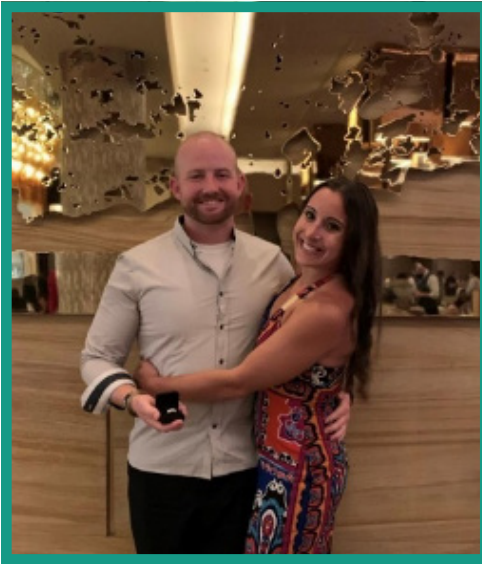


CAMPUS NEWS



J.C. Hull, athletic performance coach for football, recently proposed in Miami, FL. Congratulations on your engagement, J.C.!



Mike Elam, head coach of shotgun shooting, celebrated the birth of his grandchild, Lucas James Kuehler on August 1, 2021. Welcome to the world Lucas!



Tim McNamee, supervisor of audiovisual and classroom support, welcomed his son, Theodore Michael McNamee, to the world. Congratulations Tim!

PAGE FROM THE PAST

Almost 20 years ago, Lindenwood made national and global headlines when the University began a program called Pork for Tuition.

In 2001, farmers were experiencing record low prices for the hogs they were raising. Under the guidance of then President Dennis C. Spellmann, Lindenwood saw a need to help farming families pay for their children's tuition. The low prices farmers were receiving for their livestock was not reflected in what the University were paying for the meat included in student meals. Lindenwood took action by offering higher prices for livestock, allowing farming families to afford tuition. Lindenwood, in turn, had the livestock processed and used the meat in student meals.

The idea was so unique, that it caught attention from news organizations around the world, including NPR, NBC's The Today Show, and the Wall Street Journal.

Listen to the NPR interview: https://digitalcommons.lindenwood.edu/historic_audio/1/

Link to the Today Show story: https://digitalcommons.lindenwood.edu/historic_video/1/

Link to the Lindenwood press release: https://digitalcommons.lindenwood.edu/university_docs/1/



President Dennis C. Spellmann

LINDENWOOD WELLNESS CORNER

Financial Food for Thought – Tips to Save in the Kitchen

Hello Wellness Warriors! It is time to FALL into financial wellness! This article will provide you with some tips and tricks to help make wise financial decisions in the kitchen to keep your finances well!

Savor the Savings

Food is a key component for everyday lives and something we all spend money on, but it doesn't have to break the bank. Check out some tips we have compiled about ways to save money in the kitchen!

1. **Plan your meals** – Planning ahead can help lessen overbuying, which means you are not overspending at the grocery store (i.e., saving money). Doing so also means spending less time during the week wondering what to cook. Additionally, planning your meals means you can spend less money eating out for breakfast, lunch, or dinner. You will be surprised how quickly this savings adds up over time!
2. **Grow your own** – This tip may take some time and resources to get started. A small garden is a great way to save money on produce. It doesn't get any better than fresh fruits, vegetables, and herbs at your fingertips! Not only is this cost effective but gardening can help reduce stress and serves as a great source of exercise.



3. **Occasionally go meatless** – Have you heard of “Meatless Mondays”? Ditching meat one day a week can help reduce food costs. Meats and fish tend to be more expensive grocery items. Cutting back just one day a week can result in small savings that will add up over time. Try opting for less expensive protein sources like eggs, tofu, and legumes.
4. **Take advantage of sales and coupons** – Taking into consideration what's on sale/couponing when planning your meals or making your grocery list can significantly reduce your grocery costs. Bulk buying pantry staples when they are on sale is a great way to reduce overall costs as well. Additionally, knowing what day your local grocery stores slash prices and shopping accordingly will help to ensure you get what you need at the best price.
5. **Cut down on food waste** – Did you know that the average household wastes around \$1,800 in food each year? Taking the time to plan your meals each week can help minimize your food waste. Try implementing a “leftover” night each week to clean out your fridge. Be mindful of items in your fridge and pantry that can be repurposed. For instance, stale bread can be made into croutons!

