

LINDENWOOD
UNIVERSITY
—
DIGEST
EMPLOYEE NEWSLETTER

Today's Headlines

August 23, 2019

Dining Services to Provide More Options at Evans Commons

Based upon an analysis of participation data as well as feedback from students, there will be more options available at the Evans Commons dining hall starting this fall.

The traditional all-you-can-eat buffet style that limited students to a dine-in only option has been replaced with a variety of meal options that will be rotated throughout the semester in which students will have the flexibility to “grab and go” to accommodate their busy schedules.

The processes for acquiring meals will now be comparable to the Spellmann Center. In addition, Pedestal Foods is collaborating with vendors to provide environmentally friendly packaging.

Updates include the following:

- Increased product offerings rotating throughout the semester
- Meal options are made fresh to go
- An updated Wonderworks station including omelets for breakfast and lunch
- A variety of special themed dinners
- New fire and rice station
- Healthy, larger portion sizes

Meal plans have not changed with these new options. In addition, user-friendly guidelines will be available to assist students with using dining dollars as well as defining what product offerings can be combined as a meal. Click on the link below to find out more about the new options available.

[Read more about whats new at Evans!](#)

Update Your Email Signature

The new version of the Lindenwood University email signature is available. Please update your signature at the following [link](#). In keeping with the university's current brand refresh project, the new signature incorporates a revised logo and has a cleaner presentation

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Thank you to our early adopters for testing the new email signatures. Enhancements and a few additional options have been incorporated based upon your feedback. If you generated and applied an email signature on or before August 14 at 1 p.m., please [redo](#) the process to utilize the latest versions.

Please note: You must use Google Chrome as your browser when using this generator, or else you may experience presentation issues when copying the email signature into your email client.

To maintain consistency with brand guidelines, please DO NOT alter your email signature by removing items such as the logo, or changing the font/color within the signature.

Cohen To Give Talk at Missouri History Museum

Ted Cohen, assistant professor, History and Geography Department, will give a talk Sunday, Aug. 25, at the Missouri History Museum in the Lee Auditorium at 2 p.m. His presentation is titled "Mexico and the St. Louis Blues." The talk will be centered around African American history and its connections to Mexico.

Nasser Co-Authors in Strategies for Facilitating Inclusive Campuses in Higher Education

Roger "Mitch" Nasser, assistant professor; Higher Education Program chair, Educational Leadership recently co-authored two book chapters in *Strategies for Facilitating Inclusive Campuses in Higher Education: International Perspectives on Equity and Inclusion (Innovations in Higher Education Teaching and Learning, Vol. 17)*. His work is featured in the chapters "Improving Bridge Programs on American College and University Campuses" and "Advocating Equity and Community Through Residential Learning Programs."

[View the book here.](#)

EPNL Researchers Publish Novel Body Composition Data

Researchers in the Exercise and Performance Nutrition Laboratory at Lindenwood University recently published a study in the *Journal of Strength and Conditioning Research* that outlined the body composition status of female rugby players. Per EPNL Lab Director Dr. Chad Kerksick, "This study is exciting for a number of reasons. It highlights the excellent relationship we have with our women's rugby program. Also, it provides data on high-level competitive female rugby athletes that simply hasn't been available prior to this publication."

Over the summer, Patrick Harty, graduate research assistant in the Exercise and Performance Nutrition Laboratory, presented a poster presentation of this project at the National Strength and Conditioning Association meeting in Washington, D.C. The Exercise and Performance Nutrition Laboratory plans to complete data collection on more athletic teams in the future. Stay tuned!

Reference: Harty PS, Zabriskie HA, Stecker RA, Currier BS, Moon JM, Richmond SR, Jagim AR, Kerksick CM. Position-Specific Body Composition Values in Female Collegiate Rugby Union Athletes. *J Strength Cond Res.* 2019 Aug 8. [Link.](#)

St. Charles County CAPS 2019-20 Kick-off Held at Lindenwood

St. Charles County CAPS held its 2019-20 kick-off on Aug. 13 in Dunseth Auditorium for 150 high school students.

