

The Lions gymnastics team ended their home season with a Pink Out on March 10.



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Lindenwood's chapter of Tri Sigma celebrated its first anniversary on Feb. 25.

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THE LEGACY



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March 13, 2013

College Scorecard lists attendance cost

Table One: Lindenwood Scorecard

Expense	2010-2011	2012-2013	2013-2014
Tuition and Fees	\$13,540	\$14,600	\$15,150
Room and Board/Communication Fee	7,210	7,580	7,790
Books	3,000	2,000	2,000
Transportation	3,400	3,400	3,400
Personal Expenses	2,800	2,800	2,800
Clothing/Miscellaneous	2,800	Not Yet Announced	Not Yet Announced
Medical Expenses	3,400	Not Yet Announced	Not Yet Announced
Total Expenses	36,150	30,380*	31,140*
Average Grant Amount	8,708	Not Yet Announced	Not Yet Announced
Total Cost of Attendance	27,442	30,380*	31,140*

Table Two: Undergraduate Tuition for Missouri Universities

University	IPEDS Reported Tuition and Fees (2010)	IPEDS Reported Tuition and Fees (2011)	College Scorecard Cost (2010-2011)
Fontbonne University	20,380	21,220	17,614
Lindenwood University	13,540	14,000	27,134
Saint Louis University	32,656	33,986	32,430
Webster University	21,748	22,400	24,130

By Emily Adair

lujournalism1ab@gmail.com

The College Scorecard, in the U.S. Department of Education's College Affordability and Transparency Center, was launched by the Obama administration on Feb. 13 as a guide for making decisions about which college to attend. Lindenwood's scorecard, however, lists the school's costs as \$27,134, a number that has some students disconcerted.

According to the scorecard, this number reflects the net price that an undergraduate student pays after grants and scholarships have been subtracted from the school's cost of attendance. That means in 2010-2011, the sum

of all expenses for attending LU minus the average grant amount received by students was just over \$27,000. Because every situation is different and not every student requires the same cost of living, the scorecard is built heavily on averages and estimations.

The total cost of attendance for 2010-2011, as calculated by Financial Aid Director Lori Bode, falls at \$27,442. Table One outlines the estimated expenses for that year, including everything from tuition and fees to medical expenses. The number even factors in clothing and miscellaneous expenses.

This figure better resembles the number listed

on the College Scorecard. However, by comparison to similar Missouri schools, LU's scorecard is still somewhat misleading. While LU's cost of attendance includes many various expenses, the scorecard does not guarantee all-inclusive figures for every school. Bode said that the Department of Education offers criteria for calculating the cost of attendance but every school does it a little differently. LU chose to calculate a full-disclosure figure.

President James Evans commented to Bode that "the last time he checked," LU was the cheapest four-year private university in the region. Evans checks the tuition and fees twice annually on the IPEDS

(Integrated Postsecondary Education Data System) Comprehensive Fee Schedule. Table Two shows the IPEDS reports for 2010 and 2011 tuitions and fees, as well as the College Scorecard's reported cost of attendance for several Missouri schools.

The data suggests some other Missouri schools did not include as many expenses in the total cost of attendance as LU. According to a Feb. 24 St. Louis Post-Dispatch story by Jim Gallagher, the St. Louis University amount does include room and board but there is no mention of transportation fees or other personal expenses.

"Lindenwood reports everything," Evans said,

"whereas almost all of the higher-priced universities elect to not report the full cost of transportation, health care, off-campus housing costs, books and supplies. That is why those published figures make Lindenwood look pricey. We are, in fact, very reasonably priced, as the tuition and fee charges reveal."

Evans also wanted to clarify that LU does not typically reduce the amount of scholarships awarded to students of good standing after their freshman year, which he said is "common practice at private universities."

College Scorecard figures for LU's graduation rate (44.9 percent), loan default rate (5.1 percent) and median borrowing (\$213.16/month)

have been verified as the most recent information available. Provost Jann Weitzel noted that the 44.9 percent graduation rate includes both traditional day and evening students.

"Evening students have a higher drop rate due to family, work and financial reasons," Weitzel said. "If we were to look at just traditional day students, the graduation rate would be higher. What is interesting is that our rate is equal to and better than many similar schools that only have traditional day students."

Visit whitehouse.gov to search for a school or generate a list of schools based on personalized criteria. To view tuition and fees, visit dhe.mo.gov.

Tim Butler becomes Lindenwood's Chaplain as of January

By Katie Brosamer-Senger

lujournalism1ab@gmail.com

Professor Tim Butler, an ordained pastor of the Presbyterian church, has been teaching adjunct religion classes here at Lindenwood for the past two years but as of January 2013, he is the university's new Chaplain.

The position of University Chaplain used to be more

of a volunteer job but while still teaching a few religion classes, Butler has made this his full-time job.

"Lindenwood provides such a great atmosphere for students to learn and grow in faith," Butler said.

His job description includes working with campus ministry to build a community with the students, getting the word out about

"Lindenwood provides such a great atmosphere for students to learn and grow in their faith."

*-Tim Butler
Professor*

events around campus and in the community and coordinating chapel services, as well as counseling and pastoral care.

"I'm also available to meet with students considering pursuing ordained

or lay vocational ministry to help them think through further studies and ministry challenges in internships," Butler said.

Butler is looking forward to the opportunity to host events open to the student body.

This semester he is hoping to start up a weekly service during lunch hours in Room 3020 of the Evans Commons,

as well as a monthly service held in Sibley Chapel. There are also a number of speakers and events being hosted this semester.

For more information on the events and services being held, contact Tim Butler at TButler@lindenwood.edu or like the Facebook page Lindenwood University Chaplain's Office for updates.

LU takes a step to a cure with second annual Swab for Sean

By Miriah Ludtke

lujournalism1ab@gmail.com

Donating a swab of spit may bring Sean Murry one step closer to a cure. On March 14, Lindenwood will hold its second annual Swab for Sean event from 10 a.m. to 5 p.m. in the Spellmann Center.

The swab will be added to the national bone marrow registry to help thousands

of individuals needing transplants.

Murry, the man behind the event suffers from a rare disease known as Diamond-Blackfan Anemia. He was diagnosed at birth and has been getting blood transfusions to balance his anemia since he was 10 minutes old. This disease can be cured but it is only through a bone marrow match. In hopes of finding

a match for himself and his siblings, Murry's family has hosted several drives in the last year, the first of which took place at St. Louis University.

"I believe I am case 151 and I have three younger brothers who all have it as well," Murry said.

As for the impact his condition has had on his life, Murry said it is not all as bad as people may

think. "Negatively, it makes me both physically and emotionally tired. I've had to miss field trips and social events because I was in the hospital."

"Positively, it has made me mature faster than other people because I had to deal with adult issues," Murry said.

Although Murry does have regular hospital visits to receive blood transfusions,

he tries his best to maintain a fun and "normal" lifestyle. He enjoys spending time with friends and family and acting. He is also a part of the Nick of Time Players.

He will also be playing a gambler named Midget Jones in the upcoming show "Guys and Dolls" which opens on March 14.

"Acting has been what I've wanted to do since I was a little kid. I love rehearsals

and doing shows because it usually takes my mind off any stress," Murry said.

With the support and continued efforts of students, faculty and community members, Murry's bone marrow match can be found.

For more information regarding the drive, contact David Mathias at LSGApresident@lindenwood.edu.

LU's Tri Sigma celebrates first birthday

By Jennifer Bruhn
 ljjournalismlab@gmail.com

Lindenwood has five different Greek organizations. However, Feb. 25 was a special day for Tri Sigma. Tri Sigma had its one year anniversary on campus and held a birthday party for the 44 members at 7 p.m. in the chapter room. Tri Sigma is a social sorority with chapters all over the country. Their values are wisdom, power, faith, hope and love with the motto "ever forward."

Staci Bradford, junior, is the founder and president of the chapter at Lindenwood.

"Our symbol is a sailboat. We are always progressing and never go back to the past, because a sailboat can never go back," Bradford said.

The sorority started off as a colony in 2011. Young ladies got together but could not name themselves a chapter because there were not enough members.

"It is special to be a founding member. We are creating tradition. The first women who were members are still here, and people will know that we were the ones who founded it," Bradford said.

According to Ana Hernandez, senior, Tri Sigma doubled their chapter during their first recruitment in fall. Sigma Sigma Sigma's official documentation was on Feb. 25, 2012.

"I think students look for meaningful experiences in college and it is so nice that they find a home in Tri Sigma. It adds another dimension to their college experience and it really helps with their personal growth," Emilie Johnson, alumni and advisor of the chapter, said.

The increasing number of members made it possible to have an anniversary as a chapter this year.

"My favorite part was making the little wishes to open on our second birthday and read out loud," Hernandez said.

The girls, however, not only celebrated the birthday but also what they achieved during the past year.

"We focus on raising money for children," Bradford said. "We raise money to fund play therapy rooms for children who are sick. They get money for the rooms to forget about their sickness."



Members of Lindenwood's Tri Sigma celebrated the first year of the sorority's presence on campus. The 44 members gathered together on Feb. 25 to celebrate the monumental moment for the group. Legacy photo by Jennifer Bruhn

The sorority also does other things such as helping at bingo nights at the St. Louis Children's Hospital, adopting a family, road clean-ups, volunteering in general and hosting a dance marathon on March 22, which is open to all students and designed to benefit play therapy.

"They have done so much. It's just impressive," Johnson said.

Besides being beneficial for others, Tri Sigma means something more to its members.

"Mostly, I would say it's a family. I mean I have 43 sisters; that's cool. Tri Sigma inspires you to do better in so many parts of your life. There are so many women in Tri Sigma that inspire me to do better," Bailey Compton, junior, said.

"To me, Tri Sigma is like a home away from home. I was able to meet most of my close friends through Tri Sigma. They became my best friends," Bradford said. "They are my sisters. I also got more confident, more leadership skills and I learned to be a woman of character every day."

Tri Sigma is certain that the second anniversary will take place with an even larger chapter. "We had a lot of growth last year, but we are expecting to grow further, ever forward," Bradford said.

Assistance available to hear student complaints and concerns

By Seannell Chambers
 ljjournalismlab@gmail.com

With every new semester, there are new and growing concerns among students. There is, however, a solution for students that have problems with the way something is done on campus. Associate Provost Marilyn Abbott and Vice President for Student Development John Oldani are available to assist with some of those problems.

