

LINDENWOOD LEGACY

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Spring breakers: watch for Zika

Health officials say travelers should do research before heading to tropical locations



Design by Tony Forcelledo
A map showcasing the areas affected by the Zika virus that has raised health concerns.

Nicole Sanders
Reporter

With spring break a few days away, students are excited to trade their planners in for passports. Sunburns and picking the perfect swimsuit, however, are not the only worries students may have when traveling to tropical locations this year. The Zika virus is a growing outbreak in loca-

tions like Brazil, Mexico and Venezuela, according to health officials. The Zika virus is a new disease that is transmitted through mosquito bites. Although it's commonly known for its side effects on pregnant women, it also can cause sickness in adults and children. According to the Centers for Disease Control and Prevention, symptoms include fever, rash, joint pain and red eyes.

The virus is also thought to increase the likelihood of birth defects. The symptoms are estimated to last about a week and can develop before any indication of the virus is visible. Lindenwood senior Maria Viso said that both her parents and her three siblings were victims of the virus. The Venezuela native said she was worried at first about her family's

health, because without proper care, the virus can lead to potential neurological disorders. Viso said her family took different medicines and re-

covered a week later. "The whole situation in Venezuela keeps everyone too busy to worry about any other virus," Viso said. "We just deal

with it the best possible way." Currently there has not been a vaccination created since the first outbreak in Brazil.

"I was very shocked that one mosquito can transfer four different viruses," said Luiz Costa-Cruz, Brazil native and **See Virus | Page 2**



Photo by Mai Urai
Participants of Lindenwood's first scuba class practice last week in Butler pool.

Scuba diving class makes splash at LU

Lena Kirchner
Reporter

The first scuba diving class offered at Lindenwood will help students who want to pursue an underwater archeological career. Upon completion of the course, a late-start class which began on Feb. 24, students will receive their scuba diving certification from the Professional Association of Diving Instructors. Steve Dasovich, assistant professor and chair of the Anthropology and Sociology Department, said he believes the class

"I was really nervous during a scuba session, but it was fun."
-Saana Ahokas, Lindenwood junior

is a great addition to the department of Sport and Recreation. "Some students want to have an underwater archeology career, and that is the first thing they need for that," Dasovich said. Dasovich, who has scuba diving certificates and experience, is not only coordinating the class. Midwest Scuba, a scuba dive shop about four minutes away from campus, provided the

instructor for the class. "The class has been on our catalogue for years, but never was held," Dasovich said. "Some of my students showed interest in underwater archeology, so I went to the recreation department and asked for permission to operate the class." A few of the students currently in the class are interested in getting their scuba certification, such as Greg Judge. "I've been scuba diving

before in Hawaii, with my family," Judge said. "It might be useful if I go anywhere else." A combination of theoretical diving lessons and practical pool practices make up class sessions, which take place at Midwest Scuba located on West Clark Street where students have theoretical lessons. However, there are scuba sessions in Butler pool once a week. **See Scuba | Page 2**

LU nursing school is coming back to main campus

Devin King
News Editor

The LU and SCC Nursing and Allied Health Center is on the market to be sold, according to President Michael Shonrock. Shonrock said the decision was made to bring Lindenwood programs back onto its St. Charles campus.

Currently, nursing and other health science courses are taught in this building, which is situated near Highway 40 and Winghaven Boulevard. The 69,000-square-foot building was purchased by Lindenwood in September 2012, and St. Charles Community College leased 26,000 square feet of the building's space under terms of the agreement in March 2013. It is currently unknown what will happen to the St. Charles Community College portion if the building is sold. The building was



Photo by Devin King
The Nursing and Allied Health Center in Dardenne Prairie is being sold by Lindenwood.

the former site of Barat Academy before Lindenwood purchased it. "There will be no more [nursing and allied health sciences] classes taught there," said Peggy Ellis, the director of the program. Ellis was the dean of the school of Nursing and Allied Health Sciences before it merged with the School of Sport, Recreation and Exercise Science to form the School of Health Sciences earlier this semester. She said the school's plan is to have fewer schools, which was part of the

decision to bring the program on campus. The program, which began in the fall 2013 semester, will be moved onto the St. Charles campus next semester according to Ellis. "We don't know where classes will be [on campus], but we will go where there is open space," Ellis said. Ellis said there are no potential buyers yet, but the decision to move the program to the St. Charles Campus was announced last month. **Contributions by Viktoria Muench**

Palestinian speaker details life in Middle Eastern war

Maiken Zoëga-Nielsen
Reporter

Mosab Hassan Yousef, a Palestinian who worked with Israel to help prevent terrorist attacks and author of the best-selling book, "Son of Hamas," spoke in the Anheuser-Busch Leadership Room last week. His speech was part of the Lindenwood University Speaker Series and focused on what it was like for him to grow up on Palestinian territory in the midst of war. Yousef's father was a leader in Hamas, a Palestinian Islamic resistance movement. Though his father was imprisoned in most of Yousef's childhood and youth, he had a relatively protected upbringing because his father's status granted him protection via the Hamas army.

Though Yousef was raised as a Muslim, he converted to Christianity in his adult life. His speech in no way denounced Islam as a religion, but made an effort to stress that extremists exist in any religion. He sought to broaden the audience's understanding of the Islamic Middle Eastern communities by stating that their mentality is stuck in the seventh century, when women had no rights and a father would murder his own daughter if she brought shame on the family. "It's a delusion," Yousef said. "They're not able to see themselves at all." He stressed that American Muslims have all but abandoned the seventh century customs of their heritage and have adapted to the modern world.



