



# THE LEGACY

Junior Trystien Charles participates in the beam exercise during the gymnastics meet over the weekend. Turn to Page 8 for full coverage.

**SIBLEY DAY SCHEDULE INSIDE**

## Sibley Day reaches its seventh year

**Melissa Spears**  
Contributing Writer

It's that time of the year again where faculty and organizations prepare for yet another Sibley Day celebration, now in its seventh year.

On Wednesday, Feb. 18., no classes will be held in celebration of the university's

approach to experiential learning established in 1827 by Lindenwood's founder, Mary Sibley.

This year's theme "Hear Us Roar" goes together with the university's mascot, Leo the Lion.

Janet Strzelec, Dance Department chair and chairperson of the Sibley

Day committee, believes that Sibley Day is an asset to the university.

"Sibley Day is a time to celebrate what makes Lindenwood 'Lindenwood,'" said Strzelec. "As well as a day for student organizations to shine."

Many events and activities are scheduled to take place at

various times throughout the day.

"We have over fifty activities taking place this Sibley Day," said Strzelec.

"There will also be a blood drive."

This year, Sibley Day also takes place on Ash Wednesday and several services will be

*Continued on Page 3*

Visit [Lindenlink.com](http://Lindenlink.com) for live coverage

Use the tag **#SibleyDay2015** in all your Tweets to get it trending

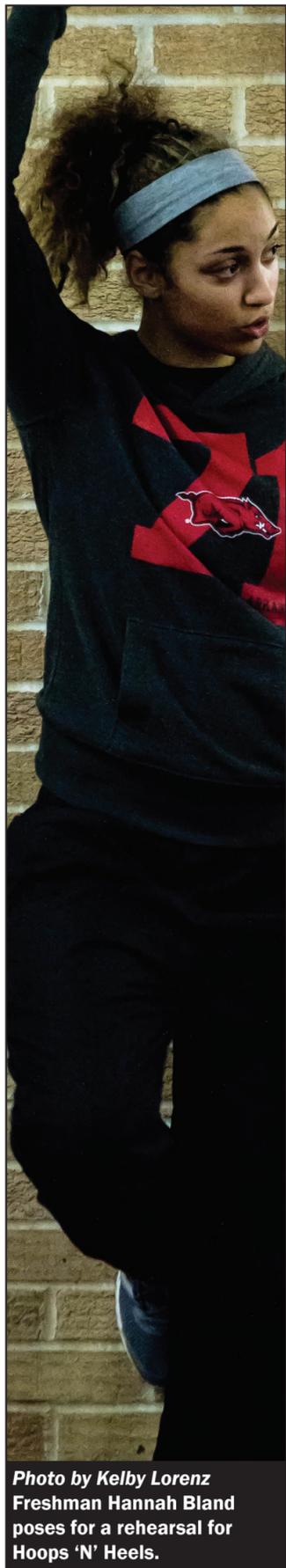


Photo by Kelby Lorenz  
Freshman Hannah Bland poses for a rehearsal for Hoops 'N' Heels.

## Hoops 'N' Heels Students team up off the court

**Viki Muench**  
Staff Reporter

Beth Maenpaa is a graphic design major who plays basketball for Lindenwood's women's basketball team.

However, on March 26 she, along with her teammates, will give up the basketball for one night and exchange it with high heels and designer fashion. She will be modeling for the Hoops 'N' Heels fashion show to raise money for her team.

The basketball girls have paired up with fashion design students to put together the runway show, which will be held at 7 p.m. at the Lindenwood Cultural Center.

The tickets have been available since Feb. 16.

The proceeds will go toward the supplemental funds for the basketball team.

Maenpaa is already very excited about the show.

"As an athlete you often focus solely on your sport and school and not much else. To be a model in the Hoops 'N' Heels fashion show is a great experience that most people might not have. It might put some of us out of our comfort zone but it will be a unique and fun experience that I'm very grateful for."

The purpose of the show is not only to support the basketball team, but also to showcase the talent and designs of Lindenwood's fashion students.

Tony Francis, women's basketball head coach, said "in an effort to bring attention to the hard work and dedication of female students, as well as our female student-athletes, we are pairing up with the fashion design students to showcase their talented work in front of prominent business women from throughout the St. Louis metro area.

"My responsibility to my student-athletes is to provide as much of a well-rounded

education as possible. I feel this education must go far beyond the court. We thought this would be a fun venture where two extremely different disciplines can collaborate and support each other," said Francis.

On the runway, the team will showcase different designs that include casual wear, business professional, evening wear, special creations by some of LU's fashion alumnae, and the team's usual basketball outfits.

For Maenpaa, being involved in the world of fashion is particularly exciting.

"I actually wanted to be a fashion designer when I was little and still have the notebooks I would draw outfits in, so being able to be a part of this experience is exciting for the little girl in me who wanted to be a fashion designer."

Vanessa Zallo, Maenpaa's teammate, is thankful for this opportunity.

"I am excited and nervous at the same time. I have never done something like this, but I know doing it with the team will make it that much more fun."

"Being an athlete my whole life, I am looking forward to being apart of helping other students showcase their talents in an area I am unfamiliar with," said Zallo.

Francis said, "The fashion design students are beginning to have an understanding of the life of an athlete, and at the same time my student-athletes will gain an appreciation of the stress and life of the fashion designer."

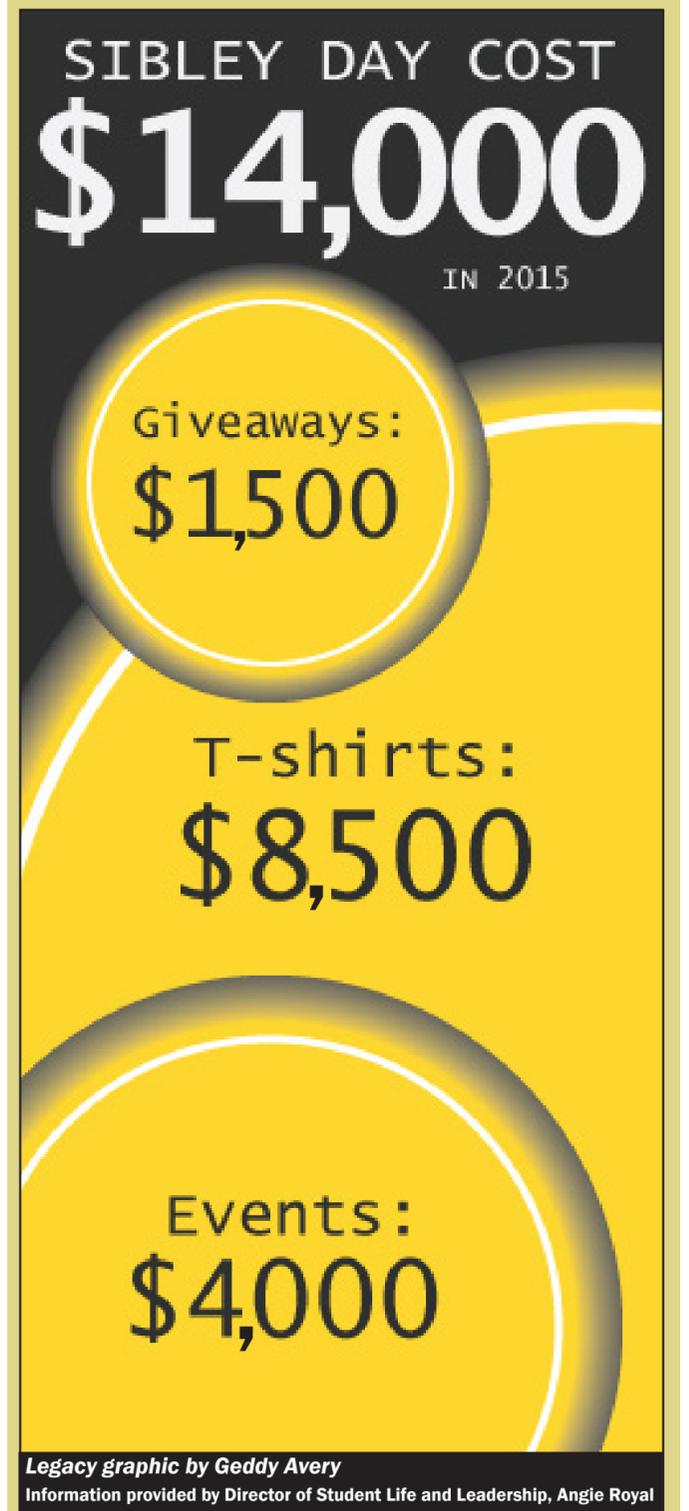
He encourages everyone to attend this event in order to support the dreams and efforts of all the young ladies.

