

The dark carnival made its annual appearance on Thursday, Oct. 25. Read about the terrors of the night on page 6.

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The Lions' football grabbed a victory in Kansas on Saturday. Check out Sports for a look at the game.

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LINDENWOOD

The Legacy

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Nov. 7, 2012

LU comes together to support injured player



By Michael Sprague
Staff Reporter

It was the result of something tragic, but the LU community has bonded together to support one of their own.

Freshman cornerback Sterling Thomas suffered a severe spinal cord injury late in a 45-30 LU victory over Southern Missouri State University on Oct. 27. Thomas remained motionless on the field for approximately 20 minutes. Medical personnel secured him to a stretcher and Thomas was rushed to an area hospital for treatment.

Only a few days following the incident, Thomas started to regain movement in his arms.

A prayer service was held in the middle of Hunter Stadium on Nov. 1 to support the injured Lion. An estimated 300 people attended the service.

Thomas has a tough road back. The football team, athletic department and student development departments are

urging students, faculty and staff to continue to support Thomas.

"The real question is how will we act when this is not fresh in our minds" said Patrick Ross, head football coach, at the service. "Will we remember six months from now? Twelve months? Eighteen months?"

Reports of the incident have been greatest around St. Charles and Tulsa, Okla., Thomas' hometown. A story was also featured on Yahoo Sports NCAA football headlines.

"He's our little brother," said senior captain Malach Radigan. "The biggest thing we can do right now is support him."

The football team is selling bracelets for their teammate. "S.T. #27 - LU SOLDIER" is printed in white letters across the black bracelet.

The funds raised will be donated to the already established Sterling Thomas fund. Money raised will help the

Thomas family in financing Sterling's recovery.

Bracelets can be purchased from LU football players for a donation as little as a dollar. A donation of \$5 or more will get your name entered into a drawing to win a replica #27 football jersey.

Union high school in Tulsa, Okla., Thomas' former school, and Missouri Southern State University, LU's opponent during the accident, also inquired about selling bracelets and other possible fundraising ideas.

Other LU teams are showing their support as well. A patch with the initials "S.T." will be worn on the jerseys of most teams.

On Nov. 27, a total of 27 area restaurants will be participating in what is being called "27 on 27." Ten percent of sales that day from those 27 restaurants will be donated to the fund. The date and number of restaurants correspond to Thomas' number, 27.

A silent auction will be held



Legacy photos by Romain Polge

Top, left to right: Teammates hold football jerseys numbered 27 in honor of teammate Sterling Thomas. Head Coach Patrick Ross joins others in prayer on Thursday afternoon. Bottom: Ross speaks to students, family members and fans at the prayer service held on Nov. 1 at Hunter Stadium.

at the Truman State football tailgate in Kirksville, Mo. The auction will take place just before the Lions' final game of the season on Nov. 10. Talks of a second silent auction are also being discussed.

Fifty-fifty raffles will be held at home basketball games. Fifty percent of the money will go to the raffle winner and the other 50 will be donated to Thomas' fund.

These are just some of the

many ideas that are in the works.

For more information about fundraisers, or to make a donation to the fund, please contact Jane Baum at (636) 949-4427 or by email at jbaum@lindenwood.edu.

Honors students earn the right to register early

By Cole Figus
Staff Reporter

With the beginning of November, students will begin registering for next semester's classes and planning for their eventual graduation. Though many students go about this process within the regular registration schedule, some get to register earlier.

Student athletes once were able to register earlier than the regular grade scheduling in recent years, but now a new group is getting to register early as well: Honors College students.

The regular scheduling is tiered based on the number of credits a student has earned: seniors with 84 credits enroll in classes on Monday, Nov. 5; juniors with 54 credits enrolling Thursday, Nov. 8; sophomores with 24 credits enroll on Monday, Nov. 13; and freshmen with less than 24 credits enroll on Thursday, Nov. 15. This semester, Honors College students will be enrolled on

Monday, Oct. 29.

Students can join the Honors College as freshmen if they score a 29 or higher on the ACT's, or if they have a 3.3 GPA after their first semester at Lindenwood. If Honors College students complete eight courses with honors credit, they can graduate with University Honors, though they do not have to take an honors class every semester as long as they complete eight honors classes before graduation.

Though there has been some concern that allowing Honors College students to enroll before seniors could prevent them from getting the classes they need to graduate, Dr. Douchant, the Honors College Panel co-chair, dismisses these worries.

"In fact, one of the reasons that the faculty council was willing to allow this proposal to go forward is because, with only a little over 200 students enrolling early, the effect on seniors will indeed be negligible," Douchant said.

Dr. Douchant also explains that it is important for Honors College students to be able to get into the classes they need to be able to get the most out of their honors courses.

"Honors students who may be working closely with particular professors on projects can make sure that they are able to get into the relevant class," Douchant said. "A university is not just a 'degree mill' - it is a collection of scholars influencing and inspiring one another."

One advantage of allowing Honors College students to enroll early is that it may boost membership and encourage students to challenge themselves.

"Students for whom the Honors College was only on the periphery will join and then be receiving emails with the list of honors courses for the next semester and reminders to track their courses so that they can complete all eight and receive University Honors at graduation," Douchant said. "Get your GPA up to a 3.3 and join us."

A word from the editor: We want to hear from the readers

By Deborah Starr
Editor-in-Chief

As my first semester as Editor-in-Chief of The Legacy nears its end, I can say that it has been a rewarding experience. Hopefully, this semester we as a staff have been

able to print things that students care about.

It is my desire to hear from the students and to write about things that you all care about.

With each issue here at The Legacy, we aim to improve on everything that

goes into the paper: content, photos and design.

In order to continue to improve with every issue that we put out, we would love to hear from you students, the target audience.

Come to us with any perspectives on stories, any



Deborah Starr

complaints or ideas on ways to continue to better our paper. We strive to keep things fresh, always coming up with new ways to reach our audience.

The journalism lab has a new email address. The

one that was used last year is no longer in use, so please contact us at our new one.

We always look forward to hearing from our readers with ideas or constructive criticism.

The new address is journalismlab@gmail.com.

LSGA senators draft bills to resolve campus issues

By Emily Adair
Staff Reporter

Senators of the Lindenwood Student Government Association [LSGA] are responsible for drafting bills to present to President James Evans in order to resolve issues and concerns brought up by the student body.

Here are the LSGA Senators:

Speaker of the Student Senate

Alexander Larson

I am a 21-year-old junior who is the speaker of the student senate. I'm a criminal justice major and a cadet in Army ROTC here at Lindenwood. I am originally from Andover, Minn. and I came out to St. Louis with my family after I graduated high school. I chose Lindenwood because of its good reputation, medium size and friendly atmosphere. As speaker, I am in charge of the Student Senate, where we write bills about policies that the students want to see changed on campus that go directly before Dr. Evans for his careful consideration. I had originally gotten involved with LSGA my freshman year when the Student Senate was first created, and I have been a part of it ever since.

Senator

Melissa Maciorowski

My name is Melissa Maciorowski and I am a 20-year-old junior dabbling in the music business. I am from Chesterfield, Mo. and I came to Lindenwood because I was wowed by the J. Scheidegger Center for the Arts and the School of Business and Entrepreneurship. I enjoy the number of organizations on campus. I found out about LSGA during my freshman year as

president of FSO. I act as the liaison for the Legacy and write bills for the betterment of the campus.

Senator

Drew Nelson

I am Drew Nelson and I am a first year student majoring in economics with a minor in French. Growing up locally, I never imagined Lindenwood as the place where I would attend, but after coming for a visit and seeing the incredible campus and everything that this school has to offer, the decision was easy. I have always been involved in student government and I am excited to serve as a Senator to the LSGA, representing my peers and being a student voice to the administration. Please contact me with any concerns or suggestions.

Senator

Clarissa Johnston

I am from South Africa and a proud member of the synchronized swimming team. I am a senior majoring in economics with a minor in math. In addition to my responsibilities as a senator, I am also the student liaison with Pfoodman, but I am willing to help any student with any concern.

Senator

Robert Varwig

I'm Robert Varwig and I've lived in St. Charles County my entire life. I'm a criminal justice major with an emphasis in law enforcement and am currently in my senior year. I enjoy Lindenwood because of how often and how quickly changes are made to improve the school. I found out about LSGA during my junior year and heard that anyone can run for an office. Presently, I am a senior senator that researches how our campus can be im-

proved and acts as a representative for the students.

