



# LINDENWOOD

## CHRISTMAS WALK EXPANDS

by Larry J. Fernandez

Lindenwood will present its annual Christmas Walk on Sunday, December 8, from 4-6 P.M. Now in its third year, the Christmas Walk attracts visitors from throughout the community. Lynne Landholt of the development office is the chairperson of the Christmas Walk committee. Landholt says that this year's walk will feature many new and special events, "including free performances by Bob Kramer's Marionettes." Visitors will also be entertained by both the Lindenwood Brass Quartet and the Women's Ensemble, as well as bell ringers from the St. Charles Immanuel Lutheran Church. While on campus, visitors will also have the opportunity to view the Salvation Army St. Charles Tree of Lights and nativity scene at the corner of First Capitol and Kings-highway.

In preparation for the Christmas Walk, President Spainhower has designated Wednesday, December 4, as "decorating day." To further encourage participation, Landholt has announced decorating contests involving both students and college employees. Landholt indicates that the residence hall with the best decorations will receive a cash prize. According to Landholt, trophies will also be awarded. Faculty and staff members will get involved by decorating their office doors. Landholt says that a prize has yet to be determined for the best decorated door.

Serving with Landholt on the Christmas Walk committee are Jan Czaplá, Nancy Fleming, Marilyn Morris, Judy Shanahan, Randy Wallick, Miriam King-Watts, and Carol Whitman.

## VIDEO COMES OF AGE

by Glynelle Wells

The communications department has completed construction of a \$33,000 television studio on the Lindenwood campus located on the second floor of Young Hall. The school purchased the equipment from Continental Cablevision.

Amy Hamill, the new assistant professor of television, instructs the video production class. In November, the class produced one in a series of half-hour programs called Faculty Forum, a program dealing with issues and interests of Lindenwood College and its faculty. The first program focused on two Lindenwood biology professors, Dr. L. Rao Ayyagari and Dr. Bill Tietjen, and their research on spiders.

In February, the video students will produce a 60 second news insert every day for Group W. Cable. It will be aired on CNN three or four times daily.

In the past, Lindenwood's video classes had to use an outside facility. However, those students were at a disadvantage, because studio personnel weren't willing to let the students touch the equipment. Having the television studio on campus will provide numerous advantages. The students will have greater access to the equipment, get hands-on experience and get the opportunity to run their own studio and learn from their mistakes. They will also get the experience of working together as a team. Hamill says that having the studio on campus "rounds out the curriculum" for communications students at Lindenwood.

Hamill came to Lindenwood College from Athens, Georgia at the end of August. She taught video production at the University of Georgia as a graduate assistant while working on her masters degree in Broadcast Research. She also worked as producer and director at WGTV, the PBS affiliate in Atlanta.

She started her career in television journalism in 1979, as a reporter/photographer for the news department at WJHG in Panama City, Florida. From there she went to Arizona, and worked as the producer/assignment editor for KOOL, the CBS affiliate in Phoenix. The assignment desk, the "hub of the newsroom", was a high pressure position where Hamill was responsible for what was shown on the five o'clock news. After this, she returned to college to work on her masters degree at the University of Georgia.

Hamill enjoys teaching, as it gives her the opportunity to follow up on research and expand her horizons. She especially finds teaching in a small college more appealing than a large university, because it allows her to teach a wider variety of classes in the communication field.

One aspect that Hamill misses most about not working in the television newsroom is writing news on a daily basis. Besides writing, she also enjoys working with computers, especially doing computer research. She plans to work on a Ph.D. in Computer Statistics in the future.

Hamill also has future plans for the television studio at Lindenwood. Among those plans, she would like to see a course offered in Video Documentary Production. This course would give students the opportunity to prepare and shoot a mini-documentary.



## Letters to the Editor

# FROM THE LSG

Broken bottles, broken windows, broken chairs, this may sound like a scene out of a bad movie, but no-o-o! It's the scene one usually see's after a LSG party. Who does these things? Do little elves come in after the party is over and ransack the joint? Or maybe its the Lindenwood pre-schoolers who just didn't get enough out of recess that day.

