



LIONS BASKETBALL

THE LEGACY



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Area Venezuelans unite

Constanza Flores
Staff Reporter

The local Venezuelan community held a peaceful protest on Feb. 22 to speak out against the human rights violations that taking place in Venezuela.

In the past 10 days, Venezuela

has seen eight students lose their lives and more than 100 people injured.

Venezuela has suffered problems such as insecurity for the past 15 years.

President Nicolas Maduro, has been accused of repression.

On Saturday, area Venezuelans met at the gazebo to pray for the violent situation. They called for an end to the death, hate and fear.

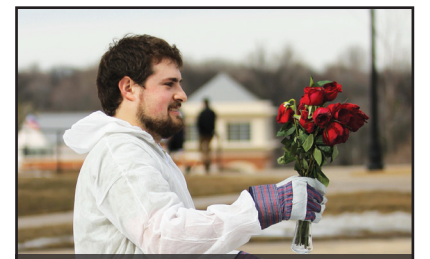
Arnaldo Salazar, the host of the event, decided to organize the event because the situation in Venezuela is becoming worse and he wanted

to give support to the country.

“I decided to make an event in which all the Venezuelans in the St. Louis area come together so we could pray together and send a spiritual message to our people and our family,” said Salazar.

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Dumpster dive



Legacy Photo by Romain Polge
Aaron Kothe finds roses in LU's trash.

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Tuition increase explained

Miriah Ludtke
Contributing Writer

The recently approved tuition increase of \$430 for undergraduates and \$215 for graduate students is necessary to support staff raises and to cover increased university utility bills, according to President James Evans.

The increase includes both a tuition increase and a \$90 increase in room and board.

Evans said the increase is normal and is even slightly lower than comparable schools in the St. Louis area, such as Maryville and Webster University.

Evans also said students will continue to see raises in their tuition price. He said the enrollment has leveled off, and tuition increases will help to cover the rise in university expenses. The future increases will likely fall between 2 and 3 percent.

He said the current increase is to cover expenses related to faculty that primarily serves students. This faculty increase will cost LU \$2.4 million in the upcoming school year. LU also provides raises yearly to faculty, the current raise being 3 percent, contributing to the tuition increase. This 3 percent faculty raise will cost the university around \$1.7 million overall.

To accommodate for students who may be financially affected by the tuition increase, LU has annually added extra funds to the scholarship endowment.

“The number of scholarships rises every year. For next year, we have a \$1.1 million increase in scholarships, just in the scholarships Lindenwood gives students. Last year the amount of Lindenwood scholarship increase was \$5.5 million,” said Evans.

“This modest increase will help Lindenwood deal with rising costs and maintain the high quality academic experience our students currently enjoy.”



Legacy Photo by Romain Polge

Ibrain Ledezma holds a sign that reads “Far away but not absent.” The group gathered on Saturday to protest the violence and oppression in Venezuela.

ROTC travels to Wash U for training exercises

Cayla Brown
Contributing Writer

The smell of gunpowder smoke filled the air as MS3s, a third year cadet, went to the shooting range and practiced rifle handling while MS1s and 2s completed their first land navigation mission of the weekend. After that, it was a constant pace all weekend with missions, platoon drills, and land navigations. Strategic Tactical Exercises, STX, small, squad-sized missions, were completed early the next day with a larger platoon-sized mission completed in the afternoon. The final day was one long STX lane that included smaller missions.

These drills and trainings are common for the cadets of the Army Reserved Officers' Training Corps, especially on Field Training Exercise weekends such as the one held this weekend in Weldon Springs.

Lindenwood Army ROTC is a part of the Gateway Battalion which is made up of different universities located around St. Louis including SLU, Webster, MBU and UMSL, but the entire program is based out of

Washington University.

What this means for Lindenwood Army ROTC cadets is that once or twice a week they drive down to Wash U to do labs, classes on military tactics, safety and training exercises.

Three times a week in the morning all the cadets have physical training or PT for the cadets to meet the rigorous physical demands of the military and extra practice of lab information. Everything done during these training times is to help build muscle memory and prepare cadets for their futures.

When they become officers in the Army, any combat situation is possible, from close combat to long range, anywhere between an urban setting to an unpopulated rural area. This program practices all types of scenarios to help the future officers be ready.

“I have always wanted to join the Army and become an officer,” Cadet John Martinez. “Being a leader comes naturally to me and I think this program builds a lot of character.”

ROTC is about learning and *Continued on Page 2*

Wheelchair basketball among adaptive sports played on Sibley Day

Corrin Scriber
Contributing Writer

Imagine dribbling down the basketball court and taking a jump shot without using your legs.

Imagine, not being able to run or jump but still being able to play basketball.

That is what wheelchair basketball is.

Later in the afternoon on Sibley Day people had the chance to experience this game in the Hyland Arena.

This game was a part of the event called Adaptive Sports.

This event was run by Heather Rennington, the School of Recreation, Sports, and Exercise Sciences.

The rules of basketball are kept the same even though you are in a wheelchair.

The hoop is still set at 10-foot high and you play on the standard basketball court.

Of course, “traveling” is modified a little bit.

A player has to pass or shoot the ball after they touch their wheels

more than twice after receiving or dribbling the basketball.

So, learning how to play wheelchair basketball is pretty simple.

“Wheelchair basketball was a fun way to get a better perspective on the difficulties people with disabilities face everyday, I am glad that I came,” said Chris, who is a physical education major.

Goalball and Sit Volleyball were also played.

To get more information on this event, you can speak to Heather Rennington who is a teacher here at LU.

Also, you can visit the website, adaptivesports.org.

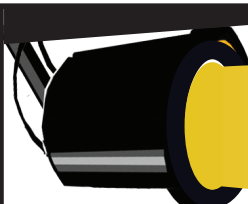


Legacy Photo by Lindsey Rae Vaughn
Desiree Martinez chasing a ball during the wheelchair basketball event.

7-Day Forecast

Weather taken from Weather.com, accurate as of 2/24 @ 12:00 a.m.

Tuesday H 35 L 7 2/25	Wednesday H 26 L 19 2/26	Thursday H 28 L 16 2/27	Friday H 31 L 17 2/28	Saturday H 26 L 14 3/1	Sunday H 31 L 14 3/2	Monday H 23 L 8 3/3
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IN THE SPOTLIGHT

LU Student Ambassadors

Emily Adair
News Editor

Often considered the faces of LU, the mentors in the Student Ambassadors program are available to help students find what they need. "Any student can ask us questions. If they're lost,

have questions or they just need someone to talk to, that's what we're here for," ambassador Taylor Kudalis said.

In addition to mentoring students, the Student Ambassadors direct tours during campus visits and assist the admissions

counselors. Ambassadors are also available during the First-Year Experience to help students who are new to campus.

The Student Ambassadors provided hot chocolate on Sibley Day but are currently focusing more on expansion and awareness than hosting

events, according to Kudalis. "Anyone with role model qualities can be an ambassador," she said, "So if you can speak in front of a crowd or show any leadership qualities, you could join."

Ambassadors should have a resume, a 2.5 GPA and a flexible schedule.

Student Ambassadors meets every other Monday at 5 p.m. in the Welcome Center. The group can be followed on Facebook and Twitter.

For more information or to join the organization, email ambassadorsorg@lionmail.lindenwood.edu.

Each week this series will showcase one of LU's many student clubs and organizations. It will not eliminate the potential for an organization to be covered elsewhere in the paper, it merely introduces readers to opportunities for campus involvement.

Winds damage campus

Aeriel Niccum
Staff Reporter

High winds last week have damaged the roofs of 22 buildings associated with Lindenwood's main campus, according to Director of Facilities Joyce Norman.

According to Norman, Cobbs, Parker, Guffey and Blanton Halls, the Spellmann Campus Center, Evans Commons, the Spirit Shoppe and the Clark building on Kingshighway all have moderate roof damage. Additionally, 15 residential houses have moderate damage.

According to Norman, shingles are kept in stock but are purchased as needed, depending upon the situation and color of the roofing.

Norman said she is grateful for the grounds department.

"Bless their hearts for dealing with the snow and ice and now dealing with the wind. They're the ones who have to pick up the shingles, trash, trash cans and other things that are strewn out across campus," said Norman.

According to Norman maintenance hopes to have all damaged roofing fixed by the end of this week. There is no word as to the cost of repairs.

Venezuela=

Continued from Page 1

According to Salazar, the event change. He believes that the support of international community can eventually help to fix Venezuela's problem.

He said the support of all communities is essential to change the current situation. "Venezuelans all over USA have been protesting, as in other countries. The importance is that we all protest," Salazar added.

More than 21,000 Venezuelans have died by common murder in the past year.

Currently the government shutdown NTN24 TV channel by revoking press credentials for CNN journalists. Venezuelans' right to free speech has been suppressed.

Protests have occurred all over the country, though the government has criminalized the very act of protesting.

Also, security forces violently repressed those who had been protesting against the government. Dozens of protestors have been injured, arrested and some of them killed.

Daniela Ibarra, a Venezuelan LU student, said that being in another country and seeing what is happening in Venezuela is heartbreaking.