Senator

Peter Hancock

I am from St. Louis, currently studying interactive media and web design and digital cinema arts here at Lindenwood. I am in my sophomore year and I particularly appreciate Lindenwood's support of their international student body base. I think these students give everyone here a new, unique perspective on life. I first found out about LSGA when a senator came and presented to my freshmen experience class and now I serve as a senator for LSGA, gathering complaints from students and formulating bills that will change the campus to make it a better place for all students.

Senator

Bold Sambuu

My name is Bold and I'm from the famous Gobi desert of Mongolia, which, by the way, is the coldest desert on earth. I am pursuing an MBA, emphasizing in entrepreneur studies. This is my third graduate term. The best thing about Lindenwood is its diversity and the opportunity it provides for me to get to know and work with some of the brightest students from around the world. I found out about LSGA from acquaintances via word of mouth. I am working on several bills that will address key issues on campus with regards to international student housing/check-in and transportation on campus.

Senator

Mary Boudreau

I am from Lake Saint Louis, Mo. and I am of freshman status. My major is mass communications with an emphasis



Photos courtesy of LSGA

Top, from left to right: Alexander Larson, Melissa Maciorowski and Drew Nelson. **Middle, from left to right:** Clarissa Johnston, Robert Varwig and Peter Hancock. **Bottom, from left to right:** Bold Sambuu, Mary Boudreau and Emily Kroner.

in broadcast. My favorite part of Lindenwood is the people. I love the closeness of the community, the environment on the campus and the atmosphere in my classes. I found out about LSGA through an email from Lindenwood and I decided to join. I communicate with students on campus to help better understand what their concerns, needs and complaints are. It's my job to pass along the message to the LSGA board so that we could figure out a solution together. Currently, I'm working on

polling and writing a bill. I'm excited to see what the future brings us.

Senator

Emily Kroner

My name is Emily Kroner and I am from Springfield, Ill. I am a senior studying international relations and Spanish. I love everything about Lindenwood. I have had a great experience here and my goal as a senator is to make sure that my fellow students enjoy their time here as much as I have en-

joyed mine.

According to Senator Maciorowski, the Student Senate recently presented President Evans with several bills. These bills address topics including safety concerns for cyclists and pedestrians, traffic issues, a dining option in the J. Scheidegger Performing Arts Building, new designated smoking areas and establishing LionPride points and calendar events to better recognize the athletes of non-division two sports.

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LU students create MOLA leadership

By Emily Adair
Staff Reporter

Students Daniel Lainez, 26, and Alex Moraes, 19, have teamed up to create a motivational group called MOLA Leadership. The projected official launch of MOLA Leadership is Nov. 30, when cofounders Lainez and Moraes plan to lecture in Memorial Hall in Blanchette Park.

Lainez is an international student from Spain working towards a Master of Arts in sports management. He was originally only going to attend Lindenwood for one year, but he was presented with the opportunity to stay and work as an assistant professor in the language lab. Lainez adjusted his plans and returned for the fall 2012 semester. Moraes, a Honduran international student, also began his education at Lindenwood in the fall of 2011. He is studying political science and economics, exploring his interests as a lecturer.

The two met while Lainez was working in the coffee shop and they got to talking. Eventually, the men realized their mutual fascination with how one person could inspire another.

They began formulating

an idea for a motivational program to guide, coach, and inspire leaders. The concept fell in line with Lainez's dream to create and manage a blog. Unfortunately, the men were not equipped to create the site and they had to set the blog aside. This gave them time to further develop MOLA Leadership.

The title has a dual meaning. It was created by combining Moraes and Lainez, but 'mola' is also a Spanish term for 'to appreciate' or 'to like.' After agreeing on a title, the next step was defining their objective, which was to guide and inspire leaders by promoting self-esteem, motivation and physical, mental, and spiritual health.

In March 2012, Lainez and Moraes were asked to give a motivational speech to members of the telecommunications business, ACN Inc. Although they prepared for the lecture, they were shocked by the audience's response.

"Imagine a 19 and a 26-year-old student motivating a room full of businessmen" Moraes said. "One man told Daniel it was the best thing he had ever heard."

Since then, the team has grown to include a project manager, producer, head of



Students Alex Moraes and Daniel Lainez, creators of MOLA Leadership, aim to motivate students who hope to attain leadership positions. Legacy photo by Emily Adair

design, marketer and concept artist/photographer. With the new team members, Lainez's dream to create a blog was revisited. The site, molaleadership.com, will feature inspirational articles and images and it is expected to be updated and ready for the official launch of MOLA Leadership on Nov. 30.

After speaking to Dr. Renee Porter, the associate dean of business and entrepreneurship, MOLA

Leadership was set to give a motivational speech in Elizabeth Dunseth Auditorium in Harmon Hall. This time the audience was compiled of approximately 70 graduate and undergraduate students, as well as professors and guests, totaling close to 100 people.

This was the target audience that Lainez and Moraes were trying to impact, but they still couldn't invite as many listeners as

they wanted to.

In order to address a larger crowd, MOLA had to find a professional setting that wasn't on campus.

They decided on the Memorial Hall in Blanchette Park and, provided they receive confirmation from one more professor, they expect to give a motivational speech in the hall on Nov. 30.

"We don't expect mon-

ey," said Lainez. "We do this for passion, the passion for reading and writing and helping others."

Moraes commented that it is important for students and faculty members to understand what MOLA Leadership means for the team members, not only as entrepreneurial students, but as international students, taking risks in a country that is not their own.

Heat in dorms fluctuates as winter approaches

By Killian Walsh
Staff Reporter

With the recent temperature fluctuation, students are complaining about the dorms being too hot.

"It's hard to sleep when you're sick and hot and sweating," said sophomore Lauren Gentsch, who lives in Blanton Hall.

Maintenance controls the heat in the large buildings and requires a couple of days to get a heating or cooling system to take effect. Smaller buildings are controlled individually. "We control our own air," said sophomore Izzy Mersch, a resident of McCluer Hall. "We have the

temperature set on the coldest setting, but the vents are still blowing hot air."

"It's in large heating and cooling systems," said Chris Duggan, Lindenwood's public relations coordinator. "It's not just like it is at your house where you control the thermostat. They have large chiller tanks that create the cool air. When the temperature drops, the chiller tanks are emptied so they don't freeze and cannot be turned on. It's a challenging situation for those who run the systems. It takes a couple days to get the AC running again."

"I think Lindenwood was trying to lower the cost of bills by not turning the air conditioning back on," said

junior Jonathan Davies. "We were all complaining about it but they wanted to save money by just waiting for it to get cold outside again."

Duggan wanted to make it clear that although the student perception might be that the campus just wants to save money, he said that's not it at all. He said it is just difficult to make decisions with regards to the large buildings' temperature control. There isn't a smooth transition between seasons.

The buildings will be well equipped to handle the winter. "They're operating now to get the heat ready for the rapid temperature drop that will be coming up and the winter season," Duggan said.

Student ambassadors: The face of Lindenwood University

By Alegria Mora
Contributing Writer

They walk around the university giving tours, wearing a jacket with a Student Ambassador logo. But who are they and what is their job?

"We are the face of Lindenwood University," said Lucy Poretti, senior and

a new student ambassador this semester. She and 21 others make up the group that represents Lindenwood and helps prospective students understand the school and what it has to offer.

It is the highest position one can have as an undergraduate student as part of the "Work and Learn" pro-

gram. Unlike other jobs, students in this position work 15 hours a week with a total of 225 hours a semester and an extra \$600 going towards tuition, Poretti said.

Becoming a student ambassador requires working in the admissions office for a year and having a minimum 2.5 GPA and good standing.

Located at the Welcome Center, student ambassadors have a handful of duties. Besides giving tours, each one works with an admissions counselor and helps them in what they need.

"We sit in for the counselor, make phone calls, answer questions, create packets to send out to future students

and even go to schools to tell them about Lindenwood," said Greg Wall, sophomore, who started this year.

The group is diverse, with three international students and a mix of upperclassmen and lowerclassmen. Honduran Alex Moraes said, "The environment is really positive ... I love the opportunity

of making new friends and having the chance to develop my public speaking skills ... I feel accepted here."

So what is the best thing about being a student ambassador? As new ambassador Alejandra Villarreal said, "We not only get work experience, but do so while representing Lindenwood ... It is definitely the best of both worlds."

