

## Spring break scrapbook



Photo by Viktoria Muench

A view of Midtown in New York City, featuring the Empire State Building, taken from the Freedom Tower. To see more photos from our staff's spring break, go to page 4.

## Faculty meals chopped next fall with new plan

Nicola Muscroft  
Reporter

Full-time faculty at Lindenwood University will no longer get free daily lunch next fall, a change that is partly due to the addition of several name-brand foods, according to a university press release.

Previously, faculty could eat for free five days a week, but in the future, the perk will be slashed to two days a week. And the meals won't be Qdoba, Chick-Fil-A or Caribou Coffee; the free lunch can only be had at Evans Commons or Grab n' Go.

They will, however, get a 15 percent discount at all dining location on campus.

The changes also are because of renovations to the Spellmann and Evans cafeterias and the recent \$463 increase per semester on student room and board, said Ryan Guffey, vice president of student development.

If the full-time em-

ployee meal plan were to remain the same, the room and board increase for students would have been greater, he said.

"It would come out of your tuition," he said. "You would be paying for those five meals a week."

On average, out of the five offered lunches for faculty, only two and a half were eaten per week, Guffey said.

"We rounded down to

keep the price low, so the overall meal cost is lower for students," he said.

Patrick Walker, head of the Faculty Council and business professor, said he does not believe the reduction is negative change.

"We were told your tuition would go up an extra \$100, so I think this is a fair as a business perspective," he said.

Walker said some fac-

ulty were surprised at the change, but that even with the changes, eating on campus would probably still be cheaper than eating elsewhere.

"We look forward to eating in the cafeteria, many of us as faculty," he said. "It's the one time we can see our colleagues, one time to even see staff people, and for me, even schedule meetings with students."



Photo by Kelby Lorenz

Students get fresh fruit in the Spellmann Cafeteria during breakfast. Starting next fall, faculty members will have to pay to eat in the cafeteria.

## Lion fountain, liners for loos proposed by student government

Lena Kirchner  
Reporter

Bills to add a lion-themed water fountain and sanitary liners for toilet seats were proposed at a Lindenwood Student Government As-

sociation meeting.

The two bills were presented on March 23 and votes will be conducted on April 6 by representatives of student organizations on campus.

The first bill proposes that a lion water fountain be installed on campus

to help raise school spirit and add an appealing feature to the campus. Fountain options range in cost between \$400 and \$6,000, including installation.

Senator Tania Contreras, who proposed the bill, said that the fountain "will not suddenly make

all students appreciate Lindenwood more, but it will depict our mascot and therefore surely be helpful."

Locations being pitched for the fountain include areas around Spellmann Center, Evans Commons or the J.

Scheidegger Center for the Arts.

The second bill is asking that paper toilet seat covers be available in all restrooms in the public buildings on campus.

The seat covers were proposed by Senator Marcela Amaya, who said

they were a way to make unsanitary restrooms more sanitary, especially for women, and decrease infections from dirty toilets.

Amaya said she conducted a survey and found that international students, especially, want

the seat covers.

However, some disagreed with the idea and said that paper seat covers would be a waste of paper.

If the bills are passed, they will go to Lindenwood higher-ups to be considered whether they will be incorporated.

## LU students do part to lift county health

Nicole Sanders  
Reporter

St. Charles County has the healthiest residents in the state of Missouri, and Lindenwood students are doing their part, according to university officials.

The newest County Health report released last month and ranked St. Charles County at No. 1 in the state. The report evaluated various factors, including exercise, adult obesity and access to healthy foods and medical care.

Lindenwood students and athletes help contribute to making the community healthier, said Shane Williamson, dean of students.

Students are making an effort to be more aware of what they're consuming, she said.

Recently, Pedestal Foods, LU's food supplier, included food labels with calorie intake on various products due to the high demand from students.

"We have a significant number of student athletes and athletic training on campus," Williamson said. "I believe our students are very health conscious."

Williamson said the county ranking will inspire students to pay more attention to their health and want to stay in shape.

"I think [the health report] will give people who are health conscious the energy to remain that way and those who are not

### Missouri Health Rankings

By county

1. St. Charles
2. Platte
3. Christian
4. Clay
5. Perry
6. Moniteau
7. Cass
8. Johnson
9. Lafayette
10. Warren
11. Andrew
12. Nodaway
13. Osage
14. Boone
15. Gentry
16. Ralls
17. Atchison
18. Cole
19. Scotland
20. St. Louis

Design by Kelby Lorenz

The top 20 health rankings by county in Missouri.

may be inspired by the healthy surroundings to become more aware," she said.

