

The Link



Photo by August Jennewein

President's Message

UMSL Staff,

The Fall semester once again brings students, staff and faculty together in the classroom and at events around the University of Missouri-St. Louis campus. It's an exciting time to be a part of the University community. An official ribbon-cutting ceremony and open house for the University of Missouri-St. Louis at Grand Center, the new home of St. Louis Public Radio, took place on September 14 and 15.

It was extremely exciting to see so many of our University's top administrators, faculty and students join members of the community in celebrating a new chapter in our institution's history.

On Friday evening (9/14), guests heard the premiere of "*Fanfare for Grand Center*" (for brass quintet) written by Dr. *Barbara Harbach*, Composer and UMSL Professor of Music. On Saturday, Chancellor Tom George, St. Louis Public Radio General Manager Tim Eby, and NPR Morning Edition Host Renee Montagne had the honor of cutting the ribbon to a new building that houses academic classrooms and St. Louis Public Radio. UMSL alumnus Brian Owens joined Erin Bode to perform live in front of an audience in the Community Room. A radio broadcast of this "Grand Opening Music Special" was heard by thousands of listeners on the radio and over the internet. As a member of the UMSL staff and St. Louis Public Radio, it was a proud moment because it signals a new beginning and new opportunities for the University to reach even further into the community.

On August 20, history was made with the first class to ever be taught in the new building by Assistant Professor of Media Studies, Art and Art History, BC Biermann. I stopped by and sat in on the first class. His knowledge and enthusiasm was infectious. I see an incredible opportunity for students to learn cutting edge material. Every staff member should be proud!

This year, we will face new challenges and opportunities together! I would like to encourage you to stay connected and informed. The Staff Association is just one way to get involved. If you're interested in participating please contact me (516-4904 or peterstonrb@umsl.edu) or your Staff Association Unit representative (www.umsl.edu/services/sassoc/units.html). You can also get involved off campus by volunteering to help a non-profit in our surrounding community through the UMSL EVP Program. Contact Elizabeth Pawloski in Volunteer Services (ext. 4107 or pawloski@umsl.edu) with questions about EVP.

Finally, join us Friday, September 28, 2012, from 10 a.m. – 2 p.m., for this year's Staff Association Picnic/ Ice Cream Social to be held at the Mark Twain facility. We will serve sandwiches, soft drinks, water, and ice cream between 11:30 a.m. and 1:30 p.m. The recreational center just completed some significant renovations to the building and there are plans to provide a handful of tours of the facilities. I hope you'll make plans to join us as we celebrate our incredible staff!

I look forward to seeing and joining you at upcoming events!
Sincerely,

Robert B Peterson III

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Riverstars Employees of the Month



The Employee of the Month winner for the month of August is Sherry Gerrein for "Positive Attitude." Sherry is an Administrative Assistant for the Honor's College

Congratulations to Sherry!

Volunteer of the Month-August 2012

"Adriana volunteered in the Office of Alumni and Community Relations during the months of June and July. Adriana is a student at Hazelwood

Central. From day one she was a joy to work with. With her can-do attitude, and infectious smile she was a welcome addition to the department. Adriana was dependable, completed all tasks swiftly and efficiently which

included answering phones, greeting office visitors, assisting in preparing for department and alumni chapter meetings, prospect research, preparing binders that included guidelines for administrative office tasks, and helping to process Alumni memberships. Adriana's confidence, maturity and professional demeanor made us sometimes forget she had not yet graduated high school. We look forward to having her work in our office in the future."



Adriana Givens

Staff Association Committees

In addition to elected Council members, the Staff Association also has many committees to help serve the needs of the campus community. Volunteering to serve on one of these committees is a quick and easy way to get to know colleagues across campus while having fun and learning a little more about how the university operates. Time commitment is usually pretty minimal, with some parts of the year requiring more input than others. Any staff person is welcome to join these committees at any time. Here is a brief description of what each of these committees do (for more information, visit the Committees page on the Staff Association website at <http://www.umsl.edu/services/sassoc/committees>)

Standing Committees

Communications: Coordinate and provide information to Staff Association members, and to promote and encourage ideas for the Staff Association Newsletter, which shall be published on a regular basis.

Legislative Concerns: Keep Staff Association members aware of legislative action that impacts upon the University in general and the University of Missouri—St. Louis in particular, and make the Staff Association membership aware of whom their State Legislators are and how the Association and Legislators may have an impact on decisions affecting the University.