6. **Buy generic** – Consider swapping national brands for store brands. There are typically few differences in the products (review the food labels) but the price savings are there.

There you have it! Six tips to help you save in the kitchen. Try integrating a few on your next trip to the grocery store.

**Have a Happy and Healthy Day,
The LindenWell Team**

Sources:

https://d38sstq0t1wr1.cloudfront.net/PAS_MHM_072021/content/index.html#/lessons/oSUzyQ-zwf5t30WWrHNqTRHsLaaS_enp

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PET OF THE QUARTER

Blake the Bunny - Blake Baggins recently joined the Lindenwood family with his human, Abigail Manis, in the College of Arts and Humanities! He is named after William Blake, a revolutionary British “poet of the people” at the dawn of the Romantic period of literature, and Bilbo Baggins, a reluctant but courageous adventurer. Like his namesakes, Blake (or “Blakey Blake” to those nearest & dearest) boldly lives his life without regard to the conventions of expected bunny behavior: He scoffs at the idea of chewing or digging carpet; he nobly relieves himself in his litterbox and not on the floor; he sadly shakes his head when he hears of other bunnies chewing baseboards; and he takes only the rarest nibbles out of his furniture. Blake enjoys free-range living in his spacious portion of the living room, arugula, and cuddles, and only thumps with disapproval when the neighbor chickens invasively peck at his glass sliding door.



Tailgate season is upon us! Join us for two more home games this season at the Lion Pride Tailgate. Each game will have a tailgating section in the Field House parking lot, as well as outside of the stadium where you can enjoy local vendors, 4 Hands Brewery, SugarFire BBQ, a live band, and more!

Don't forget that as a staff member you are invited to the faculty & staff appreciation area for each game. Bring your employee ID on game day to the Spellmann patio to get into the exclusive appreciation area and access to the green seats for the game. The Spellmann patio will be reserved for you and your family on each game day, and Pedestal will provide complimentary food for you and your guests.

Game Days:

- Saturday, October 23 at 1 p.m.
 - o Tailgate Time: 10 a.m.
 - o Dark Carnival weekend (Carnival games, raffles, snacks, storytelling, and other free attractions)
- Saturday, November 13 at 1 p.m.
 - o Tailgate Time: 10 a.m.

Questions about tailgates and game day can be sent to Rachael Heuermann at rheuermann@lindenwood.edu.

GET TO KNOW BEVERLY PORTER

We have learned a great deal about Dr. John Porter since he joined Lindenwood University, but we thought faculty and staff might be interested in learning a bit more about Beverly Porter and her philanthropic efforts as chair of LindenGiving. After spending some time getting to know her, here is what we learned.

Beverly was born in Detroit, Michigan and has two sisters. Beverly moved many times with her father's employment. Her family lived in Chicago, New Jersey, and Pittsburgh throughout her childhood.

Beverly attended Evangel University in Springfield, where she obtained her degree in business administration and management. Interesting note, this is where she met President Porter on a blind date as sophomores. They have been together ever since. President Porter and Beverly recently celebrated their 38th wedding anniversary. Congratulations are in order!

Beverly is a certified public accountant (CPA) and worked in public accounting in Chicago and Pittsburgh. Beverly shared that she enjoyed working, utilizing her degree, and the challenge of public accounting. However, once they had children, she didn't want to be away from them all day and into the evening. The Porters have a 34-year-old son, 31-year-old daughter and 29-year-old son. They currently have 3 grandchildren, ages 8, 6, and 3, and another grandbaby is on the way! Two of their children live in the Kansas City area and one just recently relocated to Oklahoma.

Beverly and President Porter got their master's degrees at Washington University together.

