Many thanks to those of you who attended our informal discussion meeting on December 17 regarding the UM System budget crisis. I was pleased with the wonderful turnout and the stimulating ideas, comments and collective fortitude. I was overwhelmed with the selfless sacrifices offered up in order to keep lay offs at bay for all of our staff colleagues, how acutely we formed valid ideas and suggestions, how easily and instinctively we came together for each other and UMSL. It was a deep and revealing meeting on many levels; thank you for attending.

At the meeting we discussed sending a letter to President Forsee and the UMSL administration regarding the Staff Association’s suggestions and desires for preserving our contributions while being mindful of the budget situation. Considering the latest information from the UM System, (President Forsee’s email on 12/19), as well as the upcoming Budget & Planning Meetings, and the state legislative session beginning this week, it would perhaps behoove us to send our letter once more details are revealed. We have our next Council meeting, as well as our Inter-Campus Staff Association meeting in Columbia, in a few weeks where I believe more will be shared. Nonetheless, I firmly believe we need to be on record with this unprecedented situation, but must also be armed with the best information possible in order to proceed. As I have indicated before, I will continue to share documents as they arrive, assisting us in our correspondence with the administration.

Thank you for getting involved with the Staff Association, whether you are a committee member or a loyal reader of The Link, our collective spirit and effort is remarkable and revered. I am continually impressed with each and every one of you, thank you for everything you do; it matters a lot, now more than ever.

~ Steffanie H. Rockette
UMSL Volunteer Income Tax Assistance (VITA)

The UMSL Volunteer Income Tax Assistance (VITA) program is available to prepare your 2008 income tax returns, free of charge, if your family income last year was less than $42,000. Just bring your tax forms and other necessary information to one of our sites listed below.

Help with basic income tax returns will be offered weekly starting February 6, 2009, and continuing until April 11, 2009, at the locations listed below. Income tax returns will be prepared by trained and certified volunteers. All VITA Volunteer Tax Assistors must complete an IRS training and certification course in basic income tax return preparation before they can assist customers.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Open</th>
<th>Close</th>
</tr>
</thead>
<tbody>
<tr>
<td>UMSL Campus (room TBD)</td>
<td>Fridays</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Natural Bridge Branch-St. Louis County Library</td>
<td>Fridays</td>
<td>9 am</td>
<td>4 pm</td>
</tr>
<tr>
<td>Ferguson Municipal Library</td>
<td>Saturdays</td>
<td>9 am</td>
<td>3 pm</td>
</tr>
<tr>
<td>Schlafly Branch-St. Louis Public Library</td>
<td>Saturdays</td>
<td>9 am</td>
<td>5 pm</td>
</tr>
</tbody>
</table>

The VITA program offers free assistance to those with low-to-moderate incomes, including persons with disabilities, limited-English proficiency and older taxpayers who file Form 1040EZ, Form 1040A or basic Form 1040 Federal and State tax returns. VITA Volunteer Tax Assistors also assist community members in claiming any special credits and deductions for which they may be eligible.

Community members who visit a VITA site should bring photo identification, Social Security cards for themselves and dependents, wage and earnings statement (Form W-2) from all employers, interest statements from banks (Form 1099), a copy of last year’s tax return if available, and other relevant information about income and expenses. More information about the UMSL VITA program is available online at [http://www.umsl.edu/~vita](http://www.umsl.edu/~vita).

Riverstars Employee of Month—Kimberly Stranger

November 2008 Winner
Outstanding Customer Service

*Kimberly Stanger*
Administrative Assistant
Mathematics and Computer Science
The Chancellor’s Cultural Diversity Initiative

The Chancellor’s Cultural Diversity Initiative was formed in 2004. Previously called The Task Force on Diversity, the name was changed due to members’ active engagement and involvement, including helping to enhance and implement diversity activities on campus. (Please see our website http://diversity.umsl.edu/ for various activities.)