Mosab Hassan Yousef
Photo from lindenwood.edu

When Yousef was 18 years old, he was arrested by Shin Bet, Israel's internal security service, and brought to a Russian compound known as "the Slaughterhouse." He was beaten and mentally terrorized before he was interrogated. Yousef was recruited to be Shin Bet's informant in Hamas, though his intention was to spy **See Yousef | Page 2**

NEWS

Employees discuss wellness at lunch every Wednesday

Lena Kirchner
Reporter

Lindenwood employees can increase their health and well-being by participating in the weekly health sessions, known as Wellness Wednesdays.

Every Wednesday from 12 to 12:30 p.m., Lindenwood employees can come together in a 30-minute session with the purpose of relieving stress. The program varies between light exercises, such as yoga, stretching or walking, sometimes with the help of a student trainer.

Once or twice a month a speaker comes in. This week, it was Vanessa Cochran, assistant professor and department chair of elementary education sharing her heart health story.

Administrative Assistant HR Benefits Candace Schwartzkopf has been in charge of the employee wellness program for the past year and a half. She books the room, sets up speakers and chooses the topics and contents. Usually 10 to 20 people attend one meeting, whereas the attendance is higher on days where a speaker comes in. Different people come at different times.

Schwartzkopf said she is happy about the reception. Wellness Wednesday has among employees.

"Along with Wellness Wednesday, our program



Photo by Nao Enomoto
Vanessa Cochran shared her heart health story last week.

helps people to get together and do something for their health," she said. "However, there is always room for improvement. We might change it to a bi-weekly meeting and have more special speakers come in."

Wellness Wednesday is held by LindenWell, an organization that strives to increase employee health. Even though the event is for em-

ployees only, the organizers utilize student services, which are numerous available due to Lindenwood's large exercise science program.

Participating in employee health programs, such as Wellness Wednesday, gives employees the opportunity to earn Well-Bucks, which then convert into small incentives, such as gift cards for popular places.

Scuba | Continued from Page 1

"I was really nervous during a scuba session, but it was fun," said Saana Ahokas, a student in the class. "I travel a lot, so it (the certification) might be useful."

At the end of the semester, the participants will then complete open-water dives during a weekend in Rolla, Missouri in April.

Dasovich is unsure if the class will be taught again in the future, but because of the required open water dive at the end of the class, it can only

be taught during a spring semester.

However, reception for the class has been positive, such as Samuel Rudloff, a student in the class, who said he loves being in

it. The first class took place on Feb. 24, which was an open orientation for the eight people currently enrolled in the class.

Contributions by Devin King



Illustration by Rachel Schuldt

Spring Break Hours

Evans Commons	Rec Center & Laundry Room	Butler Library
Dining Hall Brunch: 11 a.m.-1 p.m. Dinner: 4:30 p.m.-6:30 p.m.	3/25: Closed 3/26-27: 9 a.m.-7 p.m. 3/28-4/1: 7 a.m.-7 p.m. 4/2-3: 9 a.m.-10 p.m.	3/24: 7:30 a.m.-8 p.m. 3/25-3/27: Closed 3/28-3/31: 7:30 a.m.-8 p.m. 4/1: 7:30 a.m.-5 p.m. 4/2: 10 a.m.-3 p.m. 4/3: 2 p.m.-2 a.m.
Student Life & Leadership/ Student Org. Resource Center Weekdays: 8 a.m.-5 p.m.	Mailroom Weekdays: 8:30 a.m.-5 p.m.	

Design by Kelby Lorenz

For the first year, Lindenwood students can stay on campus during Spring Break without having to pay for housing or food. The Evans Dining Hall will be open for meals during the week.

Virus | Continued from Page 1

senior at Lindenwood. "You don't know what will be transmitted."

Initially, Costa-Cruz didn't take the news of the Zika virus seriously until the disease became more prevalent in Brazil. Cruz advises students who want to travel internationally to stay out of dark places where mosquitoes are drawn to. He also recommends students practice the same everyday hygiene rou-

tine to fight the virus.

According to St. Charles Public Health Officer Doug Bolnick, researching the current health issue of an area is crucial for traveling, even if you have already been to the location before. He recommends spending about 30 minutes looking up the basic facts about your vacation spot.

No outbreaks have been reported in the United States

yet, but Bolnick suggested taking the same safety measure when traveling to a new location.

"It's always a good idea to do your research, whether you're going to central Missouri or across the country," he said.

For more information about the virus, visit the Centers for Disease Control and Prevention's website, www.cdc.gov.

Yousef | Continued from Page 1

on Shin Bet from the inside.

To not stir suspicion, he was sent to prison for three months with nearly 2,000 members of Hamas, and it was here his belief in Hamas began to falter as he saw the brutality of the group.

Yousef started his speech by stating clearly that he does not identify with any groups or crowds and that he does not represent any country or religion.

"I'm an individual," Yousef said. "I respond to life without the influence of anyone

else."

Though Yousef's life has been filled with more terror than most people will experience in a lifetime, he does not categorize himself as "anti-war." During his years with Hamas and during missions to prevent terror attacks, he recognized that sometimes brutality was the only option. He is, however, "pro-peace," as he believes the two terms are not mutually exclusive.

When Yousef came to the U.S., it was with the dream of a normal life. In trying to deal

with his past experiences, he decided to start documenting all of his memories from his past. This journal of sorts turned into the best-selling book, "Son of Hamas: The Green Prince." When the book was published, Yousef's father publicly disowned him on CNN.

Though Yousef never sought recognition for his actions in the fight against terror, he wants to spread a message of love of humanity, not labeled by religion or country.

Do you have a news tip?

Are there policies or procedures you think need to be explained?

Do you know a student who is doing remarkable things?

