



THE LEGACY

Bracelets were available at the March 18 walk. Attachments on the bracelets provided URLs to other Stop Heroin locations. Walking for Wellness also sold "Stop Heroin" T-shirts, pictured below, to benefit the charity.

Training to create LGBTQ Safe Zones

Ashley Higginbotham
Staff Reporter

Workshops regarding awareness of Lesbian, Gay, Bisexual, Transgender and Questioning students on campus will be coming to Lindenwood next month.

Assistant Director of Greek Life Christopher Miofsky will be providing workshops via The Safe Zone Project.

The Safe Zone Project is a national organization aimed at creating allies for the LGBTQ community.

"The organization Safe Zone is an organization that trains people on how to be more understanding and cognitive of the issues faced by LGBTQ students," Miofsky said.

The workshop is a two-hour process with different activities involved.

Attendees will discuss basic terminology and words commonly used by LGBTQ students, followed by an open discussion of relevant topics.

"These are things like hate speech, how to be an ally to LGBTQ students, what that means to be an ally and how to use the campus resources available," said Miofsky.

The workshop does not cover how to counsel those in need, but explains how to direct those students to the right place.

Volunteers are welcome to share their personal experiences.

"They are able to be in a safe place and feel comfortable discussing some things that are

open and sometimes controversial," Miofsky said.

Each participant will receive a small plaque indicating that spot is a safe place.

"A student can attach it to their residence hall door," Miofsky said, "and faculty can put it on their office door or anywhere that is your space."

Students and faculty who see those signs know that those spots are safe places for people to go.

"Having this on campus provides our student body with more resources and more opportunities to be open with themselves and to learn," Miofsky said.

"When I was hired on as part of Greek Life, it was talked about in a staff meeting that this is something we'd like to do," Miofsky said, "and I volunteered to do that."

"I've received the training before," Miofsky said, "and to give the training is just as simple, really."

Training is available online and requires the discussion leader to present that information.

The workshops are not required by anyone to take but Miofsky said he highly encourages faculty and students to attend.

"The goal is to provide this training multiple times every semester," Miofsky said.

Those interested can select one of the dates offered and RSVP with Miofsky at cmiofsky@lindenwood.edu.

LGBTQ Safe Zone Workshop Schedule

April 7	4-6 p.m.	Evans Commons 3020
April 8	2-4 p.m.	Evans Commons 3020
April 9	10 a.m.-2 p.m.	Evans Commons Dining
	6:30-8:30 p.m.	Evans Commons 3020

Activists march on Heroin walk continues despite weather

Viki Muench
Staff Reporter

A gloomy and cold day, a small hailstorm and lots of rain as well as a few technical difficulties could not stop the many people that came out to support the organization Walking for Wellness: Stop Heroin on March 18.

For the third consecutive year, Lindenwood has partnered up with the Lindenscroll Honor Society to host and organize the heroin awareness walk on campus.

About 130 people appeared at the Spellmann Clocktower to get ready for the 1.4 mile walk to show support and raise awareness for heroin, a drug that kills thousands of people every year.

A number of Lindenwood students and many people from the community participated. All wore neon pink, orange or yellow shirts and sweatshirts, which had been available for purchase on campus the week prior to the walk, and also at the event itself.

Gee Vigna, co-founder of Walking for Wellness, lost her daughter Nicky in January 2013 due to an overdose of heroin.

She spoke to the crowd before the walk and emphasized the importance of raising more awareness to the consequences of the drug.

"There are so many people that have lost a loved one due to heroin and it is very important to us to reinforce the support in our communities. This issue is not stopping, and it is not only happening here, but everywhere in the U.S.," said Gee.

"We want to emphasize that we haven't lost our child in vain, and that the ones dealing with this drug aren't crappy people. They just went down the wrong



Photos by Romane Donadini
Participants in the heroin awareness walk push on, despite poor weather conditions last Wednesday.

path at the wrong time and met someone who offered them something that promised it would make them feel better."

She said the main goal is to increase education in schools and communities.

The walk ended at Harmon Hall where everyone gathered for a speech that Nicky's older sister, Brittney, had prepared to give.

However, the talk had to be canceled due to technical issues.

During a personal interview, Brittney explained what especially students can do to help

with this issue.

"Definitely coming to the walks and spreading the word always helps. There is also a lot that can be done through social media. So sharing, liking our pages and inviting friends to join the movement is a great way to get involved," said Brittney.

She also mentioned that forming peer-education groups on campus is a great way to get the message across.

"It is always so much more helpful when you have your friends or people your age, just someone you can relate to, to talk about

this issue with and get educated."

With the T-shirt sales that happened on campus the week before the walk, Lindenwood was able to raise \$415 which will be donated to the Vignas' charity, Walking for Wellness.

Both Gee and Brittney were happy and excited about the turn-out of this year's event.

"The support means everything to us and we are grateful for everyone that showed and walked with us. It really does mean so much to everybody," Gee said.

Two halves make a whole: Nader and Norquist visit LU

Abigail Fallon
Staff Reporter

The Hammond Institute for Free Enterprise event kicked off the Liberty and Ethics Center's annual spring conference.

This year's subject was "Capitalism, Crony Capitalism, and the Common Good."

On March 19, the Scheidegger Center was filled with students, faculty, and community members waiting to hear former

presidential candidate Ralph Nader and political advocate Grover Norquist speak.

During the presentation, "The Emerging Left-Right Alliance to Dismantle the Corporate State," each speaker gave an opening statement before answering questions put forth by moderator Tim Jones, former Speaker of the Missouri House.

Both Nader and Norquist argued that Republicans and Democrats should

work together to reduce government favoritism of corporations, also known as "crony capitalism."

In his opening comments, Nader explained that there are 24 areas where folks on the left and right can agree.

One of these areas is crony capitalism, which includes corporate subsidies, tax credits and biased regulations.

Norquist compared our bipartisan Congress to two sumo wrestlers of equal

size, deadlocked and failing to make any progress. Although the two figures have historically had opposing political views, they base their alliance on shared libertarian ideals.

During his speech, Norquist made the distinction between a "left-right alliance" and a "bipartisan compromise." The former allows liberals and conservatives to work together on issue where they find common ground, whereas the latter simply

leads to an unfavorable "mushy middle" and bigger government.

When asked why young people should care about fighting crony capitalism, Nader explained that it favors special interest over the public good. Thus, if millennials want safe drinking water, convenient public transit and good schools, for example, they should educate themselves on the issues and demand answers from their representatives.

