

The Link



Photo by August Jennewein

President's Message

Greetings!

UMSL Staff,

I would like to thank all UMSL staff who attended the August 5, 2011, 2nd Annual Ice Cream Social & Staff Picnic at Oak Hall. I am pleased to share that 204 UMSL staff members gathered on South Campus to enjoy lunch and ice cream. Thanks again to Chancellor Tom George for his commitment to the event.

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As Staff Association President, I am often told of staff members who go above and beyond their duties in their positions on campus to aid a student, faculty member, coworker, or simply are generally helpful to a visitor unfamiliar with our campus. Recently, I heard about a member of our custodial staff who was approached by a new student accompanied by a parent visiting our campus. Both the parent and student were lost and having difficulty locating an office on campus. The custodian who had already worked a full day and had clocked out, attempted to verbally direct them to the campus department, but could see that the situation was growing increasingly tense for the visitors and took the time to personally escort the visitors across campus to their destination. Hats off to our UMSL custodian in this story who is a true ambassador for our campus!

As we begin the new semester, please join me in welcoming students and faculty, both new and old, to our campus. I encourage all staff members to be watchful for students, faculty, and visitors on campus who need assistance. It is truly the little things we do every day that incite positive feedback about UMSL, and the illustration above is a true reflection of the outstanding staff members employed here on our campus. All of you make the work environment constructive and pleasing for us all.

Finally, 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! If you are interested in participating please contact me (516-5899 or labriera@umsl.edu) or your Staff Association Unit representative (www.umsl.edu/services/sassoc/units.html).

Last but not least, 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,



Riverstars Employee of the Month

The UMSL Riverstars Employee of the Month winner for July was Nancy Ashford. Nancy is a Coordinator for the College of Education. Nancy was chosen for the Versatile, Innovative, Productive "VIP" award. Comments made about Nancy included, "Nancy always does everything with perfection in mind. She will stay longer to make sure her work is done and if a student just happens to drop in with a problem, she will not leave until she has helped them solve it. She always goes out of her way to do whatever is needed." Nancy received a \$125 gift certificate, commemorative plaque and an automatic nomination for the Chancellor's Award for Staff Excellence. Congratulations to Nancy!

Volunteer of the Month-August 2011

"Efficiency, commitment, and consistently hard work are the key character traits Jan brings to her volunteering. I could not ask for a more dedicated volunteer. She really goes above and beyond. Jan has even taken work home on several occasions! She is a joy to have in the office - always kind, cheerful and in a good frame of mind for work. She needs very little guidance and I trust her work implicitly. I hope this relationship continues for a long time!"



Janet Tucker

Staff Association 2011 Ice Cream Social Door Prize Winners



From left to right the winners of the Ice Cream Social Door Prize are Mary Beth Zettwoch, Elizabeth Ramirez, Jeff Lovell

All three winners received a \$10 gift certificate to Blue City Deli on McNair in South St. Louis City.

Thanks to Blue City Deli for their support.

<http://www.bluescitydeli.com/>

Working through the Economy

St. Louis, MO- Labor Data	Feb 2011	Mar 2011	Apr 2011	May 2011	June 2011	July 2011
Civilian Labor Force (1)	1,427.5	1,436.0	1,447.0	1,450.6	1,468.6	(P) 1,459.8
Employment (1)	1,286.3	1,301.4	1,323.5	1,325.2	1,336.1	(P) 1,330.9
Unemplo- ment (1)	141.3	134.6	123.5	125.4	132.5	(P) 128.9
Unemployment Rate (2)	9.9	9.4	8.5	8.6	9.0	(P) 8.8

(1) Number of persons, in thousands. (2) In percent. Source: US Dept. of Labor

UMSL's Continuing Education

In this economy, why not take advantage of the many ways UMSL can help you grow both personally and professionally? One option is to check out UMSL's Continuing Education program!

