

The men's basketball squad advances to the HAAC championship game.



Page 5 ►



Peace Activist Arun Gandhi draws a large audience as the key speaker for Sibley Day.

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Lindenwood's Student Newspaper
The Legacy

Volume 3, Number 12

www.lulegacy.com

March 10, 2010

USPS investigates LU mailrooms

By Matt Korn
 Staff Writer

The United States Postal Inspection Service, in cooperation with Lindenwood University, is investigating incidents of stolen student mail, according to a letter students received two weeks ago.

Students who have an on-campus mailbox received the letter, dated Feb. 24, from the inspection service to make them aware of the investigation and to ask them to identify other possible victims.

"Our investigation has shown that an individual at Lindenwood University has been rifling through and/or stealing mail from about January 25th through February 16th," according to the letter, signed by Postal Inspector Matthew Write.

"The type of items stolen ... include gift

"We do have a suspect who has been taken out of the mail room and turned over to investigators."

—**Mike Tolman**
 Work and Learn Director

Work and Learn office.

Anyone who falsifies a report is subject

cards, cash, and checks."

The letter instructs students who have had mail missing between those dates to fill out an affidavit, found on the reverse side of the letter.

Copies of the letter are available in the

to possible prosecution under the penalty of perjury.

Work and Learn Director Mike Tolman said this was an isolated incident that was handled swiftly.

"During a daily clean up of the mailroom, someone found opened mail in the trash," Tolman said.

"We then reported to the U.S. Postal Service that we found tampered mail. They sent a representative down who has investigated, and the investigation is still ongoing."

Please see **Theft**, Page 8

International student count increases

Canada most represented; foreign students make up 18 percent of LU population

By Kelly Reinhardt
 Contributing Reporter

The international student population is on the rise at Lindenwood University.

This semester, Lindenwood has 791 international students, 20 more than last fall. They represent about 18 percent of the university's 4,345 full-time undergraduates, said Chris Duggan, public relations coordinator.

The university recruits students from more than 79 countries, with the highest numbers coming from Canada, Panama, France, Japan, Germany and Brazil, according to Lindenwood's Web site.

"Canada is always number one, [although] sometimes they lose to Panama," said Emin Hajiyev, director of the International Student Center.

Hajiyev wasn't surprised by the increase over the two semesters.

"If somebody comes over, they always drag someone with them," he said. "One person brings at least three."

Graduate student Maria Mercedes Copello, of Panama, found out about Lindenwood from a group of friends who mentioned the school to her mother.

Copello described her mother as an unofficial am-

bassador for Lindenwood, answering questions from potential students about application deadlines and what the school is like.

"She spreads the word," Copello said.

The students sometimes arrive with problems ranging from how to maintain their student status in the United States to "where to get a decent haircut," Hajiyev said.

The International Student Center, on the fourth floor of the Spellmann Center, also helps students with employment, driver's licenses and car insurance.

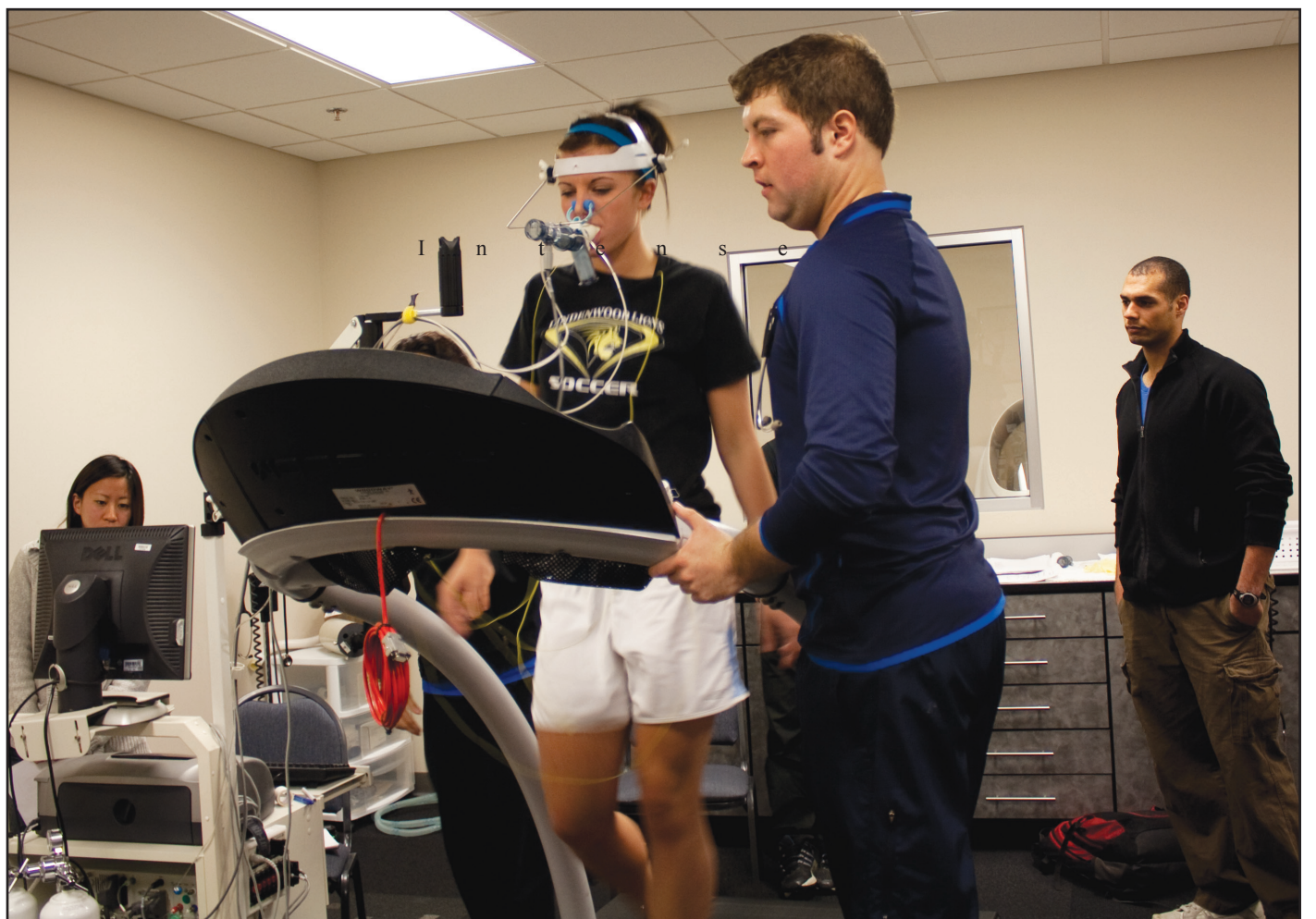
"If you don't have a car, you're doomed," said Brazilian senior Roberto Monteiro Mendes.

