

LINDENWOOD LEGACY

An award-winning newspaper

Student Newspaper

Volume 10, Number 5

Lindenlink.com

STOP!

380 cars 284 violators

Officials: Parking is available, not handy

Phil Scherer
Reporter

Complaints from students about parking has been an annual occurrence, but officials say the issue is a matter of convenience, not availability.

John Bowman, director of public safety and security, said the issue has more to do with students driving from class to class than anything else.

"Students don't want to walk," Bowman said. "A lot of resident students want to drive everywhere they go because everybody's used to driving everywhere. We are basically a walking campus. You can get anywhere on campus within a five-minute walk."

As a part of Bowman's job, he deals with appeals from students regarding parking violations. Many of those violations occur because residential students are parking in lots specifically reserved for commuter students.

He said that many people appeal their tickets, saying that they drive around campus between classes for more than 20 minutes in an attempt to find a spot before settling on the restricted commuter lots that have spaces available.

Bowman also said in many cases, students could walk to their destination in less time than it takes to find a parking spot.

Lindenwood junior Jake Jagodzinski said the issue is caused by more than students driving between their classes.

"If you go off of campus for whatever reason during the day, you almost never have a spot when you get back," he said. "You can park a long distance from where you need to be, but it can get ridiculous."

As a member of the water polo team, Jagodzinski said this especially can be a problem following the team's afternoon practices, when many of the lots fill up as commuter students are finishing their classes for the day and the night students begin to arrive.

He also expressed concern with some of the parking that is made available, specifically the parking along the road leading into the upper



Photo by Jon Holden

A speeding car runs through a stop sign outside of the Spellmann Center last Friday, raising safety concerns. See opinions on A3.

Drivers blow through stop signs on campus, raising safety concerns

Phil Brahm
Lindenlink Editor

Thirty-four signs posted along the roads through Lindenwood's campus tell drivers to stop, but the majority who approach them are not slowing down.

An investigation by the Legacy revealed nearly 75 percent of drivers on campus do not obey the stop signs on the university's roadways. The majority of violators observed made partial or rolling stops, while others made no attempt to even slow down.

"Most people only stop if they see people; otherwise they just roll right through," said freshman Katie Gier-

er. "I usually end up stopping for them if I'm the one walking."

Five stop signs outside of the Spellmann Center were monitored for a 30-minute period around noon on two different days. Of the 380 cars observed, 284 drivers ran the signs.

Several drivers who failed to stop argued a rolling stop was enough to avoid getting a ticket. However, what many of them referred to as a "St. Louis stop" is classified as a moving violation, according to city and state traffic regulations.

To comply with the regulations, a vehicle approaching a stop sign must come to a "full stop." All tires of the vehicle must no longer be in motion for a driver to

"I'm all for safety, but if nobody is going to enforce the signs, there's literally no point in having them."

-Lindenwood commuter student

achieve this, according to a driving guide published by the Missouri Department of Transportation.

A \$50.50 fine is given to any driver who fails to stop at a stop sign in St. Charles County, as listed on the county's Traffic Violations Bureau's website. Lindenwood security also delivers a \$50 fine for the infraction.

While the security office's records do not indicate how many drivers have been caught violating the

signs, John Bowman, Lindenwood's director of public safety and security, said about five to eight stop-sign related tickets are written each year.

He added that there were three accidents last year that occurred between motorists and pedestrians, but none of them appeared to be a result of a blown stop sign. The incidents involved pedestrians and cyclists being hit in the parking lots.

Campus officers are not

allowed by law to stop drivers for moving violations on campus, Bowman said. If an officer administers a ticket, it must be written as a parking violation.

"The problem is we don't chase them, so we're not going to follow them all around campus or anything like that," Bowman said. "If we do see the violation and then they park, we do issue them a notice."

He said the St. Charles police, who can write citations for moving violations, have been called to campus in the past to run a special enforcement of the traffic signs.

He added that they can be requested to return if the security office receives

See Stop Signs | A2

Internationals get out of comfort zones

Cultural differences, language and other barriers provide challenges for students

Lena Kirchner
Reporter

International students at Lindenwood struggle with cultural differences, the English language and administrative barriers, according to several university administrators.

They travel out of their comfort zones when they come to Lindenwood and face several struggles, said Jeff Harris, the associate director of the Office of International Students and Scholars.

Besides being on their own and away from home, most of these issues are related to the unfamiliar situation of

being far from home in a different culture, students said.

"Every semester, we usually have two students that leave within the first week," Harris said.

He said international students arrive before everyone else. They feel more isolated and get homesick until they open up to more activities and other people after some weeks.

"The thing I struggled with the most was the language," sophomore Simone de Rijcke said.

She came to Lindenwood a year ago from her home country, the Netherlands. Now her English has improved due to English courses

"You are not afraid of speaking in class because no one's English is perfect."

-Simone de Rijcke,
Lindenwood Student

Lindenwood provides for non-native speakers.

"Being in a class with only internationals helped a lot," she said. "You are not afraid of speaking in class because no one's English is perfect."

Language is also an issue for international students when working on campus. Nancy Tinker, the director of dining services, employs several international

students in the school's dining halls. She said that most international students feel uncomfortable when they have to interact with customers. However, some students have a different outlook.

"I have had students come to me and ask if they could get a position where they receive orders and talk to others in order to improve their English skills," she said.

In addition to the lan-

guage, international students who want to work need to get a social security number. Tinker said that this is usually a very confusing process for the students, and most internationals are lacking transportation to get required forms.

"Once they get to us with everything needed, we want to make it as easy as possible for them," she said.

Lindenwood offers a variety of other services that could possibly help international students. The first contact for international students is the Office of International Students and Scholars.

According to Emin Hajiyev, the director

of that office, everyone there always tries to be available to the students. Recently, the office was renovated to provide more privacy for students to talk to representatives.

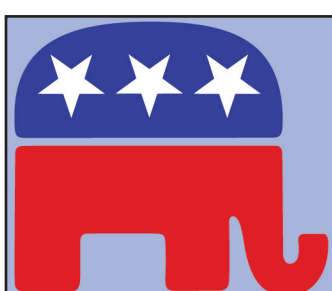
The wellness center, student counseling or the Student Involvement office can be very helpful when dealing with adaptation struggles. However, most international students tend to adapt quickly to the new environment, Hajiyev said.

Haoning Chen from China, a freshman majoring in sports management and a former student of Lindenwood's ESL program, said, "It is different here than back home and still is. But

now I feel good here, and having friends from both my culture and the U.S. helps a lot."

To ensure an even better adaptation of international students to Lindenwood and to the U.S., Hajiyev suggested setting up mandatory internships around the area, where students will get involved with new challenges outside the campus environment and learn even more about the American culture.