"Our country is divided and the people are being oppressed by our government. We are fighting for our civil rights, and we are fighting for our human rights," she said. "Today, Venezuelans all around the world are getting together to pray for our country and for peace," Ibarra said.

"As an international student, all I want is to be able to go back to my country and be with my family," Ibarra added.

ROTC

Continued from Page 1

training to become an officer. Cadre, commissioned officers in the Army, teach the labs and supervise all the training done by cadets. The Cadre use data and regulations from the military and give their experience when teaching the cadets.

On FTX, Field Training Exercise, weekends such

as this past weekend, senior cadets planned and executed all the events with critique and assistance from the Cadre. Also, the Cadre added random variables to the missions such as randomly changing leadership or adding indirect fire.

The entire weekend was about training, practicing and helping other cadets

advance themselves.

"It is a different focus when training for becoming an officer, we look for adaptability and decisions need to be aggressive. Figuring out plans on site is important because you are always going into some unknown," said Major Derek Martin, one of the Cadre on the weekend.

Overall, safety is first and foremost when doing anything in ROTC. Whether handling weapons with live or blank ammunition or going on hikes through the woods, strict safety protocol is followed with no excuses.

Eye protection and helmets are worn most times, especially when handling rifles or going through dangerous areas such as woods toward enemy targets. These

individuals will be risking their lives, so every detail matters.

"FTX as an MS2, I felt I got to see and learn a lot about how to prepare myself for being an MS3," said Cadet Marcus Prosser. Even though the cadets have a lot of fun, they do have to remain serious in certain situations because everything they learn now is in preparation for future service.

Even though the whole program is a commitment for each of the men and women who go through it, the individual cadet is their own person even when in the uniform. He or she may love sunflower seeds or push pops. They all have varying interests and different plans, but the cadets all agree they want to challenge themselves and serve their country with a resounding, "Hooah!"

LU's program offers scholarships to cadets enrolled in ROTC.

Enrollment program does not mean that an individual is contracted or signed with the military.

ROTC is open to anyone who wants to become an officer or serve in the military, including previous service members.

For more information contact Lee Rodriguez at 314-935-5521 or lee.e.rodriguez@wustl.edu.

Study tips shared on Sibley Day

Carla Menendez
Contributing Writer

It is not unusual for students to struggle with the demands of college classes. This could be due to ineffective study techniques.

Cynthia Fadler shared ideas on learning more while studying less on Sibley Day.

She exposed common techniques that students use to study and evaluated the advantages and disadvantages of each one.

In her speech, Fadler discussed inefficient techniques that students commonly use like highlighting, re-reading and summarizing.

Fadler said highlighting was "bad for application," and it does not guarantee the retention of information. Re-reading wastes time.

Summarizing depends on the importance of the content being summarized.

Fadler said methods like elaboration, testing and spacing can help students better learn.

Elaboration gives an explanation for "why" and adds information to prior facts learned.

Testing strengthens the connection between the answer and question. Spacing prevents procrastination.

Fadler said the best way to study is by "studying throughout the semester, mix things up and finally test yourselves."



Legacy Photo by Cayla Brown
Cadet Anthony Jackson maintained security on the roadside as the platoon prepared to move to a safe.

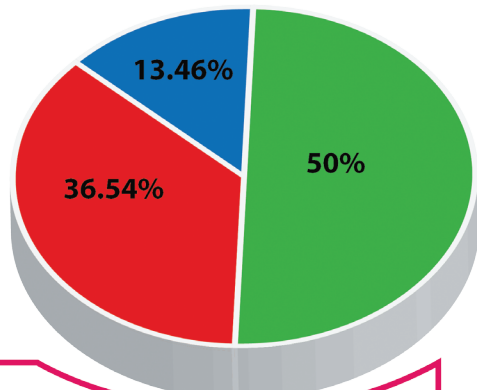


Legacy Photo by Cayla Brown
During a simulated mission, cadets Brady Hawkes and Seth Landon carry their "wounded and unconscious" comrade Marcus Prosser to a safe location away from enemy fire.

HOW DO YOU FEEL ABOUT A CAMPUS-WIDE SMOKING BAN?

The Legacy's online survey had 52 respondents. Here are some of the comments received:

- FOR
- AGAINST
- INDIFFERENT



For the ban:

"I am tired of walking to class and smelling like smoke just because the sidewalks have become overflowing with smokers. I really don't want to smell like smoke, or breathe in the secondhand smoke, and I would also like people to realize e-cigarettes are just as toxic for you and only avert your addiction off of cigarettes."
"When people smoke on campus, they harm others around them. I want this ban to pass."

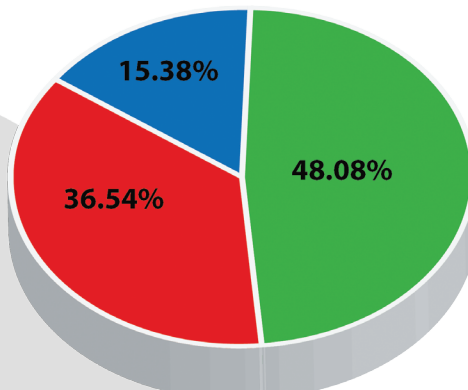
Compromise:

"I believe there should be designated smoking areas for students with strict fines if they don't use them, but I don't believe in banning smoking altogether. It would be unfair as smoking is legal to anybody over 18."
"Even if they don't entirely ban smoking, at least move the "designated smoking areas" away from the entrances of buildings or have a stricter enforcement of these areas."
"I think the designated smoking areas are a good idea and in my experience they're working just fine. I don't smoke but I don't like the idea of telling people they can't smoke on campus."

Against the ban:

"I'm not a smoker, but this would [in my humble opinion] be going too far for the university."
"A ban on smoking may lead to more student frustration as the visitation and dry campus rules are already points of frustration."

DO YOU BELIEVE E-CIGARETTES ARE A BETTER OPTION?



- YES
- NO
- INDIFFERENT

Legacy graphic by Cameron Poindexter

Got trash?

Dumpster dive yields 227 lbs. of recyclables

Cayla Brown
Contributing Writer

To demonstrate that the majority of LU's dumpsters contain recyclables, the

Sustainability Alliance hosted a "Dumpster Dive" on Sibley Day.

The group sorted almost 300 lbs. of trash in front of the Spellmann clock

tower. The trash sorted was collected from dumpsters around campus.

Only 64 lbs., less than a quarter of all the trash collected was non-recyclable. Sorted out was 43 lbs. of organic, compostable material, 47 lbs. of glass, 49.5 lbs. of cardboard, 37.5 lbs. of paper, 31.5 lbs. of plastic, and 18.5 lbs. of metal. The items ranged from fast food throw away to cast-offs from LU cafeterias.

The Sustainability Alliance found that 78 percent of materials sorted was able to either be recycled or composted, not including liquid waste and electronics found in the trash.

President of the Sustainability Alliance Aaron Kothe said, "the fact that 78 percent of what we send to landfills could have been recycled is ridiculous and sad. Our campus needs recycling reform, and that starts with the students."



Legacy Photo by Romain Polge

Ryan Amos inspects a trashed lunch during Sustainability Alliance's Dumpster Dive event on Sibley Day.

Steady growth seen after Rush Week

Connor Johnson
Staff Reporter

The Interfraternity Council, also known as the IFC, held a Fraternity Rush Week last week.

The week included an Orientation Night, A Big Pink Volleyball Tournament a Call of Duty tournament and individual chapter events.

Andrea Keller, Assistant Director of Student Life and Leadership and Greek Life, said that this past rush week was on par with the spring recruitment of last year, and spring recruitments in previous years have always had a smaller turnout of potential members compared to fall recruitments.

"Fraternity rush has been a great week with a lot of really good events but it is important for men on campus to know that they can join throughout the semester," she said.

"It was also a good opportunity for men on campus to see that fraternities at Lindenwood do not embody the stereotypical image that the media portrays," Keller said.

Since joining the LU staff last year, Keller said that overall awareness, membership and the image of Greek Life on this campus have become more positive.

This reality can be observed in the attendance of nearly 50 men at the Call of Duty tournament and the growth of both Delta Tau Delta, which currently has 26 active members, and Phi Lambda Phi, which currently has 13 active members.

Along with Keller, people involved with both of these fraternities are optimistic about the future of their individual chapters, and the Greek Life system

as a whole.

Francesco Polizzi, vice president of finances and scholarship for the Interfraternity Council and vice president for Delta Tau Delta, said that he felt that overall the Fraternity Rush Week was a success.

"I think we got a lot of great guys to come out, and we had a great turnout for the Call of Duty tournament on Sibley Day. Greek Life is continually expanding and we are excited to see awareness and interests grow as Greek Life has an increasing presence at Lindenwood."

Though the official Fraternity Rush Week has concluded all qualified men are able to pledge both fraternities throughout the semester.

For more information, contact Tyler Hoferlin, vice president of recruitment at IFCRecruitment@lindenwood.edu.

Names that built LU

Legacy Graphic by Cameron Poindexter

"Names that built LU" profiles 28 campus buildings named after LU personnel.