Some international students, like senior Mariko Togashi of Japan, plan on staying in the United States after graduation. Togashi wants to move to New York or California after she graduates in May.

"I will enroll in OPT ... [but it] depends on [a] visa," she said.

To get a job in the United States, an international student must have Optional Practical Training, a work authorization available to international students who plan to seek employment in their field of study.

High Intensity



Students in the exercise science "Program Implementation" class train junior midfielder Paige Hickey using technical laboratory tests.

Legacy photo by Lauren Kastendieck

Center provides extreme training

By Holly Hoehstenbach and Natasha Sakovich
 Staff Reporter and Asst. Editor-in-Chief

The High Intensity Training (HIT) Center provides fitness training and testing to more than 330 Lindenwood student athletes and several faculty volunteers.

Lindenwood purchased the facility, located behind the St. Peter's Rec-Plex on Mexico Road, in May 2009 for exercise science majors and student athletes. "The facility provides a great opportunity for the exercise science department because it applies to real life situations," said Betsy Godar, director of the Lindenwood Exercise Science Center.

Godar described the center as a high-tech exercise fitness labora-

tory within a physical fitness center. The center includes strength training equipment, a sand training pit, high-speed treadmills and vision training programs.

The vision training program consists of the I-matrix sport vision training system, which is utilized often by the shooting team. Godar said this helps train the eye to enhance athletes' performance and target accuracy.

Godar said three different fitness programs are also offered. The "Light-en-up" program is geared toward weight loss. The "Hit-fit" program is

adult-oriented and focuses on getting people in the best shape. The "Speed-up" program is designed as an athletic performance enhancement program.

"The facility provides a great opportunity ... because it applies to real life situations."

—**Betsy Godar**
 Director of LU Exercise Center

One of the other uses of the center is for the exercise science major's "Program Implementation" class, which focuses on preparing the students to be personal trainers. In the course, students train one faculty volunteer and one student athlete for an eight week period.

Please see **HIT**, page 8

Summer, fall course registration to begin Monday

Dates to Register Online

Graduate	any # of credits	Mon, Mar 15
Senior	84 credits	Mon, Mar 15
Junior	54 credits	Tues, Mar 16
Sophomore	24 credits	Wed, Mar 24
Freshman	less than 24 credits	Thur, Mar 25

Registration opens at 7:00 a.m. on each day.

By Stefanie Zobus
 Contributing Reporter

As March has arrived, Lindenwood students have begun to consider choices for the summer and fall terms of 2010.

Registration for courses will be done online through the CAMS student portal for the third time at Lindenwood.

All courses have to be enrolled through CAMS, with the exception of independent

study and tutorial classes, along with variable-credit classes like private music lessons and internships.

Paper enrollments in these courses need to be submitted to the Office of Academic Services.

Students must meet with their advisor prior to registration in order to discuss their choices.

Students will be unable to register for classes online until their advisor authorizes

them.

Both graduate students and seniors start on March 15. Juniors can enroll a day later on March 16.

It is the sophomores' turn on March 24, and freshmen register last on March 25.

Online registration starts at 7 a.m. on each respective day and remains open until the Friday before the semester begins.

Paper enrollments are allowed for one additional

week after that.

Dean of Academic Services Barry Finnegan encouraged students to register as soon as possible since popular courses fill early.

Because full time students need to enroll in at least 12 semester credits in order to maintain their status, it is crucial to know alternatives to first choices in case courses have already closed, Finnegan said.

Please see **Register**, Page 8

Transfers' course choices limited

By Jessica Vines
Contributing Reporter

Signing up for classes is seldom easy. Lack of availability and scheduling conflicts are issues that all college students face. But when transferring from other colleges, the task can be even bigger. Class en-

rollment for new students is done after all returning students, so "availability" simply isn't.

Lindenwood's procedure for class registration enables upperclass students to sign up before others below them. Seniors get the first pick, then juniors and so on. This ensures that students who need

specific classes to graduate are able to get them.

Dean of Admissions Joseph Parisi said Lindenwood receives roughly 700 new students per semester, 200 of whom transfer from other colleges. With marketing efforts targeted toward community college students, these numbers are expected to grow in the near future.

Because of this growth, the issue deserves consideration. Junior Heather Hall, who just

transferred from Monmouth College of Illinois, said it was the general education courses that did not transfer properly and the ones hardest for her to get into.

The competition is worse for classes only offered one semester. Junior Adrienne Mann, who transferred from St. Charles Community College, said she needed a class that was only offered in the spring, but it was full before she could enroll. It was going

to put her back a semester until she was granted special permission to get in.

Students who run into availability problems have an option to take late-start classes. They are offered to everyone, and the stipulation for enrollment is not seniority.

It's a first come, first served. But most late-start courses are preset, with availability of teachers determining what classes are offered.

Vice President of Academic Affairs Jann Weitzel said that, although most are lower level courses, a good selection of classes is offered.

The Admissions Department also acknowledged this issue.

At the beginning of the year, officials hold a separate enrollment date for transfer students to provide the chance to meet with advisers, sign up for courses and ask questions.

NEWS ANALYSIS

In brief

Obama to give speech today at St. Charles High

President Barack Obama is scheduled to deliver a speech today around 4 p.m. concerning passage of his health care reform package at St. Charles High School.

The school, located a few blocks down S. Kingshighway from Lindenwood, will host Obama's second trip to a St. Louis suburban high school in the past year.

The event is "invitation only," and no questions will be allowed, according to the St. Louis Post-Dispatch.

Career Networking Night in arena VIP room tonight

The Career Development Office will host a Career Networking Night tonight, Wednesday, March 10, for all Lindenwood students who are graduating and looking for full-time professional employment.

No RSVP is needed but students should bring resumes and business cards, if available.

The event will be held in the Hyland Performance Arena VIP room from 5-7 p.m.

Employers expected to be represented are Abercrombie and Fitch, Centric Group, Division of Youth Services, Enterprise Rent-a-Car, Express Scripts, Northwestern Mutual, Gradstaff Inc, Harrah's, LU Evening and Graduate Admissions, National City Bank, Realtime Results, Spectrum Healthcare Resources, St. Charles Financial Services, Office Team and Accountemps, Meyer Real Estate, Walgreens and Wells Fargo.