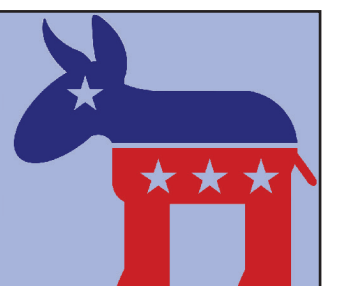
For any assistance in any international student matters or issues, contact the Office of International Students and Scholars at (636) 494-4982 or international@lindenwood.edu.



Voter Registration Event

Tuesday, Sept. 27 Hosted by the Legacy
11 a.m.-2 p.m. and Lindenlink.com
Spellmann Center Bring a picture ID!

See A3
for more!



NEWS

Dean of Students works for students

Shane Williamson is focused on keeping students safe, providing services for them

Kelby Lorenz
Editor-In-Chief

While studying at her Catholic high school, a nun guidance counselor told Shane Williamson that it was in God's plan for her to pursue marketing.

"Honest to goodness, she had me read this book about marketing," Williamson said. "She said that's what God had in place for me. And how can you tell a nun or God no?"

After completing her undergraduate degree in marketing at Shippensburg University in Pennsylvania, Williamson pursued a master's degree in college student personnel and counseling. Then she gained her doctoral degree in education at Rutgers University.

Now Williamson is the Dean of Students for Lindenwood, a title she has held since January.

While the position deals with student conduct for the St. Charles campus and extension center, it's also about forming communities, Williamson said.

"The conduct part is about keeping people safe, and the community piece is

what services, programs and support we can provide our students," she said.

When Williamson took over the position, she set out to provide more efficient and effective services at Lindenwood.

One of the first tasks that she handled was working with Ryan Guffey, vice president of student development, to make Evans Commons more student-service oriented by bringing the counseling center, the wellness center and the residential life office into one area.

In addition, Williamson helped to increase overall staff numbers, such as the coordinator position in Student Involvement and more full-time mailroom workers.

Guffey said that he has known Williamson since she first arrived as the dean of First Year programs.

"We spent a lot of time thinking about providing more student experiences in Evans," Guffey said. "It's a big departure from last year."

Guffey also said that Williamson is "student-oriented, and thinks very much about what is the best we can provide for students."



Photo by Lindsey Fiala

Shane Williamson works at her desk in the Spellmann Center executive suites.

"She's warm-hearted, decisive and outcome-oriented," he said. "She's about seeing results. It's the difference between someone who wants to be on the project [just] to be on the project and someone who wants to see it through."

While she said that she loved working with freshmen, moving into her current position was a professional development opportunity that allowed her to take on more responsibility and experience in different aspects of how the university operates as a whole.

In addition to her duties as the Dean of Students, Williamson teaches on-line classes for the master's and doctoral programs of higher education and has an 8-year-old son Kennedy. Williamson says that her workload is full, but she still meets deadlines with strong time-management skills.

"My Outlook calendar is my life," she said. "Everything is in there. Even if I need to set time aside for a project, I block it out."

While the calendar doesn't always work due to incidents on campus, Williamson also learned that

blocking out two hours every night to get work done helps.

Yet, attending her son's many activities is always one of her top priorities.

"I always consider myself a mother first, because that is the reason for my existence," Williamson said. "So being able to support him at games is always great."

Before becoming the Dean of Students, Williamson also taught several of the freshman experience courses at Lindenwood.

Lindenwood senior Haley Booker, one of Williamson's previous students, said

she remembers Williamson for a variety of reasons.

"She was one of the first professors that I had, and it was obvious that she was passionate about her job," Booker said. "She took the time and effort to get to know each freshman in the LUL class. You could tell that she cared about us and wanted to help make our college experience at Lindenwood the best it could be."

Outside of her work, Williamson is on the board of directors of the YMCA in O'Fallon, Missouri.

She also likes to work out. She enjoys teaching zumba at Lindenwood, which allows her to meet new students.

"It's great because I get to meet and network with students in a different environment than the classroom," she said.

Throughout her work in higher education, Williamson has learned various skills and valuable lessons that have proven useful to get her where she is now.

"I definitely advise people to do a practicum or job-shadowing experience to see if that is really what you have an interest in doing," Williamson said. "Make sure your résumé is always up to par, and review your social media sites now."

Sitting behind her desk, Williamson smiled and added, "It always helps to have a positive attitude."

Stop Signs | Continued from A1

enough complaints.

With no firm policy in place to discourage the violations and no recorded accidents on campus that were a result of a blown stop sign, several students question if the signs are necessary at all.

A Lindenwood commuter who admitted to disregarding the campus' stop signs on a regular basis said the university should take

down the signs.

"Personally, I don't understand why they even put half of them up," the commuter student said. "You can't drive more than a couple hundred feet in some parts of campus without stopping three or four times. I'm all for safety, but if nobody is going to enforce the signs, there's literally no point in having them."



Photo by Nao Enomoto

An aerial view of the crowded parking by Evans Commons.

Parking | Continued from A1

Spellmann Center lot. He said he is afraid to leave his car there because it might get damaged by drivers who aren't paying close enough attention.

Ryan Guffey, Lindenwood's vice president of student development, said that when students think about the parking situation, they often are more focused on parking right outside of the classroom.

He said that plenty of parking spots are available above Hyland Arena, as well as where the new library is being built.

"There is always a perception that students feel there is a lack of parking," Guffey said. "But it's all about, I feel, convenience."

One student who does not have an issue with the parking situation is commuter student Kelly Woods, who takes advantage of the university's agreement that allows students to park at the Presbyterian church near Harmon Hall.

"I have no problem walking, so I really don't see it as an issue normally," Woods said.

She added that the only time she sees a problem is when she needs to drop by campus to go into a building quickly while on a time crunch.

Bowman said that the university has looked into solutions to parking in the past, but that it has been difficult to find a compromise.

"Zone parking, where certain areas are going to be more expensive than others; this is what we looked at last year," he said. "But zone parking is so hard to do on the heritage side, so we just tabled that."

He also said the university has looked into the idea of investing in a campus shuttle for students, but that the current \$2 cost for parking would have to increase significantly if that were to take effect.

Ultimately, both Bowman and Guffey agreed that students need to be more willing to walk longer distances and avoid driving between classes.

"We have over 3,700 parking spaces on campus," Bowman said. "There's plenty of parking; you might just have to walk the distance."

FAFSA changes deadline, rules for aid application

Tax information from two years ago now being used

Niklas Dehwles
Reporter

The U.S. Department of Education has changed the rules for its Free Application for Federal Student Aid.

Candice Brooks, senior financial aids counselor at Lindenwood, said it is now "mandatory that students use tax information from two years prior."

