

Digging Deep Programs coping with fewer student workers

Lena Kirchner
Reporter

Slashes to the number of student workers this year are requiring numerous campus departments to find new ways to do business.

Lindenwood's student worker program made

2,500 cuts in total. The biggest downsizing happened in the cafeteria, where Pedestal Foods dropped to 200 employed student workers from 500 last year, said Nancy Tinker, director of the campus dining services.

"The decrease in student workers affects

mostly lunch, since this time conflicts with most students' schedules," she said.

"The change was so sudden, so quick," Tinker said. "We did not have enough time to prepare. They just gave us the list saying these are our student workers now. But we are past that

point now and able to move on."

David Powell, supervisor of full-time employees and student workers in campus facilities, said that the department had about 35 student positions last year. This semester, campus facilities employs 40 full-time workers and

eight student workers. To account for the loss in student workers, the department restructured and made four part-time positions into full-time.

"It has been challenging that many people went away," said Powell. "We need to rely harder now on everyone else."

To Powell, it doesn't

seem that the change affected the campus facilities department as much as others. However, he said that dorms used to have positions that cleaned and vacuumed the building, and they don't exist anymore.

"Now we have to pick up the slack in those departments; that doubles

the challenge," he said.

In the theater department, student workers got cut by approximately 60 percent, said Stacy Blackburn, who is the academic production manager for Lindenwood. Last year, up to 55 students worked in the scenery shop, electrics, **See Student Worker | A3**

Investigation continuing in assault case

Essi A. Virtanen
News Editor

A sexual assault reported Sept. 18 is still being investigated, and authorities have provided few details.

One week after Lindenwood University sent out in an email blast to students, officials were still declining to say whether the alleged assault happened in campus housing or whether the victim, a woman, is a Lindenwood student.

The assault happened on Cullom Drive about 4 a.m., the email said. The location is approximately five minutes from Lindenwood's main campus.

John Bowman, director of Public Safety and Security, said last week that he could not comment, saying it was "an active investigation."

Lt. Chad Fisk of the St. Charles Police Department said that it was unclear whether the victim is a student at Lindenwood. He also said that he did not know her age, and he was not sure whether the property where the alleged assault happened is Lindenwood owned.

However, the St. Charles County assessor's database shows that all of the dwellings are campus housing.

The log for police calls at the department lists the investigation as a first-degree sexual assault. Fisk said he couldn't provide any additional information.

The victim contacted the St. Charles Police Department about the assault, the email said. Lindenwood security was notified about the incident around 1:45 p.m. Monday.

The suspect's description was said to be "unknown at this time."

Anyone with information about the assault is asked to contact the St. Charles City Police Department at 636-949-3300 or the Office of Public Safety & Security at 636-949-4911.



YOUR FLU RISK

Should you get the shot?

Kelby Lorenz
Editor-in-Chief

Flu season is coming, and even healthy college students are at risk, according to the St. Charles County public health department.

"The best way to protect yourself is with the flu shot," said Doug Bolnick, a public information officer for the department. "The flu shot is for everyone, and it is OK to get the flu shot from 6 months old and older."

Students will be at the highest risk for contracting the flu over the next several months, so they should take preventive measures, said Bolnick.

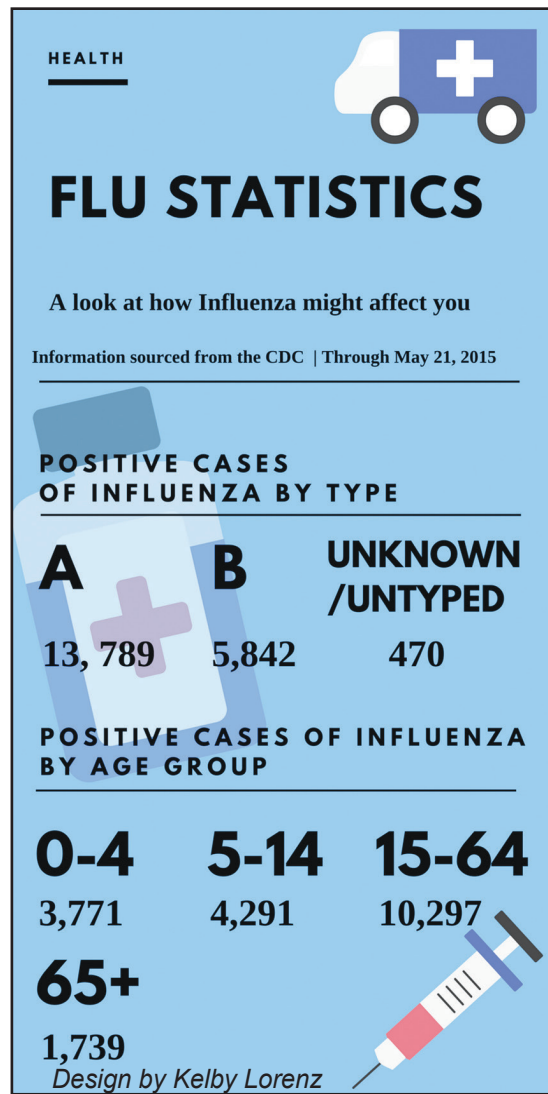
"I would advise that people wash their hands regularly, whether with soap or hand sanitizer," Bolnick said. "Also, if you are sick, stay home. I know missing class is hard, but it's better to stay home for one day than missing a week or making your classmates sick as well."

Bolnick said everyone should get a flu shot now, even though the flu season will not start for another month.

"It takes about two weeks for the antibodies to work, so it's best to get the flu shot as soon as possible," he said.

St. Charles County's health department administers the flu shot and accepts most forms of insurance. If no insurance is available, the cost is \$25.

See Flu Shot | A2



Plea argued for alleged LU flasher

Phil Scherer
Reporter



Photo from stltoday.com
Gary Halter

The trial for a man accused of groping, then exposing himself to several Lindenwood students has been delayed while the two sides try to work out a plea bargain.