Each week, we will uncover the stories behind these people, and how they shaped LU.



Image from the Ladue News

Board members Ben Blanton (left) and Duane Flowers (right) attend the 2012 Lou Brock Golf Classic.



Legacy Photo by Michael Sprague

Flowers Hall was dedicated to the Flowers family after it was built in 2003.

Flowers dedication a family

Michael Sprague
Style Editor

The dedication of Flowers Hall was among the new-age building dedications at LU. The building was dedicated to the Flowers family shortly after being built in 2003.

Duane Flowers did not attend Lindenwood. He did not join the Lindenwood scene until the mid-90's.

Flowers was named to the Lindenwood Board of Directors in May of 1995 along with Joseph Mathews and David Cosby.

Entering the LU picture at the start of The Heritage Campaign,

these men were a part of Lindenwood's biggest expansion project that added The Spellmann Center, Blanton Hall and Guffey Hall.

Flowers earned his degree in business administration from Greenville College in Greenville, Ill., in 1965.

Flowers was the president of Bass-Mollett Inc., a printing company dedicated to funeral products.

The company operates out of Greenville, Ill., and the presidency of the company was recently turned over to the son of Duane, John Flowers.

He and his wife Linda have a scholarship fund set up at LU. The couple are also members of the university's Butler Society and the Heritage Society.

When a new round of dorms were built in the early 2000s, it was fitting that Mathews and Flowers both had their names donned on the buildings.

Correction: Last week's issue implied that Harmon Hall was dedicated solely to Raymond Harmon, but it was a dedication to the whole family.

Visit lindenlink.com for an interactive timeline of past stories.

Eating disorders affect nearly 8 percent of all Americans

Killian Walsh
Social Media Manager

It was reported last year that approximately 24 million Americans and 70 million individuals worldwide have an eating disorder. That is 1 percent of the entire population,

7.6 percent of Americans having an eating disorder.

Feb. 24 through March 2 is National Eating Disorder Awareness Week. The theme this year is "I Had No Idea." According to the website, "This year the NEDA is stressing

the need to address eating disorder misconceptions ... and highlights available resources for treatment and support."

NEDA Week is a collective effort of primary volunteers, including professionals, healthcare

providers, students, educators, social workers and individuals committed to raising awareness of the dangers surrounding eating disorders and the need for early intervention and treatment.

Across the country, more than 100 events take place during NEDA week including walks, information sessions, and screenings.

NEDA asks that everyone does just one thing to help raise awareness including putting up posters, distributing pamphlets or even making a minor post on a social media website. The goal is to educate people on the growing problem that is eating disorders.

There are many

types of eating disorders including the three main types, bulimia nervosa, anorexia nervosa and binge eating disorder.

Bulimia nervosa is characterized by binge eating and purging, or consuming a large amount of food in a short amount of time followed by purging, taking laxatives, diuretics, or stimulant, and/or excessive exercise.

Anorexia nervosa is characterized by food restriction, inappropriate eating habits or rituals, obsession with having a thin figure and an irrational fear of weight gain, as well as a distorted body self-perception. It typically involves excessive weight loss.

Binge eating disorder is associated with frequently eating large amounts of food in one sitting until uncomfortably full. The person is unable to stop

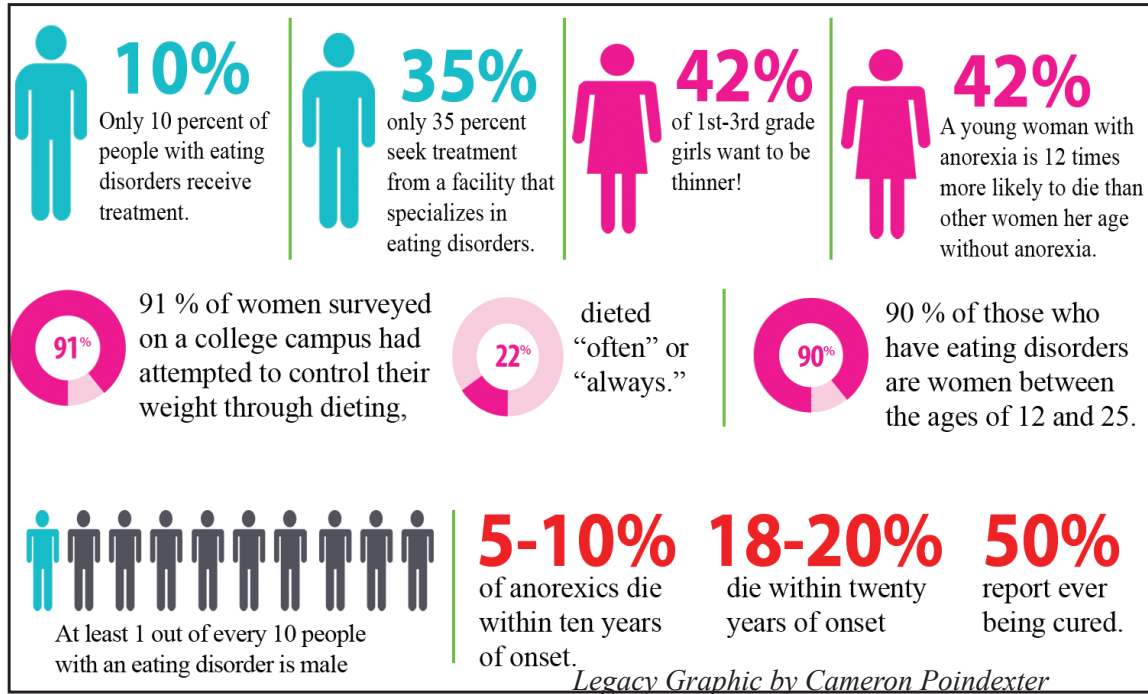
eating or control how much they eat.

All disorders are dangerous and can cause serious health issues, even death.

A review of nearly 50 years of research confirms that anorexia nervosa has the highest mortality rate of any psychiatric disorder. Eating disorders frequently coexist with other illnesses such as depression, substance abuse or anxiety disorders.

Although eating disorders are diagnosed medical conditions, some insurance companies do not cover treatment for these disorders. NEDA wants to also raise awareness and funds to help support those people who cannot afford required treatment.

Last year, more than \$69,000 was raised in the first two weeks following the campaign's February launch.





There will always be 'haters'

Deborah Starr
Featured Columnist

For some odd reason, our generation has this new obsession with the phrase "haters gonna hate."

I will be the first to say that I'm not a huge fan of this saying. In my opinion, it's tacky, overused, and just makes you sound dumb.

However, I do think that despite the silly wording of it, there is some validity to the message that it is trying to get across.

I think behind the whole "haters gonna hate" phrase there is another phrase that goes something like "just do you."

Again, the way we word things in the 21st century could be argued, but the meaning remains the same.

In every season of life, in every choice you make, in every dream you chase, there are going to be people who don't agree with you.

There are always going to be "haters."

Sometimes these people don't actually hate you. Often times, these are the people who love you the most, the people who have always been supportive of what you want to do. It's in this moment that you have to decide whether you should listen to these voices or "just do you."

I'm not saying that you should go about life never listening to the advice of others or having an attitude of arrogance or thinking you know best. There will be times when you should listen to the people in your life. Sometimes as young people, in our late teens and early 20s, we don't always think things through.

I'll be the first to admit that at this age, we tend to be a very rash group of people. I



thoroughly believe that big life decisions should be thought out, calculated and talked about with the people who mean the most to you. But in the end, if it comes to following your dreams and going for something that you really want, "just do you." Do what you want to do. Don't listen to the voices of doubt telling you that it's a waste of time or that it's frivolous. As long as you believe in something, it's never a waste of time.

I have always been the kid to do what everyone else wants me to do. I am 100 percent a people pleaser. I don't like to disappoint, and I like to do what people think I should do. But I have recently learned that when the time comes to be an adult, we have to make our own decisions.

That also means that we will have to take responsibility for any consequences that may come from our choices, but that's part of growing up. Any dream that gets 100 percent support from everyone in your life probably isn't a big enough risk. Take a chance, get out there and "just do you." Forget the doubts that people say, the fears that they have for their own lives that they try to thrust on you. "Haters gonna hate." Do it anyways.

Every woman should receive equal respect

Abigail J. Fallon
Opinions Co-Editor

On Lindenwood University's ever-famed Sibley Day, journalist Deborah Horan gave a speech on women in the Middle East.

Having reported there from 1993 to 2001, Horan explained that the Middle East is an extremely diverse region and that Islam is a religion with many faces.

Horan said that the issues facing women in the Middle East are very similar to the ones that challenged women in the United States fifty years ago.

Today, the cultures of Islamic and Western countries clash on multiple different levels, and each tends to see it from only one side.

In order to maintain perspective, however, I think it is worth exploring the limitations that Western society places on women, different as they may be.

For example, Horan explained that most Muslims view the hijab or, in stricter countries, the burqa as a sign of respect for personal dignity.

As for the West, many view the constant objectification of women as degrading to their social status.

I am not advocating that women need to "cover up" in order to be respected, but the way we get treated for baring it all isn't acceptable either.

