

Equal Squeeze performed at the Homecoming concert, opening for Mayday Parade and The Maine.

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The Lions football team played at home on Saturday for Homecoming. Check out Sports for a look at the game.

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LINDENWOOD

The Lindenwood's Student Newspaper

Legacy

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Oct. 24, 2012

Homecoming 2012



Legacy Photos by Christie Blecher

Top, left to right: Students partake in weekend festivities at the annual Homecoming dance on Saturday night (left). With the Golden Touch theme, Tri Sigma decorates their float with a Greek theme (right). **Bottom, left to right:** Fellowship of Christian Athletes show their school spirit by participating in the parade on Saturday morning (left). The Lion Line perform at halftime at the football game on Saturday afternoon. The Lions lost the game 19-16, but Lion Line was full of Lion pride throughout the game (right).

Police activity on campus arouses suspicion

By Cole Figus
Staff Reporter

While life at Lindenwood can seem routine, days where an arrest is made on campus or a drug dog sniffs around is anything but usual. Eyewitnesses saw an alcohol-related arrest on Sept. 16, and other eyewitnesses saw a drug dog on Oct. 11.

School officials and resident directors can't discuss specific details on individual instances of police involvement, but the Student Right to Know & Campus Security report, an annual report mandated by Congress for universities participating in federal student aid programs to disclose information, especially crime statistics on campus, can be used as a general guide to Lindenwood's crime statistics.

The report, which can be viewed on Lindenwood's website, shows that the 2005-2006 school year saw 16 liquor law violations and four drug law violations. The 2010-2011 school year saw 47 liquor law violations and 29 drug law violations.

Over the last six years, there has been approximately a 300% increase in liquor law violations and a 700% increase in drug law violations. (In contrast, St. Louis University's (SLU) Annual Security and Fire Safety Report states that

SLU has a smaller on-campus student population of just over 3,400 students, yet has 280 liquor law violations and 70 drug law violations.)

Lindenwood's Student Right to Know & Campus Security report also shows statistics on other crimes like murder, sex offenses, arson and motor vehicle theft. The other substantial crime problem listed at Lindenwood is robbery.

Director of Safety and Security John Bowman cites the reason for Lindenwood's growth in violations as "(student) population increase."

The biggest crime problem at Lindenwood is alcohol law violations.

"You have kids under 21 and it's their first time away from home, so there is drinking going on at Lindenwood," Bowman said. "But Lindenwood is a suburban area, and it is very safe compared to SLU and Washington University."

To help keep students safe, security patrols Lindenwood's campus.

"Security look for anything suspicious, parking stickers... and ask what's going on and how students are doing," Bowman said, also adding that in some ways, security acts as customer service. "It's not like we're hiding out in bushes



On the late morning of Sunday, Sept. 16, a Lindenwood student was arrested by St. Charles Police outside of Parker Hall. The identity of the student is unknown, but he is no longer a student after being suspended from the school.

Legacy photo by Brett McMillan

waiting to catch people," he said.

However, awareness of problems mostly comes from students, and especially resident directors (RDs). Many room checks that turn up alcohol and illegal drugs result through suspicion from a dorm's RD or an assistant RD.

"If I believe there's a reason to do a room check, I can do one," said James Kelley, RD of Parker Hall. "Rooms are university

property - it's like you're renting them."

Once suspicion is aroused, and the RDs alert security, then security can call in the St. Charles police and conduct room checks with the aid of drug-sniffing dogs if it is deemed necessary.

"There are no random searches [in the dorms]," Bowman said. "There are no canines searching cars."

The room check involves checking what is out in the open, though sometimes

what is private is not always black and white. Kelley says that he doesn't usually check the refrigerator after the first room check of the semester, and that he does not go through drawers.

"However, there is a fine line between suspicion and harassment," Bowman added.

Most issues arise from students not making wise choices, a phrase both Bowman and Kelley used. "Walking around with a

beer, noise complaints, parties," are examples Bowman used when discussing how students often get themselves in trouble because of unwise choices.

The recent observed events involving alcohol-related arrests and drug-sniffing dogs on campus are parts of Lindenwood's dry campus and drug-free policies.

For further information on crime statistics at Lindenwood, check the Student Right to Know & Campus Security report.

LSGA Executive Board members represent LU

By Emily Adair
Staff Reporter

The Lindenwood Student Government Association [LSGA] looks to provide exceptional representation of Lindenwood students. LSGA members are dedicated to identifying and acting upon the concerns of the student body. LSGA members collaborate with officers, programs and departments within the university in order to continuously make improvements.

LSGA meets weekly in the Elizabeth Dunseth Auditorium in Harmon Hall on Wednesdays at 4:00 p.m. All general body meetings are open to the public. For more information about LSGA or to contact an LSGA member, visit the Lindenwood University Student Government Association facebook page.

Here are the Executive Board member bios:

**President
David Mathias**

My name is David Mathias and I am president of student government. I am a 20 year old native of Ukiah, Calif., which is a small town two hours north of San Francisco. I found out about Lindenwood through shotgun shooting. I started shooting in eighth grade, heard about Lindenwood's national championship team and dreamed of being a part of it - and now I am. I

am majoring in philosophy with a minor in social and political philosophy with an emphasis in history and a minor in religions. I became interested in student government my sophomore year from being involved in a student organization. I ran in the elections that spring and became the Junior Senator for the 2011-2012 academic year. This year, I am the president of student government and my duties include presiding over general assembly meetings, working with administration to solve student issues, working with local municipalities, as well as a number of other tasks on behalf of the student body. What I like most about LSGA is that we are committed to student representation and making real change happen on campus.

**Vice President
Sam McCord**

My name is Sam McCord. I am the vice president for LSGA. Originally from Florida, I found out about Lindenwood from my family. After earning a scholarship to attend, I decided to move here and study art history and French. Over the years, I have been involved with several organizations on campus, but it is LSGA that I am most passionate about. I have been attending the meetings since the fall of my freshman year, either

as an organization representative or serving on the executive board. Currently, I am a junior and I hope to serve next year in this great organization as well.

**Treasurer
Nikki Napolitano**

My name is Nikki Napolitano and I am from Hazelwood, Mo. I am the treasurer of the Lindenwood Student Government Association. I chose Lindenwood University because of the great business department it has. What I love most about Lindenwood is all of the excellent leadership opportunities it has to offer. My major is marketing, and I am thinking about minoring in fashion. I am 20 years old, and a sophomore. I chose to be in LSGA because I wanted to have leadership opportunities while in college. I like LSGA because it gives me a voice at Lindenwood University, and enables me to become a better and more organized person.

**Recording Secretary
Jordan Harms**

I was manufactured in Wentzville Mo., shipped to Springfield, Mo., then to St. Louis and finally landed in St. Peters before I came here to St. Charles for college. I chose LU because I saw how rapidly it was growing, yet it still had a very vintage feel to it that I did not get from any big city state colleges. LU



Photos courtesy of LSGA

Top, from left to right: David Mathias, Jordan Harm and Scotty Kearns. Bottom, from left to right: Samantha McCord and Nikki Napolitano.

also had what I needed as far as a career choice goes. I am a digital cinema arts major, meaning I study and make film. I am 20 years old and counting. As I was looking for an enjoyable work and learn, I was hired as an office hand in the LSGA office suite. The former vice president informed me that the executive board was a little shorthanded so I jumped on board as the executive recording secretary. Now I keep track of all points earned from events that the various student organizations do on and off campus. I also file and solidify all new organizations on campus before they are voted in, as well as record minutes for our E board and general body meetings every week. I keep track of all contact info for the student organizations and make sure they stay in good standing so they may request funds at meetings. Being a film student, I wanted to affect as many people in a positive way as I could when I came to LU, and being in student government is the

perfect way to do that, one organization at a time.

**Corresponding Secretary
Scotty Kearns**

My name is Scotty Kearns. I am a 20-year-old junior studying interactive multimedia and web design whilst minoring in computer science, and I am the corresponding secretary for the LSGA. I have lived around this area for the greatest portion of my life and have been a part of Lindenwood's growth ever since 2008. The reason I chose to go ahead and make Lindenwood my school of choice was because of the development of the inter-

active media and web design degree. It was exactly what I wanted to do. A bonus to that was the fact that I love this school for its rich history and foundational leadership. It doesn't stop there, however. After being with the school so long and seeing my older sister, Sarah Kearns (former vice president) help shape the LSGA into what it is today, I wanted to be a part of that to better the school that has been a pivotal part of our lives. As corresponding secretary, I am able to manage the websites and social media outlets to better reach students and I look forward to finding more ways to better this organization.

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ROTC heads to Ranger Challenge to compete



Left: Cdt. Messmer of the Gateway Battalion prepares to engage a tank.



Right: ROTC members run at Forrest Park, led by LU student Trent Farmer.

