Greetings All! Thanks to all who helped with the Homecoming Parade and Float. You did a fantastic job on the float. For those of you who did not have the opportunity to attend or see the float there are pictures in the October 5th Current and on page 6 of this Link.

The first Staff Council meeting has passed and we have a very strong group of folks who have volunteered to help with committees. There is always room for more and I would encourage you to get involved and get to know other staff members while doing something you could enjoy.

The Chancellor gave his State of the University Address on September 30, 2009 during which he recognized many of our staff for their significant contributions to our campus. Congratulations to those recognized for a job well done! Remember, this is our campus and much like life it is what we make it. Thanks to all who make it a very rewarding and friendly place to work.

During the September University Assembly meeting the Assembly passed a By-Law change that will allow for an additional Staff Association Member to become a voting member of the Budget & Planning Committee. In the near future I will be sending out a proposed change to the Staff Association By-Laws which will allow for this representative’s election.

Happy Fall!

Ken Voss

Chancellor’s Award for Excellence Staff Winners

UMSL staff winners of the 2009 Chancellor’s Award for Excellence are from left, Administrative Associate I Lana J. Vierdag (for office-technical), Mechanical Trades Specialist Melvin Starkey (for service-maintenance) and Manager of Business-Fiscal Operations Tanika L. Busch. (administrative-professional).

Congratulations
UMSL Continuing Education Dedications New Building in West County

The University of Missouri–St. Louis Division of Continuing Education will dedicate its new building in West County at an open house from 3:00 to 5:00 p.m. on Oct. 21 at 12837 Flushing Meadows Drive, Town & Country.

The West County Continuing Education Center has been renovated to incorporate the latest classroom innovations with student amenities that foster the learning process: new classrooms designed for effective computer training, updated audio-visual equipment, flexible room layouts, and a centralized student area with laptop stations, a kitchen, and lounge seating. The building will house the Computer Education and Training Center, formerly the Microcomputer Program, which has provided quality computer education to the St. Louis metro area since 1982. In addition, credit courses offered through the College of Education are currently being held there, and other colleges are planning to offer programs there in the future.

The open house will include tours of the new center. The dedication ceremony will take place at 3:30 p.m. Community members who are interested in attending should RSVP to Ellen Asher at (314) 984-9000 or AsherE@umsl.edu.

For information about UMSL Continuing Education programs, visit http://ce.umsl.edu.

Volunteer of the Month

September 2009 Winner

Lula Wayne
Office of Transportation & Parking
Lula does an outstanding job! She puts forth a sincere effort to learn how and why we do what we do in the office. She always asking valid questions that show she’s thinking one step ahead about the end result of her actions. It’s really nice to have someone who cares about our work and has a positive contribution towards such. Lula is very sharp and she’s a quick learner which is always nice because it cuts down on the training time when short staffed.

Riverstars Employee of the Month

August 2009 Winner
Positive Attitude

Ernestine Randle
Custodian
Custodial Services
Operating Guidelines for Pandemic Flu

Novel H1N1 influenza ("swine flu") is now present at the university. The Centers for Disease Control and Prevention (CDC) estimate that 30 to 50 percent of the U.S. population may be affected at some point by the novel H1N1 flu. So we need to be prepared. Here is some helpful information.

Please stay at home and do not come to work if you are experiencing flu-like symptoms. Make contact with your health care provider if you are ill. H1N1 symptoms include fever of 100 degrees or higher, body aches, cough, sore throat, etc.

Note: If you are pregnant or have chronic medical conditions, please contact your health care provider for recommendations. Such conditions that might put you more at risk include respiratory concerns (such as asthma), heart problems, kidney, liver or blood disorders, diabetes, metabolic disorders, immune suppression caused by medications or HIV, or other medical conditions that may require long-term aspirin therapy.