Free Application for Federal Student Aid is a form that is needed if you want to apply for federal and state financial aid.

Before this change, families have used tax information only from the prior year, but now they can only use information that goes two years back, she said.

"That is the only change, but it's a big one," she said.

According to Brooks, families will now be able to put in more detailed information by the time they fill out the application.

"Very often, families didn't have the information from the prior year by the time the semester started," she said.

That is why Lindenwood gives students a range from over one and a half years to fill out the information.

For example, for the current year, students can fill the FAFSA from January 2016 to September 2017.

"We don't have deadlines during this time, but we strongly suggest that the FAFSA is filled out before June," Brooks said.

She said without this range it was difficult for the family and the university to determine how much federal aid a student was eligible for.

With the new FAFSA, the submission date of the appli-

cation will change from Jan. 1 of each year to Oct. 1 of the prior year.

"This way, students gain three extra months," Brooks said.

According to Brooks, FAFSA is all about information.

For instance, students are checked on their GPA and which year a student is in.

The year is important because a senior gets more federal loans than a freshman.

One important thing to know about the system is that since Lindenwood is home for many international students, is that financial aid is only for U.S. students.

"You have to be an U.S. citizen to be part of our program," Brook said.

In order to make the transition to the new system as smooth as possible, the Internal Revenue Service plays a huge role in the process of getting one's tax reports done with the data retrieval tool.

It is a tool on the FAFSA website which can be used to import information directly from the IRS to the FAFSA application.

FAFSA determines all the income of one family.

It uses this information to help the LU financial aid office to calculate "the EFC, the 'Estimated Family Contribution,' which indicates how much federal aid a student is eligible for," Brooks said.

Brooks and her co-worker Felix Rodriguez work exclusively on the FAFSAs.

For more information on FAFSA, students can stop by the Financial Aid Office in Roemer Hall or contact them at (636) 949-4923 or financialaid@lindenwood.edu.

FAFSA CHANGES

>>> You'll be able to submit your FAFSA earlier.

You can file your 2017-18 FAFSA as early as Oct. 1, 2016. The earlier submission date will be a permanent change.

Year attended:
July 1, 2016-June 30, 2017

When you can submit your FAFSA:
Jan. 1, 2016-June 30, 2017
Based on 2015 tax information

Year attended:
July 1, 2017-June 30, 2018

When you can submit your FAFSA:
Oct. 1, 2016-June 30, 2018
Based on 2015 tax information

Year attended:
July 1, 2018-June 30, 2019

When you can submit your FAFSA:
Oct. 1, 2017-June 30, 2019
Based on 2016 tax information

Design by Kelby Lorenz

A look at the new submission dates for the FAFSA forms.

OPINIONS

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Kelby Lorenz

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Susan Weich
Neil Ralston

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

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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.

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Thank you for your continued support of our news publications!



Photo by Phil Brahm
Donald Trump speaks at the St. Louis Opera House for a rally last spring.



Photo by Carly Fristoe
Hillary Clinton speaks to potential voters at a rally in St. Louis last spring.

A message to millennials: Be sure to cast your vote

Kearstin Cantrell
Assistant Sports Editor

Hillary Clinton was spotted “just chillin’” on Snapchat. Donald Trump, on the other hand, celebrated Cinco de Mayo with

a taco salad via Instagram. These are just a couple of the numerous ways presidential candidates have gone all out to attract the millennial vote. The influence that young adults have over politics

today is staggering. But the problem is that many millennials don't realize the power they possess.

It's about time that we pull ourselves up by our bootstraps, become informed citizens and help our country make decisions that will impact our futures.

We've all heard the phrase “your vote counts.” Many have mentally responded with “I literally haven't seen the news since 2009.”

However, when it comes to issues like education standards and student loan rates, college students are the most qualified voters.

The objective of every politician is to be elected to office. To do so, they have to build platforms on issues that the majority of voters care about.

While voters of other demographics may consider the elderly and children when making voting decisions, college students tend to be put on the back burner.

It doesn't have to be that way. All it takes is a ballot and a few minutes to influence the decisions that will affect society today as well as tomorrow.

Use your vote.

While right now it might seem like the realities of adulthood are far off, they will soon be unavoidable. This means that even if policies that are voted on today — like health care and economic policies — don't have an immediate impact on the lives of millennials, they will definitely have post-college repercussions. Hello, property taxes.

These decisions are not to be taken lightly or ig-

nored. They also shouldn't be left solely up to the baby-boomer generation merely because they have the highest poll turnout.

Use your vote.

According to U.S. census, 70 percent of people age 65 and up voted in 2012, while only 38 percent of adults ages 18-24 made their way to the polls.

It's also worth noting that the country as a whole benefits — or suffers — from the amount of millennials who make their way to the voting booth.

Every person represents a specific demographic of people with varying views on political issues.

No other generational demographic displays as much diversity as millennials and college-aged voters.

According to rockthevote.com, 40 percent of millennials represent various minorities.

No other demographic has the potential to display such a wide range of political viewpoints at such a large scale.

It is reported on democracyexperience.edu that 44 million millennials are eligible to vote in the United States. Do you still feel like millennials represent a small slice of the American population?

In the 2000 presidential election, George Bush beat Al Gore with a whopping 537 votes. Next time you see Gore, ask him if every vote matters.

So yes, fellow college student, the fate of this country lies in your hands.

Don't let Trump's and Clinton's efforts to get your attention go to waste. Let your opinion be heard.