By Chase Stewart
Staff Reporter

The Reserve Officer's Training Corps is a four year program that trains participants to become an officer in the United States Army. Lindenwood has an agreement with Washington University that makes the Army ROTC Basic courses available to qualified LU students.

The ROTC at LU is incredibly active, and participates in several different challenges, marches and trips throughout the year.

The LU Ranger Challenge is an annual competition that spans over a three day period. This year's competition will be held at Fort Leonard Wood in Missouri and the LU ROTC will compete against several universities from the Midwest. To determine a winner, the competition will feature a shooting challenge, a grenade assault course, a

ruck march, land navigation tactics and more. The LU ROTC will bring five representatives to the competition.

Following the Ranger Challenge, the LU ROTC will turn its attention to training for the annual Bataan Death March. The march is a nationwide ROTC competition that features a full marathon through New Mexico's mountainous and arid terrain. The cadets must complete the marathon in full gear, which easily adds 40 extra pounds to the participants. Completing the 26 mile trek through the New Mexico landscape is no easy task and senior cadet Trent Farmer knows how much training is required to adequately prepare. "We will get started on our training here pretty soon," Farmer said. "It's a whole different climate and altitude than we're used to here in the Midwest,

and that's a very long way to travel with that much gear, so you can just imagine the amount of training we've got ahead of us if we want to compete for the top spot, which we do."

In addition to competing in the Ranger Challenge and Bataan Death March, LU cadets qualify year in and year out for summer training programs in conjunction with the U.S. Army. The programs take cadets to locations both nationwide and internationally. In previous summers, cadets have traveled to the likes of Honduras, Tanzania, Rwanda and Fort Lewis in Washington.

Farmer expressed how important the summer trips are to the ROTC members. "The summer programs are a big part of what we do here, and we really enjoy the opportunities we're given," Farmer said.

"When we travel to these places, we're doing a lot of humanitarian work. We get to teach English, and guys have even worked at AIDS clinics."

Farmer personally traveled to Rwanda two years ago and reflected on the experience. "It was incredibly rewarding," he said. "I had the opportunity to teach over there, and I had the time of my life. The country was absolutely beautiful, and it was a life-changing trip without a doubt."

There are lucrative scholarships available for those interested in joining the U.S. Army and participating in LU's ROTC program. "The Army pays for your tuition completely, you get a nice stipend every other week and your books are covered," Farmer said. The scholarship package offered by the Army does come with a price in the

form of an eight year commitment to the Army. An individual who accepts the scholarship package must serve four years on active duty, followed by four years of reserved duty as a stipulation.

Although there is a big commitment involved in joining the program, individuals are encouraged to try out the ROTC program without being obligated to join. "MS101 is a course available to all students to try out and see if the program is something that they could see themselves doing, and there is absolutely no obligation," Farmer said. "We encourage people to fit it into their schedules if they are the least bit interested."

For those interested in either joining the ROTC program at LU, or just learning more about it, the ROTC office is on Kingshighway across from the Elm St. classrooms and next to the Cultural Center.

Jamison makes history Civil War exhibit comes to LU

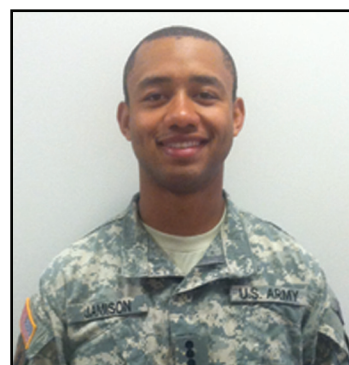
By Emily Adair
Staff Reporter

Criminal justice major Chris Jamison had no idea the significance of his accomplishments until he returned to his high school to speak to its students. Jamison was the first African-American member of the Junior Reserve Officers' Training Corps program at McCluer High School to go on to join ROTC.

Jamison was born in St. Louis, and aside from some time spent with his grandmother in Mississippi, he has lived in the area his whole life. He attended McCluer High School and took part in the school's JROTC program for three years. Lieutenant Colonel Warren Griggs, former professor of military science, played a major role in helping Jamison during high school. Griggs was looking to recruit more officers from the St. Louis area high schools, especially African-Americans. Jamison said their work together "just made sense."

Jamison graduated in 2009 and is currently attending Lindenwood with a four year ROTC scholarship. Lindenwood

is a part of the Gateway Battalion, a collaboration of 11 schools in the St. Louis area. Lindenwood joined the Gateway Battalion in 2000, making Army ROTC Basic courses available to students.



ROTC member Chris Jamison

"I had no idea the weight of my journey until I went back to my high school," Jamison said. He was asked to talk to the students about his experiences. While he was there, Jamison realized he was the first African-American from the school's program to go on to ROTC.

"It was a cool little thought to have in the back of my head," Jamison said, "but it hasn't really affected me. I know that it's really special, but I'm not freak-

ing out about it."

When Jamison first considered enlisting, his parents, both previously in the service, wanted him to go to college. His father originally told him to join the Air Force as a fighter pilot or to forget the whole idea of enlisting. He eventually compromised and is now extremely proud of his son's accomplishments.

Jamison seeks to help promote ROTC at Lindenwood to keep people interested after continuous military budget cuts. He said ROTC teaches important leadership and time management skills and helps keep students calm throughout their academic years. "It's a really great program for keeping people in shape, mentally and physically, but it's also a lot of fun," Jamison said.

Jamison will begin a commissioned position when he graduates in May. He hopes to enter the National Guard or become a military police officer in order to fulfill his desire to join law enforcement. In addition to making history at his high school, Jamison will be the first commissioned officer in his family.

By Louis Kohrs
Staff Reporter

The main floor of the Spellmann Center is about to look different. On Sunday Nov. 4, a Civil War exhibit from the Missouri State Archives will cover the Spellmann walls. Paul Huffman, a Lindenwood University archivist, stumbled upon the exhibit, titled "Divided Loyalties," last year at a Missouri State Archives conference and decided to bring it to campus. Not only does this display show the effects of the war on Missourians, it also will be sitting on familiar territory at Lindenwood.

During the 1850's, Charles Drake served as the secretary for Lindenwood's Board of Directors. After the Civil War, Drake led Republicans in Missouri to create laws that punished southern slave owners. Around 1866, Lindenwood closed down due to the effects of reconstruction efforts in Missouri. The history behind "Divided Loyalties" is something students should recognize because of the history behind Lindenwood and the role it played in the Civil War.

Huffman, familiar with using Missouri State Archives' exhibits, had brought a smaller one to Lindenwood several years ago. "After seeing the Civil War display (last year), I felt it would be a great opportunity to share with Lindenwood's students a little bit about the history of the ground they are standing on," Huffman said.

The exhibit starts off with a glance of pre-Civil War Missouri and the role slavery had on the state's culture and economy. This exhibit features the famous Dred and Harriet Scott court case involving two slaves searching for their freedom in St. Louis.

The exhibit then moves on to show various documents portraying soldier's lives that fought within the state and demonstrates how all Missourian's lives were affected. "Divided Loyalties" finishes off showing challenges Missourians dealt with the decade after the war. The state's constitution, written immediately after the war in 1865, caused many Missourians to fight to regain rights that had now been lost.

The display also shows court cases and other lawsuits dealing with crimes committed during the war. Through state documents and court cases, "Divided Loyalties" shows how the Civil War and its conflict affected not only soldiers on the battlefield, but civilians as well.

The exhibit will hold opening ceremonies on the 4th at 3:00 p.m., when President James Evans will introduce the display. Following Evans will be history professor Dr. Mike Whaley and St. Charles County Executive Steve Ehlmann, who will introduce "Divided Loyalties" connection to St. Louis and St. Charles County to students. Lindenwood's a capella ensemble, Voices Only, will also be singing several Civil War-era songs throughout the ceremony.

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The Presidential debates offer no concrete solutions

The Presidential debate that took place on Tuesday, Oct. 16, at Hofstra University in New York was a draw for both Obama and Romney. Both candidates criticized each other, offered vague solutions to problems, and were asked critical questions, mainly about the economy.

One of the interesting questions was directed at Romney, "What is the difference between you and Bush?" Romney answered that he was different than Bush and that Bush was from a different era. What is more interesting is the President's rebuttal. The President said that Romney was indeed different than Bush because Bush was not trying to eliminate social programs such as Planned Parenthood and Medicare.

The Republican Party has been trying

to distance itself from the Bush era, and it has been successful at doing that. In fact, the Romney campaign simply does not mention anything about the Bush era. This is a Republican Party that looks to the future no matter what its history looks like, and it pretends like history began just four years ago.

