

The Link

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University of Missouri-St. Louis Staff Association Newsletter



Photo by August Jennewein

President's Message

Greetings!

Please join me in giving a BIG, I mean HUGE, *THANK YOU*, to your Staff Council members who have agreed to serve as chairpersons on various Staff Association committees. Without the commitment of your fellow staffers these committees would be unrepresented, and the Staff Association would not be able to offer exciting upcoming events like the Staff Association Fall Kickball Game. That's right, put on your sneakers and prepare to have some grade school like fun at the UMSL Softball Fields on October 26, 2011 at 5:00pm. Please also plan on attending the Fall Social happy hour on November 15, 2011.

I would like to invite you to review the Staff Association Committee webpage at <http://www.umsl.edu/services/sassoc/committees/index.html>. Please consider volunteering for a Staff Association Committee. Staff Association needs your help! The Communication, Focus on the Future, Holiday Bizarre, Shirt Sales, Staff Appreciation, and Trivia Night committees all need volunteers for future event planning. If you are interested in participating please contact the respective Staff Association Committee Chairperson at <http://www.umsl.edu/services/sassoc/committees/index.html>.

The month of October has been designated as *UMSL's Month of Giving*. Each staff member should have received a packet about the UMSL Charitable Giving Campaign via campus mail last week. Please return your pledge cards in campus mail or make your online pledge on or before October 31, 2011, at <http://www.umsl.edu/monthofgiving/umsl-month-of-giving-2011.html>.

Additionally, the Fall Staff Association Meeting for all staff is scheduled on October 25, 2011, at Noon in the J.C Penney Conference Center Summit Lounge. Chancellor George will be joining us to give a few remarks. Patricia Zahn, Manager of the Des Lee Collaborative Vision Community Outreach & Engagement, along with representatives from the United Way and Community Health Charities will be sharing the many ways UMSL is currently engaged in our community and how you can become more involved. Please bring your lunch, and join us to learn more about UMSL's Month of Giving.

Don't forget UMSL Homecoming is scheduled the week of October 10th through October 15th. Please review the homecoming week of events on page 7 in this issue of *The Link* to find out how you can help decorate the Staff Association shopping cart for the Homecoming Parade.

I've said it before and will say it again, I strongly urge you to attend one or more Staff Association Council meetings over the next year as we address important campus topics that affect all UMSL staff. Please 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.

Sincerely yours,

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Riverstars Employee of the Month

The August Riverstar Employee of the Month award goes to Sarah Epps, for Positive Attitude. Sarah is a Clerk Typist with the College of Arts and Sciences. Congratulations to Sarah

Volunteer of the Month-September 2011

During her time here Alexis wore many hats and worked in several areas of the University. Here's what employees had to say about her:

"Alexis was a big help and very professional. A wonderful volunteer! She did an amazing job! She was so friendly and willing to do anything we needed her to do. She was consistently pleasant, tackling all assignments with dedication and a smile. A tremendous volunteer and a trustworthy individual. Alexis will be an asset wherever she goes."



Alexis Williams

Can You Kick a Ball?

Are you looking for some stress relief after work? Can you run bases while gloating over your athletic success? Then YOU are who we are looking for!!!!



The first ever Staff Association KickBall Event (*Balls of Thunder*) will take place **Wednesday October 26th @ 5pm at the Softball field**. Two elite teams comprised of staff members from across campus will battle to the death....or until one team is winning by way too many runs. You have been extended an invitation to bring your skills to the battlefield. To join, all you have to do is send an email to harrisha@umsl.edu (subject line: "I'm ready to kick some balls") to reserve your spot by Oct. 25th at noon. You will be emailed which team you are on the morning of the battle (the 26th for those who aren't catching on). The winning team WILL be featured in an upcoming edition of the LINK.

Two teams will enter.....one team will get to keep its retirement plan. Sign up TODAY!

Trivia Night Committee ideas needed!

Do you have some thoughts about Trivia Night? Anyone interested in participating in exploring new options for the Trivia Night Committee should contact [Harry Harris](#) or [Bob Eli](#)

Meet The Staff—Antoinette Sterling

What is your position on Staff Council?

