

# The Link



Photo by August Jennewein

## President's Message

UMSL Staff,

Happy New Year!

As we begin the spring 2012 semester please join me in welcoming UMSL students, faculty, and your fellow colleagues back to campus. Additionally, if you have the opportunity please also make sure to introduce yourself and greet our newly designated UM System President, Tim Wolfe when he visits the UMSL campus in the coming weeks.

I would also like to invite you to volunteer for a Staff Association Committee, such as Staff Appreciation Committee and Trivia Night Committee. Staff Association Committee Chairs need your help planning upcoming Staff Association events! If you are interested in participating please contact me (516-5899 or [labriera@umsl.edu](mailto:labriera@umsl.edu)) or your Staff Association Unit representative ([www.umsl.edu/services/sassoc/units.html](http://www.umsl.edu/services/sassoc/units.html)).

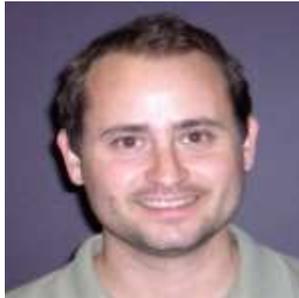
Don't forget to mark your calendars for the third Wednesday of each month for the Staff Association Council meeting, which is open to all full-time UMSL staff. Your participation, through support, thoughts and ideas is important in helping the Staff Association Council foster unity among staff and encourage productive communication about improving work life at UMSL. Please join your council at the next council meeting on January 18, 2012, in the J.C. Penney Conference Center Room 222 from 1:30 to 3:00 p.m.

Best wishes to each of you in 2012.

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## Riverstars Employees of the Month



The Employee of the Month winner for the month of December is Mark Curry for "Loyalty and Commitment." Mark is a Senior Admissions Advisor in Admissions. Congratulations to Mark!

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## Volunteer of the Month-December 2011

"Charellise is an outstanding volunteer in our office who has been reliable, dedicated and extremely helpful. Most recently, she has researched and compiled a thorough list of grants/donors who may be able to financially assist the office with event and outreach costs, in addition to helping us with promotional materials. Charellise also has been an essential volunteer for the MLK Day Celebration for many years."



**Charellise Coleman**

**Kathy Falcon -  
Office of Equal Opportunity and Diversity**

## Meet The Staff—Thomas O’Connell



### What is your position on Staff Council?

I am the Unit Representative for the J.C. Penney Conference Center / Building, including old University Center.

### Why is the Staff Association important to you?

I believe deeply in democracy and micro-governance. It’s a great opportunity to share ideas, meet staff members from across campus and for cooperative engagement over events and issues facing the University.

### What is your position at the university?

I work in the Division of Continuing Education as a Coordinator in Program Support. I provide coordination for Hosted events and consultive sales for University event space.

### What are your hobbies and interests?

I’m a big baseball fan, especially of the New York Mets, but mainly baseball in general. With that comes a vast encyclopedia of absolutely useless knowledge unless I end up as a sportscaster someday.



I love to travel anywhere for as cheap as possible! I’ve been to England, Scotland, Spain, France, Canada and South Africa just in the past four years. I’ll drive anywhere in the US with my 42 mpg Fit, including Austin, Savannah, Detroit, Buffalo, the Grand Canyon, just to name the most recent. My favorite cities so far would have to be Edinburgh and Savannah. While in Edinburgh I got to experience Hogmanay, a 72-hour street celebration on New Year’s unlike anything I have ever seen. My travel-mate and I stayed in a hostel directly across the street from the castle and got to try “American Burger Sauce”, which tasted like a mix of horseradish, Cajun, ketchup and mayonnaise... again, unlike anything I had ever had. Savannah was surprisingly similar architecturally to Edinburgh and had the nicest people I’ve ever met.



## The John Perry Scholarship

Applications are Being Accepted for The John Perry Scholarship  
Do you have a child or dependent who:

- Will be an entering Freshman in Fall 2012?
- Will be pursuing an undergraduate degree at UMSL?
- Will be enrolling in at least 12 credit hours?

Since 1986, we have assisted the families of staff members with The John Perry Scholarship. Any student can fill out the Scholarship Web Application, which asks if a parent works at UMSL. Anyone answering "Yes" will automatically be a candidate for the scholarship if they are an incoming Freshman, enrolling in 12 hours and pursuing an undergraduate degree. Selection will be based on merit and need; class rank and ACT, SAT, or SCAT scores will also be considered.

If there are no applicants that meet the criteria listed above, full-time transfer students, part-time students in six hours or graduate students may be considered for the scholarship.

Please encourage anyone in your family who may qualify to apply at:  
<http://www.umsl.edu/services/finaid/scholarships/apply.html>

Applications are Due March 1.