Doug Bolnick, St. Charles Public Health Officer, said he wasn't surprised that St. Charles landed the number one spot on the report, as he said residents traditionally place a high importance on factors that are related to health and

wellness.

"Throughout our community, you can see residents taking steps to improve their health — through fitness activities along the Katy Trail [and] the many high-quality medical centers we have," said Bolnick.

For more information on the health report, go to countyhealthrankings.org.

## Student Life moves out, Residential Life moves in

Change gives both offices more space

Christine Stiefferman  
Reporter

Student Life and Leadership will be moving out of Evans Commons Room 3010, and Residential Life will be moving in.

The change will give Residential Life, currently on the fourth floor of Spellmann Center, more space.

The Student Life Office won't be going far; it'll be down the hall in Room 3040.

Angela Royal, director of Student Life and Leadership, said the

switch will make things more convenient for everyone and will allow them to work together more closely.

"Being in the same building will definitely help facilitate that partnership," she said.

Student Life and Leadership will move into the Student Organization Resource Center.

The Campus Activities Board, Lindenwood Student Government Association and Greek Life will remain housed in this space as well.

The idea was a col-

laboration between Royal, Ryan Guffey, vice president for student development, Shane Williamson, dean of students and Terry Russell, director of residential life.

Royal said that they were all hopeful that this will provide students with more opportunities to get involved and to better serve the student body.

"Residential Life and Student Life and Leadership staff are all very excited about the opportunities this will bring to students," she said.



# OPINIONS

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

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The Legacy is proud to provide an open forum for a variety of opinions.

In order 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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You can contact us at LULegacy@lindenwood.edu.

We would appreciate your support!

Thank you for your continued support of our news publications!

## Catcallers are dirty dogs

**Maiken Zoëga-Nielsen**  
Reporter

Catcalling is not a new phenomenon and especially not on college campuses. More often than not, it is women that are the ones subjected to it while men – or boys rather – are the ones catcalling. It has got to stop. It is degrading and insulting, and, frankly, a violation of personal space.

From what I understand, the general consensus is that “catcalling isn’t bad because it is a compliment,” and that worries me immensely.

I have never met a self-respecting woman who enjoys being catcalled, which means that either there is a severe disconnect in some guys’ brains telling them that this is the way to go with the ladies, or catcallers simply do it for their own amusement. I am convinced that it’s the latter.

I have lived on this campus for three years now, and I have never experienced more catcalling in my life – not just to me, but to friends and random women I see walking

around. Personally, I have unconsciously developed a mental map over where on campus I can expect to be yelled at – and that’s what it is: yelling. The words might be complimentary or simply just a whistle, but it’s still yelling.

I live in women’s housing, and I have come to dread the walk between there and Evans, because of the residents in Reynolds and Pfremmer.

Way too many times I have been walking home from the gym or from class and had guys yell out at me from a random window. I always ignore it, but often that is taken as an invitation for more yelling.

I am tired of it. I’m tired of having random semi-complimentary words yelled at me from anonymous windows and cars speeding by, because those words aren’t meant to make me feel better – they’re for the catcallers’ own benefit.

Psychology has found that catcalling usually stems from guys having to boast their masculinity, either to themselves or to other guys in their group, which just furthers my point that there is nothing



Illustration by Rachel Schuldt

A cat calling someone on a phone, A.K.A. a cat call.

complimentary about a catcall. The initial reaction women feel when being honked or whistled at is embarrassment and shame; it makes us feel self-conscious.

When someone yells a nasty question to women, or tells them to smile, it insinuates that the catcaller has a right to ask women for that – as if they hold some sort of control

over women.

My appearance is not meant as an object for guys to ogle at, and it’s disrespectful for anyone to loudly and publicly comment on it.

I feel like an angry feminist while writing this, though I have never categorized myself as one. Frankly, I just don’t care for strangers yelling about my butt in any sort of way.

## No excuse not to vote

**Katie Olson**  
Reporter

Every election year, I hear many people say, when asked about the politicians running, “all of the candidates this election are awful.” It seems like no matter who is running the race to be the next president of the United States, they are all awful.

