

LINDENWORLD

DECEMBER 5, 1990

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RELIGION COURSES OFFERED NEXT SEMESTER

Four religion courses are being offered next semester for credit. They are three credit-hours a piece and will fulfill graduation requirements as an elective. There is no religion major at Lindenwood.

The courses being offered are Introduction to Religion, REL 100.21; Religion in America, REL 202.11; and New Testament, REL 211.11. A section of Introduction to Religion is also being offered in the Evening College. Dr. Alan Meyers will be teaching the courses next semester. For more information on them, contact Meyers at Young room 410 or call 949-4734.

RED CROSS WILL HOLD CPR CLASSES IN ST. CHARLES

Cardio pulmonary resuscitation (CPR) and first aid courses will be held in St. Charles this month.

The American Red Cross, St. Louis Bi-State Chapter, is offering:

Adult CPR 6 p.m. - 10 p.m. on Dec. 18.

Standard First Aid 8 a.m. - 5 p.m. on Dec. 15.

Fees for the emergency training courses range from \$16 to \$32.50. Advance registration and prepayment are required.

Instructor courses are also available for people who wish to be certified or recertified to teach Red Cross courses.

For more information or to register for a course, call Red Cross at 946-6884.

REEDER ANNOUNCES AUDITIONS FOR SPRING PRODUCTIONS

Auditions for *Six Characters in Search of An Author* and *Tintypes* will be held on Friday, Jan. 18 in the Fine Arts Building.

Both productions are to be performed on the Mainstage this spring. They are being produced by Lindenwood's theatre program.

Those who wish to be considered for the drama *Six Characters in Search of An Author* will need to prepare a monologue not to exceed two minutes. For the musical *Tintypes*, auditionees will need to prepare a song. Those wishing to audition for both must prepare the monologue and song.

Auditions will be held in the FAB room 202 and 205 at 7 p.m. on Jan. 18. For further information, contact the theatre office at ext. 4966.

Also: The Mainstage is need of a choreographer for *Tintypes*. Contact Bryan Reeder at ext. 4966.

SADDAM HUSSEIN FEATURED IN DOCUMENTARY

KETC Channel 9 will probe into the world of Saddam Hussein Thursday, Dec. 6 at 7 p.m. in a documentary called *Saddam Hussein: Defying the World*.

KETC reports the program explains how the Iraqi army managed to overcome Kuwait in just two days. It also profiles the Iraqi President, who has assumed omnipotence in his country by using his army's power to purge opposition, according to KETC.

The documentary examines Hussein's decision to use chemical gas during the Gulf war, his execution of British and Swedish journalists for alleged spying activities and his plans to build a nuclear armory.

The documentary is a production of ITN, Independent Television News. The show is one-half hour long.

NEW ORGANIZATION FORMS ON-CAMPUS FIRST MEETING TODAY

A new association developed to join together students interested in leadership and management positions has been created to serve the needs of Lindenwood students and the St. Charles community.

Human Service Agency Management is designed to prepare students for leadership positions in youth, adult and community service agencies. In recent years, the demands on service organizations have created a need for managers with very specialized training and education. Not-for-profit agencies, whether in the public, tax-supported domain or in the private volunteer sector, require skilled and knowledgeable managers at all levels.

Effective and efficient management is a necessity in a field with increasingly limited resources and significantly broader program goals. In an environment in which managers are expected to meet more needs with fewer resources, well-educated and skilled leaders are vitally important to the success and even survival of human service organizations.

The new organization, Human Service Agency Management Association (HSAM), is sponsored by

NEW EXERCISE EQUIPMENT DONATED TO BUTLER HALL

Several pieces of new exercise equipment are now located in Butler Hall.

Money for the exercise equipment was donated by Mr. Jon Murray. Mr. Murray is an alumnus of the Lindenwood MBA program.

Two Tunturi exercise bikes, one Pre Cor stair climber and one Pre Cor alpine ski machine were purchased with the money.

Also, assistant soccer coach, Larry Kuberski donated an AJAY rowing machine to the room.

This equipment is available for use by all students any time during the open hours of Butler Hall.

Attention: The deadline for the final issue of the *Linden World* for this semester will be Monday, December 10, at noon. Anything you want included must be submitted to the *Linden World* box by then. Thank you.

Lindenwood College and the American Humanics Foundation. It is a professional organization created to guide students into the career paths of service agencies. These agencies may include: Scouting, Y's, United Way, coaching or teaching, child care, hospitals or civic government. The association will provide students the opportunity to meet with others of the same interests and exchange ideas.

Upcoming events for the association include the American Humanics Management Institute, January 3-6 in San Antonio, TX. This national convention will join together students from across the country who are involved in similar programs. Keynote speakers from various agencies will conduct workshops and career exploration. Special events are also planned, such as a tour on San Antonio River Walk and Sea World exhibits.

Students from all curriculum are invited to join the HSAM Association. There will be an introductory meeting on Wednesday, December 5, at 3:00 p.m. on MAB second floor. For further information, contact Danielle Frank (4840).

TWO ART TALENTS TEAM UP

A Lindenwood art professor has teamed up for an art exhibit with another professor at Florissant Valley Community College.

Hans Levi, an associate professor of art at Lindenwood College, and Larry Kozuszek, an associate professor of arts at St. Louis Community College-Florissant Valley, will feature work at the Messing Gallery at Country Day School through December 14.

