Phi Theta Kappa Spring Induction Ceremony
Please join us as we recognize 70 new members of Phi Theta Kappa International Honor Society. The Spring 2004 induction ceremony is scheduled for Tuesday, February 24, 2004 from 7-8:30 PM. Jay Lee, Interim Vice President of Academic Affairs, will be the keynote speaker. The event will be held in the South Room (Cafeteria) on the 3rd Floor College Center.

Please join us in recognizing our students for their high academic achievement. All are welcome to attend!

UCR Blood Drive Sets Record!
Thank you to all who participated in or supported the recent blood drive. 88 units were collected over the three days - a UCR record! Mark your calendars for April 6-7-8, 2004 - the goal for the next blood drive is 100 units.

Scholarship Opportunity
The American Business Women's Association is offering a $1,000 and $2,000 scholarship to women who:

- Are citizens of the USA and a resident of Olmsted, Goodhue, Dodge, Wabasha, Winona, Fillmore, Mower, or Steel Counties in Minnesota;
- will be a first or second year college student in August 2004;
- are attending or have been accepted at a licensed technical or vocational school or community college;
- have achieved a 2.5 or better GPA average.

Forms are available in the UCR Counseling office or from Marilyn Etbauer or Judy Bird in the RCTC Foundation office - 281-7771.

Musical Talent Show
Don’t forget to sign up for the Talent Show on Tuesday, February 24, 2004 from 11:00am to 12:30pm in the South Room. See Carol Nurmi or Rhonda Jensson for available times and sign up!
Weekly Funny

"You're going to Italy because you have a $2 coupon for a large pizza there, but the plane ticket cost you $900? You've never taken an economics class, have you?"

Condolences
Condolences are extended to Brenda and Thomas Nerud whose infant daughter, Claira Diane, passed away on Sunday, February 8.

Condolences are also extended to Jen Bruce whose Grandmother, Elaine Pilmiger passed away.

Our thoughts are with you and your families.

MCC Event
Minnesota Campus Compact "Raise Your Voice Against Racism and Privilege" Campaign

RCTC has a Minnesota Campus Compact Fellow this year. RCTC student Lina Salazar has organized the following events as part of her MCC fellowship project. Please invite your classes to attend the events:

Diversity Involvement Fair
Tuesday February 17th 10:00 - 2:00 Atrium
(See attachment to this week’s Crossings for more info.)

Minnesota Campus Compact Anti-Racism
Speaker Karen McKinney
Wednesday, February 18th 11:00 - 12:00 Atrium

"Raising Our Voices and Opening Our Eyes"
Thursday, February 19th 11:30 - 12:30 Atrium

Weekly Stakeholder and Market Fact
The 2003 Knowledge and Awareness Survey targeting residents in a 30-mile radius of campus asks people to rate the college on a variety of attributes. The following are the areas receiving the highest good to excellent scores from citizens:

- Reputation of Academic Programs - 77%
- Variety of Degree Programs and Options - 73%
- Overall Value for the Money - 71%
- Quality of Academic Programs - 68%
- Courses Offered at a Variety of Times/Days - 66%

CROSSINGS CLASSIFIEDS
Give Away: Good condition twin bed frame, box spring, and mattress. Contact Vern Bushlack: 280-3150.

Health Careers Symposium
The RCTC Counselors are collaborating with Mayo Human Resources on a Health Careers Symposium that is scheduled for Feb. 24, 11-1:30. There will be two 75-minute sessions featuring professionals in nursing, radiography, respiratory therapy, surgical technology, and cardiovascular invasive technology. A short question/answer session will follow each session. Room is ST 109-110 and the presentation will be simulcast to the atrium monitors to try to generate student interest. Please encourage students who are interested in health care careers to attend for all or a part of a session.

It's a GIRL!
Congratulations to Jeff and Shirley Taylor who are the proud parents of a new baby girl. Jane Elizabeth was born on February 9 and weighed in at 8 pounds - 21 inches long!
Supalla’s Scribblings

Current legislative activity at both the federal and state levels has significant ramifications for RCTC. Recently President Bush, in his 2005 budget request to Congress, indicated that he seeks to slash Perkins funding. The request included severe cuts to career and technical education programs that, if enacted, would prove devastating to education and training programs at both secondary and postsecondary institutions. It’s time to take action now! Please review the information Alex Kromminga e-mailed you, contact your federal legislators immediately, and urge them to block the President’s recommendation and allocate additional funds to higher education in the 2005 budget resolution. Marilyn Hansmann attended the Senate Higher Education Finance Committee hearing this week where MnSCU presented its 2004 bonding request, including RCTC’s $11.7 million Health Sciences Center renovation project. Minnesota State Colleges and Universities has two excellent legislative update Web sites that I encourage you to access and review weekly…

http://www.mnscu.edu/Legislative/dailyreport/020204.html
http://www.mnscu.edu/Legislative/index.html

I urge you to get involved politically…know the issues, participate in the upcoming precinct caucuses, attend community forums, and contact your legislators. Help send a strong message to state legislators that they need to invest in Minnesota’s future by restoring state funding and supporting MnSCU’s bonding request.

