

Campus flu cases spike

Health center seeing five patients a day; recent student travel may be cause

Kelby Lorenz
Editor-in-Chief

Students seeking treatment for the flu have nearly tripled in the past month, according to an official with the Lindenwood Health Center.

The campus office is seeing about five patients a day who have the virus, said nurse practitioner Deanna Towelson.

Towelson cited recent travel by students as one cause for the rise in flu cases.

The flu also has affected other areas of St. Charles County, causing schools like St. Dominic High in O'Fallon to cancel class on Feb. 9 after 90 students and staff came down with the illness, according to an article on stltoday.com.

Doug Bolnick, public information officer for the St. Charles County Public Health Department, said that several bugs are going around, but that more cases of the flu have been reported in the past few weeks.

He said that the cause is hard to pinpoint, but the weather could be a factor.

"The flu spreads because of people being close to each other," he said. "So when the weather gets cold, people tend to stay inside, which makes them closer to each other."

He said that everyone should get a flu shot and wash his or her hands regularly to help avoid catching the flu.

Bolnick also said that people who have a runny nose, sore throats or high fevers should get checked out. If a fever spikes over 100 degrees, seek medical attention immediately, he said.

Bolnick also had a recommendation for students who suspect they might have the flu.

"The flu is very contagious, so stay home if you're feeling crummy," he said. "I know it's hard to miss class, but it's better for everyone in the long run if you stay home when you're feeling like that."

Towelson agreed that students should stay home if they are feeling ill and that people should wash their hands often.

"That goes for people in the community too; always wash your hands," she said.

Signs & Symptoms to watch for

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some may experience vomiting and diarrhea

If you start to feel sick, stay home to avoid spreading any germs.

Housing plans may include coed options in LU's future

Kyle Rainey
Reporter

The Lindenwood student representatives recently gave a presentation about coed housing to the university's board of directors.

LSGA and the Residence Hall Association created the presentation, said LSGA

Speaker of the Senate Madeline Pullen. Dr. Ryan Guffey approached the organizations and asked if they would like to present to the board.

"This was an important meeting simply because this is the first time students were able to present to our board about their perspective on it and why they think it could be of value," said Guffey, vice president for student development.

He said that they're exploring the idea of some residence halls being female or male by floor. Questions like should all residence halls be coed and about how visitation would be handled are part of the conversation.

Pullen and Guffey said that structurally, some dorms aren't currently fit for coed housing because of things like communal showers.

According to a survey sent out to students by Residential Life last Tuesday, the university asked students about their preferred visitation hours, the value of coed-educational housing, if they'd like male/female alternating floors, should all or some dorms remain male or female and if they think there should be a specific residence hall for honors students.

"Housing is trying to create a living and learning environment," Guffey said. In trying to tailor the needs of many students, support animals were a recent addition to the university.

Northwest Missouri State University currently offers gender-neutral and coed housing to its upperclassmen, according to its website, and a 2015 Fox 2 article says the University of Missouri planned to test a new gender-neutral housing option last fall.

"We didn't just start with a few students; we started across the university, and across every level within the university so that everyone is having the conversation at the exact same time so that we can bring about a result, whatever that result may be," Pullen said.

Morgan said. "Not many schools in the Midwest have anything like it, especially in Division II."

Morgan expects the visiting teams to be surprised with the high quality of Lindenwood's facilities and campus.

The dinner banquet is to include a show and interviews with coaches as well as having speakers. He said he hopes to see the community come out and get involved as well, bringing some young hockey players in the area to come see the college players.

Since the announcement of the winning of the bid in December 2013, planning has been underway. Tickets for the event can be purchased by visiting www.StlSports.org. They range from \$13 to \$44.

Demonstrators march for, against Planned Parenthood



Photo by Lindsey Fiala

Demonstrators gather in Forest Park on Saturday to march in support of government funding for Planned Parenthood. Opposing protests occurred simultaneously during the event. The supporters started on Facebook with 15 members but grew to an organized march of thousands.



Photo by Carly Fristoe
Madeline Pullen

Lindenwood to host ice-hockey championship for first time

Madi Nolte
Reporter

In just under six weeks, Lindenwood University and the St. Louis Sports Commission will host the 2017 National Collegiate Athletic Association Women's Hockey Frozen Four.

This will mark the first time Lindenwood has ever hosted an NCAA championship, as well as the first time one has ever come to St. Charles, according to Lindenwood.edu. The games will take place on March 17-19 at the Family Arena.

"It means a lot to Lindenwood to be hosting this, just because the best women's college hockey teams in all of the country will be coming here," said Michael Morgan, director

of Event Management. "People will see what kind of event we put on, and it's going to be top-of-the-line. I think Lindenwood will gain a lot of respect in how we run this championship."

Morgan said that he thinks this event will be good not just for the university and the city, but the whole area.

"I think the St. Louis area is really trying to grow the game of hockey, and this is going to be huge, especially for women's hockey," said Morgan. "It's putting a good light on women's hockey. I think that it's a

sport that's emerging, one that's not in front of people's minds a lot in this area."

Morgan said that he hopes to see the area come out for the event, watch the Frozen Four and decide that they want to watch hockey at that level again.

