UMC to Offer New Bachelor's Degree in Accounting

Beginning fall quarter 1996, students at the University of Minnesota, Crookston (UMC) will be able to pursue a bachelor of science degree in accounting. The program is a new cooperative degree program between UMC and Bemidji State University (BSU).

On February 19 officials from both universities signed the cooperative agreement, creating the new degree program. The signing ceremony was the culmination of two years' work coordinating all the details.

According to Rob Smith, Management Division Chair at UMC, "The biggest hurdle we had to overcome was to identify the responsibilities of each university participating in the agreement. Questions of coordination, supervision, registration, fee payment, grade reporting, tuition, and athletic eligibility, among others, all had to be answered and agreed upon."

The final agreement finds UMC responsible for providing 132 credit hours of coursework and BSU responsible for 60 credit hours. Smith says, "Sharing the resources of both universities will make for a very strong quality program. We'll be able combine the expertise of our accounting professors with the specialized expertise of BSU's accounting faculty." All of the BSU coursework will be upper level specialized accounting coursework.

All classes for the degree will be offered on site at UMC. Courses provided by BSU will make use of a combination of interactive television (ITV) technology and BSU faculty traveling to UMC. The goal of developing this cooperative program was to provide the opportunity for placebound students to increase their access to career entry positions and to increase career advancement opportunities in the growing field of accounting services.

Every effort is being made to allow students entering the program this fall to satisfy all the degree requirements in four years. Smith states, "Our intent is to offer the full complement of courses in sequence so our students will have every opportunity to complete the program in a timely manner."

The accounting program is called a "cooperative program." Both universities will play an active role providing courses. While students enrolled in the program will have access to all the resources available to other UMC students—including notebook computers, access to the local area network (LAN), student activities and services, and even commencement exercises—the actual bachelor of science degree will be granted by BSU.

Smith characterizes the development of shared or cooperative programs as "the wave of the future." As state governments provide less and less support to higher education, colleges and universities are increasingly looking to pool their resources.

This new accounting degree is not the first cooperative program UMC has developed. Earlier last year UMC developed a cooperative degree program with BSU in Early Childhood Program Management. That degree is granted by UMC, and makes use of ITV technologies.

Not only has UMC been a pioneer in developing cooperative degrees, but it has also been a pioneer in the area of incorporating technology into its curriculum. Back in 1993 it was the first university in the U.S. to provide laptop or notebook computers to all full-time students.

Students interested in the cooperative bachelor of science program in accounting should contact the UMC Office of Admissions at 281-8569 or the UMC Management Division Office at 281-8176.

UMC Employees Receive Cliff Awards

University of Minnesota Cliff Awards recognizing performance above and beyond the call of duty were presented on March 20 to Robert Jeska and Jerome Rude by University of Minnesota President Nils Hasselmo. Pictured from left: Hasselmo, Rude, Jeska, and UMC Chancellor Donald Sargeant.

UMC News Release

Two University of Minnesota, Crookston (UMC) employees received Cliff Awards from University of Minnesota President Nils Hasselmo when he visited the campus recently. Receiving the awards were: Jerome Rude, gardener, and Robert Jeska, grounds crew foreman.

Cliff Awards are given to University employees who exemplify the attitude of Cliff Smith, who worked for years in the Morrill Hall parking ramp on the Twin Cities Campus. Smith went all out, above and beyond, to welcome people to the campus and to make people feel good about themselves, according to Hasselmo.

Rude began working for UMC in 1973. Since the early 1970's he has had the responsibility to annually redesign and plant the UMC flower bed at the entrance to the campus. He received his associate in applied science from UMC, and will graduate this spring with a bachelor of science degree from UMC. Rude received the Distinquished Service Award from the UMC campus in 1992.

Jeska began working at UMC 25 years ago. He was promoted to grounds foreman in 1971. He is responsible for thousands of seedlings which are planted each year, for the newly planted campus mall, spraying, pruning and fertilizing for all of the campus grounds. Born in Fostoria, he attended Augsburg College and Luther Bible Institute, but returned to northwestern Minnesota before joining the UMC staff.

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Student Fees Recommended for 96-97

The UMC Student Fees Committee and the UMC Administration have made decisions on their recommendations for changes in the quarterly Student Service Fee for the 96-97 academic year.

These recommendations have been forwarded to U of M Central Administration on the Twin Cities Campus for final approval. This is expected sometime in May.

The recommendations appear below. They reflect roughly a four percent overall increase.

In a rare occurrence, UMC Administration has recommended a change in addition to the changes recommended by the Fees Committee. Administration has recommended an additional $2.00 increase for intercollegiate varsity athletics to help cover the costs of developing a new women's varsity sport next year.

Other changes have been noted below.

<table>
<thead>
<tr>
<th>Organization</th>
<th>1995-96 Fee</th>
<th>1996-97 Fee</th>
<th>Change</th>
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<tbody>
<tr>
<td>Athletics (Intramural)</td>
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<tr>
<td>Athletics (Intercollegiate)</td>
<td>33.00</td>
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<td>Clubs and Organizations</td>
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<td>Fourth Estate Student Newspaper</td>
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<td>.75</td>
<td>+.25**</td>
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<tr>
<td>Student Activities</td>
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<tr>
<td>Student Center</td>
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<tr>
<td>Student Forum</td>
<td>2.85</td>
<td>2.60</td>
<td>- .25**</td>
</tr>
<tr>
<td><strong>Total Mandatory Student Fees</strong></td>
<td>73.10</td>
<td>76.10</td>
<td>+3.00</td>
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Special Assessments

Includes non-mandatory fees and fees assessed on populations of students other than those taking 6+ credits

<table>
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<td>1.69</td>
<td>+.64**</td>
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<tr>
<td>Yearbook (assessed once a year)</td>
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<td><strong>Total Special Assessments</strong></td>
<td>4.55</td>
<td>5.19</td>
<td>+.64</td>
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</table>

*Recommended by UMC Administration to cover costs of adding a new women's varsity sport.
**Recommended by UMC Fees Committee and UMC Administration

Candidates Announced for CSA Forum Election

Student Forum elections for the 96-97 academic year will be held on Monday, April 8, at the Conference Center Entrance. Campaigning will take place April 1-4.

Write-in candidates will be accepted for any position. Interested students are encouraged to consider a write-in campaign.

Registered candidates for the various positions include:

For President:
Lance Reitmeier, junior in agronomy, Fisher, MN
Mark Erickson, sophomore in business mgmt., Fertile, MN

For Vice President:
Marlene Raddatz, sophomore in agronomy, Wheaton, MN

For Secretary:
Tonia Sperr, sophomore in dietetics, Herman, MN

For Treasurer:
Abigail Chervestad, sophomore in bus. mgmt., Oklee, MN
Andrew Dumas, junior in business mgmt., West Fargo, ND

For Senator:
Kyle Cochrane, sophomore in ag industries, Alexander, MB
Jason Mattson, freshman in agronomy, Lake Park, MN
Jake Johanson, major in mgmt., Thief River Falls, MN
Korey Hegreberg, sophomore in agronomy, Borup, MN
Robberts to Start Processing Technology Program at UMC

UMC News Release

Christoffel Robberts has been appointed to start the new processing technology program at the University of Minnesota, Crookston (UMC). Robberts moved with his family to Crookston earlier this year from Johannesburg, South Africa. Before joining the UMC staff he was the associate director of food technology at Technikon Witwatersrand (equivalent to a polytechnic institution).

