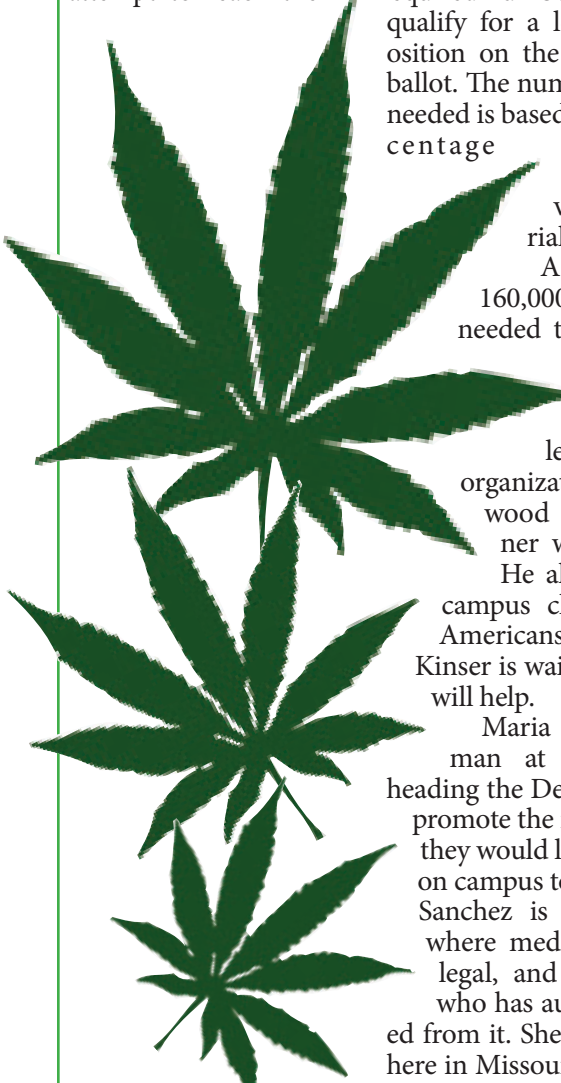


Student works with group to legalize pot for medicinal use

Matt Hampton
Reporter

A Lindenwood student is reaching out to campus organizations in an effort to legalize medical marijuana in Missouri. Kyle William Kisner is working with New Approach Missouri, a medical marijuana advocacy group, to collect signatures for its latest ballot measure petition. Lately he has been working to collect signatures around the St. Charles area but is hoping to bring the petition to campus.

Kisner began working with New Approach during its failed attempt to reach the required number of signatures to qualify for a legalization proposition on the November 2016 ballot. The number of signatures needed is based on a certain percentage of people who voted in the previous gubernatorial election, he said. Approximately 160,000 signatures are needed to qualify for the ballot by May 2018.



The College Democrats organization at Lindenwood is helping Kisner with the petition. He also contacted the campus chapter of Young Americans for Liberty, and Kisner is waiting to see if they will help.

Maria Sanchez, a freshman at Lindenwood, is heading the Democrats' effort to promote the initiative and said they would like to have a table on campus to promote it. Sanchez is from California, where medical marijuana is legal, and said her cousin who has autism has benefited from it. She also has a friend here in Missouri with an autistic brother.

California is one of 20 states to legalize medicinal marijuana in the U.S. Eight additional states, plus Washington D.C., have legalized marijuana for recreational use.

"I'm trying to push that because, personally, it hit home, and I want her brother to have that same access," Sanchez said.

Cassie Crabb, a forensic scientist at the St. Charles County Police Department crime lab who is studying cannabis for

See Cannabis | Page A3



Design by Kelby Lorenz

Students to mix work, play on spring break

Phil Scherer
Reporter

Lindenwood students are looking to give back or get some much-needed relaxation from their busy school lives when spring break starts Saturday.

Members of Lindenwood's Catholic Student Union are working over their spring break to give back to a community in need. For each of the past four years, the group has traveled to McKee, Kentucky, to take part in a mission trip.

CSU member Shannon Douglas said that the group does whatever the community needs at the time they are there. This includes anything from visiting with the sick or elderly members of the community to rebuilding the roof of one of the houses.