The night before the first games, Lindenwood will be hosting a banquet on campus for the visiting teams.

"The banquet will showcase the campus, especially the spectacular Scheidegger Cen-



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Valentine's Day is not just for couples

See Page B1

Bowling team looks to national championships

See Page B2

Softball team gears up for spring season

See Page B3

Costume design adds to theater magic

NEWS

Celebrity chef overcomes troubled past

Jeff Henderson spends decade in prison, finds passion for cooking

Phil Scherer
Reporter

Celebrity chef Jeff Henderson has never forgotten that he once was a drug dealer and spent a decade in prison or that he used to be employed as a dishwasher.

He said he knows that failure can arrive in the blink of an eye.

Henderson spoke at Lindenwood last week at an event sponsored by the Hammond Institute for Free Enterprise aimed at destigmatizing criminals and giving everyone the tools they need to succeed in the business world.

The odds of Henderson, now affectionately referred to as "Chef Jeff," ever reaching that stage, or any stage, were slim to none, he said. As he put it, "The pipeline to prison began the day I entered the world."

Henderson was born in 1964 in south-central Los Angeles where he was exposed to rampant gang violence, extreme poverty and a community always seeking its next high, he said.

As far as he could see, the only way to get ahead in the world was through crime, he said.

He saw school as a time-consuming waste.

In class, his mind raced trying to figure out the best way to brand the cocaine he was selling and the best way



Photo by Matt Hampton

Jeff Henderson speaks in the AB Leadership Room on Thursday about his time in prison and how it led to his passion to cook.

to attract new customers, he said.

"I had the mind of an entrepreneur; I just didn't know that's what I was doing," Henderson said.

He never used any of the drugs he was selling.

He didn't drink, and he never smoked cigarettes, he said.

"My addiction was mon-

ey," Henderson said.

At his peak, Henderson was making more than \$35,000 every week selling crack cocaine.

Then it all came crashing

down.

In 1987, he was arrested for conspiracy with the intent to distribute drugs.

He spent more than a decade behind bars.

Although his years in prison were far from easy, he believes it was there that he found his true purpose: cooking.

After his release, highly acclaimed chef Robert Gatsby gave him a job as a dishwasher in his newest restaurant in Beverly Hills.

From there, he made it to the preparation station and eventually onto the cooking line.

After earning his stripes, he moved to Las Vegas, where he became the first African-American to be named the head chef at Caesars Palace. He also won the award for being the Chef of the Year in 2001.

His success story became a book, titled "Cooked," which landed him a spot on the Oprah Winfrey Show in 2007 and became a New York Times bestseller.

He has written additional books and been featured on numerous television shows. Sony bought his story for a future motion picture.

"None of it would have been possible without hard work," he said. "I never take any of it for granted."

He said he has no plans of slowing down anytime soon, either. His addiction to money is just as strong now as it was on the street corners in the early 1980s.

"The mentality is still the same; I've just changed the product," he said.

Michael & Tristan,
Much love to my
wild things.



Mom



Security Briefs

Feb. 7

There were allegations of screaming and a loud noise outside of Young Hall at 11:41 p.m. Campus security checked the area and deemed it safe with no activity.

Feb. 8

Two incidents of minors in possession of alcohol were reported at Rauch Memorial Hall. Campus security was notified at 6:35 p.m. The case was forwarded to the Lindenwood Office of Student Development for further review.

Feb. 9

- A suspicious person was reported on Karen Street around Lindenwood female housing. A black male was reported walking in the wooded area next to the street at 11:50 a.m. Security searched the area and was unable to locate the man.
- Campus security was notified of a drug violation in Flowers Hall at 11:45 p.m. The case is moving forward to the Lindenwood Office of Student Development for review.

Education Briefs

General Education requirements change for 2017-2018

Lindenwood University will offer new general education requirements starting in the fall of 2017. Students enrolling during the 2017-2018 school year will automatically start this new program.

Current students can talk to their advisers to change to the new general education requirements while taking degree requirements from other catalog years.

According to Erin Mann, associate provost, the new program will require 42 credit hours instead of 49.

"We thought very carefully about maintaining the academic rigor of the program and making sure that what happens in general education really is good education and not just time wasting," said Mann.

The deadline to request a change in general education requirements without having to change catalogs is June 30.



\$5

FRIDAYS*

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Happy Valentine's Day to all the faculty, staff, and students.

You're really 'Like No Other'

Dr. Michael Shonrock



NEWS

LU implements new strategies for recruitment

J.T. Buchheit
Reporter

Students are making college decisions earlier, so Lindenwood is including high school undergraduates in its recruiting efforts, said Joe Parisi, vice president of enrollment management.

"As they learn through high school what college choices are out there and what opportunities are available, we're making sure we present Lindenwood in the best possible light that we can at the earliest possible time that we can," he said.

Parisi cited the competitive marketplace as one of the reasons for students deciding on colleges at an earlier time.

"Just because you have a degree nowadays doesn't necessarily mean that you're going to have a job," he said. "So the preparation that takes place for high school students includes thinking about an earlier awareness."

The ways of marketing to these students vary by

group. Those who attended community colleges before coming to Lindenwood will receive different messages than those coming straight out of high school.

