

#LUIceStorm2017 hits campus



## Chill out

Lindenwood cancels classes, sporting events on Friday, but freezing rain causes few problems on campus

**Michelle Sproat**  
News Editor

A forecast of freezing rain and icy road conditions caused the cancellations of classes and athletic and campus events Friday.

But the ice storm of 2017 didn't live up to its billing. For the most part, St. Charles escaped much of the frozen accumulation in all three waves of winter storm Jupiter, which produced freezing rain, sleet and snow across the Midwest last weekend.

About an inch of precipitation fell in St. Louis Friday through Sunday combined, according to the National Weather Service.

Campus security reported that no car accidents or injuries occurred on campus during the storm.

The biggest impact on Lindenwood students came in a RAVE alert at 8:31 p.m. on Thursday announcing that classes were canceled on Friday in anticipation of the weather.

Lindenwood Provost Marilyn Abbott said it was the right call "given the fact that the sleet began much earlier than predicted."

Abbott said the day off was the last full snow day she remembers Lindenwood having since one during a J-term when former president James Evans, who retired in May 2015, was still at the university. Combined with the Martin Luther King holiday, students got a four-day weekend.

Tatiana Silva, a student at Lindenwood, felt that the weather wasn't as bad as predicted.

"I don't think it's bad, I think it's just rain," said Silva. "[Lindenwood] being closed with no one working, that was bad for us." Silva said that the weather didn't stop her from walking around campus, working out and doing homework.

"I'm not scared of this; I'm from Brazil," said Silva. "We have lightning storms that can kill people. It's worse than here."

The weather also affected several scheduled sporting events. A series between the men's hockey team and Robert Morris University (Illinois) was canceled, and several members of Lindenwood's track team did not travel to Overland Park, Kansas, for a meet.

Men's volleyball was postponed, and both swimming teams participated in a meet at the University of Missouri-St. Louis that was shortened by one day, according to Lindenwood officials. Additionally, the basketball road games at Pittsburg State University on Saturday were moved up so the teams could get home a little earlier.

Several events on campus also were canceled as a result of the weather. They included Fondue Friday and the Lindenwood Lion Warrior event.

Weather-wise, things are looking more like spring for the remainder of this week, according to the weather service. The forecast calls for a high of 45 degrees Tuesday and highs in the 50s the rest of the week.



Photos by Lindsey Fiala  
Top: Icicles hang from a branch that froze over. Above: A layer of ice that formed over a leaf from the freezing conditions.

### BSU holds events for MLK day



Photo by Kelby Lorenz  
Tara Houston, an admissions counselor, works on a sketch during the Black Student Union's Art of Justice event held in Evans 3020 on Jan. 9.

## Emotional-support animals provide comfort, friendship

**Mili Mena**  
Design Chief

Lindenwood senior Alayne Beshey finds support and motivation on campus from a black Labrador retriever named Ink.

Beshey is a transfer student from Iowa who is a member of LU's cycling team.

Ink — pronounced "ink" but spelled with double "I" because he is the second one with the name — is Beshey's second dog. Her first dog died when Beshey was 14, the same age she was diagnosed with depression.

Beshey said she never realized the emotional stability a dog gave her until she got Ink a year ago as a Christmas gift.

She was diagnosed with anxiety and depression, but her medication was not working for her. When she got Ink, she said she felt stable again.

She said her relationship with Ink provided her with love and comfort, allowing her to wake up every day and no longer feel she needed the medication.

"That bond I have with him, it's kind of a safety; he needs me as much as I need him," she said. "The routine we have together every day, it's like we rely on each other."

Beshey said her mental

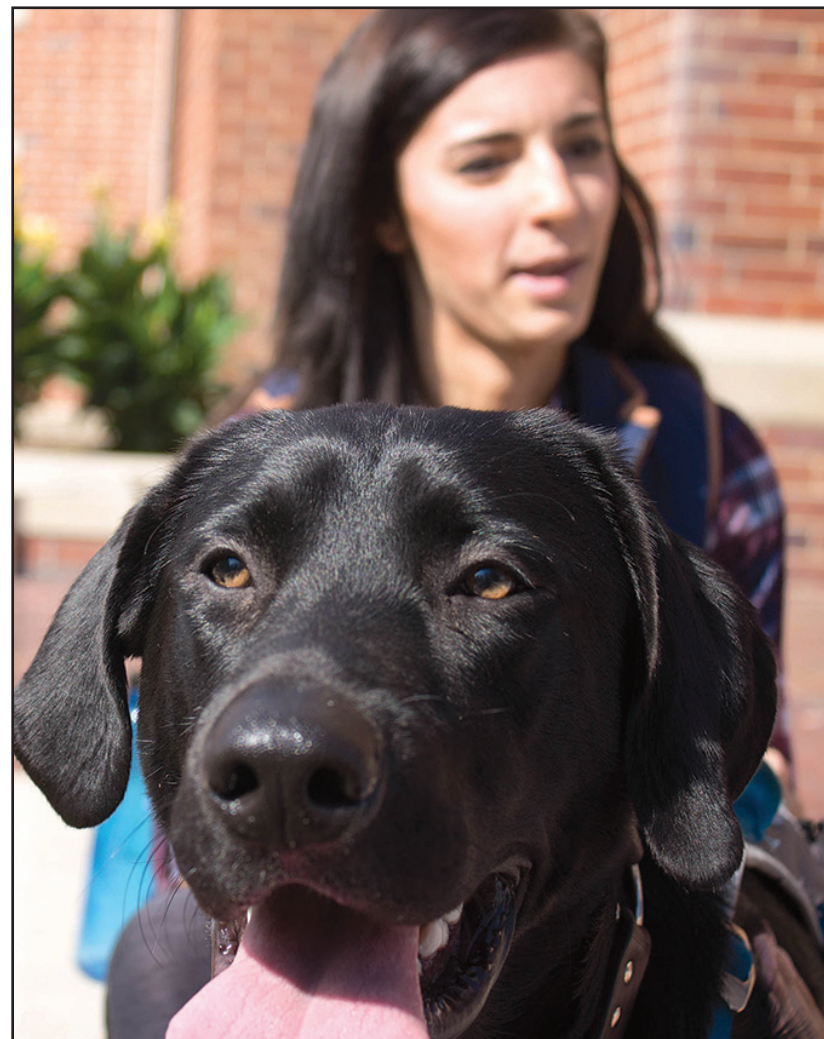


Photo by Mili Mena  
Alayne Beshey and her service dog Ink outside of the Spellmann Center.

health has to be as strong as her physical health, especially in a competitive level as part as the cycling team.

