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## The Legacy, March 11, 2014

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# LU student reports attempted assault

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Students make sacrifices for Lenten season

**Michael Sprague**  
Style Editor

An attempted sexual assault was reported to the Lindenwood security office Friday morning.

The incident was said to have occurred in the basement of the Butler Library some time between 10 p.m. and midnight Tuesday.

Head of security John Bowman says the information gathered was rather limited.

"We received an email from the student [Friday morning] saying that she was assaulted," Bowman

said. "She really didn't give any particulars to what kind of assault it was, but we made contact with her around 10 a.m. and she explained what happened."

Students were alerted via the RAVE alert system Friday afternoon with detail security had at the time.

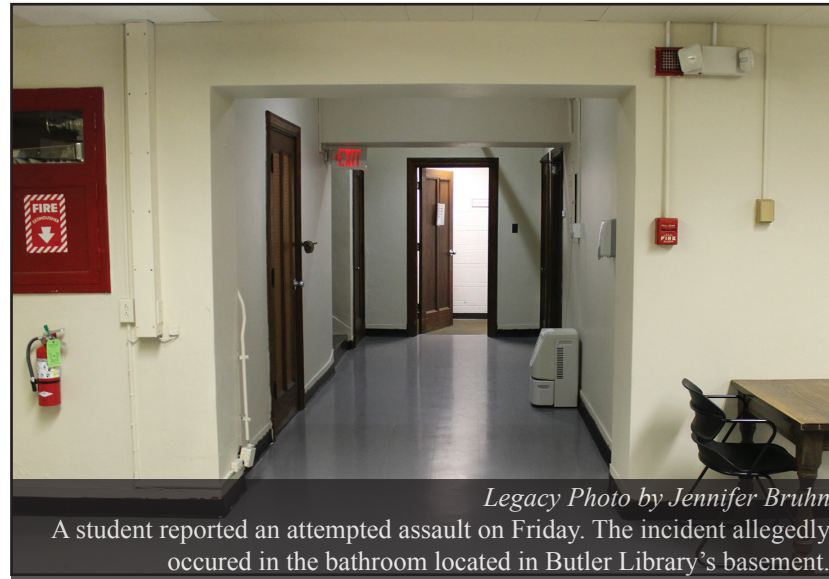
According to the RAVE alert, the assailant was waiting inside a bathroom stall in the basement of Butler Library. The victim was grabbed from behind by the assailant, and a brief struggle ensued before she got away.

Gabrielle Brockton, a graduate assistant, was working the front desk at the time of the attack. Brockton said the attack is upsetting.

"I looked at one of my friend's text messages and it happened here on my watch," she said. "The fact that someone thought it was ok to come into the library and to harm someone upsets me."

"I feel terrible because I wish the girl had come to us sooner because I definitely would have taken action."

The hallway outside of the bathroom where the incident



Legacy Photo by Jennifer Bruhn  
A student reported an attempted assault on Friday. The incident allegedly occurred in the bathroom located in Butler Library's basement.

reportedly occurred is not a well lit area. Even in the daytime, no natural light reaches the hallway.

Students say that even with all the work done by security, places like this still give opportunities for attacks to occur.

"I think Lindenwood has done what they can to prevent things especially when anything happens we get a suicide or an assault like this they do everything they can to prevent it," Justin Lafser said.

"Rave alert happens afterwards. the only thing that they've done before hand is they

have emergency alert poles."

Outside of keeping lights on in any occupied room, Bowman says the best way to combat potential attacks is to travel in groups.

"Use the buddy system, because a bad guy is looking for an opportunity to do something," Bowman says. "If you're alone, you're the perfect target. If there are multiple people around, chances are you won't be a victim."

No more information on the incident has been released since the RAVE alert Friday afternoon.

**Cayla Brown**  
Staff Reporter

Last week, individuals could be seen walking around campus with smudges of black dust on their foreheads.

This signaled the start of the 40 days from Ash Wednesday to Easter Sunday when Christians participate in called Lent.

It is a time for prayer, fasting, and sacrifice in preparation for Easter.

In remembrance of Jesus's 40 days in the desert, Christians of differing denominations forgo something to come closer in their relationship with God.

Religious individuals attempt to remove distractions, help others in need or devote more time to religious activities, such as the Stations of the Cross or adoration.

"I find that a lot of people who aren't Christian participate," said Alyssa Entwistle, member of CSU and President of the Newman Center.

"I see that people who have tried Lent in the past not only give something up, but also do extra, like daily mass" Entwistle said.

In today's culture, a wide arrange of foods, drinks and even technology are given up during the 40 day period.

Soda and social media such as Facebook are two popular sacrifices, as well as chocolate and other items people become overly attached to and think they cannot live without.

Some people give up certain items in attempt to lose weight or "kick" a bad habit, but the season is meant for people to learn to be more grateful for the little things and reevaluate their life so they can focus more on God.

Lent is a season of fasting and prayer in remembrance of Jesus's sacrifice for us.

Lenten participants sacrifice what they enjoy in appreciation of Christ's suffering for our benefit, leading up to the celebration of his resurrection on Easter.

"It's not a diet. Lent is a time for reevaluating life and focusing on God," said Entwistle.



Image from khabtibandung.com

# Crimean crisis affects international students

**Benjamin Bathke**  
Staff Reporter

The crisis between Russia and the Ukraine over the Crimean peninsula may seem far away to many of us, but some Lindenwood students call the two nations home. According to the international office, 10 students from Russia and six from neighboring Ukraine currently attend LU, and the incident has implications for them.

Mass Communications student Anastasia Talalaeva, a junior from Russia, said that as long as the U.S. embassy in Moscow will remain close, she will have to stay in the States.

"I will not go back home to see my family, because I won't be able to come to Lindenwood after summer. My visa will expire in June."

Fortunately, according to Talalaeva, Russian students who study abroad are able to stay in the U.S. with an expired visa, although they have to renew it once a year.

Ukrainian Tamara Ikonnykova is an International Relations major at Lindenwood. She believes that only a complete makeover will yield results, as the Ukrainian government under former President Viktor Yanukovich was corrupted. However, she is also skeptical of the success of the revolution.

"There will always be 50 percent of the population who are not satisfied, because the

opposition does not represent the interest of the whole population of the country," she said.

Indeed, there is a political and cultural divide in the country of 45 million that gained its independence from the Soviet Union only 23 years ago. A majority of people in Ukraine's western provinces speak Ukrainian and call for deeper economic and political ties with Europe. The southern and eastern parts of the country, including Crimea, not only speak predominantly Russian but have strong ties to their neighbor.

Pro-Russian politicians in Crimea have been calling for autonomy from the Ukraine and even protection from Moscow, which has a large military presence in the Black Sea region.

On Feb. 27, pro-Russian protestors in Crimea erupted and armed men seized control of Crimea's parliament and other important buildings. On March 1, Russia's parliament approved Putin's request to intervene militarily in Ukraine to protect the ethnic Russian minority.

Russian student Daria Ivanova, a member of LU's tennis team, said each of the involved parties has its own interests.

"The opinion on this issue depends on which side you are. I believe that there is no absolutely right and wrong sides."

Ikonnykova adds that different groups want different things for the Ukraine: "Some people say

Ukraine has to stay unified, some claim about federalization, some even want the Crimea and the South to become part of Russia. There are plenty of ideas, but we all just want to live peacefully."

Ivanova said that since the revolution wasn't technically a legitimate change of government, Russia's actions do not "constitute a complete violation of sovereignty of a legitimate government."

Talalaeva says that another implication of the crisis is that the airfare for flights to Russia has doubled within a week. "I hope that this situation will calm down and embassy will be open again, because I want to see my family."

The latest developments are seen as the results of a four-month deadlock between Ukrainian demonstrators and

Viktor Yanukovich's government. Protests began on Nov. 21 of last year and turned violent in January when riot police cracked down on protesters. Ukraine's interim president said Russia is trying to provoke Ukraine into war.

The U.N. Security Council called emergency meetings, President Obama denounced Russia's actions, and the European Union imposed sanctions on Russia. President Vladimir Putin declared that military force is a last resort, that Yanukovich has no political future and the chaos in Ukraine is in part due to rogue agents and western nations' interference.

On March 6, the Crimean parliament voted in favor of joining Russia. An official referendum is expected for March 16.