Throughout the school year, the average student repetitively complains about something he or she is dealing with academically. Whether it is about grades

or how strict professors are, the complaints students may have can actually be heard and settled.

"The associate provost and provost are part of academic affairs, so we typically deal with grade-related, instructor or classroom issues," Abbott said.

The number of complaints received seems to vary semester to semester.

"From last semester, it was only one complaint written and that one dealt with a grade related issue," Abbott said. "Of course, we typically deal with those types of complaints towards the end of the semester, but overall, within the past academic

school year, I have only received about 20 student complaints and that includes undergrads, MBA students, etc."

The process of having a student's voice heard is not as difficult as one may think. According to Abbott, the process of filing a complaint concerning a grade issue begins with the student contacting his or her professor. From the professor, the complaint goes to the dean of that department, and from the dean, it goes to Abbott.

"When this happens, I contact the professor in order to read over their syllabus. [From there,] I go over the syllabus with the student and inform them on how that

certain grade was earned."

Other complaints, such as instructor or classroom issues, have a slightly different process. Instead of seeking out the professor, the student may state the problem to the dean of the department, which is then given to Abbott.

Abbott only deals with academic complaints. For any dissatisfaction with cafeteria food, students must talk to the food services and the complaint is passed along to Oldani.

"A good practice with any concern, whether here at the university or any place else, is to start at the proper level. For Food Services at LU, that would be Christy

Dolan. She is located in the dining hall in Evans Commons. There are also two suggestion boxes, for food services or any other issues, located in Evans Commons," Oldani said. "One is outside the LSGA offices on the third floor and the other is outside the laundry facilities on the second floor. A person can sign their name or remain anonymous."

The numerous complaints made about the food services have incited massive changes.

"[As a result of the complaints,] Evans Commons choices [were established while] Spellmann, with the all-you-can-eat option, and

Grab and Go provide students with choices. The differences in the options at the two dining halls were a good move and were one that was also suggested by students," Oldani said. "The best bargain is clearly Spellmann, where one can eat what one wants, including as much as one wants."

For any more questions or concerns dealing with this issue, seek your student handbook, classroom syllabus or contact Marilyn Abbott via email at MAbbott@lindenwood.edu, Christy Dolan in food services at CDolan@lindenwood.edu or John Oldani at JOldani@lindenwood.edu.

Lindenwood singers join St. Louis Philharmonic



Members from the University Chorus and the Concert Choir joined together with the St. Louis Philharmonic Orchestra for a show. Check out the full story on Page 6. Legacy photos by Jonathan Garrison



Correction

In the Feb. 27 issue of The Legacy, there was a mistake in the story entitled 'New gender studies minor and club being offered to students'. The story was in fact written by Legacy reporter Connor Johnson and not Nicole Sanders. We apologize for the mistake.

Lindenwood staff profile: Pam House

By Alegria Mora
 lujournalism@lindenwood.edu

It was 2:30 p.m. and she was almost ready to go home once the clock struck 4 p.m. Attentively checking the last details of her students' Work and Learn hours, she sat in the small corner room on the second floor of Lindenwood's Spellmann Center. A sign outside the room reads "Pam's House," which is filled with mops, vacuum cleaners and stacks of toilet paper.

It is the workspace of Pam House, Spellmann's housekeeper for the past five years. A little-known fact is that she is also a breast cancer survivor. It was April 2009 when, after a routine mammogram, the doctors

told her that she had cancer. She did not hesitate to begin treatment.

"After they did the biopsy and found it, they took it out. I did chemotherapy and three weeks later I was back at work," House said.

Despite returning to work so soon, House had to adjust her cleaning routine a bit.

"When I came back, I worked at the two men's dorms, Pfremer and Dorm G, and I cleaned all those windows with my right hand because I couldn't use my left hand that well," House said.

Receiving support from everyone in House's life seemed to have made all the difference.

"Everybody was just so

good, so concerned and so helpful. I got support from the school, students and peers," House said. "It was so hard at first but I had so much support that I really didn't have time to think about it."

House said that cancer gave her a new perspective on life and taught her that through faith, family and prayer, anything is possible. She carries that thought with her as she talks about her love for her job, a love that is reinforced by the students, which she considers to be her driving force.

"They inspire me to keep coming back. They give me a reason to get up and go every day," House said. "I've met so many students from

so many places, and there are students whom I don't even know who say, 'Good morning, Miss Pam,' and it makes me feel good."

House manages a big group of students who work with her through Work and Learn but she has become a teacher moreso than just a boss.

"Some of those kids don't know what a vacuum cleaner is and so they come here and I teach them. They are not only getting taught an education, I'm teaching them the fundamentals of life and it's going to help them when they leave here," House said.

That kindness stretches beyond the workplace as she has given some of them new experiences to remember. With a smile, she shares the

time she took two girls from Africa to fish for the first time.

"We took them to the lake and taught them. They had so much fun and we had fun interacting with each other's cultures and talking about cooking and eating."

It is those international students whom she said have given her a new perspective of the world.

"I have had students from Russia, Brazil [and] France and it is nice seeing how different cultures interact with your lifestyle," House said.

Contracting a serious illness like cancer and then beating it has a way of affecting some people's views on life and happiness.

"Happiness is getting up every morning knowing that my family is healthy and that I am healthy," House said. "You can lose your job, lose your car, lose everything but as long as you got your family, and you got your health, you can start over anywhere."

It will soon be four years since House beat cancer and her green eyes speak of her love and gratitude for life.

"Cancer has taught me to not take life for granted and to put forth everything you have. If you let your guard down you can tumble but just take it one day at a time. I was going to stay ahead of the race and that is what I did."

Student and Academic Support Services offers help to students

By Alegria Mora
 lujournalism@lindenwood.edu

From problem resolution to academic and personal mentoring, the Student and Academic Support Services (SASS) offer a wide array of services with the mission of helping students succeed.

Located on the second floor of the Memorial Arts Building, SASS's services allow it to cater to different students' needs and give them the help they need. Christie Rodgers is the dean of the department.

"We are kind of a one-stop shop for students. We help you find your solution and try to get as much as we can resolve here," Rodgers said.

Among SASS's services,

there is the accessibility office, which helps students with permanent or temporary disabilities that might need special accommodations.

"If someone breaks a leg and has class on the third floor of Roemer, they can contact the office to ask for assistance," Rodgers said.

To ease students' access to SASS, the department has created the "SASS Chat," a chat screen located within the SASS tab on the academics page of the Lindenwood website.

The service allows students to post any questions they may have and a member of the department will answer as fast as possible.

"For example, if someone needs to change advisers, we would talk [him/her] through

the process," Rodgers said. The service is typically available during regular business hours, from 9 a.m. to 5 p.m.

SASS is also dedicated to helping struggling students find ways to improve their schoolwork by offering them the right solutions. The department refers students to the Writing Center, Counseling Center and tutoring services.

"We try to contact them to make sure they know what resources are available," Rodgers said.

In fall 2012, SASS launched its online tutoring service. Run by Smart Thinking, it has received an incredible response and is readily available to any student through the Lindenwood website.



Photo courtesy of Lindenwood.edu

Student and Academic Support Services (SASS) support the Lindenwood community by providing various resources to help ensure student success, including the peer mentor program.

To encourage student engagement, SASS is also involved in other activities within the university. "The

thing we are most proud of is that we help students be successful," Rodgers said. "We help them stay in school

so they can have the best experiences here."

For more information, email CRodgers@lindenwood.edu.

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Drinking laws in the U.S. need to be fixed

By **Branden Swyers**
lulegacyopinions@gmail.com

Often laws in this country are corruptly passed with hidden agendas. When the minimum age to purchase alcohol was set to 21 it was done with some good intentions but is actually corrupt and wrong.

Since 1984, when Congress passed the National Minimum Drinking Age Act, all states have set their minimum age of alcohol purchase to 21. Not because they were required to by the law, but because if they did not they would have lost 10 percent of their highway funding.

The law was heavily influenced by Mothers Against Drunk Driving. Although the law does restrict the purchase of alcohol, many states allow underage drinking under certain circumstances such as the consumption under the supervision of a parent.

According to MADD, the law has reduced the number of drunken driving accidents for ages 18-21 by 11 percent. Unfortunately, an 11 percent increase was seen in drunken driving accidents for ages 21-24 after the law was passed.

Thus, showing the law had little effect on the number of overall drunken driving accidents.

This law is wrong because it is contradicted by other laws that are in place. Depending on what state people live in, the legal age of "accountability" generally is 18. "Accountability," in this sense means that a person is considered an adult. Once a person has reached the age of "accountability," gone are the days of a slap on the wrist when a criminally punishable offense occurs.

At the age of 18, the government distinguishes people as adults by giving them the right to vote and serve on a jury. People are also able to buy lottery tickets and tobacco products. Does the lottery revenue and tobacco tax help fund the government's obligations? Absolutely, it does. Lowering the drinking age would generate millions of dollars in revenue for local businesses and for the government in taxes.

The right of the government to draft people into the military also starts when they reach that age of "accountability." The government would not

want people who are not yet responsible enough to be in possession of a gun and have other's lives in their hands, right?

One of my friends, Justin, served his time in Afghanistan alongside other young men and women under the age of 21. I do not think it would have been too much to ask if he was legally able to drink a beer before he left to risk his life for our country.



To critics out there who say that at the age of 18 people are not developed enough or responsible enough to handle drinking, I say this: are they responsible enough to die defending the freedoms of which our nation was founded on?

Look at the facts. I know critics think people who are 18 tend to make bad choices because they

have not yet learned much responsibility. This is true, some are not very responsible. I also know plenty of older people who are not responsible enough to have the privilege of drinking.

As it is, Lindenwood is a dry campus. The university policy states that, "University trustees and administrators have further instructed that alcohol be prohibited on campus and while engaged in any official business, activity or function. The National Association of Intercollegiate Athletics (NAIA), and the Heart of America Athletic Conference with which the university affiliates, have policies prohibiting alcoholic beverages at any athletic event on or off campus. On the campus, university officials will not seek out abuses of this policy by indiscriminate entry into student rooms. However, any problems brought to the attention of university authorities will result in disciplinary action."

Underage drinkers feeding on the thrill of violating such policies and getting away with it can make for a dangerous scenario, scenarios that

can easily lead to binge drinking deaths.

