Chicken Paella

This is the real Chicken Paella recipe, an alternate way of tasting authentic Spanish recipes, submitted by Victoria Villarreal Palazon.

- Serves: 6
- Difficulty: Intermediate
- Preparation time: 60-90 minutes

Ingredients

- 1/2 pint of oil
- 1 chicken, cut to 8 pieces
- 2 bowls of rice (1lb. 5 oz. approximately)
- 5 bowls of meat broth
- 1 green pepper
- 1 red pepper
- 1 small can of peas
- 1 small onion
- 2 tomatoes
- Saffron
- 1 clove of garlic (optional)
- Parsley
- Salt

Preparation

Start by heating half of the oil. Once warm, add the cut chicken and let it cook for 15 min. After the chicken is brown, reserve it in a dish. Add the chopped onion. After 5 minutes, add diced tomatoes, without seeds and peeled. Let it braise about 5 minutes, mashing the tomatoes with a skimmer. Strain the chicken and throw it in the paella pan.

Add the rest of the oil to the paella pan. Cut the green peppers into half inch pieces and add into the pan. Add the fried chicken and keep stirring it with a wooden spoon, without letting it go brown. Add in salt and the meat broth and keep it hot but not boiling. Shake the paella pan by taking it by the handles so that the broth flows all over. All this should be made to medium fire.

Meanwhile, in a mortar, mash a little bit of garlic (optional), the parsley and the saffron with a little bit of salt, and wet it with a couple of soup spoonful's of temperate water. Pour this mixture over the rice and shake the paella pan to mix.

When the broth has reduced, decorate the paella with the strips of red pepper and peas. Let it cook about 20 minutes. Once the rice is cooked and the broth has reduced, remove the paella pan from the fire on a wet cloth, leaving it rest for about 5 minutes.

Serve the paella with clusters of lemon for decoration. Enjoy!

SLU's Community Emergency Response Team (SLU CERT) is looking for volunteer victims for their final disaster simulation exercise which will be held on December 3, 2011 from 9 a.m. to noon at the Busch Student Center. To volunteer as a victim actor please contact CERT@slu.edu.
Homonyms – Same Sound, Very Different Meanings

- The two of you are too innovative and too loose with your inhibitions to lose this contest.
- Whether you go or not, the weather will be wonderful.
- I must compliment you. The blue tie compliments your blue suede shoes.
- My blue hat just blew out the window.
- The expression on your (possessive) face tells me that you’re (you are) angry.
- After drinking her lemonade, Pat came to the aid of the nurse’s aide in lifting the patient.
- My aunt watched an ant crawling across her foot.
- The toddler put the ball down and began to bawl.

Win With Vitality Wellness!

What can wellness and Vitality do for you? Let's ask Frank Tucci, Financial Services Counselor for Student Financial Services:

"As a result of my participation in the Vitality Program, I have been alerted to a potential problem with high cholesterol. An elevated cholesterol level NEVER entered my thinking. I work out on average 5 times a week; co-workers gave me the nickname of Gym Rat since I work out so much. High cholesterol does not happen to people who work out, only people that do not...

Last year, I was shocked to see my Total Cholesterol score over 200. I was under the false impression that if I worked out hard and often, I could eat anything (and everything) I wanted.

I am extremely pleased to say that my Total Cholesterol has dropped under 180. I still have to work to reduce it further, however, my Total Cholesterol will NEVER be over 200 again."

Thank you for sharing your story, Frank!

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.
**Congratulations!**

**Weddings**

James Romanchuk, Facilities Services, and Laura (Johnson) Romanchuk, Department of Public Safety and Security Services, were married on September 3, 2011. Congratulations Mr. and Mrs. Romanchuk!

On September 24, 2011 in Los Gatos, California, two Saint Louis University Alumni were married! Joelle Jenkins, who graduated with a bachelor’s degree in Communications in 2005, married Daniel Brinkley, who graduated with a bachelors degree in Finance in 2005. Congratulations Mr. and Mrs. Jenkins!

Annelise Maloney, Assistant Director of Alumni Relations in the Advancement Division, and Edward Pivin were married at St. Francis Xavier (College) Church on Saturday, October 15, 2011 at 2:00 p.m.

Anna Beasley, Interim Director of Training & Communications in Human Resources, and Jim Dibble were married Saturday, October 8, 2011 at Clegg Chapel in Carlinville, Illinois.

**Births**

Lynda Signorino, assistant to the VP of SLU’s Advancement Division, and husband Pat Signorino, Field Supervisor in SLU’s Department of Public Safety and Security Services, are the proud grandparents of Skylar Quinn Smith. Skylar was born on August 9, 2011 to Amy and Graeme Smith, their son, who works in the Communications Office at the John Cook School of Business at SLU. Future Billiken, Skylar, weighed in at 6 lbs. 3 oz. and was 20.5 inches long.

Emily, Student Services Associate of Medical School Admissions, & Christopher Hines announce the birth of a baby girl, Madeleine Remy Hines, on June 18, 2011. She weighed 7 lbs. 13 oz. and was 22" long. Congratulations Emily and Christopher!

Noel Humphrey, Database Analyst, Sr. from Information Technology Services, has a new grandson! Eric Victor Sandlin was born on October 7, 2011 at 3:40 pm. He weighed 8lbs. 7oz. and was 20.5 inches long.

Samuel Hernandez Moreno, Director of Buildings and Grounds at the SLU Madrid Campus, and his wife, Michelle La Barge, joyfully announce the arrival of their daughter, Olivia Marie, on August 18, 2011. Although Olivia surprised them with her arrival a month early, she is a healthy and happy baby!