Sources: State Statistics Service of Ukraine, Ukraine's Central Election Commission

Image from nytimes.com

## 7-Day Forecast

Weather taken from Weather.com, accurate as of 3/10@ 7:00 a.m.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
H 75 L 34	H 37 L 25	H 57 L 38	H 63 L 37	H 59 L 35	H 41 L 30	H 49 L 33
3/11	3/12	3/13	3/14	3/15	3/16	3/17

# Symposium seeks to showcase student work

**Ariel Niccum**  
Staff Reporter

The LU Student Research Symposium and Exposition (SRSE) is seeking participants for its upcoming second annual event Wednesday, April 23 in the Spellmann Campus Center from 2-8 p.m.

According to [www.lindenwood.edu/SRSE](http://www.lindenwood.edu/SRSE), the SRSE is a forum for students to display scholarship and academic projects to faculty and students, as well as members of the St. Charles community.

Students have the option of displaying their work as a poster presentation or in a concurrent session.

According to graduate assistant Kendalynne

Hohe, the SRSE is a great opportunity in many ways.

"The SRSE is a great opportunity for students from a variety of disciplines to showcase their work in a multi-disciplinary professional forum versus the typical single discipline exposition," said Hohe. "It is also a great way for students to set themselves apart from other candidates in the workforce on their resume."

Poster presentation submissions may include:

- Research projects and science experiments
- Marketing campaigns or team consulting projects
- Archival research or the collection of oral histories
- Portfolios of photographs, graphic art, fashion design, etc.

- Theatrical set and lighting design, costume design, and music compositions

Concurrent presentation subjects may include:

- Conference-style paper presentations of research methodologies and findings
- Original poetry or fiction readings
- Theatrical, music, and original choreography performances
- Original documentaries and film screenings

Interested students should fill out the submission form on the SRSE website by March 17.

Further information can be found on the SRSE website. Questions can be directed to Hohe at [KHohe@lindenwood.edu](mailto:KHohe@lindenwood.edu) or [SRSE@lindenwood.edu](mailto:SRSE@lindenwood.edu).

## Lindy Awards approaching

**Amgalan Jargalsaikhan**  
Staff Reporter

The annual Lindy Awards, which recognizes the work of communications students, will be held on Thursday, March 27 starting at 7 p.m. in The Bezemes Family Theater in the J. Scheidegger Center for the Arts.

According to Peter Carlos, associate professor of communications and LUTV station manager, more than 50 works have been submitted and are ready for the judges.

"We don't judge the works because we know the students, so it's not fair for students and not fair for us. We send them out to people who don't know the students and look at their work," Carlos said. "We find professionals around St. Charles and St. Louis areas and they judge the works and send them to us."

The School of Communications has a number of facilities for its students, including television and radio stations, a news website and a newspaper.

The quality of the students' works is improving every year, according to Jill Falk, journalism department chair and associate professor of communication.

"The Lindy Awards are an opportunity for students to show their best work and receive some recognition for their all effort in their media projects," Falk said. "Even the professors don't know the results until we open the envelope at the event."

As there is no limit for students to submit their works in certain categories, a senior student majoring in Digital Cinema Arts, Line Nylandsted said she submitted works in almost every category that has to do with cinema.

"It is a great chance but I'm not expecting anything at all because a lot of students turned in their media works, and I just thought it would be nice to be part of it," Nylandsted said.

The ceremony is free and open to the public. For more information, contact Carlos at 636-949-4513 or [pcarlos@lindenwood.edu](mailto:pcarlos@lindenwood.edu).

## Announcements Commuter Open Forum

Commuters are invited to an open forum on Wednesday, March 19, at 1-3 p.m., in Dunseth Auditorium in Harmon Hall. The Lindenwood Student Government Association will give commuters a chance to voice concerns and make a difference on campus.

### Swab for Sean

Swab for Sean will take place Thursday, March 13, to find potential bone marrow donors for senior Sean Murry. Students can volunteer for the event or register with Delete Blood Cancer DKMS. The drive will occur 10 a.m. until 5 p.m. in the Spellmann Center Connection.

## SAAC talent show benefits Make a Wish foundation

**Connor Johnson**  
Staff Reporter

The Student Athletic Academic Committee, a student organization associated with student development and NCAA, will hold a talent show to raise money for the Make a Wish Foundation on Thursday, March 27 in the Jekyll Theater.

SAAC, comprised of nearly 40 athletes, hopes to raise money to help make the dreams of a terminally ill child become a reality. The group also hopes to spread awareness of their organization to the student body.

The talent show, which is the first event that SAAC has held open to the general public, currently has nine acts averaging about five minutes in duration for each performer.

The event organizers are still looking for more athletes to audition.

Rodney Mays, a senior and organizer of the talent

show, expressed his desire for athletes to show others different talents besides their athletic abilities.

"Students at Lindenwood have seen athletes on the field, and they have seen what they are capable of. Now the athletes at Lindenwood want to showcase a different side of their personalities and giftings. I am looking forward to the opportunity that this event could hold for the student body."

Former student athlete Malach Radigan will act as the show's host. There will be a panel of four judges, including a strength and conditioning coach and an executive board member in the athletic training department.

In the future, SAAC hopes that this event will become an annual occurrence, and they hope that the talent portion of the show will also be open to students who are not involved with a sport.

Doors open at 8 p.m. Admission is \$3.

**Names that built LU**  
Legacy Graphic by Cameron Poindexter

"Names that built LU" profiles 28 campus buildings named after Lindenwood personnel. Each week, we will uncover the stories behind these people, and how they shaped LU."



Image from Mary Ambler Archives  
Irwin Hall was constructed in 1924 to memorialize former president Rev. Robert Irwin.

## Irwin brought students to Christ, doubled enrollment

**Emily Adairue**  
News Editor

Rev. Robert Irwin dedicated his life to ministry and to the students of Lindenwood University.

Irwin was born the son of a minister on Jan. 1, 1833. While he considered college and ministry, Irwin began working at a printing office due to his family's financial circumstances. He was let go when he refused to partake in gainful work on the Sabbath and decided he would go to college after all.

He graduated from Hanover College in 1854. Irwin was ordained as a Presbyterian minister by the Alleghany Theological Seminary in 1856.

That same year he married Kate Matthews, with whom he had five daughters and three sons.

During the Civil War, Irwin was commissioned as the Chaplain of the 46th Regiment of Indiana Volunteers for the Federal Army. With a growing reputation, Irwin arrived in St. Louis to work with the Board of Publication of the Presbyterian Church.

He was elected to be the president of Lindenwood College in 1880. After the first two years of his administration, student enrollment had more than doubled.

Irwin built the south wing of Sibley Hall to accommodate the growing

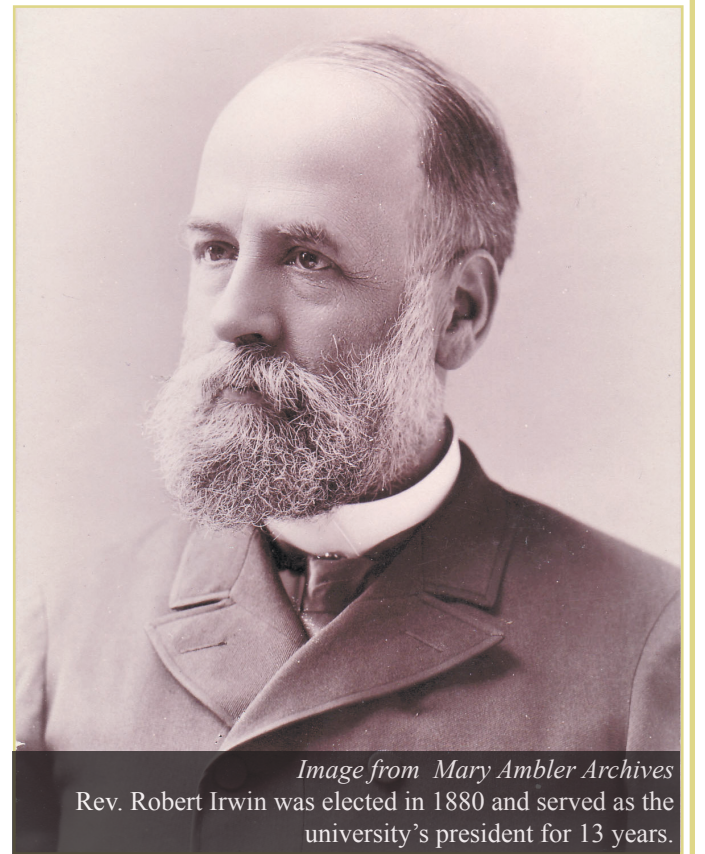


Image from Mary Ambler Archives  
Rev. Robert Irwin was elected in 1880 and served as the university's president for 13 years.

number of students. The student body continued to grow, and Irwin built the north wing in 1886, despite a tight budget.