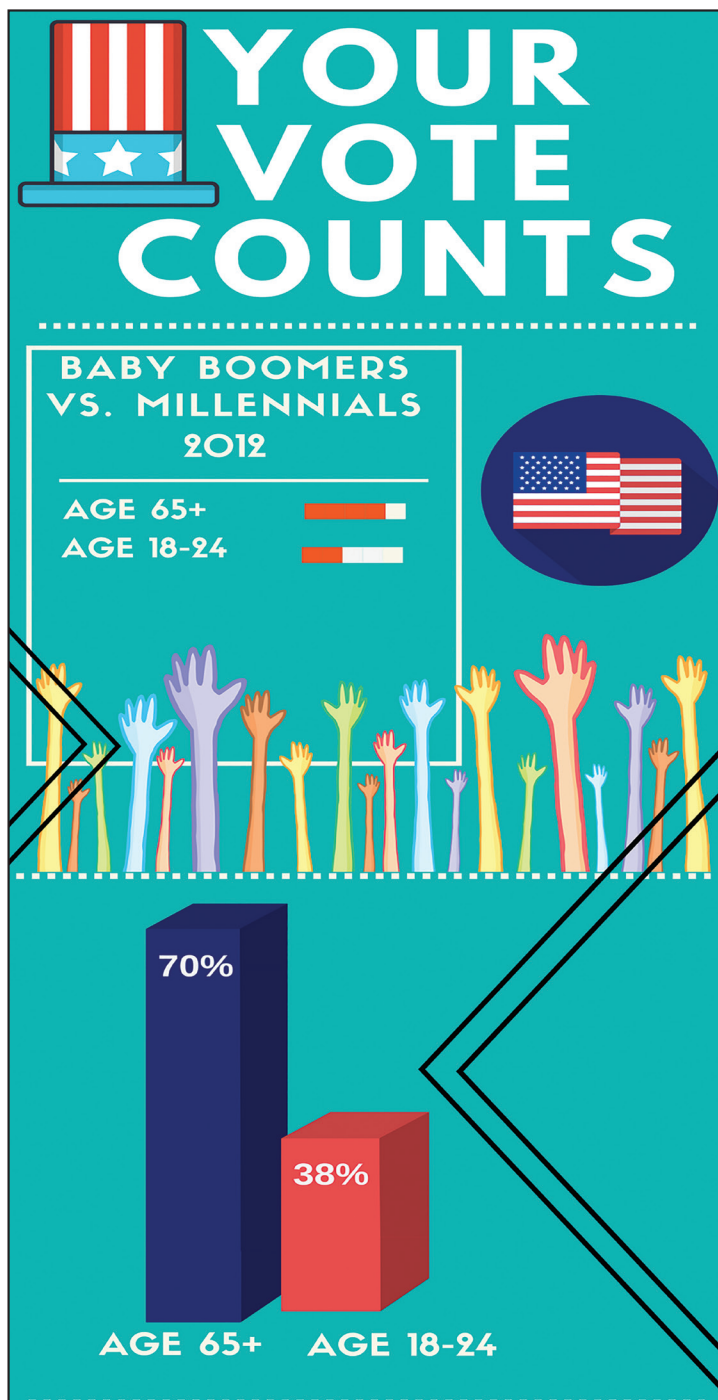
Use your vote.

Do you need to register to vote?

Come by the Legacy and Lindenlink.com's voter registration event next Tuesday from 11 a.m.-2 p.m. outside of the Spellmann cafeteria!

The event is open to all eligible voters. All you need to bring is a picture ID.

We hope to see you there!



Design by Mili Mena
Only 38 percent of 18-24 year olds voted in the 2012 election.

Stop signs aren't optional — even in a rush

Tyler Tousley
Opinions Editor

A trend I've noticed at Lindenwood is drivers not stopping for the stop signs around campus. Although I do not think they are always necessary on a college campus, I do think they are crucial during hours of operation.

An investigation by the Legacy found that nearly 75 percent of drivers ran through stop signs.

Over two half-hour periods during the lunch rush, 380 cars were observed driving in front of the Spellmann Center.

Of these cars, 284 of them did not come to a complete stop at one of the five stop signs in the area.

When I say a “complete stop,” I mean a complete stop; not slowing down a little bit, not a rolling stop, but all four tires completely stationary.

This can often be measured by what I call the “bounce-back” where the driver stops, and you feel the car do somewhat of a “bounce” backwards — hence the name.

As a college student in a hurry, I understand the feeling of not having time to stop at every stop sign, but I think it has gotten a little out of hand.

A college campus is somewhat like a really big parking lot, and, I have to admit, I don't always stop at the signs in parking lots either.

With that said, if there are people or other cars around, I



Illustration by Rachel Schuldt

do stop to ensure the safety of everybody around, even if they aren't necessarily crossing my path. This is how I

view our campus.

On a Saturday afternoon, when much of the campus has gone home for the weekend, and there is not a soul around, when you approach a stop sign, I think it is fine not to completely stop — slowing down is always a good precaution though.

During lunch time Monday through Friday, when our investigation took place, it is kind of idiotic not to stop. Students and professors are walking around, crossing the street on the way to class.

Other drivers are arriving or leaving campus or driving to their next class.

If nobody stopped, we would have a huge number crashes on our hands.

Not only am I a student who drives, but also one who walks around campus — I know, shocking.

I can absolutely attest to not paying attention while crossing or walking in the road on campus.

People have in headphones or are talking to friends, and although they need to be aware of their surroundings, it makes it incredibly unsafe when motorists do not follow the traffic signs.

With 75 percent of drivers on campus running stop signs, I'm a little concerned to cross a campus road.

There is a time and a place for everything. When campus is buzzing with busy people it is not the appropriate time or place to be running stop signs, no matter how much of a hurry you are in.

EXTRAS

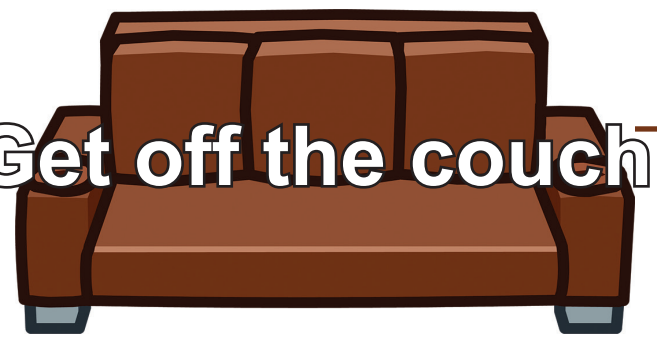
Featured Photo of the Week



Photo by Carly Fristoe
 President Michael Shonrock (far right) joins employees of the new Barnes & Noble bookstore for the official grand opening.

Have you taken any interesting, cute, funny or beautiful photos recently?
 For a chance to see it published, submit your photo to Legacy/Lindenlink Editor-in-Chief Kelby Lorenz at kl786@lionmail...

Get off the couch



Family Day - Saturday, Sept. 24 events:

- 11 a.m. - 2 p.m.**
Check-In and Departmental Expo
 Parents can pick up/purchase T-shirts and visit with representatives from campus departments.
- 2 p.m. - 5 p.m.**
Kids' Corner
 Visit a bounce house, get a face painting and play games in the children's area.
- 3 p.m. - 5 p.m.**
International Festival
 Students and their families will have the opportunity to travel around the world with food and experience presentations from a large variety of cultures.
- 5 p.m. - 6 p.m.**
Ice Cream Social
 Join President Michael Shonrock on the Spellmann patio for a tasty ice cream treat.
- 6 p.m.**
Lindenwood v. Pittsburg State University Football Game
 Cheer the Lions on as they take on the Pittsburg State Gorillas.
- 7 p.m.**
Film Series | The Jungle Book (2016)
 Head over to the Young Auditorium for a showing of the 2016 live-action version of The Jungle Book.

For a full schedule of Family Day events, visit Lindenwood.edu/familyday



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SPORTS

Treating hurt athletes easier with technology

Kyle Rainey

Reporter

Treating student athletes has become easier this semester due to new software that organizes treatment and handles insurance for athletic trainers.

