

Linden World

November 1, 1995

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It's Time for a Break!

by April Haiby

Believe it or not, Thanksgiving break is quickly approaching. Classes will be held Wednesday, November 22nd and lunch will be the last meal served in the cafeteria, until dinner, Sunday, November 26. All residents halls will close by 5pm Wednesday and all students are required to be out of their residence at that time. Here are a few things to remember.

1. Leave heat on at lower than normal temperature and remove all obstructions on or around the radiator.
2. Close and lock all windows.
3. Unplug electrical items (aquariums, answering machines and refrigerators maybe left plugged in).
4. Clean the residence and empty trash.
5. Turn off all lights.
6. Lock doors before leaving, including bathroom doors shared with another room.
7. Avoid leaving valuable items (rings jewelry, money, sound systems, televisions VCR's, etc.) in residence. Have all items engraved, if possible, with drivers license number or social security number and record all serial number

NOTE: The College is not responsible for the disappearance of personal belongings during the holidays.

Upon returning, check in will start Sunday, November 26th at 1pm. Dinner will be served that evening in the cafeteria.

Soon, you will receive a reminder of these procedures in your mailbox in Butler Hall. If you have any questions, call John Creer.

Remember, dorms will close at 5pm on Wednesday, November. 22, so make your travel arrangements ahead of time!

Blood Drive

Students turned out in record numbers to give blood in Butler Hall during the Red Cross Blood Drive October 17th.



NBS/AERho: An Organization for Communication Students

By Beverly Smith

Lindenwood College has many clubs and organizations for its students to become involved in. The National Broadcasting Society (NBS) is one such club.

NBS is an active communications group urging students to learn and experience the communication work force they are wish to join

NBS students, headed by senior Crystal Crane, are going to Chicago November 9th, for a regional convention. Members will have the opportunity to listen to professionals speak about their fields of expertise. This allows students interested in communication to learn, ask questions, and network with those in the field.

In the spring NBS is headed for Los Angeles, where the club members will have the opportunity to meet with more professionals and enter projects into contests. Projects such as videos, commercials, radio spots, and news stories can win major awards. Club president, Crane said "These awards are great for your resume".

Crane also noted NBS is always welcoming new members. NBS meets every other Thursday in the Memorial Arts Building, meeting times and specific meeting location will be posted on the bulletin board in the entrance to the Memorial Arts Building.



A Lindenwood Professor, a Hollywood Producer and the Holocaust

By Anthony Franks

Jo Ann Haedike, the newest assistant professor of communications, has recently been selected to work on a Steven Spielberg project documenting the stories of Holocaust survivors.

The idea for the documentary is the brainchild of Hollywood producer, Spielberg. While filming the movie "Schindler's List," Spielberg was overcome with the many stories from Holocaust survivors and decided to use the profits from the film to fund the documentary.

Haedike credits her specialized experience in interviewing and video production work, as well as a little luck, to land the job.

"I happened to be watching a talk show that had Spielberg on as a guest. He began detailing his plan for the project, asking for volunteers with interview and video production experience," Haedike said. "I called the number on the screen and they took my name. After an extensive interview process, I was selected."

Haedike has recently completed an interview training seminar in Chicago, and will be documenting stories of survivors in the St. Louis region.

"There are an estimated 3000 Holocaust survivors residing in the St. Louis area. The documentary will take five to seven years to complete."

Students Perform at the Sheldon



Lindenwood College students were given the supreme honor of performing at the Sheldon Concert Hall in St. Louis, on October 17th. Performing were the College's Guitar Ensemble, Saxophone Quartet and Jazz Band, as well as several of the school's vocalists and instrumentalists. Above, students are preparing for their performances.

LSG Corner

By Justin Meeks
LSG President

Homecoming is over and everyone was a winner! Many students turned out for the soccer game, pep-rally, football game and dance at the Lindenwood Club. Thanks to all who helped with the preparation of the events and who supported Lindenwood College .

