

---

## Dance The Night Away

The Lindenwood Student Government cordially invites students, faculty and staff to the **1989 Homecoming Dinner and Dance** on Saturday, September 23, from 9 p.m. to 1 a.m.

The buffet-style dinner will be open from 9-10:30. Some of the luscious items featured on the menu are: Swedish Meat Balls, Crab Rangoon, Toasted Ravioli, Rumaki Maison, Chicken Drumettes, and other assorted goodies. A cash bar will be open throughout the night.

The D.J. starts spinnin' records at 10:30 and that's when the evening really gets jumpin'.

Tickets are available at the door for the Homecoming buffet dinner and dance and can be purchased for \$7.50 per person.

The big event is being held at the Stouffer Concourse Hotel off I-70 at Natural Bridge Road--right across from the airport.

Get the school year off to a great start--meet new people, have a good time and congratulate the 1989 Homecoming King and Queen and their court. So, grab a friend and come party at the 1989 Lindenwood Homecoming Dinner and Dance!

---

## Barbecue Bash

The Lindenwood College Board of Overseers is hosting the annual **Overseers/Student Barbecue** Monday, September 18 from 5:00 to 7:00 p.m.

Students, faculty, the Alumni Board, and Board of Directors are all invited to gather in the Quadrangle for some good old-fashioned outdoor cooking.

The cafeteria will **NOT** be open, so students dine free. Admission charge for all others is \$3.50. (Submitted by Diane Kimberling.)

---

## Theatre Season Productions

The Lindenwood College of the Performing Arts has lined up a winning season of productions for the 1989-90 year. Here's a preview of the lineup:

- **"Mary, Mary" by Jean Kerr**  
October 5, 6, 7 at 8:00 pm.  
October 12, 13, 14 at 8:00 pm.
- **"A Christmas Carol: Scrooge & Marley" by Israel Horovitz**  
November 20, 21, 27, 28, 30 at 10 am (school matinees).  
Nov. 30, Dec. 1 at 8:00 pm.  
December 2, 3 at 8:00 pm.
- **"Tartuffe" by Moliere**  
February 15, 16, 17 at 8:00 pm.  
February 22, 23, 24 at 8:00 pm.
- **Annual Variety Show Benefit**  
April 12, 13, 14 at 8:00 pm.

Tickets to all performances are **FREE** for Lindenwood students, so pick a performance date for each production and call Performing Arts for a reservation today. Faculty, staff and senior citizens pay \$4.50, non-Lindenwood students pay \$3.00 and general

admission tickets are \$6.00. To make ticket reservations, call the **Performing Arts Department** at Ext. 218 or 219. (Submitted by Suzanne Mills.)

---

## Kalips Receives New Medical Scholarship

Congratulations to Lindenwood freshman **Leo Kalips**, who received a \$1000 scholarship from Missouri Baptist Hospital-Wentzville. Hospital Administrator David A. Milligen presented the award to Leo last Tuesday.

This is the first year for the scholarship, which was created to benefit a Wentzville High School graduate who plans to enter a medical profession.

Leo, who is also a wide receiver for the Lions, plans to study towards a degree in the medical field.

Again, congratulations to Leo and thanks to Missouri Baptist-Wentzville for choosing a Lindenwood student! (Written by Jeanne Malpiedi.)

---

## ATTENTION ALL ATHLETES!!!

The NAIA requires all colleges to have a drug education program for all student athletes. This year's program is being held Tuesday, September 26 at 7:00 p.m. in Young Auditorium. This is a **MANDATORY** meeting--role will be taken. For more information, contact Associate Athletic Director **Gary White** at Ext. 203. (Submitted by Gary White.)



**CONGRATULATIONS TO  
ALL LINDENWOOD  
COLLEGE ATHLETES ON  
YOUR RECENT VICTORIES!  
WHAT A WAY TO START  
THE SEASON! YOU'RE  
LEADING THE COLLEGE'S  
SPIRIT OF SUCCESS!**

### Russian Lesson No. 2

УРОК № 2 (НОМЕР ДВА)  
ВТОРОЙ УРОК

Урок (urók) = lesson

Номер (nóm'er) = number

Один (ád'in) = one

Два (dvá) = two

Первый (pyervi) = first

Второй (vtároy) = second

Это и Это (étə) = this or that

Он и Он (ón) = it or he

Она и Она (aná) = she

### Biology Pow-Wow

The Biology Department is holding a meeting of anyone majoring, minoring or interested in biology. It is scheduled for Tuesday, October 10 at 12:15 p.m., Room 211 in Young Hall. For more information, call Professor **Daryl Anderson** at Ext. 233. (Submitted by Daryl Anderson.)

### Self-Help Speaker

Featured speaker **Tom Ferguson, M.D.** presented "Health In The Information Age" for the first LCIE colloquium, coordinated by the Health Management Program, on September 6. Ferguson is a noted expert on smoking, self-care, and self-help. He has been widely acclaimed for his writings, workshops and lectures throughout the United States.

