



Photo by August Jennewein

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President's Message

Greetings All!

The Board of Curators has started the search process for the 23rd President of the University of Missouri. The Presidential Search Committee will be holding seven public forums across the state in March to hear comments regarding the qualities desired in the next president. The public forum at UMSL will be held on March 7, 11:00am-12:30pm in the MSC Century Room. I would encourage you to attend if at all possible and have your voice heard. If you're unable to attend the event in person it will be recorded and posted on the Presidential Search website at: www.umssystem.edu/ps. The website will also be updated as the search progresses.

If you have dependants, who are at or near college age, I'm sure you are all too familiar with the FAFSA process by now and exploring the various financial aid options that are available. It is important to remember that if you're an UMSL staff member with dependents entering into UMSL this fall they should consider applying for the John Perry/Staff Association Scholarship by the end of March! Details are available at www.umsl.edu/staff.

The Staff Appreciation committee is gearing up for the Staff Association Golf Tournament scheduled for March 25th. You still have to get your team together. Additional details are available in this edition of The Link.

Save the dates, Focus on the Future is later this month and will be held on March 29th and 30th. The committee is hard at work lining up the schedule of events. The program is meant to provide staff with an opportunity for continued professional and personal development.

I hope you can join us for Trivia Night on March 12th!

Chris Scheetz

Riverstars Employee of the Month

February 2011 Winner - Performance Versatility.

Faith Lucas

Senior Accountant

UMSL Accounting Services



Faith Lucas

Congratulation to Faith!

Volunteer of the Month-February

“Chuck was able to take his extensive writing and editing experience to enhance the Center for Character and Citizenship’s electronic newsletter. He continues to lend his expertise to other projects within the department. We value his creativity and his willingness to assist us in a timely manner. We are grateful to the TLC for their willingness to work with Chuck and the CCC on this and future projects.”

Nominated by: Beverly Bates- Center for Character & Citizenship

Relay For Life

Relay for Life 2011, a fundraiser for the American Cancer Society, will be held from Friday, April 29, 2011 at 6 pm until Saturday, April 30, 2011 at 6 am. The event will take place at the MSC Lakes. Please consider participating or donating to this worthwhile cause. Everyone knows someone that has been affected by cancer; this is your opportunity to help. Consider joining or donating to the “UMSL Staff” team (or any other team), and you don’t have to be an employee to participate, so invite your friends and family as well! We would like you to be able to stay for the entire event, but even if you can attend for an hour or so, that would be great! For more information about the event, visit www.relayforlife.org/umslmo., or contact Faith Lucas (flucas@umsl.edu) regarding the UMSL Staff team. Thanks for your consideration and support!



Chuck Ehlert

Meet the Staff Council—*Douglas Hughey*



What is your position on the Staff Council?

I am the Physical Facilities and General Services Representative. This means that I stay informed and help provide a voice for the staff in areas such as building maintenance, grounds keeping, custodial services and budgeting surrounding these areas.

Why is the Staff Association important to you?

The Staff Association is important to me because it provides staff at all levels within the university community with the opportunity to become involved and make their voices heard. It's wonderful to know that the top levels of administration do care about our opinions and concerns, and the Staff Association provides us with an excellent forum for discussion. Being a part of this great group of people really makes me feel much more involved in the campus community.

What are your hobbies and interests?

I would say that my biggest "hobby" right now is my pursuit of an MBA degree here at UMSL, as it certainly keeps me quite busy! Outside of that, I enjoy reading, exercising with my wife Jenny and our Westie Penny to stay fit, and tinkering with computers and electronics. My wife and I also try to attend cultural events throughout the year, and we've had the opportunity to enjoy some performances at the Touhill. While we enjoy going out with friends, we're also just as happy curled up on the couch watching a movie with Penny snoring loudly between us.

What is your position at the University?

I am a Software Support Expert in the College of Nursing. I have been employed by the University since the end of 2003, and I am a big fan of the environment and the people. In the College of Nursing, my student staff and I keep plenty busy providing for the technology needs of the approximately 100 Nursing faculty, adjunct faculty and staff. What I most love about the job is the fact that no two days are ever the same. Because the technology needs are so varied, I find that I constantly have the opportunity to learn new things and grow in my position. Between the consistent on-the-job learning and my classes in the MBA program, UMSL has really given me an opportunity to grow!