I have experienced for myself the feeling that all people under the age of 21 feel when they drink even though I am now 21. As odd as it sounds, drinking illegally provides a promiscuous-like feeling for people. Making it legal for people who are 18 to drink will help reduce the number of binge drinkers in this country's youth.

Taking the drinking that underage people do and moving it to a monitored environment could have the potential to reduce many problems associated with young people and drinking, according to the former president of Middlebury College in Vermont, John McCardell.

McCardell started the Amethyst Initiative that supported lowering the legal drinking age to 18. The Initiative was supported by about 100 college presidents around the country. The initiative includes making alcohol awareness training a requirement for students.

Awareness training that could have helped in the case of Gordie Bailey, a former freshman at the University of Colorado at Boulder. Bailey died in

2004, after participating in a fraternity initiation that involved drinking in an excess amount. In an interview on "60 Minutes," his parents said they believed if the drinking age had been 18, others who were around would have called for help instead of doing nothing in fear that they would get in trouble.

All I am asking is that the lawmakers realize that their laws contradict themselves and are in need of change.

If people are considered an adult at 18 they should have all the privileges associated with being an adult. Prohibition did not work, and the drinking laws we have in place do not work. Lawmakers should understand that if a law does not work there is no reason to have it in place.

According to the National Highway Traffic Safety Administration Agency, on average only two of every 1,000 underage drinking offenses results in an arrest or conviction. If it is not broken, do not fix it, right? Well this law is broken and needs to be fixed before more young adults suffer because of it.

Voting makes a difference

By **Ben Tedrick**
lulegacyopinions@gmail.com

"Every election is determined by the people who show up." Political scholar Larry J. Sabato not only has a point but is spot on. If we as voters hold such a great power then why not wield it? When looking at the US Census it is apparent people have chosen not to exercise their right to vote. In 2010, only 59 percent of people were registered and only 41 percent actually voted. Sadly our generation, ages 18-21, are the worst of the worst and we here at Lindenwood are no different.

The week of March 4 was election week for the Lindenwood Student Government Association (LSGA) and it is hard to tell whether students even

know what LSGA is. This is the group that acts as the student body's voice in dealing with President Evans. They can take all the complaints students have and make a real difference, yet there is an obvious lack of participation in voting. Even with the great importance of electing competent representatives, students here at LU seem not to care very much.



When I came to Lindenwood, visitation hours were from 4 p.m.

to 10 p.m. Now visitation is from 12 p.m. to 12 a.m. and this is due to bills passed by the LSGA and approved by President Evans.

I hear people complaining all the time about how "I hate the cafeteria food" or "I wish we had more activities on campus," yet these very same people do not take an active role in the choice of people that can actually help shape their concerns into a reality.

We cannot make a difference in our country or our school if we don't go out and act as agents to accomplish that change. Opinions and complaints do nothing without firm action. So next time you get the chance to vote, take action and make a difference.

Road safety is getting worse

By **Chris Smith**
lulegacyopinions@gmail.com

One of the most important things on campus is safety. Especially considering the bad weather throughout the last couple of months, Lindenwood's parking situation has become an issue.

First, I have noticed at the major intersections around campus that people are not really stopping at the stop signs. When people just roll through them it is not just dangerous to other cars, but also to students walking across the street.

If students are walking to their cars or from classes, it is expected that people are going to be courteous to you and follow the traffic laws. When people are driving

over the speed limit, it makes it harder for them to drive safely and for them to be aware of their surroundings.

The second problem I noticed is that when people are backing out of spots in



front of the major buildings, they are not really paying attention to what is going on around them. Whether they are in a hurry or are on their

phones, they are not looking well enough before they back out. I was in an accident in front of Spellmann earlier this semester and it was because of this lack of awareness. It should not be a problem to just check over your shoulder to make sure no one is driving or walking behind you.

While students should still be making sure they are aware of what is going on around them, they should not have to watch every time a car drives by. And when students are driving down aisles to find a spot, it is hard to stop in time if someone backs out of a spot too quickly.

Hopefully it does not take more accidents or even a student getting hit for people to slow down and obey the traffic laws on campus.

LU Parking is a bit of a mess

By **Killian Walsh**
lulegacyopinions@gmail.com

If you have ever been crunched for time and needed to find a close parking spot, ever almost been hit by a car or almost hit a pedestrian, you surely know what I am talking about when I say that parking on campus is an issue.

Lindenwood is a big commuter school. According to the Lindenwood website 1,222 students commute to Lindenwood. That is almost 26 percent of the total undergraduate population. As it stands, many students complain that they can never find a decent parking spot on campus during the week.

One option that Lindenwood could consider would be an on-campus shuttle that could take students back and forth to classes.

A shuttle would get rid of

the parking struggle that students face. During the week, campus parking is hit or miss because there are so many commuters and residents who drive to their



classes. This problem is particularly bad in the winter months when students do not want to walk across campus in the snow.

Last year a girl was hit by a car on campus, yet nothing was done to change policy. If some teachers take off points for being late, the chances of a student getting in a crash

increase. A parking garage would also be a valuable investment. I go to a night class at Washington University and the parking garage they have there is very convenient. A garage could house a ton of vehicles while also taking up less ground space than a ground parking lot.

Another simple solution would be for students to walk to their classes. If more students walked to their classes, more spaces would be available to those students who absolutely have to drive.

Something needs to be done about the parking on campus. Especially since Lindenwood has switched to NCAA and is expecting student enrollment to increase dramatically within the next couple of years. The parking problem is only going to get worse from then on.

The Legacy

Spellmann Center 3095/3100
209 S. Kingshighway
St. Charles, Mo. 63301
Telephone: (636) 949-4336
Email: lujournalismclub@gmail.com

The Staff:

- Editor-in-Chief:** Deborah Starr
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HE SAID / SHE SAID



By Branden Swyers
lulegacyopinions@gmail.com

Yes the controversy of women in the workforce has always been a valid issue in society. This is an issue that can be remedied by some clarification. Clarification that would include understanding what types of jobs people of certain abilities should have.

I am a firm believer in old traditions, and when it comes to women in the workforce I am also old school. Yes, I believe anyone should be able to do whatever they want in life. The problem with this theory though is that everyone is not capable of certain jobs.

Some jobs require a horrible strain on the body while others require strain on the brain. Some jobs include a little bit of both types of strain.

Many jobs that require more physical strain than anything are not for women. Not because they should not have the opportunity to do those jobs, but because their body was not built for it.

Many women understand that jobs like construction, landscaping and other heavy labor jobs are just not meant for

them. Not to say that women belong in the house doing laundry or cooking because that is not true. But do women have a place lifting heavy materials and digging? No.

There is not one job in particular that women should be doing other than physically demanding jobs. They can do anything they want. Limiting women's job opportunities to just one type of job would not be fair.

Keeping them safe by not letting them do these physically demanding jobs is not only right but also gentlemanly.

It would be a bad thing if this debate was not here. The debate is one that can sway from job to job. Some jobs are just not right for someone no matter if they are a man or a woman.

It all comes down to having the physical capabilities to perform the job.



By Killian Walsh
lulegacyopinions@gmail.com

Something that never seems to go away is the controversy of women in the workforce. A lot of men believe that there are certain jobs that should only be held by men. In my opinion, any job can be held by any person.

If there is a woman who is interested in construction, why should she not be able to pursue that? It is her own decision and even if it may be dangerous to her, it is also dangerous to the men that are working it. If she believes that she can do the job correctly and safely, then she should be allowed to do so, without getting grief from male employees. Some women are more capable of doing some jobs than some men, and vice versa. It all depends on the individual.

That is not to say that all men are grumblers when it comes to women doing their jobs with them. Some men accept women as equals in their professions, mainly because they are not dinosaurs. The old-fashioned way of thinking that comes when males are in labor and

women are in the kitchen is far gone. There are plenty of different jobs in the world today and none of them should be restricted to one gender.

This stereotype could also be swung the other way, in an example about male ballet dancers or nurses. Even though those jobs are host to mostly women, it does not mean that some men are not just as good at those professions.

I think that if a person wants to pursue a certain career, they should be able to, no matter what their gender. Why? I do not know, maybe equality? I am not a die-hard feminist or anything in saying that women should be out there in the factories all day because they are better than men. Not at all. I am just saying that a woman should be given equal opportunity to practice the profession of her choosing. If I was in that situation and I really wanted to be a pro-wrestler, fighting against the guys, I would expect to be given respect. All women (and men) should be given the opportunity to do whatever makes them happy, whether it be staying at home with the children or collecting trash.

Keep phones out of love Sequestration is not a big deal

By Leigh Borgers
lulegacyopinions@gmail.com

Technology has improved the way we live our lives in many ways. Smartphones come with a lot of features that make our lives easier, but how many people share my belief in that they are not all good? Since the introduction of cellphones, the way we form relationships with people has changed. It seems as if once a couple gets past the initial introduction, much of the early relationship formation takes place in cyberspace.

Our generation is relentlessly in contact with significant others and now we get over that awkward first stage we all go through behind a screen instead of face-to-face. We worry about not immediately receiving a text message, taking it as a sign that something is wrong. Trust issues and feelings of jealousy can evolve, due to a lack of text communication.

As the relationship becomes more serious, people are naturally going to spend more

time together. However, when the date is over, many continue via text. Through all of this constant communication, how much actual "me time" are people having?



According to madamemoire.com, one of the signs of an unhealthy relationship is constantly checking your phone for messages from the other person. As hard as it is for our generation to believe, we will be OK if we do not text every five minutes. It is OK to be away from your boyfriend/girlfriend. Go out with the guys, get a manicure with the girls or focus on the moment.

I believe spending time apart from each other is

actually healthy. Couples would have so much more to talk about if they waited until the end of the day and either called each other or hung out.

If possible, do not text them the whole day and perhaps you will find that spending time together becomes treasured and less routine. Giving each other a little more space gives couples the opportunity to build trust and establish themselves as individuals. No one likes overly clingy people and one of the ways to work on this is to text less.

Another regularity that cellphones have killed is cute, handwritten notes. All of the sweet nothings your boyfriend or girlfriend has ever sent you cannot be found and reread very easily anymore. Pulling out a cute handwritten message could be just what you need to get through a difficult day.

A lack of technology may be just what a relationship needs, and it could be a smart choice to dial back on the smartphones.