At Lindenwood, Ferguson discussed health care trends in the 1990's. According to Ferguson, more and more lay people are taking an active and responsible role in their health care. Besides doing things like taking their own blood pressure, doing self-examinations and getting aerobic exercise, these folks are staying informed on ways to deal with illness and ways to keep themselves healthy. In this way, says Ferguson, health care is becoming more patient-centered.

The program was sponsored by **Merrill Dow (Lakeside Pharmaceutical.)** (Written by Jeanne Malpiedi.)



"Lindentings" is typeset, edited and published by the director of public relations, public relations graduate assistants, applied mass comm students in PR and student assistants assigned to public relations through the Work and Learn Program, with assistance from a student photographer. Deadlines are 5 pm, each Thursday during the academic year.

## 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.

### September 18

Football Lions vs. Missouri Valley, 4 pm, Hunter Stadium.

### September 18

Lindenwood College Board of Overseers Annual Barbecue, 5 pm, center campus. Free barbecue for LC students.

### September 19

Men's Soccer Lions vs. Harris Stowe, 7:30 pm, Hunter Stadium.

### September 20

Women's Soccer Lions vs. Westminster, 7:30 pm, Hunter Stadium.

### September 23

Lindenwood College 1989 Homecoming, Stouffer Concourse Hotel, 9 pm-1 am, \$7.50 per person for buffet-style dinner & dance.

### September 22

LINDENWOOD TOURNAMENT: Men's Soccer, 7 pm; Women's Soccer, 9 pm, Hunter Stadium.

### September 23

LINDENWOOD TOURNAMENT: Men's and Women's Soccer; Time To Be Arranged, Hunter Stadium.

### September 23

Lions Cross Country Meet, 10:30 am, Washington University.

### September 25

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

### September 27

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

### September 28

Women's Soccer Lions vs. Univ. of Mo.-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 30

Opening Weekend for LCIE. Saturday Classes begin.

### October 2

Evening classes begin.

### 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 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 Thursdays at 5 pm. Thank you!

# Help Your Heart

American Heart Association 

## Women and Heart Disease

Heart attack is the leading cause of death among women in the United States.

It's a fact that surprises many people who consider heart attack "a man's disease." But almost half of the more than 520,000 people who die of heart attack each year are women. And it doesn't stop there.

More than 90,000 women die each year of stroke. In fact, diseases of the heart and blood vessels, including heart attack, atherosclerosis, high blood pressure and stroke, are the leading killers of women.

The good news is that those numbers can be reduced, and women themselves hold the key. The secret is in knowing and controlling risk factors for cardiovascular diseases and in recognizing the tremendous influence women have over the health of their families.

Many risk factors for heart disease are changeable. But some can't be changed. Unfortunately, heart disease risk for women and men increases with age. Gender is another risk factor — more men develop heart disease earlier than women, but women's risk increases after menopause. Black Americans have a greater risk of heart disease than white Americans, primarily because of a nearly three times greater prevalence of high blood pressure in blacks than in whites. A family history of heart disease is another risk factor.

Be aware of these unchangeable risk factors, but concentrate on the risk factors that can be changed. For instance, if you smoke — quit! Approximately 22 million American women smoke, making them two to six times more likely to have a heart attack than women who don't smoke. Smokers also have two to four times the risk of dying within one hour of a heart attack.

High blood pressure increases the risk of stroke, heart disease and kidney disease. Women who are pregnant, past menopause, black, overweight or take birth control pills are most susceptible to high blood pressure. Have your blood pressure checked often. If it is high, follow your doctor's recommendations on how to control it, such as modifying your diet, and limiting your intake of sodium. If necessary, your doctor may also prescribe medication to control high blood pressure.

High cholesterol is another major risk factor for cardiovascular disease. Cholesterol tends to build up in the walls of arteries, reducing blood flow to the heart and brain. But cholesterol in the blood can be reduced by limiting the cholesterol in your diet to 300 mg. per day and the saturated fat to 10 percent or less of total calories.

Starting and maintaining a regular exercise program and reaching and maintaining your ideal weight can also reduce your risk.

The American Heart Association has recommended that all Americans reduce their risks of heart disease for several decades. The results are encouraging. Since 1965 the age-adjusted death rate for coronary heart disease has dropped 47 percent. Female smoking has declined by more than 26 percent in the last 20 years — one of every four women who smoked regularly in 1966 has quit. The average American diet now includes only about half the daily cholesterol as a decade ago.

Women are further able to control the incidence of cardiovascular disease because of their unique influence. Although the number of women in the workforce has increased significantly over the past 30 years, women are still more apt to shop for and prepare food and to look after the health of their families.



Be aware of your health. Learn more about the healthful preparation of foods you love. Start an exercise program alone or with your family, such as walking, skating or biking. Be sure that you, your spouse and children don't smoke.

In the past, women took care of their husbands' hearts. As we enter the 1990s, women are taking the lead in the prevention of heart disease for themselves and their families.

For more information, contact your local American Heart Association.