New Health Nurse Tells All

Laura Barton
Staff Writer

Stacey Grunewald, the new UMC Student Health Nurse, is married to a wonderful husband named Danny and has three children of her own to brag about: Dana, who is five years, Kelsey, who is two and a half years, and the newest member of the fam...Scott, who is nine months old.

Stacy completed four years of schooling at UND and graduated in 1987. She was (and still is) working for the hospital when she found out about the Student Health Nurse job opening at UMC. The position appeared in the Grand Forks Herald and she felt she was well qualified for the position. But even though she had all this experience, it was still a pleasant surprise to her when she got the job!

Stacey has years of experience and care at the Crookston hospital, and she has worked as a supervisor at the migrant health care site the summer before last. She thought (and found out she was right) that the UMC job was much like the summer job she had.

You know, people come to her and she prescribes over the counter drugs (NOT drugs drugs—just pharmacy drugs!) and she sets up doctor appointments for all you people who don’t feel well.

For those of you who don’t know when she started, she has been working here at UMC since November first. She staffs the UMC Health Service Office from 8:30 a.m. to 4:00 p.m. every day (M-F).

Health Nurse, continues on page 5...

UMC Another Step Closer to Being Totally “Wired”–Far Out!

UMC News Release

According to Don Medal, Director of UMC Computing Services, progress is continuing on expanding the campus connections to the UMC Local Area Network (LAN).

In the UMC weekly bulletin, Medal reported that LAN connections for Bede Hall and the Trojan Inn were completed over quarter break, providing the option to connect to the UMC network at these locations already used for study. The Bede project also provided connections to several offices which had been waiting for some time.

Medal indicated that work on Dowell Annex also continues, with cable going in the first floor offices during early December. Work on the second floor awaits assistance from UMC Plant Services, said Medal, but should be completed in the next couple of weeks.

Meanwhile, student apartment buildings Brink Hall and Lee Hall are getting network jacks in each room. That project should be completed approximately by December 10.

Fiber optic cable has also been extended to the Northwest Experiment Station (NWES). With help from the NWES electrician, staff there should be hooked up to the LAN by early December.

Karon to Speak at Winter Convocation

Mark Karon, an attorney in the University Student Legal Service Office on the Twin Cities campus, will address the UMC student body on Wednesday, December 14, at 10:00 a.m. in Bede Ballroom.

Karon’s area of expertise is alcohol and the law. He will be speaking on student rights and the legal system. The format for the convocation will allow Mr. Karon to speak first. He will then take questions from the audience for a short period during the convocation.

Following Karon’s address and question session, awards will be presented to students who earned a 4.0 grade point average for fall quarter. UMC Athletes will also be recognized.

After the convocation Mark Karon will be available for questions at a lunch open to all students. The convocation and lunch will be great opportunities for students to find out information about their rights and protections on campus and in the community.
Fairfield U. Students Fight Against Racist Slurs

College Press Service

In response to a recent outbreak of racist graffiti on campus, students at Fairfield University in Fairfield, Connecticut, have come together to show that those responsible for the offensive scribbling are acting alone.

After signing a pledge to remain open and tolerant toward other backgrounds and lifestyles, students, faculty members and school administrators receive "Fairfield Together!" buttons, which are meant to show disapproval of the racist graffiti.

"The philosophy behind this is to isolate the bigots and make them realize that they are acting alone and not as part of the campus community," said Murray Farber, spokesperson for the university. "The students feel strongly about this. We have always taken pride in our diversity."

According to Farber, there have been ten isolated incidents of graffiti on walls throughout campus, usually hateful messages aimed at African-American, Jewish, and gay students. "It might not have been that big of a deal at other schools, but the students took it very seriously here," he said.

The idea to promote campus unity through the "Fairfield Together!" buttons came from students and faculty members, says Farber. So far, more than 2,000 students have signed the pledge and are wearing their buttons. Fairfield has 4,300 students.

Loyal to the End--Coffins in School Colors

College Press Syndicate

If you vow to be loyal toward your alma mater to your grave, then James Kieszkowski wants to talk to you.

The Manistee, Michigan, businessman is selling customized fiberglass coffins in school colors, allowing diehard fans to demonstrate their eternal allegiance toward their university or college--even after death.

Indiana University fans can meet their maker surrounded by Hoosier Red, while Alabama alums can face eternity engulfed in crimson.

"There are people who are true to their alma mater right to the end," said Kieszkowski, owner of Oak Grove International, "so what better way to honor their legacy?"

In addition to the colors, Oak Grove will also decorate the inside panel of the coffin with a tribute to the deceased. "Say the guy was a big basketball fan, then we'll put a little backboard and net with a ball going through it," said Kieszkowski.

Because of licensing expenses, Kieszkowski avoids using schools' trademarks. However, he said he is talking to various university officials about licensing agreements and already has a deal worked out with a Texas college.

"These aren't cheap paint jobs. These are fiberglass coffins that won't crumble or rust away within a few months," said Kieszkowski. "The shine is so beautiful, and they'll last more than 100 years."

While some may squirm at the notion of a University of North Carolina or Michigan State University coffin, Kieszkowski said he hasn't heard any complaints. "Everyone has been receptive," he said. "We're just trying to customize our coffins to the needs of the people."
No-Car Students Rewarded

Officials at Stanford University in Palo Alto, California, are paying students to leave their cars at home. Stanford's Clean Air Credit offers a $70 transportation credit to anyone who does not purchase a parking permit. Those students who walk, carpool, bike or ride public transportation to their classes can use the $70 credit towards a variety of items, including one-day parking permits, bus and train tickets and items from local businesses.

"It's basically an incentive for people not to drive," said Pete Rapalus, a university spokesperson. "If we'll help foot some or all of the bill for bicycle repairs or train tickets, we should be able to comply with the state's new policies."

California's Clean Air Act requires employers at large businesses and institutions to reduce the number of cars on their location. Originally, Stanford officials geared their program toward carpools, offering free permits to students who drove others to school. The practice had to be discontinued, however, because of false applications from people.

"Carpools are a hard thing to police," said Rapalus. "How can a school constantly check who is riding alone and who is riding with others when they come onto campus each morning?"

