

# LINDENWOOD COLLEGE COMMUNIQUE

VOL. FIVE, NO. EIGHT

SEPT. 16, 1986

## UNITED WAY CAMPAIGN BEGINS . . .

President Spainhower is sending a personal letter to all faculty and staff members, asking for their help in Lindenwood's United Way Campaign. Goals of 100 percent participation and \$2,500 in tax-deductible contributions are being sought from the college's 275 full and part-time employees. This year's campaign, which begins this week and runs until October 15, is under the direction of Lynne Landholt, assistant director of development for the annual fund.

Last year, Lindenwood employees contributed nearly \$2,200 to the United Way Campaign. Locally, the college's contributions were part of nearly \$440,000 raised in St. Charles County. From those contributions, nearly a dozen service organizations in the county received \$1.4 million from the \$32 million collected in the 1985 fund-raising campaign.

As part of this year's campaign, a 9-minute film will be available for individual showings on September 24 between 11 a.m. and 1 p.m. in Ayres Cafeteria. You are encouraged to take a few minutes from your lunches, schedules and classes to view this United Way film for a better understanding of how the United Way of Greater St. Louis helps within our community.

## 'WELCOME ROUNDUP' B-B-Q TOMORROW . . .

The college's board of overseers has its first meeting of the new academic year tomorrow, and to highlight the event, the group is hosting a barbeque for all students, faculty and staff. The free event begins at 11:15 a.m. on the main Quadrangle (Ayres Cafeteria will be closed for lunch for this event). Board members plan to mingle informally with students to gain a better insight into their concerns to help the board plan projects and activities for the upcoming year. Make plans to attend this informal event.

## 'LINDENWOOD CAMPUS DIET' . . .

Lindenwood is first in the metro area to offer a new diet designed by Jane Henthorn, R.N., director of the Campus Health Center, and Pat Perotti, a registered dietician and former faculty member at St. Louis Community College at Florissant Valley. Called the "Lindenwood Campus Diet," the program consists of a 1,250 calorie per day plan utilizing meals at Ayres Cafeteria. It follows guidelines established by the American Heart and American Diabetes associations. Presently, the diet is for females only, however, a diet for men as well as a 1,500 and a 2,400 calorie per day plan are in the works. Henthorn and Perotti developed the diet in response to a Food Service Committee survey last year which reported 25% of the respondents were interested in losing weight.

Information on the Lindenwood Campus Diet can be found on posters in Ayres and around campus. The diet is available for groups or individuals. Further details can be obtained by contacting Henthorn at extension #270.

## PEER TUTORS OFFER HELP . . .

The Peer Tutors' Writing Center is open every Monday and Thursday from 5-7 p.m. in the Cardy Reading Room of Butler Library. No appointment is necessary. Peer tutors will be available to help students with writing, so bring your work and take advantage of this free service.

In addition to sponsoring the Writing Center, peer tutors are available to help students improve their course work in almost any subject. Tutoring may be arranged during the day or evening hours, either part or full-time. Find out more about the services that are available - stop by the CAP Center in Nicolls Hall or call extension #237 for details.

## JUNIORS, SENIORS AND GRADUATES SOUGHT . . .

Each year Lindenwood is invited to nominate a few juniors, seniors and graduate students for recognition in WHO'S WHO AMONG STUDENTS IN AMERICAN UNIVERSITIES AND COLLEGES, an annual directory that lists biographies of some of the country's outstanding students. Nominees should exemplify high standards of scholarship, leadership in the classroom and in extra-curricular activities, citizenship, service to the college and the potential for future achievement.

A group composed of faculty, staff and students chaired by Marilyn Morris, assistant dean of College Life, will evaluate all nominations. Names of

RANDY L. WALLICK, Editor

JAMES I. SPAINHOWER, President

*"Communique" is published each Tuesday during the fall, winter and spring semesters and biweekly during the summer. Produced as a joint effort of the college's Public Relations Office and Printing Center, it is disseminated to all faculty, staff and students. The deadline for submission of editorial copy is 9:00 a.m. Monday prior to Tuesday's publication; copy should be sent to the Public Relations Office.*

students and brief accounts of supporting reasons for nominations will be accepted at the College Life Office until 4 p.m. September 25. Any materials arriving after this time will not be accepted. For further information on nominating students, contact the College Life Office.

MESSAGE FROM 'YEARBOOK' EDITOR . . . .

