

LINDENWOOD LEGACY

Student Newspaper

Volume 9, Number 20

Lindenlink.com

Tuition frozen, fees to go up

Nicola Muscroft
Reporter

Although the cost of tuition may be frozen for the 2016-17 school year, the overall cost of going to Lindenwood will increase substantially. A press release was sent out Thursday detailing a rise of room and board costs and also an annual technology fee, which will appear on future statements.

The press release reported that room and board will increase \$463 per semester and will come to a total of \$8,500. The increase is connected to Pedestal Food's plan to bring national brands, Chick-fil-A, Qdoba and Caribou Coffee to the campus.

In the press release, President Michael Shonrock said the renovation will cost \$4 million and begin this summer.

Vice President of Student Development and Global Affairs Ryan Guffey said the developments are a result of a survey conducted in the spring of 2015, which reflected student perception towards on-campus food service.

"The results showed a significant demand for national brands, updated dining spaces and additional meal options," he said. "In response, we developed three new meal plans, which will be announced shortly, a total redesign of Spellmann and reconfiguration in Evans."

An annual technology fee of \$300 also will be added to students' invoices. TJ Rains, vice president of information technology said the fee is contributing to a technology refresh
See Tuition | Page 2



Rendering courtesy of Lindenwood's Public Relations Office
A representation of the new Spellmann Cafeteria after a multi-million dollar remodel set to happen this summer.

Viktoria Muench
Editor-in-Chief

Chick-fil-A, Qdoba and Caribou Coffee are the brands Pedestal Foods will bring to campus this fall to upgrade Lindenwood's dining experience, officials announced last week.

The food changes require a seven-figure renovation and remodel to both dining halls in Spellmann Center and Evans Commons, which will begin in April.

The dining hall in Evans Commons will change to an all-you-care-to-eat style hall, whereas Spellmann cafeteria will become a food court that will feature the new brands.

President Michael Shon-

rock said that the school is excited to meet students' expectations.

"We wanted to bring brands to the school that other universities have had for a long time," said Shonrock.

Nancy Tinker, director of Pedestal Foods, said that although brand names such as Chick-fil-A and Qdoba take center stage, the bonus is that resident students will have three different meal plan options.

It's official: Qdoba, Chick-fil-A, Caribou coming this fall

"The most exciting part for us is that we, the university and Pedestal Foods, are actually able to deliver something that people have been asking for," she said.

The first option offers the regular 19 meals per week with \$50's worth of declining balance points per semester.

The second meal plan option includes 140 block meals and \$150 of declining balance per semester, which equates to nine

meals and \$10 in balance points per week.

A third option consists of 100 block meals and \$350 of declining balance, equating to around six meals and \$22 in balance points per week.

Students will be able to use one of their block meals at any of the 19 meals offered each week.

The balance points accompany each meal and can also be used outside of regular dining hours.

There will also be two choices of meal plans available for commuters, one of which includes four meals and \$100 of balance points.

The second option consist of 100 meals and \$200 of balance points.

"Chick-fil-A is great, but what is even greater is that you can eat it at different times of the day, and not just during your meal period time," said Tinker.

Another major change will be a 24-hour convenience store inside of Spellmann's Lion Pride coffee shop, which will be extended as part of the renovation.

Students can purchase snacks such as sandwiches, chips and soda, as well as Caribou Coffee items.

"We think the coffee shop needs to be self-stand-
See Food Brands | Page 2



Photo by Ana Castillo
Ambassador Rafael Bolognini gives a campus tour to a group of fifth graders.

Ambassador program leads charge to recruit new Lions

Lena Kirchner
Reporter

For many prospective students, their first impression of Lindenwood is tied to the person who gave them a tour of campus.

These tour guides, called student ambassadors, are not just a way to convince people to enroll but also are meant to educate guests about the history of Lindenwood.

Ambassador Carlos Morantes said he values the opportunity to engage with prospective students and to share his experience with others.

"I like how personal the job is and how I have the opportunity to be the student's first exposure to what it means to be a lion," Morantes said.

Rafael Bolognini, who is a junior from

"I have the opportunity to be the student's first exposure to what it means to be a lion."
-Carlos Morantes, ambassador

Brazil with a triple major, has been a student ambassador since August 2014. He said he likes the opportunity to represent the university and meet a lot of people.

"We get to know people who come here before everyone else," he said. "That is pretty exciting."

The process of becoming a student ambassador is more difficult than most student worker positions. During the application process, potential ambassadors also must send a resume to the student worker office. The candidate's GPA will be checked, and an interview will be conducted at the end of

the process. Ideal candidates are those who are well-informed on information about the campus, its history and Lindenwood in general.

When hired, ambassadors receive a manual with facts they need to know and communicate during the tours, such as the average number of students in a class or the campus size.

Currently, 18 ambassadors who conduct three to five tours a day are employed in the program. Tours can take as long as one hour to complete.

Of the people who receive tours of the campus, 60 to 70 percent of

them are from the St. Louis area. Only a few international students get a chance to visit the campus.

According to Bolognini, parents who attend the tours often are very concerned about their kids and tend to ask what might be perceived as embarrassing questions.

"I have been asked if guys are able to get into the girls' housing, and the parents are usually happy with the current visitation rules," he said.

Overall, the tours and the campus are usually well received by students and parents.

"They mostly love it; most of them didn't realize how big Lindenwood is," Bolognini said.

For more information on becoming a student ambassador, go to the library page on Lindenwood.edu.

Sibley Day, J-Term get left out of new four-year calendar

Nicola Muscroft
Reporter

Lindenwood has officially abandoned J-Term and Sibley Day from its new four-year schedule, officials have confirmed.

Provost Marilyn Abbott said that talk of altering J-Term began several years ago when the faculty council discussed scheduling issues and the challenge of pro-

viding required courses during the month.

"There have been difficulties in offering general education classes that reach general education goals and objectives in 12 days, so fewer and fewer of the courses offered were general education," said Abbott.

Art professor and faculty council member Jacob Stanley has taught a J-Term course three out

of his four years at Lindenwood. He said the classes often had low enrollment and that fitting the course into three weeks was cumbersome.

"I think with so many of our students commuting and having full-time jobs, an intensive three-week class is challenging," he said. "As faculty I find it very difficult to create a course that I can deliver a semester's

worth of content in 12 days."

The news about J-Term comes several months after Lindenwood announced that the total graduation credits needed for a bachelor's degree has been reduced to 120 from 128.

Abbott also has requested that faculty create some new, interest-

See Calendar | Page 2

⚠ Attention Lindenwood Students ⚠

J-Term and Sibley Day have officially been abandoned by Lindenwood, indicated by their absence in the new four-year schedule.

