

MILLER TO START AT QB

Sophomore edges senior Gomez in a battle between two qualified players

Michael Sprague
Co-Editor-in-Chief

After months of indecision, coach Patrick Ross has named a starting quarterback in sophomore Dillon Miller. Miller won the job over last year's opening day starter, senior Ben Gomez.

"It was one of the toughest decisions I've ever had to make as a head football coach," Ross said just before practice on Friday.

The decision was so tough, it began last December during the bowl game, stretched through spring practice and all the way into the beginning of Fall practice.

Miller thinks the competition was beneficial to both he and Gomez. "It was tough battling back and forth, but I think we've pushed each other to work as hard as we possibly could each and every day which makes us both better."

Much like any position, Miller will have to perform to keep the position.

"(Miller) will have to continue to evolve and Ben Gomez is the best leader we've ever had in this program and a real stand-up kid," Ross said. "He's just going to have to sit back and wait for his opportunity."

Tremendous play by both men during their time at the helm forced Ross and his staff to open the job up



2012 stats	
Miller	Gomez
5	Games started: 6
237.8	Passing YPG: 270.1
12/5	TD/INT: 15/8
173.9	QB Efficiency: 156.1

entering 2013.

"I truly believe we have two of the best quarterbacks in the conference," Ross said.

Statistically speaking, the Lions do.

Splitting the starts last year, six for Gomez and five for Miller, kept both quarterbacks from qualifying for official MIAA statistical categories.

Had they qualified, Miller's efficiency rating would have led the league at 173.9. Gomez' ranking of 156.1 would have put him in second.

Though Miller's efficiency rating was higher, Gomez averaged more yards per game with 270.1 to Miller's 237.8.

Again, had they qualified officially, the averages would have ranked them third and fourth in the MIAA, respectively.

The biggest factor going into the decision this year was consistency.

"If you look efficiency numbers-wise, Dillon graded out a little higher on a day-to-day basis, but Ben still has that playmaking ability so he's definitely not far out of our mind."

Having two starting-caliber quarterbacks did put Ross in a decision-making position, but it's a problem worth having. Last season is a perfect indication.

Compable backups are key at every position, but especially Quarterback. He must lead the team on the field and off.

A season can go south quickly following the loss of a quarterback. Having a player like Gomez ready and waiting gives the Lions a safety net should anything happen.

"They're both great players, and we knew they were

both great players when we were recruiting them," Ross said. "Had Ben not gotten hurt last year things might be a different."

Questions began to emerge last fall as Gomez suffered an MCL sprain in the Lions 20-17 win over Fort Hays State on Oct. 6, 2012.

While then-senior Taylor Jasin played well in the win, a 13-0 loss the following week at No. 21 Emporia State forced coach Ross to make a decision.

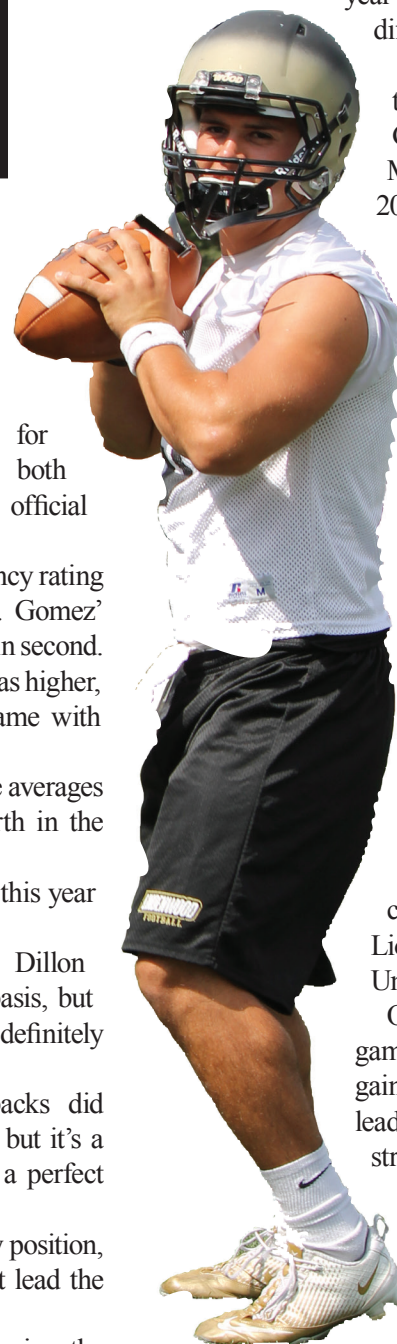
To stick with Jasin, or let a promising freshman prove what he was brought in to do?

Enter Dillon Miller.

In his first collegiate start the following week, Miller played cautious, yet well, as the Lions fell to Washburn University 19-16.

Over the next four games, Miller continued to gain poise and experience, leading the lions to three straight wins to finish the regular season.

Miller has taken that progress into 2013 and will look to gain the same confidence as last year.



Follow Michael on Twitter @MichaelDSprague

Campus security updates

Ariel Niccum
Staff Reporter

With the start of a new academic year LU's security team would like to remind students it is illegal to park along any yellow curbs, especially at Evans Commons, within the Spellmann horseshoe, and along the roadway between Roemer and Harmon Halls. These spaces need to be open for emergencies.

•Avoid illegal parking

•Lock dorms/houses

Security would also like to remind students to lock the doors to their places of residence to help minimize thefts on campus.

Coming soon: Designated motorcycle and scooter parking to be put in by men's dorms and near Butler Library.

Football Preview

page 6

Technology vs. Honesty

page 2

Greek life update

page 4



Pfoodman gets new name, look

Benjamin Bathke
Staff Reporter

Students may have noticed how one constant at LU for the past 14 years has undergone an obvious change: Our hunger and thirst are no longer quenched by Pfoodman, but by Pedestal Food. The switch, however, is merely a name change, not a change of providers.

With the name change comes a new approach to the company's

marketing strategy, said Ralph Pfremer, who founded Pfoodman 14 years ago.

When the company engaged in a new partnership and entered new markets this summer, Pfremer thought the name should be less about him and more about what the firm actually does.

With the slogan, "Nourishing the student body," Pedestal now focuses more on a healthy and

active lifestyle, offering brochures and new signs that clarify what really goes into the body when eating.

Pfremer, Lindenwood alum, emphasizes that Pedestal is trying to be more visible to students and faculty through improved communication, better social media presence, surveys and meetings.

Continued on Page 2

Never too soon

Advice from the Career Center

Alegria Mora
Staff Reporter

Whether they are getting ready to graduate or just entering a new stage in their lives, all college students will have to manage the task of searching for a job.

The process brings with it questions like where to start and how much GPA will matter. Director of Career Development Dana Wehrli offered some advice and insight.

For Wehrli, the most important thing is to start early on.

"Students need to think in terms of their job search as early as their freshman year," she said. "You want to start cultivating positive relationships with contacts and employers right away."

According to her, GPA is only one of the many attributes an employer considers when hiring, but maintaining good grades is always wise.

"A good rule of thumb is to earn the best grades that you could possibly earn so that GPA won't blow you out of a good opportunity," she said.

She added that making the most out of college is crucial since "employers also want well rounded students who are participating

in clubs or organizations, who volunteer or who have interned."

For senior students, having a portfolio can be very beneficial.

"Students can use it in an interview and also in the application process," Wehrli said.

She said that the application process should start at least a semester before graduation and that employers look for "a great attitude, strong work ethic and professionalism."