Volunteer Income Tax Assistance



The UMSL VITA program provides free tax preparation for low income, disabled, and elderly members of our community-- the City of St. Louis, St. Louis County, and St. Charles County. All UMSL VITA volunteers have been certified by the IRS to prepare tax returns. Contact information: Phone: (314) 516-7188, E-mail: vita@umsl.edu website: <http://www.umsl.edu/~vita/index.htm>

John Perry/Staff Association Scholarship Fund

Who is John P. Perry?

John Perry started working at UMSL in 1963 as the campus Business Officer. He was very involved in the development of the St. Louis campus from a golf course to a University. In 1986, after 23 years of service he retired as Vice Chancellor of Administrative Services. The establishment of the John P. Perry Scholarship was announced at his retirement party. The staff association has continued to raise funds for this endowed scholarship.

What is the John Perry/Staff Association Scholarship Fund?

The John Perry/Staff Association Scholarship Fund is non renewable scholarship awarded to a dependent of a University of Missouri St. Louis staff employee. The scholarship is awarded to entering full-time freshman student. If no entering freshman applies for the scholarship, the committee will then consider applicants in the following order:

Full-time transfer student

Part-time student enrolled for at least 6 credit hours

Graduate students.

Applications are due in March.

Go to the Staff Association website: <http://www.umsl.edu/services/sassoc/index.html> to find the application form.

Reminder: Trivia Night!

Just one week left to register for Trivia Night! Have you found 7 of your friends, family and/or colleagues to join you at a table? Just \$10 a person gets you a night filled with fun, laughs, trivia and prizes. Don't forget to visit the website to download your registration form today: www.umsl.edu/trivia.

We're still looking for one more volunteer to help judge that evening. Contact Meg Naes if you're interested: naesm@umsl.edu, or phone at x6128



Discover UMSL

Missouri Institute of Mental Health

Are you curious to see what goes on at the Missouri Institute of Mental Health? Did you know MIMH is now part of UMSL? Please join us for a brown bag lunch, presentation, and exclusive tour of MIMH.

Itinerary of MIMH Discovery

Departs: UMSL Shuttle Departs UMSL at 10:30am from Woods Hall Parking Lot A

Arrives: UMSL Shuttle Arrives at MIMH at 11:15am

Presentation: MIMH Dome Conference Room 11:15am to Noon

Feel free to bring your own brown bag lunch to eat during the presentation.

Tour: MIMH tour Noon to 1pm

Return: UMSL Shuttle Departs MIMH at 1:00pm

Arrives: UMSL Shuttle Arrives back at UMSL at 1:45pm

Presented by: MIMH Faculty & Staff

Date: Friday, April 8, 2011

Time: 10:30 am to 1:45 pm

Register From: March 3, 2011

Register Until: Thursday, April 7, 2011

Location: Woods Hall Parking Lot A

Maximum Capacity: 18



Discover the Art World Tour

Discover the Art World at UMSL (Focus on the Future session). Registration and General information will be sent out soon from Focus on the Future committee. Are you ready to DISCOVER UMSL like never before? This is your opportunity to explore UMSL. Join Thomas Stork for an adventure into the Art World. We will have the opportunity to tour the Art Gallery. If you would like to find out information about future events (MIMH road trip & Bleacher Bash) and wanting to get involved with DISCOVER UMSL please take a step forward into the future at DISCOVER UMSL.

Presented by: Thomas Stork

Date: Wednesday March 30 2011

Time: 1:30 pm to 2:30 pm

Location: (meet in MSC Century Rooms)

Discover
Umsl

Focus on the Future – March 29 and March 30

Focus on the Future provides an opportunity for continued professional and personal development for all employees. The broad range of session topics offered by skilled presenters allows you to focus on specific areas of interest, both personal and professional.

We encourage everyone to take advantage of this opportunity for growth. Please be on the lookout for the registration email. Please note, the schedule is subject to change. For questions, contact Antionette Sterling x7994 and Jamillah Boyd x7391.

Managers and or Directors, Thank you for allowing your employees to participate in Focus on the Future!

