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Congratulations to the Jumping Seat Equestrian Team on earning their fourth-straight IHSA Regional Championship!

## LEADERSHIP LETTER

### **Leadership Letter**

#### **From the Chancellor**

We have some very exciting news to share. Dr. Harouna Maiga is a 2022 recipient of the University of Minnesota Morse award, which is the highest undergraduate teaching award given by the U of M. There will be a systemwide awards ceremony in April to honor Harouna.

We'll need to turn our clocks ahead on March 13. You may want to grab that hour of sleep you will lose in the next few days. I am reading a book entitled, *Why do we sleep: Unlocking the Power of Sleep and Dreams*, by Matthew Walker, Ph.D. The book was recommended by one of our donors who told me he was reading it. The book starts out with the scenario. "A mother gives birth to her baby. The doctor walks in to talk to the mother after examining the child. The doctor says to the mother, your child is healthy and fine, but the child will spend almost 1/3 of its life in a coma state."

That coma state is sleep -- but it is very important to the functioning of life. Here are findings about the importance of sleep. (I will save you the 400 pages and the research)

- During sleep, your body releases hormones. Some of them keep your heart and blood vessels healthy. Lack of sleep deprives you of these hormones and is associated with high blood pressure, worse heart function and heart disease.

- Sleep helps regulate your metabolism. This can be a problem if you have diabetes. It also raises your risk of developing type 2 diabetes. Blood sugar extremes also affect your mood, energy levels and mental function

- Sleep helps your mind and body relax and recover from your day. When you are sleep deprived, your body releases stress hormones. Stress can make you react in ways that are not productive. You may act out of fear or make rash decisions. Or you may be irritable.

- Sleep regulates your immune system. When you don't get enough, irregular immune system activity can cause inflammation. Chronic inflammation damages structures and increases your risk of many health conditions. A few examples include ulcers, dementia and heart disease.

- Research suggests that people who sleep less are more likely to be overweight or obese.

- Sleep helps you maintain your physical abilities. Studies show sleep deprivation leads to short-term balance problems. It can lead to injuries and falls. Even mild instability can cause problems during sports or exercise.

- Sleep appears to play a big role in memory consolidation. During sleep, your brain makes connections. It links events, feelings, and sensory input to form memories.

- While you sleep, your body works hard to repair damage. The damage can be from stress, ultraviolet rays, and other harmful things you are exposed to. Your cells produce certain proteins while you sleep. They form the building blocks of cells. That lets cells repair the day's damage and keep you healthy.

As our students head into final projects and finals week please remind them of the importance of sleep. If you were here a few years ago, you may have seen the posters about "sleep hygiene." Personally, I think the term could use some wordsmithing. When I first heard it, it conjured up images of needing to change the bed sheets and vacuum the dust mites between the two mattresses, but the concept and idea is spot on. We need sleep. Our students need sleep. Encourage them to take the time for the most important thing they can do for their health.

### **Spring Break and COVID**

Speaking of health. Many of you will be heading to warmer places over spring break. Please remember that although COVID is waning it is not over. Please test before you come back to campus. You can check pharmacies in your area for free testing opportunities. If you are not feeling well, please follow precautions, test and stay away from others.

### **Science Fair a big thanks to many of you**

The 72nd annual Western MN Regional Science Fair was hosted by the University of Minnesota Crookston from Feb. 21-25. Similar to last year, the format was remote where students posted videos of themselves explaining their projects and interviews were conducted with each participant via Zoom. Nearly 40 projects were judged by UMC students, faculty, staff, and others affiliated with the University of Minnesota over the course of the week. A special shout out to Tim Dudley for coordinating these efforts. Of those projects, 14 from middle school and 16 from high school are advancing to the Minnesota State Science and Engineering Fair later this month. Mr. Jonah Bieger from Perham High School had the top project in the high school division and he will represent our region at the International Science and Engineering Fair in Atlanta, Georgia in May. Good luck Jonah and we look forward to hosting this event next February in-person!

