

LYNX TALE

NOVEMBER 2012

LINDENWOOD

LINDENWOOD UNIVERSITY BELLEVILLE, ILLINOIS

USCAA

PLAYERS OF THE WEEK · PAGE 4

G.I. JOBS
MILITARY FRIENDLY
SCHOOLS

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Who are you and what do you stand for?

By Dr. Sarah Patterson-Mills

Trends and Fads

Mismatched socks, maxi dresses, the '80s neons and paint splatter fabrics, Gotye, Gangnam Style, and Zumba. Fads of today can turn into fads of yesterday just as quickly as they appear. Trends, on the other hand, refer to things that have more longevity. Rarely, something that seems like a fad, such as abbreviated text language, can morph into a trend, too.

So, what are some trends today? In the job market, trends are creating and maintaining an online portfolio, getting a Linked In account, and staying on top of the most recent trends in your field through, what else, the Internet. But, are these fads, or are these trends? Only time will tell...

In the last Lynx Tale edition, I wrote about self-branding. This refers to the idea that your identity is often interpreted based on online information that you and others

post on websites. Staying on top of what is said about you is imperative in today's high-tech world because employers pay attention to what you represent online. A productive response to this trend is to begin to build an online professional identity. This is accomplished by posting your resume, educational credentials, and service work, to name a few. But, where do you start?

Throughout September and October, I had the privilege of visiting all LUL 101 classes on campus to talk about career services. After initial introductions, we reviewed the number of career resources available to everyone on campus, including active day and evening students, as well as alumni. One of the activities I asked students to do was to write down a few virtues and vices about themselves. When thinking about your virtues, think of them in terms of your brand name. Ask yourself, how do you stand out

Trends and Fads Continued on Page 2



Trying to Live "Dorm"ally

Left to Right : Courtney Bowman, Keyaris Henry, Courtney Heberlie and Heather Tomaszewski

By Heather Tomaszewski

This is a true story of four strangers, picked to live in a very small room. When things stop being polite, they start being real. The dorm room forced those residents to get to know each other a little too fast.

As you can imagine, fitting in a dorm room with four girls is quite the challenge. The constant argument of whose turn it is to get ready in the bathroom and who drank your chocolate milk is exhausting. Squeezing by each other to reach hair spray or to attempt not to blind the person sleeping in the bed closest to the bathroom when turning on the light can be challenging. The residents of the Lynx Lodge are proudly accepting these challenges.

Creativity is key when living in such a small area with so many people. We had to think creatively about how to fit all of four girls' clothes in a closet and regulating whose turn it was to take out the trash. We reasoned that whoever ate Spaghetti O's immediately had to take out the trash due to unwanted odors. We quickly learned to stop eating Spaghetti O's in the room. All of these issues had to be solved, but the biggest problem that I am sure most are still having trouble with is figuring out how to get on your bed when it is on risers.

There are several different approaches to getting up on the high beds. The classic, step-on-your-roommate's bed I assume is used quite often, but that is just not as fun. My personal favorite is the run and jump method. The most efficient way to jump on your bed is to get at least a six-foot distance from your bed; seven feet is just too much. As you

are running and approach the bed, some might think that it is simply just a jump onto the bed, but it is so much more than that. It is actually more of a lunge and a hop at the same time, while you are rotating your body ninety degrees. The difficulty level increases when you are fortunate enough to have shelves of food above your bed, but that is just a skill you must develop.

Living in the Lynx Lodge means you have to get used to seeing some unusual things. It is not uncommon to see someone sitting in a lawn chair or the casual parade happening in the hallway. While getting comfortable stepping over your peers to get to your room is something that we have all grown accustomed to, there are just some things that should never become a regular event. Things such as dodging for your life in what seems to be baseball practice in the hall or opening your door to a person in a bear costume causing havoc in your hallway have been a couple of atypical experiences.

