

The men's baseball team played three games Feb. 17-18 and won two of the three. These games were the first the team has played in the MIAA.

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The Nick of Time Players brought an afternoon of entertainment to LU students during their Sibley Day show.

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THE LEGACY



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Student Newspaper of LINDENWOOD UNIVERSITY

Feb. 27, 2013

Students share stories on Sibley Day

By Aerial Niccum

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For the past five years, Sibley Day has been a catalyst of opportunity for Lindenwood students to enrich their learning experience outside the classroom yet inside their interests.

Themed each year with topics of particular interest to students, this Sibley Day offered the theme "You Got Served, Now Go Serve Others" to students, faculty and staff with more than 35 activities to choose from. Among those 35 activities was Still Standing, a sexual violence survivor storyboard display.

Eight anonymous survivor boards, all by LU students, were displayed from 9:30 a.m. until 2 p.m. in the J. Scheidegger Center. Each made accessible to the public eye a personal story of sexual violence and the journey from trial, pain and suffering to hope, strength and courage that comes with transforming from a victim to a survivor.

The board display drew a large viewing crowd of students and faculty, as well as St. Charles community Sibley Day participants.

Junior Joshua Dunn shared his reaction. "It was definitely an emotional rollercoaster. It was heartbreaking to read the stories and see what the victims have gone through but it was also inspiring at the same time to see how far they've come and that they're being courageous enough to not stay hidden, as well as reaching out to help others."

The stories, each similar in context yet distinctively unique and powerful, brought tears to the eyes of several. One viewer said, "It's just amazing to think that these are all from here (Lindenwood). I could know one of them."

In all reality, each viewer could have known several of the



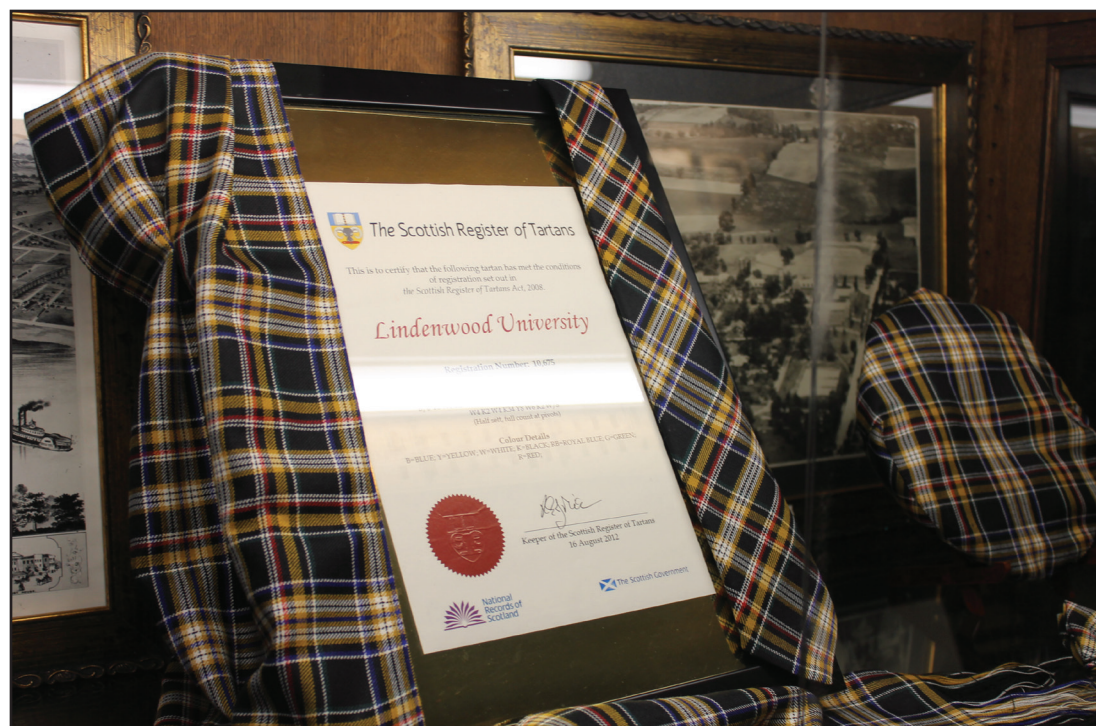
Lindenwood Students displayed their "Still standing" boards on Sibley Day, Wednesday, Feb. 20. Each student represented by a board were victims of sexual crime. These boards share their stories. Legacy photo by Annette Schaefer

participants. According to the statistics page provided at the display, 1 in 6 women and 1 in 33 men have experienced sexual violence.

The statistics were taken from the Rape Abuse Incest National Network (RAINN), an organization solely devoted to awareness concerning sexual violence and aiding those who are victims in the transformation to becoming a survivor.

Still Standing did not end with Sibley Day. LUTV News completed a news package on the display which aired during the 3:30 p.m. news and will also be available on LUTV's YouTube channel. The boards will be displayed for a time in the Memorial Arts Building and will be nominated for Lindenwood's Student Research Symposium and Exposition competition in March.

LU alumnus Marilyn Geery creates first tartan for school



The new Lindenwood tartan, created by alumnus Marilyn Geery, is propped up in a glass case outside the executive offices. Next to the tartan is a description of what it means to the school. Legacy photo by Deborah Starr

By Nicole Sanders

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Marilyn Geery, an alumnus from LU, had the honor of creating and presenting an LU tartan to President Evans two years ago. The tartan, a piece of fabric that details the unity of a group, displays the university's colors and the Sibley Crest, which contains red, green, blue and white.

"I had this idea that the university needed a tartan. Notre Dame University and Miz-zou [have tartans] that show school pride. I suggested the idea to President Evans and we had a meeting," Geery said when asked about her motive behind making the piece. "He suggested introducing the idea of the tartans as gifts for the faculty members. The men received ties while the females got scarves."

With help from Jerry Dyer, a friend and co-worker at Thistle and Clover, Geery sent the fabric to a Scottish manufacture, after perfecting the dimensions and hues. "The average tartan is between five and nine yards. The length depends on the size of the person,"

Dyer added. The cloth took approximately between three and four weeks to create.

The tartan is one of many unique gifts given to President Evans by alumni and students. "[I thought] it was a great idea. Here we are one of the pioneering universities in American history, with a storied heritage and we have not designed a tartan pattern to symbolize Lindenwood's history and heritage," Evans said.

Lindenwood holds a dramatic influence on Geery and her family. Geery, who grew up in St. Charles, has always wanted to attend LU. "This [college] is the greatest historical landmark in St. Charles. My sister and two of my nieces attend LU."

The specialized piece of fabric is in a glass display case near the Executive Offices in Roemer Hall. Tartans, inspired by the original, are available for sale at the Spirit Shoppe.

For more information about creating a tartan, visit Marilyn Geery at Thistle and Clover located on Main St. or email at marilyn.geery@sbcglobal.net.

New gender studies minor and club being offered to students

By Nicole Sanders

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Students at the Lindenwood St. Charles campus interested in a diverse class offering might find just what they are looking for in the newly formed Gender Studies minor.

In the fall of 2012, Heather Brown-Hudson, assistant professor of French, English and gender studies, inquired from her colleague Kris Smith that a gender studies program needed to be formed. Smith, a history professor, had been thinking about starting a program for a while and began trying to find support to help start the program.

A meeting was called for anyone who was interested.

"The result of that meeting is that Dr. James Hutson and I became co-chairs of the effort to create the minor. Along with ample faculty support, we pushed the proposal forth," said Brown-Hudson.

The proposal was quickly accepted and the first Gender

Studies class, Intro to Gender Studies: He, She, It, was offered over January Term 2013. Brown-Hudson taught the class and saw a very positive response from the students with four out of the ten students declaring a minor in Gender Studies.

The Gender Studies minor, which is 18 credit hours, has two required classes: Introduction to Gender Studies and Gender Theory. Students then have the opportunity to take the four remaining classes from various gender courses that were already offered in the Art, Criminal Justice, English, French, Spanish, History, Psychology and Sociology departments.

This variety of classes allows students to engage in an inter-disciplinary study that addresses the concerns of race, ethnicity, sexuality and class. This not only reflects the larger community that is served but also serves a great foundation for students who intend to pursue graduate level education upon gradu-

ating from Lindenwood.

Brown-Hudson's vision is for the school to eventually offer the Gender Studies program as a major. One of the goals of the newly formed Gender Studies Club is to make that vision a reality.

The Gender Studies Club became an official group on Feb. 13, 2013, and is already planning events. Student Nikki Videmschek helped form the Gender Studies Club and is excited for the group's ability to assist in the formation of the Gender Studies Program.

"I think we just want to enhance awareness about the Gender Studies programs and the classes you can take whether you are a minor or not. And we want to spread the word that we are trying to start a major," said Videmschek.

The Gender Studies minor is currently being offered to students, and it will be an official minor appearing in the 2013-2014 Student Handbook.

Learn more while studying less

By Seanell Chambers

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Harmon Hall hosted a popular event that could help students with their studying habits. "How to Learn More While Studying Less," a presentation by speaker Cynthia Fadler, informed students of the basic ways to grasp and retain knowledge prior to test day.

Fadler spoke to both instructors and students about the psychology of how to retain information before a big test day. Students learned the "tricks" behind the art of learning.

"Highlighting does not work. More highlighting doesn't mean you will retain more," Fadler said. "Elaboration, testing yourself, interleaving and spacing are the key factors

that work."

Fadler continues with saying, "Ease of retrieval or understanding leads to lazy learning. [A student] must study with the right amount of spacing between each session, gaining overall knowledge and better test scores."

Some students left the presentation with a positive feeling and their heads held high, all due to the fact they could not wait to try these tips out.

Junior Jamie Goodman said, "I liked her PowerPoint. Not only was she energetic and bubbly with her deliverance, the information she told us gave me a positive outlook on the way I will choose to study. As a matter of fact, I am going to try one of the techniques stated tonight for my Biology test this upcoming week."

LSGA elections coming up

Lindenwood Student Government Association General Elections will be held from

March 4-8 to determine the senate and executive board members for Fall Semes-

ter 2013. Students may vote anytime during voting week through the student portal.

