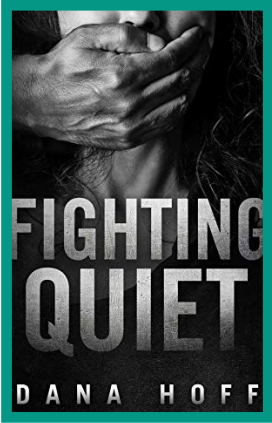


NEWS FROM AROUND CAMPUS



Dana Hoff transferred from Enrollment Management's Processing team to the School of Sciences as an Administrative Assistant.

She had a virtual 'Meet the Author' chat on March 2 with Lindenwood's Book Club about her debut novel, *The Pavers* (flyer below provided by LU Library Services).

She also released a second book February 27, titled *Fighting Quiet*. Visit her website for more information: <https://danahoffauthor.wixsite.com/books>

Casey Finnell was selected as a speaker for the 2021 NCAA Emerging Leaders Seminar, February 3-5. Finnell was invited to speak with nearly 300 young professionals during the virtual conference on Emotional Intelligence, and how to use EQ in the workplace. The Emerging Leaders Seminar provides leadership, educational and transitional programming for current graduate assistants and interns from NCAA member schools, conference offices, and affiliate organizations who are seeking a career in college athletics.



Jarell Staten, cheer coach, welcomed a baby girl on January 10. Welcome Kalani Rose Staten!



Joe Weber and his wife are happy to announce the birth of their daughter, Mirra Aruguete Weber, born December 14. The stats are as follows: 8lb 1oz, 21", girl. For those wondering: Mirra is Spanish for myrrh.

LINDENWOOD
UNIVERSITY

PAGE FROM THE PAST



Did you know that before the Scheidegger Center construction, that area was still a center of entertainment for St. Charles residents? Long before the Scheidegger Center, there was a drive-in movie theater at that location. There was also an indoor roller-skating rink near where Barnes & Noble currently is located. Lindenwood purchased these areas in the 1990s when the university was growing.

WORK ANNIVERSARIES

10 Years

Marcus Scheer

5 Years

Rebecca Kim Tungate
Joe Kosciw
Elizabeth Snell
Sarah Leassner

LindenConnect

We invite you to join LindenConnect, our new engagement, networking, and mentoring platform for alumni, staff, faculty, students, and friends.

Major components of this platform include:

1. Directory: Search for folks across the world connected to Lindenwood
2. Events: Join alumni and friend events hosted each month
3. Communities: This platform hosts all chapters and affinity groups
4. Mentorship: This section will be added in the future so alumni, faculty, and staff and serve as official mentors to our students and young alumni.

If you have questions about the platform, email Rachael Heuermann at rheuermann@lindenwood.edu. Interested in joining? [Register here today!](#)

LINDENWOOD WELLNESS CORNER

Make Room for Motivation!

It's a common misconception that motivation appears from thin air or that some are naturally more motivated than others. Motivation is not a constant; and often comes in waves. However, something powerful to remember is that motivation tends to result from an action, not its cause. The most challenging part of any goal is taking the first step towards it.

When it comes to motivation, you have to **take action**. Many successful writers, athletes, and entrepreneurs maintain motivation by incorporating rituals into their schedules. It starts with a goal and is followed by small, attainable, and repetitive habits that minimize the chance of you neglecting your goals. Developing a ritual provides you with a **habitual** way to **initiate** your intended **behavior**.

Shifting your perspective is a great way to get started. Instead of saying, "I have to," switch it to, "I get to"! When we make tasks feel like chores, it makes it more challenging to start. When we **shift** our words, we **shift** our mindset. "I get to" implies gratitude, and when we are more grateful, we are keener on completing tasks. Remember that it takes time; habits are not built overnight.

Believe in yourself – YOU ARE DESERVING AND CAPABLE!



The 3 R's of Habit Formation

Here are some great ritual ideas that are strategic and goal oriented:

- If exercising in the morning is one of your goals, try setting out your exercise apparel the night before.
- If drinking more water is one of your goals, try prefilling the water bottle the night before and placing it by your bed.
- If reading a book is your goal, try setting a daily reminder on your phone for a specific time that works for your schedule.

MOST IMPORTANTLY, remember to **reward** yourself after you have implemented your habit or achieved your goal.

You deserve the recognition!

The LindenWell team is ready, able, and willing to support you **ANY** way we can! Feel free to reach out if you need assistance or have questions.

Well Wishes,
The LindenWell Team
Mariah Gove, Whitley Huxhold, Candace Terry

NEW EMPLOYEES

Trent Crain

Head Coach, Olympic Weightlifting

Aj Surrell

Admissions Counselor

Anthony Accardi

Officer, Public Safety and Security

Caira Butler

Creative Coordinator, Fashion Design Program

Kirsten Hawkes

Counselor, Student Financial Services

Evan Dunklee

Assistant Athletic Trainer

Christian Thompson

Program Manager, Fraternity and Sorority Life

Raymond Spink

Assistant Coach, Bowling

Renata Bule

Advancement Officer

Ashley Atkins

Coordinator, Student Financial Services

Janja Kovacic

COVID Intake Processor

Kathleen Varvera

COVID Intake Processor



Established in 2020, LindenGiving is a community outreach endeavor focused on serving the most essential needs of our neighbors here in St. Charles. LindenGiving is chaired by Mrs. Beverly Porter, Lindenwood University's first lady, and led by a committee of campus leaders dedicated to serving others. In November 2020, the first LindenGiving initiative provided meals to families in need with the Oasis Food Pantry & Powell Terrace Food Pantry. The February initiative focused on Five Acres Animal Shelter. [Learn more here.](#)

GIVING WEEK

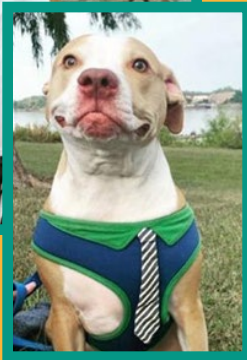
Lindenwood Giving Week is a special fundraising effort across campus, celebrated March 29-April 2! Our goal is to raise at least \$25,000 to support key University initiatives and make a collective investment in the future of Lindenwood.

