

'Freshman 15' debunked



Photo Illustration by Kelby Lorenz
A student purchases a wide array of 'junk food' with her dining dollars in the convenience store on the second floor of the Spellmann Center.

Weight gain in first year only 1 pound, study says

J.T. Buchheit
Reporter

A recent study is making mincemeat of the "Freshman 15," the widespread belief that students gain 15 pounds in their first year of college. The study, published in December and conducted by Charles Baum, an economics professor at Middle Tennessee State University, states that freshmen gain an average of just 1 pound during that year. Tiffany Flaherty, nurse practitioner at the Student Health Center, has not noticed a dramatic increase in weight as students progress in their time at Lindenwood.

"Students nowadays seem to be more into health and fitness and nutrition," she said. "When they're here, they're here for problem visits, but a lot of times do ask questions about health, nutrition, things like that."

Lindenwood sophomore Jack Poniewaz believes weight gain is based on how people live their lives and take care of themselves, not their

year in school. "It could be true for some people [but] might not be true for others," Poniewaz said. "Possibly genetics. There's a lot of factors that could play into it: if you drink, what you eat, how much you exercise."

For some people, like student Evangelia Vamvas, the Freshman 15 went the other way. "The food was so horrible that I lost 13 pounds," she said.

Nancy Tinker, director of dining services, said they are making healthy options available to students, but that it is ultimately the student's decision.

"If you want to eat at Chick-fil-A every day, that's your choice to do that," Tinker said. "There's a lot of good choices at Qdoba, we added strips and there's grilled chicken at Chick-fil-A. Over at Grab and Go, we've added grapes and cheese back into the menu as well as hummus and other healthier options."

The study says people who went to college gained less weight over the course of their lives than those who didn't attend college. Additional-

ly, the study says that since people who attended college tended to make more money than those who did not, college graduates could afford health care and live in healthier environments.

Poniewaz believes weight gain more often occurs a little at a time rather than all at once during one's freshman year in college. "It wasn't during freshman year," he said. "I've gained some weight, but it was more from senior year of high school to now."

Despite these studies, there is a reason the Freshman 15 theory will likely continue to persist, students said. Many can lead unhealthier lifestyles while being away from home for the first time and being occupied with school.

"Kids don't really have time to go eat in the cafeteria because we're always going and going, so people go and pick up something fast, and fast food's not good for you," said student Breonna Jackson.

The study may give people a reason to breathe easier now that rigorous research has been conducted that measured weight gain over the course of people's lives.

WPA not required for future LU grads

Madi Nolte
Reporter

Passing the Writing Placement Assessment, a frequent cause of anxiety among students, will soon be a thing of the past, university officials said.



Photo from lindenwood.edu
Michael Whaley

After a decade of being in the catalog as a requirement, Lindenwood officials clarified a policy on Nov. 22, 2016, stating that students graduating after August 2017 would no longer be required to pass the WPA.

The 40-minute writing assessment required students to compose a 450-word essay. Students who failed were required to pass an additional course, English 210. Lindenwood's Educational Policy Committee made a proposal to the Dean's Council two years ago to get rid of the WPA.

According to Michael Whaley, dean of the School of Humanities, the EPC's reason for the proposal was that it was not a good instrument to measure what students had learned in English 150 and 170. "There was really no way for students to prepare for it [WPA], because it wasn't really a combination of skills learned in English 150 and 170," Whaley said.

When students took the WPA was left up to them as long as they had passed English 150 and 170 with a C or higher.

Whaley said this led to issues for students who waited until long after completing their composition courses to take the test, because many of them had not done much serious writing in two or three years.

The proposal to discontinue the WPA included language to replace it with a class or series of required classes that would be writing-intensive and involve a set amount of writing. These classes would not just be English classes, but other gen-ed or classes within a student's major. Whaley gave the example of a history class that might require students to write multiple lengthy papers.

Nothing specific has been proposed yet, but there is presently a writing across the curriculum task force working on a proposal.

This idea is already receiving support from English professors and students

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Lindenwood to drop \$2 million on Spellmann renovations

Kyle Rainey
Reporter

A \$2 million upgrade for Spellmann Center was approved by the Lindenwood Board of Directors on Friday, university officials said.

"This gives us the opportunity to start day one with all of the equipment to be very proactive and preventative with what we do," said Diane Moore, assistant vice president of campus facilities. "So checking filters, making sure we're checking generators, all of those things are things we will begin doing on an annual or semi-

annual basis."

Moore assumed her position last summer. She said that being new, one of the first things she did was make assessments on the state of Lindenwood's facilities.

She said that she believes there is a lot her department can do to increase the sustainability of older buildings on campus, and the Spellmann Center caught her attention early on.

"Spellmann was my first building because I came in July, and in July and August we lost the cooling in that building two different times," she said.

When she hired a team of engineers to

assess the building, they gave the heating, ventilating and air conditioning system a D grade, using a standard grading scale. The building's electrical systems scored an A, and plumbing got a B+ due to some hard water issues.

Moore said the current heating and cooling systems have had a lot of mechanical issues and cannot carry the heating and cooling load needed to handle the worst of summer and winter.

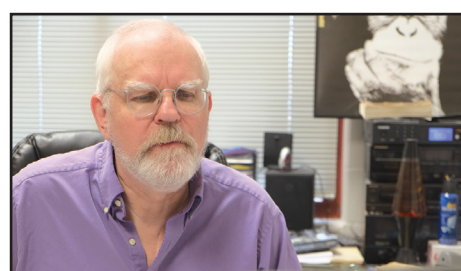
According to the financial documents for the construction, the estimated savings will be about \$276,300 a year. The estimated cost of modernizations and en-

ergy reduction measures will be just under \$1.9 million. It is estimated that the modernizations will be paid back in just under seven years.