Membership: Determine the eligibility for Staff Association membership, welcome new members in an appropriate fashion, maintain a list of members, and annually review membership numbers and unit representative designations

Nominations & Elections: Solicit nominations for officers and unit representatives of Staff Council, and conduct elections for these offices.

Program: Obtain speakers when appropriate and organize and publicize the semester meetings and other events sponsored by the Staff Association. Social events may be included.

Welfare: Bring to the Staff Council concerns that have been initiated by the membership concerning working conditions, benefits and other issues relating to the welfare of the staff.

Special Committees are dedicated to events organized & coordinated by Staff Association. They include:

- Discover UMSL
- Focus on the Future
- Holiday Bazaar
- John Perry/Staff Association Scholarship Review
- Merchandise & Fundraising
- Staff Appreciation
- Survey
- Trivia Night

If you would like to join or need more information about any of these committees, please contact Meg Naes (naesm@umsl.edu).

Staff Association Guest Speaker

Each month, Staff Council will be welcoming a guest speaker to discuss upcoming important events, issues pertaining to the UMSL community, and other topics as needed. The monthly meetings are open to all staff to attend. The next Staff Association Council meeting will be on Wednesday, September 19th at 1:30pm in 93 J.C. Penney Building & Conference Center. Rachel Kryah, MSW, MPH, Senior Research Specialist of the Center for Research and Evaluation at the University of Missouri-St. Louis' Missouri Institute of Mental Health (MIMH) and current staff council member representing off campus locations will be speaking about the MIMH 50th anniversary celebration. Rachel will discuss MIMH's history, pass out posters & invitations, and discuss some of the upcoming events to celebrate this anniversary. For more information, be sure to check out the article about MIMH's 50th anniversary in this issue of *The Link*!

Jubilee Letterhead



Dear Colleagues:

The process to ensure UMSL enjoys a successful Jubilee celebration in 2013 is moving ahead nicely. Numerous committees have been meeting to plan activities and develop strategies to inform and involve our constituents and community. One of the steps suggested is to collectively use Jubilee letterhead and business cards.

The UMSL Print Shop now offers these Jubilee items exclusively online. Link: <http://www.umsl.edu/services/printing/stationery.html>

Do not throw away existing materials, but you are encouraged to order Jubilee letterhead and business cards when new materials are required. Custom materials are discouraged.

Together, we will have an impact.

Sincerely,

Tom George, Chancellor
Glen Cope, Provost

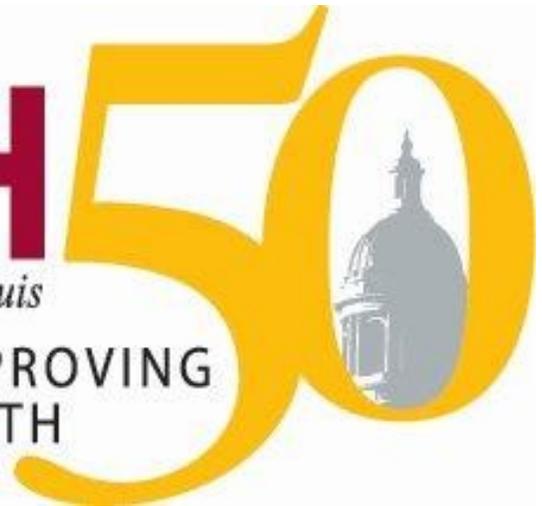
Show your UMSL Pride:

Place a link to UMSL's "I Chose UMSL" website in your email signature alone with the 50th Anniversary logo:

UMSL website:
<http://umsl.edu/marketing/ichose/>

Logo:
<http://www.umsl.edu/services/printing/logo.html>

1962 - 2012

MIMH*University of Missouri-St. Louis***DEDICATED TO IMPROVING
BEHAVIORAL HEALTH**

During the month of October, the Missouri Institute of Mental Health (MIMH) celebrates its 50th anniversary through a series of events commemorating five decades of service to the community.

MIMH was established in 1962 as the research and training arm of the Missouri Division of Mental Diseases, now the Department of Mental Health. It attracted, trained and retained mental health clinicians who provided psychiatry services to the public.

MIMH is dedicated to improving behavioral health by providing research, evaluation, program management, consulting, continuing education and training services. The Institute became a unit of the Office of Research Administration at the University of Missouri - St. Louis (UMSL) in 2010.

MIMH is comprised of talented faculty and staff who bring a wealth of knowledge and experience in mental health and substance abuse prevention, treatment, and recovery, suicide prevention, violence prevention, behavioral health, health and wellness, behavioral informatics, epidemiology, and health literacy. MIMH provides valuable training through live conferences, webinars, DVDs and innovative programs to meet the needs of our community.

