

The Link



Photo by August Jennewein

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President's Message

Happy Holidays, Colleagues!

I hope that all UMSL staff are planning a little rest and relaxation when campus closes the last week of the year. Although, many staff members still work during the closed campus schedule, I am hopeful that each of you can find a moment of time for yourself over the break. UMSL staff work diligently to make our campus community thrive and each of you deserves a little R & R. So take time out to recoup and get geared up for 2012.

Don't forget the Holiday Bazaar in the MSC Century Room A on December 16, 2011. All proceeds raised from donated gifts will benefit the John Perry Scholarship Fund. The Holiday Bazaar committee is still in need of donations for this year's bazaar until this Friday, December 9, 2011. Please contact Faith Lucas at x5090 with your donation.

Each staff member is welcome to attend the next Staff Association Council meeting on December 14, 2011 in the MSC. Our next council meeting will be brief, and has and been moved to the MSC Room 225 at 3:00 – 3:30 p.m. Following the council meeting please join your staff council and unit representatives at the Chancellor Tom George and Dr. Barbara Harbach's Holiday Reception in the MSC Century rooms.

Enjoy the holiday season! I look forward to seeing all of you in the New Year.

Sincerely yours,



Riverstars Employees of the Month



The October Riverstar Employee of the Month award went to Diana Johnson, for Effective Leadership. Diana is an Associate Registrar with Registration. Congratulations to Diana!



The November Riverstar Employee of the Month award went to Meg Naes, for Outstanding Customer Service. Meg is an Administrative Associate with ITS Operations. Congratulations to Meg!



Volunteer of the Month-November 2011

"UMSL Month of Giving was a success because of the behind-the-scenes work of several volunteers, including Ashley Jones. Ashley works incredibly fast and is a joy to be around. She is both focused and fun. She can accomplish more in one four hour period than most could do in a full day. Ashley makes a point to include volunteering in her busy schedule with school, work, family and friends. She is one-of-a-kind!



Ashley Jones

-Patricia Zahn - 2011 UMSL Charitable Giving Campaign Chair

"Ashley Jones deserves the Volunteer of the Month nomination. I have worked with her on many volunteer assignments, including the United Way mailing, and I have noticed first-hand the energy and enthusiasm she brings to a room. Of all of the volunteers I have worked with, she is one of the most productive and I myself have learned a few tips from her. For all these reasons, I hope to continue to work with her and share our volunteer experiences in the future."

-Marilyn Smith - UMSL Volunteer



The John Perry Scholarship

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

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

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

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

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

Applications are Due March 1.

UMSL Geese, Fall Colors



Photo by Rosanne Vrugtman, PhD



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

Please send them to boycech@umsl.edu

December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 Classes end, 5pm
11	12 Final Exams Begin	13	14 Staff Association Council meeting Chancellor Holiday Reception	15	16 Holiday Bazaar	17 Fall Commence- ment
18	19	20	21 Hanukkah Begins First Day of Winter	22	23	24
25 Christmas Day	26 University Holiday Kwanzaa Begins Boxing Day	27	28	29	30	31 New Year's Eve

Save the Date



Staff Association Holiday Bazaar:

Please join us on the 16th for the 8th Annual Staff Association Holiday Bazaar, from 9:30am until 2:00pm in Century Room A of the Millennium Student Center.

The Chancellor's Holiday Reception:

Join us at the annual Holiday Reception to be held on Dec. 14th from 3-5 p.m. in the Century Rooms.

Cookie Swap:

Bring 5-6 dozen of your own baked cookies and swap with other folks who have done the same. Make sure to bring the recipe to share! Friday December 16th—12pm 225 MSC.



Looking to Save this Holiday Season?