By the end of his presidency in 1893, enrollment had grown from approximately 20 to 80 students.

It was said that no one who attended Lindenwood during Irwin's presidency left the school without accepting Christ. His students and his children understood that his primary goal was to make them earnest Christians.

Many of his children had some degree of connection

the college. Daughter Annie was salutatorian of her class in 1877, and daughter Kate served for a time as the head of the Art Department.

Son Watson was born on the campus and named for the Watson family, benefactors of the university. Son Frank was the only man to ever attend Lindenwood at that time.

Irwin Hall was constructed in 1924 and dedicated to the former president for his improvements to the university and lasting reputation in the Presbyterian Church.

Visit [lindenlink.com](http://lindenlink.com) for an interactive timeline of past stories.

**IN THE SPOTLIGHT**  
**Black Student Union**

**Dimon Paige**  
Contributing Writer

Valuing academic achievement, community service and inclusiveness, the Black Student Union's main purpose is to promote a positive college experience for black students attending LU.

"When I first came here I felt extremely out of place, and quite a bit lonely," said former president and current member Kristal Jackson. "So I decided that the best way for me to enhance my experience and escape that feeling of loneliness here at Lindenwood was to join an organization where there were people like me."

Although the name may seem exclusive, BSU accepts any and everyone regardless of race, religion and cultural background. The group strives for providing the campus with activities and events and becoming more involved within the outside community.

To do this, BSU hosts annual charity events and community service projects in the spring, aimed at helping individuals who have been impacted by hardships. BSU hosted the T-Shirt for Sterling Campaign and the Haiti Relief Project.

BSU meets every Monday in Spellmann 3105 at 4 p.m.

For further information, email the organization at [BSU@lindenwood.edu](mailto:BSU@lindenwood.edu).

Each week this series will showcase one of LU's many student clubs and organizations. It will not eliminate the potential for an organization to be covered elsewhere in the paper, it merely introduces readers to opportunities for campus involvement.

# No more warmongering

**Cole Figus**  
Staff Reporter

Despite conservatives' general discomfort with homosexuality, they have



recently developed a man-crush on Vladimir Putin.

Following the events in Crimea, conservative commentators have been gushing about how strong a leader Putin is, and have been infatuated with shirtless pictures of the Russian president on horses and mystical accounts of Putin allegedly fist-fighting bears and tigers.

This is in sharp contrast to the comparisons of "mom-jeans-wearing" Barack Obama in what is one of the oddest, most adolescent talking points to come from Roger Ailes.

However, besides the burgeoning man-crush, there have also been fervent calls for instantaneous war with Russia.

Obama is a weak leader because the US did not immediately bomb Russia, Fox News said continually, and this, like most Fox talking points, sounds accurate until you think about it... at all.

This is unambiguous: reflexive instincts to go to war are weak, childish, self-destructive, and are appallingly crystal-clear signs of terrible leadership.

Hawkish factions in politics are dead wrong almost every time because sending our soldiers to die and be maimed both physically and psychologically in global war on account of the world's politician class being unable to solve their self-created conflicts is the greatest charade of any species on planet Earth.

One of the biggest

mistakes in American history was the pointlessly fought Iraq War, and all of the people who are clamoring for war with Russia had a boner for war then.

They were outright dishonest about the WMD threat, and so, as a result, anybody who feels that the Iraq War was positive for the U.S. or any single human being on the planet other than CEOs of Haliburton (remember, Dick Cheney, the grand instigator of the Iraq War was one) has no role as a contributor to any dialogue on foreign policy.

Because they were so wrong, so fraudulent, and so instrumental in ruining the American hegemony

that they are so perennially concerned with up keeping.

Because of them America is a hypocrite when President Obama castigates Putin for invading a country on bogus pretenses.

America's role in the world is not the bomber-in-chief nation.

The U.S. narrowly avoided bombing Syria, which would have strengthened Assad's paranoid fear of American manipulation, and, worse, would have convinced the Syrian people that his paranoia is justified while creating a generation's worth of future Syrian blowback against the U.S.

And even more insane, increasingly Republicans

want to bomb Iran and/or increase economic sanctions.

Stop with the warmongering!

Iran has entered into extraordinarily unprecedented peace talks with the US as a result of moderate president Rouhani's willingness to reach consensus on its nuclear power program after being elected expressly to change Iran's pariah state status in the world.

Why would we suddenly get tougher on Iran when they begin to cooperate? Do Republicans ever want peace?

Because of decades of economic pummeling, the Iranian rial is the

least valued currency in the world; international cooperation of economic sanctions (not war!) has worked, and Iran has come to the peace talk table!

Republicans' hard-one for war is so four-hour-plus dangerous that peace apparently is not an option of foreign policy for them.

President Obama has shown strength as a leader for not immediately sending missiles into Russia, and the future will show that the building united, international opposition to Russian aggression will be a much more powerful and lasting solution than a unilateral, juvenile, Cold War-reigniting phallic showoff.

## On the Fence

### Should prisons be privately owned?

Brought to you by the Liberty and Ethics Center

# YES

**Cayla Brown**  
Staff Reporter

The corporations who run privatized prisons submit bids for the prisons to the government and whichever company is granted the bid houses inmates for the length of the contract.

Contracted companies sometimes use existing buildings while new facilities occasionally have to be built.

These businesses are hired by the government similar to the way military contractors are hired.

To all those who say that privately owned prisons are inhumane or unethical, there are things called regulations and oversights.

Every facility from daycare to animal shelters have rules they have to follow, so why would prisons, facilities that also house living beings, be exempt from this regulation.

Privately owned prisons function similar to corporations humans deal with on a daily basis and like corporations, have guidelines they are to follow for how the prison is run.

To those who say that as a business, private prison will only be interested in keeping inmates in the system longer, there is no concrete evidence to back up such claims.

Arising since the first private prison in 1992, 22 years ago.

terest groups not already trying to enforce stricter punishments on criminals?

Only a small percentage of prisons are privatized currently, but research done by Matthew D. Makarios and Jeff Maahs for "The Prison Journal" found that the quality of prison life was similar, if not slightly better in both federal and state private prisons.

Many private prisons are found to be less crowded and not under court orders for the conditions of confinement like state and federal prisons.

Yes, courts can order for overcrowding for criminals in public prisons, but privatized prisons are free from such decisions handed down from judges.

Though studies have been done, there has not been definitive data to clearly state that private or public prisons are truly a better option, with minimal differences between the federal, state, and private prisons.

Though every system has its flaws and hitches, no significant issues have arisen since the first private prison in 1992, 22 years ago. With current prison overcrowding and budget cuts, privatization of prisons seems like a natural step in the progression into the future.

# NO

**Samuel Horstmeier**  
Contributing Writer

Trending developments in the criminal justice world are the advantages vs. disadvantages of privatizing prisons.

Prisons house inmates primarily after conviction and sentencing of their crime; the prison which they are sent to may be owned/run by a level of government, or they may be privately owned and operated.

The main argument in why privatization of prisons is a good idea is that it will save a lot of money; in reality there are two main topics of discussion which help to break down why this money saving, if any, is not worth it.

The first problem is politics.

In L. Anderson's writing, "Kicking the National Habit," it was found that in the 1998 election cycle, private prisons contributed \$540,000 to 361 politicians. Bribes were also used as a method to encourage private prisons.

In 2009, two Pennsylvania judges received \$2.6 million to oppose alternative and lenient sentences for juveniles.

Early-release, parole, and good behavior programs are likely to be discouraged in private prisons because this would cause fewer profits for private prisons.

Because there is bribing and political gain, private prisons are likely to become corrupt and overlook

regulations which would usually prohibit these actions under government control.

Secondly we can see that private prison employees are of a lower quality than those hired by government prisons going through regulated training.

Because private prison companies are seeking profit, these companies work to reduce costs wherever possible.

These cost-cutting measures are likely to lead to safety risks and inadequate delivery of services. Chang and Thomson's "Corporations go to Prisons" tells us that because private prison employees receive fewer benefits and less pay, the turnover is higher for correctional officers.

The average starting salary for private correctional officers is \$18,000 and \$23,000 for public correctional officers.

Anderson reminds us that as a result of these numbers, private prisons must offer overtime or reduce the number of training hours; private prison guards receive 35% fewer training hours than public prison guards.