"I have seen a great deal of improvement in my performance as an athlete by having him," she said.

See Service Dogs | Page A3

# NEWS

## Lindenwood composts to recycle food waste

**Lena Kirchner**  
Reporter

Most students do not think about what happens to the food they leave on their plates once they place them on the cafeteria conveyor belt.

According to Nancy Tinker, director of campus dining services, the food tossed away by the students goes into composting.

"We do 10 composting bins twice a week at Evans and six bins twice a week at Spellmann," said Tinker. "We could probably add to that more if the students would use it more."

Matt Ream, a junior biochemistry major and member of the Lindenwood food committee said, "They did recently start to compost in Spellmann and in Evans, and they have an organic compost where they put their leftovers so they could help

to use that, for instance, for fertilizer."

Ream started working with Tinker through the food committee on a project that places recycling bins in dorms for a week. He said they collected around 250 pounds of recycling during the week.

"There is definitely a need for recycling, and I think it is something we need to be pushing for to have full time," he said.

According to Tinker, Lindenwood University has not weighed its actual food waste

in more than three years. Regardless, Tinker believes that Lindenwood cafeterias produce minimal waste with their prepared meals.

Lindenwood's catering service produces more waste than the dining halls. Tinker explains that this is because the food sits out and cannot be reused after.

"As far as food waste, with the national brands we see a lot less because it is made to order," said Tinker. "And with all the prep work that is done, especially at Qdoba, we get a very fresh product which also results in a lot less waste."

Tinker said that everything that does get wasted from the national brands goes to the composting bin

as well.

In terms of cost, Tinker said, "Anytime you go to using a product that is more eco-friendly, it's going to cost more money. We have increased our paper costs, but if the program is successful, then it is worth it."

The university also got rid of the trays during that change. Many other universities across the country started going trayless a few years ago, said Tinker.

"The elimination of trays was done to reduce waste and the water usage to clean all the trays," said Tinker. "It was inconvenient for some, but I have got less complaints from students than we have got from faculty and staff."



Photo by Lena Kirchner  
Trash cans in the Spellmann Center dining hall overflow with trash from Chick-fil-a and Qdoba.



Photo by Lena Kirchner  
Nancy Tinker

"There is definitely a need for recycling, and I think it is something we need to be pushing for to have full time."

**-Matt Ream,  
junior biochemistry major**



Photo by Lena Kirchner  
Trays on the conveyor belt in the dining hall in Evans Commons.

## Local diner provides homey feel with warm smiles, quality food

**Kelby Lorenz**  
Editor-in-Chief

The clinking of silverware against plates seems to set the pace for the small staff bustling to fill the orders during the lunch rush at Allin's Diner.

The diner has a vintage feel from the wood-paneled walls to battered black booths featuring the restaurant's logo. Light '80s music rises under the chatter of employees and customers talking.

Across one wall of the diner and scattered across the top of nearly every wall, is a collection of photos that owner Dave Allin said are customers from over the years.

"There's kids on the wall you'd never even know because they're off to college," he said.

Allin said that they are going to restructure how they show the photos because they have more than 250 still to hang.

People from different walks of life populate the restaurant, perusing the menu or chatting with friends and family. A man dressed in a dark brown dress suit with a neatly trimmed beard sits at a table next to a man in an orange long-sleeved T-shirt and dark blue work pants covered in white paint and drywall. The employees talk to them all equally with perpetual smiles on their faces.

Allin strikes up conversations with customers, sitting down across from them in booths to hear about their lives. Occasionally, he'll get up to answer the phone or help bus tables for the next round of guests. Allin says he enjoys getting to talk to customers and seeing them come back to eat again.

"We get a lot of college



Photo by Kelby Lorenz  
The wall of photos featuring past customers of Allin's Diner on Kingshighway Street.

students in here," he said. "What's great is when they come back."

Allin has owned the diner for 16 years and said that it used to be a doughnut shop.

"It wasn't a good doughnut shop," he said with a smile.

The only waitress in for the day hurries from table to table collecting orders and bussing tables. Yet she finds time to talk to some of the regulars about their lives or to give them a bit of a hard time.

"We need to find something for this man to do," she said with a laugh to one customer at the front bar. "He needs to be doing something other than sitting in our diner."

In the back of the diner, cook Michael Lampe works hard with another cook to prepare the food for the restaurant's hungry customers. Lampe has worked at the diner for seven-and-a-half years and has seen some "pretty crazy things" in his time there.

"One time, a customer thought his car was in reverse, but it was in drive," he said. "He crashed through



Photo by Kelby Lorenz  
Allin's Diner cook Michael Lampe works to get food ready during the lunch rush.

the wall there and just came straight through. One of our waitresses, who was pregnant at the time, was standing right in front of where he came in and had to jump out of the way real quick. Then the guy came in and ordered breakfast."

Afterward, Allin gath-

ered some employees and went to Lowe's to buy wood to board up the hole. The next day, the diner opened for its first customers like nothing was different, Lampe said.

"Every day something comes up," Allin said. "Never a dull moment."

## Judge gives LU flasher suspended sentence

**Aeriel White**  
Reporter

A man who groped, then exposed himself to several Lindenwood students pleaded guilty to the charges last week and was given a suspended sentence.