For more information, contact Career Development Di-

rector Dana Wehrli at dwehrl@lindenwood.edu or (636) 949-4806.

Latest campus will open in Wildwood

The Board of Directors has approved a plan to open a new extension campus in Wildwood, Mo., in west St. Louis County, in July, the 11th Lindenwood site in the St. Louis area.

The new facility will be located in the Wildwood Town Center at 16747 Main Street in Wildwood. Both undergraduate and graduate courses will be offered through Lindenwood's College for Individual Education (LCIE) evening program, an accelerated format designed for working adults.

Wildwood was selected because of the area's high growth rate and the convenience of the town center location.

Planning key for taking Writing Proficiency exam

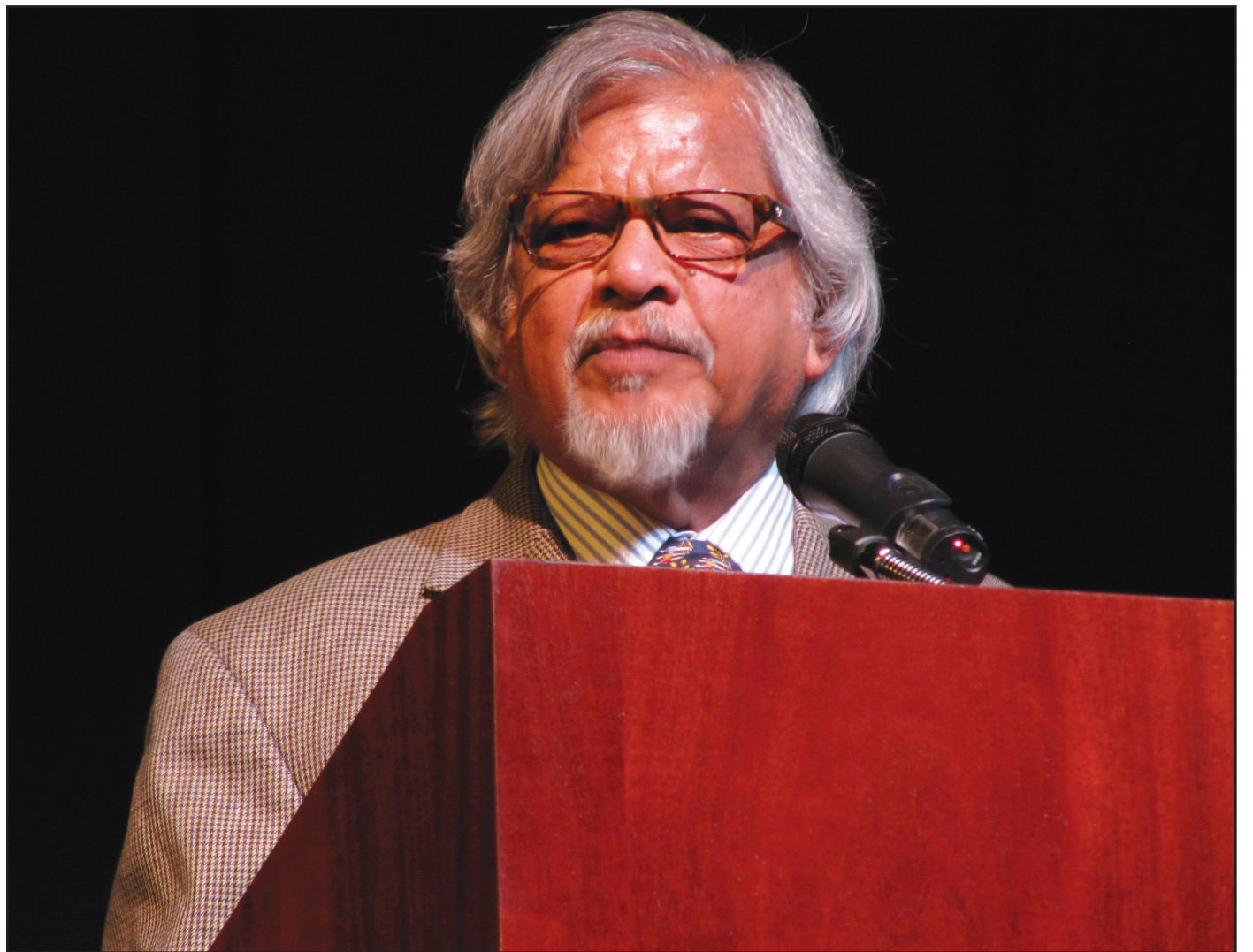
Students planning to graduate in May have already taken the Writing Proficiency Assessment - right?

The exam required for all Lindenwood graduates was offered this semester from Feb. 6 through last Sunday, March 7, in the Spellmann computer lab.

English professor and Writing Lab supervisor Susan Edele said, "Every student is informed via multiple e-mails and by his or her adviser. The registrar also sends letters one to two semesters prior to graduation to students who have not met university requirements. It is ultimately the student's responsibility."

The next dates for the taking the assessment are in October.

Arun Gandhi speaks



Legacy photo by Abby Buckles

Arun Gandhi, the grandson of peace activist Mahatma Gandhi, speaks to students on Sibley Day. Gandhi's first speech was "Lessons Learned from my Grandfather," and his second speech focused on the importance of peace in "A Nonviolent Response to Terrorism." Story on Page 8.

Site gives alternative to buying

By Briana David
Contributing Writer

Some students have noticed classmates receiving bright orange boxes from the mail room since the semester started. More than likely, those are boxes from Chegg.com, an online resource for renting, selling, buying or donating textbooks.

Chegg allows students to rent books for a semester or two.

When the rental period is over, their company sends a UPS shipping label, complete with instructions, to ensure that the student doesn't spend additional money to ship the books back.

This provides an alternative to purchasing textbooks and can potentially save

money in the long run.

With no prior knowledge of Chegg, senior Dara Kellock purchased her textbooks from Amazon and recalls spending "about \$200.00 and probably \$15.00 more on shipping." If she had used Chegg, she would have spent \$129.96, including taxes and shipping but not including the cost of one book that was unavailable on Chegg.

After learning about Chegg, Kellock said, "It's a cool concept. I think it's something though that you should check out before you

use so you know if it's worth the money. I would want to know if I could save money renting versus buying my books and selling them back. If it benefits me financially, I would definitely use it."