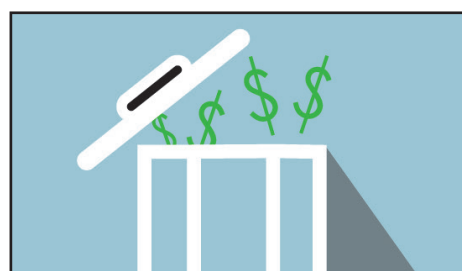
"One of the biggest things that you can do is change out your lighting to LEDs," Moore said. "So we will switch all existing lights, and we are going to do this campus-wide. Spellmann happens to be the first building we're doing it in."

The modernizations will be going ahead despite budget shortfalls. University officials have said there will be a \$10 to \$14 million shortfall in the university's operating budget.

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Comm professor has taught at LU for three decades. See more on Page A2.



Is Lindenwood ripping you off with meal prices? See more on Page A4.



Women's water polo looks toward conference championships. See more on Page B1.



Lighting design creates mood for theater shows. See more on Page B4.

NEWS

Professor nudges students in right direction

Reighard's fairness breaks through his tough exterior

Walker Van Wey
Reporter

Rich Reighard first walked through the doors at Lindenwood in 1987 with a fresh idea about communications that the university reluctantly agreed to.

"He actually taught the first internet course here," said Mike Wall, associate dean for applied learning and operations who has worked with Reighard for 16 years. "He knew computers were going to be instrumental in communications. This is back in the late '80s; he had to convince a very traditional institution to invest money into an internet program."

This "against the grain" style became Reighard's signature, especially among underclass students.

"Generally freshmen and sophomores are scared because of his no-nonsense exterior," Wall said.

Current communications student Adam Ziske describes Reighard as strict, charismatic and enjoyable. After 30 years at Lindenwood, there's not much Reighard hasn't heard.

"In his advanced audio class, I was kind of hesitant to ask questions," Ziske said. "I didn't have a clue what I was doing, but you find out pretty quickly that he's one of the



Photo by Nao Enomoto

Rich Reighard prepares for a class while in his office in the KCLC radio station in the bottom floor of the Spellmann Center.

better step-by-step instructors here."

To date, warnings about the tough nature of Reighard's classes are passed from student to student.

"I wouldn't say my reputation is justified," Reighard said. "I know I'm not an unfair

person. I just have a different interpretation of what fair is than certain students. I'm not really bothered by it. After 30 years you hear the same kind of complaints from the same kind of students, so none of it is really surprising anymore."

Former student and now

co-worker Brandon McKinney said that at face value, Reighard's loud delivery, lack of dialogue in classes and strict deadlines intimidate some but are delivered with a purpose many students overlook.

"He forces people to take

their work seriously, which is what students need," McKinney said. "He does a great job of showing students transitioning from high school that it's time to take their work seriously because the real world isn't going to coddle them."

Compliments and refer-

ences aren't necessarily high on Reighard's list. Even when former student and current Cardinals play-by-play announcer Dan McLaughlin came to Lindenwood last week, he talked about his days in his classes. Reighard met these comments with shrugs. What keeps him going is the students he knows have professional potential.

"When you see someone that you know gets it and you know you can give them a nudge in the right direction, it's pretty nice," Reighard said. "It's always those good ones that keep you coming back."

With many years of teaching under his belt, the end is inevitably near, although the timeline is yet to be laid out.

"I'm not going to be here another 30 years or anything like that," said Reighard. "Whether I'm here for a couple years or another five or six, I plan on sticking around as long as I'm having fun."

Co-workers and students both said that a replacement will come in with big shoes to fill.

"We won't be able to replace him; we'll only be able to find somebody with their own skillset and build from there," Wall said. "Whoever comes in won't replace Rich; they'll be the next generation of Rich."

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FROM BOYZ 2 MEN:

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Gender-Busting Feminist
PROFESSOR MICHAEL KIMMEL



One of the world's leading experts on men and masculinities and the SUNY Distinguished Professor of Sociology and Gender Studies at Stony Brook University.

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NEWS

LU alums' business helps international students get to US

Lena Kirchner
Reporter

Two Lindenwood graduates have developed an e-business to help international students come to study in the U.S.

Alex Moraes and Daniel Lainez met during their studies at Lindenwood and quickly became very good friends. Their international background and shared passion for motivating others got them to start the e-business MOLA Leadership.

"It started out as a motivational blog in 2012," said Lainez, the vice president and co-founder of the organization. "We posted inspirational articles, videos and podcasts, and we gave motivational speeches."

Last summer, the two friends transformed the blog into a college consulting business, which they finally launched at the end of June 2016, said Lainez.

During the past two quarters, Moraes said that MOLA received approximately 50 applications from mostly Spanish-speaking countries, but also from African countries as well as India and Bangladesh.

"We decided to make a business because we wanted to provide a service," said Moraes. "We both had experience with helping a lot of internationals coming to the U.S."

Moraes, president and co-founder of the startup, worked as a student ambassador during his undergraduate studies at Lindenwood. The 24-year-old Honduran grad-



Photo from Twitter
Alex Moraes



Photo from Twitter
Daniel Lainez

uated with a triple major in economics, political science and public administration in 2015 and is currently enrolled in Lindenwood's MBA program.

Lainez did his undergraduate studies in his home country of Spain and graduated with a master's in business administration from Lindenwood in 2013.

Since the business is only online, no costs for rent, utilities, etc. occur. MOLA therefore focuses on online marketing, mainly through Facebook ads.

"MOLA Leadership meets a need and offers substantial value to their clients," said David Rosenwasser, associate professor in the Plaster School of Business and Entrepreneurship, who describes Moraes and Lainez as very motivated and focused young men. "They have successfully structured a marketing strategy that utilizes contemporary and conventional marketing tools to spread the word about their business."