In May of 2015, Gary Robert Halter of Dardenne Prairie, approached three different women near women's housing on Lindenwood's campus. The first incident occurred on May 8.

According to court documents, Halter approached a student from behind while she was walking home.

He grabbed her buttocks before pulling down his shorts and asking the student if she wanted to have sex with him, documents stated.

Similar instances also occurred twice on May 11, approximately 90 minutes apart, authorities said. In the first incident on that day, Halter again grabbed the buttocks of a female student and exposed his genitals before running away.

During the second incident, Halter grabbed the woman before saying, "Let's do it. Let's have sex." The student ran back to her apartment.

Halter was arrested

after the victim of the second incident picked Halter out of a photo lineup, documents stated. He later confessed to the crimes, according to court records.

Halter, 22, is charged with eight misdemeanor counts of sexual misconduct. The charges include two similar incidents that happened in April and May of 2015 outside of a Gold's Gym in St. Charles County, where he allegedly masturbated in front of two female victims.

Halter's case originally was scheduled for a two-day trial this week in St. Charles County. If found guilty, he faces up to four years in jail and a fine of up to \$4,000.

Tim Lohmar, the St. Charles County prosecutor, confirmed that a plea deal is being negotiated, but he declined to comment. Halter's attorney, Todd Ryan, also declined comment.



Photo Courtesy of Alzheimer's Association

Participants of last year's St. Charles Walk to end Alzheimer's hold flowers in the air that represent their relationships to those battling the disease.

Lindenwood community walking to find cure for Alzheimer's disease

Essi A. Virtanen
News Editor

To her, the first sign was confusion. Then she quit using a microwave because she forgot how to set it. Next, she forgot how to sew seams, even though she sewed most of the clothes for her children when they were young.

One of those children, who works for Lindenwood, has had

to witness her mother's abilities fading away like this.

"The hardest part is losing telephone contact," said the daughter, who asked to remain anonymous. "We used to talk every Saturday, but she can't follow a phone conversation, so I've lost that opportunity."

Her mother was diagnosed with Alzheimer's two years ago, which made her one of the 3.3

million women in the U.S. suffering from the disease.

Every 66 seconds, someone in the United States develops Alzheimer's disease, according to the Alzheimer's Association.

To help find a cure for this disease, people can join the Lindenwood University gerontology program in the "Walk to End Alzheimer's" that will take place on Oct. 1

at St. Charles Community College on 4601 Mid Rivers Mall Dr.

"It brings it to your community," said Tina Grosso, program director of gerontology. "When you go there and you see how many people have it, how many lives it touches. It's amazing. It brings tears to your eyes, but it's beautiful."

The Lindenwood gerontology program has

been involved with the walk for approximately five years, but this year it has tried to get more people involved by collaborating with the Lindenwell program and psychology department.

"It's gaining momentum," Grosso said. "We're trying to get momentum."

According to the association, Alzheimer's is the most common dementia where mem-

ory loss and other dysfunctioning intellectual abilities interfere with one's daily life. There are 5.4 million Americans living with Alzheimer's; that includes an estimated 200,000 people who are under the age of 65. It is also the sixth-leading cause of death in the U.S.

No current cure exists for the disease.

Grosso said finding the cure is all about

money and science that makes the research possible and "society backing it, supporting those in need."

"It's here, and it's not going anywhere," she said. "Things are going to get worse, and we have to react to that. The society has to get behind it."

According to the association, treatments exist for the disease. **See Alzheimer's | A3**

NEWS

Festival moves



Photos by Miranda Hawkinson

Above: Bollywood fusion dancer Andrea performs at the International Festival Saturday.

Right: Monica Perumattam dances Saturday on the stage outside Evans Commons.



Cleaning lady celebrating 25 years of working at LU

Lena Kirchner
Reporter

Elisabeth Ann Walter will soon begin her 25th year working as a cleaning lady at Lindenwood University.

"That is a long time," she said. "I have seen lots of changes throughout the years."

When Walter arrives at the J. Scheidegger Center for the Arts at 7 a.m., she starts cleaning the classrooms.

She then moves on to cleaning the bathrooms. The sinks, toilets and floors shine and the mirrors gleam after Walter is finished with them.

While she is in the bathroom cleaning, her yellow sign with a comic self-portrait saying "closed for cleaning" stands in the hallway. Later, she dusts and vacuums the hallways.

"I always have a routine," she said. "In fact, I do the bathrooms three times a day: a second time after lunch and one more time right before I leave, to make sure toilet paper does not run out."

When Walter leaves work at 4 p.m. and drives back to her home in Moscow Mills, she is usually not done with her day. As a mother of three children and two stepchildren, as well as a grandmother of 15, "there is never a dull moment," she said.

Walter, who turned 62 on

Aug. 9, and her husband Bob have been married 10 years, and she said she really enjoys her large family. Life is much more interesting when something is always going on, she said. The family usually spends the holidays together and cooks different meals.

"It is like you celebrate Christmas for the whole week," she said.

What Walter said she enjoys most about her work at Lindenwood are the students and her co-workers; she said she gets along very well with all of them.

One of her co-workers, Pam House, described Walter as a hard worker who is very giving and always very friendly.

Walter has been cleaning regularly in 15 different campus buildings over the past 25 years, starting in Roemer and the president's house, moving on to Young, Harmon, the LUCC and many more, but she has been stationed in the J. Scheidegger Center for the Arts since the building was opened in 2008.

"Down here, it is great," she said. "Everybody is friendly. They say 'Hi, Beth,' and they are very pleasant."

During her time at Lindenwood, Walter said she has supervised about 200 student workers and has kept in touch



Photo by Lena Kirchner

Walter cleans in a bathroom in the Scheidegger Center.

with some of them. She still gets invitations to weddings, and baby showers and receives regular calls on how she is doing.

