

LU Confessions continues to grow, adapt online image

Despite some criticism, page adjusts to remain popular



Screen capture taken from Facebook.com
This screen capture shows the top portion of the LU confessions Facebook page. As indicated in the lower right hand corner, the page has 2,294 'Likes' as of April 29, 2013.

By Schyler Hohenberger
@LULegacyNews

LU Confessions, a Facebook page where people can anonymously post their thoughts, was created March 14. The page has since grown to more than 2,200 "Likes". One of LU Confessions' creators, Admin J, said, "It took off over night, I did not expect it to grow this quickly."

Admin J explained that he was inspired to create a confessions page when he noticed that most colleges had a similar page and wanted Lindenwood to have the same. Although the targeted audience is students at Lindenwood, followers of LU Confessions include alumni and people who stumbled across the page.

The admins said they want the students to become more engaged in student life so that the campus can become more fun and grow, but at the same time, they do not want bullying, harassing, slandering or illegal comments about fellow students or the university. Sophomore Alex said, "I enjoy reading LU Confessions because since

I go to Lindenwood, I can relate to some of the confessions. When you read a confession and you think

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Student Counseling Resource Center available near campus

By Alegria Mora
@LULegacyNews

The Student Counseling and Resource Center (SCRC) opened in 2006 with the purpose of helping students, faculty and staff achieve personal growth, academic success and balance to lead a healthy life.

Located on 400 N. Kingshighway, Suite 301, half a mile from campus, the center provides a variety of free and confidential services including individual and group counseling, career testing and consultation.

The services are provided by five professionally trained interns who are under the supervision of Clinical Director Dr. Marsha Andreoff. All interns are Lindenwood graduate students in their last year of the counseling program.

According to Jason Roddick, chief intern, each intern treats 25 to 30 clients. Roddick said that counseling is very important since being in college can be challenging.

"As students move away from home, they face a new environment with different people, they have deadlines and they have freedom that they did not have before; so counseling can teach people how to deal with issues," he said.

Among the problems the counselors treat are academic difficulties, feelings of loneliness, low self esteem, eating disorders, sexual abuse and others. "The two major problems we see are depression and relationship issues," Roddick said.

He said every situation varies and each student

reacts differently.

"It may take a few sessions for students to start seeing a difference and it all depends on the issues and the student. Some students only need a couple of sessions while others need more. We do follow up as much as we can; we follow once a week or twice a week which helps them too," he said.

If a student calls with signs of wanting to hurt him or herself, the person on the phone takes the necessary measures.

"We try to get information and make sure the person is stable and he is not going to hurt himself and try to fit them as soon as possible. If it is an emergency, we ask them to call 911," Roddick said. He added that there have been two such cases.

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LU print and broadcast students nominate athletes in first annual sports awards

The NCAA Division II transition has brought an added level of competition to the LU campus this year.

With this, athletes, coaches and teams have used the bigger stage to shine. A number of individual and team accomplishments were recognized locally, regionally and nationally.

A group of LU sports journalists have announced at least five nominees in 10 different categories of excellence. Any member of LUTV, KCLC, The Legacy or Lindenlink that has contributed a reasonable amount of sports coverage this year is eligible to vote.

Winners and voter commentary will be published in the May 8 issue of The Legacy. A KCLC radio announcement show is also in the works, with dates TBD.

Nominees on Page 8

LSGA proposes constitution amendments after issues

By Emily Adair
@LULegacyNews

Several amendments to the LSGA constitution have been proposed to the student General Assembly and, if approved, they will take effect at the start of Fall Semester 2013. One amendment, regarding the requirements for presidential eligibility, was proposed in response to recent obstacles in the candidacy of President-elect Jordan Pfeifer.

To be eligible for student body presidency, a student must "be a member of the General Assembly for a minimum of two semesters at some point prior to the term in office," according to the current constitution.

Pfeifer, who had served as the organization representative for fraternity Delta Tau Delta, reportedly missed three General Assembly meetings without prior notification. The constitution permits representatives two unexcused absences per semester.

Former Lions passed in NFL Draft, picked up later that evening

O'Bryant signs with Indianapolis, Helmick invited to Atlanta camp



Photos from Lindenwoodians.com
Denodus O'Bryant (left) and Andrew Helmick (right) did not hear their name called in the April 25-27 NFL Draft. Both men signed undrafted free agent contracts shortly after the draft ended Saturday night.

By Chase Stewart
@LULegacySports

Two Lindenwood football players' dreams became realities this weekend at the conclusion of the 2013 National Football League draft.

Running back Denodus O' Bryant and wide receiver Andrew Helmick have signed undrafted free agent contracts with the Indianapolis Colts and the Atlanta Falcons, respectively.

The NFL draft consists of seven rounds in which the league's 32 teams take turns selecting college prospects that they believe will be able to translate their college skills successfully at the professional level.

At the conclusion of the draft's seven rounds, there is an extended period in which the NFL teams look to add a few more players to their roster that they had their eyes on, but

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Mayim Bialik speaks at LU Big Bang Theory star speaks on her experience as an actress, a scientist and a mother.



Courtesy Photo by LUTV
A group of LU students gather around Mayim Bialik for a photo opportunity in the LUTV studio. Bialik spoke in front of more than 1,000 people in the Hyland Arena on April 25, 2013.

By Clare Behrmann
@LULegacyEnt

Lindenwood has always tried to pull in captivating speakers to talk to its students. On Thurs., April 25, *The Big Bang Theory's* Mayim Bialik spoke in front a crowd of more than 1,000 people at the Hyland Performance Arena to close out the 2012-2013 Speaker Series.

Originally supposed to be given by her co-star, Kunal Nayyar, Bialik made her first ever

trip to St. Louis to speak at Lindenwood. "People seem to have interest in having me speak," Bialik said, "I think partly because I'm a popular person on television, but also because I have an academic kind of slant."

Bialik starred in the 1990s NBC sitcom "*Blossom*" before falling off the map. Unlike a great deal of child stars, she went on to college and received a degree in Neuroscience and Hebrew and Jewish studies from UCLA in 2000.