Wendell Layne III, Application Systems Analyst for Information Technology Services, and his wife, Angela M. Layne, had a handsome baby boy on October 9, 2011 at 11:35am. Wendell M. Layne IV weighs in at 8 lbs. 2 oz. and is 20.25 inches long.

Assistant professor Dr. Eric Armbrrecht (SLUCOR) and his wife Cheryl welcomed their second daughter Liesl Teresa to the world on September 22, 2011. She was delivered at St. Mary’s Health Center by SLUCare’s Dr. Robert Blasikiewicz. For those keeping birth statistics of baby Billikens, Liesl was 20.5” long weighing 7 lb, 9 oz.

**Retirement**

Joan Cannon, MSN, RN, Clinical Trials Coordinator, is retiring on October 28, 2011. She has been working at Saint Louis University since 1989. Joan has been working as the Clinical Trials Office Coordinator at the Clinical Trials Office for the past year, and also serves on the IRB board. Joan previously worked with Infectious Disease from 1989-2010. Her expertise on Clinical Trial regulation will be greatly missed!
Congratulations Continued!

Margaret Hook, LPN in Surgery, would like to announce that her son, Bradley Hook, passed the Missouri State Bar Exam the first time around and has landed a job with the government, in Independence, Missouri, through Lock Key Martin doing Health Law. He graduated from Saint Louis University School of Law in May 2011.

Engagement

Eric Wilson, Undergraduate Admission Counselor, and Eileen Legaspi, currently working to get her Joint Masters of Public Health Concentration in Behavioral Science/Health Education and Epidemiology at SLU, were recently engaged on September 30th, 2011.

Announcements

The Department of Public Safety and Security Services will be launching a new class starting November 3, 2011. The class is an 8 hour instructional combined class of AED/CPR and First Aid training for lay persons. The course cost is $15.00 payable by check, IDO or cash. Seating is limited to 8 per class. The current plan is to offer the course once a month, however, this is subject to change depending on the level of interest. For more information email tillmanc@slu.edu.

Enthusiastic students under the direction of Dr. Mary Vermilion have been volunteering on Wednesdays to work in the Beracha Hall lab. They are processing artifacts from the excavations at the prehistoric chiefdom of Cahokia, and in doing so, are learning how to wash, sort, inventory, and recognize diagnostic materials that provide critical information in the analysis and interpretation of this World Heritage site. This activity is an opportunity for those who attended last summer’s field school to work with materials they excavated, and it also gives those who are considering attending field school next summer valuable skills in artifact recognition, recovery, and preservation.

Process & Quality Improvement Initiative at Saint Louis

The event inaugurates the first formal Process & Quality Improvement Initiative at Saint Louis University. Representatives across the University who completed a process improvement training and applied team project focusing on staff on-boarding and off-boarding processes were recognized for their contributions to the overall betterment of the institution and its practices. Team members presented findings and offered recommendations to an Executive Advisory Committee. Stay tuned to learn how to get involved in future opportunities for training and applied experience in process improvement.

Marsha Bennett accepting her award from Dr. Heather Thornton for participating in the Process & Quality Improvement Initiative.

Van Vieregge and Marsha Bennett posing with their awards.

Sherry Wright-Gully, Department of the Physician Assistant (PA) Education is excited to share her great news: Ms. Sherry (stage name) has been cast in the Issues of Love stage play showing at the Grandel Theatre (home of the Black Rep-north of the Fox Theatre). The play premiered in August and is returning for an encore performance October 21-23, 2011.

During the premier show Sherry appeared in the opening act as a dancer. This time around she has been added as the character Amanda. Ms. Sherry is very excited about her role because she is working with national talents; Kendra C. Johnson of Monique’s Phat Girlz and BET’s The Game and former NFL player and reality TV star, Isaac Keys.

The play was written and directed by the very talented Joel P. E. King, a local artist and is produced by Mr. King and The Dwayne Bess Group. Ms. Sherry loves theatre and has written and produced five stage plays of her own.
2011 Cannonball Picnic
The Cannonball Picnic was picture perfect with great company and beautiful weather! The annual event is held to appreciate employees working at Saint Louis University. The Cannonball Picnic name comes from St. Ignatius' battlefield injury, which proceeded his year long recuperation and the beginning of his spiritual journey.

There was beautiful weather and a great turnout for the Cannonball Picnic this year!

Ken Fleischmann, Vice President of Human Resources, announces winners at the Cannonball Picnic for an assortment of attendance prizes.

Helping Hands
The Helping Hands Program provides foreign post docs and residents resources to help transition into the Saint Louis University community and St. Louis area. It was created and is led by Lin Cowick of Internal Medicine – Infectious Diseases and Sandra Cornell of Biochemistry and Molecular Biology. Lin has been with Saint Louis University since 1985 and Sandra started right out of the SLU undergraduate program in 1995. Annually, the University provides education and training to a number of foreign post docs and residents and many of these individuals come to St. Louis with minimal resources. Lin and Sandra have been helping new members get acclimated to the campus and St. Louis area for the past eight and eleven years respectively.

Together they have collected and bought items such as furniture, electronics, linens, kitchen appliances, dishes, utensils, and other basic household goods. These goods are given to these individuals to use while they are here. When the individuals complete their education and training, the items are cleaned and either stored for future use or given directly to the next person who needs them.

Helping Hands is currently looking for donations on behalf of these individuals.

Please click here if you are interested in donating any goods or interested in becoming a member of Helping Hands.

We have a Winner!
Congratulations to Shannon Stinebaugh! Shannon was the 250th “Like” on the HR Facebook page, and she won a $25 gift card to Kota Wood Fire Grill. Remember, there will be more chances to win, so make sure you tell your friends to “Like” us too! 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 slulifenewsletter@slu.edu

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