Grand opening this week!
All UCR students, staff and faculty are invited to attend RCTC’s Chiropractic Clinic grand opening this Thursday, October 14 from 3:00 p.m. – 6:00 p.m. at the Heintz Center (suite C-211). You’ll have an opportunity to tour the newly constructed clinic, enjoy refreshments, and visit with the clinic staff and the Chiropractic Technician students. At 3:30 p.m. the ribbon cutting ceremony will be followed by a brief program featuring both the President and Executive Director of the Minnesota Chiropractic Association. As part of the grand opening, RCTC’s Chiropractic Clinic is offering a complimentary exam through December 10, 1999. (This complimentary exam does not include a chiropractic adjustment, x-rays, or therapy applications and does not obligate you to any other services at the clinic.) A Doctor of Chiropractic and a licensed, Chiropractic Technician instructor will be present in this learning environment.

RCTC’s Chiropractic Clinic is now open from 3:00 p.m. – 7:00 p.m. (Monday through Thursday.) Contact us at 507-529-2736 if you would like to schedule an appointment or have further questions.

Minnesota All-State/All-USA Academic Team
Faculty, staff, and students are encouraged to submit nominations for the Minnesota All-State/All-USA Academic Team competition. This is a great opportunity to recognize the academic accomplishments and service contributions of two of our most outstanding RCTC students. Information about the competition and nomination process is attached to this bulletin. Nominations are due to Barb Mollberg by November 15. A faculty panel will review applications and select nominees for competition.

This is a wonderful opportunity to provide some much deserved recognition!

It’s FLU SHOT time again!
Flu Shots will be available for all staff and students. Three locations and times are offered this year.

Tuesday, October 26, 10:30 - 11:30 (Health Services)
Tuesday, October 26, 12:00 - 1:00 (UCR cafeteria)
Thursday, October 28, 10:30 - 11:30 (Heintz Center HC109)

The cost for the shot is $8.00 and must be paid at the time the shot is received. Receipts and insurance reimbursement forms will be available.
REGULAR HOURS
DINING ROOM - UCR Commons
HEINTZ CENTER SNACK BAR - Heintz Center
Mondays - Fridays: 7:30 a.m. to 1:00 p.m.

Monday: Mousaka, pastiucio (greek lasagna)
Baklava

Tuesday: Fajita bar, fried ice cream

Wednesday: CocoVin, rice pilaf

Thursday: Pork ribs/sauerkraut

Friday: Chef’s choice

COME AND GET IT!
Taher, Inc.

Student excused
The following students are excused at at 3:00 p.m. on Friday, October 15 for a volleyball game: Carolien Van Merksteijn, Brooke Kosok, Jenna Ehlert, Nia Raduenz, Leah Jacobson, Kim Framsted, Michelle Esplan, Gretchen Wolff, Melissa Lange, Michelle Schmoll, Ray Paske, Nick Enger.

Congratulations!
The following are the Minnesota Community College State Championship at the Mankato Country Club with a score of 93-86=179.

The Men’s team finished sixth in the state competition.

Thought for the week...
The world is a great ocean, upon which we encounter more tempestuous storms than calms.
—Edgar Allan Poe

Weekly funny...

“Computer Café”

“Our portions come in three sizes: bit, byte and megabyte.”

Class offering
RCTC Staff Wellness is sponsoring a class for staff and faculty called Practicing Mind/Body Relaxation (Charles Liu, instructor). The class is offered on Tuesdays from 4:00-5:00 p.m. in EA239-241 and runs October 12-December 14. There are ten sessions and the cost of the class is $10.00. Loose clothing and soft shoes is recommended for the sessions. The purpose of this weekly gathering is to relax our minds and bodies which, in turn, promotes better health and more vital energy. There are two components to learning how to relax; the static part is the sitting meditation, and the moving part is the slow and gentle Tai Chi exercise. Both techniques will be practiced in this weekly gathering; Tai Chi during the first half and meditation during the second. Participants may choose to attend either or both sessions. For more information, contact Linda Dorschner (x7564). Registration is required.

OPEN HOUSE
UCR Counseling and Advising Center (SS133)
Thursday, October 14 — 10:00 a.m. -1:00 p.m.
Everyone is invited!