Besides Moraes and Lainez, MOLA has two more employees in Honduras that take care of graphic design and web development and assist with the

administration.

It costs between \$1,500 and \$3,000 to use the college consulting service, depending on which higher education level the client is seeking. These costs include unlimited online consultation for a 12 to 14-month application time span, and at least 10 applications to colleges of the client's choice.

College consulting businesses like MOLA are how many international students find their way to Lindenwood or any college in the U.S.

MOLA's mission is to help international students to come to study in the U.S. at the college of their choice. For now, they have relationships with U.S. colleges and with high schools and tutoring institutes in Honduras and Spain, said Lainez. However, the two co-founders are planning on expanding their reach.

"We currently obviously have a Spanish-speaking clientele, but our ambitious vision is to create and facilitate opportunities to international students to becoming the best online college consulting e-business to expand to more countries," Moraes said.

Black Student Union packed the house during Greek Yard Show



Photo by Lindsey Fiala

Lindenwood student Na'ana Wilson leads her Delta Sigma Theta line sisters in a step routine at the Black Student Union's Greek Yard Show in the Butler Loft. The event, which was a part of Campus Activity Board's Diversity Week, drew a diverse and enthusiastic crowd.

New gen-ed program an option for current students

Michelle Sproat
News Editor

Current students will be able to change their general-education requirements to match those in the 2017-2018 catalog, university administration reports.

This change will allow students to take fewer general-education courses and still follow the requirements for their majors in their current catalog.

According to Erin Mann, associate provost, the new program will require 42 credit hours instead of 49.

Before the change, Lindenwood required more general-education courses com-



Photo from lindenwood.edu
Erin Mann

"We thought very carefully about maintaining the academic rigor of the program and making sure that what happens in general education really is good education and not just time wasting."

-Erin Mann,
Associate Provost

pared to its peer schools. Public schools in Missouri have a standard 42-hour general-education program, and Lindenwood followed suit.

Under this new change, the Oral Communications course will no longer be

mandatory. However, those that elect to take it can still use it to meet general-education requirements.

In addition to decreasing the course load, the new general-education program will allow students to take two social sciences in the

same discipline. Mann said this increases the appeal for both new students and transfers coming in.

"We thought very carefully about maintaining the academic rigor of the program and making sure that what happens in general educa-

tion really is good education and not just time wasting," said Mann.

Mann said that President Michael Shonrock has been supportive of the general-education requirement change ever since it was approved by the faculty.

"I always like to say it's like getting to the finish line," said Shonrock. "How are we going to get students there without worry?"

According to Lindenwood.edu, the objectives of these general-education programs are to raise awareness of global history and diversity; develop a sense of responsible citizenship; communicate effectively; form coherent, educated opinions; think critically and analytically; and engage in effective creative thinking.

The deadline to request a change in general-education requirements without having to change catalogs is June 30.

Security Briefs

Feb. 19

A debit card was reported stolen from Flowers Hall. The victim lost the debit card between Feb. 12 and 14 in the dorm, and it was later returned. However, several charges were made on the account. As of now, authorities have no suspects.

Feb. 20

Cash was stolen from someone using the gym at Evans Commons on Feb. 7 between 7 p.m. and 10 p.m. No suspects were reported at the time.

Feb. 22

Two incidents of minors in possession of alcohol were reported at the Linden Lodge at 8:16 p.m. Campus security has closed the case and has forwarded it to the Office of Student Development for further review.

Feb. 23

- Campus security was called to the Spellmann parking lot to investigate a drug violation/vehicle accident. The incident occurred at 10:35 a.m. The case has been forwarded to the Office of Student Development for further review.
- Three drug violations were reported in men's housing on Nathan Avenue at 2:33 p.m. The cases have been forwarded to the Office of Student Development for further review.

Maintenance | Continued from A1

ing budget due to an approximate 5 percent decrease in overall enrollment during the 2016-2017 school year.

Specialized staff is being brought in to help maintain the improvements. Two new HVAC staff have been

hired to work on campus as "the first line of defense" when problems do arise, Moore said. New sensors on the equipment will help

provide better troubleshooting and save energy. For more serious problems, Matheny will still be called

to help around campus.

"If we can hold our cooling and hold our heating at a level that it's supposed to be, that's going to make it more comfortable for learning and more comfortable for teaching," she said.

WPA | Continued from A1

alike.

"What students really need is writing throughout their college years, with an emphasis put into writing across the curriculum," English professor Sunny Hawkins said. "Students would benefit more by tak-

ing courses within their major to teach them about writing."

Junior music education student Kymbre Resler said she "would've much rather been able to do more writing in some courses than take the WPA. It seems

much more practical." Hawkins said this is a positive move for Lindenwood.

"It shows the university moving in the right direction in supporting students' writing. It was time to let it [WPA] go," she said.

OPINIONS

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Dining options rip off students

Romane Donadini
Reporter

Most college students are broke. Here at Lindenwood, we are no exception. We have to deal with a lot of expenses including food. The university is not making it easier for us; in fact, it is making it more expensive.

Lindenwood offers three different meal plans for residents, all costing the same amount of money. Each one of them has a specific amount of “dining dollars,” which can be used throughout campus to purchase pretty much anything.

The “traditional” meal plan has 19 meals per week and 50 dining dollars. The “flexible value” plan has 140 meals and 150 dining dollars. Lastly, the “most flexible value” plan allows students to eat 100 meals on campus and have 350 dining dollars.

According to the student portal, this semester, students with the traditional meal plan can eat 319 times. It means that students who chose the second meal plan, or 140 meals, can dine at the cafeteria less than half of the times students with the traditional one can. Know-

ing that dinner at the cafeteria costs \$10, students with the flexible meal plans should receive significantly more dining dollars than they actually do.