Through Continuing Education, the colleges and centers of the University of Missouri-St. Louis administer a wide variety of credit courses, noncredit programs, and problem-oriented research for the benefit of the people of the greater St. Louis metropolitan area and beyond. Programs are offered both on and off campus. Courses at UMSL are usually held in the J.C. Penney Conference Center unless otherwise indicated.

Credit courses offered through Continuing Education can apply toward undergraduate and graduate degrees at UMSL. Credit courses are three credit hours unless otherwise noted. Noncredit courses, conferences, and seminars are offered to meet the continuing education needs of adults and organizations. Off-campus courses are offered in various locations in the St. Louis area and beyond. Check to see if a course is being offered near you!

Check out <http://www.youtube.com/user/umslice> and <http://umslice.org/> for more information!

Did You Know?

UMSL offers many free, self paced and certificate professional development courses via [MyLearn?](#)



Need help with your resume? Come to the Resume Workshop!

September 12, 2011
12:00 PM to 2:00 PM
Century Room C
Audience: Open

Description: Come learn how to write a marketable resume and bring your current resume to be critiqued.

For Info: Dominique Thimes at 314-516-5531

Educational Assistance and Tuition Reduction Program

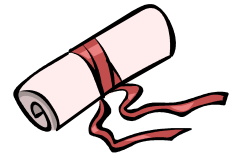
The University of Missouri supports continuing education through the Educational Assistance program. Eligible employees may receive a 75% reduction in tuition for up to six credit hours per semester (three credit hours during summer session). In addition, the university provides a 50% reduction in tuition for eligible spouses and dependents of employees with five years of continuous service.

Effective August 1, 2011, the UM System Faculty and Staff Benefits office will begin administering the Educational Assistance and Tuition Reduction programs for employees of each of the four campuses, University Health Care, University of Missouri extension and University of Missouri system.

For Educational Assistance program policy and eligibility, visit [HR policy 303 – Educational Assistance](#)

For Tuition Reduction program policy and eligibility, visit [HR policy 309 – Tuition Reduction for Spouses and Dependents](#)

For information regarding the Educational Assistance or Tuition Reduction programs including application and process, visit the Faculty and Staff Benefits website at www.umsystem.edu/benefits/education.



Did you know that your staff ID will get you free admission to Triton games, discounted ticket prices to many performances at the Touhill, discounts at the bookstore, or that the bookstore offers free notary services? Check out the following link to some of the other benefits and discounts available to UM/UMSL staff: <http://www.umsystem.edu/ums/hr/sac/resources>.

If your department offers discounts, let us know and we can include in a future edition of The Link

Baked Apples

Recipe by Christopher Boyce

Ingredients Needed:

- 4 large good baking apples
- 1/4 cup brown sugar
- 1-1&1/2 teaspoon cinnamon
- 1/4 cup or chopped raisins
- 1 Tbsp butter
- 3/4 cup boiling water

Instructions:

Core the apples, using a spoon to dig out the seeds but leaving the bottom 1/4" intact so that you end

up with an apple bowl of sorts. Place apples in a 8x8 square baking pan. Combine the sugar, cinnamon, and raisins, and then stuff each apple with this mixture. Top each with a generous pat of butter. Add about a cup boiling water to the baking pan and bake for about 30 minutes, periodically basting the sides of the apples with the pan juices. Serve warm with vanilla ice cream.



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](#).

Workout for FREE

The Mark Twain Athletic/Recreation Center allows faculty and staff to work out at its facility for free. Classes or programs charge a nominal fee. Check out all offerings by [clicking here](#).

Follow us!

Twitter: <http://twitter.com/healthy4lifest/>

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

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](#).

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

Walking Groups—Pedometer Program

Walk your way to good health! Faculty and staff can purchase pedometers for \$15, and a full refund is given at the completion of one million steps. To purchase a pedometer, contact Wellness Ambassador Faith Lucas at 204 Woods Hall.

