

LINDENWOOD LEGACY

Student Newspaper

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Bye-bye, Blackboard

New learning management system to debut this fall

Viktoria Muench
Editor-in-Chief

Lindenwood University will transition to the Canvas learning management system from Blackboard this fall.

During a training session in Scheidegger Center this month, faculty got their first look at the new system.

T.J. Rains, vice president for information technology and chief information officer, began by addressing the

ongoing difficulties with Blackboard.

He said the decision to change to a systems has been considered for a long time.

"We had to make an adjustment," Rains said. "The stability of the environment was highly challenged, and as a result, our student experience was suffering [over the last few years]."

After a formalized evaluation process where key vendors in the learning management space were brought in,

Canvas by Infastructure was chosen to fit Lindenwood the best.

During the faculty training session, regional director for Canvas Estelita Young highlighted its main features.

One of the biggest improvements the cloud-based system will bring is the lack of downtime. "Canvas was built for the cloud, so it's always going to be there," Young said.

Updates and system backups will be made automatically, so users

won't experience any maintenance issues or outages.

Young also mentioned a faster way of communication between instructors and students.

"You want ways to be notified to what's going on in your classes," she said.

Canvas' mobile app for both iOS and Android will allow students and instructors to get personalized notifications on their phones.

Every time a change

is made to the syllabus or assignment calendar, or when an assignment is graded, students will be notified on Canvas. Also, instructors will be able to communicate with their students through real-time interactions by messages sent directly to the students' phones.

"Keeping students on task is our main priority," Young said.

The ability to embed more video, audio and reading material from a wider variety of sources

will improve the learning environment for students as well, according to Young.

Young also demonstrated the video recording feature for audio or video comments.

"It allows instructors to record parts of their lessons or themselves while giving personal feedback to a student," Young said.

Students can also record themselves as part of a course discussion.

Instructors currently using Blackboard will

be able to import their Blackboard course into Canvas, making the switch between the systems easier, Young said, as syllabi and course calendars will automatically be created.

According to Dean of Fine and Performing Arts Joseph Alsobrook, official training will begin in February for early adopters in the St. Charles and Belleville campuses. Additionally, campus training for all faculty members will be offered starting in



Photo courtesy of Dionne Stewart
Nicci Roach and LU Professor Patrick Walker recently wed at the airport.

Airport wedding hits right note for couple

Devin King
News Editor

Whitney was his first love, but Nicci is the love of his life.

Over the break, non-profit administration professor, faculty counsel chair and Whitney Houston super fan Patrick Walker married Nicci Roach, an administrator at Webster University, at Lambert -- St. Louis International Airport.

"When I first saw Nicci in her wedding dress, she looked like a goddess," Walker said. "The most beautiful woman I've ever seen."

Roach got the idea to get married in the airport after she read a news blurb about the

airport looking to renovate unused space.

"When we checked out the venue, there was no doubt that this was the place," Roach said.

Greatest Love of All
Walker met Roach at her father's church, but it was at the airport where Walker first told his then-girlfriend that he loved her.

"The airport isn't just a symbol of journey but also transition," said Walker.

Around two months before the wedding, Roach's father passed away due to muscular dystrophy. A week later while Roach and Walker were traveling to her father's wake, Walker received a phone call from his niece that his

sister had passed away suddenly of undetected respiratory heart issues.

"We were so restless by the time of the wedding because of everything that was going on," said Walker.

I Wanna Dance With Somebody

While many of the days leading up to the wedding were spent grieving, the time of the wedding was spent celebrating.

The wedding took place on Dec. 19 in Concourse B at the airport. Road said the 25,000-square-foot open space was completely decorated by Walker and Roach's wedding planners.

"Everything looked like it was on clouds,"

See Wedding | Page 2

School of Communications will merge in August with Fine and Performing Arts

Mariya Pakina
Reporter

Lindenwood's School of Communications will merge with the School of Fine and Performing Arts this August, according to school officials.

The new school will become the School of Arts, Media and Communications.

Joe Alsobrook, the dean of the School of Fine and Performing Arts, will be the dean of the combined school. Alsobrook has been teaching at Lindenwood since 2004 and became dean in Dec. 2011. He was also chairman of the Lindenwood Music Department for seven years.

Alsobrook said that the decision was made in

the beginning of J-term and that he found out he would become dean of the new school a week or two after.

Mike Wall, the dean of the School of Communications and radio production professor, will be stepping down after almost a dozen years as dean. He will continue to serve Lindenwood as associate dean and will serve as chief administrator when Alsobrook is absent.

An assistant dean position also will be added to take on some of Alsobrook's responsibilities, Alsobrook said. It will be filled by someone currently on staff in one of the schools.

Alsobrook said curriculum changes are

planned, but nothing has been finalized.

"We're having the experts in our faculty decide what our students need for their future," he said.

Alsobrook said he will be meeting with all the departments that will create the new school to come up with future plans.

Wall said the merger would eliminate some of the schools' programs overlap, and the merger will help to capitalize on the collective achievements of faculty and students.

Wall also said that this change is an administrative move, and that it should not affect where classes are taught.

Currently, Linden-

wood's School of Communications offer five majors, such as Journalism, Interactive Media & Web Design and Digital Cinema Arts, while the School of Fine and Performing Arts has 15 majors, such as Dance, Art History and Graphic Design.

Wall said there will probably be more academic reorganization on campus in the future, but he could not say which schools might merge.

Last semester it was announced that the School of Human Services would merge with the School of Business but would keep the school's name, Robert W. Plaster School of Business & Entrepreneurship.

Contributions by Devin King

Campuses are curbing hoverboards

Devin King
News Editor

Colleges across the country are putting the brakes on students speeding around campus on hoverboards.

While Lindenwood has no plans to ban the self-balancing two-wheel motorized boards - more commonly known as hoverboards - administrators at University of Missouri-Columbia sent

an email to students earlier this month saying that the boards would no longer be allowed on campus.

In addition, University of Illinois banned hoverboards from its dorm rooms.

Both schools cited fire hazard concerns as reasons for the change in policy. A U.S. Consumer Product and Safety Commission reported that it's investigating 28 fires re-

lated to hoverboards.

According to the hoverboard fan site, The Best Electronic Hoverboard, a defect in hoverboard batteries can prevent them from cutting off when overcharged, which starts a fire.

Director of Lindenwood's public safety and security John Bowman said that he was unaware that hoverboards presented any fire danger.

"Hoverboards are

currently considered the same as skateboards," Bowman said. "We are currently not looking into them as hazards."

Despite the concerns, students like senior John Savoy, who is on the bowling team, plans to continue using his hoverboard in his daily routine.