As quirky as life in the dorms is, we all seem to cohabitate pretty nicely. The only time actual blood, sweat and tears happen is when you are trying to find an open laundry machine. If that is our biggest problem in life, I call it a win! Whatever your problems are, whether it is a problem with your roommates or missing home, you can always go play some Ping-Pong to get your mind off things. Life in the dorms seems to be quite promising for the year to come. Although I do not think we have seen the last of the giant bear, I am confident that the Lynx Lodge has a great rest of the year ahead.

A Christmas Carol

By Marsha Parker

The traditional tale of Ebenezer Scrooge and his redemption will be told in the Lindenwood Auditorium on November 30 and December 1 at 7:30 p.m. and December 2 at 4 p.m. There are a few surprises, twists, and turns even though the story is the same one that has been a part of Christmas for nearly 200 years. The production features students from LU-Bellefonte, Althoff Catholic High School, and the greater community. Each LU-Bellefonte student, faculty, and staff member receives two complimentary tickets, so we encourage you to make reservations. Please call 618-239-6214 or 618-239-6175. The production stars local professional actor Jason Puff, who is an MFA candidate in acting at Lindenwood University - St. Charles and has performed in productions in St. Louis and the surrounding area. Come join us and make this a new tradition for your family and friends!

Ms. Sydow's LUL 101
Explore the Arch



On Saturday, November 10, Ms. Julie Sydow's freshman experience class, which consisted of 12 international students, took a field trip to explore the Saint Louis Missouri Arch and The Museum of Westward Expansion, located underneath the Arch. Sydow and her students raised money for the event by selling popcorn during the Lynx football game the previous week. Students who attended include Hamad Al Aqil, Mohammed Al Aqil, Khalid Aljathlani, Maria (Nana) Angulo Sandoval, Juan Bourgeat, James (Jamie) Brason, Ariel Cabanas, Enkhmunkh Enkhbold, Erick Flores, Enguulen Turmunkh, and Harika Yavuz.

"I was thrilled to take this group of students to Saint Louis," said Sydow. "What a great experience to share with them as they learn more about the area around LU-Bellefonte!"

Karimpour to Present Research at the 2013 Joint Meeting of the American Mathematical Society and Mathematical Association of America



Dr. Rahim Karimpour, professor of mathematics and division chair of natural sciences and mathematics at Lindenwood University-Bellefonte, has been invited to present his research findings at the joint meeting of the Mathematical Association of America and the American Mathematical Society. The conference will be held Jan. 9-12, 2013, in San Diego, Calif.

"This conference is the largest mathematics meeting in the world," Karimpour said. "I am honored to present my research paper there."

Just last year, Karimpour co-authored a scholarly paper titled "Two Propositions and Their Relation to Steiner-Lehmus Theorem" that was published in the Pioneer Journal of Mathematics and Mathematical Sciences.

"Dr. Karimpour's academic accomplishments are impressive, and this presentation will add to his considerable achievements as a scholar," said Dr. Keith Russell, interim dean of academics at LU-Bellefonte.

Trends and Fads Continued

as compared to the next applicant? Vices, those pesky negative habits that develop over time, also work to define us. How many times have we had the friend who was perpetually late to dinner dates? Be honest with yourself. Then, see if the vice could be interpreted as a virtue, too. For example, someone might say, "I procrastinate all the time." Turning a vice into a virtue might mean that instead of procrastinating all of the time, you work well under pressure. This is also a skill that will serve you well during those interviews when you are asked, "Tell me about your strengths and weaknesses." Next, ask yourself, do your virtues and vices match your thoughts and deeds? If not, you may need to take a step back and decide if there might be something you are unaware about yourself. Your self-brand should be consistent with what you say and what your resume communicates about you.

