UMSL Staff,

This will be my last message to you as Staff Association President. Organizational service is always a privilege. I am thankful to have had the opportunity to serve my fellow staff members and lead our Staff Association Council.

I would like to thank the council members who dedicated their time and energy to serving the Staff Association. Staff Association Council members worked diligently this past year to increase UMSL staff participation at Staff Association events for John Perry Scholarship fundraising.

My successor Robert Peterson and Vice President Meg Naes will lead the Staff Association in fiscal year 2013. I am certain that Rob, Meg, and the Staff Association Council will continue the good work exhibited in 2012.

Finally, don’t forget to mark your calendar to attend the regular Staff Association Council meetings each month to remain informed about important staff topics, and talk with Staff Association Committee Chairs who need volunteers for upcoming events.

Sincerely,
Riverstars Employees of the Month

May 2012 Winner
Innovation and Creativity

Michael Howe
Senior Research Engineering Technician
College of Optometry

Congratulations to Michael!

June 2012 Winner
Superb Communicator

Candace Agnew
Executive Staff III
Chancellor’s Office

Congratulations to Candace!

July 2012 Winner
VIP (Versatile, Innovative, Productive)

Julia Gleason
Administrative Associate
Touhil Performing Arts Center

Congratulations to Julia!
The Link

Volunteers of the Month

May: Ashley Siverling

"I would like to nominate Ashley Siverling, a student in the Vocational Skills Program, who volunteers on the UMSL campus. Ashley has volunteered this year at the UMSL Bookstore, the MSC and with Sodexo. Ashley is a very dedicated worker who is always looking for ways she can take initiative, as she is so quick and efficient her tasks are always finished, and she wants to find ways she can do more. Ashley is the ultimate team player, an excellent communicator and everyday comes to volunteer with a smile on her face and a positive attitude. All of Ashley's supervisors have given her superior evaluations and have found her an invaluable member of their team."

- Diane Thames -
Teacher, Transition Services

June: Meredith Albus

"Meredith began working as the Volunteer Jubilee Programming Assistant in mid-April to help the Jubilee Programming Committee as it developed and implemented a process for accepting Jubilee project proposals and financial award requests. With an energetic and enthusiastic personality, Meredith jumped right in to the project and helped to develop a useful structure to assist the committee in reviewing and making program decisions. A good listener and learner, she quickly understood the needs of the project and has made sure that the committee has complete and concise information and tools to simplify their work. We feel very fortunate that Meredith has been working with us on the Jubilee Programming Committee, and appreciate her good thinking, flexibility and positive demeanor. The committee is indebted to Meredith for the time she has committed to the Jubilee project."

Patricia Zahn -
Chair, Jubilee Programming Committee

July: Mary Ann Coulter

"Mary Ann has been volunteering for UMSL for many years, and over that time has been a valuable resource to the Library. She does anything that is needed in the library, including shelving books, reference research, data entry and assisting with the processing of archival collections. She has the best interests of the Library at heart, and has been an invaluable asset to our outreach efforts in the river community for the Mercantile Library as well. Mary Ann is prompt and kind and an enjoyable personality to be around. I hope she is able to serve the library for many more years!"

Sean Visintainer - Librarian, Mercantile Library
New Signage at UMSL

Recently, the University of Missouri-St. Louis has undergone a minor face lift that has brought a change to the look of the campus in a major way. No, there is not a new building; no, we did not plant new rose beds! UMSL now features new campus signs on both North and South campus. Many of you may not know the time, dedication, and work that went into this small, yet important improvement to the University. Carolyn Kuo knows a lot about the hard work and dedication it took to make sure that the new signage went up on campus. Kuo is the Managing Interior Designer here at UMSL where she has been designing campus elements for 18 years. For these 18 years she has wanted to improve the signage here on both North and South Campus. “The process of designing the signs, started four years ago when the dean’s on south campus lobbied together to work on the sign,” says Kuo.