Winter blizzard gives students a day off



Legacy photo by Annette Schaefer

On Thursday, Feb. 21, St. Charles saw more snow than it had in a long time. Covered in snow and ice, the campus became a winter wonderland. With at least six inches of snow and ice on the ground, Lindenwood was forced to cancel classes that morning. With Sibley day on Wednesday, the snow offered students two days off in a row.

Study Abroad program offers opportunities to travel

By Aerial Niccum
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Nearly every Lindenwood student can have the chance to study abroad. Unbeknownst to many students, LU offers such an opportunity through its Study Abroad program.

Students have the option to travel to at least one of eight different countries offered during both semesters' sessions, as well the J-term and summer sessions.

Countries like Spain, Italy, China, Costa Rica, France, Germany, England and Ireland are all available to stu-

dents, depending upon the session they choose to travel abroad for their studies.

Many of the long term or semester trips are offered for majors only but short term trips during the J-term or summer sessions are available for both majors and non-majors.

One such short term trip is Italian Cinema, a two week trip to Rimini and Rome in Italy with Professor Peter Carlos.

Students will, according to the flier, "travel to the seaside hometown of the famous film director Federico Fellini, in Rimini, Italy, and

visit the locations where he gained his inspiration for his first films, and then travel to Rome, 'The Eternal City,' and study the films of Italian masters, Rossellini, De Sica, Visconti and Pasolini."

Students will also "Take a tour of the Italian film studio, Cinecitta, where Fellini shot some of his most famous films and Martin Scorsese shot 'Gangs of New York'", also according to the flier.

Concerning the trip, Carlos said, "It is a great experience for students to learn new cultures, to walk where

"It is a great experience for students to learn new cultures."

-Peter Carlos
Professor

these great people have made movies and for students to see the difference in American and Italian movies."

Concerning the Study Abroad trip generally Carlos said, "It gives students a real global look and is something

students need to do."

Professor James Hutson, who is responsible for overseeing the short term trips, disclosed that he also thinks studying abroad is a must.

"It's almost necessary now," Hutson said.

"The job market is competitive. Studying abroad, especially for majors, means you are familiar with other cultures in your field and that gives you an edge."

Hutson also shared that President Evans is looking to expand offerings for summer long programs in lieu of the potential changes to J-term no longer carrying

three credit courses.

The proposal for more summer trip offerings includes a tuition cut by roughly half from the approximate \$1,200 to approximately \$550.

Scholarship proposals are also being considered but in the meantime, the Business Office is available to help students with finances.

Students interested in the Study Abroad program can find more information on the Lindenwood website under the Academics tab or follow the Study Abroad program on Facebook.

APCC gives a taste of Asia to students



Legacy photo by Annette Schaefer

A member of the Asian Pop Culture Club serves as a waiter for the Anime Cafe on Sibley Day, Wednesday, Feb. 20 in Butler Hall.

By Jared Wood
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The Asian Pop Culture Club gave students a taste of Asia for Sibley Day. On Wednesday, Feb. 20, the group served Asian drinks and pastries to students from 10:30 a.m. until 2 p.m. in the Butler Loft.

Upon entering the café, visitors were greeted by members of the club who were cosplaying. Cosplay is the act of dressing up as a character from an anime. Anime is an animated Japanese television show or movie. Ashley Watson, who is the president of the club, has been cosplaying for over eight years.

"I like giving life to people's favorite characters," Watson

said. "I love the look of excitement I get from younger and older people when they see their favorite character."

About 300-400 students stopped by to sample the food and drinks. Some went to support their friends. Student Alli Schepers visited for another reason.

"I happen to enjoy Japanese sweets, so I decided to stop by," Schepers said.

Some of the items served in the café were red bean buns, custard buns and domino cookies. They also served nestle milo, green tea and soy milk to drink.

The club was also accepting donations for the Japanese Relief Fund. They raised over \$145 by the end of the event.

Social media used to address students

By Leigh Borgers
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From the moment students enroll in classes at Lindenwood, faculty and staff stress the use of Lionmail as the chief communication channel. While Lionmail is the main communication outlet, there is one instance in which it falls behind as LU's most direct source for receiving information.

The Student Life and Leadership Office uses Lionmail to alert students of the activities coming up on the St. Charles campus. These emails reach all students, including students enrolled at the off-site locations. According to Associate Director of Student Life and Development Nikki Cornwell, students have been neglecting such emails.

Student Life and Leadership uses a program called MarketVolt, which keeps track of how many of the emails students

actually open. Director of Student Life and Leadership Angela Royal reveals that as many as 10,000 students receive this email, but only around five percent of them are opened. This number does not consider students who forward their Lionmail to alternate email accounts.

Despite this low number, Cornwell says there is still a high turnout rate for the majority of campus activities. It is assumed that students primarily gather information about what goes on around campus in other ways.

"I think students feel bombarded," Cornwell said. "They get so many emails throughout the day that they don't want to open the ones that aren't necessary."

Instead of sending out a large number of emails, Cornwell has considered only emailing students about larger events.

The Student Life and Leadership Office has shifted the primary focus to alternative means to spread the news. "These days, it's

all about social media and smart phones, so if that's how the students wish to get their information, we will make campus activities news more accessible to them," Cornwell said.

The Campus Activities Board (CAB) has introduced new means of communicating with the students, including a Lindenwood University Student Life & Leadership Facebook page and a Twitter account. "Liking the Facebook page, and following @LindenwoodUniversity on Twitter will help students know what's going on at their university," Cornwell said.

Evans Commons has also introduced the well-received Golden Roar radio station, where students can promote their individual clubs or events.

Campus-wide flyers on the walls and on the tables of both the Spellmann and Evans dining halls also provide students with access to news on student life.

Augmented Reality: technology's impact

By Lindsey Vaughn
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Augmented Reality debuted in October of 2012. The technology panel discussion was such a hit, presenter Andrew Smith hosted a second installment on Sibley Day at 1 p.m. in Young Hall Auditorium.

Professors Smith and Jill Falk hosted the first event of Augmented Reality. It took place in Young Hall Auditorium and it was attended primarily by mass communications and journalism students. It featured a panel of professors including Smith, Falk, Michael Carper and special guest Kim Gordon that discussed technology, how it is an extension of people and how technology is affecting everyday life. Members of the audience were allowed to ask questions and become involved in the discussion.

This edition of Augmented Reality was the concept of what happens when the physical world and the digital world start to merge. According to Smith, "Some of the concerns are that we are going to lose our humanity. We are going to become more like machines or at least have machines do more of our decision making."

When the professors were asked what they wanted the audience to take away from Augmented Reality, Falk said, "Awareness; to take a second and actually think about technology's impact." Smith said, "The awareness of how much we contribute to the noise and the mess of it all. I think that's something worth taking away."

The panel discussed new inventions that may affect the world in several months or years, such as Google glasses and chips that can be installed in people's heads for them to search the internet. They also took more questions and comments from the audience than at the first discussion, who were greater in number than the previous event.

The panel was picked purposely to have different opinions to represent all views on the subject. Gordon and Carper have opposite opinions on the topic; Gordon believes in the singularity theory, and Carper misses the days where little technology existed.

Smith and Falk plan on having a third Augmented Reality in the future but are exploring different subjects for the discussion. LUTV recorded the event and will be replayed at a later date. For more information on the subject, email Smith at asmith@lindenwood.edu.

Students experience China over J-Term

By Jennifer Bruhn
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Lindenwood University gave students the opportunity to study abroad over J-Term. Instead of sitting in a classroom on campus, a group of around 32 people flew to China from Dec. 17 to Jan. 7 and explored the country in person.

"I chose to go to China because it seemed very interesting and exciting," Magdalena Viktora, a junior enrolled in Chinese Studies and participant of the trip, said.

As an international student from Brazil, Luiz Gustavo Rodrigues knows what studying abroad feels like.

"To me, studying abroad is one of the best experiences I have ever had," he said. "I would definitely go to China. Even though I don't know much about their culture, I'd like to get in contact with it because it's kind of opposite to what I've been used to."

"I chose to go to China because it seemed very interesting and exciting."

*-Magdalena Viktora
Student*



Courtesy photo by Magdalena Viktora

Thirty-two students from Lindenwood visited China over the 2012 J-Term. The trip took place from Dec. 17-Jan. 7.

Maria Jose Rodriguez, a former Lindenwood student who finished her MBA by taking the J-Term class, said, "I always wanted to do a study abroad and never had the opportunity until then."

To experience the adventure, however, students had to pay around \$3,400. Graduate students had to pay an additional amount of money to get credit for the trip.

"I was very lucky that my parents gave me a partial amount of the money and I've saved the other half myself," Viktora said.

What students sometimes don't think about are additional fees. "You have to consider paying for visa, tipping and for some food while traveling," Viktora said.

Despite the big amount of money, some students decided to be part of the trip not only to gain three credits but also to learn in a different way and to make lifelong memories.

"It was a good opportunity to learn more about international cultures as well as businesses in China," Rodriguez said.

Trips included Beijing, Xi'an, Yangshuo, Shanghai,

the Forbidden City, the Great Wall, Terracotta Warriors and the World Financial Center.

"My best experience was probably walking on the Great Wall because the view was fascinating."

Rodriguez said that "learning all of their history and culture" was best about her visit. "It was great but challenging sometimes," she said.

The participants did most things in a group. "We usually

had the evenings off, but otherwise the program was pretty packed," Viktora said. "If I was alone, I would have faced a lot of difficulties because the country is so different."

The J-Term class was also very different from the courses which students on campus are used to.

"You see the culture firsthand and you learn way more than the book can teach you," Viktora said.

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The plight of our international students

By Reem Abdalazem
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For a foreign freshman who just enrolled at Lindenwood, taking a little trip to Walmart or a bigger one to St. Louis is nearly impossible.

International students make up about 35 percent of the school, making them a decent chunk of Lindenwood's student body. The majority of foreign students do not have cars to move around, so in order for them to drive here,

they have to go through the process of getting a license unless they have an international one that works. Most students do not go through this lengthy process in their short time here.

To help, Lindenwood has partnered with the Saint Charles Area Transit (SCAT) to bring public transportation to campus.

SCAT offers rides to many places from campus with a charge of only 50 cents for all students. However, few international students know about it.

Unfortunately, it is not a very accommodating service. The schedule starts roughly at 9 a.m. and goes until 3 p.m. — a perfect temptation for students to skip classes and go chase their only way out.

