



THE LEGACY

Above: The 2008 - 2011 Lindenwood mascot makes an appearance in a popular Christmas story. See Page 3 for the Legacy version of the tale.



Photo by Sandro Perrino
Visitors were able to take photos with Santa at Lindenwood's Christmas Walk, followed by picking out a personally made gift by Santa. Meeting Santa was one of several activities that made up the Christmas Walk.

2015 Christmas Walk brings joy to visitors

Jazmin del Angel
Reporter

Candles illuminated the historic side of Lindenwood University for the Christmas Walk.

During the traditional event, which took place on Sunday from 4-7 p.m., carols could be heard and

several activities and attractions entertained local visitors. Several campus organizations participated in the event while giving gifts to visitors and offering activities for children.

A significant number of families visited. Some visitors even brought

Continued on Page 3

Administration to delay changes to GA program

Phil Brahm
Managing Editor

Changes to Lindenwood's graduate assistant program have been postponed until next fall after several students raised concerns.

During two separate meetings with current graduate assistants last month, Vice President of Human Resources Deb Ayres announced the university would delay implementing the new system of compensation.

"We were planning on transitioning all student workers to the Student Worker Program on January 1, but instead of doing that with the calendar year, we are going to do it with the academic year," Ayres said.

Under the current program, students receive a financial award in exchange for working at the university. Graduate students are awarded free tuition, as

well as a stipend in certain cases. According to Ayres, the changes being made are for "compliance purposes."

Changes to the graduate assistant program will coincide with changes to Work and Learn. All participants of the new Student Worker Program will be placed on the university's payroll and be paid an hourly rate.

According to Lindenwood's HR department, while the university currently has 375 graduate assistants, over half will complete their program before the new system is put into place.

Several students, including Tahnee Ayala, told Ayres at the meeting that the loss of free tuition creates a major

"It's been working well for a long time, but it's no longer an option."

-Deb Ayres, vice president of Human Resources

financial issue for those who are not graduating in 2016.

"We are basically going from a situation where we can afford to be at the university, to a situation in which we cannot afford to stay," Ayala said.

"For us, this change is just postponing the issue and making it more difficult for us to transfer credits if there is no way we can stay."

Ayres said students would be able to meet with members of the business office to determine if the new program would meet their financial needs.

She also mentioned they would look into financial aid eligibility, as well as scholarship opportunities.

"If this were up to us and the administration, we would like to keep you in what we've been doing," Ayres said.

"It's been working well for a long time, but it's no longer an option."

Big salad, nutritional facts coming to LU Grab and Go

Emily Miller
Reporter

Starting next semester, Grab and Go will add a full size salad option in addition to pizza, according to food provider Pedestal Foods.

All of the food items will also be labeled with nutritional information, according to Nancy Tinker, director of Lindenwood's dining service Pedestal Foods.

"Right now we have the label of the time it was made, and the next step is to have calorie count and nutritional information" said Tinker.

The option of a larger salad has been

popular on Lindenwood's Belleville campus. Their version of Grab and Go is called Matt's Café and is open to students from 6 a.m. to 6 p.m.

It's one of the differences between the meal plans for both campuses. Tinker said that Pedestal Food operates on both campuses, however, the contracts are different.

For breakfast at Belleville, students are allowed to choose three food items included in an a la carte menu.

These items include similar, as well as a variety of healthier options.

St. Charles cam-

pus' Grab and Go is open from 7 a.m. to 2 p.m. For breakfast, students receive up to four items. This includes an entrée and three sides, such as a donut, muffin, granola bars, yogurt or a specialty coffee, which counts as three sides.

For lunch as well as dinner students at Lindenwood Belleville are allowed an entrée, drink and three sides. The other option is of an entrée salad that is full-size, a drink and one side.

For lunch, St. Charles students receive an entrée, a drink and a choice of four sides. The large entrée item is Hunt Brothers pizza.

Stephanye Townsend, a commuter student between Lindenwood's Belleville and St. Charles campuses, said their café offers a wide variety to students.

"[It] offers a salad bar, coffee bar and a lot more options," Townsend said. "It feels like a real café lounge with couches and TVs."

Lindenwood Belleville student Danielle Signaigo said Matt's Café is really popular.

"The items I like the best are the salads, trail mixes and the wraps," she said.

Lindenwood St. Charles student Abby Mrachko said she likes

Continued on Page 2



Photo by Stephanye Townsend
Belleville's current Buffalo Chicken Salad option compared to St. Charles' Garden Salad.

Board weighs J-term elimination

Emily Adair
Editor-in-Chief

The university board of directors discussed the fate of January Term, among other topics, at its recent meeting.

President Michael Shonrock held an "informal discussion" with the board regarding J-term and lowering the credit limit for degree.

"No one opposed

changing the 128 credit hours to 120 hours," Shonrock said. "No one was opposed to starting the semester earlier and ending earlier, if J-term is eliminated."

Shonrock said he wants to have a decision made in the early part of spring, when the university starts to look at the upcoming academic calendar. Rather than focusing on the 2016-2017 aca-

demical year, he said he hopes to plan ahead for the next three academic years.

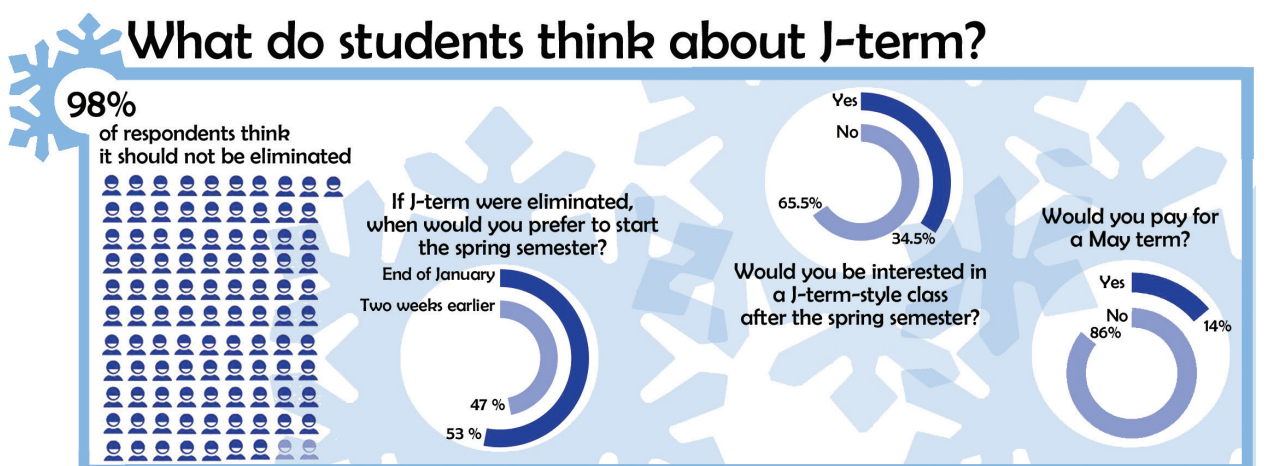
"We want to know what that three-year calendar would look like with or without J-term," he said.

The suggestion for decreasing the degree credit limit by eight hours was made as a possible way to help students graduate in a timely manner if J-term is eliminated.