Rapalus said that the new incentive plan offers students more flexibility and options. "We're helping them make a decision," he said. "We want to encourage our students to find alternatives to get to school."

N.C. State Researchers Test "Rubcrete"

Rubber tires that used to travel across the highway could be recycled to become part of the highway, says a North Carolina State University researcher.

The NCSU researcher is mixing ground rubber with concrete to form what he calls "rubcrete."

"There is a dire need to dispose of these tires," said Dr. Shuaib Ahmad, professor of civil engineering. "What we are trying to do is to utilize ground tires in concrete or cement materials. A Mississippi-based company grinds the tires into a small, powder form, and we take it from there."

Tires don't decompose in landfills, and already, landfills and dumps across the nation contain enough rubber tires to form a chain that would circle the globe 40 times. Americans throw out enough tires each year to go around an additional four more times.

Early tests indicate that while rubcrete is neither as strong nor as stiff as concrete, it is a satisfactory substitute if the weight of the ground rubber tires is no more than 10 percent of the cement mixture's weight. Laboratory freeze-thaw tests that mimic outdoor weather conditions showed that rubcrete could be used to build concrete road or pavements, overlays for bridges, sidewalks, sound barriers and highway dividers. 
Student Ambassadors Collect Pounds of Pennies for Local Food Shelf

UMC Student Ambassadors collected over $50.00 in change during their penny drive for the local food shelf. While most UMC students willingly offered their spare pennies, it added up quickly. Pictured here with some of the donated copper are: (l. to r) Dean Anderson, Traci Steever, Karen Knudsen, Nancy Klugger, Eric Klindt, Tammie Yutrzenka, Kristina Keller, and Jim Johansen.

WE'LL HELP YOU EARN $30,000 FOR COLLEGE.

Now the Army can help you earn more than ever before for college, if you qualify...up to $30,000 with the Montgomery GI Bill Plus the Army College Fund.

This could be the perfect opportunity to earn the money you need for college and develop the qualities that will help you succeed once you get there. For more information, call your local Army Recruiter.

Call 772-2171

ARMY. BE ALL YOU CAN BE.

WE'LL HELP YOU EARN $30,000 FOR COLLEGE.

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ARMY. BE ALL YOU CAN BE.
Computer Club Has Big Plans for the Coming Year

Rita Resendiz
Guest Writer

The UMC Computer Club was first officially recognized as a club in the Spring of 1994. The following people are the new elected officers for 94-95:

- President: Rita Resendiz
- Vice-President: Ted McKinney
- Treasurer: Wendy Howes
- Secretary: Cory Bengston
- Student Forum Representative: Gloria Norby

Once the club got going, we provided weekly tutoring sessions for anyone needing help in working with computers. The sessions had a good turnout. We continue to provide tutoring when asked for by the students.

The club held a raffle last spring. We gave away a trackball mouse and a game software package.

We also gave five plaques away during the spring scholastic achievement ceremony in May. The club gave achievement plaques to three students, one instructor, and one staff member.

The awards given to the students were our way of honoring those people here on campus who have done a lot with the IBM Thinkpads and who have used the notebooks to enhance their own education. The awards given to the professor and staff member were our way of showing our appreciation for their hard work in getting their knowledge out to us more effectively through the use of the notebook computers.

This coming spring the Computer Club is planning a four-day trip to IBM in Rochester, 3M in Minneapolis, and Control Data in Arden Hills. Fund-raising activities may include a day where game software use will be open to those interested in trying new programs, selling popcorn, holding a raffle, and anything else that the club comes up with.

The club is always open to anyone interested in becoming a UMC Computer Club member. It is never too late to stop into one of our meetings to find out what we are all about. Contact any club officer or our adviser, Harvey Enns, for more information.

Ski Club Plans Trip to Colorado

The UMC Ski Club is planning a trip to Breckenridge, Colorado, over the break between winter and spring quarters. The group will be staying in a condominium right at the slope.

The cost for transportation, accommodations, and food will be around $200 per person. This does not include lift tickets or ski rental, and this will vary depending on the number of days each student wants to ski.

Swimming, whirlpools, health clubs, shopping, and many other activities in this active ski town should provide many additional opportunities for fun and relaxation.

For more information, interested students should contact Ski Club president Jeramy Gronaas at 281-8757 (p-mail: UJG001) or Ski Club advisor George French (GFRENCH).

Other shorter trips during the winter quarter may also be planned if there is enough interest.

...Health Nurse, continued from front page

Stacy says that she really likes the part of her job that entails helping the students one on one. She says she doesn't specifically dislike any part of her new job, but she feels that her room is a little isolated from the rest of the world. But, hey! She says that she can just walk out her door and down the hall and arrive at the Bede Lounge where all the action is.

In conclusion, she would like to say that she really does like her job, especially the students and the faculty that make her feel welcome. Oh, and one more thing: she says, "Stop by sometime!"

Name: Stacey Grunewald
Position: New UMC Student Health Nurse
Age: Yet to be told
Favorite Food: Pizza
Favorite Movie: Mrs. Doubtfire
Favorite Color: Blue
If she were stuck on a deserted island, what three things would she need with her?: Music, a good book, and pizza.
One thing she says she can't do to save her life: Sew!
Hidden Talent: Double Jointed Hip
The CSA Open Forum November 15, 1994 meeting was called to order at 5:05 p.m. Special guest was Don Medal from computer services. He talked about “dead” jacks in computer rooms.

Computer jacks have been installed in Bede Hall. Students reported about the operations of the new computers and also the problems they have been having with the jacks. Medal has made a request that all students go to the Computer Center and report any problems with jacks.

Club and Organizations reports: Motion was made and seconded to consider for one week a new 4-H club and also a review within the constitution on rules to accept an organization.

Natural Resources Club Report: On November 6, 1994, a city clean-up in town and on the city highway went well.

Hospitality Report: Care packages were all delivered for fall quarter.

Student Concerns Report: Student Forum meetings will be on Mondays at 7:00 p.m. winter quarter. Nothing has been done about lighting problem in the west end of the stables.

General Information: Car starting services will be handled by Tim Slanislawski, Doug Larson and Jeremy Seng. Meeting adjourned at 5:47 p.m.