We are halfway through this term already and many changes have come to LSG. Currently, we are busy revising the LSG's constitution. We are attempting to simplify it in order to meet the needs of the student government. The constitution we are currently operating under was established in the mid 80s and is out dated. We hope that by changing the constitution, we will then be able to better serve the student body and have a more efficient way to divide up money to the various clubs on campus. LSG invites comments on the constitution. If you have not seen a copy, you may pick it up in Butler Hall.

One last thing, the Christmas Walk is the next big function of LSG, on December 3rd. It is a time to display Lindenwood College and the hard work done by the Student Body.

LSG meets every Wednesday night in Roemer 209 at 9:00 pm. Come and see what we are all about and let us know your ideas and concerns. Looking forward to seeing every one there.

A History of Lindenwood

by Jarrett Tindall

Do you know how Lindenwood got its name or that its equestrian program was one of the best in the world? Probably not, but these interesting facts and many other nuggets of information can be found right on campus. Where you might ask? At the Lindenwood College Archives located on the east wing of the second floor of the library.

The archives feature Lindenwood College catalogs from as far back as 1858, yearbooks as old as 1905, and school publications dating from 1914. Also, every article ever written about the college is on file there.

The archives started in 1974 by Lindenwood alum Mary Ambler. She tracked the growth of Lindenwood since its inception in 1827. Ambler started the archives when she noticed nothing was being saved and everything was placed in boxes, closets and vaults.

The present curator of the archives is Virginia Terry who welcomes all students to browse through the material. Terry offers tours on Mondays, or by appointment. So, if you are in the library on any Monday and you need a study break, visit the archives. After all, you are a part of the Lindenwood history, too.



Leader in Success: Jamie Thornton

by Scott Hammon

Lindenwood has the slogan "Leader in success", and for one student the success is hers. Jamie Thornton, a junior at Lindenwood is already known in the literary world. Majoring in writing, she hopes to be on the staff of a large publication someday. In the meantime, she has already got a jump on that with her own magazine.

Thornton started a magazine called *Fromage*, the French word for cheese, in June of this year. The

magazine is completely funded by Thornton herself, who feels the most important thing is distributing good writing, not making a profit. The format includes poetry, short fiction, and reviews, with most of the material written by Lindenwood students.

Fromage can be picked up all around the St. Louis area. The Circling Cafe USA, Glad Rags, Music Reunion, Rose's Bookstore, Vintage Vinyl, Deep Grooves, and

Sally T's all carry the magazine.

Besides her own magazine, Thornton was the featured artist at the "Taproom," the site for the Delmar Poetry Series. She also has been published in a book called *The Garden of Life* and was put on a spoken word tape made by the Library of Congress. On top of all this, Thornton helps others start magazines. She is well on her way to being a "leader in success."

Kebenei Keeps on Running

by Brendan Roberts

The United States can be a very confusing place, especially for someone who is from a different continent, speaks a different language, or is from a different culture. And for Christopher Kebenei, all three have been a learning experience since traveling from Kapsabet, Kenya to attend Lindenwood College last January.

His new experiences are many - he is constantly learning. Yet one thing he has known how to do throughout is run. He is displaying his skill every weekend to his cross-country teammates and NAIA competition across the country.

"He'll go a long way," assistant cross-country coach Greg Reece said. "He's got a good work ethic, which doesn't surprise me. In Kenya, they take cross-country seriously. He brings that competitiveness over here, and the sky's the limit for him."

The sky has been the limit for the second semester freshman. He is on a roll. On October 7, he ran the 8K in 25:00.38, finishing first of 95 competitors and 10 schools. He was over 30 seconds beyond the

second place contender from Central Missouri. He also defeated three Kenyans and a Russian helping Lindenwood finish fifth.

Just one week before, Kebenei topped 104 competitors in the University of Minnesota Invitational as Lindenwood finished second of 14 teams. Running the five-mile run in 25:31, he was 1:03 in front of the second-place competitor.

Kebenei's time at the Minnesota Invitational put him in the top 20 of the Division I times recorded at the event. In the competitive Midwest

Collegiate Championships, Kebenei finished fourth of nearly 400 runners, recording 8k in 25:43.

Through it all, Kebenei modestly admits, "I just want my team to do well." The Lions were ranked 25th in the nation on the pre-season poll.

