

Junior Mike Failoni hit .706 last week on his way to five RBI and seven runs scored. Failoni has been the Lions leader at the plate all year.  
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Hip-hop duo BEDROC to perform during Spring Fling week in Evans Commons

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# THE LEGACY



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April 17, 2013

## Midwest storm wreaks havoc on Hazelwood



Images taken of the aftermath in a Hazelwood residential area caused by the severe storm system that passed through the Midwest on the evening of Wednesday April 10, 2013.  
Legacy photos by Dale Hart

## 5k run for a cause

By Aerial Niccum  
@LULegacyNews

Lindenwood alumni student, Chris Lister, will be benefited again at the second annual Kilometers for Chris 5K run on Sunday, April 28. Lister, who received both his bachelor's and master's degrees in business administration, was hit by a car while running a 10K race on January 29, 2012. Suffering severe injuries, Lister's prognosis was not promising. However, Lister continues to improve in his recovery in a local care facility.

The Kilometers for Chris 5K event, put together by current Recreation Leadership students, honors Lister's love for running. All proceeds go directly to the Chris Lister Recovery Fund.

Recreation Leadership student and junior Chelsey Buehrig, has been instrumental in the event's publicity and planning.

"I think this event is a phenomenal idea. I'm definitely excited to help an alumnus of Lindenwood University. The students in our class have put a lot of heart into this event and we're all super excited to see how it turns out," Buehrig said. "We hope to have a great turn out, since the event is on campus. We also hope to raise sufficient funds for Chris to help aid his recovery."

The 5K run and 1-mile fun run, which is at walking pace, both start behind Roemer Hall and wind through the LU campus, ending at the 50-yard-line in Hunter Stadium.



Photo courtesy of luspiritshoppe.com  
LU alumnus Christ Lister.

For those who wish to support the cause without running, a "ghost runner" option is also available. Ghost runner participants simply pay the registration fee and receive the t-shirt instead of running.

Online registration is available until April 18 but participants may also register the day of the race. Registration is \$25. Children, age 12 or younger, have a \$10 registration fee.

Lindenwood students receive \$5 off with their student ID when picking up their information packet or on race day. Registrations made the day of the race are cash only and start at 7:30 a.m. Packets for registered participants are available for pick-up April 26 8 a.m. to 7 p.m. or April 27 9 a.m. to 2 p.m. in the Lindenwood Spirit Shoppe.

More information about Kilometers for Chris can be found on [lindenwood.edu](http://lindenwood.edu), under School of American Studies, then Recreation Administration, then Kilometers for Chris. A link to the online registration is provided. Those who wish to follow Lister's progress or wish him and his family well may do so on their community Facebook page at [facebook.com/campchrislister](http://facebook.com/campchrislister).

## LU internet blockage concerns

By Jeremy Broadbooks  
@LULegacyNews

Last week here at LU, many university students logged on to their computer and were shocked to find that many of their favorite websites were blocked. This new filtration system blocked everything from popular online games such as "League of Legends" to health services sites such as Planned Parenthood. But what was the reason for this system? And why were perfectly legitimate websites and services also blocked?

In response to concerns raised by students on the issue of this firewall, the university help desk issued a statement this past Friday that addressed the subject of the website blockages. According to this email, the broad-blocking firewall was quickly installed to prevent

online file sharing sites such as "The Pirate Bay".

The illegal downloading of copyrighted material on university servers puts not only the student but Lindenwood itself at risk of legal action by the Motion Picture Association and the Recording Industry Association of America. This firewall issue has arisen at a particularly relevant time, because just last weekend the RIAA announced that it plans to file suit against 418 students at 18 universities across the country.

LU students are not included in this suit; however this preventative step by university staff prevents a potentially very expensive lawsuit from befalling users of Lindenwood's internet network.

The intent of the university in installing this firewall was not to unnecessarily bur-



Photo courtesy of broncobytes.boisestate.edu.  
Graphic created by Lindsey Vaughn.

den students with "parental control" like restrictions on internet usage but instead to protect their financial well being and the financial well being of the university as a whole.

If students have any websites that may be legitimate

but are still blocked, the help desk encourages students to email [InternetConcerns@lindenwood.edu](mailto:InternetConcerns@lindenwood.edu) and any websites that were incorrectly blocked by the broad-blocking firewall will be promptly evaluated by University IT staff.

## Arts and Entrepreneurship

By Aerial Niccum  
@LULegacyNews

The Duree Center for Entrepreneurship of Lindenwood University will be hosting the Arts and Entrepreneurship Symposium April 27, 2013 from 1-5 p.m. Taking place in the Dunseth Auditorium of Harmon Hall, the Arts and Entrepreneurship Symposium will offer artists the opportunity to develop their entrepreneurial skills through small group conversation and networking with several artist-entrepreneur organizations throughout the St. Charles and St. Louis communities.

Sophomore David Alexander is a tap dancer who understands the need for artists to know entrepreneurship. Alexander, who previously took a year off to

travel to San Diego and tap, is planning to launch a campus artist organization next year.

"I really want to do something with entrepreneurship for artists," said Alexander. "I shared the idea with the founder of the center [as well as] the director and they suggested the symposium. We took it on."

The symposium will focus on four topics, presented by known experts, which are highly applicable to the artist-entrepreneur: Intellectual property, Marketing, Funding, and Entrepreneurship. Throughout the symposium students will also have the opportunity to exhibit their art and break into small groups with the presenting experts to ask questions one-on-one.

"This event is bringing synergy be-

tween campus and the community," said Alexander. The support behind it is really exciting. Simply planning it has already set me up with the opportunity to network with other artists and organizations as well as the Regional Arts Commission. This is the epitome of what college should be; a bridge to the future. I really hope this inspires students to not sleep through college and encourages them to make a difference now and not wait."

Anyone interested in participating in the symposium can register online at [dureecenter.org](http://dureecenter.org) or by phone at 636-627-2583. The symposium is free but space is limited. Refreshments will also be provided. More information can be found online at [dureecenter.org/symposium-2013](http://dureecenter.org/symposium-2013).

# LU comm school welcomes new professor

By Seannell M. Chambers  
@LULegacyNews

As the season changes, so will the faces around Lindenwood University's campus. Not solely referring to the eager, incoming freshmen – but about a new staff member that is making his debut in fall 2013.

Former journalist Neil Ralston will become the new addition to LU's Communication Department, where he will become one of the new journalism professors. Having more than 10 years' experience in the journalism world, Ralston has perfected this art and has been teaching for over 20 years at various universities, in hopes of teaching others this craft.

**What was your past occupation(s) that led you here to this university? Was the transition from**

**your old occupation to your current difficult? If so, how?**

I worked at a variety of newspapers for about 10 years after I earned my bachelor's degree at Northeast Missouri State University back in the late 1970s. I began teaching in 1989 at NMSU, which is now called Truman State, and there was a lot about being a reporter that I missed.

For example, I wanted to be reporting on every big story that I read about. But I was kept extremely busy learning what I could about being a college teacher. Teaching journalism takes a lot of time and effort, and I can't help but laugh to myself whenever I hear a journalist say that he or she would like to "take a break" from hard work and teach a few college classes.



Photo courtesy of twitter.com  
Neil Ralston, Lindenwood's newest communications professor.

**Did you work for a national or regional newspaper? What was one of the biggest stories you had to cover?**

The largest newspaper I worked for was The San Antonio Light. I did a lot of jobs in the four years I was there but the beat I was at the longest was what we called the federal beat. That required me to report on federal tri-

als and several of the federal agencies, like the FBI, the DEA and the Immigration and Naturalization Service.

There was no one big story that I remember from my time at the Light, but I got a chance to report on a lot of interesting stories about crime, politics and Texas culture. I suppose some of the stories I wrote about the changes in immigration that were happening at the time were the most rewarding. That's always a big issue in south Texas and it's a big issue nationally now.

**What are some changes you hope to bring to the Communication Department, students, and/or university?**

I don't have any specific changes in mind. I think Lindenwood is in a great po-

sition to make an even bigger name for itself in the communications industry and I'll do what I can to help make that happen.

**Can you confirm that you are going to be the new adviser for Lindenlink? If so, do you plan to make any changes to the way it is run or the different kinds of stories that are covered?**

I'm scheduled to be the adviser for Lindenlink, and I don't have a to-do list yet. First, I need to do what I teach my students to do and that is gathering as much information as I can. In this case, I want to gather information about the site and the Lindenwood community. Then I can help the staff figure out how we can make Lindenlink the go-to place for people who want to know

what's going on at the University.

**Any words of encouragement for incoming or current students about the world of journalism?**

This is an incredibly exciting time for journalists and students who are willing to work hard and focus on their craft will put themselves in a position to go far in a career that can be truly rewarding. But even communication students who decide somewhere along the line that they don't want to be journalists will benefit from the training they get. A long line of professions are welcoming people who have journalism skills because journalists learn how to gather information, synthesize it and report it in a way that's easy to understand.

# New Nursing and Allied Sciences program Activity funds

By Aerial Niccum  
@LULegacyNews

In a collaborative effort between Lindenwood and Saint Charles Community College (SCC) to provide a bachelor's degree in nursing to associate degree graduates, nursing will officially become a major in the fall.

The new Nursing and Allied Sciences program, which has been a year in the making, seeks to provide quality courses to students who wish to go into the nursing or allied health science field so that, as graduates of the program, they may provide quality care when they reach the work field.

The collaboration between LU and SCC has many advantages. Under the new program, LU students who have their associate's degrees in nursing will be offered bachelor coursework. Likewise, SCC students who are pursuing their associate's degrees in nursing will now be able to transition smoothly into a bachelor's degree.

Joining forces also has its technological advantages. LU and SCC are working to build a virtual hospital within the new nursing building, which was purchased last year. The virtual hospital will make available to students some of the same equipment seen in real hospitals. Students will also have access to a state-of-the-art computer skills lab.

"The technology combination will provide students with the opportunity to practice their assessment and communication skills before going into the work field," said Dr. Peggy Ellis, dean of the school of nursing and allied sciences. "The health care field is also very team-based. Being under the same roof will help [LU and SCC] work as a team



Photo courtesy of lindenwood.edu  
Dr. Evans signs for the establishment of LU's new nursing program.

with students on the associate's, bachelor's and, eventually, the master's level."

