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Main Hall to Main St.

Vol. 5, No. 8

Connecting Campus and Community

August 1999

Books of Their Own UM sponsors book drive for local schoolchildren

In an effort to encourage lifelong reading habits, The University of Montana is teaming up with the Missoulian and KECI-TV in a book drive aimed at providing books for hundreds of Missoula children.

Children who are being tutored through UM's Montana Reads program will benefit from the drive, according to Bridgit Sommer, the University's community relations and outreach coordinator. "By giving children their own books, we hope that it will encourage reading and learning at home as well as in school," she said.

Students who receive books hopefully will be encouraged to share them with younger siblings as well, Sommer said.

The public is asked to contribute new or used books. Books may be dropped off at KECI-TV, 340 W. Main St.; the

Missoulian, 500 S. Higgins Ave.; and in the University Center. Donors also may bring books to Washington-Grizzly Stadium during the Sept. 11 Montana Grizzlies vs. Cal State Sacramento match.

Book donors will be eligible to win prizes, including Grizzly logo items.

The drive is being held in conjunction with National Literacy Day Sept. 8.

UM started the Montana Reads program in 1997 in response to President Clinton's America Reads Challenge — that every schoolchild in America read well and independently by third grade. More than 55 UM student volunteers and work-study students visit Missoula schools on a regular basis to provide literacy tutoring to children in kindergarten through fifth grade. President Dennison is one of 21 college or university presidents who serve on



A UM student tutors an elementary school student through Montana Reads.

Clinton's America Reads steering committee.

For more information, call Sommer at (406) 243-2488.

UM teams with local businesses for HeartWalk

Missoulians and western Montanans can team up with UM and local businesses to help fight Missoula County's No. 1 killer — heart disease and stroke.

This year's American HeartWalk to benefit the American Heart Association is set for Saturday, Sept. 18, at Southgate Mall. The public is invited to form teams, collect donations and walk three times around the mall beginning at 8:30 a.m.

Participants are encouraged to gather friends, co-workers and relatives to join the walk.

Money raised from the walk will be used to support education, community service and research, including the work of a UM faculty researcher and graduate student.

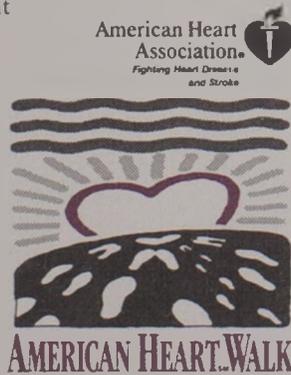
Businesses can show support by sponsoring route signs. A \$125 donation buys a special sign along the walking route acknowledging the contribution.

Heart disease and stroke survivors who participate in the walk will be issued red

caps that will distinguish them from other walkers. Organizers are looking for such survivors to lead the walk. If you or a family member are heart disease or stroke survivors and would like to participate as guests of honor, call Don Hjelmseth at (406) 728-3949 or UM Registrar Phil Bain at (406) 243-2412.

The Missoula walk is one of many held nationwide throughout the year. Missoula sponsors are the International Heart Institute of Montana Foundation (a partnership between UM and St. Patrick Hospital), Mountain West Bank, KMSO-The Mountain FM Radio, UM, the Missoulian, Southgate Mall and KECI-TV.

For more information or to register for the walk, call (406) 542-6222. To find out more about the American Heart Association and its efforts at fighting heart disease and stroke, visit the national Web site at <http://www.amhrt.org/>.



President's talk to kick off new academic year

University of Montana President George M. Dennison officially will ring in the 1999-2000 academic year when he addresses faculty, staff and administrators about the direction the University will take in the coming year.

Dennison's annual State of the University Address will begin at 10 a.m. Friday, Aug. 27, in the Montana Theatre of the Performing Arts/Radio-Television Center. Coffee will be served before the address at 9:30 a.m. in the foyer. The public is welcome to attend the event.

New members of the faculty and administration will be introduced during the convocation.