Moreover, it excuses students that are trapped on campus after 3 p.m. Enough said.

It would make a tremendous difference if the SCAT

schedule was expanded. This way students can actually catch rides when they need to go somewhere like Walmart to buy necessary toiletries.

And since there aren't really any sites students can visit later in St. Charles other than Main Street, downtown St. Louis is the closest getaway. And by closest I mean 24 miles away, taking about 30 minutes by car, and around \$63.66 to get there by taxi and only one way. I personally cannot afford that.

Some students could disagree with me, finding no need for leaving campus or St. Charles. I would understand where they're coming from, but maybe this example could make them relate better with me.

Caroline Heister is a freshman at Lindenwood originally from Slovakia and lives in Sibley Hall. She overslept, missing dinner time, and

woke up at 10 p.m. starving. She hadn't eaten anything since lunch. Heister thought of ways she could somehow get food, even if she had to walk. Looking online, on a Sunday night, there was nothing close enough to walk to since she was sick. She hated the feeling of being helpless stuck in her room starving.

"It was really frustrating not being able to go somewhere to get food while having literally nothing open on campus for me to eat," said Heister.

Since every dorm has an R.D., or a resident director, Lindenwood can have schedules for them to help students with rides to places they need to go.

Forget going out, visiting St. Louis, or even having a nice dinner somewhere off campus. In addition, some international students have to attend obligatory official visits.

For instance, at the be-

ginning of each semester, all Venezuelan students at Lindenwood have to make an appointment with the CADIVI commissioners in St. Louis, (Commission for the Administration for Currency Exchange), perhaps more than once, to legalize papers to pay for school. The CADIVI is the Venezuelan government body that administers legal currency exchanges in Venezuela. No students are able to exchange their currency or even pay for school until they get the papers and acceptance back from CADIVI. And that takes a few weeks, maybe months, to receive.

Now it is quite a struggle for many new, clueless, Spanish-speaking Venezuelan students to get to St. Louis, almost 45 minutes away, to the Venezuelan Embassy, when Lindenwood doesn't offer them

any means of transportation.

"I've been here for four semesters and every time I have to figure out a way to make it to St. Louis— either by spending a lot of money and taking a cab or squeezing between a group of friends. I just wish Lindenwood can arrange a way for us to go since we have to pay them," junior Carmen Salazar said.

So, Lindenwood should offer shuttle buses that could help these Venezuelan students, especially to go fill their CADIVI papers on time each semester. That won't take much money or effort, and it would be a great help to students.

Unless they pay \$70 every time they need to go, they have to somehow figure out another way to get there. I feel sympathy for these students.

The lack of transportation here at Lindenwood is a problem and a solution has to be taken into consideration.

Yoga helps in winter months It's time for new gun laws

By Killian Walsh
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One of the biggest difficulties for students in the winter months is the cold slump. A great way to fight your way through this slump is through yoga.

Yoga is a great form of exercise but it is also a great meditation technique. It instantly puts you in a better mood when you do it. Yoga is also great for your health: it increases your flexibility, relieves stress and gives you a boost of energy.

My morning routine consists of eight quick yoga moves right when I wake up. I found the moves on Pinterest because they're supposed to wake you up. Since I started doing morning yoga, my flexibility has increased,



I've had sustainable energy throughout the day, and I feel less stressed. The deep breaths that accompany yoga completely relax my mind and my muscles, allowing me to start fresh every day.

Yoga is usually thought of as kind of earthy, however, I envy people who are really good at it. Yoga is a pretty tough sport to do.

You have to have balance and strength and if

you don't, you will definitely be sore the next day. But, its benefits will be worth it in the end.

Yoga has been known in the past for its relaxation benefits and also overall body toning. You will become stronger and feel less stressed after just a few classes. It's good for your body and your soul.

If you're not into yoga, there are plenty of other ways to wake yourself up in the morning. The most important thing is that you do something that boosts your energy and puts you in a great mood to start the day.

It only takes about 10 minutes but it will improve your entire day and eventually give you a complete sense of well-being.

By Dale Hart
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Are guns a problem? Of course they are. They are built to kill things, it's what they're made for. Adam Lanza walked into Sandy Hook armed with a Bushmaster XM15-E2S rifle capable of delivering 45 rounds a minute. The same type of rifle used in the killings of 11 people by the infamous Beltway snipers around Washington, D.C. in 2002. It also is used in the New Zealand, Czech Republic and Polish militaries.

These weapons are made for the military. They are not accessories or toys to be bought at a shopping mall, they are designed to put a lot of lead across a battlefield quickly and efficiently. They are designed to kill.

Now, I'm not advocating a ban on all firearms— it is so deeply ingrained in American culture it would be like banning tea in England. It's not going to happen. But, surely if we are going to have them, shouldn't we at least tighten the regulations needed to obtain them?

The Sandy Hook shooting sparked a debate nationwide over the tightening of firearm regulations, and President Barack Obama urged Congress to ban both military-style assault weapons and high-capacity am-

munition magazines. This attempt to stop the shootings on America's streets is a step in the right direction, yet the facts point to more pressing areas of concern.



Of all recorded gun crimes in the U.S., less than 3.5 percent are committed with rifles, of which assault rifles (ARs) are a subset. It's not ARs that are killing the majority of Americans, it's all types of handguns. Stricter regulations need to be applied for all firearms, period.

According to the National Gun Victims Action Council, corrupt federally licensed dealers contribute to around 60 percent of all licensed firearms attributed to gun crimes. The sole government agency charged with enforcing federal gun laws is the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF).

The ATF runs without a permanent director and relies on approximately 2,400 special agents to police the 129,817 federally licensed

firearms dealers. Given these constraints, it would be almost impossible to monitor all dealers, and on top of this, Congress has limited them to one unofficially announced inspection per year.

In order to raise the money for a permanent director and more agents, why not levy a new tax on firearms? If people want to carry guns they should be held accountable for everyone's safety. Also, increase inspections to twice or even three times a year.

Another loophole that needs to be tightened is 'straw purchasing', or buying firearms on behalf of ex-convicts or buyers previously turned down for a license. They are often friends, relatives, or spouses of illegal buyers. The victims of Columbine High were shot by straw-purchased firearms.

There is also a loophole to buy firearms without a permit at gun shows. Federal law allows unlicensed or "private" sellers to lawfully sell or transfer guns without conducting a criminal background check on them.

This is an easy problem to solve. Expand background checks to gun shows and enforce it. Why should they be exempt just because they are at a show? It's illogical; weapons purchased at gun shows are just as deadly as those bought from a licensed dealer.

Cards are ready for 2013

By Chris Smith
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It's almost baseball time! The start of the 2013 season is only a little over a month away, beginning on March 31. And that means another good, long season of Red-

bird baseball.

Last season ended in disappointment after we lost to the San Francisco Giants and lost our shot at back-to-back World Series. But, I think the Cardinals will still be one of the elite teams in baseball. We've got play-

ers coming back like Matt Holliday, David Freese and Carlos Beltran that still provide power. And our pitching rotation, still led by Adam Wainwright, is still in tact after the loss of Carpenter. It's time to break out the red and white!

The Legacy

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Semester at Sea experience Daycare center needed

By Leigh Borgers

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These days, college students are always “shipping out.” We are always leaving one place to start new somewhere else, whether by shipping to school for another semester, shipping out to a nearby college to visit friends, or mentally shipping out in class.

This summer, I received the opportunity to experience what it was like to literally “ship out” as I participated in the Semester at Sea program. Sponsored by the University of Virginia, the second best public college in the nation, this academic program allows college students to take classes on board a floating university, the MV Explorer. Teachers aboard this fantastic ship come from all over the world, eager to expand students’ knowledge in their areas of expertise.

All majors are welcome. Course offerings range from business, communications, English, psychology, theatre arts and everything in between.

Studying abroad, in my opinion, is the greatest in-

vestment one can make during college and Semester at Sea is the best way to travel!

The program emphasizes the need for unity amongst all cultures, with its motto being “The World is our Campus.” Semester at Sea allows students to immerse themselves in up to 15 different countries during the



regular semester, and nine during the summer, all while being a full time student! Spring voyages typically circumnavigate the globe, while fall and summer voyages focus on one specific region.

In just nine short weeks, I traveled to the Bahamas, Spain, Italy, Croatia, Greece, Turkey, Morocco and Portugal. I shipped out of real life and stepped into a rockin’

(literally) world where dolphins played outside my bedroom window, lifeboat drills at the crack of dawn were completely normal and there were no visitation rules. We didn’t have snow days; we had wave days, where a large majority of people were too seasick to go to class. If I had a homework question, chances were I’d run into my professor at dinner. I sent three text messages the whole summer and I absolutely loved it.

My time on land became about seeing the world beyond America, as I learned what cultures vastly different from my own could teach me about myself. More importantly, I gained respect and admiration for the beliefs and practices I hadn’t thought twice about before this experience.

There is a whole world beyond America, and the older we get, the harder it becomes to stop everything and go see it. The Semester at Sea program has shown me that, despite differences, we are all in the same boat.

For more information, check out their website at www.semesteratsea.org.

By Mariah Stewart

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At Lindenwood there are many students who are parents, and they have the challenge of balancing studies and raising their children. They can see there have been many recent advancements to Lindenwood’s campus, one of those advancements being a multimillion dollar student athlete center. Perhaps another new addition can be a campus daycare, which would be beneficial to students without children as well.

A new childcare center would open up a grand opportunity for more work and learn hours. Education and public service majors could observe the children and work at the daycare to help build their resume with practical experience.

Director of Student Housing, Michelle Giessman, says having a daycare on campus would be beneficial to the campus, but it would be a matter of where to put it. Giessman always encourages students with children to go through the Division of Family Services in order to receive assistance with daycare costs.

The Missouri Department of Social Services website says that children of temporary assistant recipients and children of low income families who are working or who are enrolled in qualified education or job train-

ing programs are eligible to receive childcare assistance. However being eligible for the childcare does not mean candidates are guaranteed the daycare assistance.

Parents that attend Lindenwood University could be at ease and no longer have to take turns going to class. It would be a posi-



tive add-on to the campus. Considering Lindenwood once provided housing to married-students and still offers housing to single parents with kids, adding a campus daycare would be one more way Lindenwood University is showing students how much they matter.

