

Freshmen students sign up for Work & Learn positions during their First Year Experience held Aug. 17-21.

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Rams player A.J. Feeley scans the field during their scrimmage held at LU. See Page 7 for more photos.

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# LINDENWOOD

The **Legacy** Lindenwood's Student Newspaper

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Now Open



Legacy photo by Christie Blecher

The new cafeteria in the Commons features six different restaurant options for students to choose from, like di Pazzo Cucina and Pepita's Burritos.

## Commons opens for student-use

By **Natasha Sakovich**  
Editor-in-Chief

With three basketball courts, three separate workout facilities, a suspended track, a dance studio and a brand new food court style cafeteria, the 119,000 square foot Evans Commons is now open to students. These amenities are only a handful of new additions offered in the building, which is designed for 100 percent student-only use.

As students enter through the main doors, a laundry facility holding over 20 high-tech General Electric machines sits to the left.

"The machines all operate by credit or debit card, so students don't have to carry around change anymore to get their laundry done," said Bryanna Knox, Lindenwood Student Government Association's secretary.

The laundry facility also features a "heat safe counter top" where students can iron or fold their laundry and a large stainless steel sink to pre-soak or wash items, said Jennifer Swisher, homecoming committee representative.

To the right of the entrance resides the student mail room, containing 4,020 mail boxes, where



Legacy photo by Maria Mino

The new dining area in the Commons, which showcases LU's black and gold colors, has plentiful seating and two balconies overhead.

students now have individual boxes. Package pick-up is also located at the mail room entrance.

Further down the main hallway, across from the new cafeteria, students can look down through glass windows on the six basket-

ball courts and roller hockey rink on the first floor.

Please see *Commons*, Page 8

See Page 3 for an editorial on the Commons and Page 4 for an entertainment perspective.

## Dining options include flex point system

By **Kenny Gerling**  
Senior Writer

This fall freshmen will not be the only students trying to understand the intricacies of Lindenwood's dining options. The addition of the Evans Commons Cafe and a new flex point system are leaving many students confused about exactly where and what they can eat.

The flex point system is not a different meal plan.

It is merely a way for students with traditional meal plans to purchase additional items at the four locations, besides Spellmann Center Cafe, that are not all-you-can-eat. This includes the new Evans Commons Cafe.

Commuter students have the option to purchase flex points and use those at all five dining service options on campus.

Christy Dolan, Director of Dining Services in Evans Commons, likened the new flex point system to a food court. At Evans Commons there will be set entrees for students to choose from. Meal prices are \$5 for break-

fast, \$7 for lunch and \$9 for dinner.

Students can choose items totaling up to these amounts for each respective meal and have it fall under the traditional meal plan. Anything over those amounts or outside normal meal hours will fall into flex point territory.

Prices for a few common items include fountain sodas for \$1.50 and burgers for \$4.50. Students can choose individual items totaling up to the meal amount or can purchase a set combo at any of the six stations.

Ralph Pfremer, CEO of Pfoodman, said of the new system, "Students can go to a retail option and get a reasonable meal and branded concept for a reasonable price."

There is a new area on the student portal, "Dining Services," that allows students to track their flex point balance and add credit to their account.

As part of the traditional meal plan students start out with a \$25 reserve of flex points or "LIONS."

Please see *Meals*, Page 8

"It's great now having a place on campus to get food after hours."

—Jarred Wagner  
Junior

## Thousands pour in to LU for Rams Scrimmage

By **Alex Jahncke & Deborah Starr**  
Managing Editor & Sports Editor

On Sunday, Aug. 7, the St. Louis Rams came out to Lindenwood to scrimmage for the third consecutive year, while roughly ten thousand fans packed the stands to watch their local National Football League (NFL) team play on a smaller, more modest turf. Each year, the Rams use this opportunity to scrimmage in front of a live audience.

"The best thing about the day was all the people here," said Head Coach Steve Spagnuolo. "I want them to know that we really appreciate them coming out."

Despite the high temperatures above 90 degrees, fans filled the stands of Harlen C. Hunter Stadium. Quarterback Sam Bradford, along with other players, was pleased with the turnout.

"The fans really impressed me a lot today," Bradford said. "I thought the turnout was great. Our fan base was really awesome today and I appreciate that. It was fun to get out and play in front of them." After the scrimmage, players stuck around to meet with fans and sign autographs, making it an even more personal experience.

"The fans really impressed me a lot today."

—Sam Bradford  
Rams quarterback

Before this scrimmage, the Rams had not had much practice due to regulations of the NFL lockout. On Aug. 5, NFL Commissioner Roger Goodell finally lifted the lockout and allowed the practices to start once again. New agreements were formed and one of the new stipulations is that teams are now only allowed to practice fully padded once a day.

Please see *Rams*, Page 7



Legacy photo by Natasha Sakovich

Quarterback Sam Bradford lunges back as he scans the field for an open receiver.

## A few words from *The Legacy's* Editor-in-Chief

With this being the fifth year of *The Legacy's* existence, we've come a long way from where we started. From a first issue consisting of just two pages to our now regular bi-weekly eight page paper, *The Legacy* has transformed in many ways. And that's the way we as a staff want to keep it. We strive to make this newspaper better each

and every issue, whether it's through design, writing technique or coverage of content that matters to our readers.

That's the part where you come in, yes, you, one of our many readers who has picked up this paper for one reason or another. Whether you picked up *The Legacy* to get informed about what's going on around campus, to

be entertained, to hear a fellow student's opinion on current events, or to get caught up on what the Lion sports teams are doing, I'm glad you did.

