

LindenWorld

December 1, 1995

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Winter Break!



by Nicole Hale

Only a few more days until the 1995 fall semester is over! Lindenwood campus is filled with students piling into the computer lab and the library to finish up their last minute papers and projects before classes end. Then the time will come for students to study for their killer finals. Knowing what to take home and the correct procedure for check out is not always remembered until after final exams.

Check out is an easy process to do. First, remember that you must be moved out on December 14 by 5:00 p.m. Do not forget the last meal served will be lunch. Next, remember the school will not be responsible for any items left behind. The list of proper procedures are simple.

1. Leave heat on at a lower than normal temperature and remove all obstructions on or around the radiator.

2. Close and lock all windows.

3. Unplug electrical items (aquariums and answering machines may be left plugged in).

4. Clean the residence and empty trash into the dumpster.

5. Turn off all lights.

6. Lock doors before leaving, including bathroom doors if it is shared with another room.

7. Avoid leaving valuable items in the residence.

When you feel that you are ready to check out, find a resident assistant who will check to make sure you did not forget any of the steps. Finally, you will turn in your keys to the resident assistant and you are free to enjoy your Christmas break.

Your mail will be distributed in mailboxes while you are on break.

On January 7, 1996, the campus will open at 1:00 p.m. for you to move back in. The first meal of the new year to be served will be dinner.

For the students who are not returning, you will need to make sure all the paper work is filled out and turned in before you leave.

Knowing that you are done with another semester and have properly checked out, have a great holiday break!



How to Eat Healthy

by Nicole Hale

Trying to eat healthy at college is not easy for students. All students hear is “Watch your fat grams!” or “How high is your cholesterol?” As students, hearing these comments can be discouraging. It seems as though there is not a healthy item in the cafeteria. Student’s heredity, their environment, and the health care they get are important to staying healthy. A student’s life-style is the biggest problem in being healthy. A lot depends on whether students exercise, smoke, drink alcoholic beverages or abuse drugs.

There are a few guidelines to help students improve their health. First, students should eat a variety of food. By eating a variety of foods, students will get the nutrients they need and the energy they require to maintain a healthy weight. The next guideline is to eat a smaller amount of fat and eat more in complex carbohydrates and fiber. Another health rule is to use less sugar and salt. And remember, eating too much or not eating enough can be harmful, too.

During the day young adults need to eat the following number of servings from each of these food groups:

Vegetables	3-5 servings
Fruits	2-4 servings
Breads, cereals, rice, and pasta	6-11 servings
Milk, yogurt and cheese	2-3 servings
Meats, poultry, fish, dried beans and peas, eggs and nuts	2-3 servings

Most students should eat at least the lower number of servings, while others will need to eat more due to their body size and their activity level.

While students are living on campus, it may seem like an impossible task to eat right. As students walk into the cafeteria they are not thinking healthy, but instead they are just trying to get full. The Ayres Cafeteria is healthy for students! Each item being served has a card to tell students the amount of fat grams, saturated fat, cholesterol, sugar, salt, and sodium levels. These cards help students pick and choose what items fit into their diet.

Following the dietary guidelines and the serving sizes, students will be able to maintain their weight or lose those unwanted pounds if that is what they choose to do. Just remember the serving groups and group amounts and you will find Ayers Cafeteria does provide the dietary guidelines to a healthy diet.



East of Eden

by Brian Murphy

The Fine Arts Department of Lindenwood College has a new venue this year. On January 1, 1995, the archery shop on first Capitol Drive became Lindenwood's Studio East.

In the past, all the fine art classes were held in Harmon Hall. With the increasing number of students and ideas in the arts, something had to give. "The art department was growing student - wise and concept - wise," said professor Grant Hargate, "and we didn't have enough space."

According to Hargate, Studio East has allowed the department to further explore new areas in the art field, such as sculpture. In addition, it gives students the privacy necessary to freely create. "We {artists} need to be by ourselves," said Hargate, "I think these students are now appreciating the fact that they're over here; that they can thrive. Conceptually the students are growing a lot from it."

According to Hargate, Studio East is a mere ten minute walk from campus, and the students do not seem to mind. Erica Alley, a senior majoring in art history, said, "It's like our own little garden. We have plenty of space, privacy, and freedom. I love it."



** LSG Corner **

HAPPY HOLIDAYS!

See you next year!



Lindenworld Sports

Cross Country: A Good Showing at Nationals

The Lindenwood Cross Country team wanted to show the nation that they could run this season and run they did. After sweeping conference and regional meets, Lions and Lady Lions took their talent to Kenosha, Wisconsin to compete at nationals. Although neither team won the title, both men and women finished strong.

The men placed 23 and were lead by Christopher Kebenei who placed 10th as a freshman. LC also had four other runners place in the top 180 which out of a little under four-hundred runners is very good. Sean Carlson, who is also a freshman, took 139th with a time of 27:40. Other top runners were freshman Brandon Roberts, sophomore Tim Schlichting, and Senior Eric Krone. This meet was only positive for the team. With so many runners coming back it is easy to say that the Lindenwood men's team is on it's way

to the top.