Winter break also will change due to the removal of J-Term. Students will begin the spring semester on the second Monday in January, and both the fall and spring semesters will be equal in length.

The total graduation credits needed for a bachelor's degree has reduced to 120 from 128.

The reason Sibley Day has been removed is due to low attendance.

Design by Danny de Oliveira Mendez

NEWS

Full-time students, full-time workers

Staying organized is key to keeping good grades

Nicole Sanders
Reporter

Lindenwood senior Amelia Fowler clocks in at 6 a.m. at St. Louis Psychiatric Rehabilitation Center to assist her patient, and at 3 p.m. she clocks out and heads to class.

Fowler is part of a select group of students who work full-time and go to school full-time. Lindenwood doesn't keep statistics, but a study by Georgetown University's Center on Education concluded that 25 percent of working students are simultaneously employed full-time and enrolled in college full-time.

Since Fowler's sophomore year, she has balanced her position as a psychiatric technician, which adds up to a 36-hour work week, alongside extracurricular activities. Currently, she is a resident adviser for Sibley Hall, president of Active Minds, an organization that brings aware-

ness to mental health, and attends weekly meetings of Lindenwood's Student Government Association.

"Sometimes I work 16 hours straight on Saturday to get a weekend off," said Fowler.

Sophomore Mason Heinke maintains two jobs during the school semester: serving at Outback Steakhouse and being an umpire at Lake St. Louis's Park and Recreations.

During baseball season, his normal work hours add up to 50 hours a week due to traveling in the greater St. Louis area. He also is on the board for Phi Lambda Phi, which makes it hard to manage his time.

"I've been working since I was 11," said Mason Heinke, who is majoring in fire and paramedic science. "Sometimes it's tough, but it's worth it."

Senior and mass communications major, Nathalie Rauschelbach said she stays on top of her assignments by



Photo by Nicole Sanders

Full-time LU student Nathalie Rauschelbach prepares a beverage during her full-time job at Hendrick's BBQ on Main Street.

squeezing in homework before she clocks in at her job as bartender at Hendrick's BBQ on Main Street.

Sometimes the fast pace job, where she normally works 30-35 hours a week, can be too much. Recently Rauschelbach, who was taking 18

credit hours, dropped two classes due to her busy work schedule.

Rauschelbach said sometimes she feels like she's missing out on the college experience.

"Especially when people say they're done with class

and can do whatever they want or take random weekend trips," Rauschelbach said.

All three students agree that staying organized is a must to maintain good grades.

Fowler, a psychology major, does her homework while

at work to ensure her assignments are completed on time. Anticipating graduation in May, Fowler said it's exhausting, but it'll be beneficial in the long run.

"I love my clients and what I do," Fowler said. "I can't see me doing anything different."

Food Brands | Continued from Page 1

COMING SOON...
to a dining hall near you



Design by Tony Forcelledo and Cassie Kibens

A graphic showing the national food brands coming to Spellmann cafeteria this fall.

ing, because if you have these declining balance points, you want to be able to use them," said Tinker.

The coffee shop in Evans also will be extended and closed off from the rest of the dining hall and include items that can be purchased with a meal plan or balance points.

The new upgrades will also bring new employment opportunities for students. However, students will not be employed through the Student Worker program.

"We'll want to hire stu-

dents who are available to work when we need them," said Tinker. "We're looking to add a sizable amount of staff," said Tinker.

To ensure the quality of the food offered at Spellmann, Pedestal will offer an extensive training so that team members will be certified to represent Chick-fil-A and Qdoba.

"We'll work closely with the local franchise to help make sure that our product is the same standard as Quick-fil-A [and Qdoba] expects it to be," said Tin-

ker.

Members of Pedestal's Food Committee have spent the past two years conducting student surveys to determine what the majority of the student body wants.

"We're always thinking ahead and listening to what the students want to what phase two could be," she said, hinting at even more changes coming in the future.

For now, "it's all about the convenience factor," Tinker said. "It's just really exciting to roll this out."

Tuition | Continued from Page 1

program.

"It will support education technology throughout the whole Lindenwood system," he said. "That includes classroom technology like work stations, printers, projectors, projection screens and all the controlling equipment in the classroom and lab environment, along with the underlying network that supports that."

Discussion of the technology fee has been ongoing for about three months. The cost includes the existing \$30 email fee for all students and a 10 percent surcharge fee those enrolled in an online course were required to pay. This means in coming

"It's a new five-year replenishing process. We're essentially replacing a fifth of technology in labs and classrooms each year, so by the end of year five, everything will be refreshed," he said.

In the previous system, when a piece of equipment broke, it was replaced. With the new technology refresh program, all technology will be refreshed within five years. The fee also will help implement a new technology plan for the Lindenwood Academic Resource Center, that is currently being built, Rains said.

"You're going to see some great, new technical tech-

nology in that space of classrooms, labs and also general use space that's going to be available," said Rains.

The figure was decided through the evaluation of common technology fees in regional institutions and was settled on an acceptable amount to match what is needed to update the technology infrastructure. The fee is supplementing a portion of the true cost, Rains said.

He added, "We're excited to put in a new educational technology refresh plan that will keep our classrooms and labs as relevant as possible to support the education experience of our students."

NEW Lindenwood Fees For 2016 - 2017	Total Year
• Tuition (Remains the same)	\$15,672
•• Room and Board + NEW \$926	\$8,500
••• Technology Fee + NEW \$300	\$300

Graphic by Sandro Perrino

A summary of changes to room and board and other fees for next year.

Pilot's license leads to career teaching students meteorology

Devin King
News Editor

Larry White has always had his head in the clouds.

Whether it's the time he took a high school date on an airplane ride or worked on weather predictions for pilots during the Cold War, the meteorology adjunct professor at Lindenwood has always been interested in what's happening in the atmosphere.

Originally from Berkeley, California, White became interested in meteorology after getting his pilot's license when he was 17.

"My dad said to me: 'Instead of chasing fast cars and fast girls, why don't you do something different? Why don't you learn to fly a plane?' and I thought: 'Yeah, why not?'" White said.

At Lindenwood, White uses "learning contracts," which are written agreements that students make. These contracts are made of what the students are interested in learning in meteorology and are meant to make the class more engaging.

"I always ask my class: 'How many are in here because you didn't want to take chemistry or physics or biology?'" White said. "Three-fourths of the class will raise their hand. And you know, the other fourth are lying."

The relationship between weather, broken bones and how hurricanes form are some of the topics of learning



Photo by Devin King
Larry White

contracts in the past.

White, who is currently taking the semester off at Lindenwood to work on his doctorates dissertation, said when he teaches meteorology next semester, he will require students to have their learning contracts relate to their major.

Because it's the students who choose what subjects in meteorology they will learn, White said he learns something new in every lesson he teaches.