She also said that she always looks forward to the summer when the campus facilities workers clean the dorms all together in order to get them ready for students to move in. Even though the work is hard, you see progress, she said. The work is done in teams, and Walter said they all have fun during work.

When she is not working,

Walter likes to cook and create crafts. She builds baskets and fills them with her self-made candy for holidays and family weddings, which she said "everyone in my family is always looking forward to."

Walter's supervisor David Powell said she has positive work ethic.

"Beth takes excellent care of the buildings she works in and even better care of the people she works with," he said. "Lindenwood really is a better place because of her efforts and extremely lucky to have her."

Top groundskeeper oversees beauty of St. Charles campus

La'Markus Bragg
Reporter

Kyle Routh has led projects to enhance the beauty of Lindenwood's campus from the benches in front of Evans Commons to the swings on the old side of campus.

For Routh, 47, the director of groundskeeping, keeping the campus tidy is something he enjoys.

"I get to work outside and work with students, faculty, staff and the executives," he said. "It's been good working with young people, and it keeps me feeling young."

One former student worker, Pedro Muñoz, 21, said Routh is a positive influence on young students. When a fellow international student could not return to Lindenwood due to economic issues, Routh was the first one to try to find a way to bring her back, he said.

"I remember he called me into his office to ask about positive ways in which we could help her return to school," Muñoz said. "He truly shows interest in every member of the grounds crew."

Routh began working for LU in 2002. He graduated from North Dakota State University with a degree in arboriculture.



Photo by La'Markus Bragg
Kyle Routh

Routh's responsibilities include overseeing grounds workers cutting grass, planting flowers, cutting hedges, tearing down trees and shoveling snow. If a winter or a summer storm blows through, Routh has to work long shifts plowing or picking up branches.

One of Routh's most memorable projects involved preserving a Lindenwood cigar tree near the campus' front gate. The tree, which Routh estimates is between 100 and 150 years old, is partially collapsed.

It apparently inspired the name of the St. Charles Crooked Tree Coffeehouse, situated a few blocks from campus.

Routh built metal braces at his shop and installed them around the tree to prevent it from collapsing.

"It took me about three days to build the braces and the same to install them," he said. "I enjoy a challenge, and

that tree has given me a lot of enjoyment."

Superintendent for Cissell Mueller Construction, Inc. Bob Pierce, 51, said he witnessed Routh's leadership skills in the military.

"I served in the Missouri National Guard for three years with him and was with him in Afghanistan," he said. "Kyle is one of the most unselfish people that I have ever met."

Pierce said Routh always made sure everything was ready for their missions and that they had all the supplies they needed to accomplish their jobs.

Routh will have seven student workers for the fall semester, a drop from recent years due to changes in the student worker program.

"We are restructuring to have a more lean and efficient workforce," he said. "Right now we are going through change, and we are learning as we go."

Routh said he plans to stay at Lindenwood University — where he said his job is to work hard, stay positive and help people out — until he retires.

"If some student throws out mess on the ground, what are we going to do...throw a fit about it?" he asked. "No, we are going to pick it up and smile while we do it."

Flu Shot | Continued from A1

According to the most recent data available on the CDC website, the total number of positive influenza A cases were 13,789 and 5,842 cases of Influenza B were reported. With flu season coming up, that number is set to rise.

Students from Lindenwood's School of Health Sciences also said that getting the flu shot is beneficial.

"It goes with any vaccine. If you can get it, then get it," said Melisa Farkas, a public health major. "We cannot stress that enough."

Jamie Fauchaux, another public health major, said that getting the flu shot is easy, so students should definitely get it.

"You could easily get the flu from a doorknob," she said. "So if you have the flu shot,

then it helps you prevent it. It's an extra layers of protection."

Faculty and staff members will be able to get flu shots free through Lindenwood's health insurance on Oct. 3-5 from 10 a.m.-2 p.m. each day in Hyland Arena.

Students are not eligible, but they can get them at the health department office at 1650 Boone's Lick Road, or at Walgreen's and CVS.



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NEWS

Alzheimer's | Continued from A1

ever, Grosso said they can only slow the progression of the disease.

Side effects also exist. The anonymous Lindenwood employer said her mother decided not to take medication for that reason.

"The doctor offered to put her in a trial group, but he noted that the medication could create anger and frustration," she said. "She decided it was better to be happy than risk a 50 percent chance that the dementia would halt."

Grosso said the most heartbreaking part with the disease is when "you lose the person that you knew."

"Sometimes you find that very docile, happy, kind, caring people with Alzheimer's can become very aggressive," she said. "With Alzheimer's, that's the case, and that's hard for people, for families. The person no longer recognizes them, and then their personality changes as well."

Lindenwood graduate Nicola Batisto experienced this with her grandmother, who had Alzheimer's that was triggered after she tripped over a phone cord and hit her head.

However, with her grandmother, the personality change was the opposite.

She said her grandmother was not a warm person, but that changed when the disease progressed.

"She went bowling," Batisto said. "She learned how to dance. She got her hair and nails done. We're like, 'Are you sure? Are you sure that's her?' She would just do all these weird and fun things that we thought she would never want to do. It completely altered her personality from whom I knew all my life growing up."

One of the hardest things for Batisto to see was how her grandmother confused her older and younger brother, who have a 16-year age difference.

"My older brother had already graduated college and had his own family, so it was so crazy that my [younger] brother's face brought back that memory for her," she said.

Batisto is planning to join the St. Charles walk on Oct. 1.

"It is just so unknown," she said. "There's so many factors that go into it. When she fell, nobody had any answers. It's not that we didn't try to help her out [or] try to get any kind of medication or help she needs, but there's just not enough money going into it that is able to help with the research."

Grosso said that she walks for "everybody with it" year after year.

Then she paused and tears appeared in her eyes. "It's for all of them."



Photo by Lindsey Fiala

(From left) Student workers Jenah Bickel, Jessica Goddard and rehearsal and production student Calyn Roth preparing the stage for Miss Missouri pageant at the Lindenwood theatre.