A campus daycare would also benefit faculty and staff as well. After all, students aren’t the only ones with children. Everyone would be able to get involved with more campus activities if given an option of campus daycare, and have the opportunity to sign up for more courses. A daycare would help provide every student with the Lindenwood edge.

In the same way the new athletic center is designed to help bring in more athletes, a daycare would help bring in more students and more jobs to graduates. The daycare would also help recruit more students for night school, because of the convenience it would offer.

When I joined Lindenwood my daughter was a one-year-old. It was very difficult to feel connected to Lindenwood University, even as a full time student, because I had a little one to be with at home. A daycare on campus would’ve helped in providing me with the time to contribute to more activities related to classes.

As a student and a parent you definitely have to make sacrifices- you can either drag your time in school out by becoming a part-time student or you can try to carry a heavy load of courses to try to speed up the pace. Whichever the choice, a campus daycare would still help parents and their situation.

Florissant Valley Community College, St. Charles Community College, and UMSL are colleges that are 20 minutes away from Lindenwood and they all cater to their students’ needs by providing daycares on their campus. If community colleges can provide its students with a campus childcare center why can’t Lindenwood as well?

Comments? Send ‘em our way

By Cole Figus

lulegacyopinions@gmail.com

Have any comments, questions or concerns about any of the editorials written on the Legacy Opinions pages?

Write to us at our Gmail Internet address listed below every writer’s name: lulegacyopinions@gmail.com.

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HE SAID / SHE SAID

Reading: Good or Bad



By Branden Swyers
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I am not much of an avid reader and because of that I do not read most times unless I absolutely have to. The problem with reading is the fact that it has been overshadowed by video and radio. Call me lazy but the sheer convenience of radio and video is just much more appealing than pasting my eyes to a book that has no action.

I am not going to lie and say that I have never read a book that I like, because I have. Reading books, to me, is not for entertainment, though. I am a firm believer that books are meant to acquire knowledge, not to entertain.

I have read books in the past that teach me something about someone's life or history, for example, and those books are enjoyable. They are not enjoyable because I enjoy reading in general, but because I feel smarter when I am done with the book. If I can learn something that will genuinely increase my knowledge, then that book is worth reading. If I am reading a book for pure entertainment, then it is a waste of time.

People that do not like to read do not like it because they would rather watch T.V. or listen to the radio. T.V. enables people to listen and watch, a feature of which reading does not have. Radio allows people to listen to content, another feature that reading does not offer.

It is just human nature to like something more that has better features than something else. Even for those readers out there, I would venture to say that you are listening to music or the T.V. when reading. When things that are better come up on the horizon, human nature is to act on them. Why is it that people are always upgrading to better phones and computers? Did I say more features?

Now I know what you are thinking. Why would I be writing an opinion piece about not liking reading if my target audience has to read this for me to get my point across? The answer is simple. As I have said earlier in my piece people read things that provide them with a valid learning point. So for all you readers out there, watch some T.V. or listen to the radio; you might just like it.

By Kilian Walsh
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One of my favorite things to do is read. I could literally sit for hours if I am lost in a good book. What is really interesting is that I used to absolutely despise reading until about two years ago. Then, I started reading all the time.

It makes me sad that there are so many people who do not even consider picking up a book. It drives me crazy when people say they hate reading, when they will not even give it a chance. Reading is not easy at first, just like pretty much everything else in the world. However, if you persist, you will grow to like it. There is no way that you cannot; that is like saying you do not like puppies or cake.

Reading is awesome because it transports you into another world completely. It lets you escape from whatever may be going on in your personal life and lets you take on a new perspective. If you are having a bad day, you can just grab a book and instantly be transported to a different setting, allowing you to forget about your own life for a little while.

There are so many different

types of books that it is impossible to not find something you like. You can find a book on any subject and the good thing is, if you start it and decide you do not like it, you can always move on to a different book. I am currently reading the Mortal Instruments series, which is amazing. It is six books about a mysterious world unknown to humans. I also just finished The Perks of Being a Wallflower, which is a completely different style of book.

Reading is also very versatile. You do not need Wi-Fi to read a book, even if you have it on your Kindle. I read in class, when I am riding—not driving—in a car, and even when I am on the elliptical machine at the gym. Sometimes I am so wrapped up in a book that when people ask me what I am reading, I just hold up the book and show them the cover so I do not have to take my eyes away.

I am not saying reading trumps all else; I am a T.V. addict and movies rock. I will say that reading is a different kind of medium that lets you use your imagination to create worlds that are briefly described to you. It is completely different and is a great form of media, giving you escape and imagination that cannot be given through other media.

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No Fear FASHION!

1940's Fashion Part 1: Men's Fashion

By Bailey Compton
luentertainment@gmail.com

Simple, classic, relaxed, yet refined, but now largely irrelevant. Why is No Fear Fashion tackling the fashions of the 1940s? An upcoming event, Sigma Sigma Sigma's USO Dance-A-Thon, brings them to light once more. Awards for best-dressed couple and individual turn the Dance-A-Thon into a costume contest as well. In this article, No Fear Fashion will help the guys look shipshape for the event!

Fashion of the 1940s can loosely be broken in half, wartime and post-war. Wartime rationing meant a simplification of design and materials and a focus on practicality. Post-war men could dress flashier. However, the general feel of 1940s

menswear can be captured without having to go back in time or even shop at vintage stores:

Accessorize! Don't feel like you need to buy a whole new suit. If you have a basic pair of trousers and a solid button-up shirt, try adding suspenders (popular when rationing used the leather that would have made belts), a cool patterned tie (some even depicted pin-up girls!), cufflinks and some two-tone wingtip spectator shoes.

If you do want to try a new suit, go for a loose fit. Long single or double-breasted jackets work (simpler jackets echo wartime rationing) and wide-leg trousers. Solid white shirts were most popular with suits.

Top it off! Wide-brim fedoras were a very popular hat



Photo courtesy of bing.com
Humphrey Bogart in a classic fedora.

style in the 1940s. Luckily, fedoras have seen a recent popularity growth, making them relatively easy to find in many stores.

Experiment! Experimentation with fashion exemplifies the true spirit of post-war men. Hawaiian shirts grew in popularity, as did flashy and colorful silk ties.

So guys (or ladies who wish to dress their guys), these tips don't seem too out-there, especially for a Dance-A-Thon costume, right? Thrift



Photo courtesy of bing.com
Men's wingtip dress shoes.

shops (Goodwill!) would be great places to look for shoes, loose suits and even flashy ties. Suspenders and button-up shirts can be found at many stores like Walmart, Target and JC Penney. And of course, vintage stores are wonderful if you are looking to go all-out (the Delmar Loop has excellent options).

So, get ready to grab your little lady for a night of swingin'! And don't worry, ladies, No Fear Fashion will cover 1940s women's fashion next!

Tegan and Sara ready to make your 'Heartthrob'



Photo Courtesy of teganandsara.com
Cover art for Tegan and Sara's latest album released on Jan. 29. Tegan and Sara will be performing at the Pageant on March 10.

By Annette Schaefer
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Tegan and Sara's latest album, "Heartthrob," brings a new sound. After 13 years of creating indie and pop inspired music, the sisters have released an album that emphasizes the catchy part of their sound.

"Heartthrob" features a lot of synthesized instrumentation along with the more traditional guitars and drums. The songs on this album are a mix of infectious pop and indie/alternative tunes. They feel like songs that can be on the hit radio or alternative rock station. While at times the album can sound like the indie/pop music that is currently taking over the charts, it still manages to grab you with its fun and light vibe.

The album opens with the single "Closer," one of the more dance pop tracks. The song speaks to the human desire to connect with people on both a physical and emotional level and shows the beauty in feeling vulnerable and exposed. "Love They Say" is a lighter track that expresses the worry-free

feelings that go along with falling in love. This love song is complemented by bright strumming guitars and harmonized vocals. The final track "Shock To Your System" seems to be one of the darker songs on the record, with string accompaniment throughout and heavy pulsing beats.

Overall, this album features a variety of sounds and messages. It has the right amount of catchy and edgy sounds, giving it the ability to reach a wide audience. The album seems to even have a bit of a retro vibe, often reminiscing pop music of the 80s and 90s.

Heartthrob was released on Jan. 29, 2013 and is now available in stores and for download. Tegan and Sara will also be performing in St. Louis at the Pageant on Mar. 10. Tickets are available through the Pageant's website and through Ticketmaster.

For more information on Tegan and Sara, their tour and their new album, visit their website at <http://www.teganandsara.com>.

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'Warm Bodies' will warm your heart

By Kaitlyn Dailey
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Looking for a good date-night movie that both will enjoy? Then "Warm Bodies," based on the novel by Isaac Marion, is the perfect pick. "Warm Bodies" is based in a future world where most are undead like 'R,' who is a young, oddly curious zombie who dreams about what life was like before, and what it could be. On one of his feeding encounters, R meets a girl named Julie who will forever change his life. They both learn about each other and find out their love is healing the other zombies as well. Julie and R must find a way to bring both humans and zombies together to make the world 'one' again. A world everyone thought was gone.

It does have some comedic moments, but I do have to warn you if you are not a big fan of blood and guts, then the beginning will be a bit of



Photo Courtesy of filmofilia.com
Poster for the film "Warm Bodies" which opened on Feb. 2 and is based on the novel by Isaac Marion.

a struggle because there are some nasty moments. Once you get past the gore, that's when the storyline picks up.

You will be on the edge of your seat rooting for Julie and R to make their love work and hoping he will become human again.

It is an all-around good film about love, and how love can come in many different forms.

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Just in the 'Nick of Time' 'Central Tendency' performance shows professors can rock



Legacy Photo by Annette Schaefer

The Nick of Time Players performing in their Sibley Day improv show at the Scheidegger Center.

By Gabriela Pires
luentertainment@gmail.com

Sibley Day had so many different activities programmed for this semester, but the Nick of Time Players Improv Show brought much laughter to the audience.

The show took place at the Emerson Black Box Theater in the J. Scheidegger Center for the Arts at 3 p.m. Nick of Time Players consists of about 14 Lindenwood students.

Usually, the Black Box Theater can provide space for at least 200 people, but the crowd was too large and security had to limit the amount of spectators for safety reasons. Because of the lack of space, a considerable amount of people did not have the opportunity to watch the show.