Besides administering and managing the department, Robberts developed information materials to market the course to students and industry. He is doing much the same at UMC.

"Robberts' background with the program in South Africa fit the Crookston campus's expectations for the new degree program in processing technology," said Rita Meyer, vice chancellor for academic affairs.

Classes for Processing Technology will begin at UMC in the fall of 1996. The program emphasizes natural and applied sciences and includes extensive business and management training, practical industrial applications experience, engineering concepts and a strong general education component.

Upon successful completion of this degree, graduates will be prepared to make immediate contributions to a wide variety of food and non-food manufacturing enterprises.

"Now we must get students to train them for this exciting career," Robberts said.

His educational background includes matriculation in 1967 with full university exemption, Rand Afrikaans University, COBOL course at the Damelin Management Institute, three year national diploma in food technology at the College for Advanced Technical Education with distinctions in 13 of 17 subjects. He completed the national higher diploma in post school education and in food technology at the Cape Technikon, and completed the master's diploma in technology (food technology), also at Cape Technikon.

In 1993 he was awarded a merit bonus for work excellence and received the Oppenheimer Memorial Trust Award for advanced researchers at Technikon in 1992.

Within the past five years Robberts has:

• taken out a preliminary patent for a low energy value ergonometic (releases more energy than what is available - fat burning) chocolate beverage
• developed a recipe for and designed a continuous processing line for the production of microwave heated frozen vetkoek
• developed a cheap flavored pearled sorghum product to enhance the variety of food available to destitute people that are fed by charity organizations
• upgraded a biscuit factory in Mozambique
• developed and presented a 60-hour training program to train poorly qualified production personnel in quality control and sanitation
• patented a recipe for instant custard
• commissioned the food technology processing center at the Technikon
• designed and commissioned a small vegetable freezing plant
• formulated a recipe for a shelf-stable frozen soft-serve yogurt mix.

Robberts and his wife Marietjie (pronounced Mary-key) have two children: Marelize, a first-year college student; and Stephen, a high school junior.

Thanks to Barb Weiler at University Relations for this article.
The Harmony of Discontent

UMC is taking steps to help remedy class scheduling problems

Linda Thompson
Staff Writer

This winter I heard the sound of a chorus. The sounds weren't trickling down the hall from Kiehle where the sweet sounds of music typically come from. This chorus I heard was the sound of discontent.

The sound was louder than I had ever heard it in the year I have been a student here. The lyrics of the song heard from person after person were scheduling problems for spring quarter.

Through hearing many of these stories I was compelled to take some type of action. It seemed unusual to me that the University would be content that this many students weren't getting the classes that they needed.

I wanted to see where the real problem lay, so I took an informal survey of fifty UMC students who were having lunch in the Morse's lounge. The respondents represented the three academic divisions of management, technical studies, and agricultural management.

I found through this informal survey that 50% of the students were having problems getting the classes they needed for spring quarter. The results can be seen in graph 1.

Students had concerns with class overlaps, classes in their major being offered at the same time, and not enough classes being offered either in the morning or the afternoon. Graph 2 gives a percentage breakdown on how students responded.

Students offered several comments on their survey sheets that reflected their feelings on this subject. Many of them wanting staff to understand the position they're in when classes aren't available to them. Some who are now graduating later than expected, some found their financial aid being adjusted, and others found they would be in summer school (if the classes were offered then) in order to graduate within their allotted time.

There was a common concern from students that staff and teachers keep student needs in mind when they are making schedules or making schedule demands that conform to their life. We realize that as students we are the paying customers and don't expect this type of difficulty with class scheduling.

With all these concerns in mind I was sure someone in charge wanted to hear these concerns; someone did.

I visited with Dr. Rita Meyer, UMC's Vice Chancellor for Academic Affairs, concerning this situation. She welcomed me into her office to discuss the problem as she would any other student who has a question or concern. Dr. Meyer said she was glad that this issue was being raised. It has been an issue pursued in meetings that were held recently.

The schedule for next year was being refined by the department heads in the best interest of students. They meticulously took program by program and went through the schedule to see if there were conflicts or classes that were missing for students. Dr. Meyer said they had found many conflicts and corrected these problems. Once the schedule is submitted, it will not be easily changed.

Dr. Meyer said she is committed to the time allotment to complete a degree program. When the University says it will take you two years or four years full-time to complete your degree program, it should, in fact, take two or four years to complete. (This is given that a student passes the courses outlined.) She said it is unacceptable that a student would take longer than the set time to complete a degree simply because classes aren't available.

Dr. Meyer stated it is her belief that students are the customer and their needs should be met. As well, she said that college is expensive as an investment of time and money and that these classes should be available to students.

The issue of availability (or unavailability) of classes was only recently brought to her attention. It is impossible to fix a problem if one does not know a problem exists. Thus, the need of students to voice their concern is imperative.

Voice my concerns? Where do I go? Who wants to hear about it? Good questions. As Dr. Meyer and I searched for a process on how students could respond when they have a concern about getting classes, we fell empty handed.

We had found a hole in the process of communication between students and those who make scheduling decisions. However, we also found a solution.

Realizing that we as students need a written process to address scheduling concerns, one will be in print for the fall quarter 1996. This process will be easy and at a level where most of us feel comfortable interacting-with our advisor.

Process, I believe, is an important aspect of our education. We are becoming professionals in our respective fields. We will not join a company or an organization where there will not be conflicts or concerns. We will need to understand process and realize how we go about fixing things that annoy us. This is a great place to start.

Each student is encouraged to pursue a process to address any concern they have, according to Dr. Meyer. After all, we are the leaders of tomorrow, and pursuing issues are an integral part of that leadership.

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Nesset Appointed New Assistant Librarian at UMC

UMC News Release

Anne Nesset of North St. Paul has been appointed assistant librarian at the University of Minnesota, Crookston (UMC). The position is a professional and administrative nine-month appointment.

Nesset graduated cum laude from Luther College in Decorah, Iowa, in 1992 with a major in English and a minor in art. In 1995 she obtained her master's degree in library science from Rosary College, River Forest, Illinois.

"We are very happy to have Anne join the UMC Library team. Anne has very good experience working in many different areas of the library. She is a welcome addition to the library, UMC and Crookston community," said Owen Williams, UMC's librarian.

She brings to the UMC position a background of library and language experience. From 1992 she worked at Lakewood Community College Library in White Bear Lake as the circulation and reference assistant. While attending school in Iowa she was the acquisition assistant for Preus Library in Luther College. She was also a counselor and store manager at the Skovsoen Danish Language Village, Concordia College, Moorhead in 1988 and 1989.

Nesset received several honors and awards during her college years, including Class of 1933 Scholarship, Preus Library Science Scholarship, Minnesota Alumni Award, Luther College Regent's Scholarship, John and Mabel Bale Award for Exceptional Senior English Majors, and Rosary College Library Science Scholarship.

Sherven Named UMC Staff Employee of the Quarter

UMC News Release

Peggy Sherven, senior support specialist in the Computer Center at the University of Minnesota, Crookston (UMC), was named Employee of the Quarter for Civil Service and Bargaining Unit staff. Sherven has worked at UMC since 1993.

Sherven was recognized because "She is an energetic person who goes above and beyond what is expected of her. Even though she is sometimes overwhelmed with jobs to do, she always is very polite and wears a smile on her face. She is sensitive to the image of UMC being a friendly, welcoming place. She is willing to go wherever the problem is when working with computer related concerns."