Admissions for the tickets are \$2 for students and \$25 for the general public.

They can be purchased by sending an email to [GStocker@lindenwood.edu](mailto:GStocker@lindenwood.edu).

## Spending on Sibley Day

Each Sibley Day, the Student Life and Leadership Office, in addition to student organizations, hosts events, speakers and workshops. Attendance prizes and Sibley Day T-shirts are also given out to students who participate. Below is the approximate amount spent for Sibley Day.



### 7-Day Forecast

Forecast taken from Weather.com, accurate as of 2/16 @ 9:15 a.m.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
H 28 L 7	H 12 L 1	H 20 L 10	H 29 L 25	H 32 L 21	H 26 L 12	H 28 L 11
2/17	2/18	2/19	2/20	2/21	2/22	2/23

## NEWS

## SIBLEY DAY SCHEDULE

9 a.m.	10 a.m.	11 a.m.	12:30 p.m.	1 p.m.
<p><b>History Club Conversations with the Past</b> 9 a.m. - 12 p.m. Butler Parlor</p> <p>A series of historical conversations with members of the LU faculty and the History Club</p>	<p><b>The Times Are A-Changin' Teacher Ed</b> 10 - 11 a.m. Harmon 145</p> <p>Come learn about opportunities for LU students to take their roar on the road with scholarships and fellowships for international research and study.</p>	<p><b>Research - A Dirty Word?</b> 11 a.m. - 12 p.m. Harmon 136</p> <p>A discussion of some of the research happening at Lindenwood and how it benefits students</p>	<p><b>Learn More While Studying Less</b> 12:30 - 1:30 p.m. AB Leadership Room</p> <p>Explore the best and worst strategies students and educators can use to maximize learning and minimize study time</p>	<p><b>What's Up With Surveys?</b> 1 - 2 p.m. Spellmann 3020</p> <p>A presentation of what happens with the results of course evaluations, LSGA surveys, the Student Satisfaction Inventory, the first Destination Survey and other surveys students are asked to complete throughout the year</p>
<p><b>Active Mind's Post Secret</b> 9 a.m. - 3 p.m. Evans Atrium</p> <p>Write anonymous secrets to increase awareness about mental health services and resources available on campus</p>	<p><b>Kiss Away Cancer with Delta Zeta</b> 10 a.m. - 1 p.m. Evans Atrium</p> <p>Make a donation for the American Cancer Society, learn some interesting facts about cancer and receive a chocolate kiss</p>	<p><b>What's Up With Surveys?</b> 11 a.m. - 12 p.m. Spellmann 3020</p> <p>A presentation of what happens with the results of course evaluations and other surveys students are asked to complete</p>	<p><b>Adaptive Sports Sit Volleyball Tournament</b> 12:30 - 2 p.m. Evans Courts</p> <p>A game of sit volleyball in which students can see how amputees play the intense sport</p>	<p><b>What's Poppin' with CAB</b> 12 - 1 p.m. Evans Atrium</p> <p>Lunch at the CAB table in the Evans Commons with popcorn and information on the events to come this year</p>
<p><b>Criminal Justice Student Association's Roaring MADD</b> 9 a.m. - 3 p.m. Spellmann 3115</p> <p>Mothers Against Drunk Driving discusses its mission to spread awareness for the prevention of drunk driving Freebies and snacks provided</p>	<p><b>Asian Pop Culture Club's Cosplay Café</b> 10 a.m. - 2 p.m. Butler Loft</p> <p>Free Asian treats and drinks served by club members in costume</p>	<p><b>Alpha Lambda Delta Strategies for Study and Scholarship</b> 11 a.m. - 12 p.m. Harmon 121</p> <p>A presentation of the national academic honor society Open to all, the round table discussion of strategies for maintaining a high GPA and offer tips for success under stress</p>	<p><b>ASDC's Hear Us Roar Hip Hop Workshop</b> 1 - 2:15 p.m. Scheidegger 2100</p> <p>Learn some of Raylon's unique hip hop moves with the All-Style Dance Club</p>	<p><b>Global Talk with IRSA</b> 1 - 2 p.m. Harmon 119</p> <p>International Relations Student Association's world event panel on all the latest global events</p>
<p><b>Red Cross Blood Drive</b> 9 a.m. - 3 p.m. Spellmann Connection</p> <p>Donate blood with the American Red Cross</p>	<p><b>Roar Around the World with Fulbright, Boren and Critical Language Scholarships</b> 10 - 11 a.m. Spellmann 3015</p> <p>An interactive presentation for answering questions about teacher certification, why these changes are occurring and why teachers are under scrutiny in the media</p>	<p><b>LU SPJ's First Amendment Free Food Festival</b> 11 a.m. - 1 p.m. Spellmann 4105</p> <p>Individuals sign away their First Amendment rights in exchange for free pizza</p>	<p><b>CSU's Ash Wednesday Mass</b> 12:45 - 1:45 p.m. Sibley Chapel</p> <p>A service that will include the imposition of ashes</p>	<p><b>Greeks Debunked</b> 1 - 2 p.m. Evans Courts</p> <p>Debunk common myths about Greek Life.</p>
<p><b>Ash Wednesday Chapel Service</b> 10 - 11 a.m. Sibley Chapel</p> <p>A service that will include a traditional Ash Wednesday reflection and the imposition of ashes</p>	<p><b>BSU's Panel Discussion</b> 1 - 2:30 p.m. Harmon 131</p> <p>Black Student Union's showcase of LU's diverse cultural background and panel discussion on current events, history and overall African-American culture</p>	<p><b>Tri Sigma's Capturing Memories at LU</b> 11 a.m. - 1 p.m. Evans Group Dining Room</p> <p>Take pictures at a photo booth and create or take a picture frame to keep it</p>	<p><b>Healthcare Career Club Medical Mystery</b> 1 - 2:30 p.m. Spellmann 3190</p> <p>A mock medical visit with the Healthcare Career Club simulating patients with a disease or injury while guides go through diagnosing, testing, and treating</p>	<p><b>Public Health Jeopardy: Let's Hear Your Roar!</b> 1 - 2 p.m. Harmon 217</p> <p>Tests students' knowledge of public health with the School of Nursing and Allied Health Sciences faculty</p>
<p><b>Behavioral Job Interviews for the College Student</b> 10 - 11 a.m. Harmon 131</p> <p>Prepares students for behavioral questions in job interviews by allowing them to answer example questions</p>	<p><b>ADS's Brand YOU Before and During an Interview</b> 12 - 1 p.m. Spellmann 3090</p> <p>Learn to apply the techniques advertising pros use to brand yourself before and during an interview</p>	<p><b>Central Tendency Concert</b> 11:30 a.m. - 12:30 p.m. Sibley Chapel</p> <p>Take a break and enjoy the musical stylings of Central Tendency, a band comprised of LU faculty members</p>	<p><b>What's Up With Surveys?</b> 1 - 2 p.m. Spellmann 3020</p> <p>A presentation of what happens with the results of course evaluations, LSGA surveys, the Student Satisfaction Inventory, the first Destination Survey and other surveys students are asked to complete throughout the year</p>	<p><b>Study Abroad</b> 1 - 2 p.m. Spellmann 3015</p> <p>Students and faculty who have studied abroad discuss and inform others about study abroad opportunities Snacks provided</p>
<p><b>International Advertising: Culture and Consumer Behavior on Video</b> 10 - 11 a.m. Harmon 137</p> <p>Presents and discusses 15-20 advertisements from around the world</p>	<p><b>Adaptive Sports Goalball Tournament</b> 10:30 a.m. - 12 p.m. Evans Courts</p> <p>A high intensity sport for the blind and take on your friends and classmates</p>	<p><b>Public Health Jeopardy: Let's Hear Your Roar!</b> 10 - 11 a.m. Harmon 217</p> <p>Tests students' knowledge of public health with the School of Nursing and Allied Health Sciences faculty</p>	<p><b>Public Health Jeopardy: Let's Hear Your Roar!</b> 1 - 2 p.m. Harmon 217</p> <p>Tests students' knowledge of public health with the School of Nursing and Allied Health Sciences faculty</p>	<p><b>Healthcare Career Club Medical Mystery</b> 1 - 2:30 p.m. Spellmann 3190</p> <p>A mock medical visit with the Healthcare Career Club simulating patients with a disease or injury while guides go through diagnosing, testing, and treating</p>