"One of the most important things to transfer students is how are my credits going to transfer?" said Scott Queen, executive director of marketing and communications. "That's very important to them. Another is how much will this apply toward my major and how much of this are you going to count toward electives credit?"

The methods of recruiting students have also changed over time. The digital age has pushed Lindenwood to adopt a social media-heavy recruitment platform. Last week, more than 20 applications came in over social media, Parisi said.

"So in essence, we're communicating with them through social media, and they're applying through social media," he said. "So that's different and new and enhanced."

The school's revamped website is an atten-

tion-grabber for prospective students, he said, and the administration keeps close tabs on the site to see how long students are staying on certain pages and how many click-throughs are taking place.

"All that information is great data for us to say, 'What's important to you?'" Parisi said. "What's important to the student? What's important in terms of navigation of the website, and what's important to the content of the website?"

According to a recent Gallup poll, 74 percent of Lindenwood graduates from 2000 to 2015 are working full time, which exceeds the national average of 70 percent of college graduates. The statistics also showed that Lindenwood graduates are more engaged in the workplace.

"It's not just about recruiting a freshman or recruiting a transfer; it's about talking to a prospective student or a transfer and helping them understand not only the end result, but what does a lifetime experience with the institution mean," Parisi said.

BSU discusses women's hair, beauty during event for Black History Month



Photo by Madi Nolte
Kiana Smith discusses beauty products with Clarissa Jackson during the BSU event "Don't Touch My Hair," held on the second floor of the Spellmann Center

New degree program keys on digital content

Madi Nolte
Reporter

A new degree program will prepare students for a career of observing and creating viral content for social media.

Students registering for classes for next fall can sign up for a major, minor or graduate degree in digital content strategy.

"Everything in our industry is changing," said Andrew Allen Smith, digital content strategy director. "Journalism, film, it's all changing. Advertising is the one medium that I feel hasn't evolved enough. That's what we're hoping to do with this degree is bring in some of those 21st century elements to a lot of the fundamentals already being taught."

Smith describes the new degree as taking portions of the marketing degree and advertising, corporate communications degree and applying those principles to the social media world by creating content, marketing and public relations through digital means.

Smith said the game right now is to get consumers to advertise for your

"It's this delicate sort of balance of selling people ideas and marketing to people, but presenting it in a way that they don't feel that they're being marketed to."

**-Andrew Allen Smith,
Digital Content Strategy
Director**

company by designing messages people will want to share.

Courses in this degree will teach students to do that by narrowcasting messages to very specific groups of people.

It will also include when to release what messages, how to create memetic content and how to make content go viral.

"It's this delicate sort of balance of selling people ideas and marketing to people, but presenting it in a way that they don't feel that they're being marketed to," said Smith.

Lindenwood created the new degree program to stay competitive with other universities in the area,

Smith said.

Degrees similar to this are gaining popularity on the East and West Coasts. Kansas City is currently the nearest place offering a similar degree.

The prospective job outlook for students earning this degree is very high, according to LinkedIn and various job posting sites.

Smith said companies have already contacted him about potential internship openings for these students.

"Lindenwood is always changing and adapting to what the industry needs," said Smith. "This and game design are great examples of how we're working to fill a need in the job market."

Happy Valentine's Day to my fabulous Criminal Justice Association, Trial Team & Criminal Justice Students. I hope you have a "Sweetheart" of a day. - Dr. P



Rachel

**Sound the alarm!
You are my
Valentine!**



Dean

**I will love you
e-TURTLE-ly**

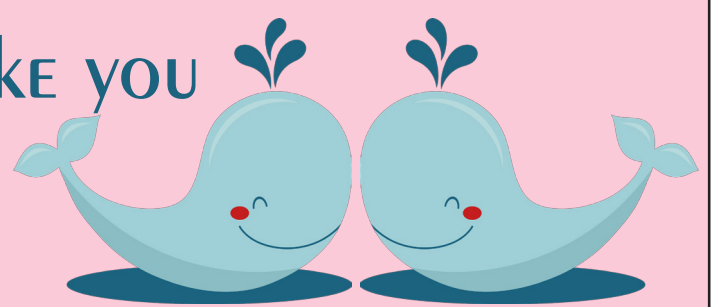
Susan



DJ

I WHALEY like you

M



OPINIONS

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Valentine's isn't just for lovers

Kearstin Cantrell
Sports Editor

For those romantically
involved, Valentine's Day
comes with some unwar-
ranted pressure.

For those who aren't,
the emotionally charged
day seems to rub salt in the
wound.

It's easy to look at Valen-
tine's Day as nothing but a
nuisance, but beneath the
flowers, chocolate and bit-
ter singles are plenty of rea-
sons to enjoy the day.

Valentine's Day may be a
marketing ploy to increase
sales, but so are many oth-
er holidays in the United
States, and Americans hap-
pily partake in them.

According to the Nation-
al Retail Federation, in 2015
the average American was
predicted to spend \$172.63
for Mother's Day, adding up
to \$21.2 billion nationwide.

On the other hand, us-
news.com reported that
the same year, the average
American would spend be-
tween \$99.53 and \$174.44

on Valentine's Day, depend-
ing on annual income. This
puts the total spending for
the holiday at \$18.9 billion
nationwide.

