

UNIVERSITY OF MINNESOTA



Campus Connection

News and Information from the University of Minnesota, Crookston

www.UMCrookston.edu

Spring 2007

Early Childhood Education Program

Research documents that the quality of early childhood experiences affects children for the rest of their life.

The competency and qualifications of early childhood program managers may be the biggest determining factor in the quality of educational programs for children. It is crucial for these education professionals to have well-developed skills in management and administrative principles in addition to instruction in the care, development and education of young children.

The authors of the longest longitudinal study (spanning children through those 27 years of age) agree: "As early childhood advocates, we can say, in all modesty, that we have stronger evidence of the importance of our work than do teachers at any other level or workers in any type of social service." (Schwiengart, Weikart)

The Early Childhood Education program at the University of Minnesota, Crookston emphasizes a developmental approach to teaching and learning, integrating the fields of child development, early childhood education, family relations and small business management. Graduates are uniquely qualified to be effective teachers of young children (from birth through age 8 or 3rd grade) and to manage high-quality early childhood programs.

Significant opportunities for professional positions exist in these educational programs: infant and toddler care and education, preschool programs, K-3 classrooms, Head Start and early childhood family education.

The bachelor of science degree in early childhood education is a career-oriented program designed to help you aim higher, reach further and dream bigger dreams. <http://academics/UMCrookston.edu>



Career opportunities include positions as:

- Kindergarten & Elementary Teachers
- Head Start Teachers
- Early Childhood Care Managers
- Directors of Early Childhood Education Programs
- Home Start Educators
- Child Care Coordinators
- Nursery School Teachers
- Preschool Teachers
- Early Childhood Family Educators

Feel free to contact Marsha Odom, Ph.D., Early Childhood Education Program Manager at 218-281-8255 (e-mail modom@umn.edu) for more information about Early Childhood Education at UMC. She will be happy to visit with you and answer any questions you may have.

UMC Establishes Partnership with Minnesota Rural Health Association



A shared vision of better health for Minnesota residents has led to the establishment of a partnership between the University of Minnesota, Crookston (UMC) and the Minnesota Rural Health Association (MRHA). The partnership was established to advocate for healthy rural communities.

“Members of the Rural Health Association have a passion for giving voice to rural health issues. We look forward to the partnership with UMC because we recognize our shared vision to assist rural Minnesota,” MRHA President Liz Quam said. “It’s a vision of healthy communities and healthy residents throughout greater Minnesota.”

As part of the partnership, UMC provides an office location for the MRHA to house Executive Director Judy Neppel, who is employed by the MRHA, which works to protect and enhance accessibility, affordability and quality of health care throughout greater Minnesota. Neppel is located in Selvig 217 on the UMC campus.



Established in 1994 with the help of the Minnesota Department of Health’s Office of Rural Health, Minnesota Rural Partner and the Minnesota Center for Rural Health, the MRHA is a nonprofit organization whose board of directors establishes an annual work plan to meet the organization’s mission which is to bring together people and organizations with diverse interests to advocate for rural health issues.

MRHA is hosting 30-minute Cyber Conferences. These conferences are free and available to members and the public. Call for more info (details below).

Upcoming Conferences

February 2, 2007

Pharmacist Access in Rural Minnesota

Dr. Tim Stratton, University of Minnesota, Duluth, College of Pharmacy

February 9, 2007

Pharmaceutical Options for Elderly

Robin Weis, Minnesota River Area Agency on Aging

February 16, 2007

Seat Belt Primary Law

Nancy Franke-Wilson, Community Health Liaison, Minnesota Department of Public Safety

February 23, 2007

E-Health Record

Mark Schoenbaum, Minnesota Department of Health, Office of Rural Health and Primary Care

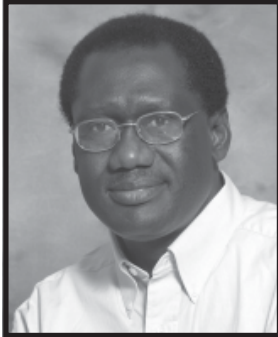
March 2, 2007

Liz Quam and Jennifer Beech

Center for Diagnostic Imaging

Judy Neppel can be contacted at jneppel@umn.edu or by calling 218-281-8323. To learn more about the Minnesota Rural Health Association, visit www.mnruralhealth.org.