Overall we may conclude that the money saved changing to private prisons is lost in quality through prison programs, security, and training.

Crime will not deteriorate without government intervention, and neither will the quality of service administered to criminals rehabilitating themselves.

## The truth behind meat

**Abigail Fallon**  
Opinions Co-Editor

When we eat together in the dining hall most of us kind of pretend not to be checking out each other's selections, yet it has to be at least once a week that someone sees my bowl full of spinach and rice and asks if I am a vegetarian.

When I tell them I haven't eaten meat (knowingly) in two years, they say, "What, are you religious?" or "Oh, you must be super healthy."

This is kind of ridiculous.

Sure, I know other vegetarians who are either or both of these things, but I also know atheistic vegans who seem to subsist on nothing but vodka and potato chips (yes, both vegan!).

The truth is there are a million and one reasons to stop eating meat, none of which I will list here.

Instead, I have a question for you: why do you eat meat?

Could you kill an animal?

Skin one? Process one? What parts do you eat?

Do you know what it's cooked in? Do you know where it came from?

Do you know what it ate before you ate it?

In the hopes of answering these questions for myself, I made the cardinal mistake of reading Jonathan Safran Foer's Eating Animals and watching every goddamned PETA video on YouTube.

After that, meat just didn't seem like a viable option anymore.

I would tell someone if I thought their shoes were ugly, but I would never suggest they change the very core of their diet.

However, there are some statistics that simply can't be ignored.

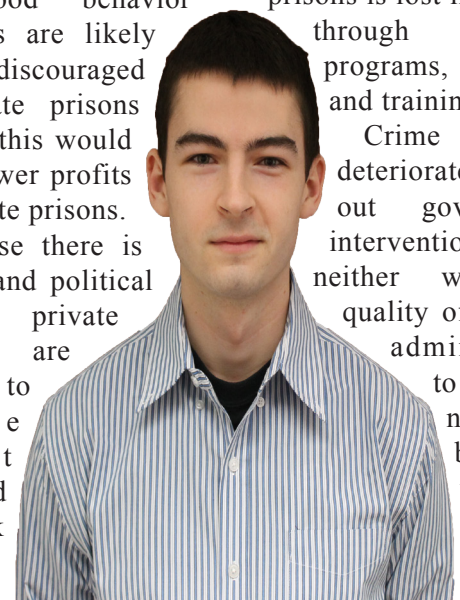
On the environmental front, National Public Radio reports that a quarter-pound hamburger requires 6.7 pounds of feed, 52.8 gallons of drinking water, 74.5 square feet of land and 1,036 Btu's of fossil fuel energy (which translates to a microwave running for 18 minutes) to deliver it to your plate.

Can you justify that amount of waste for the sake of momentary satisfaction when you could have gotten the protein from another, most likely healthier, meat-free option?

Is it worth the increased risk of arthritis, cancer, cardiovascular disease, diabetes, hypertension and obesity?

For me, the answer is no, but everyone is different. The important thing is that you ask the question.

P.S. In case you don't hate me yet, I'll let you know I still eat fish a few times per week- but hey, man, no one is perfect.





Deborah Starr  
Featured Columnist

### The importance of healthy living



This semester I am taking an Exercise Science class, just for fun.

I had no idea what it consisted of or what I would learn, but I needed something to fill my schedule with, and so I picked one at random.

Little did I know that this class would be life-changing for me, literally.

So far, we have been learning a lot about how the body works and nutrition.

Before the class I had very little knowledge about nutrition, and this is where I get to my point of this column.

By no means am I now an expert when it comes to nutrition.

I'm not even close.

However, I do think that because of just a few lectures in this class, I am now a lot more knowledgeable than a majority of the people in the United States.

And that is what I have a problem with.

It's no secret that in this country we have a huge problem with obesity.

Not only that, but also high cholesterol, heart disease, diabetes etc.

While there can be other contributors, most of this happens because of diet.

Obviously, we all know that eating at McDonald's seven times a week isn't the greatest for us, but I don't think we know why.

In just a few lectures about nutrition, I have gotten a much better handle on what kinds of foods affect the body negatively and specifically why that happens.

I think that if more people had even a basic understanding of how the body works when it comes to food, we would be much healthier as a country.

Now, of course, it still comes down to choices.

You can be an expert on something, but still make the wrong decisions.

I'm not naïve to think that we would ever get rid of fast food joints altogether.

What I do think, though, is that if we were just slightly more educated on things, we might be a little more cautious when we choose.

Already, based on what I have learned, my diet has changed completely.

I make all my meals at home, workout six times a week, and make sure to take care of my body the best that I can.

Knowing this stuff has literally changed my lifestyle completely, but it has been the best decision I have ever made.

Because of these changes, I feel better, more energetic.

I only wish more people could experience this high that I am experiencing.

I'm not an Exercise Science major, but I shouldn't have to be to learn about eating right and exercising.

Everyone should get this information at least at a basic level.

I'm just not sure why in the year 2014 that still is not happening.

When it comes to nutrition, this is one area where ignorance is not bliss.

## LUTV deserves campus air time

Lindsey Vaughn  
Co-Editor-in-Chief



Being part of the communications department has given me the opportunity to realize how many platforms students have to practice their craft.

Students outside of the communications department are not aware of the platforms, such as the radio station, newspaper, website and television station, as I might be. With us having televisions placed all over campus, I think it's a perfect chance to broadcast the LUTV newscasts.

LUTV broadcasts three times a week: Monday and Wednesday at 3 p.m. and Friday at 11 a.m.

The broadcast is run completely by students. LUTV is broadcasted on channel 989 with Charter and channel 99 with AT&T U-Verse.

If you do not go into the Scheidegger Center, students may not even realize that we have a television station.

LUTV reports events on campus and in the local St. Charles area.

Most of the stories are relevant to the students at Lindenwood.

It can keep them in the loop about special activities on campus and also controversies that students may not totally understand.

CNN is usually the channel that is on the televisions throughout campus, with the volume turned down or sometimes muted so you can't even hear it.

I think students would love the opportunity to take 20-30 minutes out of their day to watch fellow students develop their skills in their field and report relevant news.

The campus televisions are normally located near a welcome or information desk with one to four work-and-learn students sitting there.

It can be their responsibility to change the channel to and from LUTV and control the volume.

Since there are usually multiple work-and-learn students at the desks, it won't be an inconvenience or take them away from

their job for a long period of time.

Another alternative is asking I.T. to either change the channel or give the work-and-learn students control to change the station at those times. Currently, the I.T. department controls what's on the televisions throughout campus.

I also think it would provide the campus with a community feel by having the students broadcasting the information.

With students reporting the news, it could make it more interesting and excited for students on campus and would get them more excited about things going on in the area.

Students who participate in the broadcast will also receive more feedback on their performance and will give them an incentive to do better since they know their peers will be watching.

If the broadcast journalists can hear feedback from fellow students, they can improve faster.

Also, it just makes the campus look more unified and supportive of all the departments at Lindenwood.

If a campus tour was being conducted and the visitors saw the LUTV newscast being broadcasted, it would show that Lindenwood supports their television station.

Right now, it seems like we are supporting a muted CNN over our own television station.

That might influence a visitor in whether or not they choose to come to Lindenwood.

I understand that the volume might be a concern in certain areas on campus.

There are designated areas on campus, such as the computer lab and study areas in the library that are supposed to be quiet.

Raising the volume to a level that students can hear for 20-30 minutes three times a week should not hinder students' studying abilities.

If it does, they know there are areas they can move to. I believe in supporting all student-run projects, no matter what department they belong to.

I think broadcasting the LUTV news will be an easy stepping-stone to start showing more support of Lindenwood students.

## I don't "I do" do I?

Christie Sielfleisch  
Production Manager



Marriage. In short, I never believed in it. I thought it was a pointless and unnecessary idea because who really wants to spend thousands of dollars to show that you're committed to someone? Are you really that insecure that you need to make a huge show of your relationship just to get a signed document stating that your significant other "belongs" to you?

Anyway, that's what I've always thought; but since everyone and their mother is starting to get married, I decided it's time to reevaluate my opinion.

As a girl, if a guy loves you, you want him to show it, right? You want to have a symbolic meaning behind your relationship. You want a title that stands for something more; rather than just saying, "Yeah, he's my boyfriend." What's so wrong with that?