Valentine's Day may be a
largely capitalistic holiday,
but it's still a great chance
to show significant others,
friends and family some
love.

Many Cupid critics sim-
ply despise Valentine's Day
because of the lack of ro-
mance in their lives. How-
ever, a lack of romance does
not mean a lack of love.

Appreciate your best
friend? Send an apprecia-
tive text message.

Thankful for all mom has
done? Grab some construc-
tion paper and whip up a
card.

Love your dog more than
most people? Pick up a
milkbone on the way home.

According to Interna-
tional Business Times, 59
percent of Americans cele-
brate the day by showering
family with love as well as
significant others. Not to
mention that 22 percent of



Design by Tyler Tousley

Americans show some pup-
py love on Valentine's Day
and invest in gifts for pets
as well.

Valentine's Day isn't all

about that "special some-
one" and lovey-dovey ges-
tures; it's about showing
love and appreciation for
everyone you care about.

Not to mention that even
if Valentine's Day isn't your
cup of tea, at least all the
leftover chocolate will be
on sale the next day.



Meme by Tyler Tousley

Memes offer improved form of communication

Tyler Tousley
Opinions Editor

Communication styles
change with each genera-
tion; that's why terms popu-
lar in the '60s, like "groovy"
and ones from even longer
ago, like "golly-gee," are
hardly heard anymore.

A large portion of today's
communication, especial-
ly for college students, isn't
heard at all.

We are not just commu-
nicating through text, how-
ever. In fact, I would say
that a solid 50 percent of
the messages between my
friends and me are memes
that are sent with little to no
explanation.

What I do not fully un-
derstand, though, is why
this form of communication
is seen as somehow lesser
than other communication
styles.

Although the rapid speed
with which memes are cre-
ated and distributed is still
new, the concept of a meme
is an old one. Anybody who
has had the pleasure of tak-
ing Professor Andrew Allen
Smith's Media Literacy class
has probably already heard

this. What is a meme? You may
think that it is just an image
with an obnoxious phrasing
like "Cash me ousside how-
bow dah" laid across the top,
and you'd be right...sort of.

The actual definition of
a meme is "an element of a
culture or system of behav-
ior that may be considered
to be passed from one indi-
vidual to another by nonge-
netic means, especially imi-
tation."

That's it. No requirement
of being electronic. No re-
quirement of being based
off media. No requirement
of white, block-lettered text.

The two-finger peace sign
is a meme. Parachute pants
are a meme. Fedoras are a
meme (though, depend-
ing on your age, they may
be a reference to different
things). Memes reflect the
culture in which we live.

If memes have been
around forever, then why
are they looked down on? It
appears to me, that because
there is no telling what
could become the next big
meme and because of the
haste with which these cul-
tural phenomena are creat-

ed, others do not see memes
as sophisticated. That's not
to say that Pepe the Frog
needs to be treated with the
utmost respect, but some
would be nice.

Today, memes allow us
to communicate situations,
emotions and humor in
ways that were previously
either incredibly difficult or
non-existent.

It allows people across the
world from various walks of
life to find a commonality
in experiences. If I had to
explain a feeling that lies
somewhere in the middle
of confused, frustrated and
angry, I wouldn't have the
vocabulary to do so. Thanks
to a meme of Jackie Chan,
however, I can now quickly
and easily express this emo-
tion without having to use
words at all.

Memes are seen as a new,
low-class form of commu-
nication, but the truth is,
they are as old as culture it-
self and allow us to commu-
nicate in ways that were not
possible before.

It might be difficult, but
we need to start thinking
about memes on a higher
level of sophistication.

It's time Lindenwood starts to implement coed campus living

Tyler Tousley
Opinions Editor

One of the things that
makes Lindenwood like no
other, apparently, is that our
housing options are com-
pletely separated by gender.

According to Live Sci-
ence, more than 90 percent
of colleges have coed dorm
options.

Some colleges, such as
Washington University in
St. Louis, are going to start
offering mixed-gender
housing, allowing male and
female students to live in
the same suites, and in some
schools, the same room.

Now I think sharing a
room or a suite with the
opposite gender is a huge
jump from where we are
currently — I'm not even
completely sold on the idea,
to tell you the truth. But I
do think that Lindenwood
is way too far behind in the
rooming options.

Before President Dennis
Spellmann, Lindenwood
had coed dorm buildings,
but an obituary for the
president in the New York
Times cites him as the one
who changed the system to
the one we currently know.

Ultimately, each living
situation may appeal to dif-
ferent students.

Personally, however, I
feel that we need to start
allowing men and women to
live in the same building.

Many students push for
this living situation because
of social aspects of being
able to live close to friends,
regardless of sex.

What is often looked
over, however, is the re-
cruitment potential.

When people ask me
about my experience at Lin-
denwood, it is full of good
things.

I think the education I'm
getting is quality, I've never
had an issue with the food
and I am surrounded by
peers and professors who
support and push me.

When it comes to hous-
ing though, most people
make a displeased face
when I explain that the
dorms are gender by build-
ing.

