.m. - 1 p.m., Driving Course with drunk goggles on the mall
  • Thursday, October 23: 7 p.m., Gary Lindsey, MA, Family Counselor, RiverView Recovery Center, presenting on the effects of alcohol on the developing brain
  • Friday, October 24: 1 p.m., Evergreen Hall play field, games and goggles, with tasty food
  • Friday, October 24: 3 p.m., Golden Eagle Women’s Soccer game drawing for Alcohol Awareness Week Prizes, must be present to win.

Think Before You Drink
Designated Driver Budget Know Your Limits Food & Emergency Food

The Deadline to Cancel Due: October 22, 2014
News & Events for the UMC Community

Upcoming Events

National Collegiate Alcohol Awareness Week
All Week - Wrecked Squad Car, South Entrance Sargeant Student Center

Monday, October 20, 2014
10:30 a.m. - 1:30 p.m. ‘A Taste of Europe’ - Southern Europe, Brown Dining Room
11:00 a.m. - 1:00 p.m. National Collegiate Alcohol Awareness Week (NCAAW): Awareness Booth, Sargeant Student Center
1:30 p.m. - 3:00 p.m. GLBTA Issues: ‘Social Construction of Sex and Gender’ - open to all interested individuals, Bede Ballroom

Tuesday, October 21, 2014
8:00 a.m. - 12:00 p.m. Northwest Minnesota Foundation Training, Bede Ballroom
9:00 a.m. - 10:30 a.m. GLBTA Issues: ‘Intersectionality 101’ - open to all interested individuals, Bede Ballroom
10:30 a.m. - 12:00 p.m. GLBTA Issues: ‘(Trans)Gender 101’ - open to all interested individuals, Bede Ballroom
11:00 a.m. - 1:00 p.m. National Collegiate Alcohol Awareness Week (NCAAW): DWI Blood Activities, Sargeant Student Center
12:00 p.m. - 1:30 p.m. GLBTA Issues: Ally Training - open to all Allies, Bede Ballroom
6:00 p.m. - 8:00 p.m., Community Conversations - Information About Mental Illnesses - free and open to the public, Prairie Room

Wednesday, October 22, 2014
10:00 a.m. - 2:00 p.m. Amazon Seasonal Employment Information Table, Northern Lights Lounge
11:00 a.m. - 1:00 p.m. National Collegiate Alcohol Awareness Week (NCAAW): Driving Course with ‘Drunk’ Goggles 11:30 a.m. - 1:30 p.m. Weight Watchers at Work Meeting, Kiehle 116
6:00 p.m. - 8:00 p.m. W.O.W. - ‘Study Around the World’ and Passport Photos, Sargeant Student Center
6:30 p.m. - 9:30 p.m. Meet the Candidates Forum - free and open to the public

Thursday, October 23, 2014
12:00 p.m. CSA Full Board
5:00 p.m. PEACE Alliance Meeting
7:00 p.m. National Collegiate Alcohol Awareness Week (NCAAW): ‘Effects of Alcohol on the Developing Brain,’ Kiehle Auditorium

Friday, October 24, 2014
1:00 p.m. National Collegiate Alcohol Awareness Week (NCAAW): Games and Goggles with Tasty Food, Evergreen Hall Play Field
3:00 p.m. Home UMC Women’s Soccer vs. Upper Iowa University All Day Professional Development Day - classes excused, campus offices open

Gary Willhite for Mayor

Gary Willhite currently serves on the Crookston City Council representing Ward 3 and all Crookston citizens. He has served on the City Council from 1994 to 1997 and has lived in Crookston the past 36 years.

Leadership & Involvement
His involvement as a community volunteer and leader has been through the Park Board, Chamber of Commerce, United Way, Charter Commission, and Community Service Clubs. Gary is employed by the University of Minnesota Crookston as Director of Student Housing and Campus Security.

“I have a positive open-minded approach, reasonable judgment, common sense, and a willingness to listen as your Mayor!!”

Vote Gary Willhite for Mayor - Tuesday, November 4

Email: gcwillhite@gmail.com • Cell Phone: 218.289.4023
Thank you! THANK YOU SO MUCH to all those who graciously donated blood! United Blood Services was able to collect 61 blood products during UMC’s recent blood drive. That is fantastic news and what a benefit for those in our community who need blood to survive! Thanks again!

FREE FLU shot clinic for STUDENTS
Monday, November 3, 11:00 am to 1:00 p.m.
Tuesday, November 4, 11:00 am to 1:00 p.m.
SSC Bede A & B

Bring your Ucard. Here is more information from the CDC about seasonal flu. http://www.cdc.gov/flu/about/disease/index.htm
Contact Stacey Grunewald with questions, x8512.

The Doctor will not be on campus on Tuesday, October 21. The Doctor will be on campus Thursday, October 23 from 3 - 5 p.m. If you need medical attention before then:

- RiverView Health is located within the RiverView Hospital at 323 S. Minnesota Street and is open 8:00 am to 4:30 p.m. You can call 281-9595 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.

Notes From Career Services

CHS Inc. will conduct an information session on Tuesday, November 4 at 5 p.m. in the Prairie Room of the Sargeant Student Center. Refreshments will be served. Please RSVP to melonir@umn.edu if you plan to attend the information session.

CHS, Inc. will be conducting interviews on Wednesday, November 5 from 8 a.m. to 3:30 p.m. in Sargeant Student Center 245. To sign up for interviews contact melonir@umn.edu.