An improvisation show is

where the audience gets to choose what the actors will do on stage with limited or no props. The troupe entertained the audience very well, with a variety of games that included the audience's help to choose what kind of characters the actors would portray and what situations they would be in.

Senior Lindsey Vaughn said, "It was hilarious. It exceeded my expectations, and it is cool that even if some of them are strangers, they are still able to perform great together on stage."

Most of the participants of the troupe are not drama majors but still do it for the sake of having fun.

English major Marissa Bioni has done the improv shows for a year. She said this performance went great and a lot

of energy and response came from the audience.

Vincent Napoli has been doing the shows for two years. Napoli is a graphic design major, and he does the show for the fun and relaxation to get rid of stress. Milly Naeger said that actors are able to adapt to new characters through the improv show. She is a digital cinema arts major, and has been doing the show for one and a half years. She said, "Everyone is so supportive. You can be anything in the show, even a hot dog."

The Nick of Time Players has a show once a month, at the Scheidegger Center. There are two co-captains, Chad Snider who has been a part of the troupe for four years, and Cole Figus, who recently stepped up to lead the group.

By Emily Adair
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Central Tendency, a band composed of professors Alexander Balogh, Heather Brown-Hudson, Stephen Sherblom, Michael Stein and Robert Talbott, performed in Sibley Chapel for the fifth annual Sibley Day celebration. The set list included eight songs from a variety of genres and decades.

Central Tendency formed when Talbott first came to LU. Stein noted that Talbott played guitar and suggested they get together sometime to play.

"He was a real musician and I was just plucking around on my guitar," Stein said. "That was about seven years ago when he started here, and we have been recruiting ever since."

The group made a Sibley Day appearance two years ago, after which Balogh joined as bass player. At the time, Rachel Douchant provided vocals, but she eventually left the group. The current band members are Balogh on bass, Brown-Hudson with vocals, Sherblom on percussion and vocals, Stein on guitar and Talbott with lead guitar.

The band tries to meet once a week to practice for an hour to an hour and a half. According to Stein, this is the first year that all the members are able to meet consistently. The group usually practices in



Legacy Photo by Annette Schaefer

Central Tendency, a band made up of Lindenwood professors, performs a variety of songs at Sibley Day 2013 in the Sibley Chapel.

Sibley Chapel, and they often choose to perform in the same location.

Central Tendency kicked off the show with "Angel from Montgomery" by country singer John Prine. They covered Patsy Cline's "Walkin' After Midnight," Kimmie Rhodes' "Love Me Like a Song" and Johnny Cash's "I Still Miss Someone." The band also performed "Michelle" and "Nowhere Man" by the Beatles, as well as Green Day's "Wake Me Up When September Ends." They closed the show with "Wagon Wheel" by Bob Dylan.

The concert was one of over 35 activities and presentations scheduled for Sibley Day. Brown-Hudson said this year's turnout was double the 2011 attendance.

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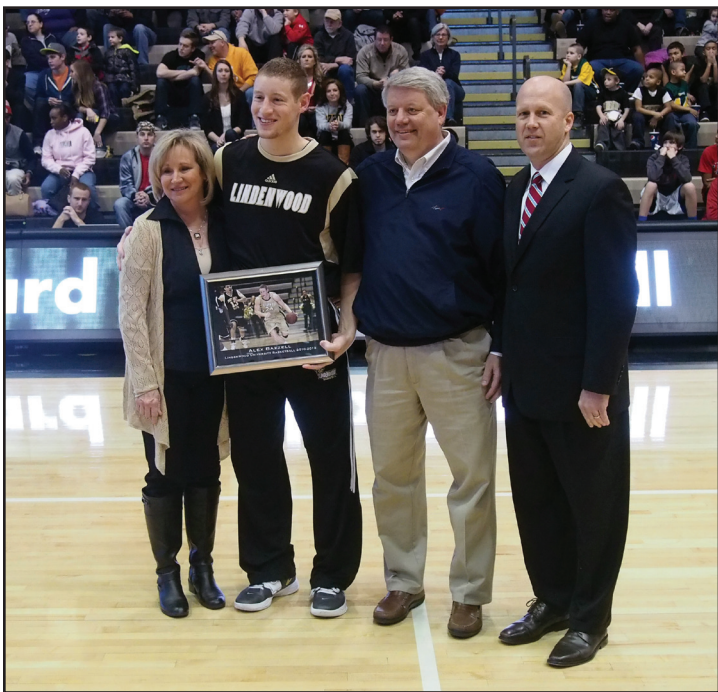
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Seniors leave Hyland with win one last time



The six seniors in the men's basketball program each pose with their respective families. From Left to Right: Alex Bazzell, Efan Eren, Tyler Harris, Cody Sorenson, Brett Thompson and Richie Thompson.

Legacy photos by Romaine Polge

By David Schlager

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All good things must come to an end. While most clichés are overused, last week a great run indeed came to an end. The Lindenwood Lions men's basketball team hosted the Southwest Baptist University Bearcats for a much anticipated senior day.

"At the beginning of the season, you look at the schedule and think that senior day is a long time away," senior Richie Thompson, Jr., said. "Then when you wake up it hits you that this is the

last time we play at Hyland Arena. It was a weird feeling."

The senior class accounted for 68 points in the 87-76 victory that improved the Lions record to 50-8 over the last four years in Hyland Arena.

Sometimes senior day can be too much celebration and result in an unfocused let-down. "We were getting messages from everybody it seems like," Alex Bazzell, senior, said. "It was fun to celebrate, but regardless of which game it is we still have a game to play."

Focus was not a non-issue and the Lions consistently handled the Bearcats throughout the game. Just minutes in, the Lions had a 10-point lead and extended the largest lead of the game to 17 points.

The team is a fine representation of the current trend in college hoops. All but one senior transferred from an outside program to come together at Lindenwood.

"Once everybody started rolling in from different schools, everybody brought different experiences to the

team," Thompson Jr. said. "I think that helped out the whole team."

These transfer seniors came from Division I programs, community colleges and overseas. Center Brett Thompson led the team with 18 points, in a game where the Lions had a significant size advantage. Big men Brett Thompson, Cody Sorenson and Efan Eren efficiently scored double-digit points.

The maturity of the club showed near the end.

Early in the season, the Li-

ons often came up short at the free throw line. The Lions closed out last Saturday's matchup nailing 10 straight free throws, finishing with an 87% clip from the line.

The team also played well defensively, especially in the second half, forcing SBU to a miserable 38% from the field. They exploited SBU's weaknesses and forced the Bearcats to attack from the outside jacking up 28 shots beyond the arc.

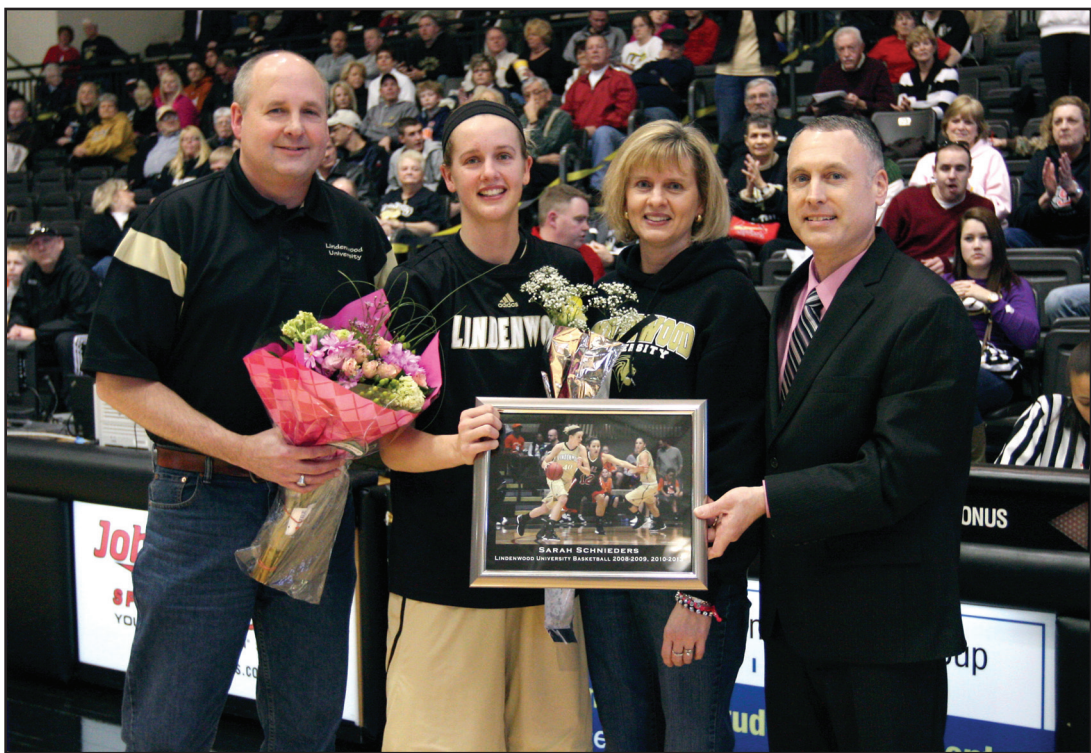
Despite being near the top of the conference with a 17-7 overall record (10-6 in the

MIAA), the Lions are ineligible for postseason play due to the transition of Lindenwood athletics to Division II.

"[Before transferring], Coach Soderberg told us that the rules are how they are, but regardless we are gonna win some games and have fun," Cody Sorenson, senior, said.

This edition of Lindenwood basketball finished 10-3 at home. The Lions will wrap up the 2013 season on the road against Lincoln University on Feb. 27, and the University of Nebraska Kearney on March 1.

Lady Lions fall to SBU by six on Senior Day



The two members of the Lady Lions basketball program pose with their flowers and photos. Sarah Schnieders (left) poses with her parents and head coach Tony Francis. Sonya Milford (right), whose parents were unable to make the trip to LU from New Zealand, poses with head coach Tony Francis and assistant coach Jeremy Leake. The ladies lost a close contest by the score of 62-68.

Courtesy photos by Don Adams Jr.

By Chase Stewart

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The Lindenwood Lions women's basketball team suffered a heartbreaking loss to the Lady Bearcats of Southwest Baptist University on Senior Day, Feb. 16 by a score of 68-62.

The Lady Lions came out firing on all cylinders in the first half, making four of their first five shots of the afternoon. The two teams exchanged leads 12 times in the first half, as neither team was able to surmount a lead

larger than three points.