SOME RESOURCES TO GET YOU STARTED

Of course, beginning this process takes lots of time and help. The Career Services Office has top-notch graduate-level interns who can get you started. Typically, this takes one meeting. Then, you will be more aware of what steps you need to take based on your individual situation. Currently, our services are boasting a brand new online job database, Career Connect. As you build experience, be sure to archive your activities and recognitions in a designated paper or electronic folder. The following are a few of the resources available to you:

Resume and job search - www.myinterfase.com/lindenwood/student

Resume and cover letter maker - Lindenwood.resumemaker.com

List of employers and information from across the country - www.lindenwood.edu/studentDevelopment/career/sites.html

List of employers and information about local companies - www.lindenwood.edu/studentDevelopment/career/STL.html

National collection of job databases -

www.lindenwood.edu/studentDevelopment/career/sites.html

Exposure to multiple occupations within a field or assistance with selecting a major -

www.lindenwood.edu/studentDevelopment/career/focus.html

Lindenwood University Named 2013 Military Friendly School

Lindenwood University has been named to the 2013 list of Military Friendly Schools® by Victory Media, a global media entity that supports military personnel through the transition into civilian life. This is the fourth consecutive year Lindenwood has received the honor, which places the school among the top 15 percent of all colleges, universities, and trade schools nationwide that are committed to recruiting and retaining military and veteran students.

"I am very gratified by the military friendly designation," said James D. Evans, PhD, President of Lindenwood University. "We have always valued the presence of service members and veterans in our classrooms, and Lindenwood is always looking for ways to expand educational opportunities for this special group of scholars."

Lindenwood will be included in a full listing of all honored institutions featured in the annual *G.I. Jobs* magazine *Guide to Military Friendly Schools*®. The guide was distributed digitally and in print to hundreds of thousands of active and former military personnel in early October.

The list will also be published in *Military Spouse* and *Vetpreneur* magazines. More information can also be found online at www.militaryfriendlyschools.com.



Lindenwood University - Belleville hosted a Yellow Ribbon Reintegration Program on Saturday, November 3. This event was the first half of the reintegration process and was geared toward getting members of the Army National Guard and their families adjusted to their presence at home. The day offered a chance for one-on-one contact with providers offering important information and resources that will help service members get back to civilian life.

In addition to naming a vice and a virtue, we discussed values. Values are ordinarily embedded in your thoughts and deeds. If you are unsure what your values are, ask a friend how he or she would answer this question for you. As you move through life, your values may change when unexpected events arise. Revisiting what your values are helps point you toward the employer that best matches them. The process of job searching is a lifelong process. Think of your resume as a fluid document, always ready for change, and not one that is typed one day and finished forever. Your resume follows the ups and downs of all aspects of your life.

When you have thought about the "three v's" (virtue, vice, and value), you can begin to form a solid set of characteristics of yourself and the type of work you want to do. Instead of being a pair of skinny jeans one day and boot leg the next, you can construct a classic and polished identity that withstands the test of time.



International Theme Game Show



Left to Right: Mary Radcliff, Barbara Kern, Judge Annette Eckert (Ret.)

On September 27, Lindenwood University - Belleville held its second annual "Purses for Lucky Ladies" silent auction to raise money for student scholarships. Over 50 purses were up for auction, and the event featured a fashion show by Don Rodgers Ltd., beverage samples, and appetizers. Approximately 50 women were in attendance, and they raised over \$4,000 for Belleville student scholarships. Overall, the event was a huge success!



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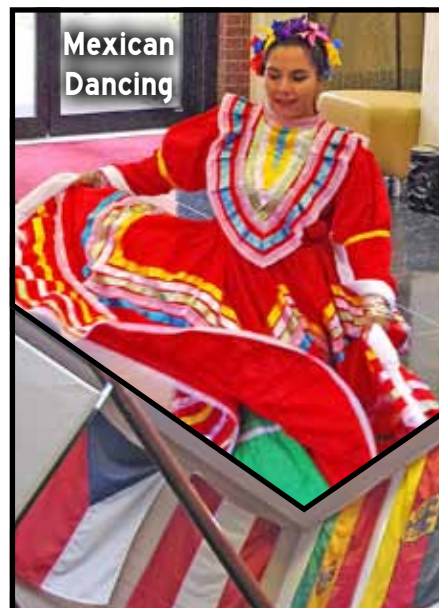
Food Festival



Martial Arts Demonstration



Salsa Dancing



Mexican Dancing

International Week to Become New LU-Belleville Tradition

By: Jenny Baudendistel

With the success of our first International Week, held on Oct. 8-12, LU-Belleville is ready to make this celebration of diversity a new campus tradition, occurring the second week of every October.