Let us know at 636-949-4336 or LULegacy@lindenwood.edu

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CULTURE

Admissions counselor wins award

Mike Gibson is the first black male to receive Counselor of the Month honor

La'Markus Bragg
Reporter

Lindenwood admissions counselor Mike Gibson recently became the first black employee to be awarded counselor of the month in the school's history.

Gibson, who is also the first black male employee to ever work for the admissions office, won the award in December.

Gibson was a Lindenwood student before becoming an employee. After he transferred from Missouri Valley College in spring 2010, Gibson graduated with his bachelor's degree in 2012 and then got his master's in business administration in sports management with an emphasis in marketing a year later.

"I absolutely loved the MBA program, and I felt like I learned a lot, and it helped me with my public speaking skills, organizational skills and also being able to communicate and work with

other people," he said.

Gibson previously worked at Harris Stowe University as an admissions counselor, where he brought in more than 50 percent of the freshman class with the highest GPA and ACT scores.

He also increased the amount of out-of-state students and recruited the first international students to play on Harris Stowe's basketball team.

In 2015, Gibson was hired by Lindenwood. While simultaneously working and being a graduate student, Gibson also marketed LU to the Kansas City, Missouri, area as a recruiter.

"Not only do I do that, but the students that I meet when I'm at high schools and different college fairs, I give them campus tours and show them good hospitality to make them feel like Lindenwood is the right place for them," he said.

Gibson's sister Taylor, 20, is the committee chair holder for Lindenwood's Black



Photo by Devin King
Mike Gibson works at his computer in his office at the Welcome Center at Lindenwood University.

"I give them campus tours and show them good hospitality to make them feel like Lindenwood is the right place for them."

- Mike Gibson,

Student Union.

She said she is proud of the difference her brother has made on campus, and he has inspired her to follow in his footsteps.

"He acts like he's my boss, but that's what he is supposed to do," she said. "I appreciate him for it because it is getting me ready for the

real world. If he can do it then I can do it, and my turn is next."

Shane Williamson, the new dean of students, serves as dissertation chair for Gibson. She has known Gibson ever since he was a transfer student and served as his adviser.

"When Mike came in, he

was a go-getter," Williamson said. "He liked to ask questions, he wanted to know why certain policies existed. If he needed assistance he would come in and ask for help."

She added, "I see Mike earning many more awards in the future because he's passionate, he's dedicated,

he wants to make positive changes, he's working on his doctorate, and he's active in his Church."

Gibson enjoys meeting new people and being a representative of positive change at LU. He is looking forward to graduating with his doctorate in sports management in 2017.

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CULTURE

Business student fulfills passion for dance at LU

Junior Raylon Bivins has performed in many LU theatre productions

Ana Castillo

Reporter

Raylon Bivins' curiosity for musical theatre began during his junior year of high school. Though excited about his new venture, theatre conflicted with his previous desire to be a financial adviser.

"I wanted to be a financial adviser since I was about 6 years old and I loved it," he said, "but I found out that I loved theatre after doing 'Grease' in high school."

Though a business major, Bivins continues to pursue his interest for dance and musical theatre at Lindenwood University.

"I was originally coming here solely for business," he said, "but after I auditioned for the theatre department, they offered me a scholarship, so I decided to do both."

After taking a dance class, he decided to study the art as his minor.

"I took my first dance class, Beginning Ballet, and from then on I just loved it," he said.

He claims that the passions he has recently discovered have made him reconsider what he wants for the future.

"I believe I will leave business aside for the moment. I would still have the degree, but I will first try to get jobs performing," he said. "I really would love to move to New York or Chicago as soon as I graduate and pursue a career on Broadway."

Bivins said he is grateful for learning through the Lindenwood productions he has performed in, especially with "Legally Blonde," in which he worked with Broadway performer and choreographer Nikki Snelson.

"It was awesome to work



Photo by Ana Castillo
Bivins practices his ballet stance on the top floor of the J. Scheidegger Center.

with Nikki because she pushed me to a new level that I didn't even know existed," he said. Bivins is also a part of Voices Only, the school's a cappella ensemble. Though minoring in dance, the challenge to juggle performing with completing schoolwork has not been difficult for

Bivins. "I am an OCD planning freak," he said, "so I'm really good at managing my time well."

Throughout his life, Bivins has found his mother to be an immense support.

"My mom is my biggest inspiration," he said. "She

once told me to do whatever I wanted to do as long as I put my whole into it."

He plans to continue performing and building a career. He said, "I'd love to possibly be in a cruise line or on Broadway, and just take all the opportunities that come my way."

X-Fit instructor was competitor in power lifting

Brendan Ochs

Reporter

Ron Heator was once a competitive powerlifter before accepting a position teaching X-Fit at Lindenwood University.

From his hometown of Kansas City, Missouri, he made his way to Pittsburg State University where he studied and received his degree in exercise science.

His internship was at the University of Nevada, Las Vegas in strength and conditioning. Afterward he began his journey at Lindenwood University to obtain his master's degree in human performance.

Now, he teaches X-Fit (pronounced "cross fit"), one of the group exercise programs offered at LU Monday-Friday at 3 p.m.

Heator has been in three powerlifting competitions affiliated with United States of America Powerlifting and the Southern Powerlifting Federation. Currently he is on a break from competing.

When Heator signed up to become a personal trainer at LU, he was also asked by Chad Bruner, assistant director of campus recreation, to become a X-Fit instructor.

Heator said this was a great opportunity for him, considering he had been interested in training and had been using in X-Fit for about a year and a half.

"I like to focus on people's goals, and it really depends on what they want out of it," Heator said about his focus as a trainer. As the power lifter he is, he tries to incorporate compound movements into his programs.

