

# UM Staff Advisory Council Newsletter

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SAC Mission: To advise the president on matters of mutual interest and to serve as an information and liaison medium for employees and administrative officers on such matters as may be referred to the council, as the council initiates, or as UM employees may request. To post a question, comment, or suggestion, please email [UMSAC@umsystem.edu](mailto:UMSAC@umsystem.edu) or communicate with one of us. We are here for you!



## Being a SAC member • Shiva Pannathur

Shiva Pennathur has been a member of the UM Staff Advisory Council since 2011. For the past three years, he has worked as a marketing and business development analyst in the Office of Intellectual Property Administration.

Shiva moved to the United States in 2000 with his family so he could study at Case Western Reserve University in Ohio. After graduation, he spent nine years working on NASA-funded projects and for small businesses. He holds physics and management degrees from the universities of Madras and Bombay in India and spent his early career as a business journalist, a management consultant and held positions in corporate management.

Shiva enjoys working at the University of Missouri because it provides a learning spectrum from history of blues, Mark Twain to latest scientific trends. He is a student of Indian culture and history, and says he has affection for blues music, Mark Twain and many other Missouri offerings. He is married to Sonali, who works at the MU International Center. Their daughter, Samhita, lives and works in Chicago, and their son, Shoumik, is a college sophomore in California.

## Updates from SAC

### Have you taken advantage of the many discounts offered to us as employees?

If not, check out our [Perks and Rewards](#) site. You can receive lower rates at Six Flags, Silver Dollar City, White Water in Branson, Big Surf Water Park, Worlds of Fun, Oceans of Fun and the St. Louis Science Center. Deals are also available at gyms as well as on massages, coffee, and cell phone plans (even if you already have a plan)!

### Lunchtime Bowling: March 27

Congratulations to Jeff Elliott of Information Technology. He was the big winner this year of the coveted bowling pin and bragging rights among his colleagues. He will be honored during the Staff Recognition Picnic and might tell us his secret to getting those strikes. We've had positive feedback about the networking and camaraderie of Lunchtime Bowling, so we hope to continue this event next year.

As always, we welcome your feedback. Contact any UM-SAC member or email us collectively at [umsac@umsystem.edu](mailto:umsac@umsystem.edu).





*Photo:  
Mike  
and his  
daughter,  
Jackie*

We sat down with Michael “Mike” Nichols to get to know him better. Here’s a sampling of what she learned. In case you didn’t already know, Mike Nichols is a smart guy. He earned his undergraduate degree from California Polytechnic State University and a doctorate from the University of Missouri.

You could say the doctorate degree was by accident of sorts. After Cal Poly, he was delivering a presentation on “multivariate analysis morphometric measurements of dead sea lion carcasses.” It was during that presentation he was approached by an audience

member, a NASA recruiter to be specific. The recruiter instantly offered Mike a position in the doctoral program in this upcoming facility in Space Sciences Research Center in Columbia, Mo. Today that building is known as the John Dalton Research Center.

Mike took the recruiter up on his offer and came to the Midwest to explore the fields of biological chemistry, mathematics modeling, physics and more. He was on the fast track to success in his scientific field, which resulted in many patents. He created companies such as Nichols Technologies, Inc. and Nichols Scientific Instruments Inc., which was housed in 30,000 square feet of space and employed 50 scientists.

Mike was enjoying success in his career and family. Then Beatrice, his wife, passed away from cancer. He decided to focus on raising his children—daughter, Jackie, then 11 and son, Michael, then 8. He continued working but from his backyard as a consultant for Atomic Paint Shop.

In 2005, he came to work at MU as a director for the Office of Technology Management and Industry Relations. That position was split between the campus and the System. After 14 months, he took the position he now holds. Learn more about this leader from the brief Q&A below.

### **What are your favorite moments in life?**

There are so many heartwarming moments in my life and it is so hard to narrow them down. But if I really have to pick, it would be getting married to my wife, Beatrice, then seeing our children born and, finally, raising them. I have so many good memories.



*Photo: Mike and his son, Michael*

### What is your favorite book?

Over the years many books have been part of my learning. To state a few:

- *Against the Gods: The Remarkable Story of Risk* by Peter L. Bernstein – A discovery of probability and chance in life with a great overview of risk and statistics and human evolution of thought.
- *Crossing the Chasm: Marketing and Selling High-tech Products to Mainstream Customers* by Geoffrey A. Moore— A description of the value proposition and how to bring good products to market.
- *Faraday: The Life* by James Hamilton—A biography of Michael Faraday who discovered electricity and was a renaissance scientist of his time.
- *Liar's Poker: Rising Through the Wreckage on Wall Street* by Michael M. Lewis—A shrewd and funny book about the author's experience in investment banking.