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'Wars' over small tablets

Apple announced its new iPad Mini on Thursday, Oct. 23 in hopes of claiming its own slice of the small-tablet market. With Amazon's Kindle Fire HD and Google's Nexus 7 already at the party, cake may be hard to come by.

The iPad Mini has been designed from the ground up, rather than being a smaller version of the current iPad 3. The screen is 7.9 inches (in landscape) with a 1024x768 display packing only 163 pixels per inch (PPI).

The Nexus 7 and the Kindle HD pack 254 PPI into a 1280x800 resolution screen. Their screens however, are seven inches (in landscape) giving the iPad Mini 7.7 square inches more screen-space.

If we buyers were only concerned with screen

size or pixel count, the decision would be easy to make. But that is not the case here. Applications, functionality, reliability, and ultimately, the overall usability of the tablet come into play.



Gustav Gropp

An online article by iMore.com calls the Kindle a "media appliance" rather than a tablet. It does not have cellular capability, has little international content, offers books in only nine

languages, movies in only two countries, and is cased in plastic.

The iPad Mini offers LTE cellular capability, leads the industry in international content, offers books in 40 languages, as well as movies in 62 countries, and the iPad Mini is also made of aluminum. Hence, there really is no comparison there.

As for the Nexus 7, Google's application selection is limited, and while apps will become more readily available, they are not there yet.

The final verdict: The new iPad Mini comes ready to utilize Apple's huge advantage in tablet software, and also its extensive international content. Two major advantages that quite likely support the iPad Mini in its position at the number one spot.

Homecoming, what Homecoming?

When reminiscing about Lindenwood's past homecoming week, I have seen how many students lacked in the "school spirit" department. With myself being included in the majority, I decided not to attend many homecoming events due to the fact that I couldn't possibly care less.

Furthermore, I did not even know that homecoming week was happening until midway through the week. Sadly, I bet there are more students that are well aware of the University of Missouri (Mizzou)'s homecoming, and will be jetting down to Columbia to take part in their festivities way faster than they would here. Why is that?

The most obvious answer would be that there is little school spirit at Lindenwood. When walking around campus, not once did I see a poster or a sign that said "LET'S GO LIONS" or anything of that matter. If there were things of that

nature posted around campus, I was unaware of it.

Personally, I believe the school spirit is a bit low around here due to the fact that it lacks visibility of other sports and activities. Of course, football and basketball will get most of the attention when their season rolls around but other sports should get their fair share of attention too.



Seannell Chambers

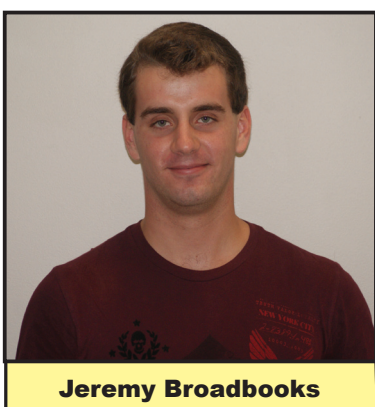
Secretary of State Robin Carnahan plays dirty trick on ballot

Do we as voters of Missouri want to "...deny individuals, families and small businesses the ability to access affordable health care plans...?" This language on a recent Missouri ballot initiative written by Missouri Secretary of State Robin Carnahan was conceived in an attempt to confuse voters on whether or not to pass an amendment that would bar this state's participation in a healthcare exchange with the federal government as a part of the Affordable Health Care Act.

This amendment passed through the Missouri Senate and was placed on the Nov. 6 ballot, placing the decision-making power on whether or not this state

participates in a healthcare exchange with the federal government in the hands of the state legislature and voters, not unelected bureaucrats in Missouri's state departments. The language used by Carnahan in no way reflects the meaning of this initiative and is nothing more than an attempt to mislead the people of Missouri.

This egregious abuse of power is quite troubling because the people of Mis-



Jeremy Broadbooks

souri trust that their ballot language is fair and honest and expect that their elected officials are above petty partisan politics and won't simply try to sway an election through the use of tricky language.

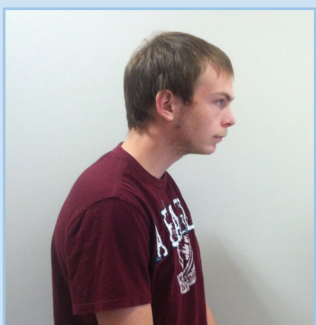
It is disheartening to see Robin Carnahan, a prominent member of an esteemed Missouri political family, play such a dirty trick.

In days past, the sec-

retary of state was a respected and highly valued office. The people who held this office were committed to making language that appeared on ballots to be as easy to understand as possible so that the meaning of the proposed legislation was well understood by the populace.

Unfortunately, this cannot be said for Ms. Carnahan and her ballot language. The people of Missouri deserve far better than this, and even though Carnahan is not seeking re-election, we can only hope that candidates like Shane Schoeller, candidate for secretary of state and one of Carnahan's sharpest critics on this debacle, will find their way into elected office.

HE SAID / SHE SAID Missouri and Illinois Voting



By Branden Swyers Managing Editor

The elections in Missouri this year are primarily focused on the bigger picture. Most citizens are concerned with the presidential candidates and the senator's race rather than other candidates of smaller concern.

In some ways, Missouri is similar to Illinois with elections: they both have rural areas which many people think do not affect the races in the state, much less the nation. The truth is, they actually do affect the races because all of the votes in these rural areas do add up.

In Missouri, the hotbed race is definitely the senator's race between current Senator and Democrat Claire McCaskill and Republican candidate Todd Akin. Not only is this a big race for Missouri, but also for the nation as a whole. A couple hundred votes may just make the difference in this race. While both candidates have baggage, they have their loyal followers throughout the state.

The second big race in Missouri this year

is none other than the presidential race between President Barack Obama and Republican candidate Mitt Romney. No matter what the political analysts say, Missouri will have a close race. Many want change here, while others believe in Obama. This race could also come down to a few thousand votes.

Although the rural areas do affect the races in Missouri, I believe that the suburban areas will make the biggest difference. I have always lived in suburban areas here in Missouri and all I can remember anyone talking about when it comes to elections is the large picture. I think in this particular year with the candidates as they are, suburban areas will make the difference. Of course anything can happen, every vote counts.

The rural voters in Illinois that Killian speaks of would generally be more interested in smaller races that would affect their community quicker than a larger election. Many Missourians are interested in this senate race no matter where they live.



By Killian Walsh Staff Reporter

With the voting season coming to an end, it's a big deal that everyone gets out and votes. I'm from a small and rural farming community town in Illinois of about 8,000 people. Where I grew up, pretty much everyone voted. You know the people you're voting for in small elections almost always personally.

For the large scale elections, people usually vote for what they're comfortable with and what is going to benefit their small community the best. They aren't as concerned with nationwide issues that don't concern them. For this election, Illinois has no U.S. Senators on the ballot because neither Richard "Dick" Durbin's nor Mark Kirk's terms is up. State Senators, presidential candidates and the 18 congressional categories for each delegated district will be on the ballot. The districts are really poorly drawn because of this and my county is split into two districts. I vote in district 17.

Coming from Illinois, it's common to be associated with Chicago. Whenever someone

asks me where I'm from and I say "Illinois," they automatically assume Chicago, even though I'm almost five hours from there. That kind of makes me feel like our small towns in southern Illinois are unimportant, like our vote doesn't matter. Well, it does matter, and here's why.

Small towns obviously have small populations. In little 'picture' states like Illinois, we may seem small and unimportant because we have such few residents. However, when you compile all the small towns across the country, they can make a huge difference in determining an election.

Although Chicago controls Illinois' government, it doesn't control the entire country. People in small towns need to vote so that they can join together and get their voices heard. A lot of people in Illinois don't vote because they think that their vote is unimportant compared to Chicago.

If people don't vote because they think that their vote is unimportant, no changes will ever be made and small towns will continue to be overlooked.

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Incremental diet balancing is key to a healthy life

Recent trends are showing that many young girls are developing eating disorders or becoming obsessive exercisers. Here's my opinion: if you live your life by restrictions, you're not going to be happy.

Eating whatever you want is obviously an extreme. If you eat a Big Mac every day, you're probably not going to be happy because a) you're going to have diabetes and b) you're not going to feel well. But, if someone offers you a cupcake, take it. Unless you want to upset every sweets enthusiast in the universe, take the stinking cupcake.