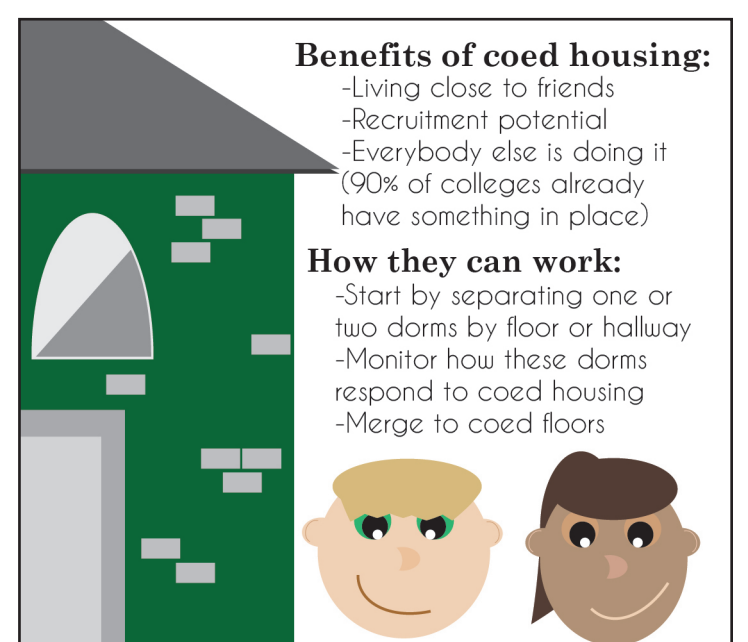
Potential college stu-
dents are looking for a great
education, but also a thriving
social life, something that
for many prospective
students is reflected by the
living situations.

It would be a drastic
change to adjust all of the
dormitories, but if the uni-
versity started small, the
adjustment would be suc-
cessful.

Starting with one or two
buildings where the sexes
are separated by floor could
be a simple start to work
out any issues.

This could eventually
lead to more buildings do-
ing the same, and potential-
ly even mixing the floors,
having only male and fe-
male suites.

I love how unique Lin-
denwood is and the great
things it offers, but the uni-
versity needs to take a step
into the 21st century and
start toward making the
dormitories coed.



Design by Kelby Lorenz

Do you enjoy writing, designing
or photography?

Contact us at LULegacy@lindenwood.edu

SPORTS

Lacrosse goes the extra mile

Walker Van Wey
Reporter

After finishing third three straight seasons, the women's lacrosse team is looking for a breakout year.

When last season ended with a loss to the eventual national champions, the Lions took it upon themselves to put every second of the offseason to use.

"There's actually a Facebook group for all of us on the team, and we all use trackers to track how far we run and so we would all post screenshots of how far we ran during the summer and motivated each other that way," said junior Allison Hurley.

The practice ensured everyone would come into the season in shape and fueled a drive to win it all.

"This year we want to do something we've never done before, so we have to start doing things we've never done before," said senior Erin Abbott. "After practice we'll do extra sprints, go out of their way to build relationships with everybody. Across the board, a harder work ethic."

Coaches have noticed an improvement in the intangibles as well.

"Off the field, they've stepped it up as far as maintaining the core values and the concept that team comes before anything else," said assistant coach Brian Smith. "The girls all know they're playing for each other, which is huge, instead of playing for themselves."

When all of the mental pieces fall into place the way that they have been, practices become something the Lions look forward to and physical improvements take off, which is even more of a blessing with the season starting earlier this year due to J-term's removal.

"We actually got a lot more time to train



Photo by Carly Fristoe
Senior Sarah Goetz keeps her eye on the ball coming to her from sophomore teammate Sarah Cromer during a spring practice in Hunter Stadium.

this season," Smith said. "We probably got twice the amount of time to prepare."

Although most polls have the Lions ranked around number four, senior players

said they feel now more than ever that this is their breakout year.

"The motivation doesn't come from who won the national championship," Abbott

said. "The motivation I feel now comes from us finishing third. I want to win more than anything. I've felt the third-place sting for the last three years."

Eyes on the Prize



Photo by Nao Enomoto
Senior table tennis player Sam Obernuefeman uses all of his focus during the NCTTA District Tournament on Feb. 11 in Hyland Arena.

Lindenwood bowling strikes from shadows

J.T. Buchheit
Reporter

Off campus, at the St. Charles Lanes, the high-achieving but under-recognized bowling teams of Lindenwood practice their sport.

The men have won two tournaments this year, the women one, as well as the women finishing in second place four times. The Lions participated in the biggest tournament of the year, the Hoosier Classic, in Indianapolis on Feb. 11-12. The women lost in the semifinals, while the men finished 22nd.

The men's team was extremely successful last year, winning the Hoosier Classic and finishing among the top nine to 12 teams in the country. The teams have not quite reached those same heights this year after 14 out of 25 men's players graduated. However, even in a relatively down year, both teams will make the playoffs, which indicates the annual strength of the teams.

"We're kind of a rebuilding a new team, but we've made strides over the course of the semester," said student Jayson Robarge of the men's team.

Robarge, who is from Alaska, came to Lindenwood after learning of the school's bowling prowess.

