Native American Heritage Month

This November, Missouri State University will celebrate Native American Heritage Month. This year’s theme is “Living in Many Worlds.” This year’s events include talks, films, artist demonstrations, traditional native games and the two-day Missouri State University Native American Heritage Month Powwow. Come out and learn more about some of the traditions of the over 500 Native American cultures in North America. All events are free and open to the public.

Nov. 6 Beadwork demonstration by Victoria Fortner, 5-7 p.m. in Plaster Student Union 317.

Nov. 15 Film, “Bury My Heart at Wounded Knee,” at 7 p.m. in the Plaster Student Union Theater.

“Bury My Heart at Wounded Knee” tells the story of three Native Americans as they fight to keep their dignity and sacred land, the gold-laden Black Hills of the Dakotas, from the U.S. government. The film also focuses on Senator Henry Dawes and his fight for kinder Indian treatment.

Nov. 20 “Powwow Preview,” a demonstration of drumming, singing, and dancing by members of the Haskell Indian Nations College from Lawrence, Kansas, 11:30-1:30 at the Bear Paw.

For more information, visit http://multicultural.missouristate.edu
**Give Thanks Where Thanks Is Due**

**Christina Robinson, Economics Club**

“Mrs. Robinson”, as she lovingly likes to be called (her favorite song is “Mrs. Robinson” by Simon and Garfunkel) is one of the new faculty advisors for the Economics Club. Although she doesn’t have to be at every meeting and there is another faculty advisor that could come instead, she makes it a priority. Not only does she attend these meetings, but she always has the answers to whatever questions we may have. She is most certainly a guiding force in the club and has many ideas for how to accomplish various tasks that we have to undertake, but she does this from the background and allows us to conduct meetings and make decisions as we see fit. This dedication and balance that Dr. Robinson brings to the Economics Club is made even more outstanding by the fact that this is her first semester here at MSU. Dr. Robinson was just recently hired to fill one of the economics department teaching positions and is currently teaching a number of economics courses. She is still going through the rigors and stress of learning about not only a new school environment, but a new city as well. However, one would think that she has been here many years with how well she manages to balance all of these stresses and responsibilities. Congratulations Christina Robinson on your outstanding success thus far at Missouri State University!

Submitted by the Economics Club

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**Tips for Officer Transitions**

- Arrange a meeting for outgoing and incoming officers (include club advisor)
- Discuss past, current, and future issues
- Discuss financial status and review financial statements
- Create informational/resource binders (working notebook) for all leadership positions that can be passed down from officer to officer
- Create a reflection and goal setting session with all members of organization
- Talk to Office of Student Engagement to ensure that all transitioning information has been updated

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**Did you know?**

**The Sierra Club** - Responsible for the recycling at Bearfest Homecoming Tailgate!

**MSU Men’s Lacrosse team** - Would like to give a congratulations to their advisor Tona Hetzler for being a soon to be mother!

**National Student Speech Language & Hearing Association** - Raised $183.60 from the Bake Sale to go toward Operation Smile!

**Sigma Alpha Chi** - Sigma Alpha Chi is the first and the only Latina Sorority on campus and places emphasis on promoting cultural awareness at MSU and within Springfield community. On October 2, 2009, they hosted “Noche de Estrellas Latinas” (Night of Latin Stars) to highlight influential Latino leaders in the Springfield community, (Yolanda Lorge, Juan Meraz, and Nelly Baxter) and upcoming student leaders. They are Aliss Lugo, Manuel Abarca, Jose Gonzalez, and Priscilla Ayala. They have also volunteered at Arts Fiesta during Hispanic Heritage Month, The 20th Anniversary Celebration of Grupolatinoamericano, on September 18, as well as Festival de Naciones (Festival of Nations) at Sacred Heart Church on October 25. They are committed to promoting diversity and culture, in particular the Hispanic culture.
During the next couple weeks, your organization members will begin to feel the strain of classes, the changing weather, and the holidays! It is important to keep yourself in good health as well as your members. To the right, there are a few tips to keep your stress levels down as finals week is right around the corner! Don’t forget to share the tips with your fellow members!