Sherven is a native of Wahpeton and a graduate of Wahpeton High School. She continued her education at North Dakota State University, graduating in 1988 with a degree in business administration and a minor in music. She worked for two years at Target as area manager. She then returned to NDSU and received her master of business administration in 1991.

Questions? Concerns?
Write to The Fourth Estate
UMC Box 999.
Use your voice!
Random Acts of Kindness Week a Huge Success

Karolyn Joop
Staff Writer

The UMC Peer Mentors and Ambassadors sponsored Random Acts of Kindness Week the week of February 11-17. This first-time event at UMC was very successful. Students and faculty were able to send thank you cards to anyone on or off campus. It was a great time to care and share with people and an opportunity to do things just for the sake of doing them without any recognition.

All participants were treated with a piece of candy and an opportunity to nominate one teacher or faculty member who they felt deserved recognition for their work. Two of the names nominated were randomly chosen to win a T-shirt. The winners were Dan Svedarsky, a professor from the natural resources department, and Les Johnson, an instructor from the management division.

Let us not forget that you do not need to have a special week to thank a teacher or friend for all they have done; any time is appropriate. How about now?

“Mentalist” to Perform April 25

How many times have you wished you could read minds or predict something in advance of it actually happening?

Take that just a step further, maybe bend metal just by thinking about it, levitate an object or two, or navigate your car blindfolded!

These are day-to-day concerns for Robert Channing. Channing, a renowned mentalist, ESP entertainer, showman, hypnotist, and motivational speaker can—and does—drive his car through an obstacle course blindfolded.

He can also reveal personal, provable statistics regarding a perfect stranger. Watch as he names your card, writes down your telephone number, or guesses the car of your dreams.

Toss in some comedy—outrageous puns, visual humor, and contagious comedy, and you have a show you won’t want to miss. And he can even bend metal with his bare mind!

Is it hype? A plant in the audience? A dupe? Or does Channing actually hold some mysterious power? Only you can be the judge of that. However, hold this thought. Robert Channing will pay $25,000 to the individual who proves use of confederates or stooges to accomplish his demonstrations.

Channing will perform in UMC’s Trojan Inn on Thursday, April 25, from 11:30 a.m. to 12:45 p.m. This performance is sponsored by UMC Student Activities. There is no charge to attend.

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Salon Hours
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Saturday 9:00 am - 3:00 pm

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Uniques Gifts For Special People*

Awards Reception
Scheduled for April 23

The annual UMC Awards Reception is scheduled for Tuesday, April 23, starting at 6:30 p.m. in Bede Ballroom.

The reception is held to honor student leaders from across the campus. Students receive various awards and recognition, and the honor of man and woman of the year is bestowed on two active student leaders.

UMC faculty and staff nominate students for various awards and recognition in many diverse categories. Leadership, initiative, and academic skill are the main qualifying factors.

Awards are also presented to faculty and staff who are nominated by students for outstanding teaching, for outstanding student service, and for outstanding support of student activities.
Student Government--It Works for YOU

Eric Schimek
CSA Forum President

The CSA Forum is finishing up another successful year. We have accomplished a lot this year, but we are not giving up yet. We still have goals to accomplish.

What is the CSA Forum? It is the Crookston Student Association, our name for student government. It is composed of a president, vice president, secretary, treasurer, and around eight senators, all of whom are elected by the student body. The number of senators depends on the number of students enrolled in school. There are also three positions that are appointed by the elected members. They are the Regents representative, SSCC representative, and UMCH representative.

The Forum meets once a week throughout the school year. Every meeting is open to the public and we always welcome input from other people. Club representatives are required to join us at every second meeting. This gives us the chance to give them information that we would like to have relayed to the clubs, and also gives the clubs a chance to tell us what activities they may have coming up.

What have we, as UMC’s student government, accomplished this year? I think our greatest accomplishment this year was the purchase of a laser printer for student use in Bede Hall. We had received many complaints from students who were tired of having to walk all the way down to Dowell Hall or Kiehle Library to print. The Forum decided unanimously to give the students some of their fee back by purchasing the printer and by keeping it full of paper and toner. For those of you who are not aware of the location of the printer, it is in Bede 117 (in the hallway on your way to the bookstore).

The highest goal that the Forum has every year is to serve the students. We provide a place where any student can come and raise any concerns at any time. We want to serve the students for the improvement of UMC. That is the reason that most people become involved with student government.

There are other perks. One of the best benefits of being involved with the Forum is that it looks great on a resume. A lot of prospective employers will not ask you what your GPA is, but many will ask what kind of things you were involved in. The four officers and the three appointed position holders also receive a stipend for the time they serve on the Forum.

Another hot issue this year was the UMC Golden Eagles debate. Many students did not approve of the symbols that were proposed for the golden eagle. The Forum organized an open meeting with Chancellor Sargeant and the mascot committee where anyone could voice their concerns about the mascot change. We as a body did not have the power to change the symbols due to the fact that publications and uniforms had already been ordered, but we did make a statement. The administration will definitely consider student opinions before they make a decision like that again.

The next issue that should be of interest to all of you is the fees that everyone has to pay each quarter. First and foremost, you should know about the computer fee. The proposed fee that provides every student with a computer rental is $300 per quarter and it will probably be raised again the following year. The Forum is disturbed with this news. UMC needs to keep the cost of these computer rentals down if we want to keep enrollment up.

The other fee that may increase is the athletic fee. The proposal is to increase that fee from $33 to $35. The reason this fee may go up is because we have an imbalance between men’s and women’s sports. The plan is to implement two more women’s sports programs over the next two years.

There will be an open forum with Chancellor Sargeant on April 22 for students and faculty to share their views. I encourage everyone to attend this meeting to voice your concerns. Watch for signs and your e-mail for time and place.

Make sure you cast your vote for the people you want to serve as your Forum representatives on April 8. If you forgot to file by the deadline, you are always welcome to run a write-in campaign. Campaigning begins April 1 and will last all week.

There will be another election in the fall to elect the rest of the senators. Run for office. I was a senator last year and am lucky enough to be the president this year, and I do not regret it at all. It has given me many great experiences that will stay with me forever. There is no better way to have your voice heard than to be involved with student government.

I would like to give my thanks to everyone who served on the CSA Forum this year with me and for all the hard work they have done. Thanks also to the people who were willing to work with one or more of the many campus committees that need student representation. We would not be able to fill all of those positions by ourselves. The quarter is half over already (scary). Good luck to everyone going down the homestretch. Go team, and I’ll check ya later!
Concerned About YOUR Financial Aid?

Contact your Minnesota senators and representatives and voice your concern about the continual cutting of federal and state spending for student aid. Here are three e-mail addresses to get you started:

Senator Paul Wellstone: senator@wellstone.senate.gov
Senator Rod Grams: mail_grams@grams.senate.gov
Representative Collin Peterson: tocollin@hr.house.gov

Another option is to do some research on other scholarships available. Two excellent resources, among many others, are available on the World Wide Web:

FastWeb Scholarship Search: http://www.studentservices.com/fastweb

UMC

Spring will hit eventually, so we’re ready. With this coupon receive 20% off the purchase of any pair of shorts.
Brands include Girbaud, Chaps, Mossimo, Tommy H. Fila, Calcin Klein, etc.
107 South Broadway in Crookston

Hours: Mon-Fri 9:00 am - 8:00 pm
Saturday 9:00 am - 5:30 pm
Sunday Noon - 4:00 pm

We Will Ride Off into the Woods at Sunset--Saint Mary of the Woods That Is

Jennifer Johnson
Staff Writer

As Melissa Cave, Valerie Nowacki, and Meghan Orud have earned enough points to advance to Regionals. They will be showing off their style and grace in Terre Haute, Indiana on April 14.

