

The Link



January 2010

The Staff Association Newsletter

President's Message

Happy New Year!

On December 15, 2009 we held the fall semester General Staff Meeting in the Summit Lounge for all staff. The Chancellor discussed the current budget situation and responded to questions from staff members. Alan Byrd, Director of Admissions gave a presentation on Freshman Recruitment which showed that while numbers are up, there is much more we can do to attract and retain students on our campus. The presentation is available for review on the Staff Association MyGateway web site.

Recently Governor Jay Nixon announced that he and Republican legislative leaders had reached a consensus on how much money the state is likely to collect this year and next. Revenue is projected to decline 6.4% instead of the previous 4% estimate. So Nixon will need to cut an additional \$200 million to balance the state budget. According to Budget Director Linda Leubbering actions could be taken in late January.

Save the date of February 27, 2010 for the annual Trivia Night. This event has been a tremendous success and is a great opportunity to join friends for a fun evening.

All the best in 2010!

Ken Vass

Campus Celebrates Dr. King Holiday

Monday, January 18, 2010, the UMSL Campus celebrated the Dr. Martin Luther King, Jr. Holiday with an MLK Day of Service and a program at the Touhill Performing Arts Center. Over 400 volunteers met at 9 a.m. Monday for their Day of Service—making a difference in other people's lives. The Day of Service is coordinated by Megan Hill who works with AmeriCorps Vista at UMSL's Office of Student Life.

The Dr. King Program in the Touhill Performing Arts Center began at 10 a.m. and featured the Dickson String Quartet, a drama presentation by the Media, Theatre and Dance Department, the Innervision Dance Theatre, and the guest speaker - Jabari Asim (author and African American literary and cultural critic). The program is sponsored by the Office of Equal Opportunity and Diversity.

Photo by August Jennewein

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Jerry Hoffman

Riverstars of the Month

December 2009 Winner
Loyalty & Commitment

Jerry Hoffman

Associate Director
Admissions

Volunteer of the Month

December 2009

Eileen Driscoll

Continuing Education- Advanced Credit Program

Eileen was nominated by fellow Volunteer of the Month recipient who was surprised to find that she had not been nominated before! Eileen has the ability to organize and helps keep projects functioning smoothly and efficiently. She is a great team member and always makes the other volunteers feel welcome. Eileen has much wisdom to share!



Eileen Driscoll

TRIVIA NIGHT —February 27

This February 27th, the Staff Association and the Office of Student Life will sponsor the 11th annual Trivia Night at 7:00 p.m. at St. Ann Church's Parish Center. The proceeds from this event help support the John Perry Scholarship fund. The scholarship is awarded to a dependent of a UMSL staff employee.

St. Ann Church's Parish Center, located just blocks east of campus, provides us with plenty of indoor space and plenty of parking. In recognition of the tough economic times everyone is experiencing, and to get as many people as we can to the event, we are keeping the lowered entry fee from last year at \$10.00 per person. That's just \$80 for a table of 8 players!

As usual, there will be raffle items, silent auction items, attendance prizes, and a sports memorabilia auction. There will also be a prize awarded to the group with the best decorations. So, pick a theme and decorate your table, wear theme-based costumes, serve theme-based food. Be creative. Have fun with it!

Registration information can be found at www.umsl.edu/trivia. Download the registration form to register your table today. Hurry, registration will be limited to the first 30 paid teams. Hope to see you there!



Meet the Staff Council-Michelle Kilper

Michelle Kilper serves on the John Perry Scholarship Fund Committee. The Staff Association is important to her because it allows her to stay connected with all the employees at UMSL. Concerning the staff association, Michelle says "It's a great way to network and make new friends. It can make your job easier when having to work with other departments if you know a face to a name. I also think it's important to support others and the school."

Michelle is the Alumni Relations Coordinator in the office of Alumni Relations and Annual Giving. She is responsible for the Greek Alumni Chapter, the Student chapter of the alumni association STAT (students today, alumni tomorrow), and the student engagement committee. She works a lot with students and getting them to network with alumni and is in charge of Dinner with 12 Strangers and the Alum/Student Mentoring Program.