Since birth, girls are brainwashed by the idea of a Prince Charming and a perfect ending. We watched a countless number of Disney movies that portray a romantic love story. Yet we tend to ignore all the obstacles that stand in the way. We happily overlook the malevolent queens, the

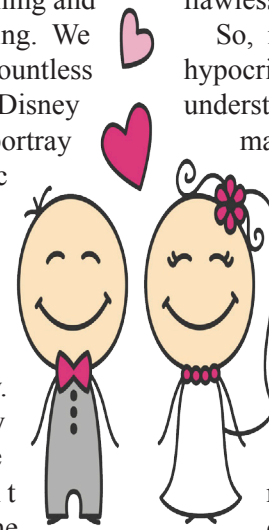


Image from steadyflowblog.com

fire-breathing dragons, the evil sorcerers and even the wicked stepmothers who take up over half the movie. We only notice the man that sweeps the woman off her feet; and we only remember the happy ending.

So as we grow up we prepare ourselves for our Prince Charming and use Pinterest to plan that special day. We prepare ourselves for getting engaged and getting married, rather than being engaged and being married. We neglect reality and forget to recognize the possibility for heartache and trying moments that test our strength. We expect our man to be like Prince Charming; tall, dark, handsome and with zero faults. It's an extreme wake-up call once we realize that could never happen.

In my opinion, before one starts dreaming up their fairytale wedding, they first need to step out of their dreamland and face reality. It is essential to understand that just because a person isn't perfect, doesn't mean a relationship can't be. Take the faults as they come and have faith, and come to terms with the fact that no one could ever be perfect; but that doesn't mean that they can't be your own flawless Prince Charming.

So, in the midst of my hypocrisy, I started to understand why the idea of marriage seemed so appealing.

If you can make it to the point of marriage in a healthy and loving relationship despite all the ups and downs, it really is a happily ever after, isn't it?

### Dear friends,

I noticed your fight for democracy and for liberty. The oppression suffered by the Venezuelan populace is wrong, unfair and disgusting.

On the other hand, your fight is legitimate, just and you should be proud about it.

The need for international recognition is important and social media plays an important role in that matter.

However, Venezuelans are not the only ones suffering oppression in the world today.

A just fight is not better than another one, and the goal of this open letter is not to compare the pain between the people; but it is to tell the victims of oppression that you are not alone.

You ask people for help and recognition; and I ask you to do the same. You ask me to share your stories; and I want you to do the same.

In Syria, 130,000 people have been killed since March 2011, but I have never seen anyone fighting for that cause on campus.

Too few links are shared on Facebook or Twitter and they've never had a march or demonstration at Lindenwood.

You have to be ready to share and denounce an unjust situation when it concerns another country.

I would like to see all the people who fight for Venezuela to start fighting for the Syrian, the Ukrainian, the Burmese, the Palestinian, the Congolese, etc.

These people do not have a strong community here in the U.S. and their voices need to be heard.

In the pain of oppression, people should not be categorized by their nationality, but they should fight together as brothers and sisters.

-Romain Polge, Photo Co-Editor

**The Legacy / lindenlink.com**  
 Spellmann Center 3095 / 3100  
 209 S. Kingshighway  
 St. Charles, Mo. 63301  
 Legacy Telephone: 636-949-4336  
 Lindenlink Telephone: 636-949-3629  
 Legacy Email: lulegacy@lindenwood.edu  
 Lindenlink Email: lindenlink@lindenwood.edu

**Legacy Staff:**  
**Editors:** Madeleine Heppermann, Lindsey Vaughn  
**Style Editor:** Michael Sprague  
**Managing Editor:** Melissa Spears  
**Production Manager:** Christie Sielfleisch  
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Image from lindenwood.edu

## Weekly Entertainment Reviews

### Music

“Helios”

By: The Fray.



Tyler Jeffers  
Staff Reporter

“Helios,” the fourth album from The Fray, is a pretty solid interpretation of alternative rock in modern America. The album, as a whole contains a balanced rhythm and provides a very calming but appealing sound to the listener. Even though the hit single from the album is “Love Don’t Die,” my favorite piece is “Hold My Hand.” Other great pieces on this album are “Shadow and a Dancer,” “Wherever This Goes” and “Hurricane.”

Once you start listening to particular songs on “Helios” over and over, you notice little moments of breakthrough and genius, the type that is expected from a band like The Fray. Despite how enjoyable these little innovations are they fade quickly like a vapor in the wind just making you wish for more. I find the album to be lacking in variety and individuality.

Overall, “Helios” is great and I enjoyed listening to it. However, unless you are into alternative rock or you are a die-hard The Fray fan, I wouldn’t rush to buy it. The songs are appealing but leave little to be desired and all you will be thinking is that there must be more that they can do.

### Books

“The Glass Casket”

By: McCormick Templeman



Samantha Triplett  
Contributing Writer

“The Glass Casket,” by McCormick Templeman, is a dark fantasy detailing the horrors which strike the superstitious mountain village of Nag’s End. Told from multiple perspectives, but with an emphasis on Rowan, Tom and Jude, the novel seeks to thrill with dramatic scenes of tension and foreboding.

While for the most part it does accomplish its goal, the novel seems to suffer from characters that are too fluid in their personalities, as well as from an abundance of narrators. Even though the first issue can be explained away with a later plot revelation, the second makes it difficult to get attached to most of the cast beyond the three main characters.

Despite these short-comings, “The Glass Casket” excels in creating a fully-functioning world where beliefs clash and the greatest enemies can come from within. Each revelation works toward the conclusion and every scene includes the necessary details with which the reader can discern the truth. Even the abundant cast of narrators finds an enjoyable balance once the story hits its stride and the characters involved in the tragedies at Nag’s End are better fleshed out.

All in all, “The Glass Casket” is nothing groundbreaking, but it is an interesting portrayal of how individuals desire conflict and of how the choices of those around us can alter our fates. For those who are capable of keeping a barrage of names straight and are looking for something spooky, but not totally terrifying, “The Glass Casket” is worth a read.

### Movies

“Divergent”

PG-13



Killian Walsh  
Social Media Co-Editor

In a dystopian society where Chicago is split into five factions, one girl must make a decision that will affect the rest of her life. She must choose to live with the honest, the knowledgeable, the peaceful and the brave or remain selfless in the faction of her family. If she chooses one of the other four factions, she will have to leave behind her family forever. The film adaptation of “Divergent” premieres March 21.

This young adult novel adaptation lived up to my expectations. The cast was perfect, from Shailene Woodley as Tris and Theo James as Four. I don’t want to spoil anything, but there were no surprises in the film and as far as I can tell, no majorly important themes or points were left out.

By the finale, I had laughed, cried and gripped my knuckles white on the armrest of my seat. If you haven’t read the book, I suggest you do. Then, go see the movie. It will definitely be worth your time and money.

The movie was a Lionsgate film, the company that brought you Twilight and The Hunger Games, and if they were banking on another multi-million dollar franchise, they got it.

## Now anyone can be Master Chief with Cortana by their side

Jason Wiese  
Co-Culture Editor

Microsoft announced last December that the upcoming Windows Phone 8.1 update will include something, or “someone,” that may seem familiar, especially to those switching over from the iPhone.

Cortana, codenamed after an artificial intelligence character who is close to Master Chief in Microsoft’s “Halo” game series, is Microsoft’s answer to Apple’s Siri.

According to “The Verge,” the voice-automated personal assistant will replace the Windows phone’s built-in Bing search feature.

Cortana is visually designed as an animated circle that will be the color of the user’s choosing.

Despite a similar personality to Siri, such as asking “What can I help you with?” once opened, it will also visually express “emotion” by bouncing around, frowning, etc. when it speaks or searches.

Microsoft has not formally announced Cortana, but, Unleash the Phones recently leaked a video showing Cortana’s main features in action.

The questions it asks are very “Siri-esque” (i.e., “What name would you like me to call you?”) and are made to personalize it to the user.

However, as the video reveals, the user must sign in to a Microsoft account before beginning.

According to New Vision, it is rumored that Microsoft will unveil Cortana, or whatever it shall be officially deemed, with a preview of Windows Phone 8.1 at its Build conference this April.

