

HIGHLIGHTS:

- Nickname the new mascot
- The Lindenwood faculty, staff, and students would like to wish a happy birthday to all of our January birthdays!!

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Lynx Tale



VOLUME 1, ISSUE 3

JANUARY 2010

Happy New Year!

Let's start this year off with a bang! Lindenwood-Belleville is holding a contest to help give a nickname to its mascot, the Lynx. The contest started Dec. 22 and ends on Feb. 1. We ask that you send in any nickname you think is fitting for a university mascot and goes along with the animals likeness. Alliteration is always catchy too, like Leonard the Lynx.

The winner will receive a \$100 Wal-Mart Gift Certificate. Please email entries to llevin@lindenwood.edu or mail to: Lindenwood University-Attention: Lacey Levin, 2600 West Main Street, Belleville, IL 62226 . Be creative, be imaginative, and have fun! Good luck to all participants.

What is my nickname?



"The great aim of education is not knowledge, but action."

-Herbert Spencer



"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

-Helen Keller

A Letter from our Vice President

Dear Faculty, Staff, and Students of Lindenwood University Belleville:

The New Year often marks a time in my life where I begin anew...a new attitude, a new sense of commitment to the things that are important to me, or a new approach to an old problem. Regardless, I attempt to use this time of year to make a fresh start. As you join us for another semester or you join us for your first semester you, too, are starting anew with new classes, new schedules, new teachers, new friends, new routines and yes, maybe even new stresses. The new classes, teachers, friends and routines are all something I hope you embrace. On the other hand, I hope you allow us to assist you with the new stresses. It is not our job or intent at Lindenwood University Belleville to create stress in our students' lives. It is, however, our job to help you manage the stress that may come your way. So, in this New Year, if you are a student struggling with making good grades, a single parent who is needing time management skills, an adult learner juggling family, work, home and school, or a graduate student who is up against a deadline, let us help.

This spring semester LU-Belleville will host a number of workshops to help our students, faculty and staff deal with the everyday stresses that come our way. We will be hosting workshops in time management, study skills, stress management, career planning, job searches and more. This is all in an attempt to help lower your stress level. Let me ask you, when is the last time you made a RESOLUTION that you could keep or choose to keep? This New Year why not make one of the following RESOLUTIONS: I will ask for help when I need it. I will seek assistance when I feel overwhelmed. I want to understand more about dealing with the stress in my life.

To learn more about these opportunities, ask a Lindenwood staff member or look for posters with dates, times and locations of upcoming workshops. And remember, keeping your RESOLUTION won't cost you a thing, but breaking one, could cost you everything.



Counseling

Ken Kubicek's first taste of teaching at the college level came when he was invited to teach a couple of classes by Marsha Buono, then the coordinator of the counseling program at Lindenwood's Belleville campus. "She had seen a couple of local articles I had written for a magazine called "Health Now" in the Sunday *Belleville News Democrat* and called me asking if I would be interested in coming in to teach some classes in substance abuse and family counseling," Kubicek said in his neatly organized office in Lindenwood-Belleville's administration building. "That was the summer of '06, and I had taught as an adjunct for the first time in spring of '06 at Saint Louis University. I really liked it and told her that if she ever had anything permanent available I would be interested." About eight weeks later, Buono called about an opening, and he has been on Lindenwood's full-time faculty at Belleville ever since. Kubicek's teaching career started at the high school level. He was a math teacher at St. Henry's Prep Seminary, an all-boys boarding school in Belleville. "Most of the teachers there were priests," he said. Because he had a couple of accounting classes on his transcript, he was also appointed the school's bookkeeper. He later transferred to a position as business manager at the Shrine of Our Lady of the Snows, but after four years he wanted to get back into teaching and was appointed retreat coordinator at King's House, a retreat center in Belleville. "The hot topic at that time was adult children of alcoholics," Kubicek said. "So, I designed a series of retreats, workshops, seminars, and support groups for people like that. I realized my heart was in mental health and chemical dependency, so I got a job at Memorial Hospital in Belleville and started my Doctorate in Counseling and Family Therapy at Saint Louis University. Kubicek worked for 16 years in inpatient and outpatient psychiatric and chemical dependency at Edgewood Chemical Dependency and Treatment Center in Edwardsville, and Memorial Hospital, which is where he was when he got that fateful call about teaching at Lindenwood. In addition to teaching, Kubicek has also published a book, *Recovering Alcoholics: Why They Say They are Successful*, and is working on another one that focuses on alcoholics who have quit drinking without the help of Alcoholics Anonymous or other external support. "I enjoy teaching, particularly having input into the future careers of people entering the mental health field," Kubicek said. "It surprises me, the quality of people going to work in mental health—the intelligence and desire to help people. It gives me hope for the future."