"If it benefits me financially, I would definitely use it."

—Dara Kellock
Senior

Chegg began in 2003 as a directory for students to find used textbooks.

Its headquarters was established in 2007 in Santa Clara, California, when it began renting books.

In addition to renting textbooks, students can sell or donate books as well. Information is available on their Web site. Based on the ISBN

for the book, Chegg offers to buy it or accept it as a donation.

The book must be in very good condition with no missing, torn or excessively highlighted pages in order to be accepted.

Kellock said she would consider donating her books back to Chegg if they weren't accepted for buyback.

"Otherwise they would just sit in my closet," she said.

The company also offers a 30 day "Any Reason Guarantee" where a textbook can be returned and credited for 30 days after it is ordered. This means if the book is damaged or if the professor says the book is unnecessary, one can return it as long as it is post marked 30 days or less from the date it was ordered.

Glitch makes Facebook briefly unavailable, elicits student response

By Matt Korn
Staff Writer

The social networking website Facebook was briefly unavailable on campus computers Monday morning, resulting in several students calling tech support.

According to Lindenwood University's Chief Information Officer Shawn Haghghi, a network hiccup was to blame for the site being inaccessible.

Although the glitch was fixed within hours of first happening, the help desk received several calls and emails from concerned students.

The glitch was first noticeable around 9 a.m., and students started noticing the site back on campus computers around noon.

"I wasn't aware of the block. I use my laptop primarily," junior Emily Bizailion said.

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Current Events
Corner

What do you think of the latest natural disasters that have occurred?

By **Samantha Werbiski**
Opinions Editor

“I attribute it to the huge tsunami in Asia; the plates moved and are causing these natural changes.”
—**Amer Iriskic, sophomore**



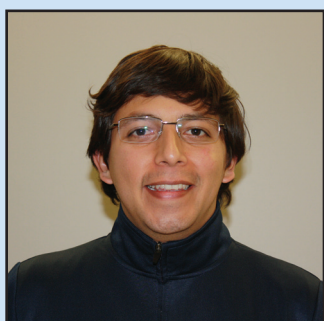
“I honestly don't think it's human induced; it is a natural cycle. We just speed up the process.”
—**Pamela Martin, junior**

“I don't think it's a Holocaust or anything. It's just how the world works. People pay more attention because we have the means to do it; before, it just happened.”
—**Devin Trice, sophomore**



“It's tragic, but it makes us more grateful that it hasn't happened to us.”
—**Coeli Ayres, sophomore**

“I would say that earth as a living being is waking up, and is warning us to start taking care of it.”
—**Miguel Quiroz, graduate student**



“They make the inequality between rich and poor countries more obvious. They affect poorer countries worse.”
—**Kelly Demazy, senior**

“Everything reminds me of the fault line that goes through Madrid, Missouri and what would happen if it occurred here.”
—**Seth York, freshman**



“They're occurring because of global warming, for sure.”
—**Eva White, sophomore**

Do stop signs improve safety?

After writing an editorial last semester about students driving recklessly on campus, I was pleased and impressed to return from Christmas break to find the gift of numerous stop signs strategically placed around campus.

The signs force Speed Racer's Mach 5 to make a pit “stop,” improving both safety and security of Lindenwood's students.

Our grounds are just as busy as First Capitol Drive located just outside our iron gates, and now we're finally being treated that way – safely and smartly.

The signs are receiving mixed signals from the student body.

Some applaud the signs. Freshman

Emma Frkovic said, “I think they're a good thing. It makes it safer because now you can't just speed around campus.”

Some frown upon the signs, like sophomore Devon Cannady who said they overdid it. Senior Dave Schiller said the ones after the speed bumps are pointless.

Others shrug their shoulders and say they don't put a crimp in their daily-pedal-to-the-metal-conquest-to-class. A sophomore who asked to remain anonymous said, “I don't even stop at

them.” Tara, a senior, has noticed this. “I've been here for four years and I don't think anything has really changed. They're



Abby Buckles

Black History guest inspires, few attend

“I came from a single-parent family raised in poverty in a one-bedroom apartment with several siblings. I've let street troubles control my life, hanging out with the wrong crowd.

“I've been in jail and even shot at; one would say that my life story is something like a rap song.”

That quote is from Anthony McDonald, author of “Risen,” in a talk to wrap up celebration of Black History Month at Lindenwood University on Feb. 22 in the Anheuser-Busch Leadership Room in the Spellmann Center.

That event and three movies in February were organized and promoted by the Black Student Union in honor of Black History Month.

Unfortunately, not many students heard those inspirational words and lessons regarding overcoming obstacles.

Fewer than 20 people gathered in the center of the

Leadership Room to hear McDonald.

However, those few felt the impact of his words and the discussion brought up ideas about ways to make a difference in the world, for ourselves and others.

One thought that interested me was a suggestion of having the Lindenwood student body create a cultural understanding of ethnic groups.

This university, though filled with a wide range of students and staff from different backgrounds, could say that we sometimes do not understand each others' cultures and, without noticing, at times offend one another. Therefore, we are mostly separated from other groups.

“I remember reading a novel about historical black

figures and the trouble they faced,” McDonald said.

“It then hit me that my ancestors faced worse obstacles ... but achieved multiple goals and became successful and inspirational.

“There I knew that I could do something good for myself despite what obstacles I faced in life.”

This knowledge and inspiration that McDonald offered should have been heard by more students, staff and faculty.

But even school officials apparently weren't aware of McDonald's appearance, and

he wasn't recognized in the Lindenwood speakers' bureau.

According to the university's Web site, “The goal of the speakers' bureau is to bring accomplished and knowledgeable individuals to Lindenwood so that our students, faculty, and the surrounding community can be exposed to a broad range of topics and events.”

“By doing so, the bureau hopes to impact those who choose to participate, in a way that will encourage them to achieve academic excellence and become better citizens.”

McDonald delivered all of those qualities and inspired those who heard him. Too bad it couldn't have been heard by more.



Andrea Scott

Letter to the Editor: From Kerry Cox Director of Student Activities

You may have noticed a few articles in the last issue of The Legacy regarding Akoo, the newly installed media system in the cafeteria.

I would like to take this opportunity to address some of the assertions and concerns expressed.

First, let's discuss the content featured on Akoo.

One opinion piece characterized the content as “soft-core porn” and “trashy.” Akoo censors all content and only features videos that would be shown on mainstream media outlets such as MTV, VH1, or BET.