Fall semester classes begin Monday, Aug. 30.

And it's 'Up With Montana' folks

During football season, it's the talk of the stadium. Fans want to know, what are the words to the fight song, anyway? Here they are, for all to memorize.

Up With Montana

*Up with Montana, boys, down
with the foe,*

*Old Montana's out for a victory,
She'll shoot her backs around the
foe-men's line,*

*A hot time is coming now, oh,
brother mine.*

*Up with Montana, boys, down
with the foe.*

*Good old Grizzly'll triumph
today,
and the squeal of the pig will float
on the air,
from the tummy of the Grizzly bear.*

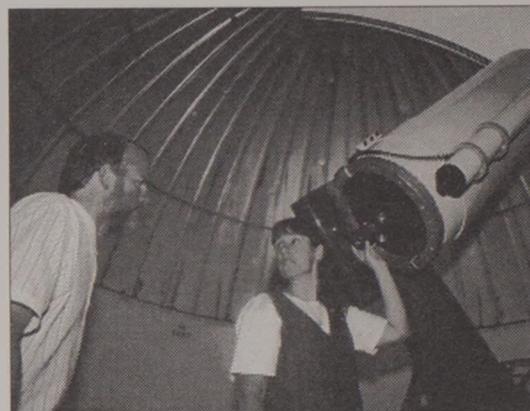
Stargaze with Friends at UM observatory

The public is invited to visit the heavens at UM's Blue Mountain Observatory Aug. 20 and Sept. 10 and 17. Observations will begin at about 10 p.m. on these Fridays unless there is bad weather.

If there is any doubt about the weather, call observatory director Dave Friend at 243-5283 the evening of the open house.

The observatory is located near the top of Blue Mountain southwest of Missoula. To reach UM's gateway to the stars, take Blue Mountain Road off U.S. Highway 93 and follow it to the base of the mountain. Then make a left turn at the cattle guard to enter the Blue Mountain Recreation Area. Follow the road for 10 miles up the mountain to a sharp left turn that has a sign for the observatory. Make a left turn there and go another three miles to the fire lookout. Park near the lookout and walk about 200 yards east to the observatory. Warm clothing and a flashlight are recommended.

Friend, an associate professor of astronomy and physics, said participants will observe the moon or any bright planets that are visible.



Dave and Diane Friend host public open houses at UM's Blue Mountain Observatory.

News To Use

There's just something about echinacea

by **Terry Brenner**
University Relations

There's something about echinacea that scientists still haven't pinned down, even after a century of research: Which of the plant's chemical components work so effectively on one of humankind's peskiest illnesses, the common cold. But there's no denying that echinacea taken at the first signs of a cold can prevent it or at least minimize the unpleasant symptoms.



Medora

How so? "Echinacea increases immunity to infections," says Rustem Medora, a UM pharmacy professor specializing in the medicinal properties of plants. "It works by increasing the white blood cells. The white blood cells act as scavengers that go out and pick up all the riffraff in town."

Now one of the most popular herbal cold remedies in the United States, echinacea comes from the plant *Echinacea angustifolia* — or a related species, *Echinacea purpurea* — which

commonly goes by names such as American or purple cone flower, snakeroot and Indian head. The plant is native to Kansas, Nebraska, Missouri and eastern Montana, and its history goes back to the American Indians, who were using it when the pioneers came west to settle. Based on what they learned from the Indians, the settlers soon began using echinacea to treat wounds and improve immune function.

Since then, echinacea's popularity has gone through cycles, Medora says. Its use peaked during the 19th century but virtually died out in America when synthetic drugs came on the scene. Meanwhile, Europeans took it back to their home countries, the Germans did clinical studies that supported herb's effectiveness and echinacea became popular abroad as a cold preventive. Recently it has staged a comeback in America, selling briskly at drug and natural products stores.