Nader, in his closing remarks, urged audience members to learn civics skills and monitor the government like an avid birdwatcher.

"I think it's easier than we think to turn this thing around."

Meanwhile, Norquist stressed the need for increased transparency so that Americans know how every tax dollar is spent, rounding the argument out with a truly "transpartisan" message.

7-Day Forecast

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
H 61 L 48	H 73 L 44	H 52 L 34	H 45 L 27	H 49 L 35	H 64 L 41	H 63 L 39
3/24	3/25	3/26	3/27	3/28	3/29	3/30

From Weather.com, accurate as of 3/23@ 9:15 a.m.

NEWS

Giancarlo Esposito inspires students to embrace life

Abigail Fallon
Staff Reporter

As he stood at the edge of the stage, ruthless drug lord and fast food chain owner Gus Fring stared down an LU student with the calm exterior of a man not to be messed with.

Gus Fring is the fictional character from AMC's hit series "Breaking Bad."

The man beheld at the J. Scheidegger Center in the Lindenwood Family

Theater on March 17 was actually the award-winning actor who portrayed him, Giancarlo Esposito.

During the Q&A that took place after this installment of the LU Speaker Series, a student asked him how he perfected the "Gus Fring stare" that has come to define the character.

Esposito explained that he applied the tools he learned in yoga to the role, giving Gus the gift of mindfulness and a chilling ability to pay more attention to others than he pays to himself.

As a performer, Esposito views himself as a storyteller, saying, "Everything is an opportunity to share our energies, our stories, our lives."

He also argued that everyone exhibits creativity, not just actors and dancers, but business people and scientists, too.

With regard to technology and how it has come to define our fast-paced world, Esposito asked, "How do we get back to listening again? How do we listen to our own insides, our own voice?"

He argued that most of us aren't really who we think we are, and that we may discover our true selves by sitting in silence.

"We rarely give ourselves the opportunity to slow down, go inside."

The actor pointed to anger as the root of many social problems, which stem from a lack of self-acceptance that makes it hard for individuals to



Photo from Emily Miller
Giancarlo Esposito discusses his acting career as well as his humanist perspectives.

accept others as they are.

"The fact of the matter is that we need to change, and that needs to start within every one of us."

At that point, he said, "We will start to realize that we are all one big organism."

As a half African-American, half Italian boy who was born in Denmark and lived in Italy before moving to New York at age 6, people reportedly asked young Esposito, "What are you?"

He said he values both sides of his heritage equally, but, "There is a side of me that is a human being first."

Esposito addressed the Ferguson protests and cited recent news footage of two African-American men beating each other in the street.

He said he sees that people are rising up but believes that there is a way to "take back our government and take back our corporations peacefully and authentically."

In order to realize our true potential as human beings, he said, we must exhibit intention, compassion, and the most important thing of all, love.

"Show people who you are, because you are not who you think you are. You are much greater, much grander."

He believes the ultimate gift we can give someone is our presence, our being present.

"I'm so over me, I see enough of me, man. I'm about the 'I' and the 'we'," he said.

Faculty Reads hosts English professors

Faith Schallert
Staff Reporter

Wednesday, March 18 marked this semester's second installment of the Butler Library's Faculty Read Series.

It featured three English professors and their quest to find meaning in life and work, as well as their favorite novels.

First to speak was Susan Edele.

Edele has been at Lindenwood for seven years and is the director of the writing center.

Writing was the central focus of Edele's talk.

"I like to write; writing is my passion," said Edele.

She also gave advice to students about writing saying, "to be a good writer you have to be a good reader."

Edele introduced her favorite book, "The Immortal Life of Henrietta Lacks" by Rebecca Skloot.

The novel is about who HeLa Cells came from.

Edele said she likes books about real life events.

The second speaker was Tracy Luley, who was first a student at Lindenwood and then became an English as a Second Language professor.

Luley said that teaching ESL has provided her an outlet to be both international and local, while helping others.

She said that she is interested in all things

international and that ESL is an exciting field to be in.

"Every day is different," said Luley.

She introduced "The Lovely Bones" by Alice Sebold in her talk.

The novel is about a dead girl's perspective of her family and her killers' lives after her death.

Luley enjoys how the novel shows how one life event is only one life event.

She ended with saying, "[books] can teach you things about the world you didn't know before."

The final speaker was Sara Marler-Rayfield, who has also been an English/ESL professor for seven years.

Marler-Rayfield was sure she would have a job that had to do with English when she was younger.

"Words are really powerful; words can change us," said Marler-Rayfield.

She explained her first experiences with novels.

"There was this whole world within these pages," said Marler-Rayfield.

One of her favorite books that she presented was "Slaughterhouse-Five" by Kurt Vonnegut.

The book is about World War II and a soldier named Billy Pilgrim.

Marler-Rayfield recalls reading it at a party in college.

She remarked upon the power of the written word.

-Briefs-

The Communications Department will host the Lindys on March 25 at 7 p.m. in the Lindenwood Family Theater.

LU Gay/Straight Alliance will host a drag show on Thursday, March 26 at 7 p.m. in Jelkyll Theater.

Hoops 'n' Heels, a fashion show featuring the fashion department will be held 7 p.m. on Thursday, March 26 in the auditorium of the Lindenwood University Cultural Center, 400 North Kingshighway.

The funds raised will benefit the women's basketball team, who will model for the event.

Tickets for LU's Student Night at Busch Stadium are on sale in the Student Life and Leadership Office now.

Tickets for the May 1 Cardinals-Pirates game cost \$10 each, with a three-ticket limit and are first come, first serve.

To be eligible to run for an Executive Board or Senate position in next year's student government, fill out an application on by March 27.

Applications can be found on LUConnect which can be accessed through the student portal.

Spring Break will be March 30 through April 5.

Giancarlo Esposito

2011 - 2014

Once Upon A Time

2012 - 2014

Revolution

2008 - 2013

Breaking Bad

2008 - 2012

Leverage

1998

Homicide

1995

The Usual Suspects

1990

King of New York

Mo' Better Blues

1989

Do the Right Thing

1988

School Daze

TELEVISION

MOVIES

All Info From IMDB.com

Legacy Graphic by Geddy Avery

MA Exhibitions

Student exhibitions in the Boyle Family Gallery feature the work of Brandy Rackers and Erin Brown. Their work will remain on display through April 5.

The gallery is open Monday - Friday from noon - 9 p.m.



Photos by Nao Enomoto

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CULTURE



LU's literary journal, which has been celebrating students' writing talents since 1934, starts its next chapter this week with the sixth issue of "Arrow Rock." Turn to Page 4 for more.