Every gift, no matter the size or designation, helps us reach our goal, and we hope you'll join Lions from all around the world and make your contribution!

During Giving Week, tune in to our social media channels, and keep an eye on your email for some familiar faces sharing stories about why they give to Lindenwood. **Because making a gift is a great way to show support for our community, employees who participate Giving Week are eligible to earn LindenWell Wellbucks, and those participating in the health plan can earn incentive points!**

You can make a [one-time gift online](#), or make a monthly donation through a payroll deduction. [Complete this form and maximize your impact today!](#)





PET OF THE QUARTER

Carl is a 3-year-old Staffordshire Terrier who LOVES wearing his necktie harness because he is all about the business – doggie business, that is! His human, **Nina Stewart**, went to the Humane Society to visit with another dog she had inquired about, but he was not available by the time she went. That's when fate stepped in and she noticed Carl. He looked a little sad, so she decided to stay and play with him. Once Carl sat in her lap and started giving her kisses, it was over! I mean, how could anyone say no to that face? Since adopting Nina as his official human, Carl has been enjoying his mom's bed while she is at work and going on hikes when it's warm. His favorite snacks are carrots, popcorn, and peanut butter! The best part about Carl is that he resides right here on campus! So, if/when you see Carl strutting around campus, be sure to say hello!

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The goal has been set. Now, it's up to you to reach it! All Lindenwood University employees are working toward completing 40 hours of professional development on an annual basis. Staff hours are tracked from September 1 to August 30. Remember, you are not alone and there are great resources to help.

Do you need ideas on how to achieve your goal?

- [LinkedIn Learning](#) offers a wide variety of self-paced lessons absolutely free!
- Register and attend a training through the [Lindenwood Learning Academy](#), for free!
- Attend a webinar on a topic related to your field.
- Take a class online or on-campus related to your field.
- Read *The Ideal Team Player* and have group discussions with your colleagues. [You can download a free copy of the book here.](#)
- Research existing articles and present to your department on a topic related to your field.
- Work toward earning a new certification in your field.
- Complete on-the-job development with a colleague.
- Seek out stretch assignment opportunities from leadership.

Additional information on professional development can be found on the [Lindenwood Learning Academy webpage](#).

LINDENLOOK SPOTLIGHT *A New Staff Council Newsletter Feature*

We are asking staff members questions to learn about each other in a more personal way. These are the questions we asked and the answers we have received. Enjoy!

- 1. How long have you been at Lindenwood?**
- 2. From where are you originally?**
- 3. Do you have a favorite season and why?**
- 4. Any unusual hobbies or activities?**
- 5. Introvert or extrovert?**
- 6. Who's your phone-a-friend and why?**
- 7. Favorite vacation spot?**
- 8. 2 interesting things you might have done in your life – One True and One False (answers at the end).**

Rick Baniak

CFO Vice President Fiscal Affairs

1. 3 months
2. Originally from St. Louis County, Dellwood, has lived in Los Angeles, D.C., Chicago, back in St. Louis since 2012
4. Likes to ski, travel, cook, eat and hang out with family and friends.
5. Extrovert at work but introvert everywhere else
6. Lean on my wife and family for most things
7. Whistler, B.C
8. Backpacked the Grand Canyon OR attended a Super Bowl

Lynn Russell

Bursar Enrollment Management

1. 20 years
2. Miami, FL
3. Spring – Sun is not too hot,

flowers bloom and I get to plant my veggie garden

4. Side by side trail riding and rock crawling. (Look that up for more detail :))
6. My friend Sharon – our husbands were stationed together or followed each other in their military duty assignments for a long time. (Thanks for your service, Terry Russell)
7. Lucerne, Switzerland (because of the neutrality? :))
8. Won the lottery OR climbed Mt. Tabor in Israel

Rebecca/Kimbecca Tungate

Student Financial Services

Counselor

1. Five years in May
2. I am from St. Louis. I grew up in Spanish Lake, MO and went to

Hazelwood East High School.

3. I love that Missouri has all four seasons. I enjoy them all for different reasons.
4. Recently, we have been trying to create a native landscape on our almost one acre in St. Louis County. We have retired neighbors who have converted much of their yard to Missouri natives. It is really beautiful. They give tours and have a highly followed YouTube channel. They've inspired and educated us that even adding one native plant supports our environment for future generations. We have a long way to go, but I have been converted to a new way of looking at things.
5. I am an introverted extrovert. I love helping people and can be extroverted when doing so, but overall I am probably more introverted and quiet.
6. My boyfriend Mikey, my kiddos, and some of my awesome coworkers.
7. I loved Acadia National Park in Maine and Lake George, NY.
8. Worked for a circus OR sang backup with Nathaniel Rateliff (celebrity from Herman, MO)

ANSWERS: Grand Canyon, won the lottery, circus

Staff Council Puzzle

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WAPN

9	3		

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RCEHMAR

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