Originally South Campus only featured a total of 43 signs, 54 campus signs on North Campus, and no pedestrian signs. Now UMSL features a total of 210 signs combined between North and South Campus. “UMSL is a growing University, when families and prospective students arrive on campus they have to know where they are going, and how to get there,” says Kuo. The implementation of the signs was a very technical process. The designing of the signs took place in house, with Kuo along with the deans. The optometry department helped out a lot, with the contrast between the letters and background that helps the words and sign stand out, and special tape that illuminates in the night for better vision.

As a growing campus the University is finding ways whether small or large that will heighten the appeal of UMSL. The job is not over yet, Kuo says, “we are now designing special street signs and stop signs”. All of this to complete the cohesiveness of the University and bring everything together. UMSL students can be on the lookout for new, innovative, and eye catching signs to embrace the campus in the future.

- Curtis Bradley, Senior Media Studies Major
The National Weather Service said the average daily temperature here in the month just ended was 88.1 degrees, making it the hottest month since official record keeping began in 1874. A total of 24 people have died as a result of this heat wave. With temperatures normally reaching near 100 degrees or more, certain precautions are recommended. Here is a list from RedCross.org’s website:

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect way some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.

Eat small meals and eat more often. Avoid high-protein foods, which increase metabolic heat. Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.

Stay indoors when possible. If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

Be a good neighbor. During heat waves, check in on elderly residents in your neighborhood and those who do not have air.

For more information and tips, go to www.redcross.org and type in “heat” in the search bar.

Staff Recipe: Angel Hair Shrimp Scampi

9 oz fresh Angel Hair
4 T Butter
2 T minced shallots
Crushed Red Pepper, S & P
8 oz raw cleaned shrimp or lobster
1 Roma tomato, Diced
2 Table spoons Fresh Basil, Chiffinode

Boil 3 quarts of salted water. Melt butter in a sauce pan over low heat. Add Shallots and cook until translucent. Gently poach shrimp or lobster
Add Pasta the the water Cook for 2 minutes. Drain pasta and add to the shrimp and butter.
Add Tomato and Basil Serve hot

Rachel Kryah, MSW, MPH, Senior Research Specialist
Missouri Institute of Mental Health
Save the Date

<table>
<thead>
<tr>
<th>Staff Council</th>
<th>August 15th 1:30</th>
<th>JCP</th>
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<tbody>
<tr>
<td>Classes Begin</td>
<td>August 20th</td>
<td>Campus wide</td>
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</table>

Staff Recipe—Spicy Watermelon Salad

**Ingredients Needed:**
- 1 Seedless watermelon
- 2 Cantaloupes
- ½ Jicama root
- ½ Bunch cilantro
- Crushed red pepper flakes
- salt

Remove rind from watermelon and cantaloupes. Cut watermelon and cantaloupes into equally sized parts. Deseed cantaloupes. Peel skin from jicama and dice into thin slices. Chop cilantro. Add crushed red pepper flakes and salt to taste. Toss in a bowl and refrigerate overnight. **Note:** For maximum flavor, prepare this dish one day before being served!

Contributed by Capuchina Taylor

Bridge Program Receives National Award

After years of presenting hundreds of awards to students and their organizations, Curt Coonrod got to accept one for his team. The University of Missouri–St. Louis Bridge Program was recognized by the College Board for its commitment and efforts to positively impact the African American community. Coonrod, UMSL’s vice provost for student affairs, accepted the Dr. Asa G. Hilliard Model of Excellence award on April 27 at the College Board’s 2012 A Dream Deferred: The Future of African American Education conference in Los Angeles.

“I am extremely proud of the tremendous work the Bridge Program has done for more than 26 years preparing young students for postsecondary educational opportunities,” Coonrod said. “Receiving the Dr. Asa G. Hilliard award is an incredible honor and recognizes the significant impact the Bridge Program has had and continues to have on the lives of young people in the St. Louis metropolitan region.”

Millions of students each year use College Board programs and services to transition into college. They include the widely used SAT and PSAT tests and the Advanced Placement Program.