The master's portion of the program is not solidified but is being planned. A practice doctorate degree is also currently being planned for as well as allied science areas such as occupational therapy and nutrition and dietetics.

"It's a little overwhelming but also very exciting to be able to work with refreshing new ideas," Dr. Ellis said. "I've never built a program from scratch so in that way it's challenging but it's also very exciting."

The Center will be located at #1 Academy Place, former location of Barat Academy, in Dardenne Prairie. Anyone interested in the Nursing and Allied Sciences program may contact Dr. Ellis via email [pellis@lindenwood.edu](mailto:pellis@lindenwood.edu) or phone 636-627-2907.

By Alegria Mora  
@LULegacyNews

Have you ever wondered who is behind all the events on campus? The answer is CAB, the Campus Activities Board.

CAB is responsible for all event programming on the Lindenwood campus and, according to Nikki Cornwell, associate director of Student Life and Leadership, "Its purpose is to fulfill students' interests by providing social, educational and cultural events."

This is made possible by the activity fee. The \$310 fee is paid by each undergraduate, full-time student at the beginning of the semester. CAB only gets a portion of the fee, though, as it is distributed to many areas.

"The fee goes towards quite a few other things including intramurals, Lindenwood Student Government Association, student organizations, homecoming, Greek life, athletics and more," Cornwell said.

Nevertheless, she believes that the amount that CAB receives is enough.

"For where we are right now, it is working for us. I do see CAB growing a lot and adding more student organizations to use that fee but right now we are doing well with what we have," Cornwell said.

Once CAB receives a portion of the fee, Cornwell and Jennifer Devonshire, graduate advisor for CAB, decide how to distribute the money.

"We sit down and say, 'OK, I think we need this much for concerts and this much for our weekend events. Then it is up to each student chair of each event on how to spend that money,'" Cornwell said.

Thanks to the money received, CAB is able to put on a variety of events, such as concerts, comedians, coffee house concerts, movies, dance parties and game nights. CAB plans these events to cater to different students. "We try to vary our events as much as possible because no student has the same interests," Cornwell said.

For her and Devonshire, it is important to collect such fees as they allow CAB to give students good experiences on campus.

"The activity fee is there to make sure students have a great time learning, socializing and growing as leaders outside the classroom," Cornwell said.

We listen to students to hear what they want to see on campus or what they want to do. We try to fulfill their requests," Devonshire said. "After all, it is their money."

For more information, contact Nikki Cornwell at [ncornwell@lindenwood.edu](mailto:ncornwell@lindenwood.edu).

# HLC to assess LU accreditation

By Emily Adair  
@LULegacyNews

Lindenwood University has maintained continued accreditation since 1921. The school will undergo a comprehensive evaluation by the Higher Learning Commission (HLC) October 28-30, 2013 to uphold that status.

The HLC is the accrediting organization for the North Central region. Accreditation gives schools public accountability and makes institutions eligible for student financial aid.

According to Provost and Vice President of Academic Affairs Jann Weitzel, a committee of site evaluators will make the three-day visit to review the school. The committee will likely be a three-to-five-person team of faculty, staff and administration from other colleges and universities in the accrediting region.

The team will examine the entire university, including the St. Charles and Belleville campuses, the Boone Home and extension sites. LU will be evaluated against a set of HLC criteria and federal requirements.

LU's mission statement must be a clearly-stated and publicly-posted guide for the university's operations. The team will determine if the

school provides high-quality education, resources and services based on a review of academics, finances, services, organizations and other facets. The academic honesty and academic freedom policies will be examined to ensure the university operates with integrity.

Weitzel has written a comprehensive report to present to the HLC, which details every aspect of the school, including a profile of the university and thorough documentation that the university meets the HLC's criteria for accreditation.

Every detail must be supported by statistics and examples to show that the university operates with integrity. A steering committee of approximately 70 faculty, staff and students helped gather the information for the report, which will be printed this summer.

Weitzel's primary goal at this stage is to inform students and employees about the HLC's visit.

"We want to make sure everyone is aware that this is happening and that they understand it is important to the future of the university," Weitzel said. "We want everyone to be prepared so we may put our best foot forward."

The team will examine key university documents and will likely meet with various committees, administrators and members of the Board of Directors. The evaluators will likely meet with a variety of students, including General Assembly members, undergraduates and graduate students.

Weitzel said the evaluation team may also stop students around campus at any point during the visit to ask questions.

Here are some examples of the questions students may be asked:

- What is the campus climate like?
- Are people participating in the university life and helping plan for its future?
- Do you feel you have a voice at the university?
- Do you find the school's academic support and other services to be adequate?
- What concerns do you have?

"It's not for us to say that this is how you need to answer those questions but to show that these are the kinds of questions you may be asked," Weitzel said. "It's possible they will come and go and some students won't

even notice, but we want to be prepared."

At the end of the visit, the site evaluators will present its findings on the institution's strengths and concerns before leaving to write an official report. The HLC may require follow-up visits to focus on any points of concern.

After the 2003 comprehensive evaluation, the HLC did a follow-up visit to focus on concerns about administrative and faculty governance structures, the faculty workload and student retention. Weitzel said it is normal to be revisited to identify areas of improvement.

"It will not happen that we lose accreditation," Weitzel said. "We're too strong a school for that. If there's something we need to do to improve, then we will."

The university is required to notify its constituents that they have the opportunity to contact the HLC directly prior to the visit. Students, parents and local community members can pass concerns and compliments along to the HLC and the evaluation team will include these comments in its review process.

To leave a comment about the university, click the Third-Party Comment on an Upcoming Visit link at [ncahlc.org/contact-us.html](http://ncahlc.org/contact-us.html).

# BMOC contest

By Lauren Whan  
@LULegacyNews

The 2013 Big Man On Campus competition will be held on May 9 in Jelkyl Theatre at 7 p.m. Kaitlin Fortwengler, Director of PR/Marketing for Lindenwood's Greek Council said "The Delta Zeta sorority will host this event to bring students entertainment before finals week and help charities that are a part of our philanthropy."

All Lindenwood male students are welcome to compete. Contestants will be judged in four areas: casual wear, swim wear, formal wear, and talent. This year's theme is based off of James Bond 007 films. Four judges have been chosen from the St. Charles area and include administrators Michelle Giessman and John Oldani.

Last year's winner was Danny Simms, a member of Delta Tau Delta. Contestants this year are vying for the title of Big Man On Campus and to win prizes such as gift cards to local restaurants. All students, faculty and community members are free to attend but are being asked to donate \$1 that will be donated to "Relay for Life" or a canned food item that will be donated to the St. Charles food pantry.

Members of Delta Zeta are still looking for more contestants. For more information about Big Man On Campus, contact Kaitlin Fortwengler by phone or email at 502-415-5728 or [ksf160@lionmail.lindenwood.edu](mailto:ksf160@lionmail.lindenwood.edu).

# New student tutors Pageant celebrates all forms of beauty

**By Connor Johnson**  
@LULegacyNews

Students at Lindenwood that are currently struggling inside and outside of the classroom may find help from the recently-formed Peer Mentor Program.

The Peer Mentor Program was founded in fall 2011 to help students that are struggling with academics and are dropping out of school because they felt disconnected from the student body. When these students were contacted, they informed their academic advisers that they were studying and going to tutors for help but they still were not performing well.

In response, the Peer Mentor Program was created and five students were invited to help guide fellow classmates throughout the campus to help improve their time spent at college. Peer mentors are upperclassmen who have shown academic excellence, have made a positive impact to the student body and are available to help students with their academic performance and social interactions on campus.

Peer mentors, along with SASS mentors who are graduate assistants, work with students by helping improve study skills, time management and getting involved in different opportunities on campus.

Many students that struggle at LU do not struggle with the content of the material they are learning but rather ways of retaining information. Peer mentors are able to sympathize with the students from their own experiences and then are able to offer positive changes to their study habits.

During this past fall, four of the five mentors had to step down from their positions upon graduating and Kelsey Shanks is the only peer mentor that was left. Though the program's numbers are currently low, the program has high expectations for the future.

Christie Rodgers, dean of student and academic support services, said the program is a great resource for students and she would love to see the program have 10 available mentors.

"I absolutely love when students are able to empower other students and it is the best approach to their success," Rodgers said.

Rodgers said that she will be tracking down students with higher GPA's in upcoming semesters and will be inviting people to fill the peer mentor roles that are currently vacant.

Peer mentors meet in room 210 of the Memorial Arts Building and students are able to set up times in advance to meet with mentors on the LU website.



**By Dale Hart**  
@LULegacyNews

On March 30, a packed Scheidegger Center welcomed approximately 90 ladies to compete in the Missouri's Miss Amazing Pageant. The annual pageant celebrates girls with physical and mental disabilities. Contestants flocked from all over Missouri to compete across eight different categories.

The pre-teen, junior-teen, teen, junior-miss, miss and senior-miss categories are separated by age from 5 to 35 with the winners going forward to represent Missouri at the national pageant in Omaha, Neb., from Aug. 29-31.

The girls were judged on a personal introduction, private interview and evening wear. Each contestant was paired up with a "buddy" that assisted and made sure this would be a day to remember.

"It was great to see the girls so happy. It was such a long day and the girls remained ecstatic the whole time," Andrea Lopez Torralvo, volunteer buddy, said.

Around 130 volunteers took part to make this event possible, with many being Lindenwood students. Many worked over 12 hours to ensure the event ran smoothly; from handing out programs and seating people to escorting contestants and preparing the girls' make-up.

"It's great to see so many



Legacy Photos by Dale Hart

**Left Top:** An excited contestant is crowned at the end of the 2013 Miss Amazing Pageant. **Left Bottom:** Contestants, accompanied by their 'buddies' wave to their audience. **Above:** Past pageant winners gather for a photo.

youngsters involved in making this day work," said Patty Walsh, aunt of teen winner McKenzie Baniak.

LU senior and Miss Nebraska 2013, Ellie Lorenzen, organized the event for the second successive year running. Lorenzen, who has been involved with pageants for most of her life, believes disability should not be a barrier to beauty.

"So many girls have the opportunity to go to prom or get dressed up for a wedding. People don't realize that those with special needs don't always have those opportunities, so it's a chance for these girls to experience something they would never have imagined

before," Lorenzen said.

Tom Chac's daughter, Kristen Chac, competed in the miss category.