By Jeremy Broadbooks
lulegacyopinions@gmail.com

"The sky is falling! The sky is falling!" This aforementioned quote from the well-known folk character Chicken Little has come to represent fear-mongering, and has recently found a new life in today's debate over the current budget sequester. It seems everywhere we turn we see some politician or another is trying to scare us into not slashing our gargantuan federal budget.

Take Congresswoman Maxine Waters for instance, who, in a recent speech claimed that over 170 million jobs could be lost if the proposed sequester was to take place. That is quite a large number of jobs; however it seems strange that over 170 million jobs could be lost when our entire workforce is only 155 million people.

Or perhaps we should look at Education Secre-

tary Arne Duncan's remarks that, "there are literally teachers now who are getting pink slips".

Unfortunately for Secretary Duncan, the Washington Post decided



to fact check his statement and found that not a single county in the U.S. planned to make any sequestration related firings.

At the current time, we are two days into this sequester and unless I am ill-informed, the teachers still have their jobs, the poor still have their food stamps and 170 million jobs have not yet been lost. So why all the hys-

teria? Sadly in our country today the politicians in Washington, D.C., have a spending problem. Somewhere along the way in this generation of America's leadership, someone decided that more government and more spending is the answer to America's social and economic woes.

Everything from Obamacare to the stimulus has burgeoned our federal debt to heights that were unconscionable ten years ago. Yet our politicians want to spend more, and sadly, when anyone or anything tries to get in the way of their ability to write a blank check they go into defense mode.

The sequestration was never really an issue at all. All of the hysteria surrounding the current debate has been pushed by people in political office who never learned the concept of "don't spend what you don't have."

Facts are dead and no one can agree on anything anymore

By Cole Figus
lulegacyopinions@gmail.com

Why does everything have to be so political these days? Michelle Obama's appearance at the Academy Awards was a huge controversy: some people thought it was a pleasant surprise to see her but other people thought it was the biggest possible insult by the leftist Hollywood elite. Why is this? She is the first lady of the United States; no one in Britain throws a fit when the queen is shown on television.

Why do so many people hate Michelle Obama in the first place? Regardless of any political disagreements one might have with the president, what does that have to do with his wife?

Her political efforts involve getting children to exercise and eat healthier foods. What is wrong with that? Somehow the first lady's attempts to combat this nation's child obesity epidemic has become an example of government overreach and some Americans believe eating crap and not exercising is sticking it to President Obama. Ugh.

Facts are officially dead. Americans now live in two completely separate realities, both with their own set of facts. There are facts that say the Republican budget plan will ruin the economy and there are facts that say it will lead to the greatest economic expansion of all time. There are facts that

President Obama is a Muslim terrorist who was born in Kenya and there are facts that he was born in Hawaii and practices Christianity.



They cannot all be true and they are definitely not all intelligent.

There is no worse evidence of our political irrationality than in our elections.

Every debate last year saw the two candidates arguing about what was true and what was not true and the media did not help, having given up trying to be a political watchdog for the people long ago.

Two networks make no attempt to hide their political biases: Fox News spends all day telling their viewers that every problem they experience in life is Obama's fault, and MSNBC spends all day calling Republicans terrible people.

The other networks try to be balanced and present both sides of every issue but some issues do not have two rational sides. Because there is a 24-hour news cycle that demands constant

controversy to maintain high ratings, the networks purposefully make issues more controversial than they should be.

It is interesting on any day to look at the main articles on the Huffington Post, CNN, Fox News and Drudge Report websites and compare and contrast. Being faithful to one news source can keep one from ever having to think about another person's perspective. For years I paid very close attention to the news but now I lose the will to live when I go to any news outlet.

As a result of increasingly polarized politics and an increasingly useless media, simple conversation is impossible. The weather,

the bastion of small talk everywhere cannot be discussed because any mention of blizzards, droughts, hurricanes, tornadoes and floods leads to an argument about whether humans are the reason for climate change.

Science cannot be discussed because Democrats believe in evolution and human-caused climate change and Republicans think both are elaborate scientific conspiracies. Even rape, something everyone should have the same opinion on, cannot be discussed anymore because it quickly leads to an argument about abortion rights.

Everyone needs to calm down and be chill.

Humans vs. Zombies comes back for spring

By Aerial Niccum
lulegacyentertainment@gmail.com

Each year, dozens of students join together as cohorts in Humans vs. Zombies (HvZ), an event that takes place on campus every semester that brings zombies to life. It gives students a chance to live through the zombie apocalypse.

Jared Wood, junior, is the game organizer and his job is to organize and plan the event, making sure the event is up and running for interested participants.

"[It is a] group game of tag with Nerf guns, socks and a backdrop of a zombie apocalypse," Wood said. "The objective is to play along the storylines while surviving the zombie apocalypse amidst daily life like classes and eating and even simply walking around campus."

Wood then selects moderators, or mods, which are in charge of organizing the game's storyline and missions, as well as answering any questions participants may have. The mods also enforce the rules and deal with any conflicts that may arise.

"They are essentially the referees," Wood said.

The game then becomes open to participants who register on the game's website and then attend a mandatory rule meeting. Then the fun starts. Simple



Photo Courtesy of Facebook.com/HvZLindenwood
Humans vs. Zombies logo from the events Facebook page.

and dynamic costumes, Nerf guns and tied socks pop up all around campus.

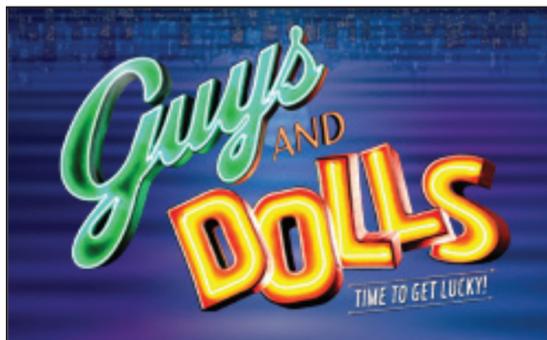
Zombies are easy to spot, thanks to the bandanas on their heads, and humans are identifiable by bandanas on their arms. The first selected zombie or zombies then proceed to attempt to "infect" humans. A zombie must tag and "eat" a human every 48 hours or they starve and are out of the game.

Humans may stun a zombie for 15 minutes to prevent being tagged by throwing sock grenades at them or shooting them with a Nerf dart. If tagged, a human then becomes part of the zombie horde and must tag humans. The game is played until all humans have been made zombies or until the humans survive

long enough for all of the zombies to starve.

Wood said he is excited for this upcoming game of HvZ. His sophomore year and first time as game organizer included 60 participants and no advertising or funding. Last semester, another moderator was added to help and the number of participants jumped to a 100. This semester, HvZ has seven mods and is also receiving funding from Lindenwood's Intramurals Department.

Students interested in participating must register on the HvZ page, HVZsource.com/Lindenwood, and attend the rules meeting on March 17 at 9 p.m. Questions can be directed to Jared Wood through the HvZ page or through his email, jmw692@lionmail.lindenwood.edu.



Show Performances:

March 14-16
7:30 p.m.

March 17
2:00 p.m.

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St. Louis Philharmonic play show with Lindenwood choirs

By Emily Adair
lulegacyentertainment@gmail.com

Members of the University Chorus, directed by Steven Slesher, and Concert Choir, directed by Pam Grooms, joined the St. Louis Philharmonic Orchestra for a sold out show on March 1 in the Bezemes Family Theater.

Following an impressive re-creation of the overture to "Roberto Devereux" by Gaetano Donizetti, the choirs joined the orchestra for a performance of "The Heavens are Telling" from Franz Joseph Haydn's "The Creation." The performers perfected a graceful interplay between the chorus and the strings, drawing the audience in before an explosion of beautiful sounds. The orchestra punctuated the piece brilliantly with a few final notes.

The listeners were then taken to the moving performance of John Rutter's arrangement of "Cantique de Jean Racine" by Gabriel



Legacy Photo by Jonathan Garrison
Photo taken during the final dress rehearsal for the show that took place at the Bezemes Family Theater on March 1, featuring the Philharmonic, University Chorus and Concert Choir.

Fauré. The soft, smooth voices blended beautifully with the low murmur of the orchestra's strings. The tune tells the story of a world of suffering and misery, people crying for God as their final hope.

The choirs and orchestra next delivered a campy but effective version of "All Things Bright and Beautiful" by John Rutter. The light tune praises God for all that he created and it was the perfect selection for redirecting the

mood of the show. Spirits were high again by the fourth tune, "O Clap your Hands" by Ralph Vaughan Williams. The chorus members sang out with voices of triumph and the strong brass section exploded with pride.

The show featured the chorus and the orchestra together on the first half. After a brief intermission the orchestra took over with Richard Strauss's "Don Quixote."

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QUESTIONS? Contact AMRA ALIHODZIC AT AA364@LIONMAIL.LINDENWOOD.EDU

What is St. Patty's really all about?

By Emma Boreland

lulegacyentertainment@gmail.com

It is getting to that time of year again when the world turns green for one day - St. Patrick's Day. So what is St. Patrick's Day? There are many tales of St. Patrick, from chasing the snakes out of Ireland to bringing Christianity to the country. He seems to have done it all.



Photo courtesy of fuelingnewbusiness.com

Until recently, the celebration of St. Patrick's Day in Ireland has been a small event where those of a Christian background would see it as a minor religious holiday. Celebrations nowadays have little to do with the man himself, especially in America as many Irish-Americans use March 17 as a day to celebrate their family roots and commitment to Ireland.

Seas of people covered in green attire, parades and the occasional beer or two are poured in tribute to the country. Ireland is attempting to capture this spirit, making the day as fun-filled and family orientated as possible with parades and music events throughout the island.

In the past few years, Ireland has been trying to connect with the over 70 million people around the world linked to the country. Famous worldwide landmarks are turning green for the day to celebrate. Niagara Falls, the Sphinx, the Great Pyramids, the Christ the Redeemer statue in Rio de Janeiro and the welcome sign in Las Vegas are just a few to look out for.

So wherever in the world you are, remember to go green this St. Patrick's day to reconnect to the Emerald Isle of Ireland.

No Fear FASHION!