See the rest of the story at [http://blogs.umsl.edu/news/?p=24965](http://blogs.umsl.edu/news/?p=24965)
Back To School

It’s that time of year again! Whether you’re a parent or educator, use these resources and tips to prepare for the new school year.

Check-Ups and Immunizations
It’s a good idea to take your child in for a physical and eye exam before school starts. If your child will be participating in a sports activity, your family doctor may have to sign a release form to permit your child to participate. Most schools require your child’s immunization shots are up-to-date. Remember that each state has different immunization requirements. Let your healthcare provider know if you have any questions or concerns about the vaccines your child is scheduled to receive.

School entry may require documentation of immunization records, so be sure to contact your school ahead of time to find out what might be required, and be sure to bring any school forms for your healthcare provider to fill out and sign. Failure to keep immunizations up-to-date could result in your child not being able to attend school. It’s also helpful to keep a copy of the records for yourself and your child’s school.

Financial Assistance for Families
There are several programs and resources available to ease the financial burden of going back to school, including low cost lunches and affordable health insurance. Find out if your family qualifies for the National School Lunch Program or subsidized health care.

Homework Help
Homework can provide many benefits for children. It can improve memory and comprehension, develop study skills, and teach children how to manage time. You can help by making sure your kids have a quiet, well-lit place to do homework and provide assistance, but not complete answers. Learn how to help your kids with homework and succeed in school.

Shopping for School Supplies
During the month of August, some states offer a "sales tax holiday," which means that certain products won't be taxed during a set period of time. This is a great opportunity to save money on back-to-school items including clothes, shoes, and supplies. Check to see if your state participates in sales tax holidays.

Plan Healthful Lunches
As you prepare to send your children back to school, remember that nutrition is an important factor in academic performance. Studies have shown that children who eat healthful, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet. Get tips on packing a healthful lunch.

Taken from: http://www.usa.gov/Topics/Back-to-School.shtml
Healthy For Life

Eat for Life 10 Week Class – Control your weight without dieting! – Enroll Now for Online Course!

Discover the benefits of this innovative approach to weight management. 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, this may be the program for you. The program uses mind-body practices (meditations and yoga), the principles of mindful and intuitive eating, skills training, and group support to guide you in making lifestyle changes that will help you create a healthier relationship to your food, mind, and body. **Online** classes are taken at your own time during the week in order to fit around family and work. Class starts week of June 1. Cost: $50 ($25 refunded with full participation). To enroll contact ThompsonRac@ umsystem.edu.

UMSL groundskeeper Kevin Usery attaches a new [Jubilee](#) banner to a light pole on campus in anticipation of next year’s celebration of the university’s founding in 1963. Plans are in the works for a year’s worth of events that will kick off in January. The picture, by campus photographer August Jennewein, is the latest to be featured at [Eye on UMSL](#).

Read more about the UMSL Jubilee at [UMSL Daily](#).

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:

- [https://www.facebook.com/UMSL.edu](https://www.facebook.com/UMSL.edu)
- [http://twitter.com/#!/umsl](http://twitter.com/#!/umsl)
- [http://www.youtube.com/user/umsl](http://www.youtube.com/user/umsl)
- [http://explore.umsl.edu/](http://explore.umsl.edu/)
- [http://thecurrent-online.com/](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@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. Don’t forget to visit us online at: [http://www.umsl.edu/staff](http://www.umsl.edu/staff)
Dessert Auction
Sweepstakes
50/50 Raffle
Prizes for 3 team members
Cash Prizes for First place team members

Make a party of it: Bring your own food and drink
(acoholic permitted Z+)

Judge:

Date: Sunday, October 20, 2012
Time: 7:00 pm until 10:30 pm
Place: St. Ann Parish Center
Enter: Teams consist of 4 players, limited to the first 30 teams

The John Perry Scholarship Fund
Get a group of friends, family, and coworkers together for a fun night benefitting a great cause

For more information, please contact:
Faith Lucas
Harry Harris

Checks payable to UMSL
Make checks payable to St Louis University of Missouri-St Louis
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2. (captain):

