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Today's Headlines

November 27, 2018

Giving Tuesday Will Support Lions' Reserve Fund

Black Friday. Cyber Monday.
#GIVINGTUESDAY
November 27, 2018

#GivingTuesday is a day dedicated to giving—a social media movement started in 2012 to celebrate the importance of philanthropy and encourage giving.

In 2017, millions of people in almost every country came together to give back and support the causes they believe in. Over \$300 million was raised online to benefit a tremendously broad range of organizations, and much more was given in volunteer hours, donations of food and clothing, and acts of kindness. [Read more](#)

Full Faculty Meeting Nov. 28

There will be a full faculty meeting for St. Charles faculty on Wednesday, November 28, 2018 from 3 to 4 p.m. in the AB Leadership Room. The [agenda is attached](#).

Lindenwood Learning Academy Marketing and Communications Workshop

Come to the LARC Theatre on Thursday, Nov. 29 at 2:30 p.m. for our second workshop through the Lindenwood Learning Academy's Fellowship program for Communications.

The presenters at this workshop will be from Lindenwood's Marketing and Communications Department and will provide you with the tools for letting people know what your department does and how to take advantage of the marketing and communication staff expertise available on campus.

You will learn:

- Tips on messaging and describing in a clear and concise way what your department does
- Tips on how to reach specific populations i.e. staff, faculty, students, alum, and populations outside of the university
- Guidelines for appropriate messaging
- How to utilize Marketing and Communications services available to you on campus i.e., website review, graphic design, photography, media relations, content review, and more.

RESCHEDULED: CIGS Talk Featuring Dr. Suranjan Weeraratne

The Center for International and Global Studies is sponsoring a talk by political scientist Dr. Suranjan Weeraratne on "[Boko Haram and the Alarming Rise in the Use of Female Suicide Bombers](#)" on its new date and location, **Thursday, November 29** at 7 p.m. in Young Hall, room 111

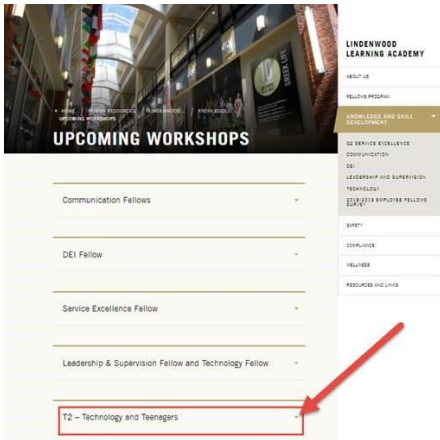
For further information regarding this talk, please contact Ray Scupin at Rscupin@lindenwood.edu.

Tariffs and Trade: A Conversation on Dec. 4



A [panel discussion on tariffs and trade](#) will be held Tuesday, Dec. 4 from 11 a.m. to noon at Dunseth Auditorium in Harmon Hall. There will be a question and answer session and a buffet lunch provided. The event is sponsored by the Hammond Institute for Free Enterprise.

Technology and Teenagers Presentation Dec. 7



Don't miss Vice President for Information Technology TJ Rains and his presentation on Technology and Teenagers! Understanding teenagers and their use of technology can seem a bit overwhelming. From the internet and social media, to phones, apps, games, and video content, it's easy to wonder whether it's all too much. Technology has become an essential part of our lives, and many young people – often referred to as 'digital natives' – haven't known it any other way. This training session will provide a review of the technologies that are actively being used by teenagers and how parents can work with their teenagers to ensure effective and safe use.

The training will address the following key objectives:

- Understanding the technology ecosystem and what common applications are being used.
- Potential risks and effects.
- Data privacy considerations.
- Proactive strategies to help keep teenagers safe online.

When: Friday, December 7, 2-3 p.m.

Where: The Learning Academy, LARC Rm. 09

Visit the Learning Academy's [Upcoming Workshops](#) page to register.