According to Douglas, the St. Paul Catholic Church, which sponsors the group's trip, said, "Service opportunities will include a mixture of manual labor to meet the physical needs of folks, as well as ministry of presence,

which is the gift of the person and relationship."

This year, 10 to 12 members of CSU will be making the trip to Kentucky.

Douglas said that he is glad to have the opportunity to work toward helping others over his break.

"I have the time and the energy and the resources to help, and I really can't think of a good reason not to help," Douglas said. "This opportunity was put in front of me for a reason."

Others at Lindenwood are planning to use the break for what they view as some all-important rest and relaxation.

One such person is Lindenwood sophomore Mandala Seremani, who will be traveling to Panama City Beach in Florida with six of his friends over the break.

Seremani said he views spring break as an opportunity to disconnect from his normal routine for a week and relax.

"It's great to not have to worry about keeping up with

See Spring Break | Page A3

Workday access unavailable during week of March 10-15

Lindsey Fiala
Reporter

Lindenwood's Workday system will be offline to implement program changes during the week of spring break.

The Workday outage is scheduled to be from 8 p.m. March 10 to 11:59 p.m. March 15, according to the site's officials.

"Lindenwood's Workday will be adding the Workday Financial Management module to the existing services of Human Resources and Admissions & Recruiting," said Director of Information Technology Enterprise Systems and Application Development Adam Ulrich.

The outage will take place to combine older financial data from the previous system, Microsoft Dynamics, into Workday.

According to Ulrich, there also will be changes in Workday to use these new financial services.

Some of the new features being added to Workday Financial Management include accounting, finance, procure-



Photo from lindenwood.edu

ment, expenses and inventory. These changes will mostly benefit faculty and administration.

If student workers are to work during this time, they are urged to talk with their supervisors about working around the outage.

"Students should work with their supervisors to track time manually while the Workday system is unavailable, and then supervisors will enter the time for their employees once the system is available," said Ulrich.

Canvas outage leads to delayed midterm grades

Essi A. Virtanen
A&E Editor

Students looking for their midterm grades found a surprise when they attempted to log in to Canvas on Feb. 28.

An internet outage caused by a division of Amazon Web Services cloud computing division sent thousands of websites offline for more than four hours. Lindenwood's Canvas website was among the affected websites.

According to email sent to faculty and students by the university, the Information Technology department worked with the Academic Services to arrange a new deadline to allow professors to enter midterm grades in the system.

The new deadline was moved to March 1.

According to IT officials, Canvas was restored around 5 p.m. on Feb. 28.

Amazon Web Services is a cloud-based storage and web service provider used by companies including Netflix, Spotify, Pinterest and other smaller companies, according to USA Today.

Charity from organizations to battle leukemia. See more on Page A2.

Way to promote free speech is putting it on display. See more on Page A4.

Swimming and diving teams look toward national championships. See more on Page B1.

Fashion professor encourages student success. See more on Page B3.

NEWS

Campus organizations raise money for leukemia, lymphoma research

Funds being raised in memory of LU rugby player Glenn Markway

Lena Kirchner
Reporter

Nearly a dozen campus events are raising money and awareness for the Leukemia and Lymphoma Society of America.

Proceeds from these events, planned by recreational administration students, will honor former Lindenwood rugby player Glenn Markway, who died of leukemia in 2015, said Paul Wright, professor of physical education.

Markway was an important part of the 2012 national championship Lindenwood rugby team. He loved sports and the outdoors, and he had a career goal of becoming a firefighter and paramedic, according to the society's fundraising website.

Upcoming events include a family game night, a bake sale, a bowling night, a memorial rugby game and a dodgeball tournament, said Wright.

The event "Baking for a Cure" will take place from 11 a.m. to 2 p.m. on March 22 at the table in front of the Spellmann cafeteria and will include Pedestal Foods baked goods, said junior Elise De-Fabio, one of two students organizing the bake sale in Wright's Program Planning class.

In addition, faculty and staff members will be able to purchase dozens of doughnuts around 9 a.m., said Mikala Waldrup, the other Program Planning student organizing the event.