To help students with the career planning process, the Career Center offers an array of services including resume assistance, interview mock-ups and online resources.

Wehrli said that the center's main goal is to offer support.

"There are a lot of things we do to try to help students be successful. Ultimately, the job search is the students' responsibility, but we can be a resource."

In the end, the best thing a student can do is focus on networking and building reciprocal relationships."

"The more you can do that, the better," Wehrli said.

For more information, visit the Career Center located on the third floor of the Spellmann Center, open from 8 a.m. to 5 p.m., Monday through Friday.

7-Day Forecast

Weather taken from Weather.com, accurate as of 9/2 @ 2:45 p.m.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
H 83 L 55 9/3	H 87 L 55 9/4	H 89 L 59 9/5	H 91 L 61 9/6	H 93 L 64 9/7	H 94 L 73 9/8	H 91 L 65 9/9

Food provider gets new look

Pedestal Foods shifts focus to nourishing student body



Legacy Photo by Benjamin Bathke
A student models a t-shirt given away by Pedestal Foods

Continued from Page 1

Students are encouraged to give feedback and be honest about their dining experience, be it at the Evans Commons, the Spellmann Center, the Lone Wolf coffee shops in Spellmann and Butler Library or Grab and Go in Butler Hall.

Pedestal Foods is looking for students' opinions about specific foods they like or dislike and suggestions on how to improve the food.

Sophomore Ann-Kathrin Pushkasch, from Germany, said the makeover has already been fruitful.

"I'm particularly excited about the addition of honey butter, herb cream cheese and soy vanilla milk," she said.

Reem Abdalazem, a junior from Egypt, said she hopes to see more regular-roasted meat and less fried food to come with the fresh look.

Regarding the Work and

Learn students, Pfremer, who started as a cafeteria manager at LU in 1993, said that Pedestal likes to hire students who started as W&L students in the cafeteria.

He said that better scheduling and a better rotation system should make the W&L program run more smoothly this semester.

Pfremer said he wants to encourage students with an aptitude for customer service and communication skills to see if working in the cafeteria is right for them, as they can learn a great deal about self-organization and engaging with customers.

Pedestal Foods has been the food supplier for LU since 2000. What started as a catering startup founded by Pfremer in 1999 is now an established catering business with 16 operations in Missouri and Kansas. Among its 290 employees are 15 former LU students.

Technology vs. academic honesty

Erica Sturdefant
Staff Reporter

Technology has become an irreplaceable part of college students' lives, but has it gone too far in enabling students?

According to Associate Provost Marilyn Abbott, there have been over 1900 reports of cheating and 25 expulsions since the implementation of the Academic Honesty Policy at LU in 2004. Smart phones and tablets have had a

large influence on this high number.

"Students use their smart phones to look up test answers on the internet or to view electronic notes," Abbott said.

Access to technology is a big reason for the steady rise in cheating at LU. Most cases of cheating that are reported involve plagiarism.

"Many students try to recycle old papers, which turnitin.com catches,"

she said. Most of the 220 incidents of cheating this past year involved plagiarism, caught with the help of turnitin.com.

Not only is technology helping students' cheat, it is also helping professors catch students cheating.

In addition to the use of turnitin.com, some teachers have used cameras to catch students cheating, which helps better document academic honesty issues.

Furthermore, LU started

a new policy last spring that allows teachers to interview students about the content of their work if there is any doubt about its authenticity.

Abbott said a majority of cheating is done by seniors or repeat offenders.

LU's policy is a three strike system. The first offence allows the teacher to decide the punishment, the second results in a failure for the course and the third leads to expulsion.

Task force finds best procedures

Emily Adair
Staff Reporter

The Schools, Mental Health and Emergency Services Task Force completed the Final Report, which was presented at the St. Charles County Council meeting on Aug. 26.

The task force was established in December 2012 when the County Council passed Emergency Bill Number 3930 in response to the shooting at Sandy Hook Elementary in Newton, Ct. The team of school, mental health and law enforcement representatives was tasked with researching and identifying the best security measures and policies.

LU's Vice President for

Student Development John Oldani joined other school and police officials to make up the Schools, Mental Health and Emergency Services Task Force.

The task force submitted its final report to St. Charles County Executive Steve Ehlmann on July 29. Ehlmann said the report was well worth the wait.

"It was great to see educators, law enforcement, and mental health professionals all in the same room basically addressing the same challenge," he said.

The final report made recommendations to improve the safety procedures at schools and colleges in St. Charles County.

The information provided by the task force led to a list

of suggestions for school procedure:

- Use risk assessment worksheets to identify troubled students as early as possible.

- Use Mental Health First Aid to help faculty recognize symptoms of mental health problems and provide initial help or guide students through the proper treatments.

- Use Crisis Intervention Training to help police officers react appropriately to situations involving mental illness or developmental disability.

- Build stronger relationships between schools and law enforcement so both parties

are familiar with each other's plans and layouts.

The Community and Children's Resource Board of St. Charles County will fund a five-day Mental Health First Aid training program for school personnel in October. Those who attend the program will be required to complete three training seminars each year to maintain certification.

Additionally, St. Charles County's Juvenile Justice Center will train deputy juvenile officers in Mental Health First Aid.

Interested schools will be able to purchase radios off the County's contract to improve in-school communication, as well as communication with law enforcement.

LU's Student Counseling and Resource Center provides free confidential services, including individual and group counseling, as well as career testing and consultation. Counseling may be helpful for students who have ongoing concerns about:

Academics	Feelings	Personal Habits/Problems	Identity and Self-Esteem
<ul style="list-style-type: none"> • Time management • Adjusting to college • Test-taking/test anxiety 	<ul style="list-style-type: none"> • Depressed/angry/irritable • Thoughts of suicide • Loneliness/isolation 	<ul style="list-style-type: none"> • Abusing alcohol or drugs • Sexual abuse or assault • Eating disorders 	<ul style="list-style-type: none"> • Sexuality issues • Values clarification • Low self-esteem

To schedule an appointment, visit the SCRC in the Cultural Center or call 636-627-2928. Counseling is not just for those who suffer from serious psychological problems.

Journalism student interns with FOX 2 News station

Aerial Niccum
Staff Reporter

Senior journalism major Brittany Velasco has known she wanted to be a reporter since Sep. 11, 2001 watching "Good Morning, America." This fall Velasco has taken a large step toward making her dream a reality.

Early this summer Velasco applied for an internship with St. Louis' Fox 2 News.

Having not received a response with only three weeks before classes, Velasco decided to email the news station and reiterate her interest.

"I hesitated because I didn't want to seem pushy or annoying, but I was kind of in a bind. It was three weeks before classes and I was caught between needing credit for class and knowing

I needed an internship to stand out and get hired out of school," she said.

The next day Velasco received a phone call from Fox 2 asking for an interview. Upon being interviewed, Fox 2 hired Velasco on the spot.

Velasco now spends her time writing and posting stories for the Fox 2 News website, shooting packages (larger video stories),

following reporters and working with anchor and reporter April Simpson.

"It's not at all like the internships you see on TV. It's not just sitting around and watching or fetching coffee. It's really hands on," Velasco said.

Though Velasco said she loves Fox 2 and is very familiar with the station, having grown up watching it,

Velasco hopes to someday be a world news reporter.

"[World news reporting] is not as theatrical and they actually care about what's going on in the world," said Velasco. "I don't care about money or fame. My ultimate goal is just to reach out to people."