Several weeks ago, a "friend" of mine said, "With how good you looked last night I'm surprised you didn't get raped."

I think this was supposed to be a joke, and then a compliment, but I was disgusted.

The expectation that as

a woman I will be met with kindness or desire, disregard or sexual advances, respect or violence depending on what I am wearing that day is a sick product of the rape culture that we find ourselves in.

To think that it does not exist in our country merely because we have the "freedom" to do as we wish is insanity.

It's the same root issue everywhere in the world; the only difference is in how it manifests itself.

Certain women around the world will have the

luxury of challenging these norms, but this can be done in many different ways.

You can put it out there, own it and fight back, or you can keep it to yourself, maintain control and enjoy the comfortableness of modesty.

But to label either as slut or prude is to defeat the very purpose of equality, which supports the notion that it is that woman's choice to adopt either lifestyle. No matter what she chooses, she deserves the same amount of respect that any man would get in her place.

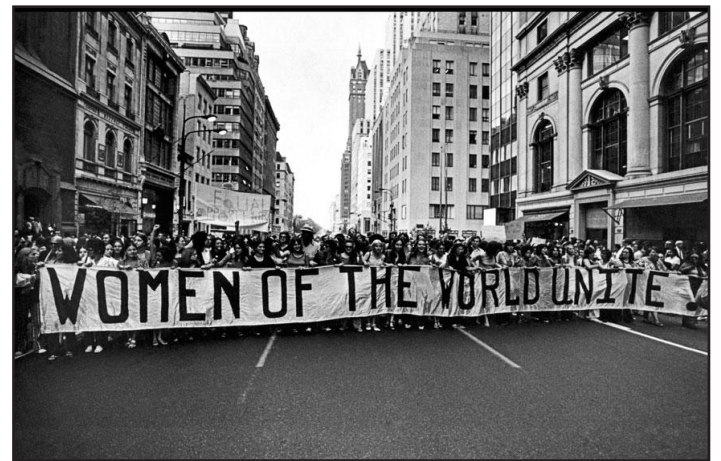


Image from www.atctower.net

On The Fence

Should companies have to provide birth control under their healthcare plans? Brought to you by the Liberty and Ethics Center

YES

Samuel Horstmeier
Contributing Writer

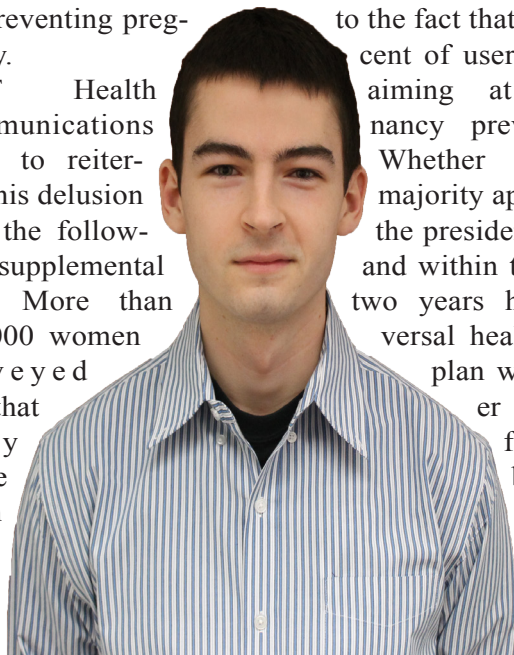
As we progress into a new era of youth liberalism it becomes increasingly difficult to combat the evolution of interests rising to the surface.

This battle of "Yes" or "No" will be short lived; as time strides on, so does congresses effort to make care and coverage available to more women.

Under President Obama's new Affordable Care Act ("Obamacare"), All Food and Drug Administration-approved contraceptive methods as prescribed are covered.

This includes not only emergency contraceptives such as Plan B, but also patient education and counseling for those who feel it still wrong to use birth control in an effort to hinder pregnancy. One main misconception with those opposed to including birth control in insurance plans is that birth control is used only for preventing pregnancy.

UF Health Communications helps to reiterate this delusion with the following supplemental data. More than 726,000 women surveyed they take birth control



NO

Chase Stewart
Sports Co-Editor

While the concept behind President Obama's marquee Affordable Care Act is commendable, there are some aspects of the law coming to the surface in need of some revision. One aspect is a mandate within the law which requires policies provided by employers come essential benefits, including contraceptives.

Some companies have an issue with this mandate in the name of the Free Exercise Clause of the First Amendment, which provides Americans the freedom to exercise the religious beliefs of their choosing. The most notable company doing so is the popular craft store chain, Hobby Lobby. The company filed an injunction against the mandate in July, stating that being required to provide employees with birth control violates the company's religious beliefs.

Hobby Lobby's religious beliefs are protected by the Constitution's First Amendment; however, independent choice of the employee seems to be in play here as well. Under the new healthcare law, companies are in essence paying for the employees' insurance policies, and not the birth control options that come under that umbrella.

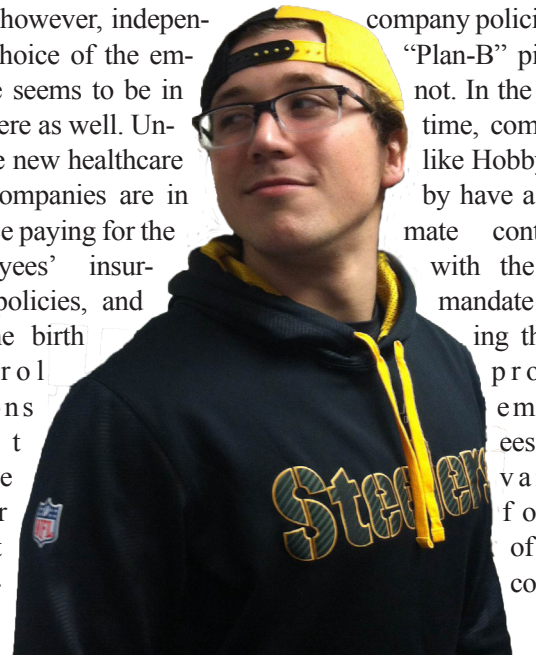
brella. Hobby Lobby's biggest issue with the healthcare law's mandate is they are going to be forced to cover the "morning-after pill" commonly known as "Plan-B."

Wherever you stand on the abortion issue, Hobby Lobby has a case in the name of the First Amendment.

Being the strict Constitutionalist that I am, I believe Hobby Lobby and other companies following suit have a legitimate gripe with this mandate of the healthcare law.

If the requirement to provide employees with "Plan-B" pills conflicts with their religious beliefs and violates their collective consciences, then they should not be forced to provide them.

Also, if employees have an issue with their companies' stance on this issue, they can easily go find employment elsewhere. Perhaps companies with stated religious beliefs can work something out where traditional forms of birth control are still provided under their company policies, but "Plan-B" pills are not. In the meantime, companies like Hobby Lobby have a legitimate contention with the ACA mandate forcing them to provide employees with various forms of birth control.