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No longer Delta Tau Delta's representative, Pfeifer could not complete two semesters with the General Assembly. To fulfill that requirement, Pfeifer petitioned to become a student-at-large.

Like representatives, students-at-large have voting seats and the right to voice their opinions on issues concerning the student body. Pfeifer obtained the necessary 15 signatures to petition the Executive Board for the position.

Pfeifer presented himself to the members of the General Assembly for approval on March 10. The General Assembly voted not to approve Pfeifer as student-at-large with 18 yes, 31 no and 6 abstaining. With this decision, Pfeifer lost his eligibility for presidency.

But on March 17, President David Mathias announced his decision to veto the General Assembly's decision. Members of the General Assembly petitioned to override the veto.

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THE LINDENWOOD LIONS RUGBY TEAM
PRESENTS

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MICHAEL BLACK



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Memorial Service



Photo Courtesy of Schyler Hohenberger

The LU men's rugby team gathered in Sibley Chapel in remembrance of their former teammate Michael Black.

By **Schyler Hohenberger**
@LULegacyNews

Lindenwood students, faculty, staff, family and the men's rugby team joined together to support each other and honor the life of their teammate and fellow LU student, Michael Black, with their team chant at the end of a memorial service held in Sibley Chapel on April 18.

The memorial was held for the freshman who passed away early Wednesday morning, April 17.

Friends and family say that from the moment Black arrived on campus in January,

he began touching the lives of many, making many friends. Sibley Chapel was packed with family members, friends, teammates, faculty and fellow students, standing along the walls, out the door, in the hallway and some even sitting on the floor.

"It was nice to see how many people showed up, regardless of if they knew him really well or not," sophomore Sam Yahl said.

From the songs performed by Phi Mu Alpha and President James Evans' opening speech, to each eulogy and reading, the memorial was a

powerful service.

"The service was touching and moving, regardless of your beliefs," Chris Burke, junior and resident adviser in Pfremer hall, said.

Friends said they had no doubt that Black's legacy will live on.

Tyler Black, Michael's brother, became emotional when speaking. Rugby players made their way to the front to surround and support Tyler in love until the entire team was at the front of the chapel.

"It was really moving and inspiring when the team supported Tyler," said friend and teammate Dan Kerckhoff.

SCRC open to LU students

Continued from Page 1

All services are strictly confidential and the center respects and protects the client's right to privacy. Only the client, the counselor and the clinical director have access to the information exchanged.

"The center does not give away any information regarding a case or a student. We do not release anything out unless the student has signed a paper agreeing to do so or if we are subpoenaed by the police," Roddick said. "We do not even tell anybody we have seen a certain student."

SCRC is always committed to enabling students to get the help and information they need. During Freshman Experience, Assistant Dean of Counseling, Jan Munro "talks to parents and students herself about our services," Roddick said.

If a student does not have a car and it is raining or

snowing, the center helps them get there. "They can let us know and we call security so they can give them a ride," he said.

During summer sessions, there are also a couple of interns working and if students go home, "we help them find resources in their hometown," he added.

The center's location can make it difficult for students to benefit from SCRC's services, but Roddick said that being off campus allows them to maintain confidentiality for their clients.

Nevertheless, he said that moving to a closer, but private space could allow SCRC to improve its services.

"If we had a more centralized location it may make it easier for students to utilize our services... A space where everyone involved with SCRC can all be in one place next to each other would allow for smoother service and less confusion for clients and a

safer working environment for the staff and interns," Roddick said.

After the recent tragic event at the university, Roddick said that the number of people seeking counseling has increased slightly, but it has not gone up dramatically.

"It takes time and we do expect more people to contact us in the weeks to come and as the end of the school year approaches," he said.

He added that counseling can really help students during times like this.

"After these things, it is paramount to seek counseling since it is good to have someone who can give you the skills to deal with the issue... Grief is a complicated thing and it is really good to seek help."

The counseling center is open Monday through Friday 9 a.m. to 5 p.m. To schedule an appointment, go to the address mentioned above, call 636-949-4528 or email SCRC@lindenwood.edu.

Assault is reported near campus

By **Leigh Borgers**
@LULegacyNews

Lindenwood students received a Rave alert early Sunday morning. The police came to investigate the 1000 block of Powell where students were allegedly partying.

The short and vague email stated only that a case of sexual assault had occurred in men's housing and that the person responsible has not been taken into custody.

The police are investigating, but the gender of the victim has not been released; the police report stated only that the victim attended Lindenwood.

The St. Louis Post Dispatch published a similar report in the newspaper, providing a phone number

to CrimeStoppers (866-371-8477) if someone has any additional information.

While Lindenwood continues to be a relatively safe campus, incidents like these still cause concern and provide opportunities for improvements in campus security.

Less than two weeks ago, on April 18, a female student walked into a St. Louis Community College-Meramec bathroom and was attacked by an 18-year-old man she had never seen before. The young man, a student at the college, came up behind this young victim while she was washing her hands, pulled her to the floor and began choking her.

What followed became a huge cause for debate. The perpetrator has been barred

from all St. Louis Community College campuses, pending a disciplinary hearing and potential criminal charges.

Despite the fact that he attacked a girl at random, whom he had not known previously, the only punishment he initially received was the inability to come back to a few college campuses.

"The Meramec incident is even scarier because it could have happened to anyone, even here," Lindenwood student Jennie Sheriff said.

After this incident occurred on campus, Sheriff feels even more afraid, "living in an entire neighborhood for only girls."

If anyone has information or questions on this crime, please call LU security at 636 262 4622.

LU Confessions page continues to redefine online image

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you may know the person, it makes it even funnier."

Not all students share this opinion.

Sophomore, Alyssa said, "I do not like LU Confessions because I think the people who post are liars, cowards or just plain horny. I think it's disgusting."

Admin A and Admin J said, "We really do care about the students' reputation, and we are here for fun, not to have people bullied."

The admins said that LU Confessions is meant for fun and making new friends.

According to Admin J, LU

Confessions is anonymous.

"All we receive is the confession, the time it was submitted and an IP address."

The admins read each confession entirely before posting it on the page.

"The fine line between appropriate and inappropriate and offensive and not offensive is hard to judge, but we do our best to determine what should go on the page" Admin J said.