# NEWS

Visit [Lindenlink.com](http://Lindenlink.com)'s Sibley Day page for live coverage throughout the day

## HEAR US ROAR

Continued from Page 1

According to Angie Royal, LSGA will be distributing T-shirts across campus to students who present their student IDs.

Also, like previous years, students will be able to win various prizes by attending events and collecting raffle tickets.

At the end of the day, the winning tickets will be drawn in the Evans Commons Dining Hall.

held for students and faculty.

One LU student, Steve Silvester, says that the T-shirts are one of the greatest recurring perks of the day.

"I've loved that we've been given T-shirts every year for Sibley Day," said Silvester.

"They are always themed too. And they remind me when I wear them how much I love Sibley Day."

This schedule is modified from the original version to accommodate for the following changes:

- Giancarlo Esposito's speech is rescheduled
- LU SPJ's event moved from the pavilion to Spellmann 4105



Legacy file photo by Lindsey Vaughn  
Last year's Wheelchair Basketball event showed students how the game is played. It will be held again this year at 2:30 in Evans.

### Natural Science Club's Sweet and Science

1 - 3 p.m.

Young 210

Attendees learn some fun and easy science concepts with hands on activities--touching, feeling and creating science

Cupcakes, cookies and a variety of pies included

### Undergraduate History Conference

1 - 3 p.m.

Harmon 136

Undergraduate students present historical research to colleagues, faculty and members of the Lindenwood community

### Hammond Institute--Lindenwood and Ferguson

1 - 4 p.m.

Dunseth Auditorium

Focuses on the burgeoning relationship that LU is forming with the City of Ferguson to assist with a variety of recovery efforts

2 p.m.

### Lindenwood through the Decades Interview Station

2 - 3 p.m.

Spellmann 4185

Record your favorite LU memories and help us learn about the culture of LU through the decades

### Grateful Dead: a Celebration of the Dead's 50-year Anniversary and Legacy in St. Louis

2 - 3 p.m.

Harmon 121

A guided listening journey and history lesson on the Grateful Dead's musical legacy and impact in the St. Louis region

### Gender Studies Club's Talking Sex

2 - 3:30 p.m.

Spellmann 3015

An open discussion on sexuality, the resources available to college students and the treatment of student sexuality

### Study Abroad in France

2 - 3:30 p.m.

Spellmann 3020

An informational meeting for students planning on studying abroad in Caen, France, in fall 2015

### Art History -Sibley Day Photobooth

2 - 3:30 p.m.

Spellmann 3rd Floor Atrium

Choose from portrait, photobombing LU and other options with the Art Club and faculty members

### Sibley Day Career Fair

2 - 6 p.m.

Harmon Lobby & Hallways

An opportunity to meet with area employers  
Professional attire and an LU or Alumni ID is required

2:30 p.m.

### Adaptive Sports Wheelchair Basketball

2:30 - 4:30 p.m.

Evans Courts

See how it is to roll down the court and launch a 3-pointer or a lay-up in the fast-paced game of wheelchair basketball

3 p.m.

### Swing Dance Club's Roaring Swing Dance

3 - 4 p.m.

Evans Courts

Guest instructors help LU's Swing Dance Club teach dances of the '30s and '40s

### Phi Mu Alpha American Music Recital

3 - 4 p.m.

Jelkyll Theater

Phi Mu Alpha's biannual American Music Recital with the music of America

### Delta Tau Delta: An Afternoon with Danny Simms

3 - 5 p.m.

Butler Loft

An acoustic concert featuring solo artist and LU alumnus Danny Simms

4 p.m.

### The Times Are A-Changin' Teacher Ed

4 - 5 p.m.

Harmon 145

An interactive presentation during which students can ask questions and receive answers about teacher certification

The discussion also includes address changes and why teachers are under scrutiny in the media today

### NASA's Connection Reception

4 - 7 p.m.

VIP Room- Hyland Arena

Nonprofit Administration Student Association hosts local nonprofit organizations to share what their organizations do and offer a networking opportunity  
Food will be provided

5 p.m.

### "Hear Us Roar" about Project Management Careers, Programs, and Certifications

5 - 6 p.m.

LUCS Auditorium

A presentation about careers and academic programs in project management and the benefits of membership in the Project Management Institute, with Q&A and networking sessions

CJSA

### Break The Silence

5 - 7 p.m.

Jelkyll Theater

An open mic night and fundraiser for Team Black with speakers who deal with suicidal patients

The public is invited to perform music, dance or monologues about people close to them who have struggled with suicide

### Phi Lambda Phi Yard Games

5 - 7 p.m.

Evans Courts

Games like dodge ball, washers and others that can be played indoors

6:30 p.m.

### Sibley Day Attendance Prize Drawings

6:30 - 7 p.m.

Evans Commons Dining Hall

Attendance slips will be collected from each of the day's events, and prizes will be awarded to those whose names are drawn

7 p.m.

### CSU's Ash Wednesday Mass

7 - 9 p.m.

Sibley Chapel

A service that will include the imposition of ashes

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# OPINIONS



## Second class citizens

**Tyler Tousley**  
Staff Reporter

Last week, three Islamic students were shot and killed at the University of North Carolina, the Chapel Hill campus. There have been reports saying that it was over a parking dispute, but that they are looking into the possibility of a hate crime. I have no doubt it was a hate crime.

Unfortunately, hate crimes are all too frequent. They are based off of race, gender, sexuality, religion and any other conceivable difference a person might have. In the U.S, these crimes are largely perpetrated by straight white men.