Velasco's internship will end with LU's fall semester. After her graduation in May,

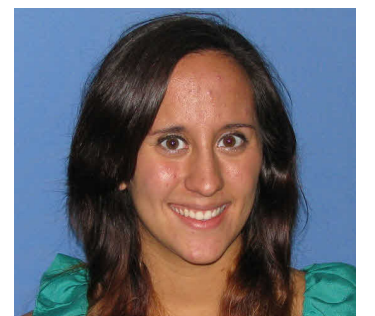


Photo Courtesy of Lindenwood

Velasco plans to go wherever the wind takes her.

HLC requires third-party comments

Lindenwood University is seeking comments from the public about the university in preparation for its periodic evaluation by its regional accrediting agency. The university will host a visit Oct. 28-30 with a team representing the Higher Learning Commission of the North Central Association. Lindenwood University has been accredited by the commission since 1921. The team will review the institution's ongoing ability to meet the commission's Criteria for Accreditation.

The public is invited to submit comments regarding the university:

Third-Party Comment on Lindenwood University
The Higher Learning Commission
230 South LaSalle Street, Suite 7-500
Chicago, IL 60604-1411

The public may also submit comments on the commission's website at www.ncahlc.org. Go to the "Contact Us" page and click the link for a "Third-Party Comment on an Upcoming Visit."

Comments must address substantive matters related to the quality of the institution or its academic programs. Comments must be in writing.

All comments must be received by Sept. 28.

Organizations look to recruit new student members at fair

Miriah Ludtke
Staff Reporter

Many clubs and organizations looked to recruit new members on Wednesday at the Organization Fair in Evans Commons. Many groups were present including, but not limited to, Greek life, religious, and environmental organizations.

The organization fair has long been a means for new or inquisitive students to find out what is going on around campus. The fair was set up with booths so students could visit any organizations they were interested in. Many booths offered pamphlets or handouts explaining the organizations' ideals and purpose.

The fair also allowed

students who have attended LU previously to experience new clubs available to them. Because Lindenwood is no longer a member of the website OrgSync, hosting the organization fair, posting flyers and using social media are the main ways for new and continuing organizations to be seen by the student population.

Junior fair-attendee Emily Miller said the fair was beneficial to her.

"I really enjoyed this! It can be so hard to know what's going on here and this was extremely helpful in showing me and other students what is available," Miller said.

Visit the LU Connect tab on the Student Services section of the student portal to browse the various groups available on campus.



Legacy Photo by of Jennifer Bruhn
Approximately 70 organizations showed up to the organization fair to promote their group.

First worlders are annoying

First World people love to complain. Be nice to the service industry.

Cole Figus
Staff Reporter



First World people love to complain. It helps kill the copious duration of free time we have everyday in which we don't have to struggle for survival. Many aspects of American life that we take for granted constitute a fantasyland.

In reality, the national minimum wage for workers who are tipped is \$2.13 per hour. The last time it was raised was 1991. And since '91, the minimum wage for non-tipped wages has gone up five times. The minimum wage for tipped employees has not risen nationally for 22 years in what is the longest wage stagnation of the modern era. However, fortunately for Missourians, our state's minimum wage has been raised higher than the national minimum, though only to \$3.67. Because it's so low, servers live off of the generosity of the people they serve.

As a server of three years, I have paid for college, a car, and my life with the generosity of the people I serve. Throughout the last three years I have been told that I am the greatest server ever, that my service was truly the work of God, and that I have single-handedly ruined everything in the world, though my serving ability is likely somewhere in between those three extremes. But, just as restaurant goes judge their servers, servers judge restaurant goes, many of whom do not earn labels synonymous with body parts that can be left unclothed in public. Ask any service industry worker for the horror stories they have experienced and you will not be bored, unconcerned about the general populace's temperament, or unsympathetic to service workers because of the people they have to deal with to make a living.

In order to make life more chill for everyone involved in our service economy, the following are a handful of

thoughts to contemplate.

People that do services for you will be more helpful if you are not a jerk, and will often even give you discounts and free things solely because you are pleasant and calm. There are many perks to being a decent human being.

Never dine and dash; servers often have to pay for the restaurant's losses... just don't be that guy.

Verbal tips are lovely, but have terrible exchange rates at banks and are virtually worthless even in bartering situations. Please complement compliments with something of actual monetary value because your servers' children cannot be fed with your "Great job!"

Religious people should still tip on Sundays. We know you only give your god(s) ten percent, but deities are in much more comfortable financial situations than the average restaurant employee.

Do not eat three-fourths of your meal and then complain 20 minutes after you have finished eating that it was uneatable. Restaurant managers will do almost anything to get you to come back, and they will bend over backwards to make up for even the most obviously false claims of bad service. Just because you can complain your way to a free dinner doesn't mean you should.

Don't go into a restaurant 30 seconds before closing time, because, while you will be served, it results in all of the staff having to stay an hour longer at work.

Basically, the golden rule is just to not be a jerk. Any time you are unsure if you are about to pull a dick move just stop and ask yourself, "Would a jerk do this?" And if the answer is, "Yes, a dick most certainly would do this," don't do it. No one likes a dick.

All in all, remember that service workers are people, so treat them accordingly. If you've never worked a service job, and don't know what it's like to have to treat people better than they treat you all day so that you can afford to eat, at least do not make yourself a recurring character in your servers' horror stories.

House life

Why living in campus housing is better than dorm life.

Killian Walsh
Staff Reporter



College is the time to try new things. Almost every college student

gets to experience dorm life. But what is a rarity with college students, particularly freshmen and sophomores, is getting to live in a house.

After two years of living in Lindenwood dorms, I finally got the opportunity to live in my first official house. Although it's still technically a "campus housing," it has a lot more to offer than a dorm.

Dorms aren't as bad as everyone says. I had plenty of space and was surrounded by my fellow classmates that I could visit with at a moment's notice. However, in a house, you can pretty much do whatever you want.

Although you sacrifice the community aspect of a dorm, you gain a lot more.

First of all, you get a kitchen! You can cook your own food, store your own food in your fridge and eat at an actual table instead of your desk.

Also, you get a living room, which allows you to relax in a place that isn't plagued with your school books and other work related items.

My favorite part of living in a house is that I don't get woken up in the middle of the night by girls screaming and running up and down the hallway. We have our privacy and can relax without having to deal with 50 or so other girls.

Needless to say, I was apprehensive to live in a house at first, but after weighing all the differences, I found that living in a house definitely trumps living in a dorm.

Starr Gazing

New year is all about great expectations

As a new school year commences, the common question, "what do you expect out of this year" can be asked. It's a question we have all heard dozens of times. You have had a professor who makes every class member stand up on the first day and tell your name, major and what you expect to gain from the class. It seems like a corny question at times because it's the first day. Half the time we don't even know what the class will be about. How are we supposed to know what we expect out of it?

Yet, as I face my senior year of college, this "corny" question I have heard so many times, seems to carry a bit more weight than it did as a freshman. What do I expect out of this year? While it seems like a simple question, it can also be a very loaded one in that there can be several appropriate answers. I think a common answer for any student my age would be to attain a job after graduation. An even simpler answer could simply be to graduate, which for some of us may be a bit of a struggle.

I would like to encourage all of us to set big goals for this school year. Whether this is your first year in college, you are getting ready to graduate, or are somewhere in between, I think a good expectation would be to simply do your best. I realize that is one of the most cliché sayings ever. "Do the best you can" or "be the best you can be." Well, I think that it is truly an important thing to remember while in college. Perhaps striving for something that is unattainable isn't very realistic. Yet, at the same time, that shouldn't be an



excuse to just fly by the seat of your pants.