The intensity of the first half of play translated into the second half initially for the Lady Lions. They pushed their lead to four after free throws by Sarah Schnieders and a lay-up by Jenny Rocha. SBU answered the Lady Lions' surge when Brook Duncan connected on back-to-back three-pointers with 7:11 remaining in the contest. The Lady Bearcats took the lead and never looked back.

The Lady Lions were able to cut the lead to two points with 2:36 remaining, but

SBU would not let them cut the lead any further.

Despite outshooting the Lady Bearcats from the field, 50 percent to just over 46 percent, the Lady Lions were unable to come up with a win. The difference may have been in the rebounding department, as the Lady Lions were outrebounded 32-22.

In her final game at Hyland Arena, senior forward Sarah Schnieders led the way in scoring for the Lady Lions with 15 points while junior guard Marissa Lehnig added

14 of her own points. Fellow senior forward Sonya Milford added four points and led the team in rebounds with five.

Schnieders and Milford are the only two members of the Lady Lions' team that will not be returning following this season. Schnieders is near the top of every one of the team's statistical categories.

"Sarah has done some great things for this program both on and off the court. The growth that I've seen from Sarah over the past few

years is incredible, and our basketball team is going to miss her leadership deeply," Tony Francis, head coach, said.

Schnieders has been a key piece of the Lady Lions' team for the past 3 seasons, being near the top of every statistical category every single season and averaging double-digit point totals every season as well.

Schnieders came to LU straight out of high school, while Milford, from Wellington, New Zealand, joined the Lady Lions' program in

2011-2012 after spending two seasons at Mineral Area College.

Milford has been a steady contributor for the Lady Lions over the past two seasons in both the points and rebounding categories.

The Lady Lions will wrap up their 2012-2013 season with two games on the road.

The team will take on Lincoln University on Feb. 27, and conclude the season against the University of Nebraska at Kearney on March 1.

Baseball gets two wins in home opener

By Michael Sprague
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While Major League players have begun Spring Training in Florida and Arizona, the LU baseball season is underway in the Midwest. Following four straight non-conference losses to start the season, The Lions returned home to host their first series of the season against Missouri Southern.

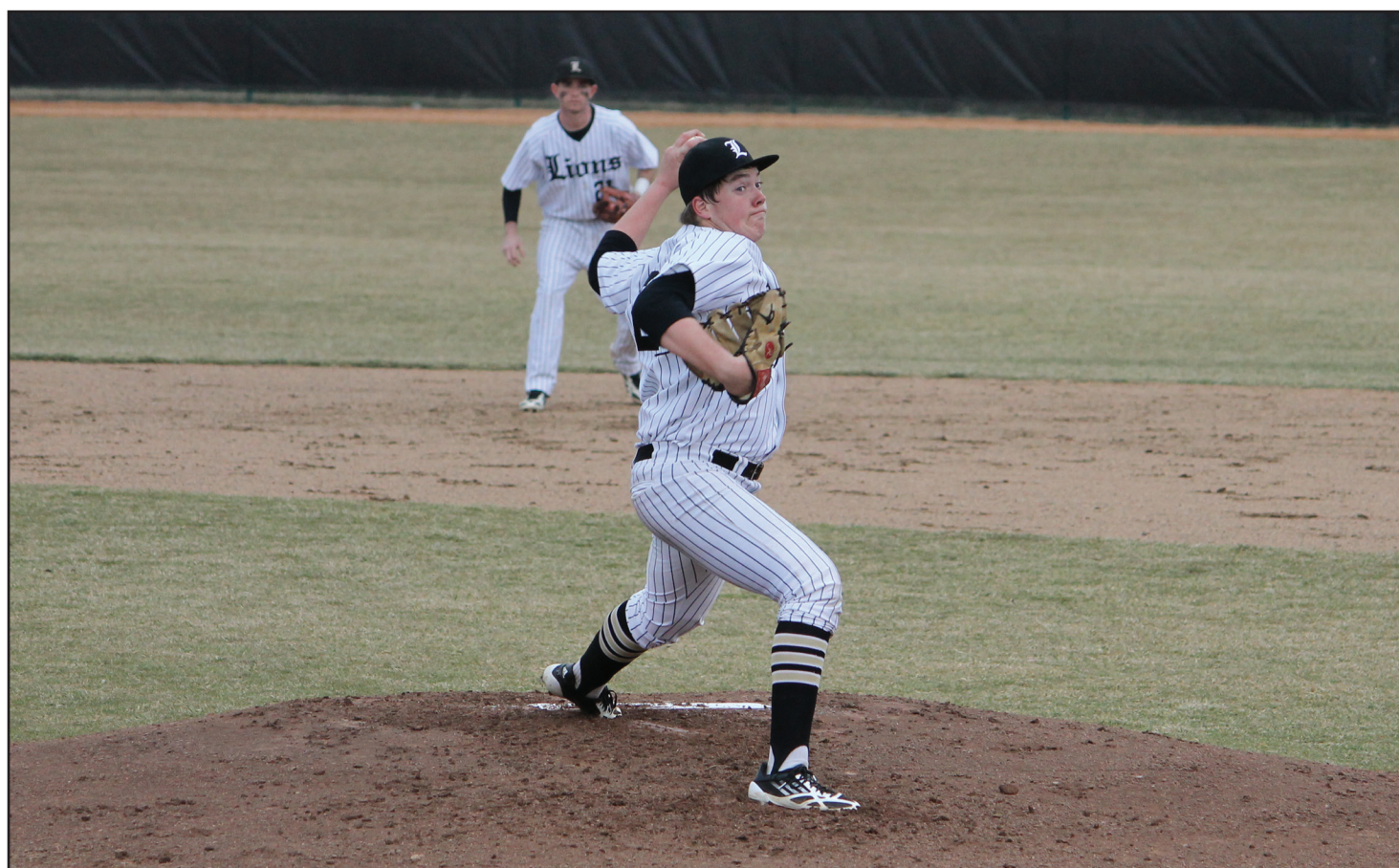
LU took two of three games in the Feb. 17 and 18 series verse the Missouri Southern Lions. These were their first victories of the season in their first conference series.

Coach Doug Bletcher said getting a couple wins should really help the team moving forward.

"When you start out with a string of losses, it's good to get that shot of confidence with some good conference wins," Bletcher said. "We have to be careful though not to get too excited."

The Lions won the opening game of Sunday's doubleheader 7-0. Sophomore Dylan Terrell stole the show for the Lions, throwing a four-hit, seven-inning shut-out.

Sophomores Mike Wilson and Ben Coudret and juniors Nick Kolley and Mike Failoni led the Lions' offensive charge. Each of the four had



Freshman left handed pitcher Dalton Woodard delivers to a Missouri Southern hitter during a game on Monday, Feb. 18, at the Lou Brock Sports Complex. The Lion's lost the game 7-8 but won the first two games played on Sunday to take the series.

Legacy photo by Romaine Polge

two hits and combined for five of the seven runs scored.

The Lions didn't have the same sort of offensive success in the second game, which was scheduled for nine innings. After taking a one-run lead in the bottom of the second, junior starting pitcher Zac Pearman allowed two runs in the top half of the third. This proved to be his only real trouble in five innings of work.

Freshman shortstop Nathan Prindle pulled the Lions even at two in the fifth, scoring Kolley on an RBI single. Sophomores Brian Hrubby and Austin Klein each threw three scoreless innings to push the game to the eleventh.

A Mike Wilson walk followed by two quick pop outs had Missouri Southern ready for twelve. Fortunately for LU, junior Eddie Sutton sin-

gled to keep the game alive. Successive walks by sophomore Wade Rothermich and Prindle pushed Wilson across the plate for LU's second victory in as many MIAA games.

Monday's series finale saw three lead changes in the first two innings. LU took the lead in the bottom of the first when an error by Missouri Southern allowed Rothermich to score. MSSU struck

back in the top of the second, plating two.

Rothermich made MSSU pay again in the bottom of the second, belting a two-run triple to left-center field. After a quiet third, MSSU erupted for five runs. LU clawed its way back, scoring runs in the sixth, seventh and eighth to tie the game at seven. However, The Lions were unable to hold MSSU in the top of the ninth and lost

8-7.

Despite the loss, first baseman Mike Failoni says the team never quit. "As a young team I thought we really battled," Failoni said. "We really didn't know what we had in us, but coming back from a 7-3 deficit showed us a lot."

Wilson thinks the team can also take away a lot of game experience from the series. "They are a good team, so it was good to play them tough and get two wins, Wilson said. "They were big conference wins too, plus the younger guys took away experiences from a lot of different game situations."

The team was scheduled to play a double header at the University of Central Missouri on Wednesday, Feb. 20, but snow storms prevented that. Wilson said the team made the trip to Warrensburg Tuesday night before heading back home Wednesday morning.

The Lions 11-5 victory over Northwest Missouri State on Sunday, Feb. 24 began a string of five games in three days. The remaining four games were scheduled for Monday, Feb. 25-26.

The Lions travel to Emporia State University on March 2-3 before returning home the following weekend to host the University of Central Oklahoma.

Men's lacrosse wins two out of three in Florida

By Chris Smith and
Clare Behrmann
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Like most sports at Lindenwood, the men's lacrosse team is undergoing some changes. After going 8-7 last year and 4-4 in the Western Intercollegiate Lacrosse Association, the team is in a new conference, the Eastern Collegiate Athletic Conference (ECAC), and hopes to finish above .500 in conference play.

Greg Cameron, a Lindenwood senior, led the team in scoring last season. He says it's a different team this year.

"I would say we all have another year of experience. We got some talented players that have come in from transfers and freshman who have come in and will be huge contributors for us," Cameron said. "We have all been working hard to get better on and off the field and it has showed in practice and our scrimmages in the fall."

In a season that features 13 games, seven of them will be played against ECAC opponents. Some games will be against old faces, such as Colorado Mesa University, as well as new opponents like Fontbonne University.

To begin the season, the Lions went down to Florida and went 2-1 in three games. The loss came to Florida Southern by the score of 14-12. The Lions held the lead in the fourth quarter, but an eight goal run in the final 10 minutes pushed Florida Southern to the victory. The Lions went on to win their next two games, the first against Florida Institute of Technology, 15-8.