1940s Fashion Part 2: Women's Fashion

By Bailey Compton

lulegacyentertainment@gmail.com

Simplicity is still the name of the game as No Fear Fashion continues its 1940s special. Women's clothing was also affected by wartime rationing but that did not stop them from looking chic, put-together and ready for a night on the town. So ladies, whether you plan on attending Sigma Sigma Sigma's 1940s/USO Dance-A-Thon or just want ways to flatter your figures, you will enjoy these tips from the fabulous 40s.

For dresses, a nipped waist was the only way to go. Skirts often hugged close to the hips, however they got fuller near the end of the decade and the end of wartime rationing. Necklines could be rounded, sweetheart or

v-neck. Wrap-style dresses were also popular and are flattering for nearly all figures. Dresses with sleeves and padded shoulders became quite popular!

During the war, there was little outfit adornment. However, women became resourceful by making small hats from fabric scraps, using leg makeup instead of pantyhose, putting fake flowers in their hair and wearing Bakelite (plastic) jewelry. However, simple classic pieces such as pearls, broaches and flowers would be appropriate.

For shoes, small, thick heels were very common. They often had ankle straps or were wingtipped, much like men's shoes. Oxfords and sandals were also popular.



Actress Katharine Hepburn in a classic 1940s dress. Photo Courtesy of lynxolita.tumblr.com

The women of the USO (United Service Organization) did their part by volunteering to serve, entertain and keep the troops' spirits up at USO centers across the country. They often wore ribbons or buttons with encouraging sayings such as "Keep Smiling" or "Get Happy."

To get their look, follow the simple guidelines and add a little patriotic flare. Red, white and blue flowers or ribbons make cute hair and dress accessories. Or add a military cap (like a "garrison cap") to fit the theme.

To finish off your look, curl your hair, add some red lipstick and keep smiling!

CSU hosts 'Recapture' retreat

By Philip Wolk

lulegacyentertainment@gmail.com

The Lindenwood Catholic Student Union hosted a retreat March 2-3 located at Sacred Heart Academy in St. Charles. The theme was "Recapture," or what it truly means to be a man or a woman in God's eyes.

At the beginning of the retreat, both men and women met and discussed the story of creation. Later, men and women separated and discussed what the story meant for men and women's roles in society today. The group concluded the evening with prayers.

"The retreat this past weekend gave me an incredible and unique

opportunity to delve into my faith in a way that I never truly have before. It's helped me to recognize my dignity as a woman created by God and equipped me with the knowledge I need to better understand my role in the world," Faith Otten, sophomore, said.

The next day of the retreat had speakers talk with the males and females in separate groups concerning what they can do in today's society to help define masculinity and femininity. "The Fall" in Genesis was discussed to tell us why men and women are the way they are today.

Lastly, at the end of the retreat, the men and women challenged each other to do things to improve society and

recapped what they learned from the retreat.

"The men and women's retreat really helped me understand the relationship between the man and woman and how our differences can complement each other if both are understood. The retreat showed me how to grasp my femininity and regain a respect for myself as a daughter of the King," Kim Luedecke, sophomore, said.

Students said they learned a lot about their faith and learned what it means to be masculine and feminine. Both sides were challenged to apply what they learned in society. For more information about CSU, you can contact the Newman Center at 636-255-2231.

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Band Profile: 'Clockwork'



Legacy Photo by Annette Schaefer

Photo of the local St. Charles band Clockwork during their Legacy interview. **Members Left to Right:** Jordan Slone (Vocals/ Guitar), Logan Mohler (Drums) and Logan Slone (Bass/Vocals).

By Annette Schaefer
luentertainment@gmail.com

The local band, Clockwork, has played a number of local shows and have even been featured on 105.7 The Point and only a matter of weeks ago they released their new record "Out to Sea." Clockwork is made up of lead singer/guitarist Jordan Slone, bassist/vocalist Logan Slone and drummer Logan Mohler.

"We wanted to be a well-oiled machine," Slone said.

For a group of guys where two out of three of them still attend high school, they are surprisingly a very "well-oiled machine."

To release "Out to Sea" they threw a CD release party at Blueberry Hill in the Delmar Loop playing the first all-ages show for the bar to a sold-out crowd. The band said the experience was "amazing."

"The feeling you get when you're on stage, there is something that is just different about that," Slone said.

The band's new CD features a wide variety of catchy pop-rock tunes. For such a young band, the album is very polished and shows great songwriting. Their songs feature a variety of acoustic and electric performances and are fun, light and enough to make you lie back and bob your head. They also express a variety of styles, everything from retro rock 'n' roll moments to folksy ones.

"We don't bullet point what we want this to sound like," Slone said. He also said they are often inspired by everyday emotions and even biblical references when writing songs.

The guys say they are inspired by artists such as Mumford and Sons, Deftones, Paramore and Fun and they even seem to have some hope for the music industry.

"Musicianship is coming back. Artists are having a chance again," Slone said.

This band has gotten as far as they have in St. Louis by not only their clear talent but by their passion for creating music, even managing to make it a priority with school schedules.

"This is what we want to do. You have to commit to it," Slone said. "It's something we love to do. We want to make this our job. There's no stopping point."

There is definitely no stopping these guys. They have already started booking several shows around the area.

They will be performing at the Firebird in St. Louis on Saturday, March 16, opening for Stubby and Adam of the band Lucky Boys. For tickets, visit the Firebird's website at <http://firebirdstl.com>.

To find out more about Clockwork, visit their website at <http://clockworkstl.com> and check them out on Facebook, Twitter and YouTube. "Out to Sea" is available now.

'Desert Noises' makes some noise in St. Louis

By Lindsey Vaughn
luentertainment@gmail.com

Entertainment is in abundance in this area. Just located 26 miles away is a concert venue named Plush that hosts several musical talents, including an upcoming indie rock band, Desert Noises.

Desert Noises played at Plush last Friday along with The Parlor Suite, Kellen & Me and The Soil and the Sun.

Desert Noises formed four years ago with nothing but sound equipment, a van and musical talent. The band consists of members Kyle Henderson, Tyler Osmond, Pat Boyer and Brennan Allen.

"We are touring constantly. We have driven over 100,000 miles. It will be two years in June that we have toured," Kyle Henderson, lead singer, said.

Henderson said the group had normal jobs but it just did not feel right. Music was their passion and they all quit their jobs, took out a loan for a van and began driving and trying to find places to perform.

"We emailed a friend of mine, Jared, and he was helping us out [booking shows.] We [also] emailed places ourselves and said we wanted to play," Henderson said.



Photo Courtesy of naazandraaz.wordpress.com

Photo of the band Desert Noises who played at Plush on March 8.

They released their newest EP last year titled "I Won't See You," which includes three tracks: "I Won't See You," "Wings of White" and "Birds."

"They were meant to be demos," Henderson said, "but we were really loving how they sounded and the fans really enjoy it. We've had nothing but positive feedback."

Some influences of the band include Fleetwood Mac, Led Zeppelin, The Doors and Modest Mouse. They have an array of influences but that just gives them an edge to make their music sound unlike any other that can be heard on the typical radio station.

Their rock-indie sound takes their fans back a few years and gives a calming and mellowed-out feeling. According to their Facebook, "Desert Noises make music for shouting into canyons, jumping into

rivers and getting married to the wide-open road. With a strong maturity in their songwriting, they conjure the majesty of the American pastoral landscape."

A perk of going to see the band in person is you can purchase a seven-inch vinyl with cardboard sleeves that are stamped personally by the band. Henderson said it is a way to give the fans something special and that is done by the band personally. Also available is the digital copy of "I Won't See You," along with their other EPs via iTunes.

"We're really enjoying life and we want people to enjoy it with us," Henderson said. "[We] love playing music and playing live and traveling."

For more information about the band, visit <http://desertnoises.com>, <http://facebook.com/desertnoises> or follow their Twitter @Desertnoises.

Doomtree's Dessa plays concert at the Firebird

By Annette Schaefer
luentertainment@gmail.com

On Monday, March 11, Dessa, of the hip-hop group Doomtree, performed a solo concert at the popular local venue, The Firebird. The show featured a unique blend of singing, rapping and instrumentation. The show also included performers Aby Wolf and Farout.

Dessa's first full-length release was 2010's "A Badly Broken Code" and a little over a year later the compilation "Castor, The Twin" was released in 2011.

Dessa's sound is an endearing combination of hip-hop and indie/pop. She often switches between rapping and singing. She also manages to incorporate a variety of sounds with the inclusion of piano, mandolin, viola, stand-up bass, vibraphone and more. Her music comes off as laidback with rawness and realism.

"I don't sweat the message too hard," Dessa said. "I think, 'what's the truest and most genuine thing I can say?'"

This same level of intimacy and raw energy and her experience in a hip-hop band are all things she strives to apply to her live shows.

"Doomtree is a more physical show. I try to incorporate the aggression," she said. "I rarely stay on stage the whole show."

She also expresses her enthusiasm for being on stage, saying that she enjoys "the feeling of being



Photo Courtesy of doomtree.net

Live photo of singer/rapper Dessa from her blog on her bands website. Her show was on March 11 at the Firebird. Dessa's next full length album is due out this summer.

involved in something that is made in real time and part of something bigger."

"I'll put myself in time. What's the most genuine way I can deliver this performance?" Dessa said.

This summer, Dessa is expected to release a new full-length album. While not all the details are out there yet, Dessa explained that she planned to "use what I've learned" from her experiences with Doomtree and her solo work.

She also explained there would be 12 songs on the album and "more organic instrumentation," including more strings and layered harmonies.

For more information on Dessa or Doomtree visit their website at doomtree.net.

Their music can be purchased from their website or at emusic.com.

For information on more upcoming shows and artists at the Firebird, visit their website at firebirdstl.com.

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Shotgun sports hosts first home event



Courtesy photos by Haley Duloherly

Shooters from different schools around the Midwest compete in the first-ever Midwest Regional Collegiate. The event was held at Gateway Gun Club in Bridgeton, Mo., over the weekend of March 1-3 and included members of 14 schools.

By Mariah Stewart
lulegacysports@gmail.com

Bad weather did not keep the Lindenwood shotgun sports team from successfully hosting its very first Midwest Regional Collegiate.

The regional was held in Bridgeton at the Gateway Gun Club where the Lindenwood shotgun team practices. The event began Friday, March 1 and ended on March 3. Athletes from 14 different Midwestern schools participated in the event.