"Maybe it's not something new in meteorology, but I always learn how people perceive it," he said.

Sophomore Sami Glenn, who is also from California, was in White's meteorology class last semester and said that she enjoyed how relaxed White's class was.

"Every time things got dry in the class, he would whip out one of his interesting stories and catch our interest back,"

-Sami Glenn, LU sophomore

Calendar | Continued from Page 1

ing general education courses to compensate for the unique J-Term options. Some of those classes include Food History and a number of literature classes that will be listed on the schedule for the fall semester, Abbott said.

Winter break also will change due to the removal of J-Term. Abbott said that students will begin the spring semester on the second Monday in January, and that both the fall and spring semesters will be equal in length.

"Instructors and students won't have to try to cram the same amount of work in a 14-week semester that they do in a full 16-week semester," Abbott said.

In addition to the semester changes, spring break will be pushed up a couple of weeks to be closer to the middle of the semester, and students will begin their summer break a week earlier in May.

Abbott said the reason Sibley Day has been removed is due to low attendance.

"It really doesn't seem to solicit wide student involvement," she said. "We had fewer than 1,500 attendances at this Sibley Day, so that means fewer than a quarter of faculty and students were actually participating."

Joe Fritz, senior and member of Phi Mu Alpha, participated in the fraternity event

and also said attendance was low.

If people don't attend and are not interested, why spend money that can be allocated elsewhere?" Fritz said.

Stanley said that Sibley Day had beneficial aspects and that those characteristics will be able to continue without the holiday.

"Some of the more well-attended events on Sibley Day were speakers and events put on by student groups that talked about diversity or issues that were pertinent to campus," Stanley said. "I think those good things of Sibley Day can still happen without giving everyone a day out of class."

CULTURE

Sexual assault victim hopes to 'reframe the conversation'

Viktoria Muench
Editor-in-Chief

Nine percent of the victims of rape and sexual assault are male, according to the National Sexual Violence Resource Center. Tim Mousseau is one of them.

On Thursday, he will visit Lindenwood to share his story and highlight the importance of preventing sexual violence on college campuses.

Hosted by the Campus Activities Board, students can attend the presentation, called "Retaking our Story: Reframing the Sexual Assault Conversation", at the Anheuser-Busch Leadership Room at 7 p.m.

In an open letter to his sexual abuser, Mousseau revealed that he had been stalked for several months



Photo courtesy of campus-speak.com

Tim Mousseau is an activist against sexual violence.

before he received a photograph in the mail.

This photograph indicated that he had been a victim of sexual abuse during a moment of unconsciousness.

After weeks of therapy and coping with the trauma, he found his way back to life when he started raising awareness by telling his story to others.

In an interview with CampusSpeak, an agency that offers transformative learning experiences to college students, he explained how most people are not aware of the reality of sexual abuse.

"As a college student, I went through programs, and I thought this could never happen to me, and it did," he said. "Sexual violence, sexual assault, rape; it's such a pervasive issue, I don't think we understand how big it is."

Mousseau said that even though there are many facts and statistics, many do not think about the human side of the issue.

"We forget that this isn't just a number. It's impacting

people. It's impacting countless students across countless colleges," he said.

"No one should have to go through this. As long as there is one person that is experiencing this, that's one too many."

Mousseau graduated with a degree in communications from the University of New Mexico and a master's degree in organizational leadership from Gonzaga University.

He has been a key note speaker, writer and artist since 2014.

The self-proclaimed hipster uses art, such as his tattoos, as a creative expression of coping with important life events.

In addition to speaking about sexual violence prevention, he offers lectures on creativity and leadership, mentoring and organizational culture and innovation.

Lindenwood Film Series Review



Photo courtesy of lindenwood.edu

A Brave Heart



Lontreal Farmer
Reporter

"A Brave Heart: The Lizzie Velasquez Story" is an inspiring documentary focusing mainly on the story of Velasquez's struggle with cyberbullying. She suffers from a rare congenital disease with many symptoms, the most prominent being lack of vision in her right eye, poor vision in the left eye and the inability to gain weight.

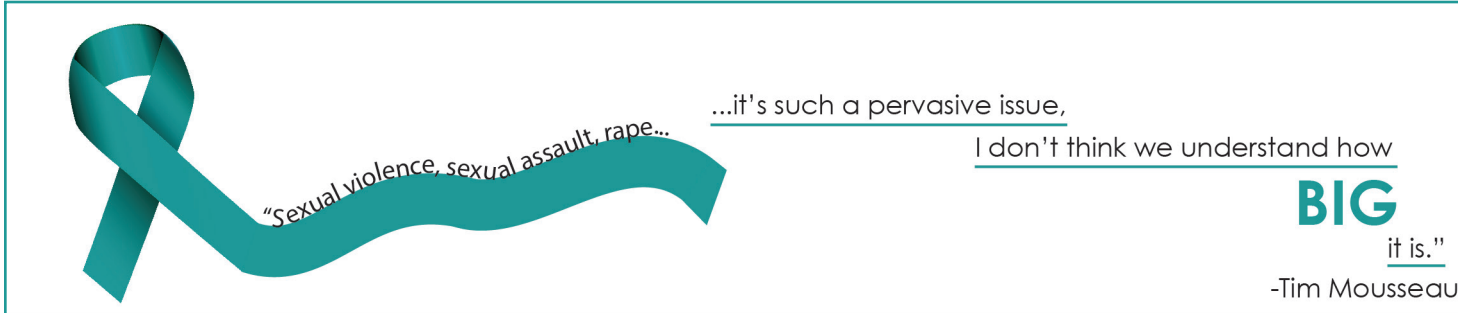
The film follows her life story from her days in kindergarten to the day she was called the world's ugliest girl on YouTube when she became a motivational speaker. It also covers stories about victims of cyberbullying for their weight or disability.

Cyberbullying was con-

sidered an extreme problem due to the anonymity allowed by the Internet years earlier. It was nice to see a movie made as recently as last year still trying to bring attention to those who are suffering from online abuse.

The documentary was inspiring and hopeful with some very emotional stories told. We see Velasquez interact with other children with medical disabilities and share some of her own experiences with them. While these stories show us the darkness that creeps through the world, it also highlights those who are supportive and loving.

"A Brave Heart" will be shown at Young Auditorium at 7 p.m. on Friday, March 11 as part of the Lindenwood Film Series.



Graphic by Kelby Lorenz

Mousseau has been raising awareness about sexual violence after being a victim himself.