To learn more about MIMH, its incredible history and the future plans, you are invited to join us in a public celebration on **October 1st from 4:00 – 7:00 pm**, in the Historic Dome Building located at 5400 Arsenal. Please **RSVP by September 14, 2012** at www.mimhtraining.com/mimh50.



Please join MIMH faculty and staff throughout the month of October at the movies. For a more detailed look at each of these, please see the flyer at the end of this publication!

Save the Date

Staff Council Monthly Meeting	September 19th 1:00pm	JCP 93
IC technology Short Courses	Visit www.umsl.edu/training for information	Varies
Staff Association Picnic	September 28th 10-2pm	Mark Twain Facility
Homecoming Kickoff	October 1st	TJ Library Lawn
Homecoming Shopping Cart	October 3rd	Nosh and patio
Trivia Night	October 20th	St Ann Parish Center

Holiday Bazaar

It's not too early to start thinking about the Holiday Bazaar! We need your help to make this a successful event. If you have any items you would like to donate, please contact Faith Lucas or Dave Maczynski. We are looking for new or gently used items as well as holiday related items and crafts. Watch for more information next month!



Staff Recipe: Easy South-West Chipotle Chili

Ingredients:

1 tablespoon garlic, minced
 1 white onions, chopped
 2 teaspoons ground cumin
 2 teaspoons chili powder
 3 teaspoons chipotle chilies, chopped
 1-2 teaspoons kosher salt
 1.5 cups vegetable broth
 2 cups frozen corn kernels
 1 (15 oz) can black beans, rinsed
 1 (15 oz) can Chili (kidney) beans
 1 (14 oz) can diced tomatoes
 1 (6 ounce) can tomato paste
 2 tablespoons minced cilantro
 1/2 lb ground beef/turkey/soy, browned
 1/4 cup diced green onions

Directions:

Throw all items in crock pot and allow to simmer for several hours.

Serve as a meaty, thick chili by itself, or top blue tortilla chips along with a dab of sour cream and/or shredded cheddar cheese for some excellent nachos!

Great Fall weather meal/snack!

Recipe contributed by Christopher Boyce



Staff Spotlight: Latishua E. Lewis



Summer 2012 had many highlights for students, faculty and staff. In particular one staff member was excited about accomplishing one of her DREAMS. Dr. Latishua E. Lewis earned her Doctor of Philosophy degree in Education and was recognized at the August 4th commencement ceremony. Dr. Lewis has served the University for five years as a student development coordinator in the Center for Student Success. She took advantage of the employee educational assistance program, which afforded her the opportunity to complete her degree in three years. Dr. Lewis's dissertation investigates the perspectives of higher education administrators and staff as it relates to access, persistence and retention of first generation college students. In her dissertation Dr. Lewis shares the trials and tribulations she experienced growing up in an impoverished neighborhood and becoming the first college graduate in her family. Congratulations to Dr. Latishua E. Lewis!

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/>



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

Healthy For Life

Sign Up Now for an Eat for Life Program – Online Course

Discover the benefits of this innovative approach to weight management. This ten week program uses mind-body practices (meditations 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. Books and recordings are provided with the course.

Online Course:

Orientation: Week of September 14

Classes: Week of September 21 through week of December 7

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

There are two ways to enroll:

1. Send \$50 check made payable to Healthy for Life to Lynn Rossy, 205 Heinkel Building by September 10. Please send the registration form at the end of this email with your payment.
2. Pay by credit card by calling the Healthy for Life office (884-1312) by September 10.

Please note that you will need to purchase the book “Intuitive Eating: A Revolutionary Program That Works” by Evelyn Tribole and Elyse Resch before September 14. The book is available on Amazon.com for \$10.87 (new) or as low as \$.31 (used).

For more information: Contact Lynn Rossy at RossyL@umsystem.edu

Watch informational and testimonial videos at <http://www.umsystem.edu/newscentral/mindfuleating/audiovideo-recordings/>

**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

Follow us!
Twitter: <http://twitter.com/healthy4lifest/>
Facebook: [Healthy for Life: TE Atkins UM Wellness](https://www.facebook.com/HealthyforLife-TE-Atkins-UM-Wellness)

Healthy For Life

Eat for Life Registration Questionnaire for Online Course

Name: _____

Pawprint/USER ID: _____

Please check your location:

- Columbia campus
 UMKC campus
 Rolla campus
 UMSL campus
 University Hospitals and Clinics
 Other (please indicate _____)
 _____)

Required Book

Intuitive Eating: A Revolutionary Program That Works by Evelyn Tribole and Elyse Resch

Recommended Book

Breaking Free from Emotional Eating by Geneen Roth

NOTE: Books can be ordered online through Amazon or other booksellers. Please have the Intuitive Eating Book before the start of the orientation session.