1. (captain):

Team Members:

Team Captain Phone:

TRIVIA NIGHT 2012
UMSL Staff Association’s
Come Join The

spooky Trivia Night
UMSL ALUMNI HOSTED TRIP
IN CELEBRATION OF WINE CRUISE

Hosted by BARRY WISS, CWE, V.P. Trade Relations at Trinchero Family Estates & KIM WISS, Estate Chef, Antica Napa Valley - Antinori Wine Estates & GARY MURPHY, AMAWATERWAYS V.P. National Accounts

THE ENCHANTING RHINE FROM $3,170 PER PERSON CRUISE ONLY
Plus $150 tax deductible donation to UMSL Alumni Association

<table>
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<tr>
<th>DAY</th>
<th>DESTINATION</th>
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<td>Nov 10</td>
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<td>Overnight flight to Switzerland</td>
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<td>Nov 11</td>
<td>Zurich</td>
<td>Hotel check-in</td>
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<td>Nov 16</td>
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<td>City tour; EMBARKATION’ Welcome Dinner</td>
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<td>Breisach</td>
<td>Onboard wine lecture</td>
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<td>Colmar &amp; Riquewhir “Alsace” excursion</td>
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<td>OR “Black Forest” Breisach &amp; Freiburg excursion</td>
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<td>Onboard Alsation wine tasting</td>
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<tr>
<td>Nov 17</td>
<td>Strasbourg</td>
<td>Canal cruise &amp; City tour OR guided bike tour</td>
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<td>Nov 18</td>
<td>Speyer</td>
<td>Onboard wine lecture; Heidelberg excursion</td>
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<td>Nov 19</td>
<td>Rüdesheim</td>
<td>German-themed dinner with wine pairing</td>
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<td>Koblenz</td>
<td>Siegfried's Music Museum</td>
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<td>&quot;Berg Rottland&quot; wine tasting</td>
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<td>Rhine Gorge scenic cruise</td>
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<td>Nov 20</td>
<td>Cologne</td>
<td>Walking tour; Captain's Dinner</td>
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<td>Onboard wine lecture</td>
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<td>City tour &amp; Cathedral visit OR guided bike tour</td>
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<td>Dinner &amp; Kolsch beer tasting at Brewery</td>
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<tr>
<td>Nov 21</td>
<td>Amsterdam</td>
<td>City tour &amp; Canal cruise</td>
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<tr>
<td>Nov 22</td>
<td>Amsterdam</td>
<td>DESEMBARKATION</td>
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YOUR EXCLUSIVE WINE CRUISE FEATURES

Barry & Kim Wiss will share their knowledge & love of wine
Winery visits & wine-oriented shore excursions
Fine dining plus wine tastings, lectures & wine pairings
Complimentary wine, beer & soft drinks with dinner
Luxurious accommodations aboard state-of-the-art vessels
Spacious staterooms with French balconies
Complimentary in-room Hollywood movies, Internet & Wi-Fi
Onboard entertainment provided every evening
Enriching shore excursions daily with personal headsets
Spa, sauna & fitness center
Bicycles to explore on your own & guided bicycle tours
Services of a professional Cruise Manager

7-night Basel-Amsterdam cruise on board the AMACELLO: Cruise Embarkation November 15, 2012
Additional 2 nights in Zurich & 2 nights in Lucerne for $1,040 per person

All rates are in U.S. dollars and are based on double occupancy in a Cat. B; upgrades additional. Pricing includes port charges of $147 per person. $500 deposit due at time of booking. Final payment due Aug. 10, 2012. Itineraries, and all elements, are subject to change; visit www.AmaWaterways.com for updates. Land program and roundtrip airfare are additional.

GWINS TRAVEL | Karen (Cissell) Avery
212 N. Kirkwood Rd., Kirkwood, MO 63122
Ph: 314.822.1957 | kavery@gwins.com
Nov. 10, DEPART USA/CANADA.
Board your overnight flight to Zurich, Switzerland.

