



<p>Inside This Issue</p> <ul style="list-style-type: none"> • MLK Jr Observance • Pack the Stands • Trivia Night • Holiday Bazaar • Cookbooks • Recent Graduates • Riverstars Winners • Volunteer of the Month • Mindfulness Meditation • Did You Know? • Upcoming Events 	<h2>Message from the President</h2> <p>It's 2008 and if you're like everyone else, those resolutions you made January 1st will probably be forgotten January 31st. So what to do? We can look forward to welcoming a new System President, congratulate the Tigers on winning the Cotton Bowl, help celebrate the life of Dr. Martin Luther King Jr., watch political candidates duke it out on Super Tuesday, Pack the Stands on Valentine's Day, face off on Trivia Night, then Focus on the Future.</p> <p>Welcome back, and Happy New Years!</p> 
<p>January 21, 2008 10 a.m. Performing Arts Center</p>	<h2>Dr. Martin Luther King Jr Observance</h2> <p>Come out and celebrate the annual Dr. Martin Luther King Jr. Holiday Observance at 10:00 a.m. on January 21, 2008 at the Touhill Performing Arts Center. Hilary Shelton, Director of the NAACP Washington, DC bureau will be the keynote speaker. A Special Children's education program will run concurrent with the celebration. This event is free and open to the public. For additional information, please call the Office of Equal Opportunity at 516-5695.</p>
	<h2>Pack the Stands--February 14, 2008</h2> <p>Mark your calendars now for our Third Annual UMSL Pack the Stands event on Thursday, February 14th, 2008. Valentine's Day just got sweeter with free admission for all staff to both women's and men's basketball games, free food, chances to win attendance prizes, the annual banner war, and special activities for the entire family! Stop by after work for the 5:30 tip off, or go grab the family and come back for a valentine celebration everyone can enjoy. Watch for additional details later in January or call Rachel Sommerer (x6551) or Beth Goetz, (x5646), planning committee co-chairs, for further information.</p>

8th Annual Trivia Night--March 1, 2008

Have you been looking for a way to share all the useless information rambling around in your head? Or, maybe you just enjoy a game night with your friends.....either way, make sure you mark your calendar for March 1st for the 8th annual UMSL Staff Association/Office of Student Life Trivia Night!

The event will once again be held at Wild Acre Park Facility, 10400 Midland in Overland, MO. Doors will open at 6:30 p.m. and trivia will start at 7:00 pm.

Get some decorating ideas together because this year there will be a prize awarded for the best decorated table and of course there will be plenty of door prizes, raffle items, and a silent auction.

In addition, Honeybaked Ham will have a representative available so you can purchase gift certificates (possibly for your Easter ham?). Heroes and Legends will also be on hand with plenty of great sports memorabilia items. A percentage of the proceeds from these sales will benefit the John Perry Scholarship fund.

Registrations are \$15 per person or \$7.50 per student (tables consist of 8 players). Watch for registration information soon or contact Faith Lucas (x5090, flucas@umsl.edu) to reserve your table now.

All proceeds from the event benefit the John Perry Scholarship awarded to a dependent of a current staff member.

So get your table together and make your reservations! Feel free to bring your own drinks and snacks and get ready for what is sure to be a fun night for all.

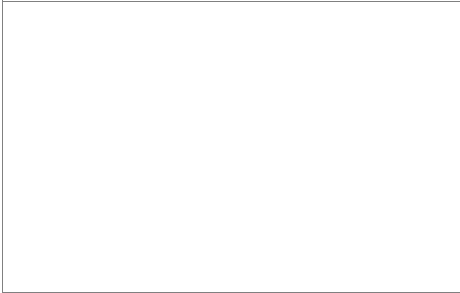
Holiday Bazaar Proceeds



Thanks to everyone that contributed donations and/or attended the Staff Association Holiday Bazaar in December. Your generosity raised approximately \$1300 for the John Perry Scholarship fund. Thanks for making this annual event a great success.