Although the weekend was interrupted with freezing rain and unbearably low

temperatures, the shotgun athletes maintained good sportsmanship and gave great performance.

“For it to be the first time we ever hosted an event, it went extremely well,” director of operations Steve Wolk said.

Head shotgun coach, Shawn Duloherly said, “A lot of clubs said it was the best shotgun sports event that they had ever been to.”

Lindenwood shooter, Abby Wilhelm, put in extra time and effort by helping athletes with registration for the event.

“It was so exciting to see everyone from all of the different schools and give

them an exciting match that we never hosted before,” Wilhelm said.

Lindenwood’s shotgun team consists of 100 athletes and they are divided into two sections; gold and black. The gold team, which fields athletes who are ready to play at an Olympic level, did not compete in the Midwestern Regional Collegiate. Instead they were involved in the mechanics of the match, such as score keeping.

Coach Duloherly showed a tremendous amount of sportsmanship by pulling the gold team from the match. It gave athletes from other schools the opportunity to be more involved. The

black team competed for scoring purposes only, not for trophies.

Duloherly humbly recognizes the achievement his team has accomplished and feels the positive feedback from the Midwestern Regional Collegiate is a good way to propel the team forward going to the national championship later this month in San Antonio, Texas.

Lindenwood has won nine consecutive shotgun sports national championships. This year will be the tenth year they have played and have hopes of a tenth championship. Duloherly

has added a team slogan in 2013, “Year of the X.”

“This is an x-factor year.” We don’t know if we’re going to win or not but if we do it’s number 10.”

Lindenwood’s squad is the most dominant shotgun shooting team in the country, leading to their number one ranking. They compete against high profile schools such as Harvard and Yale.

Duloherly is considerate of the pressure that weighs on the shotgun athletes to perform in San Antonio.

“I can’t imagine the pressure that is on them to go and perform something

thats never been done in history,” he said.

Although hopes are high for the national championship, that is not their only focus. On March 22, the team will be hosting a Community/Corporate Day at the range and hopes to see a large turn-out.

On that day, people will be given an opportunity to experience the intensity of being a shotgun athlete. All proceeds from the event will be going to St. Jude Children Hospital. For information on the Community and Corporate Day at the range you can visit lindenwoodlionssls.com.

W. lacrosse stays undefeated at 4-0

By Brett Morrison
lulegacysports@gmail.com

The Women’s Lacrosse team has hit the field running at full speed. After being crowned with Lindenwood’s first ever NCAA conference title in 2012, the team has opened up the new season 4-0.

The Lady Lions have come out with some dominating victories on the road against Shorter, Young Harris, Alderson-Broaddus and Wheeling Jesuit Universities in the first two weeks of play.

LU will host Adams State University on March 13 at 7 p.m. at Hunter Stadium. This will be the Lady Lions’ home opener as well as their first conference game.

Jack Cribbin, who is entering his eighth season as head coach, said, “This is the most athletic team that I’ve ever had. We have the most depth and talent that I’ve ever seen.”

The Lady Lions have been unstoppable on the field so far. In four games they have only allowed seven goals against, with 74 goals for.

The team has been led by junior goalie Christina Hehmyer, who has been outstanding in the pipes. Transfers Shelby Polk and Melissa Smith have also been playing exceptionally well.

Polk scored five times and had two assists in the last two games. She was named the WILA (Western Intercollegiate Lacrosse Association) Offensive Player of the week. She now leads the conference and the team in goals with 11.

Freshman Maddi Ossello has been shining on the field as well. She has scored eight goals so far, and has had numerous draw controls in her first four games at the collegiate level.

Cribbin said, “Maddi is an unbelievable talent and she certainly has a bright future

here at LU.”

Despite her recent success, Ossello still has her head on straight.

“Even though we are 4-0, we have to remember that we are playing high ranked teams towards the end of the season. Therefore, we have to continue to push ourselves so we can play at our highest potential during the toughest games of the year.”

Cribbin feels that his team has the talent to compete with anyone in the country. The most important thing that he has been trying to stress to his players is that in order to be successful, it comes down to the way you execute your plays, as well as playing hard for the full 60 minutes.

The Lady Lions have some very big games coming up in their season; they will be playing Rollins and Adelphi who are both currently ranked in the top five in the NCAA Division II.

Roller hockey remains unbeaten heading into ACHA Div. 1 playoffs

By Taylor Land
lulegacysports@gmail.com

For the Lions D1 roller hockey team, losing has not been an option. In fact, it is hardly ever experienced. With eight national championship wins and their 2012-2013 regular season record of 14-0-2, the team has all the right reasons to be confident in bringing the championship back to Lindenwood after a three-year dry spell.

In a double-header on Feb. 24 against Missouri State and the University of Illinois in the regional playoffs, the Lions scored a combined 17 goals and only gave up four. This sent them to the national championship tournament in April, undefeated.

St. Charles Community College proved to be one of the most competitive teams that the Lions would face during the regular season, even facing a tough tie against them just days before their regional championship victory on Feb. 22.

“It made us realize what we had to do better coming into Sunday,” goalie Kevin Dwyer said, describing the team’s momentum.

The energy would carry into their last three regional games, all wins while scoring no fewer than seven goals in any of the three games.

“[The tie] showed us that

we need to come out and work harder, and that we shouldn’t take any team for granted,” forward and leading scorer Casey Escarcega said.

“We had a slow start our first game against Illinois this season but we came out strong against them all the games after that,” Dwyer said.

After having the month of December off, the team would take their first road trip of the season to Pittsburg’s East Coast Winter Fest, where they would face tougher competition than at home.

“We had a lot of momentum coming into Pittsburgh since we knew we were going to be playing tougher competition, especially with Michigan State,” Dwyer said.

The Lions were unfazed as they won each game facing opponents such as No. 2-ranked Michigan State, playing them twice in the tournament.

The Lions won the first round matchup beating them 5-2, and in the final winning 6-4 to take the title. The Lions also played No. 11 ranked Ohio State in the second round earning a 5-0 victory. In the semifinals, they would take on No. 4-ranked Eastern Michigan beating them 7-1.

“We played very well; the whole team came together and played the exact way we know how

to by backchecking and forechecking hard, which is a very big key to our success as a team,” Escarcega said.

Averaging seven goals a game gives the Lions a great advantage over competitors but will it be enough for the Lions at the national stage? With the nation’s best eager to knock them off, the team certainly has their work cut out for them.

“I think I can speak for the whole team when I say I’m looking forward most to playing UNLV this year in Florida since they knocked us out last year in the semifinals,” Dwyer said. “That has left a really bad taste in our mouth.”

UNLV beat the Lions last year in the semifinal match in overtime.

“All the boys are very amped up about nationals and we’re going to be practicing very hard the whole time leading up to nationals in April, so that we can be at our best and be ready for any team that we may have to face,” Escarcega said.

There is one goal left for the Lions to accomplish this year: bring the championship back to Lindenwood.

“It’s been three years too many to not have it back where it belongs but we need to take it one game at a time to get to the championship,” Dwyer said.

Also Available on Lindenlink.com

- **Golf team continues on with second half of season**
By Ryan Oldham
- **Tennis team’s battle with rain to get matches in**
By John Tessmer

Lions sweep three matches at LU Classic



The Lindenwood Lions men's volleyball team competes against the Red Men of Carthage College as part of the Lindenwood Classic.

Legacy photo by Jennifer Bruhn

By John Tessmer
lulegacySports@gmail.com

After completing an undefeated trip to the

Carolinas, the men's volleyball program was back in action this past weekend at the Lindenwood Classic, held the weekend of March 1-2.

This was the second year for the Lindenwood Classic. Limestone College, Quincy University, King College and Carthage College were in the

tournament, along with the Lions. After winning in a close five-set match while at Carthage College, it was not

quite as close this time around as the Lions swept the Red Men in three sets with scores of 25-17, 25-18 and 25-19. Scott Siwiki led the way while hitting .615 with 10 kills, with Tim Schmidt contributing 33 assists on the night.

"We played at a higher level and also after playing there once, we had an idea of what we needed to improve on compared to the last time we played them. The guys executed the game plan really well," head coach Ron Young, said.

Not only did the Lions sweep Carthage College, they also swept King College and Limestone College, going a perfect 3-0 on the weekend.

In the sweep of King College the Lions won 25-13, 25-9 and 25-20. Casey Calder led the team with nine kills, Schmidt with 24 assists and JeVaughn Saunders contributed six digs.

In the final game of the tournament against Limestone College, the Lions won 25-25, 25-19 and 25-19. Hackworth

led the team in kills with 17, Schmidt with 39 assists and David Poole with 11 digs.

"Although the scores don't really show it, the match against Carthage College was probably the toughest. They gave us the most as far as attacking schemes, serving, so what they were throwing at us was probably the most competitive of the teams we played all weekend," Young said.

Looking forward to conference play, the Lions are focused on playing the way they have been.

"We're going to focus on having the same results, playing at the same high level because when we get back into conference we are playing teams that are more physical and taller, which will be a slightly different situation than we have been facing," Young said.

The Lions face off against Hannibal-Lagrange College on Tuesday, March 12 with first serve at 7 p.m.

Men's ice hockey falls short in ACHA championship game

By Brett Morrison
lulegacySports@gmail.com

The Lindenwood men's ice hockey team had a disappointing regular season given its history of success. The Lions were just 13-12-4 heading into the postseason but came up just one win short of the national championship.

The Lions had an overall record of 16-13-4. They finished second in their conference at the end of the regular season, which gave them a first-round bye in the Central States Collegiate Hockey League (CSCHL) playoffs.

It was a single-elimination tournament and the Lions lost in their first game against Ohio University. The final score was 5-3. Ohio went on to win the conference title by defeating Iowa State in the final. The playoffs took place in Athens, Ohio on Feb 15-17.

Despite the loss, the Lions were ranked in the top 20 poll at the end of the regular season, qualifying them for the ACHA National Tournament which was held March 2-6 at Robert Morris University in Bensenville, Ill.

The Lions were ranked No. 9 going into to their first game of the tournament. They played No. 8 Davenport University and won 5-2.

Next up they took on No. 1 ranked Adrian University. The two clubs had split the season series with one win a piece.

LU came from behind in the third period and eventually won the game 5-4 after a solid performance in the net by Linus Ahgren.