Keep Warm Texas Chili!!

- 6 pounds Beef chuck; in 1/2-inch cubes
- 3/4 cup Minced onion
- 1/4 cup Minced garlic
- 3 cups beef broth
- 3 cups Dark beer
- 1 1/2 cup Water
- 1/4 cup chili powder (add more to taste)
- 6 pounds Canned tomatoes; drained and chopped
- 1/3 cup Tomato paste
- 1 1/2 tablespoons Minced fresh oregano
- Salt to taste
- 1 tablespoon Cayenne pepper; to taste



Brown the beef in a large skillet and drain the grease. Reduce heat to medium low and add the onions and garlic. Saute' until softened. Pour into the stockpot along with the broth, beer, the water, chili powder, tomato, tomato paste, and oregano. Over high heat, bring mixture to a simmer. Add salt, cayenne, and more chili powder to taste. Reduce heat to maintain a simmer and cook, partially covered, until beef is tender (about 1-1/2 hours). Check occasionally and add more broth if mixture seems dry. Cook an additional 5 minutes to thicken. This traditional **Texas Chili Recipe** should keep them coming back for more.

http://www.goodchilirecipes.com/texas_chili_recipe.html

chili photo courtesy of: <http://i.timeinc.net/recipes//recipes/ck/07/09/beer-chili-ck-1654649-1.jpg>

Chili pepper photo courtesy of: <http://i.ehow.com/images/GlobalPhoto/Articles/5573811/stealers->

Where in the World is LU?

By: Lacey Levin

In the first edition of the Lynx Tale, we featured a photograph of our own day admissions counselor, Melissa Shreve. Students were supposed to write in or call and guess her location. No one won for the month of November because no one guessed she was in Chinatown in San Francisco, CA. In the December issue, I was holding up my business card in a secret location. Jed Driemeyer was the first to guess the correct location. I was in Times Square, New York, New York. Driemeyer won a hooded Lindenwood sweatshirt. Congratulations Jed! This edition, we feature our own Melisa Shreve again. The first person to call me at (618)222-1050 ext. 4267 or email me at llevin@lindenwood.edu with the correct location will win a wonderful prize! Good luck to all!



Happy Birthday January Babies!!

Aquarius Jan. 20-Feb. 18

Pisces Feb. 19-March 20

Lindenwood University would like to send a Happy Birthday out to the following students and staff:

- | | |
|-------------------|--------------|
| Nathan Breidegam | January 4th |
| Scott Spinner | January 15th |
| Denise Isom | January 18th |
| Elizabeth Pautler | January 19th |
| Nicole Sipole | January 19th |
| Carol Lengerman | January 21st |

Aquarius is all about a new vision in 2010, and working to move our planet toward the highest and healthiest quality of life. You are highly energized with this wonderful alignment, and your inspiration is rekindled to move energy in grandiose ways. You are able to utilize these high frequencies in order to create new structure and value in people's lives. This is no time to sit back and let anything slip through your fingers. Express yourself and move forward with your visionary ideas. As you forge ahead, you find a reworking of meaning on a deep level, and discover possibilities as you connect with your highest star.

You try too hard to make things happen. You have a goal to achieve but are too inflexible, perhaps too obsessed. Put the essential elements in place, let them play out, take time to relax.

Horoscope information provided by: www.yahoo.com



Birthday photo courtesy of: http://www.sunokarts.com/images/winter_birthday_bov3.jpg

Birthday picture courtesy of: <http://images.clipartof.com>

LU Students: Please send your birthdays to llevin@lindenwood.edu so no birthday is forgotten!