The Levi-Kozuszek exhibit features Levi's paired photographic images where two separate images are incorporated into one photograph. Kozuszek will be exhibiting ink line and pastel drawings of the human figure, displaying approximately 32 drawings.

Levi has exhibited in New York, San Francisco and other areas across the Midwest. He earned Bachelor of Science and Bachelor of Arts degrees from Washington University and a Masters of Arts from San Francisco State University.

Kozuszek earned a Bachelor of Fine Arts from Washington University and a Master of Arts from the University of New Mexico and has been a professor at Florissant Valley for approximately 20 years.

Regular exhibit hours are 9 a.m. - 4 p.m. Monday through Friday. The Messing Gallery is located at 425 N. Warson Road.

NEW HEALTH COLUMN BEGINS IN *LINDENWORLD*

by Denise L. Durbin
LindenWorld Health Reporter

Health is a concern too often ignored for college students. Many are away from home and no longer under the scrupulous care of a primary physician and their parents. Too often, students go without proper treatment because they haven't the financial or educational resources.

The *LindenWorld* is attempting to act as a supplementary guide for students by supplying one weekly column with information on health concerns for students. If you have any questions or concerns you would like to see discussed in this column, please address them to Denise Durbin and leave them at the *LindenWorld* box.

WHEN THE BLUES PERSIST. . .

by Denise L. Durbin
LindenWorld Health Reporter

Blue has described more than the sky for you for several weeks. You can't sleep; you can't eat; you can't concentrate; you are bored out of your mind; and you can't stop crying. You may feel you're going crazy.

You're not. These are all symptoms of a disease practically as common as the cold - Depression. This is not to say it is not far more serious than the common cold. If not treated, it can be emotionally and physically disabling. If a person feels too hopeless and overwhelmed, he or she may decide there is only one way out: Suicide.

Depression is a treatable disease. It is caused by a chemical imbalance in the brain. When one or two of the chemicals in the brain that carry messages across nerve endings become deficient, various kinds of loss of motion or function can occur. Another thing that occurs is depression.

There are various forms of depression. According to the National Institute of Mental Health's Depression Awareness, Recognition and Treatment (D/ART) Program, some people only have one episode in a lifetime, while others may have recurring symptoms.

According to D/ART some have symptoms that are so severe, they are unable to function normally. And others have continuing symptoms that may not interfere directly with everyday activities, but keep them from feeling well.

A third severe type of depression is bi-polar, or

manic depression. In this, the person feels extremities in emotion. He or she may feel ecstatic for a while, and then suddenly crash to feelings of hopelessness or grief.

Some symptoms of depression, I have gathered from various sources and experts are as follows:

- * FEELING PERSISTENTLY SAD
OR UNHAPPY FOR A
PROLONGED PERIOD OF TIME
- * FEELING TIRED OFTEN, EVEN
AFTER A PERIOD OF REST OR
INACTIVITY
- * NOT BEING ABLE TO SLEEP AT
NIGHT, OR NOT SLEEPING
WELL - EVEN IF TIRED
- * SLEEPING FOR PROLONGED
PERIODS OF TIME - STAYING
IN BED ALL DAY
- * INABILITY TO CONCENTRATE
IN CLASS OR AT WORK/
FALLING GRADES
- * LOSS OF INTEREST IN ACTIVI-
TIES YOU ENJOY
- * LOSS OF SEX DRIVE
- * CRYING OFTEN, SOMETIMES
FOR NO APPARENT REASON
- * MOOD SWINGS, IRRITABILITY
- * CHANGES IN APPETITE OR
DRASTIC CHANGES IN EATING
HABITS
- * PAIN IN THE BACK, STOMACH, OR
ANYWHERE ELSE WHICH MAY BE
SEVERE, AND IS REAL
- * THOUGHTS OF SUICIDE OR DEATH

If you have any of these symptoms, you can contact Student Life for direction or a mental health professional or clinic for a consultation and/or evaluation. Some of those in the St. Charles are the Alliance for the Mentally Ill at 272-3973; Four County Mental Health Services at 946-4000; and Gray Psychological Clinic at 946-9900.

PERUVIAN JOURNALISTS RECEIVE AWARD

Two Peruvian journalists are being brought to St. Louis by the United Nations Association of St. Louis for an award on Sunday, Dec. 9.

Both are credited for exposing human rights abuses by the Maoist guerrillas and Peruvian authorities in the ten-year civil war in Peru. Reporter Abilio Arroyo and Editor Enrique Zileri are from the newsmagazine *Caretas*. Both have been threatened repeatedly. A colleague was murdered and a photographer from the magazine was badly wounded.

The Committee to Protect Journalists has brought the Peruvians' cause before the Organization of American States' Human Rights Court, seeking a petition establishing witness protection throughout Latin America. The Society for Professional Journalists and other press groups are also backing this petition.

A ceremony will be held at Washington University's Graham Chapel at 4:30 p.m. that Sunday. It will be conducted in honor of Human Rights day which is celebrated on Dec. 10.

A reception will follow the ceremony immediately at the Six International House. Both ceremony and reception are free and open to the public.

Speakers will include former senator Thomas F. Eagleton and Editor of the St. Louis Post-Dispatch, William F. Woo.

A
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CAROL
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PERFORMANCE
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