When it comes to the convenience store or Lion's Pride Market, prices are insanely high. I compared the price of different items that are sold both on campus and at Schnucks, across the street. A Cliff Bar will cost you \$2.29 — taxes not included — if you buy it at the convenience store located in Spellmann, but only \$1.29 if you get it at Schnucks.

The new Farmers' Market available on Friday at Spellmann is a really good initiative. It encourages students to eat more fruits and vegetables and to be overall more healthy. However, once again, most of the products cost much more money on campus than at other nearby stores.

For example, students have to pay \$2 for a single sweet potato at the Lion's Pride Market. They can spend the same amount of money at another store off campus and get a three-pound bag of sweet potatoes. The difference is colossal.

In addition to the high prices, even if we have a way



Design by Kelby Lorenz

to know the exact number of meals and dining dollars we have used, at the end of the semester, Lindenwood does not give us back the ones we didn't consume. However, at other schools in the area like Webster University, the dining dollars — or “points” like they call them at WU — roll over from the fall semester to the spring.

Also, students who live in houses have the opportunity to cook for themselves since most have access to kitchens. If they want to do so, they can either buy the few extremely expensive products available

at the Farmers' Market or buy their own ingredients.

If they go for the second option, it means they have to pay twice for their food: once as part of the meal plan, and then for what they are going to cook. Indeed, if students want to keep living on campus, they don't have the option not to pay for a meal plan.

On top of that, Lindenwood is planning to raise the cost of single rooms, which are what most houses have. It means that students who live in houses would have to pay more for their rooms and houses without having the possibility to

pay less for the food. It does not seem fair.

I know that international students, like me, would lose their grants if they decided to live off campus, rent apartments and pay for their own food. It does not leave us with many options.

With limited budgets and long lists of expenses, students have to make choices. They can prioritize their health and well-being by choosing to spend more money on food, but might have to give up on other important things that might even benefit their education.

Students may suffer without Oral Comm

Tyler Tousley
Opinions Editor

Something I love about Lindenwood is that the university is always striving to improve for its students. I do not, however, think that its recent decision to take Oral Communications off the list of general education requirements was a positive step.

Oral Communications teaches students how to compose various kinds of presentations as well as how to effectively deliver them to groups. I cannot think of one industry where this is not a necessary skill.

Students across all fields will most likely have to give a presentation at some point in their careers. This could be presenting a new development they have made in the field, a request for research funding or even just a normal job interview.

Putting a presentation together and then being effective in your delivery is incredibly important. Take a job interview,



Design by Kelby Lorenz

for example. If both candidates are equivalent in their qualifications, but one of them has difficulty presenting themselves, I will go with the candidate who was prepared and confident.

Now, to be fair, although it is not required, the class will be available as a general-education elective, so the students who elect to take it (or the communications majors that need it) can still use it to meet one of their gen-ed requirements.

This is positive in that those who want the opportunity to improve their public-speaking and presentation skills can still receive credit for doing so.

Making it an option instead of a requirement, however, allows students who are not comfortable speaking in front of others to avoid the class. Sadly, these are probably the students who would have the greatest benefit from taking the course.

Now, when they graduate

and are working in their fields or trying to get jobs in their fields, they may run into difficulty while presenting.

I know that taking a 100-level public-speaking course might feel like a waste of time to some, but in the long run, it is more beneficial than you may realize.

When I took the course my first semester here, I brushed off the critiques given to me by the instructor and moved

on with my life. That was until I had to really start to give presentations in my following years.

Now I am conscious of any time I use a filler such as “like” or “umm.” I also avoid saying that something “sucks” because of the couple of points I lost on my final speech for not being quite professional enough.

Could I have learned these skills throughout my other classes? Absolutely. But it makes much more sense to have a class that focuses on it rather than wasting time in another course because you don't know how to properly present a project.

I think it is wonderful that Lindenwood wants to continue to re-evaluate the programs to give students the most effective experience and education.

I also think that no longer requiring students of all majors to take Oral Communications is a poor decision that will end up having a negative impact on future graduates.

Social media reduces authentic, personal interactions

Keegan Reynolds
Contributing Writer

Take a moment to glance at those around you. I can almost guarantee that you'll see your fellow classmates, friends or family clicking away on their smartphones, unaware of anything outside of the 4.7-inch screen in front of their faces. We are living in a world where technology, and more specifically social media, has become our center of focus.

While social media has provided us with undeniable benefits, such as connecting people globally, spreading information rapidly and providing a platform for the average citizens to voice their opinions, there are serious downsides of unrestrained use.

Recent studies have shown

that 47 percent of young American adults admit to responding to texts and social media when sharing meals with friends or family, and 11 percent respond during sex. This is a crystal-clear indication that social media is having destructive consequences on our social lives.

Many are replacing their more meaningful, real-life interactions with artificial connections online. Too much of this can ultimately hurt your social skills and moreover, does not sufficiently replace human interaction, which has the added benefits of body language, tone and touch. In fact, expending energy on artificial relationships could weaken your connections to friends, family and significant others in real life.

The time when you could

“The young adult brain of our era does not get adequate rest but is constantly bombarded with technological stimuli”

fully disconnect from society after work or school and allow your brain time to process information and recharge is long gone.

The young adult brain of our era does not get adequate rest but is constantly bombarded with technological stimuli. Studies suggest the average American between 18 and 24 checks his or her phone around 74 times a day while those from the ages of 25 and 34 check their phones approximately 50 times per day. With this sta-

tistic, it is not hard to see how forms of addiction and behavioral changes can occur with the social media we are exposed to on a daily basis.

A UCLA study in 2008 showed that internet and social media addicts have significantly altered the prefrontal cortex, caused by the rewiring of the brain due to extended internet and social media exposure.