Michelle has been married to her high school sweetheart for a year and a half. They have a little shitzu named Logan, who is really the love of her life. She plays, soccer, softball, and kickball for fun during the week and weekends. She also watches a lot of TV. Michelle is a proud graduate of UMSL and past homecoming queen!



Michelle Kilper and Logan

Staff Association History

From the minutes of the staff council meeting April 21, 1983:

Since there is a good possibility that there will be no salary increases for 83-84, Rick Blanton suggested that we should discuss other benefits that we could get in lieu of increases:

1. Shorter work week.
2. Eliminate Parking Fee
3. During the summer schedule, the hours could be reduced from 10 hours per day to 8 1/2 hours per day.
4. Get off at 2 p.m. on Friday

From the minutes of the staff council meeting of January 22, 1986:

The Council was copied on a letter addressed to William Connett [Professor, Mathematics] from Dr. MacKinney regarding a smoking policy. The current policy is that smoking is not allowed in classrooms. Dr. Connett was asked to look into the matter of whether we should have a more extensive policy. Mr. Perry's suggestion is to leave the matter of smoking in offices up to the individual chairperson. Dave Philippe will report the Council's views to Dr. Connett.



Pictures from the early days

Healthy for Life

Weight Watchers

Cost \$156 (25% reimbursement from Healthy For Life if only 1 meeting is missed) Flexible payment plans are available. Proven successful weight loss. Contact Jaime at capizzij@umsl.edu

Mindfulness-Based Stress Reduction Classes: Orientation January 19th and classes begin January 26th

Another once a year opportunity! [Flexible payment plans available!](#) Dr. Lynn Rossy, health psychologist, will host an orientation on January 19th, 5:15 pm, 417 Clark Hall. Class information: MBSR is designed to help change your relationship with stress and begin to live a more conscious life in order to make choices and engage in behaviors that increase your vitality, effectiveness and happiness. Classes will be held on Tuesdays, January 26th – March 16th, from 5:15 pm – 7:15 pm in 417 Clark Hall. Please email [Jaime Capizzi](mailto:Jaime.Capizzi) with questions or to enroll.



Kick-off to
Biggest Loser

Jan. 25 5 p.m. –
6:30 p.m.

North Campus UMSL

Healthy 2010

Challenge mandatory
orientation

meeting

Kick-off to Biggest Loser
type challenge.

For more information,
e-mail

Capizzij@umsystem.edu

Healthy 2010 Challenge Update

Program kick-off is January 25th, Monday, 5:00 pm – 6:30 pm in SSB 207. Please email [Jaime Capizzi](mailto:Jaime.Capizzi) for more information. Program includes weekly weigh-ins, bi-weekly measurements, personal trainer guidance and nutrition intervention. Challenge is 16 weeks and participants will be placed in teams. You can choose your team. Cost is \$16/month for 4 months.

Ride To Wellness Odometer Program

Healthy for Life is eager to announce its newest program—Ride to Wellness, an odometer program that encourages movement for those riding bicycles (indoors or out) or those using wheelchairs. For \$20 participants can enroll and receive an odometer and log book. When you reach 500 miles, turn in the booklet for a refund and prize. There will be prizes for each 500-mile marker up to 2,500 miles. Like the pedometer program, there is no time limit and immediate family members are urged to join. If you want to register, send a \$20 check for the cost of the odometer (made payable to *Healthy for Life*) to Jaime Capizzi at 238 MT. Note: if you already have an odometer, you can still participate.

Yoga is returning January 21st

Yoga is moving to North campus this semester. Classes will be on Thursdays in 119 Benton Hall. Classes last 45 minutes and are offered at 12:00 pm, 3:45 pm, and 5:15 pm. Drop-in cost per class is \$5. Or, buy a package and pay \$3/class. Please bring your own mat. You do not need to sign up. Please just show up when your schedule permits.

North Campus Walking Group

Email [Jaime Capizzi](mailto:Jaime.Capizzi) to be added to the weekly schedule for walking indoors and/or outdoor on North campus.

