

# LINDENthings

Volume One, Number 4

News You Can Use

September 25, 1989

## Format Changes For Campus News

The tradition of change marking the 1989-90 academic year takes another twist in the dissemination of your campus news. By teaming up with "**LindenWorld**," the student-operated campus newspaper, the college's public relations staff and students working in PR will participate in a combined effort to promote comprehensive communications for Lindenwood students via one news source.

Public Relations will submit a calendar section for the bi-monthly publication of "**LindenWorld**." Announcements of student events, meetings and other items of interest may be sent to PR via campus mail or by writing to: Public Relations, Lindenwood College, St. Charles, MO 63301.

Please remember to coordinate your calendar dates with **Wes Keene**, student activities director, at the Student Life Office. Wes keeps a calendar of campus events, which will help inform everyone for planning and executing upcoming events. Also, he has forms that you can fill out to notify Public Relations of your scheduled event. Additional forms are available in the Public Relations office, Roemer Hall, Room 6.

And, many thanks for your past participation in the college's campus newsletters produced through Public Relations. (Written by Phyllis Morris.)

## Going Once, Going Twice—SOLD!!!

Lindenwood students and alumni will host "**From Lindenwood to Leningrad**," the second annual alumni dinner/auction to be held on Friday, October 13 in Ayres Dining Hall. Students in the Lindenwood Soviet Exchange Program will assist with entertainment and atmosphere for the beef tenderloin and black caviar dinner.

Students, parents of students in the exchange program, faculty and staff are offered a special admission rate of \$5.00 per person for the auction, beginning at 7 p.m. Tickets for the auction may be purchased at the door. General admission for the Russian-style dinner, which begins at 6 p.m., and the auction are available at \$25.00 per person.

Items up for bid will include: **a hand-crafted candy Christmas house; illustrated children's books, circa 1930; dinner and symphony for two; a chauffeured ride in a 1927 Bentley; a barn dance and hayride for 20; four passes to Wehrenberg Theatres; an oriental, wool carpet; a sofa-sized oil painting; a travelogue of buyers choice; an original oil painting by Professor John Wehmer; an original 16x20 color photograph by Professor Hans Levi; a set of 12 antique linen napkins; a stained glass "Calla Lily" wall or window treatment; a dessert a month for eight; two season tickets for four to Lindenwood Theatre performances; fall furnace maintenance; a handmade afghan; a poolside;**

champagne luncheon and much, much more.

For dinner and auction reservations, please call **Sophia Wehmer** at 947-1265 or campus ext. 280, or Alumni Relations and Giving Director **Judy Peters**, at ext. 389. If you have an item to donate, contact **Martin Sherman** at 946-3345, **Glenda Schaefer** at 625-2550 or Sophia.

(Submitted by Sophia Wehmer, Written by Phyllis Morris.)

## Stohs Exhibits Innovative Photographic Works

The photographic artistry of **CAROL STOHS** is currently on exhibit in the Young Showcase Gallery at the main entrance of Young Science Hall. According to **Professor Hans Levi**, most of the twenty images are stark renditions of the landscape. "However, says Levi, "Harbingers of new directions are included which incorporate cliche-verre (photographic drawing) and multiple imagery."

Stohs discovered her photographic talents in mid-life. She is the mother of four, grown children and is pursuing a career as a visual artist. Stohs has been working with photography for approximately six year.

The exhibit runs through October 20, 1989 and may be viewed during normal college hours or whenever Young Hall is open.

(Written by Hans Levi, Edited by Phyllis Morris.)

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## Van Pools To Wash U Lectures

"J" McClellan of the resident directors staff reports that beginning October 4 a van pool will take fourteen students weekly to hear famed lecturers at Washington University. McClellan, a Washington University alumnus, says the university has granted permission for Lindenwood students to attend via the van pool.

The lecturers who are part of the 1989-90 Assembly Series for Washington University include: **Dr. Johnetta Cole, Ralph Nader, Robert MacNeil, Arno Mayer Walter Alvarez, Wendy Wasserstein and Maurice Sendak.** The lectures will be held every Wednesday in Graham Chapel, beginning at 11 am, unless otherwise noted.

Interested students may sign up on the Student Life Bulletin Board in Butler Hall. "Stand by" seating will be available. For more information, contact the Student Life Office. (Submitted by John McClellan, Written by Phyllis Morris.)

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## LC Celebrates Mid-Week Worship

Beginning October 4, a mid-week worship service for the entire Lindenwood College community will be held each Wednesday from 12 noon to 12:15 in the Legacy Room at Ayres Dining Hall.

According to College Chaplain **George Wilcox**, the services will provide students, faculty and staff an opportunity for reflection and renewal.