Participation (CHECK ONE)

_____ I am new to the Eat for Life course (send \$50 check made payable to Healthy for Life at address below, or call 884-1312 to give credit card information)

_____ I have previously completed the Eat for Life course and am retaking it. (no payment necessary)

_____ I have previously taken a portion of the Eat for Life course but dropped out and am now retaking it. (no payment necessary)

MAIL THIS FORM WITH YOUR PAYMENT TO:

University of Missouri - Columbia
 Healthy for Life
 Attn: Lynn Rossy
 205 Heinkel Building
 Columbia, MO 65210



**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

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[ness](https://www.facebook.com/HealthyforLife-TEAtkinsUMWellness)

Free Fall Activities in St. Louis

Twilight Tuesday Concerts

The Missouri History Museum hosts free fall concerts on the museum's north lawn on Tuesdays at 6 p.m. Local musicians perform all kinds of music from jazz to blues to rock-n-roll. Featured performers this year include Cheryl Brown, Dirty Muggs and The Fabulous Motown Revue.

August 21 - October 9, 2012

Ghosts of the Arch Grounds

The National Park Service is hosting free events at the [Gateway Arch](#) this fall. One Friday night a month, take a ranger-led twilight walk followed by free telescope viewing from the St. Louis Astronomical Society.

August 30, September 27 & October 25, 2012

First Friday at the St. Louis Science Center

Admission to the [St. Louis Science Center](#) is free for everyone (except for special exhibits). On the first Friday night of each month there is also a free *Star Party* at the Planetarium. Members of the St. Louis Astronomical Society set up telescopes for public viewing and are available to answer questions.

September 7, October 5 & November 2, 2012

Citywalk Concert Series

Free concerts on the second Friday of the month at the outdoor plaza at Ferguson Citywalk. Performers include Jeanne Trevor and Neon Blues Band. Concerts are from 7 p.m. to 9 p.m.

September 14 & October 12, 2012

Sounds at the Station

Spend a fall evening listening to free live music at St. Louis Union Station. The final concert of the *Sounds of the Station* series features music from Guitars on Fire. The concert is held outside at the Lake Stage from 5 p.m. to 8:30 p.m.

September 20, 2012

Free Family Nights at the Magic House

The [Magic House](#) is the top childrens museum in St. Louis and your family can enjoy it for free. The museum offers free admission on the third Friday of the month from 5:30 p.m. to 9 p.m.

September 21, October 19 & November 16, 2012

Family Sundays at the Art Museum

The [St. Louis Art Museum](#) is another free treasure in Forest Park, and Sunday is a good day for families to visit. Each week, the museum hosts "Family Sundays" from 1 p.m. to 4 p.m. The event includes kid-friendly art projects and a tour of the exhibits at 2:30 p.m.

September, October & November, 2012

Art After 5

The St. Louis Art Museum also hosts a popular free event for grown-ups. On the fourth Friday of the month, visitors can enjoy the *Art After 5* event featuring a variety of musicians and artists. Tickets are required. You can pick up free tickets, near the museum's main entrance, starting the first of every month.

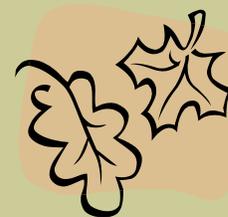
September 28, October 26 & November 23, 2012

Third Degree Third Friday

Third Degree Glass Factory hosts a free open house on the third Friday of each month. There are glassblowing demonstrations, art exhibits, live music and more. Food and drinks are also available for purchase. The event runs from 6 p.m. to 10 p.m.

September 21, October 19 & November 16, 2012

By [David O'Brien](#), About.com Guide



Just when you thought it was safe...
STAFF ASSOCIATION TRIVIA NIGHT
TO BENEFIT THE
JOHN S. PERRY SCHOLARSHIP FUND

An EVENING of HORRORS!

SHOCKING 1st Place Prize of \$240!

There is NO ESCAPE from the CURSE of the 50/50 Raffles!!

Experience the EERIE quiet of the Silent Auction!!!

Fight the temptation of the DEVILISH Dessert Auction!!!!

Invite the TERROR with the TABLE DECORATION contest!!!!!!