Yet, progress has been bumpy. As you well know, change is indeed slow and cumbersome and so has been our diversity work. We represent a good cross-section of the campus community of faculty, staff and students as well as community members, meeting monthly during the semesters. While many strides have been made, there’s a long way to go. But most importantly, we’ve continued to make serious efforts to ensure a premier multicultural metropolitan institution. We purposely included cultural diversity in the name. Part of the Initiative’s mission is to embrace and recognize all types of cultural diversity as the strength of the university and the community. Hence we seek an inclusive environment at UM-St. Louis of socially identified cultural groups, e.g., ethnicity, gender, sexual orientation, disability and religious. A great deal of time has been spent examining this issue. We’ve consulted with many people inside and outside the campus to be more informed and knowledgeable advocates.

But we by no means see ourselves as doing this alone. What we do want to do is to centralize all diversity programs and activities in one place, such as on the Chancellor’s Cultural Diversity Initiative website to better reflect what we already have. We intend to identify all these programs and therefore need your help. We also seek to collaborate and partner with other campus entities.

If there is a program or activity of faculty, staff or students you’d like for us to know about, please contact Malaika Horne, chair, hornem@umsl.edu.

Student Diversity at UMSL

Race/Ethnic Student Enrollment at UMSL Fall Semester 2007

<table>
<thead>
<tr>
<th>Enrollment By Race/Ethnicity</th>
<th>Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Minority Enrollment*</td>
<td>3102</td>
<td>26.0%</td>
</tr>
<tr>
<td>International Students</td>
<td>498</td>
<td>4.0%</td>
</tr>
<tr>
<td>African American</td>
<td>1995</td>
<td>16.0%</td>
</tr>
<tr>
<td>American Indian</td>
<td>38</td>
<td>0.3%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>193</td>
<td>2.0%</td>
</tr>
<tr>
<td>Asian/ Pacific Island</td>
<td>378</td>
<td>3.0%</td>
</tr>
<tr>
<td>Unknown/did not declare</td>
<td>1483</td>
<td>12.0%</td>
</tr>
<tr>
<td>White</td>
<td>7562</td>
<td>62.0%</td>
</tr>
</tbody>
</table>

![Student Diversity Chart]
Discover UMSL

**Tour of the Provincial House Chapel**

The Provincial House Chapel is located off Natural Bridge Road on the University’s South Campus. Completed in 1916, the Provincial House Chapel’s Norman Gothic design features a magnificent hammerbeam ceiling which rises high in arches and vaults, white marble flooring, towering windows, and seating for 350 guests.

Presented by: Bowles, Allyson
Date: Wednesday January 21, 2009
Time: 12:00 PM to 12:30 PM
Register From: Thursday January 1, 2009
Register Until: Tuesday January 20, 2009
Location: Provincial House
To register, [click here](#)

**Backstage at the Touhill**

Have you ever wanted to be on stage at the Touhill or wonder how the theatrical magic really happens? Well this is your chance. Join us as we get a VIP backstage tour of the Touhill Performing Arts Center. Come and see where so many famous celebrities have performed and where they spend their offstage time. Wear comfortable clothing and shoes. Optional parts of tour may include tight spaces and climbing. Meet at the statue of Blanche Touhill in the upper lobby (east end of the building near the main ticket office). Limited to the first 20 registrants.

Presented by: Cattanach, John
Date: Wednesday February 18, 2009
Time: 12:00 PM to 12:45 PM
Register From: Thursday January 1, 2009
Register Until: Tuesday February 17, 2009
Location: Touhill PAC
Maximum Capacity: 20
To register, [click here](#)

**Tour of Oak Hall**

Did you know that UM-St. Louis has residence halls? Come and see the latest in residential living. Oak Hall is the newest building on campus, equipped with wireless internet, a swimming pool, workout facilities, display kitchen, café and the Student Solution.

Presented by: Lidgus, Jonathan
Date: Thursday February 19, 2009
Time: 12:00 PM to 12:30 PM
Register From: Thursday January 1, 2009
Register Until: Wednesday February 18, 2009
Location: Oak Hall
Maximum Capacity: 25
To register, [click here](#)
Discover UMSL

A World of Online Information Through the UMSL Libraries

Databases available through the UMSL Libraries contain the full text of a large variety of magazines, journals and newspapers that won't be found for free on Google. Most of these databases can be easily searched from home by any UMSL employee with access to the Internet. Come to this session and get an idea about information resources available to you, just because you work at UMSL. Limited to the first 15 registrants.