Injured students can now check in at a kiosk in the athletic training room in the Field House. There they can find individualized treatments and instructions for their daily treatment uploaded by their athletic trainers.

The athletic training department is preparing to shift into a five-year master's program in the next few years.

A fingerprint scan and student ID number are all students need to view what their athletic trainers have planned for them each day at the kiosk, according to Athletic Training Director Randy Biggerstaff.

"It helps with traffic control," said Cassandra Salmen, athletic training graduate assistant. She said the new kiosk helps her and other athletic trainers keep track of the exact number of athletes they see each day.

Athletic trainers are no longer required to be present during offseason team sessions, which is common in NCAA athletics. The change allows athletic trainers to focus on an additional team each year, noting that there are five fewer athletic training graduate assistants this year.

The machine uses students' Blue Ocean Portal account and Vivature software to handle their health care and payments.

"It's hard because it's dif-



Photo by Carly Fristoe
Brandon Adams and Tom VanBuskirk fill water bottles at a women's soccer game.

ferent software than last year," Salmen said.

Several of the graduate assistants in the program said they feel that the amount of work they have to do remains about the same, but how they process athletes is what has most notably changed.

"Ultimately [the software] is the same when you break it down to its core process," said Tim Osterhoudt, athletic training graduate assistant. He has transitioned between three different insurance softwares since he began working as an athletic trainer.

With this system, athletes will not have to make copays, explained Hannah Finchamp, a junior in the athletic training program. She said if a physician prescribes rehabilitation, it can be taken directly to athletic trainers at Lindenwood.

"In some ways it helps,"

said Will O'Bryan, athletic training graduate assistant. "We haven't had a chance to fully utilize it."

The software will allow the school to keep track of athletic training activity, but not many students have used the new software this year.

The athletic training program is scheduled to become a five-year program by the year 2021, Biggerstaff said. He has seen major changes in the program during his 19 years at Lindenwood.

New National Athletic Trainers' Association standards are causing the athletic training program to change.

According to the NATA website, the current entry point into the profession is at the baccalaureate level.

It was recently decided by the Athletic Training Strategic Alliance that the minimum professional degree level will be a master's.

In the future program, Biggerstaff estimated transfer students will likely need 2 to 2.5 years of courses to graduate.

So far the athletic training department has been successful.

The Board of Certification first-time pass rate over the last three years is 88 percent, according to Lindenwood's website.

The BOC is a certification that all athletic training students nationwide must receive to become licensed athletic trainers.

"[With multiple attempts] the pass rate is closer to 98, 99 percent," Biggerstaff said, referring to the BOC test.

The national average for the BOC during the 2014-2015 school year was 80.65 percent, according to the Commission on Accreditation of Athletic Training Education.

10 Tips for Watching SUNDAY NIGHT FOOTBALL



1 Look and see who is playing.

If it's a prime-time game, there's a good chance it will be a quality match-up.

2 Know the rules.
Take a look online and check to make sure you understand how the game gets played.



3 Be a fan.
Pick one of the teams to root for throughout the game.

4 Gear up.
Invite some friends over, grab the popcorn and soda, and get pumped to watch the game!



5 Enjoy the pre-game.
While you and your friends are eating some appetizers and drinking soda, watch the pre-game show to get insight on the game

6 Watch Carrie Underwood.
Every Sunday she sings a song right before the game talking about the two teams playing.



7 GAME TIME!
Make sure you're watching before the opening kickoff or you might miss it.

8 Kick off.
Don't be afraid to be one of those screaming fans inside your own house with all your friends. You should enjoy it because it is a game of the week!



9 PAY ATTENTION.
There's a lot things going on at one time every snap, if you look down at your phone or aren't looking at the TV, you could miss a key play.

10 Post-Game
Listen to the analysts break down the game to figure out things you might have missed.



HAVE FUN WATCHING THE GAME!

Design by Michelle Sproat
Information by Scott Mandzara

LINDENWOOD Student Athlete Spotlight

Omar Es Salmouny

Sport: Men's Cross - Country

Age: 21

Birthplace: Morocco

Year in school: Junior

Major: Chemistry



Photo from lindenwoodlions.com

Q: How long have you been playing competitively?

A: Ever since I was 12 years old

Q: What are some of your sports highlights?

A: I took third place at nationals in Spain. I took third place two times and second place two times in the same cross-country championship.

Q: What are your game-day routines?

A: I like to listen to motivational music and warm up with a good amount of time. Sometimes I start one hour before with the team.

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

A: Smiling, endurance and hard-working.

Q: What is your sports fantasy?

A: The Olympics — for example, the Olympics in 2020 — that would be great! For any athlete competing in the Olympics is a dream come true.

Q: In 10 years, you'd like to:

A: I will be back in Spain competing for my team. I'll be trying to be with the top guys in the national championships. I want to fight to be with the best. Also, I hope to qualify to compete in some international championships.

Q: If you could vacation anywhere, where would it be?

A: Japan. I like the people, style and the food.

Siblings at the tennis table: Micaiah and Gabriel Skolnick

Phil Scherer

Reporter

Sibling rivalries are often defined by intense fighting, arguments and jealousy, especially among siblings that compete against each other in sports. However, for Micaiah and Gabriel Skolnick, this could not be further from the truth.

Micaiah and Gabriel are brothers originally from Peach Bottom, Pennsylvania.

Both are currently seniors at Lindenwood, although Gabriel is two years older than Micaiah.

Both of the brothers are members of Lindenwood's table tennis team and both are residential directors on campus. Micaiah is in charge of Parker Hall, while Gabriel is in charge of Matthews Hall.

In total, they have three other siblings: a brother and two sisters.

However, they said that they were always closer with each other than with their other siblings, mainly because of the age difference that exists between their other siblings.

Growing up, Micaiah and Gabriel played table tennis at their local club, but said they developed their skills more by playing at home than by competing against other people.

"We grew up practicing against each other," Micaiah said. "That's how we got

better. We were still competitive with the guys at the local club, but we were improving more playing in our own basement and playing against each other."

They believe that even today, they are more competitive playing against each other than they are playing against anyone else.

"In private is much more competitive than in public," Micaiah said. "In public, it's more like, 'All right, we'll try our hardest, but we won't try to kill each other.'"

Gabriel added, "There's usually a lot better shots that will happen in the basement than in the tournaments, especially as we get more and more desperate to win."

In tournaments, the brothers believe they have played each other approximately 43 times throughout their playing careers.

"It's always been really close," Gabriel said. "I think I have two more wins than he does."

Gabriel explained that tournaments often try to separate them into opposite sides of the bracket, meaning that they won't face each other until later rounds, meaning many of their matchups have come in the final round of tournaments.

