

**Qdoba MEXICAN GRILL**

**Total:**  
960 Calories  
43 grams of fat

- Chicken Burrito Bowl: 330 Calories
- Shredded Cheese and Sour Cream: 220 Calories
- Cilantro Lime Rice: 190 Calories
- 3-Cheese Queso: 90 Calories
- Guacamole: 130 Calories

Design by Kelby Lorenz  
The calorie intake of Qdoba's Chicken burrito bowl varies depending on the sides added to it.

## New campus eats put health in focus

Jon Holden  
Reporter

Lindenwood University's new food options include fast-food restaurants Qdoba and Chick-fil-A, which have fueled concerns among nutritionists, students and staff about the potential negative effect on student health.

An investigation by the *Legacy* found that daily access to these dining services can lead to weight gain and contribute to the already concerning rise in obesity rates.

Athletic Trainer Tim Osterhoudt expressed a common sentiment when he said while healthy options exist, students have to be creative.

"Students are just going to have to be more responsible for themselves and pay more attention in regards to places like Qdoba and Chick-fil-A,"

Osterhoudt said. "There are plenty of healthy options that people don't think about. It is just going to be on the students and athletes to make sure they are monitoring a little more closely."

According to a 2013-14 study, the most recent data from the Centers for Disease Control, roughly 71 percent of U.S. adults over the age of 20 are considered overweight or obese. Whether Lindenwood's switch to fast-food conglomerates will contribute to that is unclear.

Pat Perotti, a registered and licensed dietitian in St. Charles, said eating healthy will be "a little more difficult."

"I think when you are eating fast food, you need to seek out a more balanced meal," she said.

While cafeteria food traditionally hasn't had a reputation among students for being top-notch for taste or nutrition, Director of Dining

Services Nancy Tinker said the food additions and the renovation of Evans Commons into buffet-style dining are attempts to fix that.

Evans will have stations people can choose that will determine the calorie intake.

"We are going to have a grill, we are going to have a comfort line and something we call a healthy line," she said. "It will be no sauce, but it is the basic things people want to see. It will be things like chicken with no sauce, vegetables and rice."

The 1,600 student athletes who live on campus in particular prefer healthier options, and the new restaurants can fit into the category, said Ben Rauschenbach, a strength and conditioning coach for several sports.

"If you think about Qdoba, it is all about making smart decisions," Rauschenbach

said. "You do not have to get a double meats or add the extra sauces."

The Qdoba menu Lindenwood offers consists of four options. A student can pick either a burrito, burrito bowl, tortilla soup or three-cheese nachos. Students have a choice between chicken, steak or vegetarian styles.

According to the Qdoba website, a burrito bowl containing chicken, lettuce, black beans and Qdoba's salsa contains about 330 calories. Adding light sour cream and shredded cheese raises the calories to about 550. A dollop of guacamole pushes it to 680 calories. Tack on the three-cheese queso, and the calories are at 770. Including cilantro lime rice will bring the dish to roughly 960 calories and 43 grams of fat.

If a student chooses a regular burrito instead of the bowl, the addition

**See Food Options | Page 2**

## New Buzz app will give students national news at their fingertips

La'Markus Bragg  
Reporter

National, local and campus news will be available for Lindenwood students through a new news app starting this fall.

The Buzz app will be available for download by mid-September in online app stores.

It will include news from USA Today and student media — the *Legacy*, Lindenlink, KCLC and LUTV.

The app will replace print versions of USA Today, the New York Times and the St. Louis Post-Dispatch, which used to be provided for free on campus.

The *Legacy* will still be available on news racks around campus.

Angie Royal, director of Student Involvement, said the change was made in part because many stu-



Logo courtesy of Angie Royal  
The Buzz app will be available in mid-September.

dents already access the news from electronic devices.

"We wanted to make certain we were bringing the news to students in the format most useful to them, and we agreed elec-

tronically was the way to go," Royal said.

Royal said she has been impressed with what she has seen in the app.

"What's great is that it is available year-round to students," she said. "The

papers were only available fall and spring semester. Parents, alumni and basically anyone can access this app."

The app already has launched at several other state colleges, including: Maryville College, Missouri State University, University of Central Missouri, Webster University and Truman State University.

Richard Reighard, associate professor in the School of Arts, Media and Communication, said the Buzz app will revolutionize the way students consume media.

"There's a whole new generation of people who don't understand the tradition of 'dead tree media', as we sometimes call it, and they want everything electronic," he said. "So us keeping up with the times a very good idea. I'm all in favor of giving it a try."

## Pokemon Go app connects players at LU's Pokestops

Jon Holden  
Reporter

The Pokemon Go app has turned into a world phenomenon that has also grown in popularity at Lindenwood.

Pokemon Go is a smartphone game, in which the player's purpose is to find Pokemon. Through virtual reality in the app and GPS, users locate hotspots in their surroundings and find Pokemon. It is essentially a scavenger hunt.

In addition to hotspots on campus, Pokestops are at Lindenwood dorms Irwin, Sibley and Cobbs, as well as tombstones on the historic side of campus.

According to Imagine Games Network, Pokestops are places in the app that allow you to collect items for the game. These items include Poke balls, eggs and berries to assist you in capturing Pokemon.

Lindenwood junior Jon Ottstot plays Pokemon Go and said that it can be a good way to meet new people.

"I think Pokemon Go will help freshmen who

play to be more active within the university," he said. "People are out and about playing all the time, and if they are out playing on campus, then they will likely meet someone else playing Pokemon and strike up a conversation about it."

The Director of Public Safety and Security John Bowman said since the game was launched in July, he has noticed more people who do not attend the university around campus.

"There is a lot of foot traffic at some parts of the day and night, people out looking for Pokemon," he said.

Bowman said he does not mind the players and has no problem with people walking around unless they enter a campus facility.

"We do have an open campus, but we do not want them to go into our facilities and disrupt the business at hand," he said.

Security is not taking any measures to monitor or regulate Pokemon Go on campus.

Bowman said that it won't change unless a serious issue surfaces.

There was one fender-bender on campus this summer that might have been caused by the game.

"We had an accident — it was leaving the scene — over in the Harmon parking lot," Bowman said. "We believe that was attributed to someone not paying attention because where the car was parked, it should not have been hit. It was the only car in the parking lot."

Other offices at Lindenwood University also have noticed the growth of the game on campus.

Director of Student Involvement Angie Royal said she does not anticipate a problem with the game.

"All I see the university truly caring about is students being safe while participating," she said. "I can't see us wanting to sanction this in any way."

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## First part-time job fair slated at Lindenwood

20 businesses coming to Evans Aug. 25

Essi Auguste Virtanen  
News Editor

The Career Center is partnering with local businesses to bring its first part-time job fair to Lindenwood University on Thursday.

Dana Wehrli, director of Career Development and Student Development, said that any student who needs a part-time job should attend.

Approximately 20 businesses will be represented at the fair, and the Career Center has wanted to make sure that "it's well attended by students in particular."

The businesses participating are situated "no more than 10 minutes off campus or preferably [are] even walkable."