Life is all about balance. You have to balance your choices. If you eat only fatty and sugary foods, you're going to gain a ton of weight and you're going to feel bad. On the other end, if you only eat salads and kale, your soul is going to suffer, making your life miserable. Don't say, "I can never have cookies." Instead say, "I can only have a few cookies if I watch what I eat today."

Balancing a diet is something that takes a lot of time and getting used to. In our society, we grow up eating whatever we want without even thinking about it. We always

go for the most convenient, like Pop Tarts or Easy Mac, which are not great choices. But once you get through all the cravings, you'll have established new healthy eating habits that will stick with you.

The balance should be about 80percent to 20 percent. Eighty percent of what you eat



Killian Walsh

should be really good choices, like saying no mayo on your sandwich or choosing skim instead of whole milk. The other 20 percent is basically a free-for-all.

You can eat a couple cookies if you ate good all day. But don't reward yourself with a cookie if you ate fried chicken for lunch.

It's all about that balance that keeps you healthy, but also keeps you sane.

Off the grid: Disconnecting from technology

Once a luxury, now a near vital necessity, cell phones have become something of a lifeline for most of us: contacts, calendars, music, social media, etc., all in one convenient handheld device. However, despite the obvious perks of having this technology at our disposal, there are drawbacks to becoming too attached. We must not forget what it is like to exist without them.

I recently had the, at first unpleasant, but surprisingly valuable, experience of being reminded of what life is like without a cell phone. The specifics of the incident are irrelevant, but the repercussions are cause for discussion.

After getting past the initial disbelief that all

my personal and business contacts had been lost, along with numerous pictures and unfinished conversations, I was surprised to find that being "off the grid," so to speak, was actually quite refreshing.

How often is it that we are able to move through a day's events without stopping to answer a call, text, Facebook message, or the like?

Though it does a wonderful job of keeping us connected to friends, family and



Madeleine Heppermann

the happenings of the world, what social media lacks is an opportunity for solitude, a chance for momentary quiet. Yes, we can silence our phones and choose to ignore the notifications, but how often does this really happen?

Without even the temptation to check my phone, I found I was not only more productive and efficient, but I had more

time to give my undivided attention to personal conversations, and more time to simply think for myself.

As class registration approaches and the semester draws to a close, I propose a challenge: find time to escape social media. I do not mean to say we should ignore the people and events around us. I am merely suggesting maybe it would be healthy to momentarily evade the seemingly constant deluge of information thrust upon us via all media outlets.

The challenge is not mandatory, but what is there to lose? Speaking from experience, there is much to gain.

As the NHL lockout continues, many games are canceled



Chris Smith

NHL fans have not gotten any good news in the last month. The NHL and the NHL Players Association (NHLPA) have not gotten anywhere in their talks to end the current lockout and get the season underway.

As of Oct. 26, all games through the end of November have been cancelled. This brings the season amount to a staggering total of 326 games. This does not help any hope fans have of getting to see hockey this fall. Neither the owners nor the players seem to want to budge on their demands for the new

collective bargaining agreement. As we saw in the NBA and with the referees in the NFL, it takes both sides conceding some of their wants.

The players have shown they are not going to give in by going to play in Europe and Asia. As of Oct. 29, over 140 players had gone to play in foreign leagues.

ESPN, the popular sports network, even signed a contract with several foreign leagues to show broadcast games. At least NHL fans have those games to fall back on even if there

are no games being played by our favorite teams.

As a hockey fan, this whole situation is getting a little ludicrous. The owners and players need to come to an agreement because they are costing their franchises money, as well as making fans upset.

It does not look like an end to the lockout is in sight, and that only means the rest of the season looks like it will get cancelled. Hopefully, all this can get figured out and we can see some hockey.

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Dark Carnival remains a success despite bad weather

By Lindsey Vaughn
Staff Reporter

Lindenwood hosted some creepy entertainment for students during this Halloween season. On Thursday, Oct. 25, the Campus Activity Board (CAB) put on the annual Dark Carnival sparking fear on campus. The Dark Carnival has been available to Lindenwood students and the general public for three years now and continues to grow.

This year, the weather did not favor the carnival for the first three hours. Starting at 6 p.m., the carnival was struck by a downpour of rain, wind, and occasional lightning. The temperature dropped to a low of 41 degrees Fahrenheit, a big disappointment compared to the sunny, warm weather from earlier that day. The booths were moved from the quad to under the Pavilion when the rain decided to come down hard.

The main attraction appeared to be the haunted house located in Cobbs Hall. The haunted house was run by the Cobbs, Pfremer, Calvert Roggers, New Ayres, and Irwin residents and their residential staff. It was a creepy path through the dorm that even brought visitors outside into a

corn maze, then back into the “haunted” basement. The screams of several people could be heard from outside the dorm. People were constantly saying as they left the haunted house, “It was a lot scarier than I thought it would be.”

Under the pavilion, there were several booths run by students for visitors’ enjoyment. There was a DJ that played spooky music for people to dance to as well as caramel apples and popcorn for everyone to consume.

A Ferris wheel was provided for all students and guests to ride. The line for it was not long until about 9 p.m., when the rain stopped. But even when it was raining, the ride continued to spin around to entice carnival visitors to come take a ride.

Students constructed handcrafted headstones that were leaned against trees in the Quad. A few headstones had phrases on them, such as, “R.I.P. Charlie Sheen’s Career.” Others were simple yet effective with “R.I.P.” written on them along with skulls and handprints smeared on. The haunted house was also decorated before the event to advertise. The outside of the building was covered with hay



Legacy photo by Christie Blecher
Student participant in the Cobbs haunted house during the Dark Carnival.

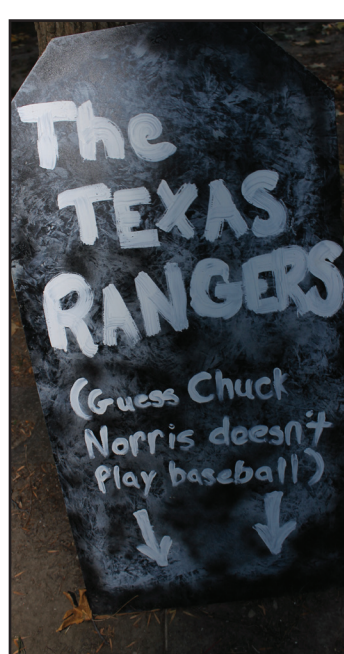


Legacy photo by Christie Blecher
Students contributing to the scary atmosphere of the Cobbs haunted house.

bales, cornstalks, and a sign saying, “Haunted House” written in red ink to look like blood.

Students dressed the part for the occasion. Though wearing costumes was not required, several students raised the bar and wore them, even before the Dark Carnival started. Students were seen in costumes that ranged from fairies to tigers to Renaissance queens and kings.

Considering the Dark Carnival’s circumstances, several students came out to support the festivities and celebrate the holiday a few days early. Everyone gave the impression they enjoyed themselves and had a “terrifying” time.



Legacy photo by Christie Blecher
Gravestone decoration on the Quad.



Legacy photo by Lindsey Vaughn
A Ferris wheel in the LU Quad attracted many students and guests.

Nosferatu brought back to life

By Alyssa Neese
Staff Reporter

On All Hallows’ Eve, Lindenwood’s Bezemes Family Theater was filled with eerie shadows, setting the mood for Friedrich Wilhelm Murnau’s silent film “Nosferatu.” The Lindenwood University Symphony Orchestra, conducted by Director of Orchestras Shane Williams and the Lindenwood University Concert Choir, led by Music Department Chair Pam Grooms, played the original score of the movie written by Adam Tevlin, and recited the script in the original German language.

“Nosferatu,” released in 1922, is a gothic horror film based off the story of “Dracula” by Bram Stoker.

This was a truly unique experience for those who went. The room was big and dark and only the faces of the symphony and choir showed. As the movie began, the audience instantly felt as if they were in the movie. The sound of the strings resonated throughout the theatre. The black and white film was hard to see at times, but that only added to the mysterious atmosphere.