UMC Faculty & Staff Profiles



Harouna Maiga

Hometown: Ansongo, Mail (West Africa)

Family: Married with three children: wife Kadidiatou; daughter Mariam; sons Baba and Papou.

Years at UMC: Six

Degree: Ph.D. in Animal Sciences

Position at UMC:

Teach animal science courses in the Agriculture Department. Also conduct applied research in the animal nutrition area.

Do you have a hero? *My father who raised me with his values and taught me hard work and wisdom.*

Hobbies/Interests: *Reading and fishing but ice is too hard in Minnesota to catch any fish!*

Favorite Music: *Malian traditional Cora music*

Favorite Movies: *National Geographic documentaries on sciences and nature*

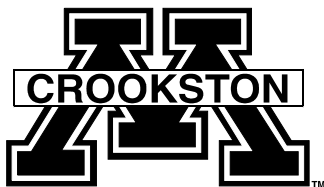
Favorite TV Shows: *None, but I do watch the news.*

Favorite Books: *The National Research Council publications on Animal Nutrition.*

Favorite Food: *Peanut butter rice*

Favorite Colors: *Green, yellow, red*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *Egypt to tour the pyramids.*



UNIVERSITY OF MINNESOTA
Driven to DiscoverSM



Tricia Marie Sanders

Hometown: Crookston, Minnesota

Family: Husband Scott Sanders; 3 year old daughter, Samantha; daughter, Georgia Leigh - born December 11, 2006.

Years at UMC: Three and a half.

Degree: *Bachelor of Accountancy, University of North Dakota*

Position at UMC:

Assistant to the Vice Chancellor of Finance and University Services. My main job functions at UMC include financial planning, analysis, budget management and accounting functions.

Do you have a hero? *My mother – she always has time to deal with any crisis (big or small) presented to her by one of her four children, usually pushing her own needs aside, and has a positive attitude about everything. She is a great role model.*

Hobbies/Interests: *I have a three year old and a new baby at home so I don't have a lot of free time but when I do I like to scrapbook or read.*

Favorite Music: *Whatever is playing on the radio.*

Favorite Movies: *Rocky IV, Finding Nemo, She's Having a Baby, The Cutting Edge, Wedding Crashers*

Favorite TV Shows: *Grey's Anatomy, The Office, CSI, Seinfeld and The Sopranos.*

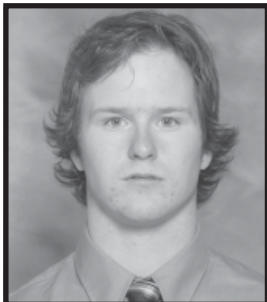
Favorite Books: *Goodnight Moon, John Grisham books*

Favorite Food: *Chinese food or spaghetti*

Favorite Color: *Green*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *New Zealand and Australia*

UMC Student Athlete Profiles



Brian Fergusson

Hockey

Hometown: Lac du Bonnet, Man.
Family: Dad: Garth, Mom: Louise and Sister: Ashley
Year at UMC: Freshman
Major: Sport and Rec Management and a minor in Coaching.
Why did you choose UMC:
It was a place in which I could continue to play hockey while getting an education at the same time. **Where**

do you see yourself 10 years from now: *Back in Canada working with other people to get an NHL team back in Winnipeg.* **Do you have a hero?** *My dad because without him hockey would not have been a part of my life.*
Hobbies/Interests: *Fishing, golfing and playing guitar.* **Favorite Musicians:** *Metallica and Jack Johnson* **Favorite Movies:** *Toy Story* **Favorite TV Shows:** *Hockey Night in Canada* **Favorite Books:** *To Kill a Mockingbird, DaVinci Code.* **Favorite Food:** *Chicken of all varieties, ribs and ice cream* **Favorite Color:** *Blue* **If you were offered a FREE 2-week vacation to anywhere in the world, where would you go:** *Augusta National Golf Club to watch the masters.*