"We've been very strategic about enlisting support from local employers close to campus," Wehrli said.

The businesses represented at the fair include grocery stores like Schnucks and Walgreens, Concetta's Italian Restaurant, Edward Jones and Enterprise Rent-A-Car.

Wehrli said that even smaller businesses or restaurants that students might have not heard from are represented.

"Concetta's on Fifth Street, small place but great Lindenwood part-

ner," Wehrli said. "It's an Italian restaurant looking for all kinds of different help."

The fair is open for both American and international students. For internationals who cannot work outside of campus, there are still opportunities open on campus that will be showcased at the fair.

Thus, Wehrli encouraged international students to attend.

"I know the Rec Center has opportunities," Wehrli said, "Pedestal Foods has opportunities. So we'll be showcasing at least a few on-campus opportunities."

"Through the human resource office, there's a database where students can apply for existing opportunities," she said. "The Career Center has at least three to four part-time openings for students that will be flexible, and we will love to have international students in those positions."

The Part-Time Job Fair takes place from 2-4 p.m. in the Evans Commons hallway.

Professional attire is required for all job seekers.

A Career and Internship fair is set for Sept. 22 in Evans Commons gymnasium.

For more information contact Wehrli at DWehrli@lindenwood.edu.

**Part-Time Job Fair**  
Evans Commons Hallway  
Lindenwood University  
2-4 p.m.  
Aug. 25, 2016  
\*Professional attire is required for all job seekers

Design by Kelby Lorenz  
Part-Time Job Fair brings 20 businesses to Evans on Aug. 25.

# NEWS

## 10 things that happened over break

### Construction: Library and University Commons

Several new businesses opened at the University Commons, including Fro Yo, MOD Pizza, PotBelly Sandwich Shop, Mattress Direct and an AT&T store. In addition, five vacant retail spaces are available, and DESCO, the group in charge of the construction, is currently looking for tenants for the properties. Construction is still underway on the new library and academic resource center. Progress has been delayed on the project, with President Michael Shonrock now saying the building may not be open until the fall 2017 semester, later than the original estimate of the late stages of 2016.



### Memorial for Dale Lauer

A black gum tree, the only one of its kind on campus, was planted to remember the life of security guard Dale Lauer, who died unexpectedly on May 13. The tree was planted on the Memorial Arts Building side of the pavilion and dedicated at a ceremony on Aug. 4. Lauer was remembered at the service by his co-workers as the "candyman" for supplying the security office with candy, soda and water.



### Canvas begins

Lindenwood has officially changed its online learning management system to Canvas from Blackboard. This will now be the site used by students to access course information and assignments. A mobile app is available and will notify students when grades are posted or anytime changes are made to a course calendar.

### School of Nursing Moves

The School of Nursing has moved to the bottom floor of Spellmann Center in the former site of IT Department. The nursing department used to be in the former Barat Academy site in Dardenne Prairie that is now being sold by Lindenwood.

### Wellness Center Relocation

The Lindenwood Wellness Center has been relocated to the third floor of Evans Commons and combined with the counseling center. The center offers free medical treatment to students, including physical examinations and immunizations. Individual and group counseling is also available to students. To make an appointment at the Wellness Center, call 636-949-4525 or 636-627-2928.

### New Vice President of Intercollegiate Activities

Brad Wachler began his reign as the new athletic director of Lindenwood University on July 1. He took over for John Creer, who retired at the end of the last school year. Wachler most recently served as the associate athletic director at Central Michigan University. He said his goal is to turn Lindenwood into a "premier power in Division II."



### Former football coach arrested

Former football assistant coach Kenneth Sims was arrested in June on charges of possessing a controlled substance with the intent to distribute, as well as unlawful use of drug paraphernalia. According to court records, 3.8 ounces of marijuana was found in his vehicle, along with a digital scale. Sims' next court hearing is set for Sept. 14 at the St. Charles County Courthouse. Sims worked as an assistant coach at Lindenwood during the 2015 season, mainly assigned to working with the wide receivers and defensive backs. He resigned shortly before he was charged.



### New Post Office

A new post office opened in July across the street from Lindenwood as part of the Lindenwood Commons. It replaces the post office that was situated at 112 S. Fifth St. A ribbon-cutting ceremony was held in late July.

### AAUP Sanction Lifted

The American Association of University Professors lifted sanctions against Lindenwood that had stood since 1994. LU had been penalized after the group found issues with the administration as well as with the academic governance in regards to how the faculty was being treated. The official recommendation to remove Lindenwood from the list was made in March by the Committee on College and University Governance.

### Tobacco Ban

The first phase of Lindenwood's tobacco ban is now underway. Smoking is now allowed only at eight designated locations on campus: the southwest parking lot of Hyland Arena; the northeast side of Young Hall; the northwest parking lot of Guffey Hall; the southwest side of the J. Scheidegger Center; the west parking lot of the Campus Service Center; the west parking lot of the Welcome Center; the south side of the gazebo near Niccolls Hall; and the northwest parking lot of Harmon Hall. Next year, smoking will be banned campus-wide.



Information collected by Phil Scherer

## Security hosts active shooter training event

Phil Scherer  
Reporter

Students, staff and faculty received training earlier this month to learn what to do in the event of a mass shooting incident on Lindenwood's campus.

Director of Public Safety and Security John Bowman said active shooter training is always provided to residential directors before students move back to campus, but this training was opened up to everyone.

"This is just another layer of protection that we can teach," he said. "They can take it to their dorms. They can also take it to their classrooms, since they are all students."

Bowman said this training is applicable outside of the university setting as well.

For example, it prepares people if something like this were to ever happen in a public place or in an office building once they leave school.

The training began with information about previous school shootings, including those at Columbine High School, Virginia Tech and Sandy Hook Elementary School.

The students learned that lives could have been saved if a better plan had been in place.

St. Charles police officer Dave Cathey, who led part of the training, said people don't have a clear idea about how to deal with an active shooter because they have not been properly trained.

"There has to be a better plan in place than just a lockdown of the school,"

Cathey said.

Cathey and other St. Charles SWAT officers led a series of simulations next.

In the first simulation, students were put into classrooms in the Hyland Arena and told to barricade the doors with whatever they had available.

They were taught to lodge chairs into the door handles and tie belts into the door hinges as well as stack desks in front of the doors.

In the second simulation, students were put in different parts of Pfremmer Hall and taught either to get out of the building through any means possible or fight back.

Cathey used the example of throwing staplers at the attacker or attempting to stick a pencil in their eyes or ears as a way of stopping the attack.

Emma Falkenbach, a student who took part in the training, said she found the simulations to be realistic and that she learned things she can use to help the people in her dorm.

"It will be nice to tell them, 'OK, this is what you should do. Don't scream and huddle in a ball on the floor. Just run,'" Falkenbach said.

Bowman said other training sessions will be scheduled; approximately 100 people participated in the sessions on Aug. 12.

Cathey said he hopes the students who did participate walked away with good information and a solid plan in place.