As the story began to unfold, the audience learned of the characters Hutter, his wife Ellen and Count Orlok (Nosferatu). Hutter is an associate of an estate agent who would like to sell an abandoned house across the street from his to Count Orlok. He is sent on a journey to make the sale. On his path many people inform him not to go to the castle, saying they won’t even go themselves. An ignorant Hutter laughs at them and carries on with his voyage. As he settles into the castle, he is overcome by the overwhelming sense of horror. Throughout his stay, he notices the similarities between Nosferatu,

the vampire in this story, and his master Count Orlok.

As the mystery unfolds throughout the movie, the choir and the symphony never stop performing. The choir sings praise and gothic style choir music whenever the main character is in danger. The violinists looked as if they hadn’t put their hands down once. The only thing that distanced the audience from the movie was the fact that the choir and symphonies faces were still lit up. At times, that may have been a little distracting, but their music sucked viewers right back into the story. The German language spoken by the choir was done so well it seemed like part of the movie. One of the best parts was the acting of the old man servant of Nosferatu and his voice done by concert choir member Kurtis Heinrich. It went so well together and believable. If the music wasn’t there, the movie would have been nothing. They definitely made the experience worthwhile.

Nosferatu is a classic movie that seems to be forgotten. It is a mysterious story about vampires and dark shadows that brings our nightmares to life. Lindenwood bringing it up from the past was such a great addition to Halloween week. There was so much time and hard work put into the performance, and it definitely showed. People who have seen this movie before will never feel the same way as those who went and saw it. People were actually jumping in their seats at some of the sounds that the instruments made. What heightened this experience was the symphony and choir’s ability to make it feel real. The music put viewers right in the story and made them feel like they had something to be afraid of.



Legacy photos by Christie Blecher
Above and Right: Students embracing their roles to scare visitors as they walked through the Cobbs haunted house.

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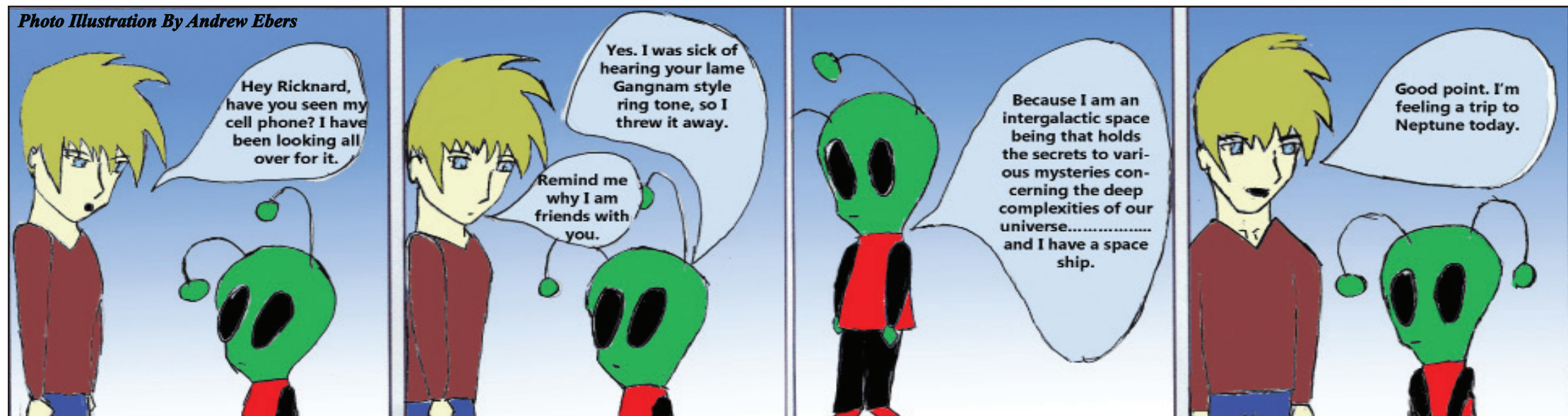
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'Shrek' comes to life on Lindenwood stage

By Annette Schaefer
Music Editor

On Nov. 9 at 8 p.m., Lindenwood's Bezemes Family Theater will host just one of the stops on "Shrek: The Musical's" American tour.

The musical features the plot of the popular first "Shrek" movie. The feared Ogre of Dulock Kingdom steps up to rescue the beautiful Princess Fiona so the evil Lord Farquaad can make her his wife. Shrek is taken on a journey during which he unexpectedly finds adventure, friendship and love.

In this live performance directed by Stephen Sposito, viewers will get the chance to relive 2001's Oscar-winning "Shrek" in a whole new way. Shrek's journey to rescue Princess Fiona from a firebreathing dragon and a lifelong curse will be laced with many new dance numbers and 19 new musical arrangements. Fans can expect to see the quirky tale depicted with extravagant sets and scenery bringing the story to life. The show will feature



The cast from *Shrek: The Musical* coming to Lindenwood on Nov. 9.

several of the well-known characters including Donkey, Gingy the Gingerbread man, Pinocchio and Lord Farquaad.

Tickets for the show can be purchased from the box office located in the J. Scheidegger Center for the Arts. Prices will vary from \$49.50 for platinum seats, \$44.50 for orchestra seats, \$38.50 for Parterre seats and \$32.50 for balcony seats.

Students will have an opportunity to receive free tickets to the show. 25 free tickets will be available on a first-come-first-serve basis during a "rush" taking place at 6 p.m., two hours before the show begins.

To find out more about this show or any other upcoming Scheidegger events, visit: www.lindenwood.edu/center or call the box office at 636-949-4433.

Lindenwood gets musical with November's Fall Music Series

By Annette Schaefer
Music Editor

The month of November will be filled with music on the Lindenwood campus. Many of Lindenwood's ensemble groups will be showcasing their work from the semester throughout the month.

Starting on Nov. 6 with a choir concert, the J. Scheidegger Center for the Arts will begin their Fall Music Series. Other performances will include a jazz concert, band concert, chamber concert and percussion concert.

The Bezemes Family Theater will hold the choir, jazz and band concerts while the Black Box Theater will hold the chamber and percussion concerts. All show will begin at 7:30 p.m.

All performances will be free to both LU students and the public. Seats are general admission, so no tickets will be necessary for entry.

For more information on the Fall Music Series visit: www.lindenwood.edu/center or call the box office at 636-949-4433.



FALL MUSIC SERIES

Choir Concert | Nov. 6, 2012 | 7:30 PM
The Bezemes Family Theater

Jazz Concert | Nov. 7, 2012 | 7:30 PM
The Bezemes Family Theater

Band Concert | Nov. 8, 2012 | 7:30 PM
The Bezemes Family Theater

Chamber Concert | Nov. 29, 2012 | 7:30 PM
The Emerson Black Box Theater

Percussion Concert | Nov. 30, 2012 | 7:30 PM
The Emerson Black Box Theater

Top: University Chorus performing in the Bezemes Family Theater in Scheidegger. Bottom: List of dates and times for all performances in the 2012 Fall Music Series.

Creatifest brings Halloween spirit to LU



Students and the Word Society joined together for Creatifest on Monday, Oct. 29 to tell spooky stories and share their own written works. **Left:** Students pose with their costumes for the costume contest. **Top Right:** Spooky decorations placed in the graveyard for the event. **Bottom:** Students reading their work. Pictured left to right: Brandon Elliot, Glen Grapperhaus, Audrey Schroeder, Krissy Rechtlich, and Kenneth Kircher.

'Don't Panic'! All Time Low is back in action

By Annette Schaefer
Music Editor

Pop punk quartet All Time Low is back again with their fifth studio album "Don't Panic," released on Oct. 9. It seems that over the years, All Time Low has matured and yet still found a way to stay true to themselves. "Don't Panic" is a great example of that maturity.

"Don't Panic" begins immediately with a few classic All Time Low sounds. This includes the opener "The Reckless and the Brave," an anthem song charged with fast paced riffs and a catchy chorus. Even the band's claimed influences like Fall Out Boy and Blink 182 still have an impact on this record. The song "Outlines" sounds like it could fit in on Fall Out Boy's 2008 release "Folie a Deux," especially with lyrics like: "When being young starts getting old, a new place saves face or so I'm told."

While the album is laced with familiarity, there are a few significant changes. Lyrically, "Don't Panic" seems more serious. Songs about partying with your friends are traded for songs that reflect on growing up and letting go. Songs like "Somewhere in Neverland" discuss the need for escape from the monotony of adult life: "...tell me how you feel over and done with, like your life is a map, with no compass to guide." Overall, the lyrics on this album are better written but still relatable to All Time Low fans that have grown up with the band and their music.