Beverly's interests are family focused and she loves the warm weather. They are currently working on a home at Table Rock Lake for family get togethers. She is also interested in home projects, design, and renovation.

Interesting facts about Beverly include that she and President Porter are currently thinking about taking piano lessons and a future goal might be running or walking a marathon.

When asked about where she most liked living, she shared that each place had its positives and negatives - but she especially enjoyed safaris in South Africa and Cairo, as well as camel rides in Dubai.

When asked about LindenGiving, she shared it was mostly an advancement idea, but needed a chair, a role that she was happy to take on. She has really enjoyed the projects so far, including the Thanksgiving giveaway, working at a local park, and the backpack drive. LindenGiving is working on future projects geared towards contributions to the local community.

The last question asked was what we can do as staff to contribute to the growth and community at Lindenwood. Beverly suggested we follow our mission and vision and never forget we are all here because of the students.

CAMPUS TOUR UPDATES

The beauty and energy of campus has always attributed to a rich history at Lindenwood and has been admired by many generations of prospective and current students. Lindenwood has seen an increase in enrollment from prospective students who have visited campus versus those who have never stepped foot on campus. Because of this, Lindenwood's Enrollment Management team, as well as President Porter and the Board of Trustees, have taken an unprecedented step to invest in ensuring our campus tour experience goes from good to great! While some of the final details are still being set at the time of this writing, there are a lot of exciting things that we as a campus can look forward to.

One of the campus visit changes is increasing student ambassador working hours so that we can increase our peer-to-peer connection with the visiting students and provide a more individualized experience. We will be outfitting our student ambassadors with a Lindenwood branded wardrobe for any recruiting occasion, hot or cold, rain or shine. The increase in availability of ambassadors will also allow for us to provide a more concierge type of service to the families visiting, which will further set us apart from our competing institutions.

In addition to this, we have invested in a larger fleet of golf carts to ensure that we do not have families walking the hour-long tour, allowing them to enjoy the campus scenery to its fullest potential. We are adjusting our tour times, allowing for an additional hour to be selected in the afternoon while also making the tour scheduling process more streamlined for the student and family. When students are on campus, we will ensure that they receive a comprehensive visit to their respective academic building and have the option to further connect with a professional advisor as well. While touring campus, we will be adding optional photo op stops in some of the picturesque areas and buildings on campus and to use for social media, as well as a memory for the family of their visit. These are just a handful of our changes we expect to see as we continue to meet the wants and needs of our prospective students. There are many more changes that were not mentioned in this article that may already be active by the time this issue prints so continue to be on the lookout for prospective students visiting campus and be sure to smile, wave, and say hi!

LINDENWOOD STAFF COUNCIL

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Kelly Ahne

Adam Benkendorf

Jennifer Hennings

Whitley Huxhold

Tim McNamee

Benita Phillips Lester

Benjamin Ra

Alley Bardon

Blake Bunton

Samantha Kennedy

David Musso

Tina Osterwisch

Kyle Routh

Vice Chair:

Cheryl Delaporta

Secretary:

Rachael Heuermann

[Staff Newsletter Feedback Survey](#)
The Staff Council Communication Subcommittee would like your feedback for upcoming staff newsletters. Please take a moment to [CLICK HERE](#) and complete the survey.

UPCOMING EVENTS

OCTOBER

- 19th - LU Book Club Meeting - 7 p.m. – 8 p.m.
- 21st - Alumni Night @ Shamrocks - 5 p.m. – 7 p.m.
- 23rd - Lion's Pride Tailgate - 10 a.m. – 1 p.m.

NOVEMBER

- 2nd - LU Book Club Meeting - 7 p.m. – 8 p.m.
- 13th - Lion's Pride Tailgate - 10 a.m. – 1 p.m.
- 13th - Future Lion Day
- 18th - Alumni Night @ Shamrocks - 5 p.m. – 7 p.m.
- 20th - Southern Fried Chicks: Cage-Free Comedy Tour - 8 p.m.
- 23rd - LU Book Club Meeting - 7 p.m. – 8 p.m.
- 24th - 26th - Thanksgiving Holiday

DECEMBER

- 5th - Lightwire Theater's A Very Electric Christmas - 3 p.m.
- 5th - WinterFest
- 10th - Commencement

LINDENLOOK SPOTLIGHT

Staff Council loves getting to know our staff better and we hope you do too! We asked the following fun questions and the responses are below.