The admins said that they are more than willing to remove posts that are found offensive and appreciate the advice. However, the only way for this to happen is by informing them of which

post you would like removed.

Due to concerns of online bullying, LU confessions was temporarily shut down on April 17. Since, the admins have come together and created a new policy specifying what content will not be posted on the site.

"We highly encourage students to inform us of posts that they find offensive or about them that they don't like," Admin J said.

"We are looking to expand and grow, and with support and guidance from our followers, we can make this page fun and successful for the students and the University."

**LU
CONFESSIONS**

Confessions will not be posted if they are:

- ▶ Offensive
- ▶ Hateful
- ▶ Degrading
- ▶ Personal Information
- ▶ Repeat Confessions
- ▶ Spam
- ▶ Non-student related.
- ▶ Movie Quotes
- ▶ Promoting Illegal Activities
- ▶ Negative towards specific staff/employees.
- ▶ Excessively harsh towards the university.

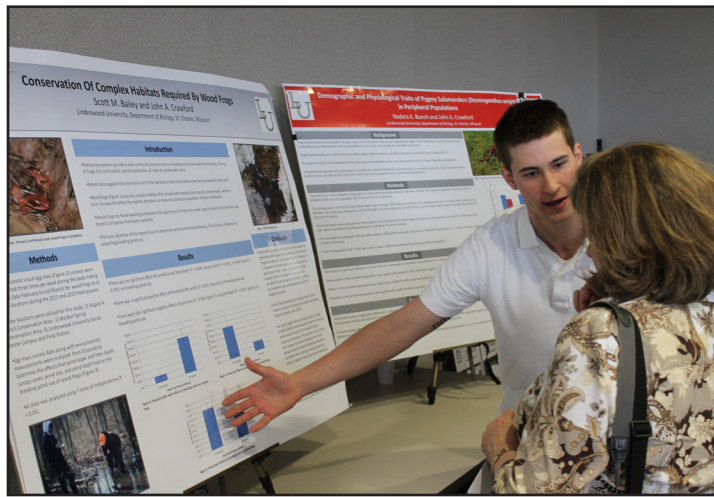
Photo Courtesy of "Admin A"

As popularity of the page has grown, stricter guidelines have been set forth by LU Confessions' administrators regarding what content will be posted.

Corrections for the April 24 edition:

The graphic that appeared on Page 1 incorrectly identified St. Charles Community College as Suffolk County Community College. In addition, the burglary total for SCC should have been 0 and the total for Maryville University should have been 8. The graphic on Page 8, again mistakenly identified SCC and omitted UMSL's name from the circle that listed the amount of crimes from 2009-2011 as 62. A cutline on page 6 showing students huddled in a basement during a tornado warning took place in the Scheidegger Center, not in a dorm.

LU students showcase talents at research symposium



Legacy photos by Jenny Bruhn

Left: Visitors and judges at the research symposium observe student projects in the Anheuser Busch Leadership Room in the Spellmann Center of Lindenwood University. **Center:** LU student Scott Bailey presented his research poster to a visitor at the event. **Right:** Visitors viewed projects created by 108 LU students.

By Leigh Borgers
@LULegacyNews

On April 17, both graduate and undergraduate students received the opportunity to showcase their projects and express themselves during the Lindenwood Student Research Symposium and Exposition. Submissions ranged from poetry, to fashion senior collections, to portfolios of photography and many more.

Participants arrived at their assigned classrooms and timeslots, where judges waited to assess their works. Each participant could speak for 20 minutes on their topic. Professors from many areas of study

volunteered to assess the student projects, many of which were outside of their field of study.

Alison Hayworth, a fashion design major, was one of the 108 students who entered their projects into the symposium. One of Hayworth's garments featured in her senior collection included an entirely hand crocheted crop top that took her over 120 hours to create. Her inspiration for her garment designs stemmed largely from the Star Trek series. She enjoys the futuristic look, without going over the top. Hayworth's collection strives to inspire "adventure, life and beauty in the things to come."

"It's really cool that these girls could present the project I know they've worked so hard to create," Danielle Rolla, junior in the fashion department, said. "In the fashion world, it's important to get an outside opinion on how the clothes look. Often times, we only hear feedback from those in the fashion department, but they aren't the only people who will be buying our clothes."

Cole Figus, a student competing in the Humanities division of the symposium, shared his inspiration for the poetry he writes.

"I enjoy picking up on the ironies of life and looking at obscure and peculiar human interactions. Writing poetry is a way for me

to relax," Figus said.

The symposium also offered audience members a chance to step out of their comfort zones.

"I have a newfound respect for people who write poetry. It takes a crazy amount of guts to get up in front of an audience and read something you've worked so hard to create," Rolla said.

After compiling the scores and reviewing the contestants' projects once more, the judges selected the winners of each category at 7 p.m. Awards totaled approximately \$3,700, with first place winners earning a \$200 cash prize.

LSGA proposes constitutional amendments after issues arise

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which requires a two-thirds vote.

Several representatives indicated that refusing Pfeifer the opportunity could potentially deter other students from coming to the meetings and applying for student-at-large status.

Senator Rob Varwig reminded the General

Assembly to vote professionally.

"We need to look at the facts of what we're voting on," he said.

Varwig said the vote was to determine whether or not Pfeifer should be a student-at-large, not whether or not he should be president.

The results were 17 yes, 20 no and 6 abstaining. Mathias' veto was upheld, granting

Pfeifer status as student-at-large and maintaining his eligibility for presidency in the fall.

"The student body voted me in and that's who I'm here to represent," Pfeifer said. "I want the best for the student body and I am really looking forward to next year."

Pfeifer originally lost eligibility because he did not complete his second

semester with the General Assembly prior to serving. Mathias said that this was a flaw in the current policy.

"It is a weakness in the constitution; it really shouldn't be that way," Mathias said.

To prevent similar situations in the future, a proposed amendment to the LSGA constitution mandates that candidates must have

at least one semester on the Senate or Executive Board prior to running, rather than two semesters with the General Assembly before serving. If no candidates meet that requirement, any student with two semesters in the General Assembly prior to running may apply.