This school year I want to do the very best that I can do, in every aspect of my life. I want to go out with flying colors. This means that in every area, I want to push myself in ways that I never have. In the classroom, I want to give 100%. That doesn't always equate to straight A's. It simply means that I will choose not to be lazy. I want to be the best columnist I can be, every week putting out editorials that people actually want to read. When it comes to my job, I will give every effort to take my performance to the next level. I want to be the best friend, sister, daughter that I can be.

This school year, I want to be the best possible version of Deborah. So what if it is corny? Next time someone asks me, "what do you expect out of this year" I will respond simply by saying, "I want to do my best and finish the race I have begun." I hope you will join me as this new school year gets underway. The opportunities that lie ahead of us as young people are endless. The only thing that will ever get in our way will be our own laziness. So let's do it. Be the best version of yourself possible. I think you will see that you like that person a lot.

WHAT DO YOU MEAN



DAREDEVIL STOLE MY COSTUME?

Photo Courtesy of geeksdoingstuff.com

Ben Affleck as the new Batman

Chris Smith
Staff Reporter

Christian Bale, Michael Keaton, Val Kilmer, Adam West, George Clooney and Kevin Conroy are all actors that have at one time or another played Batman.



Why is it such an issue that Ben Affleck be on that list? As announced last week, Ben Affleck will be the new Batman, specifically in the next Man of Steel movie. The backlash from the announcement from fans was epic.

Why? Because the one movie in which he played a superhero, "Daredevil," was horrible? Every actor has bad movies, and Affleck isn't any different. Fans of the Batman series and casual viewers alike need to give him a chance to show that he can play this role.

It's wrong to just automatically assume that he is simply going to suck. Affleck has proven

in his long career that he as the ability to adapt to many different types of characters.

We as viewers can't just assume because he isn't Christian Bale, someone we are used too, that he won't do the part justice.

Whether there were better options out there or not is irrelevant, somebody had to be chosen.

Not to mention Joss Whedon, the creator of The Avengers, along with two past Batman actors, have endorsed Affleck for the role saying he will do a fine job.

Another big example why Affleck will do the role justice is "Argo." It was arguably one of the best movies in the past few decades, and Affleck was the star. Yes, they are totally different genres, but I think it shows Affleck has what it takes.

When the new Man of Steel movie comes out down the line, I hope viewers give Affleck more credit that he is getting now. I sure hope Affleck doesn't prove me wrong.

Want to make your opinions heard?

Leigh Borgers
Opinions Editor



My name is Leigh Borgers and I'm a co-editor for the Opinions section! I hear students all around campus discussing things they believe could use some improvement. So why not put it out there for other students to read and discuss?

There is no better place than the Legacy to voice your opinion on what you think needs to be changed! All opinions are welcome. It doesn't have to be related to school, it can address any issue you feel needs addressing (within reason, of course). All you need to do is write a story around 300 words and

send it to me at lnb364@lionmail.lindenwood.edu or Abigail at ajf724@lionmail.lindenwood.edu

Another cool part of the opinions page is our "Letters to the Editor" section. If you feel like commenting on one of the articles that someone else has written, you can send your thoughts along with your full name and phone number to legacy@lindenwood.edu. Your letter could end up in the paper! Your name will be published but your contact information will not.

The Legacy is one of Lindenwood's most far-reaching means of communication with students and administrators. This is your chance to share your thoughts!

Please send your opinions and/or feedback to lulegacy@lindenwood.edu. Letters must be signed and include contact information for verification before being published.

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Greek organizations look to increase presence

Lauren Whan
Staff Reporter

The Greeks will be taking over campus for two weeks in September. Greek Life has been a part of LU since 1915.

The goal has been to help students develop as leaders and empower them with challenges and opportunities to create campus traditions, initiate community work

and experience lifelong friendships.

The brothers of Delta Tau Delta, Alpha Sigma Phi and Phi Lambda Phi would like to extend an invitation to all

interested men for fraternity recruitment.

President Maximilian Bihler of Alpha Sigma Phi said, "We hope to get the opportunity to share the positive spirit that started last semester and create a stronger brotherhood with the incoming new members. We are also looking forward to interact even more with other Greeks on campus."

Fraternity rush week is Sep. 9-14.

The two sororities on campus, Delta Zeta and Tri Sigma, are cordially inviting all interested women to Go Greek this fall.

President Staci Bradford of Tri Sigma is encouraging all academically, philanthropically and socially ambitious women to learn more about the sororities at Lindenwood. She is excited for Greek Life on campus to grow and create more unity between

the fraternities and sororities. Formal sorority recruitment for Delta Zeta and Sigma Sigma Sigma is Sept. 17-21.

The Greeks will host a Foam Party on Sep. 7 on the

Connection Patio, 8-11 p.m. To RSVP or to ask questions about how to get involved with Greek life, contact Andrea Keller at akeller@lindenwood.edu or 636-949-4704.



Legacy Photo by Lauren Whan

Members of LU's Greek organizations gather for a group photo on the steps of the Spellmann Center.

<p>Sigma Sigma Sigma Sorority Wisdom, Power, Faith, Hope, Love</p>	<p>Delta Tau Delta Fraternity Truth, Courage, Faith, Power</p>
<p>Delta Zeta Sorority Sisterhood, Scholarship, Service, Standards, Self, Social</p>	<p>Alpha Sigma Phi Fraternity Silence, Charity, Purity, Honor, Patriotism</p>
<p>Phi Lambda Phi Fraternity Brotherhood, Scholarship, Personal Development, Citizenship, Social Responsibility</p>	

Lioness crowned Teen Missouri

Miriah Ludtke
Staff Reporter

Cameras flashed on the evening of Aug. 11 as Lindenwood student Shenell Randall was crowned the 2013 National American Miss Teen Missouri.

Randall is a sophomore majoring in Musical Theater. She enjoys dancing, spending time with friends, participating in pageants, acting and modeling. She is also the captain of the hockey cheerleading team at LU.

Randall said she looks forward to her year-long reign.

"I'm most excited for Nationals," she said. "The National American Miss Pageant has their national pageant in California. As a state queen I get to compete and make friends with girls all over the United States, and we also get a tour of Hollywood and a day at Disney!"

Besides her new title, Randall also placed in the top five in Miss Teen Illinois USA 2012.

The USA pageant

system has a scholarship partnership with Lindenwood University. All semifinalists are offered scholarship opportunities; the higher the placement in the pageant, the higher the scholarship.

USA queens from several states are represented at LU because of these scholarships.

Randall looks forward to representing the state of Missouri at the national pageant in November and throughout the year by attending charity events and promoting her title.



Photo courtesy of Claudia Stevenson

2013 National American Miss Teen Missouri Shenell Randall

Weekly Movie Reviews

"We're the Millers"
R



Photo Courtesy of themovieblog.com



Chris Smith
Staff Reporter

"We're the Millers", released in theaters in early August, was one of those movies that will have viewers leaving the theater laughing.

"We're the Millers" is about small-time drug dealer David Burke, played by Jason Sudekis, that accepts a job from his boss to go smuggle a small amount of drugs over the Mexico/USA border.

He fears getting caught and realizes that his best opportunity is to hire a fake family and act like they are crossing the border returning from vacation.

His fake family, played by Jennifer Aniston, Emma Roberts and Will Poulter, act as if they are the perfect American family returning from their vacation in Mexico.