*“The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don’t play together, the club won’t be worth a dime.”
-Babe Ruth*

Post Season Awards Banquet Completes Inaugural Men’s Soccer Season

By: Dan Hogan

Members of the Lynx soccer team met on campus at the Woods Café December 6 for breakfast to announce its 2009 post season awards. The awards included Lynx Soccer Player of the Year, Lynx Soccer Program Player of the Year, Goal of the Year and Save of the Year. The breakfast also recognized LU-Belleville Facility Manager Gary Lopez and Lynx Assistant Coach Rick Pearce for their service and commitment to the soccer program.

Lynx Soccer Player of the Year: Alejandro Lopez. The LU-Belleville midfielder finished the season with seven goals and six assists. He had three multiple goal games with a game high eight points against STLCC-Florissant Valley. **Lynx Soccer Program Player of the Year:** Ian Milster, Tommy Terrell. This award is given to the player that best represents the soccer program both on and off the field. Both players are unselfish and committed to making the soccer program a model for success. **Goal of the Year:** Luis Serrano vs. Lincoln College, Oct. 18. In a battle of the Lynxs, LU-Belleville found itself down 2-0 with less than 15 minutes remaining. Aldo Reyes made it a one-goal game at 78:02. With five minutes remaining, Serrano tied the game with a 30-yard, right-footed blast. The goal was extra special for Serrano as he transferred to LU-B from Lincoln College. The game ended 2-2. **Save of the Year:** Murat Tekin vs. MCC Blue River, Sept. 9. Tekin’s save came under extraordinary circumstances. With the score tied 2-2 and one minute remaining on the clock, starting goalkeeper Carlos O’Campo’s foul in the penalty box earned him a yellow card and penalty kick for MCC Blue River. Under NJCAA rules, mandatory substitution follows a yellow card. Without warm up, Tekin entered the game and saved the penalty kick. He remained in goal for the 20 minutes of overtime earning a tie for the Lynx.

The Allison

By: Dan Hogan

Both are LU-Belleville first women’s soccer players, transfers from Southwestern Illinois College, carry 4.0 grade point averages, are business administration majors and, by the way, they’re both named Allison. The “Allisons” as we call them are Allison Fenster of Belleville and Allison Stuhlsatz of Freeburg. They eagerly await the start of women’s soccer in 2010. The “Allisons” were recruited with plans to start women’s soccer along with the men’s program in 2009 but recruitment fell short. When notified that the start of the program was going to be delayed until 2010, both still decided to attend LU-Belleville since they were not going



Allison Fenster left, Allison Stuhlsatz right

to lose their scholarships. The decision was made that they would practice with the men’s team, travel to away games and assist with home game management. They are important members of our soccer family. Both have practice gear, game uniforms, their own locker room, and are included in every activity that the men do. “Playing soccer at Lindenwood has been a fun, but challenging experience. It has really helped me improve my skills, and at the same time, I got to meet a new group of people and I learned how to work with them,” Fenster said. Stuhlsatz added “Playing soccer at Lindenwood has been a great experience for me. It allowed me to bond with the team and make lifelong friends.” We are busily preparing for the 2010 season. The schedule is almost complete, with verbal commitments from a handful of local girls and we’ll be aggressively recruiting until the start of the season. This is an excellent opportunity for someone to participate in a program that is starting from scratch. Our men took great pride in being members of LU-Belleville’s inaugural soccer team and enjoyed great success on the field and in the classroom.

New Cheerleader Signs with LU

By: Melissa Wesley

Whitney Sipes signed with Lindenwood University-Belleville on Dec. 11. Sipes will be coming to LU in the spring of 2010 from SWIC in Granite City. Sipes has been a cheerleader for more than eight years, including being a squad member of Pride, which is an ALL-STAR competitive cheerleading squad in Collinsville. She named an All-American Cheerleader two years in a row, and was invited to cheer at the Orange Bowl. Sipes participates in private lessons on partner stunting to keep her skills in top performance. She is also the head cheerleading coach at Grigsby Middle School in Granite City. Her squad was awarded Top Team, Herkie, and Spirit Stick at cheerleading camp over the summer at Missouri State University. I am very excited to have Sipes be a part of the LU cheerleading program and believe she will be a great asset to the first LU-Belleville cheerleading squad, which will begin in the fall of 2010. Sipes said, "I feel I am very qualified to be a cheerleader at Lindenwood University and I think I would be a great asset to the team!" If interested in being a part of the LU-Belleville cheerleading program please contact me, Coach Wesley, via email at mwesley@lindenwood.edu or by phone at 618-222-1050 ext. 4261.