Gary Halter, 22, entered guilty pleas Jan. 9 to eight misdemeanors -- five counts of first-degree sexual misconduct and three counts of second-degree sexual misconduct.

Prosecutors said Halter had approached several female students on campus in the spring of 2015, grabbed their buttocks and then pulled down his shorts, exposing his genitals, before running away. In some cases, he asked the woman if she wanted to have sex with him.

Halter of Dardenne Prairie, was not a student at the university.

The charges include two similar incidents that happened that spring outside of a Gold's Gym in St. Charles County, where prosecutors said he masturbated in front of two female victims.

Halter's attorney, Todd Ryan, said Halter did not



Photo from stltoday.com  
Gary Halter

wish to make a comment, but said, "I can tell you he's come a long way from where he was last year."

In handing down the sentence, Associate Circuit Judge Elizabeth Swann told Halter: "You're lucky to have a good support system. Take advantage of that and don't let anything like this ever happen again."

Halter must complete two years of probation in addition to several special conditions, including participation in sexual offender and psychiatric evaluations and the treatments recommended during those evaluations.

Halter must stay away from Lindenwood and Gold's Gym, and he must register as a sex offender and comply with the registration requirements.

## Do you have a news tip?

Let us know your ideas!

Do you need any policies explained or know someone who is doing something totally awesome?

636-949-4336 or [LULegacy@lindenwood.edu](mailto:LULegacy@lindenwood.edu)

# NEWS



Photo by Kelby Lorenz  
Cathy Hart, adviser for Lindenwood's Black Student Union, uses a Tibetan singing bowl at the Art of Justice on Jan. 9. The event took place in Evans Commons 3020.

## Black Student Union celebrates legacy of Martin Luther King Jr.

Lindenwood's Black Student Union held a series of events the week before Martin Luther King Jr. Day to celebrate the life and legacy of the civil rights leader.

Martin Luther King Jr. Day took place Monday, Jan. 16, and the BSU hosted an art night and showed "Selma" with the cinema arts club the week leading up to it. There was also a panel about social justice and how the community can improve on social justice issues. Finally, there was a guest speaker, Linda Beito. Beito is an associate professor at Stillman University who was there to discuss the moral arc of justice.

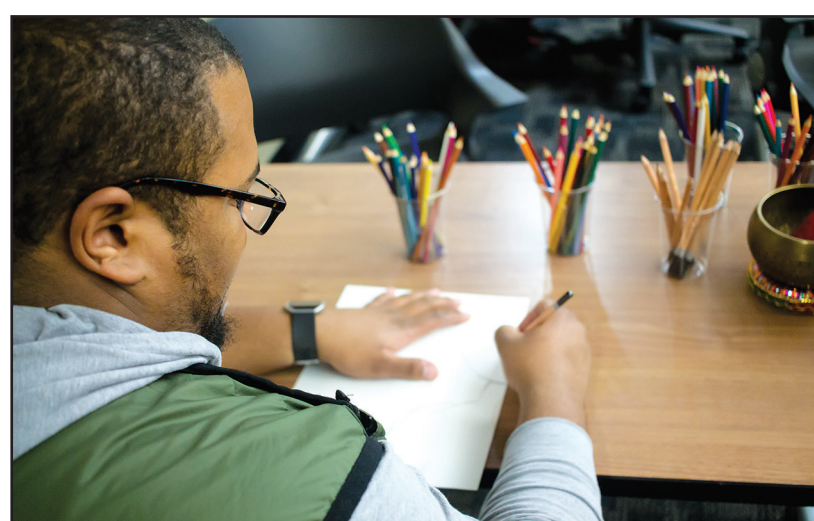
"[The panel] was titled 'The 'Us' in Justice,' and it was a discussion about what justice really means to each individual and what we can do to improve how we see justice and how justice is served," said student Allen Mitchell, a member of the club.

Mitchell believes these events were important to promote cultural diversity.

"It's to give a different perspective to those outside our culture, and as a whole, to share different opinions about things," he said.

A candlelight march was scheduled Monday to cap off the events. Students were to march from the Spellmann parking lot to Pfremmer Pond, weather permitting.

Information from J.T. Buchheit



(Top Right) Photo by Kelby Lorenz  
Allen Mitchell works on a drawing at the Art of Justice event on Jan. 9.  
(Bottom Right) Photo by Nao Enomoto  
Romero Stark speaks at The "Us" in Justice panel on Jan. 11.



Photo by Madi Nolte  
Meondra Irons signs a Martin Luther King Jr. Day banner during Linda Beito's speech on Jan. 12.

## Service Dogs | Continued from A1

Beshey said both of her roommates agreed to have link in their home, and they love having him.

"A lot of people relate to an emotional-support animal," she said. "I suppose that just goes back with history, kind of when we were domesticating them. It's just a natural bond humans have always had with dogs."

Associate Professor Ann H. Ross said dogs are a source of support and unconditional love.

Ross has facilitated groups with The Wellness Community, which serves those diagnosed with cancer and their caregivers.

She currently uses her dog Tinky as a support for her clients during therapy.

Joseph Cusumano of the Student and Counseling Resource Center at Lindenwood, said emotional-support animals provide comfort in the form of affection and companionship for people suffering from various mental and emotional conditions, such as anxiety, depression and

bipolar disorder.

He said emotional-support animals are typically dogs and cats, but they may include other animals.

Students are required to have special permission from an outside-campus psychologist or psychiatrist who believes that this person needs that level of care and help, which allows them to have an animal on campus.

Students who would like to make a formal request for a service or assistance animal should contact Jeremy Keye, student support and accessibility coordinator.

Keye said 15 students have an emotional-support animal on campus. The animals are not permitted in classrooms, the library, food service areas, labs, student center or on sporting arenas.

Beshey said link has been an unconditional companion.