Training with high intensity

Brendan Ochs
Staff Reporter

Many people struggle to find time to get in a good workout. High Intensity Interval Training is a workout consisting of 30 minutes or fewer.

HIIT alternates between periods of short intense anaerobic exercise with moments of low to moderate intensity periods.

There are more than 100 forms of HIIT, which can be performed with cycling, swimming or on an elliptical and in many group workout settings.

Not only is HIIT quick and convenient, it is also a great way to improve one's cardiovascular fitness.

Studies show HIIT can provide the same health benefits in less time than traditional cardio training. Other improvements are seen in metabolic rates as well as insulin sensibility.

This improvement in insulin sensitivity helps muscles more readily use glucose as fuel to make more energy.

HIIT training also offers fat burning properties even in the mid-section of your body.

To create your own HIIT regimen, here are a few points to look at:

The goal of HIIT is to increase your heart rate to 80-95 percent of your maximum heart rate.

The high intensity interval should be your version of "hard" to "very hard."

For the added recovery periods, your heart rate should be at 40-50 percent of your maximum heart rate.

An easy way for a beginner to balance the high intensity with the low to moderate intensity recovery period is to use the 1:1 ratio, three minutes of high intensity and three minutes of low to moderate intensity.

Album Review

Awolnation
'Run'



Devin Durbin
Staff Reporter

Awolnation, fronted by Aaron Bruno, is one of those groups that people expected to be huge. With the catchiness and viability of their pervasive hit single "Sail," it seemed as though alternative group had it all.

Unfortunately for them, it is real easy to get big off of one song. The band has already been eclipsed by their own touring partners and it shows on this lackluster follow-up to

"Megalithic Symphony." "Run" does exactly that.

Every track seems to be subdued; as though Bruno is running from the very thing that made Awolnation stand out. No song really stands out on this album, not in the way that "Sail" did.

I cannot tell if their record label has consumed their creativity or Awolnation has simply hit a wall. The only track that really does anything is the title track, and then it is all downhill from there.

Video Game Review

'Codename S.T.E.A.M.'



Josh Beuhrle
Staff Reporter

Based in a world where Abraham Lincoln staged his own death, where steam powered vehicles line the roads and air, where aliens attack and spawn out of icy patches, "Codename S.T.E.A.M." is a turn based strategy game with a new twist.

Unlike others in the genre which take a purely "top down" perspective and give you large numbers of units to work with, "S.T.E.A.M." gives you a maximum of four units and which unit you are selecting at the time gives you an over the shoulder view. The game

does however fall short in a few key areas.

Despite bringing in a cast of characters from many classic novels as well as Honest Abe himself, the story falls a little flat.

Told in the form of animated comic strips the delivery just sounds hollow when the emotion does not match the flat face.

The game also has a steep difficulty curve with some enemy abilities feeling unrefined or imbalanced against the player. The game is a new intellectual property from developer Nintendo, but with this game's reception it may be a while before we see more of this world.

Briefs

Jamie Tworowski, founder of the To Write Love on Her Arms foundation, will speak tonight at 7 p.m. at the Anheuser-Busch Leadership Room as part of the LU Speaker Series. He will be joined by Rene Yohe, whose story inspired the foundation.

Shannon Douglas won the coveted, and ironic, prize of a Gillette razor for LU's second-annual Beardfest. The two-day event raised \$36.85 for breast cancer awareness.

"Roving artist" Matt Hires will be playing music around campus

today from 2-4 p.m., so do not be alarmed if you see a strange man with a guitar roaming around.

The Social Work Student Alliance will host the charity event "Empty Bowls" at the Anheuser-Busch Leadership Room on Thursday, March 26

from 7-9 p.m. to raise donations for a local soup kitchen.

The trailer for the fifth installment of the "Mission: Impossible" franchise, "Rogue Nation," premiered yesterday, showing star Tom Cruise hanging from an Airbus.

New on Netflix

Devin Durbin
Staff Reporter

Movies

Collateral Damage

(2002) R - Arnold Schwarzenegger plays a firefighter who goes to Colombia in search of the one who killed his wife and child.

God's Not Dead

(2014) PG - A student must choose to defend or renounce his faith to pass a class.

Television

Garfunkel and Oates

(2014) - A pair of female musical comedians document their attempts to become celebrities.

Mad Men

(2007) Before this acclaimed drama ends, catch up on the drama with the most recent season.

Wiese's Pick

Unbreakable Kimmy Schmidt



It does not take long to recognize creator Tina Fey's sense of humor and it takes an even shorter time to become addicted to this infectiously funny Netflix original comedy about a rescued doomsday cult prisoner (Ellie Kemper) struggling to start over in New York after 15 years of underground captivity.

As the theme song, from the people behind Songify This, says, "That's going to be a fascinating transition."

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CULTURE

Cartoon by Rachel Schuldt



Written in stone

The history of Lindenwood's literary journal

Jason Wiese
Culture Editor

The virtually hidden Room 331 of Roemer Hall serves as the lively nerve center of the newest addition to Lindenwood's English program: "The Literary Journal, 'Arrow Rock' & Beyond," taught by Spencer Hurst. During this time, the selection committee for LU's literary journal, "Arrow Rock," discusses their methods of preparation for what will be the sixth issue of the annual publication. After reviewing more than 140 submissions since February, the students behind "Arrow Rock" are ready to finalize their journal, which celebrates the university's talents

by publishing a variety of works of literature and art submitted by students. The editors describe the process as not difficult, and almost enjoyable from a writer's perspective, but the story behind its revival is not without its bumpy moments.

"It was down for a while," said "Arrow Rock" editor and junior Kristine Wagner on the literary journal's rocky history. "'Arrow Rock,' just started up again in 2009... Getting it off its feet required a lot of faculty help and advice, but is going much more into the hands of the students."

"The Griffin" was LU's longest running literary journal from its

founding in 1949 after the initial literary journal: the two-volume collection, "Lindenwood Verse." "The Griffin" lasted for decades as the journal's primary title until a certain blasphemous controversy struck in its 1994 issue.

"The president at the time, [Dennis C. Spellmann], was concerned that there weren't more wholesome and religious works in the student journal," said editor and senior Zach Alley, "so, the editor slipped in a story about having a religious epiphany while taking a shit... That was the end of it."

After the creation of "Arrow Rock" revived literary journal, the administration made sure to preserve it with careful consideration of what is allowed for publication.