Currently, I serve as one of the Unit Representatives for the Millennium Student Center. As a representative, we serve staff employees in the Millennium Student Center by keeping staff abreast of current issues affecting staff and we listen to concerns from colleagues to improve the work or overall environment of the MSC or concerns about issues that may affect them.



Why is the Staff Association important to you?

The Staff Association is a great way to connect with other colleagues across campus, to learn about the University, and an excellent vehicle to serve the needs of the UMSL community. The Staff Association is constantly looking for ways to improve the quality of work and experiences for everyone on campus. Serving on the Staff Association gives you a greater appreciation for the wonderful group of talented people that work for the university.

What is your position at the university?

Student Development Coordinator. In the Center for student Success, we assist students with academic concerns and difficulties, advise undeclared majors, serve as mentors for incoming freshmen, offer Student Success workshops and assist with New Student Orientation or whatever is needed for students. Our desire is to see students thrive academically, professionally, and personally.

What are your hobbies and interests?

I am happily married with no children (not yet)! Where could you find me on most days after work? I'm either working out at the gym or attending choir rehearsal at church preparing for upcoming services. I am an avid reader of inspirational books and biographies. I enjoy watching historical films, some science fiction and old television series (*The Waltons*) and visiting museums and gardens. The St. Louis Botanical Gardens is one of my favorite places along with Forest Park. Also, I enjoy practicing my French, attending musicals and especially opera. I do enjoy travel and I hope to revisit France and travel to Washington D.C. and maybe even Israel. Most of all, I enjoy working with students and meeting with students from various countries and cultures. It is a privilege to serve at UMSL.

UMSL Month of Giving

Tom George, chancellor of the University of Missouri–St. Louis, has designated October as its “[Month of Giving](#)” highlighted by the United Way Fund and Community Health Charities Drive. And this year student philanthropy will be added to the goal.



“Our total campus goal for the 2011 giving campaign is \$75,000,” said Patricia Zahn, manager of UMSL’s Community Outreach and Engagement and director of the Des Lee Collaborative Vision. “With more than 15,000 students, faculty and staff on campus, that averages less than \$5 per person.” Zahn is managing UMSL’s giving campaign this year.

UMSL employees will receive donation information in the campus mail next week. Information tables will be set up one day a week during October and representatives from various organizations will be on hand to answer questions. Early in September, George sent a memo to all faculty and staff inviting them to join him to participate in the United Way and Community Health Charities campaigns. “It’s an outstanding way in which UMSL employees can demonstrate their support for our community,” he said.

United Way funds nearly 200 local health and human service agencies that helped more than one million people last year, according to George’s memo. Community Health Charities of Kansas and Missouri is a federation of 93 local and 53 national health agencies that work to improve the lives of people affected by a disability or chronic disease.

Student organizations will ratchet up their participation in UMSL’s Month of Giving with their own projects. Here are just a few of them:

- Homecoming Week – Oct. 10 – 15 – Proceeds from various activities will go to local and national organizations. Check with the [Office of Student Life](#) for a complete list of Homecoming activities.
- All student organizations will participate in a blood drive Oct. 11. Contributors can bring canned food for a local pantry instead of or in addition to giving blood.
- The Big Man on Campus competition raises money through Banner Wars, Penny Wars, the pageant and the Greeks vs. Romans kickball game. All proceeds will go to Girls Inc. in Normandy.

Zeta Tau Alpha, a social women’s fraternity, will very busy during the month of October and all proceeds of their sales and contests go to breast cancer research and education.

- The annual “Think Pink Week” is set for Oct. 24 to 27. From 10 a.m. to 3 p.m. Monday through Thursday that week ZTA members will be selling T-shirts, cupcakes for a cure and will hold a yogurt-eating contest.
- ZTA holds its third annual “Just Stand Up and Cheer Classic” Oct. 29 – a cheer leading competition for local high school girls. Eleven teams have registered. Competition begins at 10 a.m. in the Mark Twain Athletic and Fitness Center. ZTA raised \$16,000 last year. They hope to surpass that number this year.
- Students of Service will once again sponsor “Trunk or Treat,” a safe, family friendly Halloween event on Oct. 29 from 11 a.m. to 4 p.m. in the Millennium Student Center south garage. There will be booths, games, prizes and candy. Families with children 12 and under in local neighborhood schools are invited