"For me personally, he is an alternative to taking medication," she said. "It works with my brain the best so that I can function normally."



Photo by Mili Mena  
Alayne Beshey and her dog link get attention from a fellow student in front of Spellmann.

# OPINIONS

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## Former LU wrestler deserves long sentence in second trial

**Tyler Tousley**

*Opinions Editor*

My freshman year started in the fall of 2013, about the time the infamous "Tiger" case broke.

A Lindenwood wrestler, Michael "Tiger" Johnson, was arrested for knowingly exposing multiple people, many of them fellow students, to the HIV virus. One of them contracted the disease.

In July 2015, a St. Charles jury found Johnson guilty of several charges, and he was sentenced to 30 years in prison. But last month, he was awarded a new trial due to an error made by prosecutors with presenting evidence in his original trial.

If he was not given a fair trial, that is definitely something that needs remedied, but I'm a bit concerned that he has received another chance to get free.

Testimony at the trial proved that he was fully aware that he was HIV-positive and that he is legally required to inform his sexual partners of that. But he neglected to inform them.

His original sentence of 30 years was criticized initially by some due to the fact that HIV is not the death sentence that it was when the virus first appeared in the U.S. in the 1980s. This is completely true. There are multiple effective treatments and many people living with HIV/AIDS live full, active and happy lives.

When you get the virus, however, you are then sentenced to a life of being on medication, tracking your viral load and enduring various forms of discrimination in and out of the bedroom. For these reasons, I think



Design by Mili Mena

intentionally not telling his partners about his condition should absolutely land him 30 years.

As far as the new trial goes, I can only pray that it has a guilty outcome.

And as long as there are no more easily avoided problems, I am confident that the court will come to the same conclusion.

What is frustrating to me is that

four years later, the people whose lives he has impacted still do not fully have justice. This could have been avoided, and I hope that we see this man brought to justice soon.

## Adjust driving habits during winter weather

**Tyler Tousley**

*Opinions Editor*

As the winter weather starts to hit us hard here in Missouri, we all have to adjust our driving habits to the road conditions.

I am from Northern Ohio, where it starts snowing in October and doesn't stop until April. As a result, I have been driving in horrendous road conditions since I began driving six years ago.

When I moved to Missouri, I was a tad surprised by the reactions to bad weather the drivers here had. The first ice that came my freshman year was met with my peers saying things like "I fishtailed liked 10 times last night!"

I understand that cars do slip and slide to a degree, but at some point, probably around the second or third fishtail, you may want to consider that it is not the ice that is a problem. You are probably just a bad driver.

The winters in Missouri are pretty mild. We only get a handful of snowstorms each winter, but it is still important that we know how to drive our vehicles in the weather.

MoDot suggests that before heading out, drivers check the road conditions. They also suggest keeping your car full of fuel, antifreeze and a working battery. This means that if you aren't comfortable driving in the snow and you can avoid it, then don't drive.

During the drive, it is important to make sure that you have good visibility. I know when we're in a hurry, we don't always want to scrape our windshields entirely, but you are putting yourself and every other driver in danger when you

### Snow Driving

Tips for surviving the ice storm

1. Check road conditions.
2. Keep your car full of fuel and check your antifreeze/battery.
3. Have good visibility. (Scrape that windshield!)
4. Slow down. Don't have a lead foot.
5. Look for traffic.
6. Don't be afraid to pull over if you ever feel unsafe.

Use your head! If you don't feel safe, then don't drive.

Design by Kelby Lorenz

only clear a small box for you to see out of.

Drive slowly. Just because the speed limit is 60 mph does not mean that you have to drive 60 mph.

Keep an eye out for other traffic. Not everybody has a wonderful school newspaper to give them tips for safe winter driving.

Lastly, if you are already driving but truly do not feel

safe, it is completely fine to pull off to the side of the road until you do feel safe.

I am providing these tips because I want everybody to stay safe this winter. Also, I am tired of hearing about what a bad driver you are and how it is the weather's fault. So please keep all of this in mind as the weather gets harsh and our classes remain in session.

## Checking CO monitors could have prevented emergency-room visits

**Michelle Sproat**

*News Editor*

The Lindenwood Ice Arena was closed after women's hockey players reported symptoms of carbon monoxide poisoning. Eighteen players from Lindenwood's team and one from the University of Wisconsin reported feeling ill following the game and were treated at a local hospital.

According to Lindenwood athletic director Brad Wachler, the levels of carbon monoxide in the arena were at 200 parts per million, which officials have stated is "higher than normal."

Scott Queen, Lindenwood Executive Director of Marketing and Communications, Public Relations, stated that it is standard practice for fire departments to clear buildings when the carbon monoxide levels reach 50ppm.

While I am glad that the Lindenwood and Wisconsin players were treated for their symptoms, their prolonged level of exposure is unsettling. In areas such as ice arenas, the ice resurfacing machines and ventilation systems increase the likelihood of carbon monoxide being released in the air.

That being said, the Lindenwood arena should have had carbon-monoxide detectors.

The fire de-

partment went to check the building after the players reported symptoms. If the detectors had been in place, they would have been triggered long before the levels hit 200ppm.

According to Lindenwood President Michael Shonrock, Diane Moore, director of facilities, is in the process of doing a check to determine if there are carbon-monoxide detectors in every building, and if they have them, are in good shape.

I think that Lindenwood should not be checking these detectors just because one incident happened. Carbon-monoxide detectors should be replaced every five to seven years. These detectors should be checked often, especially in the ice arena.

This issue should not have escalated the way it did. Carbon-monoxide exposure can lead to serious illness and even death if left unnoticed.

Luckily, these hockey players were treated of their symptoms, and we aren't discussing a fatality of a Lindenwood athlete.



Photo from Google Images

# SPORTS

## Former LU linebacker's ascent

Connor Harris recognized for collegiate performance, reaches for NFL



Photo by Carly Fristoe  
Harris contributes to a 42-28 win over Missouri Southern State University in a November game.