"It saves me a few extra minutes when I need to go from my dorm to practice," Savoy said.



Photo by Kelby Lorenz
Matt Sabados rides his hoverboard to class in Spellmann Center during January Term.

Letter from the editor: New year, new leadership, new changes

Readers may notice some changes in this issue of the *Legacy*.

All publications revamp their design every few years. The *Legacy's* new leadership chose to give the publication

a facelift to reinforce its position as a fresh place for students to get their news in print, as well as online through Lindenlink.

Over the January term, we worked on a

design that would make our newspaper more inviting and modern. We made the newspaper's flag cleaner and incorporated the school's colors. We also changed the headline fonts to complement the new look.

In addition to my new position as Editor-in-Chief, we are adding Devin King as News Editor and Rachel Schult will become Visuals Editor.

Continuing in their current positions as Managing Editors are Phil Brahm for Lindenlink, and Phil Scherer for the *Legacy*.

The staff will continue to be led by Design

Chief Kelby Lorenz, Culture Editor Jason Wiese and Opinions Editor Tyler Tousley.

Business Manager Jennifer Nickerson and Circulation Manager Abby Lambert will also

return in their positions.

We would love to get feedback and suggestions on the new design. Please email them to LULegacy@lindenwood.edu.

-Viktoria Muench

NEWS

LU Well Employee reveals how he lost, kept off 100 pounds

Essi Virtanen
Reporter

Adam Ulrich, the director of Enterprise Systems and Application Development Information Technology was named Well Employee of the Quarter this month for his dedication toward wellness and support for the Lindenwood Program, which promotes healthy lifestyles.

Q: Did you receive any award or was it mostly recognition?

A: Mostly recognition, but they gave me a Fitbit flex wireless wristband.

Q: About seven years ago you came up with a plan to lose weight -- what did this plan entail?

A: I changed my diet. I started some basic fitness stuff. I was well over 300 pounds.

Q: How have you been able to maintain your weight loss?

A: Getting married has been a big factor. Before I would have lost weight and then put the weight back on because I never had anybody that was any type of support system.

Q: How much have you lost in total?

A: I think I got down into the low 200s. Right now I'm about 225 pounds, which is higher than I'd like to be. I'd like to get the number back down again.

Q: What would be your advice to those who have decided to change their lifestyle for the new year?

A: There would be two things: first you can make the change anytime you want; second, don't give up. If you go through a plan, and it works for a short period of time and then you fall back on some old habits, it doesn't mean you can't start again.

Q: What was the biggest change you've witnessed?

A: When I used to come to work, I would park as close as I could to the building. Even if it was only 50 yards, I was out of breath by the time I walked to my office. Now that's never an issue.



Photos courtesy of Adam Ulrich
Adam Ulrich before and after he lost 100-plus pounds.



Photo by Mariya Pakina

Three new buildings, including an assisted living facility, are underway at University Commons across from campus.

Library, new buildings rise near LU entrance

Mariya Pakina
Reporter

Students arriving for spring semester might be surprised to see a three-story tower near the main entrance and three new buildings going up across Highway 94 near the Schnucks store.

Construction is progressing on Lindenwood's new Library and Academic Resource Center and additions to University Commons.

The framework of the three-story tall 100,000-square-foot library is rising up like a mini-skyscraper. It will replace Butler Library, which was built in 1929, and include a variety of additional services attached to a traditional library.

Julie Mueller, vice president for Operations and Finance at Lindenwood said that she is excited about the new library and believes it will open on schedule in June 2017.

Lindenwood has budgeted \$21 million for the project. One of the building's main features will be a staffed computer lab that will be open 24 hours.

"I will probably miss the style of Butler Library, but I am so excited to work in new Library, because we will have an opportunity to work with advanced technology," said Chris Smentkoski, supervisor and circulation manager of library services.

According to Lindenwood's web site, the library will also contain the archives, classrooms, space for students who prefer to study there, as well as the Writing Center, Student and Academic Support Services, Career Services, English as a Second Language and International Students and Scholars.

The construction going on across First Capital drive includes an assisted living facility and two other buildings that will provide a mix

of stores and services.

Mueller said that Lindenwood is owner of this land and plans for construction on the land have been around since 2000.

A U.S. Post Office will be built this year, in addition to a bank and Cedarhurst Assisted Living facility.

"Students in exercise science could help to assist with therapy or they could also help the assisted if they're practicing nutrition with their (Cedarhurst's)

kitchen," Mueller said.

"Cedarhurst's residents are excited because they can go to the campus and do things, such as see a production in Scheidegger. There are also internship opportunities for our gerontology program."

Other potential stores include a pizza restaurant, frozen yogurt, barbecue place, a dentist, mattress store and AT&T.

Plans have also been discussed for a hotel.



Photo courtesy of Suzanne Lercel
An artist's rendering of the interior of the new library.

Wedding | Continued from Page 1

Roach said. Clear chairs were used to give the look that people were floating.

Walker and his friends, including his student at Lindenwood Shawn Wybenga, helped set up the interior for the wedding.

"When we set up the 250 chairs (for the reception) I thought there was no way they were going to be filled, but I'm glad we did because that still wasn't enough for all the people that showed up," Wybenga said.

Guests included Lindenwood President Michael Shonrock and his wife, Karen, and Webster University provost Julian Schuster.

A bet was made between Roach and Walker to see who would cry first at their wedding. Walker lost the bet.

Walker and Roach planned to fly out the night of the wedding but didn't until the night after so they could spend more time with friends and family.

"It was great to bring both

families together and end the year on a good note," Roach said.

They first went on a cruise to the Bahamas for three days before they flew to New York for four days, where they spent Christmas and saw the Broadway musical "The Color Purple."

I Will Always Love You

Anyone who walks into Walker's office will likely first take note of the large Whitney Houston posters hanging on one of his walls, one of which is signed, and the Whitney Houston wallpapers on his computer monitors.

Walker said that he is Whitney Houston's biggest fan and that he views her life as a celebration rather than a tragedy.

During the wedding reception, a screen projected Houston's 2004 World Music Awards performance, along with a photo montage of Walker and Roach's "journey together."

Before he died, Roach's father wanted live music to be performed at the wedding, and when Roach saw the video of Houston and asked why Walker didn't find someone to cover her music, Walker gave her a serious look.

"Nobody will sing Whitney but Whitney," Walker said. "I always wanted Whitney to sing a love song to us."

Walker has been teaching at Lindenwood since 2012, and previously taught at Christopher Newport University in Virginia for seven years. Five of his former students from Christopher Newport attended his wedding.