"If they have learned even one thing that will help them in the event of an active shooter, then all of us are happy with that," he said.

## Revamped Spellmann cafeteria opens its doors



Photo by Lindsey Fiala

Lindenwood President Michael Shonrock takes a ceremonial first bite from a Chick-fil-A sandwich Monday morning.

### Food Options | Continued from Page 1

of a tortilla will mean they will consume 1,260 calories and another seven grams of fat.

The most popular Chick-fil-A offering students can get with a meal exchange is a chicken sandwich, waffle fries and a medium Coke; that's 1,010 calories and 39 grams of fat, according to the Chick-fil-A website.

Spellmann not only will include Chick-fil-A and Qdoba, but a sandwich station, as well as grill station, run by Pedestal Foods.

The sandwich station will serve deli-style sandwiches as well as soups and salads.

The grill will have hamburger and hot dog options as well as grilled chicken and beef.

Again, calories will vary depending on choices.

Senior Maanhera Kapa said he believes the new meal plans will build on the improvement

in dining options he has seen since he was a freshman.

"I am hopeful; I always enjoy change," Kapa said. "A lot of the kids who enjoy fast food are obviously over the moon because Chick-fil-A is delicious."

In the two years Tinker has been at Lindenwood, she said efforts have been made to reflect what the students want.

She started focus groups, and a student survey helped bring Chick-fil-A and Qdoba to campus.

Tinker said the challenge is offsetting what's popular with good nutrition. And the new options should have something for everyone.

"We are trying very hard to come up with scenarios for people to be happy," she said. "We are going to continue with the surveys, we are going to continue to improve this food service program."

### How does the meal plan work?

**Traditional 19: 19 meals per week plus 50 Dining Dollars.**

**Flexible Value: 140 block meals plus 150 Dining Dollars.**

**Most Flexible: 100 block meals plus 150 Dining Dollars.**

**Commuter 100: 100 dining dollars and four block meals.**

**Commuter 200: 200 dining dollars and 10 block meals.**

**Traditional and block meals can be used at all dining locations. Dining Dollars can also be used at Lion's Pride Market.**

# OPINIONS

## The Legacy/ Lindenlink

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

### Letter to the Editor Policy:

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

In order 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.

### Follow us on social media:

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Multimedia

### Staff Needed:

Do you enjoy writing, design or photography? Come work for the Legacy and Lindenlink.com to build your resumé and gain practical work experience.

You can contact us at LULegacy@lindenwood.edu.

We would appreciate your support!

Thank you for your continued support of our news publications!

## Campus construction is bad first impression

**Michelle Sproat**  
Sports Editor

During the spring of 2016, it was announced that there would be renovations around the campus of Lindenwood University. These updates include converting the cafeteria in Evans Commons to a buffet-style eatery as well as turning the Spellmann cafeteria into a food court. Spellmann is set to offer restaurant-chain options, including Qdoba Mexican Eats, Chick-fil-A and Caribou Coffee. There is also a convenience store located next to the Spellmann cafeteria. Many students are excited about the changes, including first year students who arrived on Aug. 17.

However, when these fresh faces arrived, not one of the new renovated areas was open for business. The dining hall at Evans was a mess, and students who arrived early for athletics were forced to eat buffet-style catered food. In Spellmann, the cafeteria was still blocked off, and items in the convenience store were just being stocked.

I understand the school year didn't officially start until Aug. 22, but the first-year students always arrive the week before to take part in the First Year Experience



Photo by Michelle Sproat  
Construction blocking the road to Young Hall, adding to campus traffic and aesthetic issues

First-year students have the opportunity to have lunch with their families on the day they are dropped off at Lindenwood. This usually takes place in the lower lot at Spellmann.

With the construction in Spellmann, the lower level parking lot is not usable, and the "Farewell Fiesta" had to be relocated to the Scheidegger Center parking lot. This, by the way, is right next to Rauch and other freshman dorms that are experiencing heavy traffic flow due to the amount of students moving

in. It baffles me that Lindenwood would allow their newest students to see them in this state of disrepair.

In addition to the cafeterias being incomplete, there is still construction on the street between Butler Library and Young Hall. Not only will travel around campus be affected, but depending on when the construction is done, the flow of students traveling between classes will be chaotic.

Let's not forget the major eyesore at the entrance of the university. I am stoked for

the new library to be completed, but right now, seeing it just makes me mad. With all the internal construction at Lindenwood, plus the new library and the retirement home being built across the street, the campus looks like a mess.

First impressions are important when it comes to new students being on a university campus that is unknown to them. Let's just hope the upperclassmen and resident life members help make their first day a little better.

## Solution to black-on-black crime is not absolutely black and white

**Tyler Tousley**  
Opinions Editor

In the current social and political climate, issues of violence and race are often discussed. The Black Lives Matter movement has shed light on the police brutality that people of color face. This summer we heard about the officers who have been gunned down with an increasing frequency. Before going any further, it is important to point out that neither police brutality nor violence inflicted on an officer is OK. Harming another person or taking their life is in no way an acceptable solution to any of the problems faced by society.

Now, a trend on social media I have seen is using "black-on-black violence" as a way to disenfranchise the Black Lives Matter movement. The idea behind this is along the lines of "They are killing each other way more than the police are killing them. Why aren't they trying to solve that problem too? Why are they only blaming officers of the law?" Let me tell you what is wrong with this thought process.

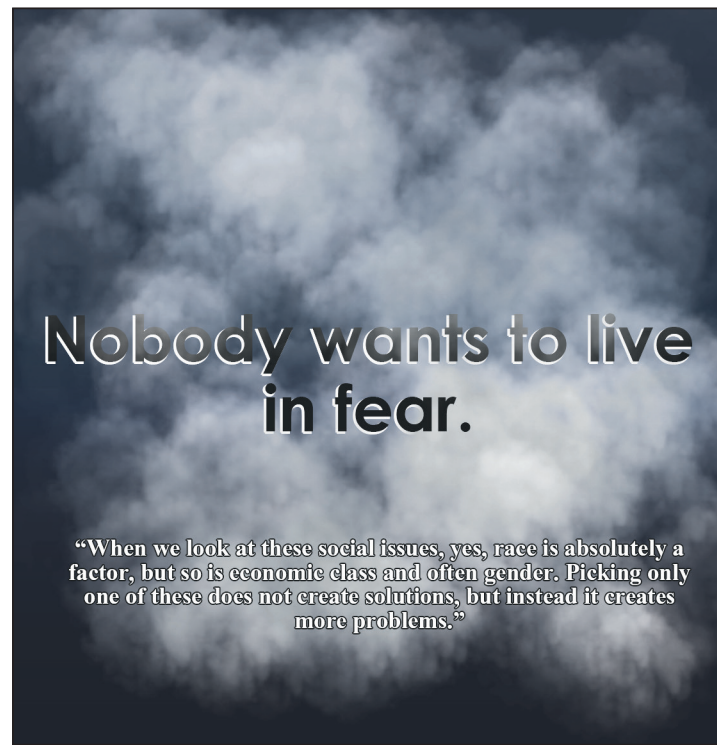
First off, they are trying to solve the problem. Nobody

wants to live in fear. Many of these communities have made multiple attempts to fix the crime problems, just as any community would.