This year's International Week was filled with interesting events each day, and the students really seemed to enjoy themselves. Each event focused on unique aspects of different cultures. The purpose of International Week is to create a greater awareness and appreciation for other cultures on our campus and to introduce our students to different peoples and traditions with which they may be unfamiliar. This reflects our University's mission statement and our goal of assisting in the development of the whole student and helping him or her become educated, responsible citizens of a global community. International Week let students know that there is a wide world out there, filled with cultures and traditions much different from theirs, and they shouldn't be afraid to go out and explore it.

The week began with an international food festival held in the campus Welcome Center. Students, faculty, and staff were able to taste foods from 12 different cultures, many of which they had either never heard of or had never tried before. According to all those who attended, the food was delicious, and some students asked if we could have an international food festival every day. Later that night, students were invited to participate in a trivia game show where they won a total of \$225 in cash prizes. The trivia questions had an international theme to them, and our student participants excelled in answering them.

On Tuesday, Jo Ellen Kerkisiek from the St. Charles campus hosted a study abroad information session for all Belleville students interested in learning more about study abroad opportunities through Lindenwood. There was a lot of interest from the students about the topic of study abroad. On Wednesday, an information session for international students who are currently attending LU-Belleville was held. They had the opportunity to learn about useful topics such as how to retain a driver's license and social security card along with several other very informative tips about life in the States.

Thursday night's events consisted of martial arts and salsa dancing demonstrations in the Dixon Student Center. The martial arts demo was put on by Christopher Balster of the Far East Fitness Dojo. Immediately following, professional dancer and a graduate student at LU-Belleville Ema Remtula put on a salsa dancing demonstration and lesson for the students. Both events caught the attention of passing students, and many couldn't help but stop to watch or participate.

Our last event was a showcase of traditional Mexican dancing put on by Reyna Garcia. Reyna was dressing in traditional Mexican regalia and showcased many different types of Mexican dance for our students.

What Our Students Had to Say

Adam Jackson, a senior communications student said, "The week was really awesome! It was filled with activities and opened my eyes to how diverse our campus really is! They also had a lot of great food!"

Corey Ellzey shared his thoughts on International Week by stating, "I never really noticed how many international students attend school here at LU-Belleville until this week. This campus is clearly growing, and it's cool to see that we have gotten the attention of students from all over the world. Once I saw all of the additional flags representing our students' nationalities hanging in the Senator Alan J. Dixon Student Center, it really set in that our campus is not just growing in a physical way, but our diversity is obviously growing, too."



International Flags in the Dixon Center

2012 LU-Belleville Inaugural Homecoming Week



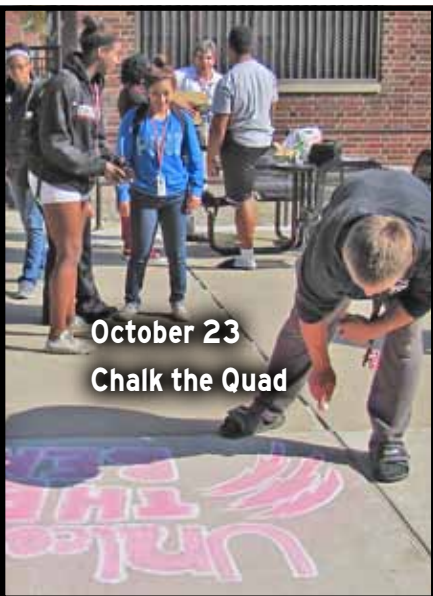
October 22 · Powder Puff Game



October 26 · Hype Session



**October 26
Faculty & Staff VS. Students Volleyball Game**



**October 23
Chalk the Quad**



**October 26
Maroon & White Game**



**2012 LU-Belleville
Inaugural Homecoming Court**

The LU - Belleville 2012 Inaugural Homecoming Court. All members of the court were nominated by the student body.