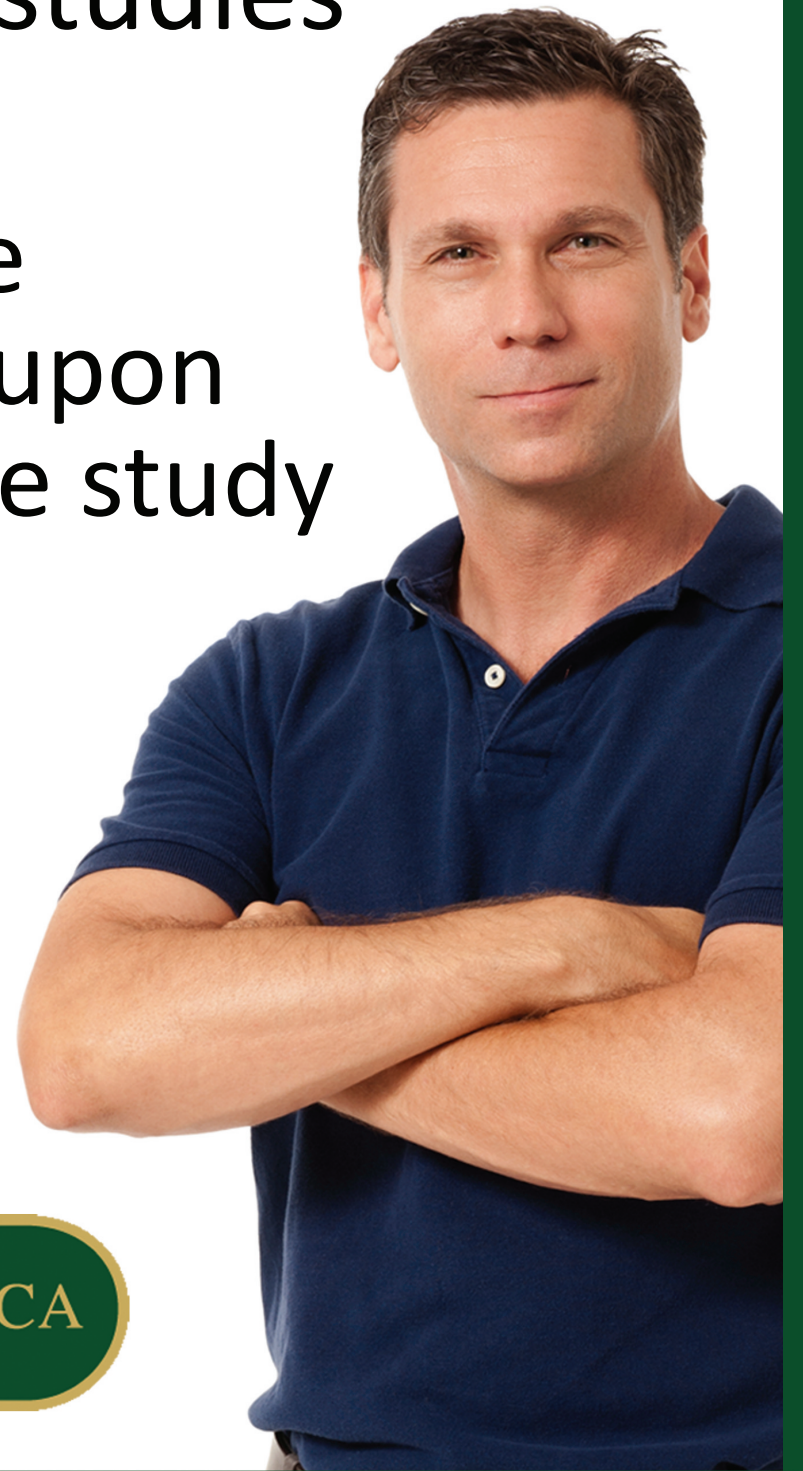


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2014 Oscar Predictions

Jason Wiese
Culture Co-Editor

The past year may not be looked back on as a revolutionary year for cinema, but many of the most acclaimed films of 2013 succeeded in reflecting the revolutionary aspects and histories of the current and past generations.

“12 Years a Slave” is a brutally accurate portrayal of life as a slave in pre-civil war America. “American Hustle” exposed the (slightly) true story of con artists in the 70s who love to dance to disco. Spike Jonze’s futuristic, but frighteningly timely, “Her” tells a unique story of romance between man and machine. Martin Scorsese’s “The Wolf of Wall Street” exposes the unlawful secret life of a stock broker in the 90s, which could have taken place in today’s trying if it were not a biography.

These films and five others are nominees in the Best Picture category at this year’s Academy Awards. It has been a challenge for even the most opinionated voters and commentators to decide pick what and who will take home the prestigious Oscar this year.

Of course, whatever happens at the Oscars happens, no matter how audiences may react. However, in preparation for the 86th ceremony airing March 2 on ABC, it can be fun to make predictions.

My choices of who will win are gold, and those who I believe should win are asterisked.

Picture

- “American Hustle” **
- “Captain Phillips”
- “Dallas Buyers Club”
- “Gravity”
- “Her”
- “Nebraska”
- “Philomena”
- **“12 Years a Slave”**
- “The Wolf of Wall Street”

“Hustle” is far more entertaining than a story as complex as this could have been, but power and historical accuracy of “12 Years” could steal the win.

Director

- Alfonso Cuaron, “Gravity”
- Steve McQueen, “12 Years a Slave”
- **David O. Russell, “American Hustle” ****
- Martin Scorsese, “The Wolf of Wall Street”
- Alexander Payne, “Nebraska”

Russell transports the audience into the 1970s setting and makes a film for thinkers easy on the eyes as well.

Actor

- Christian Bale, “American Hustle”
- Bruce Dern, “Nebraska”
- Leonardo DiCaprio, “The Wolf of Wall Street” **
- Chiwetel Ejiofor, “12 Years a Slave”
- **Matthew McConaughey, “Dallas Buyers Club”**

McConaughey, sweeping the awards this year, got out of his rom com rut and achieved worldwide acclaim, but Leo cannot go 20 more years without an Oscar. Please.

Actress

- **Amy Adams, “American Hustle” ****
- Cate Blanchett, “Blue Jasmine”
- Sandra Bullock, “Gravity”
- Judi Dench, “Philomena”
- Meryl Streep, “August: Osage County”

When you can feel the emotional toll that a character goes through on screen, you know that you are watching a master. Adams has reached her peak.

Supporting Actress

- Sally Hawkins, “Blue Jasmine”
- Julia Roberts, “August Osage County”
- **Lupita Nyong’o, “12 Years a Slave”**
- Jennifer Lawrence, “American Hustle” **
- June Squibb, “Nebraska”

J-Law is my favorite actress of all time, but Nyong’o’s performance attracts sympathy when Lawrence’s character is dismissive.

Supporting Actor

- Barkhad Abdi, “Captain Phillips”
- Bradley Cooper, “American Hustle”
- Jonah Hill, “The Wolf of Wall Street”
- Michael Fassbender, “12 Years a Slave”
- **Jared Leto, “Dallas Buyers Club” ****

A performance so transformative that Leto, playing a transgender drug dealer, could have mistakenly been placed in the “Actress” category.



Image from www.heyuguy.com



Legacy Cartoon by Hannah Chibnall

Kampus App: an exclusive experience

Reem Abdalazem
Contributing Writer

A great marketing strategy, sufficient knowledge in computer science and detailed design lead three international undergraduates to successfully launch their iPhone app “kampus” the night of Feb. 10.

Twenty-one-year-old Diego Kafie, a marketing major at Lindenwood University originally from Honduras, thought about “zooming into college life” and creating an easy and efficient way for students to exclusively interact with one another.

In an effort to apply his thoughts to reality, he teamed up with Computer science and graphic design majors Alcides Zelaya and Elisa Shwarchz of Honduras and Venezuela.

“Kampus” is a free social networking app that connects students in the same school and allows them to see each other’s offered products and services and intermingle once they’re signed up.

The most important aspect of the app is “the market”, where it is divided into products and services, requests and lost and found.

Students can offer and see whatever deals or products there are.

Because of the variety of features, there are also categories that students can filter according to their preference.

For instance, there is a “favorites” bar where students can record their preferred products when they want to go back and look at them rather than searching for them all over again.

Along with a market students can go to anytime of the day, there are other features that students can benefit from.

Kampus offers a profile for professors at school where students can rate and comment on them.

“Mingle” is also another feature Kafie thinks will be different and very appealing.

Students will be able to view each other’s profiles and may or may not like one another’s pictures.

If two students like each other, they will both get notified. It’s like a modern college “tinder”.

Kafie said, “It basically facilitates flirting.”

Kampus didn’t only launch their app around the area



Legacy Photo by Reem Abdalazem
Creators, Diego Kafie, Alcides Zelaya and Elisa Shwarchz created the “Kampus App.”

of Missouri, but also targeted other parts of the world like Mexico, Canada and Honduras.

So far they are available in 12 different schools.

Kafie said they’ve been “really focusing on being international since day one,” and their international background does help them. However he didn’t fail to mention that the U.S., of course, will be their biggest market.

With 130 applicants offering their own innovations, Kafie, Zelaya and Shwarchz made it to the top 25 capitol innovators in the Fall of 2013.

“We started working on this 10 months ago and we didn’t know if we were going to get accepted by the app store. We were scared we didn’t do something right,” said Kafie.

However, the three bright scholars won the Shark Tank competition hosted by Daymond John, CEO of FUBU, in Nov.

Their excitement was beyond their imagination as they know that the app store doesn’t usually accept limited-audience apps.

When asked about the experience of this initiate, Zelaya said, “My first thought when Diego told me his idea was how am I gonna do it! But I started learning and I actually bought a book for the first time. Yeah for the first time. We’re very happy we launched this last week.”

The app is only available for iPhones at the moment. However, Kafie is looking for an Android developer who can make it possible for non-iPhone users.

In exactly two weeks and a little more than 300 users of Kampus, Kafie believes that, “This app is going to be very unique and entertaining for Lindenwood students.”

Dancers and Musicians spontaneously create ‘jazz ballet’

Jason Wiese
Culture Co-Editor

On this year’s Sibley Day, four music majors and about twenty dancers grouped together in Studio 2100 in the J. Schiedegger center for Lindenwood’s first Dance and Music Improv Show.

The interesting thing is that none of these artists had any expectation of what they were about to do. The plan was for the band to spontaneously throw some beats together for the dancers to mimic, while the dancers attempt to inspire the musicians.

“I just intend for us to improve and feel each other’s music and dancing and hope that they can be inspired by what they see and what we hear,” said dancer Heidi Morgan, who helped organize the Jam.

“Improv jams that I

have been to in the past have been so successful and inspiring and just really exciting to watch and also participate in, so I wanted something like this for the Lindenwood students because we’ve never had anything like this before.”

James Schilliday on keyboards, Mason Williams on guitar, James Owens on drums, and A.J. Griffin on piano sat in as the band, dropping smooth, jazzy beats all off of the top of their heads.

“We’ll just play and hopefully create something unique,” Williams said before the jam about improvising with his fellow musicians. Schilliday added, “It is really a skill to be acquired.”