The discussion also included the possibility of an online summer course.

"I like to say that the students are the generation of the dropdown menu," Shonrock said. "We need to know what our options are."

The board also discussed incorporating more paid time off for full-time faculty, which will affect holidays, vacation and sick days.



Design by Emily Adair
The questionnaire was conducted by students of Dave Voracek's Consumer Behavior course and given to President Michael Shonrock. Of those surveyed, a majority were upper classmen, and a majority from the United States. The survey was conducted on the weekend of Oct. 30-Nov. 1.

7-Day Forecast

Day	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
High	52	43	49	52	53	52	49
Low	32	29	29	30	35	36	34
Date	12/1	12/2	12/3	12/4	12/5	12/6	12/7

Weather taken from Weather.com, accurate as of Nov. 29 at 4:30 p.m.



NEWS

Fall Semester Final Events

- | | |
|---|---|
| <p>12/1</p> <p>Decorate A Gingerbread Man
11 a.m.-1 p.m.
Evans Commons Atrium</p> <p>Psychology Holiday Party
4:30-6:30 p.m.
Spellmann 4105</p> <p>Advent by Candlelight
7-9 p.m.
Newman Center-Suite F</p> <p>12/2</p> <p>Holiday Movie Night
7-9 p.m.
Evans Commons TV and Media Rooms</p> <p>12/3</p> <p>CSU Ugly Christmas Sweater Party
8-11 p.m.
Newman Center-Suite F</p> <p>12/4</p> <p>Merry Fitness Fun Run
4-5:30 p.m.
Historic Side of Campus</p> <p>Poetry Open Mic Night
7-10 p.m.
Butler Loft</p> | <p>12/5</p> <p>Intervarsity Christmas Party
6-8 p.m.
Evans Commons TV and Game Room 1</p> <p>12/6</p> <p>Commencement
2-4 p.m.
St. Charles Family Arena</p> <p>12/7</p> <p>Post-It Notes Event Through 12/9
5:30 p.m.
Spellmann Center</p> <p>Late Night Breakfast
10 p.m.-12 a.m.
Spellmann Dining Hall</p> <p>12/8</p> <p>Christmukkah
9:30-11:30 p.m.
Emerson Black Box</p> |
|---|---|

For the complete final exam schedule, visit lindenwood.edu, or check your student portal.
Design by Kelby Lorenz

Group trying to redefine the meaning of beautiful

Valerie Tonsor
Reporter

Next week, students might see encouraging messages about true beauty posted on campus bathroom mirrors. This is the work of Redefining Beautiful.

The student organization was started in spring

2013 after discussions by students following a few local suicides, according to one of the club's founders, Rachel Henry.

During these conversations, Henry said she was reminded of a book she had read by Caitlin Boyle, titled, "Operation Beautiful," and the other organizations that had been star-

ted because of the book.

Redefining Beautiful was born, but President Jen Johnson hopes that the group can expand and grow.

"The mission of the club is to make people aware of how society pressures people to find this ideal beauty," said Johnson. "You should be happy with who you are."

Johnson stresses how magazines show women and men with body images that are not realistic.

The members of Redefining Beautiful would like to inspire not only Lindenwood students, but eventually other community high school and middle school students, according to Johnson.

"I'm looking forward to spreading positive body image around campus and being able to inspire others to really accept them for

who they are," said freshman member Abby Miller.

Redefining Beautiful's efforts include the Post-It Note event, where members of the group put sticky notes with positive quotes and motivational phrases on the bathroom mirrors. Other events include handing out items like suckers with motivational quotes, according to Johnson.

The organization recently had a tabling event encouraging random acts of kindness in Evans Commons.

Pull-tab signs with words such as "peace," "hope," and "faith," recently were placed around campus by the group.

If you would like more information about Redefining Beautiful or would like to participate in any of the upcoming events, visit the club's Web page on LU Connect.

Legacy staff changes

The *Legacy* and Lindenlink spring staff will be under the leadership of new Editor-in-Chief Viktoria Muench.

Muench will be assisted by continuing Managing Editors Phil Brahm for Lindenlink and Phil Scherer for the *Legacy*.

Devin King will take over as news editor, with Culture Editor Jason Wiese, Sports Editor Brayden Parker and Opinions Editor Tyler Tousley resuming their positions.

Page Designer Kelby Lorenz, Head Illustrator

Rachel Schuldt, Distribution Manager Abby Lambert and Business Manager Jennifer Nickerson will also continue their current responsibilities.

The staff has yet to fill the position of photo editor. Students who are interested in the position should email *Legacy* Adviser Susan Weich at SWeich@lindenwood.edu.

Students interested in becoming a reporter, videographer, photographer, graphic designer, copy editor or an ad executive may contact Weich.



Photo by Lindsey Vaughn
Motivational messages were posted around campus in 2013 to inspire students to realize their own beauty.

Stress-relieving exercise classes offered at Evans fitness center

Lena Kirchner
Reporter

Only a small floor lamp dims the group exercise room, creating a peaceful atmosphere.

All of the participants sit or lie down on their mats,

and the instructor's calm, slow voice asks everyone to relax as meditative sounds gently envelope the room.

Seven people attended a recent Intermediate Yoga class, but some days, up to 15 attend. Monday and Friday afternoon at 5 p.m., the Beginners Yoga class is less intense, whereas Tuesdays through Thursdays Intermediate Yoga Class is more advanced.

Yoga is one of seven

different group exercise classes offered at the Evans Commons Fitness Center each week. The schedule also includes a full-body workout called Tone It Up, as well as Cross Fit, Spinning, Dance Cardio, Hip Hop Dance and Cardio Core.

Lindenwood's Yoga Instructor Danielle Greenwood started yoga when she was in college and has taught classes at Lindenwood for one and a half years.

"I like to share what I love and give students the opportunity to de-stress during their day," Greenwood said.

In the Cross Fit room, warm up starts at 7 a.m. with rope skipping, lunges

or burpees. Only a few people usually attend this high-intensity strength-and-conditioning training. One of them is sophomore Trisha Ishikawa.

"I like to work out in the morning; it gives me a great start in the day," she said. "Cross Fit provides the perfect intensity."

Another Cross Fit session is offered at 3 p.m. each day.

When Campus Recreation Assistant Director Chad Bruner started two years ago, only about a dozen classes were offered per week, but now 27 are scheduled.

He said what he enjoys most about his job is "looking out of the windows of my office and see

this place busy."

The Group Exercise Organization, which is a section of Campus Recreation and also includes the personal training program, has existed as long as the Evans Commons Fitness Center. The program is free and no one needs to sign up.

Any student or faculty member can take a class. Some of the instructors are graduate assistants, who are mostly exercise science majors; some are hired from outside of the university.

The schedule changes slightly each semester. For more information, visit the Campus Recreation page on lindenwood.edu under Student Life.

Food Portions

Continued from Page 1

the idea of a large salad as an option, but she hopes they keep the pizza.

"It is the best on campus," she said.

Lindenwood has joined with Healthcare Technologies, an outside firm that checks the recipes to calculate the nutritional facts.

Tinker said that they have been reluctant to add too much or take too much away from Grab and Go because it is supposed to be fast.