Here are some suggested prevention steps:
- Sanitize "high-touch" surfaces (doorknobs, elevator buttons, tables, counters)
- Use good hand hygiene and respiratory etiquette (sneezing on shirt sleeve, elbow; frequent hand washing)

If you are ill take the following steps:
- Phone your health care provider and continue appropriate care and follow up
- Communicate with your supervisor or department head for all days that you plan to be absent from work
- Make sure your contact information in MyHR is current
- Stay at home or isolate yourself as much as possible
- Manage pain and fever by taking ibuprofen or acetaminophen
- Do not return to work until 24 hours after you no longer have a fever (100°F or 38°C) or other flu symptoms without fever-reducing medications

Additional information is available at MU Health Care’s Web site http://muhealth.org/body.cfm?id=2020

Additional information on university compensation: Employees who are ill may use sick leave, vacation or personal days for all days absent from work. The 12-day limit on the use of family sick leave will be lifted to allow for absences to care for ill family members. Employees without paid time off may use leave without pay if they are ill or must care for a sick family member. More information, can be found at Flu.gov.

Betsy Rodriguez
Vice President for Human Resources

Betsy Rodriguez
VP for HR
Fit for Life

2009 Employee Wellness Fair will be November 10\textsuperscript{th} from 10:00 am – 2:00 pm in the MSC, 3\textsuperscript{rd} floor. Flu shots are free of charge to benefit eligible employees with Conventry Insurance. Please bring your insurance card. For others, the shots will be provided for $26. Health screenings will be available, including total cholesterol, HDL, LDL, Cholesterol ratio, Triglycerides, Glucose, height, weight and waist circumference. Exhibitors will also be attending. If you would like to assist with the fair, please email capizzij@umsystem.edu.

The inaugural American Cancer Society walk “Strides Against Breast Cancer” is Sunday, October 25\textsuperscript{th}, Tower Grove Park, registration 1 pm. Please join the UMSL team and support a great cause. To join the team: go to www.makingstrides.acsevents.org, click on Sign up, Join a team, search Triton Health, Wellness, & Counseling, click on our team and follow the prompts. Hope you can make it. No minimum donation. Every dollar helps!

Yoga! Thursdays, Normandie Hall, follow the signs, lots of parking, 12:00, 3:45 and 5:15. Classes are 45 minutes. $5 for drop ins and $3/class for a small package.

Average Age of UMSL Students

<table>
<thead>
<tr>
<th>Category</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>All students</td>
<td>27.3</td>
</tr>
<tr>
<td>1st time Freshmen</td>
<td>18.6</td>
</tr>
<tr>
<td>All undergrad</td>
<td>25.5</td>
</tr>
<tr>
<td>Grad students</td>
<td>32.9</td>
</tr>
<tr>
<td>Optometry students</td>
<td>25.1</td>
</tr>
</tbody>
</table>
Earning ePHIT Reward Points

As an employee of the University, if you are part of the Coventry Health Care system you have the ability to earn ePHIT reward points. Those points can then be used to receive free fitness equipment or gift cards to various retail stores. This is pretty cool. You can earn up to 1,000 points a week and rewards begin at as low as 5,000 points.

Every ten weeks I earn 10,000 points (mostly by logging in, going to the Clubhouse section, and reading several of the fitness articles and recipes each week). Each time I reach 10,000 points I cash them in for $25 gift cards! They have quite a few different gift cards to choose from as well as free health and fitness merchandise.

You can earn up to 1,000 points per week. So in 5 weeks you could have 5,000 points (which will get you a choice of $10 gift cards) or in 10 weeks you could have 10,000 points (which will get you a choice of $25 gift cards). And all of this is in addition to the personal benefits you gain from using the online wellness tools on the website.

Simply go to... http://universityofmissouri.coventryhealthcare.com/index.htm

Then click on the Login or Register Now link on the right-hand side of the screen. If you have not yet registered on their website, you will need to have your insurance card handy when you register.

Once you have registered and/or logged in, click on the “More” link in the “WellBeing Tools” area on the left-hand side of the screen (about halfway down the page). From there you can go to the areas where you can read articles, set up fitness plans, eating plans, find out your current points balance, etc.

Here is a little basic information copied from the website about the ePHIT points...

So, what are My ePHIT Reward Points?

My ePHIT Reward Points are a quick and easy way for you to earn free products and discounts of your choice. Plus, it’s our way of rewarding you for your hard work on improving your personal health. You can earn up to a maximum of 1000 Reward Points per week (Sun-Sat) simply by using My ePHIT to help you achieve your goals.