Those interested may contact Wilcox at ext. 222 for more information. (Written by George Wilcox, Edited by Phyllis Morris.)

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## Soviets Plan Fall Visit, 1990 LC Delegation Announced

Lindenwood College students are preparing to meet their Soviet counterparts, scheduled to arrive in November. Six months earlier, on March 12, 1989, twelve Lindenwood students began their visit to the Soviet Union with two days in Moscow, followed by three days in Leningrad and one and one-half weeks in Baku, Azerbaijan.

In May 1990, another dozen Lindenwood students will continue the exchange by visiting the U.S.S.R. The exchange delegation includes: **Pam Allen of Yorba Linda, Calif.; Todd Beffa of Ballwin, Mo.; Joycelyn Davis of St. Louis, Mo.; Kresno Adj Djayandaru of Washington, D.C.; Michelle Halsell of St. Peters, Mo.; Karen Haub of Troy, Mo.; Heidi Hunt of Poplar Bluff, Mo.; Theresa Jansen of Florissant, Mo.; Jay Kempen of St. Louis, Mo.; Christian Kohn of Flat River, Mo.; Paul Lampe of Washington, Mo. and Todd Rumbo of Midland, Texas.**

The Lindenwood Soviet Exchange Program, initiated by Lindenwood students in 1988, is the first ever to pair American and Soviet universities for an exchange of college students from various academic disciplines. Lindenwood College is one of only twelve U.S. colleges and universities chosen to participate as part of the U.S./Soviet student exchange. (Written by Paul Lampe, Edited by Pam Allen.)

"Lindentings" is desktop published by the public relations director, public relations graduate assistant, applied mass comm students in PR and students assigned through the Work and Learn Program, with assistance from a student photographer.

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## Swisher Exhibits Photographs From Around The World

Photographer **MARY COX SWISHER** will show more than 30 images taken over a 14-year period in countries around the world. The exhibit opens October 13 in the Harry D. Hendren Gallery in the Fine Arts Building.

Swisher, a 1959 Lindenwood alumna, will be the featured artist for the college's annual Alumni Reunion Weekend, October 13-15. A continental breakfast for alumni will open the display, followed by the re-dedication of the Harry D. Hendren Gallery at 10:30 a.m.

A native of Kansas City, Mo., Swisher earned an undergraduate degree in fine arts from Lindenwood. She performed graduate work at the University of Iowa and earned an advanced degree in art from California State University at Sacramento. The recipient of numerous commissions, grants and awards for her photographs, Swisher's work has been extensively exhibited around the globe, including a most recent showing at Kyoto, JAPAN.

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## Religious Life Council Meets

The Religious Life Council, an ecumenical student organization which sponsors a variety of educational, social and service-oriented activities on the Lindenwood campus, met Sunday, September 24. Students, faculty and staff may contact College Chaplain **George Wilcox** at ext. 222 for more information about the meeting, upcoming meeting and activities sponsored by the Religious Life Council.

## Make A Date

### Ongoing Sunday Nights

Father John Schneider, Newman Center Chaplain at Lindenwood College, will celebrate Mass each Sunday evening at 7:30 pm in the Butler Library Night Owl Nook. All Catholic students are encouraged to attend.

### Through October 8

Ceramics by John Pohlman, adjunct instructor, Harry D. Hendren Gallery. 9-5 weekdays and 1-4 pm Saturday and Sunday.

### Through October 20

Photography by Carol Stohs, Young Showcase Gallery, weekdays 8-5 or whenever Young Hall is open.

### September 25

Men's Soccer Lions, FONTBONNE, 7:30 pm, Hunter Stadium.

### September 25

Mandatory Meeting for All LC Athletes, 7 pm, Young Hall Auditorium.

### September 27

Fashion Marketing Group Meeting, 11:30 am, Roemer Hall, Room 311. Officer election meeting.

### September 27

Men's Soccer Lions, 4 pm, Columbia College.

### September 28

Women's Soccer Lions vs. UNIVERSITY OF MISSOURI-ROLLA, 7 pm, Hunter Stadium.

### September 28

Deadline for Registering for LCIE/Evening College without a late fee.

### September 29

Deadline to apply for December graduation in Day College and Education Program.

### September 29

Men's Soccer Lions, 4 pm, Central Methodist.

### September 30

Opening Weekend for LCIE. Saturday Classes begin.

### September 30

Lions Cross Country, 10:15 am, University of Missouri-Rolla.

### September 30

Women's Soccer Lions, 2 pm, Flo Valley.

### October 2

Evening classes begin.

### October 3

Women's Soccer Lions vs. WILLIAM WOODS, 5 pm, Hunter Stadium.