Neither of them believe they would be as good as they are today without having the other one to play against.

"I think it's always good to be pushed," Gabriel said.



Photo by Carly Fristoe
Gabriel (left) and Micaiah Skolnick at practice.

"That way, you're always first, because they say improving."

The competitive nature that exists between the two of them did not end on the table tennis court, however.

Growing up, they competed against each other in baseball, rodeo, Ultimate Frisbee, golf and many other activities.

"We would compete in anything athletic," Micaiah said.

Despite their competitive nature, the brothers maintain a very unique relationship.

"All the time now when we are talking to our co-workers and friends, they don't believe we are broth-

ers get along too well," Micaiah said. "They say we are more like good friends. We never argue. We never have, really?"

He added that they are close, but not in the traditional way people think about brothers.

"We talk to each other a lot about giving advice," Micaiah said. "We talk a lot about our jobs and our futures. But as far as hanging out, we do things together rather than just chilling. We go play table tennis or go hang out at the zoo with our girlfriends. We're too busy to just hang out all the time."

Sibling
— Support —

SPORTS

Hall of Fame inductees announced

Corey Spradling



Men's Ice Hockey

Corey Spradling played for the men's ice hockey team from 2007-2011 and was one of the key reasons the team won national championships in both 2010 and 2011. Spradling scored 124 goals in his career, including the game-winning goal in the 2010 national championship game. He was honored as the conference's player of the year during his senior campaign, in addition to being a two-time All-American.

Women's Volleyball

Krista Yoder was a member of the women's volleyball team from 2007-2010, one of the top eras for the program. During her Lindenwood career, Yoder recorded more than 1,500 kills and 185 blocks, which were school records at the time of her graduation. She led the team to a record of 140-43 in her four years and was an All-Conference performer every year she played for the university. She also earned All-American honors.

Krista Yoder



Mike Elam and the 2009 shooting team

Mike Elam served as the head coach of the shooting team in 2009 before moving into his current role as the director of Student Life Sports at the university. During his season at the helm of the team, it continued its reign of dominance, collecting its sixth consecutive national championship. As part of his role with the team, Elam continued to lay the groundwork for future teams and is part of the reason the team now has won 13 consecutive championships.

Craig Penrose and the 2006 men's swimming 400-meter medley relay team

Craig Penrose was in charge of all Lindenwood aquatic sports from 1999 to 2012 and became one of the most successful coaches at the NAIA level. His teams earned 20 individual national championships throughout his reign. One of the most successful teams was the 2006 men's 400-meter relay team, a national championship winner. The team, made up of Thomas Bourdin, Ivo Ivanov, Jonathan Lau and Christopher Ricketts swam the relay in 3:28.29 to earn the first relay national championship in program history.

Richard Rose



Men's Basketball

Richard Rose dominated the National Association of Intercollegiate Athletics (NAIA) level of competition from 2007-2011 and remains one of the most prolific scorers in school history. Rose finished his Lindenwood career with 236 three-pointers and scored more than 1,600 points. During his senior season, he made nearly half of his three-point attempts. He led his team to the second round of the NAIA tournament during his senior season.

Men's Baseball

Shelby Anderson played on the baseball team from 2009-2011. Over the course of three seasons, he earned All-Conference honors twice and was the Player of the Year in the Heart of America Athletic Conference (HAAC) in 2011. He was also an honorable mention All-American performer in 2011. In that All-American season, he batted .387 with 13 home runs and 53 runs batted in. Anderson drove in more than 100 runs in his three-year career.

Shelby Anderson



1970-71 men's basketball team

This was the first basketball team in school history, and it played an important part in establishing the school as a true coed institution. Lindenwood began accepting men in 1968 after more than 100 years of being an all-female institution. There were 16 players on the team, which played a total of 10 games. This was one of the first male teams formed at Lindenwood, along with soccer and baseball in 1970.

1989 football team

This was the first football team at Lindenwood and competed at the club level, going a perfect 7-0. The squad competed against teams such as the Kemper Military Academy, Central Methodist College and Culver-Stockton College, facing off against five junior varsity teams and two varsity teams throughout the season and allowing teams to score just 33 points on its defense.

Philip Staback



Men's Football

Philip Staback was the quarterback for the Lindenwood football team in 2009 and 2010, a time in which the school produced one of the most prolific offenses of all time. In two seasons with Staback directing the offense, the team averaged more than 52 points per game, and Staback threw for 70 touchdowns and more than 6,000 yards. He led the team to the national championship game in 2009.

Women's Lacrosse

Laura Boland played on the women's lacrosse team from 2007-2010, before the team became an official NCAA competitor. She is the team's all-time leader in goals with 209 and led the team to four consecutive conference championships at the club level. Boland also earned All-American honors on two separate occasions.

Laura Boland



Information from Phil Scherer

New wrestling coach brings 'structure and intensity'

Walker Van Wey

Reporter

When successful Lindenwood wrestling coach Chad Smith stepped down at the end of last season, assistant coach Jimmy Rollins was hired to replace him, and he is tackling the challenge head-on.

"I feel like there's going to be more structure and intensity to everything we do," said redshirt junior Jake Borgmeyer. "That's just how coach Rollins is."

The cauliflower-eared New Jersey native proudly lacks no intensity but also has another major guideline — accountability.

"These guys hold their destiny in their own hands," Rollins said. "If everybody holds themselves accountable, the team aspect will work out itself."

Rollins' choose-your-fate approach is not to be confused with a distant one. He spoke of account-



Photo by Kelly Logan

Wrestling coach Jimmy Rollins leads exercises in a practice at the Field House.

ability and a much heavier dose of conditioning, and in the same breath, he spoke high praise of his

team, assuring that they have what it takes to do great things.

"We have a lot of returns and just

a heck of a team," Rollins said. "All around this team's got an opportunity to really make a name for itself."

Last year produced successful results with four wrestlers making it to nationals and graduated Lion Terrel Wilbourn finishing the season as national champion. Expectations are high for this coming season, and the pressure is already on Rollins.

"We train all year for one result," said junior Hunter Haralson. "If we don't see at least two wrestlers rise to the occasion after where we were last year, I think it is a failure."

With a team that is out to prove that it is even better than last year's decorated team, Rollins said he plans to meet the pressure and expectations for success the only way he knows how: head-on.

"Seeing the job that coach Joe Parisi and coach Smith have done, there are a lot of expectations," Rollins said. "But that's great. It's a good problem to have. If there wasn't pressure on me, then I wouldn't be in the right place."



CULTURE

Theater student: 'life is the audition'

Essi Auguste Virtanen
News Editor

While walking through the halls of Broadway Dance Center in New York one day this summer, dance student Mary Helen Walton had a surprising encounter.