"Last year's event was simply beautiful," Chac said. "It's so uplifting for the girls to perform in front of such a crowd; Kristen has been excited all week."

Whether crowned Miss Amazing or not, each girl leaves with a crown, trophy and a day full of memories.

Lorenzen has plans for Miss Amazing's future.

"I want to have the whole nation support our organization and for it to become a household name, to make girls all across the country feel beautiful," Lorenzen said.

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# HE SAID / SHE SAID



**By Branden Swyers**  
@LULegacyOpinion



**By Killian Walsh**  
@LULegacyOpinion

## Tattoos

As I have written in the past I believe that a person should be able to do anything an adult is allowed to do at the age of 18. This includes being able to get a tattoo if they want to. I think getting tattoos is starting to become more and more common among teens these days.

The prevalence of tattoos in young people these days is becoming more and more common. Often teens even get tattoos before they are 18. That tells me that many parents are OK with this considering the fact that they would have to sign a waiver in order for their kid to get the tattoo.

When someone turns 18 I think that their choice to get a tattoo should not be hindered by how society views them. I think the acceptance of tattoos is also becoming more commonplace in the work world as well. Many employers are starting to realize that it is becoming

very normal for workers coming in to have some sort of tattoo.

I got a tattoo when I turned 18 and not to say that I regret it, but looking back on it now I do not see it as that big of a deal anymore. I felt like it was something I needed to experience in my life. I knew that my parents would not be that happy with me but it was a choice that I knew was mine to make.

One important thing I think people need to remember when getting a tattoo is the fact that they should always get something that is meaningful. I believe that whenever the time something happens in your life that you believe is meaningful enough to get a tattoo you should do it. Do not let stereotypes hold you back.

Nothing makes me more excited than the thought of having a needle inject ink directly into my skin. Honestly, it sounds so exhilarating. However, I do think that getting a tattoo is a major life decision that should not be taken lightly. It should be well thought out and planned before making the decision to permanently alter your body.

I am not going to lie, I really want a tattoo. But, I am going to wait until I am at least 21 before I go and get one. The reason? I do not think I am the fully mentally-developed adult that I will be when I am 21. What I am thinking about now could be a mix between the "grown up" mentality and the "I am still a teenager" one. Both of those mentalities are conflicting in my mind and I do not think they are allowing me to make an educated decision that will affect me for the rest of my life.

I guess I am just one of those people who is really disciplined because I feel this way. Most teenagers turn 18 and the

first thing they do is run out and get a tattoo and buy lottery tickets. I really do not think that tattoo of a giant colored butterfly on your lower back had a lot of thought put into it. Yeah, I get it. It is your body, do whatever you want with it. But, at least take the time to come up with something that will mean something when you do get older. Do not regret the crazy spur-of-the-moment tat you got on your shoulder of your college boyfriend's face. Chances are, you might not be "together forever."

Like I said before, I am not in any way against tattoos. I am simply against the drastic decision of the young people who get those tattoos. Be smart and take your time. Wait until you know for sure exactly what you want. If you want one on your wrist, are you going to want to cover it up every time you put on your nursing scrubs? Are you going to be turned down for a swimsuit modeling gig because you have a dolphin on your hip? Just think about these things before you make the drastic decision. It may seem small to you at first but it will stick with you forever.

# Running your life is worthwhile Leggings are not real pants

**By Killian Walsh**  
@LULegacyOpinion

There are many things we always say we're going to do. "Yeah, I'm gonna lose some weight, just not today," or "I will go to the Grand Canyon, someday." Those are common excuses people tell themselves that prevent them from achieving their goals. Eventually, you're old and you let your dreams fall through the cracks and now it's too late for you to do them. Not me. I just completed my first half marathon, one of the big items on my bucket list.

Procrastination plagues many Americans and unfortunately, it isn't going away. I decided that I was going to do a half marathon back in October. So, I went online and registered for the race. After paying that much money, how could I back out? That was a great motivational tactic. I think if more people invested money into their goals, they will be more likely to follow through.

I had "run a half marathon"

on my bucket list ever since my senior year of high school. I guess it's kind of a cliché bucket list item but that didn't matter to me.



My training plan started in February and although it was really hard at times, I managed to stay on track knowing that if I didn't keep to my schedule, I might not survive the half marathon. It is so easy to get off track and it was hard to block all of that out. Getting up at 8 a.m. on a Saturday morning to run 11 miles wasn't really easy for me, especially when every other college student in the world was probably sleeping until noon. I had to give up the late Friday nights out that

everyone was experiencing, and I had to turn down a lot of fun Saturday activities because I was "too tired" or I had to "rest my legs."

I couldn't eat the biscuits and gravy my dad made on Saturday mornings because they wouldn't settle well in my stomach before a run. All of those things sound awful, but in the end, I can say it was absolutely worth it.

Crossing the finish line at my first half marathon was one of the greatest things I have ever experienced. Thousands of random strangers were cheering me on and I couldn't even feel the fatigue that plagued my body at the end of the 13.1 miles. I completed something that hardly anyone else has or will complete.

My advice to everyone is to do it. Whatever goal you have in your mind, whatever dream you're dreaming: do it, and do it now. Before you lose your ambition and drive. It may be difficult and stressful but I promise you, it will be worth it in the end.

**By Leigh Borgers**  
@LULegacyOpinion

Not every '80s fashion trend should make a comeback. Over the last couple of years, leggings have resurfaced, but this time as an acceptable form of pants. In the past, leggings were worn underneath shorter dresses to make them more seasonally appropriate. They added color and dynamic style to an otherwise drab outfit. However, only the minority seems to agree that leggings are not pants.

There is an important difference between yoga pants and leggings. Yoga pants are great for the gym. They are comfortable, stretchy and cheap. They often come with a cute and colorful waistband and they flare out at the bottom. They serve a practical purpose; providing a comfortable winter option that still accentuates all your curves. Yoga pants hold you in. They are usually made of cotton or spandex and are thicker and warmer.

Leggings have no flare at the bottom. They leave no element of mystery for passersby. They are made of a blend of spandex,

nylon, cotton or polyester. No matter how many hours are spent at the gym, jiggle still happens because the backside is made up of fat. Leggings are not covering you; they are just putting one small, skin-tight layer of fabric away from indecent exposure. The only difference between leggings and tights is that leggings are not see-through. Or are they?



A company called Lululemon recently recalled their line of leggings because they were too sheer. Many school districts across the U.S. have banned their students from wearing them to class. There has to be a reason for this. Women have gone too far to look good.

Leggings are comfortable and tend to match everything. It is nice to turn around in the mirror and check yourself out. However,

there are other ways to be sexy without wearing leggings. It is common to hear women complaining that they do not understand why men are treating them so poorly. Maybe we need to learn to respect ourselves in the way we dress before men can learn to respect us.

Most men could not be happier about this latest trend. Luckily, for those that want to keep turning heads and want them to keep looking, a more positive alternative would be skinny jeans. They offer all the things that leggings cannot. They keep you warm and accentuate your body in all the right places. They have pockets you can put your phone in. They keep your thighs and butt from jiggling around. They are also real pants.

Leggings serve no practical purpose. During winter, students have to walk to class in 20-degree weather. There is just no way leggings keep them warm. How can they? They are simply opaque tights. Many girls say they wear them just because they are comfortable. Well, so are sweatpants. It is OK to leave a little bit of mystery. Put on some pants, Lindenwood.

## Thoughts?

Write back to the legacy Opinions page at lulegacyopinions@gmail.com, and we will respond to any questions or comments you have.

The big article on the next page deals with many student opinions about life and the schooling here at Lindenwood, so let us know how you feel about them.

## Letter To The Editor

Dear Editor:

I am writing to correct some misinformation contained in the March 27 opinion piece titled "Certain LU policies are inconvenient for students" by Rebecca Berin. She writes that Lindenwood has a policy "stating that graduate students may not socialize with undergraduate students." There is no such policy at Lindenwood. Graduate students and graduate assistants are not restricted in any way from socializing with undergraduate students  
-Julie Beard, Director of Executive Communication

## The Legacy

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# Chris Koster cannot be trusted to lead Missouri

By **Jeremy Broadbooks**  
@LULegacyOpinions

“Ninety percent of the politicians give the other ten percent a bad reputation”

– Henry Kissinger.

On April 10, Chris Koster, the current attorney general for the state of Missouri, announced his intentions to run for the governor’s seat in 2016 that will be vacated by a term-limited Jay Nixon.

Now this announcement in itself is not particularly exciting or surprising,

and most pundits knew this announcement was coming. However Chris Koster’s past political behavior is a subject of concern.

Presently Koster is a member of the Democratic Party but this has not always been the case. Strangely enough, until 2007, Koster identified himself as a Republican and was even elected as a Republican to the Missouri State Senate in 2004.

It seems that as soon as he sensed the changing in political tides that



precipitated the massive Democratic victory in 2008, he switched sides.

The notion of flip-flopping is not really novel to U.S. politics today but flip-flopping on an issue is quite a bit different than

flip -flopping parties.

This shameless move to improve his political fortunes is quite disturbing for a candidate that wants to hold the highest office in the state.

A man who has an allegiance to no one but himself is not a good choice for governor.

Republicans and Democrats alike can respect a man that stands for something. Whether it is Barack Obama who stands for hard-left policies or Rick Santorum that champions the cause of the far right, both of these two

men stand for something.

People of all political stripes value a person that will passionately defend their beliefs.

Chris Koster stands for nothing. He is nothing more than a political opportunist that figured he would do better at the polls if there was a “(D)” next to his name on the ballot.

History is splattered with political leaders who will do and say anything to get elected and they all have one thing in common: they cannot be trusted.

What if, in the future,

Koster decides that joining the Libertarian Party increases his chances of getting elected to office? Or perhaps the Green Party seems to have the edge in the next cycle, why not go with them?

Now obviously neither of these two scenarios are even remotely likely, but the point is that men like Koster who will say anything to get elected cannot be expected to respect the interests of the voters who choose them. Hopefully in 2016 the Missouri electorate will keep that in mind.

## End of the year opinions on the Lindenwood experience

By **Cole Figus & Killian Walsh**  
@LULegacyOpinions

We sent out a survey to a variety of Lindenwood students of many different demographics asking them about their opinions on the Lindenwood University experience, and we received many interesting comments that reflect students’ thoughts about the good and the bad of going to school here.