FREE SPEECH & INCLUSION-

FEATURING

ARI COHN,
SENIOR PROGRAM OFFICER, LEGAL AND PUBLIC ADVOCACY FOUNDATION FOR INDIVIDUAL RIGHTS IN EDUCATION (FIRE)

JEFFREY MITTMAN,
EXECUTIVE DIRECTOR, AMERICAN CIVIL LIBERTIES UNION (ACLU) OF MISSOURI

FRIENDS OR FOES?
JOIN US FOR THIS INFORMATIVE EXCHANGE OF IDEAS, TO BE FOLLOWED BY A Q&A SESSION. EVENT IS FREE AND OPEN TO FACULTY, STUDENTS AND THE GENERAL PUBLIC.

LIVE FROM THE ANHEUSER-BUSCH LEADERSHIP ROOM, SPELLMANN CENTER, ST. CHARLES CAMPUS

WEDNESDAY MARCH 16, 2016 | 6:30-8:00 PM
FREE ENTRY-NO REGISTRATION REQUIRED
LIGHT REFRESHMENTS SERVED

EVENT IN PARTNERSHIP WITH THE:
DIVERSITY, INCLUSION & EQUITY TASK FORCE AT LINDENWOOD • GREATER ST. CHARLES COUNTY CHAMBER OF COMMERCE

HOSTED BY

The John W. Hammond
INSTITUTE FOR FREE ENTERPRISE
AT LINDENWOOD

IN THE PLASTER SCHOOL OF BUSINESS & ENTREPRENEURSHIP

CULTURE

Student thinks outside 'wooden' box

Graphic design major Zach Baker passionately creates art out of recycled wood

Maiken Zoega
Reporter

Zach Baker, a senior graphic design major, has gone beyond his curriculum and developed a passion for woodworking.

Baker is also pursuing a minor in studio arts, which has allowed him the studio space to pursue his hobby.

"To me, it's relaxing," he said. "So, if I'm struggling with school, I'll go build something. It makes me feel better."

Many of Baker's projects stem from merely seeing something that inspires him and then researching how to make it for himself. He also makes an effort to use reclaimed wood.

"I'll gather old wood and restore it into something new," he said. "It's a lot more work, but I enjoy that more just because something that's trash can be reused."

Baker has been working with different art forms his entire life. His family is very creative as well and participates in different kinds of creative outlets.

"Me and my brother do a lot of woodworking, but my sister is a hardcore dancer," he said.

Though Baker loves his art form and is constantly experimenting with new techniques, he is pursuing his degree in graphic design as a source of steady income in order to sustain his real passion.

"To be a successful artist alone you have to be really creative," he said. "I really enjoy it as a hobby or side project, but I don't necessarily see it as a future or something reliable."

Though he never intended his art to make money, Baker does sell some of his projects upon specific request.

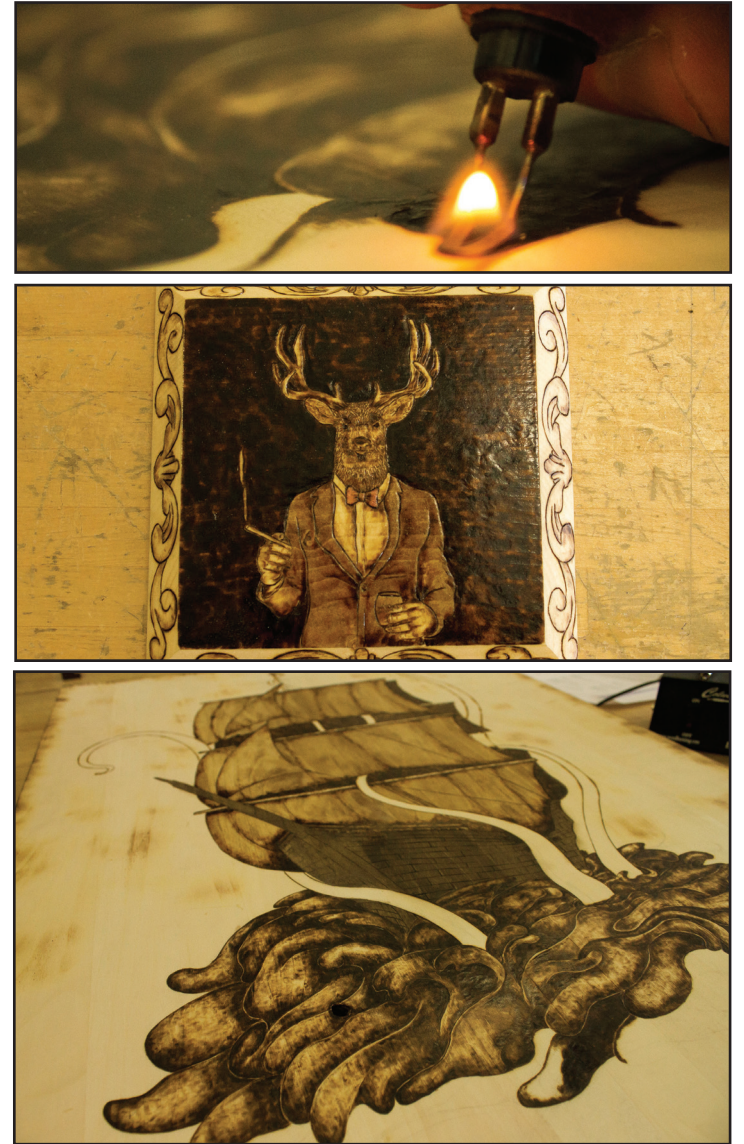
"I would love to have my own shop someday, but not necessarily for business reasons," Baker said.

Because Baker is an undergraduate, an exhibition at school is not an option. However, he self-publicizes his work on his Instagram account (@artistic_side) where he also posts time lapses of projects he works on. Recent projects include wooden bowties and a wooden poster plate depicting a pirate ship.

"I really enjoy making things from the ground up," Baker said, "so I have an idea or I see something I really want [and] instead of buying it, I'll think of a way to make it myself."



Photo by Sandro Perrino
Baker burns his pirate ship into a plank of wood.



Photos by Sandro Perrino
Top: Baker's woodburning pen catches fire; Middle: Baker's "Animals" series depicting a deer in a tuxedo; Bottom: A finished pirate ship piece on partially stained pine.

Design professors take to the streets for inspiration

Jazmin del Angel
Reporter

The art of faculty members Nashelli Ortiz and Audra Hubbell are currently featured in an exhibition at the Boyle Family Gallery which opened March 3.

The exhibition's name, "Intersections", speaks for itself. The featured artwork shows examples of the "intersections" among graphic design and fashion, the actual intersection of avenues along Cherokee Street in St. Louis' Benton Park neighborhood as well as the intersection of cultures among them.

"The whole point of the show is to challenge what design is, and it can be conceptual, it can be art, it can change your perspective on a place," said Hubbell, a professor of fine and performing arts at LU.