**Tips for a successful finals week**

1. Plan out your study schedule and final schedule now!
2. Create a study binder with all study guides, power points, etc. a couple weeks prior to finals week.
3. Consistently review information daily. The more you work your mind to remember text, the easier it will become.
4. Avoid coffee and caffeine - eat foods with protein and carbohydrates to increase energy and brain activity such as peanut butter and apples.
5. Pace yourself! Spread things out and take breaks - try exercising or walk outside.
6. Sleep. Sleep. Sleep. Your brain can not handle “cramming” of information the night before the test. Let you brain rest!
7. When the test is over, let it go!

**Congratulations to the following!**

**Office of the Month**

**Safety & Transportation**

**Student Leader of the Month**

**Brian Fellows**

**Staff Member of the Month**

**President Nietzel**

**Organization of the Month**

**Indian Student Association**

**Upcoming Important Dates**

- **November 13**
  - Volleyball game at 7:00 pm
  - SAC presents Rock-N-Bowl at 7:30 pm
- **November 14**
  - Football game at 2:00 pm
  - Women’s Basketball at 2:05 pm
- **November 19**
  - Spanish Film night at 5:00 pm
  - Craig Hall 203
- **November 21**
  - Men’s Basketball at 8:05 pm
- **November 25**
  - Thanksgiving Break begins
- **December 1**
  - Classes resume
- **December 2-5**
  - Elizabethan Christmas Dinner
  - Visit www.missouristate.edu/music/
**Stuffed Sweet Potatoes with Pecan and Marshmallow Streusel**

**Ingredients**

- 12 large sweet potatoes
- 3/4 cup (1 1/2 sticks) unsalted butter, at room temperature
- 3/4 cup light brown sugar
- 3/4 cup all-purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup toasted pecan pieces
- 1 cup miniature marshmallows

**Directions**

Preheat the oven to 400 degrees F.

Wash the sweet potatoes, scrubbing them well to remove any dirt. With a fork, prick the sweet potatoes in a couple of spots and place them on a sheet pan. Bake for about 45 minutes, or until a knife inserted in the center goes in easily.

In a large bowl, mix the butter, brown sugar, and flour together until it's crumbly-looking. Add the cinnamon, salt, pecans, and marshmallows; fold the streusel topping together to combine. Slice the sweet potatoes lengthwise down the center and push the ends towards the middle so it opens up. Stuff the sweet potatoes generously with the streusel topping and return to the oven. Bake for another 20 minutes, or until the topping is bubbly and brown.

**Happy Holidays!**

**Apple and Onion Stuffin’ Muffins**

**Directions**

Preheat oven to 375 degrees F.

Preheat a large skillet over medium high heat. Add extra-virgin olive oil to skillet and 4 tablespoons butter. When butter melts, add bay leaf and add the vegetables as you chop them, celery, onions then apples. Sprinkle the vegetables and apples with salt, pepper and poultry seasoning. Cook 5 to 6 minutes to begin to soften vegetables and apples then add parsley and stuffing cubes to the pan and combine. Moisten the stuffing with chicken broth until all of the bread is soft but not wet. Butter 12 muffin cups, 2 tins, liberally with remaining butter. Use an ice cream scoop to fill and mound up the stuffing in muffin tins. Remove the bay leaf as you scoop the stuffing when you come upon it. Bake until set and crisp on top, 10 to 15 minutes. Remove stuffin’ muffins to a platter and serve hot or room temperature.

**Ingredients**

- 2 tablespoons extra-virgin olive oil, 2 turns of the pan
- 1 stick butter, softened
- 1 fresh bay leaf, available in produce department
- 4 ribs celery and greens, from the heart, chopped
- 1 medium to large yellow skinned onion, chopped
- 3 McIntosh apples, quartered and chopped
- Salt and pepper
- 2 tablespoons poultry seasoning
- 1/4 cup chopped fresh parsley leaves
- 8 cups cubed stuffing mix (recommended: Pepperidge Farm)
- 2 to 3 cups chicken stock, available in paper containers on the soup aisle

www.foodnetwork.com