Beyond addiction, an excessive amount of time spent on social media can wreak havoc on those prone to anxiety and depression. Subconsciously, or consciously, our generation is prone to comparing our lives to our friends' lives on social media. Studies have shown that social media has been known to lower self-confidence and ultimately invoke negative feelings. Not surprisingly, most peo-

ple don't make posts about their awful days and bad relationships on social media. This can potentially provide false expectations for life, relationships and more by comparing one's actual life with the highlight reel from another person's.

While I do not believe the use of social media is inherently bad, perhaps our generation places too much weight on it. With the numerous negative effects of social media on our social lives and mental health, it is important to put down your phone every now and then.

Moderation has to become a norm for social media to be used to its full potential. While it may be a radical idea for our age group, you might actually experience more fulfillment in your social life with authentic, face-to-face social interaction.

SPORTS

Swing, batta' batta,' swing!



Photo by Kelly Logan
Wes Degener takes a swing during a game against Missouri Southern State University last week. The Lions took home two of three wins against the MSSU Lions.

Ice hockey loses bid for conference title in OT to Iowa State

Phil Scherer
Reporter

For the second consecutive season, the Lindenwood men's hockey team advanced to the Central States Collegiate Hockey Association championship game. This year, the results were not quite as joyous, as the team fell to Iowa State 5-4 in overtime.

The game represented a rematch of last year's championship game, which the Lions won 2-1. From the very beginning, it appeared that the Cyclones would not allow history to repeat itself.

Iowa State quickly jumped out to a 1-0 lead in the first period on a goal from Colton Kramer. And they did not stop there. Later in the same period, A.J. Gullickson of the Cyclones added a powerplay goal and was able to convert on a penalty shot that was awarded when he was interfered with on a breakaway opportunity. After 20 minutes of play, Iowa State led the Lions 3-0.

Despite the early deficit, the Lions refused to quit. The team began rallying in the second period with goals from sophomore Tommy Heinzman and junior Alexander Carlsson. Notably, Carlsson's goal came with the Lions shorthanded. Heading into the third period, the team trailed by just one goal.

After trading goals in the third period, Lindenwood found itself trailing 4-3 with less than four minutes remaining in the contest. That's when freshman Ryan Carson stepped up for the Lions, temporarily playing the role of hero.

After a five-minute major penalty was assessed to the Cyclones, the Lions were given a golden opportunity and took full advantage. Senior defenseman Brandon Rumble fired a shot from the blue line, which Carson was able to redirect into the back of the net, tying the game 4-4 and sending the championship into overtime.

The comeback was short-lived, however, as Kramer sneaked a shot past Lindenwood goaltender Cody Karpinski less than a minute into the sudden-death period, sending the Iowa State faithful home happy after dethroning the defending champions.

For Lindenwood, it had been an accomplishment even to reach the championship game. On Saturday night, it had taken a double-overtime effort to defeat Ohio University in the semifinals to set up the rematch with Iowa State in another game in which the Lions were forced to make a late comeback.

The championship game ended a nine-game win streak for the Lions. Prior to this game, the team had not been defeated since Jan. 21. Also impressively, the Lions were not defeated in regulation since the beginning of December, a streak that lasted 12 games.

Future 'looking good' for w. water polo

Ashley Lowtharp
Reporter

Lindenwood's women's water polo team has had a good start so far this season, and is hoping to improve throughout the season.

Opening the season, the team started on the road for a Conference Crossover on Feb. 11 and 12 at the Grand Valley State campus in Allendale, Michigan. The Lions started off with a 17-3 win on Friday night over the University of Cincinnati.

On Saturday, the Lions matched up against the University of Notre Dame and fell short 10-7. In the final game of the weekend, the Lions also lost to rival McKendree University, 16-9. Overall, the women's water polo team went 1-2 with their first weekend of matches.

The Lions had a good start to the season, but head coach Dave Miller expects them to improve greatly through the season as they adjust to a new style of gameplay.

"This is the second season using our offensive and defensive tactical systems and the team is executing it fairly well," said Miller. "We are not a very fast team, but the girls are smart and they play hard."

The team showed signs of improvement entering the second week of the season.

On Feb. 18 and 19, the Lions traveled to the Michigan State campus in East Lansing, Michigan, for the Spartan Invite. There, the team went on



Photo by Madi Nolte
Laia Pons and Delaney Simmons square off during a practice match at the St. Peters Rec-Plex Thursday.

to go 2-2.

The first matchup was against the University of Michigan where the Lions first lost 8-1 on Friday night.

After the tough loss, the Lions were on the prowl and were not going down without a fight; the team came back on Saturday with a 11-7 win over Grand Valley State University.

With high spirits going into the next match, the team put down the host, Michigan State University, with a 7-5 clinch win. However, in the next match, the team fell to

Ohio State University 14-7.

These wins did not come easy for the Lions.

"The biggest challenge we are facing this season is the team player numbers," said Miller. "We had 16 team members last season, but due to graduation, injuries and athletes not returning to school, we are down to nine players."

However, Miller does not expect the lack of athletes to postpone success for the team.

"Although we did not have

any new athletes this year, with our returning team and our 2017-2018 recruiting class, which is awesome, the future is looking good."

So far this season, the Lady Lions are 3-4. The Lions will have two more away meets at Penn State and Monmouth, Illinois, before having their first home tournament at the Rec-Plex in St. Peters, Missouri, on March 25 and 26.

This tournament will be another Conference Crossover against Saint Louis University, Illinois State Univer-

sity, Grand Valley State and McKendree.

Coach Miller has faith that his team will be able to perform well against teams in the conference when it comes time for conference championships.

"We have a couple of girls who are great athletes but with very little water polo experience," said Miller. "The entire team is improving and getting stronger with each tournament. I believe they will be a contender to win the Midwest Conference title."