Other proposed amendments offer updates to the requirements and

responsibilities of several LSGA positions, the criteria for an organization to remain in good standing, the quorum policy, the organization tier system and the funding approval process.

The General Assembly meets in the Dunseth Auditorium in Harmon Hall every Wednesday at 4 p.m. The meetings are open to the entire student body.

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Internships at LU cost too much Try controlling your couponing

By Leigh Borgers
@LULegacyOpinion

Junior year of college, for many students, is when the light at the end of the tunnel begins to appear. We start thinking about graduation and starting a career. In preparation for this big step, many majors require students to get an internship for school credit. I believe this is one of the most important steps in obtaining an undergraduate degree because, these days, experience is everything. While I have no objections to getting an internship at all, I do have a little bit of a problem with the way Lindenwood handles this vital step.

If a student chooses to do an internship for credit over the summer, they must pay Lindenwood \$2,000 to participate and the school will not offer financial aid. I have nothing but free time over the summer to do an internship, and it's easier for me (and other students) because we have no classes to worry about.

During the school year, many of us will have this part time job on top of five other classes we must go to. However, this is what I'm forced to do because

I cannot afford to pay \$2,000 out of pocket. I understand that students have the option to work for the school and get their 'internship' fulfilled this way.

I've heard complaints from students that many of these programs are less than adequate. I recently talked to a graduate of Lindenwood about his choice of taking "Applied Mass Com" rather than fulfilling an internship requirement.



He told me that, above everything, I should get an internship. He chose to take the class and felt that part of the reason he was unable to get a job right now is because of his lack of experience. He then went on to call this "the worst mistake of his time in college."

I feel as though this is yet

another way Lindenwood is trying to take money away from us. LU has no affiliation whatsoever with the internships as the students have a boss and work for a team completely separate from the university. There are no tests or papers to write. In fact, the only difference is that it carries the title "for credit."

Furthermore, it is entirely the student's responsibility to apply, follow up and set up an interview time. A simple solution to this problem would be to not let it be for credit, but to keep it on the list of requirements for graduation, just not placed under the title of a class. After all, this internship is supposed to be about gaining "real world experience," not getting a grade based on your performance.

If a student doesn't perform well in his or her internship, the company will not hire him or her again, and it will affect the student in the long run. If we are adults working in an adult world, we should keep the focus of the internship away from school and more about the experiences only the workforce can teach you.

Makeup is not a problem

By Killian Walsh
@LULegacyOpinion

Girls grow up playing with Barbies and watching celebrities on the television. A lot of people think that these types of things can cause little girls to develop insecurities about their own appearances.

The Barbies are perfect, with shiny hair and glittery makeup, and the celebrities always have a glow about them. I agree with them to some extent, but I still think that every girl has her own view of herself, no matter what she sees in the media. That is the case when it comes to makeup.

Makeup was actually created back in the earliest of times, dating back all the way to ancient Egypt. Women, and sometimes even men, used berries and other various natural

remedies as makeup. Some cave drawings I've seen show the Egyptians wearing heavy eyeliner and other types of makeup. They used these techniques to increase the chances of getting a mate and also to stand out among the other women.

In today's society, the majority of women and young girls wear makeup. Some wear a little, some wear a lot. It serves a similar purpose as it did back then. Women try to make themselves more beautiful than they already are, maybe trying to look good for a guy or to just feel better about themselves.

Girls start learning about makeup when they're in junior high, and their mothers or older sisters let them try it out.

I didn't start wearing makeup until 8th grade, and it was probably

really sloppy at first. It's something that all girls experiment with.

I don't see a problem with it because it has just been something that has always happened. I will say that some girls take it way too far wearing fake eyelashes and costume and pageant makeup in their everyday Walmart runs. However, splashing on some foundation, mascara and eyeshadow can always brighten a girl's face.

Some makeup will enhance a girl's natural beauty, and it also can cover up blemishes and imperfections that are caused by sun damage or acne.

Makeup also has a psychological effect, too. If I'm feeling down, putting on makeup is an instant pick-me-up. It boosts girls' confidence, when it's done right.

By Killian Walsh
@LULegacyOpinion

We've all seen the show: Extreme Couponers. And honestly, no matter how many times I watch it, I am still shocked at the end when the checker hands the customer his or her receipt and they got their entire list for free. It's crazy, somewhat immoral, and insanely fascinating, all at the same time.

My mom uses coupons. She clips them out of the Sunday paper and keeps them neatly in an envelope in her purse. She sometimes gets them in the mail and occasionally collects them from the packages of groceries. But, she is in no way an extreme couponer.

Being an extreme couponer is something that I would never consider doing. Those crazy women on the show literally do it as a full time job. I have never seen an episode where the woman works full time somewhere and also has time to maintain a coupon binder. How in the world would they have time

to? In my opinion, being an extreme couponer is a little bit wacky. Why would you buy 50 bottles of shampoo? First of all, that will last you like 10 years. Second of all, you'll get tired of using the same shampoo for the next 10 years! I get it, it's free or extremely discounted. But at what (figurative) price? Are you willing to sacrifice ever buying another bottle of shampoo just because you have an excess of coupons? Maybe you should consider that.



I know someone who is an extreme couponer and it shows in her everyday life. She asks every person she sees if they have extra coupons, keeps a binder full of them with her AT ALL TIMES,

checks in the trash cans for coupons and has a gigantic stockpile in her basement. She's a nice lady, but her entire life is consumed by coupons.

I think that couponing is a smart idea. If I have a coupon for mascara, I'm going to use it, but only if I need mascara. I'm not going to go out and buy 20 tubes of mascara just because they're on sale and I have a coupon.

I am always "that friend" that has 20 percent off coupons at restaurants and stores. However, I don't make special trips to those places unless I was planning on going there anyway and I don't only go to places that I have coupons for. Quite frankly, it's impractical.

You shouldn't devote all your time to couponing. It's a really good idea to keep some coupons and use them every once in a while to save a few bucks. But, too much of a good thing is always bad. If you eat one cookie, fine, but if you only eat cookies, you're probably going to get sick and gain weight. Just like anything else, couponing needs to be limited.