To give more input on food options, students can join the food committee by emailing Tinker at NTinker@lindenwood.edu.

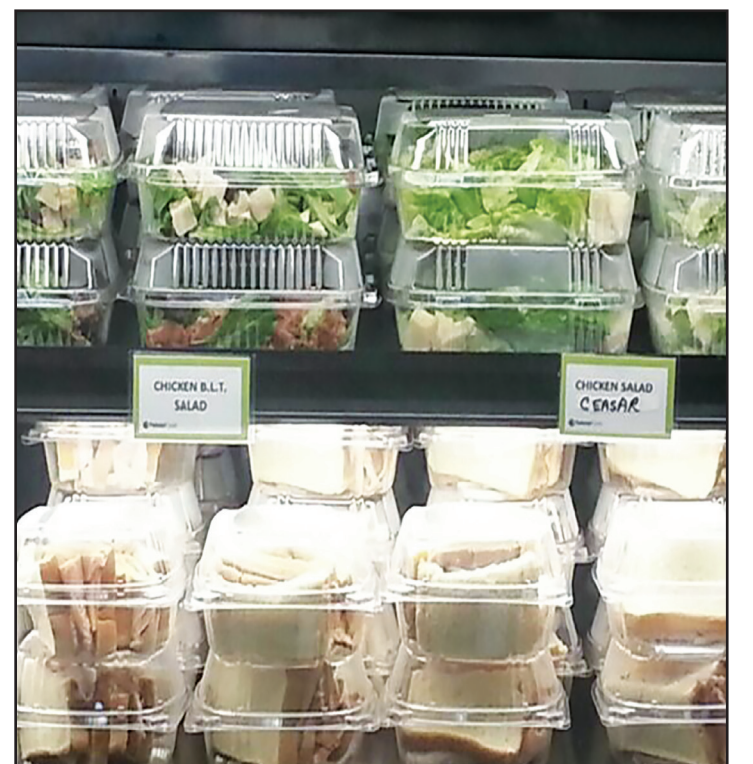


Photo by Stephnye Townsend
Grab and Go's menu will soon feature another option.

Clarifications and Corrections—

Nov. 17 issue

Page 1

This is not the first year that students could stay on campus during break for free. It is the first year students could eat in a campus dining facility for free.

CULTURE



Cartoon by Rachel Schuldt



Christmas Walk



Photo by Sandro Perrino

Bob Kramer presents his marionette performance for area children as part of Lindenwood's Christmas Walk.

Continued from Page 1

April added, "It is cool their pets. Rob and April Elder gained attention with their dog, Lucky, who was wearing a Santa outfit. "We love Christmas, that's why we came here," Rob said. "We thought the cookie decorating was fun and we also got free T-shirts."

April added, "It is cool for kids to be able to come and have a lot of fun. There were a lot of activities and it is very family friendly." While some took pictures with Jingles the Reindeer, others were also taking pictures with Santa Claus.

"We have been visiting Lindenwood for many years," Santa said. "We are the originals, we are the real thing. We enjoy being with the kids before Christmas." Santa's elf, Jewelbug said, "It feels great to be here with the kids before Christmas; it is one of our many stops."



Photo by Sandro Perrino

Visitors decorate cookies during the Christmas Walk.

Visitors old and young were happy to be able to chat and have a picture with Santa, including 11 year-old Allyson Miller. "[Santa] asked me what I wanted and I told him," Miller said. "I liked the experience."

As soon as the visitors were done chatting or taking pictures, they could grab a gift personally from Santa: candy, crayons, toys and merry

decorations were among the options.

Another attraction during the Christmas Walk was Bob Kramer's play with marionettes at Young Auditorium.

The auditorium had slightly more than 50 children sitting and watching the show and actively participating in the play. The audience was amused to see the marionettes dance to Christmas carols.

The Christmas Walk brought LU and the St. Charles community together to celebrate the holidays.

Christine Elfrank, who has been attending the walk with her family for the past four years, said, "It is enjoyable to be here in Lindenwood and bring my family."

Tips for losing turkey weight

Brendan Ochs
Reporter

The Thanksgiving season has passed, marking yet another wonderful celebration with family, friends and, of course, an exorbitant amount of food. Depending on how this food (whether it is the turkey or the green bean casserole) is prepared, cooked and what kind of ingredients are used, this can be a recipe for disaster.

Often times it is very hard to break out of an enjoyable habit. Poor eating choices can fall under that category.

If you have been maintaining a stable, clean and routine diet, make sure to be mindful of the many cheat days up ahead. Here are a few ways to prevent unwanted weight gain for the next holiday season:

It is ok to eat what you want, but maybe try

smaller portions of the bad paired with larger portions of the healthy food.

If the goal has been to lose weight and you have been maintaining a caloric deficit, understand that plenty of holiday foods are denser in calories, and your normal portion can result in double the calories, if not more.

Use more high intensity interval training (HIIT) exercises and cardio training to burn the fat.

Check your macronutrient intake (how many grams of protein, carbohydrates and fats consumed in a day) and understand that extra calories equals extra work in the gym. The idea for the holidays is to be mindful of your goals. Understand you can be set back.

Figure out a plan of how to limit the set back. Then execute your plan throughout this eating season.



Cartoon by Tommy Stachowiak

LU Film Series Review

Man of Tai-Chi

Devin King
Reporter



Directed by
Keanu Reeves
Released:
2013
Genre:
Martial Arts, Action, Drama

"Man of Tai Chi" is a martial arts film and the directorial debut of an actor known for "The Matrix" and "Bill and Ted's Excellent Adventure": Keanu Reeves.

Reeves also stars in the film as the villainous Donaka, the creator of an illegal fighting competition. Donaka finds a skilled fighter named Tiger (Tiger Mu Chen), who is forced to take on Donaka's competition.

The story is predictable, formulaic and is one of the weakest aspects of the film.

Nothing throughout the narrative comes as a surprise, and everything

seems to be played so safe that it almost feels like a plot twist will come up, but there are never any to be found.

The acting is also weak due to cheesy execution, but the large amount of action scenes do somewhat remedy this.

The true reason to watch "Man of Tai Chi" is for its thrilling martial arts scenes and impressive camera work. Mu Chen was also the fight choreographer for "The Matrix", "Charlie's Angels" and "Kill Bill", so it should come as no surprise that fights are very entertaining.

"Man of Tai Chi" will be show in the Young Auditorium on Dec. 4 at 7 p.m. as part of the LU Film Series.

New on Netflix

Holiday Movies

Bad Santa

(2003) Two con men (Billy Bob Thornton, Tony Cox), to rob department stores on Christmas Eve, pose as Santa and an elf in this raunchy comedy

Ernest Saves Christmas

(1988) Jim Varney's beloved slapstick character must help the real Santa Claus convince a former children's show host to be his replacement.

Christmas with the Kranks

(2004) After their daughter moves away for college, Tim Allen and Jamie Lee Curtis skip the Holidays, but regret their decision almost too late.

A Very Murray Christmas

(2015) Bill Murray leads this star-studded holiday musical comedy film directed by Sofia Coppola that will premiere on Netflix Dec. 4.