Lindenwood's nonprofit program is what attracted him to St. Louis from Virginia.

Walker tries to encourage his students to learn more than just the curricula.

"Enjoy this life," Walker said. "These books don't teach you everything you need to know in life."

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CULTURE

Ballroom Thieves to steal the show at LU

Jazmin del Angel
Reporter

Lindenwood's spring semester will be kicked off to the rhythm of folk rock.

As part of the "Welcome Back Week", LU's Campus Activities Board booked a performance by The Ballroom Thieves.

Guitarist Martin Earley, vocalist Calin Peters and percussionist Devin Mauch make up The Ballroom Thieves, who will be performing songs their album *A Wolf in the Doorway* at Butler Loft on Thursday, Jan. 28 at 7 p.m.

According to their website, the band's unique style combines "folk conventions with modern hymnals, delta blues grit with rich harmonies."

"Our own personal growth and explorations in songwriting and musicianship caused us to end up in this unique spot where we can generally feel free to be who we are at all times, which is sadly not a luxury enjoyed by all," said guitarist Martin Earley on their official website.

"I think we have a certain sound at the moment, but that sound is constantly evolving and I hope it keeps doing that."

The beginnings of The Ballroom Thieves goes back to 2010, when Earley and Mauch first began making music only with an acoustic guitar and a djembe, a West African drum that dates back to 1200 A.D., while attending college in southern Boston. Cellist Calin Peters joined the band in September 2013.

CAB is excited for Thursday's concert, encouraging any students interested in folk music to join.

"The Ballroom Thieves are a great band and they're so fun and you don't want to miss seeing them," said CAB Live Events Chair Amy Klatch. "I would compare them to Mumford & Sons. I look forward to seeing them again!"



Photo from Facebook
A featured sculpture from last year's Fête de Glacé.

Ice carving fest returns to St. Charles

Kristine Wagner
Reporter

Festivalgoers will witness a sparkling winter wonderland on Main Street this weekend as carvers chisel delicate sculptures out of large blocks of ice.

Fête de Glacé, the annual St. Charles' ice festival, is set for 9 a.m. to 3:30 p.m. on Saturday, Jan. 30.

The ice festival takes place along two blocks of North Main Street as ice carvers sculpt 260 pound blocks of ice into masterpieces.

The carvers use everything from chisels and knives to chainsaws and hot irons to shape the ice.

Hot chocolate and outdoor fire pits will help visitors stay warm and there are also activities for children, organizers said.

"Our talented carvers come mostly from the STL metro area," said Charlotte Worthington from the Historic Downtown Association in an email.

"They create 'team' sculptures with two carvers mak-

ing five blocks of ice into one 'monster' frozen art creation."

Worthington said that there will be five team carvings this year.

Carvers work individually with only one block of ice later in the day creating what is often a delicate and quite detailed sculpture.

This year, there are eight master carvers participating.

Judges pick first, second and third place winners for each category. Visitors get to vote for their favorite to be People's Choice.

Ballots are submitted at the headquarters tent at Main Street and the Washington Colonnade area. Winners are announced at 3:30 p.m.

The Historic Downtown Association of St. Charles, Missouri organizes the Fête de Glacé every year. For 19 years, the festival is always held on the last Saturday of January, rain or shine.

For more information, visit St. Charles' ice festival page on Facebook: Fête de Glacé St. Charles Ice Festival.



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Relay for Life comes to Lindenwood

Jaclyn Conley
Reporter

Colleges Against Cancer has teamed up with Lindenwood to bring Relay for Life to campus April 22.

Colleges Against Cancer is a nationwide organization of college students, faculty and staff, partnered with the American Cancer Society.

Relay for Life is a 12-hour event that brings together communities, students and survivors. Through Relay for Life, the American Cancer Society raises millions of dollars each year for cancer research.

Lindenwood is one of several local universities selected by the American Cancer Society. Others are Saint Louis University, Washington University and the University of Missouri-St. Louis.

American Cancer Society Community Manager, Zachary Sutton, said Lindenwood University seemed like a perfect fit for the relay.

"There is an amazing campus and community at Lindenwood," Sutton said.

Colleges Against Cancer not only works to find a cure, but also strives to educate students about prevention and detection of cancer. Students involved with Colleges Against Cancer work as advocates for their communi-

ty to promote healthy living, awareness and help to decrease cancer risks.

Co-director of Lindenwood Relay for Life, Courtney Spell, said that cancer has affected many people.

"Relay provides students with the opportunity to get involved not only on campus but with an amazing organiza-

tion to do their part in helping create a world without cancer," Spell said.

Students interested in joining the Relay for Life organization can contact Sutton at zachary.sutton@cancer.org.

Lindenwood's Relay For Life will take place in the Evans Commons recreational area at 6 p.m.

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CULTURE



Photo courtesy of Sony Pictures Entertainment

Center, from left: Ron Livingston, Chloe Grace Moretz and Zackary Arthur face the unknown in the movie, "The 5th Wave."

Rick Yancey's hit novel rides cinematic 'Wave'

Jason Wiese
Culture Editor

In the eyes of author Rick Yancey, teenagers identify with the dystopian themes of young adult novels for one particular reason.

"I cannot think of a more dystopian environment than high school," Yancey said. "You talk about a dystopia? That's high school."

It is this relatable connection that inspired his 2014 *New York Times* bestseller "The 5th Wave."

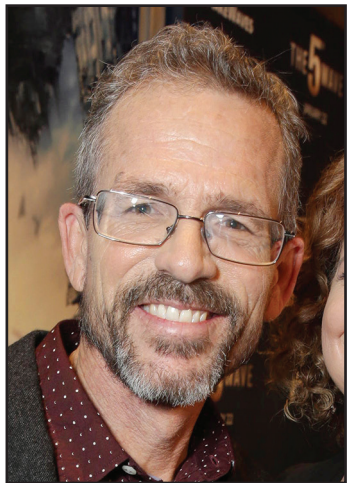


Photo from epk.tv
Yancey at a special screening of "The 5th Wave."

The first in a trilogy, the novel chronicles the aftermath of an apocalyptic alien invasion that comes in a series of individual attacks from the point of view of a handful of mankind's remaining youths and has been adapted into a feature film from Sony and Columbia Pictures that is now playing in theaters.

"I think young people really relate to that, sort of, 'I'm on my own and how am I going to navigate surviving in a world so foreign to me and to everything I've known before?'" said Yancey.

"Certainly that's one of the major themes of the book... You can look at [the alien apocalyptic setting] as a metaphor of being forced to grow up."