So is the problem that we have no good politicians? Will there ever be an election with all “good” options? I’m here to tell you that no, we will never have perfect politicians, and I’m sure we will never have an election where everyone thinks those who are running are all good options. No politician is perfect, because, hey, we are all human here. Whether you find yourself to be on the liberal side or the conservative side, we all need a president to oversee congress and the United States.

Regarding my comments on the views about politicians, I don’t think this is a good excuse not to vote. As much as we may not like politicians, we do need them. That is part of living in the United States. We elect representatives to be the voice for our state or county, in the hopes that they will help to pass bills that work toward the goals that we want.

Not voting because we don’t like any of them is like a newly graduated high school student saying,

“Well, I don’t like any of these colleges, so I’m not going to go.” We all have to make sacrifices in our daily lives, and part of that is picking the politicians you think fits your standards the best.

I am fairly involved in political discussions, so I try to encourage people to look at the bigger picture. Don’t focus on the silly scandals opposing parties try to make bigger than they really are, and ask whether their views best represent what you want for the future of our country.

Another problematic view I see, especially after the primaries, is that if an individual’s choice does not get the nomination, they decide not to vote at all. I can see someone’s reasoning behind this because in perspective to the impact of the country as a whole and the Electoral College, one vote has a small impact on who becomes president.

If you know anything about the way the Electoral College works and how our votes matter, you’ll know that when we vote for who becomes president, we are voting for our state not for the whole country.

It’s pretty complicated, so I won’t go too much into it, but even if it seems that you’re vote doesn’t matter statistically, what else can you do? Even if it doesn’t statistically matter, you really should vote. I mean, what else do we have left to influence the future of our country?



Photo by Carly Fristoe

The crowd at a Hillary Clinton rally.

We can talk about politics on Facebook as much as we want, but that isn’t going to do anything. At least get out there and vote for the least awful candidate on the ballot. We can’t change who is on the ballot this election, so do the American thing, and vote.

At least we get to vote in the first place, even if the individual’s vote doesn’t have the biggest statistical impact. Try to appreciate what we have left as a democracy, and contribute to the race.

## LGBTQ students more accepted as LU embraces modern thinking

**Tyler Tousley**  
Opinions Editor

In my time at Lindenwood I have seen the school come a long way. I started at Lindenwood as a freshman in fall of 2013, and was a little nervous. I was an openly gay guy coming from Northeast Ohio and I had concerns about coming to a school in the Bible belt—even if it was just on the edge of it. I couldn’t even find a Gay/Straight Alliance (GSA) listed on the school’s website.

I had done some research and learned that in lieu of a GSA, the school had a club named Spectrum Alliance. It was for people of gender and sexual minorities and people with disabilities—two groups that clearly have boatloads in common.

It seemed that the club had been named as such to avoid having the word “gay” associated with Lindenwood in any way.

I also knew that shortly before my arrival on campus, the university had dropped its religious ties, but I knew there would still be an influence. The visitation in the dorms—that are separated by gender by building—was clearly a policy made with that religious affiliation in mind.

I was also struck that students, including those who were old enough, were not allowed to drink or even possess alcohol on campus. To say the least, I was nervous.

In the fall of this year I will be starting my last year at Lindenwood. In my time here the visitation has started to shift in a modern direction, with changes taking place next semester.

The school has provided safety zone training to provide a safer, more open environment for students.

Not only has Spectrum become the Gay/Straight Alliance, but it has more than tripled in membership. I

Design by Tyler Tousley

Safe Zones designate an area as safe for all genders and sexualities.



have taken part in Drag shows and a reading of my coming out story through the GSA.

The Gender Studies Club has provided platforms for students to express their experiences, both positive and negative, in religion, gender, and sexuality. I have even attended a sex education panel through the same group.

When I came to Lindenwood I was worried that one of the oldest schools west of the Mississippi might still be stuck in the 1800s. Our policies have not entirely caught up to 2016, but it is clear that the school is progressing in the right direction. I have one more year in this institution and I am excited to see where we go from here.

## Equal rights still denied for gays in South

**Tyler Tousley**  
Opinions Editor

North Carolina recently passed a bill not only allowing, but justifying the discrimination of the LGBTQIA community. The bill prevents transgender people from using the correct bathroom. The bill also does not allow any North Carolina city to pass any laws that protect the queer community. This is absolutely disgusting.

