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LEADERSHIP LETTER

From the Chancellor

Dear Faculty and Staff,

Thank you for your dedication and commitment to the University of Minnesota Crookston. We are a strong, great little campus because of the work you do every day to support our

I hope you are taking some time (or will soon) to enjoy our holiday season. This year, of course, may have a more unusual twist just as our Thanksgiving season did due to COVID. Sometimes during a “normal” holiday season, and this year in particular, you may be feeling stress and sadness. Here is some advice you may want to consider.



- Acknowledge your feelings. It's OK to take time to be sad or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- Reach out. If you feel lonely or isolated, seek out your community, religious, or other social events or communities. Helping others is also a good way to lift your spirits and broaden your friendships. Call or connect with people. We need each other, especially through these COVID days.
- Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. Even though your holiday plans may look different, find ways to celebrate this year.
- Surround yourself with joy. Our Tim Menard tells us to “find our joy.” I wanted to share a photo of our newest Golden Eagle family member who brought joy to me this morning when I received this news.

Don't those chubby cheeks just make you smile and bring joy? Welcome little Alexandra Rae Engelstad, daughter of Kelsey Engelstad, University and Alumni Relations, and her husband, Alex.



Use Your Vault Code

The Vault Code you received from the University expires at the end of this month. Vault has indicated that due to the volume of tests they are processing and to account for shipping timelines during the holiday season, all student, faculty, and staff tests should be requested, and your specimen collected, no later than Thursday, December 17. If you don't choose to use the test code provided by the University, please note that the Minnesota Department of Health now offers [the same testing option](#) at any time to anyone who lives in Minnesota.

Additional COVID-19 Testing Options

There are multiple testing dates in December and January available for Crookston residents at the [Crookston Armory](#). The dates for the testing at the Armory are December 16-19, 21-22, 28-30. RiverView Health, or Altru Health Systems have testing as does the [University of North Dakota](#).

Plans for Spring Semester

Please watch for communications regarding spring plans. As you know we are not out of the woods. We hope within several weeks our efforts of social distancing, mask wearing, and other precautions will help our COVID numbers decline and our hospitals will have greater capacity than now. At this time we intend to be back on campus for spring semester. We will be sending out communiques as it gets closer to the semester start.

Be well and seek your joy.

Chancellor Mary

BREAKING NEWS ALERT

Give to the Max Day Update

WE DID IT!! It is our biggest year yet!

We exceeded our 2020 Give to the Max Day goal by more than \$9,000 with a **total of \$19,416** supporting UMN Crookston students and the great work happening on campus.



THANK YOU to all who gave on Give to the Max Day!

Every single gift matters!

CAMPUS UPDATES

From Counseling

Our world is hurting, but we still have hope. We must take care of ourselves by making our physical and mental health a priority during this time. We must take care of our community, friends, and loved ones while still practicing social distancing. Our mental health has never been more critical than now.

In the midst of all these COVID-19 changes going on, we hope you're doing alright. We are in an unfortunately uncertain time which may be impacting you in all the domains of your life. Dealing with uncertainty is a valuable skill, as ending up in a desirable situation often requires overcoming unpredictable adversity. This situation is challenging: your concerns are valid, and you are not alone in them. To reclaim some control in an uncertain situation, cling to what you do know (by maintaining your routine, your connections with others, and by continuing to engage with your passions) and allow this to stabilize you as you practice more flexibility than usual. De-stress by using the tools and resources listed below:

Physical activity is important: it releases endorphins, improving your mood and reducing overall stress.

Positive self-talk, or self-talk focused on increasing positive emotions and boosting self-esteem, can be a great stress management technique. Challenge any negativity in your

Routine: Routines allow us to be more productive throughout the day, and consequently feel better about ourselves at the end of it. First and foremost: eat, hydrate, and sleep enough each day, do something you enjoy each day, get dressed, take your medications correctly, do something active, get outdoors.

Grounding Techniques: Grounding yourself involves bringing yourself into contact with the present moment. This can be quick (like taking a few deep breaths) or involve a longer exercise (like meditation). Different strategies work for different people, and there is no “wrong” way to ground yourself. At the end of the day, achieving a sense of harmony between your mind and body in order to combat stress and overwhelm is the goal of grounding work.

Social Connectedness: Humans are social creatures, and social connectedness is a huge part of the college experience: staying distant and restricting our [social bubble can be difficult for our mental well being and can feel damaging to our sense of community](#). But it doesn't have to be!