CSA Forum November 1994, meeting was called to order at 5:03 p.m. Secretary’s report: Attended a meeting the 22nd of November at the Northland Inn for the “Master Plan” meeting of UMC.

Treasure’s report: Student Activities holds $8,561.55, Loans and Grants holds $4,555.30. Received a letter from the Dairy Club of the trip to the World Dairy Expo.

Regents Representative report: Next meeting 8th of December.

SSCC report: Next meeting on December 1, 1994.

UMCHE report: Attended a meeting on the 22nd of November. Received information on a trip to the Capital for “Lobby Days”. Has to check budget for funding. Internship opening on lobbying work at the Capitol 4 to 5 credits. Anyone who wants to apply contact UMCHE rep. Sara Bisson.

Senators report: Returning senator from last year, Eric Schimek.

General Information report: Motion made and seconded to escape credit card sellers to come to UMC and to set up and sell credit cards.

Blood Drive on February 7, 1994, is need of a sponsor. Open forum meeting with Chancellor Sergeant.

Residential Life reported on planned addition to Skyberg Hall. Sixteen new apartments will be added. Plan are to install an elevator this summer.

Meeting adjourned at 8:11 p.m.

CSA Open Forum December 5, 1994. Invited Guest and Discussions: Open forum on computer policies January 9, 1994, in Bede Conference Center room 131. Went over the breakdown of fees for computers; they are entered on the back page of winter quarter schedule. The fees committee is beginning to review this year’s student fees for proposal. If you have any questions contact Dale Knotek in Student Activities office room 120.

Discussion with Marv Bachmeier, Athletic Director, about fitness centers hours and cost. Conversation on what kind of coverage students receive under UMC Health Insurance coverage. If you have any questions about your coverage contact Betty Murphy at the Business Office.
New RA's Are a Barrel O'Fun

Karla Beckman
Staff Writer

Some of you may have noticed that there are two new Residential Advisers (RA) for winter quarter. They are Joshua Scruggs and Mark Erickson. There is also a new senior RA, James Lefor.

After interviewing the three new people, here is what I found out about each of them. I'll start first with the Senior RA, James Lefor, who replaces former Senior RA Dean Anderson. Anderson left the position to concentrate on his academics.

Lefor is originally from Roseau, Minnesota. This RA for Brink Hall is a natural resource major, with an emphasis in management. He is a senior this year. Some of his interests include outdoor activities–his favorites being hunting, fishing and canoeing.

Lefor decided to become an RA to help students with the adjustment from home life to college life. He hopes to send the message that “People need to realize that there are other people that they need to think about with their actions. They can’t do something without affecting other people.”

When asked if there was one thing he wanted others to know about him, Lefor said, “I’m not as hard as what people think I am. If they put thought to their actions they wouldn’t see me much.”

Scruggs, from Columbus, Indiana, is the RA for Skyberg A-wing, first floor. He became an RA because he felt it was something he could do a good job at.

Scruggs plans to major in horticulture and is a freshman. Some of his hobbies and interests are football, crocheting, playing the harmonica, and restoring antique tractors.

Scruggs said the message that he hopes to leave with people is, “as an RA, the only thing that concerns me is that all students in the dorms have an equal experience living here.”

Last but not least, I interviewed Mark Erickson, the new RA for Skyberg C-wing, third floor. He is from Fertile, Minnesota.

Some of Erickson’s interests include sports, 4-H, country music, and being with people. He became an RA because it gave him the chance to work with people, and it helps financially by providing room and board.

As a freshman, Erickson is undecided about his major, but he hopes to leave people with the message that living in the dorms helps people build communication and leadership skills. He said the thing he would like others to know about him is that he is “the type of person anyone could walk up and talk to.”

I found it interesting to get to know the new RA’s. Good luck and good job to all the RA’s.

If this sounds like you, don’t ignore it. Because you need help.

If the symptoms on this list sound familiar, tell a doctor. Because if you have several of these symptoms for two weeks or more, you could have clinical depression. It’s a medical illness that can be effectively treated in four out of five people who seek help.

For a free booklet about clinical depression, call us at 1-800-228-1114.

National Mental Health Association
1-800-228-1114
Spinning Wheels:

Dean Anderson
Staff Writer

If you have ever had to commute any distance to school, you will be able to relate to this subject. I recently moved off campus and back to East Grand Forks, which is some 22 odd miles away.

I forgot about the joys and disappointments of commuting. Here are some pros and cons that I have encountered in my travels.

COMMUTING TO AND FROM COLLEGE:

PROS

• Able to get away from school.
• Greater mobility.
• Live and/or work away from school location.
• More scheduled time management required for travel.

CONS

• Live away from school.
• Driving long distances.
• Bad road and weather conditions.
• Lost study/work time replaced by driving time.
• More scheduled time management can keep you busy and productive.

O.K., So What? Well, consider that only about 375 out of UMC’s 1,500 students live on campus. What kind of services does UMC offer for the commuter? There is the rideshare display in Bede Lounge that people can look at for car pooling needs. There is also word of mouth. If you are having problems even getting to school because of car or weather problems, is there anything available to you? There is a car starting service here on campus for on campus students. What about if you are off campus? Maybe you should have a back-up ride in case of emergency. Maybe the idea of car pooling isn’t so bad after all. What have you got to lose? Give it a spin.

Hey You!

Do you enjoy writing? Taking photos? Being creative?

Then why not take part in one of the coolest campus organizations?

The Fourth Estate

Contact any of the staff members listed on page 11 for more information on how you can be a part of UMC’s very own student newspaper. Get involved! You’ll be glad you did.

Mystery Contest

#23

How many Christmas trees and candy canes can you find throughout this issue of The Fourth Estate? Count ’em and send a card to UMC Box 999 with the correct number of each, your name, and your P.O. Box number, and we’ll send a prize to the first person who gets it right.

Cool?

Aren’t we just the best? Contest expires on January 1, 1995.

Cutting Edge

113 North Main
Crookston, MN
Phone: 281-5001

Salon Hours:
Monday-Friday 8:30 a.m.-8:30 p.m.
Saturday 8:30 a.m.-5:00 p.m.