Musically, this album explores places All Time Low has never explored before. Lead singer Alex Gaskarth seems to be putting more emotion into his singing. Vocally, Gaskarth sounds better than he ever has. "Don't Panic" even features some edgier songs similar to fellow scene bands like There For Tomorrow and even a bit reminiscent of Story of the Year. Songs like "To Live and Let Go" and "Thanks to You" give a more powerful energy than listeners will probably be used to with this band. "So Long Soldier" even begins with heavy guitar riff that almost makes you forget All Time Low's power pop status.

"Don't Panic" is a push in the right direction for All Time Low. While the band has kept their feet firmly planted into the pop punk sound, they don't appear resistant to change. Whether fans will approve or not is yet to be decided, but it's clear that All Time Low has come a long way and they have the potential to go even further.



Photo Courtesy of hopelessrecords.com
Album cover of All Time Low's new record *Don't Panic*.

No Fear FASHION! Scarves

By Bailey Compton
Fashion Writer

Most people have at least one. They can be our best friends in not-so-friendly weather. They are scarves and they are everywhere. So, how can you make your scarf stand out in a sea of cold weather garb? A lot of it has to do with how you tie it.

Below you will find various ways to tie a traditional long, rectangular scarf. Note, another way to spice up your scarves is to pin brooches to them. If you are wanting more options, you can also visit www.scarves.net for more ways to spice up your look. Just experiment and stay warm!



1. The bow tie

The bow technique is the most unique out of all. It is best with long, skinny scarves. You simply tie this one, just as it sounds. Put the scarf around your neck with both ends to the front and tie a bow.



2. The loop effect

The loop effect is the best option if you're wanting the "infinity scarf" look. Simply tie the ends of a long scarf into a knot and loop it around your neck however many times you want.



3. The knot chain

The knot chain is a simplistic look. Simply put the scarf around your neck so the ends are in front. Now, tie them together. Keep tying the ends together as desired, leaving space between the knots.



4. The layered knot

The layered knot is the most common look of them all. Simply put the scarf around your neck with the ends to the back. Now, pull the ends to the front (adjust the tightness) and tie them together in front of you. Use the first initial loop to cover up the knot.



5. The braided knot

The braid is always a great go-to. To achieve this look, simply fold the scarf in half and put it around your neck so you have the ends in one hand and the loop in the other. Pull one of the ends through the loop and then turn the loop over. Now pull the other end through the loop and tighten as desired.



6. The double loop with knot

The double loop with knot is also just as it sounds. To achieve this unique look, start with the scarf around your neck with the ends in front. Loop the ends around your neck and to the front again. Now tie them together, adjusting the tightness.

Legacy photos by Jenny Bruhn.

Humans, zombies and Nerf guns take over LU

By Melissa Spears
Fashion Editor

Students noticed more than just the everyday backpack attire while walking to classes after Homecoming week as sock bombs, Nerf guns and bandanas were being used by human and zombie players.

Over a 120 Lindenwood students participated in another week long game of Humans vs. Zombies. (HVZ)

The event started on Oct. 22 at 12:01 a.m. and ended on Oct. 26 after the 3 p.m. mission took place, where the humans fell to a victory win by the zombies.

As the semester moved along with a new game, this was the first time students were offered to play HVZ as an intramural. While still being run through Intramurals, some funding was allotted. This allowed fliers to be posted around campus prior to the start of the game.

Host Jared Wood believes the biggest goal of moving the game under the umbrella of Intramurals was to make HVZ an organization without being one.

"Organizations have requirements through LSGA, such as attending a meeting once a week, having a constitution and officers," Wood said. "This game is just about getting together and having a good time."

The worldwide campus phenomenon was first introduced at Lindenwood in fall 2009 by Scott Criscione, who hosted a total of three games. Wood took over from Criscione last spring when he hosted his first HVZ game.

"I didn't want to see something so fun disappear from Lindenwood," Wood said. "It's unlike anything else at LU. My goal is to make it bigger and better each time."

The game has been played a total of five times since 2009. Some players just never seem to get



Human and zombie players, along with the game moderators, posed for a picture outside of Evan's Commons after the final mission took place on Oct. 26. Photo courtesy of Audrey Schroeder.

enough. Third time player, junior Audrey Schroeder, is one of those.

"I play because it's a fun way to let off steam during the semester," Schroeder said. "Now that I'm older, how often do I get a chance to run around with Nerf guns?"

As a new mission was hosted each night at 9 p.m., players also found the game to be a great way to bring people together and make new friends.

Junior Camden Bettey found from recent and even past games that he always starts off the game with his select group of friends, but by the end, that always seems to change.

"After the end of the week, I had a whole new set of acquaintances that grew into good friendships that I've carried to this day," Bettey said.

Although the most recent game has already finished, Wood instructs those who are interested to stay in the loop for future games.

For more information on the development of future game installments, visit the HVZ Lindenwood Facebook page.

Men's soccer makes history as MIAA champs

Chase Stewart
Staff Reporter

The men's soccer team became the first LU team to win an MIAA conference championship with a 3-1 victory Friday, Oct. 26 over Southwest Baptist University. Eight days later, they also became the second team to accomplish the task.

The Lions finished the regular season with a 13-2-3 overall record and were unbeaten at 8-0-2 in conference matches. As of Oct. 30, the team was ranked at No. 16 in the country.

Head Coach Carl Hutter expressed what a regular season championship meant to the team following the SBU win.

"I'm just really excited for our players, our coaches and our school," Hutter said. "We set out to accomplish this goal from the onset of the season, and we've accomplished it. That's always an exciting thing."

After a small victory celebration, the team knew their work was not done.

"We are very pleased with winning the conference, but we've got one more regular season game," Hutter said. "Our focus then shifts towards winning the conference tournament which begins next Thursday."

Junior midfielder Axel Duarte had the same feeling. "Our goal has always been to win the post-season tournament, so it doesn't mean anything yet," Duarte said. "We're just going to continue playing hard until we reach that ultimate goal of winning the MIAA tournament."

Still in the transition to NCAA Div II, LU is ineligible for national tournament qualification. Knowing this



Courtesy photo by Don Adams Jr

The men's soccer team celebrates the first of two MIAA conference championships won this season. They are the first two MIAA championships in LU history. The team clinched the regular season with a 3-1 win over Southwest Baptist University on Oct. 26 at Hunter Stadium.

from the start, the team has viewed the conference tournament as their postseason all year long.

The Lions earned the No. 1 seed going into the MIAA conference tournament held in Olathe, Kan.

They defeated No. 4 seeded Fort Hays State on Thursday, Nov. 1 by a score of 2-1 to advance to the championship game.

Two days later the Lions faced Northeastern State University for the MIAA tournament championship.

The game remained tied 0-0 for much of the match.

"We controlled the whole game" said junior defender Craig McTear. "We knew that if we kept playing our game the goal would eventually come."

The goal did come. A 79th minute goal by sophomore midfielder Hernan Gomez gave the Lions a 1-0 lead. Goalkeeper Fermin Hughes held off a late NSU push for his tenth shutout of the year.

In just its first season in the MIAA, the LU men's soccer program established itself as a threat. They were MIAA regular season and tournament championships and finished

with a No. 16 ranking and a 15-2-3 overall record.

The Lions will have a target on their back next year. McTear says the team will look to add to their trophy collection next season as only one senior is listed on the active roster.

"I think the boys are just looking forward to next season so we can try and win the national tournament," McTear said.

The only difference is that a national championship will replace conference championships as the ultimate goal.

The Legacy

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Lions improve to 7-3 after historic win against Div. II champs

By Issa David
Sports Editor

After losing their starting quarterback, things looked bleak for the Lions.

The team lost two straight games against Emporia State University (Emporia, Kan.) and Washburn University (Topeka, Kan.).

Enter freshmen quarterback Dillon Miller.

Now the Lions are 7-3, with a chance to make it to a Div. II bowl game.

"We need to continue to develop as a team, develop as a program," Patrick Ross, head coach said. "We are pretty beat up right now, physically we are not the same we were a few weeks ago."

On Oct. 27, following the homecoming loss to Washburn, the team faced the 5-3 Missouri Southern State University Lions.

After being down 14-0 in the first quarter, the LU Lions woke up.