Akoo censors all nudity, profanity, and excessive violence from its media content and advertising. If your issue is that Akoo does not carry artists you enjoy, feel free to contact Akoo; they do take requests.

I would also like to address the concerns of students who say the televisions are distracting and caustic to conversation. We are listening to your concerns.

In fact, the volume of Akoo has been lowered three times, and the equalizer has been adjusted to output less

bass. The volume is now so low that we have students asking that we increase the volume.

Naturally, if students or faculty sit directly under the televisions, they will be more distracted than if they move away from the source of the sound.

As far as impeding conversation, I would encourage anyone to visit local restaurants and businesses; you will find background music and televisions in most popular gathering places. In fact, many people believe that background media creates a vibe or buzz that encourages social interaction.

It is true that we have heard complaints from a small number of students regarding this system.

However, we have also received much praise and appreciation for bringing Akoo to Lindenwood. Student Activities will continue to weigh its decisions with the good of the greater student body in mind.

We have also heard your concerns about a video that has been overlaid in the cafeteria; hence, you will no longer be “Rick Rolled!”

Want your voice heard?
E-mail your feedback to
the Legacy at:
journalism@lindenwood.edu
It could possibly show up in the next issue!

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Courtesy photo by Maria Copello

Judge Adnan Sabic awarded Brandy Rustemeyer's piece "Flora" Best in Show. Rustemeyer graduated in December 2009.

Digital art show ends this weekend

Amanda Haas
Entertainment Editor

Everyone is familiar with looking at artwork on a wall. Until March 14, the Boyle Family Gallery in the J. Scheidegger Center will host an interactive digital media art exhibition.

The first of its kind, the gallery displays all kinds of digital art, ranging from painting and animation to interactive computer games and Web sites. The intent was to create a way to display artwork that didn't work in a traditional studio

show format.

"It's a way to recognize what our students do when they're working in this way," said Art Professor Darren Collier. "If you design a site or a game, there's no way to experience it. This provides an outlet for them."

The show was postponed last semester due to faulty equipment. Now that everything is underway, Collier said they will try to do the show annually, probably each spring semester.

Collier and the Computer Art II class chose the pieces

for the show.

A Lindenwood alum working as an art director agreed to judge the show. Adnan Sabic is a digital designer, and awarded prizes in the graduate and undergraduate categories of Print, Animation/Motion Graphics, Interactive Media and Best of Show.

In addition to viewing the pieces, visitors can create their own digital artwork at Doodle Stations—computers with a drawing tablet and a variety of art programs. You will be able to draw or paint your own de-

sign or adjust a photo.

There are also computers to experience the student-created Web sites and games. TV and projection screens will cycle through illustrations, animations, and photos.

There are pieces displayed on the walls, but with the advantage of TV and computer screens, the exhibition can have a lot more student work in it.

The exhibition is open from 2–10 p.m. during the week. Visit the box office if it is locked; a student there will have the key.

Crowd loves 'Anything Goes' show

By Jessica Vines and Valerie Riley
Contributing Writers

Loved in the past and cherished today, "Anything Goes" is an all time classic musical. The show starts with a backdrop of an ocean liner. The story is about a young stowaway chasing an engaged woman, while using many disguises in order to pursue his love without getting caught.

The content of the songs is strangely not child appropriate, although the show was advertised as such. For instance, the song "I Get a Kick Out of You," makes references about doing cocaine. Although some versions of the song have been revised to remove the drug reference, the original was used. There were also acts about alcohol and drunkenness, with an emphasis on the sexual relations of the characters.

The viewers responded well to the performance, whose cast was comprised primarily of freshmen. Since the show is about young love, their relatively young age could have helped them relate to the content. The humor and antics were tastefully done and laughter filled the auditorium.

Larry and Gaylla Neath-

ery, an older couple from the community, came to view the performance.

They said, "The show was very entertaining and the actors all played their roles quite well. The set was beautiful and the theatre is comparable to that of Webster University."

Some were not as impressed.

"The theater department did a fabulous job of singing, dancing, and performing the show; however, I did not personally care for the content," said sophomore Laura Varwit.

Typically, the band is placed in the orchestra pit. However, they were not visible during this performance.

"The large dance routines would not have been possible with the orchestra pit; therefore, the band was placed just behind the set," said Larry Quiggins, director.

He also stated that having the band come on stage to take a bow and having a cast primarily of freshmen, is not seen often.

Overall, the musical was a huge success. With the exception of a few, it seemed audience members loved it. The show had a great turnout. Students primarily attended, but other members of the community did as well.

Off Campus

Food around town

By Abby Buckles
Contributing Writer

When hunger strikes, students typically indulge their hankering for a burger or pizza and head to the campus cafe. But one doesn't have to sacrifice for the sake of saving dough. I've found a few delicious eateries where it's OK to flaunt a not-so-well-endowed wallet.

For those who aren't so strapped for cash but want a taste of something different, I've found a few good eats, too. What makes it even sweeter is they're all only a mile or two off campus.

Located on the right adjacent from the Q.T. down the road on North Kingshighway, Allin's Diner is probably one of those places people drive by often. The name says it all. Grab a stool and order up a good, juicy burger and hot fries. At \$5 for a big burger and fries, you'll have cash to spare for a piece of fresh chocolate cream pie or a root beer float for dessert. Allin's has very friendly service with a make-it-work attitude.

Thinking crab legs, cannelloni and tilapia? That's Pio's across the street from St. Joseph's on First Capitol. Definitely one of the more upscale eateries on this list, with prices ranging from \$10 to \$20 for a main dish. The portions are generous so plan on leftovers. It's family-owned and the service is superb for how much business they pull in. Food is cooked to order so it may take a little while but well worth the wait.