Second, I would like to take race out of the equation for just a moment. When we do that, it becomes neighbor-on-neighbor violence. This differs from police brutality because your neighbor, regardless of race, probably has not taken a vow to protect the community and be held to a higher standard. You know who has? A police officer. We hold them to a higher standard because they have agreed to be held to that standard. This includes providing protection for every citizen as opposed to treating them as criminals, regardless of race.

Lastly, much of this "black-on-black violence" occurs in low-income areas. According to a 2015 Forbes article, in the U.S., "the typical black household now has just 6 percent of the wealth of the typical white household." This means black people are way more likely to be poor than white people. That is an issue of institutional racism, an issue that needs its own article entirely.

So ultimately it becomes an issue of poor neighbor-on-



Design by Kelby Lorenz  
Social issues cannot be selective but as a group of situations.

poor neighbor violence. They are not killing each other because of their race, but to survive. When an officer is using unnecessary force on black citizens, it is more often than not because they are black.

So, when you want to use "black-on-black violence" as a way to disenfranchise the Black Lives Matter movement, remember, police officers are

and should be held to a higher standard. Also keep in mind that class plays a role.

These issues are not black and white (pun intended). When we look at these social issues, yes, race is absolutely a factor, but so is economic class and often gender. Picking only one of these does not create solutions, but instead it creates more problems.

## Security guard will be missed by staff of Legacy

The staff of the Legacy student newspaper got to know Dale Lauer during spring semester 2016 when he helped us distribute the paper on Tuesday mornings.

Dale was always smiling when he showed up at 7 a.m., and after one week on his new task, he had the entire route memorized.

The students who distributed the paper rotated every week, but Dale always remembered the students' names when they came

back. He also was very helpful if they weren't sure where to place the papers in a specific building.

While riding around campus, Dale asked about the students' days and was interested in the stories coming out in that week's edition.

He also shared tidbits about his job and himself.

He helped the students to have a better understanding of the job cam-



Dale Lauer  
Public Safety  
and Security Officer

pus security does every day. At the end of the se-

mester, Dale told us he was going to be having surgery, but in his true humble way, he said it was nothing we should worry about; he would be fine. We were so sad to hear of his passing.

Dale's kindness, smile and love for the students will be impossible to replace.

We will be thinking of him every Tuesday morning when we continue to put out the paper without him.

-The Legacy Staff



## Letter from the Editor

**Kelby Lorenz**  
Editor-in-Chief

Welcome back Lions! As the semester begins, you may notice some changes here at the Legacy and Lindenlink.com. This semester, the publications are under new leadership.

Continuing in their positions are Lindenlink Editor Phil Brahm and Opinions Editor Tyler Tousley.

New to the staff are Design Chief Mili Mena, News Editor Essi Virtanen, Culture Editor Maiken Zoëga-Nielson, Sports Editor Michelle Sproat, Assistant Sports Editor Kearstin Cantrell, and Business Manager Ashley Ator.

Already, the staff has proven to be a fun and hardworking group that is dedicated to keeping you informed of campus news.

This year is the 10th anniversary of the Legacy, and we couldn't be more excited to continue serving you as a reputable news source. The anniversary means the Legacy and Lindenlink.com staff will be working to be more authentic, reliable, trustworthy and approachable than ever to maintain our reputation as award-winning publications, working to the highest degrees of journalistic standards.

We will be more authentic by covering news and events that you are interested in. We will be transparent in our news coverage, and you will know what we know.

We will be more reliable and trustworthy by thoroughly vetting our stories for accuracy so you know that our news is based on fact.

We will be more approachable by welcoming all news tips and ideas. You can send them in by phone, email or by stopping by our newsroom on the third floor of the Spellmann Center. Also, we will be enthusiastic and willing to listen, as well by being more involved and active on campus.

Be sure to stay up-to-date with our social media accounts, and feel free to like, comment or share.

In addition, you can keep up with the news through our friends at LUTV and KCLC 89.1 The Wood. These news outlets are also student-run, and are great sources of information around campus and the community.

Lastly, if you enjoy writing, photography, design, copy editing or selling ads, we would love for you to join our journalism family. We are currently looking for volunteers to help cover the many different newsworthy events happening on campus. Contact us soon so we can get you started!

Thank you for your continued support, and we hope to hear from you soon!

-Kelby Lorenz

Editor-in-Chief,  
The Legacy and  
Lindenlink.com

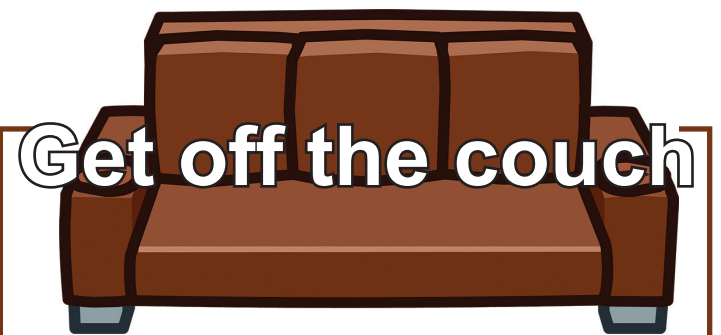
# EXTRAS

## Featured Photo of the Week



Photo by Kelby Lorenz  
Members of the black team celebrate after winning a round of the men's tug-of-war during the First-Year games Saturday.

Have you taken any interesting, cute, funny or beautiful photos recently?  
For a chance to see it published, submit your photo to Legacy/Lindenlink Editor-in-Chief Kelby Lorenz at [kll786@lionmail...](mailto:kll786@lionmail...)

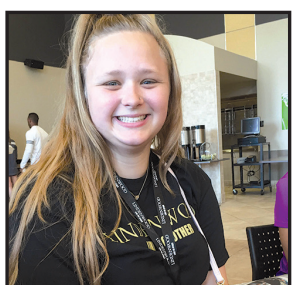


### Lindenwood University events:

- Recruitment Bootcamp**  
Aug. 23 | 7:30-9:00 p.m. | Hyland Arena VIP Room  
Come join members of Delta Zeta as they discuss important information on their formal recruitment for this fall.
- CAB's Wild Wednesday Petting Zoo**  
Aug. 24 | 11:00 a.m.-3:00 p.m. | Evans Commons Lawn  
The Campus Activities Board (CAB) wants you to have a wild start to your semester by petting, feeding and spending time with petting zoo animals on the lawn in front of Evans Commons.
- LSGA Student Organization Fair**  
Aug. 24 | 11:00 a.m.-1:00 p.m. | Evans Commons Atrium  
Learn more about the various student organizations offered at Lindenwood by stopping by the Evans Atrium and see what groups can help you be LIKE NO OTHER.
- Friday Night Live: Comedian Geoff Keith**  
Aug. 26 | 7:00 - 8:00 p.m. | AB Leadership Room  
CAB invites you to kick your weekend off by laughing until you cry on the top floor of the Spellmann Center with comedian Geoff Keith.
- Splash Dash Electrified**  
Aug. 27 | 7:00-9:00 p.m. | Evans Commons Lawn  
CAB is happy to present their 4th annual 3K Splash Dash including glow in the dark color powder thrown at participants during the run.



