July 31 is the Feast Day of Ignatius Loyola, founder of the Society of Jesus (the Jesuits), who in turn founded Saint Louis University in 1832.

But who was Ignatius? Ignatius was born in 1491 in northern Spain. He spent his youth gambling, brawling and womanizing.

As an adult, Ignatius was a knight. After fighting many battles without injury, thirty-year-old Ignatius suffered severe damage to both legs in the Battle of Pamplona after being struck by a cannonball.

Devastated and bedridden, Ignatius recuperated at Loyola Castle. He devoured its only reading material: a copy of The Life of Christ and a book on the lives of the saints.

In his study, Ignatius realized that depression and desolation arose from focusing on the life he was missing. When he instead contemplated the good deeds of the saints, he felt peace and consolation.

Ignatius heard God speaking to him through these discoveries and emotions. He became a new man, with the vision and purpose to save souls.

Leaving the castle, Ignatius abandoned his former lifestyle, laid down his sword and vowed to God to bring the Gospel to all people.

Ignatius believed education was the key to the mission to save souls and embarked on a course of study at the University of Paris.

There he met Francis Xavier and Peter Faber. Ignatius eventually led the group to Rome, where they placed themselves at the Pope’s disposal and founded the Order of the Jesuits.

Ignatius died July 31, 1556. The Jesuit Order has continued his mission, establishing schools all over the world, including 28 universities in the United States.

Proud to be among them, Saint Louis University is deeply committed to the Jesuit mission and tradition he started, and we will celebrate the life and story of Ignatius this July 31.

Congratulations and Thanks to New CERT Members!

Faculty and staff joined students this spring for Campus Emergency Response Team (CERT) training. SLU now has 70 plus faculty and staff members ready to help in an emergency. CERT members are pictured here at the final disaster simulation exercise held on Saturday, April 30.

- Connie Tillman, Emergency Preparedness Coordinator
**WHAT'S COOKIN' IN MADRID?**

¡MUCHAS GRACIAS! to Viki Villarreal in for this great recipe, and as always...

¡HOLA! to all our Madrid friends!

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**SPANISH FRENCH TOAST**

Ingredients:
- One-day old baguette
- Four cups of milk
- One egg
- One cinnamon stick
- Ground cinnamon
- Olive oil
- Sugar
- Lemon rinds

Preparation:
1. In a saucepan, boil the milk with the cinnamon stick and the lemon rinds.
2. Once it is boiling, add sugar to your liking.
3. Cut the bread in slices and soak it in the boiling milk. Drip carefully.
4. Immediately afterwards, coat the bread in the beaten egg and fry in a heated pan thinly coated in olive oil.
5. Once the bread is fried and golden, put it on a plate and dust with sugar and ground cinnamon.

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**Four-Popsicle Day for Amateur Archeologists**

By Dr. Mary Vermilion, Ph.D.

Ten SLU students and one Marquette student recently completed a four-week archaeological field school on the western periphery of Cahokia Mounds State Historic Site, the largest prehistoric chiefdom north of Mexico (AD 1050-1400).

Directed by Dr. Mary Vermilion and assistants Tracie Henson (field school and SLU alumna) and Richard Young, students learned excavation methods, mapping, surveying and artifact analysis.

Field school is always challenging, but this year’s weather made study especially difficult. The first week brought heavy rain, tornado warnings and unusually cold days in the field. Weeks following featured temperatures in the high 90s with heat indices over 100º.

The team got creative to stay cool: drinking Gatorade, spraying themselves with water and, on the hottest day, relying on ice-cold Popsicles.

Despite the weather, students worked meticulously to open a 20-square-meter excavation, exposing a possible prehistoric workshop and expanding our understanding of Cahokian society.

Says Vermilion, “The students have been a joy, and I am extremely proud of the students for their enthusiasm, hard work and positive attitudes.”

“Each student required two in the morning and two in the afternoon: a record four-Popsicle day!” Vermilion recalls.

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**St. Louis Summer Bean Salad**

FROM DEBORAH PRATT, SLUCARE

**WHISK TOGETHER:**
- ¼ cup white wine vinegar
- ¼ cup veg or olive oil
- ½ tsp. dried basil
- ½ tsp. dried oregano
- 2 cloves garlic, minced
- 1 tbl. Sugar

**ADD:**
- 1 15oz can black beans
- 1 15oz can pinto beans
- 1 15oz can corn
- ½ red onion
- 1 red, yellow or orange pepper
- 2 oz can diced chilies
- ¼ cup fresh cilantro
- salt & pepper to taste

Serves 8
All Aboard for New Training!

Jim Greathouse, Senior Training Specialist for the new Training & Communications Department talks about new training opportunities and his new team.

I really look forward to merging ITS and HR training and to joining Director Katherine Krajcovic, Training Coordinator Adam Akers and Communications Specialist Lauren LeGrand.

We’ll work closely with Steve Winton and Heather Thornton in Organizational Effectiveness; their insight will be invaluable as we move forward.

Our team plans to really build the training curriculum. Google classes will continue to be offered this fall.