The 2018 Christmas Walk Scheduled for Dec. 9



The community is invited to the Lindenwood University Annual Christmas Walk on Dec. 9 from 4 to 7 p.m. The event open to the public, and all activities are free.

A full list of activities for the whole family is scheduled for the afternoon and evening on the Heritage side of campus, which will be decorated with hundreds of luminaries lining the roads and walking paths. [Read more](#)

Active Shooter 4E's Training Dec. 17 and Dec. 20

On behalf of the Lindenwood Learning Academy, Public Safety & Security will be hosting two opportunities for the Active Shooter, 4 E's training for all employees. These training sessions will be held at Dunseth Auditorium in Harmon Hall and will

allow attendees to participate in a situational active shooting event, where they will gain hands-on experience on how to respond should they ever find themselves in this situation.

If you have not attended in the past, you are encouraged to register and attend. Space is limited to 40 people in each session.

Click below to register:

[December 17 9-noon](#)

[December 20 1-4 p.m.](#)

For questions, please contact John Bowman, JBowman@lindenwood.edu

Have You Met Your Deductible Yet?

It is almost the end of the year. Do you know if you have met your deductible yet? No worries! Direct Path can assist you in understanding where you stand. You may even be entitled to a refund! The only way to know for sure is to contact Direct Path for claims and billing assistance. Please click [here](#) for additional details about this **FREE** benefit!

Santa Needed for Christmas Walk

We've lost our Santa for the Christmas Walk and are in desperate need for someone to fill this important role! Christmas Walk will be held on Sunday, Dec. 9, from 4-7 p.m. on the Heritage side of campus. If you are available to serve in this role, please contact Ethan Miller at emiller1@lindenwood.edu or Rachael Heuermann at rheuermann@lindenwood.edu as soon as possible. Costume will be provided!

Volunteers Needed for Late Night Breakfast

Lindenwood Campus Activities Board and Pedestal Foods would like to invite St. Charles faculty and staff to come help with Late Night Breakfast on Monday, Dec. 10, from 10 p.m. to midnight. We are seeking 15-20 faculty, staff, adjunct instructors, and administrators from the St. Charles campus to serve breakfast to the students during this finals week study break. Volunteers will receive a free Late Night Breakfast t-shirt and breakfast, of course! If you would like to volunteer,

please contact Angie Royal at aroyal@lindenwood.edu. Thank you for all that you do for our students!

Lindenwood Tax Clinic



The Plaster School of Business & Entrepreneurship is proud to announce the opening of the Lindenwood Tax Clinic. 2018 U.S. Federal and state tax returns for students, elderly, disabled, and low-income will be prepared free of charge by income tax students and other volunteers. All returns will be reviewed by experienced accounting faculty before they are released. Start spreading the word!

In this inaugural tax season that begins Feb. 1, 2019, we plan on only preparing 100 tax returns, so if you wish to refer any eligible tax clients to us, please email their name, address, phone, and email address to TaxClinic@lindenwood.edu and we will contact them to set up an appointment. We will start sending out information soon! You can use the email address above for any other questions about the Tax Clinic or you can contact Lisa Bushur, CPA at 636-627-2573 or LBushur@lindenwood.edu.

Exercise Science Professor Kerksick Travels to Brazil for Protein and Fat Loss Presentations



Associate Professor of Exercise Science Dr. Chad Kerksick delivered two presentations to the Brazilian Congress of Sport in Brasilia, Brazil, Thanksgiving weekend.

Kerksick, who is also the director of the Exercise and Performance Nutrition Laboratory at Lindenwood, joined 25 other speakers from around the world. [Read more](#)

Previously in The Digest

LindenWell Non-Perishable Food Drive Through Nov. 30

The LindenWell program is working with the St. Louis Area Foodbank to collect non-perishable items to donate. All faculty, staff, adjuncts, and students are welcome to donate. Wellbucks will be awarded for donations.

Guidelines for the food drive are in [this link](#).