This newspaper is created by and for the stu-



Natasha Sakovich

dents here at Lindenwood, and we want to know what matters to you.

Do you know of something happening on campus that is newsworthy or that others may not

know about? Is there something on campus you'd like to see change or something that you think is exceptionally great? Is your club or organization hosting an event? We want to hear from you to help us keep the paper current and focused on what matters to students.

Sending us an idea does not guarantee it will make it

in the paper due to space restrictions and our publishing dates, but we want to hear your ideas and find out what you want to see appear in the next *Legacy* issue.

I'm committed to making this year of *The Legacy* our best yet, and we would love to have your help and input to achieve this goal.

Please see *Welcome*, Page 8



New Additions



Legacy photos by Christie Blecher  
 (Left) The new outdoor pavillion, located in the grassy area in front of Roemer and Butler Hall, is complete for the fall semester. The pavillion is equipped for wireless internet usage. (Top) The old church building located on Karen Street in women's housing has been converted into what now serves as the baseball team's locker room.

# The Festival of Little Hills: news analysis

By Anna Schiele  
 Contributing Writer

The weekend of Aug. 19-21 brought about the 40 year anniversary of the Festival of the Little Hills to downtown St. Charles in celebration of the community's heritage.

Held along Main Street and into Frontier Park, the yearly festival invited young and old visitors alike to spend the weekend along the riverfront. Each year, the festival allows vendors the opportunity to sell their handiwork to the thousands of visitors who attend the event.

The festival annually draws in crafters and artists from over 30 states to display their work, creating an opportunity for shoppers to purchase unique treasures and even fulfill their Christmas shopping needs. There were booths for everyone displaying jewelry, purses, American Doll clothing, pet fashions, floral pieces, hand-carved wood, baskets, pottery and sculptures, stain glass, paintings and collectables. These were just a handful of what visitors could discover.

Hungry shoppers could grab a bite to eat from nearly every other booth along the festival route. Venues offered everything from Greek Gyros to BBQ. Tacos, bacon rinds and sausages were just a few of the other types of food visitors could grab to eat at a table or on a blanket near the water. For those who had a sweet tooth, they were sure to find snow cones,

chocolate covered bananas and fudge at every turn. The scent of festival favorites – kettle corn and funnel cakes – lingered in the late summer air.

The three day festival also had live music nightly by local bands and musicians, while magicians and street performers lined the streets to entertain both children and adults. The Festival of the Little Hills is always free and open to the public, with parking all through downtown St. Charles and at Duchesne High. Free shuttles were also available to transport visitors to and from the park grounds.

While walking the downtown streets of St. Charles, I found myself caught up in the festival atmosphere as night drew in and the booths adorned with strands of lights lit up the blocks of Main Street. I enjoyed a delicious chicken gyro that was made fresh in front of me, and tasted samples of brownies, roasted nuts and kettle corn while I walked the streets in search of Christmas gifts. I didn't sit to listen to the band that was playing, but the music filled much of the park and helped to create an upbeat feel while searching for treasures. If you missed this year's festival, I encourage you to catch next year's. You won't be disappointed.

**“The scent of festival favorites - kettle corn and funnel cakes - lingered in the late summer air.”**

To see photos of the event, check out Page 4 & [www.lindenlink.com](http://www.lindenlink.com).

# First year experience prepares freshmen

By Jasmine Smith  
 Staff Reporter

Seven hundred and fifty-eight new faces arrived at Lindenwood to begin their college life for the fall semester. Faculty and staff were ready to get students started with activities they had planned for the week.

This year, like many years, LU put together the First-Year Experience Program (FYE) held Aug. 17-21. The program is designed to help incoming freshmen become comfortable with college life. It also provides fun and exciting activities filled with valuable information.

Shane Williamson, dean of the university's First-Year Program says the events created for FYE are based on existing orientation programs, LU needs and culture and research.

Events such as the FYE bonfire and acoustic concert, team building exercises, a movie night in the Evans Commons, scavenger hunt, block party, Saturday night live sessions and many more activities took place during the weekend.

Parents of freshmen came to enjoy some of the festivi-

ties as well. On Wednesday, they were able to partake in afternoon coffee with President Evans before meeting with other administrators and faculty. Both parents and new students then enjoyed an outdoor dinner in the parking lot next to the new Evans Commons.

Williamson said, “I expect students to learn how to navigate LU, make friends, meet their faculty advisor, become familiar and comfortable with campus, be enrolled in the correct classes, get settled in to their residence hall, know who and where to ask for help and to just have fun.”

The amount of freshmen enrolled this year is about a 10 percent decrease from last year.

Joe Parisi, dean of day admissions, said he is ecstatic with the number of students Lindenwood has this year. “Though the numbers may be smaller, we still have the same make-up of students,” he said.

While the number of freshmen enrolled is down from last year, the number of transfer students has increased. Last year only 397 transfer students enrolled, but 478 students transferred



Legacy photos by Christie Blecher  
 (Top) Freshmen pick up supplies at the Intervarsity Christian Fellowship table outside Cobbs Hall. (Bottom) Freshmen wait in line to receive several papers regarding their First Year Experience and various activities during Aug. 17-21.



to LU for the fall semester. Incoming freshman Belen Idurrioz enjoyed the events of FYE. “I think it's a great opportunity for us to meet with each other and know about the college,” she said.