For further questions, Patricia Zahn can be reached at 516.5267 or via email: zahnp@umsl.edu

Story originally posted by [Maureen Zegel](#)

<http://blogs.umsl.edu/news/?p=13228>

Discover UMSL

Planetarium Demonstration

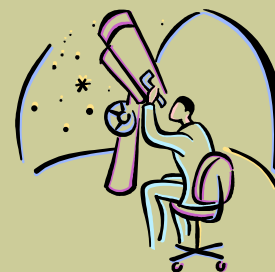
Come and see the sun, planets, stars and much more at the UMSL Planetarium. Astronomy Professor Bruce Wilking will guide us through an educational journey.

Date: Friday October 21, 2011

Time: 2:00 PM to 3:00 PM

Location: 409 Research Building

<https://apps.umsl.edu/webapps/ALDP/main.cfm>



Did You Know

Did you know you can apply for a passport right here at UMSL? Located in room 302 of the Social Sciences and Business Building, and operated by International Studies and Programs (formerly the Center for International Studies), the UMSL passport office received its official designation as a passport application acceptance facility from the United States Department of State in fall of 2009. The first passport application was accepted in January of 2010. To date, more than 300 passport applications have been accepted through this office.

As an officially designated passport application acceptance facility, the UMSL passport office is open to both the UMSL community and the general public. The passport office offers all of the same passport-related services one would find at the post office, such as expedited processing, and some services that aren't typically provided by the post office, like passport photos and dedicated appointment times.



For more information on how to apply for a passport, please call Bob Ell, acceptance agent, at 314-516-7297.

Sweet Potato Chili

Recipe by Kate Spencer

Ingredients Needed:

1 can black beans
 1 can medium or hot chili beans
 1 can diced tomatoes
 1 lg. fresh tomato
 2-3 sweet potatoes cubed
 2 cloves garlic
 1 lime – zest and juice
 1 onion
 1 jalapeno, seeded & chopped
 1 T. cumin
 1 T. chili powder
 Salt and pepper to taste

Instructions:

Pan fry/cook sweet potato, $\frac{3}{4}$ onion and 1 garlic clove, $\frac{1}{2}$ chili pepper, salt and pepper to taste plus the zest. As the potatoes are cooking, start heating the tomatoes, beans, spices, lime juice, $\frac{1}{4}$ onion, 1 garlic clove in a soup pot. Then when potatoes are done throw them into soup pot with everything else. Let cook/simmer for 1 to 2 hours. Garnish with



Interview With The Hat Man by Thomas O'Connell

Tom Lange of UMSL Mail Services is celebrating more than the Chancellor's Award for Excellence; his famous hats are now on display in the Millennium Student Center. While he wasn't wearing his hat at the Chancellor's State of the University address, he won't be at a Cardinals game without one. A story from KSDK last year revealed some of the secrets behind the hats, but the stories continue.

How did the first hat come to be?

"I always get tickets for Opening Day as one of the first in line." In 2006 however, the Cardinals were in a new stadium, and new ticket purchasing operation, online only. It was a lottery system. "I made the hat just trying to win some free tickets at a rally." He didn't win, and missed opening day.

Where do you get the figurines for the hats?

"Personal collection mostly." Lange says that if he has an idea but needs some other parts, he turns to online markets. He says sometimes he has a figurine he wants to use on a hat but doesn't want to part with, he'll buy a replica to use.

What else do you make besides hats?

"Just hats."

Do you like making new hats?

Lange explains while he missed Opening Day 2006, he's been interviewed often by local media, was featured in national publications like Si.com, Game Day magazine and has a handful of stories, photos and autographs with every living Cardinal Hall-of-Famer. "Ain't that something."

How much would you sell one for?

"I wouldn't sell."

Is Pujols staying or going?

"I really hope he is staying. I think he'll stay."

Where do you get the idea for each one?

Lange explained, starting with the first, "Birds in the New Nest" for the inaugural season of the new Busch Stadium.

How long does it take to produce one hat?

It can take a while, he explains at least two months, but more like six. Makes Opening Day a good time for the tradition, as it gives him time in the off-season to create the hat.

Do you have an insignia or signature on the hat?

"Not at all." Trademark? "Nope." Copyright? "No."