The dancing women, and one man, let the band’s rhythms guide their bodies, displaying

confidence and grace in their movements.

Each dancer had a different story to tell, the music serving as their backdrop.

Some would form groups to play off of each other while others stayed with their own rhythm, using the mirror covering the wall as their guide.

It became evident that to match the music proved to be a challenge for many

of the performers as they

strived to not repeat the same movements too often. They would twirl on their feet, on their backs, etc. Despite frequent repetition, there was never a dull moment.

The musicians (who also threw on some bongos, maracas and synthesizer to mix it up) and the dancers made the event a unique experience for the eyes and the ears.



Legacy Photo by Jason Wiese
The band drops a smooth, danceable rhythm at the Sibley Day performance.

Improv troupe brings Sibley Day to a close

Cayla Brown
Contributing Writer

Giggles, chuckles and an all-around jovial time could be found in Evans Commons to wrap up Sibley Day 2014.

The Nick of Time Players, a Lindenwood student improv group, performed the annual improv show in Evans Commons cafeteria, one of their many shows put on through the semester.

The six students with acting interests performed scenes suggested by the audience while they played improvisational games such as “Ding,” “Slideshow” and “The Dating Game.”

The group used a volunteer from the audience to assist during the “Slideshow” sketch.

Even though they may not all be acting majors, the actors use this as a quick outlet.

Being in an improv group such as the Nick of Time Players requires quick thinking under pressure and a sense of humor.

The Nick of Time



Legacy Photos by Cayla Brown
Top: The Nick of Time players posed as Taylor Poore described her trip to Neverland. Bottom: Vince Napoli and Cole Figus acted out a scene where a priest and a rabbi walked into a bar

Players includes Cole Figus, Vince Napoli, Taylor Poore, Malorie Carty and Marissa Bioni with announcer Kaitlyn Driesen. Part of the group since sophomore year, Vince

Napoli said, “We go out to have fun and make people laugh. It is a fun, free time.”

The next performance is scheduled for March 26 in Jelkyl Theatre at 7:30 p.m.



Legacy Graphic by Cameron Poindexter

Madeleine Heppermann
Co-Editor-in-Chief

Usually conjuring up images of unflattering pantsuits and ill-fitted blazers, business attire is the most dreaded of all dress codes. But it really needn't be. There are plenty of ways to spice up a work wardrobe while remaining well within the realm of appropriate workplace ensembles.

For Everyone:

Fit matters. Nothing will compromise the seriousness of your appearance more than opting for wardrobe items that are too big or too small. As much trouble as it sounds, take the time to find the perfect fit.

Build your work wardrobe around a set of solid basics. No, they are not the most exciting by any means, but they are necessary. Everyone should own at least one pair of black dress pants, a classic blazer and a white button-down shirt.

For Men:

Fit is especially important when investing in a suit. Don't settle for a 34 inch inseam when you really need a 36 or vice-versa. The same goes for sleeve length and the slenderness of the jacket cut. Some guys have broader chests and shoulders and need the waist tapered in.

Alter your suiting pieces if need be; it will be worth every penny.

The key is in the details. Wear colored socks to match your tie, buy cufflinks that reflect a hobby or interest, even add a pocket square to your suit jacket on special occasions.

For Women:

Pencil skirts will always be a standard in the selection of women's business apparel but this piece of clothing can look very unprofessional if fit improperly. Be sure that the skirt fits your curves, but not too snugly, and be sure to consider the length.

Push the limits a bit, but within reason. Choose a royal blue blazer to go with your black pencil skirt instead of the matching black jacket. Or choose red crop pants and a silky blouse instead of wearing trousers and a cardigan. Mix it up with color and pattern but keep the styles appropriate for your work setting.

Making the transition from student to working adult can be confusing style-wise, but it shouldn't be cause for concern. Keeping in mind proper workroom wardrobe decorum, there are many on-trend options that will appeal to your fashion sensibilities while maintaining your professionalism.

Weekly Reviews

Food Review:
Sushi Ai

Emilie Sondergaard
Staff Reporter

Sushi Ai is a great place to go if you are looking for sushi at an affordable price. The place may not look like much outside, but when walking in you will be impressed and welcomed.

The menu has a lot to offer and don't worry, if you're not the biggest sushi lover there is also delicious soups, noodles and salads. There are a lot of different sushi rolls such as the one called The Pink Lady which is a roll with spicy tuna and shrimp or the California Roll which is filled with delicious crabmeat, cucumber and avocado.

Sushi Ai is located on Zumbahl Rd. Best of all, if you don't feeling like going there, you can order the sushi right to your front door seven days a week.

As a student at Lindenwood University you get a 10% discount if you show your Student ID when paying, so bring your friends along for a great meal at Sushi Ai or have a night in with great sushi at an affordable price.



Legacy Photo by Emilie Sondergaard

Movie Review:
“The Lego Movie”



Tyler Jeffers
Staff Reporter

“The Lego Movie,” is as the name says, a movie based on Legos. If you are unfamiliar, Legos are little tiny bricks that are more often than not a considered a child's toy. However, Legos are so much more than merely a child's toy.

Legos are one of the most famous, if not the most famous, toy franchise in the world and its products are embraced by people of all ages. I think all of us at some point loved and played with Legos in our childhood.

The movie follows Emmet Brickowski (Chris Pratt) who is a construction worker. He is enlisted by a tech-smart female companion named Wyldstyle (Elizabeth Banks) and a powerful wizard known as Vitruvius (Morgan Freeman).

Vitruvius and Wyldstyle believe that Emmet is “The Special,” the chosen one foretold in one of Vitruvius's prophecies. “The Special” is claimed to be the “very most special, most important, most extraordinary person to ever has, ever is, or ever will exist.” Emmet must rise to the occasion of being “The Special” and learn how to defeat the evil President Business (Will Ferrell) from taking over the Lego Multiverse.

“The Lego Movie” may appear to be a cookie cutter type of any other old “savior of the world” story. However, “The Lego Movie” appeals to people of all ages because of the resounding theme of individuality and holding on to creativity throughout the movie.

The dialogue of this movie is hilarious, the animation is well done, the plot has a very nice flow and the movie, as a whole, has a very sound theme and message for everyone who has time to hear.

There is no surprise to me why this movie is adored across the United States and around the world. Everything about “The Lego Movie” is awesome and it teaches everyone that there is something special about all of us.

Voices Only brings a cappella to Sibley Day

Natasha Jahanshahi
Staff Reporter

On Sibley Day, students at Lindenwood University were able to attend a lot of different events around campus. One of these events included Lindenwood's Voices Only concert which was held in the Emerson Theatre in Scheiddegger at 3 p.m.

They performed music from all over the world, with their voices as their only tool. Every song was accompanied by a short introduction and a little story, which just added to the overall charm of the event. The group managed to capture the attention of the audience who seemed to enjoy the performance. Members of the group themselves, were also satisfied with their performance.

“I felt that we had a very successful concert today!” said Voices Only member Amelia Hodge.

The group practices more than 6 hours a week and also have outside

practice time, but according to Hodge, it is all worth it.

“It is very rewarding. You get to work with dedicated musicians who come to rehearsal ready to make music,” Hodge added.

Director of the Voices Only group, and Music Department Chair, Pam Grooms was also pleased with their performance.

“The concert exceeded my expectations!” Grooms said. “We performed several songs that are very new to us, and the students really did well.”

When choosing songs for the Sibley Day concert, Grooms says “I didn't have a theme in mind. I selected music that was a variety of styles and that would be appealing to students.”

The group delivered a performance that everyone seemed to love. This semester the group has a high school tour, four off-campus performances and four on-campus performances. For more information, visit lindenwood.edu/center.

Book Review:
“Cruel Beauty” by Rosamund Hodge



Samantha Triplett
Contributing Writer

“Cruel Beauty,” by Rosamund Hodge, is a retelling of the “Beauty and the Beast” fairytale which delves into the heart of desire and the prices we are willing to pay to obtain what we want most. Following Nyx, whose father traded her freedom in a bargain with the evil ruler of the kingdom of Arcadia, the novel explores the unlikely relationships she builds in her new home as she struggles to come to terms with her inner demons.

Compelling in its characters and luscious in its descriptions, “Cruel Beauty” is a novel to behold. With its mix of Greek mythology and an original system of magic, the land of Arcadia blossoms from each page. Meanwhile, Nyx and the rest of the cast present jagged personalities filled with secrets, pains and darkness which grip at the heart and make their struggles all the more engaging.

While love is central to the novel, questions about duty and fairness are also prevalent. Nyx's problems do not disappear when she finds love. Rather, the emotion sharpens her insecurities, fears, and inner turmoil to make her all the more enthralling while creating a heartbreaking portrayal of love with all its anxieties, joys, and challenges.

Throughout the novel, it is near impossible to predict the next turn of events and the bittersweet portrayal of love is riveting. Those seeking a novel about love and its thorns, “Cruel Beauty” is a tale which blooms like few others.

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Women's lacrosse continues strong start

John Tessmer
Staff Reporter

The Lions lacrosse team, ranked 14th in NCAA Division II, faced off against Shorter University (Georgia) on Saturday at 2 p.m.