She added, "It was important for us to show our students that graphic design and fashion design can be so much more 'big picture' and conceptual than just client and commercial work. So, that was really important for us."

Both artists are personally tied to the Cherokee Street.

"I'm a Latina and, for me, when I go to Cherokee Street, I feel home," Ortiz said. "Even



Photo by Nao Enomoto
Graphic design professor Audra Hubbell's creations hang in the Boyle Family Gallery for the "Intersections" exhibition, which she collaborated on with fashion professor Nashelli Ortiz.

though the majority is Mexican, it's like we are family in the end."

"I moved back to the area two years ago, and I specifically was drawn to this neighborhood because I was moving from Chicago and it reminded me what I loved about Chicago," said Hubbell about her experience in living on Cherokee Street. "Just so many different cultures."

"For me, emotionally [it] was home. For [Hubbell],

physically it's home," Ortiz added.

Hubbell designed the graphics displayed in the exhibition, including sketches of the street and the surrounding streets, as well as a projected piece.

"It was really important for professor Ortiz and I to design a show that considered the space," she said. "It wasn't just us putting art on the wall, it was us thinking about the experience of walking into

that space."

To achieve the effect, they visited the area and took pictures.

Ortiz designed and made every piece of clothing and worked mainly with transparencies, a choice motivated by window displays in the area.

"The transparencies came from that and how you can see the different layers because you are in one side of the street, but you can see the other side reflected in the window display," Ortiz said, "and the same happens with the multiculturalism that is there because you have minorities like blacks and Latinos and then you have very few white people there, so it's like all this multiculturalism and layers of cultural elements."

Students from both fashion design and graphic design went to the opening, and that was encouraging for both professors.

The official presentation and discussion will be Thursday at 6:30 p.m. in the Boyle Family Gallery in the J. Scheidegger Center. The exhibition runs until Sunday, April 3.



Photo by Nao Enomoto
A clothing piece by fashion design professor Nashelli Ortiz for the "Intersections" display.

Pastor brings message of racial reconciliation in three campus events

Stephen Hawkes
Reporter

"Aren't you tired of choosing sides?" Pastor Ray Washington of Calvary Church said, quoting from Scott Sauls' book "Jesus Outside the Lines."

The "sides" referred to are the opposite ends of a racial conflict Washington and his congregation hope to dissolve with "From Racism to Gracism," a three-part event being held at Lindenwood University.

"This church was planted nine years ago in St. Louis Mills Mall Theater with the point and purpose of bridging the racial divide," said Washington. "Martin Luther King said 'the most segregated day of the week is Sunday.' Black people worship with black people, white people worship with white people, Asians and so on."

The picture in Calvary Church, however, is quite different.

"To come here on a Sunday, no matter what nationality you are, you feel like this is home and this is family," Washington said. "You don't see just blacks sitting with blacks, or whites sitting with whites. It looks like a bucket of fudge swirl ice cream, because all of us are one."

It is Washington's goal to bring the same message of racial reconciliation to students at Lindenwood.

The first of his speeches at the university, held on Feb. 24, unpacked the question "What is racism?" and attempted to trace its foundations, starting with narratives.

"When facing international students, or even wanting to develop a conversation around the topic of race, or racism, what's absolutely necessary is to find out first, 'what are the narratives?'" Washington said.

The pastor added, "What we did in the first session was start off talking about narratives - what things are true, what things are not so true."

From these narratives evolve what Washington called the first component of racism: a reason.

"Every racist has a reason," Washington said. "There's not a racist on the planet that doesn't have a reason to be - right, wrong or indifferent, they have a reason. Out of those reasons flow attitudes and actions."

Washington walked through five other components of racism and eventually came to the three classes of racism: individual, institutionalized and indirect.

"We've been taught that if you're not in a position of power, you can't be a racist," he said. "That's not true to the definition."

"A racist is someone who treats someone indifferently based on color, class or culture, which can be anyone."

He added, "I always like to level the playing field when I do these talks by letting them know... about nine years ago when I started this journey of unpacking racial reconciliation, I found myself to be a racist."

Likewise, Washington touched on the struggles with institutionalized and indirect racism that disadvantages certain people in America.

He asks, "If America has really been the land of the free, the home of the brave, the land of equal opportunity, then why are the blacks so far behind? Why are other minorities so far behind?"

The following talks will cover the ways in which racism can be addressed and the movement toward "Gracism."

"Gracism" is a spin-off of the word racism. Just add the 'G,' Washington said.

"Grace is something we all want. None of us deserve it, but what type of world would it be if we all operated with an extra layer of grace toward one another?"

The final two talks of the series will be held in Room 3020 of the Evan Commons this Wednesday and April 6.

SPORTS

LU's Hensley named to U.S. national team

Ivy Reynolds
Reporter

The four seniors of the women's ice hockey team will never don a Lindenwood jersey again, but goalie Nicole Hensley is far from hanging up her skates.

The Colorado native was recently named to the 2016 United States Women's National Team.

This is not the only nod Hensley has received from USA Hockey, considering the national team selection process is lengthy.

"Basically, you get noticed for your play on your current team and then you get invited to camps and from there, you may get picked for a team," she said.

With the resume she has built in her collegiate career, it would be difficult for the USA National Team to overlook a player like Hensley. After four seasons with the Lions, she holds: the 2013 CHA Rookie of the Year award, four all-CHA team selections, 10 CHA Goalie of the Week honors, and as of this season, she now claims the NCAA career saves record as well, with 4,094.

Hensley has attended the Warren Strelow Goalie Camp since her freshman year at Lindenwood. During her second year, she was invited to the Augustfest camp where the U22 team is selected.

Hensley did not make the team the first time around, but was named to the U22 roster the last two years. Both times

the team won in a three-game series against Canada. Hensley says she is honored to have the experience.

This season, Hensley was invited to Winter Camp 2015, where the selection for the national team takes place.

From the camp, she was selected as one of three goaltenders for the 23-player roster. 13 of those players were part of the 2014 U.S. Olympic silver-medalist team.

"The National Team players are all very welcoming, and they just want everyone in the player pool to do well," said Hensley. "They are all very encouraging, and there is so much to learn from all of them."

Now, Hensley has little less than a month to change gears from college player to National Team athlete.

"The next step for me will

be attending the camp and then going to Worlds with the team," she said. "And from there I am just looking to continue improving and hopefully making more rosters in the future."

Earlier in the season, Hensley said she intended to return to Lindenwood in a graduate assistant position for the women's hockey team in the fall. She said that even with the national team recognition, that is still the plan.

"I will be able to continue training here while coaching the team, which will be very helpful in the long run for my coaching career and to keep in shape," said Hensley.