If an Arabic person shoots up a school they are considered a terrorist. If a black person were to do the same they would just be seen as a thug.

If a white man were to do it I can almost guarantee that every report would say that he was suffering from some sort of mental illness or another third-party factor—taking the responsibility off of the shooter. Exhibit A: CNN quoted the lawyer of the man who killed the three students in North Carolina saying that this shooting, “highlights the

importance of access to mental health care services.”

The reason that there is gay pride every June is not because us gays just want to throw a party.

The very first gay pride was a riot. Transgenders, drag queens and every other part of the spectrum decided to stand up against the incredible social injustice that they were facing, widely from the police.

The fact that as a gay male I am afraid to hold my boyfriend's hand in public is appalling especially when heterosexual couples don't give it a second thought.

Our government is still debating the rights of women, from discussing rape claims, to whether or not women should be allowed to abort their unborn babies, to even as far as arguing whether or not women should be covered by their insurance for birth control.

In America if you are not a straight, white, Christian male, you better watch your back. Clearly everybody else is a second class citizen. Gay, straight, male, female, black, white, purple, we're all human, so let's start treating each other like it.

## 50 shades of interpretation

**Tyler Jeffers**  
Staff Reporter

Anyone who has been on social media recently can see the controversy of the upcoming “Fifty Shades of Grey” film.

The romantic blockbuster has faced much criticism from several different sub-cultures of individuals on the basis of the adult content in the film and accusation that the story supports and encourages sexual abuse and objectification toward women.

Regardless of what an individual's ethical reason to either seeing or not seeing the film, it is slanderous to insinuate that the film supports messages of the abuse and objectification of women on the basis of its content.

Yes, an educated individual can make a solid hypothesis from the novels about the content of the movie, but even if the story was identical, some people fail to separate rules of reality versus fiction.

## Class size matters

**Sam Horstmeier**  
Staff Reporter

Class size, being the number of students enrolled in a single course, definitely matters.

I've been in courses with 27 students, and classes with five students here at Lindenwood.

This contrasts schools such as Mizzou, Alabama and Ohio State, where freshman class sizes may vary with classes upwards of 300 students – swiping your ID at the front door to sign in rather than the traditional role call. But why does class size matter?

In my opinion sitting in a lecture hall offers too many opportunities to become sidetracked or focus on something having nothing to do with the class.

In my smaller classes I feel accountable to be in attendance and participate, because if I do not it may even effect my grade in participation, a nice grade buffer not always

On that basis of content alone, one could easily argue that the good majority of horror films support becoming a murdering psychopath or that superhero films support being a crime fighting vigilante. These conclusions would be incorrect and outrageous.

The majority of fiction has multiple themes a person could draw out of it and the good majority of these messages are gained from subjective interpretation. Most fiction-based content only has the themes we as individuals draw from it.

As media progresses in our society, people will continue to dispute the ethically challenging questions of fiction deciding what is appropriate and what is not. This can be seen in a variety of ways from the reaction to Charlie Hebdo's satirical comic strip to the box office numbers of the interpreted novels of “Fifty Shades of Grey.” It is not for any group of individuals to tell us the singular purpose or theme of a work of art.

offered at larger schools. There are statistics to accompany preferring smaller classes.

Jack Keil and Peter J. Partell of the Office of Budget & Institutional Research at Binghamton University tell us in their published study that by comparing average college student grades, in going from a class of five students to a class of 290 students starts at around a 52 percent average rate to receive an “A,” to about a 23 percent in the large classes.

Smaller classes allow professors to put more time and effort into each individual student, allowing for a better learning environment for all.

Therefore, not only do you get more easily distracted, partake in little to no class discussion, nor are you not always held accountable for participation in class – you are statistically less likely to get that “A” that's going to drive you into your dream job.

## On the fence

What's better, Valentine's Day or Mardi Gras?



*Mardi Gras*

**Samuel Horstmeier**  
Staff Reporter

It is a rare occurrence that Mardi Gras and Valentine's Day are celebrated on the same day, but the key word there is celebrated.

Mardi Gras just so happens to coincide this weekend while Valentine's Day is always the 14th of February.

In the debate over which is better, it is easy for me to side with Mardi Gras.

This holiday has loads of history and traditions, which is also true for Valentine's Day, but the biggest difference in my mind is the Mardi Gras may be celebrated by anyone who chooses to take part!

That being in contrast to Valentine's Day, which is celebrated almost entirely by those in relationships and marriages.

Aside from the in-class elementary school cards, most singles have dubbed this holiday “Singles Awareness Day,” or other goofy names to make joke of their inability to celebrate.

Another thing you'll likely hear around this time of year in St. Louis is that behind New Orleans we are known to have one of the largest Mardi Gras parades and celebrations around the country.

Anyone can celebrate Mardi Gras as opposed to primarily those in relationships, because it's rooted in many cultures uniting in traditions outside of last minute chocolate hearts (which can be a usual piece of strong relationships).

Receiving free beads, eating cultured food and watching some fantastically hand-crafted floats go by makes Mardi Gras a one-of-a-kind holiday that is fun for the whole family no matter the age range.

With it being so close to one of the biggest celebration cities in the country, Mardi Gras in St. Louis is definitely the better holiday overall.



*Valentine's Day*

**Cole Figus**  
Staff Reporter

Valentine's Day is a better holiday because it's a celebration of committed love.

It's arguably too commercial- blatantly so- but it's still a fun holiday where the focus is on one's significant other. I think its hallmark aspect waters down the Valentine experience with arbitrary rules and standards of celebration, but that the holiday can be even more meaningful between lovers when they skirt the needless commercial conventions. It does not matter what a couple does, but only that they do something together.

Valentine's Day is more important than ever for love in our current epoch of digital relationships, and it's a holiday that stresses actual, personal connection.

With dating apps like Tinder and Grindr, where the act of talking in person to someone you are interested in is no longer necessary, relationships can devolve into as meaningless interactions as “u up?” and “what are you into?” messages.

Valentine's Day requires actually being physically present and mentally engaged, and it can be a rare moment of connection that many people rarely get anymore.

The digitization of our lives has its pros and cons, but certainly the declining necessity of real human connection is bad for our personal lives. So Valentine's Day can be a break from your phone and computer, and a mini vacation back in time to strictly human connection.

It's obvious that our generation is headed for very real commitment issues on account of how convenient infidelity has become, along with our generally liberalizing sexual values, but as our cultural dating norms change, maybe our Valentine tradition is a rare, annual moment of genuine commitment.

**The Legacy / Lindenlink.com**

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## Letters to the Editor

The Legacy welcomes opinions and feedback from all readers. Please send Letters to the Editor to [LULegacy@lindenwood.edu](mailto:LULegacy@lindenwood.edu).

Editors must be sure that the person whose name is on the letter is really the person who wrote it. All letters to the editor must include a full name and a means of contact.

Letters must not exceed 300 words and should not include obscene material. Editors may ask for revisions to help meet these standards. If these requirements cannot be met, the letter will not be published.



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# EXTRAS



## Photo Challenge of the Week

### Valentine's Day

This week's winner is Romane Donadini, whose artistic photo of a chocolate-covered strawberry shows the decadence of the love-filled day.

**Photo entries may be staged or edited for lighting, color correction and cropping. Please include some details about your subject.**

### Food For Thought

As a yummy treat, we are asking for your photos of a delightfully tasting meal or the artistic arrangement of the apple of your eye.

Send your photos to Visual Editor Kelby Lorenz at [KLL786@lionmail\(...\)](mailto:KLL786@lionmail...) by Friday, Feb. 20 for a chance to enter the contest.