"Delivering the doughnuts is a great additional piece to get the word out about the event and involve faculty and staff," said Waldrup.

According to Waldrup, the two students' goal is to raise



Photo from Team Glenn's Fundraising Page

Glenn Markway sports a Superman shirt in a photo from a fundraising page made to honor the student athlete.

\$500 with the bake sale.

"One of the class assignments is to plan, develop, implement and evaluate a program for the campus or local community," said Wright. "Several students knew Glenn Markway personally, and I had the chance to teach him in class."

In addition to the student-run events, Wright and alumna Anna Gikison have been collecting donations. The goal is to reach \$8,888.88 for the Leukemia and Lymphoma Society. According to the fundraising page, that amount was decided because he sported the number eight when he played "an occasional stint in the scrum." Cur-



Photo from lindenwood.edu

Carol and Michael Markway hold the diploma given to them to honor their son Glenn.

rently, 70 percent of the goal has been completed with donations totaling \$6,155.76.

A check will be presented to the Leukemia Society in Markway's memory at the

Glenn Markway Memorial Rugby Game on Saturday, March 25, said Wright.

Ways to Donate:

- Donations can be made online through the Team Glenn 'Team in Training' page.
- Gifts can be given one time or monthly. These amounts can be made in memory or in honor of someone.
- Payment options include credit card or PayPal.

Fundraising Details:

- The funds raised will help find cures and ensure access to treatments for blood cancer patients.
- Donations will help fund treatments including immunotherapies that save lives every day.

Security Briefs

Feb. 25

- Campus security investigated a drug violation at 10:40 a.m. on Cullom Drive in campus housing. One person was arrested by the St. Charles Police Department.
- A report of assault/dating violence was brought to the attention of Lindenwood security at 8 p.m. in the Blanton Hall parking lot. The incident involved two non-students, one who formerly attended the university.

Feb. 27

A minor in possession of alcohol was reported at 8:10 p.m. at Mathews Hall. The case has been forwarded to the Office of Student Development for further review.

Feb. 28

- A suspicious person walking with what appeared to be a long rifle was reported to campus security at 5:20 a.m. The alleged male was walking toward Walgreens near the intersection of Droste Road and West Clay Street. The St. Charles Police Department was notified, but no suspect was found.
- A minor was reported in possession of drugs and alcohol at 9:40 p.m. in Flowers Hall. The case has been forwarded to the Office of Student Development for further review.

March 1

Campus security was notified of a suspicious person at 7 a.m. inside Roemer Hall. The person, a 40-year-old white female, was in the building and appeared homeless. Security was not able to locate the woman.

March 2

- A drug violation was reported at 3:30 p.m. on Powell Street in campus housing. The case has been forwarded to the Office of Student Development for further review.
- Two minors in possession of alcohol were reported. One incident happened at 6:10 p.m. on Glenco Drive in campus housing. The other incident was at 8:45 p.m. at Ayres Hall. Both cases have been forwarded to the Office of Student Development for further review.
- A wallet was reported stolen in the Reynolds Hall parking lot between 10 and 10:15 p.m. The subject's debit card had \$10 charged on it from Main Street. The case has been forwarded to the St. Charles police department.

Grad student empowers domestic-assault victims

Abrielle McLemore
Reporter

Jan Gerst, an Information Technology specialist at Lindenwood's help desk, uses her martial arts skills to help domestic-assault victims.

Gerst is a graduate student and is currently enrolled in Lindenwood's graduate program for computer sciences.

She said she has been practicing martial arts for 25 years, and she uses those teachings to influence her community.

Gerst said growing up on St. Louis' Sunset Boulevard really opened her eyes to the dangers of the world. She knew then she had to find a way to protect herself.

Because she grew up watching Bruce Lee and Jackie Chan movies, she said she knew martial arts was something she wanted to pursue. Working hard, Gerst rose through the ranks and soon became a teacher who owned her own dojo.

Gerst has partnered with police departments teaching classes for officers in weapon disarmament as well as teaching anti-bullying and rape awareness courses to adults and chil-



Photo by Kyle Rainey

Jan Gerst works at her computer in the "aquarium," a name she said the staff came up with to describe what it's like to sit behind glass walls at the IT help desk.

dren alike. Her favorite classes to teach were those that involved women who were victims of domestic violence.