The 2016 International Ice Hockey Federation Women's Worlds Championship will be held in Kamloops, British Columbia from March 28-April 4.



Photo by Kelby Lorenz
Nicole Hensley makes a save against Minnesota-Duluth while sophomore defender Tae Otte skates by the net.

Wrestling sends four to D2 finals

Walker Van Wey
Reporter

Few sports produce athletes who push themselves to lose as much weight as possible. Few sports can cause its college athletes to avoid unhealthy foods and drinks in fear of unwanted calories building up.

And few sports can produce four potential national champions for one team. One sport that captures the focus and determination of its athletes like none other is wrestling, and at the collegiate level, the national champion truly earns his title as the best in the country.

Kyle Jolas, Dillon Archer, Danny Swan and Terrel Wilbourn will represent the Lions at the NCAA Division II national championships.

Qualifying for Nationals is what sophomore Kyle Jolas wrestled for all season.

"At the beginning of the season, I had it written down that my goal was to be national champion," he said. "We want four All-Americans, but we really want a national champion."

This idea of championship or bust was mirrored by junior Dillon Archer, who said, "I don't think you can be satisfied not being No. 1."

Archer explained the team's emphasis on mental strength plays a huge role in preparation going into the last week before the pinnacle of the wrestling season.

"I feel like I've done everything I can to get to this



Photo from Legacy archives
Terrel Wilbourn competes at the 2015 national championship.

point," he said. "So I have nothing to be nervous about."

For freshman Danny Swan, the experience is all about the mental game. Dovetailing perfectly with Archer's outlook, Swan is careful to avoid being psyched out before the match even begins.

"If you're going into that thinking, 'I've got a hard match, you already lost,' Swan said. "Everybody there has a hard match."

Expectations are high for all four of the wrestlers. However, maybe none more so than senior Wilbourn.

Wilbourn, already a national champion at Iowa Central, is now closing out his senior season for the Lions as the favorite to win by his fellow wrestlers.

"This is really Terrel's tournament to win," Jolas said.

Wilbourn has inspired his teammates of all ages, according to Swan.

"The guy is just a champion. Everything about him," Swan said.

"To see him bring home a national championship would be inspiring for the whole team.

The four wrestlers are going into the tournament at different weight classes as well as different ages.

The potential to have four Lindenwood National Champions is a very strong possibility, and aside from being able to build off of this season's mistakes, coming this far and leaving empty handed means the same thing across the board, according to the wrestlers: wasted season.

"I've invested so much time in this throughout my whole life, so I guess yeah, it would be a waste," Jolas said. "Everybody who gets to nationals is good, but only one guy can say he's best in the country."

Gymnastics team ready for final meet at Hyland

Ivy Reynolds
Reporter

The Lindenwood gymnastics team will compete in its final Midwest Independent Conference match-up this weekend. They are set to take on the Centenary College Ladies of Louisiana on Friday at the Hyland Arena.

Going into the meet, the Lions are averaging a total team score of 193.23 compared to the Ladies 189.28.



Photo by Carly Fristoe
Andavea Alexander competes in the bars event on Jan. 15.

Lindenwood is also outscoring their rival by an average of at least a point in each of the four events.

The Lions are coming off a long road weekend in California where notable performances from Andavea Alexander and Rachel Zabawa helped the team tie the third-best program floor score of 49.000.

As a whole, the Lions took fourth at the California Quad Meet, behind twelfth ranked California,

Southern Utah and Michigan State.

Head Coach Jennifer Kesler said that the team is highly focused on consistently hitting a score of 195.00, which was a benchmark qualifying number for regionals last year. The Lions highest mark so far was a 195.325, which is higher than any other team in conference.

They are currently ranked first in the MIC, ahead of Division I schools Southeast Missouri State, Illinois State and University of Illinois-Chicago.

This will be the Lions final regular season home meet at the Hyland Arena, but there is a chance for at least some of the team to enjoy another home court advantage next month.

The university is set to host the USA Gymnastics Women's Collegiate National Championships April 8-10 at Hyland Arena, allowing those who advance to compete in St. Charles one final time this season.

LINDENWOOD Student Athlete Spotlight

Mateusz Pacholczyk



Photo from lindenwoodlions.com

Grade: Senior
Age: 23
Sport: Swimming
Major: International Business
Birthplace: Olsztyn, Poland

- Q:** How long have you been competing in sports?
- A:** I have been swimming for 13 years.
- Q:** What were your greatest moments in your sports career so far?
- A:** Representing Poland at the European Championships.
- Q:** What are three words that best describe you?
- A:** Stubborn, mean and honest.
- Q:** Do you have a routine or superstition before you compete?
- A:** I read a book and listen to music before my races.

- Q:** Who have been some of the most influential people in your career?
- A:** All of my coaches have been very influential. However, my dad is the greatest.
- Q:** What do you see yourself doing in 10 years?
- A:** I imagine having a family and a normal life. Maybe I'll own some business.
- Q:** If you could vacation anywhere, where would it be?
- A:** Asia, either Japan or China.

Weekly Sports Recap

March 2-6

Men's Basketball 62-57 loss vs. Northwest Missouri	Baseball 3-2 win vs. Northwest Missouri 6-3 loss vs. Northwest Missouri 3-0 loss vs. Northwest Missouri	Women's Lacrosse 11-6 win vs. Fort Lewis	Gymnastics 4th place finish in California quad meet behind California, Southern Utah and Michigan State
Men's Ice Hockey 6-3 win vs. University of Delaware 4-0 win vs. Oklahoma University	Men's Lacrosse 21-6 win at Ohio Valley University 13-9 loss at Seton Hill	Men's Volleyball 3-0 win vs. Quincy University	Softball 13-10 loss vs. Emporia State 7-2 win vs. Washburn 5-4 win vs. Washburn

SPORTS



Quick Facts about
Lindenwood's
Conference Opponents

Missouri Southern



- Joplin, Missouri
- Founded in 1937
- Student Enrollment: 5,740
- Nickname: Lions
- Mascot: Larry the Lion
- Colors: Green and Gold
- Joined MIAA 1989

Francis earns second straight wrestling title

Bryce Olden
Reporter

Victoria Francis, from the women's wrestling team, has recently become the first person in school history to win back-to-back national championships.

Throughout her career, the Litchfield, Illinois native has made it a habit to always set standards, and to stand out from the crowd in any way possible.

"I was the first girl at my middle school to participate [in wrestling]," Francis said. "I was the first girl to do all four years at my high school."

In addition to her national championships and barrier-breaking accomplishments, Francis has achieved a number of great things throughout her career, both as a member of the Lindenwood wrestling team, as well as at junior national competitions.

"I took fifth at nationals my freshman year which is All-American status," Francis said. "The summer after my sophomore year I won a junior world bronze medal, which is probably my biggest accomplishment in wrestling."