W.O.W. Event
October 22
6-8 p.m.
UTOC Arena

Come and play various barnyard related games and give yourself a chance at winning a prize

Games include: Fly swatter races, balloon broom herding, relay, barrel racing, corn shucking, milking, milk race, egg toss, bale toss

Prizes for top 3 places
Questions: email breit130@umn.edu
Volunteer Opportunities

Minnesota 4-H is starting a Dog Club in Crookston. They are looking for volunteers with dog obedience training, particularly if it was done as part of a 4-H dog program. For more information, please contact Margo Bowerman at mbowerma@umn.edu or 281-8695.

The RiverView Auxiliary hosts the “Affair of Tables,” a fundraiser for equipment for RiverView Hospital. They are looking for 4-6 volunteers to help tear down tables after the event on Nov. 8 at 1:30 p.m. at the National Guard Armory. For more information or to volunteer, please contact Kari Moe, kmoe@riverviewhealth.org or (218) 281 9211.

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 p.m. Currently seeking volunteers for Mondays, Tuesdays, and Thursdays starting in September and continuing until May. For more information, please contact Maria at 281-5313 ext. 2208, or mariaargueta@isd593.org.

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.

GETTING TO KNOW U

The Eagle’s Eye will feature a section called “Getting to Know U.” This section is meant to help students to get to know faculty, staff, and student leaders on a fun, more personal basis.

Name: Heidi Lamb Castle
Title/Position at UMC: Counselor, Counseling Department
Area(s) of Expertise: Mindfulness, stress management, coping, positive behavior support
Hometown: Pocatello, Idaho
How long have you been working at UMC? 1 Month
Family: I have a husband and 3 children
Favorite Movies: Elf, Dan in Real Life
Favorite TV Shows: The Office, 30 Rock, Parks and Rec
Favorite Books: Power of Now- Eckhart Tolle
Favorite Sports or Activities: Yoga, running, biking
Pastimes and Hobbies: Yoga
Favorite Vacation Spot: Mountains- Alaska, Idaho
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, I would: Have people focus on home more. It all starts there.
It surprises people that I: Can recite the names of every US President in chronological order- in under 30 seconds.
If I wasn’t a faculty or staff member at UMC, I would probably be: At home with my kids playing hide and go seek.
I really enjoy the U of M, Crookston because: Great students, great coworkers, great place.
W.O.W. - ‘Study Around the World’ and Passport Photos

Tonight’s “What’s on Wednesday” (W.O.W.) event is themed “Study Around the World” and will take place in Sargeant Student Center from 6:00 - 8:00 p.m. If you are interested in studying abroad, check-in at the Northern Lights Lounge to get your passport booklet. For those students who get around the world in two hours, they will get a worldly gift!

Small international appetizers will be provided at each session, but are only available for those who participate.

What to Expect:
- Information regarding our five study abroad programs to Italy, India, New Zealand, Brazil and Costa Rica
- Financial Aid Counseling on the “how to fund an overseas experience”
- Application information
- passport Information
- Fun Activities
  > Roman Togas
  > Maori Paintings
  > Sari Dress up & Bollywood movies
  > Small Appetizers for those who participate.

Passport Photos
Passport photos will be taken for $5.00. There will also be a staff member at the event that will take you through the steps of getting your passport.

Questions, contact Rae French - rfrench@umn.edu or 218-281-8339

Hosted by the Study Abroad Club and by the professors leading these UMC programs. There will also be other information regarding long term, internship, and volunteer around the world.

Homecoming Royalty Crowned at U of M Crookston
by Elizabeth Tollefson

Coronation was held at the University of Minnesota Crookston on Wednesday, October 15 in celebration of Homecoming 2014. Crowned king and queen were seniors Kevin Bunde and Mikala Guidinger.

Guidinger is from Rochester, Minn., and majoring in management, and Bunde is from Parkers Prairie, Minn., is majoring in ag systems management.

In the group photo:
Back row, left to right, are Marcus Cheatham, a senior majoring in sport and recreation management from Stockton, Calif.; Justin Goodroad, a senior majoring in horticulture from Lindstrom, Minn.; Tomas Parker, a senior double majoring in management and marketing from Pequot Lakes, Minn.; Tyler Lowthian, a senior majoring in management from Richfield, Minn.

Middle row: Natalie Tym, a senior double majoring in animal science and equine science from Bristol, Wis.; Ebony Livingston, a senior majoring in sport and recreation management from Brooklyn Park, Minn.; Joanie Melichar, a senior majoring in early childhood education from Richfield, Minn.; and Laura Gabrielson, a senior majoring in software engineering from Orr, Minn.

Front row: Queen Mikala Guidinger and King Kevin Bunde.
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!

Cayla Bendel is this week’s winner. She knew last week’s puzzle was “World Without End.” 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, October 23, 2014. The winner’s name will appear in the October 27, 2014 Eagle’s Eye.

Classifieds

Cobblestone Hotel and Suites is currently hiring for the following positions: P/T Night Audit; P/T housekeeping; and P/T Maintenance. Apply in Person at 2304 Sahlstrom Drive (10/6)

Help Wanted: The Crookston VFW is looking for bartenders. Please pick up an application 121 N. Main or call (218) 281-1902. (9-22)

Help Wanted: The Americinn of Crookston is hiring all positions including housekeeping, front desk and breakfast attendant. Stop by the Americinn at 1801 University Avenue to pick up an application (10/13)

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