The survey was broken up into four categories:

- Pressing concerns
- Lindenwood successes
- Comments on the LU staff and faculty
- Suggestions for the future

The answers we have received serve as a kind of end of the year progress report for LU, graded by students. Many students were very passionate about some of the concerns they have, but they were also very passionate about their praise for certain aspects of Lindenwood.

The previously stated four categories will be used to break up the analysis of the results we received.

### Pressing Concerns

The biggest concern from the surveys regarded the scarce parking options at LU. Many students expressed frustration about the parking being so limited, and about the fact that Lindenwood is basically a large parking lot because the number of parking spots has been maximized in lots not originally designed to hold so many cars.

“The parking is always full, and I sometimes think about not even going to class because I do not have anywhere to park,” one student wrote.

Hopes were expressed that LU would build a parking garage somewhere so that parking would be more convenient.

The second most-discussed issue was the visitation policy.

While much appreciation was conveyed for the big improvements in visitation hours over the last few years, the policy is still not what most students said they would wish it to be.

The statement, “I feel like I’m being treated like a child instead of an adult,” was a common statement in the surveys.

“My issue is the fact that the school says that we are adults and uses that to punish us when we break the rules, but if they really thought we were adults we wouldn’t have such strict visitation rules,” said one student.

A second concern about the visitation policy is that campus housing has no visitation at all.

“I am glad that Lindenwood has begun to extend visitation hours, I just wish it would apply to campus houses,” said another student.

The food options at LU were the next most discussed issue. There are a variety of options in places to eat on campus, but many students were concerned that there are not many healthy options.

“Providing more healthy choices besides salads and rice would help a student look forward to going to eat at Lindenwood,” said a student.

The Spellmann Center’s cafeteria did not receive high praise from students.

“I always go to Spellmann because it is all-you-can-eat, but going there is like a game where you try to guess what is going to be wrong,” a student remarked. “Will there be skim milk today? Is the pasta cooked all the way? Is only one of the home cooked sides open? Is there a line all the way upstairs because there is only one ID scanner?”

Furthermore, many students expressed a desire for there to be some type of late-night food option for students who have to miss dinner because of work, and for there to be meal plan options so that students do not lose a lot of money for missing many meals over the course of the semester.

“I think at least one of the dining halls should be open until nine to accommodate people who have rehearsal or work late,” said one student.

“I wish we could have different meal plans so I could save money because I do not eat all my meals on campus,” said another.

Most students also mentioned the lack of lion pride at Lindenwood. There is obviously a steep, uphill battle against student apathy, but many survey responses included comments about increasing awareness about campus events.

“As always, I think

greater awareness of events around campus and the St. Charles area would aid in student participation and school spirit,” was one such remark.

On a similar note, some students showed concern for the fact that so many students go home for the weekends and do not want to stay on campus. Reasons given for this include the visitation policy, the limited places for students to hang out and do things together and the limited food options during weekends.

“I think this issue stems from the fact that visiting friends is harder here, the cafeteria isn’t open as much and there are no activities,” was a comment that summed up most of the responses on this issue.

Other issues that were not as commonly reported but saw passionate responses from some students included:

- *Internet censure*
- *Attendance policies*

“I don’t believe in attendance policies in any college or university. Students should be able to decide which classes they want to, or are able to, attend without their grades suffering just for the fact that they are not present in the classroom.”

- *Heating and cooling problems in dormitories*

“I can’t sleep or even stand to be in my room sometimes because it is so hot.”

- *Scheduling problems*

Students cannot register into the classes they want because they fill up.

- *Credit transfer issues when transferring schools*

The last concern mentioned was the policy regarding graduate assistants not being able to fraternize with undergraduates.

“It really stinks when you have a really good friend in undergrad and they become a grad assistant or vice-versa and you are no longer allowed to hang out with them because they might get fired,” was one comment on that issue.

### Successes

Following the concerns students have with

Lindenwood, there were many LU successes in which many students were happy.

The most commonly written praise regarded the facilities on campus.

“The dance department is spoiled with the amazing theatres in the J. Scheidegger Center for the Arts,” said one student. “We are given the opportunity to perform in three concerts over the school year. This is a great time for students and faculty to showcase their work. I look forward to when I get to choreograph for the Bezemes Theatre!”

The fitness center in Evans Commons got high praise along with its rec courts.

Work & Learn is very popular on campus too, and many students said they feel that it is very beneficial.

“Work & Learn is a very ‘into-the-real-world’ system, and lets college be \$2,400 cheaper,” said one student.

In terms of the price of going to Lindenwood, some students discussed their happiness that tuition stays mostly consistent, and that Lindenwood is very generous with the scholarships it gives out.

On top of that, many surveys described students’ appreciation that Lindenwood is continually building things and expanding, as well as offering free services such as the LU Speaker Series, the Film Series and free exercise groups.

“The free group exercise classes are a great opportunity for students to participate if they are not comfortable working out by themselves,” said one.

Safety is another issue in which our surveys had mostly positive comments.

“I believe I can walk outside by myself at night and not feel threatened,” was one.

“I have never once felt in danger, or seen anybody in danger,” said another. “I know issues have occurred, but I have never seen any or worried about one happening to me.”

One reason many students feel safe is the patrols that LU security make at night and throughout the day. “I don’t mind security patrols, and I feel safe,” was one student’s feeling. “I do think security is a deterrent to both crimes occurring on campus and criminals coming on

campus.

In terms of the Lindenwood student body, the great diversity among students was something many students liked.

“I know people from all over the world because I came here to Lindenwood, and I like that I have connections to so many different cultures,” was one such comment. “Not many schools have the diversity that Lindenwood does.”

Other comments of praise include the new street arrows and signs placed around campus including the direction arrows in the parking in between Cobbs and Parker halls, the large number of student groups and clubs on campus, the fact that the campus remains very clean as a result of the grounds crew picking up trash and the generally low class sizes of most courses.

### Faculty & Staff

The surveys garnered a lot of praise for the professors here at Lindenwood, especially their friendliness and willingness to help students succeed.

“I have always felt like my professors actually know who I am as a student and as a person,” was one comment.

“I have received assistance whenever I needed it, and have always been able to speak with my professors if I needed to speak with them,” was another.

However, there was not as much praise for the general education classes all students must take.

“I often feel that my general education classes are a waste of my time and my money,” was one.

“During my gen-eds, most of my professors remained impersonal, and did not seem to care about a student’s individual success, particularly in my math and science classes,” said another.

“Most of my teachers have been really great, but I feel like they don’t take our evaluations at the end of the semester seriously,” said another student. “If a teacher was just awful and everyone in the class thought so, why are they still here several semesters later?”

Other students wished some professors would work on ways to teach

better.

“I really wish there was a seminar for professors to show them how to make power points, tests and how to use Blackboard.”

Many students described their classes as very unchallenging.

“Throughout my four years at LU, during the first class I would look at the syllabus and be really nervous about how hard it was going to be, but then about a week in, I realized it was not challenging at all. Basically, if I just showed up to the class most of the time it seemed like I would get an A. I am not complaining, but I don’t feel that I was ever really challenged at a college level. Several of my classes were just staring at a powerpoint the whole class while the professor would read exactly what it says.”

### Suggestions

The most commonly expressed suggestion to improve the Lindenwood experience was to build a pool for student and community use.

Other suggestions that would improve life at Lindenwood include making sand volleyball courts, putting a food venue by the Fine and Performing Arts Center, putting hammocks around campus for leisure, moving the security headquarters to the Spellmann Center so that security is centrally located on campus, and adding more healthy foods at the different dining halls.

Students would also like Lindenwood to market organizational activities more to better fight student apathy about events and build participation.

Hosting more creative, fun activities other than sports was also mentioned.

“Not everyone wants to play a sport. If there were more activities involving the arts that weren’t mostly for dance majors, theatre majors, etc., many students could benefit.”

The information presented here represents students’ thoughts on the LU experience. There are many issues students are very concerned about, but for the most part students said that they are very glad they chose to come to LU.

# BEDROC to bring the party to Spring Fling



Photo Courtesy of www.pilato.com

Publicity shot of hip-hop duo BEDROC who will be performing during Spring Fling week in Evans Commons.

By Annette Schaefer @LULegacyEnt

On Thursday, April 18, the Campus Activity Board will present a concert featuring DJ Billy Brown and BEDROC as part of the Spring Fling week. This show will take place on the Evans basketball courts at 7:30 p.m. It is a free event.

The headlining band, BEDROC, is a hip-hop duo from Cleveland, Ohio. The two have been creating music since 2009. They have previously released 2011's mix tape "Bored of Education" and in February of this year released "Dreams High." The band has performed with artists such as Wiz Khalifa, B.o.B and Asher Roth.

The school is taking several measures to get students pumped up for the show. Students will

be able to pick up a Spring Fling shirt at the event with their student ID. Also, attending the show will enter students into a drawing for a Kindle Fire; the winner will be announced during the concert. Students can also enter by attending the Brian Brushwood Bizarre Magic Event and the Organization Fair.

Students who arrive early to the show will be given certain prizes. The first five people at the event will receive BEDROC merchandise and the first 50 will receive giant glow tubes as announced on Student Life and Leadership's Facebook page.

For more information on this event and other upcoming Spring Fling events, visit Student Life and Leadership's Facebook page. To find out more about BEDROC check out their website at bedrocmusic.com.

# Pointfest gears up for 2013

By Lindsey Rae Vaughn @LULegacyEnt

May is the loudest month of the year with all the bands and artists going out on tours and festivals kicking off after a winter hibernation.

The fans are hungry for new music and live performances from their favorite artists. The St. Louis rock station, 105.7 The Point, saw that need and has delivered a festival that promises to bring you everything alternative.

This will be Pointfest 31. Pointfest is an outdoor rock festival that hosts some of the biggest names in rock music. Pointfest this year will be Sunday, May 12, at the Verizon Wireless Amphitheatre in Maryland Heights. The doors open at noon and last all day.

Some of the opening bands include Bloodnstuff, Stardog Champion, P.O.D., Sick Puppies, Hollywood Undead and the most recent rock/metal Grammy-winner Halestorm. Presumably on the main stage will be Volbeat, Bullet for my Valentine, Papa Roach, Three Days Grace and Alice in Chains.