Logan Otten

Basketball

Hometown: East Troy, WI **Family:** Mom: Patti, Dad: Lon, Brother: Jacob (19), Sister: Karleen (17)
Year at UMC: Sophomore
Major: *Communication with coaching and sports info as emphasis*
Why did you choose UMC:
For the Big Ten degree, opportunity to continue sports at Div. II level **Where**

do you see yourself 10 years from now: *Living somewhere warm, just starting my teaching career, married with children.* **Hobbies/Interests:** *Basketball, golf, any sport outside during the summer, camping, hunting, fishing and going to concerts. I love to travel all over and meet new people.*
Favorite Musicians: *I like live music, concerts are my favorite music—Dave Mathews, Tom Petty, Pearl Jam.* **Favorite song is** *Comes Around Goes Around by Justin Timberlake* **Favorite Movies:** *New Superman, Lucky Number Sleven and King Kong* **Favorite TV Shows:** *Nip/Tuck, Rescue Me, live sports games.* **Favorite Books:** *Goosebumps, Hardy Boys, Mice of Men and The Great Gatsby.* **Favorite Food:** *Steak, venison, seafood, pretty much all the expensive food.* **Favorite Colors:** *Maroon and Gold of course* **If you were offered a FREE 2-week vacation to anywhere in the world, where would you go:** *Europe*



Teal Plaine

Hockey

Hometown: Hallock, MN
Family: Corey and Kim Plaine, 2 sisters: Danielle (20), Caitlin (16)
Year at UMC: Senior in school, Junior in hockey
Major: Business Mgmt. and Marketing, with a minor in Coaching.
Why did you choose UMC: *To play football, then decided to play hockey instead.* **Where do**

you see yourself 10 years from now: *Married with kids and living healthy and happy.* **Do you have a hero?** *My dad—he taught me about life and also everything I know about hockey. Mom also . . . Thanks guys!* **Hobbies/Interests:** *Any sort of sport, boating, spending time with friends and having fun.* **Favorite Musicians:** *Hinder-Lips of an Angel, Snow Patrol-Chasing Cars, Nelly-Heart of a Champion* **Favorite Movies:** *Friday Night Lights, Miracle, Saw and Saw 2, Remember the Titans, The Notebook* **Favorite TV Shows:** *Everybody Loves Raymond, Yes Dear, Family Guy, That 70's Show* **Favorite Books:** *Where the Red Fern Grows, The Lord of the Rings series* **Favorite Food:** *Steak, spaghetti, holiday meals, hotdish* **Favorite Colors:** *Blue, green, orange* **If you were offered a FREE 2-week vacation to anywhere in the world, where would you go:** *Bahamas, Cancun – somewhere warm with a lake or ocean.*



Matt Pelzer

Basketball

Hometown: St. Cloud, MN
Family: Mom: Connie, Brother: Nate
Year at UMC: Sophomore
Major: Business Management
Why did you choose UMC:
I liked the small atmosphere and that I will be able to receive a U of M degree and be able to play basketball which was a big part in my decision. **Where**

do you see yourself 10 years from now: *Having a steady job as well as starting a family of my own* **Hobbies/Interests:** *Play sports, watch TV, play video games and hang out with my friends.* **Favorite Music:** *I listen to hip-hop and my favorite artist is 2pac.* **Favorite Movies:** *Kingdom of Heaven, Gladiator, Anchorman and Man on Fire* **Favorite TV Shows:** *Seinfeld, Family Guy and Sportscenter* **Favorite Book:** *Ruffians and Driven from Within*
Favorite Food: *Chicken Parmesan* **Favorite Color:** *Blue*
If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *I would go to the Caribbean and relax on the many different islands.*