Should you decide to try it, here are some things Medora says to keep in mind:

- Take it at the first sign of a cold or when you know you've been exposed. Don't expect echinacea to cure a cold you already have. It may help some but not a lot because the virus is already multiplying too fast.

- For best results, use echinacea tincture, which is commonly one part echinacea to 10 parts of 45 percent alcohol. That ratio as well as the strength of the alcohol varies

widely, though. Echinacea tea won't provide the same benefits because tea doesn't extract all the medicinal properties that alcohol does. If you want to make a tea, put some tincture into hot water.

- Follow the dosage specified on the label. It will usually prescribe the dosage in drops.

- Take the proper dose two to three times a day. If it doesn't do the trick in two to three days, it probably won't, but there's no harm in taking it for a week. Taking it for too long will weaken its benefits.

- Take echinacea on an empty stomach. The presence of food in the stomach dilutes its potency. To make echinacea more palatable, put the tincture into a little orange juice.

- Avoid excessive use of echinacea during pregnancy and lactation. Data on its toxicity is lacking.

- Consult with your health professional before taking echinacea if you suffer from an autoimmune disease.

Medora stresses that cultivated echinacea is just as potent as the wild form, and above-ground parts of the plant are as useful as the roots. Too many people stalking the wild form and pulling up the plants to extract the substance from the roots could push the wild form to extinction, he says.



Bear Briefs

Best Of The West—Works by some of the West's most famous artists will be displayed through Sept. 7 at UM's Henry Meloy Gallery. The exhibit, titled "Masters of the Medium: Great Painters of the American West," features art by Edgar Paxson, Charles M. Russell, Maynard Dixon and O. C. Seltzer among others. The exhibit is free and open to the public, and many of the works in the exhibit are for sale. A portion of the proceeds from the exhibit and sale will benefit UM's Museum of Fine Arts. Located in the Performing Arts and Radio-Television Center, the Meloy Gallery's hours are 9 a.m. to noon and 1-5 p.m. weekdays. Saturday hours are noon to 5 p.m.

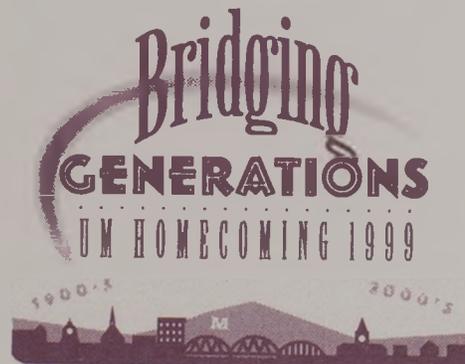
Attention!—UM's ROTC program has been named one of the best in the nation by Cadet Command, the national headquarters of ROTC in Ft. Monroe, Va. UM received a 1999 General Douglas MacArthur Award for outperforming all other medium-sized ROTC programs in the Reserve Officers' Training Corps' Western Region. The UM battalion will be presented with a plaque during the regional ROTC meeting in Reno, Nev., in November. Criteria for winning the award include a high student retention rate, producing juniors and seniors who perform well at Advanced Camp, meeting goals for numbers of cadets commissioned and having a favorable ratio of staff to students.

Top Student Journalist—UM journalism senior Paige Parker has won a \$3,000 Scripps Howard Scholarship, recognizing her as one of the top 16 journalism students in the nation. She is currently the Gail Westry intern at the Portland Oregonian, a select post that includes a \$1,000 scholarship. This fall she will become the first American Indian to serve as editor of the Montana Kaimin, UM's student newspaper.

Contract Consultants—UM, in association with the Consortium of International Development, has been selected to help the government of Guyana improve the country's education system. Under a \$460,000 contract with the Inter American Development Bank, faculty and administrators from UM and other western state universities will

provide four months of intensive consultation to the Guyana Ministry of Education. The team will review the country's education sector, analyze the ministry's resources and training, and develop a plan for reform and restructuring. Guyana, an English-speaking nation on the northeast shoulder of South America, has had uneven educational achievement, according to project director Mark Lusk, a UM administrator.