"I think the teams have been successful because the university has support-

"We're kind of a rebuilding a new team, but we've made strides over the course of the semester."

-Jayson Robarge,
men's bowling team member

ed it," said head coach Phil Vida. "We've had a very stable coaching staff, we have a bowling center that really supports the team and one of our coaches is a former professional player, so he brings a lot of experience."

The team practices at the St. Charles Lanes at least three days a week for multiple hours on the weekends.

"We'll have drills for everyone to do, so we'll do one-step, no-step, three-step; we'll do spare drills; we'll work on hand positions," Robarge said. "It's like most sports. There's lots of off-the-lanes stuff that we have to learn, like how bowling balls are drilled, how each one reacts differently in your bag. There's a lot of little stuff that goes into it that a lot of people don't see."

The practice has paid off for the Lions as reflected by the teams' high rankings. Many students have bowled perfect or near-perfect games. Women's bowler Megan Paul's best score was a 280.

"It was a lot of strikes; it's just one mistake," she said.

"It was a mistake in the second frame and just a string of strikes the rest of the way. It's a little frustrating when that one bad shot costs you the perfect game, but it happens."

Paul also stressed practice, especially in trying for spares.

"Spare are very important when it comes to college bowling," she said. "Especially for girls, a 190 average will get you pretty high in the tournament, so you can bowl 190 without getting a single strike. All nine spares can get you pretty close to the top."

For many athletes, sports are more than a pastime, and bowlers are no exception.

"Being a bowler is definitely different," said Robarge. "It's something you grew up with; it's kind of a part of you. I didn't really want to go to college at first, but bowling definitely pushed me toward going to school, especially this school."

As the playoffs loom on the horizon, the teams will practice their bowling skills whenever they have the chance, giving spare time a whole new meaning.

Weekly Sports Recap

Feb. 10-12

Women's Basketball 93-88 loss at Lincoln University of Missouri	Men's Lacrosse 27-1 win vs. Shorter University	Women's Tennis 7-2 win at University of Southern Indiana
Women's Ice Hockey 4-1 loss vs. Penn State University 2-0 loss vs. Penn State University	Baseball 12-4 win at Mississippi College 8-1 win at Mississippi College	Men's Tennis 8-1 loss at University of Southern Indiana

SPORTS

Softball has new coach, outlook

Miguel Rincand
Reporter

The Lindenwood women's softball team starts the season Saturday in Nashville, Tennessee, with a new coach and a new mentality.

Coach Liz Kelly is the former coach of Maryville University. She also coached the Dutch Women's Olympic softball team and many other Division I schools around the country, including Miami University and West Alabama University, accumulating over 400 game wins.

In a previous interview with the *Legacy*, Kelly noted that her prior coaching experience has prepared her to bring the Lions to a new level this season.

"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," she said.

Kelly said she is also working to create a strong bond with the players so they can respond positively on the field. With seven incoming freshmen this season, it is imperative that they and returning athletes are able to communicate on and off the field.

"Our biggest challenge is



Photo by Carly Fristoe
Junior first baseman Maria Tippit tries to snag a ground ball during a crisp spring practice held last week at Lindenwood's Lou Brock Sports Complex.

to create a culture that allows our players to be able to work together," she said. "Encourage that culture, and reinforce that behavior."

Sophomore Hannah Porter

said she expects this to be a great season filled with triumphs and learning opportunities.

"She [Coach Kelly] has progressed us a lot from

where we were this past fall," said Porter. "She has a lot of experience, and all the girls on the team like her."

Even though the coach and the team have not been

together for a very long time, they both seem to have the same goals and same challenges: Play to their full potential in every game, play to win and play with no fear.

"I expect my team to play the best they can, and if they do that and we do not win the game, then it's OK because we have done the best that we can do," Kelly said.

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Photo by Carly Fristoe
Wes Degener gets comfortable in the batter's box during a 2016 game against Harris-Stowe.

LU baseball strives for MIAA conference upset

Ashley Lowtharp
Reporter

After a rough away series, the men's baseball team is gearing up for the home opener this Saturday, when it will take on Augustana University at 1 p.m.

The team is hoping to do well this year by focusing on freshmen, transfers and the team's seven returning starters working together as a cohesive unit with a common goal in mind: conference domination.

The Lions started their season on Feb. 3 in Memphis, Tennessee, against Christian Brothers University, which ended in a 6-5 loss for the Lions. The team split the other two games, winning 5-1 on Saturday, but falling short on Sunday 8-6.

Senior pitcher Connor

Law said overall, the opener was a solid start to the year.

"It's always important to get the first games out of the way to shake whatever jitters we have and see where we still need work," he said.

Law also pointed out the importance of player mindset in the midst of a game.

"I always try to bring a positive attitude onto the field," he said. "Having that kind of attitude is contagious and keeps everyone in a good mood."

Last year the team finished the season in ninth place in the conference, one spot away from making the MIAA tournament in St. Charles. This year, the team hopes to finish postseason play in a much better place than last year.

"Our expectations are to make the MIAA playoffs

and make a run in Joplin to acquire a postseason berth in the NCAA tournament," head coach Doug Bletcher said.

Law set an even higher goal for himself and his teammates.