Romney's policies also seem to have shifted during his year-long campaign. The Democratic Party, and the Obama administration, has been consistent with their policies, even when some have failed. The Republican Party's

candidates, on the other hand, keep flip-flopping. The Republican Party had always championed big business, and now more than ever, they want to champion small businesses. They form their opinions and their policies based on the particular audience that they are addressing. The Romney campaign would say anything to get Romney into the White House.

There was much finger-pointing during the presidential debate. Romney accused Obama of not being a "coal" man. Obama accused Romney of not understanding foreign policy.



Rajeh Mahmoud

Political debate etiquette: Where has the decency gone?

"Senator, I served with Jack Kennedy. I knew Jack Kennedy. Jack Kennedy was a friend of mine. Senator, you're no Jack Kennedy."

This famous line delivered by 1988 Democratic vice presidential candidate Lloyd Benston sucker punched his opponent Dan Quayle and was widely considered to have won him the 1988 vice presidential debate. Now, the point of this little excerpt isn't to tear down Quayle or build up Benston but to show how one man cleverly attacked his opponent in a CIVIL vice



Jeremy Broadbooks

presidential debate.

The debacle that we as a nation witnessed last Thursday night was anything but civil. Governor Mitt Romney and President Obama addressed each other with respect and dignity at their presidential debate.

The same cannot be said about Vice President

Biden. Between the guffawing, arm waving, and eye rolling, Biden managed to interrupt his opponent a grand total of 82 times.

Last time I checked, there are certain rules in a debate. Usually, one candidate says their bit, and then the other responds. Republican vice presidential candidate Paul Ryan could barely get a word in edgewise between all of Biden's antics.

Up until this point in history, vice presidential candidates had treated each other with respect and dignity and candidates of both major parties conducted themselves with poise and class. When one man talked, the other would wait pa-

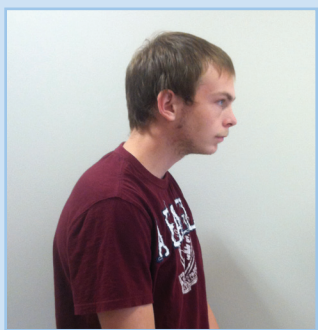
Romney wants to reduce the size of government but increase defense spending. Obama wants everyone to be covered by health insurance and wants women to make personal decisions for themselves. Romney wants to eliminate many of the social aid programs and also believes that "47%" of Americans are lazy.

This election is not even about who believes what, or who had won which argument; it is about voter turnout and winning the support of undecided voters.

It does not matter who wins the presidential election this year because neither one of the candidates are going to be able to provide any constructive solutions to economic problems in the immediate future.

tiently to respond and then give his take. People actually had respect for each other, regardless of their political affiliation.

It is a sad comment on our society when buffoonery better confined to reality television is displayed in a debate between two men who will potentially be elected as the second most powerful leader in our country. It really is a shame that Biden took the low road instead of debating the issues with Congressman Ryan, because many Americans watching Thursday are still deciding who to vote for and came to hear the discussion of the issues. Unfortunately, what they got instead was a poor man's Jerry Springer.



By Branden Swyers
Managing Editor

Halloween is a time of year for kids to go out and get candy while the adults hand out the treats. Dressing up for Halloween can be fun for some, but only if they are the right age. When it comes to adults dressing up for Halloween, I think it is something that should be grown out of.

Sure, as a teenager, I have dressed up in order to go to costume parties, but it was all fun and games. Now that I am an adult, I do not feel it is necessary to dress up for Halloween.

As much fun as it was when I was a teenager, it just seems a little crazy now. The thing that irritates me the most about the costumes in older people is the extremely reveal-

ing costumes that some girls wear. What is the point of this?

I know it sounds bad for me to say that I do not like this because I am a guy, but as an older guy, I have become more mature. In high school, maybe those revealing costumes would have been something that was appealing to me, but not anymore. I think girls do not realize that they are not going to find a decent guy dressed like that.

I do not mean to call out anyone if they want to dress that way. It is their choice. I just think that it would suit them better not to put off a perception that isn't them. Dress up in costumes if you please, but realize that people will be looking. Are these people thinking what you want them to think about you?

By Killian Walsh
Staff Reporter

Halloween is one of the greatest times of the year for multiple reasons: the stores stock up with candy, the weather cools down and most importantly, you get to dress up.

A lot of people say that dressing up is for little kids who go trick-or-treating, but why? Little kids get dressed up by their parents, so why wouldn't the parents dress up too?

In my opinion, dressing up is timeless. It's fun for any age. For one day, you get to be anything you've always dreamed of being. You can be a princess, a vampire or even a doctor. The possibilities are literally endless and creativity is most welcomed on this day.

Here's the thing: if you're worried that you'll get made fun of, don't. People admire courage and in college, it takes

some courage to dress up for Halloween. The "cool" factor doesn't even apply. If you're cool, you're going to be cool, whether you're wearing a costume or not. One day won't change your reputation.

In my family, everyone has always dressed up. My parents were Thing 1 and Thing 2 last year, my aunt was Austin Powers once and my grandma was Lady Gaga. That goes to show you that it is appropriate to dress up at any age. I've been a cat, an Indian woman, a butterfly and a bunch of other things, and I plan on dressing up forever.

Since the possibilities are endless, you can work with almost anything. If you're broke, you can find a bunch of random stuff around your house and work it into a costume idea. If you don't mind spending a little cash, you can go to a costume shop or even Goodwill to get anything you would need for a great costume.

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Another year, another lockout in the NHL

For the second time in 10 years, NHL fans have to deal with a delay to the start of the season because of a lockout. The NHL's collective bargaining agreement ended on Sept. 15, delaying the start of the season that was set to begin on Oct. 11. As soon as the agreement ended and the NHL and the NHLPA (Player's Association) couldn't come to a deal, the league locked the players out.

There are several key issues that are still dividing the two sides from coming to agreement and ending the lockout. One major reason is that the NHL wants to decrease the HRR (Hockey Related Revenue) of the players from 57%

to 46%. This is totally ridiculous on the part of the owners. With the NFL and NBA lockouts last season, you would think the owners in the NHL wouldn't try to get power hungry, but they have.

The players have shown that they aren't going to budge on their demands by going to other leagues. Players like Alex Ovechkin of the Washington Capitals, Pavel Datsyuk of the Detroit Red Wings, and Evgeni Malkin of the Pittsburgh Penguins have returned to their home countries to play while the NHL lockout continues.

A new agreement was proposed on Oct. 16, which would include a 50/50

split of the hockey-related revenue between the owners and players. This, among other amended issues, has brought the two sides close to a deal.

If the deal



Chris Smith

were signed with the terms that were proposed, the NHL would have a shortened season of 82 games, beginning on Nov. 2.

With this being the third lockout in the past couple years, the NFL, NBA, and NHL, you would think that owners would get a good sense of what it is going to take to get a deal done.

Hopefully, owners and players can come to a deal soon. Fans would love to see their favorite players back on the ice as soon as possible.

Colleges catch up with technology

Many colleges nationwide are finally integrating technology that could catch up with their students' demands.

One such college is Abilene Christian University, in Abilene, Texas, where freshman for the past two years have received either an iPhone or iPod-touch before classes began.

Case Western Reserve University in Cleveland, Ohio supplied a select number of freshmen with new Kindles instead of textbooks.

With technology becoming more commonplace, the call for educationally-viable technologies in classes has turned many



Gustav Gropp

professors numb. Students must find ways to encourage professors, rather than complain. They must be able to advocate the use of technology by knowing how to use and promote applications that work.

iThoughtShD is a new application for iPad users that allows students to study by designing mindmaps in an easy-to-use interface. No more tedious paragraphs or less-than-interesting textbook pictures.

Not only can students study through their mobile devices, but it is now possible to complete and hand in assignments as well. Google Docs and Office HD are two word-editing applications that

allow a person to create documents on the go, as well as edit documents sent via email.

Take a break from studying and spend some time looking at reviews of applications that could make your life easier. There are more than you'd think.

Digital texts could become the first choice for students because they are all in one place - never forgotten at home or in your dorm. They can now even be rented for a fraction of the cost of renting the same book from a physical book store.

These digital texts can be highlighted and bookmarked. There is even an option for online referencing, as well as a built in dictionary tool. Just select a word, and all your options pop up. Take a look, compare prices, explore your smart device, and learn to be tech savvy in a technological world.

Stay active during cold winter times

As we're approaching the winter months, it becomes custom to blow off the workouts. "It's cold outside and I hate the gym," or, "I would just rather curl up with some hot cocoa" are both excuses people use a lot to get out of going to the gym.

The winter is an important time to make sure you get your workouts in, especially because you're not getting much physical activity as in the summer or spring. The gym is a great resource that allows you to stay active without having to get frostbite.

Staying fit in the winter is extremely important because the cold can often put a damper on your mood. Exercise gives you endorphins. Endorphins are neurotransmitters that send "feel good" signals to your brain. If you're not getting those signals, chances are the cold will bring you down.

