**Anniversary**

Cheryl and Rich Kaufmann celebrated their anniversary on May 23, 2011. They have been married for 30 years. Congratulations!

**Births**

Susan Bloomfield, our development director for Parks College and a Parks alumna, became a grandmother on July 27, 2011!! Susan’s daughter and son-in-law, Lauren and Sean Clancy, had a handsome baby boy, Liam Harper Clancy.

Alexis Bruce-Staudt, Manager at Heartland Centers with the School of Public Health, gave birth to a beautiful baby girl, Lorali Lorraine Staudt, on March 29, 2011. Lorali weighed in at 9lbs 1oz and was 21 inches long.

Ethel Frese, PT, DPT, CCS, Associate Professor for the Program in Physical Therapy and husband Robert Frese are the proud grandparents of Payton Vincent Schnaper, born on June 22, 2011 to daughter Maureen Schnaper and husband Michael Schnaper.

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**Allies for Inclusion: The Ability Exhibit™**

Please join us on Monday, September 12, 2011 in room 253 of the Busch Student Center to experience an interactive multimedia exhibit to promote the inclusion of people with disabilities. The exhibit will be open from 11 a.m. to 4 p.m.

This exciting event will be hosted by the Office of Diversity and Affirmative Action, Student Development, the President’s Diversity Council and Human Resources. For more details, please contact:

Jennifer Scheesele (314) 977-3838 jscheess@slu.edu
Shelley Sawalich (314) 977-2801 ssawalic@slu.edu
Katherine Krajcovic (314) 977-7223 kkrajcov@slu.edu

Want to learn more about inclusion and the Ability Exhibit? Visit the Allies for Inclusion website to see what’s happening at Saint Louis University and where the exhibit will be headed next.

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**Spanish Summer Salad Recipe**

**Ingredients:**

* 1 can garbanzos--drained and rinsed
* 1 fresh tomato (or a small jar of pimentos, preferably roasted)--chopped
* 2 T capers (or chopped olives)
* 1 clove garlic--minced
* juice of 1 lemon
* 1/4 cup olive oil
* Salt and pepper to taste

*Mix all ingredients and chill to let flavors mingle.*

**Optional internationalizing and nutritionalizing ingredients:**

* Feta cheese
* 1/2 cup couscous
* 1/4 cup water (In this case, you must let salad marinate until couscous softens to a good texture.)

*Enjoy!*
SLU’s Summer Softball League - It’s a Hit!

The Summer Softball League is over but not forgotten. The ITS/HR Ballhogs, the only team in the league to go undefeated, finished the season with a 7-0 record. ITS/HR played Vogel Heating and Cooling in the semifinals to advance to the finals. The Ballhogs were defeated in the finals by the Athletic Department which broke the winning streak for the Ballhogs, who had been the league champions for two years running.

Nick Hebel, manager of the ITS/HR Ballhogs, stopped by to share his thoughts on the SLU Summer Softball league. Nick said, “It was a great season and a wonderful opportunity to spend time with colleagues outside of work. I am really looking forward to regaining the championship next year!”

Want to know who was on the unforgettable ITS/HR Ballhogs Team? Take a look below for the team roster and pictures.

- Nick Hebel - Manager
- Bob Gantner - 1st Base Coach
- Carole Sharp
- Manda Johnson
- Megan Greathouse
- Teisha Weathersby
- Anna Beasley
- Jeff Kapp
- Randy Moody
- Craig Steinmeyer
- Rodney Lindsey
- Chris Kelce
- Justin Walker
- Nathan Burge
- Derrick Weathersby
- Drew McEntire

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Win With Vitality Wellness!

What can wellness and Vitality do for you? Just ask Maura Connors, Associate Director of Development & Alumni Relations for the School of Law. Maura’s journey started with the Vitality check. In Maura’s words, “I originally did the health risk assessment and Vitality check to get the medical premium discount. The Vitality check was a huge eye opener. All of my blood levels were slightly elevated, which was a first for me. I was not happy with my weight and I didn’t want my numbers to get worse.”

Maura made a commitment in March to begin making better choices which included working out and eating healthy. Two months later, around the beginning of May, Maura thought about the Vitality program. She researched the Vitality website to learn about the incentives and how to earn points and set goals. Here is how Maura successfully earned enough points to reach Platinum status:

- 800 points for completing two of the healthy living programs
- 1000 points for submitting paperwork for preventative exams
- 400 points for a fitness assessment
- 685 points for joining a partner health club and purchasing a Fitbug
- 350 points for participating in a group fitness series at SLU
- 3100 points for setting and meeting goals
- Plus a few other activities that earned additional points

Most importantly, Maura’s blood levels are back in healthy ranges and she has lost 30 pounds. Now that Maura has reached Platinum status, she says, “It has been fun earning the Vitality points and I am looking forward to spending my Vitality Bucks and getting the maximum discounts in the Vitality Mall. But, above all else, I feel good about committing to a choice to improve my health.”

Do you have a success story you would like to share? Please contact wellness@slu.edu. For more information on the Vitality program, go to www.powerofvitality.com.
We’ve Got Spirit Yes We Do!

How about you? Do you have SLU spirit? The last Friday of each month is Blue Spirit Day. Members of the Human Resources team partner with the Billiken on the last Friday of each month to spread SLU spirit across the University. You just never know where the Billiken will appear! So far Ophthalmology, Dermatology, College of Doisy Health Sciences, Pediatrics, OBGyn, Parks College, Advancement, School for Professional Studies, and the Law School have been the lucky recipients of visits from the Billiken.

But what are Blue Spirit Days really about? This initiative is not only fun but also designed to promote a sense of inclusion and community for faculty, staff, and students. In the words of Anna Beasley, the head of the Spirit Day committee for Human Resources, “Saint Louis University is made up of so many individuals with different gifts and talents, and University is what it is because of all of the people who work here. Spirit Day gives us an opportunity to recognize our collaborative efforts at SLU while celebrating each and every one of us.”

The fun that comes along with showing school pride and SLU spirit is obvious in these photos taken on the most recent Blue Spirit Day, Friday, August 26. Participants from the School for Professional Studies enjoyed performing the SLU Shuffle. If you are interested in learning the SLU Shuffle, please contact hr@slu.edu. And don’t forget: the next Blue Spirit Day is Friday, September 30. Be on the lookout for the Billiken!

Lauren Snowden shows her spirit with the Billiken on Blue Spirit Day!

The Billiken poses in front of the clock tower on a beautiful day for Blue Spirit Day!

Dr. Jennifer Giancola and her daughter, Bella, celebrate Blue Spirit Day

Like HR on Facebook for a chance to win a $25 gift certificate to Kota! Be the 250th person and see your picture in the next edition of SLU Life. Go to http://www.facebook.com/SLUHRHOME and “Like” HR today!

We want to hear from you!
Please email your news, pictures, and suggestions to:

vp-hr@slu.edu
Division of Human Resources
3545 Lindell Blvd.
St. Louis, MO 63103
https://hr.slu.edu

Celebrating St. Ignacio in SLU Blue at the SLU Madrid Campus!