Tuesday, March 29

Grow a Little Food in the Yard
 Chair Massage Therapy
 Diabetes 101
 Jewelry Making
 Wellness in the Workplace
 Looking Ahead: What's Coming for Eyes
 Lunch Time: Board Game Tournament
 Campus Violence: Challenges and Resources
 Chair Massage Therapy
 Self-Defense Strategies
 Basic Chess for Beginners
 Campus Recreation: Be Active Play Sports
 Crocheting



Wednesday, March 30

Genealogy
 Basic Car Maintenance
 Volunteer Training
 Cooking With the Chef
 Understanding Personality Differences
 Meet MIMH
 Ready, Set, Ready: Ford County by John Grisham
 Tai Chi
 Kickboxing
 Your Next Vacation: Missouri Department of Tourism
 Stress Reduction
 Discover UMSL



Harry Harris is coordinating an after work social at Hill Brewing Company in Ferguson beginning at 5PM lasting until 7PM. On Wednesday, March 30th. Everyone is welcome.

Save the Date

Presidential Search Forum	March 7th @ 11am	MSC Century Room
Budget and Planning	April 7th @ 2pm April 15th @ 1pm	JCP Building, 126 JCP Building, 222
Trivia Night:	March 12 @ 7:00pm	St. Ann Parish Center in Normandy
Staff Association Golf Tournament:	March 25th	Normandy Golf Club
Focus On The Future:	March 29th and 30th	Various Locations



Tuna Pinwheel Rolls

2 (7-oz.) cans tuna, drained
 ½ c. chopped onion
 ½ c. grated sharp cheese
 ¼ c. chopped parsley (optional)
 1 tsp. celery salt
 ½ tsp. salt
 ¼ tsp. pepper
 1 egg, slightly beaten
 1 recipe Bisquick Biscuits
 1 can cheddar cheese soup –
 dilute with milk or water to
 desired consistency and heat
 slowly

Mix all ingredients, except biscuit mix, cheese soup, and set aside 2 T. egg. Make the biscuit recipe and roll dough into 15 x 10 inch rectangle. Spread with tuna filling. Roll up beginning at a wide side. Seal edges. Slice 1 ½ inches thick. Place slices in a well greased pan. Brush all over with remaining egg. Bake at 425° for 15-20 minutes. Serve with cheese sauce (heated, diluted cheese soup) or pour sauce over rolls after they are finished baking and put back in oven for about 5 minutes. This pairs well with coleslaw and a vegetable, such as corn or green beans.

Recipe by Pat Slowiak

The Bottom Line

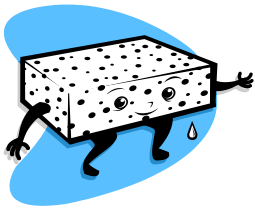
If you have questions, ideas or concerns about the Link or Staff Association, please contact Christopher Boyce, Link editor, at boycech@umsl.edu

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 publica-

tion? We would love to hear your thoughts about what type of content you find helpful and relevant for The Link. Don't forget to visit us online at : <http://www.umsl.edu/staff>



Spring Cleaning



If you are anything like me, Spring means waking up from that indoor hibernation and having a sudden realization that your home needs a good cleaning! Not only do I amass more “stuff” during the winter months, but as more light is let in my home, the piles of dust in the corners become much more obvious. This time of the year is always met with an overwhelming desire to purge and cleanse.

I have a child with allergies and very sensitive skin as well as a pet at home. I do not like using store bought cleaners and harsh chemicals to get my cleaning done. I have discovered that not only can you get things just as clean with items you probably already have in your kitchen, but that you can save a lot of money and feel good about not dumping chemicals down your drains at the same time! Here are just a few tips:

Baking soda: Simply pour about 1/2 cup of baking soda into a bowl, and add enough liquid detergent to make a texture like frosting for a great “soft scrubber.” This works great for hard to clean tubs! Pet odors? Sprinkle some on your carpets and upholstery for an hour before vacuuming to help get rid of smells.

Borax, is a fantastic all around cleaner. Add it to Laundry and cut way down on the detergent needed. Have a slow drain? Pour some in the drain followed by vinegar. Let sit for a few minutes then rinse with boiling water. Mix a tablespoon or so with a *small dab of liquid soap and about two cups of water in a spray bottle for a great all purpose cleaner. Borax repels and kills insects such as ants, cockroaches, silverfish and termites. Mix some with sugar to use as a bait or sprinkle some in an area the insects will walk through.