Nov. 11, ARRIVE IN ZURICH, SWITZERLAND.
Arrive in Zurich and transfer to your hotel. The balance of the day is free to start exploring this beautiful city. (B)

Nov. 12, ZURICH.
Your morning walking tour of picturesque Zurich will include Grossmünster, St. Peter, with the largest church clock face in the world, Old Town, Town Hall and Fraumünster, which was fully renovated in 2004 and now offers an exceptional 360° panoramic view of Zurich. The afternoon and evening are free for you to explore the town on your own. Perhaps, return to the Old Town, which offers engaging cafés, restaurants and a wealth of nightlife, or shop along Bahnhofstrasse and Niederdorf. (B)

Nov. 13, ZURICH – LUCERNE.
Enjoy a free morning in Zurich, followed by a scenic drive to Vitznau, on Lake Lucerne at the base of Mount Rigi. The scenery surrounding the lake provides spectacular views, which you can admire during a late cruise that will take you to Lucerne. You will dock within walking distance of your hotel. The remainder of the day is yours to enjoy as you wish. (B)

Nov. 14, LUCERNE.
After breakfast, a walking tour will take you to some of Lucerne’s famous cobblestone streets, monuments, fountain-embellished public squares, covered bridges and colorful frescoed buildings. The afternoon offers free time to stop for watches, knives and world-famous chocolates. Or, you can join the optional tour and cable car ride to the top of a local Swiss Mountain. (B)

Nov. 15, LUCERNE – BASEL – EMBARKATION.
This morning, depart from Lucerne, visiting the Lion Monument en route to Basel. Arrive in Basel for a city tour before embarking your luxurious river cruise ship. Tonight, gather on board for a “Welcome Aboard” Wine Toast as you commence your wine-themed itinerary through some of Europe’s most enchanting and historic wine regions. (B,D)

Nov. 16, BREISACH, GERMANY – COLMAR, FRANCE.
This morning, enjoy scenic cruising and an onboard wine lecture on the way to Breisach, Germany. From Breisach, choose either a Black Forest tour through a scenic forested area where you will encounter a number of lakes as well as charming examples of rural architecture, or, you can choose to travel to medieval Colmar, situated along the Alsatian Wine Route and the self-proclaimed “Capital of Alsatian Wine.” This evening, enjoy Alsatian wines at an onboard wine tasting before dinner. (B,L,D)

Nov. 17, STRASBOURG, FRANCE.
The principal city of the Alsace region in northeastern France, Strasbourg, is situated on the Ill River, where it flows into the Rhine on the border with Germany. This morning, take a tour through this charming town lined with narrow cobblestone streets. Then, a canal cruise will take you through this picturesque town, known for its black and white timber-framed buildings, covered bridges and medieval watchtowers. In the alternative to your canal cruise and city tour, you may choose a guided bicycle tour (capacity controlled) which will take you past the Orangerie, the town’s oldest park, the European Parliament, and Place de la Republique. In the afternoon, you will visit the charming wine town of Obernai. After a brief guided tour of Obernai, you will take a short drive to one of Alsace’s most beautiful wine estates. There, in the typical Alsatian setting of Caveau Klipfel, you will tour a unique wine-making exhibit featuring antique wine presses, Vosges wooden wine casks and old viticulture stock. Your visit will also include a wine tasting in a wood-paneled tasting room. (B,L,D)

Nov. 18, SPEYER – HEIDELBERG, GERMANY.
Depart this morning for Speyer, enjoying an onboard wine lecture en route. From Speyer, you will take an excursion to Heidelberg, where you will visit the red-walled Castle, with its Great Vat, a 49,000-gallon 18th-century wine cask, overlooking beautiful views of the Neckar Valley and Heidelberg below. This evening, a German-themed dinner will be served on board, accompanied by paired German wines. (B,L,D)