Farmers' Market

Rain and sunshine have brought a bounty of produce to our local farmers. Visit one of the many St. Louis area market's:

Soulard Market (City of St. Louis Department of Parks, Recreation and Forestry) 730 Carroll Street, St. Louis, MO, 63104, **Phone:** [\(314\) 622-4180](tel:3146224180)

Downtown Tower Grove Farmers' Market Locust Street between 8th and 9th Streets & Old Post Office Plaza **More information:** www.tgmarket.org

Sappington Farmers' Market 8400 Watson Road, St. Louis, MO, 63119 **Phone:** [\(314\) 843-7848](tel:3148437848)

Ferguson Farmer's Market 110 Church Street, St. Louis, MO 63135 **Phone:** [\(314\) 524-1820](tel:3145241820)

Summit Produce Kirkwood Farmers' Market 150 East Argonne Drive, Kirkwood, MO 63122-4308 **Phone:** [\(314\) 984-9496](tel:3149849496)

CJ's Produce & Plants, East End of the Historical Kirkwood Farmers' Market 150 East Argonne Drive, Kirkwood, MO 63122 **Phone:** [\(314\) 825-5621](tel:3148255621)

For more locations, visit: <http://agebb.missouri.edu/fmkt/dir/view.asp?region=5>

For more questions: Email us at Wellness@umsystem.edu or visit us online at: wellness.umsystem.edu



**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
wellness.umsystem.edu

September Events in St Louis

The weather is turning cooler! Enjoy some of these great annual family events this year!

Great Godfrey Maze - Godfrey, IL September 2 - October 30, 2011

The Great Godfrey Maze is a fall tradition in the Metro East. Visitors head to Glazebrook Park to wander through the giant maze cut into seven acres of cornfield. The theme for this year's maze is a familiar one, Route 66. Admission is \$6 for adults and \$4 for children. Kids younger than five get in free.

St. Louis Art Fair - Downtown Clayton September 9 - 11, 2011

If you want to see one of the best art fairs in the country, head to Clayton for the annual St. Louis Art Fair. The St. Louis Art Fair ranked fifth in the nation in the 2007 Harris List of the best fine art fairs and craft shows. This year, hundreds of artists will show off their talents in painting, sculpture, photography and more. There's also live music and food served up by some of the area's best restaurants.

Hispanic Festival - Downtown St. Louis September 16 - 18, 2011

The Greater St. Louis Hispanic Festival celebrates the food, music and cultures of Latin America. The annual event draws thousands of visitors to Soldiers Memorial in downtown St. Louis. The three day festival is truly a feast for the senses. You can hear the sounds of Mexican salsa bands, see the bright costumes of folk dancers and enjoy the tastes and smells of some of the most popular Hispanic dishes and desserts. Admission is free.

Great Forest Park Balloon Race - Central Field, Forest Park September 16 & 17, 2011

The Great Forest Park Balloon Race is one of the biggest events in St. Louis each year. It all begins with the Balloon Glow where you can get an up-close look at dozens of hot air balloons lit by their burners at night. Then, crowds return to Forest Park the following day for the big race. There's also a food court, children's activity area and other entertainment.

Taste of St. Louis Downtown St. Louis September 23 - 25, 2011

The best restaurants in town will be showing off their finest dishes at the 2011 Taste of St. Louis. The three day event features food, art, music, cooking demonstrations and more. The Taste of St. Louis is held at Soldiers Memorial at 12th and Market Streets in downtown St. Louis. Admission is free.

Green Homes & Great Health Festival Missouri Botanical Garden September 24, 2011

Improve your health and your home at the 2011 Green Homes & Great Health Festival at the Missouri Botanical Garden. The event will feature eco-friendly home ideas from more than 100 vendors. Local doctors will also be offering free health screenings. The festival runs from 9 a.m. to 5 p.m. Admission is included when you purchase a Garden ticket.

Best of Missouri Market Missouri Botanical Garden September 30, October 1 & 2, 2011

Every fall, the Missouri Botanical Garden is transformed into a giant outdoor market. The Best of Missouri Market features the finest products grown and made in the Show-Me State. Admission is \$12 for adults and \$5 for Garden members and children.