Presented by: Chris Niemeyer
Date: Friday February 20, 2009
Time: 12:00 PM to 12:45 PM
Register From: Thursday January 1, 2009
Register Until: Thursday February 19, 2009
Location: Thomas Jefferson Library, Room 315
Maximum Capacity: 15
To register, click here

The U: The University of MO-St Louis Campus Community Radio Station & UMSL-TV

The U began as a grassroots student radio project in 2006 and moved to its state-of-the-art studios in the Millennium Student Center in 2007. Under the guidance of faculty and staff advisors, The U is manned by student radio show hosts and technicians and steered by a student executive board, all of whom are members of the Student Electronic Media Professionals (SEMPA). UMSL-TV was formed in 2008 to fulfill SEMPA’s goal of adding a video branch. Come tour our facilities and learn what opportunities The U and UMSL-TV have to offer students, faculty, staff, and the St. Louis community. Due to limited space in studio, we can only accommodate 5 registrants per session.

Date: Tuesday January 27, 2009
Time: 12:00 PM to 12:45 PM
Register From: Thursday January 1, 2009
Register Until: Monday January 26, 2009
Location: The U Studios, 2nd Floor Millennium Student Center
Maximum Capacity: 5
To register, click here

Date: Wednesday January 28, 2009
Time: 12:00 PM to 12:45 PM
Register From: Thursday January 1, 2009
Register Until: Tuesday January 27, 2009
Location: The U Studios, 2nd Floor Millennium Student Center
Maximum Capacity: 5
To register, click here
Discover UMSL

**Gallery 210: Bale Creek Allen and the Art of Assemblage**

*Terry Suhre will give a presentation in Gallery 210 auditorium on the development of assemblage as a technique of sculpture in 20th century art and its influence on the sculpture of Texas artist Bale Creek Allen*

Presented by: Suhre, Terry  
Date: Friday February 27, 2009  
Time: 12:00 PM to 01:00 PM  
Register From: Thursday January 1, 2009  
Register Until: Thursday February 26, 2009  
Location: Gallery 210, TeleCommunity Center  
Maximum Capacity: 50  
To register, click here

*Check the website for new opportunities to Discover UMSL.*

---

**Holiday Bazaar Wrap Up**

Thanks to everyone that shopped, donated or otherwise assisted with the 5th Annual Holiday bazaar last month. It was great to see such wonderful support for this event, given these trying economic times. Thanks to your generosity, the bazaar grossed $1526.25, proceeds benefitting the John Perry Scholarship fund, to be awarded to the dependent of an UMSL staff member.

---

**John Perry Scholarship**

Applications for academic year 2008-2009 are now being accepted for the John Perry/Staff Association scholarship. The scholarship is awarded to a dependent of a UM-St. Louis staff member. (If there is no qualified candidate, then the award can be issued to a dependent of any University of Missouri employee based at the UM-St. Louis campus.) The student must be an entering freshman at UMSL, pursuing an undergraduate degree, and enrolling in at least 12 credit hours. Selection is based on merit and need; class rank and ACT, SAT, or SCAT scores are also considered. The deadline for submission each year is March 15.

For more information about the John Perry Scholarship, go the web site at [http://www.umsl.edu/services/sassoc/jppscholarship/history.html](http://www.umsl.edu/services/sassoc/jppscholarship/history.html)

Download and print the [Scholarship Application form](#) here.
**Food Service Winter Break Hours**

<table>
<thead>
<tr>
<th></th>
<th>Aromas</th>
<th>Umart</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 8 – 10</td>
<td>7:30am – 2:30pm</td>
<td>December 12 – January 19: Closed</td>
</tr>
<tr>
<td>January 12 – 16</td>
<td>7:30am – 2:30pm</td>
<td></td>
</tr>
<tr>
<td>January 19:</td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>The NOSH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>January 5 – 16</td>
<td>10:30am – 2:00pm</td>
<td>The O.C.</td>
</tr>
<tr>
<td>January 19:</td>
<td>Closed</td>
<td>December 12 – January 19: Closed</td>
</tr>
<tr>
<td>La Cantina Loca</td>
<td></td>
<td>Pro-Ho Dining Hall</td>
</tr>
<tr>
<td>December 15 –</td>
<td></td>
<td></td>
</tr>
<tr>
<td>January 19:</td>
<td>Closed</td>
<td>January 12 – January 17 (Weekdays)</td>
</tr>
<tr>
<td>January 19:</td>
<td></td>
<td>Lunch only 10:30am – 1:30pm</td>
</tr>
<tr>
<td>January 18:</td>
<td>reorder with dinner 5pm – 7pm</td>
<td></td>
</tr>
</tbody>
</table>

**Planning & Construction Items**

New baseball field on south campus.