End bullying on LU Confessions

By Chris Smith
@LULegacyOpinion

When it comes to topics of discussion of Lindenwood's campus, there hasn't been a more popular one recently than LU Confessions.

For some this website has been pure entertainment, but some others feel like some posts border on tastelessness.

With the site's massive increase in popularity since it began, the posts have increased in piling up over the past few weeks.

I thought it was a really good idea by the admins of the site to come out with a message saying that they would start to monitor the



comments.

When the site first started, I will admit, some of the posts were things that shouldn't have been shared publicly, anonymously or not.

Some of the posts were even bordering on bullying. Online bullying isn't a joke and this website is no

exception.

I thought that the website was funny at first, and then I saw that some of the posts were just bashing some people specifically.

For a website that was mostly created as a joke, the posts were getting a little out of hand. I'm really glad the owners of the page took responsibility and said they would at least start to monitor the posts.

Overall, I think the website isn't a horrible thing. I don't think it should be taken down. However, I do think that the posts should continue to be monitored and there should be no hints of any online bullying.

Anxiety is a big student issue

By Mariah Stewart
@LULegacyOpinion

Anxiety is an issue that everyone takes on at some point in their life. It might be a minor case such as stressing over finals or anxiety can turn into an extreme situation that can consume a person's life. Dictionary.com says anxiety is a feeling of worry, nervousness or unease, typically about an imminent event or something with an uncertain outcome.

I recently dealt with my first extreme case of anxiety, and it was perhaps the worst experience I have gone through in my life. I started off the semester with no worries even though I had 18 credits, two jobs, and a 4-year-old daughter at home. Sure enough my work load became increasingly stressful.

I quickly fell behind in all of my classes. On top of loads of late homework I needed to complete, I began to procrastinate because I didn't know how

to tackle my to-do-list.

My procrastination led to more late work, which led to more worrying. Anxiety was attacking me like some kind of plague.



I was staying up late at night because I could not sleep. Then I could not wake up in the mornings because I was so tired from the previous night. I knew something had to be done once I missed an entire week of my 8 a.m. classes and I found myself randomly crying in my car and feeling completely helpless about my school situation.

I went to my doctor and she told me I was

experiencing a severe anxiety attack. She could have easily prescribed me medication, but instead she sat down with me and helped me make a plan about my schedule. She also told me to exercise and eat healthier.

Along with dropping a course and cutting down my hours at my two jobs, I began running and adding more healthy food choices to my diet. These changes have helped treat my anxiety tremendously.

I don't consider myself entirely healed from my anxiety attack, but I am definitely in a much better place than I was at the beginning of this semester.

I strongly recommend if a student is experiencing any kind of anxiety that he or she find someone to talk to, and try to make his or her lifestyle more healthy if he or she has not already. Anxiety can lead to serious health problems, therefore it is important to treat it as soon as possible.

The Legacy

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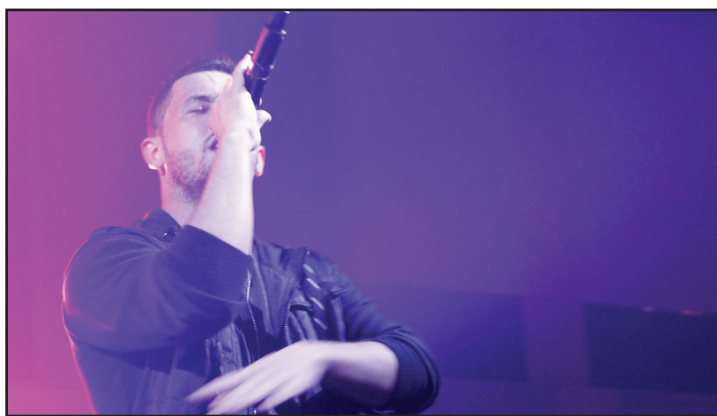
By Annette Schaefer
@LULegacyEnt

On Thursday April 18 hip-hop group BEDROC came to Lindenwood to help celebrate Spring Fling Week. The concert took place in the Evans gym at 7:30 p.m.

The show began with a performance from DJ Billy Brown. Brown had his laptop and equipment set up on the stage for the evening and blasted out a continuous loop of club-style Electronic Dance Music or EDM. The crowd was nearly non-existent, but they were still mostly filing into the gym. While there wasn't a whole lot of dancing at the beginning of the show there were plenty of students enjoying their free glow stick and other various "glow" items.

Brown played until around 8 p.m. when members of BEDROC's band joined him on stage to prepare for the headlining show. At this point in time the crowd remained at a modest size and was mostly made up of Campus Activity Board and a few others of the student body.

Despite the small size, BEDROC was still greeted by an eager audience. The band also faced a few initial technical difficulties, but quickly overcame them. The band moved around the stage and took measures to gain crowd interaction, asking students to put their hands in the air or to clap along to



Legacy Photos by Annette Schaefer
Top: ML of Bedroc performing at the Spring Fling show at Lindenwood.
Bottom: Mike Brown getting into a song at the show in the Evans Gym.

rhythms; the crowd never hesitated.

While the show was not perfect by any mean and there were a number of hurdles in the way, the band pulled off a great and intimate performance. They even joined the crowd on the floor during one song, singing to students and dancing along with them. Even after all was said and done the guys of BEDROC hung out after the show to meet and take pictures with a good

number of the students in attendance.

The group expressed their gratitude to the audience and held it together when most bands would have given up. This concert was a great addition to the activities that made up the Spring Fling Week.

For more on BEDROC visit their website at bedrocmusic.com. For more activities on campus find Student Life and Leadership on Facebook and Twitter.

Mayim Bialik speaks at LU

Continued from Page 1

She opted to continue her studies at UCLA by pursuing a Ph.D. in Neuroscience, which she received in 2007. Although both of her parents were teachers, Bialik wanted to spend more time with her family while doing some teaching on the side.

"I had my first son in grad school and kind of fell in love with being his mom," she said. "I realized that I wanted to spend his formative years with him, rather than a classroom of other people's children while someone else raised my kid."