From stlouis.about.com

Save the Date

University Assembly/Faculty Senate Meeting	September 13th 3pm	JCP 126
Staff Association - Staff Council Monthly Meeting	September 14th 1:30pm	JCP 222
UMSL Volleyball Blackout Game Vs. LINDENWOOD	September 20th 7pm	Mark Twain Gym



The Staff Association would like to once again thank all those that attended the 2nd annual Ice Cream Social and Picnic.

For more photos, please view our [photo gallery](#) on the Staff Association's website! If you have any additional photos you would like to submit, please email Christopher Boyce at boycech@umsl.edu

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/>



YouTube



flickr

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 Link. Don't forget to visit us online at : <http://www.umsl.edu/staff>

Volleyball season preview: Experience to lead the way

by [Mary Ann Mitchell](#)

Coming off its third straight 20-win season and a berth to the NCAA Regionals for the first time in 15 years, the University of Missouri–St. Louis volleyball team looks poised for another strong season with a handful of key contributors returning.

The UMSL Tritons will look to continue its recent dominance under the direction of first-year head coach Ryan Young. Although in his first season at the helm, Young is no stranger to the program having served as assistant coach last year.

Young inherits a team led by talented and experienced seniors Weslie Gaff, Shelby Crawford, and Erin Higgins. All three were all-Great Lakes Valley Conference selections in 2010.

Gaff was a first-team all-league selection at middle hitter last season after leading the team with 281 kills, 83 blocks and a .346 hitting percentage. Higgins, an opposite and outside attacker, earned second-team all-GLVC honors with 212 kills and 59 blocks, while Crawford, another opposite side attacker, was tabbed as a third-team all-GLVC selection after posting 244 kills and a .295 hitting percentage.

The Tritons also return sophomore Corinne Hoekstra to the net. She started 26 matches in her initial playing season and averaged 1.20 kills and 0.69 blocks per set.

The direction of the offense appears to be in good hands with the return of sophomore setter Anna McNulty, who led the squad with 650 assists (6.13 apg) and 29 service aces, while adding 1.39 digs per set in a 6-2 offense.

Other returning letterwinners include junior Liz Jaeger and sophomores Chelsea Burkle and Tabatha Albers. Burkle saw the most playing time of those three a year ago, averaging 1.18 kills, 0.69 blocks and 0.40 digs per set, but all three are expected to vie for significant playing time left void by outside hitters Liz Cook, a four-year standout who graduated and Kelsie Rankin, who will redshirt this season due to an injury after starting 28 matches and recording 2.43 kills per set in 2010. The Tritons will also welcome four newcomers looking to make an immediate impact, including juniors Katie Haseltine, Jennie Manis and Haley Woods and freshman Alisha Skaggs.

Haseltine, Manis and Skaggs will all look to help bolster the back row, while Woods will look for time at the setter position. Haseltine last played at the University of North Alabama in Florence from 2007-08 after a four-year career at Nerinx Hall in Webster Groves, Mo., where she was a four-time all-district and two-time first team all-conference honoree.

Manis comes to UMSL from John A. Logan Community College in Carterville, Ill., where she earned first team all-conference and All-Region 24 honors after averaging 5.5 digs per set and helping her team to two NJCAA Region 24 championships.

Skaggs was a four-time all-conference and all-region honoree at Washington (Mo.) High School and also earned honorable mention all-state honors as a senior after recording 296 kills, 322 digs and 42 service aces.

Woods averaged 4.6 assists, 2.3 digs and 1.8 assists per set last season at Illinois Central College in East Peoria, Ill., while helping her team to a sixth place finish at the national tournament.

UMSL will open the 2011 campaign Sept. 2 and Sept. 3 by hosting the Tritons Classic. They entertain Wayne State (Detroit) and Gannon University (Erie, Pa.) on Sept. 2 at 10 a.m. and 5:30 p.m., respectively before facing the University of North Alabama and Lindenwood University (St. Charles, Mo.) on Sept. 3 at 11:30 a.m. and 7 p.m., respectively.



More information:

umsltritons.com/womens-sports/overview/7