Yancey grew up in Lakeland, Florida and was raised by his adoptive parents who named him John Richard in 1962. Later, the shortened version of his middle name, 'Rick', stuck as his preferred identification.

His first attempt at writing came in the form of a seventh grade English assignment.

"It was to write a short story, which was the first one

I'd ever written, and I think from then on it was like one of the easiest things I'd ever done and it was also one of the hardest," said Yancey. "It gave me such a feeling of fulfillment and made me feel just so comfortable in my own skin."

He started a career as a full-time writer in 2004 after working for the IRS for 12 years. This would be the subject of his memoir, "Confessions of a Tax Collector."

He took his first stab at writing for a younger audience after his agent suggested he rewrite the protagonist of a book for adults as a high school student. Thus, the sci-fi Carnegie Medal finalist "The Extraordinary Adventures of Alfred Kropp" was born and more young adult entries would follow.

He saw "The 5th Wave" as an opportunity to explore the aspects of the genre and use them as a vehicle to explore deeper themes as well as make use of his life-long fascination with aliens.

"There's a lot that we don't know about the universe. I think there's probably some stuff that the government

knows about the universe that we don't," Yancey said.

He also believes it should be kept that way, considering the danger in knowing too much as well as the creative privilege of knowing too little, which plays a part in the suspenseful nature of the story.

The screen adaptation of "The 5th Wave", starring Chloe Grace Moretz as the 16 year-old heroine, Cassie Sullivan, and directed by J. Blakeson, has been released in theaters not long after the book's sequel, "The Infinite Sea", was published. The book series' conclusion, "The Last Star", is scheduled for release in May.

The rights to adapt the novel were picked up almost as soon as the book itself was purchased by Penguin Publishing in 2014.

Yancey, who currently resides in his hometown with his wife Sandy and three sons, has no plans as to how he will follow the "5th Wave" trilogy once it comes to a conclusion this year.

Regardless of what is next in his catalog and when, his imagination will be his guide.

Indie rock band Echosmith will perform at LU's spring concert

Andy Nicholson
Reporter

Echosmith, the band best known for their 2013 hit single "Cool Kids," is coming to Lindenwood University to perform for this year's spring concert.

Echosmith was formed by siblings Graham, Sydney, Noah and Jamie Sierota in 2009 in Chino, California.

They have recently toured as opening acts for artists such as Owl City, Twenty One Pilots and Neon Trees. They are influenced by indie rock and '80s dance-rock.

Echosmith are scheduled to perform at 7 p.m. on Feb. 23

at the J. Scheidegger Center.

Student Life & Leadership is excited to host a band on the Lindenwood Theater stage, according to Associate Director Nikki Cornwell.

"I'm really excited to bring a band here that students recognize," said Cornwell.

The first 800 students who come to the Student Life & Leadership Office in Evans Commons Room 3010 with a valid student ID can pick up a free ticket.

Tickets are available on weekdays from 8 a.m. to 5 p.m. All other tickets may be purchased at the Scheidegger Box Office or luboxoffice.com for \$10.



Photo from Facebook

Jamie, Noah, Sydney and Graham Sierota of Echosmith.

Trial Team prepares for regional mock tourney in February

Romane Donadini
Reporter

Lindenwood's Trial Team is currently preparing for a mock trial tournament this semester.

The 2016 American Mock Trial Association's Regional Tournaments will be held Feb. 6-7.

The AMTA annually hosts a series of tournaments devoted to undergraduate students.

The competition includes three main stages in which the participants find themselves in legal situations and have to argue for their side of the case, depending on whether they are the prosecutor or the defense.

Lindenwood Trial Team captain Joshua Johnson said, "It goes from the regional level to the national one."

In March, the top teams will participate in the Opening Round Championship Series, which is the second round of the competition. The ORCS's winning teams will meet in April for the National Championship Tournament.

Students, divided into teams of at least six people, get a case, study every aspect of it and perform different scenarios with people posing as witnesses and lawyers. "It is a blast," said Grant Shostak, the Trial Team's faculty advisor and dean of school of human services.

During the regionals, the teams are given four cases and are awarded points by real lawyers and judges according to their performance. The team with the most points wins.



Photo from lindenwood.edu
Grant Shostak is the faculty advisor of LU's Trial Team.

To get ready for the tournament, teams can purchase the practice case online.

The Trial Team members will be launching a fundraiser soon in order to purchase the practice case and start training for the upcoming competition.

"Last year was our first time competing and we were fairly decent," said Johnson.

"We had had the case for only three weeks, while the other schools had had it for almost four months. We are ready to win this time because we are more familiar with the process," he said.

Hannah Padilla, a criminal justice and psychology double major, did not compete in the 2015 AMTA's tournament but participated in the mock trial held during Lindenwood's annual Sibley Day in 2014.

Padilla said, "It's an awesome feeling being able to get a mock case, break it down and form your own arguments depending on what side you're on."

Chef Lopez brings 'comfort' to students through his food

Nicola Muscroft
Reporter

Google defines food as, "any nutritious substance that people or animals eat or drink, in order to maintain life and growth." To Martin Lopez, one of the chefs at Lindenwood University, the word holds a greater strength.

Lopez began cooking as a child and claims he always knew he wanted to continue it as a profession.

"I'm from a large family," he said. "There was seven of us, plus parents, and we all had responsibilities. I cooked."

With his mom from Mexico and dad from Italy, the ingredients were endless.

Lopez grew up in Alton, Illinois, and started cooking professionally after high school.

"I worked in every single area you could imagine: hotels, casinos, restaurants,

large areas and small ones," he said. "I was a regional chef in nine states. I always knew, though, that higher education would be my niche."

He is now beginning his second semester cooking at Lindenwood University with Pedestal Foods.

One of the aspects Lopez adores from the job is the warmth the food brings the students.

"Since they live away from home, this is their cocoon," he said. "Food brings shelter and comfort, and they look to us for that."

Lopez also enjoys interacting with the pupils and learning from the international students. Lopez said, "Because of the students from Venezuela, we were able to make areas in Evans. The interaction, the language and to learn from them is priceless."

Dave Scott, a manager of Pedestal Foods, stated that



Photo by Nicola Muscroft

Chef Martin Lopez seen in his natural habitat: the kitchen.

Chef Martin is a joy to work with.

"He runs a real tight operation which, in a kitchen environment, leads to success," Scott said.

Lopez said he is a chef seven days a week, even when he is not at work, but he is also a professional writer, contributing to five different magazines around the country and has hosted TV segments on

stations such as CBS, Fox and Diario Digital, a Spanish Network. Students can see Lopez at Evans during the semester. In the words of Lopez, "Enjoy life and really savor the food that life gives us."