Some of these bands were picked to be in the annual festival for several reasons. Hollywood Undead released their latest album last January, "Notes from the Underground (Unabridged)." Halestorm won their first Grammy



Photo Courtesy of www.myspace.com

Logo for local alternative rock radio station 105.7 the Point.

this year for their single, "Love Bites (But So Do I)," and have constantly been on tour promoting their second album, "The Strange Case Of..." They recently sold out a show at Pop's in Saguet, Ill.



Read the album Review for Volbeat's new CD on page 8.

Volbeat released their newest album, "Outlaw Gentlemen and Shady Ladies," last week. Bullet for my Valentine's new album, "Temper Temper," was released last February and Papa Roach's, "The Connection," last October and just finished a headlining tour.

Three Days Grace has been

in the headlines since the start of the new year. Long-time frontman Adam Gontier left the band right after releasing their new album "Transit of Venus." My Darkest Days frontman Matt Walst has taken Gontier's spot and will be performing at Pointfest. Alice in Chains is promoting their newest album "The Devil Put Dinosaurs Here." It will not be released until May 28, 2013. They have released singles such as "Hollow" and "Stone."

To purchase your tickets, go to 1057thepoint.com/pointfest, the Verizon Wireless Amphitheatre box office or ticketmaster.com.

There is a lawn package deal: 4 tickets for \$99. Tickets range from \$29-\$95. Buying them online, you will have a service fee of \$9-16.75 added. If you buy them from the box office, you only have a \$4.75 service fee.

The box office hours are Monday-Friday, 11 a.m. to 6 p.m., Saturday, 10 a.m. to 2 p.m., and closed on Sundays.



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# 'Evil Dead' remake impresses fans of the cult classic film

By Annette Schaefer @LULegacyEnt

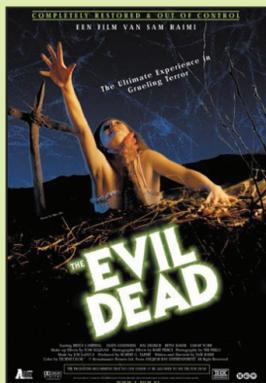


In 1981, an independent horror film was released that would go on to inspire the creation of a complete trilogy, video games, comic books and even a Broadway musical. That movie is "The Evil Dead" and this month, original producers have brought to theaters a new take on the cult classic film.

On April 5, the new "Evil Dead" came to audiences everywhere promising an unforgettable thrill. The movie tells the story of five college-aged kids who visit an abandoned family-cabin in the woods. In this cabin, they discover "The Book of the Dead." After reading the book, the kids unleash an evil that rapidly begins to possess the living one by one and makes their getaway a fight for survival.

The original film was directed by Sam Raimi, who would go on to direct the Spiderman trilogy and "Oz: The Great and Powerful", and starred actor Bruce Campbell. Both serve as producers for the new film.

The original does not shy from the fact that it is a low-budget horror film with its use of cheap gore effects and obvious Claymation but what it lacks in special effects, it makes up for in honest suspense and memorable over-the-top and cheesy humor. This is what made this film a cult classic and



Photos Courtesy of www.evildadnew.com and www.dreadcentral.com  
Movie posters for both the original 1981 film and the recent 2013 remake.

a favorite amongst horror fanatics.

The new film promises a fresh take and even offers what seems to be a more frightening take but do not be fooled by the "this is the scariest movie you will ever see" hype because it is probably not. The film offers some bone chilling gore that might make a few movie goers gag but as for the actual suspense and terror, this movie is no scarier than its thirty-year-old predecessor. That does not mean the movie was bad.

What is so great about this movie, despite not living up to its advertisement, is that it is such a great homage to the original. This movie is filled with gore and the same dark humor that made the original so great. This new take definitely takes some different turns and twists that the original did not and does give a fresh take but it perfectly portrays the classic's legacy and tradition of cheesy and action packed horror.

# Not so 'happily ever after'

By Paige Hill @LULegacyEnt

What happens after fairy tale characters live happily ever after? One of the Lindenwood University's theater departments very own took the Jekyll Theater stage to tell the story.

"The Not So Happily Ever After Monologue Show" was written and produced by Ashley Ritter, a Lindenwood University student and active member of the school's theater department.

Ten classic characters from Rapunzel to Snow White's Bashful have been wronged by someone in their fairy tale. They meet regularly to discuss the issues they have had since what everyone thought was the end of the story.

Cinderella's "ugly" step sister is actually a beauty queen who claims she had Charming first. Little Red Riding Hood is a trained assassin who used trickery to fool the big bad wolf. Hansel blames everything on Gretel and the witch was actually a really nice lady. Aladdin's genie was recalled from freedom back to his magic lamp and he had to room with Jafer.

Ritter's writing process actually started with two previous monologue shows called "Wonderland" and



Legacy Photo by: Paige Hill  
Picture taken during a performance of "The Not So Happily Ever After Monologue Show" in the Jekyll Theater.

"Villains Anonymous." "After my first two shows, I was approached to do a show about fairy tales," said Ritter. "And I thought why not."

The story came together with patience. Ritter let the flow of her ideas take as much time as they needed.

"I either just get hit with inspiration right then," said Ritter. "Or I just wait a few weeks and then I get hit."

Writing the monologues was only the beginning. The show was put on professionally which meant her characters had to be carefully casted.

"I got really lucky with my fantastic cast," said Ritter. "I could not have asked for better than what I got."

Cast member Jeffery Strader was assigned a role that he had no intentions of auditioning for. But the unexpected role kept the audience laughing.

"I auditioned for three male

roles and thought I totally bombed them," said Strader. "Ashley called me and told me that she couldn't give me the roles that I had auditioned for but she did have Rapunzel and I said absolutely."

After casting came rehearsals. Audience member Katy Aull heard from the buzz of the show that Ritter was open to collaboration to make the performance the best it could be.

"I know that every cast member was able to take their characters and make them their own," said Aull. "Ashley gave everyone that freedom."

After the show it was hard to get to Ritter to wish her congratulations since she was surrounded by so many people. Ritter says she thought it was going to be a lot worse than it actually was.

"Everyone loved it," said Ritter. "I am so happy. It feels like I'm floating on air right

# Mayim Bialik comes to LU

By Leigh Borgers @LULegacyEnt

One of this year's most anticipated speakers arrives at the Hyland Arena on Thursday, April 25. The LSGA asked students to choose from a list of people they most wanted to visit and chose Mayim Bialik.

Bialik is most known for her role on CBS's "The Big Bang Theory," in which she plays neurobiologist Amy Farrah Fowler. Her character, who first appeared in the third season of the show, may be fictitious but viewers may be shocked to discover Bialik herself is just as smart as her character.

In 2007, Bialik graduated with her Ph.D. in neuroscience from the University of California-Los Angeles. She also holds a Bachelor of Science in Hebrew and Jewish studies.

During her presentation, Bialik will discuss her life as a child star and how she lives a pretty normal life, despite her recent nomination for a Primetime Emmy Award for Outstanding Supporting Actress in a Comedy Series.

Bialik holds many other roles, including the role of mother and Certified Lactation Education Counselor. She also dedicates her life to being a spokesperson for non-



Photo courtesy of lindenwood.edu  
Mayim Bialik of Big Bang Theory

profit organizations that emphasize reducing our carbon footprint.

Balik will also speak about her transition back into the world of acting after her long hiatus.

Before Bialik was added to the speaker series' line-up, Lindenwood scheduled "The Big Bang Theory's" Kunal Nayyar, who plays Rajesh "Raj" Koothrappali. Due to scheduling issues, however, Nayyar was unable to attend.

Nevertheless, Bialik's interesting story should not disappoint. The presentation will take place at 7 p.m. and admission is free.

# Playstation 4 teaser video released by Sony

By Josh Geiger @LULegacyEnt

A week before Sony announced its Playstation 4, the company released a 45 second teaser video on YouTube entitled "#Playstation 2013" that had the gaming world buzzing. The video featured only abstract shots of Playstation's familiar icons, "triangle", "circle", "X" and "square", followed by the date "February 20 2013" (there was no actual system or device of any kind shown).

That vagueness propelled conversations of what the team at Sony was harboring in their labs immensely.

Some gamers hoped that the date shown would be the release of Sony's next gen console, which wouldn't make sense due to a lack of marketing, while others said that this marked the day that Sony would actually reveal their next gen console; the latter being the correct inference.

Ten launch titles, a new

controller, a revamped Playstation Eye and the full system specs of the PS4 were what Sony released on that day, yet the company maintained its secrecy of the console's physical appearance. The omission of an actual box left some critics wanting more, and the Sony team perplexed.

It was revealed at the conference that the system will run off a "single-chip custom processor and utilize eight AMD Jaguar CPU cores, with a next-gen AMD Radeon based graphics engine... It also has a highly enhanced PC GPU (graphics processing unit), and has 18 GCN units."

This will provide an ample amount of parallel processing power, even enough to download a full game while playing an entirely different game simultaneously; a feat that was impossible on earlier systems. Upon release the PS4 appears to be the most advanced gaming console ever to hit stores.

The new Dualshock 4 was

another large component of Sony's PS4 announcement. Major changes include an overhaul of the "start" and "select" buttons, which have been replaced by "share" and "option" buttons to encourage use of the PS4's social capabilities.

Apparently, clicking the "share" button enables users to post their gameplay footage to YouTube and/or Facebook and even live stream to members of their friends list.

Along with the "share" feature is an option to allow a friend to remotely control your console in order to help pass a certain level among other things.

Also new in the Dualshock 4 is a touchpad, which Sony neglected to elaborate on the uses for; again being vague.

As of now, Sony has also not announced an official release date or price for the PS4 but experts predict that the system will run anywhere from \$400-500 and will release in late November or early December.

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# Volbeat mixes in the twang with new album

By Lindsey Rae Vaughn  
@LULegacyEnt

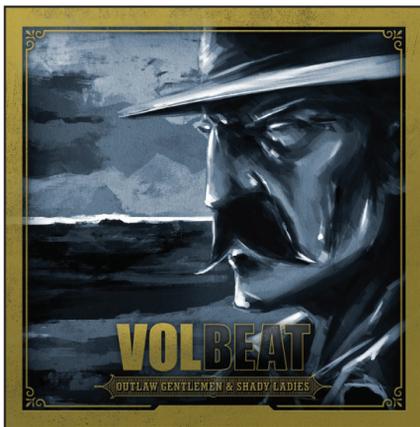


Photo Courtesy of www.amazon.com  
Cover of Volbeat's latest album, "Outlaw Gentlemen and Shady Ladies" released April 9.