On the women's side, youth was again the topic in the nationals. The Lady Lions placed 24th overall and were lead by Susan Scheibe as she placed 54th. All the rest of the women ran well after being crowned as regional champions just last week. Seven of the Lady Lions top runners will return next year to defend their title. Other women that placed at the meet were sophomores Janet Ringstaff, Amy Menzie, Robin Keith, and Jennifer Madsen along with freshmen Jessica Helton and Leslie Duke.

The Lions have now made themselves known as one of the top programs in the region. The Lions, both men and women, have made great strides this year towards taking the next step to the title. Good luck to them from all of us. We're proud of you.

Women's Soccer: A Great Season Finish

A loss in pool play still put the Lady Lions Soccer team into the semifinals of the 1995 NAIA Women's Soccer Tournament. Ironically, Lindenwood met the same team, Southern Nazarene University, that it lost to at 2 - 0. But the second time was, indeed, the charm as the Lady Lions beat Southern Nazarene 3 - 1, sending Lindenwood on to the finals.

The Lady Lions have played well all season. They were the top seed of the regional tournament, and enjoyed home-field advantage through

out. They finished 13 - 1 at home this season.

The Lady Lions played superb soccer in the finals, playing Lynn University of Florida, who was unbeaten going into the finals. Seniors Caryn Chasteen, Lindenwood's leading scorer, and Dena McMullin, the top defenseman, worked hard for the team, but the Lady Lions ended the season with a 4 - 1 loss to Lynn University. This put the Lady Lions at second in the nation in NAIA Women's Soccer. Heartiest congratulations to the Lady Lions!

Wrestling to the Top?

At the beginning of its fourth season, the Lions wrestling team is ranked 1st in the pre-season national poll for the NAIA. The men have already had several meets with men placing. The Labette Open had Kevin Barrales and J.C. Gonzales taking 2nd place in the 190 and 167 pounds and Kenny Nalls placed 3rd in the 142 pound weight class.

At the Central Missouri State University open, Andrew Scrmgeour placed 3rd in the 167 pound, Eric Piper and Tony Cooper placed 4th at 177 and 158, Ernest Middleton placed 5th at 190 and Josh Peck and Chris Simms placed 6th in the 118 and 190 pound classes.

In Oklahoma, Lindenwood had two champions in Andrew Scringeur at 158 and Rickey Williams at 134. David Steffe placed 3rd. Lindenwood had more national champions than Division 1 powerhouse Oklahoma University, who only had one champion.

Head coach Stacy Weiland is very optimistic about this season. "Because of the depth and strength we have in certain weight classes, we should do well in big tournaments. A National Championship is definitely within our grasp.

Weiland says the team is progressing slower than he would have liked but they are coming around. Many other teams are in better shape, so the Lions are working on techniques to make up for the physical problems. Talent and luck will be needed for the national championships and Weiland feels talent and luck are "on our side."

Lindenwood Football Makes Strides for Next Season

The Lindenwood football team won three of their last five games to finish at 4 - 7 for the season. "Winning the last two ball games will give us a lot to build on for next year," Ryan O'Connor, who played strong safety for the Lions said when asked about the team's future. "We will have a lot of guys returning on offense and defense so that's a plus."

The Olivet game represented the last one for six seniors. Shane Collins, Mark Harris, Doug Kerr, Justin Meeks, Eric Fors, and Chris Coniss made

their final game a good one as they beat the Tigers 10 - 6.

"Winning made it a good way to end the season," said Justin Meeks.

The Lions finish 2 - 3 in the conference which was good enough to end up in the Mid States Athletic Association. Next year they will be heading to the Heart of America Conference where they will be slated against teams such as Missouri Valley College and Central Methodist.






Offensively the Lions finished second to league leading Trinity College in passing and finished

with over a thousand yards on the ground. The offense had several stars including quarterbacks Corey Nesledge and Max Brown along with running back Cecil Severado and wide receivers Mario Patten and Darian Benton

The defense, which had two shutouts this year, were led by defensive backs Ryan O'Conner and Ron White along with linebacker Shane Collins and defensive linemen Craig Burch. O'Conner said it best, "I'm already looking towards next year and the chance to make the playoffs."

Linden World Calendar of Events

December 1995

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 A Christmas Carol Jelkyl Theatre, Roemer Hall	2 5:30 W. Basketball vs. Sangamon State M. Basketball-St. Marys College Tournament
3 <i>A Christmas Carol</i> 2:00 Jelkyl Theatre, Roemer Hall <i>Christmas Walk</i> 4:30 Symphonic Band Concert; St. Charles Presbyterian Church	4 7:30 Choral Concert; Sibley Chapel 7:30 JV M. Basketball vs. Washington University	5 3:00 Food Committee Meeting Ayres Cafeteria	6 8:00 Dance <i>Happenings</i> ; Lindenwood Club	7 <i>A Christmas Carol</i> 8:00 Jelkyl Theatre, Roemer Hall	8 LAST DAY OF CLASSES	9 <i>A Christmas Carol</i> 8:00 Jelkyl Theatre, Roemer Hall FINALS BEGIN
10	11 <i>Midnight Breakfast</i>	12	13 	14	15 <i>Moving Out Day</i>	16 Season's Greetings
17	18 Happy Hanukkah 	19	20	21 	22	23
24 Christmas Eve Day <i>New Years Day</i> 31	25 <i>Merry Christmas</i> 	26	27	28	29	30 7:30 W. Basketball Univ. MO - St. Louis Auburn-Montgomery Tournament