**Lisa Kitchen and Anna Armstrong**  
Lisa: "I like the campus, it felt like home."  
Anna: "I agree. I feel like I'm home."



Jordan Lea

"The campus is beautiful, and it has great programs."

## People of Lindenwood

This week, we welcomed some new Lions through our Instagram page @lindenwoodlegacy. Here are a few who told us why they chose Lindenwood.



**Lars Bartsch**  
"My sister went here two years ago, and it's a nice campus."



**Morgan Brockmiller**  
"I like their dance program. Plus, I'm super excited to start classes."



**Cecilia Young and Lindsey Fiala**  
Cecilia: "The [Criminal Justice] program is amazing."  
Lindsey: "It was my first choice, and it just felt right."



Sydney Gibbs

"It's close to home, but just far enough away. I like the size of it. I wasn't just a number."

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### That's all it takes!

## Strength in Numbers

### Sudoku #263 (Medium)

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

Level of difficulty: Medium  
View the solution in our online Legacy edition on Lindenlink.com.

**Clarifications and Corrections**  
In the special edition of the Legacy on Aug. 18, photos of gymnasts appearing on the front page and Page 5 were not gymnasts from Lindenwood. Rather, they were competing for SPU and Centenary, respectively.

# SPORTS

## Lions look to renew winning legacy

**Phil Scherer**  
Reporter

Prior to becoming members of the NCAA Division II level of competition in 2013, Lindenwood was known as one of the national powerhouses of the smaller NAIA association.

From 2007 through 2012, the Lions compiled a record of 59-14 and competed in the championship tournament four years in a row.

Since moving to the NCAA as a full member, however, the team has gone just 8-23 as the team adjusts to the rugged MIAA conference.

Despite the recent struggles, head coach Patrick Ross said his team is prepared to take steps toward returning the program to its previous winning tradition.

At the MIAA's annual media day in Kansas City earlier this month, Ross said frustration hit an all-time high following last season's finale against Northeastern State, when the Lions were unable to hit a game-tying field goal in the final seconds, losing the game 17-14 to end the season with a 3-8 record.

Following the season-ending loss, Ross said he went into a team meeting



Photo by Carly Fristoe

The Lindenwood men's football team celebrates a win during a scrimmage last spring at Hunter Stadium.

with his players and asked, "What do you guys think we need to do? What do we need to do to change the direction we are going?"

After a brainstorming session, Ross said his players identified two areas that would have to improve if they had any intention of competing in the tough MIAA conference: mental and physical toughness.

"There are some things that we can't control," Ross said. "We can't get any fast-

er after the first day of camp starts. We can't get any taller after the first day of camp starts. But what we can do is control how mentally tough and how physically tough we are."

As the team prepares to play a more physical brand of football this season, one player that will have a key role will be senior linebacker and team captain Connor Harris, who set a Division II record a season ago with 184 tackles. Harris sits just 22

tackles shy of the Division II record for career tackles with 495.

He took responsibility for getting the younger players ready for the competition of the MIAA saying, "You need to be willing to work. This is an awesome conference. Every team you play is going to beat you if you're not ready."

Harris said that it is his responsibility to make sure the incoming players are willing to learn the playbook and be prepared each week

to execute the gameplan the coaches put together to give themselves a chance to win.

The team will be relying heavily on incoming players as well as young players this season. Many of the top offensive weapons from a season ago have since graduated, including running back Lavarrie Johnson and wide receivers Jaron Alexander and Greg Coble.

To fill the holes left by those players, the team will be relying on the continued

development of junior wide receivers Tre' Roby and DeSean Warren, both of whom have been key role players in previous seasons.

Among the incoming players, one name to look for is running back Emery Schexnayder, who is transferring from Riverside Community College after beginning his college career in 2010 with Fresno State. The previous three-star recruit comes to LU for his senior season, where he could form a backfield with returning senior Calen Campbell, who ran for two touchdowns in limited action a year ago.

Anchoring the offense will be sophomore quarterback Mason Bendigo, who returns after starting the final six games of last season. He said that gaining the experience of in-game action during his freshman season better prepares him for the coming year as he knows what to expect from the tough MIAA defenses.

The team will begin the season on Thursday, Sept. 1, at home against Central Oklahoma at 7 p.m.

Lindenwood will host five home games this season, including a key matchup on Oct. 22 against the defending national champion Northwest Missouri State.



Photo from YouTube

Nicole Hensley making one of her 4,094 career saves for Lindenwood.

## Hensley scoops up Top Sports Moment

**Ivy Reynolds**  
Reporter

Former women's ice hockey goalie Nicole Hensley won Lindenwood's 2015-2016 Top Sports Moment, a new contest conducted via social media this summer.

The idea was built around the Athlete of the Week Twitter polls that were also new this school year.

"We wanted a fair and interactive way to determine the 'Top Moment,'" said Tom Waggoner, associate athletics director.

The Sports Information team filed through a year of statistics and athletic feats, compiling a 32-spot bracket.

The competition stretched through the summer months as weekly matchups were decided. After four rounds, final votes were tallied and crowned Hensley for her record-breaking career.

"I was really excited to find out I won," said Hensley. "There were so many great moments this year... just to be in the running and voting throughout the summer was a lot of fun."

Hensley's Top Moment honored her career as a Lion.

"Sometimes we forget the support we have around us, and it was amazing to be reminded of that."

-Nicole Hensley, former women's ice hockey goalie

On Jan. 29, she surpassed the NCAA all-time saves record of 3,809 against Robert Morris. Hensley recorded a total of 4,094 career saves, 947 of which were attained in her senior season.

To get to the finals, Hensley beat out four other notable moments, including Jake Duckworth's 23-kill volleyball game against McKendree; men's basketball's 1st MIAA tournament victory in school history; gymnast Andavea Alexander's school-record score of 9.975; and the repeat national championship by the gymnastics team.

In the last round, Hensley went head to head with men's wrestler Terrel Wilbourn, who finished his senior season with

a perfect 25-0 record, capping it off with a national title.

The final results gave the goalie 53 percent of the votes to Wilbourn's 47 percent. Hensley said she was surprised with the encouragement she received on social media.

"Our coaches did a great job campaigning and even got Olympians Meghan Duggan, Hilary Knight and Brianna Decker to show their support," she said.

After finishing her senior season, the Lindenwood alumna, along with the rest of the Women's National Hockey Team, won the gold medal in the IIHF World Championships in March. Hensley made her first career start for Team USA in the third win of the tournament, making 16 saves for the shutout.

Even for someone like Hensley, who owns an array of accolades, she said winning the first Lindenwood Top Moment challenge was humbling.

"This award means a lot to me," she said. "Sometimes we forget the support we have around us, and it was amazing to be reminded of that."