Smokers Left Out in the Cold

On January 1, 2010, the university took a step towards becoming smoke-free. Effective this date, smoking is prohibited within 20 feet of the entrances and windows of buildings owned or leased by UMSL. While a boon to most (especially those with respiratory problems), this change means smokers are left out in the cold.

Several university organizations, including the University Assembly, Staff Association and Student Government Association, have recently discussed the smoking issue. A copy of the University Assembly's recommendations can be found on its Web site [<http://www.umsl.edu/committees/senate/>]. Based on these discussions and recommendations, UMSL will begin taking steps to become smoke-free by January 1, 2012. In the late 1980s, UMSL's smoking policy banned smoking only in the classrooms. Effective June 1, 1991, smoking was banned from the buildings.

The UMSL Wellness Resource Center offers FREE Smoking Cessation. For more information about tobacco cessation on campus, contact the Wellness Resource Center at 314-516-5380.



Effective 1/1/2010, smoking is banned within 20 feet of building entrances or windows.

2010 UM Mileage Rate Decreases to 47 cents/mile

Beginning in 2009, the University of Missouri began following the State of Missouri's practice of reimbursement for business transportation expenses at a mileage rate that is three cents less than the IRS standard mileage rate. The IRS rate is based on an annual study of the fixed and variable costs of operating an automobile.

The IRS recently announced that, for 2010, the standard mileage rates for operating an automobile for business purposes have been lowered to reflect a slight decrease in the cost of gasoline compared to a year ago. Beginning January 1, 2010, the IRS announced the standard mileage rate for business use of an automobile will be 50 cents per mile for business miles driven compared to 55 cents per mile in 2009. In accordance with the University's reimbursement at a mileage rate three cents less than the IRS rate, the **University's mileage reimbursement rate for business miles driven changed to 47 cents per mile effective January 1, 2010, down from 52 cents in 2009.**

In addition, the IRS announced new rates for moving expenses of 16.5 cents per mile beginning January 1, 2010, a reduction of 7.5 cents per mile compared to 24 cents per mile in 2009. Effective January 1, 2010, the University will reimburse at a rate of 13.5 cents per mile driven for moving purposes, three cents less than the IRS rate of 16.5 cents per mile. The following web pages and associated forms on our website have been updated with the new mileage rates...

<http://www.umsl.edu/~finance/forms.htm>

<http://www.umsl.edu/~finance/trv-info.htm>

<http://www.umsl.edu/~finance/mileage.htm>



In 2010, the University reimbursement for business miles driven is 47 cents per mile.

Adopting From an Animal Shelter or Rescue Group

Animal shelters are your best source when looking for a pet



Animal shelters have a great selection of adult animals for adoption, and many of them also have kittens, puppies and purebred animals. On average, purebreds account for about 25 to 30 percent of a shelter's dog population.

Did you know?

Many pets at your local shelter are waiting for new homes because they were obtained by people with unrealistic expectations of the time, effort, and money required to sustain a lifelong relationship with their pet. National figures indicate that about half of the animals in shelters are euthanized for lack of good homes. Animals at your local shelter are just waiting for someone like you to give them a new home.

Don't be discouraged if, when you first visit the shelter, there are no animals of the breed or type that you want. Shelters receive new animals every day. Your shelter may also have a waiting list and can call you when an animal matching your preference becomes available. Before choosing your pet, you can even speak with an adoption counselor about whether your choice of a particular type or breed will be best for you. In an effort to make good matches between people and animals and to place pets in lifelong homes, many shelters provide adoption counseling and follow-up assistance, such as pet parenting and dog-training classes, medical services, and behavior counseling. Or they may be able to refer you to providers of these services.

Another advantage to shelter adoptions is that the fees are usually much less than the purchase price of an animal from a pet store or breeder. And your new pet is more likely to be vaccinated, de-wormed, and spayed or neutered.