Danish band, Volbeat, will be one of many bands performing in the local rock festival Pointfest in May. Last week, the band released their fifth album, "Outlaw Gentlemen and Shady Ladies." They have already made Sirius XM's "Big Uns" countdown, but it may make its way onto other charts as well.

The album, as a whole, has that unique Volbeat sound. Lead singer, Michael Poulsen, has that astounding one-of-a-kind voice that distinguishes the band's sound. They have kept true to the album's title and added some western twang to their sound and it all works perfectly together.

The album begins with an intro called, "Let's Shake Some Dust," which gives a small insight to the rest of the album. After that is one of their catchier tracks called, "Pearl Hart." They continue with some similar tunes like "The Nameless One," "Lola Montez" and "The Sinner Is You," that makes you want to dance and sing along with them.

They also throw in some harder tunes with powerful guitar riffs in tracks like "Dead but Rising," "The Hangman's Body Count" and "Black Bart." These songs also have intense drum action and different sounds from guitars that almost make it sound like a country song. These songs are melodic and do not bore with the longer tracks that fans are used to hearing on the radio.

Though Poulsen's voice is incredible, the group had two songs with guest vocalists. In "Room 24," Kind Diamond assists his vocal chords in an equally demanding song. The beginning of the track sounds like a cross between Metallica and Avenged Sevenfold with eerie female vocals in the background.

Poulsen is assisted again in "Lonesome Rider" by Sarah Blackwood. This tune is catchier and projects a modern country feel until the chorus when the songs turn more into the traditional Volbeat sound.

Volbeat also did a cover of a song. "My Body," was originally recorded by Young the Giant, so some fans will recognize the song.

If it sounds like Volbeat has more dynamics, it is because they have recently added a famous guitar player to their regime. Former guitarist for Anthrax, Rob Caggiano, has joined the band, replacing former Volbeat guitarist, Thomas Bredahl. Caggiano originally left Anthrax to pursue his producing career, which was the original reason why he was working with Volbeat. Towards the end of production, the Volbeat guys asked Caggiano to join and he accepted.

This album has more dynamics and feels like a story throughout. The only thing fans may not like is some songs sounding similar.

To purchase "Outlaw Gentlemen and Shady Ladies," go to iTunes.com or a local music store.

# Record Store Day: supporting music stores since 2008

By Annette Schaefer  
@LULegacyEnt



Graphic courtesy of recordstoreday.com

This upcoming Saturday, April 20 is Record Store Day. Record Store Day was an event started back in 2008 for the purpose of promoting the independent record store and the culture that surrounds it. On this particular Saturday local record stores (CD Reunion, Slackers, Vintage Vinyl, V-Stock) around the country will often hold sales and special events in order to encourage shoppers to participate in the celebration. This encourages music lovers to get off their computers, go out and purchase albums and support the artists they love. For more information on this event visit recordstoreday.com.

## New Releases to pick up for Record Store Day:



Justin Timberlake  
The 20/20 Experience



The Band Perry  
Pioneer



Daft Punk  
Random Access Memories



Stone Sour  
House of Gold & Bones  
Pt. 2



Fall Out Boy  
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II

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# Failoni continues to lead Lions' offense

By Michael Sprague  
@LULegacySports

Lion's baseball coach Doug Bletcher said at the beginning of the season that this season could be described as a "roster transition year." Lots of freshmen and sophomores fill this year's roster, but it has been the contributions of a transfer that has caught people's attention.

Mike Failoni, junior transfer from Heartland Community College, is playing his first season in the LU program. Failoni started slow to begin the season, going 0-for-3 in three of his first four games.

That first series, four games against Southwestern Oklahoma, has proved to be an outlier in Failoni's game.

Since that weekend series back on Feb. 9 and 10, Failoni has been on a tear. He has registered at least one hit in 33 of 34 games played since, including a 28-game streak.

Failoni has also recorded multiple hits in 22 of his 37 games, striking out only 11 times.

Mike Wilson, sophomore catcher, says Failoni brings a lot to the team, but one thing



First Baseman Mike Failoni drives the ball to left-center field in a weekday matchup with Truman State University on April 9. Failoni hit .706 (12-for-17) with five RBI, seven runs, and no strikeouts for the weekend.

Legacy photos by Alex Tessmer

stands out above all else. "RBI's," Wilson said. "He's brought lots and lots of RBI's and tons of clutch hits

throughout the year." To this point in the season, the power-hitting first baseman has a .493 (68-for-

138) and has drove in 32 RBI, scored 34 runs and hit four home runs.

Failoni was awarded the MIAA Hitter of the Week on March 26. He hit .652 (15-for-23) in six games that week, banging five doubles,

one triple, one home run and 11 RBIs.

"It was exciting," Failoni said about receiving the award. "At my school before this we didn't have anything like that, so to get it here and represent Lindenwood, it was nice."

Failoni has a chance at a second Hitter of the Week award. During the week of April 8, Failoni hit .706 (12-for-17) with five RBI, seven runs and no strikeouts

With just one senior on the team, leadership was a concern entering the season. Failoni says that is one thing coach Bletcher wants most out of his upperclassmen.

"Not too much has changed," Failoni said. "He just trusts the juniors and seniors at this point and expects us to lead."

Like the rest of the team, Failoni hope to build momentum in the final month of the season that will carry over into the offseason and next year.

The Lions are 16-22 on the season. They host Pittsburg State April 20 and 21 for a three-game series in the Lou Brock Sports Complex.

# Malach Radigan: Lindenwood's Lion King



Legacy photo by Michael Sprague

Malach Radigan played four years on the Lions' defensive line. Radigan was a captain both his junior and senior year.

By Ryan Oldham  
@LULegacySports

Malach Radigan is the epitome of Lion Pride. He is a man who everybody on campus knows as a loud, funny, caring and passionate human being.

His passion on and off the football field has thrust him in to the limelight at Lindenwood University, winning homecoming king for the past two years amongst various other accolades.

Radigan's Lindenwood football career has been as impressive as his ventures off of the field. He played the last four years as defensive tackle for the Lions, recording 74 tackles and picking up the award for LU's Most Valuable Defensive Big Man in 2011.

Also, in the same year, he was named captain of the Lions and received the team's "Heart of a Lion" award.

Ed Burns, kicker for the Lions, says Radigan's has taken on a huge leadership role in the program.

"Malach is a person who shows passion like no other," Burns said. "He has always been the leader, the heart and soul."

This past season was Radigan's last as a member of the football team, and he said it was "tough to find the words to describe" his time on the field.

"Since day one I have been in love with this

family," Radigan said. "From administration, peers, teammates, coaches, to teachers, I've been treated like family."

He also had a very unique way of describing what being a Lion is and how it affects each and every one of us.

"When someone decides to become a Lion, they are deciding to join the movement. They are joining something bigger than themselves," Radigan said. "They are joining a community that cares for one another and allows everyone to add their own unique style. Most importantly, they are joining our family."

With Radigan being so prominent in the Lindenwood community, he regularly attends events outside of football, and was most recently a judge at the Miss Amazing Pageant.

Radigan said that the one moment that defined his Lindenwood career was the Sell out for Sterling basketball game this semester.

"You constantly hear me talk about family and caring for each other, well, that game was the epitome of what Lindenwood University is all about, coming together as a community, a family and rallying around our little brother Sterling Thomas."

The emotion for this school rides high in Radigan, as he continued to talk about the event.

"Over 3000 people were there to support not only Sterling but our basketball team as well. The screams and cheers that were shared, the tears at half time that were shared and the excitement of defeating the number one team in the conference that was shared will always be engraved in my mind."

Radigan wore the number 50 during his time as a Lion

The game in question was the Mineral Water Bowl, against Winona State University, which ended in a 21-41 loss for the Lions.

Radigan is a born leader, and an overall sportsman. He added soccer and baseball to his sports ventures whilst growing up and even made the cover page of Baseball USA as a tournament MVP.

"It might be quite embarrassing for him, but when we were getting ready for games, the quiet leader literally becomes an animal and is the one who is the most hyped up," Burns said.

Radigan thinks the university's welcoming spirit is what led him to love it so much.

"Lindenwood is so close to my heart because when I got here in the summer of 2009, I was treated as

that God will lead him on his path to success.

"I'm not really sure where God is going to lead me next but my heart beats for sports and ministry. I have a feeling that Lindenwood

won't be getting rid of me just yet. I have the great blessing of volunteering as a coach and being the team Chaplin this upcoming season."

One thing that is clear is that Radigan will always be remembered by those who knew him as the most passionate Lion there is and, as Burns put it, "there is no replacing a guy like Malach."

He is the true Lion King.

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# Professional boxer offers free class at LU

By Michael Sprague  
@LULegacySports

Paying for a boxing gym membership and instructions from a trainer can be costly. Luckily for Lindenwood students, a free boxing class is offered every Monday and Tuesday 7:30-8:30 p.m. in the Field House.

The class instructor, Jose Jones, is a professional boxer and winner of the 2007 and 2011 St. Louis Gold Glove award given annually to the city's best boxer. Not only do students save money, but they will learn from someone who has competed in over 30 amateur fights and a handful of professional ones.

Jones, 30, was born and raised in Panama City, Panama. He began boxing at 14 in his home country. It was not until Jones was 18 and a student at LU that he pursued amateur fighting.

"I have a lot of passion and I like helping people," Jones said. "To help people, it is just bigger than you. I have a talent in boxing and that leads to the passion."

Twelve years after first coming to LU, Jones has accomplished a lot. He has a bachelor's degree in mass communications with an emphasis in management and a minor in sales as well as three master's degrees: one in international business,



Jose Jones (left) and Gil Parbey (right) talk about the evenings class schedule. The free class is offered every Monday and Tuesday evening in the Fieldhouse.

professional counseling and school counseling.

While he works in the business office from 9-to-5, goes to class after, trains for his own fights and raises his 5-year-old daughter, Jones decided last semester that he had enough time to start the class.