Kebenei will most likely go to nationals, which is his goal. He will also most likely be an All-American. What's his secret? Nothing complex. "Discipline is the biggest thing for cross-country running and dedication is also important," said Kebenei and he has displayed both.



Lindenwood College Hosts Guest Speakers

"If you don't stand for something, you'll fall for anything."

Recently, Lindenwood College's American Humanics chapter put this statement to the test and challenged the campus to examine their personal ethics and value systems.

Thursday and Friday, October 19th and 20th, American Humanics hosted a visit from Jim Thomas, corporate equal employment opportunity officer for the American Red Cross.

Thomas spent Thursday morning

conducting seminars focusing on the challenges that the issues of cultural diversity and sexual harassment in the workplace present to workers in the '90s.

American Humanics and Nexus joined together for a meeting during which Thomas examined the history of the American Red Cross and its many services and career opportunities that exist within the organization at both the local and national level.

Arguably the most beneficial part

of Jim Thomas' recent visit were nearly ten hours of informational interviews. Over fifteen participants, including members of American Humanics, Nexus and students enrolled in the human service agency management degree program had one-on-one sessions with Thomas.

In November, American Humanics will host a visit from Skip Parnum, associate director of corporate personnel for the YMCA. Call Susie Pundmann at x4976 for more information.

Fitness and Health

by Nicole Hale



Living at college and keeping weight off is not always the easiest task for students to accomplish. A midterm can seem an easier task for some.

Lindenwood is able to provide a place to help all students accomplish their task of keeping the weight off and the muscles tone.

The place to go is the Fitness Center. It's open to all Lindenwood students, seven days a week. Equipment available in the center include cardiovascular machines, Nautilus machines, free weights, and an indoor track.

When you have finally decided to go to the Fitness Center and exercise, do not forget to stretch before and after you are done. Don't worry about cutting into your exercise time, because stretching only needs to take about five minutes a day. Experts are recommending stretching for just enough time

to prevent long-term injury and to get a healthy range of motion.

When stretching concentrate your efforts on the muscles you will use in your workout. You only need to hold each position for 30 to 60 seconds. This gives your muscles time to adapt to the stretch. Never bounce or force a muscle into any position that causes pain. All you need to know is five stretches.

1. **The Plank.** Straighten your right leg in front of you, heel on the floor, toe up. Keeping your left foot flat on the floor. Bend your left knee, lean forward from your hips, and place your hands on your thighs. Align your entire neck and spine by looking down at the floor and gently pulling your abdominal in toward your spine.

2. **Greeting the Sun.** While standing, step your left foot about a stride's length forward and lift your right heel up off the floor. Bend your left knee until it is directly over your toes. Raise your arms up over your shoulders, palms facing toward each other, and stretch your body tall.

3. **Cat-Cow.** Stand with your feet hip-width apart, weight balanced evenly on both feet. Lean forward, bending from your hips, and place your hands on your thighs just above your

knees. Look down at the floor so the back of your neck is lengthened. Moving slowly, pull your abdominal in towards your spine and round your back upward; hold a moment and then gently sag your back and your abdominal forward.

4. **The Stilt.** Stand on your right leg, weight balanced evenly on your foot; use your left hand for support. Bend your left knee and curl your heel toward your buttocks, taking care to keep your knees parallel and not lean forward. Grasp your left toe with your right hand. Stand tall, pull your abdomens in toward your spine, and gently squeeze your glutes together until your pelvis tilts slightly forward.

5. **Leaning Tree.** Stand with your feet hip-width apart, your left arm held straight over your shoulder, and your right arm held in front of your waist, palm facing toward you. Bend your knees slightly and gently pull your abdominal in toward your spine. Lean to the right and as you do, stretch your right and left arms in opposite directions.

Fitness Center Hours

Mon.-Thurs. 12:00-11:00pm

Fri. 12:00-10:30pm

Sat.-Sun. 1:00-8:00pm

The Fitness Center will be closed 3:00pm-6:00pm for varsity sport practice.