Nov. 19, RÜDESHEIM – RHINE CASTLES – KOBLENZ.
This morning, arrive in Rüdesheim and visit Siegfried’s Mechanical Musical Instrument Museum. You will also visit the Berg Rottland winery for a tour and wine tasting. Depart at lunchtime for Koblenz. You will cruise through the Rhine Gorge, the most beautiful stretch of the river, famous for its castles and the legendary Lorelei Rock. Arrive in Koblenz, a wine town at the confluence of the Rhine and Mosel rivers, where you will take a walking tour. This evening, enjoy a delectable meal with paired wines at the Captains Gala Dinner. The ship moors in Koblenz overnight. (B,L,D)

Nov. 20, KOBLENZ – COLOGNE.
This morning, enjoy an onboard wine lecture as the ship cruises to Cologne, famous for its legendary 13th-century Gothic cathedral. Upon arrival, you will take a walking tour through the old part of the city, visit the cathedral and also enjoy a tasting of Kölsch, the specialty beer with the straw-yellow hue brewed in Cologne. In the alternative, take a guided bike tour of Cologne (capacity controlled). This evening, enjoy regional specialties at the Früh Brewery, where you will have dinner. (B,L,D)

Nov. 21, AMSTERDAM, HOLLAND.
Arrive in Amsterdam at mid-day. Admire beautiful 17th-century homes, charming churches and 16th-century merchant houses on a guided canal boat tour. Then take a motor coach tour of Amsterdam, including a photo stop at the Rembrandt Windmill, followed by free time in Amsterdam. This evening, bid farewell to your fellow passengers at the Farewell Dinner. (B,L,D)

Nov. 22, AMSTERDAM – DEEMBARKATION.
Bid Farewell to Amsterdam and transfer to the airport for your homeward flight. (B)
AUTUMN COLORS

Immerse yourself in the auburn hues of the Eastern US on this fascinating autumn itinerary that visits Massachusetts, Maine, New Hampshire and Vermont. See the quaint villages of New England, explore Acadia National Park, journey through the rolling countryside of the Berkshires and discover Revolutionary War history in Lexington and Concord.

When you travel with Trafalgar, you’ll enjoy the ultimate in effortless, guided vacations. Our friendly, professional Travel Directors give you the insider’s view, immersing you in the cultures and landscapes of each destination and allowing you to experience exclusive authentic moments that you simply could not have arranged if traveling on your own.

- This Tour of America’s Beautiful New England is $1875 per person
- Plus $100 tax deductible donation to “UMSL Alumni Association”
- Air Estimate $400 pp

Contact: Colleen
GWINS TRAVEL
212 N. Kirkwood Road
Kirkwood, MO 63122
314-822-1957
Itinerary

**Day 1 ARRIVE BOSTON**
Welcome to Boston! A complimentary transfer is provided to the hotel where your Travel Director will be on hand to greet you and answer any questions you may have about the exciting days ahead. At 6 p.m., gather at the hotel with your Travel Director and fellow travelers for a Welcome Reception.

**Meals: Welcome Reception**

**Day 2 BOSTON – MAINE COAST – BAR HARBOR**
Begin your journey through the vibrant New England coast. This afternoon, bid farewell to Boston and head north to Acadia National Park. Once you arrive at the hotel, join your companions for a traditional Maine Lobster Supper.

**Meals: Breakfast and Lobster Dinner**

**Day 3 ACADIA NATIONAL PARK EXCURSION – BAR HARBOR FREE TIME**
At 1,523 feet, Cadillac Mountain in Acadia National Park is the highest point in the United States where you can see the sunrise. You won’t be getting up that early, but you still have plenty of time to admire the view from the top of the peak and then descend to discover the natural riches of New England’s only national park. Marvel at granite cliffs overlooking dramatic, wind-swept beaches, graceful stony bridges arcing over rushing streams and stands of ancient maples, their leaves glowing fiery red, burnt orange and mustard yellow in the crisp, autumn air. Enjoy an afternoon at leisure back in Bar Harbor. Sip a coffee by the sea, stroll the quaint Main Street or take an optional nature cruise on Frenchman Bay.