Okay sounds great, but how?

- Reach out to folks in your classes to form study groups. Be it virtual or by meeting up masked and at a social distance, feeling supported academically by your peers is a great way to get connected!
- Stay on top of [events/activities https://events.crk.umn.edu/](https://events.crk.umn.edu/): attend with a friend!
- Meet outside with your campus neighbors, masked and at a safe distance (six feet or more), for regular check-ins.
- Schedule recurring calls throughout the semester with friends outside of your bubble. If you can, make them video calls using FaceTime, Skype, or Zoom.
- Start a text or email chain with friends or classmates about good articles/books to read, videos to watch, songs/podcasts to listen to, etc.
- Plan movie nights! You can call each other during a movie or set up a [Netflix Watch Party](#).
- Be on the lookout for [virtual concerts](#) from you and your friends' favorite bands/artists to "attend" together.
- Do something active with pals: take a [virtual fitness or yoga class](#) with a friend, or go for a socially distanced walk!

Learn to Live Program: Learn to Live (free online mental health resource) available for students, staff, and faculty. Now more than ever is a great time to access these valuable

about anxiety, depression, social anxiety, substance use disorders, insomnia through individualized programs that suit your needs. Learn to Live also provides free recorded webinars related to these mental health issues listed above and the effects of COVID 19. Please visit learntolive.com/webinars and enter your access code: UMN. Learn to Live is available at no cost to all student services fee-paying students at the University of Minnesota.

*[UMC Counseling Services](#) are here and are providing telehealth services. Check out our website to learn about our service and how to make an appointment with one of our mental health counselors.

COVID-19 uncertainty resources

The CDC [offers guidance](#) on caring for your mental health during this time, focusing on anxiety and stress you may be feeling. Also, check out [this article](#) on the psychology of COVID-19 uncertainty and how you can cope.

Scholar Promotion and Tenure

U of M Engaged Scholar Promotion and Tenure Workshops begin February 4. Open to all University of Minnesota faculty, Engaged Scholar Promotion and Tenure workshops are coordinated by the University's Vice Provost for Faculty and Academic Affairs and Office for Public Engagement to provide community-engaged scholars with practical strategies for making their best case in the promotion and tenure process.

From the Library

The Library will be open from 8 a.m. to 4:30 p.m. Monday - Friday through the end of the semester.

From Student Services

All meals will be served from Evergreen Market Monday-Friday. Breakfast, order in advance at lunch and pick up at dinner. Lunch hour 12-1 p.m., Dinner 5-6 p.m. For weekend meals, place your order and pick up on Friday for the weekend.

From the Chancellor's Office

I would like to acknowledge and thank the UMN Crookston Commencement Committee:

- Brenda Bozyk
- Paul Hendrickx
- Eric Morgan
- Cassandra Morthera Navarrete
- Gail Myers
- John Normandin
- Jason Tangquist
- Nan Thurston
- Rose Ulseth
- Cyndi Wentz
- Chris Winjum

This group is just beginning to meet to start making a plan for our May 8, 2021 Commencement. As of right now, the plan is to have Commencement live and on campus for our graduates but time will tell as vaccines roll out and what the infection rate for our region looks like. This committee, in consultation with the Twin Cities campus, will be working on a variety of different options and I thank you for your effort.

Chancellor Mary

From Athletics

The Northern Sun Intercollegiate Conference (NSIC) announced revised schedules for the 2020-21 season. The NSIC will now have single gender sites as guided by the NCAA SSI Resocialization of Collegiate Sport Guidance.

The Golden Eagle men's and women's basketball teams will now play the same opponents each weekend, but with one team hosting at Lysaker Gymnasium and one on the road.

Minnesota Crookston Women's Basketball Schedule

- January 2 - at Concordia-St. Paul - 2 p.m. - St. Paul, Minn.
- January 3 - at Concordia-St. Paul - 2 p.m. - St. Paul, Minn.
- January 8 - at MSU Moorhead - 5:30 p.m. - Moorhead, Minn.
- January 9 - at MSU Moorhead - 3:30 p.m. - Moorhead, Minn.
- January 15 - Northern State - 5:30 p.m. - Crookston, Minn.