UMC Student Athlete Profiles



Trissilyn Clayton

Basketball

Hometown: Chicago, IL
Family: Mom, Dad, five brothers and me
Year at UMC: Junior
Major: Sport and Rec Management
Why did you choose UMC:
*I chose UMC because I would be receiving a degree that says the University of Minnesota because this carries a lot of clout. **Where do you***

see yourself 10 years from now: *I see myself married and very established in my career. **Do you have a hero?** My father because he has done so much for me and he also sacrificed a lot for me. **Hobbies/Interests:** Hanging out with family and friends and clubbing. **Favorite Music:** Basically anything except country and rock. **Favorite Movies:** Friday after Next, ATL. **Favorite TV Shows:** Run's House, Making the Band 3, Laguna Beach and The Hills. **Favorite Book:** The Coldest Winter Ever. **Favorite Food:** Harold's Chicken. **Favorite Color:** Brown. **If you were offered a FREE 2-week vacation to anywhere in the world, where would you go:** Paris*



Megan Hulst

Basketball

Hometown: Crookston, MN
Family: Dad: Dudley, Mom: Judy, Sister: Mindy & Brother-in-Law: Chad Fanfulik, Sister: Amber & Boyfriend Duane Arnold, Nieces: Jayden, Keona and Calleigh
Year at UMC: Sophomore **Major:** Pre-Medicine **Why did you choose UMC:** *Random reasons but mostly*

*basketball and family **Where do you see yourself 10 years from now:** Married, raising a family and practicing medicine. **Do you have a hero?** Besides my parents, my best friend Janae Coquette. We have been best friends since we were born. We have gone through everything together. She has an amazing relationship with God. She is by far the loudest person I know and she is hilarious—she doesn't care what people think. She would do anything for anyone and she is a ridiculously gifted athlete. She is one of the few people left who is true to her friends and more importantly, true to herself. **Hobbies/Interests:** Playing ball, horseback riding, traveling, being with my friends and family. **Favorite Music:** I love music . . . all kinds—country, rap, rock, oldies, the whole works. **Favorite Movies:** Love & Basketball, Enough, The Notebook, The Hot Chick. **Favorite TV Shows:** Friends, Sex and the City. **Favorite Books:** The Bible, The Great Gatsby. **Favorite Food:** Chocolate. **Favorite Color:** Pink. **If you were offered a FREE 2-week vacation to anywhere in the world, where would you go:** Somewhere in the Caribbean, Trinidad or Haiti*

Future of UMC Athletics

University of Minnesota, Crookston Chancellor Charles H. Casey announced in January that the Crookston campus will continue to compete at the NCAA Division II level as a member of the Northern Sun Intercollegiate Conference (NSIC).

"Today I am reaffirming our commitment to the conference and to investing in our competitive success," Casey said. "Division II is an exceptional model for academics and athletics nationally and we look forward to continuing to build excellence in this arena." Casey also committed to finding a solution to keep the intercollegiate Golden Eagle hockey program on campus.

Casey cited several reasons for reaffirming a commitment to Division II and the NSIC, including increased enrollment of student athletes during the last ten years; the ability to maintain the current number of competitive sports programs; regional and national visibility provided by conference membership that aids in recruitment and retention; and the unique balance between academics and athletics provided by the NCAA Division II – emphasizing academic excellence, graduation and the development of student athletes as leaders.

"I believe that maintaining our membership in the NSIC is in the best long-term interest of the University of Minnesota, Crookston," Casey continued. "It is a decision that

balances the interests of both academics and athletics providing a complementary relationship that serves all students. Supporting the overall mission of the campus is my primary objective."

The decision, made by Casey, took place after careful review of a report presented by the Crookston Campus Athletic Review Committee, an 18-member committee chaired by local resident Glenn Olsen, Ph.D. The committee was charged with providing a comprehensive review of the University of Minnesota, Crookston (UMC) intercollegiate athletic program and released its findings Nov. 27, 2006, after five months of data collection and analysis. Information was also gathered through six forums which sought input from individuals both on and off campus. Over the past year, the Crookston campus has made significant investments in academic program areas and Casey said the next phase calls for the strengthening of intercollegiate athletics.