With the legalization of same-sex marriage in the summer of 2015, many people, sadly even some inside of the community, thought that the fight for equal rights was on its way to an end. There are plenty of easily ignored reasons that this is not the case, but a law that is meant to be as anti-gay as this one is not something we can ignore.

What’s worse? Similar bills have been and are being presented in multiple states throughout the country.

Georgia’s governor, Nathan Deal, thankfully rejected the bill presented to him. Somewhat of a shock to some of his fellow Republicans. In both Mississippi and our own state of Missouri bills are being constructed and presented with similar outlines.

Mississippi’s proposed bill is referred to as the Religious Liberty Accommodations Act, using religion as a cover of hatred. That is, within itself, an entirely separate article with an argument that you have probably heard a thousand times before.

Not only can businesses refuse service to anybody they please based on gender and sexuality, but employers can fire or not hire people based on the same. Members of the LGBTQIA community can also be denied housing on the grounds of this bill. Schools and employers would also be allowed to make and enforce gender specific dress codes. I honestly wish I was making some of this up.

Missouri’s anti-gay law is not quite as extreme, but it is still a terrifying reality. Missouri’s bill is mainly meant to allow business to refuse to service to LGBTQIA people without repercussion.

I am in no way anti-religion. I have seen religion - more than Christianity alone - do wonderful things for a lot of people. I also, however, do not think religious people are being prosecuted for their religion. These people are being prosecuted for being bigots. There is a difference.

It absolutely blows my mind that in 2016 we are still passing laws that support discrimination against minorities who have been historically discriminated against. As I watch this political circus unfold, I will have my fingers crossed with the hope that the American people do not choose regression.



# CULTURE

## Biblical Broadway show comes to LU

‘Joseph and the Amazing Technicolor Dreamcoat’ on stage at Scheidegger this week

**Essi Virtanen**  
Reporter

A bit of extravaganza arrives from Broadway when the family musical “Joseph and the Amazing Technicolor Dreamcoat” makes a stop on its national tour at Lindenwood this week.

“Joseph and the Amazing Technicolor Dreamcoat” is a musical with lyrics written by Tim Rice and music by Andrew Lloyd Webber that reimagines the biblical story of Joseph, his 11 brothers and his coat of many colors.

“It’s about redemption and about second chances,” said Andy Blankenbuehler, director and choreographer of the show, said in an interview with Philadelphia Magazine. He said in “Joseph,” there is a level of emotional truth that forces the audience to go on the journey.

According to the musical’s website, the show was originally conceived when Webber was asked to write a ‘pop cantata’ for St. Paul’s Junior School choir in England. Webber came up with the idea of “Joseph” and asked Rice to write the lyrics. The first performance was held March 1, 1968 in Colet Court, a preparatory

school for boys in London, with the original runtime of 15 minutes.

Ever since, the show has expanded gaining increased popularity first in the United Kingdom. Eventually, it found its way to the U.S. in 1970. The show finally hit the Bernard B. Jacobs Theatre, then called the Royale Theatre, on Broadway on Jan. 27, 1982.

JC McCann, who currently stars in the title role, said in an interview with Rye the News Guy, that with his creative team, Blankenbuehler has created “a fresh, new look for this show” by adding “modern dance inspired by hip-hop,” but still staying loyal to “the classic show that everyone loves.”

“This really makes Joseph even more relevant to today’s audience,” McCann said.

For McCann, being cast as Joseph was an amazing experience.

“Just a year ago, I was working in the oilfield in Wyoming and dreamed of being in a big production,” McCann said, “When I landed such an iconic role as Joseph, it was truly a dream come true.”

In a video interview with the Kennedy Center, Blankenbuehler explained what



Photo courtesy of Peter Colombatto  
JC McCann, center, as Joseph and the “Joseph” Company in “Joseph’s Coat.”

makes “Joseph” a great story, is that it deals with various things “at different levels, all at the same time.”

“It affects people so deeply, of all different ages,”

Blankenbuehler said. “It’s a wonderful story of hope and a wonderful story of following your heart, telling that we are going to be tested and telling us that if you

remain true to your heart, you’re gonna find so many colors in life.”