Currently, I am reading *Micro: A Novel* by Michael Crichton and Richard Preston. Besides books, I like to read about investment and the stock market, and magazines such as Discover and the Scientific American.

### What are your personal interests?

I enjoy fishing and have gone fishing all over the country, Canada, and all the way up to North Saskatchewan. I also enjoy playing golf especially with my son and watching him play soccer and pole vaulting. We both (myself and my son) are quite competitive at billiards. Besides sports, I enjoy rebuilding cars and growing jalapeños. Currently, I am working with my son on a 1979 Mazda Rotary Rx7. This was the first year when Mazda was introduced in U.S.

### Please share some of your traveling experience.

I have been to Taiwan, Europe, Mexico, all over the U.S. and Canada. I have great memories of traveling to Mexico to play soccer and baseball as a youth, and Taiwan as an adult with my kids who were then 12 and 15 years old.



### What is your favorite thing about Columbia?

Besides my house and neighborhood, I enjoy MKT Trail, Ragtag Theater, Sophia's and Café Berlin.

### What is your favorite type of music?

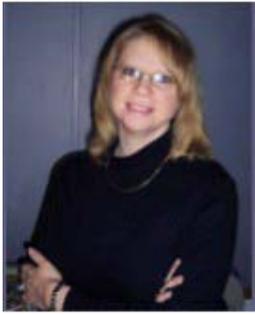
I enjoy all kinds of music. My favorite radio station is XM Radio- 24 named Classic Vinyl. It plays music from the 1950s to 1980s. I also enjoy some country music, classical and artists like James Taylor.

### What motivates and inspires you?

Exploring the unknown and solving problems motivates me. I get inspired by fixing things, inventing new concepts, having a vision and working toward achieving it for a better world.

### Any other experiences of life you want to share?

It has been interesting and satisfying journey so far and every step has been a step forward toward exploring different opportunities to advance the process of innovation and at the university. Some examples are changing the student IP policy and other business policies.



Lori is a paralegal by day, working in the Office of the General Counsel. By night, she is a published novelist. Readers know her by her pen name, Elle Robb.

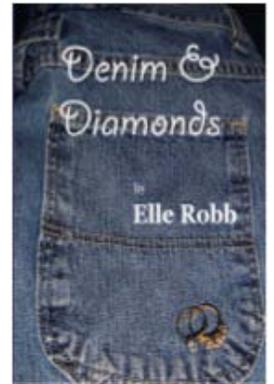
Lori's short stories have been published in *The Storyteller*

*Magazine* and *Bridges*, an anthology. Her day job involves writing, too. She is the former president of the Mid-Missouri Paralegal Association, is the former editor of *The Gavel*, the organization's quarterly publication, and she served on the editorial board for *the Reporter*, a national journal for paralegals. Lori has been writing since childhood. Stephen King has been her hero since the librarian used to sneak her into the 18 and older section of the local library. But life got in the way, and her dream of writing the Great American Novel had to wait. When her best friend died of cancer at age 34, Lori realized dreams can't wait. Her husband bought her a laptop and encouraged her to start writing. After all, writers write.

She discovered National Novel Writing Month, an international writing competition that encourages writers to turn off the internal editor and write with abandon. The challenge is to write a 50,000 word novella in 30 days. That first year, in a caffeine-fueled frenzy, Lori won the contest with *Denim & Diamonds*, which was published by Lulu as part of the "winner's package."

Since 2004, Lori has won the National Novel Writing Month contest eight times and served as a municipal liaison for the Fulton group of NaNo'ers. During her leadership of the Fulton group, the group consistently were top 10 producers (based on word count per member) in the world—and were No. 1 in the United States in 2010!

She is still active in National Novel Writing Month, but has turned the leadership reins over to a younger member and has turned her attention toward editing eight novels that sit in her desk drawer. Her novels cover everything from romance to thrillers, but mystery is the thread that binds them all together. Her favorite authors are James Patterson, Stuart Woods, Hugh Howey and HP Mallory.



A few years ago, she accepted a freelance writing job with a company that sells riflescopes and other shooting supplies, so now she can



combine her novel research interest with a paying job. In her freelance job, she has written about flashlights, GPS units, tents and riflescopes of all shapes and sizes, but her favorite topics are those that appeal to military types, such as thermal imaging and long-range tactical scopes.

The research she does involves talking to former Marines, law enforcement officers and hunters and, of course, watching YouTube. She did some hands-on research when she rode along with a Columbia police officer at night. It was a unique experience that gave her lots of fodder for future works.