"I realized last year that I needed to take it to the next level," Jones said. "It gave

me an opportunity to pass that knowledge on to others."

Now that Jones had the motivation to start the class, he needed more information.

"I wanted to start it for a long time but the first class was started last semester," Jones said. "I talked to the director of recreational facilities and shared with him that I was a boxer and he told me who to talk to

and that is where everything started."

Each session begins with a 10-minute warm up run around the indoor track. From there, various calisthenics including jumping rope, push-ups and sit-ups are done for about 20 minutes.

While the first half of the class does not include any boxing-specific exercises,

Jones says that overall fitness is a huge part of boxing and these starter drills help in that aspect.

Thirty-five minutes in, the simulated punches begin to fly. Participants partner up and use small hand dumbbells to train their arm strength.

Andreas Lorentzen, freshman, says Jones's energy plays a large role in

the popularity of the class.

"Our teacher, Jose, he is good at encouraging people to go hard. He really makes you want to come each time," Lorentzen said.

Now in its second semester, Jones says the class can range between 10 to 30 people depending on the night. Lorentzen says he has attended every class since its inception last fall.

Gil Parbey, senior, has been training alongside Jones at the St. Charles Boxing Gym for a few years now. He started out as an assistant to Jones for the first semester of the class, but now Parbey benefits in other ways.

"We are good friends and one day he just asked if I could help him with his class," Parbey said. "Last semester I was coaching still but this semester we turned it into my Work and Learn."

Parbey also thinks the energy of Jones fuels the class.

"He is a great guy and has a lot of knowledge about boxing," Parbey said. "Whenever he says to adjust your hands or something, just listen to him because he knows what he is talking about."

So instead of wasting money and time traveling to a gym off-campus, take advantage of the resources available on campus.

## W. LAX takes first loss Roller hockey wins 9th national title in 12 years

By Brett Morrison  
@LULegacySports

After a successful spring break trip the Women's lacrosse team returned home to hunter stadium to take on the Rollins College Tars on Saturday April 13.

The women played four games in five days in Colorado where they went undefeated beating Regis, Colorado Mesa, Fort Lewis, and Adams State.

The game between Rollins was the first time that the team had hosted a nationally ranked team. This was a big test for LU, as it would put their 12-0 record on the line.

The Lady Lions fell to a heart breaking score of 13-12.

The team came out to play and showed that they have what it takes to play with some of the top teams in the nation. Going into Saturdays game Lindenwood was ranked #14 as Rollins was ranked #7 according to Laxpower.com.

There was electricity in the air at the stadium, which saw

more than 350 people show up in anticipation of a great game.

It was filled with end-to-end action and excitement and some of the best lacrosse that both teams had played this year.

It was a hard fought game that was played with a lot of emotion and skill from both teams. Lindenwood led for more than 20 minutes, including a one goal lead at the end of the first half.

The Lady Lions came out hard in the second half with determination to get the win, but could not hold off the offensive attack by the Tars.

Lindenwood went goal for goal with the Tars, until the end of the game, where the Tars went on a 3-0-goal spree and eventually winning the game.

The Women were lead offensively by conference leading scorer Shelby Polk who had 4 goals and 1 assist. Melissa Smith had a hat trick, and Justiene Groothuis had 2

goals.

Polk was ejected from the game with 10 minutes left in the second half because of her second yellow card offence.

Junior goalie Christine Hehmeyer played all 60 minutes and finished with 4 saves from 25 shots thrown her way.

It was a good day for lacrosse as the game was one that kept spectators on the edge of their seats all game. Disappointing loss for LU but they were quickly cheered up but the 100 fans that lined up after the game for a meet and great autograph session after the game.

The Lady Lions look to better their 12-1 record as they return to action on April 18 when they host conference rival Regis University at 7 p.m. at Hunter Stadium.

This will be another good game as the teams met earlier this year with the decision going to Lindenwood by a score of 15-13.

By Taylor Land  
@LULegacySports

The Lions D1 roller hockey team clinched its 9<sup>th</sup> national championship this past Saturday by defeating Michigan State in a final score of 6-2 adding to their undefeated record ending their season 21-0-2.

At home, the Lions had to overcome challenges against opponent St. Charles Community College as they were the most competitive team that the Lions faced during their regular season as well as going into the regional championship playoffs.

After winning the regional championship on Feb. 22, goalie Kevin Dwyer commented on the momentum the team had gained stating, "we had a bitter taste in our mouths from tying St. Charles, and it made us realize what areas we needed to focus on more to do better coming

into the championship game on Sunday."

Pittsburgh's East Coast Winter Fest would be where the Lions would face off against Michigan State as well as competition from Ohio State and Eastern Michigan. But even early on in the season the #2 ranked Michigan State squad did not phase the Lions as they beat them in a two game series beating them 5-2 and 6-4.

Leading goal scorer Casey Escarcega said, "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."

That same success would be required in the 7 games needed to win to become on top of the college roller hockey world. In game 1 the Lions took on Eastern Michigan crushing them 8-2. Game 2 they beat UC Santa

Barbra 7-2, and in game 3 the Lions would get to earn major redemption against UNLV, who knocked the Lions out of the running for the national championship last year in the semifinals.

Crushing them with the final score of 8-0 the Lions would earn the #1 overall seed going into bracket play. Game 4 against Arizona State was a nail biter, with the Lions scraping out a win by one goal in their 6-5 victory. With another win of 9-3 over Long beach State in game 5, they boys would have the golden opportunity to put the final nail in UNLV's coffin. Facing off one last time Lindenwood would defeat UNLV 4-1 giving them tremendous tenacity going into the national championship game against Michigan State.

With a 6-2 victory the Lions are your 2013 NCRHA Division 1 National Champions after three years of coming up short.

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- **Gymnastics team has solid showing in the USAG National Tournament**  
By Ryan Oldham
- **Volleyball team loses two matches to Grand Canyon University to end season**  
By John Tessmer
- **Shotgun sports wins remarkable 10th straight National Championship**  
By Mariah Stewart

# Tennis concludes season

By John Tessmer  
@LULegacySports

Following the sweep of the University of Nebraska at Kearney on March 22, the men's tennis team had to wait nearly two weeks until their next match.

That matchup, April 9, was the first of three matches in four days to round out the men's season. They hosted the UMSL Tritons in a non-conference match, falling by a score of 1-8. No. 4 singles player Eddy Belhaouane recorded the lone victory.

The Lions traveled to Quincy on April 11 where five singles and two doubles victories propelled them to a 7-2 victory. The momentum would not carry over to the final matchup, a closely contested 4-5 loss to Southwest Baptist University.

The loss brought the Lions to the .500 mark both in conference play (3-3) and overall (8-8) for the season.

While the men's season has finished, the women play their final match on April 19.

The Lady Lions were



Legacy photo by Jennifer Bruhn

Senior William Hale from Liverpool, England delivers a shot back to his opponent from UMSL during a matchup in St. Charles on April 9, 2013.

handed back-to-back conference losses on April 5 and 6, 0-9 to the University of Central Oklahoma and 1-8 to Northeastern State University.

Adela Slovakova was the lone victor for the Lions in the No. 1 singles spot.

The Lady Lions rebounded from the two losses well,

defeating Lincoln University via a 9-0 sweep. This was the ladies first conference victory since starting out 2-1 with victories over Washburn and Truman.

They followed that effort with a 8-1 win over Quincy just two days later. This gave the team back-to-back victories, something they had only done one other time this season.

The Lady Lions failed to make it three-straight when they fell to the Southwest Baptist the following day by the score of 0-9. This was the final conference matchup of the season for the ladies, who finished with a 3-6 mark in MIAA play.

In their most recent matchup, the ladies found themselves in a tight matchup against Principia College on April 13. After falling behind 1-2 in doubles play the Lady Lions split the singles matches 3-3, resulting in a 4-5 loss.

The ladies currently sit at 6-11 on the season. They finish off the year here at LU on April 19 at 2 p.m. against Concordia University.

## NCAA SCOREBOARD AND SCHEDULE

### Baseball

4/3/13	vs. Central Missouri	L 4-10, W 11-7
4/6/13	@ Northeastern State	L 9-11, W 20-8
4/7/13	@ Northeastern State	L 4-11
4/9/13	vs. Truman State University	W 8-3, L 8-12
4/13/13	@ Missouri Western State	L 4-6, L 3-5
4/14/13	@ Missouri Western State	L 4-5
4/16/13	vs. Washington University	3pm, 5pm
4/20/13	vs. Pittsburg State University	12pm, 3pm
4/21/13	vs. Pittsburg State University	1pm
4/23/13	vs. Southwest Baptist	4pm, 6pm

### Men's Golf

4/15-16/13	Mo/ Southern Spring Invitational	Completed
4/22-23/13	MIAA Tournament	TBA

### Men's Lacrosse

4/4/13	@ Walsh University (Ohio)	W 13-3
4/6/13	@ Lake Erie College	L 13-14
4/12/13	vs. Seton Hill University (Pa.)	L 6-12
4/16/13	vs. Colorado Mesa University	6pm
4/20/13	vs. Ohio Valley University	4pm

### Men's Tennis

4/9/13	vs. UMSL	L 1-8
4/11/13	@ Quincy	W 7-2
4/12/13	vs. Southwest Baptist	L 4-5

### Men's Volleyball

4/5/13	vs. IPFW	W 3-1
4/6/13	vs. Ball State University	L 0-3
4/11/13	@ Grand Canyon University	L 1-3
4/13/13	@ Grand Canyon University	L 2-3

### Women's Golf

4/7-8/13	Maryville Spring Invitational	7th (10)
4/14-15/13	Triton Invitational	TBD
4/22-23/13	MIAA Championship	Upcoming

### Gymnastics

4/12-4/14/13	USAG Collegiate Nationals	TBA
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### Women's Lacrosse

4/7/13	vs. Fort Lewis College	W 19-8
4/13/13	vs. Rollins College	L 12-13
4/18/13	vs. Regis University	7pm
4/20/13	vs. Colorado Mesa University	12pm
4/24/13	@ Adelphi University	6pm

### Softball

4/3/13	@ Columbia College	W 8-4, W 3-1
4/5/13	@ SBU	W 4-0, W 11-0
4/6/13	@ UCM	W 6-5, W 7-4
4/9/13	vs. Missouri Baptist	L 4-7, L 2-3 (8 inn.)
4/10/13	vs. Maryville University	Cancelled
4/13/13	@ NWMSU	W 10-6, L 2-5
4/14/13	@ WWSU	L 2-3, L 1-2
4/19/13	vs. UCO	2pm, 4pm
4/20/13	vs. NESU	1pm, 3pm

### W. Tennis

4/5/13	@ UCO	L 0-9
4/6/13	@ NESU	L 1-8
4/9/13	@ Lincoln University	W 9-0
4/11/13	@ Quincy University	W 8-1
4/12/13	vs. SBU	L 0-9
4/13/13	vs. Principia College	L 4-5
4/19/13	vs. Concordia University (Neb.)	2pm

### M. and W. Track and Field

4/6/13	Central Methodist Invitational	7th (13)
4/12-13/13	Jim Duncan Invitational	TBA
4/17-20/13	Kansas Relays	TBA
4/20/13	Dewey Allgood Invitational	12pm
4/25-27/13	Drake Relays	TBA

# Heady and others excel for the track and field team

By Chase Stewart  
@LULegacySports

Senior thrower Mitchell Heady was in top form once again for the Lindenwood Lions track & field team at the Jim Duncan Invitational in Des Moines, Iowa April 12-13.