Jon Rua, the understudy of the lead for the Broadway musical "Hamilton," stopped her and said, "Hey Mary, are you coming to class?"

Shocked by the fact that he knew her name, she could only manage to say, "Yes, I am now."

Originally from Mississippi, she knew that she definitely wasn't in the South anymore.

This summer was Walton's second time at the dance center. She partook in the training program last year, but was unable to finish because of an injury to her left knee.

An ankle injury that occurred six weeks before the program started almost prevented her from going back this year too.

"My release date was the day before the program started," Walton said. "I was determined to not be the injured one again."

She made it, and this time instead of the training program, she was dancing in the professional semester, a program designed for aspiring professional dancers or currently working professionals who look for an intensive course to hone their skills.

"It was a lot more intense," she said.

During the nine-week program, she took 12 classes every week. Five were for her emphasis, musical theatre; three of them were mandatory ballet classes; three of them were for other styles outside of her emphasis; and one was a master class.

One of the emphasis classes she took was an advanced theatre dance class.

"It completely was over my head," she said. "By the end of the class I had it, but it was a struggle to get there. It's really motivating and challenging to be dancing in the advanced classes because you're dancing next to working professionals."

Walton said approximately 50 dancers were in the program, but the atmosphere was never competitive. They all became really good friends.

"We still keep in touch," she said. "But it was awesome to take a class with them because whenever something was really challenging, you had someone next to you being like, 'No, we got this. Push through!'"

One of the friends she made was Lariscy Elizabeth, a dancer from St. Augustine, Florida.

"Mary is a fighter," Elizabeth said. "Whether a move is difficult or her body is tired, she can push through and always give the best she can give."

One of the major things Walton got out of her experience



Photo courtesy of the Broadway Dance Center

Mary Helen Walton dances in the final showcase of the Broadway Dance Center at the end of the summer semester.

at the dance center was many connections from Broadway. Besides Rua, with whom she became pretty close, one of the other connections was with a choreographer and Broadway performer, Shannon Lewis.

"She is phenomenal," Walton said. "She was a choreographer for one of the pieces that I was in for our big showcase at the end. It was amazing."

During the program, Walton received personal feedback from casting directors.

An agent showed interest in signing her, and she even got a couple of job offers.

"Two casting directors wanted to work with me, and I explained that I was still at school, and they were like, 'Great, well keep in touch, and we'd like to work with you when you're out of school,'" she said.

Another thing that she got out of her time at the center was a new mindset.

"Life is the audition," she said. "That was one of the big things that they kept repeat-

ing to us."

Walton said the center had "a rule of lips, lash, clean brow and hair done," and if one of them was not followed, she could have been taken out of class.

"Every time we showed up at Broadway Dance Center we had to have lipstick on," she said. "We had to have our lashes done, and we had to have clean eyebrows and our hair had to look nice."

She said that it changed her perspective on looking presentable, because you nev-

er know whom you will work with and what they can do for you in the future.

Walton recommends taking the professional semester for all dance students, especially for those who are graduating.

"I think the best time to do it is after school when you are ready to jump into the industry, because you're making all these connections," she said.

As final words of advice for other dancers, she said, "Work hard, be genuine and be yourself."

THURSDAY OCTOBER 13 2016



The John W. Hammond
INSTITUTE FOR FREE ENTERPRISE
AT LINDENWOOD

PRESENTS A SPECIAL NIGHT FEATURING

MAGATTE WADE
& THE FILM SCREENING OF

POVERTY, INC

FIGHTING POVERTY IS BIG BUSINESS

LINDENWOOD UNIVERSITY

THEATER AT YOUNG HALL | 209 SOUTH KINGSHIGHWAY | ST. CHARLES, MO 63301

6:30 PM - FILM SCREENING | 8:00 PM - Q&A WITH MAGATTE WADE

Magatte Wade, one of Forbes' "Twenty Youngest Power Women of Africa," is an entrepreneur and a high-profile interviewee in the 91-minute film. She will lead an insightful and informative Q&A discussion immediately following.

Poverty, Inc. is an award-winning documentary that tells the story of how the aid industry primarily benefits consultants and suppliers leaving local communities no better off, and sometimes worse off, because indigenous entrepreneurs are put out of business.

Wade will also be on Lindenwood's campus in St. Charles from 10-11 a.m. on Friday, October 14 speaking to students in the Plaster School of Business & Entrepreneurship (lecture to be held in Harmon Hall, Dunseth Auditorium).



The John W. Hammond
INSTITUTE FOR FREE ENTERPRISE
AT LINDENWOOD



Event In Partnership with the
Greater
St. Charles County
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FACULTY, STAFF, STUDENTS AND THE GENERAL PUBLIC.



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CULTURE

Plein Air exhibit examines light from local artists

Kyle Rainey
Reporter

The calm yet vibrant colors of particular days have been captured in painted landscapes featured in the Plein Air Painting Invitational Exhibition at the J. Scheidegger Center.

Local artists contributed the 32 paintings being displayed through Oct. 2 in the center's Boyle Family Gallery.

The artists featured include Lon Brauer, Kathleen Hudson, Konstantin Kublanov, John Lasater and Tatiana Roberts.

The exhibit is open from 3 to 8 p.m. Mondays through Thursdays and 10 a.m. to 3 p.m. Fridays, according to the LU Box Office website.

The title of the exhibition, Plein Air, means "on location," and is based on the works of Claude Monet and other impressionist painters.

One of the tenants of Plein Air is to start and finish painting in one sitting.

According to John Troy, chair of Lindenwood's art and design department, the light of a particular day and time is an important aspect of the art.

"The subject matter is really an investigation of light," Troy said.

Grant Hargate, professor of art and design at Lindenwood, said the exhibit is an observation of nature.

"It's building landscapes from the inside out," he said. Painting happens in the moment and is often done quickly, he said.

Troy is the one who chooses the exhibits in the Boyle Family Gallery.

He believes they are valuable to students and are comparable to exhibits displayed at the St. Louis Art Museum.

"Our exhibit program is designed to educate our community," he said.

When Troy chooses an exhibit, it must fill two roles.

"Art has to support our curriculum. It has to help [students] better understand what we teach in



Photo by Lindsey Fiala
Pieces from the exhibit displayed in the Boyle Family Gallery.

class," he said. "For the rest of the community, it exposes them to artwork they won't normally see in the region. These artists make a living; it's not a hobby."

One of the purposes of the invitation program is to show current art students that they can make a living creating art like the featured professionals, many of whom are from Augusta, Missouri.

Plein air exercises are given in art classes.

Hargate teaches the style so students can see how lighting is different outside compared to inside.

He says painting outside has resulted in the use of colors sometimes overlooked when painting indoors.

"It's best to be in the dust, sun and humidity," Hargate said.

