

Wednesdays & Thursdays from 1:00-2:30 p.m

About Quick Stop:

These drop-in hours are designed to expand access to career coaches and to accommodate impromptu student career questions as they arise. During Quick Stop hours students are seen on a first-come, first-served basis for brief, 15-minute drop-in appointments. These times are meant for quick career questions, brief resume or cover letter reviews, or help getting started with an internship or job search.

Quick Stop is not intended to replace longer appointments, and we regret we cannot accommodate career assessment requests during Quick Stop hours (please schedule an individual appointment: 612-330-1148).

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Don't Miss the 55454 Series

SUBMITTED BY **MARY LAUREL TRUE, DIRECTOR, SERVICE-LEARNING AND COMMUNITY ENGAGEMENT, SABO CENTER FOR CITIZENSHIP AND LEARNING**

55454 Series- New plays by, about, for and with Africans and Muslims in America

Mixed Blood Theatre

1501 South 4th Street (3 blocks from Augsburg)

First play features actor Abdirizak Bihl!

Pilgrims Musa & Sheri in the New World

Sat, Jan 17

6:00PM- OPENING NIGHT PARTY (Food & beverages will be served)

7:30PM- Show & Post Show Discussion

*This show will have Spanish subtitles.

Sun., January 18th, 2:00pm

Mon., January 19th, 7:30pm

All 55454 plays are free of charge!

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Food Service Hours

SUBMITTED BY **DANIEL MEYER, ASSISTANT FOOD SERVICE DIRECTOR, AVIANDS**

Monday 1/12/15

Nabo is open from 7:30am-8:00pm. The Special of the day is a Chicken Teriyaki Rice Bowl.

Einstein's is open from 7:30am-9:00pm with the Late Night Menu starting at 7:00pm

The Commons is open from 7:30am-7:00pm. Market Place is serving BBQ Pulled Pork, Buns, Jojo Potatoes, and Parsley Cauliflower. Vege is serving Green Beans with Tarragon, Brussel Sprouts with Smoky Almonds, Asian Black Beans, and Herbed Oven Fries.

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Scholastic Connections Applications Available

SUBMITTED BY **CINDY G PETERSON, DIRECTOR OF SCHOLASTIC CONNECTIONS, SCHOLASTIC CONNECTIONS**

Scholarship Opportunity for Undergraduate Students of Color:

Applications are now being accepted for Scholastic Connections for 2015-16. Successful applicants for 5 available positions will receive a \$5000 scholarship and be paired with an alum of color who will serve as the student's mentor.

Eligibility requirements, information about Scholastic Connections and applications are available at the SC web page. Go to Inside Augsburg, A to Z Directory, Scholastic Connections. <http://www.augsburg.edu/connections> and click on Application Requirements.

Students who receive full tuition scholarships: Promise Scholars, Act 6 Scholars, full tuition President Scholars, etc. are NOT eligible for SC.

Applications and letters of recommendation are due March 1.

Attention Faculty and Staff: If you know of a student of color who could benefit from a \$5000 scholarship and work with a mentor, please nominate the student for Scholastic Connections. Nomination forms and information about the program are available at the SC web page, Application Requirements. Nominations due March 1.

For more information, contact Cindy Peterson at petersoc@augsborg.edu or 612-330-1754.

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Event Announcements

Augsburg Total Wellness--Health Screening

SUBMITTED BY **NICOLE PETERLIN, HUMAN RESOURCES ASSISTANT, HUMAN RESOURCES**

Health screenings will be held on Tuesday-Thursday, January 27-29th, from 8:00 a.m. to 12:00 p.m. Click on the link below to schedule an appointment now!!

<https://www.registertime.com/HealthSource/Signup/Augsburg>

Health screening includes: Total Cholesterol, HDL, LDL, triglycerides, cholesterol, glucose, blood pressure, height and weight.

***This is a fasting test -- please do not eat for 12 hours before the screening. Drink water and take prescribed medications.

Incentive to participate: All faculty and staff who complete the health screening and health assessment questionnaire will be eligible to receive a \$100.00 HSA contribution.

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