Well, we don't think it's any of the above. We in the LSG fear that it's from the guests that accompany Lindenwood students to a party. So we would hope in the future if you do bring a guest, please make sure they know the rules on campus pertaining to parties, dances, etc. . . and make sure they abide by those rules.

Thanks,

LSG

## REMINDER!

Residence Halls close on December 14 at 7:00 p.m. Classes will resume on January 21, 1986. The next issue of Linden World will be January 1986.



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## COMMUTER CLUB DECORATING

by Randy Mitchell

On Thursday, December 5, the commuter club is having a decorating party from 6:00 - 8:00 p.m. in Niccoll's student center. They are inviting everyone to come help and have fun decorating.

There is going to be home made cookies and goodies. If you like, you can bring your own refreshments. There will be a tree top decoration contest, so make your best design.

## CHAMBER SINGERS/WOMEN'S ENSEMBLE

Nancy Fleming has announced that the Spring 1986 Chamber Singers and Women's Ensemble groups have openings for sopranos, altos, tenors, and basses. Auditions will be held on December 9, 10, and 11 and on January 20 and 21. Anyone who is interested may sign up for an appointment in FAB 107.



### GOD'S CREATIONS

Looking for a fresh, new arrangement for this holiday season? We can create a custom-ordered arrangement to fill your needs. Stop by today and take a look at our large selection of silk and dried flowers and gift items.

220 N. Main      Tuesday - Saturday  
St. Charles, MO      10:00 AM - 4:00 PM  
Phone: 947-0008



# AIDS: FEARS OR FACTS?

by Jane Henthorn, R.N.

On October 8th a slide presentation and lecture about AIDS (Acquired Immune Deficiency Syndrome) was given by Marge Unnerstall, MT(ASCP) SBB. It was attended by more than 30 people. However, several people had reported wanting to attend the program but were unable to go for various reasons. To allay some of the fears and clear up misconceptions about AIDS, answers to some of the questions posed will be answered in this article.

## Is Aids really the disease of the '80's?

Since 1981 over 7,000 people have died from AIDS. In that time span, many more people have died from accidents or heart disease or cancer than from AIDS. A disaster such as an earthquake can kill that many people in a matter of minutes. AIDS is receiving so much attention because it is a communicable disease; 50% of the people who have had the disease such as smallpox, polio and measles have been eradicated or controlled by vaccines. A vaccine for AIDS probably will not be available until the 1990's according to experts. Antibiotics combat strep and staph infections, nothing yet has been found to cure AIDS. Until effective ways are found to control the disease, AIDS may well deserve being called the communicable disease of the '80's.

## HTLV-III, what is it?

HTLV-III (human T-cell lymphotropic virus - type 3) is one of the names given to the retrovirus associated with AIDS. Other names given to this retrovirus are: LAV (lymphadenopathy - associated virus) and ARV (AIDS - related virus). Research done in different laboratories spawned the various names but genetic analyses have demonstrated that HTLV-III, LAV and ARV are actually the same virus. The exact role the virus plays in AIDS is not yet proven. HTLV-III has been recovered from brain tissue, lymphocytes found in semen, bone marrow, spleen, saliva, and lacrimal (tears) fluid. Although HTLV-III has been isolated in T-cells from saliva and tears, there is no evidence that it can be transmitted by airborne spread or by other than sexual contact with exchange of significant amount of body fluids or blood.

## Is there a risk living in a residence hall?

No cases have been found where AIDS has been transmitted by casual household contacts with AIDS patients or persons at higher risk for getting the illness. In homes of children having AIDS, no

siblings have come down with AIDS and have remained negative when tested for HTLV-III antibodies. Even among health workers and researchers caring for AIDS victims, at this time only one case has been documented of a worker who contracted AIDS. That person inadvertently was stuck with a needle that had been used on an AIDS patient.