As a requirement for all Lindenwood publications, the editors must show the selected pieces to Jann Weitzel, the provost, and Michael Whaley, dean of Humanities for approval.

"We send a copy of everything to them and, each year, they've never completely excluded a piece," Alley added. "They'll usually change it on the word level, like certain curse words and stuff... We don't just alter the piece without telling the author. We'll say, 'Hey, they have a problem with this word. Do you have a suggestion to change it?' They can then choose to just not have their piece in all together, but that's never happened."

"A lot of time we could push back. If we

can defend it and say that it matters to the story, they've been let in that way."

Like every year, the reviewing process for this issue was conducted anonymously. All submissions were sent by e-mail to senior Courtney Cox, on her third year as an editor, who then placed every piece, with the authors' names removed, on a Google document that the entire committee could read.

"We had a huge amount of submissions this year," said Cox, "and I feel it was very well rounded in terms of all the genres that we solicit from but we have especially great art work this year and I think that's something that will really make this issue stand out. In the past we've only had a couple submissions for art work here and there, so I think it will be a really visually appealing and inspiring issue."

She added, "I wish that more students on campus were aware of it... It's just a great way to get your creativity out there. I think everyone should be encouraged to do it."

The editors, in collaboration with the English department attempted to solve their struggles to promote "Arrow Rock" with an open mic night at Butler Library on Thursday, March 19 (see "Poetry by the fireplace").

The editors see a bright future in "Arrow Rock," especially since it is now a 300-level class, as opposed to the voluntary project that it used to be, allowing the editors to feel

Poetry by the fireplace

Jason Wiese
Culture Editor

"I like to open with poetry by someone who is not us to remind us that poetry is not always about 'us,'" said Lindenwood English professor Alexander Balogh before reciting a favorite poem of his in front of the fireplace in Butler Library, which provided a suitable atmosphere for the Lindenwood Creative Writing Open Mic Festival Extravaganza.

The creative writing program hosted an evening of short stories, poetry and even a serenade performed by students and faculty on Thursday, March 19 to promote the sixth issue of "Arrow Rock." Students who submitted to the journal were also invited to speak, including those whose work was not selected this year.

The speakers were predominately made up of the editors of "Arrow Rock," including senior Zach Alley, who followed Balogh's introduction with a favorite poem of his own as well, Hannah Lawson, who read her own original poem, "Vagabond Spirit," which will be included in the latest issue of the journal, Abby Edele, who read her own "Influence," Courtney Cox, who read a poem about her ventures in studying anthropology and Aerial Niccum, who read her own poem "I am; We are."

A student musician known as "Brian," performed his own poetry on guitar with his song "Damaged Goods."

"A song is just poetry set to music, right?" Brian asked the crowd prior to his performance.

Lontreal Farmer pulled up a science fiction short story of his to take the stage before Spencer Hurst participated with his humorous poem "A Whole Lot of Hose."

Balogh then returned to close the show with a poem by his wife, Maria, and then his own piece, "Drum Circle Meditation Mirage."



Photo by Kelby Lorenz
"Arrow Rock" editor Zach Alley recites a personal favorite.

more inclined to finish the job on time.

Additionally, they hope that word about "Arrow Rock's" existence will spread by next fall, when the journal will start a new tradition and be published each semester.

"It's really good for people to have, not only a creative outlet but to have that sense of community," said Alley about what he believes make the journal important. "I think that's the appeal of universities is having its own community, its own feel.. My personal vision for 'Arrow Rock' is to really be a way for people to promote themselves and have other people read it within the school."

"I think it's good to have a healthy creative writing outlet and environment. Right now, I don't think there is much of an environment for writing as a whole and hopefully 'Arrow Rock' will be a way to change that."

The sixth edition of "Arrow Rock" will be released Thursday, March 26.



Photo by Kelby Lorenz
Hannah Lawson reads her selected "Arrow Rock" piece

Let's talk about spring colors

Kelby Lorenz
Visuals Editor

With the long awaited arrival of spring, your wardrobe must be readdressed. Since it is spring, there must be spring colors dotting your closet and drawers.

Pantone, a leader in the world of color, has released their spring 2015 colors that are a must have to dress your best this spring. The top colors to

wear are aquamarine, tangerine, glacier gray, scuba blue, classic blue, Lucite green, toasted almond, strawberry ice, custard and marsala.

Do not be afraid to mix and match your colors, such as taking a pair of strawberry ice shorts, which are a pastel pink color, and wearing a white button down dress shirt with rolled up sleeves.

Throw in a pair of neutral colored Converse or Sperry's, a silver watch, and black aviators to enjoy the beautiful weather.

For the females, wearing a classic blue blazer, a white blouse, and a toasted almond skirt is flattering and totally adorable. Finish off the look with white canvas shoes, a silver necklace (with blue accents, of course), and a simple leather

bracelet will make you look even more ravishing than normal.

So, here's the thing: you have some great color options to make your spring look phenomenal, so take advantage of them and make your outfits shine.

You will look super fly as you head out to Main Street with your friends, or maybe when spend time on a picnic with that special someone.

SPORTS

Jake Duckworth (10) goes to a knee to dig the ball in an effort to keep a volley alive for the Lions. LU split a pair of games over the weekend against Ball State and IPFW at the Hyland Arena. The team will head on a roadtrip this upcoming weekend to play Grand Canyon University in a two-game series.

Lions split weekend series at home

John Tessmer
Staff Reporter

Facing 14th ranked Ball State on Friday evening in the Hyland Arena, the Lions disposed of them in a timely fashion.

Tied at 11 in the first set, Lindenwood went on a four-point run to make the score 15-11.

The Lions never looked back as they defeated the Cardinals 25-17.

The second set was a little bit nerve wracking as the teams traded points until the score stood even at 15.

The score would eventually be 24-22 before Colin Hackworth finished the game off with a great kill.

The third and final set of the game was pretty much all Lindenwood.

After being tied 3-3 to tied 7-7, the Lions

continued their dominance on the court. The game would never be tied again as Lindenwood went on an impressive run to pull out a 25-19 victory.

Hackworth led the Lions in most aspects of the game, as he led the Lions in kills, aces and blocks with 15, 5 and 7 respectively.

Ryan Vorderer contributed nine digs on the evening to accompany Roman Seghezzi's team-leading, 33 assists.

The Lions improved their conference record to 3-5.

Saturday was not as pretty for the Lions, as they took on IPFW in the Hyland Arena to end their two-game home streak.

The Mastadons jumped out to a quick 20-15 lead before finishing off the Lions with a lot of kills and service aces.