Last year Melissa qualified in Stock Seat, however this year the tables will be turned and she will compete in the Hunt Seat Advanced Walk Trot Canter division. She earned her 35 points at Iowa State and the Hunt Seat team placed there on the second and third of March. She placed 2nd and 1st there respectively. Other teammates that rode at that show include:

- Rebecca Jelinek- 1st and 2nd
- Chuckie Raguse- 5th and 5th
- Calie Sordahl- 6th and 4th
- Peggy Tessier- over fences- 4th and 6th
- on the flat- 2nd and 4th

Previously, on February 10 and 11, a few members of the Hunt Seat Team also traveled to St. Mary of the Woods and Purdue University. Results from those two shows include:

- Melissa Cave- 5th and 1st
- Calie Sordahl- 4th
- Peggy Tessier- over fences- 4th and 3rd

The Hunt Seat Team is coached by Melissa Hower who is extremely proud of the progress her team has made and to qualify someone for Regionals this year.

The Stock Seat Team made its final trek of the original IHSA shows to Indiana and Illinois this past weekend but will send two of its members back to Indiana in a couple of weeks.

Charlotte Raguse rode her way to Reserve High Point Rider in the first show at St. Mary-of-the-Woods and tied for High Point in the second show but fell just short in the ride off. The team also took Reserve in the first show. Results from the four shows respectively listed:

- Melissa Cave: 4th, 3rd, 1st
- Nikki Fiorini: 5th, 4th, 3rd
- Rochelle Gierach: 1st, 2nd, 2nd, 1st
- Jennie Johnson: 4th, 3rd
- Val Nowacki: 1st, 1st
- Juli Olson: open- 7th
- Meghan Orud: 4th, 5th, 4th, 5th
- Chuckie Raguse: open- 3rd, 4th, 2nd, 1st
- Calie Sordahl: 3rd, 6th, 2nd, 2nd, 4th
- Peggy Tessier: 5th, 4th, 3rd, 6th
- Michelle Young: 3rd, 4th, 3rd, 2nd
- Kerry Armbruster: 7th, 3rd, 1st
- Dawn Mallak: 3rd, 6th, 3rd, 2nd

Coach Tami Lewis says "These girls are to be commended for excellent performances, and sportsmanship among team members and competitors throughout all four shows."

I would personally like to say Congratulations to everyone especially our new and first time out riders and wish Melissa, Meghan, and Val the BEST of LUCK!!!
Scholarships, a Blessing or Curse?

Dear Editor,

As I sit at my laptop computer and type my scholarship essay, I ask myself, "Is it really worth it?"

It seems to me that the hard working students who hunt for scholarships, both on- and off-campus, are the losers. Maybe I'll just sit around and wait for handouts this year, but that's not my style. All the scholarship money we receive will be taken off our grant and work study allowances before it's taken off our loans.

I experienced this last fall. I had received a scholarship from an off-campus source. When I informed the Financial Aid Office, they promptly sent me a new FAN, saying that I had lost the amount of my scholarship from my work study. I was hoping for a pat on the back, not a kick in the shorts.

It didn't come off the student loans, it came off my work study. The Financial "Aid" (Burden?) Office wants to help students finance college? SOME HELP--taking money like work study and grants away and leaving the same amount of loans.

Maybe the Financial Aid Office has a quota that they have to meet for student loans. Maybe they are in cahoots with financial institutions that grant student loans, and they get some kind of kickback based upon the loans they grant. It just doesn't make "cents" to me.

If they award a set amount of work study, grants and loans in the middle of summer and I EARN a scholarship, why do I lose work study because I EARNED that scholarship? Wouldn't it make more sense to lose some loan money and have less financial burden when I'm done with college? It makes sense to anyone who has ever had any type of loan.

So I ask why apply for scholarships if the school, namely the Financial Aid Office, is just going to take work study away and let my loans continue to grow?

--JKJ, UMC junior

Financial Aid Office Responds

The Office of Financial Aid uses two different components when financial aid is awarded and adjusted for a student: the student's budget and the expected family contribution. The difference of these two numbers is the student's financial "need."

The following sample may be helpful in understanding how this works.

Student Budget: $8000

This is our estimate as to what it will cost the student to attend UMC for one school year. It includes tuition, fees, books, room, board, and personal expenses.

Family Contribution: $3000

This amount comes from the information that the student's family enters on the FAFSA. A formula established by Congress is applied to the family's financial situation, and an amount is determined that the family is expected to pay toward the student's education.

Financial Need: $5000

This is the difference between the student budget and the expected family contribution. The Financial Aid Office tries to meet the student's financial need with various forms of aid.

Financial Aid Awarded:

$2000 Pell Grant
$1000 Minnesota State Grant
$1500 College Work Study
$500 Subsidized Stafford Student Loan

If a family has not saved for the student's education, they can borrow through loan programs which can replace the family's contribution ($3000 entry on the example above). These loan programs are slightly different from need-based loans in that they are not subsidized by the government, and the student is required to pay interest while they are attending college.

When information is given to the Office of Financial Aid that an outside scholarship has been received, the need-based financial aid must be adjusted. This is a regulation set up by Congress. Our office policy is to reduce loans first, work opportunities second, and grants last. For the sample student listed above, a $2000 scholarship from the local Dollars for Scholars program would eliminate her student loan and her college work study.

In the letter to The Fourth Estate the student states that our office reduced his work study without reducing their student loan. I can only presume the student did not have a subsidized student loan (need based) and that we, therefore, had to adjust his work opportunities. If this presumption is incorrect or if students are concerned about their individual financial aid, I would invite them to see me. I will be happy to review their individual packages.

---Gayle Schuster, Assistant to the Director of Student Financial Aid
Good Things Come in Small Packages

Ann Heinze
Guest Alumni Editorial

As a young adult growing up, college becomes a major decision. Often, larger colleges get all the publicity and sound enticing. Many times during my college career at UMC I wondered what it would be like to attend a bigger institution. After graduating in May of 1995, I didn't imagine that I would ever experience a large college. Still, here I am, currently attending graduate school at a larger college.

Attending a larger college has its advantages, but it also has drawbacks. Some advantages are:
- Many classes to choose from.
- Free Student Health Services with a doctor, nurses, and pharmacy.
- A student union with a bowling alley, darts, billiards, video games, fast food, food service, hair salon, bank, bookstore, and more.
- Fraternities and sororities.
- Library is open until late at night and on weekends.
- A large variety of students and instructors.
- You can be an individual because few people know you.

Most larger colleges have many disadvantages, too, such as:
- Every student is a number. Don't forget your student ID—it is your identity and your access to many services.
- Lack of computers and help with them. Students may have to wait until a computer is available and hope it has the programs they need.
- Students pay to use the laser printers.
- Most students don't know how to utilize technology because it isn't taught.
- People aren't as friendly. If you are within your department they are nice, but elsewhere don't expect people to say "Hi."
- Very few of the buildings are connected so you must dress for the weather.
- The University can't keep sidewalks, parking lots, and streets clear of snow, ice and water. Sidewalks become very icy and most become personally acquainted with them as they wipe out. When the snow melts expect to find lakes and mud in place of sidewalks.
- Employees become specialized and students often get "the run around" trying to get questions answered.

There are many more advantages and disadvantages for both small and large colleges. It all comes down to what you want. Small colleges have just as much to offer and tend to be more personable. Large colleges may have more identity, but they can also have bigger problems.