‘How to’ courses in Windows 7 and Office 2010 will be also introduced as the University moves to these newer products. We’ll walk you through it just like we did with Office 2007.

On the HR side, new classes will be offered in addition and some courses will be brought back. We’re working with subject matter experts to develop the best content for your professional development.

Our goal is to help you reach your goals. Together, we can make SLU the number one Jesuit Catholic university in the country. (As for me, I think it already is).

It’s an exciting time for training, and I hope to see you in an upcoming session!

REB’S RENTAL REVIEWS

SALT (2010)

by Rebecca Grubb
Neurology & Psychiatry

SALT stars Angelina Jolie as tough, intelligent Evelyn Salt. When the movie opens, Salt is a prisoner in a North Korean jail. Despite the torture inflicted by her captors, she never admits to working for the CIA. She’s then sprung from prison by her fiancé, an arachnologist played by August Diehl.

Fast forward and she’s back at work at the CIA, where she’s very highly respected. As she and her now husband are about to celebrate their anniversary, she is accused of being a Russian spy. A Russian defector claims Salt is an undercover agent who was sent to the U.S. years ago, on mission from Russia, to kill the Russian president. And we’re off! Salt is on the run.

The part was originally written for a male actor, but Jolie does not disappoint. Evelyn Salt is determined and fearless, but is she a Russian spy? That’s for you to find out...

The movie is action-packed from start to finish; when it’s over, you’ll hope for a sequel. Worth the rental, for sure: FOUR BILLIKENS!

Win With Vitality Wellness!

A STORY OF SUCCESS
by Toni Sullivan, SLUCare

Toni Sullivan (25 years of service) has been one of the most active Vitality members at the University since it started last fall. She tells SLULife how she used the program to conquer life-long weight issues.

I always wanted to do something about my weight but never had the incentive or the money to join a gym.

After joining Vitality, I used the website daily to take advantage of the fitness and weight-loss programs. When I learned about the fitness subsidy, I was ecstatic!

I joined Curves in January have since lost over 30 pounds and 28 inches (at 4’10 inches tall!), and because my Vitality Status is Platinum, the membership fee is fully covered!

People at the University definitely noticed me slimming down. I want to motivate—I’m a Walk to Madrid leader, and I’ve got coworkers joining gyms and getting Fitbugs.

I’ve been asked if Vitality pays me! But really, I’m saving money, feeling better, and couldn’t be happier.

I feel blessed and hope my story inspires those with weight issues to make the most of Vitality and share my success!

Get active today @ powerofvitality.com!

MARY LOU VEHIGE RETIREMENT RECEPTION

DETAILS: Thursday, June 30, 4-6pm @ Allied Health Building, Rm 3437
Contact: Kathy Humphrey, humphreysl@slu.edu, (314) 977-7021. Please send also memories & messages for Mary Lou.

MARY LOU VEHIGE, Chair of Clinical Laboratory Science, retires June 30 after more than thirty years of service at the University. Starting as an instructor in 1977, she received several promotions before becoming department chair in 2004. She has been very active in national and state organizations, held multiple professional appointments and has received several national and regional awards in the field.

THE MARY LOU VEHIGE YOUNG INVESTIGATOR AWARD, established in honor of her retirement, is awarded to individuals exemplifying innovative thinking, creativity in research and outstanding problem-solving skills. To contribute, send check payable to Mary L. Vehige Young Investigator Award c/o Kathy Humphrey, Clinical Laboratory Science, 3437 Caroline St., St. Louis, 63104.

SLULife Wants To Hear From YOU!

be the star of the next issue. vp-hr@slu.edu

Congratulations to May Vitality Jackpot Winners!

Steve Winton Jidong Zhang Sidney Watson
Missy Lovet, Research Nurse Coordinator, and her husband Matt joyfully announce the birth of daughter Lainie Elise, on April 4, weighing 7lbs, 3oz and 20in long. She was welcomed home by brothers Drew, 18, Cam, 15, and Kade, 5.

Congratulations to Payroll’s Addie Boeving and her husband Kevin on the birth of daughter Ellie Wrenne Boeving on March 8 at 1:10am: 7lbs, 11oz.

Dr. Brent M. Znosko, associate professor of chemistry, and his wife Jennifer welcomed their first child, Elliot Robert Znosko, born at 12:03am, also on April 4. Elliot was 8lbs, 11oz and 20.5in at birth.

Stacie Thompson, Practice Management Operations, welcomed third child and first girl, Zaeli Lynn, on May 5. The bouncing baby girl was 6lbs, 6oz, 19in at birth.

Congratulations to Karen Beyrouty and her family on the birth of her third child, Emily Carole, on June 14 at 12:16pm, weighing in at 7lbs, 2oz. Older brother and sister are very proud.

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**University Diversity & Inclusion Vision Statement**

Faithful to its values of promoting social justice and the dignity of all human beings, Saint Louis University is committed to fostering an inclusive environment that welcomes and celebrates all expressions of diversity and identity that advance the Jesuit mission of forming women and men for and with others. This commitment inspires and prepares students, faculty and staff to create communities unburdened by discrimination and oppression.

Celebrate Diversity at SLU @ their new website!