What is your favorite thing about working at UMSL?

"The people. The students. Seeing everyone in their office. Being able to make someone smile or to hear a new story every day."

If you could name a place (building or feature) on campus after you what would it be?

"A case in any building with my hats in it."

What does the Chancellor's Award for Excellence mean to you?

Lange received four nominations in 10 years before receiving the honor this past. "How great is it to be recognized in your working family."

Will you wear a hat to the address?

"No."

How did they let you know you were receiving the award?

"Through a letter in the mail. How ironic for the postman to receive news in the mail?"

*LaRussa signed with a 10 for 10 STL Championships.



Homecoming Week of Events



Banner Wars

Date: October 10, 2011 – October 14, 2011
Place: MSC Bridge

Homecoming Kickoff

Date: Monday, October 10, 2011
Place: MSC Patio/ Lawn
Time: 1-3pm

Outdoor Movie: Kung Fu Panda 2

Date: Monday, October 10, 2011
Place: MSC Patio/ Lawn
Time: 7:30pm

Blood Drive

Date: Tuesday, October 11, 2011
Place: MSC Century Rooms
Time: 10am – 2pm

Alumni Association Chili Dinner

Date: Tuesday, October 11, 2011
Place: Oak Residence Hall Kitchen, South Campus
Time: 5:30pm

Lip Sync Competition

Date: Tuesday, October 11, 2011
Place: MSC Pilot House
Time: 7:30pm

Big Man on Campus (BMOC)

Date: Wednesday, October 12, 2011
Place: MSC Century Rooms A&B
Time: 7pm

Shopping Cart Parade

Date: Thursday, October 13, 2011
Place: MSC Nosh & Patio
Time: 12:30pm

ABC Step Show

Date: Thursday, October 13, 2011
Place: JC Penney Auditorium
Time: 7pm

Greeks vs. Romans Kickball Tournament

Date: Friday, October 14, 2011
Place: Mark Twain Recreational Field
Time: 1pm

STAT Tailgate

Date: Friday, October 14, 2011
Place: Mark Twain Recreational Field
Time: 4-5pm

Homecoming Dinner & Dance

Date: Saturday, October 15, 2011
Place: Chase Park Plaza Hotel
Time: 6:30pm



<http://www.umsl.edu/studentlife/osl/pdfs/spiritpacket2011.pdf>

How can you help this year?

The Staff Association will once again participate in the Homecoming Parade on campus! This year we will once again be decorating a shopping cart for the parade. This year's theme is "Where Our Journey Began". We need YOUR help to make our cart number 1! Decorating will be on Oct 11th or 12th (Time TBA), with the actual parade being Thursday Oct 13th at 12:30 on the MSC patio.

If you would like to help decorate OR be a part of leading the cart in the parade, please contact Harry Harris at harrisha@umsl.edu



Save the Date

Homecoming Week	Oct. 10 – 15	Various (please see page 7)
UMSL Month of Giving Meeting	October 11th and 19th 11am-1pm	MSC Nosh
Homecoming Parade	October 13 th at 12:30	Beginning on MSC patio.
Staff Council Monthly Meeting	October 19th	JCP 222
Fall Staff Association Meeting	October 25 th 12pm	JCP Summit Lounge
Staff Association KickBall	October 26th 5pm	Softball Field
2 nd Annual Staff Social	November 15th	Location TBD

The 8th Annual Holiday Bazaar is Approaching...

...And we need your help! We are looking for:

- Crafts, jewelry, ornaments, gift baskets, etc.
- Baked goods
- New or gently used novels, children's books, DVDs, CDs
- Any other items appropriate for the holiday season!
- Get your department together to make a gift themed gift basket — Baking, Relaxation, Sports...

More information about dates to come! For more information on how you can help, please contact [Faith Lucas](#) at 516-5090

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.umsl.edu/news/>

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

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

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

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

<http://explore.umsl.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@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 publication? We would love to hear your thoughts about what type of content you find helpful and relevant for The

October Events in St Louis

Oktoberfest Celebrations

St. Louis also celebrates its German heritage in October with Oktoberfest. The [Soulard Oktoberfest](#) is one of the fastest growing celebrations in the country. There's plenty of beer, food and music, plus activities for the kids and a Miss Soulard Oktoberfest pageant.

