**The Eagle’s Eye**

News & Events for the UMC Community

November 3, 2014

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**W.O.W. - Faculty Squares**

Wednesday, November 5
7:00 p.m.

Bede Ballroom

Free Appetizers

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

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**FEED FOR FOOD**

- Open to the entire Campus Community - Bring in one of the following listed items to the Northern Lights Lounge of the Sargeant Student Center on Thursday November 6 from 12-2PM and you will receive a piece of pizza and a cookie free of charge (other than the donated food).

  Items you can bring (unopened):

  * Cereal * Soup * Crackers * Pasta * Peanut Butter * Rice * Boxed Meals

  - The food donated will be given to the Crookston food bank.

  **North Country Food Bank, Inc.**

  - The person who brings the most food items will receive a $15 Dominos gift card (only students will be eligible for gift card).

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*Limit one slice of pizza per person but you can bring more food items to donate.*
**Upcoming Events**

**Monday, November 3, 2014**
11:00 AM - 1:00 PM Student Flu Shot Clinic, 245 Sargeant Student Center
12:00 PM - 1:00 PM Faculty Seminar Presentation - Data Mining and Bioinformatics: An introduction and overview, Bede Ballroom
5:00 PM S.P.A.C.E. Meeting, Leadership Room
All Day Class Schedules Available for Spring Semester 2015

**Tuesday, November 4, 2014**
9:00 AM - 11:00 AM Physician On Campus, Student Health Office 145F
11:00 AM - 1:00 PM Student Flu Shot Clinic, 245 Sargeant Student Center
11:00 AM - 1:00 PM UMC Rotaract Pinkied for Polio, Sahstrom Conference Center Entrance
04:00 PM - 05:00 PM Study Abroad Club Meeting, 115 Hill Hall
05:00 PM - 06:30 PM CHS, Inc. Employment Opportunity Info Session, Prairie Room
07:00 PM Cru (Campus Crusade for Christ) Meeting, Lyle Westrom
08:00 PM Community Adviser Information Session, Centennial Classroom
All Day Election Day

**Wednesday, November 5, 2014**
11:00 AM - 3:30 PM CHS Interviews, 245 Sargeant Student Center
11:00 AM - 1:00 PM UMC Rotaract Pinkied for Polio
11:30 AM - 12:30 PM Weight Watchers at Work Meeting, Kiehle 116
12:00 PM - 2:00 PM Employee Health and Benefits Fair, Bede Ballroom
12:00 PM - 1:00 PM UMC Lions Club meeting, Prairie Room
1:00 PM - 1:15 PM First Wednesday Emergency Systems Test Day

**Thursday, November 6, 2014**
10:00 AM - 11:30 AM STD Testing and Family Planning Services, Student Health Office 145F
11:00 AM - 1:00 PM UMC Rotaract Pinkied for Polio
12:00 PM - 2:00 PM Feed for Food, Northern Lights Lounge
12:00 PM - 2:00 PM Golden Ducks Calling Contest, Peterson Gazebo
12:30 PM - 2:00 PM Thursday Commons: Fall Semester Faculty and Student Research Day, Bede Ballroom
3:00 PM - 5:00 PM Physician On Campus
5:00 PM PEACE Alliance Meeting, Equality Room

**Friday, November 7, 2014**
11:00 AM - 2:00 PM UMC Employee Flu Shot Clinic, Bede Ballroom - Rooms A & B

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**UMC Agronomy Club Spaghetti Feed**

Purchase your ticket for the Agronomy Club @ UMC Spaghetti Feed fundraiser today! Ticket includes an all-you-can-eat spaghetti dinner.

**Wednesday, November 5th 2014**
5:00-8:00 pm
Crookston Eagles Club
105 North Broadway

$8.00 in Advance
$10.00 at the Door

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**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!!”

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**Vote Gary Willhite for Mayor - Tuesday, November 4**

**Paid Advertisement**

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**Paid Advertisement**
[UMC] State General Election 11/04/14 Polls Open at 7:00 a.m. - Close at 8:00 p.m.

If you are a US resident and a student living in Polk County, you are considered a voter of this state unless you have restrictions (see below) or you already completed an Absentee Ballot for your home county.

Students living in the UMC Residence Halls or in local Wards 2 & 6 can vote at St. Paul’s Church, 1214 University Avenue, Crookston, MN. To make things easier for registration, the Office of Residential Life submitted a list of names of all students living on campus to Polk County Voting Officials. On-campus residents would enter the polling area at St. Paul’s, show a valid ID (see below), tell them you are a UMC student living on campus, and tell them your name is on the submitted list.

Also, to make things even easier, T.H.E. Bus will add St. Paul’s to their normal free bus run to drop-off and pick-up students. Faculty and Staff living in Wards 2 & 6 can also take advantage of the bus service.

Other UMC students not living on campus (Commuters) will need to vote in their appropriate Ward:
- Wards 2 & 6 Vote at: St. Paul’s Church, 1214 University Avenue, Crookston, MN
- Wards 3 & 4 at: Mount Saint Benedict, 620 Summit Avenue, Crookston, MN
- Wards 1 & 5 at: MN DOT, 1320 Sunflower Street, Crookston, MN

Commuter students can do advanced registration 20-days prior to the election or register on site during election day. See information below regarding the needed identification to verify your residency. Commuter students not from Polk County must bring their valid ID and utility bill with their name and address or another form of proof of residency (see below).

Option 1 - Pre-register to vote
Avoid the hassle of registering at the polls by pre-registering!

If you pre-register, your name will appear on the polling place roster and you’ll be ready to go on Election Day. Complete the Voter Registration Application and return it to Polk County Taxpayer Service Center, 612 N Broadway, Rm 225, Crookston, MN 56716.