"When I saw their self-esteem completely depleted, it was my goal to make them whole again," she said. "I wanted to help them gain their confidence back."

As a teacher, Gerst said martial arts helped her step back and evaluate situations before she reacted. Martial

arts gave Gerst and many of her students the confidence to no longer live in fear, she said.

"It has brought me peace and confidence in myself," she said, adding that it is important for people to feel safe within themselves.

"Not only do I want them to be good students striving to better themselves, but I want them to better themselves as people too," she said.

NEWS

Potential Lions to meet staff about specific major choices

Madi Nolte
Reporter

Lindenwood is reaching out to prospective students this month by hosting “School of” Days to teach them more about the majors they are interested in.

The three academic schools participating are the Robert Plaster School of Business; the School of Arts, Media and Communications; and the School of Health Sciences.

The dates for the three individual days are March 7, March 10 and March 24, respectively.

Kristen Revis, director of day admissions, said she expects anywhere from 20 to 30 students present for each of the given days.

Each of the three days will include an orientation in the morning, including a special question-and-answer portion. Prospective students will have a chance to ask questions of current Lindenwood students within the school.

“It’s a low-pressure opportunity for students to get a firsthand look ... to get really specific questions answered, and see for themselves kind of what a typical day is like for a student here,” said Joe Alsbrook, dean of the School of Arts, Media and Communications.

During the presentation,

faculty members will speak about the various degrees, the steps to follow to be successful in college and especially about time management, according to Roger Ellis, dean of the Robert Plaster School of Business.

Ellis also said that currently enrolled students will go into great detail about what a day in the life of a Lindenwood student is like, including topics like housing, food, campus activities and clubs within the specific school.

“This will give students the opportunity to get a clearer picture of college and what’s waiting for them,” Ellis said. “Hopefully it will give them an idea of what to expect, and take away part of the mystery.”

According to Revis, students who attend the School of Arts, Media and Communications Day and the School of Health Sciences Day will even have the opportunity to sit in on any class within the school being held at the designated time.

“This is another great opportunity to show off our great school, great faculty, great programs and our great facilities,” said Alsbrook. “It will let them see there’s lots and lots of students just like them already here and they can talk to them and get pure feedback.”

Phi Delta Theta’s Soberfest: Fun is feasible without getting wasted



Photo by Madi Nolte

Lindenwood freshman Natalie Baustian goes up for a slam dunk in an inflatable basketball court during Phi Delta Theta’s second annual Soberfest. The goal of Soberfest was to show students that they can have fun without the use of alcohol or drugs. The event took place on Thursday, March 2, in the Evans Commons basketball courts.

Cannabis | Continued from A1

her master’s in forensic science with the University of Florida, said that she supports the legalization of medical cannabis, as long as “it’s regulated and controlled.”

Crabb said cannabis can be used to prevent seizures and vomiting and treat diseases including epilepsy, AIDS, cancer, Alzheimer’s and Parkinson’s.

“There’s been research to show that it helps with neurocognitive development, brain ischemia and diseases that break down the brain muscles and the brain tissue, so there’s definitely some great medical benefits of it,” she said.

In addition to expanding medication access options to veterans and others, the measure would institute a 4 per-

cent tax on marijuana, which is estimated would raise \$18 million annually for the Missouri Veterans’ Commission.

Kisner himself was formerly addicted to opioids. He supports medical cannabis as an alternative to prescription painkillers, citing “an average 25 percent reduction in opioid-related overdoses in states that have medical cannabis.”

Lindenwood junior hopes to make his mark in future Olympic events

Sandy Leegumjorn
Reporter

Samuel Stapleton is a 21-year-old junior who someday hopes to swim at the Olympics.

Stapleton, an advertising/public relations major from St. Louis, has been swimming for seven years. He swims sprint freestyle events, which are the 50-yard, 100-yard and 200-yard freestyle races. Of the three, his best event is the 100-yard.

Stapleton said he won the Missouri state championship in the 100-yard freestyle during his senior year of high school. That match made him think about the Olympics seriously for the first time.