Student Worker | Continued from A1

sound, props and the costume shop; now there are only 22.

From Blackburn's perspective, freshmen suffer most from these changes. The people filling the student worker positions are students who worked there last year, so that left out freshmen. Freshmen have to prove themselves over the course of the year in the rehearsal and production class or through volunteering to be considered for an open spot.

The theater department noticed the cuts in the missing proctors who take care of the building, said Blackburn.

She is now short on staff to run events in the J. Scheidegger Center of Arts, such as the Miss Missouri pageant, which took place last weekend.

She used to get help from students who were required to help in their rehearsal and production class, but the requirements for the class changed.

According to Powell, the campus facilities department as well had to streamline the approach of the way they do the jobs. Now defined sheets the exact things that need to be done, and everything is

exactly documented.

"We increased accountability of the individual jobs and need to do the jobs quicker," said Powell.

Blackburn thinks that overall, the change was not positive.

"It is going to impact how the university is run," she said. "I don't think anyone really thought about how much everyone was really relying on those student workers."

However, Blackburn also understands the university's reasons for changing the program. She said, "It is just a culture shock and learning shock for everyone."

In contrast, the changes in student workers also led to some positive developments in some departments.

"Now we are only hiring students who really want to be here," Tinker said.

Tinker said more students are interested in working in the cafeterias, and now she has people lined up at her office every day wanting to work. Students are not forced to work there anymore so "they all have a really good attitude," and they show up for work.

Powell agrees.

"Students can be held more accountable if they receive a paycheck at the end of the month," he said.

In the cafeteria, many students are trained for their new positions, said Tinker.

Trainers from across the country were brought in at the beginning of the semester to teach skills to the students.

"They are very quick now," said Tinker. "It is something they are proud of."

Blackburn said she is curious to see whether other changes and compromises will happen in the future.

"It'll be interesting to see at the end of the year in May how did we survive?" she said.

Powell is always looking for ways to improve and speed up jobs to be more efficient.

"At the end of the day, each job needs to be done," he said. "If there are less workers, we need to dig in a little deeper."

THURSDAY OCTOBER 13 2016

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Magatte Wade, one of Forbes' "Twenty Youngest Power Women of Africa," is an entrepreneur and a high-profile interviewee in the 91-minute film. She will lead an insightful and informative Q&A discussion immediately following.

Poverty, Inc. is an award-winning documentary that tells the story of how the aid industry primarily benefits consultants and suppliers leaving local communities no better off, and sometimes worse off, because indigenous entrepreneurs are put out of business.

Wade will also be on Lindenwood's campus in St. Charles from 10-11 a.m. on Friday, October 14 speaking to students in the Plaster School of Business & Entrepreneurship (lecture to be held in Harmon Hall, Dunseth Auditorium).

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Biweekly room checks prevent independence

Phil Brahm
Lindenlink Editor

A knock at the door followed by the announcement of a room check can put a college student on edge. While these visits used to be rare occurrences at Lindenwood, they will become regular events as a result of a new university policy.

Health and wellness checks — more commonly referred to as room checks — now will be conducted on a biweekly basis, according to letters and emails sent to campus residents on Aug. 31. In addition to the details about the revised policy, students also were informed that 24 hour notice will be given.

The fact that residents will now be aware of when their rooms will be inspected raises the question of what purpose these checks truly hold.

The notices easily can be compared to a warning children commonly receive from their parents: If your room is not tidy, consequences will be given. The advanced notice also allows residents to remove or consume any alcohol, drugs or other prohibited items that may be hidden in their rooms.

While some may argue that instituting the biweekly checks will force people to maintain healthy lifestyles, the majority of campus does not need this parental-like guidance. From throwing away ex-



Photo from Legacy Archive
Student Curro Casade checks Isabella Longo into a men's dorm at the front desk last spring.

pired food to cleaning the bathroom floor, these are all tasks that can be completed without any outside encouragement.

Don't misinterpret this as a complaint against the people who preside over the dorms and off-campus houses; they are simply following the directives from the higher-ups in the residential life office. Even though these health and wellness checks are outlined in their job descriptions, these individuals should not be required to act as policy enforcement agents ultimately disguised as students looking out for their peers.

An occasional reminder to keep things clean

and check in on someone's well-being is certainly reasonable, but making it a frequent routine begins to impede on personal independence.

Yes, the dorms are property of the university. Yes, every resident must adhere to the terms outlined in the student handbook. But at what point does enough become enough?

The cost of room and board has increased nearly \$1,000 since last semester, according to numbers listed on the university's website. The increase should not invoke heightened supervision by residential life staff, but rather the opposite. It should provide some assurance that a res-

ident can live the lifestyle he or she chooses without the fear of fitting into a definition of "cleanliness" determined by the administration

This policy not only allows residents to tiptoe around the violations listed in the student handbook but also creates a situation where conforming to subjective standards of living is a requirement to call campus home.

If the growth of Lindenwood's on-campus resident numbers is on the administration's agenda, it is time to knock on a different set of doors to see how this policy is truly affecting the health and wellness of campus life.

Campus alert leaves students missing relevant information

Tyler Tousley

Opinions Editor

On Sept. 19, students got an email alert about an "alleged sexual assault" that was said to have occurred on Cullom Drive in the ear-

ly morning of Sept. 18.

While trying to find out more, the *Legacy* ran into somewhat of a wall. Reporters could not even confirm whether the incident occurred on campus. Cullom Drive is all Lindenwood

housing, according to the St. Charles County assessor's property database.

I understand that the police are currently investigating the incident and the university does not want to release any information that could cause a problem in the investigation. I also think, however, that if the university is going to send out an email to the students, more information could be useful.

The email that students received includes a list of safety suggestions and information for whom to contact in the case of a similar incident.

The staff at the university was not allowed to reveal any information due to the fact that the investigation is still taking place. In addition, the *Legacy* was told that, because of student privacy, no student identifying information could be released.