Lopez can be found on Facebook as Chef Martin, Twitter @ChefMartinLopez, Instagram @chefmartinlopez and on his website, chefmartin.net.

"Enjoy life and really savor the food that life gives us."
-Chef Martin Lopez, Pedestal Foods Chef



SPORTS

Wrestling defeats UCM 36-9 in home matchup



Photo from Kelby Lorenz
Lindenwood wrestler Dillon Archer attempts to pin his opponent from CMU.

Rams' move to LA has impact on LU

Phil Scherer
Managing Editor

In losing the Rams professional football franchise to Los Angeles, St. Louis, and more specifically Lindenwood University, has lost more than just a football team.

In 2013, the university established a media advertising relationship with the Rams organization, and as part of that partnership, the Sport Management program at Lindenwood was able to create unique opportunities for its students, such as internships.

"We became the official Sport Management program of the St. Louis Rams," Molly Hudgins, the department chair of the Lindenwood's Sport Management program, said.

According to Hudgins, the university was the first to establish that type of official partnership with an NFL franchise. No other school held that distinction.

This was a big opportunity for the program because, "it guaranteed our Sport Management students opportunities for internships," Hudgins said.

For each of the past

three seasons, Rams executives came to Lindenwood to conduct interviews with the Sport Management students, determining which ones would be given internship opportunities.

Between 15-20 students were given the opportunity each year to be training camp interns with the organization, with approximately five students going on to be game day interns for the team throughout each regular season.

Hudgins added that three or four of the Sport Management students were given full-time jobs with the Rams following graduation as a direct result of their time spent as interns through this program.

One of the other added benefits of the university's partnership with the Rams involved having the opportunity to bring high-ranking executives from the organization onto campus to give speeches and offer advice to the next generation of Sport Management students. The most notable speaker was Rams Chief Operating Officer Kevin Demoff, who spoke at Lindenwood each of the past two years.

With the Rams re-

"We had a small, little impact on the organization, but this will definitely impact our program."

-Molly Hudgins, LU Sport Management Department Chair

location now official, these opportunities no longer exist.

Hudgins said that her program at the University has been anticipating this move for some time.

"We saw the writing on the wall a little bit as we headed into August, and we did not have any events set up with them for the fall," Hudgins said.

She said that the students were still able to work internships with the team this past semester, but that nothing had been scheduled for the spring.

Hudgins said that she believes that the effects of this move will definitely be felt at the university.

"We had a small, little impact on the organization, but this will definitely impact our program," Hudgins said. "There is definitely a trickle-down impact of them leaving."

As far as what the future looks like for the program, Hudgins said they are actively

building relationships with the remaining sports franchises in the St. Louis area. These relationships involve scheduling both future internship opportunities as well as speaking engagements with members of all of the remaining professional sports organizations.

She said that while some students have been working internships with both the Cardinals and the Blues, the biggest development has been with St. Louis FC, the professional soccer team in the area, which has visited campus on multiple occasions, and has begun developing exclusive internship opportunities for the students, something she hopes will continue to develop as time goes on.

"It will be hard to replicate the relationship we had with the Rams with the Cardinals or the Blues," Hudgins said. "It may happen, but those relationships aren't nearly as developed as our relationship with the Rams was."

Lions beat 16-point deficit in MIAA win

Phil Scherer
Managing Editor

The men's basketball team pulled out the most improbable of victories at home against Missouri Southern, overcoming a 16-point deficit to win in the final seconds.

Facing a 12-point deficit, LU's rally got started when Cory Arentsen knocked down a three-pointer with six minutes remaining in the contest.

Following a Stanislas Heili layup and a pair of free throws from LJ McIntosh, it was once again time for Arentsen

to once again show off his range, nailing another three-pointed that brought his team within two points.

With just under a minute remaining in the game, Arentsen knocked down a short-range jumper and tied the game.

After Missouri Southern fouled by Heili on the ensuing possession, he went to the free throw line to give his team the lead.

After hitting the first shot, the second one bounced off the side of the rim and into the waiting arms of Heili, who took possession of the ball with his team trailing

by one point.

Three seconds later, it was Heili heading to the free throw line after being fouled after trying to get the ball into the offensive side of the court.

The drama was turned up a notch when Heili saw each of his free throws bounce off the rim.

After the second missed shot, a mad scramble for the rebound ensued. The ball ended up in the arms of LJ McIntosh near the three-point line. He passed it to Brad Newman, who surveyed the court before finding Arentsen open at the top of the three-point circle.

Arentsen took three steps forward before pulling up at the free-throw line at taking his shot. It went straight through the net, giving Lindenwood a one-point edge with just eight seconds remaining, giving LU a huge 69-68 win.

Arentsen may have played the part of the hero down the stretch, but it was the play of forward Sam Mader that kept LU in the game during the opening minutes.

"Sam kept us in the game early on with his offense," head coach Lance Randall said. "He made some big shots, created some big shots and really helped out the guys."

For the game, Mader scored 21 points and collected 11 rebounds.

Down the stretch, Randall said he was extremely impressed with the resilience his team showed during their comeback.

"These guys did a great job finishing the game tonight, which we didn't against Pittsburg State or against Washburn earlier on the road and tonight we did. That's definitely part of the growth of a team."



Photo by Carly Fristoe
Stanislas Heili grabs a rebound for LU in the final minutes of Saturday's game.

LINDENWOOD Student Athlete Spotlight

Irene Montrucchio

Grade: Junior
Age: 24
Sport: Synchronized Swimming
Major: Business
Birthplace: Barcelona, Spain



Photo from lindenwoodlions.com

Q: How long have you been swimming competitively?

A: When I started with synchronized swimming I was 6, my first national competition was when I was 10.

Q: Do you have a routine or superstition before you compete?

A: Staring into my coach's eyes for 10-15 seconds holding her hands while she is transferring to me all her energy before I compete. Also, I need to talk to my team and feel their vibes.

Q: What is your sports fantasy?

A: Being a respected athlete and leader.

Q: What has been your greatest moment in sports so far?

A: Participating in the Olympic Games.

Q: What are the most influential people in your athletic career?

A: My family, my best friends and some of my coaches.

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

A: Humble, thoughtful, and passionate.