**Campus Recreation Wellness Programs**

The campus recreation department strives to offer a diversity of fitness programs that encourage the University community to become more physically active regardless of ability or fitness level. Spring session begins January 20.

For class availability and schedule, please see Session Schedule: [SPRING 09](#).
Wellness-Healthy for Life

Mindfulness Based Stress Reduction

What is Mindfulness-Based Stress Reduction (MBSR)?

MBSR is designed to help change your relationship with stress and begin to live a more conscious life in order to make choices and engage in behaviors that increase your vitality, effectiveness and happiness.

The eight-week program includes weekly two-hour classes plus a full day retreat (9 a.m. to 4 p.m.). Classes include instruction in formal mindfulness practices (meditation, body scan, mindful yoga and walking meditation). Weekly practice assignments to do at home help develop mindfulness skills and help take mindfulness into everyday life. Regular class attendance and a commitment of 30 to 45 minutes of practice per day for the entire duration of the course are required. CDs of the body scan, sitting meditation and yoga and weekly handouts will be provided.

Since its inception, Mindfulness-Based Stress Reduction Programs have been used with groups around the world as diverse as corporate employees, CEOs, educators, students (grade school through college), attorneys, judges, correctional staff, prison inmates, health care professionals, members of the clergy and Olympic and professional athletes — including the world champion Chicago Bulls and Los Angeles Lakers basketball teams.

Who enrolls in MBSR?

Any faculty, staff or family member who would like to respond with more skill and creativity to life’s stresses. Participants commit to regular practice and class attendance.

How often is it offered?

Orientation January 14, 2009 at 5:15 pm in 412 Clark Hall. Classes begin January 21st – March 11th 5:15 pm – 7:15 pm in 412 Clark Hall.

Who teaches it?

Lynn Rossy, Ph.D., health psychologist for Healthy for Life, teaches most of the classes and other teachers participate as needed.

What fees are involved?

There is a $40 materials fee for all enrollees. Those who attend all but one class will receive a $20 refund. To enroll or for more information, contact Jaime Capizzi at CapizziJ@umsystem.edu or 314-516-4001. For more information go to wellness@umsystem.edu.
**Wellness-Healthy for Life**

**Eat for Life**

**What is Eat for Life?**

Eat for Life is a 10-week program that helps participants learn to have a healthy relationship with their food and their bodies. This is not your regular weight loss program. In fact, the first thing you will be asked to do is throw out your diets and begin to learn how to use the wisdom of your body to guide how you eat, what you eat and how you relate and use your body.

By using mindfulness and mind-body practices such as meditation and yoga you begin to be able to distinguish between physical and emotional feelings and gain a sense of body wisdom.

This program is based on the principles of intuitive eating as outlined in the book *Intuitive Eating* by Evelyn Tribole and Elyse Resch and formal and informal mind-body practices (i.e., meditation exercises and practicing mindfulness in everyday life).

**Who enrolls in Eat for Life?**

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, then this may be the program for you.

**When is it offered?**

Classes start January 14, 2009 and end March 18\(^{th}\). They will run from 12:00-1:00 pm. Classes will be held in HR Training Room in GSB.

**Who teaches it?**

Lynn Rossy, Ph.D., health psychologist for *Healthy for Life*, teaches most of the classes and other teachers participate as needed.

**What fees are involved?**

There is a $40 materials fee for all enrollees. Those who attend all but one class will receive a $20 refund. To enroll or for more information, contact Jaime Capizzi at CapizziJ@umsystem.edu or 314-516-4001. For more information go to wellness@umsystem.edu.

"To eat is a necessity... to eat intelligently is an art."
- La Rochefoucauld (circa 1650)
Civil Rights Leader Sr. Antona Ebo, F.S.M. to Speak at the UMSL Dr. King Observance

Sr. Antona Ebo will be the keynote speaker at the campus Dr. King Observance on Monday, January 19, 2009 at the Touhill Performing Arts Center beginning at 10:00 am.