The St. Charles Police would only confirm that the reported victim is a female.

If the university, its property or its students were not involved, then why couldn't the staff make a comment?

If it did occur on university property and a mass email is going to be sent out, it should be confirmed whether it occurred on university property and if the victim is a student. With almost 10,000 students and 500 acres, I don't think this identification would put the investigation at risk.

I do not blame the individual staff members, as they were simply following instruction, but I do somewhat question the instruction they were given.

According to the Rape, Abuse & Incest National Network (RAINN), 23.1 percent of undergraduate females and 5.4 percent of undergraduate males experience sexual assault.

So if almost a quarter of undergrads are going to be sexually assaulted nationwide, then I think students should be given the privilege of knowing whether a sexual assault may have happened on their campus.

I do hope that once the investigation has been concluded, students will be given more information in regards to this tragic event. It seems like common sense to me.



EXTRAS MOVING ONLINE

Missing the Extras page? We have moved it all online to Lindenlink.com. There, readers can do an interactive Sudoku puzzle either online or

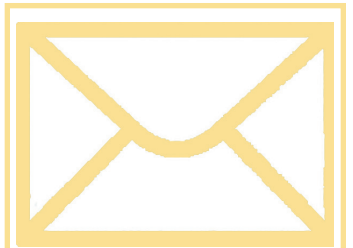
printed out and view photo galleries. To see "Get off the couch," head over to the Culture section and see what is happening on campus this week.

Clarifications and Corrections

The Sept. 13 article titled, "LSGA's structure doesn't support success for small student groups," incorrectly stated that the representative for the National Broadcasting

Society was forced to leave the meeting.

All of the student organizations also learned about the institutions prior to the week that they took place.



Letter from the Editor

Michelle Sproat
Co-Sports Editor

Hi friends! This is Michelle Sproat, your friendly neighborhood co-sports editor. I never would have imagined being in this position on the *Legacy* and Lindenlink, but I am so glad I have this opportunity.

During my past two years at Lindenwood, I spent a lot of time in the LUTV studio working with the broadcasting department. Now I am the sports director at LUTV as well as the producer for a weekly sports segment called Lion Pride Sports. It seems that sports take up a majority of my life, and I LOVE IT.

Working at LUTV allows me to cover sporting events. I notice there is a committed fanbase within these sports, but it surprises me that teams who are more successful are often overlooked.

Many people at Lindenwood don't even know how many amazing sports teams we have on campus. In part, I feel it has to do with how the athletic department separates our teams. For some reason, all sports teams are split up into Athletics and Student Life Sports. More often than not, the SLS teams are raking in the championship titles, but they are overlooked by their peers.

There are a few reasons I recommend going to SLS events.

You can learn about a new sport. Going to a university that offers many diverse sports is a rare opportunity.

You can support more of your fellow Lions. Take some time during your weekend to travel to the nearby sports complexes to cheer on your team!

You'll have an opportunity to see a nationally ranked team. Many SLS teams have received national championship honors within the past five years.

I decided to devote some space to a few SLS teams that I believe deserve recognition.

-Men's Ice Hockey: 2016 DI National Champions. They play at the Lindenwood Ice Arena in Wentzville starting Sept. 30.

-Men's Water Polo: 2015 & 2016 DI National Champions. They play at the RecPlex in St. Peters on Oct. 15-16.

-Synchronized Swimming: 2015 Collegiate Champions, 2015 & 2016 Senior High Points Champions. They host the Lindenwood Invitational Jan. 27-28, 2017.

-Men's Rugby: 2012 & 2015 National Champions. They will take on Davenport University at home on March 11, 2017.

-Synchronized Skating: 2014-2016 ISI Collegiate Champions. They will be competing at the Lindenwood Ice Arena in Wentzville on Jan. 14, 2017.

-Michelle Sproat

Co-Sports Editor,
The *Legacy* and
Lindenlink.com

SPORTS



Photo by Carly Fristoe
The Lions go for a tackle in their game against Pittsburg State University on Family Day. The Lions lost to the Gorillas 50-19 at Harlen Hunter Stadium.

Families back Lions at home games

**Kearstin Cantrell
Michelle Sproat**

Co-Sports Editors

Lindenwood's annual Family Day gives families the opportunity to come to campus, visit students and participate in a wide range of activities.

On Saturday, Lindenwood athletics hosted field hockey, volleyball and football on home turf. Many families were there to support their relatives as well as fellow Lions.

The field hockey team took on Newberry College at noon at Harlen C. Hunter Stadium. The game was a shutout for the Lions as they defeated Newber-

ry 6-0. Lindenwood goalie Skylar Starbeck (sophomore) had five saves on the game, while Mackenzie Litterst (freshman) had two.

Next came women's volleyball, which took on the University of Central Oklahoma at 2 p.m. Unfortunately, the Lions fell 3-1 after losing the first match 25-20 winning the second match 25-20, and losing the final two matches 25-22 and 25-16.

The team is now 5-7 on the season and 1-1 in MIAA conference play. They will head to the University of Nebraska-Kearney on Friday to take on the Lopers in a 7 p.m. matchup.

Finally, the night ended with

the football team taking on the Pittsburg State Gorillas.

Senior linebacker Connor Harris ended the night with 17 tackles, which is just two shy of breaking the all-division record.

The first quarter started off slowly for the Lions as they were forced to punt on the first possession. The Gorillas took advantage of the turnover by scoring a touchdown, leading the Lions 7-0. The Lions closed the gap in the first half, trailing the Gorillas 27-13.

Early in the third quarter Mason Bendigo (sophomore) found DeSean Warren (senior) for a 37-yard touchdown pass, bringing the score to 27-19.

Unfortunately, the Lions were unable to close the score further. The Gorillas picked up three more touchdowns and a safety, ending the game at 50-19.

While these three sporting events seemed to be a main attraction for many, families also had the opportunity to attend an International Festival and ice cream social, among other events.