**Registration is \$15 per person
with tables of 8 players**

Reserve your table now by contacting:

Harry Harris (314) 516-4250 or visit: umsl.edu/trivia

**Saturday
October 20th
7:00pm
Doors open at 6:30p**

**St. Ann Parish Center
7530 Natural Bridge Rd**



...if you DARE!!!





MEMORANDUM

TO: Campus Community

FROM: Thomas F. George, Chancellor 

DATE: September 12, 2012

SUBJECT: Holiday Schedule

The campus will be closed from Monday, December 24, 2012 through Tuesday, January 1, 2013, inclusive. Christmas Day and New Year's Day are paid holidays. Employees may use accrued vacation or personal days (any combination of vacation and/or personal days equal to **FIVE** days) for December 24, 26, 27, 28 and 31; or if no paid days are available, they may take those days as unpaid time off. Employees (exempt and non-exempt) must account for all days off, whether paid or unpaid, which are not University paid holidays.

New employees whose units are not open and who have not yet accumulated enough vacation/personal days to cover December 24-31 (Dec. 25 & Jan. 1 excluded) must make special arrangements with their unit managers and with the approval of the appropriate vice chancellor if they wish to work during one or more of these five days. Other employees who, special reasons, need to work during this time period should follow the same approval procedures.

During this time, the following offices will remain open for some or all of the days between December 26 and January 1.

- Bookstore
- Center for Trauma Recovery
- Children's Advocacy Services of Greater St. Louis
- Community Psychological Services
- Development (Gift Processing)
- Information Technology Services
- St. Louis Public Radio (KWMU)
- Physical Plant
- Police Department

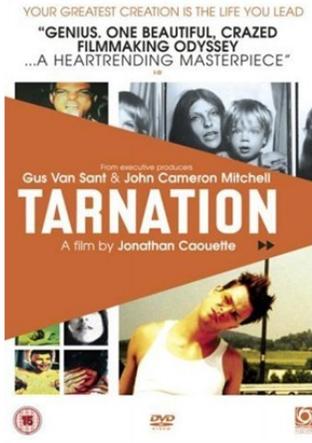
Please check with the unit for specific days and hours of operation.

Limited mail services will be available during this time. More details will be distributed at a later date. If there are important reasons for other units to remain open, unit managers should contact their vice chancellor/vice provost.

Bi-weekly paychecks will be direct deposited on Wednesday, December 19th. Monthly paychecks are currently scheduled to be direct deposited on Friday, December 21st.

/ca

MIMH at the Movies—please join us for the following:



October 8, 2012 starting at Noon
Tarnation (2003)

Rated Adult Audiences; 88 minutes

Filmmaker Jonathan Caouette's documentary on growing up with his schizophrenic mother -- a mixture of snapshots, Super-8, answering machine messages, video diaries, early short films, and more -- culled from 19 years of his life.

Director and Writer: Jonathan Caouette



October 15, 2012 starting at Noon
ONE FLEW OVER THE CUCKOO'S NEST (1975)

Rated R; 134 minutes

A remarkable adaptation of Ken Kesey's classic novel about the triumph of the human spirit in an insane asylum in the '60s. Free-spirited Randall Patrick McMurphy (Jack Nicholson) commits himself to a mental hospital and attempts to wake up the other patients to the idea that the difference between sanity and insanity is just society's attempt to stifle individualism.

Director: Milos Forman

October 29, 2012 starting at Noon
People Say I'm Crazy (1989)

Rated Adult Audiences; 56 minutes

This award-winning color documentary is based on the findings from the Well-Being Project, a ground-breaking survey conducted in 1987 by mental health consumers to explore what factors promote or deter the well-being of persons commonly labeled as mentally ill in California. Jean Campbell, Ph.D., currently the Director of the Program in Consumer Studies and Training at the Missouri Institute of Mental Health, was principal investigator of the Well-Being Project and wrote and narrated the documentary. In People Say I'm Crazy the Well-Being Project statistics are brought into sharp personal focus by the mental health consumers who relate their experiences of mental illness and treatment by the traditional mental health system, and stories of their everyday lives. Interwoven throughout the stories are scenes from a wide variety of peer-run programs. This documentary emphasizes the person, not the illness. It proclaims, "In a world of stigma, poverty and injustice, our voices illuminate the value of self-help, creativity, meaningful work and activity, and basic human dignity and respect. Most importantly, we speak for ourselves". Dr. Campbell will lead a discussion group after the documentary is shown.

Writer and Narrator: Jean Campbell, Ph.D. **Producer:** California Network of Mental Health Clients