Also, some pretty huge feasts accompany Thanksgiving and Christmas. The pounds can add up quickly if you're not counteracting it with exercise.

Here are some tips to beat the winter exercise slump. First, you should consider the gym as your friend. Not literally though. You can't add it on Facebook. But don't get scared thinking that other people are watching you. Trust me. Everyone else is thinking the same thing. Second, pre-

pare a reward. "If I go to the gym for an hour, I can drink some cocoa by the fire." Use compromise to trick yourself into the workout if you have to.

Finally, find a friend that you can go workout with. You'll be more likely to go to the gym if you aren't going alone. It is basic psychology.

Last but not least, find some motivation. Whether it's a picture of a Victoria's Secret model or a goal you have set for yourself, use it. Find what motivates you the most and you will definitely see results.



Killian Walsh

Sharing is caring

Since the 500-acre Lindenwood campus is filled with sidewalks and roads, students are allotted many ways to get to their classes. Of course, with options, this privilege is always abused.

Whether you're cycling around on your bicycle or cruising in your sports car, you'll notice students always butting heads with each other when it comes to sharing the road.

I wish I had a dollar for every time that I've seen a student walking or riding a bike and almost getting trampled like a sardine by that 2009 Mustang or 370Z. You may think that these incidents are quite laughable. However, they're not. This is serious.

As students, we're always flooded with stress and are constantly in a rush. You'll find that we never slow down and actually think about what we are doing, making this whole subject dangerous.

My friends and I joke and think that maybe we will one day get hit by a car while riding and walking to class. We'll get free tuition and be able to pay off our student loans in no time. This has become a frequent joke of ours due to the fact that there always seems to be a problem with sharing the road multiple times each

day. I know you're thinking that free tuition sounds like a great idea, right? It does. However, it's not great when you could be seriously injured and no longer be able to return back to campus. Maybe it's just me, but I'd rather take being loaded in student loans to getting hit by another careless driver that floods this campus.

The weather will be starting to change soon. More people will choose driving in their heated car to that of walking in the freezing cold. I don't blame them. Just do it the correct way. We all went

through the same steps to attain our licenses and learned the same rules. Let's remember that.

My word to all of those driving, walking,

cycling or whatever it may be: be careful. I'm sure your professor will understand much more that you're late to class by striving to stay alive, rather than being rushed to the emergency room in an ambulance.

We are all connected by this great school. Let's all come together and fix this problem before it gets even worse.

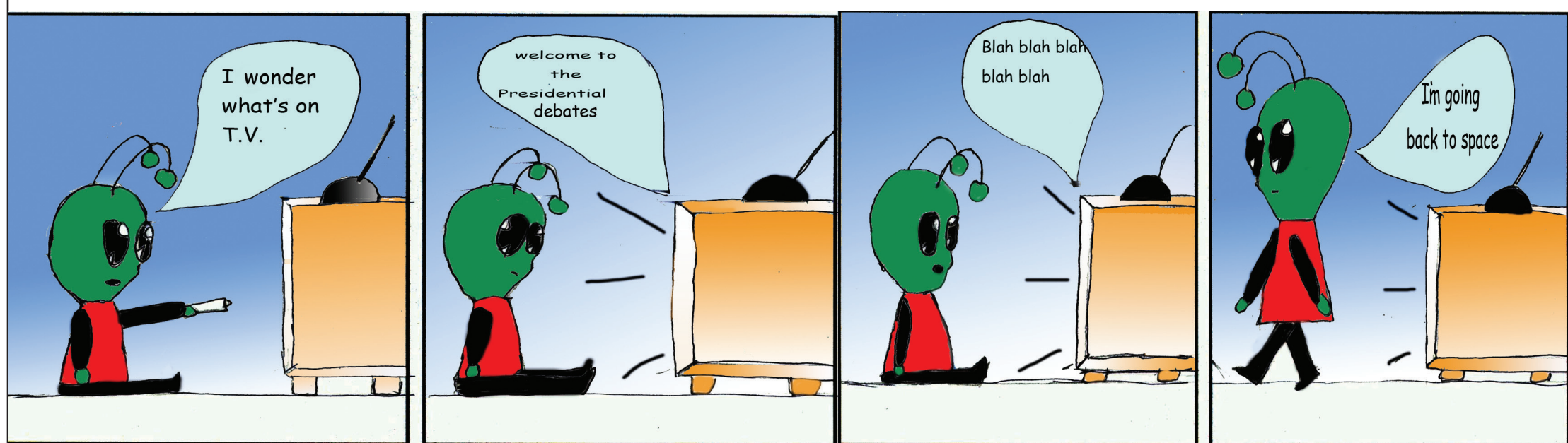


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Word Society hosts CreatiFest

By Lindsey Vaughn
Staff Reporter

On Monday Oct. 29, the Word Society plans to host their CreatiFest near the graveyard behind Sibley at 7 p.m. The club will hold a costume contest and tell scary stories, and they encourage people to bring their own works to read. Held every semester, CreatiFest will take place in the library reading room if weather does not allow the event to be outdoors.

"You don't have to be creative. Everyone is invited," said English professor Ann Canale. Canale and Spencer Hurst, an English associate professor, have been the club sponsors for over 10 years. There will be prizes for best costume, best scary story, and much more.

Named Club of the Year in 2002, Word Society is a club composed of creative people including, but not limited to, writers, singers, dancers, and actor.

Junior Audrey Schroeder, dubbed "The Supreme

Galactic Overlord" by the Word Society, explained the club as "an open group and open to ideas." Sophomore Hannah Lawson, "The Enforcer of Creative Ideas," describes Word Society as "fun and laid back."

The Word Society is dedicated to improving Lindenwood's campus and joining forces with other clubs. They have linked up with the Biology club to clean the stream behind Evans Commons and on Earth Day last year, they planted two trees by the graveyard to celebrate the holiday.

This year, the Word Society plans on teaming up with the anthropology and history clubs to create projects to get involved in future activities at Lindenwood.

This year, Word Society plans on creating and selling valentines with poems on them, for people to give to their personal valentine, as well as participating in Picasso's Coffee House's open mic nights held every Thursday night. Ad-

ditional plans include putting together a murder mystery event for students and participating in the Christmas Walk.

Another outlet Word Society helps to promote is Arrowrock, the anthology of Lindenwood students' written works. It comes out every semester and anyone can submit to it. Anyone who would like to submit any written works should contact Hurst and submit the work at: arrowrock@lindenwood.edu.

Word Society holds meetings once a week for its members and prospects every Tuesday at 4 p.m. in the library basement, outside the Writing Center. The meetings consist of brainstorming for future activities, discussing books of interest with the attendees, and sharing personal works. The meetings are open invitation. Anyone who would like to join, but cannot attend the meetings should contact Canale, Hurst, or Schroeder at: ars492@lionmail.lindenwood.edu.

Why LU students should take interest in 'The Artist'

By Romain Polge
Contributing Writer

• The Beauty of a Silent Film

If you have never had the chance to watch a silent movie, it is time for you to experience it. You won't regret it and you will have a great time. You will feel like coming back in the 1920's.

• Jean Dujardin

Jean Dujardin's performance in "The Artist" is fantastic. We don't hear his voice, so we can focus on his acting and it is really impressive. Dujardin could easily be on the list with Charlie Chaplin, Buster Keaton, or Harold Lloyd as one of the greatest silent film actors. Dujardin received the Oscar for Best Actor during the 84th Academy Awards ceremony on Feb. 26.

• Uggie

He is the other star of this movie. This dog is amazing and surprising. He is capable of great things.



Photo Courtesy of www.cinemamente.com
Movie poster for award-winning silent film "The Artist."

• The Soundtrack

Composer Ludovic Bource did an amazing job with the music. Since there is no verbal dialogue, the soundtrack has to be powerful. It has to express the feelings the actors and actresses would share with words. Bource, with the Brussels Philharmonic, and the Brussels Jazz Orchestra, did an excellent job on this movie and were rewarded with the Oscar for Best Music during the 2012 Oscar ceremony.

• Lindenwood Film Series

The Artist will be projected at the Young Auditorium theater on Nov. 2 at 7:00 p.m. The admission is free with an LU ID.

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Homecoming concert gets students and fans excited

Big-time alternative acts made their way to Lindenwood and had fans jumping for joy.

By Annette Schaefer
Music Editor

Students and local fans filled the Evans Commons Gym to see bands Equal Squeeze, Mayday Parade and The Maine during Lindenwood's annual Homecoming concert on Thursday, Oct. 18.

The Homecoming Concert was not only a big night for Lindenwood students but for co-headliners Mayday Parade and The Maine as well. This show marked the first night of their national tour.

"It's just exciting to start things off," said The Maine's guitarist Jared Monaco.