USE THIS COUPON GOOD FOR
30% OFF
YOUR CHOICE OF ANY LADIES B.U.M., E.N.U.F., OR Z. CAVARICCI ITEM IN THE STORE

OR

ALL MEN’S LEVI’S JEANS
CLOTHING FOR ALL FOUR SEASONS

COUPON EXPIRES SAT., DEC. 17, 1994

FOUR SEASONS CLOTHING
CROOKSTON, MN 56716
“Werewolf?”
Coming to UMC
Michelle Trudeau
Staff Writer

The UMC Music and Theater Department would like to announce auditions for its winter quarter play, “Werewolf.” The one-act comedy, will be presented as a dinner theater in Bede Ballroom in late January or early February.

The show will be directed by UMC students Cara Pester and Michelle Trudeau. Tryouts will be held in Kiehle Auditorium on Monday, December 12, from 11:00 a.m.-1:00 p.m., and on Tuesday, Dec. 13, and Thursday, Dec. 14, from 3:00-5:00 p.m.

Remember if you’re not interested in performing, there is always need for people backstage to help with lights, costumes, make-up, set work, etc. If you are interested and cannot make one of the scheduled tryout times or have any questions, contact either Michelle Trudeau (281-6892, p-mail: UMLT001) or Cara Pester (p-mail: UCYP001).

Mystery Contest #23
How many Christmas trees and candy canes can you find throughout this issue of The Fourth Estate? Count ‘em and send a card to UMC Box 999 with the correct number of each, your name, and your P.O. Box number, and we’ll send a prize to the first person who gets it right. Cool? Aren’t we just the best? Contest expires on January 1, 1995.

MC News
Peer Mentor Profile #2: Karen Knudsen
Laurie Wilson
Guest Writer

Peer Mentor Karen Knudsen knows how difficult a return to school can be. “There were many days when I wanted to turn my car around,” she said. Giving up an income, the comfort and security of a work routine and familiar surroundings was difficult–even if only temporarily.

But Karen didn’t turn her car around, and she is now scheduled to complete her academic coursework after winter quarter of this year. Then she’ll be looking at her internship requirements and re-entry into the field of healthcare, but with a bachelor of science degree in Applied Management and a Health Management Minor.

Karen came to UMC with an Associate in Liberal Arts Degree and LPN licensure, but she wanted to gain more career flexibility and expand her employment opportunities. She looked ahead and decided that a baccalaureate degree could assist her in reaching those goals.

It hasn’t been easy. Like other nontraditional students, Karen juggled long commutes, part-time job obligations, many doubts, financial hassles and lots of other issues to get this far.

This year, Karen settled into campus life as a Resident Adviser in Robertson Hall, and a Peer Mentor to many new and returning students. Karen takes her “work” at UMC seriously, and attributes some of that intensity and efficiency to having clarified her goals.

When asked what she wished she had known as a first-year student, Karen said that earlier effort to identify a career objective could have saved her a lot of time.

When Karen once again has some time to call her own, she hopes to develop some skills in photography, calligraphy, growing roses, and traveling. We wish her the very best, and offer our thanks to one of UMC’s fine Peer Mentors.

UMC News
Peer Mentor Karen Knudsen

The Tropical Tan
A Touch of the Tropics in Minnesota
See us for all your tanning needs
Also check out our New Fitness Center!

Including:
⇒ Exercise bikes
⇒ Treadmills
⇒ Stairclimbers
⇒ Body by Jake
⇒ Hip and Thigh Machine
⇒ Firm Flex
⇒ Plus Much More

Stop in today!
120 North Main
Crookston, MN. 56716
Phone: 281-5559

UMC Christmas Concert Slated for Dec. 15

The UMC Campus Ministry and the University Choir will present a Christmas program and concert Thursday, December 15 at 7:30 p.m. in the Bede Ballroom.

This program will feature favorite Christmas songs and a special presentation by Campus Ministry.

All students, faculty and staff are welcome to celebrate Christmas with the choir and Campus Ministry that night.

Refreshments will be served.
All I Want For Christmas Is...

Melissa Dudley
"I want a Black Hills Gold diamond ring and to be engaged to the sweetest guy in the world."

Doug Ellefson
"I'd like for Perry Farrell to come down my chimney and create the world's reality from my dreams. I also want a private beach where I can surf my days away."

Doug Sergeant
"I want to slice open the belly of the sky letting all sunlight free... Melt within the comfortable space of my love... Close flower petal eyelids while dreaming of seahorses and butterflies... or just sprout wings from my back."

Sara Bisson
"I want for everyone to realize how important they are and to open their minds and hearts to let love rule. I want Lenny Kravitz to play live in my living room! I also want Doug Sargeant to make it to Denmark to the one he loves, and for them to have a spectacular life together.

...And I have three words for you, Socks the White House kitty: EXPLODING SCRATCHING POST!

Recycle this issue of The Fourth Estate
UMC Has Class--Conflicts

Dean Anderson
Staff Writer

Have you had to deal with class conflicts? Wrong times? Two required classes at the same time? Is the class only offered every other quarter? Or even every other year?

I am experiencing this problem firsthand, as I am taking a Cultural Anthropology class at the Northwest Technical College in East Grand Forks because UMC doesn't offer it for two years in a row. I need this class to graduate.

 Granted, some classes are not needed quite as often as others, and more of your basic or general classes are offered every quarter and usually with several sections. Examples would be your composition classes, algebra, and your Intro to Biology, just to name a few.

Even so, it still seems that whenever I put together my class schedule each quarter, there is at least one class time conflict. With some classes only being offered at certain times, it makes a college schedule sometimes harder to follow and to put together. This will probably always happen as long as there is such a thing as college and choice, but does it really have to?

Maybe the administration here at UMC could look more closely at class offerings and, with the help of faculty and students, pick better times for certain classes.

As long as there is college there will be problems that are associated with it in one respect or another--such problems exist whenever you have a large group of people with many different needs. Good things will always have some price to pay, but let's not sacrifice class accessibility, convenience or graduation in four years.