A few of the Shelters in St. Louis are:

[Humane Society of Missouri](http://www.hsmo.org/)

Humane Society of Missouri | Headquarters: 1201 Macklind Avenue | St. Louis, MO 63110 | phone: (314) 647-8800.

www.hsmo.org/ -

[Stray Rescue of St. Louis](http://www.strayrescue.org/)

www.strayrescue.org/ -

[Open Door Animal Sanctuary](http://www.odas.org/)

ODAS is a no-kill shelter www.odas.org/ -

[Animal Protective Association of Missouri](http://www.apamo.org/) -

Information about pet adoption and animal welfare, with current photographs of adoptable pets.

www.apamo.org/ -



Mindfulness Meditation Group

University Health, Wellness and Counseling Services has been offering free weekly Mindfulness Meditation sessions for three years now. Although the group is open to the entire University community, most of the group members are campus staff and faculty. We would like to invite new members to join us in what we have found to be a wonderful antidote to the stress in our lives. It's a great way to take an emotional vacation in the middle of a hectic week!

Mindfulness meditation is a way to practice being more aware in the present moment, in a non-reactive, non-judgmental and open-hearted way. This is done very simply through sitting quietly and focusing on our natural breathing, and becoming more conscious of whatever takes our attention away from the breath and the present moment. By practicing being in the present moment, we can learn to decrease the time we spend focusing on negative thinking about the past (ruminating, guilt, resentment, etc.) or the future (worrying, trying to control, etc.). By approaching the present moment with acceptance of "what is," we lessen the negative impact of the inevitable pain and stressors of life. By being more present to our life experiences, we spend less time on "automatic pilot," thus living life more fully. Incorporating mindfulness into our daily lives can enhance overall well-being and has been proven to be effective in helping to reduce stress, depression, anxiety, insomnia, overeating, chronic pain, and a variety of medical conditions.

Here are comments from some of our group members:

"Mindfulness meditation is the best part of my busy week and enables me to relax, regroup and return to the office refreshed and calm." –Tina Saunders, College of Nursing

"I really enjoy our meditation group. Not only have I learned the practice of mindfulness meditation and how to apply it to my life, but I have also met interesting people." –Mary Hackmeister, Art & Art History

"Our group is an oasis of calm in my week. I look forward to coming because I know when I get there, there will be at least 20 min when I can let it all go. The relief I feel when this happens is enormous." –Cindy Dupureur, Chemistry (faculty)

"It is wonderful to have this break in the work day to go within to re-energize and re-focus with my colleagues. These peaceful and empowering moments make a difference for me as I try to embrace life moment to moment." --Jeri Peterson, University Events

We meet **Wednesdays, 12:15 to 12:45 pm, in 225 MSC-Student Success Center, Conference Room.** The half-hour weekly sessions include a brief introduction, a 20-minute guided mindfulness meditation, followed by brief discussion. This group is designed for beginning, as well as experienced meditators. New members are welcome at any time during the semester. If you are new to mindfulness meditation, please call Sharon Biegen or Jamie Linsin at University Health, Wellness and Counseling Services, 516-5711 to arrange for introductory instructions.

January 18, 2010



Upcoming Events

UMSL Dr. King Holiday Observance	January 18 10 am-12 pm	Touhill PAC
Pack the Stands	January 21 5:30 pm	Mark Twain Bldg
Trivia Night	February 27 7:00 p.m.	St. Ann's Church on Natural Bridge
Trailblazer Ceremony	March 18	MSC Century Rooms B&C

Inclement Weather Reminder

In the event of severe weather, the campus is open unless and until an official announcement is made that the campus is closed. Radio stations, KWMU, (FM 90.7), and KMOX (AM 1120) and television stations KTVI (2), KMOX (4), and KSDK (5) will be notified of the closing. An announcement will be placed on the home page of the UM-St. Louis website (www.umsl.edu), on the UMSL Information Line (314-516-4636), and all voice mailboxes.

Wanted: Your Input

Do you have a contribution or an interesting story for the Link? Please contact Cindy Wills at willsc@umsl.edu with your request or story.

Bottom Line

If you have questions or concerns about the Link or the staff association, please contact Cindy Wills, Communications Committee Chair and Link editor, at E-mail willsc@umsl.edu

Visit the Staff Association on the web
<http://www.umsl.edu/staff>