How can I earn Reward Points?
- Earn by logging on everyday.
- Earn by taking the health assessment.
- Earn by setting up a PHITness Plan.
- Earn by reporting on your daily PHITness plan.
- Earn more Points for closely following your plan.
- Plus you will constantly earn Points for just surfing the site.
- Get rewarded with Points for reading articles, asking coaches questions, just to name a few of the ways.

Linda Gatson
Finance

The average adult
needs at least 2
hours and 30
minutes a week of
physical activity at a
moderate level or
1 hour and 15
minutes at the
vigorous level.

Earn ePHIT Rewards while improving your health!
Homecoming Parade

The Homecoming parade was held on Thursday, October 1, 2009; the weather was rainy, but those that participated or watched had a good time regardless. Congratulations to the following trophy winners:

Campus Department entries:
1st place: Volunteer Services
2nd place: Rec Sports
3rd place: Grounds

Student entries:
1st place: Women’s Basketball
2nd place: Gallery Visio
3rd place: Catholic Newman Center

Also, a big thank you goes out to the Program Committee for their work on the Staff Association Float. Thanks to Debra Garcia, Lana Vierdag, Jon Lilienkamp, Tom Stork, Faith Lucas and Chris Scheetz for helping out!

UMSL Holiday Schedule

The campus will be closed from Monday, December 28, 2009 through Friday, January 1, 2010 inclusive. The university paid holidays are December 25 and January 1. Employees may use accrued vacation or personal days; or if no paid days are available, they may take unpaid time off.

Black Women Breast Cancer Survivor Project

On behalf of the Black Women Breast Cancer Survivor (BWBCS) Project, you are invited to participate in the Black Women & Breast Cancer: The “Knowledge is Power” Conference on November 7, 2009. The Conference will be held from 8 am to 2 pm in the Millennium Student Center. Please pass the word to anyone that you think may be interested in attending the conference. This conference is offered free to the community and because of this, registration is filling up quickly and seating is limited. Therefore please register early. To register, call (314) 516-5948 or visit https://apps.umsl.edu/webapps/CE/register_options.cfm?prog=9636&fy=2010
Faculty Resource Center’s Door is Open to Assist Staff, Faculty and Students

The Faculty Resource Center (FRC) would like to welcome faculty, staff and students to another exciting semester at the University of Missouri-St. Louis. We would also like to take this opportunity to remind the campus community that our door is open and we look forward to working with you and supporting your teaching with technology objectives.

If you’re new to UM-St. Louis we invite you to ask a colleague about their experiences with our center. Afterwards stop by room 105 Computer Center Building and meet Jennifer, Paul and Tom who will provide you with an overview of resources available and answer any questions you may have.

We realize the start of a new semester is a busy time and we’re here to help. Our resources reflect UM-St. Louis’ commitment to strengthening the support for teaching and learning with technology. Here’s an overview of FRC services available:

- Individual consulting related to technology use, including MyGateway, podcasts and streaming
- Departmental technology workshops upon request
- Use of Flashlight Online, an evaluation and survey tool
- Convert files into different formats for presentations, web sites etc.
- Help design, develop and update information for faculty or staff web sites
- Scan text documents into electronic format
- Assist with uploading files to faculty accounts
- Sign-out equipment such as: laptops, data projectors, digital cameras etc. (based on availability)
- Assist with troubleshooting hardware and software problems

Remember, we’re located in room 105 CCB, our number is 314-516-6704 and our door is open if you need us.

Jennifer Simms
Technical Trainer
jsimms@umsl.edu

Reprinted from iterations Fall 2009

Recycling Summary

For the 12-month period ending June 30, 2009, the University of Missouri – Saint Louis (UMSL) saw a 13.3% increase in recycling weight and has topped 250,000 pounds, the highest level in its history. UMSL recycled over 125 tons of materials, with the major recycling streams summarized in Table 1 below. The University operates a number cost-effective recyclable collection programs and has continued to expand and simplify them, increasing the quantity of recyclables collected year over year.