"It's pretty awesome that we can be so far from home and play shows," The Maine's lead singer John O'Callaghan added later.

The show opened with Edwardsville, Ill. natives Equal Squeeze. The band has become familiar faces at nearby venues like the Firebird. The local performers energized the audience with their upbeat riffs and power pop-infused melodies.

The second band of the evening was Tallahassee's Mayday Parade. As co-headliners of the evening, the band performed a full set list. The group played a wide range of songs, including popular songs like "Jamie All Over" and "Black Cat." Excited fans pushed and danced, even causing security to hold them back from the stage. The chaos continued until the band left the stage.

The final band of the night was The Maine from Tempe, Ariz. This will be the final tour before the band hits the studio to record a new album, so they plan to switch things up.

"On this tour, we're playing a different set every night," said O'Callaghan.

"It keeps you on your toes," Monaco added.

For the Homecoming show, the band opened with a slowed down version of "Like We Did (Windows Down)." They played a variety of old and new songs throughout the night, including recent single "Misery" and old fan favorite "Into Your Arms." They also got the crowd dancing with songs like "Inside of You" and "Don't Give Up on Us." The set ended full circle with the opening song yet again with O'Callaghan continuing to sing:



Legacy Photos by Annette Schaefer

Top Left: Close-up of John O'Callaghan of The Maine. **Top Right:** The Maine Performing, O'Callaghan and Pat Kirch Pictured. **Bottom Right:** Mayday Parade's Derek Sanders getting the crowd excited.

"Tell me how to feel like we did when we were young..."

"Thanks for spending your Homecoming with us," drummer Pat Kirch expressed.

"We appreciate all the support," added O'Callaghan.

To find out more about these bands, check them out on Facebook or follow them on Twitter.



Rock venue, the Firebird, helps bring music to the St. Louis area

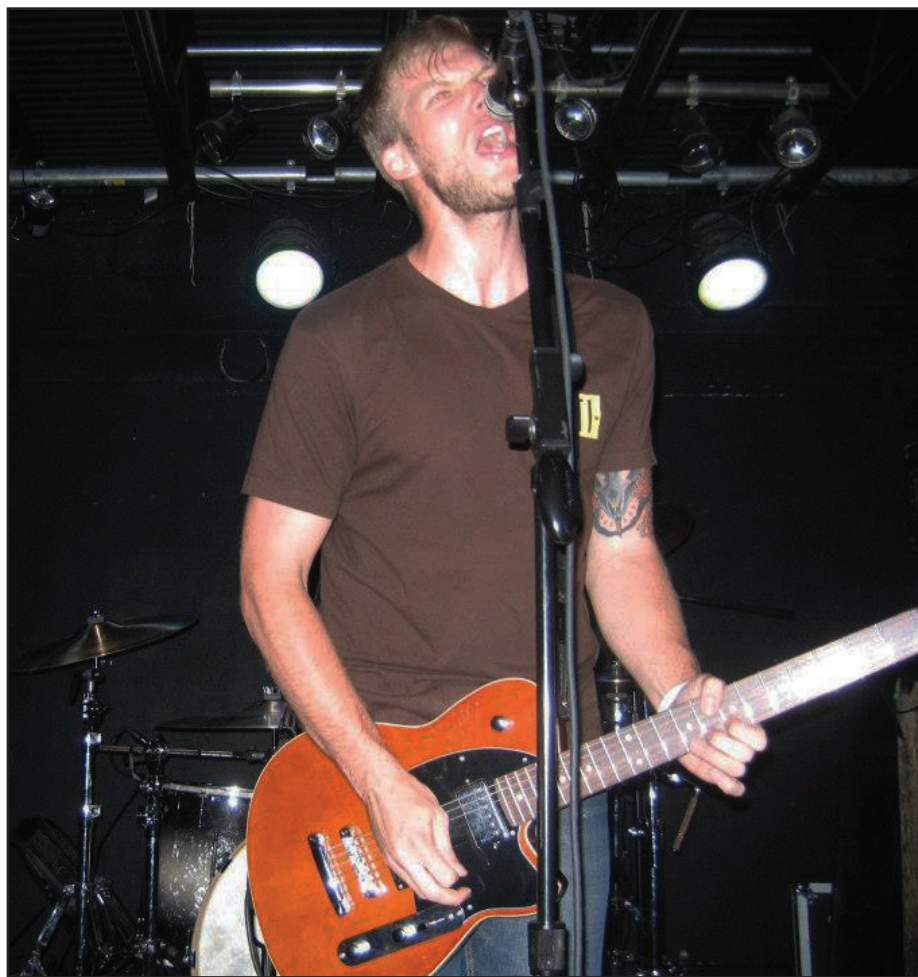
By Annette Schaefer
Music Editor

The rock venue the Firebird may be small, but it brings in impressive acts that make it a contender with famous venues like The Pagan. It seems the Firebird has opened their doors to more buzzworthy bands than their competitors as of late.

Located off Olive Street near St. Louis University, the Firebird is a cozy little building fit neatly amongst a slew of bars and office buildings. With its close proximity to the college campus, it has the ability to attract young audiences in great numbers, but for anyone not familiar with the area, the venue can be easily overlooked. The building itself is small and does not have large or vivid signage. Concert-goers should keep a careful eye out when seeking this venue.

The only other real downside to the Firebird is its minimal security in a presumably dangerous part of town. There is no hired security inside or outside the venue and there is no one hired to check bags and pockets. This type of environment may make some younger fans feel uncomfortable and unsafe, although the venue seems to have no serious reported incidents.

On the upside, the Firebird is a great, intimate environment for audiences of all kinds to enjoy their favorite bands. Seating is offered near the bar and there is no age restriction for seats. For those who want to dance, there is a good size pit area where "moshing" and "slam dancing" are acceptable. The stage is fairly small but fans are able to get up close and personal with the performers.



Legacy Photo by Annette Schaefer

The Sweller's lead singer Nick Diener playing at the Firebird on Friday, Sept. 21.

The Firebird also offers extremely affordable shows to some of the hottest names in the alternative music scene including: Less Than Jake, The Maine, Three Days Grace and Motion City Soundtrack.

For more information on the Firebird, visit: www.firebirdstl.com.

"Man of No Importance" proves to be important

By Jake Bucher
Contributing Writer

The streets of Dublin were brought all the way to Lindenwood these past two weekends when "A Man of No Importance" was performed in the Emerson Black Box Theater.

The musical first took place on Oct. 12-13 and the following weekend on Oct. 18-20 starting at 7:30 p.m. Tickets were sold for \$15.

A tale set in Dublin, Ireland, "A Man of No Importance" is about a lonely romantic, Alfie Byrne, who has a passion for theater. Byrne sets out to take a stand against the prejudices of the world while on a journey of self-discovery and human compassion.

The show's director was Professor Emily Jones and the musical director was Professor Pam Grooms. There were 15 members in the cast and several students in the crew.

Costumes and hairstyles were set to match the 1960s era. Costume designer Donna Northcott used classic television shows to influence the attire.

"I watched a lot of episodes

of Andy Griffith to get ideas for costumes. It helps to totally immerse yourself in the time period to figure things out," said Northcott.

Casting was announced at the end of last semester in order for the actors to memorize their lines and work on developing an Irish accent over summer break. Graduate student Krista Tettaton said, "I chose this play as my thesis project because of the dialect. It was very difficult and time consuming to learn. I have learned so much from the cast and crew. We grew into a family in the short time we had."

Over the past weekends, the theater held a little over 100 people during the play. Front of House Manager Peter Colombatto said, "We were sold out four out of the five nights."

Tettaton said every crowd reacted differently. "It gives us the opportunity to step up our game to get the audience to respond," she said.

For more information on upcoming shows, look around campus for flyers or visit the Lindenwood website and click on the link for the J. Scheidegger Center for the Arts.

The Legacy

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Doors open:
6 p.m.
Show: 6:30 p.m.
Cost: \$15-\$17
All ages
\$3 minor charge

Classic vampire film plays at LU

By Seannell Chambers
Staff Reporter

Having first hit the scene over 80 years ago, "Nosferatu" will be playing in the Bezemes Family Theater at the J. Scheidegger Center on Oct. 30 at 7:30 p.m.

"Nosferatu" is the classic vampire film based off of "Dracula" by Bram Stoker. It is centered on Hutter (Gustav von Wangenheim) and his wife Ellen (Greta Schröder) and their experiences with the vampire, Count Orlok (Max Schreck).



Photo courtesy of lindenwood.edu/film
LU Film Series hosts silent film "Nosferatu," in the spirit of Halloween.

The names of every character differ between the novel and the film because director F. W. Murnau was unable to obtain the rights to the novel.

Being a silent film, staff members and students are getting prepared for the big event where students from the concert choir and orchestra will perform throughout the showing.