Currently, Bialik stars on the hit comedy, *The Big Bang Theory*, as Amy Farrah Fowler. After making her first appearance in the season three finale, she became a series regular midway through the fourth season.

"I got back into acting, I don't want to say as a fluke, but I didn't think I'd be working regularly," she said.

Because of her degree, Bialik is able to contribute to the show in some capacity.

"It mainly comes up when the writers are working on the episodes," said Bialik. "I'll sometimes get an email [about the script]. There's really nothing extensive that needs to be [fixed]."

While some actors, like her *Big Bang* co-star Jim Parsons, do stage work during their hiatus, Bialik predicts a low-key summer.

"I have a vegan cookbook coming out in February, specifically a book of things that



Legacy Photo by: Annette Schaefer
Mayim Bialik of *The Big Bang Theory* spoke to Lindenwood students in the Hyland Performance Arena. She highlighted on the ups and downs of her acting career and her love/hate affair with science.

non-vegan people like when I make them," she said. "I finished editing and we have to do a little photo shoot for the cover, so that'll be this summer."

As far as the future is concerned, Bialik is unsure where her career will take her.

"A lot of it depends on the fickle show business industry," said Bialik. "I have desires to work in a movie or independent film, but I don't have anything hanging on the back burner."

The Big Bang Theory season finale airs Thursday, May 16, at 7 p.m. on CBS.

John and Jen coming to LU's Jelkyl Theater

By Aerial Niccum
@LULegacyEnt



Photo Courtesy of Lindenwood.edu
Artwork from the poster for the upcoming performance of "John and Jen" in the Jelkyl Theater from May 2-4.

Lindenwood Graduate Assistant and Graduate directing student Laura Enstall will debut her thesis project as director of "John and Jen."

The musical, which spans a total of 38 years, focuses on Jen and her brother John in the first act and then Jen and her son John in the second and the challenges they face across the years in just forty-five minutes per act with a fifteen minute intermission.

"We cover everything from Vietnam to baseball and basketball," says Enstall. "In one musical number we jump from the 1950's to the 1990's."

Jen, played by Lindenwood junior Rebecca Berin and John, played by Lindenwood senior Jake Bucher can both identify with jumping. While both actors must transition from one personality to the next Bucher, whose senior project is also "John and Jen", must also play two completely different people.

"I've had to develop a range of voice inflections as well as two different personas", said Bucher. "It's been difficult, but it's been fun. I couldn't have asked for a better, more rewarding or more challenging piece to end my college career."

Excitement is escalating for Enstall. A labor of love, Enstall's daily life has become consumed by "John and Jen."

"I'm really looking forward to having an audience", said Enstall. "When you've lived it and breathed it for ten months it becomes a part of your daily life. It'll be weird when it's not. It's been a very cool experience and opportunity. I feel privileged to have worked on such a beautiful piece."

"John and Jen" will grace the Jelkyl Theatre stage inside Roemer Hall May 2-4 at 7:30 p.m. each night. The show is free and tickets are not necessary. Business casual dress is required.

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'Golden Gods' award hard rock bands



Logo for this year's hard rock award show from Revolver Magazine "The Golden Gods" Photo Courtesy of revolvermag.com

By Lindsey Rae Vaughn @LULegacyEnt

Award shows are a great way to find out who is the best of the best when it comes to entertainment. The Grammys are considered the highest honor when it comes to music. To rock and metal fans, the award show does the genre no justice. With just one category that is now combined for hard rock and metal and several categories for genres like country and R&B, the rock and metal community developed a rapidly growing award show called the Revolver Golden Gods Awards.

Album of the Year, Best Vocalist and Song of the Year.

The bands performing are Metallica, Five Finger Death Punch (nominated for Best Live Band), Anthrax (nominated for Best Live Band), Stone Sour (nominated for Album of the Year, Best Vocalist and Best Drummer), Dillinger Escape Plan and Halestorm (nominated for Song of the Year, Best Vocalist, Best Drummer and Album of the Year). Halestorm will be performing at the local music festival, Pointfest on May 12.

Metallica will be receiving this year's Ronnie James Dio Lifetime Achievement Award. The Golden God Award, which has been won by legendary artists such as Alice Cooper and Gene Simmons, will be given to Rob Zombie. Black Sabbath's

Tony Iommi will receive the Riff Lord award, previously won by Slash.

Frontman of Fozzy, Chris Jericho, will be hosting the awards show and Skidrow's Sebastian Back and Twisted Sister's Dee Snider will host the "black" carpet event before the show takes place.

To support the award show, the first ever "Revolver Road to the Golden Gods Tour," will take place until the award show in May. It features the bands Stone Sour and In This Moment (nominated for Song of the Year and Best Vocalist).

The fifth annual Revolver Golden Gods Awards is taking place on Thursday, May 2 and will be broadcasting on AXS TV, Xbox Live and Facebook. The "black" carpet event begins at 9 p.m. and the award show begins at 10 p.m.

Luminous brings light to Lindenwood fashion

By Nicola Muscroft @LULegacyEnt

The annual senior fashion show will take place May 3 and 4 in the Black Box Theater in the Scheidegger Center for the Arts.

The "Spring Fashion Show," for students, family and friends, will take place May 3 at 8 p.m. General admissions is \$20. The "VIP Spring Fashion Show," for outside designers and sources, will be May 4 at 8 p.m. VIP admissions is \$35 and general \$25.

This year features 75-100 models and 15-20 fashion designers, the most the show has ever had. Each senior designer must have a senior collection: six "looks," which is attire from head to toe. A freshman, sophomore and

junior submission includes a mini collection: three to four "looks." Dresses are not allowed.

Junior Delisha Smith said, "I'm very excited to see my friends' collections and to see the outcome of all the stress and dedication."

The whole fall semester's main focus is the fashion show and even includes a class "Fashion Show Production," to prepare the students.

The show this year is called "Luminous," because every fashion collection has a light theme. Smith described it as "a spectrum of style." This is also the first year the designers are able to pick the hair and makeup personnel, which will also add a certain "light" to the show.

Daniel Jolivette, a senior

designer in Luminous, spent three months preparing for the show. "I'm most excited about showing my stuff in a professional way...I can post all the photos I want on Facebook, but it's not everyday my clothes get to walk down a runway," he said.