Photo by Kelly Logan
Nicole Johnston goes after the ball in the game against Newberry College.



Ready, Aim, Fire

Photos by Nao Enomoto

Above: National Champion Sharik Sayed approaches the table during his match Saturday. Lindenwood won 24-3. **Left:** Taylor Reynolds lines up a shot on the four ball in the billiards match Saturday. Reynolds went 2-0 in the tournament.

Below: Tanner Standeford focuses on his form during midway through one of his matches Saturday in the Field House. Standeford went 2-1 in the tournament.



Student athlete group supports teams, causes

Walker Van Wey
Reporter

Lindenwood's Student-Athlete Advisory Committee proves that it doesn't take millions of dollars to contribute to great causes and make a difference in their community.

The committee is a group found at most schools where there are varsity sports. Members focus on tackling issues that the student athletes may encounter.

"We see to it that the needs of the student athletes are met," said President Bre Zanders. "We hear complaints and ideas that make student life better."

Recently Lindenwood hired Brad Wachler to take over as vice president for Intercollegiate Athletics.

Members of the advisory committee were quick to make sure athletes were able to find out anything they needed to know.

Lindenwood has 55 athletic programs, so a game, meet or match is always going on.

SAAC members spread the word about coming events to boost support.

"We focus on raising awareness for games and especially all of our home games," said Vice President Kyle Jolas. "We try to get at least our SAAC members to games."

Sexual assault is another issue addressed by members to put victims at every advantage possible.

"We've also started a campaign that targets sexual assault on campus," Jolas said. "To get the awareness out there and connect people with the right

people in case they do experience sexual assault."

The aspect of the advisory committee that members said they are most proud of is their charitable ties to the Make-A-Wish Foundation.

Zanders explains that D2 SAAC organizations are all connected to Make-A-Wish.

"All D2 schools and most SAAC clubs are connected with Make-A-Wish," Zanders said. "It's something that we promote and get the word out about. Not only student athletes. It's a tremendous organization that more people should know about."

It costs Make-A-Wish \$9,500 to make a wish come true, and Lindenwood's club puts forth maximum effort all year to raise enough money to make that happen once a year.

"We raise a lot of money throughout the year for Make-a-Wish," Jolas said. "Our goal is to every year do a reveal."

Jolas said that money is raised by way of donations and fundraising through cookie sales at football and basketball games as well as in Harmon Hall.

If the group is short in its reveal goal by the end of the year, the money is handed over to Make-A-Wish and starts over the following year.

To make cash donations, the committee's page on the Lindenwood website offers a "Donate Now!" option.

Also, any member of the Student-Athlete Advisory Committee can take donations for Make-a-Wish or connect students to somebody else who is able to do so.

SPORTS

10 WORKOUT TIPS

CO-SPORTS EDITOR | KEARSTIN CANTRELL

- 1 Have a plan.** Don't walk in blind. Whether it's a cardio day or leg day, have an idea of what you are going to do in the gym before you go, and stick with it.
- 2 Find your niche.** Not everyone's a cardio bunny. Some people prefer weightlifting, and others love yoga. Try out some different ways to exercise until you find something you like.
- 3 Set goals.** You can't reach a goal without setting a goal. Make sure your goals are specific, measurable, attainable, realistic and time-based.
- 4 Warm up well.** Getting in a good warm-up prepares your body for activity and prevents injury. Increase your heart rate a little and get a good stretch in before you tackle your workout. Your body will thank you.
- 5 Pay attention to form.** Speaking of injury prevention, make sure you are putting minimal stress on your body by using correct form. Whether you're doing yoga or lifting weights, correct form is essential.
- 6 Fuel your body properly.** Make sure you are consuming what your body needs to perform at an optimal level. That means protein, carbs, veggies and water.
- 7 Cool down.** Take a few minutes after your workout to stretch. Thank your body for its hard work.
- 8 Give yourself a break.** Listen to your body and act accordingly. If you have a muscle group that doesn't feel right, take a day off from your rigorous workout and stretch instead.
- 9 Use your resources.** Plenty of apps are out there to help keep track of your fitness level and goals.
- 10 Check out group classes.** Evans offers a variety of group exercise classes Monday through Friday. From dance cardio to cross-fit to yoga, there are options for everyone.

EVANS COMMONS REC CENTER

FALL 2016 GROUP EXERCISE SCHEDULE

Monday 12 p.m.: Zumba 3 p.m.: X-Fit 3 p.m.: Spinning 4 p.m.: Beginner's Yoga 5 p.m.: Hip Hop dance	Tuesday 3 p.m.: Spinning 3 p.m.: X-Fit 5 p.m.: All-Levels Yoga	Wednesday 3 p.m.: X-Fit 3 p.m.: Spinning 5 p.m.: Intermediate Yoga 6 p.m.: Hip Hop dance
Thursday • 3 p.m.: Spinning • 3 p.m.: X-Fit • 5 p.m.: Basic Yoga	Friday 12:30 p.m.: Zumba 3 p.m.: X-Fit 4 p.m.: Beginner's Yoga	

Design by Michelle Sproat

LINDENWOOD Student Athlete Spotlight

Josh Stuart

Sport: Men's Ice Hockey

Age: 18

Birthplace: Columbia, Illinois

Year in school: Freshman

Major: Mass Communications



Photo by Matt Pearlman

Q: What have been some of your great moments in your career so far?

A: For hockey, I made two straight all-star teams my junior and senior year. Throughout high school, my team never lost a conference game.

Q: Who are some of your favorite athletes?

A: Corey Crawford, Patrick Kane and Jonathan Toews because I am a Blackhawks fan. Also Henrik Lundqvist and Vladimir Tarasenko.

Q: What is your sports fantasy?

A: Our goal this year is to win a national championship. We think we can do it.

Q: In 10 years, you'd like to:

A: Go into sports broadcasting, so the main goal is to broadcast hockey games. I'd like to do play-by-play, color commentary or a roundtable discussion. My ultimate dream is to be an NHL Network guy.