The second set was much closer, as it was tied at 19. The teams traded points until it sat at 25 before an IPFW kill and Lindenwood error ended the set 1t 27-25 in favor of the Mastadons.

The third and final set of the game had some major rallies and the two teams trading points to give the crowd an impressive show.

Tied at 32, the Lions would fall 34-32 after two Lindenwood hitting errors.

Kyle Overby led the way with 18 kills and seven digs on the night to go along with Hackworth's two aces and Seghezzi's four blocks and 43 assists.

The Lions are now 3-6 in conference play and 8-8 overall on the season.

The team will be traveling to Grand Canyon University on the 27th to take on the Antelopes in a two-game series.



Photo by Carly Fristoe
Roman Seghezzi (11) and Logan Jarus (16) attempt to block a shot for LU.



Photo by Carly Fristoe
Logan Jarus (16) strikes the ball over the net for the Lions against IPFW.

Rams executives speak with students about breaking into sports management

David Demarco
Contributing Writer

LU's sport management department presented an evening with Rams' chief operating officer and vice president of football operations Kevin Demoff and senior director of communications Artis Twyman, in Harmon Hall's Dunseth Auditorium last Tuesday.

Both Demoff and Twyman started off with simple introductions to the tightly packed room of about 150 before diving into their unique paths from students to major league sports executives.

The two then took turns exchanging advice of how to successfully break into the business of sports.

The pair, led by now former Rams' multimedia specialist Casey Phillips, then engaged in a question-and-answer session with questions sent

in by students during the previous week.

Given their very separate positions within the Rams organization, the audience was able to get both the administrative and public relations angle on many prominent Rams related headlines.

One set of answers stemmed from the "hands up, don't shoot" gesture by a handful of Rams players as they entered the field back in late November, which upset the St. Louis police department in the

aftermath of the Michael Brown grand jury verdict.

"It was probably the hardest balancing act of my career," said Demoff, when describing the difficulty of trying to mend the fences between the police and the Rams without alienating the players.

"I will always support their right to speak their mind," he added.

Toward the end of the hour, the elephant in the room was finally brought up, being the possible move to Los Angeles.

"Is our hour up?" Demoff joked.

Without spoiling too much, Demoff assured the audience progress has been furthered about a football stadium being built in St. Louis to house the Rams into the future.

He expressed recent confidence, highlighted by an alleged phone conversation prior to his arrival at Lindenwood with stadium task force manager Dave Peacock.

"Finally people realized there is some urgency," he added, reinforcing that St. Louis is now showing the commitment team executives were seeking.

This was the second Rams' executive talk on campus in as many years and with Lindenwood's sports management program being partnered with the Rams, there will likely be more speeches given by the group in the future.

"It was probably the hardest balancing act of my career."

-Kevin Demoff, describing the aftermath of the Rams "Hands up, don't shoot" demonstration

NCAA Sweet Sixteen Matchups

	Thursday, 8:45 p.m.	
	Thursday, 6:15 p.m.	
	Thursday, 6:47 p.m.	
	Thursday, 9:17 p.m.	
	Friday, 6:37 p.m.	
	Friday, 9:07 p.m.	
	Friday, 8:45 p.m.	
	Friday, 6:15 p.m.	

SPORTS

Outfielder continues hot streak

Rothermich has career highs in home runs and slugging percentage

Roy White
Staff Reporter

For most people, baseball is just a game they watch in a ballpark or on television. It is nothing more than an escape from their everyday lives. However, for LU outfielder Wade Rothermich, it is a way of life and has been for nearly his entire life.

Arguably one of the best players on the team this season, Rothermich started playing baseball at the early age of four. Going into his 18th year in the game, Rothermich says that even now the game is one of the most important parts of his life.

"My dad coached me while I was young and got me involved and through

that I developed a great passion for the game," Rothermich said.

Being good at a sport is never an easy thing to accomplish. Being one of the most impactful players of your team is an entirely different challenge. Experience, skill, passion and practice are what makes a player who they are.

"I try to do the same routine on game days to make sure I feel comfortable," Rothermich said. "I just tell myself that I have played baseball my whole life to relax myself since I have proven I can play baseball."

In 24 games this season, Rothermich has hit for a batting average of .358, while hitting four home

runs and driving in 23 RBI's. He has also added an on base percentage of .450, showing an ability to get on base with a high level of consistency.

The power he has shown this year is a bit of a surprise, after he only managed one home run total in 2014, and three for his college career entering this season.

He has always shown an ability to drive the ball into the gaps in the outfield, however, as he has accumulated a total of 38 doubles and 13 triples across his four seasons at LU.

"When I see the pitch coming into my sweet spot, my eyes get big. Once I make contact and it feels like I squared up the ball and I see the ball

in flight, once I know it's gone, I get a feeling of excitement and relief because I got a good pitch to hit and I didn't miss it," Rothermich said.

In addition to his batting prowess, he has also shown ability on the pitching mound in his college career.

Last season, Rothermich totaled 11 appearances and two starts, managing an earned run average of 2.79 with 24 total strikeouts.

The Lions will be relying on Rothermich as they continue to make their way through the 2015 season.

If he is able to continue his fast start, the Lions could rebound in the second half of the season.



Photo by Kelby Lorenz
Wade Rothermich (8) prepares to swing his bat.



March Madness Part One

CHASE'S SPORTS CORNER

Opinion by Chase Stewart

My favorite sports tournament, the NCAA Division I men's basketball championship, simply known as "March Madness" is officially underway. As always, the tournament has not disappointed thus far and there have been some incredible performances by some teams that were not garnering much attention coming into the big dance.

One of those teams was NC State, who came into the tournament as an 8 seed after finishing the season 22-13. The Wolfpack had an up and down season that was marred by inconsistency.

The Wolfpack knocked off top ranked teams like Duke and Louisville, but also dropped games against inferior teams like Wake Forest and Clemson. Despite their inconsistencies, the Wolfpack are an extremely talented team that is tough to beat when playing their style of basketball, specifically playing tough defense and pushing the tempo of the game up and down the floor.

The Wolfpack have been able to play their style of basketball in their first two matchups of the tournament and it has translated into victories against a 9th seeded LSU team and top-seeded Villanova.

NC State's victory on Saturday night against a Villanova team that was 33-3 was arguably the biggest upset of the tournament thus far. Villanova was picked by many analysts to make it to the Final Four, and became the first number one seed of the tournament to fall. The other highly regarded team to lose early on in the tournament was the second seeded Kansas Jayhawks. The Wichita State Shockers, a 7-seed that did not receive the attention they deserved coming into the tournament, dominated the Jayhawks on Sunday night, and now possess bragging rights as the best basketball team in the state of Kansas.