"We're the Millers" has plenty of surprises and plot twists as well. It's not one of those comedy movies that fail to keep the viewer's interest. It makes sure that the story stays entertaining.

Although the ending is a little predictable, "We're the Millers" serves up plenty of laughable moments to make this a must-see. Overall, this is a movie that all true comedy fans will want to see.

"The Blob"
Not Rated



Courtesy of lindenwood.edu/film



Lisbeth Sandoe Pedersen
Staff Reporter

Friday night in Young Hall auditorium the old 1958 science-fiction classic "The Blob" was played. Even though the auditorium in Young Hall was far from full on Friday night, "The Blob" managed to create a scary and very entertaining atmosphere for the audience.

The plot is this: a big blob comes from space to a small American town and eats everything in its way as it grows bigger. The teenager Steve, played by actor Steve Macqueen, and his girlfriend Jane discover the blob but struggle with convincing the adults in the town that they are telling the truth.

Despite the fact that "The Blob" is an old sci-fi made in the fifties with very bad special effects and adult actors trying to play teenagers, "The Blob" is still a timeless classic. It is not trying to be more or less than what it is, good and simple entertainment with both elements of science-fiction, horror, and comedy.

Even though "The Blob" is far from the greatest science fiction movie I've ever seen, I would highly recommend seeing this movie if you are in the mood for a good laugh with a timeless classic.

The Legacy is offering a special discount for student organizations!

Student organizations can now advertise their events in a whole new way.

Get a 2x4 ad for only \$30! (normally \$95)

OR

Get a 3x5 ad for only \$55! (normally \$165)

The Legacy newspaper has 2100 newspapers in circulation every week on and off campus. Don't miss this advertising opportunity to get your events talked about!

For more information, call 636-949-4336 or email us at lulegacy@lindenwood.edu



Local businesses around the St. Charles and St. Peters area show their support for Lindenwood University by joining in on the "Paint the Town Gold" campaign and sporting the colors black and gold.

Legacy Photo by Michael Sprague

Lindenwood Events:

Tuesday, Sept. 10th:

Read Whatever You Want Book Club

The book club will be in Butler Library in the group study room in the reference area on Tuesday, Sept. 10 at 12:30 p.m. Favorite reads of the past year will be discussed. For more information, visit the Reader's Advisory Guide on the Library website.

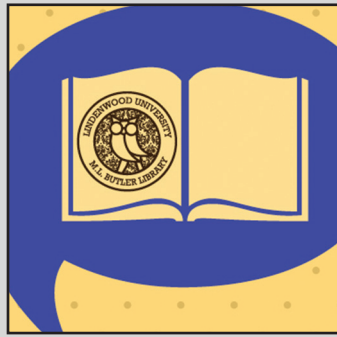


Photo Courtesy of lindenwood.edu

Coming to the LU Film Series:

Friday, Sept. 6th:
Brooklyn Castle (2012)



Brooklyn Castle is a documentary following five members of a junior high chess team through challenges and triumphs amidst their school's financial difficulties and budget cuts. **Chess Fever**, a short silent film, tells of a man obsessed with chess and his fed-up fiancée who can't escape the object of her irritation but who finds help in Capablanca, the world champion of chess. Photos courtesy of lindenwood.edu/film.

Saturday, Sept. 7th:
Chess Fever (1925)



Supplements VS Drugs: what consumers should consider

Alex Rosa
Staff Reporter

"Say no to drugs," is the main objective of the infamous D.A.R.E. program. The program is designed to reduce drug control trafficking and recreational abuse amongst the student body of our country. Focusing on "street drugs", however, the program fails to mention the real drugs that millions of people use on a daily basis. Not only are the real drugs unnoticed, the world of supplementation has been somehow hidden as well, so what's the difference between drugs and supplements?

An unfamiliar yet chilling word, "Pharmageddon," that a New York Times Best Selling Author, Dr. Mercola used to describe the latest upcoming possible threat to our lives, in an article titled "America's newest drug addicts; how legal drugs are destroying America". The term "Pharmageddon" is "the prospect of a world in which medicines and medicine produce more ill-health than health, and when medical progress does more harm than good" – which could arguably be at full bloom in today's world. Doctors today insist that drugs are the answer, in contrast to the

well-known D.A.R.E. programs claims.

Eating healthy is extremely difficult in a fast-paced society that is today, however a little research goes a long way. How do you know what to feed the body, well it is difficult to say, because everybody is different, therefore it is of utmost importance that the individual seek out their own needs. The Office of Dietary Supplements or ODS is a great place to start, where you can calculate exactly what your body needs, providing massive amounts of useful information that could change, correct, and potentially save lives.

The world of dietary supplements can help those who struggle with obesity, illness and many more challenging lifestyles, with much lower prices than those pills prescribed at the doctor's office, and with a shorter list of side effects as well, because herbs are not expensive, and minerals that our bodies are designed to use, will not have any room to fail if that specific ingredient is needed to support a function. Being healthy is not a goal, it is a lifestyle; one that could support a happier, successful life. Start today and feed your body right.

Weekly Music Reviews

Halcyon (Delux Edition) by Ellie Goulding

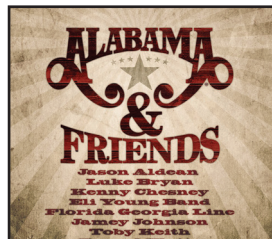


Photo Courtesy of elliegoulding.com



Rebecca Berin
Staff Reporter

Alabama and Friends by Various Artists



Courtesy of blog.tennessean.com



Rebecca Berin
Staff Reporter

Last week on Aug. 27 Ellie Goulding released a deluxe edition of her 2012 album "Halcyon Days".

"Halcyon Days" was released last year, but the deluxe edition which added on 13 more songs was released this past Tuesday. Though some fans were upset with having to either purchase a whole new album or each new song individually, they still were not disappointed with the quality of music Goulding often delivers.

With her mesmerizing, trance like voice and always fun beats this album delivers the songs fans expect such as her new song "Anything Could Happen" a fun and upbeat track. As well as a stunning ballad called "My Blood" which shows such a raw side of the artist, the emotion she gives off is also quite relatable.

A tribute album to Alabama was released on Tuesday, Aug. 27 with some of today's biggest country stars.

"Alabama and Friends" is a country star studded tribute album. Singers such as Jason Aldean, Luke Bryan, Rascal Flatts, and Florida Georgia Line pay tribute to the group Alabama. This album was an amazing collaboration but Luke Bryan, FGL, and Jamey Johnson stole the show.

Heartthrob, Luke Bryan sang "Love in the First Degree", with his talent he pulled the song off well. FGL sang "I'm in a Hurry (and I Don't Know Why)", their vocals were flawless proving why they're a fan favorite. Jamey Johnson sings "My Home's in Alabama", which he does gracefully. Johnson's voice is what you expect from a male country star. This song was a great showcase of that.

Butler Library Book Cart caters to student wants

Cayla Brown
Contributing Writer

There is a new way to check out books on campus this year, through the new Library Book Cart. About three times a semester, the cart will be transported to different locations around campus, each time with a different theme.

In order to make checking out a book easier, when the cart is around campus, students will be able to check out books directly from the cart. The book cart will be stocked with an array of books ranging from Young Adult Literature, *The New York Times* Best Seller List and just fun reads for everyday leisure.

Also available at the book cart will be information on upcoming events such as the "Faculty Read Series" and general information about the library and events such as the book club. The "Faculty Read Series" is a feature where faculty will speak on what they are passionate about for one night. All students are invited to come and listen, the first series being Religion.