The Fourth Estate

Dean Anderson ........................................... Staff Writer
Laura Barton ............................................. Staff Writer
Karla Beckman ........................................... Staff Writer
Sara Bisson ............................................. Staff Writer
Nick Demarais .......................................... Staff Writer
Doug Ellefson .......................................... Staff Writer
Kimberly Mayer ......................................... Staff Writer
Val Nowacki ............................................ Staff Writer
Doug Sargeant ............................ Surrealism Consultant
Amber and Todd Strack .................. Advertising Managers
Michelle Tudeau ......................................... Staff Writer

SPECIAL THANKS TO UMC MEDIA RESOURCES, UMC PRINTING, AND THE CROOKSTON DAILY TIMES FOR THEIR HELP WITH PHOTOGRAPHS AND PRINTING.

Andrew Svec .............................................. Advisor
Dr. Linda Wiggins ....................................... Advisor

The Fourth Estate is a student-run newspaper, staffed on a volunteer basis by students at the University of Minnesota, Crookston. It serves as a source of information for the campus community as well as a voice for the students. The attitudes and opinions expressed in The Fourth Estate are not necessarily the opinions held by the administration of the University of Minnesota, Crookston.

The Fourth Estate is published on a monthly basis (when the University is in session). The total circulation is 1,200 newspapers per edition. Printing is done through the Crookston Daily Times Publishing Co. Copies are distributed to our patron advertisers, UMC students, faculty and staff.

If you have any comments, questions, or suggestions about The Fourth Estate and its contents, please direct them to the Managing Editor at UMC Box 996, Crookston, MN 56716.

The Tragic Death of a Friend

Kimberly Mayer
Staff Writer

One Sunday afternoon, as I was filling my car with gasoline, I looked to the adjacent building. It just so happened to be the grocery store, where I worked for two years, before coming to college.

Anyway, as I turned around I noticed a co-worker, and her daughter leaving the store parking lot, and I waved with excitement. It had been a long while since I had last seen the two of them. I watched the car drive out of my sight, and continued to fill my car. Before I knew it, there they were, right beside my car. My co-worker rolled down her window, and I walked over to her car.

I had a big smile on my face, and asked her how she was, and what she had been up to in the last few months. Only, she wasn't smiling like normal. She had all she could do, not to cry.

I will never forget the look on her face that afternoon. All she could say was, "Eric is gone." "Life's just not fair, Kim." That is when the tears started pouring from her eyes, and I asked her what happened. She then told me that Eric, a friend, and co-worker of ours, had been killed in a car accident early that Sunday morning.

I couldn't even ask how it happened because it took all I had in myself not to start crying, as she had. She then said, "I can't believe it, he's gone, life just isn't fair. I just thought you should know." Then, she drove off.

I finished filling gas, got in my car, put my seatbelt on, and headed down the highway. I turned on my radio, and started to cry. There was a Christmas song playing, and all I could think of was Eric. How his family will miss him, and how he didn't even get to see this Christmas, or his sister's graduation this Spring, or many other important things in life. This is when I started to think that maybe my friend was right, life just isn't fair.

Eric was twenty years old, and had his whole life ahead of him. Now, he was gone, and we didn't even have a chance to say good-bye. I never had the chance to tell him what a great guy he was. Or that he meant a lot to me, as a friend, and a co-worker. I took for granted that he would always be there, so that when I didn't think it sounded stupid, I would tell him.

It took me a while to realize that things happen for a reason, and that Eric was in a better place now. Somehow, you deal with it, and grow stronger from it.

My point is, that life is sometimes short, and we never know when our time will come, or when our friend's time will come. So, we should cherish every moment we have with each other, and let our friends know from time to time what they mean to us. Just a word or two is sometimes all you need to say.

After all, how hard is it, to say to each other once in a while that "you mean a lot to me." I found out the hard way.
Despite Minor Setback New Gym Floor Looking Good

Nicky Demarais
Staff Writer

If you have walked through the Lysaker Gymnasium lately or have attended a home basketball game, you may have noticed the new floor recently put in. Construction started on November 11, and was finished by the 18th. The Twin Cities installation company glued the wooden floor right onto the old floor. The floor was then sanded, painted and sealed.

The new floor has a slight flaw in that the second sealer coat was applied before the first coat was dry. It has given the floor a rough appearance. The company came back this past weekend and sanded off the top coat and resealed it again. It now looks great.

The whole project cost $70,000. This money came out of the campus improvement fund. Kent Freeberg, Director of UMC Plant Services, is working with the company to complete this project. The installation package includes new side courts as well. They will be the same rubberized floor as currently featured and will be completed over Christmas break.

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Free Swimming at the Crookston Pool!
320 East 5th Street
Remember, UMC students swim FREE at the Crookston Community Pool daily from 6:30 p.m. until 8:30 p.m. (except Tuesdays). Also, lap swim Monday through Thursday from 5:00 until 6:00 p.m.

Just show your UMC student I.D. at the pool!
Sponsored by Student Activities and the Crookston Community Pool
New Goals Ahead for UMC Hockey Team

Kimberly Mayer
Staff Writer

I recently had the opportunity to speak with Coach Scott Oliver, about this year's Hockey team, and the goals that they have for the season. Coach Oliver mentioned that their goals for the year were going to be different than in the past.

This year the team is playing on an independent NCAA division 3 schedule. That, in return, means that there is no conference, or national championship to play for.

Coach Oliver seemed very enthusiastic about the year ahead. This is what he had to say about their goals: "What we're trying to do this year, is earn some respect and develop some relationships with these new colleges that we're going to be playing, hopefully all the time now."

Coach Oliver also told me of a special tournament that takes place at the end of the year--an International Invitational Tournament. This will include a team from Russia, a college from Canada, Lake Head University, Hamline and Bethel (MIAC teams), the University of Wisconsin-Stout (NCHA team), and our very own Crookston team.

Here's what Coach Oliver had to say that really summed up their goals for the year: "We're kind of gearing everything we're doing and everything we're trying to build on this year towards developing relationships, being very competitive with our new competition, and then this international tournament."

Sounds exciting! Those of you who are Hockey fans, might want to check out the home games, and support our outstanding team.

Head UMC Hockey Coach Scott Oliver is excited about this year's hockey team. After two years coaching a national championship team Coach Oliver is looking forward to an international invitational tournament. How will UMC do? Think INTERNATIONAL TROPHY!