In college, he qualified for NCAA nationals in the 100-yard freestyle during his sophomore and junior years.



Photo by Sandy Leegumjorn
Samuel Stapleton

— to his future job. Stapleton said he usually spends 20 hours swimming each week, and has learned a lot from it.

“I’m happy when I see myself improving every time I push harder and practice more,” Stapleton said.

He said the best part of swimming is the team aspect: getting to work together, helping each other and seeing his team succeed.

“I have a strong bond with my teammates, and they mean so much to me because we have been through a lot,” he said.

His role model is Michael Phelps, the American swimmer who won 28 Olympic medals.

He said his favorite quote is “There is no substitute for hard work,” by Thomas Edison. It reminds him that there is no shortcut to success.

“I have a strong bond with my teammates, and they mean so much to me because we have been through a lot.”
-Samuel Stapleton, Lindenwood junior

Stapleton said he likes swimming because it keeps him in shape; moreover, he likes having a goal, which is to make the Olympic team. He also said he can apply lessons he has learned from swimming — time management and being disciplined



Photo by Matt Hampton

A collection of confiscated marijuana at the St. Charles Police Department.

Spring Break | Continued from A1

any news from campus for a week,” he said.

He added that he has never gone on a trip like this in any previous spring break and that he is looking forward to doing lots of “partying and networking.”

Another student who plans on enjoying his break to the fullest extent is sophomore Matt Lovejoy. He will be traveling to Hilton Head Island, South Carolina. There will be 14 other

Lindenwood students going with him, where they will be staying in a beach house owned by the family of one of the people on the trip.

Like Seremani, Lovejoy has never been on a trip of this length over break and is looking forward to enjoying himself without worrying about the everyday stresses of school.

According to Lovejoy, there is not one correct way

to spend spring break. He views it as an opportunity for students to take care of whatever they need to take care of.

“If you need to relax, you can do that,” Lovejoy said. “If you need to catch up on school, you can do that. If you feel homesick, it is the perfect time to go home. Spring break is great because you can do whatever you think will be best for you.”

Help Wanted

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Speech about masculinity sheds light on free speech

Tyler Tousley
Opinions Editor

Last Wednesday I attended an event in the AB Leadership room in Spellmann called “Boys 2 Men: Too Much or Too Little Masculinity?” and I think it was a wonderful way to promote free speech.

The event was put on by the Hammond Institute and the Gender Studies program and featured speakers Michael Kimmel and Christina Hoff Sommers.

When Rachel Douchant, director of the Liberty and Ethics Center within the Hammond Institute, kicked off the event, she explained that instead of having a discussion about free speech, they just wanted to host some free speech. I think that this was a phenomenal way to go about this.

The best way to really promote free speech, especially when people on both political extremes are so often putting it at risk, is to display it.

Sommers is genuine in her beliefs and is not actively being provocative. Regardless, she has been denied platforms to express her views. Giving her a platform encourages people to think about their freedom of speech in a new



Photo by Lindsey Fiala

Speakers Christina Hoff Sommers and Michael Kimmel respond to an audience question at “Boys 2 Men: Too Much or Too Little Masculinity?” on March 1 in the AB Leadership Room.

way. Even better, bring in someone who is just as qualified to express a different view on the same topic.

Before the event, I was already very familiar with Kimmel due to the fact that I am a gender studies minor, and his texts are the basis for the introduction class. Sommers I was not very familiar with but was aware that she had been disinvented from several

universities and held some controversial views.

The talk did not become much of a debate, except for a discussion or two during the Q&A.

To me, this is rather important because it shows that there does not have to be a right and a wrong, a winner and a loser. It shows that two people with opposing views can present their ideas next to each other and be respectful.

Too often we forget that not everybody has to agree with us. One of the things that makes this country great is that there are so many different perspectives, and everybody is free to express viewpoints. This melting pot of ideas is how we advance as a society. We may not always like it — and believe me, I did not agree with much of what Sommers said — but it is a necessity.