Make sure you buy everyone you know a gift—coworkers, your great Uncle twice removed, your daughter's piano teacher, and don't forget the dog groomer. Please don't give any handmade gifts. While time is money, all everybody wants can—and should—be purchased from a store—brand new, because second hand simply will not do. Make sure to outdo your neighbors in decorating your home! If they put up a reindeer, buy an entire sled with 8 reindeer and pay someone to put it on your roof! Don't decorate with crafty decorations that you make with your children or wander outside to gather free branches of holiday trees or pine cones. You simply **MUST** buy that wreath so that it will clutter your house the rest of the year! Do **NOT** let anyone else outspend you. This is what credit cards are for!

OR...

1. Plan your shopping and resist the urge to impulse shop. You will save a ton this way.
2. Look for discounted gift cards where you will be shopping anyway
3. "Like" retailers on Facebook or follow them on Twitter to stay abreast of discounts. Sometimes they offer exclusive deals to their followers.
4. Use the internet! Google shopping lets you compare prices. Search for discount codes on sites like retailmenot.com freeshipping.org and take advantage of ebates.com to get a little cash back!
5. Cash only. If you can't afford it, don't charge it. He/she will understand. And if they don't—feel free to let them know I told you it was OK.
6. Group gifts. Have others chip in for that expensive item you *really wanted to buy someone.

Take some time to search for these types of tips and others before you make your lists. The best way to spend a lot of money is to not plan ahead and to not research. Google "*frugal holiday tips*" or "*how to spend less during the holidays*" for countless ideas on how to make your Holiday season a little more bearable for your wallet.

Happy spending. –Christopher Boyce.



Classic Gingerbread Cookies

Ingredients Needed:

1 1/2 cups dark molasses
 1 cup packed brown sugar
 2/3 cup cold water
 1/3 cup shortening
 7 cups all-purpose flour
 2 teaspoons baking soda
 1 teaspoon salt
 1 teaspoon ground allspice
 2 teaspoons ground ginger
 1 teaspoon ground cloves
 1 teaspoon ground cinnamon
 16 oz chocolate frosting

Instructions:

Preheat the oven to 350 degrees F. Lightly grease one cookie sheet.

Mix together the molasses, brown sugar, water and shortening. Sift together the flour, baking soda, salt, allspice, ginger, cloves and cinnamon. Add to sugar mixture and mix well. Cover and refrigerate for about 2 hours.

Roll dough 1/4 inch thick on floured board. Cut with floured gingerbread cutter. Place about 2 inches apart on cookie sheet. Bake for 10-12 minutes. Cool and decorate with frosting. Makes ~30 cookies





Inclement Weather Reminder

In the event of severe weather, the campus is open unless and until an official announcement is made that the campus is closed. Radio stations, KWMU, (FM 90.7), and KMOX (AM 1120) and television stations KTVI (2), KMOX (4), and KSDK (5) will be notified of the closing. An announcement will be placed on the home page of the UM-St. Louis website (www.umsi.edu) as well as on the UMSL Information Line (314-516-4636)

The 8th Annual Holiday Bazaar is Almost Here...



...And we **STILL** 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...

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.umsi.edu/news/>

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

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

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

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

<http://explore.umsi.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@umsi.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

Shop Online Safely this Holiday Season



We thought it was relevant to run this story again, seeing as how many of us will be doing some online shopping ourselves this holiday season. Here are some security things to consider when shopping online.

Is the computer that I am using safe? -- Only enter personal data or credit card data from a computer that has up-to-date patches and anti-virus software. So, stay away from public computers or computers where you don't know the owner. If you want tips to see if your computer is safe you can visit the following website. <http://www.umsl.edu/technology/security/gensecurity.html>

Is this website safe and can I trust this business? -- One way to tell if the website you are visiting is safe is to look for a secure connection in the browser when making a purchase. When you get to the screens asking for username and password or for personal information it should be on a secure page. Look for the "S" in the HTTPS:// part of the address. The "S" is for secure. If you have a question about the credibility of an online company, just "Google" it and if it is not a good company the reviews will not be good. You can also check with the Better Business Bureau.