Invited artists are from the Greater Augusta Chamber of Commerce's Annual Augusta Plein Air festival, an event that takes place in late April.

Lindenwood sponsors an

event at the Daniel Boone Home.

At this event, Lindenwood students are given the opportunity to paint alongside professionals.

Last year 95 artists took part in the festival, Troy said.

The next exhibition, set for Oct. 6-8, will showcase selections from the Wells Fargo collection. "Titans of art" like Roy Lichtenstein will be featured, said Troy.

The exhibit displays contemporary fine artists through prints and lithographs, a printing technique.

"Wells, like other corporations, has extensive art selection," Troy said. "Primarily modern art, some 19th century as well. This is the second time we've borrowed."

Two years ago their posters collection was featured at Lindenwood.

The event featured posters from the 1900s into the 1960s.

Humans vs. Zombies goes hardcore

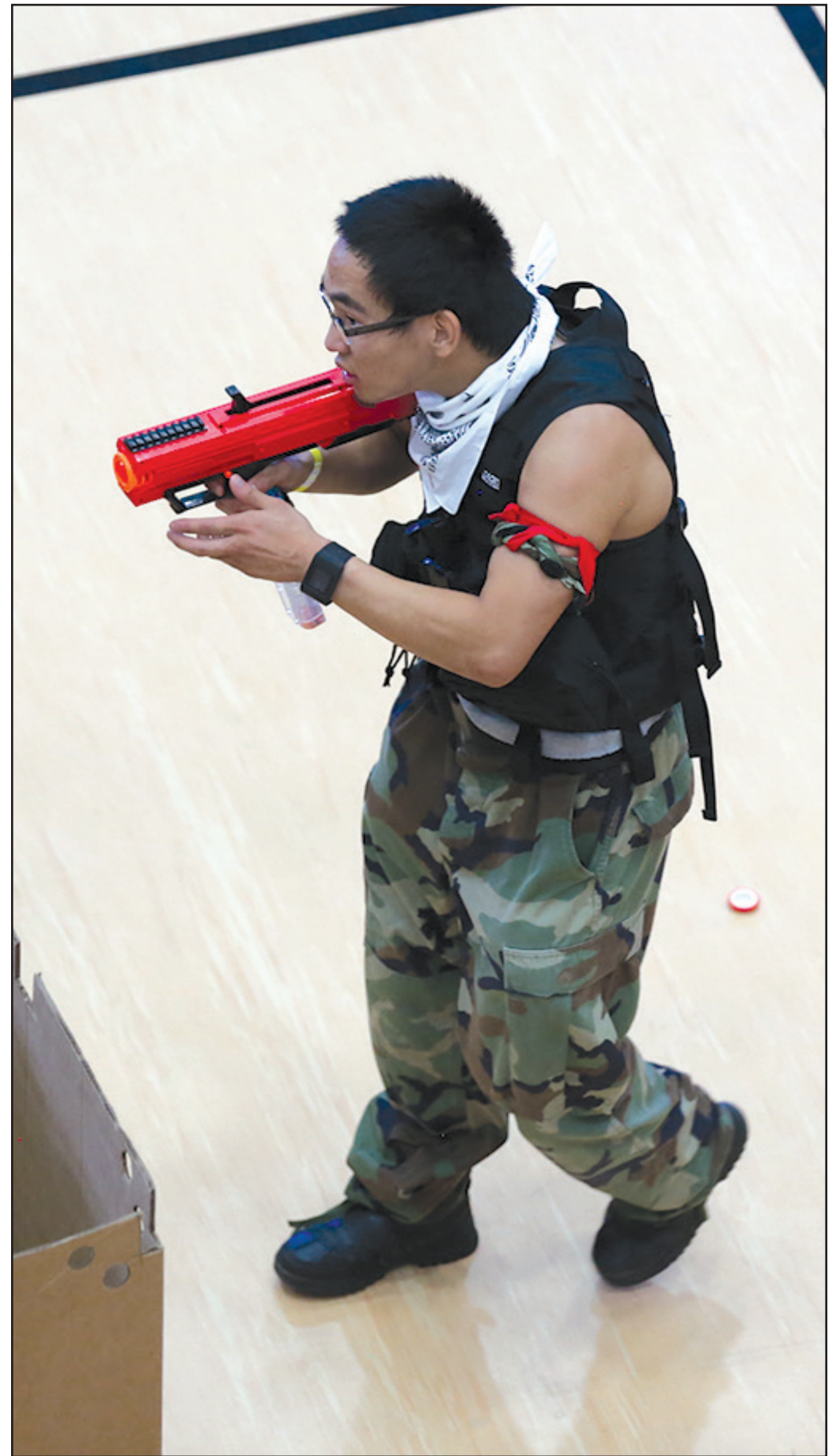


Photo by Carly Fristoe
Aaron Potts looks for his next shot during the Nerf war game last Saturday.

New sorority to join Lindenwood Greek Life starting this fall

Group promotes 'cutting-edge' leadership

Andy Nicholson
Reporter

Lindenwood is welcoming a new sorority, Phi Sigma Sigma, as the latest addition to Greek Life on campus.

"Our community is very excited and very ready to embrace this new organization," said Christopher Miofsky, assistant director of Student Involvement and Greek Life.

Miofsky assists all fraternities and sororities with recruitment and meeting chapter requirements.

Phi Sigma Sigma was founded at Hunter College in New York in 1913.

The organization is founded on two main ideals: "the brotherhood of man and the alleviation of the world's pain."

According to its website, the sorority prides itself on "cutting-edge leadership programming for college students" and holds individualism and personal development in high regard in its mission and vision state-

"Our community is very excited and very ready to embrace this new organization."
-Christopher Miofsky, Assistant Director for Student Involvement and Greek Life

ment.

Phi Sigma Sigma will join two other sororities, Sigma Sigma Sigma and Delta Zeta, that are currently active on campus.

"Lindenwood has been ready for this new addition for a while. The Greek Life at Lindenwood is very eager for their community to grow," said Miofsky.

Lindenwood has a large population of students in fraternities and sororities, but the Greek society would like to have even more members on campus.

Veteran members from Phi Sigma Sigma are at Lindenwood to recruit members for this new chapter.

One member from the headquarters is living at Lindenwood for one year to help get the new chapter up and running.

Formal recruitment for sororities on campus was Sept. 6-9.

At the conclusion of formal recruitment, Phi Sigma Sigma had its own recruiting for two weeks.

Once Phi Sigma Sigma has accepted new members, steps will be taken to choose the chapter officers, board members, etc.

This will be done by a vote from all the members, similar to how all sororities go through this process.

This will take place once all recruitment is finished toward the end of the calendar year.

Help Wanted

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

Contact us at LULegacy@lindenwood.edu