# New major broadens students' minds

By Mikayla Francese  
 Co-Entertainment Editor

Lindenwood has added a new anthropology major in order to fulfill the requests of students and to generate opportunities for those in the field.

“The definition of anthropology is ‘the study of everything it means to be human,’” said assistant science Professor Steve Dosovich.

After 20 years of offering anthropology courses, the decision to make anthropology an official major had much to do with its implication. Anthropology gives a wide variety of info to young minds, which results in students learning a combination of subjects from art

to business and entrepreneurship. This wide array of knowledge could enhance chances of landing a job. “Anthropology provides a number of jobs,” Dosovich said.

“This is especially true in St. Charles because of its historic past.”

Anthropology offers two emphases in which students can choose from: archaeology and cultural anthropology.

Along with a bachelor's degree, students can also decide to study anthropology in the master's program.

LU also wanted to satisfy the desire of many students to offer this major. Several students were asking for a way

to declare their major as anthropology. “Students requested it,” Dosovich said. “I think that's great.”

Incoming freshmen have already proven the successful idea of this new major. “As of right now, we have five freshmen who have already declared their major as anthropology,” Dosovich said.

Along with the former anthropology courses being offered, new courses have been added to complete the major.

These courses include Introduction to Archaeology, Biological Anthropology, Historical Archaeology, Cultural Resource Management, Archaeology Field School and Anthropology Capstone.

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# Commons is a great addition College: Easier said than done

Before entering Lindenwood's new student recreation building, Evans Commons, I had no idea what to expect. As I made my way through the facility, exploring the numerous nooks and crannies, I was speechless. It seemed like a whole different college. The building is huge, so don't be surprised if you find yourself lost. With high-tech new additions behind every corner of the 119,000 square foot building, Evans Commons definitely has something for everyone.

When students go away to college, or in my case right down the road, they need a place of their own to hang out and meet new people that is strictly for student-use. Evans Commons gives us this,

going above and beyond. Incorporating three separate work-out facilities, a running track, a roller hockey rink, basketball courts, a dance studio, room for students to kick back and relax, an actual food court style cafeteria and many more additions all in one building is genius. We can eat, workout on state-of-the-art Nautilus N1 and FreeMotion circuit training equipment, participate in intramurals, check our mail, do laundry, hang out and watch movies all under one roof. However, what I'm most

excited about is our brand new anticipated, upgraded cafe next to a massive 30-foot retractable TV screen.

With food options that truly look appetizing this year, I will look forward to eating.

I can confidently say other students are extremely enthusiastic about this as well.

The Commons is also saving students money. Why spend \$20 on a gym membership when we have top-of-the-line fitness equipment available seven days a week

and open every night until 1 a.m. Similar to a fitness club, Lindenwood made the right choice by adding showers and locker rooms. Instead of making the journey back to dorms or housing, students can shower after an intense workout and stick around afterward to socialize with friends or take off for class.

Overall, I believe everyone is thrilled to have a place exclusively for students. The Commons accommodates all students without a doubt, which is essential for a true college experience. This semester I will spend more time on campus in the Commons instead of sitting at my campus house. Way to go Lindenwood.



Holly Hoechstebach



Jackie Cook

it reimburses for two years of college tuition, not including books or other fixed expenses, leaving many other colleges without the program.

Lindenwood University's undergrad full-time resident program costs \$21,360. Tuition alone is \$13,650. Most students in Missouri are given financial aid through the Expected Family Contribution. EFC looks at the amount of financial aid a student will receive, which school they will attend, the enrollment status

and the price of tuition. The Access Missouri Financial Assistance Program uses the EFC to give students additional aid with an expected family contribution of under \$12,000 and do not have 150 credit hours completed. At Lindenwood, depending on the department, that can be a major and a minor together.

My advice to the prospective student is to receive a degree in anything that interests you, but let it be versatile. Switching your major may cost more money, time and as much stress as one college student can already withstand.

However, a master's program will also solidify the four year degree with direction and expertise in a particular field. The outlook for a bachelor's degree is not as pristine as it was 30 years ago.

According to the Bureau of Labor Statistics, there are around 201,000 job openings for logging, information services and other financial activities. The business market has seen a .7 percent decrease in its job market. Versatility early in college can reward the student and community.

## Economy heads in wrong direction

Hope. Change. These are the things that were promised to us if we elected Barack Obama into office. While he was elected as the first African-American President of the United States, the color of his skin is not the only thing that's been unprecedented about his presidency.



Sarah Ball

For the first time in the history of the United States, we have a less than perfect credit rating. S&P (Standard and Poor's) downgraded us from the AAA rating we've held since the beginning of the rating system, to the less exceptional AA+.

This may not seem like a big deal, and maybe it isn't, as it is really hard to say the direct effect this will have on our already struggling economy. But one thing is for certain: it can't mean anything good if it does affect us. It can either affect nothing, with the exception of our national pride, or it could have a trickle down effect to us, the consumer.

As far as the national debt problem, lawmakers spent tons of time trying to

come up with a solution, the end result being the raising of the debt ceiling.

To this, I have but one thing to say. If you have a sewage backup into your house, and it's filling up quite quickly, would you raise the ceiling? Or would you remove the waste?

Recently, I heard Obama give a speech on how forcing the wealthy to pay higher taxes is "patriotic." If it is so patriotic, why doesn't he and the other highly paid politicians in Washington share in the patriotism and take some pay cuts so we can pay off some of our ridiculous debt? It's not fair to claim patriotism but not want to set an example yourself.

And where are the jobs we were promised? Since Obama has been elected, the national unemployment rate has

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hovered around nine percent.