Parade Preparedness—It's time to tune up the flatbed and order the crepe paper. Entry forms for the 1999 UM Homecoming Parade are available during business hours at the UM Alumni Association office on the first floor of



Brantly Hall and at the Missoula Chamber of Commerce, 825 E. Front St. The forms, along with a \$10 entry fee, must be returned to the Alumni Association by Oct. 1. This year's parade theme is "Bridging Generations: 1900s to 2000s." The parade will begin at 10 a.m. Saturday, Oct. 9, at downtown's Circle Square and will travel south on Higgins Avenue, then left on University Avenue to Helen. For more information, call the alumni office at (406) 243-5211.

Jump-starting Careers—Twenty-one American Indian and other minority students spent their summer preparing for health careers in an intensive six-week program at UM. The Health Careers Opportunity Program, based at the School of Pharmacy and Allied Health Sciences, combined rigorous academics with culturally

relevant activities and a holistic approach to meeting students' individual needs. The program's aim is to increase the number of Indian pharmacists and physical therapists working in Montana. Program organizers are looking for students for next year's session. Applications must be post-marked by March 1, 2000. Contact Reno LoParco at (406) 243-4095 or e-mail charette@selway.umt.edu for more information.

Bookstore Online—The word "textbook" can strike fear into the heart of any college student. Paying for them. Carrying them around. Actually reading them. Fortunately, one aspect of textbooks is about to get a little less frightening: shopping for them. Beginning this month, students will be able to purchase textbooks online at The Bookstore's Web site, <http://www.umt.edu/bookstore>. The addition of textbooks is one of many improvements planned for The Bookstore's Web site. Other merchandise — such as general books, school supplies, logowear and computers — also will be available online. In addition, Web surfers will be able to send electronic greetings featuring Montana images or hunt for Bear Facts about UM.

Studying Ecosystems—Based on a proposal submitted to the Department of the Interior, UM was chosen to host a Cooperative Ecosystem Studies Unit for the Rocky Mountains that will involve scientists from six federal agencies and five academic institutions in the region. As host, UM will be the axis for a regional effort to share information in human, aquatic and terrestrial ecosystem research. The larger purpose of the partnership is to improve the base of scientific knowledge necessary to manage federal resources. The Rocky Mountain CESU will cover a territory from the Canadian to Mexican borders.

New Library Leader—UM has a new dean to lead the Maureen and Mike Mansfield Library into the next millennium. Frank D'Andraia, director of libraries at the University of North Dakota in Grand Forks, will replace Dean Karen Hatcher, who is retiring Dec. 31 after 31 years of service to the UM library. D'Andraia will assume his new duties Jan. 16. Hatcher will continue to work part-time at UM next year.

Now Or Never: *Get thee to the world's largest garage sale to sell or buy*

The last, best chance to get rid of all that stuff clogging up your house and storage areas is just around the corner.

The third biannual "World's Largest Garage Sale" takes place under the cover of the UM parking garage from 8 a.m. to 2 p.m. Saturday, Sept. 18. Vendor setup is from 7 to 8 a.m.

The last sale, held in May, featured more than 50 sellers and thousands of shoppers.

"The things that most people are hankering to clean out of their basements and garages are the same things that students will do anything to get their hands on for

new apartments and dorm rooms," said Andrea Schmitt, coordinator of the UM Advocates, which sponsors the garage sale as a club fundraiser. "Furniture, housewares, clothes and music all go like hotcakes."

The parking garage is just off Campus Drive, next to the Mansfield Library.

Vendors from campus and community may rent parking spaces for \$10 each and 8-foot by 30-inch banquet tables to display their cast offs for \$6 each.

Registration forms are available now from the Information Desk in the University Center. For more information, call the UC Information Desk at 243-4636.

UC's third floor undergoes facelift

Renovation of the University Center's third floor began this summer, but businesses on the first and second floors won't be affected.