It would seem like a simple thing to do—to march for something you believe in. But in 1965, it took courage and faith to march for civil rights. St. Louis' Cardinal Ritter sanctioned Catholic participation in an interfaith group that would go to Selma in March of 1965 to march in favor of civil rights. The group consisted of priests, rabbis, Protestant clergy, and six Catholic nuns. Sr. Antona Ebo was asked to be one of the six -- the only African American nun. "One side of me said, 'I don't want to be a martyr.' But the other side said, 'Put up or shut up.'" She agreed to go to Selma. The night before she left, the TV news showed "a young white minister being beaten to death on the streets of Selma. I didn't sleep too well," she recalled.

When asked to speak before the march, Ebo said, "I am here because I am a Negro, a nun, a Catholic, and because I want to bear witness." As the march began, the nuns found themselves in the front. They didn't even get to the end of the block before they were stopped by policemen with clubs in hand. In the chaos, a microphone was thrust at Ebo. She said, "I am here today because yesterday I voted in St. Louis."

Ebo has continued her ministry to change hearts. "We can legislate all the laws we want to, but laws don't change hearts." Her ministry includes many years in hospital administration, along with her ongoing advocacy for justice. She has earned numerous degrees and is a certified (emeritus) member of the National Association of Catholic Chaplains. Ebo is a founder of the National Black Sisters’ Conference, served as its president, and received its 1989 Harriet Tubman Award. She has also served on the Human Rights Commission of the Archdiocese of St. Louis and received the commission’s Martin Luther King Award in 1994. Ebo also holds an honorary doctorate from Loyola University in Chicago and was awarded the 2006 Heschel-King Award from St. Louis Jews United for Justice.

Sources:
SSM Health Care: Sr. Antona Ebo, <http:www.ssmhc.com>
Sisters of Selma Homepage <http://home.earthlink.net/~sistersofselma/sos1.htm>
Spring Hill College: Civil Rights Leader Sr. Antona Ebo <http://www.shc.edu>

Photo by John Feister
10 Years of Trivia

This February 28th the Staff Association and Student Life will sponsor the 10th annual Trivia Night. The proceeds from this event help support the John Perry Scholarship fund. This fund is awarded to the dependent of a UM-St. Louis staff employee.

This year’s event will include some major changes. First, the event will return to St. Ann’s Church, located just blocks east of campus. St. Ann’s provides us with more indoor space and plenty of parking. The second major change will be the table fees. In recognition of the tough economic times everyone is experiencing and to get as many people as we can to the event, we are dropping the entry fee to $10.00 per person (last year’s event was $15.00). Another change will be in the format of the event; to make things move along a little quicker we are reducing the number of rounds from 10 down to 8.

As usual there will be raffle items, silent auction items, attendance prizes, and a sports memorabilia auction. There will also be a prize awarded to the group with the best decorations. Pick a theme and decorate your table, wear theme-based costumes, serve theme-based food. Be creative. Have fun with it.

Registration information can be found at www.umsl.edu/trivia.

Hope to see you there!

Pack the Stands

Join us for an exciting night of Tritons basketball as the men and women take on Missouri S&T. Free food, giveaways, and much more!

Thursday, February 5, 2009
Mark Twain Building
Women’s Game @ 5:30pm
Men’s Game @ 7:30pm

Free for students, staff, faculty, and alumni with an UMSL ID.

Questions? Contact the Office of Student Life at 516-5291 or Alumni Relations at 516-5833.
**Coming Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Dr. King Celebration</td>
<td>January 19</td>
<td>Touhill Performing Arts Center</td>
</tr>
<tr>
<td>Pack the Stands</td>
<td>February 5</td>
<td>Mark Twain</td>
</tr>
<tr>
<td>Trivia Night</td>
<td>February 28</td>
<td>St. Ann’s Center</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7530 Natural Bridge</td>
</tr>
<tr>
<td>Trailblazer Ceremony</td>
<td>March 19</td>
<td>Century Room C</td>
</tr>
</tbody>
</table>

**Bottom Line**

If you have articles, questions or concerns about the Link or the staff association, please contact Faith Lucas, Communications Committee Chair and Link editor, at E-mail flucas@umsl.edu