"It takes too long to workout each individual muscle like a body builder would,



Photo by Brendan Ochs
Ron Heator is a competitive power lifter teaching at LU.

such as a leg extension machine," he said. "Why not use larger compound movements such as bench, deadlift and military press to hit the most amount of muscle in a short amount of time?"

He also said that if there is a muscle imbalance, there are a number of different ways to handle them. One way would be to modify the whole routine around the imbalance.

If it will not affect anything else, then leaving it to develop with the normal routine is fine.

"It all depends on the imbalance and can be a very complicated process," he said.

In regards to training X-Fit, Heator describes it as, "a high intensity fitness regimen with an emphasis on functional movements."

A typical X-Fit class is about 45 minutes of high intensity training. Heator advises people of any fitness level wanting to get started in a new program to come to class and to keep workouts fresh.

Beardfest winner picked; \$100 donated to charity

Jason Wiese

Culture Editor

Exercise science major Wyatt Mohrmann was named the winner of Lindenwood University's third Beardfest Sunday.

The contest, which has been held every semester since spring of 2015, was hosted by the Campus Activities Board last week.

CAB set up a voting booth in the Evans Commons atrium Monday-Friday afternoon displaying jars with pictures of the 15 male student candidates for the best beard on campus.

Students could vote by inserting money, in whatever dollar amount they pleased, into the jar of their favor-



Photo by Nao Enomoto
Wyatt Mohrmann was named winner of the best beard on campus.

ite bearded candidate. The proceeds went to the Children's Miracle Network, a non-profit organization that raises funds for children's hospitals.

Mohrmann's jar made up approximately \$18 of the final \$100 raised.



Photo by Nao Enomoto
Ryan Guffey and Grant Shostak vote at Beardfest.

Nerf Alliance hosts game of 'Assassins' on campus

Stephen Hawkes

Reporter

"Assassins" is a game in which, as game moderator Billy Richard described, "sort of what you play in high school where you go around and try to eliminate players with a highlighter or other writing utensil that will show up on skin."

Lindenwood University's Nerf Alliance is currently hosting its spring game of "Assassins", which began Monday. In addition to markers, however, players can also use Nerf weaponry to eliminate players.

"We figured, because we had a large Nerf society around Lindenwood, we would go ahead and pull the Nerf guns into it," Richard said, adding that former moderators Geddy Avery and Corian Wornen were responsible for the idea.

All players participating receive a target and are in turn targeted by another player.

"The only people you can eliminate are the person who is targeting you and your own target," Richard said. "The only way you can eliminate your assassin is if they've already made an attempt on you."

Nerf blaster play will be prohibited inside academ-

ic buildings, the University Commons and in individual dorm rooms, but its use in dormitories, not counting individual rooms, is pending the approval of individual resident directors.

"Play also goes off campus," Richard said. "You're safe if you are at work or at an off-campus meeting, but if you're at a small party or anything like that, [you can be eliminated]. It's like Humans vs. Zombies. You don't want everybody to know where you are."

He added, "[The game] can go as short as two days, even shorter if possible, to two weeks. It lasts until the final player is eliminated."

The game will continue even over spring break, until a victor emerges or the surviving players cease game play.

Michael Craven, co-winner of last semester's game, said that his battle "technically never ended." This aspect of Assassins adds an element of perseverance to the game that sets it apart from other Nerf Alliance games. Other Nerf events, such as HvZ, its counterparts and other Nerf Wars all operate within a set amount of time.

"Assassins" also relies more heavily on stealth and deception. Veteran player Caitlin Mills was eliminated by her best friend in last se-

mester's game.

"That's most of the game" she said. "You can't trust anyone because your best friend could come up and tag you."

Craven also got his first tag through deception, when he told friends he would come to his dorm, Guffey Hall, to give him a flash drive at 4 p.m.

"I showed up at 3:30, let myself into Guffey, and called him to come down stairs and unlock the door for me," Craven recalled. "He came downstairs, and I ran out and tagged him."

Players are provided with a number of participants, and their target, but are left unaware who each person playing is.



Illustration by Rachel Schuldt
Leo the Lion is a target in Nerf Alliance's Assassins.

SPORTS



Photo Courtesy of Evan Blankenship

Evan Blankenship competes in a cycling race. He chose to pursue his education and love of cycling over the stable job that he held, with the support of his loving wife.

Cyclist, 31, adjusts to college life

Walker Van Wey
Reporter

After nearly a decade of working a job with a dream salary and benefits to die for, the thought of going back to college is something that many may not consider.

For Evan Blankenship, the mind clearing hobby of cycling and the unconditional support of his wife, Anina, have bridged the gap perfectly from daydreaming railroad employee to non-traditional college athlete.

Evan Blankenship is a

31-year-old exercise science major and member of the LU cycling team. About 12 years ago he was returning from a 12-month tour in Iraq.

Evan's parents and the parents of a military woman named Anina worked together and threw a conjoined welcome home party. The two had never met and weren't looking for a military romance.

"I wasn't really going for a military girl," Blankenship said. "She wasn't interested in military guys anymore either."

As fate had it, the two

began dating and shortly after, they got married. Blankenship got an associate's degree and began working for the railroad. He embraced the above-average pay but never quite felt it was the job for him.

"Even guys I used to work with were like, 'Go back to school, finish up,'" Blankenship said.

Years of stressful debate followed about whether to make the return to school.

"It got to the point of, either, 'deal with it, this is life, or make something happen,'" Blankenship said of his job.

"This isn't where I want to be in 60 years."

To blow off steam, Blankenship started competing in triathlons. Although Anina stood by as though he was a gold medal winner, his results were less than ideal.