**Phil Scherer**  
Reporter

Since ending his senior season as the NCAA's all-time leader in career tackles, the life of former Lindenwood linebacker Connor Harris has been a true whirlwind.

Harris completed his master's degree in criminal justice in December, and he and his wife Marissa moved to Indianapolis so he can train for the NFL draft in April.

Indianapolis is where Exclusive Sports Group is located, the agency which Harris has chosen to represent him throughout the draft process as well as his professional career.

While training has gone well, Harris said it is very different than anything he has done in the past.

"We're just spending a lot more time focusing on all of the little details," Harris said. "It's completely different than normal football prep work because you're training for individual drills instead of matchups."

Throughout his senior season, more than 20 NFL teams visited Lindenwood to scout Harris, including New York Jets General Manager Mike Maccagnan, who attended Lindenwood's game against Pittsburg State on Sept. 24.

At the time, Maccagnan

"I've been dreaming about doing all of this since the day I started playing football."  
**-Connor Harris, Former Lindenwood linebacker**

said that Harris was being scouted as an inside linebacker at the professional level.

Throughout college, he played middle linebacker.

"He moves around very well from what I can see," Maccagnan said at the game he attended. "He looks like he is a pretty athletic inside linebacker. I know our scouts have already kind of evaluated him, so he may have some opportunities here going forward."

In addition to the recognition he is receiving from professional organizations, Harris got one more accolade for his collegiate performance at the end of 2016, when he was honored with the Cliff Harris Award.

It is given each year to the top defensive player at either the DII, DIII or NAIA level.

He became the second Lindenwood player to receive the award after former cornerback and current Seattle Seahawk Pierre Desir won the inaugural award in 2013.

"To get the same award as

[Desir] is huge," Harris said. "Not only is it huge for me, but also for Lindenwood."

Desir said Harris deserved the award for how well he played throughout his five years at the university.

While NCAA eligibility is normally limited to four years of play, Harris was allowed an extra year of eligibility due to an injury he sustained in the third game of his sophomore season.

"Anyone who has seen him compete over the last few years can tell how special he is," Desir said.

On top of receiving the 2016 Cliff Harris Award, Harris also recently received invitations to both the NFL scouting combine as well as the Senior Bowl, which is the top all-star game for draft prospects.

"There just aren't that many guys from this level that get these types of opportunities," Desir said of Harris. "It really shows his level of skill and dedication."

Harris will become just the fifth MIAA player to

participate in the Senior Bowl, and Lindenwood will become the first school from the conference to send multiple players to the game.

Harris said he is continuing to take this process day by day and that he is keeping his expectations low as a way of keeping himself grounded.

Desir believes that Harris has all of the skills to succeed throughout this process and at the next level of gameplay, but offered his former teammate some advice.

"Have fun and just enjoy the process while still working hard," Desir said. "If he can continue to do those things, there is no reason why he shouldn't be successful at the next level."

As for Harris, although he admits the draft process can become slightly overwhelming at times, he said it is the type of opportunity he has always wanted.

"I've been dreaming about doing all of this since the day I started playing football," he said.

## Athletic performance can suffer from self-image, societal pressures

**J.T. Buchheit**  
Reporter

A person's weight is usually a confidential matter. But for athletes, the listing of one's weight is often available for all to see. This can sometimes lead to disordered eating and body image issues.

"For about 90 percent of the athletes, no, [the listing of weight] doesn't affect them," said Paul Wright, associate professor of physical education. "But the 10 percent, it absolutely does, and we are probably talking more so about those female athletes in those performance sports, like cheerleading or dance or synchronized swimming."

Student-athletes participating in sports like these are usually pressured to maintain certain weights, both for health and body image. This pressure can come from one's own self-esteem or from coaches. According to Wright, this affects females more often than it does males.

"Unfortunately, that's social norms," he said. "We live in a society that has taught our female athletes that they

need to look a certain way in order to be attractive or competent in their sport."

Athletes involved in aesthetic sports such as swimming and gymnastics also feel pressured to keep trim figures because their bodies are on public display.

"How they look or how their appearance is is kind of a part of how they're evaluated," said Chad Kerksick, assistant professor of exercise sciences. "So athletes in aesthetic sports, they'll definitely be a little bit more aware how their body works or what their body composition is."

Some sports go as far as to test each participant's body fat to analyze the health of the athletes. Lindenwood's gymnastics team uses the DEXA scan to measure fat percentage as well as bone density and muscle mass.

Student gymnast Kathey Oswalt said it can make some women uncomfortable, but she believes it is a major improvement from the Bod-Pod test they used previously.

"[The Bod-Pod test] incorporated skin-folding," said Oswalt. "Having some-

one pinch and measure my stomach and thighs did make me uncomfortable. Since our transition, the process is much less stressful."

Oswalt said the results are confidential and that body fat is not the primary reason for these tests.

"The results are delivered only to our strength-and-conditioning coach," she said. "He explained to us that while the test does assess body fat, he's not concerned about that aspect. Unless there's an obvious issue, he uses the test mainly for its other two data sets."

Despite this, Wright said he is not a fan of the tests. According to him, some coaches at other schools may use them to exclude athletes from rosters until they get to a certain number, possibly creating eating issues, which are common among athletes.

An article taken from bulimia.com cited a study of Division I National Collegiate Athletic Association athletes that indicated approximately 33 percent of female athletes have eating disorders.

"Some of our athletes have significant issues with anorexia nervosa or bulimia or restrictive-food disorder," said Wright. "Generally there's a reason why they're having that relationship with food, so we try to get to the bottom of that and change how they see food and help them understand that food is a necessary piece of their training."

One way for athletes to maintain healthy weights is to have diets that are suited to them personally and the sports they play. No two athletes will have the same diet, as what they eat depends on how hard they work, how long they have to exercise and how much rest they give themselves.

