

An e-newsletter for the employees of Lindenwood University

Hammen LU's First Employee of the Month

Pauline Hammen, assistant to the dean in the Lindenwood College for Individualized Education, has been named Lindenwood Employee of the Month for January. Hammen is the first to receive the award. She was nominated by one of her peers and selected by the award's selection committee.

With the award, Hammen, who has worked in LCIE since it was launched in 1976, is being honored for the second time in a week; she was featured last week in an article in the St. Louis Post-Dispatch, penned by Lindenwood alumna Esther Talbot Fenning. She said that as a result of the article, she has been contacted by numerous friends and former co-workers,



Pauline Hammen at her desk

some of them from other states.

The award is intended to recognize Lindenwood employees who have
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Students Need Not Face Pressure of College All Alone

By DUNE TRULL

For most students, the college experience is one of the most rewarding times in their lives.

But for a few, the pressures of academic success, being away from home for the first time or any number of life's other difficulties, can become too much to handle.

"Anxiety about school or being successful or being away from home for the first time can cause depression, even the abuse of drugs and alcohol," said Lindenwood Professor Marsha Andreoff. "We want to help students take charge of their lives, feel like they are in charge of their lives."

To that end, Andreoff and fellow

Lindenwood professor Jan Munro went to acting university president James D. Evans in late December and proposed a way to help.

"Many other area colleges offer counseling for students, but we did not," Andreoff said.

A month later, the Counseling Wellness Center, located at the Lindenwood University Cultural Center, just up the street from the school at the corner of Kingshighway and Adams Street, began seeing students.

So far, the counselors at the center have seen students about a range of issues, including relationship problems and

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Did You Know...

During the 1970s, a student stole an ornate Masonic sword that belonged to John Roemer, president of Lindenwood from 1914 until 1940.

The sword was all but forgotten until 1999, when it was anonymously returned to the alumni office along with a note of apology from a guilt-ridden alumnus.



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Schultz Runs for MS in Honor of Friend

Last year, Professor Jeri Schultz had the opportunity to compete in a half marathon. She decided to put her body through the grueling test because of a young woman she met who had a dream to complete a marathon.

Lisa, 38, has multiple sclerosis, works full time, and has two terrific children and one very supportive husband. After they spoke, Schultz asked if she would want to complete the race together.

They signed up, and completed the half marathon!

“As we ran, Lisa talked with me about this disease, her fears and how much finding a cure would mean to her and to her entire family,” Schultz said.

Hammen

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performed at a high level in any one or a number of ways. Nominees must have been employed at Lindenwood University for more than a year.

Hammen’s nomination cited the fact she possesses many of the qualities cited in the Communicate article about the award; it specifically mentions her recognition in the Post-Dispatch article.

Those interested in nominating someone should write a 75- to 100-word essay explaining why a particular employee should be considered,

Schultz is running the half marathon again this year. And Lisa will be on the sideline cheering her on.

The Gateway Chapter of the National Multiple Sclerosis Society asked Schultz to participate in their 2007 Corporate Achievers Fundraising Program. She has a goal of raising \$2,500. Multiple sclerosis is a chronic, unpredictable neurological disease primarily affecting adults between the ages of 20 to 40. Over 350,000 American suffer from MS. Anyone interested in making a tax deductible donation to this cause may send a check to the attention of Jeri Schultz, 12547 Sunset Drive, St. Louis, Missouri 63128.

including outstanding achievement, performance, creative contributions, or improvement beyond what is normally expected of employees; demonstration of outstanding service to LU; and projection of a friendly, considerate attitude toward faculty, staff, students and visitors.

A nomination is not considered complete without enthusiastic support of the employee’s supervisor. Please send nominations by Wednesday to Judy Shanahan (jshanahan@lindenwood.edu) in the president’s office.

Counseling Program

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alcohol abuse. But, according to Munro, the interns who serve as the counselors are qualified to offer assistance in most areas students may need help with.

“We try to match people with the skills of our people,” she said.

However, Monroe and Andreoff, both fully licensed professional counselors, agree they must handle any life-threatening issues themselves.

“If someone comes in and they’re suicidal, we’re going to work with them. We’re not going to give them to an intern,” Andreoff said.

One obstacle both professors know they will face is the stigma attached to the word therapy.

“For the students themselves, there might be denial or embarrassment, or from a family point they might have been told to just pull themselves up by the bootstraps and handle it on their own,” Andreoff said.

Nevertheless, both believe in the work they are doing and want students considering counseling, which is free and kept fully confidential, to take the leap of faith.