The Commission on Accreditation of Allied Health Education Programs voted on January 30 to award initial accreditation to RCTC’s emergency medical technician-paramedic program. The recent peer review conducted by the on-site visitation team and accepted by the Board of Directors recognizes the program’s compliance with nationally established accreditation standards. The initial accreditation status is valid until January 31, 2007. Congratulations to Rick Peterson, Michael Dewar, and all associated with the EMT Program!

Many thanks to the Math Department faculty for giving up a Saturday to help make the 2004 MATHCOUNTS a great success. Contestants and family members packed MH223 for the exciting Countdown Round. Special thanks to ViAnn Olson for coordinating the local event. Plans are already being made for MATHCOUNTS 2005.

On Monday, February 2, the U.S. Senate passed a resolution officially designating February 2-6, 2004, as National School Counselors week. In Minnesota, Governor Pawlenty signed a Proclamation for National School Counselors Week. Now would be a great time for you to send a note of thanks to the RCTC counseling team.

Governor Pawlenty announced in his State of the State speech that he has asked the Citizens League to do an assessment of higher education in the State of Minnesota. This work will focus on three issues…

➢ An assessment of our current higher education system. This includes public and private higher education institutions throughout the State. What is the relevant and objective data about the state of our current system?
➢ Developing a vision for higher education in Minnesota. What do we need from higher education in today’s economy, this new century, and with the rapidly changing demographic dynamics we face?
➢ Developing an agenda that will begin to connect these two points. What are the priority issues and actions that need to be taken to ensure a world-class system of higher education? How do we align our current capacity with what we know we’ll need in the future?

Thought for the week…

"Why is it so difficult to realize that others are more likely to listen to us if first we listen to them.” -- John Wooden

Best wishes for a safe and relaxing Presidents Holiday. A National League for Nursing on-site accreditation team will be on campus Tuesday through Thursday...please welcome them.

Don
News from the Wellness Committee

The National Wellness Association describes the concept of wellness as a balancing act of our emotional, physical, spiritual, social, intellectual and occupational health. Wellness does not simply refer to diet and exercise. It is an active process through which people become aware of and make choices toward a more successful existence. (National Wellness Association)

All of us practice healthy thoughts and actions on a regular basis. The wellness committee would like to post ongoing "healthy tips" and healthy recipes on a regular basis in the college crossings. We welcome your suggestions and ideas for "healthy tips" and recipes. Please submit any "healthy tips" or recipes to the wellness email at: Katie.Swegarden@roch.edu.

The Wellness Team

Example of a healthy tip and Recipe

Here is a healthy heart tip to keep your heart happy this Valentine's day from: Keep the Beat: Heart Healthy Recipes http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf

Tip: Are Some Cuts of Meat Less Fatty Than Others? Definitely. Here’s a guide to the lower-fat cuts:

**Beef:** Top round, eye of round, round steak, rump roast, sirloin tip, short loin, strip steak lean, lean and extra lean ground beef

**Pork:** Tenderloin, sirloin roast or chop, center cut loin chops

**Lamb:** Foreshank, leg roast, leg chop, loin chop

Recipe: Baked Pork Chops

*You can really sink your chops into these—they're made spicy and moist with egg whites, evaporated milk, and a lively blend of herbs. Yield: 6 servings*

6 lean center-cut pork chops, 1/2-inch thick*
1 egg white
1 C evaporated skim milk
3/4 C cornflake crumbs
1/4 C fine dry bread crumbs
4 tsp paprika
2 tsp oregano
3/4 tsp chili powder
1/2 tsp garlic powder
1/2 tsp black pepper
1/8 tsp cayenne pepper
1/8 tsp dry mustard
1/2 tsp salt

as needed nonstick cooking spray

1. Preheat oven to 375 °F.
2. Trim fat from pork chops.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
5. Use nonstick cooking spray on 13- by 9-inch baking pan.
6. Remove chops from milk mixture and coat thoroughly with crumb mixture.
7. Place chops in pan and bake 375 °F for 20 minutes. Turn chops and bake for added 15 minutes or until no pink remains.

Serving size: 1 chop
Each serving provides:
Calories: 216
Total fat: 8 g
Saturated fat: 3 g
Cholesterol: 62 mg
Sodium: 346 mg
Total fiber: 1 g
Protein: 25 g
Carbohydrates: 10
Potassium: 414 mg

*Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for just 20 minutes.*