The current cast of “Joseph” will perform on the Lindenwood Theatre stage

of the J. Scheidegger Center on Thursday, April 7 at 7 p.m. Tickets, starting at \$24.50, are available for purchase at the box office.

## CAB takes students on safari adventure at first ‘Zoo Quest’

**Marisa Uhls**  
Reporter

Lindenwood students will participate in the school’s first-ever Zoo Quest, hosted by the Campus Activities Board.

On April 10, students will compete in groups to test their adventure skills and zoo knowledge. Each group will travel around the zoo seeing the animals while working through husbandry and conservation challenges.

The students also will solve mind puzzles and participate in a photo challenge.

“It’s half scavenger hunt, half adventure challenge,” said Ashleigh Calloway, weekend events planner of CAB. “It’s based on ‘The Amazing Race.’”

Calloway was looking for an outdoor activity for students to enjoy this spring. When the St. Louis Zoo called her advisers, they offered a few different activities for students.

Calloway and CAB thought that the Zoo Quest would be the best fit for Lindenwood students.

She thought that it would be a great opportunity for students to get active, hang out with friends, enjoy the weather and have fun.

Participants will meet at the Evans Commons at 10:30 a.m. to depart for the zoo. The quest will take place from 11 a.m. to 5 p.m. CAB is providing lunch and an ice cream sundae bar.

There are 30 spots available for the Zoo Quest. CAB members welcome students to sign-up in the Student Life and Leadership office. Calloway hopes that students will get more opportunities like this in the future.



Photo by Tyler Tousley  
The famous structure at the St. Louis Zoo entrance.

### Lindenwood Film Series Review

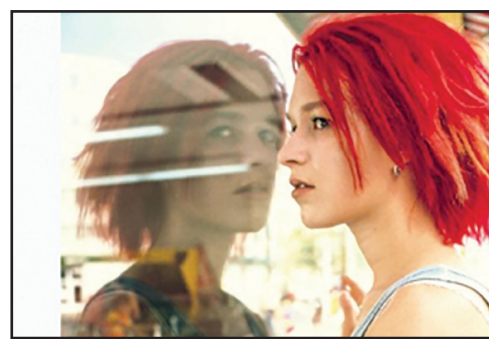


Photo courtesy of lindenwood.edu

#### Run Lola Run



**Lontreal Farmer**  
Reporter

I usually watch trailers for movies prior to viewing them. I have never been so confused watching one than when I watched the trailer for “Run Lola Run.”

There is no plot or structure revealed in the trailer, and I was no closer to understanding the movie than by what I could assume from the title. The title is accurate, however, considering Lola (Franka Potente) does a lot of running in this movie.

Aside from the confusion, I enjoyed “Run Lola Run.” The 1998 German action thriller, from writer-director Tom Tykwer, follows the titular heroine as she literally runs to find 100,000 Deutsche Marks in 20 minutes to save her boyfriend.

What follows from that scenario is two consecutive reinterpretations of the same situation but with different circumstances.

The film is an interesting take on one scenario handled in different ways. The movie shows the outcome of each scenario, even

the outcome of some of the background characters who are directly affected by Lola’s choices.

The key to each scenario is Lola’s interaction with her surroundings. The outcomes range from happily married, to drug addicted and homeless for one certain background character. The changes give you the feeling of watching multiple versions of the same movie.

“Run Lola Run” will be shown at 7 p.m. on Friday, April 8, at Young Auditorium as part of the Lindenwood Film Series.

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# CULTURE



## Spring break highlights



### Lindenwood students explore big cities, famous landmarks

Spring break is something that college students in the United States looks forward to every year. Whether this one specific week of freedom means going home to spend time with family or exploring the world by visiting exciting cities, spring break is always a welcome break from studies.

As spring break came to an end for Lindenwood students Sunday, *Legacy* staff members assembled an array of photos of their own highlights of the break.

This year, staffers traveled all across the country and explored everything ranging from the big city life to nature's most beautiful hidden treasures.

Go to [Lindenlink.com](http://Lindenlink.com) for more photos to see how Lindenwood students spent their spring break of 2016.



Clockwise from top:

*Photo by Viktoria Muench*  
The New York City skyline sparkles during a sunset last week.

*Photo by Tyler Tousley*  
Spring lilies bloom in New Orleans, close to Magazine Street.