It started with their leader, senior defensive tackle Malach Radigan. The special teams blocked a Missouri Southern punt and Radigan got it and returned it 15 yards for a touchdown.

Then with 27 seconds left in the first quarter, Miller threw a 20 yard pass to senior wide receiver Andrew Helmick. The senior outran everyone and turned the pass into a 63 yard touchdown.

It was tied 14 all going into the second quarter.

LU built a 38-21 late in the third quarter and while Missouri Southern threatened, it never tied the score and LU won the game 45-30.

Missouri Southern runs an option offense, something the Lions have not seen before, but they held them to under 300 rushing yards, which is below average for an option team.

"The scheme coming in was to put eight in the box," Jaz Granderson, senior cornerback said.

Miller completed 11 passes out of 20 attempts for 301 throwing yards and four touchdowns.

"He did great, he made the proper reads, made the good throws when we had to have them," Ross said.

Playing in his final game at Harlen C. Hunter Stadium, senior running back Denodus O'Bryant carried the ball 18 times for 115 yards. He had no rushing touchdowns, but did score on a Miller pass.

"Last game here, its crazy because I almost broke a tear," O'Bryant said. "Four and a half years here. Only school to take a chance on me."

Also playing his last home game, Helmick caught five passes for 218 yards and three touchdowns.

"From game one here to

this game right here it's been awesome," Helmick said. "This was the only school to take a chance on me, I've tried to give them everything I've had."

O'Bryant and Helmick own most of the offensive records in LU's history.

"They're great players," Ross said. "I don't care who we are playing, those guys are going to have success."

The teams next game happened on Nov. 3. The Lions traveled to Pittsburg, Kan. to take on the defending Div. II champions - the Pittsburg State University Gorillas.

The team had been ranked number one in the country, but following a couple of losses, the Gorilla dropped to 18th in the polls.

Two back-to-back 80 yard scores by O'Bryant - one a passing touchdown, the other running - a James Neal field goal, and a 38

yard passing touchdown to Helmick had the Lions on top 24-6 late in the second quarter.

The Gorillas scored late to end the first half with a 24-12 Lion lead.

Pittsburg State scored a touchdown to open the second half and cut the deficit to 24-19.

However that would be as close as the champions got to LU. O'Bryant had another 80 plus yard passing touchdown and LU held on for 44-33 upset win. This was the first win against a ranked team for the Lions.

O'Bryant finished the game with 14 carries for 153 yards and one touchdown. He caught two passes for 167 yards and two touchdowns. Helmick had three catches for 40 yards and one touchdown, and Miller completed nine of 14 attempts for 226 yards and three touchdowns.

In the three games Miller

has played in since the Ben Gomez injury, he is 29-53 for 659 yards and seven touchdowns.

For their final game of the 2012 season, the Lions travel to Kirksville, Mo. on Saturday Nov. 10. to take on the MIAA designated rival - the Truman State University Bulldogs.

Truman is 3-6 with a four game losing streak.

If the Lions win, they finish with an 8-3 record, the same record they had in 2011.

With help, the team can place in the top four in the conference standings and be selected to a bowl game.

On a somber note, freshman cornerback Sterling Thomas severely injured his back and neck during the Missouri Southern contest. He laid on the ground and could not move for approximately 20 minutes.

He was carted off and put into an ambulance.

Men's and women's bowling end season with titles, medals



By Chase Stewart
Staff Reporter

The Lions men's and women's bowling teams are off to solid starts to their 2012 campaigns.

The Lady Lions are coming off a win at the Boilermaker Classic Tournament at Purdue University in Lafayette, Indiana. The men's team had a strong showing at the tournament as well, finishing in third place.

The victory for the women's team was their second consecutive win in as many tournaments.

Through five tournaments so far this season, the women's team has posted finishes of second, fourth, back-to-back firsts and fourth. The men's team has been impressive as well, finishing in sixth, second, sixth, third and first.

Head Coach Phil Vida is confident that the men's team will continue to improve as the season rolls along.

"We've got quite a few seniors and it is a really solid group," Vida said. "They haven't really gelled yet, but it's nothing that they can't get worked out. It's a long season."

Both the men's and women's teams have a successful pro-



Photo courtesy of Don Adams Jr.

Top: A member of the men's bowling team in mid-throw. Bottom: An women's bowler throwing the ball during a tournament. The women's team has placed second, fourth, first, first and fourth in 2012.

gram legacies to uphold this year. The women's team has qualified for the United States Bowling Congress (USBC) Intercollegiate Team Championship Tournament nine consecutive years. They won the national championship in 2006.

The men's team has qualified eight consecutive years and finished the 2005 season with a championship.

Of the 100-plus teams that compete at the men's and women's levels in the USBC only 16 teams from each group qualify to compete at the national tournament.

Senior Stephanie Bergman believes that the women's team is capable of a championship

season this year also. "We have a group that is more together than teams in the past and I see us really developing some solid chemistry," Bergman said. "Our coaching staff has been phenomenal as well and is really making a difference."

Bergman, who missed the 2011 season due to a knee injury that required surgery, is extremely happy to be bowling with her teammates again.

"I'm having a lot more fun this year, mainly because I'm back playing again," she said. "Obviously it's a lot better to be with your teammates and competing week in and week out as compared to sitting at home and having to watch. It's great

to be back."

With great leadership and healthy bowlers, Vida expects both teams to continue to grow as a group and set their sights on bring national titles back to LU.

"I fully expect both of our teams to qualify for the post-season and I really believe we are capable of winning the national title on both sides," Vida said. "The talent is there and we're as deep as we've ever been with quality players from top to bottom," said Vida.

Both teams will bowl next at the Leatherneck Classic on Nov. 10 and 11 in Davenport, Iowa and Milan, Ill.

Cross country runners look straight ahead

By John Tessmer
Staff Reporter

Men's and women's cross country coach Randy Cole was both excited and nervous for his first season at LU.

"As a new coach coming in, you wonder how people will take it," Cole said. "The runners were all eager and did show good signs of improvement. I just don't think we had enough time."

Cole was pleased with the attitude of the team, but said summer training issues hurt them.

"Normally, you would plan out summer training program back in June," Cole said. "If you don't train really well in June, July, and August, then your season just kind of jumps up on you."

This was not a lack of preparation on the part of his runners.

Instead, it is a result of Cole being hired in mid-June.

"Next season we hope to improve performances, be in the upper half of conference, and be competitive individually and team wise"

The women finished 10 out of 12 teams in the MIAA conference, and men finished eighth out of 10.

"I think we have the potential moving forward to improve a lot," Cole said. "Everybody improved a lot throughout the season."

Senior Tanya Chibanda led the Lady Lions in the race against Missouri Southern State University

race, a race that was a personal best for the team.

"There was a downpour of rain with a ton of mud," Cole said. "Tanya won first, and the women's team placed very high."

Along with the win against Southern State, Chibanda, according to Cole, has collected all conference, all MIAA, and placed fourth at the Championships.

While Chibanda led the women's team, junior Ben McGraw led the men.

McGraw finished 16th at the conference meet.

He also placed in the top 20 in all but one race.

McGraw passed the compliment to his teammates.

"As the season went on, people realized that they really could run better," he said.

Cole knows that a young team this year means they are building for the future.

"Next season, we hope to improve performances, be in upper half of the conference, and be competitive individually and teamwise," Cole said.

With only one man and two women runners graduating, Cole will have a lot to build on in 2013.

Even though the season is over, there is not much time to rest.

Many runners also compete on the track and field team.

This allows them to run competitively for almost all of the school year.

The team will have a two week break before the winter start up program to prepare runners for track season.

Cole will continue to work with the runners.

He will also serve as an assistant track and field coach.

Men's Water Polo qualifies for nationals

Michael Sprague
Staff Reporter

The LU men's water polo team earned automatic qualification to the national tournament after winning the Missouri Valley Division Championship. The 2012 CWPA National Collegiate Club Championships will be held November 9-11 in Corvallis, Ore.

The Lions opened the season unranked, and three straight losses to start the season didn't help their case. Coach Marko Cubranovic was not surprised by the slow start.

As a club sport, the water polo team doesn't receive the funding other sports do.

Cubranovic said, "The players pay their own way there so some guys aren't able to go."

"We hardly ever have our full team there so we had half the team and only three starters," Cubranovic said. "We dropped those few games but we won two which was good."