Hensley will return this fall to help coach to women's ice hockey team.

## Softball coach brings experience, success

### Liz Kelly holds 400-plus game wins

**Kearstin Cantrell**  
Assistant Sports Editor

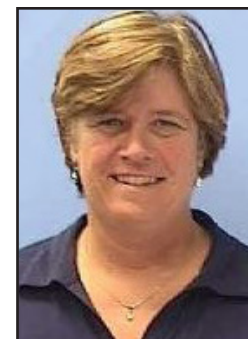
Renowned coach Liz Kelly has been selected to head the Lindenwood women's softball team.

Brad Wachler, Lindenwood University vice president for intercollegiate athletics, began searching for a new head coach after previous head coach Don Loberg threw the team a curveball last season and announced that he would be stepping down.

Wachler and the rest of the Lindenwood athletic department look forward to having Kelly lead the team.

In a previous interview, Wachler said "When she accepted the job I was thrilled because she brings an impeccable work ethic and has had success over her career at a very high level."

Kelly graduated from Utah State University with a bachelor of science degree in physical education/recreation. She was a committed member of the Utah State softball team; more specifically, the 1981 team that won the Association for Intercollegiate Athletics for Women (AIAW) national championship. In 2012, she was inducted into Utah State's



Liz Kelly  
LU Women's Softball Coach

Hall of Fame as a member of the championship team.

Kelly went on to earn a master's degree in public administration from California State University, Chico where she also began her coaching career. She stepped up to the plate as an assistant coach, and it wouldn't be the last time she did so.

Kelly has extensive coaching experience, including assistant coaching positions at the University of Toledo, Arizona State University and the University of Nevada, Reno.

The past four seasons of Kelly's coaching career have been spent as the head coach at Maryville University.

During her time there, the team not only won 86 games, but also increased its number

of wins with each passing season.

This degree of winning is nothing new for Kelly. As a collegiate head coach, Kelly has led the University of California, Santa Barbara; Miami University; and West Alabama University, accumulating more than 400 game wins.

The distinguished coach also brings international coaching experience to the table. From 2005 to 2008, Kelly was the national coach of the Netherlands softball team. The team went on to qualify for the 2008 Olympic Games.

During this time, her team also earned two medals at the European Championships. Kelly herself also earned the Netherlands Softball Coach of the Year in 2007.

Through these various levels of coaching, Kelly has gained knowledge that allows her to make sure her teams are prepared in every way.

Kelly said, "I plan to carry these knowledges and strategies into a devised program of physical and mental training, training that will allow the program to progress to a championship level."

Kelly has shown her dedication to the game during her time off the field as well.

She served as the technical operations manager for the Athens Olympic Organizing Committee from 2003 to 2004 as well as the international director of seminars for the International Softball Federation from 2008 to 2012.

Kelly also served as the softball technical adviser for America's Baseball Camps for a year as well as spending a year in Columbia, Missouri, as the director of event operations for the National Fastpitch Coaches Association.

With Kelly leading the team, Lindenwood's team looks forward to a promising season.



Photo from lindenwoodlions.com

Liz Kelly coached at Maryville University before signing with LU.

# SPORTS

## Water polo strives for three-peat

Michelle Sproat  
Sports Editor

The Lindenwood men's water polo team are back-to-back national champions, and this season they expect nothing less as they strive for a three-peat.

Senior captain Jesse Frazier has competed in both national championship games. His expectations for the team are very high.

"I'm expecting us to be the first team to ever win three national championships in a row," Frazier said.

Last season, the Lions were able to retain their status as the Collegiate Water Polo Association (CWPA) Division I champions after defeating San Diego State 10-to-9. This wasn't Lindenwood's first matchup against San Diego. In 2014, Lindenwood defeated the No. 1 ranked San Diego State in the championship game 13-to-8.

Around this time last year, Lindenwood was in first place in the CWPA pre-season poll. Even though the Lions were in the top five, other teams have been known to hassle Linden-

wood players at tournaments due to their triumphs over the years.

"Everyone wants to knock you off the top of the hill," said head coach Dave Miller. "No one likes us because of our success. Other teams are just gunning for us to knock us off the top."

Regardless of what other teams think, Miller thinks very highly of his players. Miller said there is an "unbelievable amount of talent on the team."

During the summer, players participated in club leagues in the U.S. as well as in their home countries. For the first time in three years, the team was able to return to Lindenwood and come back to a coach they were familiar with.

"Coaches over the past three years switched out after one season," said Miller. "The coach before me resigned on the first day, so we didn't get to start until three weeks into the season."

Now with the same coach for a second season, the team knows what to expect from Miller.

"When I got here last season, I found a team with



Photo by Michelle Sproat

Graduate student Jarod Lawson practicing with the men's water polo team at the St. Peter's Rec-Plex.

no unity; they all played on their own," Miller said. "By the end of the season, the team was playing as a unit, and we were much better."

The schedule this season includes tournaments against Division I and Division II varsity teams. Lindenwood will be one of the only club teams that will compete at this level during the season.

Both Miller and Frazier are confident in the team's ability to compete against these high-level opponents.

"We're spending a lot of time getting in shape and working on strategy, so I think we will be ready for our first tournaments," Frazier said. "We all push each other in different ways during practice because everyone wants the team to improve so we all help each other."

The first tournament of the season is the Victors Tournament, Aug. 27 through 28, held at the University of Michigan in Ann Arbor. To qualify for the Victors Tournament,

the teams have to win their conference finals or be national champions. These high standards lead Miller to believe there will be a high level of competition.

"The University of Michigan tournament is going to be tough," he said. "The athletes in Michigan are fantastic swimmers."

Two weeks after the Victors Tournament, the team will head to Erie, Pennsylvania, to compete in the Mercyhurst University Tournament.

"Those games at Mercyhurst are going to be our toughest games until nationals," said Miller.

Last season, the team broke its 28-game winning streak, spanning over two seasons, after a loss to Mercyhurst. Miller said he believes that this year will be different.

"I believe we have a very good chance of winning this tournament," he said. "We will have to play our best polo, but I believe we can do it."

## New Lion bowler garners spot on Junior Team USA

Andy Nicholson  
Reporter

This year, the Lindenwood bowling team has a player who is on the right track toward a successful season. Haley Cummings, a transfer student who will be starting her sophomore year as a Lion this fall, has already earned a spot with the Bowling Junior Team USA for 2017.

The Lindenwood bowling team is no stranger to making a success out of its athletes. Last year, Michael Coffey won Collegiate Bowling's MVP and the men's team placed first in the sectional qualifying match.

Cummings earned this spot with a strong performance at the Junior Gold Championships this summer in Indianapolis, Indiana. The Ohio native turned heads by advancing to the final match with an average score of 193.31 over 16 games and an eighth place finish overall.

"[Junior Team USA] was my ultimate goal for the week; it was pretty awesome," Cummings said. "But I knew I just had to keep my mind focused for the finals."