The full summary from Craig Robinson, Chair, Green Campus Advisory Group, is attached to this issue of the Link.
North Campus Walking Group

The North Campus Walking Group has been formed. If you are still interested in joining us when your schedule allows, contact Faith Lucas (flucas@umsl.edu or x5090) for more information or to be added to the email distribution list with walking times for the week. A schedule for the following week is emailed at the end of the week (either by me or Jaime). The group meets around the lunch hour and walks for 30 minutes. On nice days the groups meets at the Wayne Goode statue and on bad weather days, the group meets at the Cardinal memorabilia area on the first floor of MSC. We look forward to seeing you!

Faith Lucas

Annual Enrollment Announcement

The University of Missouri Faculty and Staff Benefits Annual Enrollment Change Period will begin Monday, October 26, 2009 and end Friday, November 6, 2009. Annual Enrollment Information is currently being distributed and will continue to arrive through October 20. Please review the materials carefully upon arrival. The deadline for benefit changes is Friday, November 6, 2009.

The Annual Enrollment Change Period materials enclosed in your packet will include:
• Combined 2009 Personal Benefits Statement and 2010 Benefit Enrollment Form and Flexible Spending Account Form
• Annual Enrollment CD containing your 2010 Benefit Plan Change Booklet, 2010 Summary of Benefits for Full-Time Faculty and Staff, and all 2010 Benefit Program Booklets.
• In addition to these new materials, the CD also contains frequently used forms and contact information for Benefit Plan administrators.

We are particularly pleased to announce that, for the 2010 Annual Enrollment period, you will be able to initiate enrollment changes online through UM’s MyHR at https://myhr.umsystem.edu. We encourage you to use this timely and efficient enrollment approach during the period of October 26, 2009 through November 6, 2009. You may use either Self Services or your combined 2009 Personal Benefits Statement/2010 Annual Enrollment Form to submit Annual Enrollment Changes. Regardless of how you submit your changes, you must submit them by Friday, November 6, 2009. Please do not make changes using both methods.

If no changes to your current benefit program enrollment are needed, no action is required on your part. Coverage will continue into 2010.

If you would like to participate in the Health Care and/or Dependent Care Flexible Spending Account, you must complete and return your 2010 Flexible Spending Accounts form or enroll through Self Service. You will not receive an enrollment form from ASI. Flexible Spending Account elections do not carry over from year to year, and require a new election each calendar year.
Staff Association’s
6th Annual Holiday Bazaar

Thursday, December 3, 2009
Century Room A

We need your help! We are looking for:

- Crafts, jewelry, ornaments, gift baskets, etc.
- Baked goods for the “goody” table
- 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, Gardening, Golf...
- Any size donation is welcomed

Please have donations ready by 11/25/09. Donations will be accepted at:

- Michelle Kilper, 101 Woods, x 5785
- Dave Maczynski, 144 SCCB, x 7636
- Theresa Keuss, 351 MSC, x 4602
- Lana Vierdag, 347 SSB, x 5523
- OR CALL AND WE WILL GLADLY PICK UP ITEMS FROM YOUR OFFICE!

The John Perry Scholarship is awarded to dependents of staff members each year. For more information go to: http://www.umsl.edu/services/sassoc/jppscholarship/scholarship.html

Thank you!
# Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Singers and Vocal Point</td>
<td>November 2</td>
<td>7:30 pm</td>
<td>Touhill PAC</td>
</tr>
<tr>
<td>Knowledge is Power BWBCS Project</td>
<td>November 7</td>
<td>8 am - 2 pm</td>
<td>MSC</td>
</tr>
<tr>
<td>UMSL Health Fair</td>
<td>November 10</td>
<td>10 am—2 pm</td>
<td>MSC</td>
</tr>
<tr>
<td>Percussion &amp; Afro Cuban Ensemble Concert</td>
<td>November 16</td>
<td>7:30 pm</td>
<td>Touhill PAC</td>
</tr>
<tr>
<td>Jazz Holiday Concert</td>
<td>November 30</td>
<td>7:30 pm</td>
<td>Touhill PAC</td>
</tr>
<tr>
<td>Staff Association’s Holiday Bazaar</td>
<td>December 3</td>
<td>10 am—2 pm</td>
<td>Century Room A</td>
</tr>
<tr>
<td>UMSL Holiday Concert</td>
<td>December 9</td>
<td>7:30 pm</td>
<td>Touhill PAC</td>
</tr>
<tr>
<td>UMSL Dr. King Holiday Observance</td>
<td>January 18</td>
<td>10 am-12 pm</td>
<td>Touhill PAC</td>
</tr>
</tbody>
</table>