"[I'm] not going to lie...I am a bit nervous for this production," said violinist Eric Olvera. "This is the first time I have ever done something like this before. I hope the audience will enjoy it."

Whereas the choir and orchestra are nervous for their performance, the attendees will be thrilled by it.

"What's not a better way to get into the Halloween spirit," said junior Alexandra Sandoval, "than going to watch a vampire movie – the very first one at that!"

For more information, please visit www.lindenwood.edu/film, call 636-949-4411 or email: film@lindenwood.edu.

No Fear FASHION: Leather



Legacy photos by Jenny Bruhn

Featured are various examples of pleather items that you can find yourselves incorporating into your fall wardrobe.

Historial residence offers ghostly tours

By Nicole Sanders
Staff Reporter

With October in full swing, every ghost story and spooky myth comes to light. Haunted houses are one of the essentials of Halloween. Instead of going for a typical scare, such as Creepy World and The Darkness, visit the site of a real life ghost adventure.

Experience a spooky night by visiting the Lemp Mansion's Restaurant & Inn. Dating back to the 1900s, The Lemp Mansion is rumored to contain paranormal sightings and activity from the Lemp family after their deaths. After the Lemp family's misfortune, three of the Lemp's were reported to have committed suicide in the home's master bedroom. Shortly after, one by one, members of the family died of "mysterious" circumstances. The deaths in the Lemp family are considered to be some of St. Louis' greatest mysteries.

While touring the Lemp Mansion, the guide allowed visitors to walk through the different rooms in the mansion. Some of the members of the group brought infrared cam-

eras to record activity. The spookiest room was Charles Lemp's suite, where two of the Lemp brothers committed suicide. The tour guide had paranormal activity detection equipment that beeped often. She claimed she was picking up energy from a spirit.

Every room felt eerie and bitter cold. It seemed as though each room had its own scary story to tell. A few rooms were closed off to those souls who dared to stay overnight in the suites. Personally, I didn't have any paranormal experiences but the members of my group did. One woman felt as though someone was tugging at her jacket while she walked down the steps. Another man claimed to have shortness of breath while in William Lemp's suite.

This historic residence has different attractions to experience during this month. The traditional Haunted Tour and Lemp Experience are priced around \$20-30. If you are worried about not making it inside before this event closes, reservations can be scheduled. For more information about The Lemp Mansion, located on 3322 DeMenil Place St. Louis, visit: www.lempmansion.com.

By Bailey Compton
Fashion Writer

It can be tough, punk, chic and even girly. It is leather, and it is coming back in a big way. Don't worry, there are numerous faux leather (pleather) options as well to fit all budgets and beliefs. Here are some do's and don'ts for wearing one of fall's staples:

- DON'T mistake "liquid leggings" as leather leggings. There are plenty of chic and less shiny, leather bottoms.
- DO have confidence in whatever you wear! If you don't feel good in it, it probably won't look good either.
- DON'T overdo it. Wear more than one or two leather garments and you could be mistaken for Catwoman.
- DO accessorize with leather. If you are unsure of leather clothing, accessories are a great way to go. Leather boots, bags, belts, headbands, etc. flood stores in the fall.

For your first article of leather clothing, a jacket is a great way to go. There are many shapes and styles to fit all body types. Don't be afraid to try them out in a variety of colors. Variations on the motorcycle jacket have been popular in stores for a while and can easily be worked into your wardrobe as a staple item.

Leather bottoms take a bit more confidence to wear. When wearing them, it's a good idea to balance the leather with another texture, such as a soft knit. Cuffed leather shorts work with sweater tights for fall. Many leather pants or leggings have bands of another type of fabric running down the sides of the legs. These can be equestrian with boots, cozy with an oversized sweater, or girly with a soft-ruffled top. Leather skirts also look good when paired with knits, as long as they are tasteful. Always keep in mind your height and body type when shopping and try a lot of garments on.

Reasonably priced stores like Target and H&M are excellent places to look for faux leather items. Forever 21 is also a good place to look because they have a variety of sizes, including plus. You can even score great leather at thrift and vintage stores. Whatever you do, have fun and be confident!

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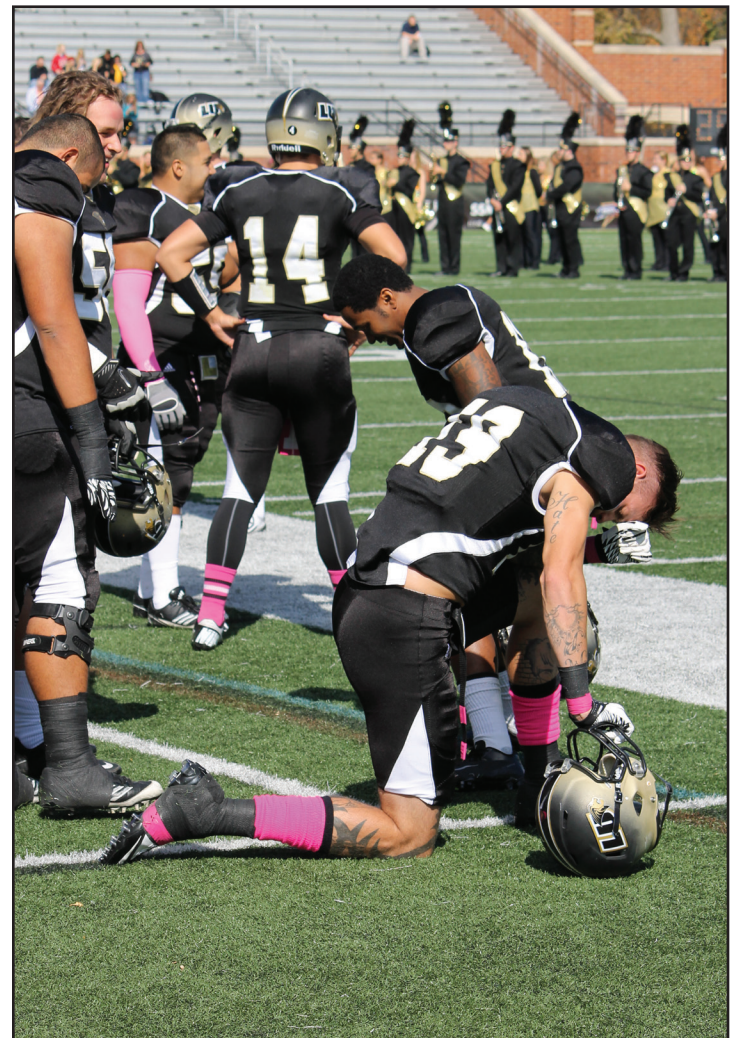
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Lions disappoint at Homecoming



Legacy photos by Romain Polge

Top row, from left to right: Senior running back Denodus O'Bryant pulls away from a Washburn tackler during an 88 yard touchdown run. Wide receiver Donnie Jennert prays before the start of the game. **Middle row, from left to right:** Denodus O'Bryant carries the ball, making him the all-time leading rusher in LU football history. A Lion running back maneuvers his way through some Washburn players. **Bottom row:** Senior Malach Raddigan gets a fellow teammate pumped up before the game.

By Michael Sprague
Staff Reporter

Senior running back Denodus O'Bryant broke the LU career rushing record in a 19-16 Homecoming loss to the No. 18 Washburn Ichabods on Oct. 20.

After compiling 76 yards on 12 runs in the first quarter, O'Bryant entered the second just five yards short of the mark.

On his next carry, he burst down the far sideline, running 88 yards to the end zone.

On the play that seated him atop LU's all-time list, O'Bryant actually set a second record. The 88-yard run is also the longest in school history.

"It's amazing to get [the records]," O'Bryant said. "I can't hold my head up high for that today, though, because we didn't get the victory."

For the third consecutive week, LU started its third different quarterback in

front of O'Bryant. Freshman Dillon Miller started in place of the injured junior Ben Gomez.

Coach Patrick Ross made the change from senior Taylor Jasin to Miller following a 13-0 loss the previous week to Emporia State.

"Dillon is a proven winner," Ross said when asked what went into the decision to start Miller. "If you look at his track record, he was a very successful high school player."

Miller finished 24-2 in two seasons at Sheldon High School in Eugene, Ore., passing for 6,687 yards and 76 touchdowns.

He was a state champion as a junior, and runner-up as a senior. Miller has played in big games before.

17 total Ichabods were recruited out of the greater St. Louis area. Washburn faithful both from Topeka and St. Louis packed the visiting grandstand to its

fullest capacity of the season.

Despite the added crowd support, the Ichabods were forced to a quick three-and-out to start the game. After an exchange of punts, the Lions drove 71 yards. A James Neal 27-yard field goal gave the Lions the first points of the game.

The Ichabods responded with 13 plays, a 63-yard touchdown drive to take the lead. A botched extra point kept the score at 6-3 Washburn.