## People of LINDENWOOD

Q: What are you proudest of?

A: "Doing what I want to do, despite what others say about it. A lot of people thought that moving out of state to go to college would be a bad idea. It's been one of the best decisions I've ever made and I couldn't be happier."

**Lexi Russ, Freshman**



Q: What do you consider your greatest strength?

A: "I wrestle. My family wrestled and I just tried it out and it was really good, and I like what it does for girls. It's a confidence booster."

**Meghan Freeman, Sophomore**



Q: What do you miss most about being a child?

A: "I didn't have a lot of stuff to do and responsibilities. I'm a foreign student and I don't have my parents here and as I get older there are more responsibilities to do."

**Everton Molina, Sophomore**



Q: What is your passion in life?

A: "My personal passion in life is happiness. I'm going to create my own happiness in my own style and live life to the fullest."

**Phoebe Nguyen, ESL Student**

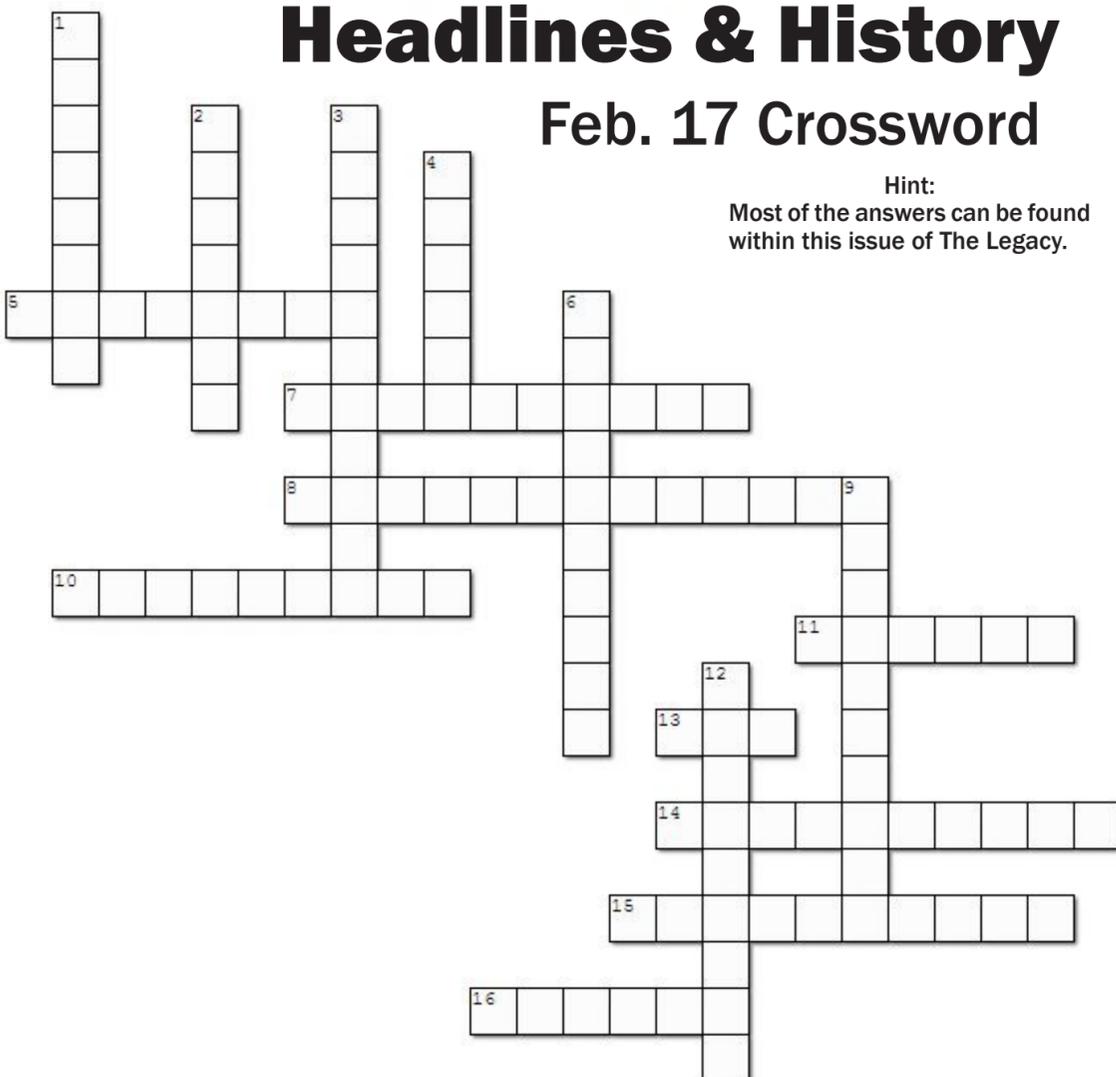


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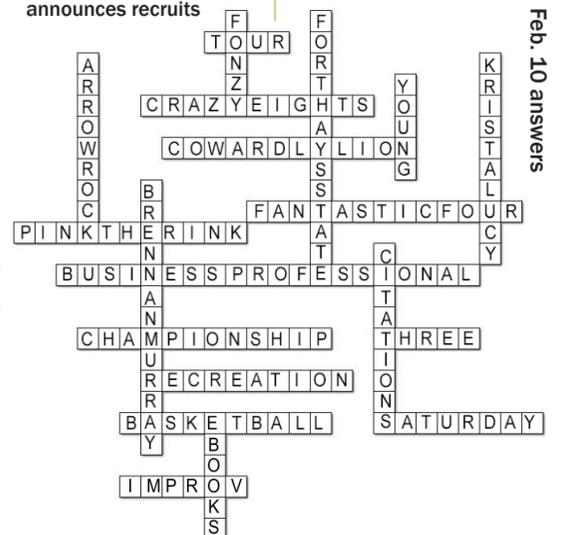
## Headlines & History

### Feb. 17 Crossword

Hint:  
Most of the answers can be found within this issue of The Legacy.



- |  |   |
|--|---|
| <p><b>Across</b></p> <ul style="list-style-type: none"> <li>5. The school of ___ &amp; Entrepreneurship includes the Duree Center and Hammond Institute</li> <li>7. Sibley Day's American music event host</li> <li>8. Home to admissions</li> <li>10. Sophomore goal tender</li> <li>11. Men's wrestling MIAA ranking</li> <li>13. July 23 - August 22 astrological animal</li> <li>14. A chocolate covered one of these is this week's Photo Challenge winner</li> <li>15. LU's musical alumnus to perform at Delta Tau Delta's Sibley Day event</li> <li>16. Women's team announces recruits</li> </ul> | <p><b>Down</b></p> <ul style="list-style-type: none"> <li>1. Clint Eastwood's film about Nelson Mandela</li> <li>2. This year's Sibley Day will be the ___ annual celebration</li> <li>3. A fundraising event for the women's basketball team</li> <li>4. Three ___ students were killed at the University of North Carolina</li> <li>6. Victorious in a five set match</li> <li>9. MIAA Northeastern State mascot</li> <li>12. Gymnastics faced Texas Women's and ___ on Friday</li> </ul> |
|--|---|



Feb. 10 answers

Photo by Rachel Schult



# CULTURE

A piece from Richard Cotto's line, "Bizarch," shown at the 102.5 Wine and Chocolate event on Feb. 13

## Simms' Soulful Return

Talented LU alumnus Danny "Soulful" Simms to perform on Sibley Day

**Aaron Vento**  
Staff Reporter

LU has a rich history of making talented people out of its students. Danny Simms is no different.

