Students plan to show some love

SARAH KOCHER 
jmk6@augie.edu

For Augustana donors, Valentine’s Day cards may be coming a little early this year.

On Feb. 6 and 7, Augustana students are encouraged by the advancement office to meet at a table in the commons any time between 10 a.m. and 2 p.m. to write thank-you cards for Augustana’s financial patrons. These same cards will then be sent out as Valentine’s Day notes.

“Our name is very similar, but Camp encourages the students to make it their own.

Cards written by students are to be somewhat generic so that any donor can receive it, but personal enough to be individual and thoughtful.

“We’ve provided some guidance, but we really want the students to take it,” Camp said.

Each card comes with an incentive, too – red velvet cupcakes, in line with the Valentine’s Day theme, are being handed out to students who participate, a cupcake for a card, said Katie Pouts, Assistant Director of Annual Giving and Alumni Relations. Stickers and prizes will also be given out to students who take a moment to thank Augustana’s financial supporters.

However, the committee in charge of Love a Donor – a group of students involved in either SKOL or Augustana’s Advancement Ambassadors – also targets specific groups of donors, Pouts said. Athletes will be encouraged to write thank-you’s to the Elmen Center donors, Music students will be encouraged to write thank-you’s to musical program donors.

In part, these thank-you’s are also an attempt to raise awareness toward the high level of involvement that donors play in financing Augustana educations. In fact, student-paid tuition only covers 65 percent of the cost of education; Augustana’s 6,000 donors – 165 of which are Augustana faculty members – pay the rest, Camp said.

“We don’t have pixie dust and fairy wands,” Camp said. Continued from page 8

SPORTS

MONDAYS

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breakfast, such as a bowl of oatmeal, some hard-boiled eggs and toast, or blended Greek yogurt and fruit to make a smoothie. Boost your metabolism with a breakfast that will satisfy until lunch, guaranteeing you won’t have morning hunger crankiness in class.

Try hitting up the weight room before class. Those early morning endorphins could help you stay happy and alert all day. You’ll avoid the mid-afternoon rush and you’ll have your choice of cardio equipment. Plus, crank up your music and get pumped up to your favorite theme. Studying and music activates the part of the brain that produces happiness.

If you’re feeling the stress of the week setting in already, take a break. It’s important to prioritize your to-do list, but remember to schedule in some time for yourself. Taking short breaks throughout the day, like a quick walk to break up a study session or doing the crossword instead of staying glued to your computer, can help you refocus and stay more relaxed.

You’ve survived the worst Monday of the year and these tips can help you survive the next 14 Mondays until summer.

MILES CLUB

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often if students want to use a treadmill, elliptical or bicycle in the weight room, they have to reserve a time slot in advance. Those early morning endorphins could help you stay happy and alert all day. You’ll avoid the mid-afternoon rush and you’ll have your choice of cardio equipment. Plus, crank up your music and get pumped up to your favorite theme. Studying and music activates the part of the brain that produces happiness.

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