White distilled vinegar is one of the most versatile cleaners out there! Mix 1/2 teaspoon liquid detergent with 3 tablespoons vinegar and 2 cups water for a great window cleaner! Stained plastic dishes? Soak them overnight with hot soapy water and 1/4 cup vinegar and then wash. Pour some in a saucer or wide container and place in a room overnight to absorb lingering odors. Dab a little on sticker residue to remove it. Soak your showerhead in vinegar to remove corrosion and soap scum. To keep cats off furniture, tables, or other surfaces, spray with vinegar. Spray on weeds and unwanted grass for a non-chemical alternative.

Tea Tree Oil works great on moldy items like shower curtains and grout. Mix a tablespoon with 2 cups of warm water and apply directly.

Lemon Juice is another great acidic, antibacterial cleaner that leaves a great smell! Use it for dissolving soap scum and hard water deposits or for shining up brass and copper. Run the squeezed portion and its peel through the garbage disposal. Mix it with olive oil to create a natural furniture polish.



UMSL Celebrates Newly-Renamed Express Scripts Hall



campus building Express Scripts Hall. Formerly the Computer Center Building, it houses the university's computer science and business programs.

UMSL Chancellor Tom George and George Paz, chairman, president and chief executive officer of Express Scripts, along with other dignitaries gathered Feb. 25 to unveil the new name and dedicate a plaque in the building's lobby.

"Because of this extraordinary partnership, our students are gaining real world experience as interns at a Fortune 500 company, and we now have several academic programs at the undergraduate and graduate levels for Express Scripts employees," said George. "Our business professors are working on joint research projects at Express Scripts, and we've created an anchor for economic development in the region."

Officials from Express Scripts and UMSL attended the brief ceremony.

"We are honored that the university has recognized our partnership," said Paz. "We have always been proud of our association with this outstanding institution, with which we share a commitment to the region's progress and growth. UMSL's critical mission of preparing its students to make important contributions to our economy and quality of life deserves our continuing support."

Paz serves as chairman of the university's Gateway for Greatness Campaign, which seeks to raise \$150 million by 2012. Express Scripts, the Express Scripts Foundation and Paz have contributed over \$4 million to the campaign.

The Express Scripts UMSL partnership began in 2005 when the pharmacy benefit management company announced it would relocate its world headquarters along the northern edge of UMSL's campus. The first of four buildings was completed in 2007. A second headquarters building was added to the UMSL campus in 2009. Express Scripts completed the Technology & Innovation Center, which includes a home delivery pharmacy and technologically advanced research lab, last year at the NorthPark business park across I-70 from UMSL, and is expected to complete a fourth building at an adjacent NorthPark site at the end of 2011.

The newest building will house approximately 1,500 Express Scripts employees now located at several sites in the Riverport area of Maryland Heights, Mo. Once that building is complete, UMSL and Express Scripts will employ more than 6,800 people at those north St. Louis County sites.

-Maureen Zegel

Hewlett Packard and Stanford. Microsoft and the University of Washington. Express Scripts and the University of Missouri-St. Louis. Partnerships between private businesses and universities offer advantages that go far beyond each other's institutional walls.

Since Express Scripts moved to UMSL a few years ago, the partnership has become one of the largest business-university developments in the nation. In recognition of that partnership, UMSL has renamed a prominent

Healthy For Life

Please share this information so your colleagues will know about programs and resources that will help them get moving and take charge of their health. To read about other programs, success stories, and events, please subscribe to the wellness newsletter by e-mailing [Healthy for Life](#) or visit our [website](#).

Follow us on Twitter and Facebook

Healthy for Life invites you to follow us on Twitter and Facebook. We update regularly with events and health-related information.

Twitter: <http://twitter.com/healthy4lifestl>

Facebook: [Healthy for Life: TE Atkins UM Wellness](#)

Ride to Wellness Odometer Program

Ride to Wellness encourages movement for those riding bicycles or using wheelchairs. For \$20 participants receive an odometer and log book. When you reach 500 miles, turn in the booklet for a prize and receive a \$20 refund. To enroll, send or bring a \$20 check (our cost, made payable to *Healthy for Life*) to 205 Heinkel Building, MU. [Click here](#) for more information.

Weight Watchers At Work, Online or Community

Make a commitment to your health this month by joining Weight Watchers at work, online or in the community. Healthy for Life offers a 25% rebate to faculty & staff who attend 12 of 13 in-person meetings or join online and record their weight 11 of 12 weeks. Weight Watchers fees are fully reimbursable through the Flexible Spending Account with appropriate [medical documentation](#).