CAPS stands for Centers for Advanced Professional Studies. It is a high school program catching fire across the country, currently with 88 school districts in 14 states. The program is designed for high school juniors and seniors to take a year-long deep-dive, in a potential career field. The areas of study are called strands. The

St. Charles County CAPS program is in its second year and currently offers strands in entrepreneurship, nursing and business technology. The program includes all public school districts in St. Charles County. Craig Felzien, of Lindenwood's Hammond Center for Free Enterprise, serves on the CAPS Board of Directors with superintendents.

"This is an incredible program for our youth," Felzien said They get real experiential experience in these career fields. It has been my pleasure to serve on this board. These students are excellent candidates to attend Lindenwood University. Several from last year's group will be freshman on our campus this fall. We made sure to give each CAPS student a Lindenwood information package and



encouraged them to consider us when making their college decision. Many of these students had never been on our campus, so this annual kickoff event is a great way to have them check us out.”

Felzien is also the advisor for Lindenwood’s Collegiate DECA competition team. Select members of this group are chosen annually to serve on a DECA consultancy, and these members work with a select group chosen from the CAPS Entrepreneurship Strand. Together, these college and high school students help St. Charles County businesses solve a problem they might be facing.

(Pictured is Craig Felzien, director of the Duree Center for Entrepreneurship, and Nicole Whitesell, director of the St. Charles County CAPS program)

Join The Lindenwell Program

Welcome back to campus and welcome, new employees! We at Human Resources hope everyone had a great summer.

As we kick off this new year, Human Resources would like to remind you all about Lindenwood University’s FREE wellness program, LindenWell! Within LindenWell, we create monthly health and wellness changes, provide the information/tools needed for each challenge, and also hold different events/speakers throughout the year!

If you are interested or know someone who might be, email mgove@lindenwood.edu for more information AND to be added on the LW email distribution list, to which we send ALL of our information regarding wellness. You can also check out the Lindenwell [site](#) to gather more information as well.

LINDENWELL

WHAT IS WELLNESS?

LINDENWELL PROGRAM ▾

LINDENWELL CHALLENGES

INCENTIVES PROGRAM

LINDENWELL IDEA BOX

INTERACTIVE HEALTH

RESOURCES

Personal Training and Group Exercises Available

Fall 2019 Group Exercise Schedule



The poster features a dark background with a repeating pattern of fitness icons (heart, water bottle, apple, dumbbell) at the top. The Lindenwood University logo is in the top left, and 'student involvement' is in the top right. The title 'Fall 2019 Group Exercise Schedule' is prominently displayed in yellow. Below the title, it states 'Classes Begin: September 3, 2019'. The schedule is organized into five vertical columns for the days of the week: MON, TUE, WED, THU, and FRI. Each column lists several classes with their respective times. At the bottom, there is a Facebook link and the location: Evans Commons Rec Center.

MON	TUE	WED	THU	FRI
ZUMBA 12:00 P.M.	H.I.I.T. CAMP 12:30 P.M.	SPIN 12:30 P.M.	H.I.I.T. CAMP 12:30 P.M.	All Level's Yoga 12:00 P.M.
All Level's Yoga 5:00 P.M.	Self Defense 6:00 P.M.	Power Yoga 5:00 P.M.	Meditation Class 5:00 P.M.	
Cardio Kickboxing 7:00 P.M.	Turbo Kick 7:00 P.M.	Zumba 7:00 P.M.	Intermediate Yoga 7:00 P.M.	
X-FIT 8:00 P.M.	Zumba 8:00 P.M.	X-FIT 8:00 P.M.	X-Fit 8:00 P.M.	

Like us on  Facebook.com/LindenwoodCampusRec • location: Evans Commons Rec Center


Make sure to check out the Fall 2019 Group Exercise Schedule. Classes begin Sept. 3.

Fall 2019 Personal Training



The poster features a black and white photograph of a personal trainer assisting a woman with a dumbbell exercise. The text is in yellow and white. At the top, it provides sign-up details. The main title 'PERSONAL TRAINING' is in large yellow letters. Below, it details two sessions with their respective sign-up and training dates. Social media links for Facebook and Instagram are provided in the top right. The Lindenwood University logo is in the bottom right.

All sign ups will occur in the Evans Commons Rec Center beginning at 6:00 A.M. Spots fill up quickly so make sure to arrive early. Each participant will get 2 (1 hour) training spots per week.