Following the kickoff, O'Bryant broke his 88-yard run.

After exchanging field goals, the Lions took a 13-9 lead into halftime.

In a slow third quarter, the teams again exchanged field goals.

The Lions entered the fourth quarter with a 16-12 lead.

After catching a short

pass from Miller, senior wide receiver Matt Angell was stripped of the ball on his own 40 to open.

Fortunately for the Li-

"Obviously my heart sunk a little on that, but I'm proud of our effort. We just didn't get it done today."

-Dillon Miller
Quarterback

ons, their defense stepped up big, forcing a three-and-out.

After being contained on three plays, LU faced fourth-and-14 on their own 4. Freshman punter Edward Burns faked a punt before running 28 yards for a critical Lions first down.

The Lions continued down the field until a 43-yard field goal attempt

from Neal fell short and to the right. Yet another timely three-and-out gave LU the ball back with just over nine minutes to play.

With six minutes left to play, Ross faced another critical fourth down play.

With the Lions out of field goal range and only one yard to go, Ross opted to go for it. With all eyes seemingly on O'Bryant, Miller stepped back and dumped a quick first-down pass off to sophomore receiver

Alex Robinson.

"I knew I had a great line blocking for me, and we just needed one yard," Miller said. "I know if I throw it out there where I need to, my receiver is going to make the play."

Just four plays later, the LU offense again was facing fourth-and-1. This time, with the score still 16-12, Ross opted to attempt a field goal.

The 44-yard attempt by Neal fell short.

Taking the ball from their own 27 and three minutes to play, the Ichabods made it to the LU 18 with 40 seconds to play. It was fourth-and-seven and a stop would ensure an LU Homecoming victory.

Washburn sophomore QB Mitch Buhler had other ideas. Buhler completed a nine-yard pass on fourth down. The Ichabods would score the go-ahead touchdown three plays later.

LU received the ball one last time with 20 seconds to play. Miller was forced out of the pocket before throwing a desperation pass that resulted in an interception, his only blemish of the day.

A visibly upset Miller said after the game, "Obviously, my heart sunk a little bit on that [last touchdown] but I'm proud of our effort. We just didn't get it done today."

Cody continues scoring ways in NCAA

By Ryan Oldham
Staff Reporter

Bailey Cody, recent Athlete of the Week at LU, declared that she “loves stepping on to the field to play,” for the Lady Lions soccer team.

Now a junior at LU, she says she has been enjoying the season so far.

“I always enjoy playing and being around the team and I have enjoyed my junior season,” Cody said.

When asked how she felt about receiving the Athlete of the Week award, she said, “It feels good, and whenever an individual gets recognition, it helps the team’s profile.”

She added that she “always wants to play well and winning the award means that the team had a good result.”

Cody has contributed five goals and four assists in 11 games for the Lady Lions.

Her most impressive game so far this season was

against Missouri Valley, where she scored two goals and two assists, with LU winning the game 5-1.

Cody, who is from Jacksonville, Ill., attended Jacksonville High School and was a three time all-conference selection, and a two time all-sectional selection.

She holds the record at Jacksonville High for most goals in a career, as well as holding the record for most goals in a single season.

Her previous two seasons have seen her lead LU in the scoring section with six goals in 2010, and eight goals in 2011, with 18 points in the 2011 season.

In her first season she made the third-team all-HAAC and in her second season, she was an ICAA first-team selection.

She is also tied for a team-high this season with five goals, and leads the Lady Lions with four assists.

The Lady Lions have struggled so far this season, falling to seven conference foes out of a

possible seven. Cody said that she hopes “we finish the season playing as hard as we have been in a lot of close games that we feel could have gone either way.”

Cody thinks the team chemistry is high.

“Everybody on the team is focused on being the best players they can be, and the fact that everyone is on the same page has made the season fun and this is shown in the way we all get along.”

Cody stated that “the freshmen girls are doing well,” and added that it was “an adjustment transitioning from high school to college soccer as the game is faster and more physical, but the girls have made the jump very quickly.”

There are currently eight freshmen girls on the squad.

When asked about her favorite part of being on the soccer team she said it was the road trips.

“It is fun being away from

campus with no school pressures, as we can just focus on getting prepared for the games,” Said Cody. She also added that there was “no single moment that stands out,” about her time at LU.

“I enjoy the campus, I enjoy the people I’ve met, and I have enjoyed the classes and the overall experience of LU,” Cody said.

Teammate and fellow forward Christie Byrne said that Cody “is a very good role model,” for the new freshmen players and “always gives 100 percent in training.”

Byrne added that Cody “has a great attitude,” towards playing “and is always positive, one of our best players and also one of the highest scoring.”

The Lady Lions have four more conference games to go.

They finish on Oct. 27 when they play University of Central Missouri in Warrensburg, Mo.



Courtesy photo by Emily Hamm

Junior forward Bailey Cody is second on the team in goals this season. She averages more than two shots per game and more than one point per game for the Lady Lions.



Courtesy photo by Don Adams Jr.

As of Oct. 22, Lindenwood Lady Lions volleyball was 3-7 in conference so far this season, but will end its year with seven conference games in a row. They will next play at Northwest Missouri State on Oct. 26.

Volleyball team battles down the stretch to maintain winning record

By Chase Stewart
Staff Reporter

The Lady Lions volleyball team is seeking a strong finish to the 2012 season that has not gone as planned.

The Lady Lions are 13-11 through 24 games thus far in what is their inaugural year in the NCAA and as members of the Mid-America Intercollegiate Athletics Association [MIAA] conference at the Div. II level.

The team is 7-4 during its last 11 matches as of Oct. 22. Head Coach Ron Young expressed the importance of his team remaining focused on the goal of consistency throughout the remainder of the 2012 campaign.

“We are having a good season, but I would really like to see us be more consistent,” Young said.

The Lady Lions feature an experienced team with seven seniors.

“We are very experienced this year, and all of the girls are incredibly talented,” Young said. “This is one of those teams that I expect

a lot from, and I really hope that we can remain consistent here down the stretch and put together the kind of finish to the season that I know we’re capable of.”

Young had high praise for several members of his team in regards to their play this season.

“[Senior] Kaila Schrimpf is one the top

finish is not out of the question for a team that was one of the strongest LU squads going into this fall.

“[Sophomore setter] Emma Brydels has been fantastic as well. She is coming off a knee injury that she suffered last year and has been working through that. She’s become more of an of-

fensive threat as well these past few weeks which keeps defenses off balance when your setter is scoring points,” Young said. “Erin Anselman and Kelsey Kennedy

our outside hitters are also both playing well when they’re healthy.”

Six of the Lady Lions’ final ten games will be played at the Hyland Performance Arena and Young believes that will give them an edge in finishing the season strong.

“All of our matches down the stretch are winnable for us, and I truly believe our home

crowd will be a key component in that,” Young said. “They have been absolutely phenomenal this season. Their passion and energy is very much appreciated.”

Young also noted that he is looking for the seniors to lead the team in capping off the season on a strong note.

“While I believe the games are winnable because we have the talent, there are going to be some tough tests down the stretch for us,” Young said. “Match ups against Truman State, Washburn, and Central Missouri will all test our resolve, but these seniors are always looking to improve. They have a desire to continue to get better and improve with the betterment of the team in mind, and that is unique for a group that is at the end of their careers.”

The Lady Lions will resume their quest towards a strong finish when they take on Northwest Missouri State as part of a four game home-stand in their next match Oct. 26.

2012 U.S. Olympian joins LU swim team

By Spencer Thomas
Staff reporter

Mary Killman, a freshman and successful synchronized swimmer who competed in the 2012 Olympic Games held in London, England this past summer, is joining LU.

Killman’s interest in LU first sparked while competing against several LU synchro swimmers at a U.S. national’s competition.

During this time, she was competing with the Santa Clara Aqua Maids, her club team. Soon after, Killman contacted Lori Eaton, LU’s head coach to inquire about potentially becoming a Lady Lion.

“I wasn’t sure where I wanted to go to school just yet, so I was searching for information,” Killman said.

One day later, Killman had a call into the admissions office and began the enrollment process for the upcoming fall semester.

“It is such a different experience than what I am used to. Coach Eaton is motivating and exciting,” Killman said. Known for being one of the USA’s

model athletes, Killman won the USA Synchro athlete of the year award in 2010 and 2011.

Killman, along with the other swimmers on the team, are expected to average approximately eight to nine hours of practice per day. This includes synchronized practice in the morning, followed by weight training in the afternoon, and then conclude with a second practice in the water.

Killman explains that long, strenuous hours of practice are normal for synchronized swimmers.

Having been so close to participating in the 2008 games, she trained harder than ever in the years that led up to her next chance.

Her commitment paid off when she placed first at the Olympic Trials.