I am grateful for the opportunities and education UMC provided to me—especially the computer experience.

Become involved and take pride in the what UMC has to offer—it really is top notch!

Ironic Cartoon of the Month

Maybe this cartoon is more sad than ironic. Consider this: replace the "crime bill" with "tax reform" and this cartoon would be as appropriate today in 1996 as it was when created for the 1994 congressional elections. Is it a case of some things never changing or a case of some things could have changed but didn't? You decide.

Could UMC Offer a Course in Organic Chemistry?

Dear Editor,

As animal science majors, we are of the opinion that a course in organic chemistry would have been (and would still be) of benefit in our college careers. Several students have plans for post-baccalaureate work, such as veterinary school, where it is recommended or required to take as many chemistry courses as possible.

However, if we wish to take classes such as this, it is necessary to either attempt to take the class at another institution or slow down the progress of a graduate program in order to make up the requirement.

If it were possible to offer an upper level organic chemistry class at UMC—or at least have access to such a class through ITV—many animal science students would have been (and would still be) eager to enroll in that class. As the curriculum for the next year is assembled, it would be appreciated if the addition of this class was considered by the appropriate administrative officers.

Sincerely,
Gregg Bauman
Robert Erickson
Tracy Olson
Jeff Bock
Marisa Murray
Jennifer Swenson
Angel Younke
Stephanie Smith
Carol Sand
Scott Hanson
Angela Hanson
Dayle Rockensock
Terrill Gionnonatti
## 1996 UMC Baseball Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Yr.</th>
<th>Pos.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bob Rients</td>
<td>SO</td>
<td>OF</td>
<td>Eysian, MN</td>
</tr>
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<td>2</td>
<td>David Clausen</td>
<td>FR</td>
<td>IF</td>
<td>Crookston, MN</td>
</tr>
<tr>
<td>3</td>
<td>Raimey Cayer</td>
<td>SO</td>
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<td>Crookston, MN</td>
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<tr>
<td>4</td>
<td>David Baumgartner</td>
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<td>5</td>
<td>Ryan Johnson</td>
<td>FR</td>
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<td>Hallock, MN</td>
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<td>6</td>
<td>Matt Webster</td>
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<td>P/OF</td>
<td>Beltrami, MN</td>
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<tr>
<td>7</td>
<td>Adam Riedel</td>
<td>JR</td>
<td>IF</td>
<td>Clarissa, MN</td>
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<td>8</td>
<td>Josh Stromlund</td>
<td>JR</td>
<td>P/IF</td>
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<td>9</td>
<td>Nathan Pitt</td>
<td>JR</td>
<td>IF</td>
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<td>10</td>
<td>Brian Frank</td>
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<td>Ben Parkin</td>
<td>FR</td>
<td>C/IF</td>
<td>East Grand Forks, MN</td>
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<tr>
<td>12</td>
<td>Todd Olson</td>
<td>JR</td>
<td>IF</td>
<td>East Grand Forks, MN</td>
</tr>
<tr>
<td>13</td>
<td>Bill Strong</td>
<td>FR</td>
<td>OF</td>
<td>Dilworth, MN</td>
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<tr>
<td>14</td>
<td>Ryan House</td>
<td>SO</td>
<td>P/IF</td>
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<tr>
<td>15</td>
<td>Dan Dickenson</td>
<td>FR</td>
<td>P/OF</td>
<td>Bismarck, ND</td>
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<tr>
<td>16</td>
<td>Jeremy Werness</td>
<td>SO</td>
<td>C</td>
<td>Bismarck, ND</td>
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<td>17</td>
<td>Chad Marthaler</td>
<td>JR</td>
<td>OF</td>
<td>Sauk Centre, MN</td>
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<td>18</td>
<td>Mike Nordby</td>
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<td>IF</td>
<td>Dilworth, MN</td>
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<td>19</td>
<td>Mark Suska</td>
<td>FR</td>
<td>OF</td>
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<td>20</td>
<td>Jason Wegwitz</td>
<td>FR</td>
<td>P/IF</td>
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<td>21</td>
<td>Aaron Funk</td>
<td>SO</td>
<td>C/IF</td>
<td>Sebewa, MN</td>
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<tr>
<td>22</td>
<td>Marc Mersino</td>
<td>FR</td>
<td>C</td>
<td>Ortonville, MI</td>
</tr>
<tr>
<td>23</td>
<td>Jae King</td>
<td>FR</td>
<td>OF</td>
<td>Lakeville, MN</td>
</tr>
</tbody>
</table>

**Head Coach**: Steve King  
**Assistant Coach**: Shannon Currier  
**Assistant Coach**: Wayne Morris  
**Athletic Trainer**: Bill Tyrrell

## 1996 UMC Fastpitch Softball Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Pos.</th>
<th>Hometown</th>
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</thead>
<tbody>
<tr>
<td>Lana Leach</td>
<td>FR</td>
<td>OF</td>
<td>Glyndon, MN</td>
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<tr>
<td>Tonya Kildal</td>
<td>SO</td>
<td></td>
<td>Crookston, MN</td>
</tr>
<tr>
<td>Alicia Wiebe</td>
<td>FR</td>
<td></td>
<td>Boyd, MN</td>
</tr>
<tr>
<td>Ann Thompson</td>
<td>FR</td>
<td></td>
<td>Superior, NE</td>
</tr>
<tr>
<td>Maric Tessmer</td>
<td>FR</td>
<td></td>
<td>Pilotage, MN</td>
</tr>
<tr>
<td>Kendra Cornelusen</td>
<td>FR</td>
<td></td>
<td>Warroad, MN</td>
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<tr>
<td>Jessica Gubbels</td>
<td>FR</td>
<td></td>
<td>Baudette, MN</td>
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<tr>
<td>Susan Murphy</td>
<td>SO</td>
<td></td>
<td>Crookston, MN</td>
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<tr>
<td>Candi Roper</td>
<td>FR</td>
<td></td>
<td>Crookston, MN</td>
</tr>
<tr>
<td>Ronda Olson</td>
<td>JR</td>
<td></td>
<td>Alvarado, MN</td>
</tr>
<tr>
<td>Hally Damm</td>
<td>JR</td>
<td></td>
<td>Wadena, MN</td>
</tr>
<tr>
<td>Sunny Haglund</td>
<td>SO</td>
<td></td>
<td>Red Lake Falls, MN</td>
</tr>
<tr>
<td>Jody Hudalla---statistician</td>
<td>FR</td>
<td></td>
<td>Long Prairie, MN</td>
</tr>
<tr>
<td>Monica Talbot---student coach</td>
<td>JR</td>
<td></td>
<td>Eden Prairie, MN</td>
</tr>
</tbody>
</table>

**Head Coach**: John Mitchell  
**Assistant Coach**: Kelly Hollands  
**Athletic Trainer**: Bill Tyrrell

---

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Orville 281-5856 (Cabinets)