*Photo by Michael Hails*  
Reporter Essi Virtanen enjoys the view of the Smoky Mountains in Tennessee while sitting on Mt. LeConte.

*Photo by Phil Scherer*  
Roger Dean stadium in Jupiter, Florida, is the spring training home of the St. Louis Cardinals baseball team.

*Photo by Carly Fristoe*  
A view of the Anza-Borrego desert state park at Fonts Point in California.

*Photo by Sandro Perrino*  
Visitors at Six Flags St. Louis ride a roller coaster after the park's reopening.





# SPORTS

## Coach brings Olympic experience

**Kearstin Cantrell**  
Reporter

A windy March day marks the beginning of the outdoor season for the Track and

Field team. Coach Cochran is ready to push his athletes through another season. He sits down on a metal bench as his throwers arrive and get ready for practice. He zips his



Photo by Kelby Lorenz  
Richard Cochran coaches his athletes at a track practice.

Carhart coat and sets his sleek black cane next to him.

"It's time to throw the discus again, Coach," said graduate assistant, Lindsey Blackwell. "Are you excited?"

"You bet I am," Cochran said.

Richard Cochran is the throwing coach for Lindenwood's Men's and Women's Track and Field teams. This season marks his tenth year with the team. He coaches events ranging from shot put and hammer to javelin and discus. However, he'll be the first person to tell you that discus is his event of choice.

Cochran fell in love with "the plate" in 1951 as a freshman in high school. The young lad participated in football, basketball, baseball and swimming in high school along with throwing. "But I liked throwing better," he said. "It was very easy for me. Really easy. I had a pretty good ability to watch somebody do something and then go. It was particularly easy for me with the discus."

At that point, the "North Missouriah" native never dreamed that nine years down the road he would compete in the 1960 Rome Olympics and walk away with a bronze

medal.

"I never gave any thought to the Olympics. I never did," Cochran said.

It wasn't until after winning the NCAA National Championships in 1959 and 1960 with the University of Missouri that he realized reaching Olympic level throwing was not out of the question. But he still needed a little nudge.

"So I win the nationals and I go to my coach and say 'When are we leaving for home?'" Cochran said nostalgically. "He told me we weren't. Then he tells me 'We're going to be down here for another two weeks. The Olympic trials are here in two weeks and you're going,'" Cochran said with a smirk.

Two weeks later, Cochran competed in the Olympic trials.

"I beat out the best thrower in the world by 7 inches," Cochran says. "To this day he's never forgiven me for that." He continued saying, "We're good friends, but he hasn't forgiven me for that. Everytime I see him he says 'Ya S.O.B., ya beat me by seven inches.' I tell him, 'That's not my fault. That's your fault. Ya should've thrown farther.'"

A few short months later Cochran competed in the 1960 Rome Olympics. Cochran recalls being the smallest athlete of the 34 throwers at 6'6" and 235 pounds.

"I looked like a willow switch in a broom closet," he said, "But the difference was that I had a lot of desire."

That desire earned him third place and a bronze medal.

The day of the throwing finals, Cochran threw 57.16 meters, roughly 188 feet. His fellow teammates, Al Oertler and Rink Babka to gold and silver, respectively, with throws of 59.18 and 58.02 meters.

"People ask me all the time 'Don't you feel bad about not getting a gold medal?'" Cochran said. With a hearty laugh he continued, "Hell no I don't feel bad about not getting a gold medal. I'm just glad to have been there."

Cochran reflected on the value of what his Olympic journey taught him.

"During that time I realized you can do just about anything you want if you wanna work hard enough at it," he said. "If you believe, you can do it. If you don't believe, you can't do it."

A lesson he has been passing onto his athletes ever since. After college, Cochran began his journey as a coach. He began coaching high school throwers in Fulton, MO in 1961. This was just the beginning of his long coaching career.

"I loved working with the kids," he said. "I hated the administrative part of it 'cause I thought they were short-changin' the kids."

And "the kids" love working with him just as much.

"He's interested in his athletes as a whole person. He cares about our personal lives outside of throwing, which is a unique quality for a coach," says senior thrower, Chelsea Smith. "You can be going through something like an injury or a death in the family and he's going to be understanding of your situation, but he'll still push you as an athlete."

