President’s Message

Happy Holidays, Colleagues!

President Forsee visited the campus on November 17th for a Town Hall meeting, the theme of his remarks revolved around “Advancing Missouri”. President Forsee spoke about some key items; Shared Services, Academic Program Review, Enterprise Investment Program, Tuition Increases, Fiscal Year 2012 Budgets, and Legislative Priorities. He also spoke about the large increase in enrollment across the system over the past several years. Following his remarks there was a Q & A session. It was great to see the large turnout for this event, by both staff and faculty.

The Holiday Bazaar is right around the corner! Please plan on stopping by Tuesday December 7th, from 10:00a-2:00p in MSC Century Room A. You’ll be able to shop for a variety of items, including unique gift baskets. The committee works had to put this event together, and they look forward to seeing you there. All proceeds go towards the John Perry/Staff Association Scholarship Fund.

Do you enjoy Trivia Nights? If so save the date of March 12, 2011 for the annual Trivia Night. This event has been a great success in the past. It is a great opportunity to join friends for a fun evening.

Following up on the recent UM System wide Benefits meetings, the three UMSL campus representatives who serve on President Forsee’s Retirement Benefit Advisory Committee will be available on December 8th at 3pm in 78 JCPenny to discuss some of the proposals currently being considered. Thanks to Amanda La Brier, Dr. Susan Feigenbaum, and Dr. Joe Martinich for representing UMSL on this important committee!

I wish all of you a happy and safe holiday season!

Chris Scheetz
**Volunteer of the Month- November**

"Sandrea always shows up early for her shift and is very productive during her time in the office. She is a very pleasant person to get to know and I have enjoyed having her as a volunteer.

Sandrea is such a hard-worker and gets along well with our staff and other volunteers. I feel comfortable leaving a project with her, as she understands what I need done and does it quickly."

**Riverstars Employee of the Month**

The Employee of the Month winner for the month of November is Barbara Brown for “Outstanding Customer Service.” Barbara is a Manager, Student Services in the College of Optometry.

Congratulations to Barbara!

**UMSL Flashback: Bugg Lake, 1975**

Do you have any old pictures of our campus that you would like to share?

If so, we would love to see them! Please contact Christopher Boyce, Link Editor at boycech@umsl.edu
Meet the Staff Council—Sandy Crawshaw

**What is your position on the Staff Council?**
June, 2009, I was elected to serve as Building Representative for the Millennium Student Center. This is my third year serving on the Holiday Bazaar and Trivia Night Committees.

**Why is the Staff Association important to you?**
I especially appreciate the extent to which the Staff Association goes to keep us informed about campus activities, aware of employment related issues, and up to date on other items of mutual interest and/or concern.

I think you’ll probably agree that managing ones “retirement nest egg” poses lots of challenges. The Staff Association does so much to help me stay informed and alerted to issues that could impact my future and that of my family.

The dictionary defines a guardian as “one that guards, protects, or defends.” As odd as it may sound, I think of the Staff Association as a “guardian” for UMSL staff.

“A single voice is easy to ignore, but difficult to dismiss when it speaks in unison with others.”

**What are your hobbies and interests?**
I’m pretty typical of women of “that certain age”......my children and grandchildren are #1 on my list of interests! I have two grown sons, and each has given me a beautiful grandchild. My oldest son and his wife live in New Jersey, and they are the proud parents of our newest grandson, Camren Chayse Ray. Camren will be about 5 months old when this issue of the Link is released. By the way......he’s the most beautiful child I’ve seen......well, at least since the birth of my granddaughter!

My youngest son and his wife, live in Southern Illinois, and are the proud parents of my beautiful 5 year old granddaughter, Ella Sandra Ray. Please note.....her middle name - “Sandra”. J

My husband’s three daughters have given us a total of 9 grandchildren......all of them live in the Jacksonville, Fla. area. So if you’re keeping track, that means we have 11 grandchildren and a very large Christmas shopping list.

Since nearly all of our children and grandchildren live more than 1,000 miles away, our home isn’t teeming with little bodies on any given weekend. We live a fairly quiet life... at least we did until we adopted Sadie last April. Sadie is our miniature pinscher puppy. If you’re familiar with that breed, you’re probably saying to yourself, “what were they thinking?” We ask ourselves that occasionally also. Seriously, she’s one of the sweetest dogs we’ve ever had, but she does have an abundance of energy.