There has been no real change to this with him as our country's leader.

On Aug. 15, the most recent approval ratings came out, and Obama's is at the lowest of his political career - 39 percent.

I just can't understand where all this hope is supposed to come from. I can see the change, and it isn't for the better.

Perhaps the 2012 election race will provide some hope.

## Food choices: How to eat healthy on campus

The \$20 million Evans Commons opens its doors to Lindenwood students this fall, and with it comes the addition of a new cafeteria.

Unlike the buffet style meal plan, the Evans café will offer a value meal plan.

From a nutritional standpoint, this plan is an upgrade, but it's still far from perfect.

The new meal plan will al-

low students to purchase one meal using the points system.

It seems to encourage better eating habits by not allowing students to overeat.

The problem with the system is that students are limited to 19 meals per week.

The average healthy person should be eating four to six small meals a day.

The 19 meal system only

allows for three meals a day during the week and two during the weekend.

From a nutritional standpoint, the meal plan falls short by nine meals.

Of course students can purchase meals outside of the 19



Andrew Ebers

meals a week.

In order to maintain a healthy diet, it would be a necessity.

However, the frequency in which one eats isn't the only determining factor.

Obviously, what you put in

your body each meal determines your level of nutrition as well. You have to be the one to make good choices for yourself.

The cafe is overloaded with unhealthy food, but it does also offer foods rich in nutritional value.

Fruits and vegetables are always a great choice for fiber and carbohydrates,

while nuts, beans, legumes and lean meats offer a great source of protein.

All of these are essential to a healthy diet.

Just remember to stay away from greasy fried foods that are high in saturated fats and hydrogenated oils.

Know what you are putting in your body every meal, and make sure it's right for you.

## Current Events Ledger

What is your favorite part about the new Evans Commons?

"The huge basketball courts and fitness equipment."

—Jordyn Constance, freshman



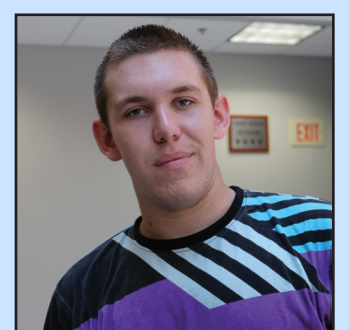
"The variety of places to chill and eat-it's not all the same thing which is nice."

—Beth Spiller, freshman



"The food court style cafe and good location."

—Blake Paris, freshman



"I really like the loft in the cafe and the huge movie screen."

—Samantha Noel, freshman



"The inline roller hockey rink is my favorite."

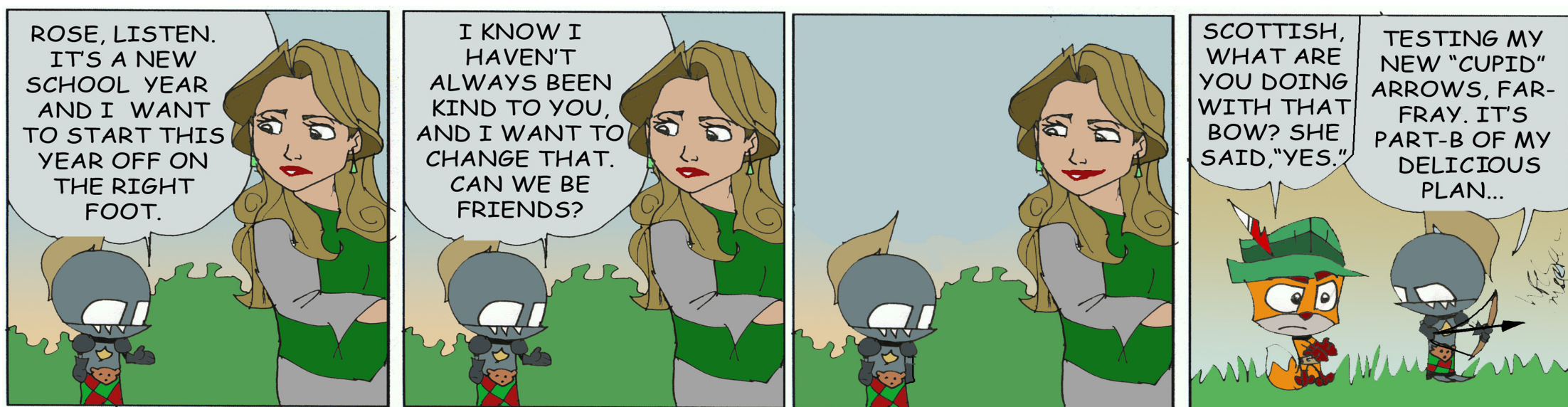
—Benny Paruizi, senior



"Pool tables and table tennis."

—Megan Coke, freshman

# Scottish & Farfray by Wes Murrell



## Eastern European artist displays digital art in Boyle Family Gallery

By Mikayla Francese  
Co-Entertainment Editor

The Boyle Family Gallery, located in the J. Scheidegger Center for the Arts, will bring back history with an array of digital artwork created by European native Maris Circulis from Sept. 1-25.

Artist Maris Circulis' collection consists of 60 pieces which express the personal tale of World War II that Circulis had experienced at a young age. Circulis has been a voice for the many that lived through this tragic story.

Before becoming a professional graphic designer in the St. Louis area, 57 year old Circulis grew up within Eastern Europe in a piece of land known as Smilton. "It literally means 'sandy,'" Circulis said.