"I was terrible; I was like a rock out there," he said.

One day a family friend recommended cycling, and the hobby stuck.

"My wife showed instant talent," he said. "And I guess I showed some too."

The two became even closer through their

newfound love for cycling. Yearly vacations have a new purpose. Free time is spent on cycling events and competitions.

Anina isn't limited to the supportive wife role. She is also a very strong competitor.

"Nobody complains about having her ride with them, that's for sure. If she's there, she's there to throw down," Blankenship said.

As the years have passed and new challenges and journeys have come up along the way, the two are still as close as ever before. The two still snack on brownies and

coffee before races and try and make it out to eat once a week.

These days, Blankenship can be found at home doing homework while receiving antagonizing texts from his friends such as, "Oh, hey, how's homework?"

He laughs off the comments, knowing that through the jokes, they are also supportive of his collegiate life.

It is unclear at this point what is next for Blankenship. It is clear, though, that Anina will remain his biggest supporter.

Billiards team on cue for repeat title season

Walker Van Wey
Reporter

The Lindenwood billiards team has made a name for itself with high winning percentages for years. This year is no different, posting a 9-2 record with its only two losses coming to the Durbin Destroyers composed of legends of the sport. Coach Mark Wilson enjoys winning but also enjoys the role of mentor to younger players.

Wilson held open tryouts earlier this year and gained three new faces in the process. Taking full advantage of the opportunity was Junior Benito Luongo.

Luongo had no competitive billiards experience at all but was drawn to the allure of Lindenwood's winning program. "[The successful players] made me more excited to be on the team," Luongo said. "I'm surrounded by people I can learn a lot from."

The jump to the team was made easier by the leadership of Wilson. Wilson stresses the importance of mentality and proper technique with every shot. "If they're willing to walk on the team, it's the effort I want," Wilson said. "You've got



Photo by Sandro Perrino

A billiards player lines up the shot in a practice round.

to earn it."

Luongo has been responding well to Wilson's guidance. Already noticing large improvements along the way. "Before I was just making random shots. Now that I have a really good understanding of the basics, I'm starting to really improve," Luongo said.

Helping along the way are Luongo's teammates. Wilson takes just as much pride in the team atmosphere he creates as he takes in his high winning percentage. "We expect great leadership," Wilson said. "The team is only as strong as its weakest link."

Luongo also notices this

and embraces the veteran guidance. "The whole team sees how you play and if they have any tips they come over and help you out," he said.

Luongo admittedly has set the bar high for himself. With two years of eligibility left, he is aiming to compete on the national stage and looks forward to the work that goes into getting that far.

He said he knows there is a lot of help available to him as a member of the Lions.

"The rest of the team really shapes how you play," he said. "And although I just kind of played it for fun, I want to be a great player."



Neariah Persinger

Grade: Freshman
Age: 19
Sport: Rugby
Major: Exercise Science
Birthplace: Dominica



Photo from lindenwoodlionsssls.com

- Q:** How long have you been competing in sports?
A: I am coming up on my fifth year, all four years in high-school and one in college.
- Q:** What were your greatest moments in your sports career so far?
A: Being able to play with an Elite Women's Team in Tobago at the age of 18.
- Q:** Do you have a routine or superstition before you compete?
A: Before every game my team gets together and prays for safety and to use our skills to play the game to the best of our abilities.

- Q:** Describe your sports fantasy.
A: I want to be able to play in the Olympics.
- Q:** Where would you like to be in 10 years?
A: I would like to be happy, as I am now. I enjoy living everyday as if it was my last, and I hope that in 10 years I haven't lost that attribute.

Weekly Sports Recap

March 16-20

Men's Rugby 23-21 loss vs. Life University	Baseball 5-1 loss at Nebraska-Kearney 16-11 loss at Nebraska-Kearney 5-3 loss at Nebraska-Kearney	Women's Lacrosse 24-16 win vs. Colorado-Mesa 12-5 win vs. Limestone College	Gymnastics Named MIC conference champions for second straight year.
Men's Volleyball 3-0 loss at Loyola-Chicago 3-0 loss at Lewis University	Men's Lacrosse 13-7 win vs. Wheeling Jesuit	Men's Tennis 7-2 loss vs. Emporia State 5-4 win at Delta State	Softball 5-6 loss at Nebraska-Kearney 10-8 win at Nebraska-Kearney 26-18 loss at Nebraska-Kearney

SPORTS



Photo Illustration by Kelby Lorenz
Lindenwood senior Emily Heintz plays a game with her daughter, Kaylee Jones, in the Spellmann Center atrium.

Bowler doubles as mom

Emily Heintz balances family, sports, studies

Kelby Lorenz
Design Chief

Emily Heintz was dressed in black sweatpants with a coral and gray sweater. Her curly brown hair flipped forward as she looked down at her daughter Kaylee Jones while they walked through Spellmann Center.

Kaylee clung to Heintz's hand, a star glittering on her purple T-shirt. Seeing the stairs leading to the fourth floor, Kaylee was adamant that they go "see what's upstairs".

In high school, Heintz never thought that her life would be what it is now. During that time, she found a passion for design in her interest in computers.

"Originally I wanted to get into IT, and my senior year I took 'blow off' classes to get through the year," Heintz said. "I had been scrapbooking for a little bit at the time. I took the [design classes] and I got really into them because I was scrapbooking on the computer, essentially."

Heintz did not originally plan to pursue a degree in design until she came to Lindenwood. When she came to campus in December of 2011, Heintz met interactive media and web design chair David Wang, who pushed her in the direction

of IMWD.

