Wiki Markup Code for the Menu Bar

For web-friendly layout:

```
{section}
{column:width=200px}
{include:navcol}
{column}
{column}
Place Your Information Between This Code
{column}
{column:width=10px}
{column}
{column:width=200px}
{column}
{section}
```

For print-friendly protocol,

consider using the horizontal navbar as found below, click "insert" > "other macros" > search "include" > click "include page" > type navbar:

```
Home | Calender | Materials | Lab Data Entry | Protocols | Code | Archives
```

Try putting it a the top of the page.