Wiese's Pick

The Nightmare Before Christmas



(1993) Tim Burton wrote the story for this stop animation musical that follows Jack, the mayor of a town that only celebrates Halloween, who finds world that only celebrates Christmas and wants to bring the same traditions to his world, only to ruin the Holidays for everyone else. A dark and visually stunning film perfect for any time of the year.



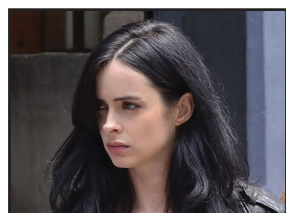
CULTURE

2015 IN REVIEW

The *Legacy/Lindenlink* editors and Culture writers submitted reviews of their top entertainment picks from 2015. The staff chose their favorite productions and events from this year in the categories of movies, TV, music, fashion, literature and other art forms.

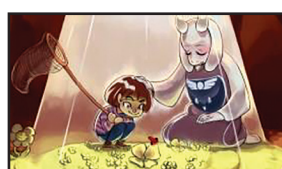
TV: 'JESSICA JONES'

The perfect blend of a superhero series and crime thriller. Krysten Ritter as the protagonist is brilliant. A must see.



- Kelby Lorenz

GAME: 'UNDERTALE'



A unique indie RPG set in a fictional underground world that took the internet by storm.

- Corian Wornen

GAME: 'ROCKET LEAGUE'



I have no interest in cars or soccer, but playing rocket soccer with flying, rocket-fueled cars in this game on PS4 just feels so right.

- Devin King

BOOK: 'THE FATE OF TEN'



The sixth book in Pittacus Lore's Lorien Legacies series, which began with 2010's "I Am Number Four", depicts a ravenous war between humanity and otherworldly beings.

- Lontreal Farmer

MOVIE: 'STEVE JOBS'



Director Danny Boyle, screenwriter Aaron Sorkin and star Michael Fassbender craft a thrilling, highly unique Shakespearean drama loosely based on the late Apple founder.

- Jason Wiese

MOVIE: 'SPOTLIGHT'



Profiling the *Boston Globe's* investigation into sexual abuse cases kept hidden by the Catholic Church, it is not a film with a very complex plot, major good vs. evil conflicts or even high stakes. It is a true story about journalists doing their job, people who are portrayed very authentically.

- Devin King

TV: 'GRACE AND FRANKIE'

Jane Fonda and Lily Tomlin star in this light and entertaining Netflix original comedy as elderly women whose husbands leave them for each other.



- Romane Donadini

FASHION: URBAN DECAY EYE SHADOW



With the fourth addition to its Naked series, Urban Decay created a palette that has it all. Naked Smoky flew off the shelves this year as it is loaded with 12 wonderfully vibrant shades perfect for every occasion. The rich colors are a must. Whether you want natural or dark and sultry smoky eye looks, this palette is definitely a front-runner this year.

- Viktoria Muench

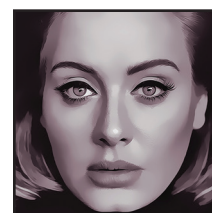
FASHION: BALMAIN AT H&M



On Nov. 5, consumers found high quality pieces inspired by designer Pierre Balmain at H&M for low prices, including silk fabrics, braided and sequined embroidered dresses, tops, skirts, wool and fur jackets and accessories, resulting in crowded H&M stores and the company website crashing in less than one hour.

- Jazmin del Angel

MUSIC: ADELE, 'HELLO'

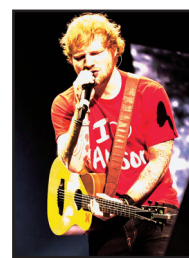


Pop could not get more perfect. The first single from Adele's "25", shows her signature musical and emotional terrain with a more mature and classy touch added.

- Essi Virtanen

MUSIC: ED SHEERAN

One of the most talented singers the UK has to offer captured the swooning crowd with his ginger hair, British charm, and endearing love songs at his 2015 "X" Tour.



- Viktoria Muench

Photos from epk.tv, Flickr.com, wikimedia.com, Viktoria Muench, Tommy Stachowiak

'Christmas Carol' is a passion project for director

Jason Wiese
Culture Editor

Charles Dickens' 1843 novel "A Christmas Carol" is a widely praised seasonal tradition. Larry Quiggins, a Lindenwood University theatre professor who is directing LU's production of the novel this year, running Dec. 3-5 at 7:30 p.m., believes it deserves deeper recognition than as a holiday story.

Local audiences seem to agree with Quiggins' take on "Carol", which has been an LU tradition for more than 30 years, enough that the theatre department does not take this

tradition lightly.

"Some time in the early '90s, they decided not to do 'Christmas Carol'," Quiggins recalled. "They did 'The Nutcracker Suite', and... it was like torches and pitchforks... The public expects it now. It is a tradition and a standard. Last year, we didn't have it in the [Lindenwood Theater]. We had in the Black Box. There [were] a lot of upset people."

This year, "Carol" returns to the Lindenwood Theater in the J. Scheidegger Center to retell the story of Ebenezer Scrooge (Cody Samples), a wealthy, yet lonely old man visited

by the spirits of Christmas Past (Cece Day), Present (Cole Latham) and Future (Sky Toland) to help him realize the error of his ways in one Christmas Eve night. Quiggins is no stranger to the play, having directed it at LU three times prior, starring as Jacob Marley and even writing his own copyrighted adaptation. He could reveal secrets about the story that average viewers may have missed.

"Everybody's like... 'It's about a guy who hates Christmas.' Lot more to it than that," Quiggins said. "The true lesson of 'A Christmas Carol' is we are all the same... especially social class."

Dickens' timely socio-economic commentary is visible throughout the play, such as when the Ghost of Christmas Present shows Scrooge the financially challenged life of his employee Bob Cratchit (Hunter Fredrick) whose large family, including the ill Tiny Tim, barely have enough to feed themselves on Christmas Day.

Tiny Tim is played by 8-year-old Joel Machens, one of a cast of seven actors whose ages range from 8-15.

Quiggins, who has a Masters in Children's Theatre, loves working with children, but admits that it can be challenging. His leading man agrees.

"It can be frustrating at times, but they make up for it with their adorableness," said Samples.

How excited, on a scale of 1-10, is Samples to be playing the lead role?

"I'm going to have to put it at a 10," he said. In October, Samples played a troubled youth in LU's production of "Columbinus," based on the tragic events at Columbine High School in 1999. Samples said that he could compare that character to Scrooge.

"They're both loners. They keep to themselves. They don't really know how to connect with people," he said. "With Scrooge, it's not just like he's tired of Christmas, but a lot of stuff around Christmas time happened to him... He lost so much



Photo by Mai Urai
The Ghost of Christmas Past (Cece Day) shows Scrooge (Cody Samples) his younger self (Sean Harvey) during a dress rehearsal.

and, eventually, you just shut down after that... He feels just so alone and no one understands."

The classic story is being told exactly as the original novel reads this year. However, with enthusiastic interpretations of the classic characters, new technical achievements and a unique narrative structure, the department promises a refreshing experience.

"There's not going to be an intermission," Quiggins explained. "It's very much like a cinematic version live, because there's no

real breaks... I've never seen 'A Christmas Carol' done that way."