Weekend Sports Recap

Jan. 19-23

Men's Basketball 70-66 loss at Pittsburg State 69-68 win vs. Missouri Southern	Women's Basketball 87-74 loss at Pittsburg State 71-68 loss vs. Missouri Southern	Men's Volleyball 3-1 loss vs. Missouri Baptist 3-0 win vs. Grand View College	Women's Ice Hockey 2-0 loss vs. Mercyhurst 1-0 win vs. Mercyhurst
Wrestling 36-9 win vs. Central Missouri	Swim and Dive Both the men's and women's teams defeated Washington University in their dual meets.	Gymnastics Won the Illinois State tri-meet with 192.150 all-around points, defeating Illinois State and Ball State	Men's Ice Hockey 3-1 win vs. Robert Morris

SPORTS

Professor doubles as strongman

Essi Virtanen

Reporter

Dr. Jonathan Mike's office seems like many other professors' offices-except for the power lifting trophies on the book shelf.

Jonathan Mike is not just an assistant professor of exercise sciences at Lindenwood. He's not just a doctor of philosophy. He is also a strongman.

Mike, who started as a professor at Lindenwood last fall, hasn't competed in the strongman competition for four years. He was so busy completing his dissertation that he had no time for competing, he said.

But that is changing this year.

"I'm ready," Mike said, "It's time."

At 6-foot-3, 290 pounds, Mike can lift in one session more than most people can in a lifetime.

- 800-plus pounds in tire flips.

- 640-plus pounds in deadlift.

- Mid-500 pounds in squats.

- 305 pounds in overhead press.

Originally from Louisville, Kentucky, Mike was active even as a kid.

"My brother and I did sports in our youth," Mike said, "Baseball, basketball, we swam, we played tennis."

Mike said he developed a passion for training when he was a senior in high school.

He heard about a teacher who taught weight training classes and started meeting with him at the local YMCA to learn basic lifting techniques.

"Then it just really hit me," Mike said.

He went to college at Western Kentucky University and received his bachelor's and master's degrees in exercise science, which started his journey toward becoming multi-professional in fitness.

He got his doctorate from the University of New Mexico in May, 2015. The certificate hangs high above the book shelf. No one coming to his office could miss it.

"An amazing accomplishment," Mike said. "I'll

always be proud of it. It is the hardest thing I've ever done."

Besides teaching, he is a columnist for consumer fitness and bodybuilding online magazines and does other writing projects. He is a NSCA certified personal trainer and also a motivational speaker for the association.

To balance the work, he plays guitar and piano.

"Those are the things that are very therapeutic and in a sense can give you a sense of civility and humility," Mike said.

His biggest passion is the strongman competition.

In 2007, when Mike had just started at the University of New Mexico, he saw fliers on the wall for a local strongman contest.

He went there curious and met the promoter. It was only a few weeks later when he went to his house to give it a go.

"I tried tire, tried an Atlas stone," Mike said. "It was only like a 220-230 pound Atlas stone, and I could not even lift the stone off the floor much less even load it."

What followed was a couple of more competitions in the state where he got fourth place.

"At that point I was like 'you're either gonna get a little more serious or just mess around'," Mike said. He chose serious.

Mike did two contests the next several summers and



Photo by Carly Fristoe

Mike puts his kneepad on as he readies for his regular workout.

got second and third places. He qualified for the national competition in 2009.

This year is time for his comeback, and he wants to be better than ever. So how does he get ready?

"A lot of bands and chains, different types of special bars," Mike said.

He trains three to four times a week at the gym depending on how busy he is.

When it comes to his diet, he eats approximately 4,000 to 5,000 calories a day. A typical breakfast consists of

five or six eggs, two or three packages of oatmeal, half a bagel, two or three slices of toast and pancakes.

"I am a big fan of blackberry-blueberry pancakes; three of those," he said.

Mike, 34, said he plans to continue competing well after 40. He is always striving to be better and wants to inspire others.

"I like to put a lot of energy to the things I do," he said. "If you're not looking to get better, what are you doing?"



Photo by Carly Fristoe

Dr. Jonathan Mike prepares to lift a substantial amount of weight at the deadlift station in the gym.

Love Where You Live

Welcome to The Dens

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

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



The Dens



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OPINIONS

Coming soon: 'Driving while gay' in Missouri

Tyler Tousley
Opinions Editor

Recently the *St. Louis Post-Dispatch* covered a potential change in legislation that requires police officers to not only record the ethnicity of drivers they pull over, which they have been doing for years, but also the perceived sexual orientation, religion, disability and English language proficiency. Recording ethnicities began with the intention of gathering information on who exactly the cops are pulling over.

These statistics made it clear that "driving while black" was a dangerous activity, a crime almost, in the United States. When non-white minorities are 75 percent more likely to be pulled over, it is hard to argue otherwise.

The idea behind this new legislation is to help "weed out the bad cops," according to state Sen. Jamilah Nash-eed, D-St. Louis. This is to be done by identifying any groups that are being pulled over more frequently and unfairly than others. When all of this other information is being recorded, minorities,

other than the ethnic minorities, can use statistics to make a case for discrimination.

Here is the problem: this promotes profiling. Perceived ethnicity is something that can be seen. Nine times out of 10 you can easily tell that somebody is not white. Factors such as sexual orientation, religion or disability are not so easily identified.

If this legislation passes, then stereotypes about various minorities will not go away, but instead they will flourish. What will be happening now is the various mannerisms we all have will lead to potentially incorrect

assumptions about our lifestyles. Therefore the statistics won't be anywhere near correct.

Believe it or not, there are homosexuals who are not flamboyant and heterosexuals who are. There are religious people who do not carry around anything identifying their religion as well as people who don't even have a religion. Not even all disabilities are easily caught by just looking at somebody.

This suggested legislation will do nothing but increase the minority profiling we have been working so hard to put an end to.

Lottery hurts Illinois amid a bankruptcy

Sarah O'Daniel
Reporter

The lottery. Just the mention of it sparks hope in millions of Americans who continue to purchase tickets due to the one in 292.2 million chance that they may win.

However, even though some lucky people in the state of Illinois have won the lottery in recent months dating as far back as July, they could not be paid due to Illinois' insufficient funds—until recently that is.

For months, only winners of \$600 or less could be paid.

This is due to the fact that they can be paid by the store where the ticket was purchased.

Amid a budget crisis, I would think that one of the first things to do away with would be a lottery. Instead, it stayed.

Lottery sales in neighboring states jumped significantly, so a lot of hopeful people still decided to play the Illinois lottery.

Illinois sales increased despite knowing that if they

won, it would be a guessing game as to when they would receive their winnings.

While the issue was resolved in mid-December, and winners can expect their paperwork to be pushed through soon, I am still baffled.

Why would a state that doesn't even have enough money to give grants to low-income students, advertise lotteries with jackpots that reach over \$50 million?

If Illinois were to temporarily shut down its lottery until the budget crisis could be sorted out, they may have an easier time recovering their finances.