1. How long have you been at Lindenwood?
2. Where are you originally from?
3. Do you have a favorite season and why?
4. Do you have any unusual hobbies or activities?
5. Do you consider yourself an introvert or extrovert?
6. Who's your phone-a-friend and why?
7. What is your favorite vacation spot?
8. Tell us two interesting things you might have done in your life – One True and One False (answers at the end).

Mubera Komsic

1. I have been with Lindenwood since 2015. I originally started as a temp in 2013.
2. I was born in Bosnia and raised in Germany.
3. Autumn is my favorite season. The colors are stunning. I like the fresh air, daily warmth, and the way leaves turn a bright shade of red and yellow. "Notice that autumn is more the season of the soul than nature." – Friedrich Nietzsche
4. Blogging, hiking, drawing, sketching, painting, crafting, and planting
5. Social introvert
6. Chris Rumsey and Tina Wolfe; Chris is very knowledgeable and very informative. Tina is an amazing co-worker and friend.

She is always on the lookout to learn something new, to make improvements, and makes suggestions where they are needed.

7. Bali and Bora Bora
8. I am a professional ballet dancer OR I am fluent in two other languages and lived as a refugee in Germany in the 90's.

Tina Osterwisch

1. A year and 8 months
2. I was born and raised in St. Louis.
3. Fall; I love the colors, crisp nights/morning, and orange moon.
4. I love working in the yard all year round.
5. Extrovert
6. My sister; We share everything.

7. Florida
8. I have owned horses OR I have owned a Harley motorcycle.

Joyce Norman

1. Since 1982
2. St. Charles, MO
3. Fall, because of the beautiful colors
4. I like to ride 4 x 4s and collect Precious Moments figurines
5. Introvert
6. My 2 sisters; we are inseparable.
7. Huzzah Valley Resort Campgrounds
8. I have taken a hot air balloon ride, OR I took a week-long houseboat trip at the lake with 6 other couples.

Josh Gilliam

1. 2 Years and 9 months!
2. Florissant
3. My favorite season is summer. I love summer for a few reasons. My birthday is during the summer, I use the summertime to travel, and I also like to do activities outside in warm weather.
4. I like to watch YouTube videos on bees and the World Series of Poker.
5. It really depends on the day, so I'm going to say introvert.
6. My wife, because she is

absolutely great at trivia and random facts.

7. Cancun, Mexico
8. I have 13 siblings OR I created and sang a song at the open mic that I hosted.

True Statements:

1. Komsic – I am fluent in two other languages and lived as a refugee in Germany in the 90s.
2. Osterwisch – I have owned a Harley.
3. Norman – I took a week-long houseboat trip at the lake with 6 other couples. Fun times!!
4. Gilliam – I have 13 siblings.

STAFF COUNCIL PUZZLE

Words can go in any direction and share letters as they cross over each other.

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C D W Z S T E Z S A U Y P E V
I O M O F Y E P E T J X U P D
K K S H R H Z T L A S Y M Z F
M Y U T T C E A P E P S P S K
H M G T U B E C P H E W K L A
K Q G H E M W R A V D O I N E
C X I W O Z E L A G Z W N R U
F H B T O K L E X C Y A S U B
Q O U K F O L A T P S L U Q C
C B L X W T E D I R Y A H U J
B D P E R B Q M E A C Z Q C S
V H E H P V O U N V W L B R R
H N F K F U Q F O N A Q T N Z
J Z Y V C Q G G V B Y B A X I
V O G L M C I D E R E P S V J

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Apples
Costume
Leaves

Cider
Halloween
Pumpkins

Cobweb
Hayride
Scarecrow