As often happens when the kids leave home, I discovered I had a lot of time on my hands, so decided to start a hobby. The hobby quickly took on a life of its own! I never intended to do more than string a few beads, but before I knew what happened, I had a small business going, B’Dangles by Sandy. So far, I’m just doing an occasional craft fair, holiday bazaar, or festival. I have a website, although it is currently under construction. I hope to have it back online soon. My son in NJ is in charge of the reconstruction, and he encountered a slight distraction in July.....the birth of his first child.

I’m still amazed when I think about how I got into designing and handcrafting jewelry. It was totally unplanned and unexpected, but I absolutely love doing it......nearly as much as I love my real job at UMSL.

**What is your position at the University?**
Nonresident Alien Tax Specialist, Office of International Student & Scholar Services

I came to UMSL in January, 2001 to fill a newly created position of Coordinator of NRA Tax Compliance. Prior to coming to UMSL, I coordinated the NRA tax compliance program at SIU-Carbondale. It’s been nearly 10 years now since my husband and I left the small town life of Carbondale and moved to the city.

It was difficult to leave our family and friends behind 10 years ago, but we’ve made St. Louis our home and now can’t imagine being anywhere else.
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](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*
### December 2010

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**Hanukkah Begins**

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**Islamic New Year**

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**First day of Winter**

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**Kwanzaa Begins**

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**New year’s Eve**

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### Save the Date

**Staff Association Holiday Bazaar:**
Please join us on the 7th for the 7th Annual Staff Association Holiday Bazaar, from 10:00am 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.

**Trivia Night:**
Save the date for the 12th annual Staff Association Trivia Night to benefit the John Perry / Staff Association Scholarship Fund. Saturday, March 12, 2011 at 7:00pm at the St. Ann Parish Center in Normandy. Watch the January edition of The Link for more information.
December 2010 Holiday Events near St Louis

December 10, and 11, **Annual Christmas Candlelight Tour**
Historic Daniel Boone Home and Boonesfield Village, Defiance, MO; 636-798-2005; Admission Costs; Vendor Costs; See [Daniel Boone Home](http://www.dbnhm.org/)

December 10 - 12, 17 - 23, 26 - 30, **U.S. Bank Wild Lights**
St. Louis Zoo, Forest Park, 5:30 - 8:30 p.m., (closed on Dec. 24-25) 314-781-0900; Admission Costs; Vendor Costs

December 11 - 12, **Eighth Annual Kristkindl Markt**
Historic Hermannhof Festhalle and Hofgarten in Hermann, Missouri; 10 a.m. - 4:00 p.m.; 573-486-3276; Admission [FREE](http://www.kristkindlmarkt.org/); Vendor Costs

Through December 30, **Holiday Toys for Girls & Boys Exhibit**
The Eugene Field House & St. Louis Toy Museum; 314-421-4689; Admission Costs; Vendor Costs

Through December 26, **Christmas Traditions**
Historic South Main Street, St. Charles; 800-366-2427; Admission [FREE](http://www.southmainstcharles.com/); Vendor Costs

Through December 30, **Celebration of Lights**
Fort Zumwalt Park, O'Fallon, MO; 636-379-5614; Admission Costs; Vendor Costs

Through January 2, **Anheuser-Busch Holiday Lights Display**
Tour Center at Lynch and 12th Streets, St. Louis; 6:00 p.m. - Midnight, 314-577-2000; Admission Free; See [Anheuser Busch Brewery Tours](http://www.busch.com/)

Through January 2, **Way of Lights Walk**
National Shrine of Our Lady of the Snows, Belleville, IL, 618-397-6700; Admission Costs; Vendor Costs; See [Our Lady of the Snows](http://www.ourladyofthesnows.org/)

Through January 2, **Santa's Magical Kingdom**
Yogi Bear's Jellystone Park; Eureka, MO, 636-938-5925; Admission Costs; Vendor Costs

Through December 30, **Santa vs. the Snowman**
Saint Louis Science Center, Forest Park; 314-286-4634; 9 a.m. to 5 p.m.; Admission Costs; Vendor Costs

Through January 2, **Winter Wonderland Holiday Lights Display**
Tilles Park, St. Louis; 314-577-9400; 5:30 p.m. - 9:30 p.m.; Admission Costs; Vendor Costs