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**UMC Baseball Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 3</td>
<td>vs. Northland CC</td>
<td>3 &amp; 5 p.m.</td>
</tr>
<tr>
<td>April 5</td>
<td>vs. Jamestown College</td>
<td>2 &amp; 4 p.m.</td>
</tr>
<tr>
<td>April 6</td>
<td>at Jamestown College</td>
<td>1 &amp; 3 p.m.</td>
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<tr>
<td>April 9</td>
<td>at Northland CC</td>
<td>3 &amp; 5 p.m.</td>
</tr>
<tr>
<td>April 11</td>
<td>at Mayville State U.</td>
<td>3 &amp; 5 p.m.</td>
</tr>
<tr>
<td>April 13</td>
<td>at Jamestown (JV)</td>
<td>TBA</td>
</tr>
<tr>
<td>April 14</td>
<td>at Jamestown (JV)</td>
<td>TBA</td>
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<tr>
<td>April 15</td>
<td>at Valley City State U.</td>
<td>TBA</td>
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<tr>
<td>April 17</td>
<td>at Northland CC Tournament</td>
<td>1 p.m.</td>
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<tr>
<td>April 18</td>
<td>vs. Mayville State U.</td>
<td>3 &amp; 5 p.m.</td>
</tr>
<tr>
<td>April 20</td>
<td>vs. Minot State U.</td>
<td>1 &amp; 3 p.m.</td>
</tr>
<tr>
<td>April 21</td>
<td>vs. Minot State U.</td>
<td>1 &amp; 3 p.m.</td>
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<tr>
<td>April 22</td>
<td>vs. Valley City State U.</td>
<td>2 &amp; 4 p.m.</td>
</tr>
<tr>
<td>April 24</td>
<td>at St. Scholastica, Duluth</td>
<td>TBA</td>
</tr>
<tr>
<td>May 2-5</td>
<td>Conference Tournament at U. of Mary, Bismarck</td>
<td></td>
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</table>

**UMC Fastpitch Softball Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 6</td>
<td>at HHH Metrodome, Minneapolis vs. Clarke</td>
<td></td>
</tr>
<tr>
<td>March 7</td>
<td>at HHH Metrodome, Minneapolis vs. Dakota Wesleyan</td>
<td></td>
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<tr>
<td>March 29</td>
<td>at HHH Metrodome, Minneapolis vs. Winona State</td>
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<tr>
<td>March 30</td>
<td>at HHH Metrodome, Minneapolis vs. Lawrence</td>
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<tr>
<td>April 5</td>
<td>at Jamestown College</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>April 6</td>
<td>at Jamestown College</td>
<td>1:00 p.m.</td>
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<tr>
<td>April 10</td>
<td>at Valley City State U.</td>
<td>2:00 p.m.</td>
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<tr>
<td>April 13</td>
<td>at U. of Mary, Bismarck</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>April 14</td>
<td>at U. of Mary, Bismarck</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>April 16</td>
<td>vs. Mayville State U.</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>April 20</td>
<td>vs. Minot State U.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>April 21</td>
<td>vs. Minot State U.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>April 24</td>
<td>vs. Valley City State U.</td>
<td>2:00 p.m.</td>
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<tr>
<td>April 27</td>
<td>vs. Dickinson State U.</td>
<td>1:00 p.m.</td>
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<tr>
<td>April 28</td>
<td>vs. Dickinson State U.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>April 30</td>
<td>at Mayville State U.</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>May 3-5</td>
<td>Conference Tournament at Jamestown College</td>
<td></td>
</tr>
</tbody>
</table>
R&B Video Review

Rick Lieberg (R.) & William Swift (B.)
Staff Writers

Our rating system of the movies is based on the popcorn rating—the better the movie, the more popcorn gets eaten.

No box of popcorn means that the movie was so bad that we did not finish the popcorn or the movie.

One box of popcorn means that the movie was OK.

A box and a half of popcorn means that the movie was good and well worth the price of rental.

Two boxes of popcorn means that the movie was entertaining and one to remember.

Three boxes of popcorn means that the movie was so good that I would watch it again.

**Waterworld**  Starring Kevin Costner

R: I found this movie very interesting. I liked the fact that they used full-scale models to make the film. This makes it very life-like. I found the whole story a little far-fetched or hard to believe. Granted, the special effects were good. There were some slow parts they could have done without. I would give this movie one box of popcorn rating.

B: This was a great adventure movie. The movie takes place on earth, the only difference is now the whole planet is covered in water. This makes it very life-like. I found the whole story a little far-fetched or hard to believe. Granted, the special effects were good. There were some slow parts they could have done without. I would give this movie one box of popcorn rating.

**Just Cause**  Starring Sean Connery and Laurence Fishburne

R: Yes, I will agree that this movie was good. I really liked how it allowed me to be my own detective and try to figure out the murder. I really thought I was close to figuring it out. It was not until the end of the film that it really came out. I would give this film two boxes of popcorn.

B: This is good murder mystery. I liked how the film kept me guessing as to how it would turn out. Good plots and plenty of twists and turns. You will really like this film if suspense is what you like. This film really makes you think, and just when you feel you know what is happening it changes. I will give this film two boxes of popcorn.

**Outbreak**  Staring Dustin Hoffman, Rene Russo, and Morgan Freeman

R: I liked this movie. It has great suspense and keeps you interested all the way through the film. It is very believable and interesting to think that this is the kind of world we now live in. Just one mistake like the one in the film and we could be faced with this very same problem. I give this film two boxes of popcorn. A must see movie.

B: This film will keep you on the edge of your seat. There is plenty of fast-paced action. What really makes this film for me is the fact that this type of outbreak really could happen. I will give this film three boxes of popcorn because I will watch it again.

**The Sting**  Staring Paul Newman, Robert Redford, and Robert Shaw

R: This movie is a comedy, its about how some con men put a double cross on there enemy. Some of the con artists in school here should study this and see how it's really done. I give it a three and half boxes.

B: I give it only two and half boxes it needs more action.
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Modem Too Slow for You When Accessing Your P-Mail? Try This!

Shaun Mosher & Chad Palm
Staff Writers

By now, firing up Pegasus Mail while on campus to batch off a reply to a professor, to send a letter to a friend at a distant campus, or to ship an attached Word document for a composition class most likely fits somewhere into all of our daily routines. It's fast, it's convenient, and best of all—with all the LAN ports around UMC and in the dorms—it's possible to plug in anywhere, anytime.

Sometimes though, the need arises for the residential student/staff member living off-campus or returning home for break with a pending assignment to turn to the internal modems in our laptops and use the dial-in for our mailing needs. In this article we'll focus a bit on the tactics behind speed and accessibility for those of us with a telephone cord in hand, and P-mail in mind.

First off, it's important to take note of which program is being run, since two flavors of the executable "unicorn" exist within the Pegasus Mail folder. Often, it's difficult to distinguish the actual P-mail program existing on our hard drives from the lookalike shortcut there as well.

The two distinguishing features to look for here are: A small arrow to the lower left of the icon, or the file size shown to the immediate right while in "show type" mode—a 1k program.

Running this "shortcut," as it's named, is an alternative method of accessing P-mail. It points to an actual Pegasus Mail executable program existing on the shared drives of the LAN and not on our local machines.

While a handy way to access our mail accounts when a resident copy of P-mail isn't available, running it this way while under the bandwidth constraints of a 14.4k modem carrier is cumbersome slow. The local program, the one to look for, can be located by it's arrowless unicorn icon and ".exe" file extension while in "show type" view.

If you find that your mail isn't getting to its destination, you can configure P-mail to work over the Internet instead of the LAN! Just open "Network Configuration" in the "File" menu and fill in the following fields:
- Relay Host: unet.unet.umn.edu
- "V." Incoming Mail Host: srvf.crk.umn.edu
- Username: uxxxx000 [whatever your username is]
- Password: xxxxxxx [whatever your password is]
- Prefer for outgoing internet mail [checked]
- Send mail at once (don't queue) [checked]

Now if you type "@mail.crk.umn.edu" after all your E-mail addresses you'll automatically use the Internet.