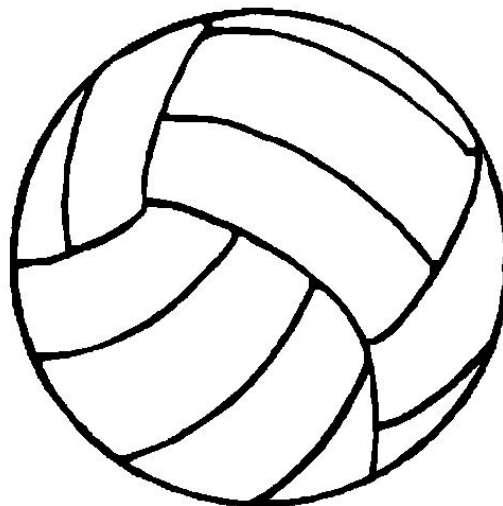
Pictured from left is Tracy Sipes (Whitney's Mother), Whitney Sipes, and Coach Melissa Wesley on the big signing day.



<http://chsweb.l.r.k12.nj.us/athletics/Football%20Cheerleading/j0341476.jpg>

Men's Volleyball Schedule

- January 16- LU Tournament (St. Charles)
- February 6- St. Ambrose (Away)
- February 9- Missouri Valley (Away)
- February 16- Lindenwood St. Charles (Home)
- February 27- LU Tournament (St. Charles)
- March 9- Missouri Valley (Home)
- March 13- Lindenwood St. Charles (Away)



*"The direction in which education starts a man will determine his future in life."
-Plato*

New Years Trivia!!



1. What year did they first drop the New Year's Ball in New York's Time Square?
2. Under which calendar is New Years Day observed on January 1st?
3. To bring in the new year in Spain, it is traditional to do what on each chime of the clock?
4. In Italy, what do people do on New Years Day to bring good luck in the coming year?
5. How much does New York's Waterford crystal ball weigh?
6. What does Auld Lang Syne mean?
7. What state drops a purple beach ball decorated with Christmas lights?
8. What New Year tradition began in Greece around 600 BC?
9. Name the most popular New Years Day parade?
10. Kwanzaa is a seven-day holiday that begins Dec. 26 and extends through Jan. 1. What does the word mean in Swahili?
11. The name January is derived from the Roman god Janus. What is he the god of?
12. What New Year's gift did ancient Persians give?
13. In ancient Egypt what event dictated the timing of New Year's celebrations?
14. In Bolivia, what do they do to bring in the New Year with hopes of traveling?
15. In China, why do they wear a new pair of slippers that were bought right before the new year?



Answers:

1. December 31, 1907. 2. Gregorian. 3. Eat a grape. 4. Wear red underwear. 5. 1,070 lbs. 6. Time gone by. 7. Bangor, Maine. 8. A new baby. 9. Tournament of Roses. 10. First fruits. 11. Gates and doors. 12. Eggs. 13. Flooding the Nile. 14. Walk around the house or the street carrying a suitcase or travel bag. 15. As a means to step on the people who gossip about you.

Faculty/Staff Spotlight



Judy Gilleo

- 1. Lobster
- 2. Bartolino's on The Hill
- 3. Russia
- 4. Wind Beneath My Wings by Bette Midler
- 5. Anything by John Grisham
- 6. The Blind Side
- 7. I am not a quote person
- 8. East coast Maine along the ocean
- 9. I lived in Madrid and Spain for 3 years

Student Spotlight



Alejandro Lopez

WHAT IS...?

- 1. Your favorite food?
- 2. Favorite restaurant?
- 3. Favorite place to visit?
- 4. Favorite song?
- 5. Favorite book?
- 6. Favorite movie?
- 7. Favorite quote?
- 8. Dream vacation?
- 9. What is something most people do not know about you?