## Is Aids preventable?

Fortunately AIDS is not as contagious as many other diseases and is mainly prevented by following a careful lifestyle. It is spread through sexual contact, sharing needles and less commonly, through blood. The Public Health Service has recommended the following steps to prevent spread of AIDS:

- Do not have sexual contact with persons known or suspected of having AIDS.
- Do not have sex with multiple partners, or with persons (men or women) who have had multiple partners.
- Do not abuse IV drugs. If you use IV drugs, then don't share needles or syringes (Boiling does not guarantee sterility).
- Consider the risks of engaging in sex with people who abuse IV drugs.
- Don't use inhalent nitrates (poppers). Their role as a cofactor for Kaposi's Sarcoma, a type of cancer, is being investigated.

## Can AIDS be transmitted through blood transfusions?

Beginning in March 1985 tests for HTLV-III antibodies have made our blood supply over 99% safe. Every pint of Red Cross blood is tested before being used. There never has been any danger of AIDS to persons through giving blood because the needles used to take the blood are sterile and used only once before disposal. Before March 1985 persons in high risk groups were asked not to donate blood. Since the disease was not prevalent in the early '80's, the chances of receiving contaminated blood were lower, but there are no guarantees that blood received in 1982 or 1983 was disease-free.

Thanks to the new testing procedures on blood we are eliminating one way that AIDS used to be transmitted. The important step now in preventing AIDS is for individuals to follow guidelines mentioned earlier.

More information can be obtained by calling: The Public Health Service Hotline (1-800-447-AIDS) or locally the Magdala Foundation, 4158 Lindell Blvd., St. Louis, MO, 652-6004.



## STUDENT HEALTH CENTER EMPHASIZES HEALTHY LIFESTYLE

by Melissa Callis

Stay healthy! The Student Health Center offers services to Lindenwood students and employees that emphasize education in self care.

The services offered by the center range from contraceptive counseling to blood pressure screening. Other services are; health education and counseling, evaluation of health problems, first aid, monitoring of health conditions, allergy injections, weight control, nutrition, doctor referrals, exercise programs, and the "loan closet," (crutches, vaporizers, etc.).

All Lindenwood faculty, employees and students are eligible to use the center.

Jane Henthorn, RN and director of the Student Health Center has the concern that students need to learn how to live a healthy lifestyle. Because of this she wishes students would take advantage of the health awareness programs that the center offers. The purpose of these programs are to educate. A previous program was held on AIDS, and an upcoming flyer will be available on stress management.

Henthorn said that she wants students, "to be aware of the importance of exercise." Henthorn feels that students use the center for its' weight control service most often. This service combines dietary counsel with exercise programs that encourage students to lose weight properly.

The center is now offering aerobic classes that students can attend at any time. Classes are now being held on Monday, Wednesday, and Friday from 11:40 am - 12:30 pm, and on Monday evenings at 8:00 pm, and on Tuesdays and Thursdays from 5:15pm - 6:16pm.

"Balance," Henthorn said, "is the key to staying healthy." Her advice to students is that "the body is the biggest tool for the rest of life." She added that "the key to staying healthy was by never neglecting one spiritual, mental, physical, and emotional realm."

### RENTERS WANTED

Will share well-appointed home with two students. Private bedrooms, modern kitchen, spacious living room, elegant dining area, attractive fireplace, two bathrooms, smoke detectors, A.C., washer/dryer, garage. 5 minutes south 94, wooded lot, quiet 4 - 6 month leases available. \$250 per person/split utilities. References necessary, responsible replies at 447-7172. 8 pm - midnight.

## AMERICA'S CHRISTMAS

by Kelley Wright

The customs we follow during the Christmas season in the United States are taken for granted each year. Being a conglomerate nation, the customs we celebrate during Christmas were carried over by immigrants and smelted together to create "The American Christmas."

The Christmas carols we sing during the Yuletide season originated from the Holy Land. Year after year, friends and organizations enjoy singing these carols door to door collecting money for those less fortunate. This custom of caroling originated in France where strolling musicians and singers wandered from house to house singing Noels, which signify good news.