Weekly Sports Recap

Feb. 24-26

Women's Lacrosse 14-11 win vs. Florida Southern College	Softball 6-3 win vs. University of Findlay 5-1 win vs. Walsh University	Men's Basketball 67-65 win at Missouri Western State University
Men's Volleyball 3-1 loss vs. Ball State University	Baseball 12-7 loss vs. Missouri Southern State University 10-7 win vs. Missouri Southern State University	Women's Basketball 64-56 loss vs. Missouri Western State University

SPORTS

W. LAX beats Florida Southern 14-11

Walker Van Wey
Reporter

The Lindenwood women's lacrosse team took on the No. 1 ranked Florida Southern Moccasins and walked off the field with a 14-11 victory and a feeling of revenge.

"You know it feels great. I'm really proud of the way the girls played today," said head coach Jack Cribbin. "I thought we competed hard for 60 minutes and prepared hard for the game plan this week. [Florida Southern] is a team that's very well coached, and they're the national champions for a reason."

Not only were they the national champions, but the Moccasins were the reason the Lindenwood Lions finished the last year's season in third place, turning Sunday's regular season game into something much more than a home opener.

"I think it's a little bit sweeter," said senior Erin Abbott. "It's so nice to get that revenge back after losing to them twice last season, and we're just thrilled."

The Lions were in control nearly the whole game after Maria Johnson's assist set up Rachel Benzing's fifth goal of the year only 1:50 into the first half and the Lions never trailing. Benzing, who led the team in minutes played, attributed her resilience to the energized home crowd.



Photo by Kelly Logan

Junior Rachell Ortell looks to pass the ball during the Feb. 26 game in Hunter Stadium against current national champions Florida Southern.

"This is an intimidating stadium," Benzing said. "We had an intimidating crowd, and I think our vibes just outnumbered them. They just could not match us with our excitement."

Despite a consistent 3-5 point lead for the duration of the game and the eight-point

day from Benzing and a four-point day from Morgan Judd, the Lions were never fully comfortable with their lead.

"The whole game we were keeping our guard up," Cribbin said. "They're the kind of team that if you give them an inch, they're going to take it and take advantage of it. We

didn't really stop and take a breath until that final whistle blows because we know how talented our opponent is, so the whole game we're trying to do our best and grow our lead."

Now 3-0 on the season, the Lions know that although they have just handed the defend-

ing national champions their second loss of the early season, odds are they will see Florida Southern again in the postseason, where both teams will be ready.

"I bet they'll hold on to this and come out a little bit more fired up," Abbott said. "Especially as the season progresses,

teams are going to get better and stronger, so the matchup should be just as good and strong as this one."

The Lions came into the game ranked fifth and now stand 3-0 on the season with their next game at home on March 7 against the 2-0 Regis University Rangers.



LINDENWOOD Student Athlete Spotlight

Alecia McGillivray

Sport: Swimming

Age: 21

Birthplace: Carrollton, Texas

Year in school: Senior

Major: Psychology

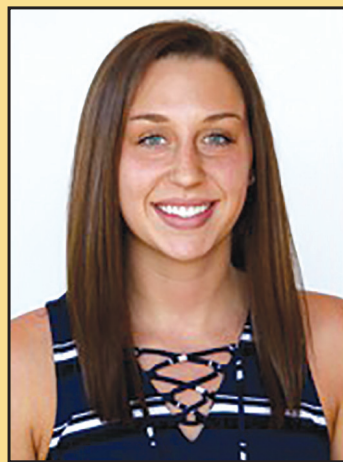


Photo from lindenwoodlionsssls.com

Q: How long have you been playing sports competitively?

A: Seventeen years.

Q: What is the greatest moment in your sports career so far?

A: Conference 2017: winning both men's and women's side for the first time in Lindenwood history.

Q: What are your game-day routines/superstitions?

A: I don't really have a set routine for meets; I just go with the flow.

Q: What is your biggest sports fantasy?

A: Placing in or winning the Olympics.

Q: Who is your favorite athlete?

A: Matt Grevers

Q: Who have been the most influential people in your sports career?

A: My mom. She went with me to all of my swim meets and would always be there for me no matter how I raced.

Q: In 10 years, what do you see yourself doing?

A: Being a successful real-estate agent.

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

A: Bora Bora or any island.

Q: What are three words that best describe you?

A: Driven, competitive and committed.