Through December 26, **2010 Christmas Traditions Festival**
Historic South Main Street, St. Charles; 800-366-2427; Admission Free; Vendor Costs

Through December 27, **Winter Wonderland of Light**
Horner Park, Lebanon, IL; 618-537-8420; Admission Free; Vendor Costs

Through December 30, **Celebration of Lights**
Fort Zumwalt Park, O'Fallon, MO; 636-379-5502; Admission Free; Vendor Costs

December 29, **Kwanzaa: Festival of the First Fruits**
Missouri Botanical Garden; 314-577-9400; 9 a.m. to 5 p.m.; Admission Costs; Vendor Costs

December 31, **First Night St. Louis 2010**
Grand Center, St. Louis, MO; 314-289-1517; Admission Costs; Vendor Costs

*Information gathered from:* [http://www.slfp.com/SLFP-SpecialEvents.htm](http://www.slfp.com/SLFP-SpecialEvents.htm)
Off-campus faculty and staff can enroll in...

Ride to Wellness
Sign up for the odometer program through Healthy for Life by sending a $20 check to 205 Heinkel Building, Columbia, MO 65211. Faculty, staff and family members are eligible to join and will receive a logbook and odometer. If you already have an odometer, sign up for FREE! Once you reach 500 miles, you’ll get your money back, a certificate and T-shirt. Receive prizes for every 500 miles.

Weight Watchers
Healthy for Life offers a 25% rebate to faculty, staff and their family members who enroll in at least 12 weeks of a Weight Watchers class — online, at work or in the community. Miss no more than once logging your weight or attending a meeting and receive 25% of your enrollment fee back. When you join online, please inform Melissa Willett so you will be eligible for the rebate. She can be reached at WillettMD@umsystem.edu or (573) 884-1397. When you complete your session, mail a copy of your logbook to Melissa at 205 Heinkel Building, Columbia, MO 65211.

Million Step Pedometer Program
Sign up for the pedometer program through Healthy for Life by sending a $15 check to 205 Heinkel Building, Columbia, MO 65211. Faculty, staff and family members are eligible to join and will receive a log book and odometer. If you already have a pedometer, sign up for FREE! Once you reach 1 million steps, you’ll get your money back, a certificate and a free T-shirt. Receive prizes for every million steps.

Eat for Life online
Healthy for Life’s regular 10-week program on creating a healthy relationship with your food, body and mind is now a course you can take online at your convenience. Video and audio components teach the foundational mindfulness practices (meditation and yoga) and the BASICS of Mindful Eating. If you have a history of chronic dieting, have rigid 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.
Holiday Sweets

Merry Chesscakes

Crumb Mixture
1/3 cup Butter, softened
1/2 cup packed brown sugar
1 cup all-purpose flour
1/2 cup chopped nuts

Filling
8 oz cream cheese, softened
1/4 cup sugar
1 egg
2 TBLS lemon juice
2 TBLS Milk
1/2 tsp vanilla

Preheat oven to 350 degrees. In 3-qt bowl combine flour, butter, brown sugar. Blend with mixer at low speed for 2-3 minutes until particles are fine. Stir in nuts. Reserve 1 cup of mixture for topping; pat remainder in ungreased 8” square pan. Bake near center of 350 degree oven for 8-10 minutes or until lightly browned. Prepare filling (see below) and spread over partially baked crust. Sprinkle with reserved crumb mixture. Return to oven for 23-30 minutes or until golden brown. Cool; cut into bars. Store in refrigerator.


Recipe from Judy Michael.
Taken from the 2007-2008 Staff Association Cookbook,
“Our Favorite Recipes”

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.umsl.edu), on the UMSL Information Line (314-516-4636), and all voice mailboxes.

Please refer to the Chancellor’s Memo on November 30th for more detailed information.

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 Link. There are a few requests that we are already working on, but please let us know other ways in which we can improve

Don’t forget to visit us at http://www.umsl.edu/staff
Exclusive Offering!

HP's Employee and Student Purchase Program

Check out the University of Missouri's Campus HP Store for special offers on notebooks, desktops and accessories that are only available to students, faculty and staff.

WWW.CAMPUSHP.COM/UMSYSTEMS