- January 23 - at Minot State - 2 p.m. - Minot, N.D.
- January 29 - UMary - 5:30 p.m. - Crookston, Minn.
- January 30 - UMary - 1:30 p.m. - Crookston, Minn.
- February 5 - Minnesota Duluth - 5:30 p.m. - Crookston, Minn.
- February 6 - Minnesota Duluth - 1:30 p.m. - Crookston, Minn.
- February 12 - at St. Cloud State - 6 p.m. - St. Cloud, Minn.
- February 13 - at St. Cloud State - 4 p.m. - St. Cloud, Minn.
- February 19 - Bemidji State - 5:30 p.m. - Crookston, Minn.
- February 20 - Bemidji State - 1:30 p.m. - Crookston, Minn.

Minnesota Crookston Men's Basketball Schedule

- January 2 - Concordia-St. Paul - 1:30 p.m. - Crookston, Minn.
- January 3 - Concordia-St. Paul - 1:30 p.m. - Crookston, Minn.
- January 8 - MSU Moorhead - 5:30 p.m. - Crookston, Minn.
- January 9 - MSU Moorhead - 1:30 p.m. - Crookston, Minn.
- January 15 - at Northern State - 7 p.m. - Aberdeen, S.D.
- January 16 - at Northern State - 4 p.m. - Aberdeen, S.D.
- January 22 - Minot State - 5:30 p.m. - Crookston, Minn.
- January 23 - Minot State - 1:30 p.m. - Crookston, Minn.
- January 29 - at UMary - 6 p.m. - Bismarck, N.D.
- January 30 - at UMary - 6 p.m. - Bismarck, N.D.
- February 5 - at Minnesota Duluth - 7:30 p.m. - Duluth, Minn.
- February 6 - at Minnesota Duluth - 5:30 p.m. - Duluth, Minn.
- February 12 - St. Cloud State - 5:30 p.m. - Crookston, Minn.
- February 13 - St. Cloud State - 1:30 p.m. - Crookston, Minn.
- February 19 - at Bemidji State - 6 p.m. - Bemidji, Minn.
- February 20 - at Bemidji State - 3:30 p.m. - Bemidji, Minn.

From Financial Aid

Our office will be working remotely November 30 - January 1, 2021. There will be no change to phone and email communication. Staff will be fully available Monday – Friday from 8 a.m. - 4:30 p.m. for phone calls and email communication. We are also encouraging students and their families to interact with us via Zoom Room, which will also be available Monday-Friday from 8 a.m. - 4:30 p.m. Zoom Rooms allow for students and staff to interact

Here are the Zoom Room Meeting ID's for each Financial Aid Counselor:

- Crystal Hanson Meeting ID# 969 5317 5743
- Kayla Pahlen Meeting ID# 991 6587 1678
- Caylin Scheff Meeting ID# 985 6112 7278

To request the Zoom Room password please send an email to the financial aid counselor you would like to meet with.

From the Help Desk

Adobe Flash Player to be retired

On December 28, Adobe Flash Player will be removed from all University computers managed by the Office of Information Technology. For all other devices, Adobe has started sending notifications directly to devices with Adobe Flash Player and providing the uninstall option. It is strongly recommended that users follow the prompt to remove Flash Player.

[Get details about Adobe Flash Player and obsolete file types.](#)

— FACULTY & STAFF UPDATES —

Retirements

- Dale Kemble of Technology Support Services
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Publications

Congratulations to Assistant Professor Abdulaziz Ahmed for his publication:

- "Predictive and Prescriptive Analytical Framework for Scheduling Language Medical Interpreters," has been accepted for publication in Health Care Management Science By Abdulaziz Ahmed, Ph.D. with assistance from Frohn, Elizabeth, undergraduate student in Applied Studies

From the Departments of Business and Humanities, Social Sciences and Education

Lacey Anderson, teaching specialist within the HSSE Department, has been accepted as a new member of the Sexual Misconduct Hearing Committee (SMHC). The committee is the University's system-wide hearing body to consider complaints of sexual misconduct involving students, staff, and faculty. SMHC members are required to complete 20 hours of training annually to ensure that they are fully prepared to review sexual misconduct cases and make decisions on responsibility and discipline in accordance with the University's [Administrative Policy on Sexual Harassment, Sexual Assault, Stalking, and Relationship Violence](#). The appointment starts immediately (training begins early December 2020), and ends on June 30, 2023.