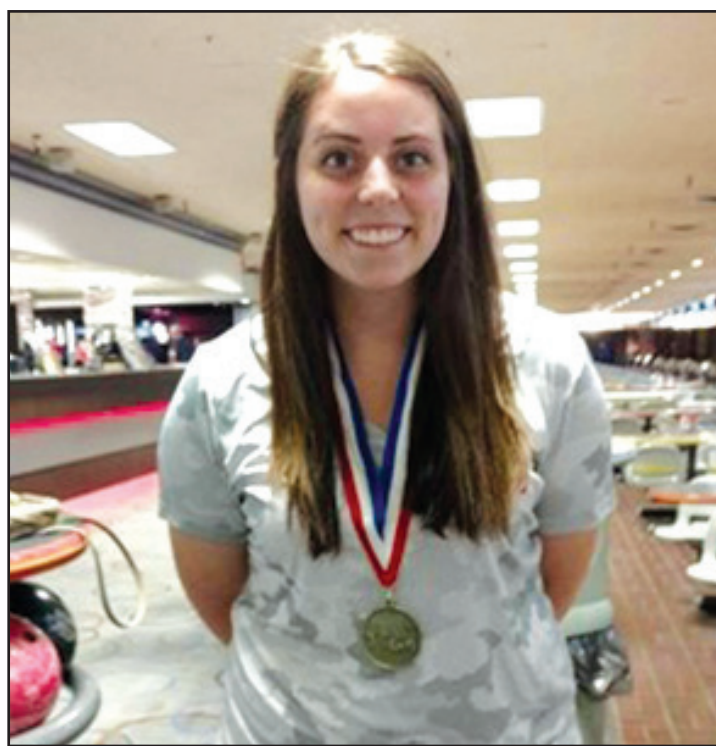


Photo from lindenwood.edu

Haley Cummings will bowl for the Junior Team USA.

Practices for Junior Team USA start next June, giving Cummings plenty of time to focus on the Lindenwood season beginning in October.

Head bowling coach Phil Vida said he is looking forward to the new addition to the team.

"She actually was on the

radar before her freshman year," Vida said. "She had a pretty good talent within the sport during her high school career. She chose to go somewhere else initially, but she ended up joining us."

Lindenwood's reputation helped pull Cummings away from her previous school, the University of Maryland

Eastern Shore.

"I wasn't happy where I was at," Cummings said. "I knew one of the male bowlers [at Lindenwood], and I heard good things about it, so I wanted to check it out."

Not long after contacting Lindenwood, her mind was made up, and she became the newest member of the women's team.

Any fear of being the new girl on the Lindenwood team has seemingly breezed right by Cummings, who is approaching the change of scenery with her arms wide open. She is also being welcomed by the team.

"She is one of the top players not only for her first year but for her entire career at Lindenwood," Vida said. "She definitely stands out as a leader on the team."

As far as the team as a whole, Vida has one thing in mind.

"Our goal is to get everybody on the same page to get everybody to be better by the end than the beginning," he said. "Ultimately the goal of ours is to get to the national championship, which is hard to do. But we are focused on getting everyone as good as they can be."

## Summer athletes use time to get bigger, stronger

Ivy Reynolds  
Reporter

For a few student athletes who call Lindenwood and the greater St. Louis area home, summer is a time to get bigger, faster and stronger.

"After I lost at nationals, I decided that I was going to forgo going home and stay around Lindenwood to train full time," said junior wrestler, Kyle Jolas.

The university has many facilities that help athletes improve their skills throughout the year. Jolas was not the only student athlete looking to take advantage of campus benefits.

Women's basketball player, Jerrica Butler, said being a local athlete allowed her to use Hyland Arena, Evans Commons and the fitness center.

Senior volleyball player Anna Reichert, who also lives in the area, was able to take a summer school course while getting extra practice time.

"I used the fieldhouse on campus to work out almost every day," she said. "If I had to go [after class], I went to Evans."

There are other fitness centers in the area, however, Lindenwood is able to offer something no other gyms can: a sport-specialized strength and conditioning coach. The NCAA deemed it legal in 2016 for Division II athletes to have contact with their respective trainers during the summer starting on June 1.

"By staying in St. Charles, I was able to work out with [grad assistant] Dallas Smith all summer," Jolas said. "I was able to use our wrestling room on campus along with the field house. I took full advantage of these facilities because sum-

mer is the time in which you will see your biggest gains."

Jolas, who is not a St. Louis native, said he opted to live in less than ideal conditions - sleeping in an apartment living room, working for a moving company and residing six hours away from his family - for the primary reason of getting to work with his trainer.

"Being able to work out every day with a guy who has won a national title has done wonders for me," he said.

Reichert echoed their opinion stating, "I know where everything is and I like being able to see familiar faces around."

Strength coaches typically structure their summer workout programs on campus based on the equipment that is available. This means the university has resources that generic area gyms may not provide.

"I have access to all of the stuff I need for summer lifting and conditioning as well as all of the supplementary equipment used for basketball," Butler said. "Also, it's free so it keeps a few extra dollars in my pocket."

Putting in hours of work in DII-grade facilities and receiving guidance from coaches has an impact outside of efficiency, one that translates to playing field advantage.

"I do think having access to the facilities makes me a better player because most of the workout plans are designed from the machines in the fieldhouse," said Reichert. "I have everything I need to complete the workout."

Jolas agreed with Reichert. "I want to be able to look back and be satisfied knowing that I did everything possible in my four years here at Lindenwood to try and accomplish my goals," he said.

## LU athletes medal, just miss at Rio Olympics

Lindenwood University had strong representation at the 2016 Olympics in Rio de Janeiro, Brazil.

Here are the results of the current and former Lindenwood athletes who participated in this year's events.

- **Weightlifting**

Hidilyn Diaz (Philippines): Won a silver medal in the 53-kilogram women's class after lifting a total of 200 kilograms.

Fernando Reis (Brazil): Finished fifth in the 105-kilogram men's class of by lifting 435 kilograms.

- **Track and Field**

Donald Thomas (Bahamas): Finished

seventh in the men's high jump with a height of 2.29 meters.

Thomas was in a three-way tie for seventh alongside Majededdin Ghazal from Syria and Kyriakos Ioannou from Cyprus.

Fabian Florant (Netherlands): finished 22nd in the men's triple-jump with a distance of 16.51-meters.

- **Skeet Shooting**

Morgan Craft (USA): Finished fifth with a total of 14 points.

- **Women's Rugby**

Richelle Stephens (USA) Finished fifth after defeating France with a score of 19-to-5.



Hidilyn Diaz  
Won the silver medal in Women's Weightlifting, 53kg

# CULTURE

## Musical theater actor back from London trip

**Nicole Sanders**  
Reporter

The London Academy of Music and Dramatic Arts (LAMDA), the 4th best acting academy in the world, is home to many famous actors like Sam Claflin and Benedict Cumberbatch, who both attended the academy to enhance their acting skills.

At the academy, many notorious actors and actresses has learned acting techniques and skills that have since elevated their careers, and now Lindenwood's own Alexis 'Lexi' Baker can be added to the list of former students.