"The community will still have access to all our services," said Gary Ratcliff, UC director.

All businesses, including the second-floor Food Court and the Commons, will remain open throughout the renovation project, which is expected to conclude next April.

The centerpiece of the project is a movie theater that will offer 300 stadium-style

seats, Dolby Surround Sound and cupholders.

"It'll look just like if you went into the Carmike Theater," Ratcliff said. "The programming will include midnight movies, art films, film series and sneak previews."

Also planned is the addition of seven meeting rooms on top of the Commons. The ballroom will receive a facelift, including a refinished floor, a movable divider and new paint and draperies. When the project is completed, the UC will offer a total of 30,000 square feet of meeting space and 7,700 square feet of exhibition space.

Student-made documentary earns mark of excellence from professional journalists

A UM documentary on state mining issues has won a national Mark of Excellence Award from the Society of Professional Journalists.

"Into the Earth: Hard Rocks, Hard Choices," earned the award in the Television In-Depth Reporting category of SPJ's annual contest, which recognizes outstanding college journalism. "Into the Earth" was created by UM's 1998 Student Documentary Unit in the Department of Radio-Television.

The honor is the fourth national Mark of Excellence Award won by the department. "Into the Earth" also previously received a Non-Commercial Program of the Year Award from the Montana Broadcasters Association.

The documentary was produced by

Meghan Flesh, now a production assistant for Fox Sports Net in Los Angeles. Codirectors were Eve Whitaker, Ryan Moore and Nicolas Nabokov.

"The real triumph of this show for these kids was the fact that they were covering a very quickly moving target, because the mining industry in this state is one headline after another," said journalism Professor Bill Knowles.

Students will collect their awards at SPJ's annual convention, Oct. 3-5 in Indianapolis.

With 11,500 members and nonprofit status, SPJ is the nation's largest journalism organization. It is dedicated to encouraging the free practice of journalism, stimulating high standards of behavior and perpetuating a free press.

UM Calendar

Friday, Sept. 3

Faculty recital—flutist Maggie Schuberg, 7:30 p.m., Music Recital Hall. Tickets \$5/general, \$3/students and senior citizens.

Saturday, Sept. 4

Football—Grizzlies vs. South Dakota, 1:05 p.m., Washington-Grizzly Stadium.

Tuesday, Sept. 7

Performing Arts Series—Billy Bragg, folk music, 7:30 p.m., University Theatre. For ticket information call (888) 842-4830 or 243-4999.

Thursday, Sept. 9

President's Lecture Series—Maria M. Klawe, dean of science at the University of British Columbia in Vancouver, B.C., 8 p.m., Music Recital Hall. Free. Lecture is in conjunction with the Big Sky Discrete Math Conference.

Friday, Sept. 10

Guest artist recital—ZEPHYR, 7:30 p.m., Music Recital Hall. Tickets \$7/general, \$5/students and senior citizens.

Saturday, Sept. 11

Football—Grizzlies vs. Cal State Sacramento, 1:05 p.m., Washington-Grizzly Stadium.

Thursday, Sept. 16

Lecture—"A New Century of Honor for Indian Nations," by Caleb Shields, Executive Board Member, Assiniboine and Sioux Tribes of Fort Peck, 7:30 p.m., old Milwaukee Station, first floor. Sponsored by the Center for the Rocky Mountain West. Free and open to the public.

Sunday, Sept. 19

Concert—String Orchestra of the Rockies, "Autumn Horn Call," 7:30 p.m., Music Recital Hall. Tickets \$12/general, \$10/students and senior citizens. Call 728-8203 for more information.

Tuesday, Sept. 21

Faculty recital—clarinetist Maxine Ramey-Anderson, 7:30 p.m., Music Recital Hall. Tickets \$5/general, \$3/students and senior citizens.

Saturday, Sept. 25

Football—Grizzlies vs. Weber State, 1:05 p.m., Washington-Grizzly Stadium.



The University of
Montana

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