 /LindenwoodCampusRec
 /LindenRec

PERSONAL TRAINING

1ST SESSION | SIGNUPS: Aug. 26
TRAINING: Sep. 3 - Oct. 18

2ND SESSION | SIGNUPS: Oct. 14
TRAINING: Oct. 21 - Dec. 6

CAMPUS RECREATION

Sign-ups for Campus Rec Personal Training Session 1 are Aug. 26 beginning at 6:00 a.m. Make sure to arrive at the Rec Center early, as spots fill up fast. Free personal training is open to current students, faculty, and staff.

Hammond Institute Presents Dr. Walter E. Williams the weekend of September 13 & 14



General admission tickets are on sale to see [Dr. Walter E. Williams](#) the evening of Friday, Sept. 13 at the [J. Scheidegger Center for the Arts](#). The subject of his presentation will be *Is the Constitution Still Relevant?* [Williams](#), a renowned economist, is a professor of economics at [George Mason University](#). He is also a widely published author and syndicated columnist, and a global speaker. His syndicated columnist and a regular feature in [Mid Rivers Newsmagazine and West Newsmagazine](#). This presentation is part of the [H. F. Langenberg Memorial Speaker Series](#).

The Hammond Institute will also host an intimate fundraising dinner with Williams the evening of Saturday, Sept. 14, at the [Grand Opera House](#), 311 N. Main Street, in St. Charles. Proceeds will benefit the Hammond Institute's student-centric [Free Enterprise Academy](#). For more information, please visit The Hammond Institute [online](#) or call the Scheidegger Box Office at 636-949-4433 for Friday night tickets. For fundraising event details and sponsorships, please contact Matt Adams via email at MAAdams@lindenwood.edu or call 636-949-4835.

Library Services Hours

LIBRARY SERVICES' HOURS


Sunday:	2:00 p.m. - Midnight
Monday:	7:30 a.m. - Midnight
Tuesday:	7:30 a.m. - Midnight
Wednesday:	7:30 a.m. - Midnight
Thursday:	7:30 a.m. - Midnight
Friday:	7:30 a.m. - 5:00 p.m.
Saturday:	9:30 a.m. - 6:00 p.m.

LIBRARY HOURS ARE SUBJECT TO CHANGE DUE TO HOLIDAYS AND ACADEMIC BREAKS

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Labor Day Weekend Hours Friday Aug 30 - Monday Sept 2



Friday Aug 30	7:30 a.m. - 5 p.m.
Saturday Aug 31	9:30 a.m. - 3 p.m.
Sunday Sept 1	2 p.m. - 6 p.m.
Monday Sept 2	Closed



Upcoming Events and Deadlines

- August 26 - Classes begin
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- August 26 - 2019-2020 General Assembly Meeting, Harmon Hall, Dunseth Auditorium, 4-5 p.m. [RSVP](#)
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- August 27 - American red Cross Blood Drive, Evans Commons Multipurpose Court, 12-5 p.m. [RSVP](#)
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- August 28 - Involvapalooza, Evans Commons lawn, 3-5 p.m.
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- September 5 – Fall All-Staff Meeting, Scheidegger Center's Lindenwood Theater, 2:30-4 p.m. Staff members are encouraged to attend. A catered reception in the lobby will follow.
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- September 5 - Lindenwood [Art and Design Faculty Exhibition](#) Opening Reception and Gallery Talk, Boyle Family Gallery, 6-8 p.m.
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- September 6 - [Jon Dorenbos](#) - Magic, Comedy, & Inspiration, Lindenwood Theater, 8 p.m. To welcome back faculty and staff, the Scheidegger Center will be offering a 50% discount on tickets.
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- September 14 - [Jay Leno](#), Lindenwood Theater, 8 p.m.
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- September 21 - [Family Day](#), for more information, email rheurmann@lindenwood.edu
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[See the full list of upcoming events](#)

Submit Information to the Digest

To have your listing appear in the Digest, email your submission to LUDigest@lindenwood.edu by noon on the day prior to send-out. The Digest is sent every Tuesday and Friday morning during the term and on Fridays during break. Information submitted past the deadline may not be included in that edition

but will appear in the following one. Entries are only subject to run once, but may be ran twice depending on volume of material submitted that week. Please note, all entries to the Digest are subject to editing prior to running.

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