information from Phil Scherer

~~~~ Jimmy ~~~~

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# A&E

## Animator brings Disney to STL Zoo

**Essi A. Virtanen**  
A&E Editor

A piece of Disney magic came to the St. Louis Zoo Friday night when one of its character animators, Jacob Frey, discussed his journey from Germany to working at the Walt Disney Studios in Burbank, California.

"It was like a dream come true," Frey said. "And I mean my first days at the studios were insane because you walk into that studio where all this history has been done, the films you've seen through [your] entire childhood."

Frey's responsibility at Disney entails acting the character performances for the movies. His movie credits include the Oscar-nominated "Moana" and Oscar-winning "Zootopia" that won the Best Animated Feature category Sunday.

After the event on Friday, Frey said he was excited about the nominations.

"I know that I'm a part of a giant team, and I'm just so happy for everyone within the team to have actually, to get such a great acknowledgement in terms of a price, which really tells everything we did was worth it and was really good quality," he said.

Frey's presentation Friday was a part of the Big



Photo by Essi A. Virtanen

Disney Animator Jacob Frey answered the audience's questions about his job as a character animator at the Walt Disney Studios in Burbank after his presentation in the Anheuser-Busch Theater at the St. Louis Zoo Friday night, Feb. 24.

Eyes, Big Minds St. Louis International Children's Film Festival that started on Saturday, Jan. 28, and went on for three other Saturdays ending Feb. 25.

Mabel Gan, graduate education student at Lindenwood, was the organizer of the festival that originated in Singapore, where she is

originally from. She said when she and her husband Andrew Millians, an assistant professor in digital cinema at Lindenwood, moved to St. Louis, she decided to take the festival and its programs here with her.

The goal of the festival is to educate children through

short films about various subjects, including positive values, media literacy and filmmaking in general, she said.

Frey said the power of animation is that you can convey grown-up subjects but in a child-friendly manner.

"I think 'Zootopia' did a

great job on that," he said. "To show bias and talk about it, and make that something that kids talk about."

During Frey's presentation, he showed the process of animating a shot for "Zootopia" and "Moana" by breaking a short clip from both movies down to steps and finally showing the final

shot. Chandler Niedbalski, 8, who attended the event with his little brother and his parents, was confused at first when Frey showed the process on "Moana" scene, because it did not look like in the real movie.

"It's where it didn't make sense to me because the colors and stuff weren't the same," he said.

When Frey played it a few times, he realized the process.

"I was like, 'Oh yeah, that's the part [from the movie]!'" he said.

During the presentation, Frey also screened "The Present" as well as his other earlier short films and demo reels.

"The Present" is his college graduating project from Germany about a boy who gets a new puppy as a present. It has had 12.1 million hits on Vimeo.com and has run on more than 180 film festivals and won more than 50 awards.

Frey ended the presentation with his favorite quote: "All our dreams can come true, if we have the courage to pursue them," by Walt Disney.

"It's up to you if you want to pursue your dreams," he said. "You have to invest that extra time and push yourself as hard as you can, and you can achieve things."

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## LU thespians nominated 19 times for 'Hairspray'

**Lindsey Fiala**  
Reporter

Associate Professor of Theater Larry Quiggins' production of the musical "Hairspray" received 19 nominations, more than any other show, in The Arts for Life Best Performance Awards over a week ago.



Photo from Lindenwood.edu  
Larry Quiggins

Quiggins found out about the nomination through an email. He was pleased because he had wanted to do the show for so long, and the nomination showed that people liked the show.

Arts for Life is a local not-for-profit arts and service organization, which supports and celebrates community and youth theater, according to its website.

Eleven of the nominations were acting-related, including Best Actor and Actress and Supporting Actor and Actress.

Eight of the nominations included Best Director, Large Ensemble Production, Lighting Design, Set Design and Costume Design.

Quiggins said the reason for him to want to do the show for so long was because he loves the music and the story.

After several attempts to do the show at Lindenwood fell through along the years, the Hawthorne Players, a St. Louis community-based theater group, asked Quiggins to direct the production for them over last summer.

Quiggins said he jumped on the opportunity.

"I took this [opportunity] as a sign from God that I was supposed to direct this show," said Quiggins. "Producing the show was on top of my bucket list."

He decided, after becoming the director, he wanted to take a different approach to some of the numbers in the musical.

One of the numbers, "I Know Where I've Been," which is typically produced with only African-American cast members, Quiggins changed to incorporate all races.

"I had a different angle on it that I think really worked," said Quiggins. "Most of the black characters are first, but as the song went on, the other characters started to come onstage, and by the time the song was over, everyone was mixed together onstage."

Quiggins was nominated for Best Director in the Large Ensemble category.

Former Lindenwood student April Nigus, who graduated last December and was nominated for Lead Actress, said, "Larry was an amazing director. He really worked with us to develop the characters in ways that felt natural to us and let us find the show for ourselves. He was always there for guidance anytime we needed it."

All of the numbers in the show had complicated choreography, which people enjoyed, Quiggins said. The production received a Best Choreography nomination for it.

Natalie Krivokuca, the choreographer of the show, said this was the third time she choreographed for "Hairspray."

"I just feel like I have this connection to 'Hairspray,'" said Krivokuca. "I love the style, and I love the dancing in it, so it was very easy for me to come up with the choreography for it."

Krivokuca also got a nomination for Featured Actress Award.

She was overwhelmed when she heard about the 19 nominations.

"I was so excited," said Krivokuca. "Just knowing that all of our hard work got all of these nominations was really wonderful."

Additionally, Will Pendergast, a philosophy senior at Lindenwood, received a nomination for Actor in Leading Role for "Beauty and the Beast."

There also were six alumni that received nominations for other shows.

The Arts for Life Best Performance Awards take place at 2 p.m. June 11 at the Skip Viraugh Center for the Arts at Chaminade College Prep School in St. Louis County.

**"I took this [opportunity] as a sign from God that I was supposed to direct this show. Producing the show was on top of my bucket list" - Larry Quiggins, associate professor of theater**

# A&E

Theater design series:  
Part 4

## Lighting generates atmospheres

**Essi A. Virtanen**

*A&E Editor*

If there was no lighting design, the stage would not be lit. You would not see the scenery, where the show is set. You would not see the actors, nor their costumes. In fact, if there was no lighting design, you would not see anything in the theater at all.

"They [patrons] are there to see the story, to experience the emotions to be taken away from their lives for a couple of hours and think about or react to something," said Timothy Poertner, lighting director of the Lindenwood theater department. "Onstage, our job is to illuminate the actor, but our job is to also to sort of almost metaphysically illuminate the idea and the story and the action and the emotion of what's happened."