The third and final match proved to be the most exciting. Lindenwood and Rollins College went into a second overtime tied at 15. Senior John Pettis buried a shot just 12 seconds into the overtime period to win it for the Lions.

Hopes are high for Lindenwood as they dig into the rest of their schedule.

"I think we have a really strong team, probably the best team I have been a part of in my 5 years at LU. We have a lot of talent and should surprise a ton of teams with a strong showing from start to finish this year," Cameron said.

The Lions' next game of the season is March 9th, at 7 p.m., against Shorter College here at Lindenwood.

Volleyball back on the winning track with nonconference wins

By John Tessmer
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After having only one win in the Midwestern Intercollegiate Volleyball Association, which came against Indiana University—Purdue University at Fort Wayne (IPFW), the Lions gained another against Quincy University on Feb. 13, winning 3-1 (25-11, 25-20, 20-25, 25-11) against the Hawks.

Head coach Ron Young was very pleased with the win over Quincy. "The win was really important because due to some discipline going on with the team, we only had two starters in the match, with basically our bench playing," Young said. "The men came out and played with a little enthusiasm and played one of the best matches our team has played all year."

The Lions didn't stop there. They continued the winning

streak during their trip to Wisconsin. In the first game of the trip, the Lions downed the Milwaukee School of Engineering in three straight sets (25-22, 25-21, 26-24). Michael Adams led the way with 16 kills.

The Lions then took on the Saint Xavier University Cougars, again gaining a three set sweep (25-16, 25-21, 25-21). Tim Huizinga led the Lions with 10 kills and 5 aces.

To end the trip to Wisconsin, the Lions faced off with Carthage College in a match of five sets. Both teams exchanged set victories through the first four games, while Lindenwood took the final set, which was to 15 points. Three Lions had double-digit kills, with defensive specialist David Poole recording 18 digs.

It took a while for the Lions to get started, but once they got going, they never looked back. Prior to the road trip

to Wisconsin, "it seems like we were about 30% efficient on our hitting, and the other 70% we weren't so efficient," Young said. "Once we got up there it seems like we were 70% efficient and not so efficient only 30% of the time," Young said.

After taking a few days off after the trip to Wisconsin, the Lions left for the Carolinas.

The first game of the trip, the Lions faced first year program, Belmont Abbey and easily won in three sets (25-19, 25-22, 25-17). Again, Adams led the way with a .300 hitting percentage. As a team the Lions team hit .232 while they held the Crusaders to a .086 hitting percentage.

In the next game, Lindenwood took on Mineral College, and easily won in three straight sets, (25-20, 25-16, and 25-20) extending the match winning streak to 6 games.

Despite all of the starters

being back prior to the Mineral College game, "our guys who were being disciplined didn't all start because the guys who filled in kind of stepped up and earned spots," Young said.

In the final game of non-conference road trip, the Lions downed the Pfeiffer University Falcons in three games thanks in large part to 13 blocks and 31 digs by the Lindenwood defense. (25-21, 25-21, 26-24)

After such great trips to Wisconsin and the Carolinas, the Lions look forward to a better second half in conference play. "We've figured out some things about ourselves that hopefully will give us a different look when we play the second half of our conference schedule," Young said.

Don't miss the team in action next at the Lindenwood Classic on March 1-2 in the Hyland Arena.

Softball team heads north for a tournament in Minnesota

By Spencer Thomas
lulegacysports

The Lady Lions softball team went 2-3 this past weekend at the Northern Sun Intercollegiate Conference/MIAA crossover tournament in Rochester, MN.

On Saturday the Lions won their first game against St. Cloud University with a score of 8-1. Sophomore Alexandra Newcomb put the team ahead of St. Cloud in the second inning with a home run to center-field. St. Cloud then put themselves on the scoreboard at the bottom of the fourth inning with a home run to left-field, but otherwise had difficulty making any runs against the Lions. The game ended with a score of 8-1.

Later that Saturday the Lions fell to Concordia University and Winona State University. The game against Concordia was painfully close, during which the ladies lost in the 10th inning. They forced a comeback from the early deficit, but lost the game by a score of 3-4. Winona State University dominated the field in their game against Lindenwood, winning with a score of 0-10.

Despite the discouraging loss against Winona State, Head

Coach of the Lion's softball team Don Loberg was happy with his players' performance on Saturday. He was satisfied with the team's pitching and the fact that there were a lack of errors throughout the three games.

The Lady Lions finished up the weekend by splitting a pair of games on Sunday. The first game was capped off with a 5-3 victory over Upper Iowa University. The Lions trailed 3-1 heading in to the bottom half of the seventh and final inning. It was then that sophomore Kate Keaton stepped up to the plate with the bases loaded and belted a grand slam over the fences for an LU victory.

The final game of the tournament was against Minnesota State University—Mankato. The Ladies were within striking distance before a late grand slam pushed the game out of reach.

Currently the team sits at 5-7 with conference play starting in just a few weeks. The Lady Lions return home for their home opener against Blackburn College on Saturday, March 2.

Michael Sprague contributed to this story

Also Found on Lindenlink.com

- **Men's rugby places fifth out of 20 in Las Vegas**
By Morgan Findlay
- **Football begins spring practice**
By Michael Sprague

Missouri Monsters return indoor football to St. Charles



Members of the Missouri Monsters UIFL team huddle around head coach John Parker for instruction. The Monsters first home game is against the Florida Tarpons on March 8 at 7:30 p.m. at the Family Arena.

By Michael Sprague
lulegacysports@gmail.com

Monsters have invaded St. Charles. No need to check under your bed or in the closet, as these Monsters make their home in the St. Charles Family Arena.

The Missouri Monsters will begin their inaugural season in the Ultimate Indoor Football League (UIFL) on March 8, 2013, when they host the Florida Tarpons at 7 pm. The schedule includes seven home games and four away games for the Monsters.

Indoor football returns to St. Charles for the first time since 2009 when the River City Rage ceased operations. Majority owner of the

Monsters, Andrew Haines, says this wasn't the first time he viewed St. Charles as a possible expansion location. "The goal was to start expanding west," Haines said. "I had looked at St. Charles before and thought it was a good area."

After announcing the team's decision to establish in St. Charles back in mid-2012, the Monsters quickly got to work on the business aspect of things. In a press conference last August, Haines spoke about the Monsters business model and how it was restructured to be unlike any other organization in the UIFL.

Haines and his group focused on making both ticket sales and advertising afford-

able for everyone. Ticket sales start at \$7.00, a very reasonable price, while advertising packages start at \$750. Payment plans are also available, which allows for small businesses around St. Charles to get involved.

Lots of local businesses have already flooded the Missouri Monster telephone lines with interest in becoming partners. In January of this year, Justin Madden was named the general manager of the team. Madden said his views on team building must have caught Haines' eye.

"Andrew and I sat down and I just talked. I think he loved my focus on team and my focus on leadership," Madden said. "I want to

build leaders and build the team, and not only a good team on the field, but also a good team in the work place and in the front office, which I think we're doing a good job of anyway."

Since his hire, Madden and his front office partners have taken huge strides in marketing the team.

"Right now it's a lot of leg work, we're getting as many posters and flyers out," Madden said. "We're handing out a lot of free vouchers to a lot of middle schools and a lot of high schools. I think we've hit almost every high school in the St. Peters/St. Charles area"

Along with free vouchers, the team has planned a theme night for each game other than opening night. Themes for each night can be found here once they are made available.

As for the team, training began on Saturday, Feb. 16, at the St. Louis Sports Center in Affton. Of the 150-plus athletes to try out, 40 have made the training camp roster.

Games will be 8-on-8, so more roster cuts will come throughout training camp. Madden envisions a final roster of between 24 and 30 players.

Certainly the business aspect will always be a work in progress, but in a few days, Haines, Madden and everyone else in the Missouri Monsters organization will finally get to see all their hard work pay off.

W. Lacrosse wins two of three matches in Florida

By Brett Morrison
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The Lindenwood University Women's Lacrosse team has taken to the field in hopes of defending their NCAA conference championship.

Last year the team went 8-0 in conference play in the Western Intercollegiate Lacrosse Association (WILA), winning Lindenwood's first ever NCAA conference title.

The Lady Lions finished the season at 17-2 losing to two very powerful teams at the NCAA Division 2 level. Those losses came from more of self-defeat issues rather than not being up to the right skill level according to fifth year starter Justiene Groothius.

Groothius, who has been team captain for the past two years, has an impressive resume so far at LU. She was named First Team All American in 2010 and then followed that up by being named First Team All Conference in 2012.

She has also been named Academic All American for each of the four years at LU. Groothius is returning to the squad for a fifth and final season after being granted an extra year of eligibility because of the transition to the NCAA.

Groothius said, "as a team, we have been looking good so far. We have been practicing hard and look forward to getting the season started in February."

"We have a young team with lots of talent but have

three girls that came in at start of semester to help with the experience aspect," Groothius said. "That will be a nice addition to start the season."

The team graduated six seniors last year making for some big spots to be filled. This year's roster will be made up of seven freshmen, seven sophomores, seven juniors, two seniors and a fifth year graduate student.

Erin Abbot, a freshman out of Whitby, Ontario, Canada, is one of the key additions to the team this year.

"I cannot wait for the season to start," Abbot said. "We have been working so hard on the practice field and in the weight room, I can't wait to see how the results will pan out."

Abbot did not expect to see how much more dedicated the girls on the team are at the college level.

"We work out hard and practice much more than we did in high school. The coaches put more time into our team than I ever could have imagined," Abbot said. "It's made me a much better player."

The team has set some pretty high goals for the 2013 season. The Lions want to defend their conference title by going undefeated once again in conference play. The team also wants to keep its goals against total to under four goals per game.

The Lady Lions biggest match ups of the season will be when the team travels to New Jersey to

take on the No. 1 ranked Adelphi University in non-conference play. The biggest conference match up

will take place for the team when they host rival school Regis University on April 18.

Men's Bowling team ready for USBC National Championships

By Sabrina Schuppe
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With two more tournaments remaining, the Lindenwood Lions Men's Bowling team is preparing for nationals in April. Coached by Randy Lightfoot, the men's varsity bowling team took first place at the McKendree Baker Challenge Feb. 2-3 in Fairview Heights, Ill.