The reason for all this is simple. The library staff wants to bring attention to all

the opportunities at the library, not only the selection of research sources, but the leisure reading and interest-based events. "We want to build a relationship with the students, to let the community know that we support them and want to interact," said project head Bianca Ray.

This is not the only new way to recognize the library staff, there has also been a poster created so students know who to look for when scouring the library for certain information. The poster includes pictures and the name and title of each staff member. "Even if we cannot know all the students, we would like them to be able to look for a specific face for their needs," said Ray.

For the next scheduled Book Cart day, the books will center on the idea of banned books, highlighting Banned Book Week. This will be on Sept. 24 in Evans Commons near the cafeteria. Any recommendations on books or locations for the cart will be greatly appreciated from students so that the library staff knows what will work best. To give your thoughts you can talk to anyone working the library cart or email Ray at BRay@lindenwood.edu.

Scheidegger brings big names to Lindenwood stage this Fall

Jason Wiese
Contributing Writer

The J. Scheidegger Center for the Arts has an upcoming fall season with shows for audiences of all ages.

Starting off the season, award-winning actor and comedian Martin Short will be performing at the Bezemes Family Theater on Sept. 14. Short first rose to prominence as being part of the cast of *Saturday Night Live* in the 80s. Now with a Primetime Emmy and Tony award under his belt, he has become one of the most celebrated comedians of his generation.

October's scheduled performers promise a variety of excitement. From Oct. 3-5 the theater department is producing Michael Frayn's farcical play within a play *Noises Off*, which has been deemed by England's *Daily*

Telegraph as the "funniest comedy ever written" and Jason Robert's Brown's *The Last Five Years*, an intimate musical chronicling the relationship between a writer and an actress, on Oct. 25 and 26. Grammy-winner Debby Boone brings her 1960s Las Vegas-inspired show *Swing This* to Scheidegger on Oct. 12, accompanied by the Tommy Dorsey Orchestra. Country legend Lynn Anderson and former teen idol Frankie Avalon are also scheduled to perform on Oct. 18-19.

Lindenwood students are given their moment at the annual Fall Dance Concert on Oct. 31-Nov. 2 and Fall Music series on Nov. 4, 5 and 7, featuring the LU Dance Department, choir, orchestra, jazz band, and more.

There will be plenty of holiday cheer this Winter.



Courtesy of lindenwood.edu/center

LU tradition, Charles Dickens's *A Christmas Carol* will run Dec. 5-7 at the Bezemes Family Theater. Also, The Letterman, a trio of male pop vocal performers, will perform on Dec. 13-14, as well as the Lennon Sisters, who will be joined by granddaughters, on Dec. 15. Marilyn McCoo & Billy Davis, Jr, former vocalists of The 5th Dimension, are also scheduled to perform their holiday concert on Dec. 20-21.

For more information on the season visit lindenwood.edu/center/.

Local Events

- An art break day will be on Sep. 6 at the Foundry Art Centre from 10 a.m. to 5 p.m. For more information, call 636-255-0270 or visit foundryartcentre.org.
- Middle Eastern Dance Workshops and a performance will be in Room 203 of the College Center and the auditorium of the Social Sciences Building at St. Charles Community College on Sep. 7-8. Call 636-922-8233 or visit stchas.edu/learnforlife.
- Social dance classes starts at St. Charles Community College on Sep. 9. To register, call 636-922-8233 or visit stchas.edu/dance.
- Painting with soft pastel class will be on Tuesdays Sep. 10- Oct. 15 from 7 p.m. to 9 p.m. at St. Charles Community College. To register, call 636-922-8233 or visit stchas.edu/learnforlife.
- Saint Charles Riverfront Arts is presenting an artist's workshop from 6:30 p.m. to 8:30 p.m. Sep. 11- Oct. 16 at the St. Charles Parks and Recreation's Memorial Hall in Blanchette Park. For more information, contact Lou Cariffe at 636-399-5345 or lcariffe@sbeglobal.net.
- Celebrate St. Peters will be on Sep. 20 from 5 p.m. to 10:30 p.m. and Sep. 21 from 10 a.m. to 10:30 p.m. There will be carnival rides and performances including, a ZZ Top tribute and The Fabulous Motown Revue.
- The Celebrate St. Peters race around the Lake 10k is Sep. 22 at 8 a.m. There is also a 1-mile fun run that begins at 8:10 a.m. Register online at stpetersmo.net/rec-plex or at the St. Peters Rec-Plex.
- The St. Peters Rec-Plex Fall Triathlon will be on Sep. 29 at 7:30 a.m. Making up the triathlon is a 500-meter swim, a 21 mile bicycle ride and a 4.8 mile run. Register online at stpetersmo.net/rec-plex.
- St. Charles Municipal Band Concerts will be on Thursdays in Frontier Park in downtown St. Charles at 8 p.m.
- Dean Christopher is presenting a Tribute to the Rat Pack on Sep. 6 at 7 p.m. at St. Peters Cultural Arts Centre.
- At the Foundry Art Centre will be Man in Black: The Music of Johnny Cash starring Robert Shaw and his Lonely Street Band. The performance will begin at 7 p.m. on Sep. 13.
- The "It's About Time: Past, Present and Future" Art Exhibition will be on display at St. Charles Community College through Sep. 20. The opening reception is on Sep. 4 from 6 p.m. to 8 p.m.
- A Farmers Market will be from 7 a.m. to 12 p.m. every Saturday until Oct. 26. The market is located on the lot of the Foundry Art Centre.
- There will be a jam session every Wednesday from 7 p.m. to 9 p.m. at the St. Peters Cultural Arts Centre. Artists and those who just want to watch are welcome. For more information, visit st.petersmo.net.



2013 Lion Football Preview

Schedule

Thursday vs. Lincoln (Mo.)

The Lions made their MIAA debut last season defeating the Lincoln Lions 49-28. Lincoln was predicted to finish last in recent MIAA pre-season polls.

Sept. 14 at Southwest Baptist

Bolivar, Missouri will be where Lindenwood gets their first road test of the season. SBU struggled, starting the season just 1-8.

Sept. 21 at Central Missouri

UCM delivered the Lions with their first loss of the season last year. The Mules scored the game-winning touchdown with just three minutes left to win 35-28.

Sept. 28 vs. Missouri S&T

The Miners of S&T went 10-1 last season in the Great Lakes Valley Conference. They travel to Hunter Stadium where the Lions are 14-4 over the last three seasons.

Oct. 5 at Nebraska-Kearney

In the MIAA Game of the Week, LU will look to replicate its 2012 performance in which many single game offensive records were broken

Oct. 12 vs Fort Hays State

What could be a measuring game, Fort Hays was predicted to finish in the middle of the MIAA this season. Last year The Lions squeaked by the Lopers 20-17.

Oct. 19 vs Emporia State

Lindenwood will host the Emporia State Hornets in the annual homecoming game. The Lions were shutout in last season's matchup, losing 13-0.

Oct. 26 at Washburn

The Lions will travel to Topeka, Kansas with revenge on their minds. Within the last 23 seconds, the Ichabods ran in for a go ahead touchdown to win 19-16.

Nov. 2 at Missouri Southern

In the fina road trip of the season, Lindenwood travels to Joplin to face the Lions. Former MSSU defensive tackle was taken in the third round of the 2013 NFL Draft.