"There's a number of factors that explain why one athlete's diet will be different from another's," said Kerksick. "The longer and harder an athlete works, it changes what their body needs to refuel."

The listing and sharing of athletes' weight and body fat is not an issue that is brought up all that often, but it can have a profound effect on how they see themselves.

## No gravity, no problem

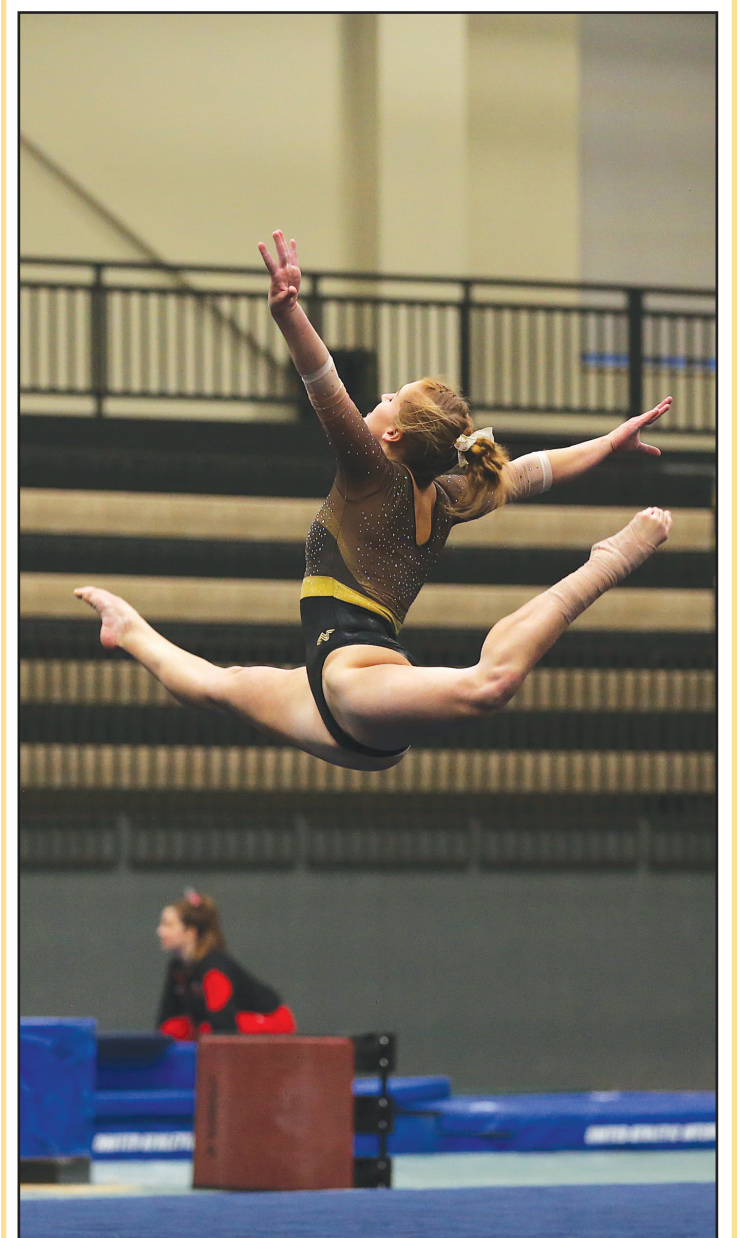


Photo by Carly Fristoe  
Andavea Alexander flies high during her floor routine Jan. 15.

## Weekly Sports Recap

Jan. 13-15

<b>Women's Basketball</b> 78-69 loss at Pittsburg State University	<b>Women's Swimming and Diving</b> 108-73 win at University of Missouri- St. Louis Invitational	<b>Men's Basketball</b> 76-55 win at Pittsburg State University
<b>Women's Ice Hockey</b> 2-1 win at Robert Morris University 5-2 loss at Robert Morris University	<b>Men's Swimming and Diving</b> 104-78 win at University of Missouri- St. Louis Invitational	<b>Men's Volleyball</b> 3-2 loss vs. Saint Francis University 3-2 loss at Concordia University Irvine

# SPORTS

## Grounds crew keeps stadium looking nice

**Bryce Olden**

Reporter

It's 7 a.m., and while most people are asleep, the workers who help make this campus look good are already hard at work.

One of the grounds crew's biggest responsibilities is keeping Harlen C. Hunter Stadium looking spick and span.

"Pretty much every week, we go through the whole stadium," said grounds supervisor Todd Kapeller.

Workers cut and edge the grass, mulch and weed the plant beds, plant flowers and trim the trees.

Kapeller and his crew usually work at the stadium twice a week — about half a day on Wednesday and then on Friday for a brush-through.

He said the crew tries to make sure the stadium looks the same, no matter if it's soccer, football or any other athletic event.

"Instead of trying to just cater to one sport, we try to make sure everybody feels like we feel the same way about them," he said.

Taking care of Hunter Stadium takes just as much time and effort as one might imagine.

Kapeller stated that if he has his whole crew, which typically consists of two to four people, they can get it done in about half a day.



Photo by Tess Augustyn

Like many areas of campus, Harlen C. Hunter Stadium was coated in ice after winter weather storm Jupiter hit late last week.

One of the crew members of grounds, sophomore Matt Henry, said cleaning the bleachers takes the longest.

In a stadium that seats 7,450 and has multiple sporting events every week, picking up trash cans be a big job, he said.

For the most part, though, the crew's work goes unnoticed. This

is in part due to the fact that the team is able to keep things looking good, said grounds director Kyle Routh.

"Just show up to the game, enjoy the game, watch some football or soccer, field hockey, lacrosse, whatever you're into and just kind of enjoy the surroundings," he said.