# Bottom Line

If you have 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

Visit us on the web [http://www.umsl.edu/services/sassoc/](http://www.umsl.edu/services/sassoc/)
To: Campus Community  
From: Craig Robinson, Chair, Green Campus Advisory Group  
Cc: Cyndie Parks, Director, UM Records Management  
Re: Annual Recycling Report for FY2009  
Date: October 1, 2009

Recycling Summary

For the 12-month period ending June 30, 2009, the University of Missouri – Saint Louis recycled over 125 tons of materials, with the major recycling streams summarized in Table 1 below. The University operates a number cost-effective recyclable collection programs and has continued to expand and simplify them, increasing the quantity of recyclables collected year over year.

Table 1: Recycling Totals, by Material

<table>
<thead>
<tr>
<th>Material</th>
<th>FY2009 Quantity</th>
<th>FY2008 Quantity</th>
<th>% change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comingled</td>
<td>62,173 lb</td>
<td>3,160 lb</td>
<td>1867.5%</td>
</tr>
<tr>
<td>Cardboard</td>
<td>64,440 lb</td>
<td>73,821 lb</td>
<td>-12.7%</td>
</tr>
<tr>
<td>Paper</td>
<td>124,733 lb</td>
<td>144,106 lb</td>
<td>-13.4%</td>
</tr>
<tr>
<td>Total</td>
<td>251,346 lb</td>
<td>221,807 lb</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

Comingled

A variety of comingled programs have been experimented with this year, in an attempt to maximize volumes, capture as much revenue as possible, and minimize internal costs associated with handling and transporting them. The University has transitioned from a single collection point to numerous outdoor points to minimize handling and transportation by non-custodial personnel. We had also tried utilizing volunteers to segregate aluminum; however a lack of adequate indoor facilities and frequent thefts hindered the program. Furthermore, budget cuts completely eliminated our ability to collect and transport cardboard and beginning in April, cardboard was added to the commingled stream. For the 12-month period ending June 30, 2009, the University of Missouri – Saint Louis recycled 62,173 pounds of comingled plastics, aluminum, and cardboard compared to 3,160 pounds of plastics and aluminum only for the 12-month period ending June 30, 2008.
Cardboard

Although cardboard has been collected throughout the recycling program’s history, the University has only recently begun compiling and reporting annual cardboard recycling figures. For the 12-month period ending June 30, 2009, the University of Missouri – Saint Louis recycled 64,440 pounds of corrugated cardboard, compared to 73,821 pounds for the 12-month period ending June 30, 2008. Year-over year, this represents a 12.7% decrease, however during the final 3 months of fiscal year 2009 cardboard weights are reflected in the comingled recycling stream. Based on the first 9 months of data, the University collected approximately 85,920 pounds of cardboard, a 16.3% increase.

Paper Recycling

The University of Missouri – Saint Louis recycled 105,225 pounds of paper through the Office Paper Recycling Program and an additional 19,508 pounds through the Millennium Student Center Newspaper Recycling Program during the 12-month period ending June 30, 2009, compared to 116,350 pounds and 27,756 pounds in the 12 months ending June 30, 2008. This represents a 12.7% decrease in paper recycling compared to the same period last year. However, it is expected a significant amount of paper was captured in the commingled stream during the last 3 months of the period, as the Newspaper Recycling Program was replaced with the single-stream EcoRewards program.

Paper recycling is the oldest recycling program on campus, dating back to 1991. A ten-year history of recycled paper quantities is summarized in Figure 1.

Figure 1: Annual Paper Recycling, FY2000-Present