Q: What are three words that would best describe you?

A: Determined, fun and hard-working.

Information from Matt Pearlman

Don't forget to register to vote today!

The Legacy/Lindenlink.com will be in two locations from 11 a.m.- 2 p.m. in the Spellmann Center. All you need is your ID.



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CULTURE

Silent films return to Lindenwood Theater

J.T. Buchheit
Reporter

The Lindenwood Theater will have no need for its speakers once again when the classic French silent film "The Passion of Joan of Arc" hits the screen on Friday, Sept. 30.

"Joan of Arc is one of the greatest silent films of all time," said Peter Carlos, professor of digital cinema arts and the student promotion and engagement director.

This will not be the first silent film to grace the theater, however; "Nosferatu" was shown in 2012 and was a resounding success.

"I had students come up after 'Nosferatu' and say it's one of the best experiences they've ever had," Carlos said.

Carlos decided to show Joan of Arc to give students a greater appreciation of silent films as well as an experience they will never forget. While the movie lacks sound, a live orchestra made up of students will perform the soundtrack for the movie.

"The students are really talented," said Carlos. "They're going to play a score that was written by a student who has graduated Lindenwood. We're going to give them the experience people



Photo courtesy of Peter Colombatto

The original promotional poster of "The Passion of Joan of Arc" from 1928

had at the turn of the 20th century."

The Lindenwood graduate who composed the score for Joan of Arc, Adam Tevlin, also composed the music for "Nosferatu." Tevlin, whose musical style involves neo-romanticism and minimalism, created leitmotifs for certain characters.

"[A leitmotif] is a recurring theme throughout a piece of music that would invoke a particular person or idea or feeling," said Tevlin. "So I have three separate leit-

motifs for Joan, I have a leitmotif for the judges, and they all kind of interchange with one another."

In addition to playing Joan of Arc in the theater, the show will also be broadcast over LUTV.

"We've got the communication students and the music department working together to put this on for an experience for the entire university," said Carlos.

The one in charge of promoting the event is Peter Colombatto, director of mar-

keting and patron services. Colombatto and the rest of the staff have been creating events for the department's Facebook page and promoting it through Involve U and the televisions on campus.

"The best way we promote these are the cast members involved," he said. "They share with their friends and family, and that really gives us a leg up."

The film will run from 7:30 p.m. to 10 p.m. It is free and open to anybody on campus.

Hypnotist back for Friday show at Butler Loft

Bryce Olden
Reporter

It has been two years since hypnotist Brian Madrid stepped on Lindenwood's campus, but if his performance is anything like last time, students may be in for a treat.

Madrid is one of many acts the Campus Activity Board is bringing to the school as part of its Friday Night Live series.

Other acts in the series coming up this semester include contortionist The Human Knot and mentalist Jym Elders.

"We're trying to encourage students to stay on the weekend and come out to different events," said Ethan Miller, graduate adviser for the board. "We thought a hypnotist always seems to go over well, so we were like, 'Why not? Let's do it.'"

Madrid said that every person who comes out to the event — even those who doubt hypnotists — needs to keep an open mind.

"When you come to the show, expect to have an awesome time," Madrid said. "I want people to know that hypnosis isn't scary, you're not sleeping and I won't make

Hypnotist
Brian Madrid
Sept. 30
7 p.m.
Butler Loft

you do things you don't want to do."

The Campus Activity Board is sweetening the pot for students who decide to come out.

The first 50 people to arrive will receive a coupon for a free meal at Raising Cane's Chicken Fingers, which is soon opening on First Capitol Drive.

Also, every student who comes will be entered into a raffle.

The winner of the raffle will be taking home a Beats by Dr. Dre pill speaker.

"If you like to have fun and are an exciting person, than this show is for you," Madrid said.

The event is set to take place at 7 p.m. Sept. 30 in the Butler Loft.

For more information on the event, call (636) 627-2539 or visit CAB's office on the third floor of Evans Commons.

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CULTURE

Get off the couch

Lindenwood University events:

Humans vs. Zombies

Sept. 26-30 | Campus-wide

Fight for your life during the weeklong, campus-wide nerf gun war. Visit luhvz.org for more information.

Play Therapy Speaker - Tracy Turner-Bumberry

Sept. 27 | 4:30-5:30 p.m. | Spellmann Center 3015

As a part of the Speaker Series, Tracy Turner-Bumberry will be on campus speaking about her experience as a play therapist and a certified autism specialist.

Che "Rhymefest" Smith

Sept. 27 | 7:00-9:00 p.m. | J. Scheidegger Lindenwood Theater

As a part of the Speaker Series, Che "Rhymefest" Smith will be speaking about his experience as an award-winning hip-hop artist and humanitarian.

LSU's Game Night

Sept. 30 | 7:00-9:00 p.m. | The Upper Room

LSU is hosting a game night with pizza, snacks and beverages. Play everything from puzzles to strategy games, or just hang out with friends.

Friday Night Live:

Hypnotist Brian Madrid
Sept. 30 | 7:00-10:00 p.m. | Butler Hall

Come spend your Friday night watching an entertaining show of hypnosis and maybe even get hypnotized yourself.

Joan of Arc

Sept. 30 | 7:30-10:00 p.m. | The Lindenwood Theater

Head over to the J. Scheidegger Center and see the silent film Joan of Arc presented with a live orchestral accompaniment provided by the Lindenwood Orchestra.

Spotlight

Sept. 30 | 7:00-9:00 p.m. | Young Auditorium

The true story of how the Boston Globe uncovered the massive child-abuse scandal within the Catholic church. This film comes highly recommended by the *Legacy*.

Ace in the Hole

Oct. 1 | 7:00-9:00 p.m. | Young Auditorium

A former journalist from the big city is stuck at an Albuquerque newspaper where he tries to jumpstart his career, but the situation quickly escalates into an out-of-control circus.