"I am a musician because it's a part of me, just like my hair or my lungs," said Simms. "Also, I feel that I can contribute the most to this world and be most true to myself through creative musical expression."

Students will get a chance to experience

Simms' musical expression on Sibley Day in a performance at Butler Loft from 3-5 p.m. The concert is presented by LU's Delta Tau Delta chapter, which Simms is a former member of. Music has been an addiction of the Missouri native since 2006 when he began playing what he describes as "human music," preferring not to be categorized.

Simms graduated from Lindenwood in 2012 with a degree in vocal music education.

He cites his favorite memories of LU as

"the relationships I forged with the staff, faculty and students. The relationships came from Delta Tau Delta, classes, nights on [Main Street], attending events, teaching LUL, lifting at the gym, work and learn and random conversations. All of the relationships made me grow as a person and some will last a lifetime."

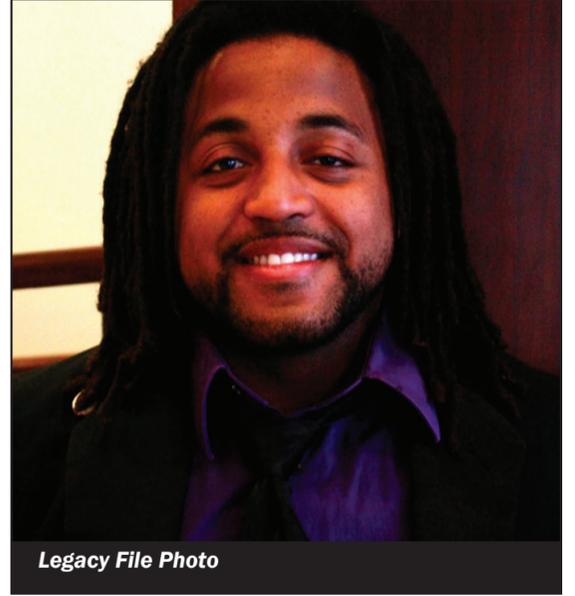
He is currently getting ready to launch his own production company along with being an independent sound producer,

songwriter and vocalist.

"I feel that music is a power, a science and an art form," he says. "My musical taste is extremely eclectic."

"I listen to everything and anything I can get my hands on. Things like experimental Japanese soundscapes, tribal chants, solo jazz guitar, E.D.M., classical, independent YouTube acts, American pop music."

"Technology has created limitless listening possibilities and I feel it [is] my duty to take full advantage."



Legacy File Photo

## Good health, good money

**Brendan Ochs**  
Staff Reporter

As college students prepare for professional life after graduation, it is important for people to examine their health status.

According to cdc.gov, "The cost of insurance premiums and employee medical claims is at an all time high and continues to rise."

It is important to understand the relationship between regular exercise and this future dollar amount coming out of your pocket.

WebMD says, "No one can deny the benefit of a regular exercise regimen on overall health and disease prevention."

"Findings continue to support the benefit of regular exercise in strengthening the immune system, enabling it to fight

viral and bacterial infections."

In the long run, exercise will be able to save you money.

CNN says that, through JetBlue Airways "employees can earn up to \$400 in rewards in their health savings account for partaking in certain activities, such as purchasing or owning home exercise equipment, working in a physically demanding job."

With these rising costs, encouraging others to get healthy is indeed important.

Not only is this life change able to save money, it also encourages a better lifestyle, mood and greater productivity in the work place.

In other words, a healthy lifestyle can reduce your healthcare cost through less trips to the doctor, emergency room or other healthcare clinics which can cost a lot of money.

## A Brotherhood of Music

LU's Phi Mu Alpha chapter to celebrate American music on Sibley Day

**Essi Virtanen**  
Staff Reporter

Phi Mu Alpha Sinfonia is a national fraternity that originated at the New England Conservatory of Music.

It was founded in 1898 to bring talented male students together through their love of music and focus on the spread and advancement of the music in America.

LU's Phi Mu chapter, founded in 2001, holds the same objective. They will be sharing

their musical passion and talents on this year's Sibley Day with their biannual American Music Recital at Jelkyl Theatre, located in Roemer Hall, from 3-4 p.m.

Phi Mu Alpha currently has 18 members in total. Joe Fritz, a junior majoring in mass communications with an emphasis on radio broadcasting, is one of them.

He has played percussions for ten years and he joined Phi Mu

Alpha during his first semester at Lindenwood three years ago.

"The greatest thing [about Phi Mu Alpha] is that we spread the music in America [and] you get together with your brothers and have a good time," Fritz said.

"For me, personally, the best thing has been that it has given me a family away from home."

Like other fraternities at LU, Phi Mu Alpha does charity work as well.

"During our province workshops all the chapters in the province get together and one activity we do is to go to nursing homes and hospitals and sing for its residents. They love every moment of it," Fritz said.

Besides their Sibley Day event, Phi Mu Alpha plan to hold concerts under the Spellmann Clock Tower later this spring to give students a chance to meet the other members and get a taste of their musical talents.

### LU Film Series Review

#### "Invictus"



**Devin King**  
Staff Reporter

Directed by Clint Eastwood, "Invictus" begins with Nelson Mandela (Morgan Freeman) returning to a racially divided and crime-stricken South Africa. After witnessing the racial bond of the

South African rugby team, The Springboks, at a game in the UK, Mandela talks to team captain Francois Pienaar (Matt Damon) in hopes that if the South Africa wins the 1995 Rugby World Cup, it will help unite the country.

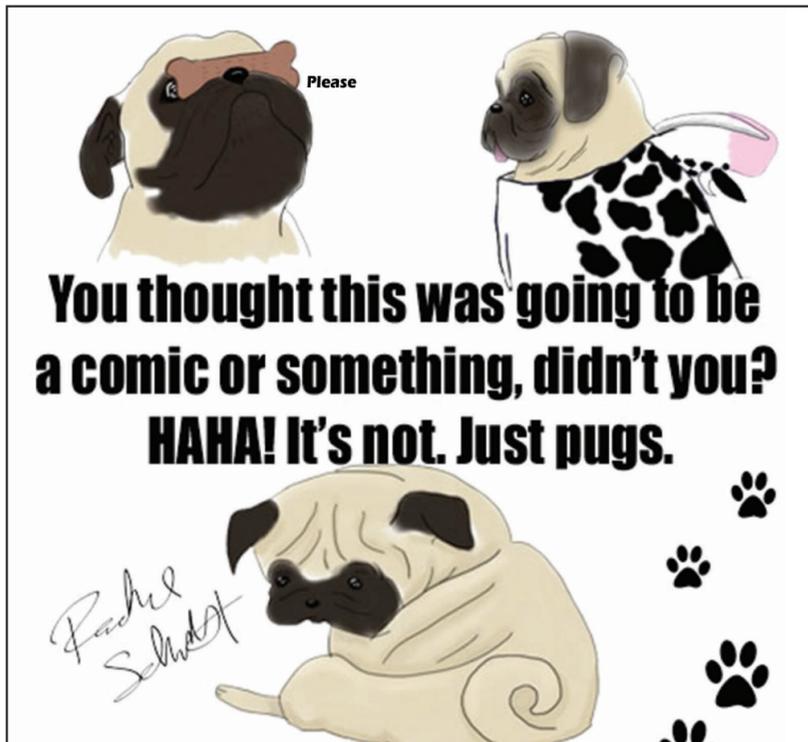
"Invictus" has a relatively simple story that

plays it safe. Even though it can come off with a tad of an "eat your vegetables" tone, there are some well-executed emotional scenes that are extremely akin to Eastwood's directing style. Leading an especially good supporting cast, Damon is convincing as Pienaar, but Freeman's performance

is more distracting than convincing.