Going into her final season at LU, there were high expectations for the defending national champion.

Unfortunately, she suffered a bulging disk during her preseason training routine, which kept her off the mat for much of the fall semester.

"I had been weightlifting a week before practice, and I had the beginnings of a bulging disk, but I kind of did the finishing move on it while lift-



Photo from lindenwoodlionssls.com
Victoria Francis, Lindenwood women's wrestler

ing," Francis said. "I couldn't walk for a few days. They took me to the ER to get pain meds and figure out what was going on exactly."

She explained that going through the injury was difficult, not only because of the effect it had on her season, but also because it kept her away from her teammates, people from whom she wants respect.

"It was very frustrating especially when we bring in those freshman," she said. "Wrestling's kind of a mean sport, and you gotta show the freshman where they are. You've got to put them in their place. I didn't get to do that. They didn't know who I was. I felt like I hadn't earned their respect yet,"

Francis said.

She would only wrestle in three competitions all season after going through the lengthy process of recovering from a difficult injury.

Luckily for her, all those competitions came at the tail end of the season, and Francis was more than able to make up for lost time.

Her most notable and important victory came at the WCWA Nationals where she went 5-0 at the 170-pound division, including a decisive victory in the final round with an 11-4 score, which once again earned her the distinction of being one of the best female wrestlers in the country.

Earlier in the season, she had also been named the champion of the 170-pound weight class at the NWC Multi-National Duals.

Even after winning back-to-back championships and becoming an All-American for the fourth year in a row, Francis remains humble and driven.

"I was taught to let them raise your hand because you won but drop your head because you could've done better."

Now that her collegiate career has wrapped up, Francis plans on making wrestling her priority for at least the next eight years.

That journey will start in April, when Francis will participate in the Olympic Trials in hopes of fulfilling her dream of becoming an Olympian.

"My goal is to win Olympic Trials," she said. "I'm currently ranked fourth going in, but I feel confident that I could definitely beat at least two people ahead of me."

Now Leasing for
Summer
2016

Washer/Dryer in Apartment

Fully Furnished

New Construction

.7 miles from Lindenwood University

3 blocks from Main Street

On-Site Parking



thedensonthird.com



125 N. Third Street

3 Bedroom – 3 Bath
STUDENT APARTMENTS

Tastefully Furnished
All Utilities Included
Blocks from Main Street
Less than 1 mile from
Lindenwood University

LEASING OFFICE
233 N. Main
St. Charles, MO
636-949-9898



LU Legacy Newspaper + Lindenlink



@LULegacy + @Lindenlink



LULegacy@lindenwood.edu

OPINIONS

Is counseling advertised enough?

Katie Olson
Reporter

Among the many services that Lindenwood offers, you will find free counseling services at the LUCC that are available to all students.

I had not heard of the counseling services until a meeting in my dormitory, which I found very surprising. This meeting was about half-way through the semester, so I was completely unaware of this service for quite a while. I know the troubles of mental illness, as it runs in my family, and college seems to emphasize those genetic precursors.

During my time at Lindenwood, I have never heard about anyone using the health services, and it was obviously not a priority for administrators to encourage its use. According to the American Psychology Association, 41.6 percent of college students suffer from anxiety problems, and 36.4 percent suffer from depression. These numbers seem alarmingly high to me, compared to the lack of representation the school gives its services.

The school should have more emphasis on this service, but I do understand why it is not at the forefront of their priorities. People tend to forget how important mental health

is, even those who suffer from mental health issues forget sometimes. These problems get swept under the rug and ultimately not talked about in depth, because of how they are perceived.

We typically think we never hear about it because of the bad things people will say, or the opposition to the subject. In this case I find it to be a little different. The stigma on this subject is that someone is going to say "It is all in your head," or "Just suck it up, and get over it."

There are many things that can be said negatively, but in reality I think people would be more understanding than we

expect. There has been more talk of mental illness now than ever before. I sincerely thank and congratulate Lindenwood for offering this service to their students, but I can definitely see room for more emphasis on its importance.

Getting the word out there that this is a normal thing to seek out is crucial. Even if you see yourself as someone who has it together, counseling can be like the gym for your mental well-being. Overall, I think Lindenwood could do a better job of advertising this service, but with that said I am thankful we have it in the first place, because it can be very beneficial.



Photo by Kelby Lorenz
Free counseling services are provided at the LUCC.

New food boosts experience at LU

Samuel Horstmeier
Reporter

Lindenwood has recently released renderings on Facebook of the new plans for an updated and modernized food system.

As previously covered in this issue, Spellman will be turned into a new non-buffet styled cafeteria, and Evans will be switching to the contrary. It is an exciting time to be a Lion!

Anytime we hear of improvements to our food system, my ears perk up.

Those of you who's ears perked up too may remember earlier criticisms of the Butler Loft's Grab & Go, which shortly after made outstanding improvements and is now the quick and friendly food opportunity which students have consistently desired.

So what about this makes Lindenwood keep on track with being "Like No Other?"

Well, as many major announcements, there has been a press release published which offers the details, "Lindenwood University students will see big changes in food service this fall."

The national brands that will be coming to Spellman include Chick-fil-A, Qdoba and Caribou Coffee.

This renovation—including updates to Evans café as well—will be a seven-figure project to improve both dining halls.

That's a big deal.

At least \$1 million being spent to give students some great new food options is an awesome way that this was a great move by the new administration to show that they are effectively going to take concerns of the student body and turn them into strengths of the university.

So thank you to President Shonrock and the university leadership for moving us forward as a top notch institution.



Renderings courtesy of Lindenwood's Public Relations Office
The Lion Pride coffee shop will feature Caribou Coffee.

Letter to the Editor Policy:

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.

The Legacy / Lindenlink.com

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
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.

Students need guidance during transfer process

Katie Olson
Reporter

Transferring schools doesn't really seem like it would be a huge deal, especially to an in-state school. Unfortunately, though, transferring is a huge pain, no matter where you go.

What I found worse than the initial process was being a junior at a brand new school that didn't seem like they knew what was going on themselves.

A lot of college students will end up transferring schools throughout their education.

I have heard quite a few nightmare transferring sit-

uations and very few positive experiences. The school never got the transcript, they didn't get the correct forms, they lost the forms and a range of other complains about transferring schools.

I transferred to Lindenwood in fall 2015 coming from a community college nearby.

The transferring experience was not the easiest when I first got started on it, but I had hope that Lindenwood would help guide me through the process.

I had a representative from Lindenwood help me through the transferring process in regards to what classes would transfer, the scholarship and any loans.

Getting through all of the paperwork and the various other aggravating tasks that come with transferring was rough, but after it was over, I felt relieved.