In addition to her interest in design, Heintz was interested in athletics. At Lindenwood, Heintz shows this by pursuing her lifelong passion for bowling.

Heintz started her bowling career at the age of 3, due to her family's interest in it. Yet, bowling quickly became more of an afterthought to other interests, volleyball and dance.

Heintz kept her childhood busy going from dance practice to volleyball to bowling all the way through middle school.

"I kind of faded away from bowling in middle school, and then I started having a lot of knee issues," Heintz said. "It was around ninth grade that I went to a new doctor, and they found a bone tumor in my knee."

The news shocked her, and the tumor forced her to abandon her interest in dance. To fill the time, Heintz focused on her bowling.

"My junior or senior year, I realized I wouldn't be able to go to college for volleyball anymore," Heintz said. "I really buckled down with bowling and wanted to find

colleges with a good bowling program."

Heintz's original plan was to attend McKendree University.

Two weeks before her sign date, Heintz found out more life-changing news.

"About a week or two before my sign date, I found out I was pregnant," Heintz said. "I had to decline the offer to go there, and the only way I could go to college would be to go to Lindenwood."

Becoming a single mother while attending college was a challenge that Heintz was determined to face.

Balancing the life of design, bowling and motherhood came down to two things: conviction and impeccable time management.

"I would try to make my classes start around 9 or 10," Heintz said. "Even if it's for an hour, at least I see her everyday."

The struggle to balance it all left Heintz exhausted at first.

Her design classes caused her to stay late at school due to expensive design programs.

Yet, through it all, the love for her daughter pushes her

through. With a simple look, the love that they share is unique and insightful.

During her senior year, one obstacle came and pushed Heintz even further.

In October of 2015, Heintz sprained her ankle. She fought through the pain, and pushed it off.

"It's not really a priority," Heintz said. "I got an ankle brace, and I worked through the pain."

Though she continued to fight through, the damage became worse.

During a work shift last January, Heintz felt a pain shoot through her leg, almost knocking her down.

"I went to the doctor, to find out that I had a stress fracture in my leg, because I never really let my ankle heal," Heintz said.

The reality of this hit Heintz hard, with the realization that her bowling career had come to a close.

"There were seven of us fighting for the last three spots in our sectional and nationals team, and because of my injury, I lost my fighting chance at it," Heintz said.

Though devastated, Heintz continued to endure.

She fought hard to get where she is today, and she plans to continue fighting for her family and her future.

"I don't really have the option to stop working."



Quick Facts about
Lindenwood's
Conference Opponents

Central Missouri



- Warrensburg, Missouri
- Founded in 1871
- Student Enrollment: 11,000
- Nickname: Mules and Jennies
- Mascot: Mo the Mule
- Colors: Black and Cardinal
- Joined MIAA: 1912

Swimmer places in six events at national tourney

Serghei Golban earns All-American honors

Ivy Reynolds
Reporter

Lindenwood swimmer Serghei Golban put on a show at the NCAA National Championships in Indianapolis last weekend, placing in all six events. He claimed first in all three of his individual events and was part of three relays. The men went on to finish second as a team.

Golban started off the weekend by setting a national record in the 50 freestyle event, which earned him All-American honors. He won the event with a time of 19.35 seconds, .04 seconds better than the previous high.

He then went on to help the 200-medley relay, 200 free relay and 400-medley relay to top marks, finishing second, third and fourth respectively.

In his second individual event of the meet, Golban touched first in the 100 backstroke with a time of 46.56 seconds. In last year's championships, he took fifth in the event.

But he was not finished. On the last day of the championships, Golban swam to a first-place finish in the 100 free with a time of 42.96 seconds, making tremendous gains after placing sixth in the same event last season.

Fortunately for the Lindenwood swimming and diving team, Golban is only a sophomore and will return for the Lions next year.

As a freshman, he was an All-American and won All-RMAC accolades after finishing second in the 50 freestyle

race at nationals. He was also part of a conference championship relay and was named the team's Most Valuable Swimmer. Golban also had a hand in the 200 and 400 free relays setting program records in 2014.

This year alone, he has claimed school records in the 50 free, 100 free and 100 fly, as well as the 200 and 400 medley relays.



Photo from
lindenwoodlions.com
Serghei Golban

Lacrosse player sets LU scoring record

Kyle Rhine
Reporter

Junior lacrosse player David Corazalla has set a school record, scoring his 56th career collegiate goal in an 8-7 win against Alderson-Broadus University.

He currently has 17 goals and two assists on the season. Corazalla is one of the team's captains, and his coaches believe the team plays as a much stronger unit with him on the field.

Lacrosse head coach Jim Lange said, "We want him on the field as much as possible, he draws so much attention from the opposing team's defense because he is so quick and has a great shot."

Lange added that with Corazalla on the field, his teammates have greater ability to create their own opportunities. By drawing the attention from the defense, it creates space for other players to cash in on scoring chances.

Corazalla is a two-way attacker. He has the key attributes of speed, strength and athleticism.

Coaches aren't worried if he gets stuck on defense be-

cause he has a strong sense of competitiveness. Lange describes Corazalla as "tenacious, brings another level of competitiveness and raises everyone else's game."

Lange believes that Corazalla's leadership plays a big role on the team. He said that players look up to him, from his own experience of changing positions.

He played midfield his freshman year and made the change to attacking his sophomore year. His influence helps players adapt to playing other positions.

Lange said, "His work on and off the field in the weight room and his work in the classroom, all around great leader by example that the underclassmen can learn from."

Lange believes Corazalla can take his game to an even higher level as he finishes out this season and returns next year.

"He doesn't get down on himself when he doesn't score when he has a wide open shot," Lange said. "He is continuing to grow, and learning to save his energy on the field physically and mentally."