Quiggins, a storyteller with passion for theatre to his very bones, promises that, regardless of the new surprises audiences may see, the story of "A Christmas Carol" still remains a timeless treasure that he cannot wait for audiences to behold again.

"There is so much richness in this story that I want to tell," he said, "because, the thing is, I do what I do because I love to tell stories, and it's one of the greatest stories to tell."



Photo by Mai Urai
Scrooge witnesses employee Bob Cratchit's financially challenged family at Christmas, during dress rehearsal.



SPORTS

Two titles in a row for water polo team

John Tessmer
Reporter

Being just the second team in history to go to the National Collegiate Water Polo Association (CWPA) Men's Division I Club Championship three years in a row, Lindenwood set another mark as they won for the second straight year.

After going 14-1 in the regular season and winning the Missouri Valley Championship, the Lions punched their ticket to the National Collegiate Water Polo Association (CWPA) Men's Division I Club Championship.

Taking on the host, Santa Cruz, the Lions won 14-6 before having to take on the top-ranked team in the country, Long Beach State.

"It was very tough, they were a really good team and didn't expect for us to win," head coach David Miller said. "They thought we were some team from the other part of the U.S. and they'd walk all over us."

Long Beach State was wrong in underestimating the Lions, as they fell 16-9 to Lindenwood in convincing fashion.

Advancing to the quarterfinals against Dartmouth, a fast and physically strong team that had dominated throughout the season, the Lions played their most complete game.

"They were smart and fast and had a couple really strong players but just weren't strong enough to keep up with us," Miller said. "It was in the evening and was cold."

Lindenwood then took on San Diego State in a rematch of last seasons National Championship.

"In the last 8 seconds, we were up by one and lost the ball with an offensive ordinary foul before our goalie Mario made an incredible stop to give us the victory," Miller said.

The Lions won their second consecutive National Championship with the 10-9 victory over San Diego State.

The Lions are already looking to extend their championship streak as the team moves into the offseason to begin preparing for their quest for the three-peat.



Photo by Carly Fristoe
Head coach Lance Randall hands out instructions to his bench during the first half of the Lions' win over Maryville, Randall's first home game.

Randall ready to revive new-look Lions

Phil Brahm
Managing Editor

Men's basketball coach Lance Randall is a new face on campus, but he is in familiar territory.

Randall got the task of leading the program less than a month after former head coach Brad Soderberg resigned to take an assistant coaching position at University of Virginia.

"Coach Randall has been a consistent winner everywhere he has been and it's a perfect fit for our program," said Athletic Director John Creer, in a statement released shortly after Lindenwood announced its new coach. "His success as a head coach and an assistant combined with his personality, work ethic and class should have Lions' fans excited for the future."

Arriving in St. Charles on May 12, around 48 hours after taking the job, he stayed with relatives on their farm in Columbia, Illinois and immediately got to work assembling his team.

With no new players signed and recruitment season nearing its end, Randall was forced to turn to past coaches to complete his roster.

"When you make a quick turnaround like that, and you haven't had the entire year to evaluate per say, you need to rely on where you have a lot of resources," he said.

Randall was able to reach out to several connections within the sport both nationally and internationally, due to his past coaching roles at a high school, college and international level.

Before coming to Lindenwood, Randall served as the head coach at Saint Leo University in Florida from 2011-2014. Leading the program to its first winning record in 14 years, his teams made three consecutive trips to the NCAA tournament. This was not the only program the coach revived.

In his first head coaching position, he took over at St. Louis' Webster University in 1997 after the team ended its previous season with a record of 2-23. During his time with Webster, the program captured its first title in the St. Louis Intercollegiate Athletic Conference.

Randall also held assistant coaching positions at Beloit, Loyola University Chicago, St. Louis University and University of Wisconsin - Stevens Point.

Breaking into the professional basketball scene, he spent two years in Birmingham, England as the head coach of the Per Temps Birmingham Bullets. Under his direction, the team advanced to the British Basketball League Finals for the first time in 21 seasons.

Randall's career in high school coaching began

"I went to school to become an archeologist, and ended up a basketball coach. You don't really know how you are going to get into college basketball."
-Lance Randall

when his father unexpectedly died after an angioplasty procedure went amiss. He left behind a 16-year career as the leader of Wisconsin basketball powerhouse, Oshkosh West.

Randall left St. Louis University and traded a salary of over \$50,000 for a \$4,000 stipend to continue his father's legacy. He led the team to back-to-back state championships and in his three years as head coach with the Wildcats, he lost just three games.

Randall's relationships throughout the sport helped him find the missing pieces to his Lindenwood team, such as France native, Stanislas Heili, and several new members from the state of Wisconsin.

Lindenwood assistant coach Steve Showalter, was also among Randall's recruits. In an interview with WISN 12 News in Milwaukee, Showalter explained the significance behind leaving a high school at where he had coached for

15 seasons, in order to join his longtime friend.

"There's only a certain amount of people I probably would have made this move for; a guy I've known for a long time since I was in college," Showalter said.

While Randall's accomplishments as a coach speak highly to his competence in the profession, he never foresaw basketball in his career path.

"I went to school to become an archeologist, and ended up a basketball coach," Randall said. "You don't really know how you are going to get into college basketball."

"It really wasn't on my mind, but it sounded pretty exciting and I knew it was a good opportunity."

Even though he says he enjoys reviving programs, there is something deeper that always pushes him to continue coaching and write the next chapter of his legacy.

"The relationships, the long term bonds that you build, the difficulties and the intensity of being a part of a team at this level; it's irreplaceable," Randall said.

As the head coach of the Lions, Randall has won four of his first five games and is on track to lead the program to one of its best starts in years.

The career of Lance Randall

- 1994-1997**
Assistant coach-
Beloit University
- 1997-2000**
Head Coach-
Webster University
- 2000-2001**
Head Coach-
Per Temps Birmingham Bullets in England
- 2002-2004**
Assistant Coach-
St. Louis University
- 2005-2007**
Head Coach-
Oshkosh West High School
- 2008-2009**
Assistant Coach-
Loyola-Chicago University
- 2010**
Associate Head Coach-
Wisconsin-Stevens Point
- 2011-2014**
Head Coach-
Saint Leo University
- 2015**
Head Coach-
Lindenwood University

Design by Kelby Lorenz

Weekend Sports Recap

Nov. 21-29

<p>Wrestling Daniel Swan (125) and Kyle Jolas (165) claim titles at the Lindenwood Joe Parisi Open</p>	<p>Women's Ice Hockey 3-2 loss vs. St. Cloud State 2-0 loss vs. St. Cloud State</p>	<p>Women's Basketball 70-46 win vs. McKendree 77-69 loss vs. Quincy</p>
<p>Women's Bowling Placed 1st at the Striking Knights Classic in Louisville, Kentucky</p>		<p>Billiards Hosts the Team USA Training sessions from 11/28-12/4 in the Lindenwood Field House</p>
<p>Football Linebacker Connor Harris and punter Matt Klinger are named 1st team all-MIAA</p>	<p>Men's Basketball 75-54 win at Illinois-Springfield</p>	<p>Men's Bowling Placed 1st at the Striking Knights Classic in Louisville, Kentucky</p>

SPORTS



Lions look to continue hot start

Phil Scherer
Managing Editor

After an extended Thanksgiving break, the Lindenwood men's basketball team will return to the court Tuesday night against Quincy University, looking to continue its hot start to the season.