Many of our Christmas customs originated in Germany. The ever popular Christmas tree finds its roots there. There are many legends on who had the first tree, but the Germans' favorite story refers to Martin Luther. On Christmas Eve, Martin Luther was strolling outdoors looking at the stars. The brightness in the sky reminded him of the true meaning of Christ - the Light of the World. To impress his children with the importance of this, he cut down a small fir tree and covered it with many lit candles until it brightened the entire room. Other German customs we observe are the baking of Christmas cookies, the use of an advent wreath, and the celebration of St. Nicholas day Dec. 6.

There are many other customs which have become general in the United States. The attending of Midnight Mass came from the Scandinavian countries; our Santa Claus, or Sinter Klaus, is from Holland; our stockings hung in the chimney originated in France and Belgium; Christmas cards and mince pies are from England. It seems there are only two customs which originate in the United States, and that's the roasting of turkey or ham and the baking of pumpkin pies for the holiday meal.

Americans enjoy a rich holiday season. We have the benefit of being a melting pot of cultures, thus we enjoy the different customs of those cultures during the Christmas season.

This Christmas season think about the customs your family celebrates and where they originated. You might even discover many more you knew nothing about.

"The old order changeth, yielding place to new,  
And God fullfills Himself in many ways,  
Lest one good custom should corrupt the world."

—Alfred Tennyson



## MADemoisELLE FITNESS CENTER OFFERS VARIETY OF PROGRAMS

by Lisa Baragiola

Are the students of Lindenwood College tired, out of shape and suffering from lack of energy? Mademoiselle Fitness Center in Cave Springs has the solution for you.

Mademoiselle has many things to offer its members. The facility has a pool, sauna, steam room, life cycles, progressive resistance training, a track and various classes including aerobics. Most importantly, Mademoiselle stresses its personalized programs.

Numerous counselors are available to assist both old and new members. Kris Crabill, assistant manager, says, "We take an interest in our members and we want them to get the most out of our club."

Crabill said, "We have different memberships available. We have a one-year membership, that we'll add three free additional years on to it if the member joins on the first visit." added Crabill.

She also stated that there are installment plans available to make it easy on your budget. Mademoiselle is also a member of the International Physical Fitness Association (IPFA), which gives members traveling priviledges. This allows you to work out at any Mademoiselle in the world.

Crabill urges anyone interested in Mademoiselle to come in and check out its memberships. It will be having Christmas specials during the close-out sale throughout December.

Mademoiselle isn't co-ed, so you need not feel intimidated. Guys, don't feel left out, Executive Fitness Center is for men and it's located next to Mademoiselle.

Crabill says, "A work out program will not only make you look better, you'll feel better." She said "Even a busy student will benefit from working out at least three times a week."

Don't sit around all winter! Start that work out program today - call Mademoiselle and make an appointment with Kris Crabill.

Mademoiselle Fitness Center  
4004 N. Outer Road  
St. Charles, Missouri 63301  
Phone: 928-1140

Because Jim Wilson was too cheap to buy invitations, and Randi Kapp too lazy to send them out anyway, we\*\*\* are printing a generic invitation\*\* to whom it may concern\*:

Dear

You are cordially invited to attend the marriage of James Arthur Wilson and Mary Randa Kapp, to be held in the M.A.B. Ballroom on December 21, 1985 from 7:00 to 10:00 in the evening.

*Note: read the asterisked items in reverse order for sanity's sake!*

\* Since there is really no terribly subtle way to put this, your "presence," not your "presents", is requested.

\*\* Please RSVP at the Post Office. For your convenience, a pre-addressed note is provided below.

\*\*\* I, Deanna Marie Rasch, at the request of Mary Randa Kapp take full responsibility for the contents of this invitation - - but . . . she asked me to write one!

RSVP  
P.O. Box 670

Please Check One:

- Yes, of course I'll be there! Wouldn't miss it (besides, they're serving champagne punch!)
- Well, O.K., if you insist.
- \*†%/&@ - - it looks like I'm free that day. Oh well, I need a good laugh.

Sincerely, \_\_\_\_\_



Merry  
Christmas



*Holiday  
Greetings.*



from

L.S.G.

(Lindenwood Student Government)

and

The LindenWorld Staff