“Come over and see what’s going on,” Andreoff said. “Someone will be able to help you.”

Friends, family and college faculty are also encouraged to refer students they feel are at-risk. For more information, call 946-4528 from noon to 8 p.m.

Six Lindenwood Sports to be Honored on Sunday

The Missouri Sports Hall of Fame will honor the six Lindenwood sports that won national championships during the 2005-06 school year. The programs will receive the Missouri Sports Achievement Award during the 2007 Enshrinement Ceremony, which will be held Sunday.

The programs being honored are men's indoor track and field, women's ice hockey, women's bowling, men's clay shooting and men's Division I and B roller hockey.

Among the other recipients of this year's Missouri Sports Achievement Awards are the St. Louis Cardinals, for winning the 2006 World Series, and St. Louis native Ryan Howard, for winning the 2006 National League MVP.

The men's indoor track and field team, coached by Jim Cox, won the 2006 NAIA national championship. The Lions scored 94.5 points at the meet, 13.5 more than runner-up Virginia Intermont. Individual champions at the meet were James Jenkins in the triple jump, Kelley Jackson in the shot put, Mike Rodgers in the 60m and 200m, and Aron Rono in the mile.

The women's ice hockey team, coached by Vince O'Mara, won the 2006 ACHA national title. Lindenwood hosted the national tournament and saw its team take home the title with a 3-2 overtime victory over Robert Morris (Ill.) in the

championship match.

The women's bowling squad, coached by Randy Lightfoot, captured the 2006 USBC Intercollegiate team championship. The Lady Lions swept Central Florida in the finals by scores of 194-168 and 192-191.

The men's clay shooting team, coached by Joe Steenbergen, won its third-straight ACUI Intercollegiate national championship in clay target sports. Josh White was named the individual American Trap national champion, while Ryan Cafarelli won the American Skeet national title.

The men's roller hockey team, coached by Ron Beilsten, won the Division I title of the NCRHA. The Lions defeated Michigan State by a 7-5 score in the finals to wrap up a perfect 39-0-0 season. It was the fifth-straight national title for that team.

The Lions B division roller hockey team, coached by Jeff Berger, won its respective NCRHA national title as well. The program's second straight crown came after a 10-1 win over Meramec Community College.

These six athletic programs are part of the 21 Lindenwood teams to win national championships. Twenty of those titles have come since 2002. The latest Lion team to bring home a national title trophy was the men's water polo team, which won a national title this past fall.

Spending the Morning with C-SPAN

Dr Heidenreich's History 210 (US Government: Politics and History) Class spent the morning Friday Jan 26 at the C-SPAN bus which was visiting during its tour of college campuses. The bus has a capacity of 12 and does a 20 minute presentation on the network.

Time limits (only 50 minutes for the class) prevented the class from getting the entire presentation, but the bus personnel were helpful and reduced number of students to 8 at a time and the presentation was shortened to about 11 minutes which allowed the entire class to

get through with time to spare.

The visit was a great success with most students reporting it to have been worthwhile (even though they had to stand outside on a cold day). The class has shown an increased interest in C-SPAN's programming, especially Prime Minister's Question time (where they show the British Prime Minister answering question in the House of Commons). One student even discusses the possibility of an internship with the bus.

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Eastern Europe Topic of Economic Policy Lecture

Ambassador George Herbert Walker III will present Lindenwood University's 14th Economic Policy Lecture from 3-4 p.m. Wednesday, Feb. 28 in the Leadership Room of the Spellmann Center (4th floor). George Walker was Ambassador to Hungary from September 2003 to August 2006. He is also a well-known St. Louis business leader and is Chairman Emeritus of Stifel Financial Corporation. Please encourage your students to attend and learn more about U.S. relations with Eastern Europe.

The lecture is co-hosted by the Division of Management and the Institute for Study of Economics and the Environment and free and open to the public. If you have any questions, please contact Ken Chilton at x4742 or at Kchilton@lindenwood.edu

\$1,000 Offered for a New Wardrobe!

Career Services has partnered with the CareerStarter organization to provide junior and senior level students seeking a career in business with the opportunity to win a comprehensive career preparation package, including up to \$1,000 toward a new professional wardrobe. CareerStarter is a non-profit organization that provides financial and professional resources to

deserving students pursuing business careers.

Students wishing to be considered for the 2007 University Grant Program should complete the attached application form. Completed application forms must be turned in to the Career Services office located on the 4th floor of the Spellmann Center by noon Friday, Feb. 23.