This sandy land was Circulis's hometown until his parents fled with him at age six with the inten-



This section of a Circulis digital print titled "Partilaledan" is an example of the type of artwork that will be displayed. Courtesy photo

tion to keep him safe from what had already started to destroy their family. "I lost cousins, grandparents, and more," Circulis said.

Forty-nine members of his extended family were taken by the war. However, these tragedies turned out to be a blessing in disguise when Circulis found a way to use his heartache to his advantage as he dis-

covered his passion years later. "I bought a MAC one day and just started playing around," Circulis said. "Turns out, I kept it up for eight to 10 years."

Those eight to 10 years were filled with emotions that Circulis let out through his art on the computer, which had a purpose. A wide range of fun, colorful, and political pieces educate

young minds on the importance of history.

"It's something we should always remember," Circulis said.

The exhibition is free to enter, but Circulis will be selling his art for various prices. For more information on this art exhibition, visit [www.lindenwood.edu/center](http://www.lindenwood.edu/center).

## A glance at LU art this year

By Brittany Velasco  
Staff Reporter

The J. Scheidegger Center for the Arts on Lindenwood University's campus offers a wide variety of events throughout the year. There are student oriented plays, art exhibits, and concerts or tours coming to LU this fall.

The first show to hit the Bezemes Family stage this semester is the "Glen Campbell: Goodbye Tour" at 8 p.m. on Sept. 9.

This is the first in a line of professional tours to come through the theater.

*The Folks Next Door* opens the season in the Emerson Black Box Theater and runs Sept. 29-30 and Oct. 1 at 7:30 p.m. as the first student play of the year.

During the month of September, Maris Circulis' Digital Imagery will be available for viewing in the Boyle Family Gallery located inside the J. Scheidegger Center.

Author of 12 best-selling books, journalist P.J. O'Rourke will kick off LU's

speaker series.

He will be speaking about his books and accomplishments in the Bezemes Family Theater on Oct. 4 at 7 p.m.

In November, the first Music Series will be held on the 15-17, 19 and 28 in the Bezemes Family Theater.

This series is a week's worth of concerts that will be performed by LU's own choirs and bands.

The Student Dance Concert shows the works of choreography, costumes and set design all created by students. The show runs Feb. 16-17 at 7:30 p.m. and Feb. 18 at 2 p.m.

Spring semester brings the annual Fashion Show bringing to life the work of LU's own fashion department.

The show will take place on April 27 at 8 p.m.

To see the full season lineup or for more information on upcoming events or tickets, please visit the website [www.lindenwood.edu/center](http://www.lindenwood.edu/center) or call the box office at 636-949-4433.

## Evans Commons: a place for fun

By Talia Scatliff  
Staff Reporter

The fall 2011 semester is here, and Lindenwood students are looking forward to spending time in the new 119,000-square-foot building on campus, the Evans Commons.

So what can students do in the Commons for their leisure time? Here are just some of the options available.

A multi-purpose room, along with suites, will be set up for the Lindenwood Student Government Associa-

tion and Campus Activities Board (CAB).

Conference and meeting rooms for executive boards, committees, and student run organizations will be available as will 24 student organization work spaces and a student organization lounge.

With the only administrative office in the building being the office of Student Life and Leadership, the facility will be open 6 a.m. to 1 a.m. seven days a week.

"We want students to feel like this is a place to relax, have fun and socialize with their

peers," said Kerry Cox, Director of Student Life on campus, in a recent article from a Lindenwood publication.

Many groups and organizations will be available for students to be a part of such as intramural sport teams that include indoor floor hockey and soccer.

Fitness classes will be offered such as spinning, yoga and zumba.

Television, music and gaming rooms in the Commons will allow students to relax and create new friendships.

The Evans Commons has modern lounge furniture, pool and ping-pong tables, arcade games, blue-ray players and a high-def sound system where students may connect their iPods.

A lip-syncing dance contest is scheduled to take place in the Commons gym in early October starting at 8 p.m.

On Oct. 15, the Evans Commons cafe will transform into a dance floor and host the cowboys and cowgirls themed 2011 Homecoming dance.

## Festival of Little Hills



Legacy photo by Christie Blecher  
LU alum Matt Hillegonds works one of the many food booths at the Festival on Main Street in St. Charles on Saturday, Aug. 20.

## A new way to find campus groups

By Melissa Maddox  
Co-Entertainment Editor

Like most universities, Lindenwood offers a broad range of activities and organizations that students can join. Whether their goals are to make new friends, enrich their personal college experience or merely have something to do with their time, clubs are a good way to get involved.

The problem, however, is how to find these organizations and learn what they are all about.

Flyers are posted in a few places or scattered on tables in the cafeteria for any upcoming events, but the only place to find a complete list of the offered campus organizations and to see what each of them is about is online. The

place to go is Lindenwood's club website called Orgsync.

To gain entrance to Orgsync, a student has to select which school they attend and create a personal profile of themselves and then browse through the organizations.

There are 18 different categories and a total of 109 organizations, but only two of them are labeled as social.

Each club is supposed to have a profile with a description of what the club is and information on when and where meetings are held.

However, most of the profiles are incomplete and the information that is listed is often outdated. If a student is looking for a new club to join, it can be difficult to find. However, this year instead of having to go through that long process, *The Legacy* will be spotlighting a different club

**"The problem is finding these organizations and learning what they are all about."**

every issue to help get the word out about campus organizations.