Heady set a meet record in the hammer throw event, the same event that he won at the MIAA Indoor Championships this past February.

Heady's mark of 59.77m bested the throws of 15 other athletes, many from NCAA Division I programs.

Head coach Scott Roberts has come to expect these sort of performances from his top thrower.

"Mitchell has been incredible all year," Roberts said. "The MIAA title was great for our program, and

he has continually pursued excellence. He never settles." The top women's competitor at the meet was

discus throw. The Lions had another successful showing at the Central Methodist

**"Mitchell has been incredible all year. The MIAA title was great for our program, and he has continually pursued excellence. He never settles."**

**-Scott Roberts**  
Track and Field Coach

senior Jessica Ecker who posted a third place finish in both the discus and javelin throw. Freshman Edgar Garza delivered another third-place finish in the men's pole vault event.

The Lion's other top-five finishes came from the women's 4x100 and 4x400 relays, the men's 4x100 relay and junior Bryan Kertz in the

Invitational in Fayette, Mo. two weeks ago on April 6.

Senior Tanya Chibanda was the star of the meet, coming home with two victories in the 800m and 1500m races. The Lady Lions struck gold in two other events, the 4x100 and 4x400 relays.

"Tanya has been consistent all year long for us and she is a fantastic runner," Roberts said.

# Cardinals celebrate the life of Stan "The Man" on opening day

By Clare Behrmann  
@LULegacySports

Tradition. It's a word that St. Louis Cardinals cherish. They have a tradition of great athletes. They have a tradition of winning. Along with that tradition comes the spectacle that is Opening Day.

Every year, Opening Day is St. Louis' unofficial holiday and this year was no exception. I had the opportunity to go to the Opening Day festivities (but not the game) two years ago when it happened to coincide with our spring break.

Kiener Plaza is always packed with tents, people and news trucks. It's hard to walk more than five feet without being offered a freebie or a bite to eat. You might have thought it was the postseason already.

As in years past, thousands of people went downtown

on April 8 for the 2013 home opener, most of whom were probably skipping work. Unfortunately, my parents raised a kid who does not skip classes, so I was stuck at Lindenwood for the day.

One of the fan favorites on Opening Day is seeing the famous Budweiser Clydesdales trot around the warning track. The organist starts to play "Here Comes the King" and there's a certain familiarity about the whole thing. Call me a softie, but that's the kind of tradition Cardinal fans value.

There was a noticeable absence from this year's Opening Day, however. For the first time since 1945, Stan Musial was not in attendance. Musial passed away this past January. This year, the celebration it was all about "The Man".

The Cardinals welcomed the Musial children and grandchildren to the field to reveal a special stretch of commemorative padding in left center field.

The red circle surrounding Musial's signature and iconic number six will remain there for the entire season. In addition, the organization prepared a special montage and moment of silence for the Cardinal great.

Every player on the team will wear a special patch their left sleeve that has Stan's signature along with his retired number six, very similar to Musial's left center field shrine.

As a lifetime Cardinals fan, I've really come to appreciate the St. Louis tradition. The city is lucky enough to have a team that values winning, its fans and its history. All of this is evident on Opening Day.

# Women's wrestling takes 9th at nationals

By Selene Aleman  
@LULegacySports

The women's wrestling team placed 9th at the 2013 Asics University National Championships held in Oklahoma City, Okla. on Saturday, March 30.

In the 51 kg. (112 lbs.) Division, freshman Savanna Nobile lost the championship match and became the national runner-up.

"I feel great, I worked hard for something and it paid off," Nobile said.

Freshman Victoria Francis, who had just returned to training after a five week absence placed third in the 72 kg. (158.5 lbs.) Division.

Francis said, "It was quite a surprise. I came into the tournament not expecting much of myself since I had only been practicing for three weeks, but I'm proud of my placement this year and only expect myself to place higher

next year."

Sophomore Alexis Rodriguez placed sixth at 51 kg. Freshmen Daysha Moore and Monica Ramirez placed fifth in the 55 kg. (121 lbs.) Division and fourth in 63 kg. (138.5 lbs.) Division, respectively. Junior Brittany David and freshmen Amy Spafford placed fourth and fifth, respectively, in 67 kg. (147.5 lbs.). Junior Ruth Leger placed sixth at 72 kg.

Head coach Toccara Montgomery said, "We had a really good tournament for a lot of the freshmen. They wrestled well; it was great to see the progress and the future of the team."

"The competition was very tough. I had a 16-wrestler bracket. I kind of have a target on my back now and I have to work harder," Nobile said.

One current and one former Lindenwood wrestler placed in the 59 kg. (130 lbs.) Division. Freshman Anna

McAleavey wrestled against senior Shauna Isbell, now sponsored by Titan Mercury Wrestling Club-TMWC, for third place.

"It was difficult to see," Montgomery said, "because of course you always want to see your own girl win, but when you have two girls in the final you're conflicted. You don't want to see either loose but you know there has to be a winner. It was frustrating but it was positive in the same light."

Isbell won the match by decision and went on to represent Team USA in the Pan American Championship in Panama City, Panama, the following weekend.

Montgomery said Nobile and Francis might have the opportunity to wrestle at the University National Championships since they were runners-up for the position, but they will not find out for a few weeks.

# Softball looking to finish season strong

By Chase Stewart  
@LULegacySports

The Lindenwood Lady Lions softball team's hot streak has unfortunately come to an end.

The Lady Lions put together six straight wins April 3-6 against Columbia College, SBU and UCM in a dominant display of softball. The four straight victories against MIAA opponents were enough to move the Lady Lions into seventh place in the conference standings with a conference record of 8-8 and an overall standing of 17-17.

After a tough double-header on April 9 against non-conference opponent Missouri Baptist University in which the Lady Lions fell 4-7 and 2-3 respectively, a scheduled double-header against Maryville University had to be cancelled due to inclement weather in St. Charles.

The Lady Lions then traveled to Maryville, Mo. to take on the Northwest



Sophomore infielder Kaitlynn Siebert awaits a pitch during the Lady Lions' home game against Missouri Baptist on April 9, 2013 as her teammates look on. The Lady Lions took the game to an extra eighth inning but were unable to come away with the victory, falling by a score of 3-2.

Legacy photo by Romain Polge

Missouri State Lady Bearcats in a double-header on April 13. Sophomore Kendall Ryndak paved the way for a Lady Lions' victory in the first game of the set with her three-run home run in the fifth inning as well as her work on the mound. Ryndak

threw five innings, giving up six runs and striking out three as the Lady Lions won the game 10-6.

The second game resulted in what may be the Lady Lions' toughest loss to swallow this season. The two teams exchanged runs

early on in the contest, and after five innings the game was tied 2-2. The contest remained tied until the bottom of the eighth inning. The Lady Bearcats were down to their final out of the inning, with two runners on first and second.

Kim Cantrell stepped to the plate and delivered a clutch three-run walk-off home run that sailed over the left-field wall to win the game for the Lady Bearcats and avoid the weekend sweep.

There was no time to mourn over the tough loss

as the Lady Lions hit the road for another double-header the very next day on April 14. Matched up against the 25 ranked team in the nation, the Lady Griffons of Missouri Western State, the Lady Lions battled until the very end of both contests but were unable to come away with a victory; losing both games by scores of 2-3 and 1-2.

After losing three out of four games last weekend, the Lady Lions have now fallen to 9-11 in the MIAA and 18-22 overall while sitting in ninth place in the MIAA conference standings.

The Lady Lions have eight games remaining on the schedule, all of which are against MIAA opponents in the form of double-headers. The team will take the field next here at the Lou Brock Sports Complex on April 19 and 20 for double-headers against the University of Central Oklahoma and Northeastern State University.

# M. lacrosse falls at home to No. 7 Seton Hill

By David Schlager IV  
@LULegacySports

As with most sports, there is an old cliché that emphasizes that in order to win the game you need to compete at the highest level for all of regulation. The Lindenwood men's lacrosse team exemplified that when the seventh-ranked Seton

Hill Griffins came to Hunter Stadium on April 12.

The first half ended in the Lions' favor after an early deficit. Down 2-0, the Lions went on an impressive streak of four straight goals in the second quarter.

This streak included a shorthanded goal by junior midfielder John Pettis.

The Lions played masterfully during that stretch, scoring all four goals in a five minute span. At halftime the Lions were leading the nation's seventh best team 5-4.

However, what looked like an early upset alert turned sour for Lindenwood as the offense could only manage

one goal in the entire second half. That goal came midway through the third quarter and it didn't change momentum.

Already up three with only a couple of minutes left, Seton Hill scored three more times resulting in the 12-6 final score.

Penalties played a factor as the Lions scored five of their

goals with a man advantage, while Seton Hill scored five times with even strength. The Lions were penalized seven more times than the Griffins in the game.

The Lions have hit a rough patch in conference play. To start the season, the Lions went 4-1 including a four game win streak. In ECAC

contests, the Lions have only won one game with three losses.

This week, the men's lacrosse team plays their final two home matchups including the Hunter Stadium season finale on April 20. That game is against 5-8 Ohio Valley University at 4 p.m.



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