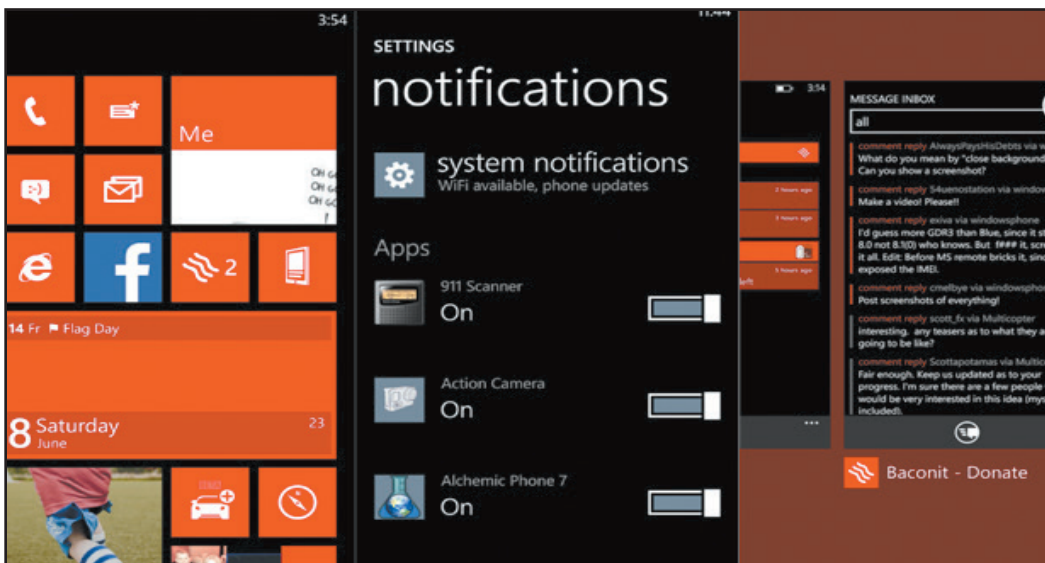


Image from of winbeta.org

## Pointfest line-up announced

Lindsey Rae Vaughn  
Co-Editor-in-Chief



Image from allaccess.com

The line-up for the 32nd Pointfest Festival was announced on Monday, March 3. The rock festival, hosted by 105.7 The Point, is planned to be held at the Verizon Wireless Amphitheater in Maryland Heights on May 10.

The line-up is a slightly different genre of rock from previous years. Within the last five years, headliners included bands like Alice in Chains, Rob Zombie and Korn. This year, the heavy rock festival has taken an alternative turn.

The opening bands are Chelsea Wolfe, The Orwells, Morning Parade, Band of Skulls, The Airborne Toxic Event, Crosses and The Head and the Heart.

Chelsea Wolfe came out with her third album in 2013 titled “Pain is Beauty,” and is from California.

The Chicago rockers The Orwells released their debut album, “Remember When” in 2012 and have released two EP’s titled “Other Voices” and “Who Needs You.”

Morning Parade began in 2007 all the way from England. Their sole self-titled album hit No. 16 on the U.S. alternative charts in 2012.

Band of Skulls is another English alternative band that has been performing since 2004. They have two previous albums, but their newest album, “Himalayan” will be released on March 31, just in time for Pointfest.

Another band from California will hit the stage. The Airborne Toxic Event has three studio albums, their most popular being their second “All at Once.” It hit No. 4 on the U.S. alternative charts.

Crosses are a new band just making their way into bigger festivals like Pointfest. They are featured on SiriusXM Octane and have two EP’s out. “The Epilogue” was released in 2013 and hit No. 27 on the U.S. alternative charts.

The Head and the Heart began their music career together in 2009 and are considered to be in the indie rock genre. Their latest album “Let’s Be Still” was released in 2013.

Some of the bigger names include Neon Trees, Blue October, A.F.I. and The Offspring. The headliner for Pointfest 32 is Queens of The Stone Age.

Queens of the Stone Age formed in 1996 and have had hit singles including “My God is the Sun,” and “Go with the Flow.” Their latest album, “...Like Clockwork,” was released on June 3, 2013.

Ticket cost start at \$29 for lawn seats and are having a special offer of four lawn seats for \$99. To purchase tickets, go to ticketmaster.com or 1057thepoint.com/pointfest.

## Dan Henig inspires at LU concert

John Holden  
Contributing Writer

LU played host to developing singer and song writer Dan Henig on March 3. Henig played some of his own remixes as well as some originals at Evans Commons. During the show, he had a moment where he would read peoples text messages as if he was singing them in a song.

Henig, having already achieved success on YouTube, is touring around the country and is expecting to record his first album in April.

“I had a video that went viral and it changed my life,” Henig said, “I am now performing full time.”

As always with all musicians, there is an uncertainty of guaranteed success. With such a high risk, low success industry, Henig knows that success will not come easy.

“You have to not be able to imagine yourself doing anything else for the rest of your life,” Henig said. “There will be people who support you, but there will always be people to try and drag you down and you have to be really passionate about it.”

Henig also stresses his ideas as a performer of simply loving what you do.

“You should really love what you’re doing or why would you want to waste your time doing it?” Henig said about his passion for music proving that loving what you do and making it a job is not only a possibility but a necessity.

## What to do this St. Patrick’s Day

Jordan Pfeifer  
Contributing Writer

St. Patrick’s Day is a day to commemorate Ireland’s patron saint. The holiday, on March 17, is typically celebrated by wearing green and honoring the Irish culture. To keep festivities convenient, many will be celebrating on Saturday, March 15.

In St. Charles, there will be a St. Patrick’s Dance Show at the Arcada Theater at 10 a.m., followed by a “Deck Out Your Lucky Dog” contest to go along with a parade which starts at 2 p.m., from Main Street to Route 64.

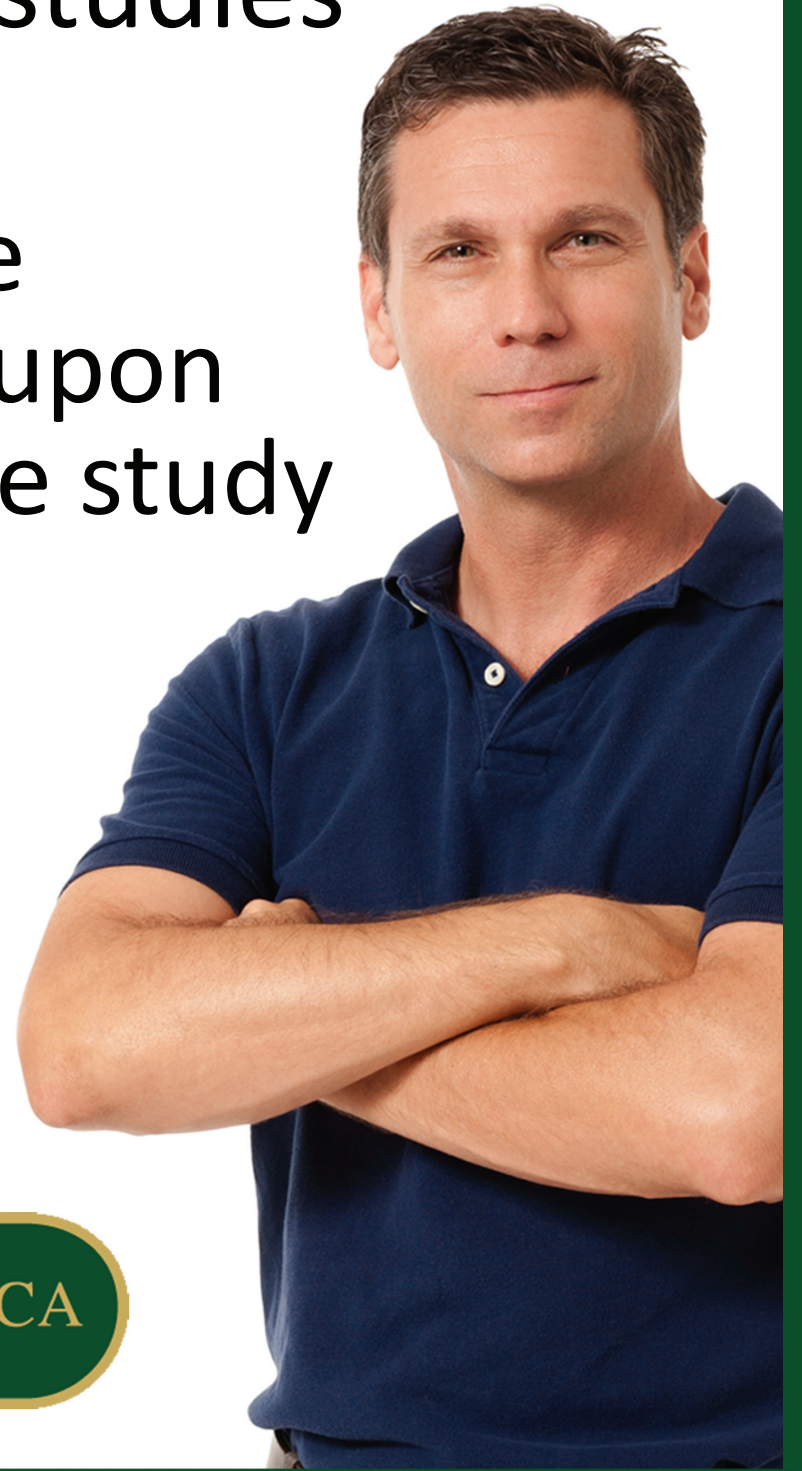
In St. Louis, there will be even more festivities. People will enjoy the Irish Village, presented by the Hilton, in Kiener Plaza. Local vendors, organizations, and the liv-music Main Stage performance area will take place.