Now, 56 years after earning his bronze medal, Cochran is still crazy about his first love, throwing. He makes his way to the throwing circle to coach day in and day out at 78 years old. It might look like his cane is what carries him to practice everyday, but in reality, it's his love for the sport.

## Wrestler reflects on championship season

**Walker Van Wey**  
Reporter

Terrel Wilbourn's season record was 25-0 as he stood in the Denny Sanford Premier Center in Sioux Falls, South Dakota. He awaited the start of his final match of the season, the Division II wrestling national championships.

Although Wilbourn ranked as the top wrestler upon arrival, he believed a loss at Nationals would be a single blemish worthy of erasing all previous success.

Wilbourn had tasted victory earlier in his college career as a freshman, when he won the National Junior College Athletic Association Championship for Iowa Central Community College. With a 26-9

record throughout his career at Lindenwood, winning had become his default setting.

Going into the Nationals, Wilbourn was known for being a work horse. Teammate Dillon Archer described his work ethic as, "insane."

"[Wilbourn] Constantly pushes himself to extreme, almost intolerable levels," said Archer. "He trains like a madman."

Living up to this reputation took a lot of work both on and off the mat, according to Wilbourn.

He said that constant mental activity plays just as big of a role in wrestling as physical training.

"The biggest preparation that I did was mentally break down every single match and not overlook one opponent,"

Wilbourn said.

As the days wound down, Wilbourn was standing at the mat for the final match of the national championship with one major emotion filling his body.

"Before the finals match, the one emotion that I remember feeling was fear," Wilbourn said. "[Fear] of coming this far and not reaching my goal."

Once Wilbourn took his place on the mat, the fear was gone, almost as if it were erased by a deep breath.

"I was confident that I was going to win because I knew nobody in the country had worked as hard as me," Wilbourn said.

After a close match ended in a 6-4 victory, all the hard work had paid off.



Photo by Kelby Lorenz  
Terrel Wilbourn competes in a meet against Central Missouri earlier in the 2015-16 season.

Texts and congratulations poured in and Wilbourn said he could finally breathe easy. There were no new opponents to prepare for. That would be his last match as a Linden-

wood Lion.

Mentally and physically, Wilbourn could relax. He would forever be a Division II National Champion.

"I can't even describe the

feeling," Wilbourn said. "But a lot of tough dark nights played a role in me standing on top of that podium as an undefeated national champion."

## Gymnastics championship set this weekend at Hyland Arena

**Ivy Reynolds**  
Reporter

This weekend, Lindenwood and seven other teams will compete for the national title as Lindenwood hosts the USA Gymnastics Collegiate Nationals at Hyland Arena.

Air Force, Bridgeport, Brown, Cornell, Seattle Pacific, Texas Women's and Yale will compete against Lindenwood, the returning champion.

LU is seeded second in the meet behind Bridgeport, who won six consecutive titles from 2009-2014. The Lions edged out the Purple Knights last season by less than a point.

"Fighting is what our team has become known for over the past four years," said junior Kenzie McMullan. "Throughout the competition we are seeking to fight for every stuck landing, for every handstand, and fight for one another."

McMullan said she expects the competition to be just as fierce as last year, but hopes the home-arena advantage will give the team a boost on the weekend.

"We are familiar with how the bars swing, how soft or hard the landings

are, as well as the bounce of the floor," she said.

Along with facility familiarity, McMullan said the team has also gained a loyal following since the program was introduced to the university.

"Our seniors have developed a lasting legacy at this school," McMullan said. "They will always be known as 'the first,' and Nationals, being their final competition of their gymnastics career, it seems suitable for them to complete it at home."

However, hosting a national championship is no short process.

University staff has been meeting with a committee regularly over the past year. Associate Athletics Director Tom Waggoner said the sports management team is ready for the event in all aspects, from marketing to media.

"Operationally, from the event itself, it will all be very similar to what we have done before," he said.

"As we have gone into the last couple of meets, we have kind of used those as preparations for this meet."

Unlike regular season meets, the event will operate under USAG sanctions,

meaning a bit different competition format.

Teams will compete on Friday and Saturday, and individual qualifiers will finish their events on Sunday.

"Fans can purchase a Friday, Saturday or Sunday pass or you can get an all-weekend pass," said Waggoner.

The game day management team will also have a hand in the USAG Regional event that will be held in Evans Commons Friday through Sunday. Waggoner said events like this bring notoriety to the campus, as well as overall area.