Drop Off Locations:

Stumberg Hall 1 – Mariah Gove

Field House 109 – Whitley Huxhold

If you have any questions, please feel free to email mgove@lindenwood.edu.

Let's come together as LIONS to lend a hand!!

Free Tax Tool Available

With the legislative changes to our tax laws this year, many of you might be wondering how it will affect you when you file your 2018 taxes. For the curious and/or brave, the IRS created the “Paycheck Checkup” withholding calculator, <https://www.irs.gov/individuals/irs-withholding-calculator>, which you can use to forecast your income taxes for the year.

The IRS encourages everyone to use the Withholding Calculator to perform a quick “paycheck checkup.” This is even more important this year because of recent changes to the tax law for 2018. The calculator helps you identify your tax withholding to make sure you have the right amount of tax ...

You will need your most recent pay stubs from Workday (“Pay” worklet -> My Statements -> Payslips), and a copy of your 2017 Federal Income Tax return to complete the checkup.

The IRS recommends this for any and all employees, but particularly for the following:

- Two-income families
- People working two or more jobs, or who only work for part of the year
- People with children who claim credits or deductions, such as the Child Tax Credit
- People with older dependents, including children age 17 or older
- Anyone who itemized their deductions in 2017

The data entered is not saved, captured, or used in any way by the IRS, and will auto-delete once you are finished and exit the summary page. If your results indicate it would better serve your financial needs to adjust your personal tax withholdings, you can do so immediately in Workday (“Pay” worklet -> View/Update Elections -> Withholding Elections -> Update).

Nominations for Martin Luther King Jr. Leadership Awards Now Open

The Lindenwood University Diversity, Equity, and Inclusion Task Force announces our second annual Martin Luther King, Jr. Leadership Awards. We seek the nomination of individuals who embrace creativity, leadership, scholarship, and/or service towards an outcome intended to positively impact the Lindenwood community, with particular emphasis on such activities as they relate to the core values of diversity, equity, and inclusion at the heart of our task force's work. Nominees can be students, faculty, staff, and/or administration. The deadline for nominations is December 7, 2018. The link to the nomination form is [here](#).

Student Research Conference Submissions Now Accepted

It is that time of year again, everyone: The [2019 Student Research Conference submission portal](#) is open and is accepting faculty recommendations and student submissions.

Students who are working on or who have completed original research papers or creative projects can be nominated by a faculty member to participate in the Student Research Conference. Students can either display a poster or give a presentation of their work at the conference. [Read more](#)

Healthy Men and Women Needed for Research Study

The Exercise and Performance Nutrition Laboratory (EPNL) is completing a research study investigating the impact of a dietary supplement on the health and function of your digestive system. Participants should be healthy and between 18 – 50 years of age. Study participation requires four visits to the EPNL (Fieldhouse 126) to complete questionnaires and to turn in biological samples required for the study. Participants will receive \$100 for completing the study. Contact Chad Kerksick at ckerksick@lindenwood.edu for more information.

Healthy Male Participants Needed for Research Study

Healthy male participants between 18–50 years of age are needed to complete a research study in the Exercise and Performance Nutrition Laboratory to study the absorption pattern of different amino acids. For more information, contact Richie Stecker at rstecker@lindenwood.edu.

Recent Editions

- [The Digest Archive](#)
- [Belleville Digest Archive](#)

Events and Deadlines

- **Nov. 27:** [Faculty Colloquium Series](#), 3-4:30 p.m., Dunseth Auditorium, Harmon Hall
- **Nov. 29:** National Novel Writing Month, 4 to 8 p.m., LARC Writing Center
- **Nov. 30:** Dissertation Defenses, Roemer 310: 9 a.m. - Cheryl Lynne Coleman, 10 a.m. - Hannah Christine Kohler, 11 a.m. - Jody A. Marberry
- **Dec. 7:** [Fall Fashion Show](#)
- **Dec. 7:** Technology and Teenagers, 2-3 p.m., LARC Room 9 [Register here](#)

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