The team's first tournament each year is the Naval Academy Labor Day Open, held in Annapolis, MD. Other than the club championships, this is the farthest the team has to travel for a tournament.

Following the 2-3 start, the Lions found their winning ways. They finished the regular season and division championships with an 18-1 record in their last 19 games.

A 20-4 overall record has the Lions ranked No. 15 in the men's club national top



Men's water polo ended its regular season 20-4 overall. The Lions beat St. Louis University 17-16 in the final game of the Missouri Valley Division Championship. *Courtesy photo by Don Adams Jr.*

20 as of Nov. 1. The team has been ranked as high as No. 4 in the polls this year. Cubranovic believes his team is being overlooked. This could be a result of LU's young roster.

"We lost 15 seniors last year and we are starting five freshmen this year," Cubranovic said. "We had a great recruiting season and we have

amazing talent. I am very pleased how the season has gone so far."

Despite dropping in the polls, Cubranovic has high expectations for his team at the club championships.

"For Lindenwood, the top 10 is a good finish," he said. "I expect a minimum of third place from the team this year

though."

Wins in each of the first two rounds would guarantee LU a top four finish. Two wins would also surpass the school record for most wins in a season. The current total, 21, was set just last year.

This is not unrealistic according to Cubranovic. "Our first round should be fairly

easy and then our second round we would have a tough game," he said.

Senior captain Justin Bowers isn't looking ahead. "We play Cornell first, which we should be able to win," he said. "We're really just focusing on that right now."

A club championship would be the program's first since

moving from Division III to the National division in 2009. Prior to the move, the Lions won three straight Division III club championships from 2006-08.

For a complete schedule and results of the tournament, please visit www.collegiatewaterpolo.com/club/.

Golf coaches remain optimistic about the future of the programs



A Lady Lion golfer follows through on a shot near the cart path during the Lady Lion Invitational held at Whitmoor Country Club. *Courtesy photo by Don Adams Jr.*

By Spencer Thomas
Staff Reporter

The LU men and women's golf teams finished its 2012 fall season.

Both coaches, men's coach Derek Schaub and women's coach Abby Weber are satisfied with their players' performance.

They are also excited to see how well both teams will improve before the next spring season, beginning in March of 2013.

Weber said that she was counting on the freshmen players to step up and perform well

during their first season, and they did.

The team as a whole was one of the top contenders at the majority of their competitions, and proudly ranked first at their own invitational held Oct. 22-23.

The ladies will begin their spring season in the MIAA conference in April.

The men's team competed at Pittsburg State University, Delta State University, Northeastern State University, University of North Alabama and the LU Invitational here in St. Charles.

The men's team recently

signed new head coach, Derek Schaub.

Schaub previously coached and won national championships with the men's ice and roller hockey teams.

"Our goal is to win every tournament that we are in," Schaub said.

Although he is new to the team, Schaub feels that the players are already embracing his expectations and working hard to get to higher levels of competition.

As a new coach he is looking forward to finding out exactly what motivates his team

to succeed.

The men's team consists of eight seniors, two juniors and three freshmen, so recruiting will be an offseason priority.

The highlight of the season for men's golf was their invitational in St. Charles.

In the first round, the men had a rocky start and finished the day tied for sixth behind three nationally ranked teams.

However, the following day, the Lions made an impressive comeback and ended up placing first in the competition by four strokes.

Wrestling team winning early

By Michael Sprague
Staff Reporter

The Lady Lions wrestling team is 7-2 in team duals at the 2012-13 season midway point. This is easily the best start in the program's short history.

Third-year head coach Tocara Montgomery is pleased with the fast start.

"It started off well for us because we had a lot of returning wrestlers," Montgomery said. "We have two freshmen in the lineup but they've actually worked out pretty well they are pretty hard workers."

Montgomery believes her team has the leadership to keep it going through the season.

"I know I can always count on my more experienced girls in clutch situations," Montgomery said. "They have been there to pull out a couple of close matches so far."

"Because I have that leadership in the room I know that the team will just continue to build success from there."

The older girls on the squad are used to Montgomery's means of operation. This makes it easier for her to keep her team focussed.

"The older girls know what my expectations are and they follow those expectations and make sure that the younger girls are also following the same routine," Montgomery said. "They make sure that if there aren't any issues. The younger girls respect that."

One wrestler in particular, senior Shauna Isbell, has been crucial in supporting

the team. Her leadership "has been invaluable," according to Montgomery. "She is a person that I can count on in any type of situation."

"I don't think I've met anyone that loves the sport of wrestling like she does," said Montgomery. "She has the determination to be one of the top student athletes in the sport of women's wrestling."

Isbell is no stranger to pressure, and setting high goals help her succeed. "I want to win a national championship again," Isbell said. "I want to win the US open and be the number one person in my weight class."

Like her coach, Isbell believes the team will continue to improve with time.

"We will get better," she said. "I don't think we've been at our best yet and by the end of the year all the little things will be figured out and everyone will improve."

Only two more dual tournaments are on the schedule before the NWCA Cliff Keen Women's National Dual Meet Championships.

Wrestlers will also compete in one more individual tournament before national tournaments take place starting in January.

The Lady Lions next take to the mats in Marshall, Mo. in the Missouri Valley Open Tournament on Nov. 11.

For more information on the women's wrestling team and for a complete schedule and list of results, visit www.lindenwoodlionsss.com

Men's rugby prepares for title push

By Ryan Oldham
Staff Reporter

With the Rugby season ending soon for LU, head coach Ron Laszewski said the team will "be fit, fast, prepared and will play to the standards we have set for our team," in the remaining games of the conference.

With only one loss this season, a closely fought contest against Davenport University, the Lions are set to finish the season strong. They hope to clinch the conference championship for the second time in two years.

The loss to DU was the only conference loss in program history.

Laszewski said it was nothing to mope about, considering DU is the two-

time defending Div. I AA champions.

"We gave everything we had for 80 minutes and were in the match the entire time with a chance to win it at the end," said Laszewski. "I'm very proud of their effort."

Lions fullback Morgan Findlay said he isn't stressing about the loss, either.

"We can't take the loss to Davenport to heart as it was a friendly match and they are a division above us," Findlay said. "A couple key players were missing, and we missed out on a couple opportunities which would have seen the score in a much different balance.

Laszewski's says the experience on this year's team has been vital.

"Returning players have brought maturity to the squad," he said. "They know the recipe for success and share it by example."

Laszewski knows what it takes to succeed in the game, having been on the coaching staff of the USA Rugby 19-under National Team. Over 75 of the players Laszewski has coached have gone on to join the USA Men's Rugby National Team.

The Lions lost key players from last year's championship win, but Laszewski said it's not something to worry about.

"We never let what we don't have overshadow what we do have," Laszewski said. "Even though we miss the qualities of [former athletes], certain players have stepped up."

One of the players in question was Trevor Locke, who Laszewski said is a magnificent role model for the new freshmen in the program. "Trevor's play speaks volumes, and he leads by example, which is definitely a great thing to have at your disposal as a coach," Laszewski said.

Losing players also comes with having to bring new ones in, and with many new freshmen players in the rugby squad this year, Laszewski said it is understandable for them to be struggling with the speed of the college game.

Even though some of them have been struggling, he said many of the freshmen have been playing at this level for years, with many of them coming from overseas.

Laszewski named Nathan Rankin, from Ireland, Maanhera Kapa, from New Zealand, and Sebastian Kalm from Chile's national Under-19 squad, as the new players that have particularly impressed, but did also state that it doesn't matter whether the player is a freshman or a senior, because everyone is just trying to improve their craft daily.

"The most important thing we need to worry about this year is complacency," Findlay said.

Findlay also said the team has a chance to win another championship.

"It is difficult to remain hungry and determined when we are rolling teams by 100 points week in week out, but once we get to the back end of the season, stiff-er competition will test us,"

Findlay said.

Findlay, who was called the best player in his position in collegiate rugby by Laszewski, said the senior members of the squad have helped the new freshmen adapt well. He said the biggest thing they pride themselves on as a team is the camaraderie amongst the boys.

The final game of the season will be played in Columbia, Mo. against Mizzou. With the Lions only having one game to go in the regular season, there is only hard work expected from the team to once again try to win conference and compete in the national tournament.

"Our goal is to go into the winter break in first place so we'll aim to position ourselves in November to control our destiny for another playoff run in April and May," Laszewski said.



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