**October 27
Lynx Football VS Valley City State**



**2012 LU-Belleville
Inaugural
Homecoming
King and Queen**

The Lindenwood University - Belleville 2012 Inaugural Homecoming King and Queen: Sampson Hillary (King) and Kaci Fewkes (Queen). Both are members of the senior class.



October 25 · Bonfire and Marshmallow Roast



Chevy Spark Promotion

On Saturday, October 27, prior to the football game, Lindenwood School of Business and Entrepreneurship marketing students from St. Charles and Belleville executed on-ground promotions that they created as a class project. The promotions were sponsored by Chevy and featured the new Chevy Spark. A big thank you to all those who stopped by the display at the game and participated in the SB&E students' promotions!



Don't Let The Stress of Finals, Finances, or Holidays Get To You!

Student Counseling and Resource Center offers Depression, Anxiety, and Stress Screenings

Whether for heart issues, diabetes, or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Anxiety, depression, and stress can interrupt your health, your concentration, and your fun.

Why Screen for Depression and Anxiety?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression or anxiety are a "normal part of life."
- Anxiety and depression affect men and women of all ages, races, and socioeconomic groups.
- One in four women and one in 10 men will experience depression at some point during their lifetimes.
- Anxiety and depression can co-occur and complicate other medical conditions.
- More than 80 percent of all cases of anxiety and depression can be effectively treated with medication, psychotherapy, or a combination of both.
- Screenings are often the first step in getting help.

What Is an Anxiety/ Depression Screening like?

- Screening programs are free and confidential- you will
- Complete a written screening test (5-10 minutes).
 - Discuss the results with a mental health professional.
 - Receive educational materials on depression, anxiety, and other mental illnesses.
 - If necessary, learn where to go for additional help.

Who Should Attend a Depression Screening?

- People suffering from depression often experience some of these key symptoms:
- A persistent sad, anxious, or "empty" mood
 - Sleeping too little, early morning awakening, or sleeping too much
 - Reduced appetite and weight loss, or increased appetite and weight gain
 - Loss of interest or pleasure in activities once enjoyed
 - Restlessness or irritability
 - Difficulty concentrating, remembering, or making decisions
 - Fatigue or loss of energy
 - Thoughts of death or suicide

Come by the Student Counseling and Resource Center (M107-Next to Matt's Café) or call 618.239.6161 for the free confidential screening. You'll be happy you did!

Colloquia

SPEAKERS UPDATE

This informative series of workshops is designed to help students personally and professionally. Good attendance will attract interesting guest speakers who provide subject matter that can be used to write colloquia. Be sure to sign the attendance sheets at each event! To make suggestions for speakers or topics, contact Laurie Schanot at lschanot@lindenwood.edu. Please check back for updates. Note that all colloquia will be held from 5-6 p.m. in room M205 of the Administration Building, unless otherwise noted.

November

Monday, November 19, 2012
 "The Myth of Rosa Parks-Investigating Beyond the Headlines"
 Presented by Ashley Pollock, Lindenwood University-Belleville, Coordinator for Academic Student Services and Retention and Adjunct Professor of History

Wednesday, November 28, 2012
 "An Alcoholic: To Be or Not To Be"
 Presented by Dr. Ken Kubicek, Lindenwood University-Belleville, Chair of Education and Counseling Division

December

Tuesday, December 4, 2012
 "Back Sense-Muscle Strain and Bad Back Habits; Learn Prevention."
 Presented by Dr. Kathy Roche, HealthSource Chiropractic and Progressive Rehab



For more information and available positions, please email Dr. Cindy Manjounes at CManjounes@lindenwood.edu, or see any student government officer.