"Expectations for the year are to end in the top four in the conference and advance into regionals," Law said. "Go as far as possible. The goal is always to win it all."

The team was ranked 11th in the 2017 Preseason MIAA Coaches Poll but has been working hard to ensure that reaching postseason play is attainable.

According to Bletcher, the best way to achieve the goals they have set for themselves this season is for the team to worry only about continued improvement and selfless team play.

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A&E



Broadcasting sparks romance



Photo by Scott Manziara
Marina Bach and Andrew Rogers pose at a Lindenwood basketball game on Rogers' birthday, Feb. 4. They broadcast Lindenwood's basketball home games together.

Essi A. Virtanen
A&E Editor

Mass communications majors Marina Bach and Andrew Rogers are the winners of the *Legacy's* cutest couple competition.

"I'm excited that we won!" Bach said. "It was all Andrew; he was the one that signed us up. Andrew loves a contest, and winning anything always gets him super excited."

Rogers said he also is excited to celebrate the night with his "favorite girl."

Rogers is from Ballwin, Missouri, and Bach is from Cedar Hill, Missouri.

Their favorite Lindenwood moments are when they broadcast Lindenwood basketball games together, and that is also how they met.

It happened around this time last year at the men's and women's Lindenwood basketball games when Rogers was broadcasting the women's game, and Bach was a sideline reporter for the men's, Bach said.

"We always ran into each other and had casual conversations after each game," Bach said. "Now this year we are broadcasting together. Andrew is the commentator for the men's basketball games, and I'm the men's side reporter again this year. We both have a love and pas-

sion for broadcasting and watching sports." Both said that it was the kindness and "going out of their way" to make others happy what made them fall in love with each other.

"Everything she does for me makes me fall for her more and more," Rogers said. "Whether it's getting me ice cream — I love ice cream — or going out of her way to do the little things, she never fails to put a smile on my face."

Bach said that Rogers is "an amazing man" and her best friend.

"He goes out of his way for his friends, family and me," she said. "Andrew always strives to be the best that he can be and is always giving a helpful hand to everyone around him."

Even Valentine's Day, they are going to spend broadcasting the sport together.

"Being able to broadcast every home game together brings us closer together, and we always have fun doing it," Bach said.

Bach and Rogers will get a prize package that includes two tickets to the Vanessa Williams concert at the J. Scheidegger Center in April and a private dinner cooked by Chef Steve Giuffrida.

Seven couples participated in the competition, and the voting took place on Lindenlink.com from Feb. 8 through Feb. 11.

Mary Healy
You are my butter half
Patrick McLeroy

Happy Valentine's Day
Sigma Sigma Sigma,
Delta Zeta & Phi Sigma
Sigma!
From the Gentlemen of
ΦΔΘ

To Hugh-manates
I whaley like you!
From Dean Whaley



Photo by Kyle Rainey
Escape on Main is on 340 N Main St. and has rooms designed for groups of two to 10 people.

Escape rooms provide mental challenge, fun

Kyle Rainey
Reporter

Clues hidden in the rooms lead to secret passages, locked compartments and hints that could mean catching a killer in London or saving a friend from being executed in a prison.

This is the 60-minute reality in one of the escape rooms in St. Charles.

According to Mastermind Room Escape website, an escape room is "a real-life game experience where people participate in various activities, find clues and solve puzzles to work as a team to escape out of a room in 60 minutes or less."

The escape room phenomenon started in Kyoto, Japan in July 2007, according to Escape Room Franchise website. The publishing company SCRAP started it known as the Real Escape Game. Over the years the business grew and spread to Europe and eventually North America.

"An escape room is a completely different immersive experience," Lindenwood senior Katie Olson said. "It's not just math and simple logic puzzles; you really have to use your creativity."

Katie Olson has been working at Escape on Main since early last summer. Her first escape room experience was a run-through at Escape.

"It was exciting; you get the adrenaline rush of getting a puzzle right," she said. "I don't know what it is about opening up a lock, but that's very satisfying for people. It was a lot harder than I thought it would be, because I didn't know what to expect."

Like Escape, another escape room place, Mastermind



Photo by Kyle Rainey
Mastermind Room Escape has walls covered with names of people who came there to escape one of their rooms in 60 minutes.

Room Escape in St. Charles, features traditional escape rooms, Manager Chad Collier said. The rooms use puzzles, combination locks and electro-magnet locks that pop open to reveal secret compartments to challenge players.

"[It's] the curiosity that you don't get to have every day," Collier said. "You walk into a room and you're told to touch everything. Anything could be something."

Katie Olson is a game master. She said game masters are responsible for making players feel comfortable, confident and ready with the mental tools they need to be successful.

"We have to know the room backwards and forwards," she said. "We have to know every single puzzle, how to get it and [know] what it means."

Game masters at both places use cameras to monitor groups as they try to escape. At Mastermind, the game masters communicate tips and clues to players through walkie-talkies. Katie Olson said she uses a monitor to display messages to

stumped players.

Considering Valentine's Day, Brendan Olson, staff manager of Escape, said seasoned couples should come to the rooms, but that they may not be suitable for first dates. He said the rooms get personal and people can expect to see the worst and the best of whom they're with.