"We are hoping by partnering those two events together, we'll really create some buzz for gymnastics here in the St. Charles community," he said.

"Hosting USAG Collegiate Nationals here at Lindenwood is just another landmark that is putting our school on the map," said McMullan.

A live stream will be available on the Lindenwood athletic site, and LUTV also will be broadcasting the meet. The team competition portion of the weekend will start Friday at 2 p.m. at Hyland Arena.

### LINDENWOOD Student Athlete Spotlight

#### Ryan Moore



Photo from lindenwoodlions.com

**Grade:** Graduate Student  
**Age:** 22  
**Sport:** Volleyball  
**Major:** MBA in Marketing  
**Birthplace:** Chandler, Arizona

- Q:** How long have you been competing in sports?  
**A:** My whole life. I started playing basketball at age 4 and continued to play multiple different sports until I received my scholarship to attend LU for volleyball.
- Q:** Do you have a routine or superstition before you compete?  
**A:** I pray with my fellow teammate before every game, as well as chewing gum - it's a must - and taking a lot of ibuprofen.
- Q:** What are three words that would describe you best?  
**A:** Tall, hungry, dad bod.

- Q:** Where would you like to be in 10 years?  
**A:** Own a business, and be out of the Midwest the next opportunity I get.
- Q:** What were your greatest moments in your sports career so far?  
**A:** Receiving my scholarship to play on a Division I team against other big name schools. After seeing the low percentage of student athletes that get into a university for sports, it's a great honor to achieve it.

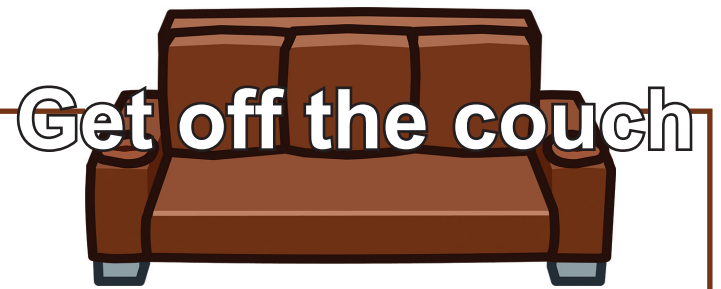


# EXTRAS

## Featured Photo of the Week



Photo by Kelby Lorenz  
Clouds rolled in before a storm last Friday at Lorenz Land and Cattle in Seymour, Missouri.  
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:

**NPHW: Stress & Mental Health Day: Stress Yoga Class**  
April 5 | 12-1 p.m. | Evans Commons Group Exercise Room 1

Lindenwood's Public Health Student Association is hosting a yoga class that will teach participants how to cope with stress showing them special relaxation techniques.

### CAB's Popcorn Day

April 6 | 11 a.m.-1 p.m. | Evans Commons Atrium  
The Campus Activities Board invites every popcorn lover to a day of free popcorn. Don't miss this chance to get your favorite snack with a variety of toppings!

### Nerf Battlefront

April 6 | 6 p.m. - April 7 | 12 a.m. | Campus-wide  
It's time for another Nerf showdown this week. Pick your side and get ready to eliminate your enemy. Be sure to attend a rules meeting, offered by Lindenwood's Nerf Alliance, before the fight begins.

### Sing Your Heart Out, Lindenwood!

April 7 | 7-9 p.m. | Outside Spellmann Dining Hall  
The Campus Activities Board will host a karaoke night during dinner. Enjoy your food and come out to showcase your singing talent.

### APO Open Mic Night

April 8 | 7-10 p.m. | Crooked Tree Coffee House  
Join Alpha Psi Omega for a fun open mic night. Hear personal songs, speeches, monologues or jam sessions while hanging out with friends and enjoying a nice cup of coffee.

### 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?



Contact us at [LULegacy@lindenwood.edu](mailto:LULegacy@lindenwood.edu)

# SPOTLIGHT

BREAK THE STORY. BREAK THE SILENCE.



## LUSPJ 'Spotlight' movie night

Come join members of the *Legacy* and *Lindenlink.com* staff, as well as the Society of Professional Journalists in their presentation of the Academy Award winning film "Spotlight." Meet the staff, and enjoy some free popcorn with the movie!

**April 6**

**8 p.m.**

**Dunseth Auditorium**