Your registration will remain current until you move, change your name or do not vote for four consecutive years.

Option 2 - Register on Election Day
Some of the forms of identification you can bring with you if you plan to register at your polling place on Election Day are:
- A student ID card that includes your photo (valid if you are included in a student housing list provided to election officials).
- An eligible photo ID that does not have your current address, along with an eligible document with your current address
- A registered voter in your precinct who will confirm your address by signing an oath at your polling place.

Eligible photo ID’s, documents, and other forms of identification that may be used for elections day registration are listed on our Voter Registration page

Voter Registration
In Minnesota, a person must register to vote before you can vote. There are two options to registering to vote:

You may register up to 20 days before Election Day or;
On Election Day at your polling place
Your name will appear on the polling place roster if you choose to register to vote at least 20 days before Election Day. Your registration will remain current until you move, change your name or do not vote for four consecutive years.

If you reside in Polk County and would like to register to vote, download and complete the voter registration form and mail it back to Polk County Taxpayer Service Center, 612 N Broadway, Rm 225, Crookston, MN 56716.
Volunteer Opportunities

**Salvation Army Bell Ringing** - Saturday, December 6 at Walmart. Each year UMC takes at least one day to ring for the Salvation Army’s Kettle Campaign, their largest fundraising event. Looking for two people to ring during each of the one-hour shifts between 10 a.m. and 6 p.m. The sign-up sheet is posted on the bulletin board outside my office, 240 Sargeant Student Center.

**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.

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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:** Patrick Kush, AEM (Associate Engineering Manager)
**Title/Position at UMC:** Adjunct Professor teaching online Operations Management
**Area(s) of Expertise:** Quality and engineering management
**Hometown:** Royal Oak, MI. Currently living in downtown Minneapolis for the last 20 years.
**How long have you been working at UMC?** First year.
**Family:** Wife of 20 years and two cats, Moose and Rascal

**Favorite Movies:** Willie Wonka and the Chocolate Factory, Blazing Saddles

**Favorite Music/Bands/Performers:** Open mic nights (heh, not karaoke)

**Favorite TV Shows:** Culinary competitions (I have a culinary arts degree from St. Paul College. I won the state level VICA competition in 1997 and competed nationally in Kansas City the following summer)

**Favorite Books:** Little free time for recreational reading

**Pastimes and Hobbies:** Astronomy, smoking on the Big Green Egg

**Favorite Vacation Spot:** Next to my wife anywhere around the world

**Most people don’t know I’m really very good at:** noticing little details out of the corner of my eye.

**If I could change one thing about the world, I would:** replenish the rain forests and repopulate the oceans.

**It surprises people that I:** can play Hotel California on the guitar

**If I wasn’t a faculty or staff member at UMC, I would probably be:** educating students somewhere else (currently at Metropolitan State University as well)

**I really enjoy the U of M, Crookston because:** Small campus/big degree actually means something. The big degree will open doors around the world with a familiar face standing behind it.
What is Mindfulness? By Heidi Lamb Castle

The simplest definition of Mindfulness is thinking about what you are doing right now. Mindfulness is living in the moment, paying attention to all that is going on around you. Noticing seemingly small details (sounds, temperature, smells, lighting) that we often take for granted.

In our busy lives we sometimes get caught up with stressful situations that have occurred and often re-live those stressful situations, or worry about hypothetical stress that has not yet occurred only to miss out on the power of now. Many philosophers have taught that if we are not living in the present moment, then we are not truly living.

Research indicates that mindfulness practice meditation and simply creating awareness around your daily activities can significantly reduce stress. Are you interested in learning more? U of M has some great programs and resources. http://www.csh.umn.edu/

If you are interested in attending a Mindful stress management workshop series please stop in the counseling office or email Heidi Lamb Castle <hlcastle@umn.edu>

Heidi Lamb Castle, Counselor, Counseling Department

FREE Flu Shots

UMC Student Health will be offering FREE Flu Shot Clinics for Students!

Monday, November 3, 11:00 AM – 1:00 PM
Bede A/B

Tuesday, November 4, 11:00 AM – 1:00 PM
Bede A/B

Please bring your student ID. Here is more information about the Flu http://www.cdc.gov/flu/index.htm

Employee Flu Shot Clinics will be offered on campus.

Friday, November 7, 11:00 AM – 2:00 PM, Bede A & B
Wednesday, November 12, 12:00 PM – 2:00 PM, Bed A & B

Please bring your employee ID.

This is provided free of charge by your UPlan.

Here is a link to the CDC for information about influenza http://www.cdc.gov/flu/index.htm
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!

Emily Crider is this week’s winner. She knew last week’s puzzle was “More Often Than Not.” 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, November 6, 2014. The winner’s name will appear in the November 10, 2014 Eagle’s Eye.

Classifieds

Help Wanted: Part-time (2-3 nights/week) help wanted in busy short-order restaurant/pizza shop. Primarily front-of-house with limited cooking, evenings and weekends after 5. Delivery positions also available. Experience preferred, but will train. Please call or text Kristi @ Mugoo: 218-289-3339. (10/27)

Help Wanted: The Occupational Development Center (ODC) has openings for Job Coaches. Full and part-time positions with benefits, training experience in human services beneficial, Driver’s license, insurable driving record and reliable vehicle, Mandatory DHS background study and OIG-LEIE exclusion searches, Training in CPR, First Aid and Med Administration provided. If you are ready to make a difference in somebody’s life, contact Carol Knutson at 218-281-3326 or cknutson @ odcmn.com. Employment application available@ www.odcmn.com. EOE/ADA ODC, Inc., 245 5th Avenue SW, Crookston, MN 56717 (10/27)

Help Wanted: Crookston Inn is seeking cooks. Wages DOE. FT, PT evenings & wkdns. Apply in person (10/27)

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