Collier said he enjoys watching people being skeptical of escape rooms changing their minds. He said once two elderly people came in with an office group and "were just not having it." After just a couple minutes in the room, they were running around, looking at everything and were "ecstatic" afterwards.

Brendan Olson said the experience will challenge people mentally.

"You'll probably learn something new about yourself as well as the people you go into the room with," he said. "How you function as a team in sort of an inherently stressful [situation] is definitely something that people tell me they're glad they did this."

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A&E

Theater design series:
Part 2

Costumes bring characters to life

Kyle Rainey
Reporter

Bolts of uncut fabric, coordinated outfits and crowded sewing machines in the Lindenwood Theater costume shop are destined to help create characters onstage.

Costume is a crucial element in performances, said theater professor Natalie Turner-Jones. The fabric does more than visually tell stories; it affects how the actors perform onstage.

“What you’re wearing literally changes the way that you move, [it] literally changes the way that you breathe and it really changes the way that you feel,” Turner-Jones said.

Costume Director of Lindenwood Theater Louise Herman uses design and creative development to create engaging apparel. Whether built, bought or taken from their stock, all costumes are fit and altered in the costume shop.

She said costumes help the audience get an idea of whom the characters onstage are. People already make assumptions about each other, so she thinks costume design is about refining that to help actors communicate to their audience.

Collaboration is also key in costume design. Costumes should tell a story about the character as well as contribute to the overall story.

“All of the various visual elements are cohesive and support the director’s vision, so when the audience walks in, the bubble that is created onstage is consistent,” Herman said.

If the audience gets confused by inconsistent visual elements, that bubble bursts.

Herman also said costume designers need to be aware of how light can change the colors of costumes, but tangible



Photo by Kyle Rainey
James Schneider and Cassie Hoppas work on costumes for “Heathers: The Musical” during a costume design class in the costume shop on Wednesday.

visuals like scenery are more important to them because the scenery establishes the environment costume designers must fit their designs to.

Technical Director of Lindenwood Theater Stuart Hollis said, “There is a lot of creativity in costume, but at the end of the day, it still has to fit in a human being’s body, and that’s really the limitation in the [costume] design.”

Designers of both elements need to communicate the same place, time and style. However, costume designers’ foremost focus is the actors.

“They need to visualize the character, they [the costumes] need to move the way the character will move and they need to be constructed in a way that will survive the performance,” Herman said.

Turner-Jones said that as a director, she has a different relationship with costume designers than her actors do. She spends as much time with her costume designers as possible because what the actors wear not only impacts the actors but affects the overall show.

“I think it’s often an area of design that is woefully underappreciated,” she said.

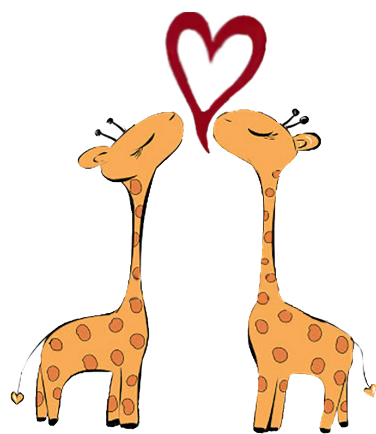
D.J. Grigsby, who will perform in “Heathers: The Musical” in late February, said he doesn’t really know his character until the first dress rehearsal.

“To me it’s one of the best feelings,” Grigsby said. “It’s like everyone finally becomes 100 percent invested. Here we are, this is the show we are doing, we are these characters in real life.”

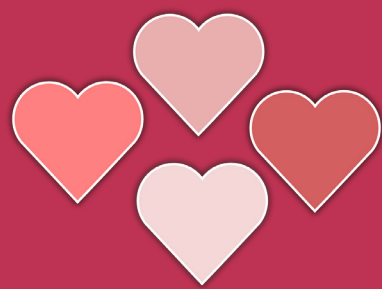


Photo by Nao Enomoto
Erykah Wells prepares to shorten sleeves on a jacket for “Heathers: The Musical” on Feb. 6.

**Karsten,
I’d stick my
neck out for
you any day.
-Alex**



**To the Enrollment
Management
Team! Happy
Valentine’s Day!
Dr. Joe Parisi**



Lindenwood Film Series Spring 2017

Young Hall Auditorium, every Tuesday and Thursday at 7 p.m.
The screenings are free with Lindenwood student ID.



Tuesday, Feb. 14

THE PERKS OF BEING A WALLFLOWER (2012)

Based on the best-selling novel by Stephen Chbosky, *The Perks of Being a Wallflower* is a modern classic that captures the dizzying highs and crushing lows of growing up.

Thursday, Feb. 16

BURN AFTER READING (2008)

A disk containing the memoirs of a CIA agent ends up in the hands of two unscrupulous gym employees who attempt to sell it.

Tuesday, Feb. 21

THE SANDLOT (1993)

A new kid in town is taken under the wing of a young baseball prodigy and his team in this coming-of-age movie set in the summer of 1962.

Thursday, Feb. 23

HOLES (2003)

A wrongfully convicted boy is sent to a brutal desert detention camp where he joins the job of digging holes for some mysterious reason.

Information from Andrew Millians