Playing in some fairly good conditions in front of a small home crowd of about 200, the Lions did not disappoint.

Eleven Lions scored on the day, as Christine Hehmeyer had a shut out making four saves on the day.

After controlling the draw to begin the game, that was all you would see out of Shorter University.

Lindenwood scored less than a minute in and the goal scoring would continue.

After a goal by Maddi Ossello, assisted by Kara Wendell, Lindenwood went on to score 11 more goals in the first half.

Adding to the scoring were: Melissa Menchella as she scored two goals,

two more Ossello goals, three goals by Shelby Polk, and one goal out of Lindsey Palme, Savannah Phillips, and Amanda Schimpke. Melissa Smith and Phillips each added an assist.

Things were looking good for Lindenwood as they lead in every stat, except turnovers as while Shorter turned the ball over 22 times. Shorter had just 1 shot in the first half.

Nothing changed for Lindenwood in the second half, as they added 8 more goals.

Four minutes in, Smith scored on an assist by Ossello.

Ossello followed that assist with a goal of her own.

Wendell added another assist on the day as Polk scored at the 21:39 mark.

About one minute later Schimpke scored, assisted by Ossello.

To finish the day, Caitlin War and Abbie Ness each scored a goal, with Renee Abrolat scoring two.

Lindenwood finished the games with a 20-0 win.

Two games into the season Lindenwood is a perfect 2-0.

Polk leads the team with nine points, as she has seven goals and two assists on the year. Smith leads the team in assists with three, and in groundballs with nine.

Goalkeeper Hehmeyer has 115 minutes in goal, giving up just 8 goals, while Delaney Solomon has five minutes in net with two goals given up.

Lindenwood looks to continue its winning streak this coming Saturday at 2 pm against No. 2 ranked Adelphi University at Hunter Stadium.

Lindenwood will continue non-conference games until they face off with Adams State University in Alamosa, Colorado on March 21 at 4 p.m.

The home conference opener against Regis University is on March 28 at 7 p.m.



Legacy Photo by Romain Polge
Sophomore Maddi Ossello looks to advance the ball up the field during the Lions' matchup with Shorter University (Georgia). The Lions went on to win the game by a score of 20-0

George Altman speaks at LU

Matt Sabados
Contributing Writer

Baseball in the 50's was a much different place, fewer scandals, classic players and the integration of MLB had just taken place.

As a part of Sibley Day, former Negro and Major Leaguer George Altman was at Roemer Hall and spoke about his experiences in his time.

Altman said that even with the integration of Major League Baseball, blacks were still not treated very well, not even Altman when he joined the Cubs.

"We never got compensation switching to the MLB, maybe we got a few packets of Wrigley's gum as our compensation," Altman joked.

"We couldn't get hurt, it just didn't happen, because that could mean you lost your spot. I remember when I was with the Mets, I dislocated my shoulder on the last day of spring training, and the manager said I was starting on opening day, and I had to, he was the manager, and I couldn't lose my spot."

Altman also told about

all the great players that he saw in his time in both leagues, such as Satchel Paige and Ted "Double Duty" Radcliffe.

"Satchel was the most versatile pitcher I ever saw, he would rent himself out to small local teams and pitch a game or two, and he would bring in the outfield.

The man would pitch without an outfield, that's how good he was. I reckon that for every superstar that left the Negro Leagues for the Majors, there was about 1 more that retired with the Negro Leagues."

Softball team drops two Lions struggle against Fontbonne University, lose 9-1 and 10-2, dropping their overall record to 2-6

John Tessmer
Staff Reporter

Facing Fontbonne University in a double header for the first home stand of the season this past Saturday, things didn't go quite like the Lions softball program had planned.

Starting her third game of the season for Lindenwood, Kendall Ryndak and the Lindenwood defense couldn't keep Fontbonne quiet. With four fielding errors in the game, Lindenwood gave up a

run in all but the first and sixth innings, before finally getting on the board when Farnam doubled home Opich.

Ryndak finished out the game, tossing seven innings while giving up five earned runs on nine hits.

The second game of the double header was even more Fontbonne, as the game ended in the fifth to the mercy rule, as Lindenwood was down 10-2 after five

innings. Lindendwood's two runs came in the fifth, as Madeline Bohr tripled home Brooke Tiches and Barbara Bateman singled home Bohr.

Morgan Colvis got the loss, as she tossed 3.1 innings, given up ten runs on eight hits.

The Lions will continue their schedule with a double header on March 14 against Lincoln University of Missouri at 2 and 4 p.m.

Men's volleyball completes roadtrip with three victories

The Lions were able to snap a two-game losing streak and improve their overall season record to 11-4

Brett Morrison
Staff Reporter

The men's volleyball took to the road the weekend of Feb. 20-22 for a three game trip to the "Land of the Sky" in the Carolinas.

The Lions were looking to bounce back after losing two games at Hyland Arena the previous weekend against conference opponents IPFW and Ball State University.

This will have the Lions record at 6-4 in the season.

The team will face some talented squads, as they headed to Charlotte, N.C. to face the Belmont Abby Crusaders in their first match.

LU will drop the first set 25-27 to the Crusaders, but will bounce back with three straight set wins with scores of 25-17, 25-20, and 25-16.

Giving the Lions a 3-1 victory.

The Lions were lead by true freshman Jake Duckworth and junior Colin Hackworth.

Duckworth had a dominating 19 kills in his first ever career start, while Hackworth recorded a match high 21 kills.

"The team did an excellent job at executing a philosophy our coach introduced to us at the beginning of the season, 'Weathering the Storm.' When we experience rough patches in the match we regroup, find our rhythm and respond with our

fundamental tactics of success. Our middles did a great job at attacking the opponents weaknesses and opening up the net for the pin hitters." Said Hackworth.

The Lions continued to implement their game plan as they traveled to Gaffney, S.C to take on Limestone University.

This time the Lions jumped out with a win in the first set, taking it 25-17.

They dropped the second set 18-25 but would persevere by taking the third and fourth set by scores of 25-15 and 25-23 for another 3-1-match victory.

LU's offense was lead by Michael Adams who had 12 kills, Hackworth had 11, Scott Siwicki had 10, and Kyle Overby had nine.

With four players scoring that many points each, helped the Lions control the match.

"We went into this weekend with a game plan and we were able to stick to that and execute very well. We wanted to serve aggressively." Said Overby, "With this game plan we understood that we will miss some serves, but we will also be able to get the other team out of rhythm. We were able to do that pretty well this past weekend and that was one of the big reasons for our success. We also wanted to utilize our middles a lot this weekend. When we can get them working, it opens

everything up for everyone else. Our middles played very well this weekend. We can only execute this if we have great passing, which we did from Mike Adams and David Poole."

The team would conclude their three-game road trip when they headed to Misenheimer, N.C. to take on Pfeiffer University.

The Lions once again came out aggressively as they took the first two sets by a score of 25-23.

They dropped the third 20-25 but were able to clinch the win in the fourth with a 25-19 set victory.

The Lions were once again lead by Hackworth who finished with 20 kills, and Overby with 12.

Hackworth also had a service ace and three block assists.

"The team is definitely looking forward to our Tuesday match. We prepare for every match as if it was a National Championship and we'll be doing the same for McKendree. For us it is another opportunity to practice plays that will be crucial to our end of the season success," said Hackworth.

The team finished the road trip with a record of 3-0 putting them at 9-4 overall in the season.

They are set to take on McKendree University in Lebanon, Ill. Feb. 25, before returning home Feb. 28 for their match against Loyola University at Hyland Arena.



Legacy Photo by Romain Polge
Kendall Ryndak pitches against Fontbonne University.



Legacy Photo by Romain Polge
Kaitlynn Siebert leads off on third base.

Conference Tournament to start at Hyland

DJ Hicks & Ryan Oldham
Staff Reporter and Sports Co-Editor



The Lindenwood Lions women's basketball team once again held its ground against Lincoln University as they solidified its spot in the MIAA tournament.

With just one more game against Missouri Southern State University Thursday night the women's basketball team will enter the MIAA tournament as the seventh seed, and will face 10th seed at home next Monday.

The Lions will face one of four teams in the first round of the MIAA conference.

The teams they can face in the first round are either Central Oklahoma University, Northwest Missouri State University, Missouri Western State or Southwest Baptist.

The team had already lost to Lincoln twice this season and didn't plan on letting it happen again on their home court.

The Blue Tigers were ahead by as much as 10 points in the first half, but the Lions did a good job of not letting the game get too far out of hand.

The Lions went into halftime chasing Lincoln by six points with the score at 30-24.

A poor shooting half and several missed layups made it noticeable that the Tigers were not doing anything special and the team just needed to focus offensively and tighten up on defense.

The Lions came out of halftime guns blazing and already had the game tied at 34-34 just five minutes into the second half.

Four minutes later the Lions had captured their largest lead of the half getting up by five with a 44-39 lead.

The Lions weren't ready to give up either though, gaining the lead back at 49-48 with eight and half minutes left in the game.

The game stayed very close and went back and forth for the rest of the half.