This would not even make them the only state that does not have a lottery.

Alabama, Mississippi, Utah and Nevada all do not participate in lotteries.

With that said, most of these states refuse to hold a lottery based on religious reasons.

I would say nearing bankruptcy would also be a fairly good reason to abstain from a game in which the winner receives a large cash prize.

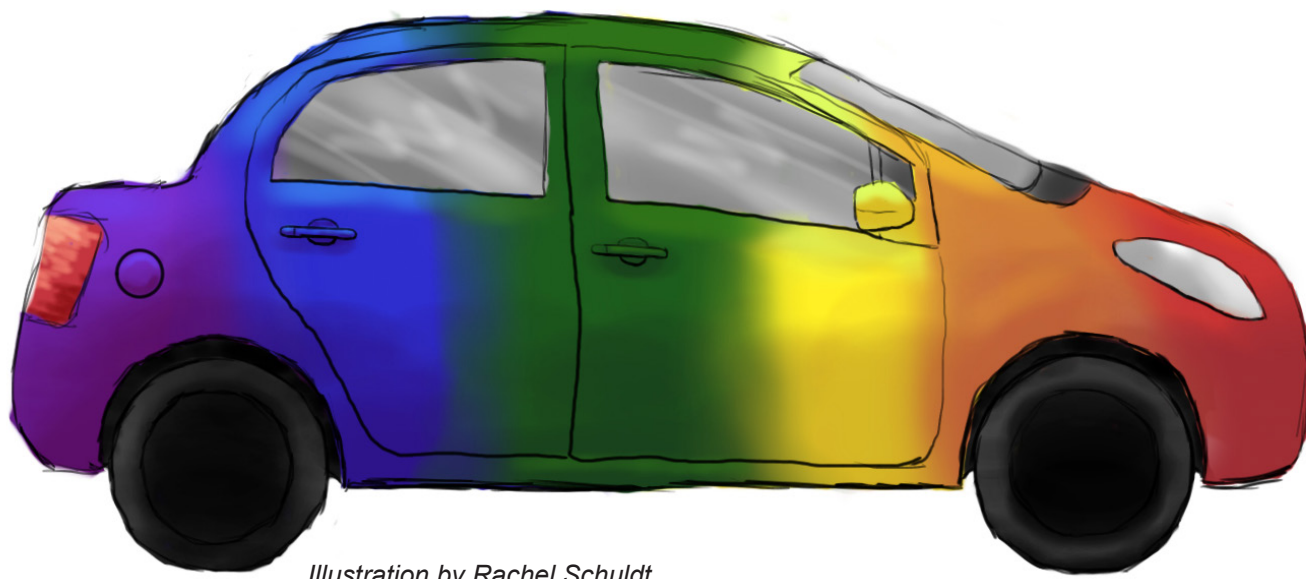


Illustration by Rachel Schuldt

Provocative attire ban in Senate forgets about men

Katie Olson
Reporter

Everyone has heard of private schools having dress codes, and even public schools having dress codes.

Most places of work have a set uniform or standards to what their employees can wear.

I see uniforms and dress codes to be an important aspect in maintaining a professional workplace setting.

There are dress codes for a multitude of environments, even clubs and hookah bars

have some small requirements, but I have never seen a law implementing a strict dress code in the Senate.

According to *USA Today* Mitch Holmes, a Kansas senator, has instituted a new dress code for women who are testifying on ethics and election bills.

In his interview with Michael Hawthorne, the author of the article, Holmes says that he has seen women around the Capitol dressing "provocatively" which he claims to be a distraction.

As I said, I do believe that

a simple dress code can do a lot for schools and places of work, like restaurants and businesses.

I do not believe the manner in which this law was passed and the circumstances surrounding it are acceptable.

Holmes says it is distracting for women to wear low-cut blouses and short mini-skirts, but he does not mention the responsibility of a man or women to stay focused on their task.

There are all different kinds of distractions in the

workplace.

Sometimes it could be that the intern wears a lot of revealing blouses.

Other times it could be the guy down the hall who talks too loudly.

This does not give the green light to single out women for creating distractions with their choice of attire.

The men and women of the United States are given the freedom to purchase and wear the clothes they deem fit, but with that said, every business and institu-

tion has the right to create a dress code if they find it necessary.

The law obviously has sexist undertones, but those could have been avoided easily by establishing a gender-neutral dress code.

Clearly stating that the Senate is a place of professionalism and requires simple business attire for both men and women would have accomplished the same thing without the sexism.

There were no specific rules for the men's attire, and that is the problem.

No one is saying women should be able to show up naked if they really wanted to, but they are saying men should be held to the same standard.

The media spotlight and criticism is deserving under the circumstances that he is singling out women for their dress choices.

Whether you agree with the dress code or not, it is simply obvious that the lack of address towards men's dress code makes this an issue for women as well as Kansas Sen. Holmes.

Have a news tip?
Do you know a student who is doing remarkable things? Are there policies or procedures you want to better understand? Is something happening that readers should know about?
Tell us at 636-949-4336 or LULegacy@lindenwood.edu.

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The *Legacy* is proud to provide an open forum for a variety of opinions.
To share your perspectives, please send a Letter to the Editor to LULegacy@lindenwood.edu. Letters may not exceed 350 words, should avoid obscenities and must include the writer's full name.

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Staff:
Editor-in-Chief: Viktoria Muench
Lindenlink Managing Editor: Phil Brahm
Legacy Managing Editor: Phil Scherer
Design Chief: Kelby Lorenz
News Editor: Devin King
Culture Editor: Jason Wiese
Opinions Editor: Tyler Tousley
Visuals Editor: Rachel Schuldt
Business Manager: Jennifer Nickerson
Circulation Manager: Abby Lambert
Faculty advisers: Susan Weich, Neil Ralston

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

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

Going off the Facebook grid may help prevent unhealthy, negative debates

Katie Olson
Reporter

In the past 15 years the Internet has quickly swept over the world in a storm of new connections.

Pinterest, LinkedIn, Twitter and Facebook are the top four social media websites of 2016 so far, according to ebizmba.com, an e-business resource website.

I started my social media experience on MySpace back in 2005, with my first friend Tom there to guide me through the unfamiliar interface.

MySpace had much smaller capabilities back then, allowing just a few pictures, one profile song, and not a lot of personalization.

I finally joined Facebook around 2008, but I didn't really commit to the website until a few years later.

I spent many hours just scrolling through my news-feed sharing, liking and posting anything and everything I desired.

For a while, Facebook was a positive outlet where I could express how I felt about my day or just relax and catch up on the latest videos.