UMC HOCKEY RECORD

As of 12/94

<table>
<thead>
<tr>
<th>Dates</th>
<th>Location</th>
<th>Competitor</th>
<th>Score</th>
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<tbody>
<tr>
<td>Nov. 11-12</td>
<td>at NDSU Bottineau</td>
<td>Bottineau, ND</td>
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<td>at St. Olaf College</td>
<td>Northfield, MN</td>
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<td>Hamline University</td>
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<tr>
<td>Nov. 25-26</td>
<td>at Hamline University</td>
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<td>North Dakota State U</td>
<td>Fargo, ND</td>
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<td></td>
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UPCOMING GAMES

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<td>7:30 p.m. Home</td>
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<td>Dec. 10</td>
<td>University of Wisconsin-Stout</td>
<td>1:00 p.m. Home</td>
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<tr>
<td>Dec. 15</td>
<td>at Bemidji State University</td>
<td>7:05 p.m.</td>
</tr>
<tr>
<td>Dec. 17</td>
<td>at NDSU Fargo</td>
<td>7:30 p.m.</td>
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Men's BB Team Members Comment on the Season So Far

Marlon Bankston: "So far, this season has been disappointing, but as a team we have grown stronger. I feel that we will make a positive change and turn the season around and finish off strong."

Otis Booker Jr.: "Well, with any success there will come some type of failure. This season we are 2-5 and although it may seem like an unsuccessful season, it has been a positive one. There is always room for improvement, and I feel we are growing with each and every game."

Lorenzo Bronson: "This season has been a learning experience so far. I believe the team is going to surprise many people later on. Hard work and time will tell how the rest of the season will go for the team."

Andre' duCharme: "We are all working hard together. If we can clean up some of the rough edges, we will start to claim some victories."

Ally Dumas: "In moving into a 'four-year' program, I feel that we are making progress. Our record is 2-5, but we could just as well be 5-2. We are playing the toughest competition, which is only making us better. We are so close to putting together a huge winning streak."

UMC MEN'S BASKETBALL RECORD
As of 12/7/94

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<tr>
<td>Nov. 25-26</td>
<td>at Northern State Tourney</td>
<td>71 108</td>
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<tr>
<td>Nov. 25</td>
<td>Northern State U</td>
<td>92 117</td>
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<tr>
<td>Nov. 26</td>
<td>Moorhead State U</td>
<td>74 81</td>
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<td>Nov. 29</td>
<td>at University of Winnipeg</td>
<td>87 72</td>
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<td>Dec. 1</td>
<td>Mayville State U</td>
<td>81 97</td>
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<tr>
<td>Dec. 3</td>
<td>at University of Mary</td>
<td>102 115</td>
</tr>
<tr>
<td>Dec. 6</td>
<td>Valley City State U</td>
<td>8:00 p.m.</td>
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</table>

UPCOMING GAMES
Dec. 8 | College of St. Scholastica | 7:30 p.m. Home
Dec. 10 | at U of M, Morris          | 7:30 p.m.
Dec. 14 | Minot State University     | 7:30 p.m. Home
Dec. 21 | at Mankato State University| 8:00 p.m.

Chris Hoff: "The season so far has been kind of disappointing in that we have been in some close games, but can't pull them out. It has also been fun because everyone gets along on the court and has fun together."

Maurice Jackson: "As everyone knows, we are in a building process. We have different players from different backgrounds. When we come together as a team, we will be successful. As of right now, we are not living up to our expectations and things seem disappointing, but we're all winners, and we will prevail."

Michael Miller: "I think that our season up to this point has been a very down, frustrating and disappointing start because, obviously, we are 2-5. That isn't very good, and hopefully if we keep on working hard at practice in preparing for games, we'll come out on top when it's all said and done."

Jason Lee: "It has been a trying season so far. As soon as we play as a team, we will start winning games."

Karl Nisbet: "We have been improving every game this year. If we can continue to get better fundamentally and gel as a team, we should make it an exciting season."

Greenfact
A recycled aluminum can is typically re-melted and back in the store within 6 weeks.

Jason Vrutzenka: "The season so far has been a learning and growing experience. It can only get better!"
The UMC women's basketball team is off to a slow start this year as they were handed their first four losses. The team is short in numbers, height, and speed, but they are not short in heart.

Their first loss came from a very aggressive Concordia JV team. The Cobber's tried keeping a 20 point lead, but we didn't let up and tried coming back several times. The ending score resulted in an 85-68 loss. Chrissy Nettum lead the team with 20 points followed with Nicky Demarais shooting 15 mostly from the line. Amy Blackmun had 13 on the night with Sarah Viss adding 12. Nettum led the team in rebounds with 20.

On Thursday of the same week, the women and men hosted Mayville State University. The team are up against a taller, more physical team which is to be expected in this conference. Coach Brenda Krogstad commented, "If we play as well as we can, everything will work better." The team lacked aggressiveness that is needed to be competitive at the four year level.

Traveling to Bismarck on Saturday, the women faced a tall team at the U of Mary. They had 29 on their roster with 10 over six feet tall. The Trojan's were overwhelmed with the taller, experienced team and suffered another loss.

On December 5, the women traveled to Valley City and were handed another loss. The score didn't at all indicate how the Trojan's played. We came out strong in the first ten minutes of the game and were up 5-0. Things started to fall apart, but we came together and started playing a much more aggressive game. We were on the floor going for the loose balls and making good fouls meaning there were Valley City girls on the floor pouting. It was a very physical game both ways and the lady Trojan's took a big step from the Mary game to the Valley City game. The intensity level was up and some of our passive players were seeing red that night. Sarah Olson and Demarais led the team with 15 points each.

The next game will be on Friday, December 9 against Valley City.
Struggling Through College In The Nineties

Doug Ellefson
Staff Writer

Have you noticed how difficult it has become to get an education these days? Trying to juggle your credit load and the accompanying homework with a job or maybe two. With all this it seems hard to find time to enjoy these supposed “Best Times of Your Life.”

Well if you think you’ve got it tough, try to imagine this schedule.

I was able to track down one of the busiest students I’ve seen to talk about just how tough things are. Jake Rudh, a junior majoring in Broadcast Communication at the University of North Dakota, gave me his typical daily routine.