Pausing her Lindenwood studies, Baker took the spring semester 2015 off to attend the academy in the United Kingdom. She did so in order to branch out of her comfort zone and learn about classical acting styles.

Although she was nervous about traveling out of the country for the first time, Baker knew this was a once-in-a-lifetime opportunity.

"The best thing [about LAMDA] is that you're rubbing elbows with famous actors. I took a lot of master classes with famous London actors," Baker said.

Rodney Cottier, the head of the Drama School for the academy, provided hands-on training to Baker and the other students attending LAMDA.



Photo courtesy of Lexi Baker  
Lexi Baker, middle, and other LAMDA students at the Hampton Court Palace.

Cottier helped Baker stray from comedic acting she was so comfortable with and pursue different genres.

"I would normally never touch any Shakespeare [plays] until I attended LAMDA, where I fell in love [with it]," Baker said, describing how she's opened up to the classical genres.

According to Baker, who is now again a musical theatre major at Lindenwood, the coaching sessions helped her prepare for her upcoming role as Lady Macbeth in Lindenwood's upcoming production of Macbeth. Baker said that attending LAMDA has benefited her acting career by helping her exceed any limitations

through the guidance of her instructors. She said the instructors are focused on making their students better actors; not the "next big thing." The lenient teaching style she received was very different compared to Lindenwood's theatre program.

"It's more relaxed at the academy; you learn what you want to learn," Baker said. "While Lindenwood is more focused on making sure you know every little thing."

However, Baker's trip to London was not all business. During her downtime she spent time on the South Bank in London where you can see the London Eye and other sights; she met actor Ralph

Fiennes, who is known for playing Lord Voldemort in the Harry Potter series; and she traveled to Ireland, Venice, and Paris on her way home.

Baker encourages all current and future theatre students to look into LAMDA or any other prestigious acting school to further their acting career. Besides the beneficial training, she said she received the most important advice from the academy: "It's OK to make mistakes"

"If you fail this time, fail better this time," Baker said. "You don't have to be perfect, but just be a little better next time."

For more information on LAMDA, visit <https://www.lamda.org.uk/>

## Campus group plans trip to zoo in St. Louis

**Christine Stiefferman**  
Reporter

The InterVarsity Christian Fellowship group wants to help students build new friendships and win prizes during its trip to the St. Louis Zoo.

Maria Rolland, a recent Lindenwood graduate who helped to start the group, said no sign-up is required for students wanting to attend.

Anyone who is interested can meet up with the group on Saturday, Sept. 3, at noon on the second floor of the Spellman Center, outside of the cafeteria. Students can get a ride to the zoo from group members or drive there themselves.

Bingo sheets will be handed out at the beginning of the day, and students will have to find certain animals during the trip to win a prize.

Rolland said she was drawn to the group because of its desire to build community and seek justice on campus.

"Our group at LU is all about helping students connect with God and form community on campus," she said.

One of the ways the group accomplishes this is through weekly Bible studies, during which the group reads a passage together, makes observations, asks questions, discusses and applies what they have learned. Rolland said that

"Our group at LU is all about helping students connect with God and form community on campus."  
-Maria Rolland, Former LU student

they also support one another through prayer.

"We have a weekly prayer meeting where we pray for each other, the campus and world," she said.

InterVarsity also has several events each semester where students can meet new people and try new things together. Anyone is welcome to join any of the events, including the weekly meetings, which are held on the top floor of Evans on Sundays at 3-6 p.m.

The group is currently in the process of planning an international dinner, a tour of St. Louis, a canned food drive, and a Biggest Loser competition.

For more information contact Basil Onyia on (636)373-3065 or [bco912@lionmail.lindenwood.edu](mailto:bco912@lionmail.lindenwood.edu).

## Blues Brothers, Howie Mandel among performers this fall

**Alex Napoli**  
Reporter

The J. Scheidegger Center's lineup for the 2016-2017 season will include six professional performances along with the university's own productions.

Headliners include The Blues Brothers, Howie Mandel, Kenny G, Vanessa Williams, Johnny Mathis and the Broadway tour of the musi-

cal, "42nd Street."

"I'm pretty excited about the Blues Brothers," said Peter Colombatto, director of Marketing and Patron Services for the Scheidegger Center.

He said it's really amazing to have such legendary performers come to Lindenwood.

Though this touring season is shorter than previous seasons, Colombatto said that Scheidegger Center's first priority is to make more

room for the students to use.

"While the community sees a professional theater, the Scheidegger is a laboratory for our students," he said.

Plus, with the shortened season, the center is able to use the budget to bring in a higher caliber of artists and performers, he said.

While Colombatto said he loves the professional artists who frequently perform at the center, he is most excited about the shows produced by

the School of Arts, Media and Communications.

This school year's student productions include the musical "Next to Normal," the Shakespeare classic, "Macbeth," the traditional production of "A Christmas Carol," as well as "Heathers The Musical," and the all-female comedy, "Anton in Show Business."

"These events represent months of hard work by our students," said Colombatto.

Associate Professor and Chair of the Theatre Department Emily Jones said the students are very happy with the shows that were chosen, and that they cannot wait to audition.

"We have an eclectic mix of styles and exciting roles for the students to play," she said.

For any show produced by the School of Arts, Media and Communications, Lindenwood students, staff and faculty can receive two free

tickets.

Tickets are currently on sale and are available at the J. Scheidegger Center Box Office. Tickets can also be purchased online at [LUBoxOffice.com](http://LUBoxOffice.com) or over the phone at 636-949-4433. The Scheidegger Center Box Office is open Monday through Friday, 9 a.m. - 5 p.m.

Lindenwood alumni get a \$2 discount per ticket to both the professional performers and student productions.

## Lion's Pride Market Now Open!

Stop by the Lion's Pride Market,  
an all-new market suited for your busy schedule.

**In a hurry to class?**  
We offer grab & go items such as fresh sandwiches, salads, and other healthy snacks.

**Need a pick me up?**  
Grab a cup of joe from Caribou Coffee.

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Yep, we've got those too!

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**Hours of Operation:**  
Mon-Thurs: 7am-11pm  
Fri: 7am-9pm  
Sat: 9am-9pm  
Sun: 9am-11pm

(Located in the Spellmann Center)

# CULTURE

## FYE promotes competition, camaraderie



Photo by Kelby Lorenz  
Peer leaders and freshmen came together to participate in the First Year Wars, which was opened with a rally on the Evans Commons Lawn.



Photo by Kelby Lorenz  
Member of the white team cheer on the men's tug of war match.



Photo by Lindsey Fiala  
The Lindenwood spirit squad perform at an opening rally for the First Year Experience week.



Photo by Kelby Lorenz  
Members of the black team women's tug of war competitors fight to win a deciding round.



Photo by Kelby Lorenz  
Freshmen got the opportunity to meet faculty of their school during a BBQ lunch last Friday.



Photo by Kelby Lorenz  
Jim Shoemake, chair of Lindenwood's Board of Directors, gives a history of LU.