Although the Shockers' came into the game a lower seed than the Jayhawks, it is arguable that the Shockers were not seeded as highly as they should have been. One year after coming into the tournament undefeated and losing in the second round to Kentucky, the Shockers returned many of the key players on last year's team and entered this year's tournament at 30-4. The Shockers are clearly an explosive and dangerous team, and I've got them rolling all the way to the Elite Eight.

Although they did not advance past the round of 32, Georgia State and UAB, both 14 seeds, knocked off highly regarded 3 seeds Baylor and Iowa State respectively in what were the biggest upsets of the round of 32.

The tournament will resume on Thursday for the beginning of the Sweet Sixteen, and by the end of the weekend we will have our Final Four for 2015.

Softball continues rough season

Brayden Parker
Staff Reporter

While the weather cooperated and allowed for the softball team to return to action in St. Charles, errors plagued the Lions (5-23, 1-9 MIAA), who dropped a pair of weekend doubleheaders against conference foes Nebraska-Kearney and Fort Hays State.

"We allowed too many runs, whether because of errors on defense or the other team just hitting balls where we weren't,"

sophomore first baseman Lexi Theis said. "Our offense wasn't 'on' enough for the amount of runs we allowed."

The Lions opened up the weekend in a competitive contest against Nebraska-Kearney, keeping the game tied at one into the final inning. However, the Lopers scored two in the seventh and held on for the 3-1 victory. They took the second game with ease, 20-2.

"Having to push through a bad first game and trying to keep the same

confidence even if you didn't perform in the first game is difficult," Theis said. "But people handle having to come back out differently. Some take the failure in the first and let it fuel them...others let it tear them down and that's what can't happen."

Not only did the Lions have to bounce back for a second game on Friday, but also for another doubleheader Saturday afternoon against Fort Hays State. Lindenwood experienced more of the same, as the Tigers took

both games, 11-3 and 5-2.

"We just needed to be behind our pitches every pitch and ready every time," freshman utility Maria Tippit said. "Errors hurt us a lot."

The Lions recorded seven errors against Fort Hays, which Theis attributes to a lack of communication.

"We need to continue to practice hard and try to really communicate things we can do to prevent these errors before they happen," she said. "We need to talk. That way confusion and mental errors are avoided."

Tippit agrees that the team needs to be focused as they continue their conference schedule. The Lions, after playing their past 12 games at home, will travel to the western part of the state as they take on Missouri Western and Northwest Missouri.

"We need to keep working hard everyday and focusing on playing as best as we can," Tippit said. "We have to have the same mindset. We are playing for each other and just trying to get a win out of it."



Photo by Sabine Neveu
A Lion pitcher forces an opponent to swing and miss in an earlier game.

Briefs

The LU gymnastics team won the Midwest Independent Conference on Saturday, capturing three individual championships.

A total of 15 All-Conference titles were captured by the Lions.

The women's lacrosse team won its seventh consecutive game on Sunday over Adams State 20-4 at home.

Allison Hurley scored a team-leading four goals in the victory.

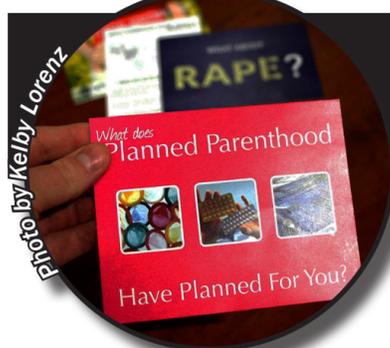
The women's rugby team won 15-6 against Davenport University at home on Saturday.

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Campus organization Students for Life handed out controversial leaflets against abortion in Missouri.

OPINIONS

Students For Life vs. Planned Parenthood: false advertising

Tyler Tousley
Staff Reporter

Last Monday, March 16, while walking into Spellmann I was shocked to see what I initially thought was Planned Parenthood giving out information. I am familiar with Planned Parenthood so I did not feel much of a need to stop for more information.

I was a little surprised because of the resistance various clubs have faced while trying to get the group on campus.

After entering Spellmann, somebody showed me the information that was being passed out.

After reading the first sentence on the back of the "What does Planned Parenthood Have Planned For You?" card, I knew that this was not the real Planned Parenthood.

Nowhere on this card does it explicitly say that the group was not with Planned Parenthood, but was actually the Lindenwood branch of the Students For Life organization—a group that exists for people who are pro-life.

I have absolutely no problem with somebody being pro-life.

What I do have a problem with is a group allowing students to think that they are with Planned Parenthood, then presenting lies and outdated information on the group.

The card they passed out quoted a 2005

report from Planned Parenthood.

Ten years have since passed and I would be surprised if their facts haven't changed a bit.

Upon inquiring further, I also received a few more information cards.

My favorite of which says that even if a girl is impregnated from being raped, abortion is still wrong.

"I had to watch one of my friends ball her eyes out because of the inconsiderate posting of lies and talk of abortion."

"If both victims of the situation can walk away with their lives intact, isn't this the best option?"

If somebody is brutally raped and gets pregnant they probably do not want the constant reminder of that rape (the child) in their life. Often times in the situation where the child is born, the mother is distant, mean, or even abusive because the child is a product of rape.

Getting raped also can cause people's entire lives to fall apart which puts them in absolutely no place to be carrying or raising a child.

I am absolutely disgusted that not only are there people who

are spreading lies and forcing their potentially harmful viewpoints onto students who happen to pass through a main part of campus, but that Lindenwood would allow such a demonstration without leaving any option for the other side to speak.

The people who were passing out this borderline libel about Planned Parenthood are people who have absolutely no idea what it is like to be in a situation where they cannot support a child.

They have no clue what pushing their uneducated viewpoints about abortion in the faces of strangers does to a person who has lived through that.

I had to watch one of my friends ball her eyes out because of the inconsiderate posting of lies and talk of abortion.

They talk about Planned Parenthood being evil because they offer "deceptive counseling and biased information" all the while promoting and passing out deceptive and biased information.

I am loathsome repulsed by the blatant hypocrisy and disregard for the massive amounts of good Planned Parenthood has done.

Seeing this kind of display being backed by my university seriously makes me consider finding a new institution to finish out the last two years of my college education.

No condoning condoms

Jonathan Hansell
Contributing Writer

As a student of Lindenwood, I do not condone the bill being presented to the president of Lindenwood regarding condom dispersal on campus.