October 7 - 9, 2011

For wine lovers, Hermann's the place to be during Oktoberfest. The small town comes alive each weekend in October, welcoming thousands of visitors to [Stone Hill](#) and its other wineries. You can get there by car, Amtrak or bike via the Katy Trail. **Weekends in October, 2011**

Otttoberfest at the Zoo

For a different kind of Oktoberfest celebration, make a visit to the [St. Louis Zoo](#). Each year in October, the Zoo puts its own twist on the infamous German celebration with its own party, called Otttoberfest. Kids can play games and learn about North American River Otters while mom and dad enjoy German food and beer in the biergarten. Admission is free.

October 1-2, 8-9 & 15-16, 2011

Columbus Day Celebration

Residents on "The Hill," St. Louis' famous Italian neighborhood, celebrate their rich history in October with the annual Columbus Day Parade and Festival. The parade starts at Kighshighway and Southwest Ave. Everyone is invited to line the route and watch the floats, cars and bands go by. Then head over to Berra Park for an afternoon of food, music and fun.

October 9, 2011



Haunted Houses

There are several places to go when you want a real Halloween fright in St. Louis. The Darkness Haunted House in Soulard is ranked as one of the best in the country and draws big crowds every year. There's also Creepyworld in Fenton and the Cobb Factory in Old Monroe. For more information on these scary attractions, click here: [Haunted Houses in the St. Louis Area](#).

Apple Butter Festival

The Apple Butter Festival is Kimmswick, Missouri's largest celebration of the year. More than 100,000 visitors fill Market Street and the city park to sample apple butter and dozens of other foods. Hundreds of craft vendors sell their goods at booths around town. The festival runs from 10 a.m. to 5 p.m.

October 29 & 30, 2011



Trick or Treat Street

Every year, one small block in South St. Louis hosts one of the area's biggest Halloween celebrations. The block has actually earned the nickname of "Trick or Treat Street." To join the fun, bring your kids to the 5300 block of Nottingham on Halloween night. Residents deck out their homes and dress in costumes for the thousands of visitors who descend upon the block by the car or bus load. It's a fun and safe way for your children to enjoy the holiday. The block party officially runs from 5 p.m. to 9 p.m.

October 31, 2011

Taken from www.stlouis.about.com by David O'Brien



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](#).

Flu Shots and Health Screenings

The University of Missouri Total Rewards invites you to join Healthy for Life, an incentive-based wellness program designed to help you actively manage your health. By completing a personal health assessment and health screening, primary subscribers to the UM Health Care plan will receive \$100 in a tax-favored account to use for medical expenses in 2012 Benefit Plan year.

This year, we're partnering with Cerner Health to provide straightforward tools to help you work toward better health. You can participate in the program now. It's simple. Here's how:

Create your **Cerner Health account** by visiting www.healthyforlife.umsystem.edu. Enter your email address and **join the program**. Complete your **personal health assessment** - an online questionnaire that helps you understand your health risks and provides you with resources to improve your well-being. Schedule your **FREE health screening** at a convenient time and location on campus. Your health screening provide you a look at your cholesterol, blood sugar, blood pressure, height and weight. If your screening is before noon, fasting for 9 hours is recommended, but not required (6 hours if pregnant) and drinking 64 ounces of water the day before is suggested.

Date: Nov. 1

Time: 10 a.m.-12 p.m.

Location: Missouri Institute of Mental Health

** THIS EVENT IS FIRST-COME, FIRST-SERVE, NO SCREENING APPOINTMENTS TAKEN*

Date: Nov. 1

Time: 1:30-5 p.m.

Location: Marillac Hall, Hallway

**APPOINTMENTS FOR SCREENINGS ARE ENCOURAGED, BUT NOT REQUIRED*

FREE flu shots will be provided for those 12 years and older enrolled in a UM Health Care plan. To receive the vaccination, bring your health insurance card and a completed [Flu Vaccine form](#). Those not enrolled in a UM Health Care plan can receive a vaccination for \$15 cash or check, along with the completed [Flu Vaccine form](#).

To receive the \$100 Incentive, complete both the personal health assessment and health screening by April 30, 2012.

[Click here to learn more about the Healthy for Life program.](#)

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