**Meals: Breakfast**

**Day 4 BAR HARBOR – PINKHAM NOTCH – NORTH CONWAY**
Bid farewell to the coast and travel over rolling hills ablaze with color on your way to the wooded valley of Pinkham Notch. Formed during the last ice age as glaciers scoured the earth. Take a ride on a gondola up to the top of Wildcat Mountain for stunning views of Mount Washington and the White Mountains. Later this afternoon, arrive in the pretty town of North Conway on the edge of the White Mountain National Forest. After dinner, get acquainted with the local flora and fauna during an engaging talk by a local expert.

**Meals: Full Breakfast and Dinner**

**Day 5 NORTH CONWAY – LUDLOW**
Traverse the White Mountains today. As you make your way through forests of sugar maples, mountain ash and white birch, keep your eyes open for native black bear, moose, deer and the dozens of species of birds that call this area home. Crossing into Vermont, spot the traditional wooden covered bridges, thick forests and rolling fields of the Green Mountain State. Stop at a historic woolen mill that now houses the Simon Pearce glassblowing workshop. Enjoy a Be My Guest Dinner featuring local ingredients and delicately arranged on Simon Pearce’s beautiful stem and flatware. Later, delve into the art and science of glassblowing before continuing to the picturesque village of Ludlow and your mountain retreat.

**Meals: Full Breakfast and Be My Guest Lunch**

**Day 6 WOODSTOCK EXCURSION**
Enjoy a day on the back roads of Vermont. Get a glimpse of agricultural life at the Billings Farm & Museum, a lovely estate that’s home to one of Vermont’s finest dairy producers. Woodstock has been called “the prettiest small town in America”—a leisurely stroll around the beautiful village green, see an old-fashioned covered bridge or check out some of the local art galleries. Continue your journey through rural Vermont with a visit to Plymouth and the childhood home of Calvin Coolidge, the 30th president of the United States. Enjoy the rest of your afternoon at leisure in Ludlow.

**Meals: Full Breakfast**

**Day 7 LUDLOW – SPRINGFIELD**
From the Green Mountains, cross back into Massachusetts and the gorgeous Berkshires, slight in autumn with the fall colors that have made New England famous. Stop in Stockbridge to visit the Norman Rockwell Museum and learn about this beloved artist and his iconic paintings of small-town America.

Continue on to Springfield, nestled on the banks of the Connecticut River. This evening, join your Travel Director and newfound friends for a festive Farewell Dinner.

**Meals: Full Breakfast and Farewell Dinner**

**Day 8 SPRINGFIELD – LEXINGTON – CONCORD – DEPART BOSTON**
Travel east to see the birthplace of the American Revolution and the “shot heard round the world” as made famous in Ralph Waldo Emerson’s “Concord Hymn.” The battles of Lexington and Concord were the first skirmishes in the American war for independence and these small towns are still rich in history. See the famous statue of the Minuteman, adjacent to Concord’s historic North Bridge. Stop at Lexington Green, which saw the first acts of blood spilled in what George Washington laconically called “the dispute with the British.” Then it’s back to Boston where you are transferred to Boston Logan International Airport or to the hotel if you’d like to extend your stay.

**Meals: Full Breakfast**

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**Your vacation includes:**
- First Class hotel accommodations with all hotel service charges and tips, baggage handling fees and local taxes
- 7 Breakfasts, 1 Lunch and 3 Dinners including a Farewell Dinner with wine in Springfield
- Travelling by luxury air-conditioned coach with reclining seats and washroom on board
- Airport transfers are provided on Day 1 and Day 8
- The services of one of Trafalgar’s top professional Travel Directors
- A wallet containing vacation documents and helpful information

**Terms & Conditions:** Price is per person based on double occupancy. Subject to availability, additional restrictions and conditions apply. Itinerary and inclusions are subject to change. For more information and booking conditions see your Travel Agent or Trafalgar’s current brochure. Trafalgar reserves the right to cancel this departure if minimum participation is not achieved. Trafalgar is not responsible for typographical errors. CST# 26-771-52-20