Lori is happily married to JR. They have one daughter, Katelyn, and two spoiled miniature Schnauzers. The family lives in rural Callaway County.

The Featured Staff Member section recognizes the your talents that we often don't get to see at work. Do you know a UM System employee who would like to be featured in our Featured Staff Member section? Just let UMSAC know.



Don't miss out on your \$100 wellness incentive. You only have until April 30 to complete your personal health assessment, free health screening and 240 minutes of everyday activity. These steps don't take long, so act now. Active, primary subscribers to the UM health plans will receive \$100 in a tax-favored account to use for medical expenses in 2013 benefit plan year. The Home Access kit option has been extended. **Kits must be ordered by April 30 and returned to the Home Access by May 15 to receive credit.**

1. Who's eligible?
2. Get started now
3. Campus health screening schedule
4. Already visited your doctor?
5. Get your screening at home
6. How I do access my \$100?

### ***Learn to eat for health and enjoyment***



Discover the benefits of this innovative approach to weight management through Healthy for Life's **Eat for Life** course. This 10-week 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. 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.

- **Online Orientation:** week of May 31
- **Online Class:** week of June 7 – week of August 9
- **Cost:** \$50 for faculty, staff and family members (\$25 refunded with full participation); \$180 for community members

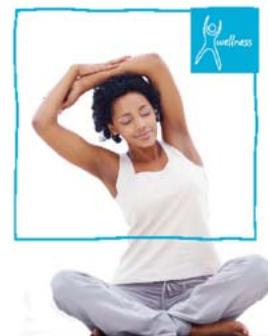
This program is taught by Dr. Lynn Rossy, health psychologist. Register by emailing Craig Deken at [csdk89@mail.missouri.edu](mailto:csdk89@mail.missouri.edu). Visit [Tasting Mindfulness](#) for more information.

### ***Mindfulness-Based Stress Reduction Program (MBSR)–REGISTER NOW!***

This 8-week program is offered on the MU campus. Classes provide information about relating to stress, effective communication, wellness tips and instruction in mindfulness (sitting meditation, body scan, yoga and walking meditation). MBSR complements the medical management of a wide variety of mental and physical health challenges. The program is taught by Dr. Lynn Rossy.

- **Orientation:** Wednesday, June 5 (Memorial Union) at 5:00 p.m.
- **Class:** Wednesdays (June 12-July 31) 5:00 - 7:00 p.m.
- **Retreat:** Saturday, July 20 (9:00 a.m. – 4:00 p.m.)
- **Cost:** \$40 includes a manual, DVD and CD (\$20 refunded if you attend 7 of 8 classes). Spouses, partners or adult family members can join with you free of charge if they use the same materials.

For more information or to register for the orientation meeting, please contact Craig Deken at [csdk89@mail.missouri.edu](mailto:csdk89@mail.missouri.edu).



## Mark your Calendars

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### UM System Staff Recognition Picnic

The UM System Staff Recognition Picnic will be Friday, June 28, from 12-4 p.m. We will celebrate a year of hard work and dedication of our employees, as well as the 50th anniversary of the UM System!

### UM Police Department offers free general safety courses

The **University of Missouri Police Department** offers **free** courses that covers topics on general safety, how to make your residence more secure, travel safety, the use of weapons, what to do after an attack and much more. For class descriptions and dates visit: [Rape Aggression Defense \(R.A.D.\) class](#) and [Advanced R.A.D. class](#)

### University Concert Series - All upcoming performances

University Concert Series	
April 28, 7 p.m.	<a href="#"><u>Rock of Ages</u></a>
April 30, 7 p.m.	<a href="#"><u>Romeo and Juliet</u></a>
May 10, 7 p.m.	<a href="#"><u>Girl Talk with Chonda Pierce</u></a>
May 11, 3 p.m. & 6 p.m.	<a href="#"><u>Missoula Children's Theater</u></a>
June 1, 7 p.m.; June 2, 2 p.m.	<a href="#"><u>Alice's Adventures in Wonderland</u></a>

• All dates subject to change

### Get Involved

To explore fun events at Mizzou, please visit: [stufftodo.missouri.edu](http://stufftodo.missouri.edu)

City of Columbia: [www.gocolumbiamo.com](http://www.gocolumbiamo.com)

For other activities, check out City Newsletters at: [www.gocolumbiamo.com/Public\\_Comm/Public\\_Information/](http://www.gocolumbiamo.com/Public_Comm/Public_Information/)

**Discounts** - [www.umsystem.edu/ums/hr/sac/par](http://www.umsystem.edu/ums/hr/sac/par)