Lacey Anderson, teaching specialist within the HSSE Department, has been accepted into the University's Internationalizing Teaching and Learning Faculty Cohort Program. The program engages faculty in significant course design or redesign by participating in a multidisciplinary cohort of their peers. Faculty develop an internationalized sense of "academic self," identify global learning outcomes for their courses, expand their teaching strategies, and develop course materials, activities, and assessments. The cohort meets remotely to discuss the design of their classes, study pedagogy related to internationalizing curriculum, and to help support each other. The program is a yearlong commitment and includes participants as well as mentors who offer guidance and support throughout the process.

HIGHLIGHTS

From University Relations

Please enjoy the online version of this winter's 2020 [Torch Magazine](#).

Online Student Appreciation

This is an email from an online student to Linda Olson showing his appreciation for her:

"Linda - I am so very grateful for your help today with this successful One Time Drop.

I want to take a moment to recognize YOU and your 42 years of Service.

Linda you have helped me today with experience, knowledge, and efficiency.

I can only guess how many thousands of Students who, like me, were in a tough spot or not sure what to do or how to do it - and you were able to give them clear guidance and at times a gentle nudge.

You are an inspiration. You are a credit to your Profession and an example to follow.

Grateful,

Sincerely,

Peter Andrada

San Jose CA"

2021 University of Minnesota McNair Scholars

McNair Program At-a-Glance:

The goal of McNair Scholars is to give undergraduate students intensive, faculty-driven research experiences and prepare students for entry into graduate school.

For more information, click [here](#).

In the News

Roots of the Red River Valley offers an intimate look at one of the region's economic pillars in this photographic history of Polk County's 1937 sugar beet harvest. The exhibition includes 84 images from acclaimed photographer Russell Lee, taken primarily near Fisher, Crookston, and East Grand Forks. In Roots of the Red River Valley, Lee's images are ordered into three distinct categories highlighting the role of the farmer, migrant worker, and factory. The exhibition invites viewers to ponder the lives of rural and migrant laborers, particularly their relationships, families, and homes.

For the full article, click [here](#).

Jim Schaar, a lecturer in the Liberal Arts and Education Department, is retiring from UMN Crookston January 15. We caught up with Jim to talk about his time as a lecturer at UMN Crookston.



1. When did you first arrive at Minnesota Crookston?

My family and I came to Crookston in 1990 to pastor a church which we did for many years but I always had the interest of teaching a college class as well. I responded to an ad in the Crookston Times back in the mid 1990s for adjunct lecturers and was hired to teach philosophy. I never expected this opportunity would lead to a second career but one semester led to another and I kept saying yes when asked to teach more classes and eventually my work turned into a full time position.

2. What are some of your favorite memories you will take away from your time at UMN Crookston?

I think my favorite memories are of the many students I have taught and all the things they have taught me. I first taught night courses, for UMC, at what was then the Northwest Technical College in East Grand Forks. I taught in Warroad at Marvin Windows in a production management program we sponsored years ago and I taught at Red Lake several summers helping Head Start workers get the college credits they needed. I have taught online for many years and sometimes have had students taking the same course from several different continents. Learning about so many varied people's lives and getting to play a small part in helping them achieve their goals is the best and most memorable part of teaching.

3. What was the favorite course you taught during your time at UMN Crookston?

I have taught Intro to Philosophy through the years and enjoy it the most. Even after teaching many sections over many years, it seems the students always bring something new to the subject. I think of the course as inviting students to sample from a long buffet of ideas. It is always rewarding to help students think about the world and themselves in ways they have not thought before.

4. What are your plans in retirement?

My wife, Kerry, and I would like to relocate closer to our children and grandchildren who live in the far west. We would also like to continue to serve in church work and in working with literacy.

5. What will you miss the most about UMN Crookston?

miss feeling like I am in the middle of all that is happening.

I feel that UMC and teaching have enhanced my life in numerous ways. I am grateful for the opportunity that I have had. I appreciate also, so much, the wonderful faculty and staff colleagues who all help make UMC a great place to be.

Student Story

For Alan Mart, class registration day at the University of Minnesota Crookston, took place in August 2009. However, unbeknownst to Mart, that same day he would be recruited to go to the U.S. Army and his life would change forever. Although Mart decided to go to the Army, later in his life he found his way back to UMN Crookston.



For the full feature, click [here](#).

Student Video

Manpreet Singh details how he ended up coming to UMN Crookston from Punjab, India. Manpreet has become involved all around campus and has created lifelong memories for himself in the process.



[CLICK FOR ALL EVENTS](#)