The Crooked Tree Coffee House has a cozy atmosphere with couches and tables perfect for typing a paper, read-

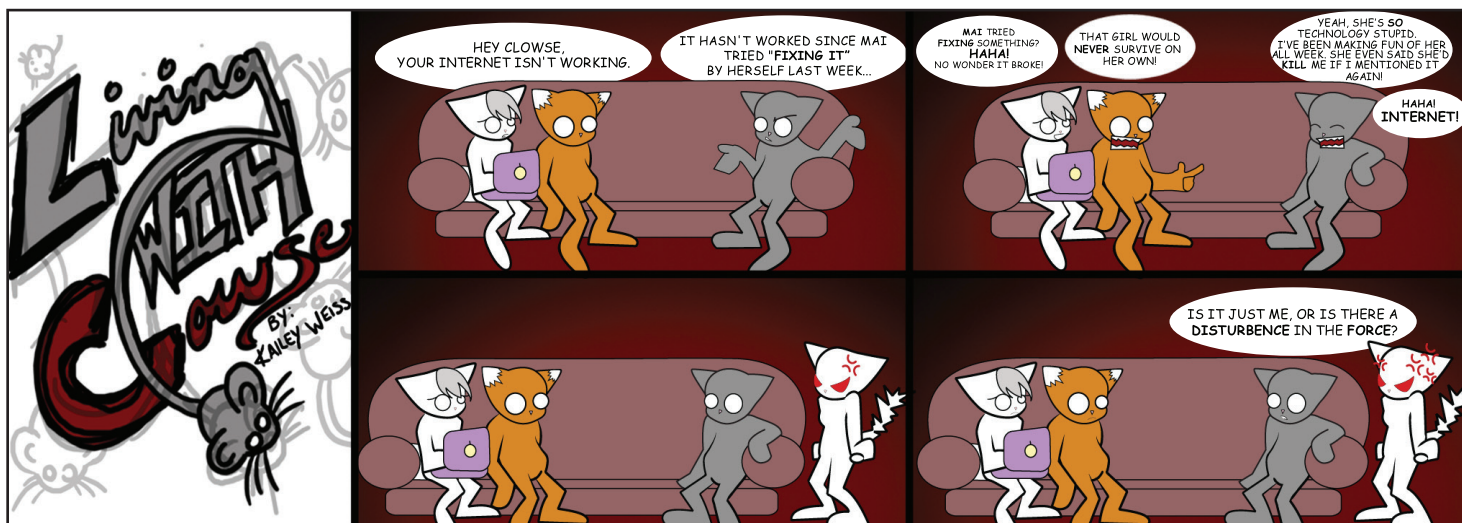
ing or relaxing. Warm up with a snicker doodle latte. Beverages aren't the only thing served at this coffee house. An array of fresh salads topped with fresh fruit, chicken and toasted almonds are on the menu as well. Prices for espresso coffees and mochas range from \$2 to \$4 and salads around \$7. Be sure to pick up a 'Buy 9, the 10th is Free' coffee card. They're located on the corner of First Capitol and South Benton Ave.

Cecil Whittaker's and Imo's Pizzeria are like close cousins, with their famous "St. Louis style" thin crust in common. Cecil's, located two lights up on West Clay, runs a continuous special every Tuesday and Thursday. Get a large cheese pizza for \$3.49, each additional topping only \$1.50.

Now that it's starting to warm up outside, there's no denying the craving for delicious ice cream. Several goodies can be added to Lyons rich and thick frozen custard that comes in various concretes. Expect to spend about \$2 to \$4 depending on the size. Lyons is a seasonal stand scheduled to open mid-March. They're located right by Kathryn Linneman Public Library.

If tavern-style dining suits your fancy, check out The Pine Room down a few winding streets on Perry. They have burgers and chicken but are most known for steak, which comes out sizzling and is one of the juiciest, best seasoned steaks I've had.

Come on a Wednesday night and get one for under \$10. Snag a freshly made 99-cent burger every Saturday. They have upbeat, chipper service.



He Said/She Said

What do you think of St. Patrick's Day?

By Matt Korn
Asst. Entertainment Editor

As long as I can remember, the meanings behind certain holidays have been up for individual interpretation. For example, Mardi Gras (which is French for "Fat Tuesday") was originally a day of feast for Catholics before they had to fast for Lent.

But ask anyone in the French Quarter during Mardi Gras if they are there for the food or even if they're Catholic and expect to get hit, barfed on, or both. And now, in just a week, there's St. Patrick's Day.

Can anybody give me a definition of St. Patty's Day that doesn't involve wearing green and getting drunk off green beer? No? St. Patrick's Day is a religious holiday for Roman Catholics who celebrate St. Patrick, the patron saint of Ireland, by feasting.

One of the most common sights during March, the three leaf shamrock, was actually used as a symbol to represent the holy trin-

ity in the Catholic Church.

These traditions and history seem to have fallen through the cracks though, while more irrelevant traditions bring themselves to the forefront.

Our society as a whole tends to take holidays and skew their true meanings. Holidays like Cinco de Mayo, Mardi Gras or St. Patrick's Day, hold significant importance to people of different ethnicities, nationalities and religions.

St. Patrick's Day was once (and maybe still is for some) a deeply religious holiday, but for some who celebrate it, it's just another excuse to party. I wonder if people care or consider that they are metaphorically crashing someone else's party for their own enjoyment.

But that's the society we live in; we live for self-enjoyment and satisfaction, and it doesn't matter how we obtain it, just so we do.

It makes me wonder if anyone even cares about the true meanings of the holidays we celebrate?

By Tonaya Marr
Staff Writer

We have Valentine's Day to celebrate love. We have religious holidays to celebrate our respective deities. And we have St. Patrick's Day to... get flat-on-our-butts drunk on green beer in a tribute to stereotypical Irish behavior.

Traditionally, St. Patrick's Day was a feasting day in Ireland to celebrate Saint Patrick. Thankfully, St. Patrick's Day, like Valentine's Day, which itself is a tribute to Saint Valentine, has lost most of its religiousness (at least in North America), which makes it all the better. Now anyone can enjoy the festivities, regardless of their faith.

Today in Western society, as well as countries like New Zealand and Australia, St. Patrick's Day has morphed into the March 17 party we've all grown up knowing. In elementary school, St. Patrick's Day meant wearing miss-matched shades of

green to our classroom parties. In high school, St. Patrick's Day is mostly forgotten, except by those school government members, always pushing for a little more school spirit. As college students, we can expect beer, a dull bar staple, to be turned green in celebration.

Another bonus is all the cheap St. Patrick's Day gear available for purchase. Who doesn't need a clover-armed wrist watch? St. Patrick's Day is, kind of, another commercially driven celebration, but that's not exactly a bad thing in this economy. If it's little kids demanding St. Patty's Day stickers that starts boosting the economy, then I say it's all for the better.

I don't believe that St. Patrick's day should be made into a nation-wide holiday, as it is in Ireland, but I do think the day after should be a holiday from work and school. After all, how productive are hung-over students and employees really going to be?