"There will not be a 1986-87 LINDEN LEAVES yearbook unless I get some help," states Editor Bonnie Hoesli. "Although everyone is eager to receive the yearbook in August, the cooperation to put the book together is not there. Last year, a total of two of us put in long hours to see that this book would be published. Not this year. If you want a yearbook, I need help. I will train how to layout, design, crop photos and fit copy, but I need to start now.

"There will be a meeting this Thursday at 12:30 p.m. in Ayres Cafeteria. I need a staff to work with. If you are interested, please attend this meeting. No experience is necessary. Help is needed in selling advertising, scheduling photo assignments and miscellaneous functions. If the response I need isn't there, don't expect a yearbook next summer. Call me at extension #374 or contact me at Box #294 for more information." - Bonnie Hoesli.

BACK BY POPULAR DEMAND . . . .

Aerobic exercise sessions are being offered once again this semester at noon on Monday, Wednesday and Friday in Cobbs Hall Lounge. Interested? Then, call the Campus Health Center at extension #270 for details.

COLORADO SKI TRIP SET . . . .

Lindenwood's third annual ski trip to Steamboat Springs, CO, is scheduled January 3-10 for students, faculty and staff. Cost is \$330, which includes five nights of lodging, roundtrip transportation, four-day lift tickets, equipment rental and more. A \$65 deposit is needed by September 30th to guarantee reservations, which are limited. For further information, contact Glenn Korando at 946-5046.

PEER TUTOR WORKSHOPS . . . .

All students are invited to attend two workshops being sponsored by peer tutors. "Sharpening Study Skills" will be held Thursday from noon to 1 p.m. in the Legacy Room of Ayres Cafeteria and from 6-7 p.m. in Young Hall Lounge. The session will provide information on time management, note taking and preparing for tests. Peer tutors will provide tips on succeeding in class, and they also will answer questions about individual courses.

Next Tuesday, September 23, "Review of Writing" will be held from 6-7 p.m. in Young Lounge. This workshop will review how to organize an essay and how to research and prepare a paper. Students who have attended previous workshops testify that the session has helped improved their confidence and grades. Make plans now to attend both sessions!

ALUMNI CLUB POTLUCK DINNER . . . .

The St. Charles Alumni Club is sponsoring a potluck dinner September 22 at the President's House, beginning at 6:30 p.m. Guest of honor and speaker will be Daniel Keck, newly-named Vice-President of Academic Affairs and Dean of Faculty. Faculty and staff are invited to attend; there is no charge but a covered dish is required. For reservations and further information, contact Esther Fenning at extension #317.

EDUCATION CLUB MEETING . . . .

All education majors are invited to attend the Education Club's first meeting this semester, scheduled next Tuesday from 11:30 a.m. to 12:30 p.m. in Ayres Cafeteria.

# Upcoming Campus Events

SEPTEMBER	16	ACTIVITIES FAIR	11:30 A.M.	AYRES
SEPTEMBER	17	CANDIDATE JACK BUECHNER	2 P.M.	GAZEBO
		HALL GOVERNMENT MEETING	2 P.M.	SNACK BAR
		MEN'S SOCCER/FONTBONNE	7 P.M.	STADIUM
SEPTEMBER	18	'SHARPENING STUDY SKILLS'	NOON	LEGACY/AYRES
		YEARBOOK INFORMATION MEETING	12:30 P.M.	AYRES
		LSG ELECTIONS	ALL DAY	POST OFFICE
		'HOW TO PLAN A PARTY'	5 P.M.	CARDINAL ROOM
		'SHARPENING STUDY SKILLS'	6 P.M.	YOUNG LOUNGE
SEPTEMBER	19	LINDENWOOD AAUP 'TGIF' PARTY	3:30 P.M.	MAB
		LSG ELECTIONS	ALL DAY	POST OFFICE
SEPTEMBER	20	LSG JAMAICAN PARTY	9 P.M.	AYRES
SEPTEMBER	21	WOMEN'S SOCCER/ST. MARY'S-INDIANA	1 P.M.	STADIUM
SEPTEMBER	22	BOARD OF OVERSEERS' B-B-Q	11 A.M.	COMMONS
		SOFTBALL TOURNAMENT	5:30 P.M.	STADIUM
		ST. CHARLES ALUMNI CLUB DINNER	6:30 P.M.	PRESIDENT'S

(For further information on any event listed here, contact Marilyn Morris, assistant dean of College Life, extension #222 in Niccolls Hall.)