CAB's Outdoor Yoga

Oct. 3 | 5:00-7:00 p.m. | Evans Commons Lawn

Head over to the Evans Commons Lawn for a relaxing night of outdoor yoga. In case of rain, the event will meet in the Evans Commons meeting room 3110.

Miss Missouri title requires dedication, mental strength

Matthew Hampton
Reporter

Miss Kansas City, Bayleigh Dayton, was crowned Miss Missouri USA at the annual pageant Sunday at the J. Scheidegger Center.

Recent Lindenwood graduate, Miriah Ludtke was third runner-up for the title.

Sophia Dominguez-Heithoff from City of Fountains was crowned Miss Missouri Teen USA.

Although the contestants' final interviews and the coronation ceremony were not held until the following evening, at the event on Saturday they received some smaller awards and had to perform for a panel of judges, which included former Miss America contestants and fitness, media and modeling experts.

The contestants for Miss Missouri promenade around the stage in evening gowns and swimwear, while the Miss Teen Missouri contestants walked in evening gowns and athletic wear.

"I'm happy that [my daughter] is in athletic wear as a teen instead of having the teens in swimsuits," said Kimberly Sanchez.

Sanchez, the mother of

a contestant from St. Louis, also mentioned that one of the important benefits that participants get from beauty pageants is confidence, a fact which other contestants and their family members affirmed.

"Just to try something different and put themselves out in the eyes of everyone is just a big self-confidence booster, and I think it's been good," Sanchez said.

Her daughter, Macy Sanchez, who came to watch her sister in the pageant, said that she helped her sister pick out outfits. However, other contestants had less direct assistance from their family, especially their fathers.

Ed Best, father of teen contestant Nikolina Best from Pacific, mentioned that his support to his daughter was mostly financial.

"I've told her that I'm very proud that she's in this pageant, and the reason is because this is her thing and she's doing it all by herself for the most part," Best said.

Miriah Ludtke, a Miss Missouri contestant from St. Louis who graduated from Lindenwood a year ago, received assistance from her boyfriend Shaun Broeker, who helped her prepare for



Photo by Nao Enomoto

Sydney Stottlemire (left) gives an award to Miss Missouri USA 2017, Bayleigh Dayton (right)

interviews and practice her walk.

"She's been competing in pageants since she was 15 years old," Broeker said. "When she was a teenager she was in Miss Teen Illinois, and she got a scholarship to Lindenwood."

All the contestants receive a scholarship to Lindenwood University as well as valuable life experience, but many also wish to further their careers or support a cause.

Best said, "Persona and presentation plays a big part [in beauty pageants], and she wants to be a meteorologist, and there's no way

that doesn't matter for being a meteorologist, so I think she's going to learn something from this regarding her career."

"I entered last year into this pageant. I wanted to get into modeling and so I realized this would maybe be a good avenue to go into modeling," said Kendra Shelton, a Miss Teen Missouri contestant from Greene County. "Last year was amazing, and I got to meet a lot of new friends, I got a lot of self-confidence and I was honestly feeling good about myself for once, so I came back."

Competing in pageants is

very time- and energy-consuming. According to Amy Gale from Troy, her daughter, a contestant who wants to start a foundation against school bullying, had to work with "a nutritionist, personal trainer and a photographer" as well as having to travel to Kansas City to have clothes fitted.

"It takes a lot of dedication and mental toughness when it comes to working out and eating healthy," Shelton said. "The interview is a huge portion of this. It's not just us looking pretty; you have to know how to speak as well."

Chicago rapper to speak about empowerment

Kyle Rainey
Reporter

South-side native Che "Rhymefest" Smith was alone in his parked car on Aug. 27, 2016 when a gunman jumped inside, put a gun to his head and demanded his wallet.

"You are going to die today," the armed man said. "I'm going to blow your head off."

But instead, the robber ran from the car, leaving Rhymefest physically unharmed and out just \$3 and his wallet.

Smith went to the police station, but the sergeant on duty refused to take his report, according to the Chicago Tribune.

His experience is documented in a video titled "You wonder why we don't report crimes? The police treated me disgustingly."

Smith is coming to Lindenwood Sept. 27 to discuss Hip-Hop for Humanity.

The speech will focus on using hip-hop to empower communities, Donda's House Inc. and the Kenneth Cole Courageous Class campaign, according to speeches he has given through "Keppler Speakers." He won an Oscar for co-writing the song "Glory," which was used as the theme song for the movie "Selma." He also won a Grammy for co-writing the song "Jesus Walks" with Kanye West in 2005.

"We're trying to give our students experiences," said Paul Huffman, Lindenwood archivist and head of the speaker series. "If what he has to say spurs someone on in their life, that would be great."

Up-and-coming artists are

taught to "make it to rebuild it, not make it to escape it," at Donda's House, Smith wrote in Crains.

Donda's House Inc. is an organization based on bringing "premium arts instruction" to Chicago's youth, especially in at-risk communities. Programs include rap battles and recordings meant to simulate the creative atmosphere of the '90s, according to the organization website.

The Aug. 27 robbery led Smith to start something new: a citywide Truth & Reconciliation project in Chicago.

After Smith's encounter with the police, he was issued an apology. Then he met with Chicago Mayor Rahm Emanuel to talk about issues confronting Chicago.

"He told me about his education plan and how reading and math scores are going up," Smith said in Crains. "I get it; he's very proud of that, but none of this matters if the children die before they reach high school."

A documentary about Smith called "In My Father's House" explores homelessness, family and his reconnection with his father, according to the Kenneth Cole website.

He considers himself a trailblazer in music, television and politics. He's performed on "Jimmy Kimmel Live" and discussed personal responsibility on "Chicago Tonight." At one point he met with United Kingdom Republican leader David Cameron to discuss the effects of hip-hop, according to his website.

"My aim isn't to make policy; it's to begin a process of healing from which good reforms can be trusted by all," wrote Smith in Crains.



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