Nov. 9 vs Pittsburg State

MIAA Game of the Week. In the MIAA polls, Pittsburg State is ranked just one spot higher than Lindenwood receiving, two first-place votes.

Phillip Scherer

Staff Reporter

As the Lions football team enters the 2013 season, there is much excitement as well as many question marks that could decide the fate of this season. After finishing last year with a record of 8-4 (7-3) and advancing to the Mineral Water Bowl in their first year in the MIAA, they enter this season with an added motivator: the ability to compete in postseason play for the first time in four years.

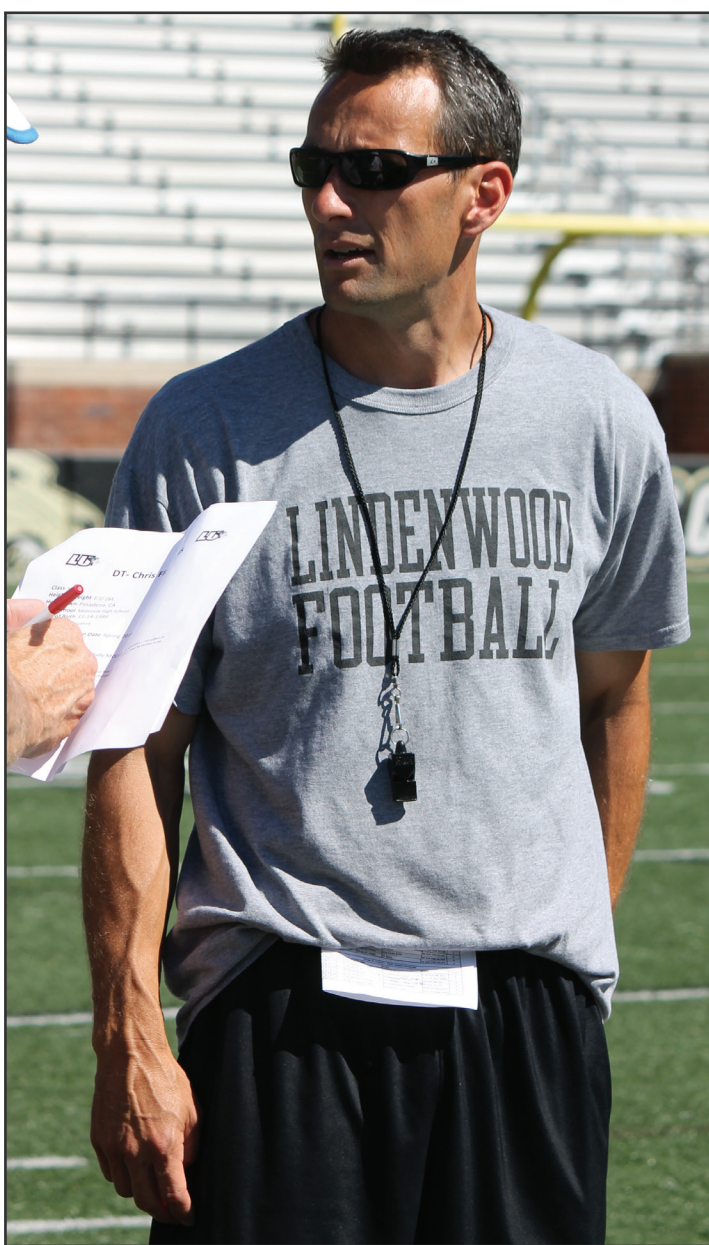
Beginning on September 1, Lindenwood athletics will become an active member of NCAA Division II, making them eligible for the postseason and the national championship for the first time in four seasons. Pre-season All American Pierre Desir, a senior cornerback, believes that the possibility of postseason will provide extra motivation for the team.

"I think everyone is looking to go further than we did last year, even though we were able to go to a bowl game. Our goal starting this year is to make it into the playoffs and reach the national championship. Everyone just gives that little extra effort so we are able to make that push," Desir said.

One of the largest question marks facing the team is its lack of experience on the defensive side of the ball, something that has provided an opportunity for Connor Harris, last season's leading tackler, who has been nominated as a captain for the first time.

"I was very excited to be nominated as a captain, being only a sophomore. It shows the kind of trust I have from the players on this team. I'm just trying to help everyone get better and succeed as a team," Harris said.

The issue of inexperience also spreads to the offensive players, who will be forced to regroup this season without two of the top players in program history, wide receiver Andrew Helmick and running back Dedonus O'Bryant. Despite the numerous accomplishments achieved by these players during their tenure, red shirt junior wide receiver Alex Robinson believes that the current corps of receivers is more than capable of filling the void.



Legacy Photos by Michael Sprague
Above: Head coach Patrick Ross talks with an NFL scout during practice. Left: Former player Malach Radigan is among seven new graduate assistants to join the staff this year. Below: Junior Alex Robinson sheds a coaches block during practice. Robinson will be a big target for sophomore Dillon Miller this year.



"It wasn't just Andrew that helped this team in the past. We all helped Andrew to get better, so obviously we wish he was still here, but people will definitely step up and we've already seen that in practice thus far," Robinson said.

With the offense hoping to be just as explosive as in previous seasons, consistent quarterback play will be a key. After a quarterback battle that lasted through most of the preseason practices, sophomore Dillon Miller has been named the starter over senior Ben Gomez. Coach Patrick Ross said that the decision was very difficult. "Both Ben and Dillon are playing extremely well. It was one of the toughest decisions that we have ever had to make as a staff because not only are they both very good football players but

they are also great leaders and people."

Regardless of the various questions about inexperience surrounding this team, they believe that beginning with their season opener against Lincoln University in Missouri on September 5th, they have the ability to go very far as a team. Alex Robinson said, "The goal for this team is to ultimately win the national championship. We are extremely confident and always stay that way, which is why I love coming here. Everyone comes in every single day ready to work and achieve our ultimate goal."