- 1. Paella (Spanish meal)
- 2. Any steak restaurant
- 3. Madrid
- 4. Smooth Criminal by Michael Jackson
- 5. 1984
- 6. The Big Lebowski
- 7. "I must say I find television very educational. The minute somebody turns it on, I go to the library and read a good book." - Groucho Marx
- 8. A trip around the world
- 9. I am good at cooking a Spanish omelet.

Colloquia Series

Thursday January 14

AIDS-What You Need to Know

Katie Barnhardt, Prevention Manager, Bethany Place

Wednesday January 20

Background Investigations

Lt. Mark Berry, O'Fallon Police Department

Wednesday January 27

Finding Balance in Your Budget

Dee Reed, Financial Advisor, Edward Jones

Thursday January 28

Resettling Refugees from Africa and Asia

Sonja Meyrer, Team Leader, Refugee Outreach

All colloquia begin at 5pm and end at 6pm in room 216 unless otherwise announced.

What's Cooking at Lindenwood?

By: Chad Vahlkamp

Be a part of Lindenwood University's first publication of its very own "What's Cooking at Lindenwood University Belleville" cookbook. We are currently accepting all recipes whether hot or cold, dinner or dessert. Submit all that you like and have your name and favorite family treats printed in this edition. Please have your recipes or treats mailed or emailed to the following location by January 30, 2009. Thank you again for supporting our community and future leaders!

Mail recipes to:

Lindenwood University
2600 West Main Street
Belleville, IL 62226
Attn: Chad Vahlkamp
CVahlkamp@Lindenwood.edu



New RESOURCES Available On Campus!

Become a "fan" of Lindenwood!

Join the
Lindenwood University-Belleville Campus
on Facebook. Reconnect with friends, stay
up-to-date with news and events, and see
pictures of campus life.

<http://www.facebook.com/home.php?#/pages/Belleville-IL/Lindenwood-University-Belleville-Campus/201053671104?ref=ts>

facebook

LU is proud to announce the grand opening of the brand new work out facility, located in the basement of the gym. The new fitness center has all new work out equipment. The grand opening will be held on February 11. More information is to come on this exciting addition to the LU-Belleville location which faculty, staff and students may utilize.



I Heart LU



Education

By: Steve Suess

School of Education Offers Endorsement Classes

Following is a list of middle school endorsement and reading endorsement classes that will be offered spring semester on the Belleville campus:

Middle School Curriculum & Instruction (EDU 58600 BV) Mondays, 4:30

Middle School Psychology (EDU 58800) Mondays, 7:05

Reading & Writing across the Curriculum (EDU 58700) Mondays, 4:30

The Integrated Literature Connection (EDU 58200) Wednesdays, 4:30

Since these classes are not offered every semester, you are encouraged to enroll for them this time.

Best wishes for a happy and healthy 2010!



REMINDER

Just a reminder to all students: there will be no book vouchers offered come spring of 2010 semester. Please plan accordingly to make sure you have your textbooks the first day of class. Also, new student registration will be held January 13 for traditional day classes. Call (618)222-1050 if you would like to set up an appointment to enroll in day classes starting January 25.

LYNX TALE NEWSLETTER CONTRIBUTORS

Staff

JERRY BLADDICK–Vice President of Lindenwood University Belleville, IL
 LACEY LEVIN–Associate Director of Day Admissions, Newsletter Sponsor
 SANDY MULITSCH–Assistant Director of Evening Admissions
 STEVE SUESS–Education Coordinator for Graduate Studies
 KEN KUBICEK–Assistant Professor of Professional Counseling
 DAN HOGAN– Head Soccer Coach
 VERONICA KIRKPATRICK– Head Volleyball Coach

Students

LACIE MCKINNEY– Editor
 DANIELLE SPRINGER–Graduate Assistant
 LIZ CHOATE–Graduate Assistant
 VICKI VASILEFF–Graduate Student
 MELISSA WESLEY–Graduate Student/Head Cheerleading Coach
 MEAGAN ISSELHARD– Undergrad Day Student
 CHAD VAHLKAMP– Graduate Assistant

Belleville Campus CELEBRATES

Bottom left, students and others wave to the crowd at the beginning of the Belleville campus' 6th Anniversary and Groundbreaking Celebration. Continuing clockwise: A photo of the golden ceremonial shovels used for the construction of the new Welcome Center; the first Lindenwood-Belleville basketball player, Christopher Hursey, signs with Lindenwood as Coach Scott Spinner, Sandra Mulitsch, and President Evans look on; President James D. Evans with St. Clair County Board Chairman and Lindenwood Board Member Mark Kern, Belleville Mayor Mark Eckert, and Lindenwood University Board Chairman Jim J. Shoemake gather to celebrate the ground breaking.