Jolivette aims to receive professional photos and solid connections from the show in order to get closer to his goal. "I'm trying to be famous, so I need everyone to be there."

Luminous should last around an hour and a half. During the VIP show, the attire will be judged and prizes will be awarded. Tickets are available at the Box Office at (636) 949-4433 or at lindenwood.edu/center.

'Olympus Has Fallen' full of surprises

By Kaitlyn Dailey @LULegacyEnt



This movie is not your typical presidential white house movie. It is more than that. The movie is mainly about a Presidential guard Mike Banning, played by Gerard Butler, who finds himself alone and trapped by terrorist within the White House. As the national security team of the U.S. scrambles to respond, they have no choice but to rely on Banning's inside knowledge to help retake Olympus, code for the White House, save the President and others inside and avert a bigger disaster.

I did not know what to really expect going into the movie, but when I left I was very impressed. To think something like that could happen to the White House is insane. It also illustrates how unprepared we are if anything like this would happen. Viewers will be on the edge of their seats the entire time wondering if everyone will make it out or not and what will they do next.

Anyone who loves surprises around every turn with some killer action scenes will enjoy this movie. There is a lot of killing involved, but it is expected. With numerous twists and turns, movie-goers will enjoy every minute of this surprising drama.

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O'Bryant signs with Colts, Helmick gets invite to Falcons mini-camp

Continued from Page 1

chose not to select with their limited picks in the draft. This period is commonly referred to as the undrafted free agent signing period, and serves simply as an extension of the draft.

Although O'Bryant and Helmick were not selected by an NFL team with a draft pick, both of the former Lions stars' phones rang quickly at the conclusion of the draft.

"I had been in contact with the Colts for quite a while, and they had actually talked about using a draft pick on me, so I was definitely expecting their call at the conclusion of the draft. Even so, I was extremely excited and overwhelmed with joy when they actually did call me and offered me the deal," O'Bryant said.

Helmick expressed similar excitement when the Atlanta Falcons organization gave him a call.

"Oh man, it was extremely exciting," Helmick said. "My phone told me exactly where the 404 area-code was from and when I read Atlanta, GA I knew it was going to be the Falcons. Needless to say it was one of the best phone calls of my life."

Although a dream has



Courtesy Photo by Don Adams Jr.

Andrew Helmick (left), head coach Patrick Ross (center) and Denodus O'Bryant (right) pose for a picture following the post-2012 season football banquet. Helmick and O'Bryant were named co-offensive team MVP's after each set multiple school records in 2012.

been realized for these two Lion standouts, much of their journey still lies ahead. Helmick will report to the Falcons' rookie mini-camp this weekend, May 3-5, where he will compete against other rookies that the picked up in the free-agency process for a spot on their training camp roster.

Although Helmick was not initially signed to the Falcons' roster as a free agent at the conclusion of the draft, he will have the opportunity to earn

his contract this weekend.

"The goal this weekend is to catch the eyes of the coaches and player personnel and earn a contract which would ensure me a spot in summer training camp, and pre-season," Helmick said.

O'Bryant is officially signed, but will go through much of the same process with the Indianapolis Colts when he reports for their rookie mini-camp May 9-12.

"For the next couple of weeks

I will be preparing for the mini-camp and prepping myself to give my best performance and show the organization that they made a great choice in bringing me in to compete for a job," O'Bryant said. "By the end of the weekend I want to make sure that I am still on the team and can move forward to summer camp."

O'Bryant finished his career at Lindenwood as the school's all-time leader in rushing yards and touchdowns scored. O'Bryant scored 62 career touchdowns with 38 rushing, 15 receiving, and nine special teams touchdowns coming by way of returns. The four-year starter at running back sits atop the Lindenwood record books at the running back position with 3,237 rushing yards, 1,512 receiving yards and 6,126 all-purpose yards. O'Bryant was also a two-time NAIA All-American, a three-time all-conference selection and a two-time conference MVP.

Helmick leaves Lindenwood with quite the pedigree as well. The flashy wide-receiver represents the Lions as the all-time leader in receiving yards and receiving touchdowns. In his career at LU, Helmick caught 153 passes for 2,828 yards and 32 touchdowns. The Kansas City, Mo. product

recorded 12 100-yard receiving games as well as four 200-yard receiving games. Helmick was also a two-time all-conference selection.

O'Bryant and Helmick are now the fifth and sixth Lions to

earn cracks at football's highest level of play. They join Lion alumni Zac Atterberry, DeDe Dorsey, Jamere Holland and Brian Schaefering as the only Lions to sign contracts of any sort with NFL organizations.

Men's soccer looks to build on great 2012 season

By Ryan Oldham
@LULegacySports

With the soccer season fast approaching, men's head coach Carl Hutter said the squad is "very excited about the future," of LU Soccer.

"Last season was frustrating for sure," Hutter said about last year's conference-winning campaign.

The Lions stretched to a conference record of 8-0-2 by the end of the season, but they were not able to compete in the national tournament due to the NCAA transition that Lindenwood was undergoing at the time.

"Two of the teams we beat during the seasons got bids to nationals and we could have been there," Hutter said.

With the 2013 season just a mere five months away, preparation is underway for the Lions to repeat last year's achievements and a possible bid to nationals.

"We're all emotionally ready for the transition, and even though we will take it one game at a time, I have high hopes that the guys will be shooting for higher," Hutter said.

"No matter who the

opposition is, we want to win, but at the same time, academics take a higher role that athletics. That is much more important that what we are doing athletically."

Hutter said that the emphasis was always on academics and making sure that the athletes got the best grades.

"It's frustrating to see kids get bad grades because then we have to tell them they can't play for a certain number of games."

Hutter was not only focusing on academics as he said that making the athletes comfortable was also a pressing issue.

"Small issues always arise whenever there is a group of people together. People are away from home for the first time so that takes some getting used to, and freshmen need to get their time management right," Hutter said.

The Lions finished their season in 2012 at the MIAA Tournament, beating Fort Hays State University and Northeastern State University 2-1 and 1-0, respectively.