Also beginning at 9:00 am will be the 36th annual St. Patrick’s Day Parade Run. At 12 p.m., the 45th annual St. Patrick’s Day Parade will begin on Market Street.

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# Lions to send 14 to nationals

**Phillip Scherer**  
Staff Reporter

The Lions swimming and diving program will be sending 14 participants to the Division II national championships in Geneva, Ohio next weekend.

This will include 10 swimmers and four divers. There will be eight men traveling with the team, and six women.

Sophomore David Cochran, the top diver in the NSISC conference, believes the university has accomplished great things in their first year of eligibility. "I think it makes a strong impact on the other Division II teams and lets them know that the Lions are a big competitor," Cochran said. One of the leading

competitors for the Lions is freshman swimmer Gustavo Silva Santa.

He will be competing in seven events over the course of the championships, including all three of the relay events.

He was the leading scorer for the Lions at the conference championships, where he was the winner of the 200 and 500-meter freestyle events.

Another top competitor for the Lions is freshman swimmer Igor Mijatovic.

He will be competing in three individual events at the national championships, including the 1000 and 1650-meter freestyle events, which he won at the conference championships.

Two of the most successful women who will be traveling to Ohio are swimmers Lena Kirchner and Hannah Vinyard. Kirchner was the conference champion in the 1650-meter freestyle event, and Vinyard was the champion in the 200-butterfly event.

The divers of Lindenwood will also be well represented at the national championships.

Cochran was named the diver of the meet at the conference championships, and sophomore Schyler Hohenberger was named the runner-up in the three-meter dive.

Cochran said he is glad there is a large group of people going to the championships in

Lindenwood's first year of eligibility. "I am excited for a large group of the team to be going. It will definitely make the trip more memorable being able to share it with such a great portion of the team."

The team believes it has a strong chance to compete at the national championships, regardless of their lack of experience at this advanced level.

"I think the divers have a strong chance of doing really well at nationals with top rankings going into the competition. I also think some of the swimmers have a chance to do really well at nationals. Several of the swimmers have great qualifying times in comparison to the others that have qualified," Cochran said.

# Women's lacrosse makes NCAA history



Photo By Romain Polge  
Melissa Smith looks to advance towards the goal in the Lions' game against Adelphi University.

**Cassie Bulemner**  
Staff Reporter

Menchella.

Lindenwood's women's lacrosse team made history this past Sunday when they beat Indiana University of Pennsylvania, the 15th ranked team in the nation, by a score of 18-11.

They also beat Slippery Rock University on Saturday 19-11.

On Saturday, Erin Abbott put the Lions ahead very quickly as she scored her first goal within 30 seconds of the game clock.

She scored another one just three minutes later to put the Lions ahead 2-1.

Slippery Rock answered back with two goals to tie the game, but they were no match for the Lions for the next 13 minutes as they went on an eight-goal scoring streak to take the lead by eight with 7:03 left in the first half.

Shelby Polk and Melissa Smith were the leading scorers for the Lions on Saturday.

Polk scored four while Smith added five of her own.

Other scorers on Saturday were Melissa

Maddi Ossello, Abbott, Jordyn Constance, and Amanda Schimpke. Menchella and Ossello each scored three, Abbott scored two, and Constance and Schimpke each chipped in a goal to help the Lions take their 19-11 victory.

On Sunday, it was Melissa Smith who started the Lions off with a 1-0 lead just 28:28 into the game.

She scored five total goals for the game and had seven assists.

Polk, Schimpke, Menchella, Abbott, and Lindsey Palmer added their own goals to push the Lion's toward their historical victory finish.

Several members of the team had big games to help earn the victory.

Polk had 12 draw controls while Smith, Menchella, Ossello and Christine Hehmeyer all earned three groundballs for a team-high.

Ossello also caused five turnovers.

The Lions moved to 4-1 overall and will play on March 13 at Pfeiffer University in North Carolina.

# M. and W. tennis cannot find their groove against Rockhurst

**DJ Hicks**  
Staff Reporter

On a beautiful Sunday afternoon the men's and women's tennis teams held Rockhurst University here on campus for their first action in almost two weeks.

Both teams went into last Sunday's match with winning records with the guys at 3-1 and the women at 3-2.

The Lions hoped to have a great day with this match being the last one before MIAA competition starts this Friday against Emporia State here in St. Charles.

Unfortunately both the men's and women's had a difficult day against the talented Rockhurst team previously 3-2 in the men's and 1-3 for the women's.

The men fell 3-6 and the girls lost 2-7.

Out of all nine matches the men won two of the 6 single matches and just one of the doubles.

Andre Masin and Yoshi Ysa both defeated their opponents in two games for the two single match wins for Lindenwood.

Masin acquired another victory in the doubles match with Johannes Rabenhorst as the battled Truit Gray and Pawel Grzegorzolka of Rockhurst University, they came out victors in a close match with a score of 8-6.

On the women's team Diana Castro brought home a singles match win in two games for Lindenwood.

She also participated in the other win for the women's team as she and Clara Piccamiglio outperformed their opponents in doubles with a solid 8-5 victory.

Standout Diana Castro has competed well all season increasing her record last Sunday to 8-4 in singles and 3-2 in doubles with her partner, Piccamiglio, who

has also had a noteworthy season so far with a 9-5 record.

The doubles winners for the guys, Masin and Ysa, contain the best doubles record for the men staying above even with a 5-4 record.

Similarly to the girls these doubles maintain the best singles records as well, Masin has only fallen once with an impressive 7-1 record while Ysa had held his own too with a 9-4 record to show for it.

The men's team hopes to bounce back from a tough

loss and get ready for a big day on Friday against Emporia State, the girls look to start the MIAA season right with them and put an end to their two match losing streak.



Photo By Romain Polge  
Alexandra Medvedeva serves.



Photo By Romain Polge  
The men's and women's tennis team prepare for their games.

# Softball struggles continue, lose 10-6

**Sabrina Schuppe**  
Staff Reporter

The Lindenwood women's softball team took an unfortunate loss to Roosevelt University this past Friday giving a score of 10-6, falling short at the Lou Brock Complex.

Lindenwood quickly scored five runs in the bottom of the first inning on six hits.

Although Roosevelt was slowly coming back by the third inning, scoring two runs on a two-run home run.

Continuing to come back at Lindenwood, Roosevelt took the lead in the fourth inning after scoring four runs, leading Roosevelt to the win.

This loss leaves the Lindenwood Lions at 2-7 on the season.

Lindenwood women's softball team will start MIAA on Sunday, March 9 when they travel to Edmond, Oklahoma to play Central Oklahoma at 1 p.m. and 3 p.m.

They will then travel Monday to Tahlequah, Okla. to play Northeastern State University for another MIAA game.

"We have been hitting the ball well in practice and our pitchers are eager to get outside and take on the MIAA teams," said head coach Don Loberg.

"We hope to come back to Lindenwood with at least a split if not four games."

The Lions' next home game is a double header on Friday, March 14 at 2 p.m. and 4 p.m. at the Lou Brock Sports Complex. They face Lincoln University of Missouri.



Photo By Romain Polge  
Sophomore Morgan Colvis pitches during the Lions' game against Roosevelt University.



Photo By Romain Polge  
Sophomore Mallory Eitel prepares to make contact.

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# Men's rugby gets bitter taste of D1A

**Jadin Kidson-Trigg**  
Staff Reporter

Out of the toughest division of premier collegiate level rugby, Lindenwood men's rugby has officially established themselves as a powerhouse and a force to be reckoned with as they kicked off their season in Division 1A Collegiate Rugby.