---

Mark Bakken
Account Executive

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Read the Fourth Estate. Then Recycle!
Posting Faculty, Staff and Student Personal Home Pages

Pam Neil
Staff Writer, UMC Webmaster

UMC will soon start posting UMC faculty, staff, and student personal home pages. Personal page publishers are responsible for their own pages. This includes avoiding copyright violations, complying with local, state, and federal laws and other University policies, and keeping the information up to date.

The following elements MUST be present on all faculty, staff, and student personal home pages:
1. Name and e-mail address of the page owner
2. Date of the last update
3. Page URL
4. Disclaimer: "The views and opinions expressed in this page are strictly those of the page author. The contents of this page have not been reviewed or approved by the University of Minnesota."

The faculty, staff, and student personal home pages will be limited to one page. Personal home pages may not contain the University or campus trademarks or other symbols of the University or campus.

University of Minnesota resources may not be used to create web pages primarily for personal business or personal gain, except as permitted by other University policies.

Students may post their resumes online. This file will need to be in either HTML or text format.

For more information on the University of Minnesota guidelines please refer to:
http://www.umn.edu/tc/guidelines/
http://www.fpd.fноп.umn.edu/21Sec9/Pol291/Publishing_on_WWW.htm

Some suggestions to keep in mind when developing your pages:
• Keep graphics to a minimum. Keep in mind that lots of people are on slow phone lines, have slow browsers, or don't have the time to waste waiting for your graphics to load.
• If possible, keep pages under 70k. Even with a high-speed modem (28.8K), a 70k page will take to 35 seconds to download. Most people won't wait around for your page to load.
• If you are using backgrounds, be sure that you are able to read the text. If there is not enough contrast between the background color and the text color, your document will be hard to read. If your background is too busy, it will also detract from the text and make it hard to read.

Completed Web pages can be submitted to Pam Neil at the Red River Trade Corridor, 208 Selvig. If you have any questions, you can contact Pam at 8456 or by e-mail at upln002.

Nifty, Cool, A-1 Websites

Websites given rave reviews by The Net, Ultimate Internet Guide


Crunchy Stuff—Everything you ever wanted to know about presweetened breakfast cereals and more! http://www.ice.net/~crunch/

Mr. Showbiz—"One of the best entertainment-related Web page."—The Net http://showbiz.starware.com/showbiz/loc.html/

Nothingness.org—In this case, nothing IS something. This site covers a wide range of humanities and artsy stuff. http://www.nothingness.org/

Politics USA—This site is an excellent resource to help inform everyone on the complex world of U.S. politics. http://www.politicsusa.com/


Steal My Web Page!—Crystal Waters calls this her "Home Page for the Web-o-Rama Challenged." http://members.aol.com/crystalw/crystalw5.html/

"One thing a computer can do that most humans can't is be sealed up in a cardboard box and sit in a warehouse."
--Jack Handey
Need a Tax Break? Try “Love, Sex, and the IRS”

Jeremy Bartosh
Guest Writer

Had a tough time filling out your taxes this year? Are you looking for a way to “finish” your money and cheat the government? Whether or not you answered yes to any of the two questions, a trip to see this spring’s campus theater production will surely entertain you. It may even give you some ideas for next year’s tax forms.

“Love, Sex, and the I.R.S.” is a three-act comedy by William Van Zandt and Jane Milmore. It’s a story about a man named Jon (Jeremy Bartosh) who has been cheating the government through tax fraud. Leslie Arthur (Tony Jalan) is John’s roommate since college who tends to get suckered into things rather easily and finds that his willingness has gotten him into trouble again.

Kate Dennis (Adrienne Sletto) is engaged to be married to Jon in two weeks but has recently been “fooling around” with Leslie. Mr. Jansen (Ruben Lara), the landlord, is always on the lookout for unregistered guests and tends to pop in. Floyd Spinner (Eric Perkins) is the Internal Revenue Service agent who checks on tax fraud cases.

Vivian Trachtman (Jane Hoesly), Jon’s mother, unexpectedly comes to help Jon prepare for his wedding but almost ruins it. Leslie’s girlfriend, Connie (Holly Kicker or Lisa Skold), has a mouth that doesn’t stop. And Arnold Grunion (Matt Perkins) presides as the good of Justice of the piece who gets picked up by Vivian in the subway.

“Love, Sex, and the I.R.S.” is slated to open Wednesday, April 17 in Keihle Auditorium. It will run through Friday, April 19. Opening curtain is 7:30 each evening. Tickets will be available at the door. Watch campus bulletin boards for more information.

Come out and enjoy this comedy. It will surely be one to be remembered.

Nutrition Corner: Sizing Up Your Servings

Karolyn Joop
Staff Writer

We all know that we should make nutrition a priority. According to established guidelines, everyone should eat 2 to 3 servings of dairy products, 2 to 3 servings of meats and legumes, 2 to 4 servings of fruit, 3 to 5 servings of vegetables, and 6 to 11 servings of grains.

But how do you know what a serving really is? It might be helpful to visualize serving sizes by using common objects as guides. Here are a few examples.

Three dominos are the same size as 1.5 ounces of cheese. A deck of cards is about the same size as 2 or 3 ounces of meat, poultry or fish. A ping-pong ball is roughly the same size as 2 tablespoons of peanut butter (which is 1/4 serving of the meat group).

A baseball represents the size of 1 cup of milk or yogurt, 1 cup leafy vegetables (lettuce, spinach), or 1 cup of beans. One half of a baseball represents 1/2 cup rice or pasta, cooked, 1/2 cup peas or chopped vegetables, 1/2 cup chopped fruit, or 1/2 cup chopped nuts. A tennis ball represents 1/4 cup fruit or vegetable juice, or 1/4 cup cold cereal.

So the next time you eat, use these simple objects as guides. That way you won’t overeat or undereat, and you will be on your way to getting the U.S. Recommended Daily Allowances.

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By registering with UMC’s Career Center and using the ERP Disk you will be able to FAX electronic copies of your packets directly to employers. This process will eliminate registration forms and other paperwork for you.

PICK UP A DISK TODAY!!
Smart Fats--Facts about Fats

Geoffrey Menk
Staff Writer

Have you ever wondered if there are any good fats instead of all just bad fats. The body is wonderful and one of the most advanced machines on earth. Of course, with any machine there are bound to be problems. If the machine (our body) is not kept up to maintenance, we will soon feel and see the results.

Fat and Calories

The body can use all types of fats—they are the largest source of energy. Fat provides 9 calories (cal) of energy per gram. A person who has 15% body fat carries 12% of his/her fat as energy reserve; the other 3% is essential body fat that acts as insulation and cushioning for vital organs.

Dr. Michael Colgan, of Colgan Institute says that if your body fat drops below 5% you could be on the edge of illness. From past experience when I was dieting to the extreme, I had my body fat checked and recorded with an electrode monitor machine and found out my total body fat was 2.5%. That meant I had 97.5% lean muscle. I must admit that I was having a tough time concentrating on my college studies.

There is a reason why a person may run out of energy. There is a limiting factor for energy which is called glycogen (sugar) which is stored in muscles. The limiting factor will never be fat because it carries 9 cal. per gram and glycogen carries 4 cal. per gram. Glycogen has less cal. so it will be burned faster and used up quicker.

Most of the energy reserve of fat is simply dead weight that inhibits performance.

A bit of Biochemistry

Bear with me on this technical stuff, but I feel it is a good ground base. Fats and oils are composed of fatty acids. The chemical makeup is a carbon chain made up of carbon and hydrogen atoms. They’re different lengths in fatty acid chains. Short chains such as butter have four carbons and fish oils have long chains of 20-24 carbons.