If a club wants to be featured, contact the entertainment staff via email at [mm2692@lionmail.lindenwood.edu](mailto:mm2692@lionmail.lindenwood.edu) or [mf919@lionmail.lindenwood.edu](mailto:mf919@lionmail.lindenwood.edu).

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Legacy photo by Atysha Miller

With the addition of rugby to LU sports, the outdoor track has been transformed into a rugby field. It has been lined with new turf and will be home to both men's and women's rugby. Practices will start up next week, while games have not yet been determined.

## New sport ready to test new turf field

**By Steve Runge**  
Contributing Writer

When the St. Louis Ramblers introduced organized rugby in St. Louis in 1933, perhaps the nation's second oldest rugby club never envisioned women would play. Even so, according to Tim Canavan, director of Student Life Sports at Lindenwood, there is no time like the present to start.

"We are very excited to have the sport at the college level, and we have the right person for the job with Head Coach Jeanine Scrogum leading the team," Canavan said. "Jeanine really has her finger on

the pulse of the program and this is going to be one sport to watch."

There are many technical ways to describe rugby, but according to track and field runner freshman Dominique Wilson of St. Louis, "It's football without pads."

Wilson was very pleased to hear Lindenwood had a women's rugby program. She said that she had wanted to play football in high school, but as a woman she would have been limited to being the kicker.

"Rugby opens people's eyes to the fact that we are not just dainty creatures," Wilson said. "I am here on a scholarship for track, but don't think

rugby is too much for me to handle. I can't wait to check out the first game."

Practice begins the second week of fall semester, Aug. 29-Sept. 2, with games to be scheduled soon. They will be played at the new field, regulation-size for rugby with artificial turf to be installed inside the track north of the new Evans Commons.

Canavan said most of the area's rugby action is on the Illinois side with about 200 registered players, but with women's rugby being added to the 2012 Olympics, he anticipates monumental interest in this exciting new program. "We are going to lead the way," Canavan said. "Our first season will surely be one to remember."

For more information on the Lindenwood women's rugby program, email Scrogum at [jscrogum@lindenwood.edu](mailto:jscrogum@lindenwood.edu) or call 816-377-4232.

**"Rugby opens people's eyes to the fact that we are not just dainty creatures."**

—Dominique Wilson

### My Take

## Lions football is off to promising start

After a long off-season, it's finally time for my favorite time of the year...football season. I know as a former sports editor I should try and be impartial to all the sports here at LU. Don't get me wrong; I am an avid all-around sports fan, but there is something about football that just gets me. I think it's that awesome fall atmosphere that draws me in, but whatever it is, it's back.

After a disappointing early first round exit in the playoffs last year, I'm sure the Lions are ready to get out there and establish themselves again as a powerhouse team. The only catch is this year they will be driven by pride as opposed to a championship.

Due to the bump to the NCAA Division II, the Lions will be playing as an independent team this year and will not be eligible to compete for a title in the NAIA or NCAA. As a result, their schedule will be a mix of both NCAA teams and NAIA teams.

Even still the Lions have much to prove as they make

the move to the NCAA, and they still have a very capable team. They will have many talents returning this year, including junior running-back, Denodus O'Bryant. In his first two years with LU, O'Bryant has really made a name for himself. He has

already accounted for 41 total touchdowns that include 23 rushing touchdowns. He has also rushed for a total of 1,664 yards and was one of the best kick/punt returners in



Alex Jahncke  
Managing Editor

the NAIA.

The Lions have also made a few new additions to the team this year, including junior quarterback John Uribe from Santa Barbara, CA. Uribe is coming to the Lions after two years at Santa Barbara Community College, where he was named Conference MVP during his sophomore year.

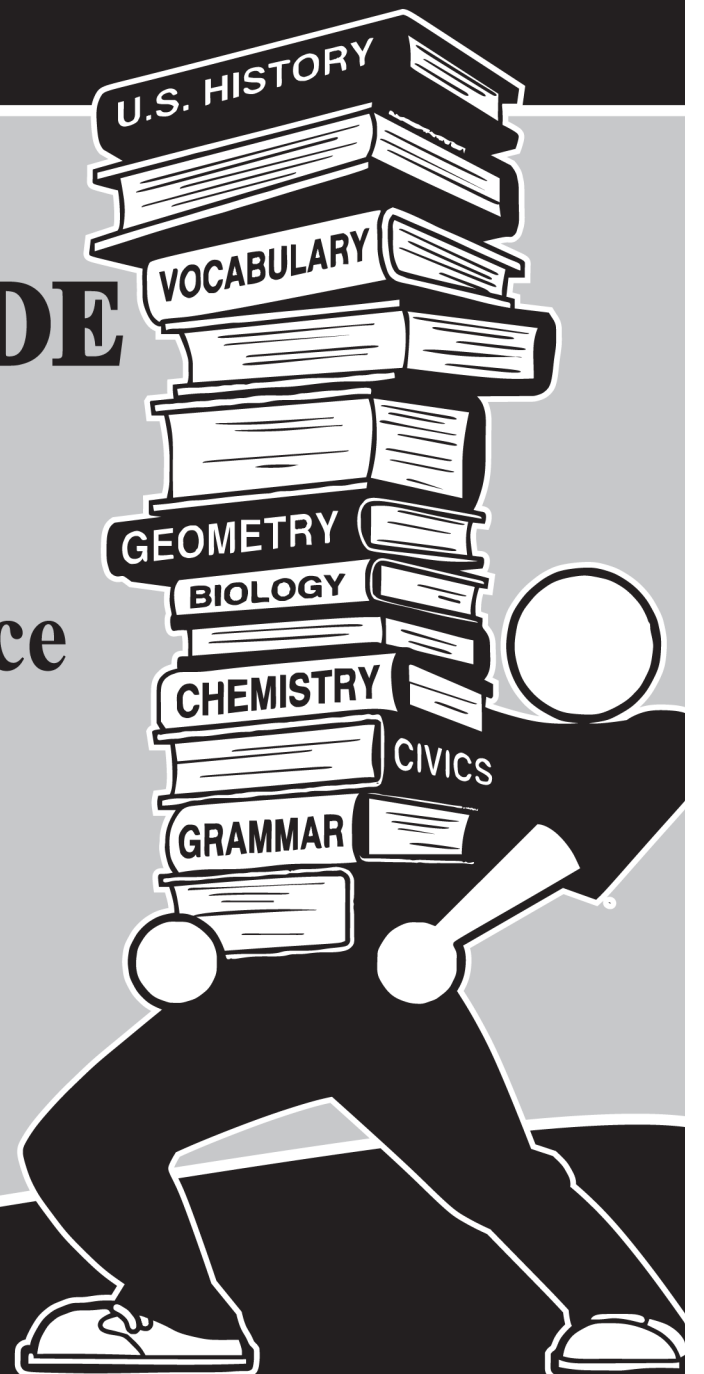
The Lions have a team, which in my mind will be ready for the full switch to the NCAA when it comes. There is no question that this year will be very crucial in laying the bricks and showing they will be a force to be reckoned with in the NCAA.