Rodney Atwaters • President / Andrew Dahle • VP
 Chohnice Daniels • Treasurer / Dinia Reeves • Secretary

Is event planning in your future ?

LSGA has a newly created executive position for a student interested in event planning. For more details, please email LSGAPresident_Belleville@lindenwood.edu.





Wrestling Season off To Great Start

New Wrestling Room Renovations

By Stanton Ketcherside

With the addition of the new season's teammates, the LU-Belleville wrestling team is off to a great start for the upcoming season. Head Coach Paul Collum has recruited double the number of wrestlers since last season and is eager to make the second year of coaching the Lynx Wrestling team a successful one.

After finishing second in the USCAA division wrestling tournament, held in University Park, Penn., the team worked hard to prepare for the more important upcoming NWCA national tournament held in Daytona Beach, Fla. The team finished tenth in the NWCA tournament in the men's division and third in the women's division. The NWCA All-Americans include Ryne Harris, Larry Lanier, and Dustin "DUTCH" Fullerton. Fullerton was the only Lynx wrestler to win an individual national championship.

LU-Belleville student, Josh Akbar commented that this year's wrestling team is "on another level. Running through town five miles with another man on your back and trotting through campus with 45 pound weights in your hands is ridiculous. I see the wrestling team having a very successful season with the workouts they are going through."

With the new season, LU-Belleville has also added some new renovations to the wrestling facilities to live up to the football field's standards. All funds this summer have mainly gone to the clean-up process involved with new wrestling rooms located in the Auxiliary Gym. New workout equipment, new mats, and new lockers now fill the building. The renovations have been a great change of pace to start off this academic year. Our team has all it needs to succeed; the rest is up to us.



Lynx Offense Propels Men's Basketball Past Patriots, 101-92

The Lindenwood – Belleville men's basketball team wrapped up the Comfort Suites Classic with a hard-fought battle against Morthland College. The Lynx came out on top with a 101-92 victory, improving to 3-0 on the season, while Morthland fell to 0-2.

The Patriots, a first-year program led by Rich Herrin, were not going down without a fight, as they jumped out to a 10-5 lead, resulting in a timeout called by Lynx Head Coach Scott Spinner. The Lynx came out of the timeout on a 6-2 run to pull within one point of the Patriots. By the 9:30 mark, the Lynx had a four point lead over Morthland, 23-19. Both teams battled for a lead, but the Patriots pulled away with a 45-39 edge heading into half time.

The Lynx jumped out to a 7-0 run coming out of the half and to take a 46-45 lead over Morthland. Both teams traded buckets throughout the half, but the and-one from Matt Sturdivant with under a minute to play gave the Lynx a manageable lead. LU – Belleville held on for the final seconds, putting up 62 points in the second half for the 101-92 win, the team's first triple-digit score of the season.

Five Lynx saw double-digits, with Todd Starks putting up a game-high 33 points. Brian Byrd came off the bench with 13 points, while Sturdivant contributed 12 on the day. Steve Roper and Tyler boring both put up 10 points against the Patriots. The Lynx bench came up big, combining for 32 points.



Alberto Tellez



Matt Marler



Kameron Harris



Tisha Meyer

Several Lynx Earn USCAA Player of the Week Honors

By Beth Miller

Cross Country runner Alberto Tellez earned the first weekly honor for Lindenwood – Belleville this year, being named USCAA Runner of the Week following the inaugural LU – Belleville Meet and the Maryville Classic. Following the Millikin Invitational, Tellez picked up his second first-place finish on the season and his second Runner of the Week award.

Freshman quarterback Matt Marler earned the first Player of the Week award for Lynx Football, being named Offensive Player of the Week after throwing 20 of 37 for 342 yards against Haskell Indian Nations, propelling the Lynx to a 60-20 win in Lawrence, Kan. In addition, Marler threw two touchdowns in his second-career start for the Lynx. Running back Kameron Harris also earned Offensive Player of the Week, following his performance at NCAA Division II Kentucky Wesleyan. The freshman scored three of the Lynx five touchdowns on the day, recording 198 yards on 22 carries, with a long run of 58 yards. The freshman averaged 9.0 yards per carry against the Panthers.