Follow Phillip Scherer on Twitter @Phillip_Scherer

DEFENSE

3	Pierre Desir	CB	6-2	206	Sr.
19	Corey King	CB	5-10	180	So.
31	Terrence Brunson	CB	5-9	185	Jr.
	Brandon Howard	CB	5-9	153	Fr.
2	D'Andre Green	DB	5-11	190	Jr.
8	Dante Lewis	DB	5-11	190	Jr.
9	Roderick Ryles	DB	6-1	200	So.
13	Jalin Brown	DB	5-11	190	So.
18	Brian Hawthorne	DB	5-10	175	Jr.
20	Samson Si'a	DB	6-4	230	Fr.
28	Adam Trotter	DB	5-11	200	Jr.
30	Tyler Walker	DB	5-10	175	Fr.
37	Wesley Thomas	DB	5-10	170	Fr.
47	Orlando Woolens	DB	5-9	155	Fr.
	Austin Davis	DB	5-11	178	So.
	Kez Demby	DB	6-0	170	Fr.
	DJ Hicks	DB	6-0	200	Fr.
	Aris Irizarry	DB	6-0	185	Fr.
	Traveon Stevenson	DB	5-9	170	Fr.
34	Wes Kuhn	DE	6-1	235	So.
41	Devin Davis	DE	6-1	225	Jr.
42	Xavier Warren	DE	6-2	230	Jr.
44	D'Wayne Ward	DE	6-1	230	So.
51	Justin Taylor	DE	6-1	255	Fr.
52	Nick Granberry	DE	6-3	250	Fr.
54	Efrain Zendejas	DE	6-2	235	Jr.
65	Alex Armstrong	DE	6-1	230	Fr.
85	Thomas Stubbs	DE	6-5	255	Sr.
91	Skyler Suggs	DE	6-4	240	Jr.
94	Justin Jackson	DE	6-3	230	Fr.
95	Ryan Mack	DE	6-4	252	Jr.
97	Phillip Posley	DE	6-1	235	Fr.
99	Kwame Featherston	DL	6-2	304	Jr.
45	Chris Floyd	DT	6-2	284	Sr.
60	Derek van Kluyve	DT	6-2	280	Jr.
62	Quintin Reed	DT	6-2	265	So.
63	Jeremiah Haynes	DT	6-2	250	So.
64	DeShawn Lawson	DT	6-3	255	Fr.
90	Jamaal Fears	DT	6-2	300	Fr.
93	Chaz Fulton	DT	6-1	258	Jr.
98	Steven Butler	DT	6-3	300	Jr.
35	James Neal	K	5-7	140	Sr.
	Brandon White	K	5-11	160	So.
10	Steven Pace	LB	6-2	215	So.
16	Connor Harris	LB	6-0	235	So.
22	Dillon Hawkins	LB	6-0	220	Jr.
24	A.J. Chappelle	LB	5-10	205	So.
32	Nick Grubbs	LB	6-1	206	Jr.
33	Cortland Dunlap	LB	6-1	230	So.
46	Clint Koons	LB	6-1	215	Fr.
49	Filip Jonsson	LB	5-11	227	Sr.
53	JT Wells	LB	5-9	175	So.
57	Johnathan Wells	LB	6-1	230	So.
58	Nico Giokaris	LB	6-0	210	Sr.
	Kylann Clayborn	LB	6-2	220	Fr.
	David Simmons	LB	5-10	205	Fr.
92	Andrew Bair	LS	6-3	220	Fr.

OFFENSE

55	Clint Merka	OL	6-3	290	Fr.
56	Austin Heath	OL	6-2	277	So.
59	Aaron Robinson	OL	6-3	275	Fr.
61	Berry Benedict	OL	6-2	250	Fr.
66	Zach Panitzke	OL	6-1	270	Fr.
67	J.T. Young	OL	6-2	309	So.
68	Akil Williams	OL	6-1	290	Fr.
69	Bobby McCabe	OL	6-5	280	Fr.
70	Alex Dole	OL	6-4	305	Jr.
71	John Keltner	OL	6-1	270	Fr.
72	Jose Zuniga	OL	6-2	275	Sr.
73	Steven Davis	OL	6-5	316	Sr.
74	Lucas Sandheinrich	OL	6-4	275	Fr.
75	Derek Gurnea	OL	6-4	240	Fr.
76	Jacob Heneisen	OL	6-3	281	Jr.
77	Wyatt Mohrmann	OL	6-3	292	Fr.
78	Alex Zendejas	OL	6-4	296	Jr.
79	Zack Yost	OL	6-5	285	Fr.
	Stephen Gorczyca	OL	6-3	290	Fr.
36	Edward Burns	P/PK	6-0	195	Jr.
38	Anderson Oliva	PK	6-0	181	Sr.
	Brady Hawkes	PK	5-8	160	Fr.
11	Ben Gomez	QB	6-0	201	Sr.
12	Dillon Miller	QB	6-0	195	So.
14	Scott Kroeger	QB	5-11	175	Fr.
	Nate Mills	QB	6-0	205	Fr.
21	Marvin Byrd	RB	5-10	194	Jr.
25	Jared Rayford	RB	5-9	185	Fr.
26	Scott Prealow	RB	5-7	170	Fr.
29	Max Williams	RB	5-10	210	So.
39	Gabe Caine	RB	6-0	195	Jr.
48	Tim Grosch	RB	5-9	175	Fr.
	Terrance Williams	RB	5-7	175	Fr.
4	PJ DeBey	TE	6-1	215	So.
1	Alex Robinson	WR	5-9	178	Jr.
6	Terance Jackson	WR	6-2	183	Sr.
7	Sam Sealer	WR	6-0	190	So.
15	Tyrian Taylor	WR	5-9	175	Fr.
17	Jaron Alexander	WR	6-0	175	So.
23	Chase Stewart	WR	6-1	200	Jr.
80	Jordan Gater	WR	5-10	178	So.
82	Brendan Norwine	WR	6-2	180	Fr.
83	Blake Arnette	WR	5-10	184	Sr.
84	Jacob McDermott	WR	6-0	183	So.
86	Travis Mitchell	WR	6-3	202	So.
87	Tre' Roby	WR	5-8	150	Fr.
89	Greg Coble	WR	6-2	180	Jr.

FOOTBALL SEASON TICKETS ON SALE NOW!!!



Legacy Photo by Romain Polge

The Sand Volleyball courts are a new addition to campus this semester and are situated in between Pfremer Hall and the parking lot for the Hyland Arena

Sand volleyball courts added to campus

Sabrina Schuppe
Staff Reporter

Lindenwood University is not only greatly known for their academics, but also for the sports and activities on campus as well. As of Sept. 1, Lindenwood will finally be recognized as a member of the NCAA II.

Last week, the construction of brand new sand volleyball courts located between Pfremer Hall and the parking lot of the Hyland Arena was completed. "The location is perfect. It's not by a busy road or street, the Evans Commons is right next to it for IM leagues, and the neighboring lake provides good scenery and atmosphere," said Martin Ercoline, Resident

Director of Pfremer Hall.

When asked if the volleyball courts would disturb the students' studies in Pfremer, Ercoline said, "I do not think this will interrupt the study of my residents. We have thick walls which barely let the loud lifestyle of freshmen boys spread through the halls."

The weather has been beautiful and if you have not been to the new sand volleyball courts get there as soon as possible. Take advantage of this new luxury before winter comes!

The courts are open to any and all LU students for pick-up games, tournaments or just small-group fun.

Cross Country ready for season

John Tessmer
Staff Reporter

While it may only be Cross Country coach Randy Coles' second year at LU, things are looking good for the program going into the 2013 season.

With a smaller team here at LU (the men's team has eight runners, and the women carry seven runners), Coach Cole is looking to increase the program to about 12 to 15 serious minded, talented runners on the men's and women's side in the coming years.

"In the coming years we need depth. The quality is there, but not the depth," Cole said.

The team began training for the season on August 19. Athletes have to be very dedicated, having practice at 5:30 a.m., in order to stay out of this

hot and humid Missouri weather.

"Right now, we're just kind of assessing where everyone's fitness level is after summer training. We are continuing off of that now. We have a few weeks until we actually train for races," Cole said.

With the exception of team leaders Ben McGraw, Aaron Parker and Courtney Heidorn, LU has a fairly young team, with seven freshmen and five sophomores.

Some runners to watch on the women's side include: Courtney Heidorn, Aaryn Edge and newcomers, Ann Tum Cherotich and Amando Brisso.

"Courtney is a top returnee and will do a very good job for us this season," Cole said

Newcomers on the Men's side include:

Nick Stewart out of McClellan North, Colin Cernick from Ladue, Travis Staebell from Hazelwood West and walk on freshman David Sjogren from Sweden. Keep an eye out for returning runners Ben McGraw, Brady Novac and Eric Parker. The trio is expected to have a big role in the team's success this upcoming season.

With this being Lindenwood's first official season as a part of the NCAA, the team or individuals will be eligible to make it to Nationals in Spokane, Wash.

Both teams will begin the season at the Truman State University Dual in St. Charles on the Katy Trail at 5 p.m. on Sept. 5



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