Article taken from <http://www.umcrookston.edu/umcnews/stories/story428.html>

Development is About Donors

So, what is development? This question has been posed to me often in my short time at the University of Minnesota, Crookston (UMC). When asked, I explain “development” as strategic relationship building – with the sole intent of creating an environment and opportunity for alumni and friends to financially support UMC or I articulate the explanation as a concerted effort to create and sustain philanthropic investments on behalf of UMC.



I strongly believe in the practice of stewardship, as the task is not to get a donation, but to develop a donor. Also, I believe and use the ten items below on a daily basis:

- The donor deserves good stewardship
- If one seeks average gifts, you get below average results
- Listen to what each donor has to say
- Donors will tell you what they want
- Raising real money is to provide real involvement . . . so, put people first
- The early donor sets the pace
- Faculty and staff giving lends credibility
- People give to people
- See each prospect face to face
- Tenacity prevails

“Giving makes greatness possible”

Building and developing relationships and receiving philanthropic gifts takes immense time and energy. A development officer must put others first, build lifelong, positive and sincere relationships, and allow people to feel good about themselves and that which is important to them. It is a marathon not a sprint; and remember that giving makes greatness possible.

As supporters and friends, I pose this question, “Are you ready to invest in a worthwhile enterprise that is the University of Minnesota, Crookston?”

Please don't hesitate to contact me for any reason at 218-281-8434, e-mail me at ckemmer@umn.edu or stop by my office, 115A in the Kiehle Building.



Corby Kemmer

Director of Development
and Alumni Relations

New Legislation allows you to make a lifetime gift from your IRA

If you are 70 1/2 or older, recent legislation benefits you! The Pension Protection Act of 2006 encourages the financial support of the good work done by charitable organizations. The law allows donors aged 70 1/2 or older to transfer funds directly from their individual retirement account (IRA) to a public charity without undesirable tax effects.

By taking advantage of this news and making a gift now, you will witness the benefits of your generosity and jump-start your legacy without tax complications. However, you must act soon. This provision only lasts until December 31, 2007.

You can contribute IRA funds in this way if you:

- Are age 70 1/2 or older
- Contribute \$100,000 or less each year
- Make a gift on or before Dec. 31, 2007
- Transfer funds directly from an IRA
- Make a gift to an eligible public charity



Is Your Brain on Vacation?

The brain operates under the same conditions as the body. Just as you want to achieve a state of wellness for your body, you also want to achieve a state of wellness for your brain. Your brain is in a state of wellness only if you're thinking at peak efficiency. Ask yourself these questions to see if your brain is in a state of wellness:

- Do you have a hard time concentrating on your daily tasks?
- Do you find yourself moving from project to project without ever completing the one at hand?
- Do you have a hard time getting organized or remembering things?
- Do you find it difficult to look forward to the future?
- Are you feeling down more often than you're feeling good?

If your answer to any of these questions is "yes," your brain, in a sense, is on vacation. You know when you're operating in slow motion or just not feeling the mental zip that you had when you were younger. You might even blame your mental decline on advancing age. Our greatest fear, as we age, is that the brain will give out before the body. You can get your mind out of vacation mode by stimulating it, and you might be surprised at how easy and fun it can be.

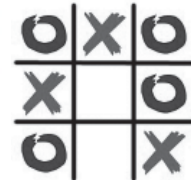
Mind stimulation and brain activity is of course not limited to the young and is essentially recommended for any age. Mind puzzles for adults are created to cater to their advanced needs of mind exercises to sharpen their thinking and analytical prowess.

. . . learning, playing games and having fun should never stop . . .

These games are often regarded as necessary tools to keep mind activity at its peak performance despite the aging process. Mind puzzles have also been known to be an alternative way of learning for adults. This just goes to show that learning, playing games and having fun should never stop, for these are avenues for growth.

Examples of mind puzzles for adults include:

- Brainteasers
- Crossword puzzles
- Jigsaw puzzles
- Trivia board games
- IQ tests
- Riddles
- Anagrams
- Math Puzzles
- Tic-Tac-Toe
- Sudoku



Playing games is a great way to exercise your brain. Even a simple game like Tic-Tac-Toe can teach you about strategy.