### October 3

Men's Soccer Lions vs. SANGAMON STATE, 7:30 pm, Hunter Stadium.

### October 4

Women's Soccer Lions vs. CENTRAL METHODIST, 4:30 pm, Hunter Stadium.

### October 6

Last day to register, add, choose audit or drop with no record for Fall Quarter classes in LCIE, Evening College and MBA Program.

### October 5, 6, 7, 12, 13 and 14

Mary, Mary by Jean Kerr, 8 pm, Jelkyl Theatre. Tickets: LC Students FREE; faculty, staff and senior citizens \$4.50; non-Lindenwood students \$3.00 and general public \$6.00. Make reservations through Performing Arts Department, 949-2000, ext. 218 or 219.

### October 10

Meeting for Biology majors, minors and interested supports, 12:15 pm, Young Hall, Room 211. For information, call Professor Daryl Anderson, ext. 233.

### October 31

Application Deadline for scholarship to study in Hungary or Poland. Contact Professor Ray Scupin, Roemer 204, ext. 248 for more information.

Send your calendar information with date, time, place and description of meetings and events to Campus News, Public Relations. Deadlines for "Make A Date" are Tuesdays at 5 pm. Thank you!

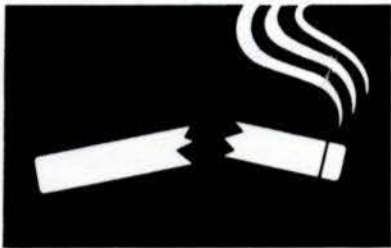
# Help Your Heart

American Heart Association 

## Stopping Smoking Doesn't Have to Mean Gaining Weight

Contrary to popular belief, smoking is not the best mechanism for weight control. Unfortunately, however, many Americans hesitate to give up smoking because they are concerned about gaining weight.

Although weight gain is common during smoking cessation, it isn't inevitable and need not be permanent. The important thing to remember is that quitting smoking can save your life. Of the approximately 390,000 deaths each year attributed to cigarette smoking, 36 percent can be linked to heart and blood vessel diseases.



When a smoker kicks the habit, regardless of how long or how much he or she has smoked, the risk of heart disease declines rapidly. In fact, in as little as 10 years after quitting smoking, the risk of death from heart disease for people who have smoked a pack a day or less is almost the same as for people who have never smoked.

Stop smoking! But, don't be discouraged if you do gain a few pounds. Giving up smoking is much healthier than gaining a little weight. Although excess weight is a risk factor for heart disease, you would have to gain more than 75 pounds to offset the health benefits a normal smoker gains by quitting.

Smokers who quit tend to gain weight because they replace smoking with food. This weight gain can be minimized or avoided by following a few easy tips offered by the American Heart Association:

- Plan to start a diet program when you are preparing to quit.
- Weigh yourself daily. If you see the pounds going on, pay close attention to your eating habits and identify the times places and situations that are influencing you to eat more.
- Write down all of your snacks.
- Plan meals carefully and count calories.
- During meals try not to eat a second helping. Put your fork down between bites and sip ice water frequently.
- If you're eating with others, set a goal to be the last one to finish. Don't linger around the table. Get up immediately when you are through.
- Brush your teeth or eat an artificially sweetened mint immediately after dinner. Brushing your teeth between meals can help to curb your desire for unnecessary snacks.
- Substitute sugarless gum or artificially sweetened mints at times that you would normally have smoked.
- Control your environment — keep stored food out of sight. Remove food from living areas. Keep a variety of raw vegetables ready for snacking. They are low in calories and offer the same crunchy satisfaction as many "junk foods."
- Delay snacking. When you crave a snack, wait a predetermined time (a few minutes at first) before snacking. Progressively increase the length of time before each snack.
- Portion your snacks. Never take more than one serving at a time.
- Avoid situations like coffee breaks at vending machines and happy hours that serve food to minimize temptations. Take a walk, exercise, or read until you can control your cravings. Choose a sport or activity that you can participate in instead of watch.

Giving up smoking isn't easy. But it could be the smartest thing you'll ever do. For more information, contact your local American Heart Association.

## Russian Lesson No. 3 УРОК № 3 (ТРИ) ↪ ТРЕТИЙ УРОК

ТРИ ↪ Трѣи. (tree) = three

ТРЕТИЙ ↪ Трѣтѣи (tryetee) = third

ДОБРОЕ УТРО ↪ Доброе утро (dóbraya\_utra) =  
Good morning!

ДОБРЫЙ ДЕНЬ ↪ Добрый день (dóbriy\_d'en') =  
Good day! (upon meeting)

ДО СВИДАНИЯ ↪ До свидания (dósv'idan'ia) =  
Good-bye!