**LINDENWOOD**  
*Student Athlete Spotlight*

### Michael Mlambo

Sport: Track and Field

Age: 22

Birthplace: Harare, Zimbabwe

Year in school: Junior

Major: Sports Management



Photo from lindenwoodlions.com

**Q:** When did you first start competing?

**A:** I started competing when I was 7 years old and currently am in my 15th year of competition.

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

**A:** Moraine Lake, Alberta, Canada.

**Q:** What are some of your meet-day routines?

**A:** Pray, listen to music in a corner, tape shins, warm up, jump.

**Q:** Where do you see yourself in 10 years?

**A:** Be the owner of a sports agency, family man and retired from track.

**Q:** What is your sports fantasy?

**A:** To win a NCAA national championship in the long jump and to break the indoor and my outdoor school record in long jump.

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

**A:** Determined, loving and charismatic.

Information from Kearstin Cantrell

## ARE YOU SAFE DURING YOUR WORKOUTS?

### Value form over ego

GET THE MOST OUT OF YOUR WORKOUT BY MAKING SURE YOU ARE USING PROPER FORM. FORM IS MORE IMPORTANT THAN THE AMOUNT OF WEIGHT ON THE BAR OR THE SPEED AT WHICH YOU RUN. IT KEEPS YOUR BODY HEALTHY, HAPPY AND IMPROVING.

### Be aware of surroundings

TRY NOT TO SWING THAT BARBELL AROUND WITHOUT LOOKING BEHIND YOU. YOUR SAFETY IS IMPORTANT, BUT SO IS THE SAFETY OF OTHERS. WHEN MOVING EQUIPMENT OR WALKING THROUGH A BUSY AREA OF THE GYM, MAKE SURE TO KEEP YOUR EYES OPEN.

### Break Down Equipment

WHETHER YOU NEED TO RE-RACK YOUR WEIGHTS OR SANITIZE THE EQUIPMENT YOU'VE BEEN USING, BY DOING SO YOU ARE KEEPING EVERYONE HEALTHY AND INJURY-FREE.

### Use Safety Features

PUT THE CATCH BARS UP ON THE SQUAT RACK AND TAKE ADVANTAGE OF THE SAFETY KEY ON THE TREADMILL.

### Ask for help

EVERYONE ELSE IN THE GYM IS IN THE SAME BOAT AS YOU. WHETHER YOU NEED A SPOT OR AN EXPERIENCED EYE TO CRITIQUE YOUR FORM, DON'T BE AFRAID TO ASK FOR HELP.

Design by Kelby Lorenz



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# A&E

## Stage management

When the magic that happens backstage, the curtain rises and the show goes on



Photo by Kelly Logan

Stage management senior Jenna Raithel prepares for a fight call during her senior project show "Macbeth" in the Lindenwood Theater that took place in September 2016.

**Taylor Musgrove**  
Reporter

When the curtain goes down at the end of a show, the performers get the standing ovation, and though they have earned it, the show wouldn't have been possible without the people behind the scenes.

One of those people is the stage manager.

Jenna Raithel is a senior in stage management and has been working in theater for 12 years, six of which was in stage management

specifically.

"I am the main source of communication between all facets of a production," Raithel said. "[I] make sure everyone is on the same page."

Raithel stage-managed Lindenwood's production of "Macbeth" last fall, which was her senior project before she graduates in May. Before that, she has worked as a stage manager in "Violet" and "A Christmas Carol" of 2015 and a few other shows as an assistant stage manager.

Every play or musical has a stage manager who follows the show

from pre-production to post-production.

Stacy Blackburn, the academic production manager at Lindenwood and head of the stage-manager program, said this is why great organizational skills are vital for students pursuing that profession.

Along with several different performance majors, Lindenwood also offers degrees in technical aspects of theater, including stage management.

Rachel Baugh, also a senior in the stage management program, is currently working on "Heath-

ers," the biggest academic musical of the spring. She said that though stage management is hard work, she loves her job.

"I really enjoy working with a show from start to finish," she said. "Starting with design meetings, then being in the room as the show comes together and then putting everything together in tech."

Aside from communicating between the many different teams collaborating on the production, Raithel's other duties include assisting directors in rehearsal, handling the rehearsal schedule and giving the cues for the stage setup.

She also keeps a close eye on performers during the show to ensure that they are staying true to the director's vision.

"Whenever you see a light change or hear a sound cue happen, I am the person who told the light- or sound-board operator to do that," Raithel said.

Raithel explained that though the job can be stressful, the saddest part about being a stage manager is when the job is over.

"Hopefully that ending just means I'm about to start on a new production and I get to do it all over again," Raithel said.

### TV-SHOW REVIEW - 'Sherlock'



Any 'Sherlock' addictions that result from reading this review and watching the series is not at the fault of the writer.



Photo from TNS Sofres

The series leads, Martin Freeman and Benedict Cumberbatch, pose in the set of "Sherlock."

**Michelle Sproat**  
News Editor

The story of Sherlock Holmes has been told through various TV shows and movies, both portrayed in modern-day and historical renditions.

In 2010, BBC and PBS released a modern version of Holmes in their hit TV show "Sherlock." Holmes is played by Benedict Cumberbatch ("Dr. Strange," "The Imitation Game") and Martin Freeman ("The Hobbit") as his counterpart, John Watson.

Other modern Sherlock Holmes tales, such as CBS's "Elementary" just don't seem to make the cut. Cumberbatch is able to channel the surreal inner workings of detective Holmes' mind in a

way that I have not seen any other actor accomplish.

Sherlock Holmes, a detective in London, and his sidekick, Dr. John Watson, work to solve peculiar crimes and stop maniacal perpetrators. Every episode leaves the viewers on the edge of their seats, craving more Holmes action.

Unfortunately, seasons of "Sherlock" are released every two to three years. The most recent season premiered on Jan. 1. Following the first season in 2010, season two came out in 2012 and season three in 2013. Although there are large gaps between seasons, "Sherlock" does a great job of making the wait worthwhile.

This series is recommended for anyone who has interest in a heart-pounding series that has mysteries around every corner.