The Lions enter this game with a record of 4-1, with their most recent victory coming last Tuesday on the road against the University of Illinois-Springfield, 75-54.

The team's lone loss of the season so far came on Nov. 21, as the Lions fell to UMSL on the road.

One of the key players to the Lions hot start has been senior guard Cory Arentsen, who is averaging more than 23 points per game this season. Arentsen has been efficient shooting the ball so far this year, connecting on more than 50 percent of his attempted shots, including more than 48 percent of his shots from 3-point-range.

Another player looking to continue his hot start is point guard Brad Newman, in his first season with the Lions. Newman has scored 12 points or more in every game this season, and has rarely left the court, play-

ing more than 30 minutes per game on average.

The final key player for the Lions in this matchup will be center Stanislas Heili, who, at 7-foot-1 provides a matchup problem for a Quincy team that does not feature a player taller than 6-foot-8.

Heili has dominated the rebounding game for the Lions to this point in the season, recording 10 or more in each contest, including a season-high 15 against UMSL. In addition, he has been a force on the offensive side of the ball, averaging nearly nine points per game.

Quincy enters this game with a record of 2-3, but have won each of their last two games, against Robert Morris-Springfield and Hannibal-Lagrange. The team has also played a pair of exhibition games against Division I teams. In the two exhibitions, Quincy has kept games

competitive against Northwestern, losing 80-64, and against Illinois State, losing 73-63.

The leading scorer for Quincy is senior forward Joseph Tagarelli, who is averaging nearly 18 points per game, making more than 67 percent of the shots he takes. He is also the team's leading rebounder, averaging nearly seven per game.

Other key contributors for Quincy are Evan McGaughey and Thomas Jackson, both of whom are averaging double digit points through five games.

Overall, the Quincy offense has been impressive to this point, scoring more than 80 points per game. The defense has not been nearly as impressive as the team gives up nearly 75 points per game. The defense is a weakness that is likely to be exploited against the Lions, who have proven to be an impressive offensive team this point in the season.

Last season, Lindenwood won 74-73 against Quincy on the road in a game that remained close throughout. Overall, Lindenwood leads the series against Quincy 2-1 dating back to the 2012 season.



Photo by Carly Fristoe
Brad Newman sets up the offense in a 82-66 win against Maryville.



Photo by Carly Fristoe
Stanislas Heili towers over the defense and finishes a layup in LU's win against Maryville on Nov. 18.

LU guard scores 1,000th career collegiate point

Ivy Reynolds
Reporter

It's 11 a.m. on Thursday. The squeak of a single pair of basketball shoes echoes in Hyland Arena. Kassidy Gengenbacher takes shot after shot from various spots on the court.

"I try to come in and shoot two to three times a week, depending on our game schedule," she said, taking a break to reset the gun. She starts her routine with form shooting before moving on to 15-foot shoots and 3-pointers from various locations.

"I try to do around 250 shots when I come in," she said.

On this particular morning, she drained 200 of 289 shot attempts.

On Tuesday of that same week, Gengenbacher hit the 1,000-point mark in the 58th game of her career in the Lions victory over University of Missouri-St. Louis. An impressive feat, but she was not even aware of her

achievement until after the game.

"I didn't really know," she said, laughing. "In the third game of your junior season, no one really expects that."

Gengenbacher said she doesn't like to focus on individual numbers because it can be a distraction.

"Statistics can really consume people's minds, so I try focus on team and how I can make my teammates better," she said.

Gengenbacher has been a solid performer for the Lions in the past two seasons. She was named MIAA Freshman of the Year in 2014 and was named second-team All-MIAA in 2014 and 2015.

Last week, she was named MIAA Player of the Week after averaging 22.7 points across three games. Following her most recent achievement, Gengenbacher broke into the top five for three-pointers and free throws made in Lindenwood history.

"The past two years I

feel like I have been a scoring threat," Gengenbacher said. "I think that I'm always looking for the best shot on the court, but if it's someone else's shot to take I'm just as happy."

She feels that this year is different from the last two because the team has multiple offensive threats.

"If you have three or four girls scoring double-figures, that makes your offense hard to stop," she said.

Gengenbacher thinks this change in scoring could be the result of other players putting individual work in outside of practice, including her "shooting buddy," sophomore Kylie Ferguson, who led the team with 16 points in the win against Northern State.

"I love seeing my team down here shooting and it's cool to see that everyone is trying to get better for the team," she said.

As far as individual goals go, Gengenbacher said she has no plans to start keeping track of her own points, preferring to focus on this season and the MIAA conference games quickly approaching.

"I'm just trying to do my part," she said as she rounded up a few loose basketballs from around the court. "Because I know everyone else is doing theirs."



Photo by Carly Fristoe
Kassidy Gengenbacher attempts a layup last year against SBU.

Have a news tip?

Do you know a student who is doing remarkable things? Are there policies or procedures you want to better understand? Is something happening that readers should know about?

Tell us at 636-949-4336 or
LULegacy@lindenwood.edu.

Fred's Complete Car Care



1130 First Capitol Drive
St. Charles, MO 63301

(636) 946-1446

10% OFF with Student ID

- Nationwide Warranty
- 2-years 24000 miles •
- Serving St. Charles for 22 years

Find us on **facebook**



www.fredscarcare.com

SERVICE YOU CAN TRUST !!

HOURS: Mon - Fri 7:30 am to 5:30 pm



OPINIONS



Letter to the editor response: Using cell phones in class is rude to professors, students

David Voracek
Adjunct Professor

In Samuel Horstmeier's recent opinion piece, he said students should be allowed to use their cell phones in class, so long as that activity does not distract any of the other students or the professor.

There is one main reason why that approach will not work.

If Horstmeier's Rule were allowed, I guarantee that many other students would feel compelled to check their own messages.

So it would not be just one person in the third row sneaking a peek, but half the class would be fiddling with their phones.

Thus, there would definitely be a lot of "distracting" going on.

In addition, as a teacher, I find it distract-

ing when a student is not paying attention.

That includes sleeping, scrolling through texts or tweets and texting responses.

Whether attending a professor's lecture, lunching with a friend, or visiting with your mother, I, and many other adults, consider it downright RUDE (and annoying) to be ignored when you are trying to talk with another person.

Unless the student is a first responder, there's just no excuse why the student can't "unplug" from the world for 50 minutes and pay attention... and maybe even join in the classroom discussion.

Here's another important consideration. In attending a university, students are essentially purchasing instruction in various topics they

will need to do their jobs.

Later, via the university's transcript, the school is assuring future employers that the student has received "X" hours of training in subjects A, B and C.

But, if the student was distracting himself by fooling with his phone in class, then that transcript is falsely advertising his knowledge.

Mr. Horstmeier also said some people believe that if a student is paying \$20,000 per year to attend Lindenwood, then he should be able to do "whatever" in class.

If that's true, then we could also let students come to class in their pajamas, eat their lunch, sit in the back row and play solitaire on a laptop, and...oh, wait...that stuff is already going on. And they are equally distracting...and annoying.

