

Dear LSC Community:

Midterms are upon us, and the stress level is up for everyone. Please take advantage of our student life guru Heather Grillo's various activities and wellness tips. Find time for exercise. Or find time for a moment of delight today.

My moment comes from a colleague who lives in Liberal, Kansas. Her town has a long standing tradition today called Pancake Day. Here is what she wrote:

"Shrove Tuesday is the beginning of Lent. By ancient tradition, the use of cooking fats is forbidden until after Easter.

On one fateful morning in Olney England in 1445, the church bells announcing the shriving service to start Lent rang five minutes too early. Caught off guard, one housewife was busy making pancakes. She immediately ran 415 yards to church with her skillet and pancakes still in hand.

A legend and a tradition were born. Every year for the last 575 years the event has been commemorated with a race of apron-clad women carrying skillets.

During the Second World War, English pilots were trained in Liberal KS . They brought the pancake race custom with them.

For more than seven decades, Liberal KS and Olney UK face off each Shrove Tuesday at 11:55am. Since they started comparing scores, Liberal leads Olney with 39 to 29 wins. "

Happy Pancake Day, LSC!

Patricia L. Rogers, Ph.D.
President
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Pronouns: She, Her, Hers -- [More about pronouns](#)