



# CORNER OF SAFETY & FIRST...



## Halloween Safety Tips:

### Parents

- Make your child eat dinner before setting out.
- Children should carry quarters so they can call home.
- Ideally, young children of any age should be accompanied by an adult.
- If your children go on their own, be sure they wear a watch, preferably one that can be read in the dark.
- If you buy a costume, look for one made of flame-retardant material.
- Older children should know where to reach you and when to be home.
- You should know where they're going.
- Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything.
- Look at the wrapping carefully and toss out anything that looks suspect.

### Homeowners

- Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- Pets get frightened on Halloween. Put them up to protect them from cars or inadvertently biting a trick-or-treater.
- Battery powered jack o'lantern candles are preferable to a real flame.
- If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing.
- Make sure paper or cloth yard decorations won't be blown into a flaming candle.
- Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be microwaved later.
- Non-food treats: plastic rings, pencils, stickers, erasers, coins.



# YELLOWJACKET SUPPORT...



### October and November Home Events:

<i>DATE</i>	<i>EVENT</i>	<i>TIME</i>	<i>LOCATION</i>
October 26	Men's Soccer vs. Texas A&M International	2:30pm	COT
October 28	Cross Country Yellowjacket Invitational	10:00am	Billings
October 28	Women's Soccer vs. St. Edwards	1:00pm	COT
October 29	Men's Soccer vs. Texas Permian Basin	1:00pm	COT
November 1	Volleyball vs. Rocky Mountain College	7:00pm	Alterowitz Gym
November 2	Women's Basketball vs. Rocky Mountain College	7:00pm	Rocky Mountain College
November 3	Volleyball vs. Seattle University	7:00pm	Alterowitz Gym
November 6	Women's Basketball vs. Rocky Mountain College	7:00pm	Alterowitz Gym
November 8	Volleyball vs. Seattle Pacific	7:00pm	Alterowitz Gym
November 10	Men's Basketball vs. Alumni	2:00pm	Alterowitz Gym
November 10	Volleyball vs. Northwest Nazarene	7:00pm	Alterowitz Gym
November 23	Women's Basketball vs. Northwest Missouri State	7:00pm	Alterowitz Gym
November 24	Women's Basketball vs. Regis	7:00pm	Alterowitz Gym

# BODY & MIND...

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## WellNotes

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**WellCheck:** a preventative health screening program brought to you by the Montana University System Group Health Plan & Montana University System Wellness.

**When:** Thursday, November 8<sup>th</sup>  
7:00am - 11:00am

**Where:** Student Union Building Ballroom

Flu shots may be offered during the Fall 2007 WellCheck. Shots are FREE for plan members, \$20 for non-plan members. Special arrangements can be made if you miss the WellCheck.

For more information, contact Cindy at 896-5836.

# OFFICE OF COMMUNITY INVOLVEMENT...

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## ADOPT A RESIDENT PROGRAM

The Office for Community Involvement and St. John's Lutheran Ministries are partnering to connect MSU-Billings students, faculty, staff, and your families with residents of St. John's Lutheran Home. Please join us in this fun and rewarding service opportunity!

### How does this program work?

If you are interested in adopting a resident, you will be matched one-on-one with a resident at St. Johns. This is a valuable and exciting opportunity to be engaged in their life and help make a difference on an ongoing basis.

### What will the interaction entail?

You can do a variety of things: send cards, visit, attend activities sponsored by St. Johns (Bingo, Holiday Parties, etc), take them for a walk and most importantly, be a friend to them.

### What is the time commitment?

Whatever you can give! To make this program successful, we would ask that you try to spend 2-4 hours/month; however, any time you can give to this person is valued and appreciated! We will ask all volunteers to attend an Orientation and Kick-Off party in October!!

Get involved! Contact Kathy McIsaac at 896-5815

*Only 1 in 20 people regularly give blood.  
For every person in need of blood, the  
simple act of giving is heroic.*

*We need more heroes...*

## Blood Drive

Date: Thursday, November 29<sup>th</sup>

Time: 10:00am - 3:00pm

Place: SUB Ballroom

**Staff, faculty, and students interested in donating can register online at [www.bloodhero.com](http://www.bloodhero.com) (passcode: msub) or call the OCI office to schedule an appointment (896-5815).**

# **WANTED:**

# **STAFF SENATORS**

Are you looking for an opportunity to become more involved in campus? Would you like to have the chance to offer input on important campus issues? Are you enthusiastic and looking to be a member of a fun group where you can make a difference? If you find yourself nodding, "yes," then the MSU-Billings Staff Senate wants you.

If you know of someone who would be a good candidate for Staff Senate, please nominate that person. Also remember that self-nominations are always welcome. To qualify to be a candidate, the staff member must have completed at least one year of continuous employment at MSU-Billings by July 1st, 2007. There are current openings to represent the following areas:

**College of Arts & Sciences**  
**College of Business**

Below is a reminder of some of the many ways Senators are involved in the MSU-Billings campus. New ideas are always welcome. See the many ways you can get involved and consider running to represent your area!

- Regular attendance at the Board of Regents meeting by Staff Senate Chair and Vice Chair with an opportunity to collaborate with Senators from other campuses.
- Direct feedback to MUS Labor Management Committee through Chair of Staff Senate
- Discount Movie Ticket Sales (co-sponsored with Jackets & Company)
- Staff Appreciation Nights (co-sponsored with Athletics)
- Volunteer work such as Relay for Life and the Campus Food Drive
- Staff Senate Book Club
- Staff Senate FISH! Patrol
- Halloween Spooktacular
- Bring Your Child To Work Day
- Staff Enrichment Series
- All Staff Meetings
- Campus Clean-up and Softball game
- *The Voice* newsletter