Every holiday greeting could offend someone

Sarah O'Daniel
Reporter

Only a few hours after Halloween ended, my various newsfeeds began to explode with articles and rantings about the "proper etiquette" on how to act while wishing others good cheer over the holidays.

The problem that presented itself was the fact that every one of these posts said something different.

While some Christians shared posts that advocated the saying of "Merry Christmas," others shared posts that advocated "Happy Holidays."

Some people claimed that you should only send well wishes based on the particular holiday people observe, and I even saw some people who claimed that they would refrain from wishing anyone any type of holiday cheer all together.

As these stories continued to flow in front of my eyes with abundance, I found myself contemplating this issue rather heavily.



Design by Rachel Schuldt

Maybe it is just me, but I cannot wrap my head around how someone could be offended by someone else wishing them well over this hectic part of the year.

Truth be told, this is a problem that, unfortunately, will probably never reach a conclusion.

While others view a good and simple "Happy Holidays" as a nice all-inclusive way of wishing cheer to everyone, there seems to always be people who view it as a personal affront, because their particular preference is not being recognized.

However, it is also a

problem vice versa, as some people take being wished somebody else's holiday as offensive, and view it as others forcing their religious beliefs onto them.

Personally, I tend to say "Merry Christmas," out of habit.

However, if someone were to wish me a "Happy Holidays," that's OK too.

In fact, if anybody is taking the time out of their lives to wish me well over the holidays, whether it be "Happy Hanukkah," "Merry Christmas," or "Happy Holidays," I will gladly accept, and wish it right back to them.

After 3.5 years with this publication and 84 issues under my belt, it is hard to believe that I will soon visit Lindenlink strictly as a reader. I want to thank the members of the staff— both past and present— for their hard work and eagerness to strive for the best news coverage possible.

I also want to thank those of you who have followed our coverage for years, as well as those who are just starting to pick up the paper. I cannot wait to see where the publication goes under the leadership of Editor-in-Chief Viktoria Muench.



Emily Adair and Viktoria Muench

Being trusted with this job and responsibility is the greatest honor. I have big shoes to fill, and I hope that I will be able to lead this wonderful publication with the same amount of dedication and passion Emily has shown throughout her time at the paper. I have great visions for the future, and I hope that during my time as Editor-in-Chief, I will be able to bring them to life and help this paper grow even more. To all current and future readers, thank you for your support. Lastly, Emily, you are great, and we're all going to miss you very much. Good luck on your upcoming adventures.

Design by Tyler Tousley

Letter to the Editor Policy:

The *Legacy* is proud to provide an open forum for a variety of opinions.

The views expressed herein are the positions of the individuals who write them. They are not necessarily the views of the entire publication or any other individual member of the staff.

To share your perspectives, please send a Letter to the Editor to LULegacy@lindenwood.edu. Letters may not exceed 350 words, should avoid obscenities and must include the writer's full name.

The Legacy / Lindenlink.com

Spellmann Center 3095 / 3100
209 S. Kingshighway
St. Charles, Mo. 63301
Telephone: 636-949-4336
Email: lulegacy@lindenwood.edu

Staff:

Editor-in-Chief: Emily Adair
Lindenlink Managing Editor: Phil Brahm
Legacy Managing Editor: Phil Scherer
News Editor: Viktoria Muench
Culture Editor: Jason Wiese
Sports Editor: Brayden Parker
Opinions Editor: Tyler Tousley
Page Designer: Kelby Lorenz
Photo Editor: Romane Donadini
Head Illustrator: Rachel Schuldt
Business Manager: Jennifer Nickerson
Distribution Manager: Abby Lambert
Faculty advisers: Susan Weich, Neil Ralston

The views expressed herein are not necessarily the views of the university.

Semester highlight is final exam week

Tyler Tousley
Opinions Editor

Finally back from Thanksgiving and we have a week to collect ourselves before the time of the semester a lot of people seem to dread: finals week.

Finals week can be a stressful time for a lot of people. Some can't stand that final group project where you all share the grade.

Others have a hard time studying for and taking tests.

And nobody feels like they have enough time to finish everything.

Yet every semester, we somehow make it through alive.

I, however, love finals week.

I know it sounds crazy, but hear me out.

I don't have to go to my regular class schedule, which changes things up.

As a junior I am at the point where a large portion of my classes are more application than regurgitating information through multiple choice questions.

My finals are generally

smaller scale versions of what I will most likely be doing after graduation.

There are also days of that week where I don't have class at all.

It's a MWF class, and I took the exam on Monday? Great! I don't have to worry about it on Wednesday or Friday.

My absolute favorite part, though, is the weight I feel lifted from my shoulders when I hand in my last final exam and I know I am completely finished with the semester.

There are always some classes I am sad to be done with, but it is good to know that there is one less thing on my plate.

By the end of my last final, my stress level is so much lower than any point in the semester.

So as we push through these last two weeks of the semester, try to see the light at the end of the tunnel.

Finals week is not all bad, but if you can't find any good in it, just keep thinking about the end of the week and the end of the semester. We can all do this!

Black Thursday safer option for bargain hunters

Sam Horstmeier
Reporter

Some think that Thanksgiving marks the beginning of our winter holiday season, but others are focused on the late night festivities that save them potentially hundreds or even thousands on Christmas presents and various holiday gifts.

Black Friday is making a transformation, and it may be for the better.

Most stores are now beginning their sales near dinner time, as opposed to midnight or later.

With this change, once the family dinner is concluded, anyone who is ready to hit the shops can do so and stay out of those extended lines that used to quickly build.

Many stores are now including in-store discounts on purchases as well as online promotions to attract customers

The transition between Black Fridays from the

dangerous origins to today is positive and will likely make Black Friday a safer and more family friendly experience.

It can be fun to experience the environment of a Wal-Mart packed with thrifty people at 1 a.m., so hopefully the sales continue and the security remains a top priority.

The lazy brother of Black Friday, Cyber Monday, quickly follows as another opportunity to save money if you missed any of your favorites over the weekend.

This allows those who don't want to leave the comfort of their home at all - lines or no lines.

Overall, changing the hours of Black Friday makes the shopping experience safer and more widely available.

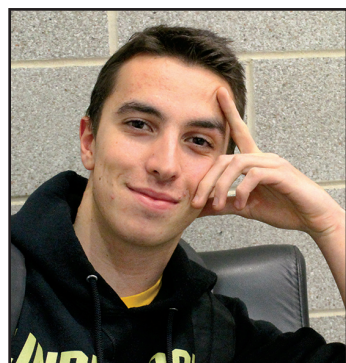
It is an awesome opportunity for people to take advantage of the savings and appreciate the environment of what is becoming a separate holiday entirely.



EXTRAS

Snowmen illustrations by Rachel Schuldt depict the Legacy/Lindenlink editors.

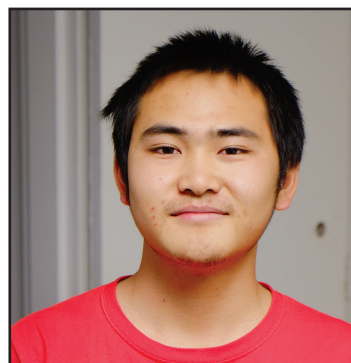
People of LINDENWOOD



Geoffrey Gourgues



Laurice Arab



Fung Yi

Q: Why did you decide to join Delta Tau Delta?