The Lions were now onto the national semi-final where they would meet the No. 2 seed in Arizona State. The Lions had lost both regular season meetings and were huge underdogs, but they prevailed and beat the Sun Devils by a score of 6-4.

The team had made it into the Nation Championship game where they would meet up with No. 3 Minot State University. The Lions were out of gas and could no longer continue the streak of upsets. They lost to the Beavers.

LU managed to make up for their sub par performance this season and finally started playing up to their potential. They were the top ranked team in the preseason American Collegiate Hockey Association poll, and with a loss in the championship game, finished the year unofficially at number two.

Senior forward Grant Gorczyca was named the CSCHL most valuable player for the 2012-2013 season, as well as being named to the First team All-League. Freshman Taylor Wolfe was named to the Second team All-league and also to the All-Rookie team along with Trey Flesh. Senior forward Cam Chinnery rounded out the teams honors as he was named to the All-Defensive team.

Men's wrestling wins conference

By Selene Aleman
lulegacySports@gmail.com

The Men's Wrestling Team won the National Collegiate Wrestling Association (NCWA) Great Plains Conference Championship and is headed to Allen, Texas on March 14-16 to compete in the NCWA National Championships.

Junior Blayne Shockley at 125 lbs., senior Craig Chiles at 141 lbs., junior Luke Roth at 165 lbs., freshman Matt Greene at 174 lbs., sophomore Jake Landals at 184 lbs. and junior Josh Carlyle at 285 lbs. all earned gold medals at the Conference Championship.

Their efforts helped towards obtaining a team victory with a total of 247 points, beating second place Air Force by 120 points.

Head coach Chad Smith says

continued hard work is on the horizon for his team.

"I think we have a legitimate shot at winning, it's definitely not going to be easy but we have a shot," Smith said. "Everyone we are taking has the ability to place and we have been targeting individual things we need to work on for each guy on the team." Greene said, "Compared to the beginning of the season the team has come a long way towards working together to earn the team title along with individual titles."

Greene looks forward to competing in the National Championship and said, "I feel like I'm prepared to go in and bring the title home."

For more information on the Men's Wrestling team or for updates on the trip to Austin, Texas, visit lindenwoodlions.com.

M. basketball finishes third place in conference

By David Schlager IV
lulegacySports@gmail.com

Everybody knows the old cliché, "you only get one chance to make a good first impression." Well, the Lindenwood University men's basketball team

made quite an impression.

In the MIAA conference preseason coaches' poll the Lions were picked to finish only eighth out of 15 teams.

"Once we found out that the coaches put us so low in the preseason that just

gave us more motivation," said senior Brett Thompson.

"We wanted to show those coaches that we were better than that and our goal became to win the conference championship in our first year."

The Lions performed well after making the jump to the Division II level, finishing just one game behind eventual MIAA co-conference champions Central Missouri and Fort Hays State.

The journey did not start as planned. Their first two conference games ended with the Lions falling short in an overtime matchup against Northwest Missouri State and in double overtime to Pittsburg State University.

"Those first two games just showed us how close we were," senior Alex Bazzell said. "We might have gotten a little worried starting conference play 0-2, but they were tough games where we just didn't execute."

The schedule played a big part in the conference turnaround, as the biggest chunk of MIAA play was after classes let out for Christmas Break.

"We looked at the tape and stressed the ballhandlers not to settle," coach Brad Soderberg said. "We wanted to become more aggressive and penetrate more often."

After those adjustments Lindenwood went 12-4 in conference play. That

highlight of that stretch was the Feb. 2 contest against the University of Central Missouri.

That game was played in honor of freshman Sterling Thomas, a Lindenwood football player who suffered a cervical level spinal cord injury.

The capacity crowd helped "Sellout For Sterling" become a successful afternoon, supporting Thomas and fueling the Lions to the end. With less than five seconds left senior Richie Thompson Jr. nailed two free throws to clinch the 83-82 win.

"It's every kid's dream to hit those free throws with just a couple of seconds left in the game," Richie Thompson said. "After the game, the bench cleared and the students stormed the court. I was just bracing for impact."

"It was definitely the highlight of my college career. A game and feeling I will never forget."

Despite finishing third in conference, the Lions were ineligible for any postseason play.

"The players did a great job handling all of those circumstances," Soderberg

said. "They had no trouble ever getting ready for a game, but I know it must have been hard for the players."

The inaugural season may have hurt the players as well once the year was over. The Lions only had one player receive any recognition from the other head coaches of the MIAA.

"I can't understand it. We were only a game away from winning the conference and only one player got a vote," Soderberg said.

Bazzell was the sole recipient of any honors, as he was awarded 2nd team All-MIAA.

For a player to receive recognition on the honorable mention list, all they need is one vote from another coach.

Seniors Cody Sorenson and Richie Thompson averaged over 11 point per game and shot over 53 percent from the field, but received no votes.

"We had good players that didn't even get a single vote from any of the 14 other coaches in the league. I definitely feel that our players got slighted," Soderberg said.

The Lions finished the season 19-7 and 10-3 inside the Hyland Arena.

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The Man behind the Mane



23-year-old Aki Herron dresses as the faithful Lindenwood mascot for every football and basketball game. He is pictured here before and during action.

Legacy photos by Michael Sprague

By Michael Sprague
lulegacysports@gmail.com

Chances are you have seen his face. He is at every football game at Hunter Stadium and every basketball game in the Hyland Arena. He makes public appearances at tons of other Lindenwood events. Equipped from head to toe in a Lindenwood uniform, he prepares to put on his best show for everyone in attendance.

His name is Aki Herron, and he is not a member of either team. Herron doesn't put on the pads or strap on the ankle braces, instead he layers himself in a different uniform. He is the Lindenwood Lion.

Herron, a 23-year-old senior from Florissant, MO., is a criminal justice major with an emphasis in paralegal studies here at LU. Also on the cheerleading squad, Herron says an unfortunate event during a 2010 competition actually led him to pursue the position of mascot.

"During a large co-ed competition I threw a basket and my flyer's elbow came

out and hit me right in the jaw and I broke it in two places," Herron said. "I was out and couldn't cheer, but I didn't want to sit out. I wanted to do something to be a part of the team."

Since first joining the cheer squad during his junior year at Hazelwood Central High School, Herron has worked hard to develop his skills.

"The first time I did a back handspring was in preparation for high school cheerleading tryouts," Herron said. "I was in my basement on a mattress and I fell flat on my face."

By the time the mascot position was left vacant in 2010, Herron had mastered both the back handspring and back tuck. A little bit of practice allowed Herron to even flip through the air in the mascot costume. With these skills, he took control of the Lion outfit that winter and never looked back.

"I started off during basketball season, it was when we had that old mascot costume with the giant head," Herron said. "I was able to kind of make it my own and

people really liked it."

His energy and commitment to the job was so influential, it led to the purchase a new, up-to-date Lion costume.

While Herron continues to bring the energy level up at events, he now benefits from the title in another way.

"I still get to cheer which is great, and mascotting is now my work and learn," Herron said. "I go out and make appearances whenever someone asks, I'm at every football game, every basketball game, and I'll attend other sports if they request it."

Other opportunities in the world of mascotting have also been made available to Herron. He has been the mascot for multiple cheerleading competitions which have seen him portray a tiger, giant whale, and almost a giant cartoon-looking character called Jammy. He has been a kangaroo for Dish Network and will soon represent the Missouri Monsters in their inaugural indoor football season at the Family Arena.

Former Lions' punter-turned-kicker for the Monsters, Morris Keseloff, turned Herron onto the idea, saying "he was just always so energetic at our football games and I knew he would be up for it so I had to tell him."

General Manager Justin Madden said a lot of things about Herron caught his eye before awarding him the job.

"As soon as he walked in, there was energy and that's really what we want in a mascot," Madden said. "I also had a lot of people saying a lot of good things about him, and once I met him, I felt the same way."

Herron is technically a senior, but still has one full school year before graduation. He hopes to continue pursuing mascot positions as they come up both for personal enjoyment and possibly for his future.

"I'm using it as kind of a resume builder. You never know, the side plan could be professional mascotting," Herron said with a laugh.

Bowling sends four to singles championships

By Clare Behrmann
lulegacysports@gmail.com

College sports around the country are gearing up for postseason play and bowling is no exception.

Last weekend, the men's and women's bowling teams traveled to Smyrna, Tenn. to compete for spots at the Intercollegiate Singles Championship (ISC). This was one of four regional site for competition which were spread around the country. A total of eight men and four women bowlers moved on from the Tennessee regional.

In the men's division, senior Jeremy Zimmerly bowled a total of 1,328, with an average of 221.33 per game. He tied for third place in a 168-man field. Freshman Ronnie Fujita, who bowled in Fairview Heights, Ill., scored a total of 1,391 points, with a 231.83 average. He placed sixth in a field of 164 players.

Lindenwood bowlers Kyle Sherman, Dan Lemiesz and Brandon Rice all came

close to qualifying but all three fell short, finishing 12th, 14th, and 13th (in Ill.), respectively.

On the women's side, junior Samantha Johnson and freshman Erin Michelfelder finished one-two in the Tennessee qualifier. Johnson had a total of 1,269, with a 211.5 average, in a field of 126. Michelfelder bowled a total of 1,254 while averaging 209 points in the same field.

The Lion men competed with 20 schools in the Tennessee team regional as well. A 48-game total of 12,759 put the Lions just behind McKendree for the top score. The ladies finished first out of just 17 with a score of 12,299.

Forty total bowlers will compete in the Single's Championship, 24 men and 16 women. The ISC will take place on Tuesday, April 16, in Lincoln, Neb., at Sun Valley Lanes. The team competition will follow, April 17-20, in the same Sun Valley Lanes.

LU's soccer Friendship Cup wraps up soon

By Gabriela David Santos
lulegacysports@gmail.com

The Friendship Cup soccer tournament is happening right now at Lindenwood, which started Feb. 3 and is estimated to end just before spring break. A total of 10 teams represent countries and groups that reflect where students are from, though the purpose is for all to participate and share in the fun.

The championship is an opportunity for those who are not a part of LU's NCAA soccer teams to play the sport. It is divided in two groups of five, two of each will go to the next stage to compete semi-finals and finals.

Dates for semi-finals and finals are not determined yet. Weather difficulty has caused past game dates to be postponed, which pushed the tournament further into March. Only two games remain in the group stage before teams

are announced for the semi-final and subsequent final.

