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LINDENWOOD
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Ruff Selected As Employee of Month

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Rebecca Ruff, Financial Aid Counselor and Student Athlete Liaison in the Financial Aid Office, has been named the Employee of the Month for November. The Florissant, Mo., resident has been in her position since 2003, specializing first in counseling and then loan processing before moving into her current role. "I process Pell grants and alternative loans and put together the student athlete financial aid packages," Ruff said. "I also send out the athletic agreements and make sure they are all returned so athletes maintain their eligibility to compete."

Ruff's daily duties entail working closely with Christine Rebori, Director of Compliance at Lindenwood, who nominated Ruff for the Employee of the Month Award.

"Rebecca has been an absolute pleasure to work with," wrote Rebori in her nomination letter. "With all of the changes that go along with our transition to NCAA, especially in the Financial Aid Department, Rebecca has overcome each obstacle and gotten things done. She's been consistently positive, even in the most frustrating of times."

Rebori also praised Ruff for working nights and weekends to ensure athletic aid paperwork for Lindenwood students is completed. Ruff, in turn, shared with her co-workers Rebori's praise for a job well done.

"I really like the group that I work with, and since we depend on each other we all make a really great team," said Ruff. "I'm honored to be nominated and I couldn't do what I do without my nominator, my boss, Lori Bode, and my fellow counselors. They are all amazing."

Did You Know?

Did you know that Sibley Hall is on the National Register of Historic Places? The building was originally called "Lindenwood Hall," and its cornerstone was laid July 4, 1856. The appearance of the building has changed dramatically since then with a south wing added in 1881, a north wing in 1886, and columns to the front in 1927. The building was paid for through petitioning for subscribers.

O'Fallon South Welcomes Keleigh Eisen

Keleigh Eisen has recently been promoted to her new position as Administrative Assistant for O'Fallon South Campus. Although Eisen hails from the west coast, she fell in love with St. Louis and got her start at Lindenwood University as a contract employee about four months ago.

Eisen received her bachelor of fine arts at Arizona State University. She hopes that people will recognize her as "an approachable, easy communicator with a calming presence."

Brett Barger, Dean of Evening Admissions and Extension Campuses agrees that Eisen's

personality is a perfect fit for the administrative position.

“She has an amazing, outgoing personality and is the kind of person we look for to provide excellent service to our students,” said Barger. “She will take her deep understanding of the admissions process to the O’Fallon office.

Keleigh says her favorite part about her new position is the people.

“Loving your job is all about the people who you are working with,” she said. “The people that you surround yourself with.”

Trio Presents at ACSMC Conference

Assistant Professor Heather Pennington of the Health and Fitness Science Department, alongside Exercise Science Center Director Betsey Feutz and Assistant Professor Meghan Reid, presented their poster on the preliminary studies of athletes with disabilities and high intensity training at the Midwest States Chapter of the American College of Sports Medicine Conference this October in Kansas City.

With her background in adaptive physical activity and sport recreation, Pennington worked training athletes with disabilities at the local non-profit organization Disabled Athletes Sports Association in St. Peters. Pennington joined Feutz and Reid’s research in January 2010. After four months of the team’s research on dynamic balance, muscle endurance, speed, agility, and power, and data collection by Reid, Dr. Cynthia Schroeder recommended their research for publication submittal to the ACSMC.

The team was very impressed with the results of their research.

“I want people to understand that athletes and people with disabilities are just like any other people and can be trained at a high intensity to their utmost ability,” said Pennington. “My favorite part was the student exposure in helping to create awareness of that.”

Pennington was excited that Lindenwood was the only St. Louis school represented at the conference.

“It speaks highly to the efforts of Delaine Young and Randy Biggerstaff,” she said. “They have brought amazing growth and progress to the health and athletic science department.”