The older I got the less I

used Facebook as a hobby, like it had been for me in high school, but it became a way to discover new things.

I read about the world, the news, science, politics, social movements and formed new opinions.

The simple structure and easily accessed information made it effortless to fill my mind with new discoveries.

My issues with Facebook began when I started sharing my political views on my profile. I have always been an opinionated person, and I openly shared my views with my friends and family, but with Facebook it was different.

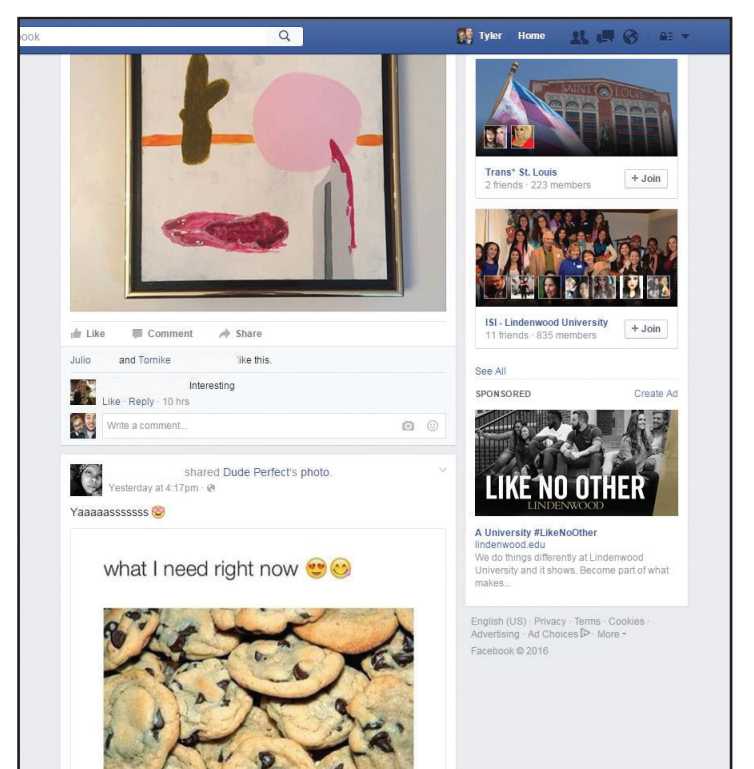
I love nothing more than a good healthy debate, but I never actually found myself having those while on Facebook.

The comment section of my status became a battleground of condescending remarks and grotesque name-calling.

I opted out of the political talk to avoid confrontation and mindless bantering, at least on social media websites, but it was no use.

Any opinion or stance I took, there was always someone trying to put me below them.

Facebook became a place for everyone to compete for



Screenshot by Tyler Tousley

some sort of moral high-ground.

Whether it was what I thought about the most recent primaries or what color I thought a dress was, people always had something negative to say.

Someone was always there, calling me an absurd name for what I thought about one thing or another.

I finally broke it off with Facebook a couple months

back, after my endless efforts to make Facebook enjoyable again.

When it comes down to it, it really isn't Zuckerberg's fault either.

Facebook is a wonderful way to connect with people you don't get to see every day and to discover new things, but the majority of users dampen my opinion of Facebook's usefulness as a social media.

EXTRAS

Featured Photo of the Week



Photo by Kelby Lorenz
A bike remains chained to a Lindenwood bike stop due to the recent snow fall that came to campus.

Have you taken any interesting, cute, funny or beautiful photos recently?
For a chance to see it published, submit your photo to Legacy/Lindenlink Visuals Editor Rachel Schuldt at RES456@lionmail...

Get off the couch



Lindenwood University events:

Spring Welcome Back Week
Jan. 25 12 p.m. - Jan. 30 7 p.m. Evans Commons
Join CAB this week in fun welcome back activities:
Multicultural Monday: Enjoy food from around the world at 5 p.m.
Tropical Tuesday: Fresh fruit in at 11 a.m.
Warm Up Wednesday: Hot chocolate at 11 a.m.

Pizza Party with Delta Sigma Pi
Jan. 27 11 a.m.
Harmon Hall 200: Blanton Boardroom
Anyone interested in joining the fraternity can come out and mingle with current members while enjoying pizza.

ISF's American Pie Meeting
Jan. 27 7:30 p.m. - 9 p.m.
Evans Commons Multipurpose Room 3020
Members of the International Student Fellowship welcome students back with a variety of traditional American pies. If you like to make new friends and love eating pie, this event is for you.

Ballroom Thieves
Jan. 28 7-8:30 p.m. Butler Loft
Start off the new semester with the sound of folk pop. The three-members of Ballroom Thieves will perform a variety of their songs featuring acoustic elements.

Cozy Up with CAB: DIY Arm-knitting
Jan. 30 5-7 p.m. Evans Multipurpose Room 3020
Do you want to get prepared for the cold winter weather while being creative and having fun with friends? Then join CAB for their arm-knit scarf making event.

Ultimate Laser Tag
Feb. 2 6-9 p.m. Demolition Ball/ Adrenaline Zone
Join the members of InterVarsity in a round of laser tag. It's the best way to have fun, relieve stress and make new friends. Be quick: the first ten to sign up can get in for free.

Cookie Pass Out with Delta Sigma Pi
Feb. 2 9 a.m. - 1 p.m. Harmon Hall main lobby
If cookies are your favorite food ever then you can't miss this event. Members Delta Sigma Pi are excited to share more on their fraternity and pass out packets of yummy cookies.

Strength in Numbers

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

Level of difficulty:
Medium
View the solution on
Lindenlink.com.

Winter grammar slip



Rachel Schuldt

People of Lindenwood



Jovana Castillo

Q: How did you end up at Lindenwood University?

A: "I came here from Panama City as a teacher to learn more English because I need to teach my students the English language."

Q: What are you most excited about this semester?

A: "Graduating. This is my last semester here, so I'm just excited to graduate and go do something with my life."



Seth Lancaster



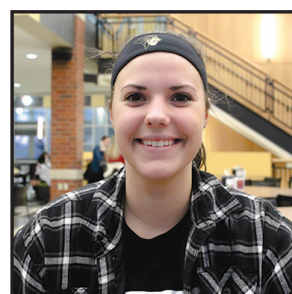
Maria Delgado

Q: What do you like most about the U.S. so far?

A: "I like the snow because I haven't seen the snow in my life. It was wonderful."

Q: What are you most passionate about?

A: "My family and friends. Especially my family because they have gotten me to where I am today... They have given me everything I have."



Ellie Bockstie

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Contact us at 636-949-4336 or
LULegacy@lindenwood.edu for more information