The real problems started when I actually had to start school here.

I didn't know how the meal plans worked, who my adviser was, how to work Blackboard and the student portal and if there were any resources to take me through how they worked. I didn't know where anything was, or how anything worked.

Every time I emailed a department they either didn't know what to tell me, or they didn't care to explain it enough.

Sometimes they never even got back to me. The education I'm receiving is definitely making it worth my while, but I had very little guidance as a new student.

I understand the need to allow college students to try to figure things out for themselves coming into the university because we are adults.

We can't be spoon fed everything. But there is some benefit to making clear and straightforward directories or having a counsel of student leaders that can be easily contacted with questions from new students.

I enjoy attending Lindenwood, but only now that I have figured out how the campus works.

Lindenwood increasing international reach but the impact could prove to be negative

Maiken Zoëga-Nielsen
Reporter

Lindenwood has a long history of having a very diverse student body, and it prides itself on being exceptionally cultured.

Now the university wants to expand even further and have started actively recruiting more students from other countries. This will clearly impact Lindenwood in several ways, not all of which are positive.

There are both major pros and cons to having a large number of international students in a classroom.

A diverse classroom fosters much more interesting discussions because there are so many different viewpoints represented.

Everyone benefits from being exposed to opinions differing from one's own – it broadens perspective.

However, as good as that sounds, it doesn't always work practically.

Through my three years at this school, I have come to dread classrooms that are too diverse.

It should be said that I am an international student myself and my bias may be assumed to be of the opposite sort, but I have experienced too many disruptive classroom environments to be fully on board with recruiting new internationals.

I had a class last semester where almost half of the students were native Spanish speakers.

In this particular class, all the Spanish speakers clustered in the back corner of the room and would speak solely in Spanish – during the lecture as well – until addressed by the professor.

I understand the attraction in speaking your native language because it is so

much easier, but if the purpose of bringing more internationals to the school is to enrich the classroom discussions, then it's doomed to fail.

Many of the multilingual students don't feel confident having discussions in English because they simply don't possess the necessary language skills, so the chances of them participating in school debates are somewhat slim.

Every international student has to take a TOEFL test – an internationally agreed upon English placement test – in order to get into any English speaking higher education.

Every school decides what minimum score they accept, and there are 120 possible points in the test.

Lindenwood only requires a score of 61 – literally half of the available points. That is considered

an F on Lindenwood's grading scale.

I think that the reason many students default to their mother tongue whenever they have the possibility, is that they simply don't have the language skills to have those same conversations in English, and to me that should be an indicator that the standards needs to be raised.

If Lindenwood is to benefit at all from recruiting more international students to this campus, they should tighten the minimum language requirements for getting accepted into the school.

That way the learning environment in classrooms can benefit from a cultural diverse group of people who all have the capabilities of holding an intelligent debate that can lay grounds for broader perspectives and general open-mindedness.



Photo by Nao Enomoto
German student Tim Stoellger, filling out paperwork with the Assistant Director of International Students Amanda Cassano.

EXTRAS

Featured Photo of the Week



Photo by Mai Urai

A campus groundhog pokes its head out of its home in the spring-like weather after waking up from hibernation.

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:

Cookie Giveaway - Panhellenic Appreciates All Students
 March 8 | 12:15 p.m.-1 p.m. | Evans Commons Atrium, Spellmann Center, Grab & Go
 Campus Panhellenic shows its appreciation for all students by giving out cookies to everyone who stops by. You don't want to miss it!

The March Music Series
 March 8 | 7:30-9 p.m. | Lindenwood Theater
 Enjoy a series of concerts that feature different musical styles and genres, showcasing Lindenwood's finest instrumental and vocal ensembles. Enjoy all concerts on the following dates:
 Band Concert | March 7
 Orchestra Concert | March 8
 Choir Concert | March 1
 Jazz Concert | March 12

Instagram Contest
 March 9 | 12 a.m. - March 23 | 4 p.m.
 The Lindenwood Student Government Association is hosting a contest for their Instagram page. For a chance to win \$25 gift cards to Starbucks, Subway or iTunes, students need to follow their account @lu_studentgovernment.

St. Patrick's Center Pot O'Gold Service Project
 March 12 | 9 a.m.-5 p.m. | Schnucks
 Come join the Psychology Interest Club at Schnucks, where members will give shoppers a set of beads in exchange for money. All proceeds go towards the support of the homeless or ones at risk of being homeless.

Safezone Training
 March 14 | 5-7 p.m. | Evans Commons Multipurpose Room 3020
 Learn about the challenges faced by their LGBT peers and learn how to be a supporter and an advocate.

Josh McVicar "The Trickster"
 March 14 | 7:30-8:45 p.m. | AB Leadership Room
 Don't miss the exhilarating magic show with "The Trickster" Josh McVicar. In his show, he combines surprises with humor and promises a performance full of mind-bending magic.

People of Lindenwood



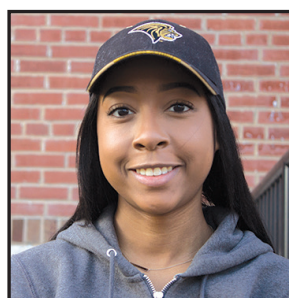
Anthar Sosa Ferrat

Q: What's your favorite place on campus?

A: I would have to say that my favorite place on campus is the library because it is so quiet and isolated that you can concentrate easily and get your work done.

Q: If you could go anywhere you wanted, where would you go?

A: Los Angeles. Because it's the center of the entertainment industry. I am planning to go there this summer and see if I really would like to move there in the future.



Kaliya Robinson

Q: What has been your favorite event on campus this semester?

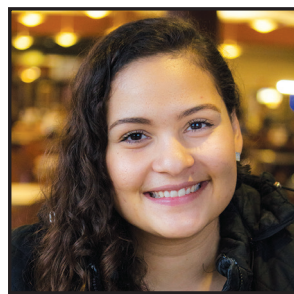
A: Probably Anita Sakeesian's talk about women and video games.



Marissa Stock

Q: What is your favorite class?

A: My favorite class this semester is Illustrator because my major is Interactive Media and Web Design, and this class made me think about what designs I should do.



Tiffany Rodriguez

Q: What is your favorite holiday?

A: My favorite holiday would be Thanksgiving because I like fall, and I love being surrounded by my family and good food.



Amanda Zuccarello

Q: Who is the person you admire the most?

A: My grandfather. He is the kindest person I have ever known. He taught me that there is more happiness in giving than in receiving.



Mirella Mosquera



Strength in Numbers

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

Level of difficulty: Medium

View the solution in our online Legacy edition on Lindenlink.com.

STAFF NEEDED



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

Contact us at LULegacy@lindenwood.edu