Up early and out the door to make an 8:00 a.m. news meeting at Studio One, a cable television station where Jake currently works. After this meeting he’s got to run to class at 9:00. This class runs until 10:30 and he’s got a half hour before his next class starts to try to fit in breakfast. Class holds him until 12:30 p.m.

Moving on again to Studio One, Jake has about an hour to work on his reports. Each week he is responsible for two reports which are delivered on Friday. Another class from 2:00 p.m. until 3:00. At 3:00 Jake has yet more meetings at the studio and a rehearsal for the show on Friday.

Now this busy man has about a half hour to fit in dinner before his second job. He’s got a shift on the air at KFJM, a local radio station. This shift keeps Jake busy until 9:00 p.m. Usually he heads back to the studio to spend yet some more time on his reports until 11 or midnight.

Getting home after midnight leaves very little time for homework, and friends—who has time? On top of all of this, Jake also is involved with an internship with XL93, a local radio station where his position as a music reporter makes him responsible for four to five reports each week. This schedule which takes the better part of twelve or thirteen hours of the day can get to be overwhelming.

Students who are not fortunate enough to have Mom and Dad pay for college, need to find other ways to pay the bills. An education these days holds a very large price tag. Anyone who has received funding in the form of grants or loans knows the financial aid routine can become quite a circus in itself.

The best years of our lives have somehow been transformed into the most stressful. Aside from school schedules and working, there seems to be very little time to spend with friends, alone, or maybe a piece of time to enjoy the solace a favorite CD can bring.

Sometimes I really wonder if it is understood how much goes into learning these days (by those not in school I mean.) I’m sure we’ve all run into conflict with a teacher or a boss who does not realize our lives have become so full. Spending thousands and thousands on learning had better pay off someday is what I’m thinking.

As far as Jake’s schedule, it appears it won’t be letting up in the near future. Jake is a very driven and focused student. He is able to keep his end goal of graduating and placing himself in a rewarding field in focus.

Jake is planning a transfer to the Twin Cities next semester to continue his studies in the School of Journalism at the University of Minnesota. He knows it will be tough and is already seeking employment as well as an internship with one of the hottest new radio stations in the state, Rev 105 Revolution Radio.

Well, good luck Jake, and good luck to all of you who are doing your best to make it through the increasingly crazy world of education.

It is important to remember that anything that will prove to be rewarding needs hard work and dedication. Stay focused.

Blast from the Past: 1915

It’s a far cry from the concept of a notebook computer for every student, but this class in botany was “cutting edge” in its day—1915. At that time, what we today know as the University of Minnesota, Crookston was the Northwest School of Agriculture. In 1915 the school, a residential high school focusing on agriculture, had been established for only ten years, but it employed 15 faculty members and a superintendent, Conrad Selvig. Selvig, for whom Selvig Hall was named, served as the second superintendent of the NWSA from 1910 until 1926, when he was elected to Congress from the Ninth District.

If you would like to learn more about the history of UMC, visit the White House, located just behind Dowell Hall. Drop by and have a look around.
Campus Residents Get the Holiday Spirit

Students living in the UMC campus residence halls helped create holiday cheer this past Tuesday, December 6. Residents of McCall Hall and Skyberg Hall held receptions in the lobby areas of those halls.

The Office of Residential Life sponsored the gatherings and provided trees to trim, snacks to munch on, and gingerbread houses to build.

Residents also took part in the "Decorate Your Door" contest. Judges Bob Nelson, Vice Chancellor for Student Affairs, and Chancellor Don Sargeant had a difficult time selecting the winners from some very festive entries. In the end, the much-coveted pizza prizes went to Marlene Raddatz of Skyberg Hall and Clarissa Hughes of McCall Hall.

Residents of Skyberg Hall try to assemble a gingerbread house. They were more successful than the residents of McCall Hall, whose gingerbread house collapsed. McCall Hall resident adviser Penelope Steer said, "I guess we just didn't follow directions. Oops."

Christmas is a time to decorate your friends and give gifts to your ... um ... tree? No, it's decorate your tree and give gifts to your friends. I can never get that right.

Residents of Skyberg Hall try to assemble a gingerbread house. They were more successful than the residents of McCall Hall, whose gingerbread house collapsed. McCall Hall resident adviser Penelope Steer said, "I guess we just didn't follow directions. Oops."

Call Frank, Howard, Don, & Bud for all your transportation needs.
UNTITLED

Somewhere along the edge of a dream
they danced the seahorse and the butterfly
carried into the heart of the sun
by the belly of a black bird
the heat of all lovers
sunlight heat filled kisses
they shared the same star....

It was an unconscious melting
a becoming of one

It was the flesh that brought them together
driven by lust and the primal need to consume
but it was the heat with each caress
the magnetic light
sparkling within their pores
woven deep within the skin
that caused them to stay.

—Talking Feather

A friend is rare
Someone you believe in
Their opinion valued
Their trust shared
Friends are treasured
and should be cherished with each breath of life
For without them, what good is a heart

—The Wandering Spirit

Do you have something creative
to contribute? Send it to the
"FIFTH ESTATE" UMC Box 999.
All contributions are welcome.

A Christmas Story
By Jesse Homick

Christmas morning when I
was twelve was an average Christmas morning. Waking
up to hear my dad screaming
at me, "Get up now your
grandpa will be here soon." I
remember getting up slowly
and half asleep, thinking I am
not going to get anything I
want anyway what is the use.

Grandpa usually should
up about an hour or two after
my dad woke me up. The
family (mom, dad, grandpa,
me, and my two brothers)
would eat breakfast together
and then grandpa would say, "
lets rip into those presents."
After about a half hour of
ooh's and ahh's, or thank you
I love it, the living room would
look like a tornado had gone
through it.

This particular morning I
had been searching through
presents for a game I wanted.
Didn't get it. So I had to sit
there next to my grandpa and
pretend like I got everything I
wanted, little did they know I
was about to explode inside.

My middle brother, who
was about nine at the time
would be my unwilling partner
in the crime of the year,
putting mustard in the coffee
pot.

You see grandpa and
mom would always sit around,
drink gallons of coffee and
talk. My brother and I were
about to change that
unsuspecting tradition forever.
As Aaron distracted them I
squeezed the Christmas
mustard container and
watched as the beautiful
yellow drops sank into the
dark coffee. I waited.