### Lindenwood Film Series Spring 2017



Young Hall Auditorium, every Tuesday and Thursday at 7 p.m. The screenings are free with Lindenwood student ID.

Tuesday, Jan. 17

**SHOW ME DEMOCRACY (2016)**

Amid the storm of Ferguson, seven St. Louis college students evolve into advocates and activists as they demand change through policy and protest.

Thursday, Jan. 19

**CREED (2015)**

Adonis Johnson Creed (Michael B. Jordan), the son of former heavyweight champion Apollo Creed, attempts to follow in his father's footsteps and become a boxing legend in his own right.

Tuesday, Jan. 24

**THE LADYKILLERS (1955)**

Five diverse oddball criminal types planning a bank robbery rent rooms on a cul-de-sac from an octogenarian widow under the pretext that they are classical musicians.

Thursday, Jan. 26

**SNATCH (2000)**

With a labyrinthine plot that is ostensibly oriented around a missing diamond, "Snatch" introduces viewers to three groups of characters intent on retrieving the elusive stone, which has been stolen from an Antwerp jeweler.

Information from Andrew Millians

### 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](mailto:LULegacy@lindenwood.edu)

# A&E

## Lindenwood gets Buddhist club

Two students form club to start discussions, increase understanding about Buddhism



Photo Illustration by Zac Farmer

The Buddha statue establishes a meditation space. "With the statue we find sanctuary and solace," Farmer said.

**Essi A. Virtanen**

*A&E Editor*

Lindenwood University is adding on to its diversity with the first non-Christian religious club on campus — the Buddhist Association of Lindenwood.

Sophomore Evan Collins and senior Zac Farmer got the idea of forming a Lindenwood community of Buddhists at the end of spring semester 2016.

"Our big initial reason for it was that wouldn't it be great to be able to meet up with other Buddhists and just meditate?" Collins said. "That was the first thing we thought."

Then they found out that only Christian clubs are presented on campus.

Collins said it is important to have other religious clubs presented because many transfer and international students come from places that aren't "predominantly Christian."

The club's adviser, religion professor Nichole Torbitzky, was completely on board when first hearing about the idea.

"Evan was enthusiastic about this possibility of this new club," Torbitzky said. "As a professor of religion, I was delighted to see someone passionate about their religion, and I was convinced this would be a good idea for our diverse community."

Torbitzky said the Buddhist club will contribute to Lindenwood's overall mission to "educating the whole person."

"More and more people on our campus are Buddhist or interested in learning more about Buddhism or simply interested in the benefits of meditation," she said. "The Buddhist club will be the place where those students can develop their faith and practice."

Both Collins and Farmer practice Buddhism. Collins, who is a corporate communications, public relations and advertising major and reli-

gion major, has practiced ever since his sophomore year in high school. Farmer, a double-major in art history and studio art with an emphasis in philosophy and the philosophy of art, started practicing early on during his undergraduate degree.

For both, one of the things that made them interested in Buddhism was one of its major philosophies — mindfulness.

"One, it's the most commonly held belief and the main thing that people think about Buddhism, but two, because it seems so absent in contemporary philosophies," Farmer said.

He said that it is because people are constantly on the go and busy.

"Mindfulness, it's about cherishing those moments," he said. "It's not about just having them being over and done with."

Despite that they both are practicing, they emphasized that the purpose of the club is not to convert anyone, but to form discussion and understanding about Buddhism to anyone who is interested.

"This isn't just a mindfulness club," Collins said. "This is a Buddhist association. Of course everyone is welcome to come and meditate, but people shouldn't be surprised if they come in and we're talking about Buddhist texts."

He said the meetings are going to be weekly and entail 20-minute meditation, Buddhist readings and discussion, talks by monks and possibly having guest speakers at least once a month.

"We definitely want to share our experiences we've had with other people because it's really a great experience we've had so far," Farmer said. "So hopefully, we can transfer that to the students."

The first meeting will be held at 7 p.m. in the Spellmann Center on Monday, Jan. 23. For more information, contact Collins at [enc176@lionmail.lindenwood.edu](mailto:enc176@lionmail.lindenwood.edu) or (314) 724-3181.

## TV shows to start watching this semester

Information collected by Essi A. Virtanen and Kyle Rainey



Photo from flickr.com



Photo from NBC.com



Photo from commons.wikimedia.com

### 'Gilmore Girls'

Almost a decade has gone by since the last episode of "Gilmore Girls" was aired. However, last year the beloved characters returned in "Gilmore Girls: A Year in the Life" mini-series. Following the Gilmores' adventures is a perfect way to get your mind off assignments before bed, which always leaves you in a good mood.

### 'Divorce'

Sarah Jessica Parker and Thomas Haden Church are Frances and Robert in this 2016 series. The couple is facing the end of their marriage, and the tensions and struggles between the two are humorous to follow. The second season is said to come out later this year.

### 'Prison Break'

"Prison Break" is coming back with a new season in April, so now is the perfect time to get to know the Burrows brothers before the new season is out.

### 'This Is Us'

A TV show that started last fall follows a unique ensemble whose members' lives intertwine in curious ways. According to NBC, "This Is Us" is "a smart, modern dramedy that will challenge your everyday presumptions about the people you think you know."



### 'Stranger Things'

After a mysterious disappearance in the 1980s, residents in a small Indiana town uncover a series of supernatural secrets. Only eight episodes long, this is drama perfect for fans of science fiction.

### 'Shameless'

Six siblings struggle to grow up together in spite of a broken household in Chicago. Despite their unreliable parents, the oldest child, Fiona, does everything she can to hold the family together. Entering its eighth season of production, "Shameless" is heavy and an addicting fit for anyone looking for a gritty drama.

### 'Black Mirror'

Taking place in the not-so-distant future, "Black Mirror" portrays the dark role technology could play in the future. Each episode leaves you with something new and unexpected to contemplate about the world around us.