The bill proposes that free condoms be provided at the Student Health Clinic and also be provided by each RD in the dorms.

It also proposes that condom dispensers be placed in bathrooms on campus.

Many campuses around Lindenwood allow condom distribution on campus, however, Lindenwood currently does not.

The bill has been on the metaphorical desk of President Evans since Nov. 21 of 2014.

The defense of, "kids are having sex, why

not make it safer?" is a flawed argument.

Every benefit that condoms claim, could be used in other ways to achieve it.

In fact, every benefit claimed by condoms can be out done by something called "abstinence."

I know that roughly half of you reading this just scoffed and the other half just put the paper back on the rack.

For those of you left, allow me to explain and if nothing else, present some food for thought.

Abstinence succeeds in every area where condoms are touted: halting teen pregnancy, halting the spread of STDs, and eliminating the costs of contraception.

The issue at which many take pause is that abstinence is "less fun." Well, yes and no.

Abstinence does mean that the pleasure of sex is

foregone, but abstinence can make up for this in that abstinence can bring longer term happiness.

Avoiding much of the potential negative outcomes of sexual activity, such as unplanned pregnancy and STDs, abstinence suggests a controlled benefit from sex.

This benefit comes through abstaining until marriage, and thus avoiding the potential negative consequences of sex.

To separate the element of reproduction from sex is also troubling, as it reflects a cultural attempt to distance oneself from the consequences of one's actions for the purpose of convenience and pleasure.

I'm not suggesting celibacy. I just want to put sex back in the proper context.

The death of television

Tyler Jeffers
Staff Reporter

It shouldn't be news to anyone in our society that Netflix has become so much more than an internet service.

It is an online tool that has over 26 million subscribers and allows their users to access online entertainment.

This includes movies and television programs at the touch of a button and at any time the user desires.

The advancement of technology has allowed entertainment media to change dynamically.

We are capable of meeting the needs of society to a degree where

media is no longer seen as a want but almost as a necessity.

We can gain access to Netflix and Hulu Plus on all our devices such as phones, tablets and computers.

It begs the question of what is the future of contemporary television.

You can look at recent financial reports and it doesn't take too much to draw a conclusion.

Television is dying out and soon most of our media will be completely available to us any and everywhere, meeting the demand as it grows.

Why watch programs on a television at a specific time at a specific location when you can

watch that show on your tablet anywhere you go for the sake of convenience.

Television may die but Netflix and Hulu Plus and maybe different forms of entertainment will be born from its ashes.

Possibly in the future somewhere, we will make advancements upon our current system, making Netflix and other streaming media will be outdated.

It is just something to consider but the evolution of our society and what we are capable of, is very prevalent now, even rapidly changing the way we communicate and receive information.

A new beginning; the meaning behind spring break

Irina Auge
Staff Reporter

With just under a week left before spring break, everything seems to change.

I noticed that the spring is actually here because in the morning I can hear the birds singing by my window. Those that are brave enough are starting to dress in spring clothes. Spring is coming and with its arrival, brings the best part - a week off class to celebrate it.

A lot of people actually planned their break for this upcoming week a long time ago. Some of them are going back home, others are staying on campus and a few are going traveling.

Spring break is the best moment for us as students to notice that when we come back we are only going to have five weeks left of class and after that, finals week will follow.

This is the perfect moment to believe in ourselves and put that extra effort in what we always know is required at the end of the semester. My advice to everybody during this spring break is to focus on the important things because with this good weather it is not difficult to lead our minds astray and get confused about things that do not matter. As a result, spring break is necessary to relax and unwind but also to prepare for the finish line.

The beginnings are always good

because it means that something is changing and those changes can make a positive difference.

Either way we are going to succeed or learn from our mistakes so we can keep moving forward and not be stuck in the same place. The spring means a new beginning to me because everything is becoming colorful again. The flowers are starting to blossom and they seem to like the weather as much as we like our week off. We should never forget that having a healthy life requires not just your body but a healthy mind.

So for the ones that were undecided if they should attempt the impossible, first do what you need to do and then do what

is possible and you will surprise yourself in achieving the impossible.

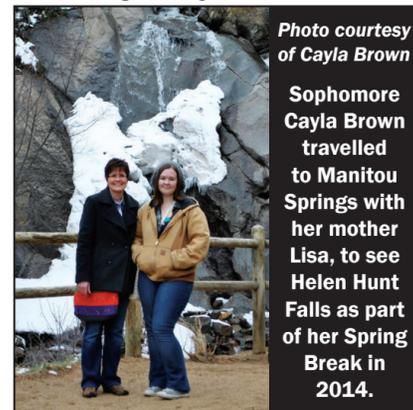


Photo courtesy of Cayla Brown

Sophomore Cayla Brown travelled to Manitou Springs with her mother Lisa, to see Helen Hunt Falls as part of her Spring Break in 2014.

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Democracy is a system of choice

Daniel Rottlaender
Staff Reporter

President Barack Obama recently announced that he thinks the idea of all Americans being required to vote would be "transformative" and could be the future of the American electorate.

Even though I am also concerned about voters who don't do the one fundamental thing in a democracy, I need to say that it's not an option to force people to vote.

A democracy is based on the freedom to elect your government but it's also based on the freedom

to choose.

If the government starts to require the electorate to vote, we will step away from the base of democracy and take the first step into a system that comes close to dictatorship.

Instead of forcing people to vote, the government should think about why certain people aren't voting.

It's a fact that teenagers and young adults especially, have an enormous lack of interest concerning politics and political decisions.

The government should start to

attain interest again by being more transparent, more open to young people and more interesting.

Of course, the government shouldn't lose any of its professionalism, but as Obama has proved, a certain amount of social media interaction and awareness of comical puns like "Thanks, Obama" can attract young people to politics.

It's a hard thing to attract young people to politics, but if you can govern one of the biggest countries in the world, you should be able to fix this problem without forcing people to vote.

EXTRAS



Photo Challenge of the Week

Embrace the Wild

Kelby Lorenz shows an artistic portrait of a songbird that graced Lindenwood's campus. It embraced its wild instincts by taking up residence in one of LU's beautiful trees.

Next up: Spring Break Fun

Show us how you spent your time on exotic adventures, long-awaited visit home or much-needed break.

Send your photos to Visuals Editor Kelby Lorenz at KLL786@lionmail.lindenwood.edu by Friday, March 27 to enter the contest.

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

People of LINDENWOOD

Q: What is something that someone could learn from your life?