Be well, be safe and have a good week. We will be back the week of March 21.

Chancellor Mary

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## **CAMPUS UPDATES**

### **Update from the Office of Admissions**

The Office of Admissions continues to work toward Fall enrollment. Recruiters are in the midst of their spring travel season, visiting high schools where they will not only talk with seniors still deciding their fall plans, but also beginning the conversation with juniors and sophomores who are just beginning to think about paths following high school. Rob Glarum has already visited northern Minnesota schools this year, reaching east to Duluth, and will continue with visits in North Dakota. Similarly, Jane Strand continues to travel to Southern Minnesota. Amberly Cox is focusing on local recruitment, while Jonathon Holland is identifying students interested in Ag and NatR. Eric Morgan continues to support athletic recruitment and has stepped into an important recruitment role for our online and transfer populations. Recruiters from Morris are focusing on the Twin Cities, central Minnesota, Wisconsin, as well as parts of South Dakota and North Dakota.

Applications and admissions for Fall 2022 first-year, on-campus applicants are significantly ahead of last year. That being said, new approaches to identifying prospective students were utilized, therefore converting these admitted students to enrollees will also require some new approaches. We know that students who visit campus are more likely to enroll, so counselors are pushing all admits to come for a campus visit (once we are through blizzard season!).

Communication this spring is focusing on affordability, and the University of Minnesota's Promise Scholarship program. This program offers automatic scholarship aid to any Minnesota student whose family income is \$120,000 or less. The Promise Plus scholarship guarantees all tuition will be covered by scholarship and grant aid for any student whose family income is \$50,000 or less. Lastly, the Native American Promise scholarship covers full tuition for enrolled tribal members with family incomes of \$75,000 or less, up to 80% of tuition for incomes of \$125,000 or less.

Affordability is not always the first thing community members think about when they hear the University of Minnesota name. As you are having conversations with friends, neighbors, and family, feel free to mention the above programs and the benefits they provide to Minnesota students. The most affordable option for a

Minnesota resident is to attend one of the public institutions within the state, and oftentimes the University is the MOST affordable option. Please let Admissions know if you think someone may be interested in the University of Minnesota Crookston.

### COVID 19 Testing

Reminder: "Protect the Nest: Test"

- Remember to do a COVID test before coming back from Spring break.
- Follow-up testing 3-5 days after they return to campus.
- If you have COVID symptoms, Test!
- If you don't have symptoms but think you may have been exposed, test!



### Events

- Pancakes and Ponies, [April 24](#), 10-1pm, University Teaching and Outreach Center (UTOC)
- UMN Crookston [Commencement](#), May 7
- [Northern Great Plains Youth Institute](#), May 9
- Rotary Youth Leadership Youth Camp, July 9-16

For more information on other activities and events, check out the [Events Calendar](#).

### Agriculture and Natural Resources

North American Colleges and Teachers of Agriculture (NACTA) car washes, cost \$40 per vehicle  
Support the NACTA students as they fundraise for their annual NACTA competition. Contact Melissa Hammer at [hamme734@crk.umn.edu](mailto:hamme734@crk.umn.edu) to schedule a time. All vehicles are cleaned in the Kiser Building, and can be picked up and dropped off for your convenience. Car wash appointments available Thursdays and Fridays between 1-5.

### Counseling Services

#### March 7-10 is a Mental Well-Being Initiative

##### Monday, March 7th

Munchie Monday & Make it Ok

A campaign to reduce the stigma of mental illnesses, 10-12, Northern Lights Lounge

Let's Talk, 2-4, virtual & in office

##### Tuesday, March 8th

Mindful Self-Compassion Workshop, Wellness Center, Multipurpose Room at 10.

##### Wednesday, March 9th

Sleep Kits, Wellness Center entrance 10-12

Restorative Yoga (sign up required-15 person max) Wellness Center, Multipurpose Room at 3.

##### Thursday, March 10th

Tap Away Stress, open for students, staff, and faculty, virtually at 11.

Let's Talk, 2-4, virtual & in office