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LU Football



Legacy photo by Deborah Starr

Junior quarterback John Uribe launches a pass to an open receiver at Saturday's scrimmage. The Lions will open their season on the road on Sept. 3 against the University of Northern Colorado.

# LU adds women's gymnastics to long list of its NCAA sports

By Russ Hendricks  
Contributing Writer

With new sports being added to LU's line-up, there is a sport that has seemed to have fallen by the wayside: gymnastics.

This year, for the first time in the school's history, LU will host a women's gymnastics team led by Head Coach Gretchen Goerlitz.

The sport will be one of the selected few to compete in the NCAA spectrum. Although this will be Goerlitz's fifth year coaching at the NCAA level. She is very excited to be coaching the Lady Lions at such a high stage of competition.

Goerlitz has many goals for her team this year, but she expressed that her greatest goal is to "create a culture of excellence, family and close-

ness among the team, as well as get a buzz going about LU gymnastics."

The team, which will consist of eight women, will be practicing off campus at GymQuarters Gymnastics in O Fallon, and will compete in the Hyland Performance Arena during their home meets.

Although the team will practice year-round, they will only compete January through April. During the competition season, the team will compete in about 13 meets per season, four to six of those being at LU.

"Our biggest rival will be ourselves," Goerlitz said, talking about the upcom-

ing season. "Gymnastics is just as much of an individual sport as it is a team sport."

Unlike most sports, gymnastics is both a team and an individual competition. This means that while you are competing as a team for an overall team score, you are also individually competing against your teammates for the highest individual score.

Along with coaching the team, Goerlitz is in charge of recruiting women who she believes will be a strong addition to the team. While in the process of recruiting, she looks for women with "the whole package. Gymnasts

who have an attitude of eagerness, quality characteristics, involved within the community, skill level and potential."

Goerlitz is very excited to see what the inaugural season will bring, and how the people of LU will respond to the new sport.

"I'm super excited to be in the LU community, super excited for the competitions and filling up the stands, showcasing gymnastics," Goerlitz said.

The new addition of women's gymnastics to LU could draw a big crowd as the season begins in January. With the school's first ever women's gymnastics head coach, Gretchen Goerlitz, and her coaching experience in the NCAA realm, it looks like the Lady Lions will have what it takes for a promising first year.



Gretchen Goerlitz

# John Uribe ready to lead Lions offense

By Deborah Starr  
Sports Editor

With the Lions football team taking on entirely new competition this season, they are going to need all the help they can get to take their playing to the next level.

That is where new quarterback John Uribe comes into play. A junior from Santa Barbara, Calif., Uribe brings brand new talent to the team.

Uribe played his first two years at Santa Barbara City College. This is the

first season he will dress in a Lions uniform.

Excited to get the season under way, Uribe said, "Our main goal this season is just to win games. To win games, we have to become a family."

In order for a team to succeed, every player must do his part to help the team.

Uribe feels confident that his team-



John Uribe

mates all understand the responsibility that each one of them has.

He also understands what he has to do as a leader and takes his job very seriously.

"I come out and play my game and do what I have to do to help my team," Uribe said.

"I want to enjoy it and have fun because it will be a tough season, but I think we can play against our competition. I just want to go out there and win games."

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Rams



Legacy photos (top, bottom left, bottom middle, bottom right) by Christie Blecher, Natasha Sakovich, Alysha Miller, Natasha Sakovich  
 (Top) St. Louis Rams quarterback Sam Bradford hands the ball off to Cadillac Williams during the scrimmage that took place at LU Aug. 7. This was the third straight year that Lindenwood hosted the annual scrimmage. (Bottom left) Bradley Fletcher picks off a pass intended for wide receiver Joe West. (Bottom middle) Kicker Josh Brown lines up to kick a field goal during situation drills. (Below right) Bradford sets and tosses up a pass to his wide receiver.



Continued from Page 1

Therefore, this scrimmage was the first practice the players experienced a full scrimmage in full pads.

"This game-like situation was good," said wide receiver Danny Amendola. "We're learning."