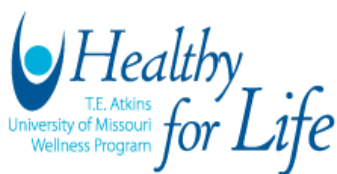
Is it safe to use a credit card online? -- Yes, as long as the site is secure. Credit cards are actually safer than bank cards and cash or checks because they have policies limiting liability for purchases made by someone if your card number gets stolen. If your bank card is stolen, they could empty your account.

I have an email that says there is a problem with my account, order or credit card..... --Don't trust emails that come to you saying there is a problem with your account. It can be hard for the ordinary person to determine if the email is real or a phishing scam. If you suspect that it is real, call the customer service number from your card or your receipt and ask about the problem. Anytime you get an email asking you for personal information, such as account numbers or passwords, be suspicious.

Great, I have a holiday E-Card!!! --You may want to delete that card. Unless it is from a reputable company and someone you know, opening or sending free E-cards is a good way to get your email address on every SPAM list in the world. E-cards are also one of the top contributors of spyware and viruses on computers. Have you recently opened an E-card and now your system is running slower than usual? It is possible that E-card gave your system a virus.

Happy Shopping!
Mark Monroe
Systems Security Administrator





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. Then 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.

Did you know?

If you have had your annual physical since July 2011, you can complete the [Doctor Screening Form](#) and fax it in! it must be completed in its entirety to get credit.

Scheduled Health Screenings

Date	Time	Location	Important Information
Dec. 8	8 am-12 pm	Woods Hall, Room 411	<i>Appointments only via your Cerner Health account</i>
Dec. 15	8 am-12 pm	Woods Hall, Room 335	<i>Appointments only via your Cerner Health account</i>
Jan. 12	8 am-12 pm	Woods Hall, Room 335	<i>Appointments only via your Cerner Health account</i>
Jan. 19	8 am-12 pm	Woods Hall, Room 335	<i>Appointments only via your Cerner Health account</i>
Jan. 26	8 am-12 pm	Woods Hall, Room 335	<i>Appointments only via your Cerner Health account</i>

FREE Nicotine Replacement Therapy (Faculty, Staff & Students)

For a limited time only, get FREE help to stop using tobacco. Faculty, Staff and Students are all eligible to receive individual counseling or group classes in addition to FREE Nicotine Replacement Therapy (gum or patches). Not only will you improve your health and be able to fully taste your food again, but you'll be able to save around \$1,800 a year by not smoking. Contact Katie Moore at extension 5380 or email her at MooreKath@umsl.edu to sign up today!



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UM Wellness Program**
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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](#)

Staff Association's 8th Annual Holiday Bazaar

Proceeds to benefit the John Perry/Staff Association Scholarship

Friday, December 16, 2011

Century Room A 9:30am-2:00pm



DONATIONS NEEDED!!

We need your help! We are looking for:

- Crafts, jewelry, ornaments, gift baskets, etc.
- Baked goods
- Any other items appropriate for the holiday season!
- Get your department together to make a gift themed gift basket – baking, relaxation, sports...
- Any size donation is welcomed

Please have non-food donations ready by Dec. 9, 2011.

Donations will be accepted by:

- Faith Lucas, 204 Woods, x 5090
- Dave Maczynski, 144 SCCB, x 7636
- Lorraine Simeone, 225 MSC, x 5985
- Lana Vierdag, 347 SSB, x 5523
- Or call and we will gladly pick up items from your office!

*The John Perry/Staff Association Scholarship is awarded to dependents of staff members each year. For more information go to:

<http://www.umsl.edu/services/sassoc/jppscholarship/scholarship.html>

UMSL STAFF ASSOCIATION

HOLIDAY COOKIE SWAP

Whether you are an excellent baker or you just have that favorite recipe that you like to make every year, we want you to join in!

If you are interested, all you need to do is whip up 5 - 6 dozen of your favorite cookie recipe, and we will swap with others who have done the same. Everyone will then leave with a container full of delicious holiday treats! We also ask that you bring a copy of your recipe to share with the group.

Friday December 16th @ Noon

Center for Student Success Conference Room (225 MSC)

Email Harry Harris harrisha@umsl.edu to register and for more information.