In the opening game of the season, the team was ranked seventh, but will jump after the match, according to Coach JD Stephenson. Lindenwood's 2nd XV team played first, with two tries each (five points) from freshmen Nick Feakes and Zach Gonderman. Feakes also had two penalties (three points) and two conversions (two points) to end the game in a 25-15 victory for LU. First team followed shortly after with tries by freshman Lungile Tshuma and juniors Lincoln Magee and James Poli and a conversion by freshman Ben O'Donnell, but the men couldn't pull out a win and fell to Arkansas 17-25.

Junior second row Michael Gierlach, who plays on 1st XV team, believes the team's major setback was the numerous penalties against them which allowed for Arkansas' quick advancement down the field. He said this game is going to set them up for the higher caliber of playing they will be participating in now that they have advanced to a higher division.

"I think with our quality coaching and athletes and this being our third year, we can expect great games and a successful season," said

Gierlach.

Freshman second row Jack Huckstepp, an Australian native playing on the second team, debuted with the Lions in this game. He said he knew the men were going to face difficulties seeing as they were competing against one of the best teams in the country, but believes they matched Arkansas with that same intensity which made for a stellar performance.

He said Zach Gonderman was "lethal" on the wing, helping them come back after losing the lead midway through the game. Huckstepp said now that the men are in one of the best divisions in the country, this game foreshadows the kind of competition they will face later on in the season.

"Seeing what a team like Arkansas can do suggests we have a lot of improvements to make to merely compete in a division this difficult," said Huckstepp.

JD Stephenson, who was recently named head coach after former Coach Ron Laszewski stepped down, had much to say about both teams performances. He said both teams started out their games very unstructured and chaotic.

"We were our own worst enemy, as we gave away countless penalties thus swinging the momentum away from us," said Stephenson.

Stephenson said the season has just begun and there are plenty of fresh faces on the field, but he is already dealing with a young and talented squad, and once the men find some rhythm with new



James Poli breaks through the defense to score a try in the game against Life University. Life University went on to win the game with a late conversion to make the score 19-15.

attack patterns as well as combinations the season will be nothing short of successful. He said although the men suffered a loss this weekend, there's always room for improvement and he's proud of them for giving 100 percent non-stop.

"There's a lot to take out of a loss, but I can't be too critical on them. Sometimes it's not your day, and this just wasn't ours," said Stephenson.

Following the men's premier in Division 1A rugby, 1st XV team took on their toughest opponent, Life University of Marietta, Georgia under the lights in Hunter Stadium last Friday evening, while 2nd XV team played Sunday Morning Club of St. Louis.

Freshman Jeremy Leber from Australia plays hooker

on the 1st XV team and was the first and only Lion to score in the first half, followed by junior James Poli and freshman Lungile Tshuma in the second half before Life kicked two penalties to win the game 19-15. Leber said he's extremely confident coming out of this week's game regardless of a loss.

"I believe we had a massive improvement from the Arkansas State game but we definitely have our work cut out for us as far as room to improve beyond this week's improvement," said Leber.

Following this game, the second XV played Sunday Morning Club where LU came out guns with blazing.

Junior Patrick Jang scored in the first five minutes off of a scrum followed by an interception by senior Justin Mathis that

was passed off to senior Matty Harris and run into the tryzone.

Shortly after, Mathis struck again when he ran through the opponent's defensive line to assist sophomore Brad Foster in another score.

The final score was 78-7 with tries by Foster, Jang, Harris, freshmen Nick Feakes and Pat Mulligan and sophomore Danny White, and three assists by Mathis.

Foster was very satisfied with the outcome of the game and how well the team worked together, saying their knowledge of the game and athletic ability allowed them to dominate the game quickly.

"Our simple hands worked most effective on getting the ball to our outside backs to drive down the field leading to

our forwards' runs down the line," said Foster, "on the other hand, we set ourselves back by getting a few too many offside penalties."

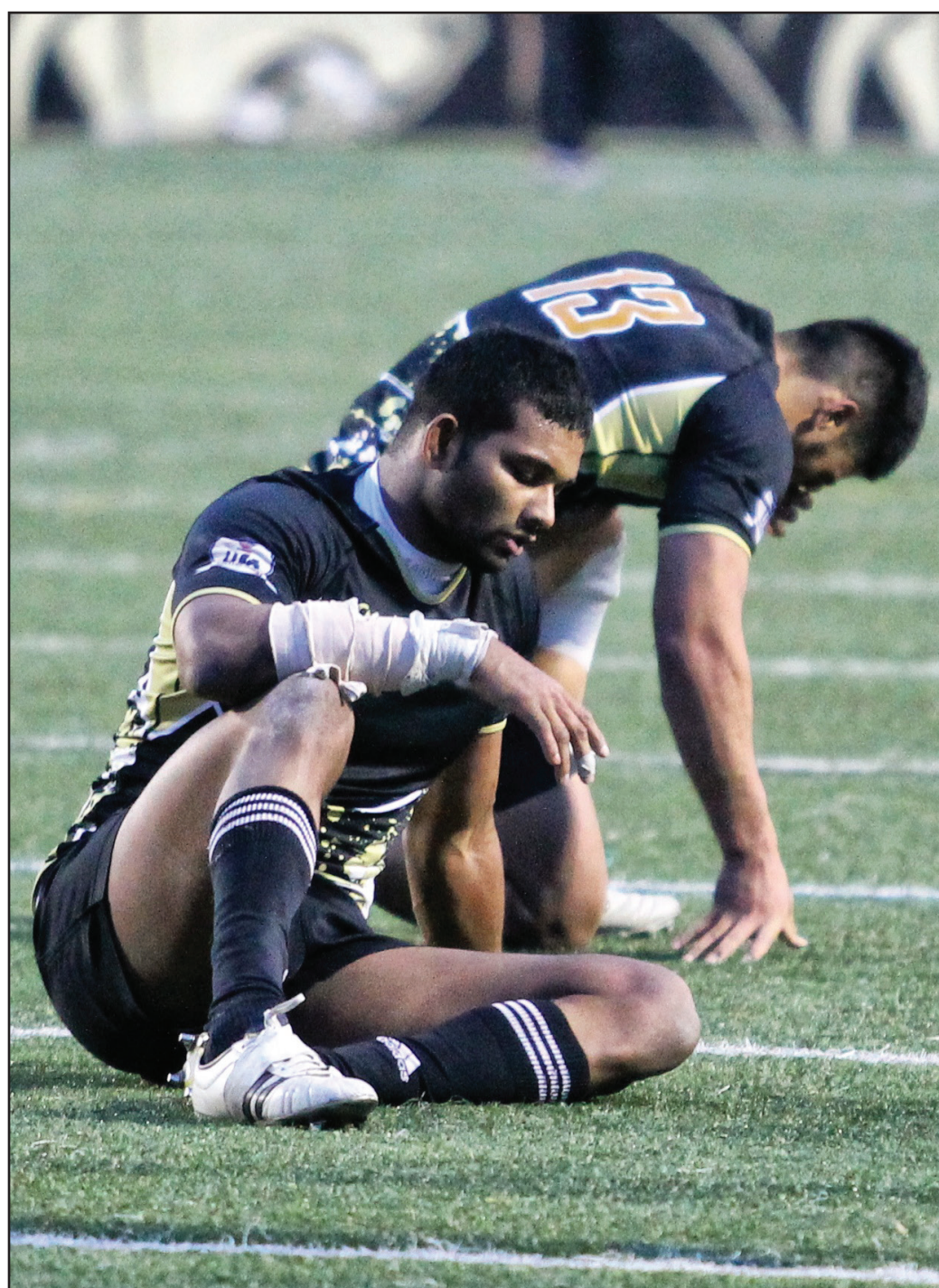
Foster has high hopes for the season and said they've shown their dominance as a team and LU can expect to see the team win every game this season.

Mathis said the only setback the men had was their clustered defensive alignment and over-commitment to the rucks, but aside from that they were on their game offensively, adding they were able to shift the ball around really well.

When asked how the rest of the season is looking, Mathis had this to say, "The losses we've had have not been blowouts, they prove we can hold our own in this spot in our division."



Lunaile Tshuma sets the ball down for a conversion attempt. Tshuma was a pivotal performer for the Lions but was unable to maneuver a win, with the Lions losing 19-15.



Shenal Dias and Sione Fangaiuiha react to Life University's late conversion which stopped Lindenwood from winning their first conference game of the season.