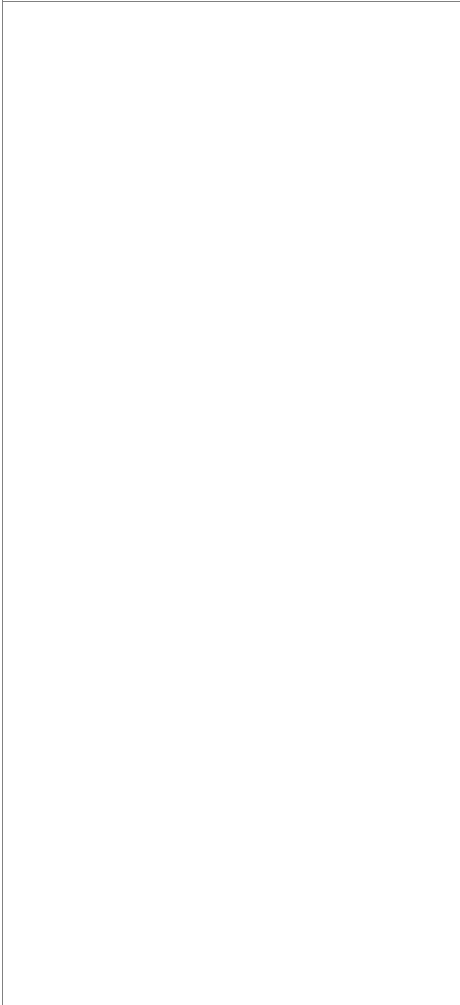
If you have items you would like to donate to next year's bazaar, contact Faith Lucas (flucas@umsl.edu) or Theresa Keuss (keusst@umsl.edu); we will gladly accept them! Also, if you have suggestions for making the next bazaar even better, let one of us know.

Cookbooks Still Available



Staff Association cookbooks are still available! The cost is \$10, and they are available at the Bookstore or by contacting Harry Harris, Center for Student Success, 225 MSC, phone x4250, or email harrisha@umsl.edu .

Recent UMSL Staff Graduates



Congratulations to the following staff members who graduated on December 15:

Joan Arban, Executive Staff Assistant I, Faculty Senate, earned a B.A. in Psychology, summa cum laude

Sam Darko, Custodian, Custodial Services, earned a B.S. in Electrical Engineering, cum laude

Bernard Diggs, Manager Operations – University Center, earned an M.Ed. in Adult and Higher Education

Debra Garcia, Administrative Associate, Economics, earned her B.S. in Sociology

Jean Haughton, Department Assistant, Accounting Services, earned her B.S. in Business Administration

Laura Patterson, Systems Support Analyst, Information Technology Services, earned a Bachelor of Liberal Studies

Tyrome Petty, Assistant Registrar, Registration, earned an M.Ed., in Adult and Higher Education

If we have missed any staff members, please contact us so we may include them in future Link editions.

If you or some one in your office is graduating in future semesters, please send their name, title, and degree to the Link!

Riverstars Employees of the Month



**November 2007 Winner
Outstanding Customer
Service**

Antonio Rosas
Driver Emergency Road
Services
Transportation and Parking



**December 2007 Winner
Loyalty & Commitment**

Robert Malon
Security Guard
Recreational Sports

Volunteer of the Month Program

The Top 5 Reasons

to nominate your volunteer for

Volunteer of the Month

5. *It will make you feel warm and fuzzy inside.*
4. *It is great PR for your department.*
3. *You will have a friend for life.*
2. *It will make all of the other departments jealous.*
1. *It's a wonderful way to thank an awesome volunteer!*

The Volunteer Services office has just made it **more convenient** to nominate your extraordinary volunteer! The nomination form is now ONLY available on-line via the following link:

https://tomsawyer.umsl.edu/webapps/weboffice/volunteer/apply/vol_nomination_form.cfm

Criteria for nominations:

- ❖ All volunteers (high school, community, short and long-term) are eligible to be nominated.
- ❖ Nominations are due by the 5th of the month.
- ❖ Volunteers may only receive the award once per calendar year.
- ❖ Nominations will only be considered in the month they are nominated—they will not be held over for future months.
- ❖ Volunteers can be nominated by a staff, faculty member or by a fellow volunteer.
- ❖ Winners of the Volunteer of the Month Award receive a certificate, a lapel pin and \$20 gift card to the University Bookstore. Additionally, they are featured in the Volunteer Connection newsletter and on the Volunteer Services website.