Photo by Carly Fristoe
David Corazalla catches the ball from teammate Sean Darroch.

Clarifications and Corrections

A version of the rugby story "Men's rugby takes first match," published in the March 15 issue of The Legacy, incorrectly stated that the March 12 rugby game was an inaugural event.

This was the second time the LU rugby team hosted the event.

The story's headline also stated that the game was the team's first of the season. They had played seven games prior to March 12.

OPINIONS

Trump's visit brought hate out in crowd

Samuel Horstmeier
Reporter

Thus far, I have refrained from endorsing a candidate through all of my editorials, and I intend to keep that true, at least through the primaries. But my opinion has been all over the place about whether Donald Trump can really change America in the ways he wants to.

I have to say to young readers across the political spectrum, that if you're getting most of your political insight off social media, you are in dangerous territory.

I encourage you to go online and just google different candidates' platforms; it may be 15 minutes that could save you a real headache when someone tries to argue that you don't know why you really support your candidate.

The real question about Trump, though, is still, why is he getting so much support?

I went to his rally and would like to critique both sides, but liberals, I really have to nail first on a topic I've been thinking about ever since. Everything from Hitler remarks and sexual vulgarities were screamed at me, along with the young kids taken out of school to hear Trump with their parents.

Here's my problem: If you're going to yell at me to do something extremely vulgar to presidential candidate Trump, maybe you should put down your "Love is greater than hate" sign. Re-read that last sentence if you must; that is so very important.

If you're going to give me the Nazi salute, accusing all who were there to be racists, maybe you should take off your Bernie 2016 shirt, because arguing that disrespect never wins, then showing up and being grossly disrespectful, isn't only hypocritical, it's feeding the fire.

If you're going to support the protester stomping on the



Photo by Phil Brahm
Donald Trump waving to the crowd at his St. Louis Rally.

American flag in the presence of many U.S. military veterans, then why did you show up? Remember, I'm not even there to support him.

Also, many who I overheard were there to see Trump speak and make a decision - usually between Trump and Ted Cruz.

Now - liberals, the first thing you're thinking is that you're not the ones yelling that and that not all Bernie Sanders/Hillary Clinton fans would do those explicit things.

Yet, you're the first group to argue that Trump supporters are the most violent uneducated group.

Without supporting him, I beg to differ that those thousands of people were all violent and uneducated.

And for the conservatives - what's the point of playing to the protesters' games by yelling vulgarities back in frustration? There was plenty of that, and it was equally as frustrating to me as the pro-

testers supporting their candidates.

People are mad - emphasis on people, I did not say Trump supporters alone - but inherently, that's what gets Trump much of his support; but if you're there to support the candidate, then why pay any attention?

It was clear to me that no matter the number of Sanders/Clinton signs, none of the Trump supporters I spoke to planned to change their votes. We should all be just as civil as we cry to the media about being. Nobody on either end should be feeding into the craze that Trump is off his collar, and protesters have come to bite back.

The Trump rally offered me what I expected: energy, protesters and the ability to look him in the eye and determine what his intentions are.

I'll never forget my experience in St. Louis watching him, and now we'll just have to see how far he makes it.

Will name-brands be improvement?

Sarah O'Daniel
Reporter

While I was searching for a university to attend, one thing that distinguished Lindenwood from the other private schools was the seclusion it provides.

However, this is not something unusual when it comes to private universities. When I was in high school and began touring multiple universities in a quest to decide which to choose from, something I always tended to notice was the different food options available on the campuses.

While the public universities always tended to have chains like Starbucks and many more, the private universities usually offered only

one or two food options, which typically were provided by independent suppliers.

While I personally did not have a preference when it came to whether the school had a wide representation of brands, I had some friends who were very attracted to the large options and brand names.

With the current expansion that is already in progress, as well as the introduction to popular brands such as Qdoba, Barnes and Noble and Chick-fil-A, it is very possible that Lindenwood will begin to attract even more potential students, as they will be offering something that not all private universities do.

However, one must also

think about what Lindenwood will be losing with this decision as well. Something that has always been so charming about the campus is the fact that it is a smaller university.

Many students picked the school based on the fact of its small class sizes, everywhere on campus is only about a 15-minute walk, and professors know their students' names.

With the introduction of these brands, I am worried that Lindenwood will begin to grow much larger in its student population.

Officials would, in turn, be forced to build more facilities, thus raising tuition and eliminating that comfortable, private feel that many people love.

Spring Break changes helpful to internationals

Maiken Zoëga-Nielsen

Reporter

This semester, Lindenwood is allowing its students to stay and eat on campus for free during spring break, which comes as a godsend for many out-of-state and international students.

During both Thanksgiving and spring break, most local students go home for some much needed vacation and family time, but a very large portion of the student body here at Lindenwood don't have that option. During the breaks they would have to either stay on campus or travel somewhere, both of which are costly choices - at least they used to be.

With this new decision taking effect, students who don't have the option to go home to their loved ones or the budget to travel, don't have to stress about the added cost of having to stay on campus, and that is such a wonderful thing that anyone can appreciate.

I've always thought it was weird for the university to require more money for staying during the short breaks when they have a huge amount of



Illustration by Rachel Schuldt
Spring showers bring spring flowers.

international students living here. I came here in 2013, so I've always had to pay to stay on campus. Talking to international seniors from earlier years I've been informed that the breaks used to be free until 2013.