As the season winds down, 10 of the 26 bowlers will prepare for nationals in Lincoln, Neb. Practicing Mondays at 2 p.m., Wednesdays 2:30 - 4 p.m. and Thursdays at 4 p.m. with an extra practice Tuesday mornings at 6 a.m.

Senior Jeremy Zimmerly leads the team with an average of 216.085, and freshman Kyle Sherman follows with 215.297.

"Being a freshman on the team is very exciting, but nerve racking with all the seniors," Sherman said. "Being second in average is extremely awesome and rewarding, but I'm just glad the seniors accept me so well and that hopefully I can help them win a national championship this year."

The national tournament will be April 15-20. The USBC Intercollegiate Singles Championships will be held April 15 - 16 and the USBC Intercollegiate Team Championships will be April 18-20.

Also on the team are Dan Lemiesz, Cody Clayton, Danny Spink, Ray Spink, Andre Fors, Tyler Vocks, Christian Azcona and Jacob Setchell.

If interested in trying out for the team for the fall of 2013, email Coach Lightfoot at footbpba@aol.com.

NCAA SCOREBOARD AND SCHEDULE

Baseball

2/16/13	vs. MO Southern State	W 7-0, W 3-2 (11 inn)
2/17/13	vs. MO Southern State	L 7-8
2/20/13	@ UCM	Cancelled, Cancelled
2/23/13	@ NW Mo St.	W 11-5
2/24/13	@ NW Mo St.	11 pm, 1 pm
2/26/13	vs. Lincoln	1 pm, 3 pm
3/2/13	@ Emporia State	1 pm, 3 pm
3/3/13	@ Emporia State	12 pm
3/9/13	vs. Central Oklahoma	1 pm, 3 pm
3/10/13	vs. Central Oklahoma	1 pm
3/12/13	@ SBU	1 pm, 3 pm

Men's Basketball

2/13/13	@ UCM	L 72-87
2/16/13	vs. SBU	W 87-76
2/21/13	@ Truman	W 81-71
2/27/13	@ Lincoln	7:30 pm
3/1/13	@ UNK	7:30 pm

Men's Golf

3/11-3/12/13	Jewell Rockhurst Earlybird	All Day
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Men's Lacrosse

2/22/13	@ Florida Southern College	L 12-14
2/23/13	@ Florida Institute of Technology	W 15-8
2/24/13	@ Rollins College	W 16-15
3/6/13	vs. Shorter College	7 pm
3/9/13	vs. Fontbonne University	2 pm

Men's Tennis

2/28/13	@ Christian Brothers University	1 pm
3/1/13	@ Delta State University	3 pm
3/2/13	@ Shorter College	10 am
3/8/13	@ William Jewell College	2 pm
3/10/13	vs. SBU	11 am

Men's Volleyball

2/13/13	vs. Quincy University	W 3-1
2/15/13	@ Milwaukee School of Engineering	W 3-0
2/16/13	@ St. Xavier University	W 3-0
2/16/13	@ Carthage College	W 3-2
2/21/13	@ Belmont Abbey College	W 3-0
2/22/13	@ Limestone College	W 3-0
2/23/13	@ Pfeiffer University	W 3-0
Lindenwood Classic		
3/1/13	vs. Carthage College	4 pm
3/1/13	vs. King College	7 pm
3/2/13	vs. Limestone College	2 pm
3/5/13	Belmont Abbey College	4 pm
3/5/13	@ Fontbonne University	6 pm
3/12/13	vs. Hannibal-LeGrange College	7 pm

Men's Wrestling

3/2/13	NCWA Conference Championships	9 am
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Women's Basketball

2/13/13	@ UCM	L 44-58
2/16/13	vs. SBU	L 62-68
2/21/13	@ Truman	L 50-74
2/27/13	@ Lincoln	5:30pm
3/1/13	vs. UNK	5:30 pm

Women's Golf

3/4-3/5/13	@ Diffie Ford-Lincoln Invitational	All Day
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Gymnastics

2/16/13	@ Air Force Academy	3rd (3)
3/1/13	@ University of Arkansas, University of Missouri, & Centenary College of Louisiana	7 pm
3/8/13	@ Auburn University	7 pm
3/10/13	vs Texas Women's University	2 pm

Women's Ice Hockey

2/15/13	vs. Robert Morris University	W 3-2
2/16/13	vs. Robert Morris University	W 4-2
2/26/13	@ Syracuse University	7:00pm CST
2/27/13	@ Syracuse University	7:00pm CST
3/1-3/8/13	CHA Tournament	TBD

Women's Lacrosse

2/22/13	@ Shorter University	W 18-0
2/24/13	@ Young Harris Collegw	W 17-3
3/1/13	Alderson-Broadbuss College	6 pm CST
3/3/13	Wheeling Jesuit University	12 pm SCT

Softball

2/6/13	@ Shorter University	L 1-6, L 0-10
Eckerd Tournament, Clearwater, FL		
2/8/13	vs. Florida Southern College	W 2-1
2/8/13	vs. Lynn University	L 1-7
2/9/13	vs. University of Tampa	L 5-6
2/10/13	@ Eckerd College	W 12-4
2/10/13	vs Florida Institute of Technology	W 3-0
MIAA/NSIC Crossover, Rochester, MN		
2/22/13	@ Winona State University	W 8-1
2/23/13	@ St. Cloud State University	L 3-4 (10 inn)
2/23/13	@ University of Sioux Falls	L 0-10
2/24/13	@ Upper Iowa University	W 5-3
2/24/13	@ Minnesota State - Mankato	L 4-11
3/2/13	vs. Blackburn College	12 pm
3/2/13	vs. Morthland College	2 pm

W. Tennis

3/8/13	@ William Jewell College	2 pm
3/9/13	@ Lincoln	11 am
3/10/13	vs. SBU	11 am
3/12/13	@ UMSL	3 pm

M. and W. Track and Field

2/15/13	@ MIAA Indoor Championships	M: 11th (11) W: 12th (12)
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Former Negro Leaguers speak to students



Legacy photo by Jennifer Bruhn

Two former members of the Negro Baseball League speak to an audience in Jelkyl Theater on Sibley Day. Sam Taylor (left) and George Altman (right) both played on the Kansas City Monarchs in the 1950s.

By Leigh Borgers
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Lindenwood students got a little taste of history at

the Jelkyl Theater on Sibley Day. George Altman and Sam Taylor, two former Negro League baseball play-

ers, shared what it was like to play for the Kansas City Monarchs in the 1950s.

Altman also made it to Ma-

ior League Baseball and was an outfielder for the Cubs, Mets and Cardinals during the 1960s. Taylor was offered to play catcher for the major leagues, a position he turned down for his wife and family. Had he taken the position, he would have been the first African American to play in the MLB.

They discussed how their love for baseball began in early childhood, which for Altman meant "the sandlots of North Carolina." The white children had new uniforms and shiny new equipment, but for the African Americans, it was potatoes for balls and brown bags for gloves. Altman's sandlot team even used axe and broomstick handles for bats. It was at this moment that Altman revealed one of his life mottos, inspiring the au-

dience to look at life differently; "For every adversity, there is an equal or greater benefit."

Altman also recalled using bottle caps for balls, which gave him and other Negro League players a one-up in the major leagues. "We could hit the curveballs better than the rest of the team, despite our lack of fancy equipment," Altman said.

The two gentlemen shared funny stories, from tales of snakes in the outfield, to hitting a triple in the ninth inning in a remarkable no-hit game. "Even my baseball manager was mad," Taylor said. A no-hit game is an extremely large accomplishment for a pitcher. "He said to me, 'you should have just let him have it.' As I looked into the dugout, all my teammates were shaking their

heads. I'd never hit a triple and made a team angry before."

Audience members were given the opportunity to ask them questions toward the end, one of them being the differences between the Major League and the Negro League. The two revealed that there was not much of a difference. "For every great player in the majors, you had another great player that could match him talent-wise on the Negro League," Altman said.

The two men stayed after the presentation to sign autographs and answer any further questions. Listening to stories from these men reminded students that baseball is America's sport, and that no matter your race or age, a player's love for the game never fades away.

Lions track gets first taste of MIAA Championships

By Chase Stewart
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The Lindenwood Lions track and field team's indoor season came to a close last weekend as they competed in the 2013 MIAA Indoor Championships in Warrensburg, Mo., for the first time in program history.

Senior thrower Mitchell Heady from Davenport, Iowa was the star of the meet, as he became the first Lion athlete ever to win an individual title. Heady won the weight throw competition by throwing a season-best 18.90m. Heady's mark was good enough to secure the victory by 0.88m.

Through the victory, Heady became the first member of the Lions' team to earn all-conference honors in the MIAA. Sophomore Terah Fullman joined Heady on the all-conference team by placing third in the women's 600-yard run after notching a time of 1:24.38.

Fullman's time in the 600-yard run also makes her the fastest woman in that event in school history.

Head Coach Scott Roberts was not surprised by the results that Heady and Fullman put forth over the weekend.

"Mitch has been throwing great all season, and has led the conference the whole way throughout. He's just been absolutely fantastic," Roberts said.

"Terah has made the indoor top-ten record list in several different events, but it was great to see her run so well and make her way to the top of that list in the 600-yard run," Roberts said.

Two other members of the Lions' team ran in event finals on Sunday. Senior China Moore placed seventh in the 60m hurdles with a time of 8.82, while junior Mike Reynoso had a lane infraction that caused him to be disqualified in the finals of the men's 600-yard run.

The Lindenwood women's team finished the meet with 14 points and came in 12th place, while the men's team notched 10 points and came in 11th place. Lincoln University won the women's title with 190.50 points and the University of Cen-

tral Missouri took the men's title with 122.50 points.

Knowing that his squad lacked depth coming in, Coach Roberts was not disappointed in the way his team performed over the weekend.

"We're not real deep as a unit yet because we haven't fully completed that transition to the Division II level. We are definitely still building and will only improve in the future. We have some amazing talent here already and we're working very hard to build on that with the recruiting that we're doing right now."

With indoor season now in the rearview, the Lions will get a couple weeks to regroup and recover before shifting their focus to the outdoor season.

"I am hoping the team will take what we've learned here in the indoor season and improve during the outdoor season. It will be exciting to see how we do," Roberts said.

The first outdoor meet for the Lions will be on March 16 at the Central Methodist Open in Fayette, Mo.

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