Most mind puzzles are available in local stores. In addition, you can also order the games online if you prefer. The activities will be interesting and will also provide enough room to challenge the ability of any person.

So tickle that brain of yours with mind-boggling games that are fun, educational and will put your brain in a state of wellness! **Enjoy!**

Segments of this article are taken from www.enhancedhealing.com and www.cbn.com.

MOVIE QUOTES • MOVIE QUOTES • MOVIE QUOTES

Name the movies that these quotes come from . . .

- | | | |
|---|--|--|
| <ol style="list-style-type: none"> 1. "We're gonna need a bigger boat." 2. "Feed me, Seymour." 3. "This isn't a hospital! It's an insane asylum!" 4. "They're here." 5. "I'm here to fight for truth, justice and the American way." 6. "Stupid is as stupid does." 7. "You can't handle the truth." 8. "May the force be with you." 9. "Houston, we have a problem." 10. "That frying pan did more than fry chicken that night." 11. "Show me the money." 12. "What we've got here is failure to communicate." | <ol style="list-style-type: none"> 13. "Play it, Sam. Play 'As Time Goes By.'" 14. "I know what you're thinking - did he fire six shots or only five." 15. "You're a lawyer? NO, no, I hate lawyers, I only work for them." 16. "They call me MISTER Tibbs!" 17. "I have a feeling we're not in Kansas anymore." 18. "The stuff that dreams are made of." 19. "There's no crying in baseball." 20. "If you build it, he will come." 21. "I see dead people." 22. "As God is my witness, I'll never be hungry again." | <ol style="list-style-type: none"> 23. "They may take our lives, but they will NEVER take our freedom!" 24. "Yo, Adrian." 25. "Keep your friends close, but your enemies closer." 26. "Here's Johnny!" 27. "A boy's best friend is his mother." 28. "Hey. You guys made me ink." |
|---|--|--|

1 Jaws, 2 Little Shop of Horrors, 3 M.A.S.H., 4 Poltergeist, 5 Superman, 6 Forrest Gump, 7 A Few Good Men, 8 Star Wars Series, 9 Apollo 13, 10 Fried Green Tomatoes, 11 Jerry McGuire, 12 Cool Hand Luke, 13 Casablanca, 14 Dirty Harry, 15 Erin Brockovich, 16 In the Heat of the Night, 17 Wizard of Oz, 18 Mallese Falcon, 19 A League of Their Own, 20 Field of Dreams, 21 The Sixth Sense, 22 Gone with the Wind, 23 Braveheart, 24 Rocky, 25 Godfather Series, 26 The Shining, 27 Psycho, 28 Finding Nemo

Did you know . . .

- that UMC has the University of Minnesota's first online bachelor's degree?
- that the University Teaching and Outreach Center (UTOC) has won national awards for architectural design?
- that UMC is internationally known as the original Laptop University?
- that you can order UMC apparel online at www.bookstores.umn.edu/crookston/?
- that there are over 40 clubs and organizations on campus that students can join?
- that there are over 100 UMC football players, 37 hockey players, 45 equestrian members, 19 men's basketball players, 13 women's basketball players, plus many other athletes in other sports, making the total of UMC athletes close to 300?
- that you can take a virtual tour of the campus buildings by going to www.uncrookston.edu/info/tours/index360.htm?



Homemade Caramels

- | | |
|-----------------------------|-------------------------|
| 2 Cups White Sugar | 1 Cup Butter (2 sticks) |
| 1 1/2 Cups Karo White Syrup | 1 Teaspoon Vanilla |
| 2 Cups Heavy Cream | |

Directions

Butter a 9 x 13 pan. In a heavy pot, combine sugar, corn syrup, 1 cup of the heavy cream and the 2 sticks of butter. Bring to a boil, stirring often. After boiling for a minute or two, slowly stir in the remaining cup of heavy cream. Heat, without stirring, to 242 degrees F or until a small amount of caramel dropped into cold water forms a firm, pliable ball. Remove from heat, stir in vanilla and pour into prepared pan. Refrigerate.

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