Saturated Fat

Saturated fat’s biological role is “one that has no function except for dead weight and in very serious reserve survival energy. Because you carry more energy as reserve fats, saturated fats are not needed. Eliminate saturated fats from your diet!!

Oils

So you cook with oils (hard not to); here are some facts that will clear up your arteries. Extra virgin olive oil is recommended because it contains high levels of monounsaturated fatty acids called cis - oleic acid.

Studies have shown that dietary oleic lowers serum cholesterol and is beneficial to blood lipids. Make sure it is extra virgin and the label reads organic. Here are some good and bad oils

Some good oils: Flaxseed, pumpkin, soybean, and canola

Oils to avoid: Peanut, cotton seed, palm, and coconut.

How much fat?

Every ounce of extra body fat, increases the energy required to move your body. Also every ounce of body fat increases body temperature during exercise, not only because of the extra weight and insulation, but also because you have less water for cooling. Body fat is only 50% water whereas muscle is 75% water. Ideally you would like to aim to keep your total fat intake below 15% of daily calories.

So for a 2000 cal. diet at 15% total intake of fat will be 300 cal. or 33 grams of fat per day. If you’re on a 2500 cal. diet, your looking at 375 cal. or 42 grams of fat per day.

When I eat in the cafeteria, if I want a desert I will just go for the salad bar. There I can always find jello or some kind of fruit which will substitute that big ice cream fat submarine which, in turn, will shoot a torpedo full of fat down through your arteries.

It’s tough to keep your intake below 15%, but just cut out the fried foods and you will be way ahead of everyone—guaranteed!

Fat Content

When going through the supermarket refuse to buy any food that does not give the fat content. Fat content is given by weight, so add a zero to get the approximate calories from fat. Then find the total calories per serving of food.

If fat calories are more than a fifth of total calories, leave it on the shelf. You know those chips that every one—including myself—likes? Cut them out and choose pretzels or rice cakes instead. Rice cakes come in all sorts of flavors from chocolate to ranch. Most are fat free and actually taste good.

The Fat Rules

1. Eliminate saturated fats from your diet.
2. Use extra virgin olive oil for your cooking.
3. Eat two meals weekly of cold water fish—salmon, trout, mackerel etc.
4. Keep fat intake down to 15% of total calories.

Try to watch and take notes of your fat intake for a couple of weeks, and you will be amazed how your body remodels itself into a leaner, more healthier body. UMC cut the fat and, I promise, you’ll feel good about your body.
Not All Older Than Average Students Have Gray Hair

Rick Lieberg
Staff Writer

Who is considered to be an older than average (also known as a non-traditional) student? This is anyone who has taken a few years' break after high school before going to college or someone who may have worked for a number of years and is returning to college.

You don't need to have gray hair to be considered an older than average student. And so what if you might happen to be older than your instructor's parents! It might have taken some time to get here, but the main thing is that you are here.

Relax! Yes, school is hard work, but remember the instructors are not going to cut your right arm if you make a mistake! (The law has stepped in and tries to keep them from doing this because of the large number of workman's comp claims filed in recent years.) Just remember when you take a test, first breath then relax. No one is going to die if you don't get all the questions right. A test just tells you what you don't know and maybe what you should have known. You are here to learn, yet you cannot learn absolutely everything, nor can you remember everything (One word: Alzheimer's, or is it Old Timer's, I forget). Hey, you have been in tougher spots in life.

You are among friends. The instructors at the University are, on the most part, friendly and willing to help. These are people who have spent a large part of their lives studying the subject they teach. Some have even studied with the greats: Plato, Socrates, and Galileo. Some have spent a few years teaching. Teaching is something they like—it is just not for the pay they receive (after all, we know they can’t be in it for the money). If you are having trouble talk to them; they will help you.

There are other places you can also get help, like the Academic Assistance Center. You can get study advice or a peer tutor there. They don’t cost you anything, and most of them are great people.

Then there are your fellow classmates. Don’t think of them as a son or a daughter, but rather as fellow comrades. They can teach you a great deal despite (or because of) their relative youth.

You can make it though this college experience and even have some fun while doing it. So go for it! You might learn something and make a few new friends. Good Luck!

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UMC Computer Help Desk Coloring Contest

Color the picture below to win prizes! All entries receive a free IBM plastic cup! Grand prize is a choice between two T-shirts. Entries will be displayed at the help desk.

RULES:
1) Entries must be colored. Contestants may use any medium to do this.
2) Entries must be submitted to the Computer Help Desk by Noon on Friday, April 12, 1996. Winners will be announced at 1:00 p.m. at the Help Desk.
3) Criteria for winning entry: creativity/originality, use of technology, overall effect or "coolness"
4) All entries must include contestant's name, campus P.O. Box #, and phone #.

Sponsored by the UMC Computer Help Desk and The Fourth Estate.

Name: 
Campus P.O. Box #: 
Phone: 

Happy Easter and/or Passover from The Fourth Estate

2315 North Acres Drive
Crookston MN 281-1622
Your Monthly Horoscope

Mystically compiled by Doug Ellefson

April 19: Aries
You really are what you eat so watch what you take in. Love is elusive. Consider buying a pet for yourself. Plan a trip to keep your life rich. Read a comic book and laugh like a kid.

May 20: Taurus
The Easter Bunny brings bad eggs to good people sometimes. Follow your conscience when in doubt. Night is your time to shine. Read a book and relax. Drink black tea live longer.

June 21: Gemini
Pay close attention to your physical health. Be a part of a stranger's life. Skydive to feel alive. The status quo is not desirable. Examine your feelings

July 22: Cancer
Implement variety in your daily life. Spend time with an elder. Live by your heart, not by your head. Your physical health. Be a part of a stranger's life. Skydive to feel alive. The status quo is not desirable. Examine your feelings.

August 21: Leo
Add fruit to your diet. Everything. Search for a member of "they." Consult a spiritual being for guidance. Understand the facts of life. Revel in victory only when the defeated has been consoled.

September 21: Virgo
Rely on your intuition when you're unsure. Send a letter to the president telling him what you think. Try to exercise 4 times a week. Tell your grandparents you love them. You are a student in the college of life, take notes.

October 21: Libra
The beach is right around the corner. Get in shape! Trust until you have a reason not to. Satisfaction is sometimes overrated. Give of yourself to grow. Plan ahead to avoid bad situations. Karma is a real thing.

November 21: Scorpio
Emry not what others have. Everyone does not know everything. Search for a member of "they." Consult a spiritual being for guidance. Understand the facts of life. Revel in victory only when the defeated has been consoled.

December 21: Sagittarius
The power lies within yourself to overcome any obstacle. Give some time to someone less fortunate. Examine your feelings and let them run freely. Faith allows you to feel good about things.

January 21: Capricorn
Learn to be honest with your inner person. Add fruit to your diet. Improvement sometimes comes in small steps. Steer clear of certain danger. Avoid saying "I told you so" no matter how tempting. Profit from each day.

February 21: Aquarius
Sleep on the floor to stop your back pain. Question the real reasons for things. Bringing home a smile will brighten the day for others. Take no more than you deserve. Return borrowed things promptly.

March 21: Pisces
Buy only what you are sure not to waste. Generosity comes back around. Look to friends for support in life. Things could always be worse. Learn a new word today. Cook a healthy meal.

The Fourth Estate will be back in October! Have a great summer!