“It was so surreal. The whole experience is so different than any other international competition,” Killman said.

Killman had several successful performances competing with her partner, Mariya Koroleva.

The two young women placed tenth overall in their free duet and eleventh in their technical duet.

LU inducts 2012 sports H.O.F. class

By Michael Sprague
Staff Reporter

Seven individuals and two teams were inducted into the Lindenwood Sports Hall of Fame Friday, Oct. 19, at The Columns Banquet Center. LU alumnus Bob Ramsey ('78) was the master of ceremonies.

President James D. Evans, Vice President Rick Boyle, Dustin Bevard, Jake Dieffenbach, Rhonda Kacizak, Kelly Massman, Greg Thompson, the 2000 women's soccer team and the 2005-06 men's basketball were all inducted as the class of 2012.

A dinner preceded the start of the event before things got going. A short welcome speech was given by Ramsey, followed by remarks from President James D. Evans.

Before moving to the inductees, Ramsey presented two separate awards to four individuals

The two Student Achievement Awards were handed out first. These awards were established two years ago "to recognize current student athletes who have achieved on extraordinary levels," said Ramsey.

The first recipient was Reem Abdalazem for her participation at the 2012 London Olympics as a synchronized swimmer. The second was Shauna Isbell, a women's wrestler, who was the first Lady Lion to win an individual WCWA championship.

The next presentation, the *Shining Light Awards*, is



Courtesy photo by Don Adams Jr.

Lindenwood inducted two administrators, five individual athletes and two teams were added into the Lindenwood Sports Hall of Fame on October 19. The individuals and members of the inducted teams were honored with a dinner at The Columns Banquet Center in St. Charles. The 2012 class posed for a picture after the ceremony.

given to those who let their light shine on their good work for others to see while giving the glory to God. Freshman Jamie Miller, women's lacrosse, and junior Jessica Gann, cheerleading, were both nominated for their outstanding campus involvement.

The wait was finally over

for the inductees. Ramsey introduced each individual with a short paragraph about their accomplishments at LU. They were then given a chance to speak. Some referenced memorable events, others talked about what LU has meant to them.

Some of the greatest memories the inductees recalled

were shared. Thompson, a four-time All-American and NRHCA national champion each of his four years at LU, said his induction topped all the memories.

"It's the best honor I've had," said Thompson. "I've played overseas, in numerous world championships, but this has to be the greatest."

Bevard had the honor of being inducted both individually and as a part of the 2005-06 men's basketball team.

"I found out first that the team was getting in and I was pretty excited about it," said Bevard. "The thought never even crossed my mind that I could be in as an individual."

"Coach actually told me at

a later time that I was getting in as an individual as well."

Ramsey, a frequent guest at LU events such as this, says he loves being a part of it. "Even in my day, Lindenwood was a nurturing environment. When you get a chance to even give a tiny bit back, it really means something to you."



Courtesy photo by Don Adams Jr.

Freshman Gabe Skolnick prepares to serve during a table tennis match at a tournament earlier this season.

Four years in, Table Tennis looks strong

By John Tessmer
Staff Reporter

In February 2008, Evans brought up at a meeting that he wanted to have a table tennis program.

As it turned out, the shooting coach knew a player that played at the St. Peters Table Tennis Club, which was run by Randy Kendle.

The board then called Kendle to see how to get a table tennis program started.

Kendle, along with his wife, Kelly, wrote out a proposal for the program.

The proposal was approved by the board, and by fall 2008, Randy and Kelly were the co-head coaches of LU's first ever table tennis program.

In order to have a team, the Kendles had to do a little bit of recruiting.

"Word spread around campus that there would be a table tennis team, and a few

local players wanted to play and get scholarships," Kendle said.

In spring 2009, Fred Cantarelli transferred from Kilgore C.C. in Texas to LU.

"Fred helped recruit many other Brazilians," Kendle said.

One Brazilian player that Fred helped recruit was current junior Fernando Yamazato.

"I came to LU to study, and I got a scholarship to play table tennis," Yamazato said.

The program was named NCTTA (National Collegiate Table Tennis Association) Rookie Team of the Year and Kendle was named Division Director of the year.

"Many other international players interested in going to college, learning English, and playing table tennis call the NCTTA and ask about schools that offer table tennis scholarships," Kendle said. "LU and Texas Wesleyan are

the top schools for that.

In co-ed team play, LU has placed second two different times, and third and fifth once. The team was upset by Mississippi College at 2012 Nationals.

The women's team won the national title in 2010 and 2012.

In 2011, they placed second at the NCTTA Championships.

In the 2012 NCTTA National Championships singles tournament it was an all LU final, with Yamazato facing off against Ramesh. Yamazato won the game.

"Our main goal this season (our fifth season) is to win nationals, which is definitely within reach," Kendle said. "Just three tournaments into the season, the team looks on course to get back to the national championships."

LU will be hosting the Lower Midwest Division Tournament in Hyland on Nov. 4 at 9 a.m.

St. Louis native excited to help build new gymnastics program

By John Tessmer
Staff Reporter

When LU begins its inaugural gymnastics season, there will only be one girl from the Saint Louis area: Katie Kuehl.

Kuehl is from Maryland Heights, Mo, and has been involved in gymnastics most of her life.

"As a small child my mom worked at a local gymnastics center near my school," Kuehl said. "I went into it with her a few times and I just fell in love," Kuehl said. "She put me in classes and I flew through the beginning levels."

While many clubs only have one or two coaches to train the team, Kuehl grew up having four coaches who specialized in each of the four events: vault, uneven bars, balance beam and floor.

Being trained in all four events is a rare thing for a gymnast.

There are 10 levels of gymnastics that depend on

the participant's skill level. It takes about a year or two to move up to a higher level.

Kuehl she was the all-around and bar champion last year in Missouri.

She went on to place third at Regionals in the uneven bars, eventually qualifying for the NIT National Qualifier.

"When I was in about sixth or seventh grade, I realized how much I loved gymnastics and how I needed to push myself to accomplish my long time goal of competing in college," Kuehl said.

Before choosing LU, she wasn't looking at many colleges, but some colleges she talked to were the University of Missouri, Northern Illinois, Texas Women's University and the University of Kentucky.

"I chose Lindenwood because I like the fact that it is a first year gymnastics program and I really like the coaches," Kuehl said. "I am excited to compete for my



Emily Kuehl

school and to get the whole community and school involved in gymnastics and excited for the following years to come too."

Kuehl is majoring in sports management.

"I think it would be awesome to maybe get a job that is related to gymnastics so that I can keep it a part of my life," she said.

The season starts on the road in January. However the team will scrimmage at home against Mizzou on Dec. 9.



Game of the Week
Football vs. Missouri Southern
State
Senior Day

Beckwith picked LU because of family

By Issa David
Sports Editor

Continuing with the Legacy's look at the 2013 inaugural gymnastics team, this article profiles 17 year old Tori Beckwith.

Beckwith is from Monument, Colo., but knows St. Louis well because of the many family members that live here.

She was born in Arizona, but moved to Colorado when she was around nine years old.

She became a gymnast because her mom taught classes and she put Beckwith in them.

Beckwith loved it from the start and has never done any other sport since. "It's different than any other sport," Beckwith said.

"You can't just do gymnastics. You have to train and work up to it."

She began at age four, practicing all four events: uneven bars, floor, balance beam and vault.

Like most gymnasts, Beckwith competed with a club team.

"You weren't as nervous because you were so little," Beckwith said when recalling her first experience competing.

In gymnastics, there is a ratings system. From levels one to nine, it means a gymnast is great, but not elite.

A level 10 however, qualifies a gymnast for a college scholarship.

Beckwith became a level 10 her sophomore year in high school.

Shortly after that she started looking at colleges.



Eventually it came down to two: LU and Brown University in Rhode Island.

Beckwith chose LU because she was wanted to be a part of a first year team. "I loved the campus," Beckwith said. "Everyone here is really nice."

Another reason why she picked this university was because of the many family members that live here.

There are three girls on the roster with college experience who are helping Beckwith and the other freshman Lady Lions adjust to college gymnastics.

"There are doing the best they can and our coaches are helping them," Beckwith said.

Her favorite and best event is floor.

Beckwith does not know yet what she will be doing for the team.

The Dec. 9 scrimmage against the University of Missouri that takes place at the Hyland Performance Arena should help determine that.

Beckwith will return to Colorado several times in 2013.

The Lady Lions have meets in Denver, Colo. on Jan. 5. On Feb. 16 they travel to USAF Academy, Colo.

Beckwith said her friends and family will attend those meets.

The first home meet is Jan. 18 against Southeast Missouri State University at 6 p.m.

Beckwith is majoring in exercise science.

She can also count to five in Japanese.

The most inspirational person in her life is her mom.



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