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## January @ UMSL



Photo by Christopher Boyce



Have you taken a picture in/on campus that you would like to share?

Please send them to [boycech@umsl.edu](mailto:boycech@umsl.edu)

## Metro Passes Now Available

The campus will be selling discounted Metro passes to University employees beginning December 23rd. Passes can be purchased in the Cashier's Office (285 MSC) for a reduced fee of \$55 per semester. With this pass you will have unlimited access to Metrobus and Metrolink service during the 2012 Spring Semester. As a 30 day pass purchased directly from Metro costs \$68, this semester pass represents a significant cost savings.

**Please note that this program is a considered a "trial" as we try to gauge Faculty/Staff interest in the program. The rate of participation in the program will greatly influence whether the University will be able to continue the faculty/staff program in the future.**

Note: A valid employee id is required when using the Metro pass.

Q: What dates are the passes valid?

A: The passes are valid from Jan 3 through May 21, 2012.

Q: Is the pass valid on both Metrobus and Metrolink?

A: Yes, you are able to use your pass for both services. You must sign the back of the pass and have your employee id in order for the pass to be considered valid. Additionally, the dates of validity on the pass must be legible.

Q: What methods of payment are accepted in the Cashier's Office?

A: The Cashier's Office accepts checks, cash, and debit cards.

If you have any questions or concerns, please contact D'Andre Braddix at [braddixd@umsl.edu](mailto:braddixd@umsl.edu).

## Cookie Swap Photos



Many thanks to all of those who participated in our first annual cookie swap!





## 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.umsln.edu](http://www.umsln.edu)) as well as on the UMSL Information Line (314-516-4636)

## J.C. Penney Conference Center

The JC Penney conference center has undergone level and room re-numbering. Temporary signs are up and permanent signs are in the works so please bare with us as we make this transition. Our online maps and forms have been updated.

<http://umslnce.org/index.php/conference-center>

If you have any questions, please call Continuing Education at 516-5961

Want to be in the know? Get up-to-date information on what's happening around UMSL's campus and community with the following links:

<http://blogs.umsln.edu/news/>

<https://www.facebook.com/UMSL.edu>

<http://twitter.com/#!/umsln>

<http://www.youtube.com/user/umsln>

<http://www.flickr.com/photos/umsln/>

<http://explore.umsln.edu/>

<http://thecurrent-online.com/>



## The Bottom Line

If you have questions, ideas or concerns about the Link or Staff Association, please contact Christopher Boyce, Link editor, at [boycech@umsln.edu](mailto:boycech@umsln.edu)

Do you have a favorite recipe or workplace story to share? Do you have photos of UMSL or staff events that you think would be good for publication? We would love to hear your thoughts about what type of content you find helpful and relevant for The

## Holiday Bazaar Basket Winners



Karin May—Winter Warm Up Basket



Lana Vierdag—Computer



Linda Guetterman—Breakfast Basket

## What Does 947 Pounds Look Like?

**By: Adriana Hughey**

2012 is here!! As we come back to campus and we tackle all the expanded waist lines and the holiday belly blues the tradition is to choose a New Year resolution. Is yours to lose weight, get more fit and active, eat healthier, learn something new, or meet more coworkers on campus?

Most of us will pick something we will forget about around March and never follow through on. Why do we pick things we give up so easily on? At one point it was important to us and we were motivated to change.

Well, there is a group of people on campus who selected to make a change in their lives and are sticking to it! You may not know who they are, but you may have noticed some people's clothes are becoming too big for them or they are walking around campus on their lunch breaks. This group of people is a part of our on campus Weight Watchers group. Weight Watchers can help you with your New Year resolution!

Just to show you how amazing this group of people is, for 2010 and 2011 our campus group has lost more than 947 pounds!!! And it also gained 9 life time members. These are individuals who hit their target weight loss goal for LIFE! That sounds like a lot of weight, but what does 900 pounds really compare to?

We have lost three professional football linemen who generally weigh 300 pounds each.

We have lost approximately three miniature horses which have an average in weight around 350 pounds.

An average male polar bear weighs 900 lbs. We lost one polar bear!

The average weight of a Harley motor cycle is 600 lbs. We have lost one and a half Harleys.

Everyone that has participated in this group, even in a small way, has seen weight loss and success over the last two years. We've probably had more than 50 different people join the meetings here at UMSL, some staying longer than others. What is most amazing... we've had members lose more than 50 pounds with some averaging at least 30 pounds.

If you are interested in losing weight, becoming more active, gaining a healthier and happier life style Weight Watchers is available ON CAMPUS!

**Meeting time: Tuesdays, 11:30am, 225 MSC Conference Room**

**Price break!** Only \$9.22 per week! Plus, if you only miss one meeting of the series, you get a 25% refund from the UM-System Healthy for Life Program.