Sponsored by:
RCTC Counseling/Career Center; RCTC Minority Advising;
RCTC International Advising; WSU Advising
UM Counseling
Supalla Scribblings

NCA’s two-year colleges planned a jam-packed Council of North Central Two-Year Colleges conference in New Mexico. Keynote presenters included Steve Crow, NCA Executive Director; Ann Degner, Director of San Juan College’s Learning Technologies Center; Bruce Hamlett, Executive Director of New Mexico’s Commission on Higher Education; and Jacqueline Woods, Liaison for Community Colleges from the U.S. Department of Education. Steve Crow’s message focused on major changes NCA is implementing—alternative accreditation options, accreditation of distance learning institutions, staff re-engineering, and accreditation of applied baccalaureate degrees offered by two-year colleges. Ann’s presentation was entitled, “Capitalizing on Technology: Transforming the Role of Faculty” and she shared information about equipping a learning technology center, securing faculty buy-in, garnering administrative support, designing faculty development programs, training faculty, and developing multimedia classrooms. Mr. Hamlett, former member of the governance Board of Trustees of the Western Governor’s University shared a WGU status report. The Fed’s Jacqueline Woods provided an update on federal legislation, public policy issues, and current federal “hot topics”: school reform, access and opportunity, technology, workforce development, international education, and agency partnering. In addition to presentations and workshops, I visited Albuquerque Area Vocational Technical Institute and the Southwest Indian Polytechnic Institute. Those visits reminded me how much I appreciate RCTC’s quality staff, state-of-the-art equipment, facilities, and state funding. I picked up a wealth of marketing/public information materials from the exhibits and gained three pounds from the conference cuisine. Following the conference, Stephanie and I enjoyed a too-short three-day vacation shopping Albuquerque’s Old Town, visiting Santa Fe’s art galleries, examining volcanic petroglyphs, and enjoying the mountain scenery from Sky Tram.

As much as we enjoyed New Mexico, I find it’s always nice to get back home. This past week we had an opportunity to showcase the campus and lobby for enhancements. Monday’s visit by the House of Representatives was more positive than one might have gathered from the P-B article. Three representatives raised concerns about the 23rd Avenue, athletic facility construction, and projected costs of the quadrangle connecting the UCR main building site and the new Sports Center. These are issues that we will address prior to and during the legislative debate. Thursday and Friday, the University of Minnesota’s Board of Regents held their monthly meeting at UCR. The agenda included meetings with higher education and community leaders, a community reception, committee meetings, and Board action. Included on the agenda was an update on the University’s expansion plans. I was pleased to see the following sentence included in the opening paragraph of the “Principles” document…**RCTC will provide primary leadership for lower division undergraduate and targeted customized training programs for business and industry.** I’ll share more information from the Regent’s meeting in future Scribblings.

*Congratulations to RCTC’s Jandra Fromm from Sleepy Eye who is the 1999 Minnesota Community College and Region XIII Women’s Golf Champion. Anne Green, Golf Coach, reported that Jandra defeated Jenny Otto of Mankato Bethany by two strokes and will represent the Region at the National Junior College Golf Championships in Oklahoma in May. Way to go, Jandra.*

Thanks to Horticulture Technology instructors Robin Fruth-Dugstad and Vern Bushlack who invited me to join them on a beautiful fall-day field trip to the Minnesota Landscape Arboretum. The students eagerly went about their assignment of identifying plantings and trees. I was very impressed with our students’ knowledge, thirst for information, and conduct…great RCTC ambassadors.

*Congratulations to Judy Harris and the team of grant writers who scrambled to put together a last minute IBM grant request. The proposal resulted in a gift of six CD-ROM computers for the Learning Technology Center and two printers for the AS/400 computer lab. Thanks, IBM (and grant writers)!*

*Thought for the week…*Coming together is a beginning; keeping together is progress; working together is success.* —Henry Ford

Keep working together! Until next week… —Don
This week’s term is the word accredit as defined in Webster’s New World Dictionary.

Accredit:
1. To authorize; certify
2. To believe in
3. To attribute

The Council for Higher Education Accreditation (CHEA) commissioned a survey in January of 1999 to learn what the general public believes about the process of accreditation.

In the survey those interviewed were read a list of seven purposes of accreditation from which they could choose. More than half of those interviewed said that all seven purposes were reasons for the accreditation process. Below is a breakdown of the reasons chosen by the public from this list.

**Purpose of Accreditation**

<table>
<thead>
<tr>
<th>Purpose of Accreditation</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degrees recognized for graduate school</td>
<td>85%</td>
</tr>
<tr>
<td>Guarantee quality of education</td>
<td>83%</td>
</tr>
<tr>
<td>Degrees are valid to employers</td>
<td>82%</td>
</tr>
<tr>
<td>Quality for Government funding</td>
<td>80%</td>
</tr>
<tr>
<td>Transfer credits from one school to another</td>
<td>75%</td>
</tr>
<tr>
<td>Ensure Schools are well maintained</td>
<td>72%</td>
</tr>
<tr>
<td>Protection from fraud and abuse</td>
<td>67%</td>
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</tbody>
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