Brazil versus ACB, Uruguay versus Spain and Honduras versus France were scheduled to play on March 10. The last game with semi-final implications is Brazil versus U.S.A on March 17 at 8:30 p.m. All games take place at the Harlan C. Hunter Stadium.

Student and player for Brazil, Kevin Sorger said, "Brazil and Serbia are the favorites of my group, and Uruguay and Spain are the favorites of the other group. This week will be of extreme importance for the championship. Students should come to the games for support!"

For more information on game times or to be part of next year's tournament, contact TC Brown at tbrown@lindenwood.edu or head soccer coach Carl Hutter by phone at 636-916-8251.

NCAA SCOREBOARD AND SCHEDULE

Baseball

3/2/13	@ Emporia State	W 3-1, L 6-5 (12 inn.)
3/3/13	@ Emporia State	L 11-0
3/9/13	vs. Central Oklahoma	L 0-2
3/10/13	vs. Central Oklahoma	Cancelled
3/12/13	@ SBU	Scheduled 1 pm, 3 pm
3/16/13	vs. Fort Hays State	1 pm, 3 pm
3/17/13	vs. Fort Hays State	1 pm
3/20/13	@ Truman	1 pm, 3 pm
3/23/13	vs. UNK	1 pm, 3 pm
3/24/13	vs. UNK	1 pm
3/26/13	@ Lincoln University	1 pm, 3 pm

Men's Basketball

2/27/13	@ Lincoln	W 80-65
3/1/13	@ UNK	W 84-75

Men's Golf

3/11-3/12/13	Jewell Rockhurst Earlybird	Completed
3/25-3/26/13	Northern Alabama Springs Classic	All Day

Men's Lacrosse

3/6/13	vs. Shorter College	W 22-7
3/9/13	vs. Fontbonne University	W 21-5
3/16/13	vs. Mercyhurst University	1 pm

Men's Tennis

2/28/13	@ Christian Brothers University	W 9-0
3/1/13	@ Delta State University	L 4-5
3/2/13	@ Shorter College	L 4-5
3/8/13	@ William Jewell College	W 6-3
3/10/13	vs. SBU	Postponed
3/15/13	@ Washburn	4 pm
3/16/13	@ Emporia State	2 pm
3/19/13	@ Truman State	4 pm
3/20/13	vs. McKendree University	3 pm
3/22/13	vs. UNK	3:30 pm
3/25/13	vs. Northwest Missouri State	2 pm

Men's Volleyball

Lindenwood Classic		
3/1/13	vs. Carthage College	W 3-0
3/1/13	vs. King College	W 3-0
3/2/13	vs. Limestone College	W 3-0

3/5/13	Belmont Abbey College	W 3-0
3/5/13	@ Fontbonne University	W 3-0
3/12/13	vs. Hannibal-LeGrange College	W 3-0

Quincy Tournament (Quincy, Ill.)

3/15/13	vs. Lees-McRae College	7 pm
3/16/13	vs. Erskine College	10 am
3/16/13	vs. Park University	1 pm

3/19/13	@ Missouri Baptist	7 pm
3/22/13	vs. Lewis University	7 pm
3/23/13	vs. Loyola University Chicago	7 pm

Men's Wrestling

3/2/13	NCWA Conf. Championships	Completed
3/14-3/16/14	NCWA National Championships	9 a.m.

Women's Basketball

2/27/13	@ Lincoln	L 56-72
3/1/13	vs. UNK	L 74-89

Women's Golf

3/4-3/5/13	@ Diffie Ford-Lincoln Invitational	3rd(6)
3/23-3/24/13	Perry Park Spring Fling	All Day

Gymnastics

3/1/13	@University of Arkansas, University of Missouri, & Centenary College of Louisiana	3 (4) 191.125
3/8/13	@ Auburn University	L 190.450-196.400
3/10/13	vs Texas Women's University	L 191.950-192.750
3/23/13	MIC Championships	TBA

Women's Ice Hockey

CHA Tournament		
3/1/13	vs. Robert Morris	L 1-2
3/2/13	vs. Robert Morris	L 0-2

Women's Lacrosse

3/1/13	@ Alderson-Broaddus College	W 19-2
3/3/13	@ Wheeling Jesuit University	W 20-2
3/13/13	vs. Adams State College	7 pm
3/16/13	vs. University of Findlay	5 pm
3/22/13	vs. McKendree University	7 pm

Softball

3/2/13	vs. Blackburn College	Cancelled
3/2/13	vs. Northland College	Cancelled
3/10/13	St. Gregory's University	Cancelled, Cancelled
3/14/13	vs. Truman State	2 pm, 4 pm
3/15/13	vs. McKendree University	2 pm, 4 pm
3/18/13	vs. Upper Iowa University	5 pm
3/22/13	@ Lincoln University	2 pm, 4 pm
3/23/13	vs. Pittsburg State	2 pm, 4 pm
3/26/13	vs. Missouri Southern	5 pm, 7 pm

W. Tennis

3/8/13	@ William Jewell College	L 3-6
3/9/13	@ Lincoln	Postponed
3/10/13	vs. SBU	Postponed
3/12/13	@ UMSL	Scheduled
3/15/13	@ Washburn University	4 pm
3/16/13	@ Emporia State	3 pm
3/19/13	@ Truman State	3:30 pm
3/20/13	vs. McKendree University	2 pm
3/22/13	vs. UNK	2 pm
3/23/13	vs. Fort Hays State	2 pm
3/25/13	vs. Northwest Missouri State	4 pm

M. and W. Track and Field

3/16/13	Central Methodist Invitational	10 am
3/22/13	Missouri Relays	12 pm
3/29-3/30/13	Washington U. Invitational	12 pm/8:30 am

Alan Schwarz talks concussion awareness at LU

By Chase Stewart
lulegacysports@gmail.com

Alan Schwarz, a Pulitzer Prize-nominated reporter for the New York Times spoke to a capacity crowd in the Anheuser-Busch Leadership Room in the Spellmann Center as part of Lindenwood's 2012-2013 Speaker Series. His talk on March 5 dealt with sports-related concussions.

Schwarz received the Pulitzer nomination after writing more than 100 articles beginning in 2007 for the Times that exposed the veracity and seriousness of concussions among football players at all levels. Schwarz's articles and investigative work revolutionized the protocol for head injuries at the professional, collegiate, and amateur level.

Hall of Fame sports writer Murray Chass described Schwarz's work on concussions as "the most remarkable feat in sports journalism history."

During his presentation at LU, Schwarz chronicled his entry into the study of sports-related concussions in late 2006 when he was given information regarding the suicide of Andre Waters, a 44-year old former NFL defensive back for the Philadelphia Eagles.

Waters had suffered numerous concussions in his 11-year NFL career. However, the extent and effect of the injuries to his brain was unknown until a former Harvard defensive tackle and WWE wrestler by the name of Chris Nowinski began researching and writing a book regarding the dangers of concussions in

contact sports.

After receiving permission from Waters' family, Nowinski had Waters' brain tissue sent to neuropathologist Dr. Bennet Omalu of the University of Pittsburgh for further study.

Omalu's evaluation of Waters' brain showed that due to the severe brain trauma suffered throughout his NFL career, Waters' brain tissue had degenerated into that of an 85-year old man with similar characteristics to those of early-stage Alzheimer's victims. Waters was suffering from what is now known as chronic traumatic encephalopathy (C.T.E.). Dr. Omalu later went on to say that he believed Waters would have been fully incapacitated within ten years.

Nowinski, who had built a relationship with Schwarz,

brought his findings to him, and thus the biggest sports story of the decade began to take shape.

Waters proved only to be the beginning and as Schwarz's work began to receive more and more publicity, an exponential increase in the amount of cases of C.T.E. in former NFL players were being brought to the forefront.

Putting his Bachelor of Arts in Mathematics from the University of Pennsylvania to use, Schwarz began to compile astonishing statistics that displayed the increased risk of former NFL players to C.T.E. compared to the rest of the nation's population.

As the nation became aware of just how debilitating concussions could be for former players, they also became cognizant of just how little the \$9 billion

industry that is the NFL was doing to assist and protect its current and former players from their effects.

Schwarz noted that what motivated him to study and write about the dangers of concussions was the prospect of raising public awareness about the issue, and not just to grab the attention of the NFL.

"We always considered it to be a public health story. It wasn't just about the NFL, but about what happens in that arena which then also happens on Friday and Saturday nights in other arenas," Schwarz said.

However, what surprised Schwarz the most as the information began to unfold was the NFL's unwillingness to believe and truly grasp the gravity of what was being discovered.

"Nobody wanted to believe

it, I mean nobody. They just kept saying they were just numbers," Schwarz said. "But in my world, numbers are vital and when two plus two equals four, you can't just go around saying that two plus two equals eight."

However, as the issue grew to be too much for the NFL to ignore, the league finally began to take measures in 2011 towards insuring their former players after their careers in the NFL are over as well as protecting their current players from the gripping effects of concussions.

Schwarz left his work on concussions in 2011 as he was promoted by the Times to National Correspondent for Education. Schwarz has now begun work on a series of stories detailing the chilling effects of Adderall abuse among college students.

Gymnastics falls in 'Pink Out' for breast cancer



The Lindenwood Lady Lions gymnastics team celebrates after recording its second best overall score of the season at the "Pink Out" meet on March 10 in the Hyland Arena

By Ryan Oldham
lulegacysports@gmail.com

The Lindenwood Lady Lions gymnastics team recorded its second best overall score at the gymnastics 'Pink Out' meet on March 10 in the Hyland Arena.

The Pink Out meet was to raise awareness and money for breast cancer research. Pink t-shirts were handed out to the first 50 students that attended the event.

The Lady Lions scored a

total of 191.950, a hair away from matching their current top-overall score which stands at 192.050.

They have continued to break their own records match-after-match since becoming an NCAA sport here at Lindenwood, and this week was no different. The Ladies finished with a mark of 48.500 which is a new team record, but it was to no avail as the Lady Lions went on to lose out to conference rival Texas Women's.

Texas Women's scored a

192.750 overall and were only beaten by Lindenwood on the floor.

This event was the last meet of the regular season for the Lady Lions who are to begin post season play on March 23 for the MIC Championship in Shreveport, LA.

The MIC Championships are followed just less than a month later by the USAG Collegiate Nationals which also take place in Shreveport, LA.



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