Even with all of its issues, "Invictus" is still worthwhile for those who enjoy rugby or South African culture.

Will be shown at Young Auditorium Friday Feb. 20 as part of the LU Film Series.



## New on Netflix

**Devin Durbin**  
Staff Reporter

Movies	Television	Editor's Pick
<p><b>Earth to Echo</b> (2014) PG - In this found footage family story, which "Variety" described as "E.T. meets 'Chronicle,'" a group of children embark on a mission to help a lost alien.</p>	<p><b>Brain Games</b> (2011) - Jason Silva hosts this National Geographic series that involves interactive neurological tests and theories narrated by Neil Patrick Harris.</p>	<p><b>Tarzan</b> ★★★★☆ Disney struck gold with their 1999 animated adaptation of the classic tale of the "ape man."</p>
<p><b>The Fluffy Movie: Unity Through Laughter</b> (2014) PG-13 - "Fluffy" comedian Gabriel Iglesias performs in this concert documentary filmed in San Jose with scripted, autobiographical clips included.</p>	<p><b>Richie Rich</b> (2015) - In the latest television adaptation featuring the popular titular character, a child trillionaire buys a mansion, moves his family in and shares fun adventures with his best friends. For fans of Maculay Culkin.</p>	<p>Featuring an Academy Award-winning soundtrack by Phil Collins, this action-packed adventure will warm the hearts of the entire family.</p>

# SPORTS



Roman Seghezzi (11) and several of his teammates celebrate during the Lions' victory over the Quincy University Hawks on Friday evening at the Hyland Arena.

## Men's volleyball gets back into win column



Photo by Sandro Perrino  
Jake Duckworth (10) prepares to strike the ball.

**John Tessmer**  
Staff Reporter

The LU men's volleyball program got back in the win column on Friday evening, as they took down the Quincy University Hawks in a five-set match.

After losing the first set, the Lions came out for the second set looking to show their true grit.

Leading by as many as eight, the Lions would win by the score of 25-19.

LU and Quincy would split the next two matches, as Quincy would take the third set 25-22 and LU would take

the fourth set 25-22.

The final set, which only goes to 15 points, of the evening would be a nail biter, as the game was tied at nine before the Lions went on a two point run thanks to a Kyle Overby kill and Quincy error.

Quincy would only get two more points, as LU went on to take the set 15-11.

On top of a very close game, both teams appeared to be having trouble with the officiating, as there were many times the referees were forced to go to the replay monitor to make sure they got a call

correct.

LU found a way to pull out the victory, making head coach Kris Dorn very happy.

"It really tested our grit. We both got some questionable calls and at times both teams had to bounce back and create our own points.

"We've been struggling with the ability to finish and this was a perfect situation to be thrown in, to be able to prove our mental toughness.

As much as that was frustrating, I think it was huge for our guys to come over that hump and get the victory," Dorn said.

The Lions got

contributions from every player that hit the court on Friday, as four players had double digit kills and three had double digit digs.

Jake Duckworth and Overby led the Lions with 15 kills, and Colin Hackworth had 14 kills and Logan Jarus had 10.

Duckworth led the team in digs as well, as he picked up 15 on the night, while Connor Metcalfe and Mason Ohta had 10 apiece.

The Lions will try to stay in the win column as they travel to Lewis University on Feb. 27 and Loyola University-Chicago on Feb. 28.

## W. Soccer announces recruiting class

**Nick Feakes**  
Staff Reporter

The LU women's soccer team has brought in an impressive recruiting class for next season.

Joining Lindenwood from nearby St. Charles West High School will be defender Hailey Carbray. Carbray has played varsity soccer at St. Charles West for the past four years.

She is also a team captain and has gained All-Conference first team honors the past two years. In addition to being

an exceptional soccer player, Hailey has gained All-Academic accolades each season.

Hannah Averick, a defender from O'Fallon Township High School in Illinois, will be joining the Lions. Like Carbray she also excels in academics, gaining national Honor Society accolades each of her past two seasons.

Olivia Callipari from Batavia High School in Illinois will also join the Lions. Callipari has an impressive strike rate, notching 5 goals and 17 assists

in her first two varsity seasons. Callipari was named All-Conference and Academic All-Conference in 2014.

Center back Kathleen Duffy will also join LU. Duffy is from Saint Edward Central Catholic in Elgin, Illinois.

Duffy brings an impressive high school resume along with her. Duffy has started every game in her three year varsity career. She has been named 1st team All-Conference in each of those years, as well as 1st team All-Academic.

Wisconsin native Jamie Rozzell will join the Lions from East Madison High School.

Rozzell has an impressive 35 goals and 25 assists entering her senior season.

In addition to this, she is also team captain, has been named All-Conference each year and gained National Honor Society accolades.

Striker Taylor Robinson from Nerinx Hall High School in St. Louis, Missouri, will also be joining the Lions.

Robinson led Nerinx in her first varsity season, scoring 8 goals and proving crafty with the ball as she notched 10 assists.

In addition to this she was named team captain for the 2015 season.

## 2014-15 Men's Basketball Standings

School:	Conference:
Central Missouri	12-4
Northwest Missouri	11-4
Pittsburg State	11-4
Lindenwood University	11-5
Nebraska-Kearney	9-6
Missouri Southern	9-6
Central Oklahoma	9-7
Fort Hays State	8-7
Washburn	8-8
Missouri Western	6-9
Southwest Baptist	5-10
Northeastern State	4-11
Emporia State	4-12
Lincoln	1-15

Accurate as of 2/16/15

**The Lions men's basketball team will take on Northwest Missouri on Wednesday, Feb. 18, to finish out the home portion of their schedule. This game will prove vital to the final standings in the MIAA, where the top four seeds receive a bye to the second round of the MIAA tournament.**

## Briefs

The men's swimming and diving team captured the RMAC championship in its first season in the league. The women's team finished in third place in the conference.

The men's basketball team lost on the road to defending national champion Central Missouri on Saturday afternoon 58-53. Darris Smith led the Lions with 14 points in defeat.

The men's baseball team won a pair of games against Saint Leo University and Albany State on Saturday in the Montavello Classic.

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# SPORTS

## Gymnastics improves to 3-0 in conference

**Phillip Scherer**  
Sports Editor

The LU gymnastics team improved its conference record to a perfect 3-0 following a tri-meet victory at the Family Arena against Texas Women's and Centenary Friday evening.

LU's final score for the meet was 194.25, which marks its highest point total ever in a home competition, and second highest overall. Texas Women's came in second place and Centenary finished with a close third-place finish. LU defeated its competition in each of the four team events, vaulting the Lions to victory.

The biggest individual achievement for the Lions

came courtesy of Kierstin Sokolowski, who broke the school record in the all-around competition with a final score of 39.175. This score broke the previous record, set just five days earlier, by 0.100 points.

Valeri Ingui of the Lions won the beam event with a score of 9.825, and finished second in the all-around competition. With scores of 9.825, Sokolowski and Rachel Zabawa shared the individual title in the floor exercise. The other highlight came courtesy of Courtney Heise, who was the winner in the bars competition with a final score of 9.825.



## Men's wrestling finishes second in MIAA tourney

**Brayden Parker**  
Staff Reporter

Following their first MIAA Regular Season Championship, the Lindenwood wrestling team started the road to the national title with a stop in Warrensburg, Missouri, for the conference tournament. Behind the efforts of six conference runner-ups, the Lions finished second overall in the team standings, while the University of Nebraska-Kearney took the team championship.