Lions advance through nationals

By Micah Woodard
Editor-In-Chief

Fresh off the heels of its first conference championship in school history, the men's ice hockey team advanced to the semifinals of the American Collegiate Hockey Association (ACHA) national tournament on Sunday.

The playoffs, hosted by Robert Morris College in Chicago, feature the top 16 teams in the ACHA in a single-elimination tournament. In the final regular season rankings,

Lindenwood received 17 of 18 first place votes and entered the tournament as the No. 1 seed – and the defending champions.

Head Coach Derek Schaub said the confidence level is high. "We have three lines really rolling right now," he said. "Guys are realizing that on any given day, any line on this team [and] any person can be our best."

In the first round, freshman forward Grant Gorzyca scored a natural hat trick in the first 10.5 minutes of the game, and the Lions demol-

ished Rutgers University 8-3 to earn a spot in the quarterfinals.

Despite the victory, however, Schaub said it was difficult mentally for the team to stay focused.

"Did we play our best game? No, not even close. But we got a win ... and we moved on," he said.

In the quarterfinals on Sunday, Lindenwood faced off against the Minot State University Beavers. The Beavers played the Lions close in the first period, which closed with a 2-2 score. But the Lions pulled away after that, winning the

game 7-2.

"We really needed a wake-up call," Schaub said. "Early on, we couldn't make an outlet pass."

But between periods, the Lions made the adjustment and began executing the pass. This opened up play and created space, allowing the Lions to use their speed to grab the victory, Schaub said.

One major upset did occur in the quarterfinals. No. 2 Penn. State University fell in overtime to No. 10 University of Central Oklahoma, who faced the Lions in the

semifinals.

"[Central Oklahoma] is just flying high," Schaub said. "They have all the confidence in the world ... If you're in the final four, you're there for a reason. Nobody makes it there on a fluke."

Conference foe Ohio University is the highest seed remaining behind Lindenwood.

The semifinal matchup against Central Oklahoma was scheduled for March 9, but the result was unknown at press time.

Please see *Hockey*, Page 6

Womens LAX aiming for the championship

Lady Lions are taking it week by week to achieve their goal and win at nationals

By Shelby Hernandez
Staff Reporter

The women's lacrosse team started out the season with a 17-3 victory. The Lady Lions did very well at the UC Santa Barbara shutout. Winning these tournaments puts Lindenwood even closer to reaching their goals.

"This season, our long term goal is to win a national

championship," assistant coach Brian Smith said.

Women's lacrosse does not have a tryout process, but practicing on the field is the deciding factor of who gets to play in the games.

"In a way, every practice is a tryout. It is a competition to fight for a spot to play," Katelyn Erickson said.

"Everyone is playing and working together as a team and playing all the positions. We have to confidently be on top of our game while playing it,"

"Everyone is playing and working together as a team and playing all the positions. We have to confidently be on top of our game while playing it."

—Coach Smith

"Each and every practice or conditioning session we communicate and encourage each other to perform well. We work together and do everything as a team. Doing this makes playing together as a team in a game easier

because we can trust each other," Erickson said.

The Lady Lions are working hard towards getting that national championship. The team works towards that goal and maintaining other goals every time they step foot on the field to practice.

"What the team is working toward varies from week to week. Basically at practice we go through what the

other team is going to do and what we expect to see offensively and defensively. We focus on preparing ourselves and expose in what may potentially come" Smith said.

The Lady Lions work hard at every practice, game and tournament. While the program is still young, each year the team continues to improve.

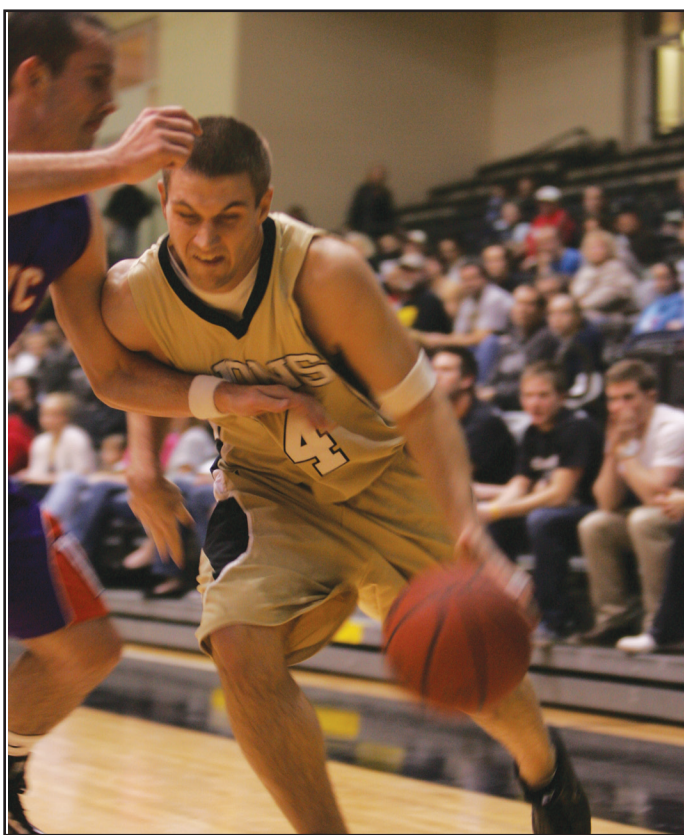
"We have only had a team here since 2003 and you can see the team is getting better every year as far as they have done in the past. The team keeps progressing and getting better every year. They have come a long way in a short period of time and have found their rhythm and are now nationally ranked," said Smith.



Legacy photo by Nick Jewell

Toriano Adams goes to dunk over a Missouri Valley player during the first round of the HAAC tournament. They went on to win 72-59.

(Right) Toriano Adams takes a jump shot. Adams had a team high 18 points in the game. (Bottom left) Lion's Gaurd Richard Rose dribbles the ball into the opponents zone. (Bottom Right) Gaurd Jerome Douglas plays defense. Douglas led the team in steals for the game with two.



LU advances to HAAC finals

During the offseason Lions basketball acquired Coach Brad Soderberg, so they had high hopes for this season. They have failed to disappoint after advancing to the finals in the Heart of America Athletic Conference (HAAC) tournament.

In the first round of the tournament, they faced Missouri Valley College. After a poor first half by both teams, the Lions

picked it up and won 72-59.

The second round was much closer. The Lions edged Central Methodist University 57-51 to advance to the finals against William Jewell College on Monday.