Coming down to the final minutes of the game the Lions felt urgency in the air and stepped their game up.

Two clutch free throws from Morgan Johnson with just a little over a minute left gave the Lions a three point lead.

After a good defensive stand the Lions had an important offensive possession and Jenny Rocha made a great play with the shot clock winding down with a quick layup

and put the team up by 5 with 25 seconds left.

After another great defensive possession the tigers were forced to foul and once again Morgan Johnson made both of her game ending free throws, putting the game out of reach for the Blue Tigers with 10 seconds left.

With this win the Lions are now 14-11 and 9-9 in the MIAA and just one win away from getting into the NCAA tournament for the first time.

Their potential opponents, Central Oklahoma, have gone 6-11 this season, with Northwest Missouri having the same MIAA record.

Missouri Western and Southwest Baptist share the same MIAA record, winning five and losing 12 of their conference games so far this season.

The Lions will face Missouri Southern State University on Thursday in the Hyland Arena, which will be their last game of the season before the MIAA Tournament First-Round on March 3 which will also take place at Lindenwood University in the Hyland Arena at 7 p.m.

Emily Turik saves best performance for last

David Schlager
Contributing Writer

A day most athletes fear, Emily Turik saved for last.

"I'm so proud of myself to end my last home meet setting a new record for myself," said Turik.

"I think tonight ranks at the very top. I got my career high, the team got our

highest score of the season, and being the first senior in program history is such an honor."

While it was still a top performance in the developing gymnastics program, the Lions fell to both the Air Force Academy and the University of Missouri-Columbia.

"We aren't pleased, but this isn't a setback for us," said sophomore Courtney Heise. "We had our season high score which shows we are improving and makes us even more motivated to get back in the gym to focus on details."

On the uneven parallel bars, Heise led the squad

with a 9.850, the second-best mark in school history.

The deficit served to be too great for the Lions going into final event. The floor exercise would be the top event of the day recording a collective 48.650.

Both Heise and Turik scored a 9.725, freshman Ajiea Hargrave measured a 9.750, and sophomore Rachel Zabawa led the squad with a 9.825.

"We are improving every week in a different event and if we just keep doing that we will be where we want to be at the end," said Zabawa.

Despite the loss, the highlight of the night was

celebrating Turik and honoring the program's first graduate on Senior Day.

"It was a very emotional night because Emily is not just my teammate, she's also my roommate and my best friend," said Zabawa.

Head coach Jenn Kessler admits that it was tough to see Turik walk away from her last home meet.

"Emily is my first senior as a coach, and she just meant so much to our program and what we are building here."

Turik tallied a 38.850, the second best all-around mark in Lindenwood history while also setting a career high on the balance beam with a 9.725.

The Lions have three matches left in the season before the MIC Conference Championship in Champaign, Illinois.

The team is currently sixth out of the 12 teams in the MIC and need to finish in the top eight to qualify for the conference championship.

"As along as we keep doing what we are doing we should be fine," said Kessler. "If we keep building on our performances like we did today we will make it."

Next is a trip to Anchorage, Alaska for two meets against the University of Alaska-Anchorage Seawolves.



Legacy Photo by Romain Polge
Lions senior all-around competitor Emily Turik takes part in the uneven bars on the gymnastics senior night meet against Mizzou and the Air Force Academy.



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Men will start MIAA tournament on the road

Phillip Scherer
Staff Reporter

For the second consecutive week, the Lions men's basketball team split a pair of games against conference opponents. They fell in their first game of the week against Northwest Missouri State, but emerged victorious in their game against Lincoln University.

With their win against Lincoln University on Saturday afternoon, the Lions officially clinched a berth in the MIAA conference tournament in their first season of eligibility.

In doing so, the team accomplished a goal that head coach Brad Soderberg set before the season began that they wanted to reach the postseason after their two-year transition period from the NAIA to the MIAA.

The first game of the week against Northwest Missouri State began well for the Lions, as they grabbed an early 6-0 lead with the help of a three-point basket from guard Brandon Marquardt.

Northwest Missouri erased their deficit very quickly, however, as guard Grant Cozad of the Bearcats picked up five quick points to give his team an 11-8 lead that they would never relinquish.

Though LU was able to keep the game close through most of the first half with the help of forward Garrett Reeg's nine first half points, Deshaun Cooper of the Bearcats took over and regained control of the game.

Heading into the locker room for halftime, the Bearcats of Northwest Missouri held a 31-21 lead.

The Bearcats continued to extend their lead after halftime, pushing it to 14 points at 49-35 at the midpoint of the half.

Part of the reason for their sustained success in the half was the inside presence of forward Dillon Starzl, who assisted on or scored five quick baskets to begin the half.

From this point, the outcome of the game was never in doubt as the Bearcats extended their lead to as many as 16 points in the late stages of the game.

Northwest Missouri went on to win the game by the score of 70-59.

Brandon Marquardt led the Lions in scoring with 17 points, including five made three-point baskets. Reeg also added 16 points in the loss.

The second game of the week against Lincoln University turned into a back-and-forth affair, as the



Junior forward Garrett Reeg battles for a rebound with a Lincoln opponent during the Lions' 82-75 victory on Saturday. Legacy Photo by Romain Polge

two teams exchanged leads four times over the first 12 minutes of the contest.

The Lions were able to extend their lead to six at 20-14 midway through the half as senior guard Tyler Ressel made a three-point basket.

Though Lincoln was able to tie the game with just over three minutes remaining in the half, LU came back to take three

point lead into halftime. Ressel made four three-point baskets in the first half and led the Lions with 12 points after 20 minutes of play.

Lindenwood took control of the game just minutes into the second half, as two made free throws from Ressel gave the Lions a 58-42 lead.

Over the next four minutes, however, Lincoln

came storming back, and reduced the LU lead to four points after Lincoln guard Mario Bass knocked down a key three-point basket.

The Lions never allowed Lincoln to get any closer, as they stretched their lead back to eight points to ensure their victory.

LU eventually won by the score of 82-75. Reeg enjoyed a very successful

afternoon, as he scored 14 points and added 15 rebounds.

The Lions will conclude their regular season schedule at home against Missouri Southern State University on Thursday.

The game will tip-off at 7:30 p.m. The team will then begin the conference tournament. Details about this tournament are not currently available.

Lions struggle against Washburn, drop three of four



Legacy Photo by Romain Polge
Lions infielder Jerry Roam fields a ground ball in a home game against Washburn University.

Phillip Scherer
Staff Reporter

For the second week in a row, the Lions' baseball team was forced to change the location of their matchup due to inclement weather.

The weekend's matchups against Washburn University were originally scheduled to take place in Topeka, Kan., the home of the Ichabods.

However, due to the threat of poor weather in the area, the two schools agreed to move the four game series to Lindenwood's campus.

The Ichabods won three of the four games of the series, winning the last three after falling in the first game.

LU got off to a good start in the first game of the series, as LU shortstop Nathan Prindle picked up an RBI on a single that scored second baseman Jerry Roam to give the Lions a 1-0 lead.

The score remained 1-0 until the bottom of the second inning when Washburn scored two runs. The second run of the inning was unearned as LU third baseman Ben Coudret committed an error that led to the Ichabods scoring a run.

Washburn maintained their slim lead until the top of the seventh inning, when the Ichabods pulled their starter Brett Ash.

Alex Laughlin, the Washburn relief pitcher, surrendered three runs in the inning while only recording one out.

The Lions leadoff man Wade Rothermich drove in two of the runs for the Lions as they went on to win game one of the series by the score of 5-2.

The second game of the series proved to be a pitcher's duel, with neither team able to put together multiple scoring opportunities.

Lions starting pitcher Dylan Terrell scattered eight hits over six innings, and allowed a single run in his sixth and final inning to give the Ichabods a 1-0 lead.

The Lions were never able to get a runner across the plate in the final three innings against three different Washburn pitchers as they went on to fall 1-0 in the extended nine-inning game.

Game three of the series started very similar to game two, with both teams held scoreless through the first three innings.

The Lions were able to break the scoreless tie in the fourth inning as Prindle drove home the star first baseman Mike Failoni to give LU a 1-0 lead.

The lead was later extended to 3-0 as Ryan Light drove home two additional Lions later in the inning.

Washburn crawled back into the game over the next three innings, as they tied the game at 3-3 due to a fielding error by Ryan Light, and then took the lead for good in the seventh inning on a sacrifice fly. Washburn won the game by the score of 4-3.

The final game of the series began as a close matchup as well, as the two teams were tied at 2-2 after the sixth inning.

The Ichabods tallied five runs in the bottom of the seventh inning off of

Lions relief pitcher Geoff Hartleib, and then added seven runs in the eighth inning off a group of Lions relievers.

Washburn won game four of the series by the score of 14-4, leaving St. Charles with a 3-1 record.

LU will continue its schedule at home next weekend with a four-game series against conference opponent Lincoln University.

The Lions hold a record of 3-6 overall and 1-3 against conference opponents.



Legacy Photo by Romain Polge
Lions first baseman Mike Failoni watches a pitch go by in a weekend matchup against Washburn University. Failoni picked up two hits during the series.

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