"I was really proud of our performance today as a whole, but we can always be better," senior John McArdle, who placed second in the 184-pound tournament, said.

Six LU wrestlers completed in the championship rounds.

Those Lions include senior Marco Tamayo (125 pounds), senior Kyle Webb (141), senior Derrick Weller (157), freshman Kyle Jolas (165), McArdle (184) and freshman Jacob Borgmeyer (285).

Four wrestlers also competed in consolation matches during the tournament. Freshman Hunter Haralson (133) and sophomore Batchka Zulkhuu (174) took third place titles, while freshman Jared Mestas (149) and senior Kenny Breaux (197) took fourth.

Although LU did not record an individual

champion, the wrestlers agree that the program gained experience from wrestling together as a team in the tournament format, which is how they will compete the remainder of the postseason.

"Obviously, the goal was a conference championship but we wrestled as a team today," Borgmeyer said. "We know what we need to work on in the upcoming weeks to be ready for regionals."

During the tournament, LU head coach Chad Smith was named MIAA Coach of the Year. This was his second time to win the top coach honors, in just the program's third year in the conference.

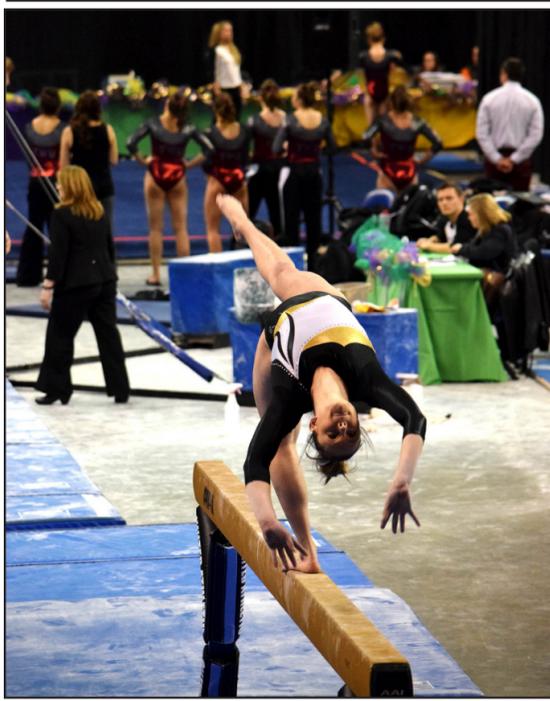
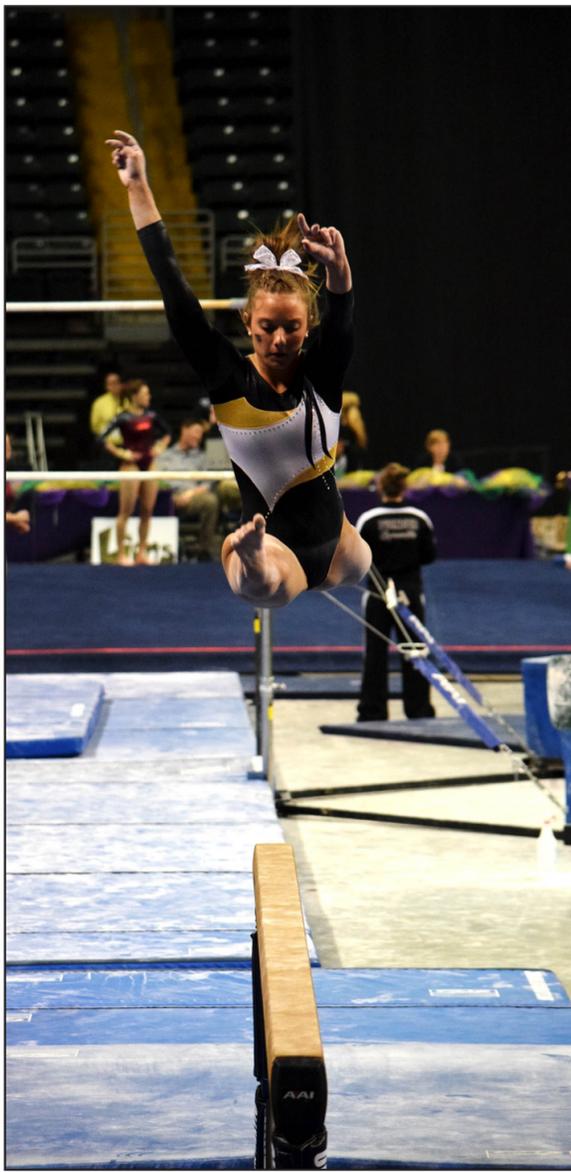
"Coach has done a great job with the team this year," Borgmeyer said. "The team's accomplishments in the past years under Coach Smith speak for themselves. I believe Coach [Smith] is well deserving of his second MIAA award."

With this tournament experience and the top coach, the Lions continue their postseason campaign at the NCAA Division II Super Regional in Mankato, Minnesota, on Feb. 28 and March 1.

"We just need to work on our mistakes we made today," McArdle said. "We need to sharpen up our technique and keep on moving forward as a team, or better said, as a family."

**We need to sharpen up our technique and keep on moving forward as a team, or better said, as a family.**

**John McArdle**



Photos by Isis Wadleigh

Top: Lauren Cartmell finishes floor routine; Top Left: Team huddles during the competition; Bottom Left: Lauren Cartmell performs a backflip in her beam routine; Right: Valeri Ingui performs her beam routine

## Karpinski uses consistent schedule to excel in goal

**Roy White**  
Staff Reporter

"A split second separates the time once the puck leaves the stick for it to reach my net," sophomore goalie Cody Karpinski said.

Karpinski is one of two main goalies for the LU men's hockey team. He started out his college career with the Lions Division II team, winning the starting position, eventually making his way to the DI team.

"He's a kid that you want in your foxhole. He's a battler and very

resilient," Coach Rick Zombo said.

Such accolades from the coach come from such good preparation and a precise schedule, especially on game days.

Like most athletes, his day revolves around classes and a consistent practice routine.

Karpinski also works with a private goalie coach several times per week for extra practice.

Friday morning follows a similar schedule, with a series of classes and practices leading up to the weekend's games.

Stepping into the rink

changes everything in the schedule for this talented goalie.

After doing his initial stretches, Karpinski notes a quirky part of his routine.

Every game, Karpinski wears the same shorts, Blackhawks shirt, and beanie and tapes his goalie sticks exactly the same way.

"As a goalie, we are known for having our little quirks and doing weird things, because we all have a screw loose, because we voluntarily stand in front of frozen, vulcanized rubber

moving at 100 miles an hour," Karpinski said.

"I try not to think too much at all. I just react to the shot. I'm pretty thankful I've put a lot

of work in my hands," Karpinski said.

"I pick up on the little things like if the blade is open or not, whether he's going to pass it or

not, watching the stick handle.

"Aside from that one that got by, I just react as best I can," Karpinski said.

### Corrections

#### "Lions fall to Penn State Nittany Lions"

In the Feb. 10 story, it was stated that attendance was down from previous years at the Pink the Rink event. In reality, the attendance of 271 was up from previous seasons.

#### "The best celebration you could ask for"

The Feb. 10 story stated that Rachel Weich came up with the idea for the "Pink the Rink" concept. This concept has been used in the conference for many years. Rachel and her mother have been active in promoting the event for LU, but had no role in developing the concept.