Lindenwood Sports



Lady Lions Basketball Has a Promising Start

The Lindenwood Lady Lions basketball team opens up the season ranked 24th in the pre-season NAIA poll. The team will be making its final appearance in the American Midwest Conference and shooting for a third straight title before moving to the Heart of America Conference next season. The Lady Lions have 10 returners from a squad that finished with a 21-12 record for the 94-95 season.

Players with significant contributions to last year's success are seniors Shannon Malek, Michelle White, Pattie Perkins, and Karen Sykes along with junior Stacia Parsell. These women, along with junior Mary Schuh and sophomore Paula Beckmann, will attempt another berth into the national tournament. The Lady Lions have made the trip to the nationals the last two years. Coach Steve Crotz, who has racked up a record of 105 - 50 in his five years at Lindenwood, said, "Freshmen Julie Carroll and Lot Wielfaert will play key rolls in the Lady Lion success."

The Lady Lions open the season on November 4th against Central Methodist of the Heart of America Conference. The tip-off is scheduled for 7 pm at the Lindenwood Sports Complex in Bridgeton. The Lady Lions will then have another home game on the 7th before hitting the road November 10th.

Men's Soccer on the Way to the Playoffs

As the regular season comes to a close, the Lindenwood men's soccer team is ready to make a run at the national title. The Lions clinched the Midwest Conference with a 6-0 drubbing of Columbia College, and are now ranked 16th in the nation. According to Coach Carl Hutter, the Lions are "playing good consistent soccer for 90 minutes."

The Lion's will begin conference play November 2nd at home. Because the team won the conference, they have a bye for the first round of play which begins October 31st. The men will play either Missouri Valley or Columbia on the 2nd.



Lindenwood Sports contributed by the
Sports Information Practicum class.

Women's Soccer Out For a Title

The women's soccer squad heads into the playoffs on a roll. After capturing three straight home wins to finish the regular season, the Lady Lions will have home-field advantage for regional play.

Lindenwood, the fourth-ranked NAIA team in the nation, finished with a season-record of 15-3-1. They have won 14 of their last 15 games, including nine straight games.

Neither their opponent nor the date of the first regional game is known yet, but the homefield advantage is important to the Lady Lions. They are 9-0 this season at Hunter Stadium, outscoring opponents 42-2.

The Lady Lions head into the playoffs trying to repeat last season's national tournament appearance, but this time hope to avenge a loss and capture a national title.

November 1995



LindenWorld Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 1:30 Football vs. Tri-State University 7:00 W. Basketball vs. Central Methodist Men's Basketball - American Midwest Conference Preseason Tournament
		5 St. Louis Artist Guild-Photography Show, Hendren Galery, Harmon Hall Nov. 5- Dec 15 Reception: Nov 11, 2-4pm	6 7:30 Guitar Ensemble Concert; Sibley Chapel	7 3:00 Food Committee Meeting Ayres Cafeteria 7:00 Student Talent Night 5:30 JV W Basketball vs. Missouri Valley 7:30 W. Basketball vs. Missouri Valley	8 5:30 JV M. Basketball vs. Missouri Valley 7:30 M. Basketball vs. Missouri Valley	9 4:30 Steak Night 7:30 Student-directed play; Downstage Theatre, Harmon Hall
12	13	14 5:30 JV. W. Basketball vs. Florissant Valley W. Basketball - St. Ambrose Evangelical Tournament	15	16 7:30 Student-directed play; Downstage Theatre, Harmon Hall	17 8:00 Barn Dance at L.C. Club Men's Basketball - Evangelical Tournament	18 7:30 Lindenwood Jazz Band Concert; Sibley Chapel
19	20 7:30 Chamber Ensemble Concert; Sibley Chapel	21 3:00 Food Committee Meeting Ayres Cafeteria	22	23 	24 THANKSGIVING BREAK Men's Basketball - Nebraska Wesleyan Tournament	25
26	27	28 7:30 Private Voice Recital; Sibley Chapel	29 4:30 Steak Night	30 9:00 Crazy Bowl A Christmas Carol 8:00 Jekyl Theatre, Roemer Hall		