**Open House: Tuesday, January 24, 2012**

**Come learn about the program, the benefits of registering through UM, and hear from current members!**

Questions before January 24<sup>th</sup>? Contact Teresa Balestreri at ext. 5002 or [tkb@umsl.edu](mailto:tkb@umsl.edu).



 **WeightWatchers**  
**PointsPlus<sup>+</sup>**

*Weight Watchers At Work is  
a Healthy for Life: TE Atkins  
UM Wellness Program*

## Healthy For Life

### Winter Eat for Life Program – Online Course Available!!

Discover the benefits of this innovative approach to weight management and re-discovering the joy of eating. This ten week program uses mind-body practices (meditation and yoga), the principles of mindful and intuitive eating, skills training, and group support to guide you in making lifestyle changes that will help you create a healthier relationship to your food, mind, and body. If you have a history of chronic dieting, have rigid “healthy” rules about eating, or find yourself eating when you’re stressed, bored, or unhappy, this may be the program for you. This non-judgmental, non-diet approach helps you use your internal physical cues to guide what and when you eat.

#### Online Course:

**Orientation:** Week of January 23

**Classes:** Week of January 30 through week of April 9

**Cost:** \$50, \$25 to be refunded with full participation in discussion board

#### **There are two ways to enroll:**

Send \$50 check made payable to Healthy for Life along with the registration form to Lynn Rossy, 205 Heinkel Building by January 18 so we have time to send you your books. The registration form can be found at [www.umsystem.edu/curators/mindfulness/mindfuleating](http://www.umsystem.edu/curators/mindfulness/mindfuleating).

Pay by credit card by calling Rebecca Pell at the Healthy for Life office (884-1312) by January 18 so we have time to send you your books.

**For more information:** Contact Rachel Ploskonka at [PloskonkaR@missouri.edu](mailto:PloskonkaR@missouri.edu)

### Be Less Stressed and Get More Out of Life

*Healthy for Life* invites you to see what the 8 week Mindfulness-Based Stress Reduction Program can do for you. The majority of participants report lasting decreases in both physical and psychological symptoms, ability to cope better with pain, increased ability to relax, greater enthusiasm for life, and an increased ability to cope more effectively with stressful situations. You will learn mindfulness meditation, yoga, and body scan as well as important information about stress, communication, and wellness. Employees and their spouses, partners, and adult family members are welcome. Pay only one fee per family when you share materials. **Class:** Thursdays (January 26 – March 22 from 5:15 -7:15 p.m. in the J.C. Penney Conference Center). **Cost:** \$40(\$20 refunded if you attend 7 of 8 classes). For more information or to register, contact Bridget Rolens at [BRIDGET@pathwaystomindfulness.com](mailto:BRIDGET@pathwaystomindfulness.com).

Announcement sponsored by Healthy for Life, TE Atkins UM Wellness Program



**Healthy for Life: TE Atkins  
UM Wellness Program**  
205 Heinkel Building  
Columbia, MO 65211  
573.884.1312 (Phone)  
573.884-3123 (Fax)  
[Wellness@umsystem.edu](mailto:Wellness@umsystem.edu)  
[wellness.umsystem.edu](http://wellness.umsystem.edu)

#### **Follow us!**

**Twitter:** <http://twitter.com/healthy4lifest/>  
**Facebook:** [Healthy for Life: TE Atkins UM Well-ness](http://HealthyforLife:TEAtkinsUMWellness)

# *Rock the* **STANDS**

— *umsl vs. quincy* —

**FEBRUARY 16, 2012**

**WOMEN PLAY AT 5:30PM, MEN AT 7:30**

*free*

**FOR UMSL STUDENTS, FACULTY, STAFF  
AND ALUMNI WITH CURRENT UMSL ID**

**\$6 GENERAL ADMISSION | CHILDREN UNDER 6 FREE**

**STUDENTLIFE@UMSL.EDU 516-5291**

myTOTAL  
REWARDS



# Weight Watchers at Work



**Open House Meeting:**  
**Tuesday, Jan. 24**  
**(11:30 a.m.-12:15 p.m.)**  
**Millennium Student Center**  
**Room 225**

Sign up via the **NEW**  
Weight Watchers portal:  
<https://wellness.weightwatchers.com>  
Company ID: 46814  
Company Passcode: WW46814



Make this the year to improve your health.  
Enrollment fee is \$39.95/month. FREE eTools. Unlimited meetings.

*Benefit-eligible faculty & staff earn 25% rebate (attend 11 of 12 mtgs)*  
*Questions? Contact Teresa Balestreri at [tkb@umsl.edu](mailto:tkb@umsl.edu) or ext. 5002.*

T.E. Atkins UM Wellness Program