A: "I started as an ESL student and couldn't meet many native English speakers even though I wanted to. So that's why I am a member of a fraternity. I made lots of friends and that was a great thing to me."

Q: What is the most important thing that makes you who you are?

A: "Kindness or the feeling that I want to help someone in need. I think that is the most important thing for me. I want to be a person who can make people feel better or comfortable."

Q: If you could pick one subject or area of life to become an expert in, what would you choose? Why?

A: "I would become an expert in music, because I want to be able to play an instrument and write a song."

Strength in Numbers #222

5	6	1	9	4	8	3	7	2
4	2	7	5	1	3	8	6	9
8	3	9	7	6	2	1	4	5
9	1	4	8	2	5	6	3	7
6	5	2	3	7	1	9	8	4
3	7	8	4	9	6	5	2	1
1	4	5	6	8	7	2	9	3
2	9	6	1	3	4	7	5	8
7	8	3	2	5	9	4	1	6

Trivia Quiz

C) John Roemer

President John Roemer released 104 tons of coal meant for Lindenwood to area families in need.

For every issue you advertise with us, we'll give you a week of **FREE** display time on Lindenlink.com.

Call 636-949-4336 or email LULegacy@lindenwood.edu for more details.

Good luck on finals and have a fun and safe winter break.

From all of us at the Legacy and Lindenlink.com



Get off the couch

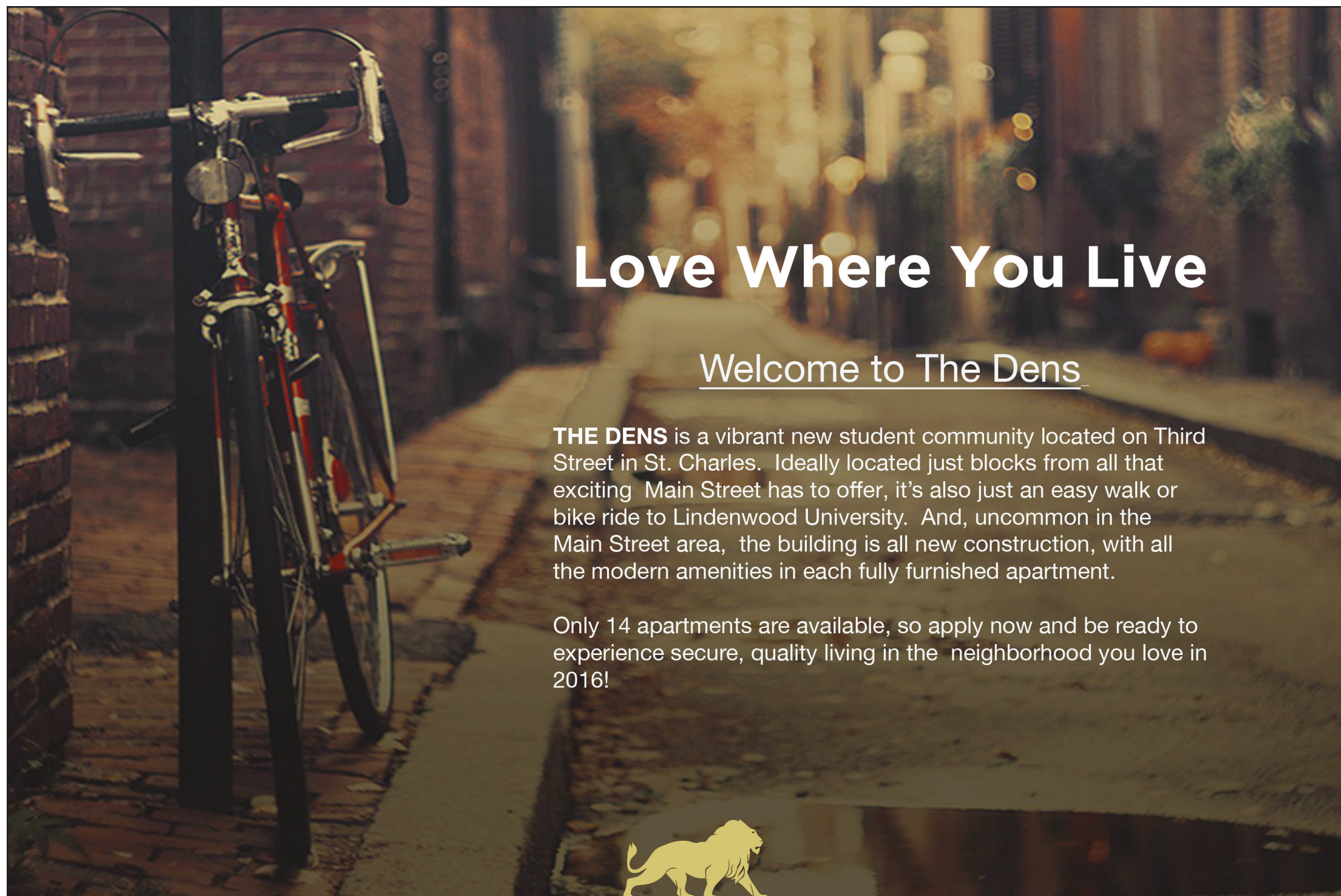
Community events:
Christmas Traditions
 Sundays, Wednesdays, Fridays and Saturdays through Dec. 23
 Historic Main Street
 See Page 4 for more details.

O'Fallon's Celebration of Lights
 Sundays, Tuesdays-Thursdays through Dec. 30 6-9 p.m.
 Fort Zumwalt Park
 Admission is \$10 for cars.

One Pulse: The History of Rock & Soul
 Dec. 3 7 p.m.
Foundry Art Centre
 The Birth of Rock and Roll and RESPECT: The Women of Rock and Soul will perform music from the last 60 years. Admission is \$15 for Foundry members, \$20 for non-members.

Sentimental Journey Dance Band
 Dec. 18 7-10 p.m.
Foundry Art Centre
 Sentimental Journey Dance Band will perform music from the '40s to today. Admission is \$15 for Foundry members, \$20 for non-members.

St. Charles Symphony Society
 Dec. 19 7 p.m.
St. Peters Cultural Arts Center
 The symphony will perform a holiday concert. Admission is \$10.



Love Where You Live

Welcome to The Dens

THE DENS is a vibrant new student community located on Third Street in St. Charles. Ideally located just blocks from all that exciting Main Street has to offer, it's also just an easy walk or bike ride to Lindenwood University. And, uncommon in the Main Street area, the building is all new construction, with all the modern amenities in each fully furnished apartment.

Only 14 apartments are available, so apply now and be ready to experience secure, quality living in the neighborhood you love in 2016!



The Dens

On Third

Now Leasing for Fall 2016

\$650 per bedroom, includes utilities & internet

To apply, contact our Leasing Office

- 3 Bedroom/3 Bath Apartments Washer/Dryer in Apartment
- Fully Furnished
- New Construction

- Less than 1 mile from Lindenwood University
- 3 blocks from Main Street
- On-Site Parking

LEASING OFFICE

233 North Main Street, St. Charles MO (636) 949-9898

www.thedensonthird.com