We look forward to hearing how your volunteers will impact the campus in 2008!



**December 2007
Jeff Depuy**

Jeff had devoted 6-8 hours per week to "The U" Campus Community Student Radio since the Fall 2007 semester began. He manages the administrative aspects of the radio station in absence of the station manager. He checks talent in and out of the station, completes inventory and clerical work as needed. Without Jeff's volunteer work, the station would have much less programming and administrative organization. He brings a level of maturity needed to establish, maintain and grow a student run organization. He has a special understanding of the technical aspects of a radio station. Furthermore, he has become a good role model for student leadership. He is always willing to mentor talent and staff.

Volunteer Services
265 General Services Building
516-4106

Mindfulness Meditation Group



We meet **Wednesdays, 12:15 to 12:45 pm, in 225 MSC- Student Success Center, Conference Room.**

The half-hour weekly sessions include a brief introduction, a 20-minute guided mindfulness meditation, followed by brief discussion. This group is designed for beginning, as well as experienced meditators. New members are welcome at any time during the semester. If you are new to mindfulness meditation, please call Sharon Biegen or Jamie Linsin at University Health, Wellness and Counseling Services, 516-5711 to arrange for introductory instructions.

University Health, Wellness and Counseling Services has been offering free weekly Mindfulness Meditation sessions for two years now. Although the group is open to the entire University community, most of the group members are campus staff. We would like to invite new members to join us in what we have found to be a wonderful antidote to the stress in our lives. It's a great way to take an emotional vacation in the middle of a hectic week!

Mindfulness meditation is a way to practice being more aware in the present moment, in a non-reactive, non-judgmental and open-hearted way. This is done very simply through sitting quietly and focusing on our natural breathing, and becoming more conscious of whatever takes our attention away from the breath and the present moment. By practicing being in the present moment, we can learn to decrease the time we spend focusing on negative thinking about the past (ruminating, guilt, resentment, etc.) or the future (worrying, trying to control, etc.). By approaching the present moment with acceptance of "what is," we lessen the negative impact of the inevitable pain and stressors of life. By being more present to our life experiences, we spend less time on "automatic pilot," thus living life more fully. Incorporating mindfulness into our daily lives can enhance overall well-being and has been proven to be effective in helping to reduce stress, depression, anxiety, insomnia, overeating, chronic pain, and a variety of medical conditions.

Here are comments from some of our group members:

"Mindfulness meditation is the best part of my busy week and enables me to relax, regroup and return to the office refreshed and calm." – Tina Saunders, College of Nursing

"I really enjoy our meditation group. Not only have I learned the practice of mindfulness meditation and how to apply it to my life, but I have also met interesting people." –Mary Hackmeister, Art & Art History

"Our group is an oasis of calm in my week. I look forward to coming because I know when I get there, there will be at least 20 min when I can let it all go. The relief I feel when this happens is enormous." – Cindy Dupureur, Chemistry (faculty)

"It is wonderful to have this break in the work day to go within to re-energize and re-focus with my colleagues. These peaceful and empowering moments make a difference for me as I try to embrace life moment to moment." --Jeri Peterson, University Events

	<p>Did You Know?</p>
	<p>Did you know that all staff with an FTE of 75% or higher are automatically granted membership in the UMSL Staff Association? And that your building representatives are here to voice your thoughts and ideas? If you have suggestions or comments that you would like to be heard, contact a building rep. The Staff Association website (http://www.umsl.edu/services/sassoc/) contains a list of all Staff Council members....we would like to hear from you!</p> <p>Do you have questions about the Staff Association (or the University in general) that you would like to have answered in the Link? If so, please submit questions to Faith Lucas, 204 Woods Hall or to flucas@umsl.edu. We will try to contact the appropriate department and get an answer for you.</p>
	<p>Upcoming Events</p>
	<p>Dr. Martin Luther King Jr. Observance January 21, 2008</p> <p>Pack the Stands Basketball game February 14, 2008</p> <p>Trivia Night March 1, 2008</p> <p>Focus on the Future March 24 – 26, 2008</p> <p>Spring Break week March 24 – 28, 2008</p>