This saw them lift a conference trophy for the first time since 2009 where they beat Missouri Valley College

in the HAAC Tournament on penalties.

Since then, Lindenwood has gone through its NCAA transition period and the soccer team will participate in the MIAA Conference for their second season starting in the fall, something which has Coach Hutter very excited.

"It's a cool and crazy time right now, but even though a couple of significant contributors left, we have a good returning nucleus of talent at our disposal," said Hutter.

"They just have to go out there and enjoy themselves and should be very excited for the future."

Going in to his fourth semester at Lindenwood in the fall, defender Mitch Hunt was disappointed with the fact that the Lions could not compete in the National Tournament.

"It was something we just had to take and move on with, even though it was very disappointing. We knew at the start of the year that this could happen, and it did, but we were extremely happy with ourselves that we were crowned conference champions," Hunt said.

NCAA SCOREBOARD AND SCHEDULE

Baseball

4/20/13	vs. Pittsburg State University	W 4-0, W 7-2
4/21/13	vs. Pittsburg State University	W 2-1
4/24/13	vs. Southwest Baptist	W 20-2, W 13-10
4/27/13	@ Washburn	W 12-3, W 7-2
4/28/13	@ Washburn	L 9-10
4/30/13	@ LU-Belleville	6pm

Men's Golf

4/22-23/13	MIAA Tournament	3rd (12)
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Men's Lacrosse

4/20/13	vs. Ohio Valley University	W 25-5
4/25/13	@ Alderson-Broadus College	W 23-3
4/27/13	@ Wheeling-Jesuit University	L 12-16

Women's Golf

4/22-23/13	MIAA Championship	6th (11)
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Women's Lacrosse

4/18/13	vs. Regis University	W 18-12
4/20/13	vs. Colorado Mesa University	W 19-6
4/24/13	@ Adelphi University	L 12-18
5/1/13	@ McKendree University	7pm

Softball

4/19/13	vs. UCO	W 4-3, L 1-6
4/20/13	vs. NESU	L 2-10, L 6-8
4/24/13	vs. Fontbonne University	L 5-8, L 0-2
4/27/13	@ Washburn	L 1-6, L 3-10
4/28/13	@ Emporia State	L 0-8, W 2-0

W. Tennis

4/19/13	vs. Concordia University (Neb.)	W 8-1
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M. and W. Track and Field

4/17-20/13	Kansas Relays	Completed
4/20/13	Dewey Allgood Invitational	TBA
5/3-5/13	MIAA Outdoor Championships	TBA

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Male Athlete of the Year

This award recognizes the LU male athlete who was most essential to his team's season.

- | | |
|------------------|----------------|
| Alex Bazzell | Pierre Desir |
| Mike Failoni | Mitchell Heady |
| Andrew Helmick | Fermin Hughes |
| Denodus O'Bryant | Dylan Terrell |

Female Athlete of the Year

This award recognizes the LU female athlete who was most essential to her team's season.

- | | |
|----------------|---------------------|
| Shelby Polk | Nicole Hensley |
| Rachel Zabawa | Sarah Schnieders |
| Tanya Chibanda | Alyson Wickenheiser |

Male 1st Year Competitor

This award recognizes the best male athlete in his first season of competition here at LU (true freshman, redshirt or transfer).

- | | |
|---------------|--------------|
| Pierre Desir | Mike Failoni |
| Connor Harris | Nate Prindle |
| Fermin Hughes | |

Female 1st Year Competitor

This award recognizes the best female athlete in her first season of competition here at LU (true freshman, redshirt or transfer).

- | | |
|----------------|-----------------|
| Nicole Hensley | Lyndsay Kirkham |
| Tori Kuhn | Maddie Ossello |
| Rachel Weich | |

Team of the Year

This award recognizes the LU team that had the best season of any Lindenwood team.

- | | |
|------------------|------------------|
| Men's basketball | Football |
| Men's soccer | Women's lacrosse |
| Women's hockey | |

Game of the Year

This award recognizes the most exciting and meaningful game of the 2012-2013 school year.

- | |
|---|
| Football @ Pitt St. |
| Football vs. Glenville St. |
| Men's basketball vs. UCM |
| Men's soccer MIAA regular season title clinching game |
| Men's volleyball vs Lewis |
| Women's hockey vs. Robert Morris (3/1) |

Stat of the Year

This award recognizes the most significant individual statistic of the 2012-2013 season.

- | | |
|--|--|
| Mike Failoni bats over .500 for the season | Dendous O'Bryant's sets LU's career rushing record |
| Andrew Helmick's sets LU single-season receiving record | Fermin Hughes' nine shutouts in 20 games |
| Nicole Hensley's 90 saves in one game. This was the most ever in an NCAA Div. I game | Pierre Desir leads MIAA with nine interceptions |

Coach of the Year

This award recognizes the LU coach who, through leadership and knowledge of the game, did the best coaching job of the year.

- | | |
|----------------|--------------|
| Jack Cribbin | Carl Hutter |
| Jen Kessler | Patrick Ross |
| Brad Soderberg | |

Moment of the Year

This award recognizes the most exciting and meaningful sports moment of the 2012-2013 school year.

- | | |
|---|--|
| Malach Radigan's blocked punt on senior day versus Mo. Southern, his first career TD. | Richie Thompson's free throw s at the end of the win versus UCM |
| Soccer's MIAA titles in both the regular season and at the conference tournament. | Wichenheiser's game winning penalty shot 55 seconds in OT vs. RMU on Feb. 15. |
| Brad Soderberg's 300 th win of his career | Alex Bazzell's 1,000 th career point |
| Sarah Schnieders' 1,000 th career point | Denodus O'Bryant signs as an undrafted free agent with the Indianapolis Colts. |

Athletics Person of the Year

This award recognizes the most influential and important person in Lindenwood athletics during 2012-2013.

- | | |
|------------------|----------------|
| Alex Bazzell | John Creer |
| Andrew Helmick | Nicole Hensley |
| Denodus O'Bryant | Shelby Polk |
| Malach Radigan | Pat Ross |
| Sarah Schnieders | Brad Soderberg |
| Sterling Thomas | |



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