Results for the championship were not ready in time to be published. Check the March 24 edition of the Legacy for results and analysis.



Lady Lions water polo opens up strong

By Todd Schloessman
Staff Reporter

The Lady Lions Water Polo team has gotten off to a strong start this season.

They began the season at the Heartland Conference Crossover, winning out with a 4-0 record.

The first game of the tournament was against Knox University and the Lady Lions trumped them 11-3 with a stand-out performance by freshman Chelsea Simon, who had a team high 4 goals.

The team played again later on Saturday against defending Heartland Conference champions Carleton but put together another rout 13-3.

Danielle Fleuriot was the star of the game with a total of five goals.

Sunday brought about another two games for the Lady Lions, the first of which was against St. Mary's. They won 18-4, the most lopsided margin of the weekend. Fleuriot and sophomore

Stacy Fisher combined for half of the goals scored for

the Lady Lions with four and five goals respectively. The last game of the weekend was against Iowa State, who gave the Lady Lions their closest game of the tournament. The score was 9-6 in favor of

the Lady Lions.

"The first tournament went really well and we should be successful throughout the season. I'd say we have a very strong team this season," freshman Paige Reeb said.

Fisher led the scoring in the final contest with three goals, and Simon and Fleuriot each had two.

Fleuriot had a total of 11 goals on the weekend, Fisher had eight, and Simon had six in her Lindenwood debut.

The team will play again March 20 at the Heartland South Division Tournament, where they will see Washington University.

Game of the Week

The 8-1 Lady Lions Lacrosse team will play at home this Friday. They will face University of Colorado at 6 p.m. at Hunter Stadium

HIT

Continued from Page 1

Ana Schnellmann, dean of humanities, volunteered for the eight week "Lighten-up" program.

Schnellmann was trained by student Cassie Williams in the "Program Implementation" class, which encompassed two to three weekly one-on-one sessions.

"From an administrative point of view, health and fitness play a big role," Schnellmann said. "[The experience] is a good opportunity since you are more productive when you're in shape."

Schnellmann emphasized the benefit of tests offered for the volunteers, such as the aerobic capacity and body fat tests, which allow added knowledge to fitness levels.

"The HIT Center is not like an ordinary gym," Schnellmann said.

"It's a place to study body composition and achieve fitness goals."

A third-time participant in the program, Schnellmann said that the program continues to grow.

"Originally, there were four people in the fall 2009 semester program, but now there is a waiting list to volunteer," Schnellmann said.

"It has really grown and is very popular."

Because of the increase in participants and the center's success, Godar expects 760-850 students to be involved with the facility. The center plans to increase staff and operating hours.

For non-athlete students, there will be two opportunities offered for the 2010 fall semester.

A "Boot Camp" course will be offered to all students at the center. Also, the "Program Implementation" course will be geared toward weight-loss.

Those who want to be involved in the programs can contact Betsy Godar at bgodar@hitcenters.com or at (636) 441-6448.

Mail

Continued from Page 1

Senior Andy Reed said that he personally has had no problems with the mail system but is aware of distrust among students.

"I know of students who have [had problems] in the past. So I'm cautiously trusting," Reed said.

This incident has spurred the mailroom at Lindenwood, located on the third floor of the Spellmann Center and the ground floor of Roemer Hall, to tighten procedures and enhance security.

"Initially, there has to be two people now in the mailroom," Tolman said. "One of those two has to be either one of the two GAs [grad assistants] we have, [my assistant] or myself. And security is possibly looking into installing more cameras in the mailroom."



Tolman

Tolman said the ongoing investigation has uncovered "a suspect who has been taken out of the mailroom and turned over to investigators."

Mail theft is a federal offense and can result in prison time. According to the US-PIS, someone charged with mail theft in federal court can receive up to five years in prison for each piece of stolen mail.

Register

Continued from Page 1

Instructions for using the CAMS student portal are available on the Lindenwood Web site at www.lindenwood.edu/technology/docs/studentportalusermanual.pdf. The CAMSSUPPORT team at camssupport@lindenwood.edu answers additional questions about login or technical problems.

If students need further help regarding online registration, they should contact the Office of Academic Services at (636)-949-4954.

Sibley Day Highlights



(Top) Students participate in "Piloga," an exercise class that combines Pilates and Yoga on Sibley Day, Feb. 24, in the Hyland Performance Arena. (Bottom left) A Breath Analysis Testing van parks outside Butler Hall, providing students with an interactive exhibit sponsored by the Missouri State Highway Patrol. (Bottom right) Students progress through "The Amazing Race" activity by mixing chemicals in the lab to create a specific color. The event was sponsored by the schools of science in Young Hall Room 402-A from 1-3 p.m. On Sibley Day, all day classes were cancelled, and various other events, such as lectures and interactive physical activities, were scheduled for students to participate in throughout the day.

Legacy photos by Lauren Kastendieck and Abby Buckles

Gandhi's message: Control your anger

By Valerie Riley
Contributing Reporter

"The number one lesson I learned from my grandfather was understanding anger. Over 80 percent of violence is anger."

That was a key message Arun Gandhi delivered to packed audiences in two Speaker Series talks on Sibley Day, Feb. 24, on the Lindenwood campus. The peace activist and grandson of Mohandas K. Gandhi, who led India's non-violent drive for independence more than 60 years ago, spoke at 11 a.m. in the Bezemes Family Theater and 7 p.m. in the Anheuser-Busch Leadership Room of Spellmann Center to a total of nearly 1,300 people.

Gandhi said that as a mixed race boy growing up in South Africa, he had to learn how to channel his anger into positive energy. When sent to live with his grandfather for 18 months, he told him to keep a journal about how to resolve situations that made him angry.

Gandhi told his audiences that his grandfather made him do an exercise

where he would draw a tree about violence and sketch arrows from it of physical and passive violence.

Physical violence is something we see, such as fighting, and passive violence is what can hurt people close to us every day. Gandhi said violence starts with people in their relationships, and that's where they should work to transform them to stop violence.

Senior Leigh Ann Warrington said, "One of the stories I liked was when he mentioned trying to get his grandfather's autograph. ... Arun Gandhi

was telling about his grandfather telling his people in India 'I am not a saint, just an ordinary person trying to be good.' It was cool because ... anyone can do good things in the world."

In the evening speech, Gandhi said that young people can inspire and make things happen, and everyone has a talent for something. "We have to start doing something," he said.

"We cannot wait for something to happen. We have to start to do something because waiting will never get anything done."

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