Speaking from experience, the costs for staying on campus during Thanksgiving or spring break were literally higher than buying a Greyhound ticket to Chicago and staying there for a full week. So I, for one, applaud President Michael Shonrock for eliminating the cost of breaks again and taking into consideration the geographi-

cally challenged student body. I see a lot of changes going on at Lindenwood right now, and I definitely see it improving on many levels. It makes me happy that future generations of West Coasters and internationals don't have to worry about having breaks - something that should be a relief - because they don't know where to go.

I thank the university and Shonrock for finally realizing that if they want an international university, they have to expect a student body whose only home in the U.S. is this campus.

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.

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

Downtown expansion is good move for LU

Samuel Horstmeier
Reporter

There has been a lot of debate among students about whether they like the new branding "Like No Other."

I think it's pretty cool, but I've heard some common arguments like, "anyone who visits Lindenwood knows that it's unique, but sometimes there is fault in it not being comparable to any other school in the area, with any quality."

It's not Washington University, it's definitely not Mizzou, and it's surely not UMSL... it's Lindenwood.

I like it, and I don't think any of our qualities need to be comparable to these other schools.

The administration released a statement March 10, confirming the expectation that we will become more and more uniquely our own institution; we leased part of the Old Post Office, on 9th and Olive, downtown.

That's right, Lindenwood is jumping farther out of St. Charles and increasing its presence downtown.

LU will be alongside the

Missouri Business Journal, the Missouri Attorney General, and the St. Louis Public Library, as well as over five other tenants.

The statement made by our administration claims that Lindenwood has expanded its territory more than four times what it had before, and intends to improve upon one of the area's historical landmarks.

President Shonrock said that the university, "wanted to strengthen our commitment to urban education, like no other."

This space will serve as new headquarters for some of our extended campus' accelerated-degree classes.

I had the privilege of working with this office, and I'm sure that being accessible in the city will be a step in the right direction for everyone involved.

Lindenwood's accelerated-degree faculty and staff are very efficient, and I'm excited to see us take advantage of this new historic lease.

Lindenwood is really taking steps to become "like no other," and the space downtown is one more way the university can distinguish itself.



Photo Courtesy of Lindenwood Public Relations Office
A peek inside of LU's leased space at the Old Post Office.

EXTRAS

Featured Photo of the Week

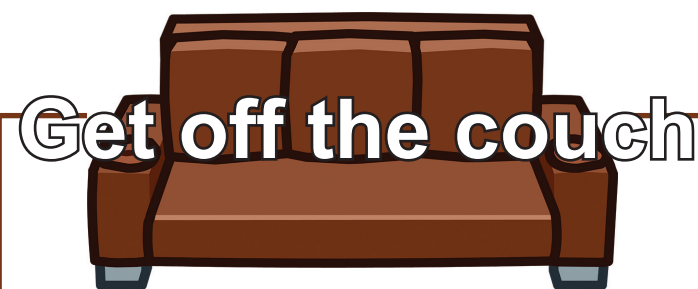


Photo by Viktoria Muench

The first day of spring was met with an unexpected surprise of a light snowfall that came to campus in the early morning.

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...



Lindenwood University events:

Careers in Music Therapy Speaker

March 22 | 4-5 p.m. | Young Hall Room 413

If you dream of pursuing a career in music therapy, join the Psychology Interest Club as they welcome the director of Maryville University Music Therapy Program Cynthia Briggs.

Victory is Sweet!

March 22 | 5-6 p.m. | Lou Brock Stadium

Support the men's baseball team against the University of Central Missouri and enjoy free ice cream. A Cool Times truck will be right by the stadium. Be one of the first 50 students to get ice cream for free!

Decorating Eggs for Easter

March 23 | 11-1 p.m. | Evans Commons Atrium

Get ready for Easter and join the Campus Activities Board in decorating Easter eggs. All materials will be provided.

Krispy Kreme Fundraiser

March 23-24 | 11 a.m.-1 p.m. | Outside Spellmann dining hall

Do you love donuts? Come and buy one for only \$1, or a dozen for \$8! All proceeds will support the Catholic Student Union's Spring Break mission trip to McKee, Kentucky.

Pedestal's WCW: Superfood's Event

March 23 | Spellmann Dining Hall

If you love superheros, and you've always wanted to be one, your dream can come true with Pedestal's superhero event. Co-hosted by the nutrition club, you will be served all super foods known to man!

Easter Egg Dying: Crafts and Fellowship

March 23 | 7:30-9 p.m. | Evans Commons Room 3020

If you need a last minute Easter prep opportunity, come dye eggs and participate in other Easter themed crafts with the members of the International Student Fellowship.

Good Friday - No Classes Held

March 25 | All day

Enjoy your extra free day of Spring Break!

Flirting 101



Rachel Schuldt

People of Lindenwood



Fuzuki Saito

Q: Do you have plans for Spring Break?

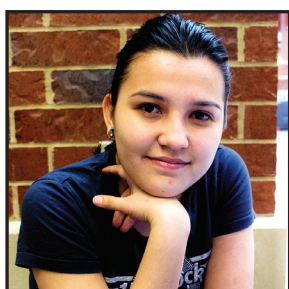
A: Not that much. I don't have any place to stay nor plan to go somewhere. But I think it's good timing to take a break and have time to relax. I guess I'll work out a lot.



Jonathan Bland

Q: What is the biggest thing you've learned so far at Lindenwood?

A: I learned that support is necessary and is crucial to success. I've learned that you can't do everything by yourself and that there are support systems to help you.



Cristina Barria

Q: What is your favorite movie?

A: It's "The Count of Montecristo," because it has a little bit of everything. It has action, drama, and love, which I always look for in a movie.



Pauline Teruin

Q: Who is your favorite superhero?

A: I don't watch many cartoons or superhero movies, but I like Superman because he is really good looking.

Strength in Numbers

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

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