David LaRose, assistant lighting director and master electrician of the theater department, said besides lighting the stage, lighting design "creates environments" by "adding and enhancing" the other designers' creations.

"The part that the lighting gives is the atmosphere of the piece," LaRose said. "What time of day is it? Is it hot and humid outside or are we in Antarctica next to an iceberg?"

And that is the kind of thing in the tone of the piece and how it feels is what lighting can reveal."

Poertner said there are two sides to lighting design: the mechanical with physics, rules, electricity and the lighting instruments that are the "building blocks" of the show. And then there is the creative side with shapes, textures, movements, lines and colors.

Color is a major part in lighting design, and LaRose said when choosing a color for a show, it is important to have "looked at the world around you." Mindfulness and being present are important characteristics in a lighting designer.

"In order to be a designer, you have to be those things, because if you're not looking at the world around you, how can you replicate it in the theater?" LaRose said. "And that's really where it comes from. It comes from looking at the world and it comes from life experiences, because if you've never experienced love, how can you light a love scene?"

Megan Girardier, a sophomore in technical theater emphasizing lighting design, also said the more she learns in life will definitely help with designing.

"There's certain scenes I'm like, 'What does a hospital really feel like?'" she said. "What



Photo by Lindsey Fiala

The scenery of "Heathers: The Musical" is brought to life with bright-colored lighting during a tech rehearsal on Thursday, Feb. 16.

does it look like? I haven't spent enough time in one. Or what does love look like? How do you portray love when I'm still so young and haven't quite learned what that is?"

LaRose said "the psychology of light is very powerful" because it can make the audience feel things by subtle lighting changes.

Poertner agreed.

"The most successful lighting designs for me are something that no one may never even notice," he said. "So that you are affected by something, and you've experienced something but you don't really know why or what that was."

He said rather than just pointing lights to something

onstage, there is always intention with every piece of lighting, which creates "bonds" between lighting and elements onstage.

Girardier thinks all design elements — scenery, costume, sound and lighting — are underappreciated. Therefore, she hopes that patrons would at least take a moment to pay

attention to light and what it does to shows.

"Lighting is one of the things that nobody really notices," she said. "Just take a minute and just look at those lights. Just appreciate that without them, it would be white. Their costumes wouldn't be so vibrant. The set wouldn't be so alive."

## Local artist brings interactive, changing art to Lindenwood

**Kyle Rainey**

*Reporter*

The "Grounded" art exhibition that opened in the J. Scheidegger Center last Thursday is meant to illuminate the concept of non-permanence and chaos with works shaped by the sun, GoPro time lapses and interactive mulch.

Prominently displayed across the floor of the Boyle Family Gallery is a 20-by-25-foot black canvas covered in carefully placed wood chips. Local artist and creator Jessica Witte said she wants people to come interact with her floor art so that it will continually change until the exhibit comes to a close on March 24.

"Initially I think that it is about embracing change in your life," Witte said. "I think the most empowering thing that people can realize is that they can control and they can make the change they want to see."

Her artwork even began changing before the gallery opened to the public.

"Let's get rid of that, and let's get rid of this right here," Witte said to her helpers as she strolled across her canvas one afternoon last week, stopping to sweep part of a flower petal back into mulch with her foot.

The canvas that she covered in mulch was carefully decorated, swept up and then arranged again, all before the Thursday night opening reception.

Her work in "Grounded" was influenced by the more than 20 Lindenwood students who helped her create the exhibit. She said numer-



Photo by Kyle Rainey

Lindenwood students help artist Jessica Witte (right) pick up wood chips that will be reintroduced to the piece "Grounded" in a new arrangement that debuted last Thursday. Seniors Lacey Minor (left) and Emily Turner (center) were among about 20 students who helped Witte over the course of the week. The sunburned orange pages that make up "Sun + Gravity" hang on the wall behind.

ous students, including a 3-D design class came in and sorted the mulch by size and color.

One of the students was senior Emily Turner.

"This has definitely made me get rid of the preciousness in a lot of it," Turner said. "In a lot of ways you make a piece, and something small screws up, and it screws up a lot of other things, and you're so committed to it you can't throw it out. This has been a good exercise in like 'who cares, let's just erase it and start over.'"

Turner said that students don't usually get the opportunity to help put up work.

"We don't ever really get to work with the artists in general, so this has been a good break from the norm, and then a good experience going into being out in the

world in a couple months," Turner said.

Art and Design Department Chair John Troy said he hopes the exhibition broadens students' concepts of the definition of art. He described the artwork as the byproduct of experimentation and research.

"So much of art and spontaneity in art has to do with the moment," Troy said. "Drawing is about a particular temporal activity. [Artists] address how things change, have been altered over time, and disintegrate."

"Sun + Gravity," a series on sun-singed papers, overlooks the floor art. The papers were broken down by ultraviolet sunlight. The papers were laid in an atrium with sunflower and niger seeds arranged in patterns blocking the sun. Witte said

the piece took about three months to make.

The piece has gravity for Witte because she made it in response to her mother's metastatic melanoma skin cancer treatments. She hopes light in the space will further degrade the pages.

"There is a really beautiful thing in the destruction of something old becoming something new," she said.

She attributes some of her inspiration from traditions where Buddhists, Mandala and South Indians create temporary organized drawings on floors.

"It's very much about embracing the moment and making your mark," she said.

Witte's "Grounded" art exhibition will be in the Boyle Family Gallery in the J. Scheidegger Center until March 24.

### 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, Feb. 28**

#### THE HOST (2006)

A monster emerges from Seoul's Han River and focuses its attention on attacking people. One victim's loving family does what it can to rescue her from its clutches.

**Thursday, March 2**

#### APPRENTICE (2016)

A country's complicated relationship with capital punishment is dramatized via a young prison employee in line to become an executioner.

**Tuesday, March 7**

#### THREE KINGS (1999)

In the aftermath of the Persian Gulf War, four soldiers set out to steal gold that was stolen from Kuwait, but they discover people who desperately need their help.

**Thursday, March 9**

#### THE BIG LEBOWSKI (1998)

"The Dude" Lebowski, mistaken for a millionaire Lebowski, seeks restitution for his ruined rug and enlists his bowling buddies to help get it.

Information from Andrew Millians