Senior Tisha Meyer, was named USCAA Setter of the Week, picking up the first award of the year for the women's volleyball team. Meyer earned the weekly honor following her performance at the University of Dallas Tournament. The junior had 167 assists in four matches (41.75 per match) and 17 sets (9.8 per set). She also had 71 digs for the weekend averaging 17.75 digs per match and 4.17 per set. She had 12 blocks, averaging three per match. Meyer helped the Lady Lynx go 3-1 for a second-place finish at the tournament hosted by the University of Dallas.



As college students, we all worry about staying in shape and avoiding the stereotypical weight gain. It is very difficult to find time to work out between school, work, and sports, and it is very easy to run through a fast food joint. St. Louis offers many 5-K benefit runs that are not about winning, but about giving to those who need it. Helping others should motivate us to jog a few times a week in order to sign up for and finish a race. The average sign-up fee is approximately \$20-50. It may seem like a large amount of money, but do not buy McDonald's or Dominos for a month and the money will add up. College students seem to sink into the college life and forget about the outside world. St. Louis is only a 30-minute drive away.

The first race for this fall season was the GORUCK Challenge, a 22-mile race that took place on September 29. A simple jog with your dog and thousands of other dogs and owners is bonding and joyful. The Dog Run in St. Louis took place on October 20. Another exciting run to catch your attention was the Zombie Survival Dash on October 27. More than 100 zombies pursued runners while they attempted to run through the obstacle course. The race was followed by an after-party, complete with food, live bands, and contests. In the GLO Run on November 3, participants ran a 5-K at night covered in glowing paint.

These races are just a small fraction of the numerous races in St. Louis, Mo. All the races have a cause and benefit someone, and should inspire you and all of your friends to run for an hour to help others. It is a wonderful feeling to know you are helping a project bigger than yourself. Think to yourself the last time you truly did something to better the world. A race not only benefits others; it is a huge self-esteem booster. You work out, get healthier, and create a sense of pride in yourself. Whether you finish a race first or the very last, you completed something and did not give up. There are many other races on the website www.runnersworld.com. This website contains sign-up information, fees, and times for the dozens of races in St. Louis. Get involved and help out!



Women's Basketball Volunteers at Union Elementary

By Annie Ewing

On October 14, the Lindenwood University - Belleville women's varsity basketball players spent their Friday evening volunteering at Union Elementary School's Fall Festival. The players helped to set up and work the Halloween games, food tables, and hayrides. They had the opportunity to interact with the grade school children and help them with all the games and booths. Head Coach Annie Ewing tries to incorporate community service activities into the basketball schedule every season. "We feel it is very important for our girls to give back to the community in Belleville," said Ewing. "They need to learn the importance of volunteering and sharing their talents with others. This event is a great way for them to do that and learn more about their teammates at the same time." The Lady Lynx basketball program looks forward to continuing its work with the students of Union Elementary in the future.



Lady Lynx Volleyball to Host Open Gym at Lynx Arena

The Lindenwood – Belleville Lady Lynx volleyball team will host an open house on December 15.

The event is open to all recruits from high schools and junior colleges with an interest in attending Lindenwood University–Belleville. Current members of the team will be present at the open house, and the Lady Lynx coaching staff will be providing evaluations for those interested in becoming members of the LU – Belleville program.

Recruits will be able to apply for enrollment at LU – Belleville and tour the campus upon the completion of open gym.

Lunch will be provided, and the coaching staff, along with an admissions representative, will be present to answer questions from recruits and their families.

The open house will take place on Saturday, December 15, from 10 a.m. to noon at the Lynx Arena, located on the campus of LU – Belleville. Those interested in attending should contact Assistant Coach Ali Mulvany at amulvany@lindenwood.edu.