Construction on The Welcome Center

By: Meagan Isselhard

A lot of people may be wondering what construction is going on around campus. One of the major buildings Lindenwood University-Belleville is building its own Welcome Center. The Welcome Center is planned to be completed by March 2010. It is attached to the auditorium and will hold up to 200 people. Inside The Welcome Center will be two new bathrooms and a café named Laura's Café. The Welcome Center, will also be used to hold Lindenwood events as well as community events. This will bring the university and the community together. The auditorium as well as the surrounding architecture will not be touched. It will remain to hold the history that it has. This is a great idea since much of the surrounding community attended this school when it was Belleville West Township High School. The Welcome Center will be a good first addition to the Lindenwood University Belleville campus. More information is to come!



Military Minutes

By: Mary Radcliff & Liz Choate

Laura Hunt is a woman of many titles. She is a wife, mother, friend, registered nurse and Major in the United States Air Force Reserves. As of December 30, 2009, she again added the responsibility of active-duty, flight nurse to her list when she began her first tour to the Middle East. Hunt initially became a flight nurse in September 2001. Her primary duty, while in the Middle East, is to coordinate patient movement out of Afghanistan and Iraq. Not too long ago though, Hunt sat in a business class, imagining what she would do with her degree. Hunt graduated from Lindenwood University- Belleville in September 2009, with a Masters Degree in Business Administration. "I plan on starting some type of business after I return; I'm just not sure what type," Hunt said. Hunt, who chose LU because of its location and convenient clusters, said her experience at the university was nothing less than professional. "I like being in the classroom and not on the internet," Hunt said, "I need the interaction and I really enjoyed engaging with colleagues." Hunt said another reason she came to LU was because of the GI Bill, which helps war veterans pay for college tuition. Hunt's dutiful attitude and positive outlook will help her make the best of her experience while deployed. "I'm patriotic," Hunt said before leaving for the Middle East. "I've always wanted to serve my country and help my heroes- the wounded warriors." And although it may not be the ideal way, she looks forward to traveling and seeing a different part of the world. "The hardest part about it is not seeing your family for six months," Hunt said. Hunt is thankful for all her former instructors and friends at LU who support her deployment. LU welcomes applicants of: **Chapter 30:** New Montgomery GI Bill-Active Duty, **Chapter 31:** Vocational Rehabilitation Program, **Chapter 32:** Veterans Educational Assistance Program (VEAP), **Chapter 33:** New Post GI Bill, **Chapter 35:** Dependents or Spouse of 100% Disabled or Deceased Veterans (Service Connected), **Chapter 1606:** New Montgomery GI Bill, **Chapter 1607:** Reserve Educational Assistance Program (REAP), Military Spouse Career Advancement Accounts (MyCAA), Tuition Assistance Program, Yellow Ribbon Program. In addition, LU offers reduced tuition of \$40 per credit hour through a military grant. Veterans of the United States Armed Forces may be eligible to receive VA benefits from LU by contacting Mary Radcliff at mradcliff@lindenwood.edu.



Local Community Events!

January 1- HAPPY NEW YEAR!!!

January 1-24- Eckert's Country Store closed

January 4-5- Men's volleyball tryouts

January 4- LCIE classes begin

January 9- LCIE orientation, Kid's cooking class at Eckert's

January 12-13- Mommy and Me cooking class at Eckert's

January 13- New student enrollment for day classes / spring semester

January 16- LU Tournament (St. Charles)

January 23- Kid's cooking class at Eckert's

January 25- Spring day classes begin

January 26-27- Mommy and Me cooking class at Eckert's

January 28- Wine class-best buy wines in the Country Store at Eckert's

January 28-30- Cooking class at Eckert's on soups, salads, and sandwiches

Mailing Address

Lindenwood University
2600 West Main Street
Belleville, IL 62226