Coming from a long break, the team faces many uphill battles to reach the top.

Some new players are working to find their spot on the team, including newly acquired Mike Simms-Walker.

"You try to help everyone," he said. "We're a family; we're a football team. When you enjoy what you're doing, everybody wants to be the best. We're just getting started."

While the team has their own objective, the players have their individual aspirations as well. Every player

is working to be the best at their position.

"That better be everybody's goal at the Wide Receiver position," Simms-Walker said. "Of course that's my goal."

Pushing to reach their goal, the Rams won their first pre-season game at home against the Indianapolis Colts on Saturday, Aug. 13 by the score of 33-10.

On Saturday, Aug. 20, the Rams won the second game of the pre-season against the Tennessee Titans. The Rams trailed behind the Titans throughout most of the game. However, in the end they were able to pull out a win with a final score of 17-16.

With two wins in the pre-season, hopefully the trend will continue on into the regular season starting on Sept. 11.



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## Commons

*Continued from Page 1*

The entrance to the new food court style cafeteria sits on the right, where students grab cutlery, napkins and a tray before entering the cafeteria.

Six different restaurant options just like in a mall food court offer students a variety of choices. Choices include two different Wild Thyme's wellness centers (salads and other health conscious options),

Paradise Burger Grill (burgers and hotdogs), Wai Chai (Asian stir fry), Pepita's Burritos (tacos, quesadillas), and di Pazzo Cusina (pastas, pizzas and subs).

A Lone Wolf Coffee shop also resides in the cafeteria.

When students exit the cafeteria, they enter a large open seating area featuring an enormous pull down movie screen. "The size of the screen is actually that which you find in movie theatres," said Kerry Cox, Student Activities Director.

Students can come and go in the seating area, as it is separate from the cafeteria.

Additional seating is available in balconies on the third



A front view of the Commons shows the area for outside dining on the second floor.

the two movie rooms is that they can be combined to form one big room or two separate rooms, depending on what they are needed for,"

said fellow Student Activities graduate assistant Charles Blaser.

Suites containing several offices and separate rooms

for the Lindenwood Student Government Association (LSGA) and the Campus Activity Board (CAB) also reside on the third floor.

A large multi-purpose conference room sits adjacent to these offices.

"Located in the LSGA main office are also three long rows of computers for student organizations to use, which they must sign up for in advance," Swisher said.

The suspended track, along with several work-out machines, is located on the

third floor overlooking the basketball courts.

"One of the best benefits of the Commons is that all of the work-out equipment, the track and the courts are for student-only use," Swisher said.

"No team practices will be held in the Commons, so it's strictly for student use anytime."

In addition to the LSGA and CAB offices, the Student Life Sports offices are also located on the third floor. This new branch of athletics at LU consists of all teams

that will not be transitioning to NCAA sports.

Along with the three basketball courts, the roller hockey rink and dance studio, the first floor also holds a large cardio and weight room featuring top of the line Nautilus equipment. "We even have these new machines called Woodway curve, which are like treadmills but instead are powered by your own movement and speed," Kox said. "In fact, they even have a chocolate smell that is emitted when the machine is

in use, which has been shown to increase endorphins."

The dance studio is also equipped with several stationary bikes used for "spinning" classes that can be removed for other uses.

Swisher said that students can also make use of the locker and shower facilities on the first floor, but they must bring their own lock.

However, before students use any equipment in the facility, they must check in at the front desk with their student ID card.

## Welcome

*Continued from Page 1*

If you've never picked up *The Legacy* before, are new to campus as a freshman or transfer student, or have been a dedicated reader for years, you've picked up this newspaper at just the right time. I am thrilled to serve for this school year as Editor-in-Chief of a great staff that is ready to work hard, bring our readers accurate and informative content, and put out a newspaper that students want to read.

If you'd like to send us story ideas, give us feedback on how we're doing, or contribute to *The Legacy*, email us at [journalism@lindenwood.edu](mailto:journallism@lindenwood.edu). I look forward to hearing from you!

## Meals

*Continued from Page 1*

Additional LIONS are purchased at a 10% reduction from the actual value. So \$10 worth of flex points only costs \$9.

Pfremmer mentioned that there are plans for various promotions and discounts to be offered throughout the year.

Points are loaded onto a student's ID which is scanned at the point of sale. Students are encouraged to keep track of their LIONS and know their balance.

A sale will be declined if there is an insufficient amount of credit.

Hours of operation for the new café are the same as Spellmann, except dinner hours are an hour longer every day. Once outside meal hours, students have to use flex points to purchase food. Open until 12 a.m. Monday through Friday, students will have an on-campus destination to satisfy that late-night craving.

Not all of the six food stations will remain open until midnight.

Stations will be gradually shut down one at a time based on sales volume until at the end

of the night, only a few will remain.

"There will always be something available and student life will drive a lot of that," Pfremmer said.

"It's great now having a place on campus to get food after hours," said junior Jarred Wagner. "I just hope things aren't ridiculously expensive."

Pfremmer, a former Food Services Director at Lindenwood, said students will also be able to purchase combo flex meals at the Lone Wolf Coffee shops in the Spellmann Center and the library in addition to the one just opened in Evans Commons.

In the works for three years, Pfremmer acknowledged that it will take some time to acquaint students to the flex point system.

He said they will be collecting feedback and refining it when and if a need becomes apparent.

"The meal plan really hasn't changed. We're just giving people options," Pfremmer said.

"Our objective is to provide value."

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