A: "My power of will to not give up. It's important because I had a lot of things happen in life that brought me down and it's important to learn from them and to make it positive energy."

Johannes Brendle, Freshman



Q: How is life different than you thought it would be?

A: "A year ago, I was planning on being a high school math teacher, and now I am a philosophy major going to law school. I just realized that math was not the career for me."

Lauren Wehrli, Freshman



Q: If you won the lottery, what would be the first thing that you would do?

A: "I would probably take an extended road trip. I would hit up the west coast because I have never been there before."

Lizzie Schneider, Sophomore



Q: Where do you see yourself in five years?

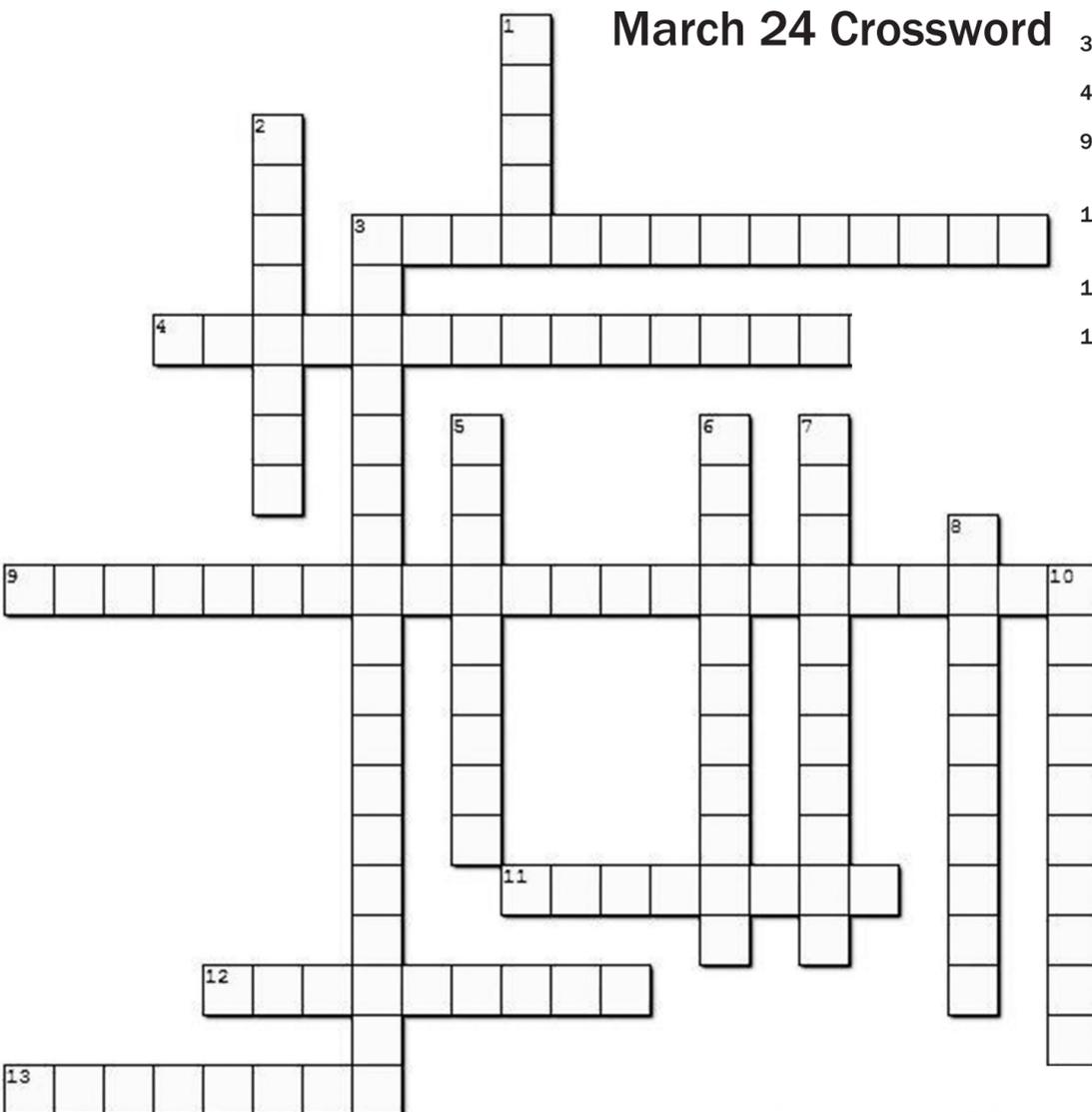
A: "As an environmental biology major, I would ideally like to be a conservation agent for Missouri and work for the state in that aspect."

Rachel Foister, Freshman



Headlines & History

March 24 Crossword



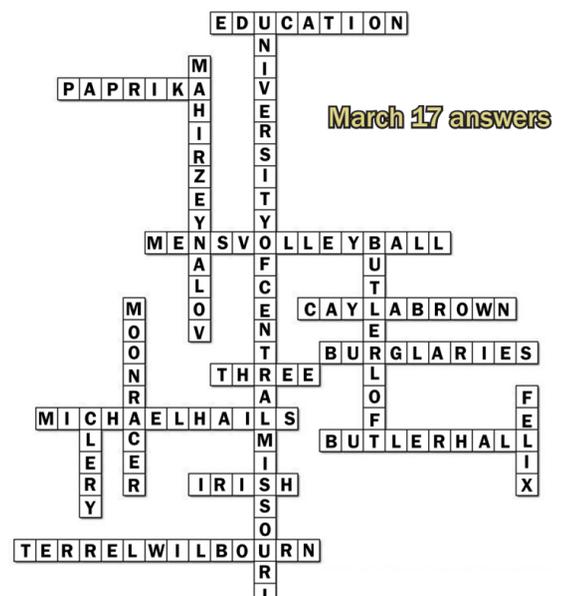
Across

- 3. Lions' outfielder currently batting .358
- 4. Legacy/Lindenlink sports editor
- 9. Program including Advertising, PR, IMWD and Journalism
- 11. MIAA Missouri Western State University nickname
- 12. Upcoming workshops create LGBTQ ____
- 13. Nader and Norquist discussion moderator

Down

- 1. Art gallery in Scheidegger featuring student work
- 2. Spartan king who led forces during the Second Persian War
- 3. Lindenscroll partner for heroin awareness
- 5. Lindenwood's literary journal
- 6. Rams' vice president of football operations
- 7. Basketball and Volleyball home court
- 8. Rank of Lindenwood volleyball's opponent on Friday
- 10. Director of Writing Center

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



March 17 answers