All of a sudden mom spit
up a large glob of mustard.
She chased after me, but
never caught me. Aaron
rated me out, and I spent two
weeks in the big house.
The synapses in my cranium, wave of serenity filled my reality screams at my breath, reality. Times arise for temptation of simply taking it making me painfully aware of my surroundings. There is a reason for my being here, staring out over a vast valley of greenery. I’ve given in to the temptation of simply taking it all in. Times arise for reasoning and others are solely laid on your lap giving your spirit the opportunity to soar and make you truly feel alive.

This is one of those times. My mind sooring up and around the entirety of the valley. I’ve now just seen the valley from the very tops of the moss covered peaks to the beds of the slight streams. My mind allows me to see more in one second than I could ever see or experience in a hundred lifetimes. After taking a moment’s time creating motivation within, I begin the two-thousand stair descent to the heart of this valley of splendor. My vision being focused on the small hairs on the top of my foot being placed on my surroundings. There is a clear, I am able to see the end of the earth. So alive!

My awareness now heightened to a level never before experienced. Realization taking on qualities unlike those of earth. The sky now a watery color never before named, the air so clear and vital I feel as if I could hold it. My sight is now so clear, I am able to see the air and all it holds. My breath becomes noticeable as mist reaching out but lasting only seconds.

Stepping to catch my breath, I realize the need to lean into a rail. Relax. Feel. Breath. Feeling as though I’ve been on my way for a good while, I turn to see the ground I’ve covered. Amazing. The stairs ahead of me remain, while those covered by my steps exist only as a small dirt trail. Not really even a trail, but something a human foot could not seemingly pass. I must move on.

Breathing has become easy the air seems to have thickened, but my legs seem to be moving as if in water. My progress slowed now to a mere shadow. Lost in a dream. The crowd now emitting a real vibe of anticipation. I can now distinguish faces, three hundred steps to go.

My awareness now heightened to a level never before experienced. Realization taking on qualities unlike those of earth. The sky now a watery color never before named, the air so clear and vital I feel as if I could hold it. My sight is now so clear, I am able to see the end of the earth. So alive!

My feet finally resting in the soft grass allow me to find a new emotion. My body has just created a reality visited by few, sought by many. I feel like I’ve searched forever and finally found my destination. The crowd that started as a small gathering has now grown into thousands. These people have been waiting for me. Two women, dark skinned, hair as soft as silk, greet me with a glass of wine and a robe of the finest fabric. Hoisted above the heads of the crowd I am carried as a king. Laid to rest in a bed, I will sleep sweetly awakening only to the realization that I spend my remaining days in a complete haven created entirely in my mind. There are no boundaries, no hatred, nothing to take away from the most beautiful place possibly imaginable, the reality I’ve created through my dreams.

I was in my room putting away the gifts I had received and dreaming of the gifts that had been forgotten. When I heard an ear piercing scream. I rushed down the hallway to see what was wrong. I sprinted into the living room and saw the most horrid sight I had ever seen. Jennifer, my older sister, was laying on the floor holding a blood-stained pillow to her left eye. I knelt down beside her trying to comfort her, but I did not know what to do. My parents arrived a few seconds later. It felt as if it took them hours. I was scared, tired, and confused, but my night had only begun.

We sat in the emergency room for an hour that Christmas when I finally built up the courage to ask my parents what had happened. My mother looked down at me and hesitantly answered, “Jenny was playing with Cisco and Cis scratched her in the eye.” I was scared of my own dog for many days after Christmas.

My sister was finally ready to come home. When she came through the waiting room doors, I was frightened by her appearance. She was wearing a large, white patch over her eye. I had only seen people like this in the movies, and they were usually the evil characters. When I was comfortable with the fact that it was my sister and she had to wear the patch, we left the hospital.

Walking through the snow in the parking lot we heard a loud bang. Our whole family immediately looked to see what it was. I had to look twice. I could not believe my eyes, it was Santa Claus. I wanted to run over to him and thank him for all the presents he had given me, but my father stopped me. We just watched. Another man ran out of the same building as Santa carrying a baseball bat. Santa jumped into a car and squealed the tires down the street. I could not understand what was going on. My father put his arm around my mother and my sister and said, “This is one Christmas we will never forget.”

GREENFACT
In 1865, an estimated 10,000 hogs roamed New York City, eating garbage.
ATTENTION STUDENTS:

LOCAL JOB LISTINGS:
Local job listings are posted on the bulletin board in Bede Lounge. If you have any questions, please stop by the Counseling and Career Center, Bede Hall, room 106.

FOR SALE:
- WORD PROCESSOR: Canon Wordwriter 80. Only one year old in excellent condition. Perfect for any type of writing project. Includes many fonts, styles, built-in disk drive, and numerous other tools. Write with the best! Only $375. Call 281-5208 and ask for Doug.

INTERESTED IN CHOIR, BAND, MUSIC LESSONS?
Students interested in music and/or theater should contact George Fench at 281-8266 or p-mail GFRENCH.

GREENFACT
Only 10% of all our trash is recycled.

ATTENTION POETS:
The National Library of Poetry has announced that $12,000 in prizes will be awarded this year to over 250 poets in the North America Open Poetry Contest. The deadline for the contest is December 31, 1994. The contest is open to everyone and entry is FREE.

To enter, send ONE original poem, any subject and any style, to the National Library of Poetry, 11419 Cronridge Dr., P.O. Box 704-1982, Owings Mills, MD 21117.

The poem should be no more than 20 lines, and the poet's name and address should appear on top of the page. Entries must be postmarked by December 31, 1994. A new contest opens January 1, 1995.

For Sale:
- Truck tool box, fits Mid-size and below. Heavy black plastic with two locking lids. Paid $75, asking $50 or best offer. Call Dean at (218) 773-2923, please leave message if interested.

Wanted:
- Truck Topper to fit long box of Dodge Dakota. Price range of $2-300. If interested in selling, please call Dean at (218) 773-2923.

Merry Christmas, Happy Hanukkah, and Happy New Year from The Fourth Estate! Look for our next issue on January 26, 1995.