***At Work:** MSC, Room 225 on Tuesdays at 11:30 a.m. Pay \$156 for 13 weeks or join mid-session for a prorated fee.

***Community:** Find a nearby location at weightwatchers.com

***Online Program:** Sign up at weightwatchers.com

Questions? Email Healthy for Life at wellness@umsystem.edu.

Health-related Websites

Healthy for Life now has **Yoga videos** on our website! Check them out at <http://www.umsystem.edu/ums/curators/wellness/video.shtml>. There's even a few videos for chair yoga.

Livestrong.com has been recommended to us by several faculty and staff members, so we thought we'd share it. This website allows users to record their nutrition and exercise, read lots of healthy articles, and chat with an online community for support—all for free. For a fee, users can set goals and track their progress toward reaching those goals.

Healthy for Life: TE Atkins UM Wellness Program

205 Heinkel Building

Columbia, MO 65211

573.884.1312 (Phone)

573.884-3123 (Fax)

Email: Wellness@umsystem.edu

Web: wellness.umsystem.edu



**Staff
Association
1st Annual
Golf
Tournament
&
Dinner**



*Join Us on March
25, 2011*

Red Sponsor \$100

Includes: Signage at hole Tee Box

Gold Sponsor \$150

Includes: Sponsors of the closest to the pin or longest drive contests AND Signage at hole Tee Box

Presidential Sponsors \$250

Don't play golf?

We would love to have you be a part of the days events! Join us as a volunteer! We have a need for photographers, registration staff, pin and longest drive monitors, mulligan sales, food preparers, greeters, etc. If you are able and willing to help, please send an email to Bob Garrison

at garrisonro@umsl.edu. Volunteers will receive a ticket to the light dinner following the tournament.

Why are we doing this?

This is an event designed for all of us to get to know each other better, have some fun, raise money for Staff Appreciation and heighten awareness of the Staff Association and what the Association means for all full-time staff members at UMSL.

Funds raised will help support future Staff Association/Staff Appreciation Activities .

Special thanks to Normandie Golf Club for their support and assistance!! Please consider them for your future golfing needs!



Please call Amanda La Brier at 516-5899 to join our list of sponsors.

**Golf Registration Form
Registration Deadline:**

**March 18th
\$40 per Player
\$7.00 for Dinner if not playing golf**

Player #1 Name: _____

Email: _____

Player #2 Name: _____

Email: _____

Player #3 Name: _____

Email: _____

Player #4 Name: _____

Email: _____

I would like to join the sponsor's list,
please call me at: _____

Make checks out to:

"University of Missouri"

Please put "UMSL Staff Association Golf
Scramble 2011" in the memo field

Mail payment to:

Staff Assoc. Golf Outing

C/O Amanda La Brier

1 University Blvd

341 Woods Hall

St. Louis Mo 63121

Directions

From Highway 40: Take I-170 north to St. Charles Rock Rd. Go East on St. Charles Rock Rd. 1 ¼ mile and Normandie Golf Club is on the left. 7605 St. Charles Rock Rd.

From Interstate 70: Take I-170 south to St. Charles Rock Rd. Go East on St. Charles Rock Rd. 1 ¼ mile and Normandie Golf Club is on the left. 7605 St. Charles Rock Rd.

Details:

When: Friday March 25, 2011

Where: Normandy Golf Club

7605 St. Charles Rock Road

St. Louis Mo 63133

314-862-4884

Who: EVERYONE!!

Cost: \$40 per person

Registration: 11:00am

Tee Time: 11:30am

Team: 4 Person

Play: Scramble

Food: Light Lunch and Dinner for golfers. Volunteers get a ticket for a light lunch.

Dinner available to anyone for \$7.00 (please call Doug @ 516-6702)

Prizes: Closest to the pin & Longest Drive

Mulligans: \$3 per mulligan

Other Surprises!!!

Other Fun!!!

**University of Missouri
St. Louis**

Amanda La Brier (labriera@umsl.edu)
516-5899

Bob Garrison (garrisonro@umsl.edu)
516-4854

Doug Williams (williamsdou@umsl.edu)
516-6702

Normandy Golf Club Phone Number:
314-862-4884