Oral Comm should not be mandated

Matt Hampton
Reporter

Some people often confuse not forcing people to do something with forcing people not to do something. This seems to be the case among defenders of the Oral Communications class, which is no longer mandated in the new set of gen-ed requirements.

I am exceptionally glad about the gen-ed change. Decreasing the number of required gen-ed credits allows students greater flexibility and freedom to choose to complete their college careers in the optimal way for them.

It's true that public speaking is an extremely useful skill in the job market and in life in general, and many people, including myself, are not naturally gifted orators.

But even if Oral Communications is a helpful course, and if I choose to take it voluntarily (which I may well do given what I've heard about it), why should the university force other people to take it just because I like it and think that it's a good class?

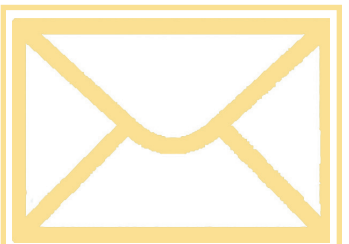
I don't know what type of skills you have or what type of classes you need or what courses are best for anyone else. I can just have opinions, but I can't extrapolate out to what every person should do, because everyone is in a different situation.

Students can still choose to take Oral Comm if they want to; now they're just not being forced to if they'd rather take something else. If it's so great and important of a class, students may still take it, and if they don't, that's on them. They should be free to do that, even if it ends up being the wrong choice for them.

If people want to avoid Oral Comm because they're too scared of public speaking, already know the course's skills, would rather take different classes or for any other reason, they should be able to make that decision as a free adult with full knowledge of what the course offers and how it may benefit them.

Honestly, it's not going to happen, but if I could do away with gen-ed requirements completely, I would. Why should colleges force physics majors to take classes in world history or fine arts that will have nothing to do with their careers?

The way I see it, the more we can allow students to make choices about their education to fit their personal needs, the better. The idea of those who just want a degree being forced by paternalistic, top-down, one-size-fits-all requirements to waste their time and money on classes they don't want or need when university educations can be so unaffordable is disgusting.



Letter to the Editor

Morgan Riggs
Reader

Like many, I have been outside as much as possible to take in all of the beautiful weather there has been the past few weeks. I would have to be crazy not to want to enjoy it after all of the cold which winter has brought.

In reality, though, this winter was not harsh at all. In fact, this weather has brought a new meaning to a “mild winter,” and that is something to be very worried about.

The underlying reasons we have experienced 70-degree weather in February involves a bitter truth: climate change. This is a serious issue which I feel is not discussed nor regarded in most social circles.

According to NASA, most of the world's surface warming has taken place within the past 35 years, with 2016 being the hottest year on record.

This global warming has taken its toll on early weather prediction technology. Multiple resources for weather predictions foretold that this winter would be long and bitterly cold due to the development of a La Niña. They were all horribly mistaken, as anyone can see if they venture outside.

We, as a society, need to bring the conversation of climate change and its effects to the forefront of political review both on the state and federal levels. There are so many ways to help improve our environment and decrease our individual ecological footprint.

The saddest part of all is that although research accumulated by PEW shows a majority of Americans have a concern about climate change, most still choose not to support candidates for public office who have environmental reform and research on their agenda.

Although the short-term results of global warming are not always completely noticeable, the long-term effects could not only change the way you live your life, but your children and grandchildren as well.

I see many individuals all over campus being not only disrespectful to our beautiful grounds, but putting a harsh strain on the environment by littering and not taking advantage of the few recycling bins that we have. These are the behaviors we can change as a campus culture which can benefit the ways which we experience our world.

WHY ORAL COMM IS NOT NECESSARY

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Design by Tyler Tousley

SPORTS

Swimming and diving rise to top

Phil Scherer
Reporter

After both the men and women took home New South Intercollegiate Swim Conference championships, the focus for 19 swimmers and divers now shifts to the national meet, which both teams enter with high expectations.

Eight male swimmers and 11 female swimmers are heading to Birmingham, Alabama, for the competition this week.

Head coach Jason Owen said that the goal for the competition is to have both teams place in the top five nationally, though he said it won't be easy.

Last year, the men finished as the national runners-up with 12 competitors taking part in the meet. With just eight this year, it will be an uphill climb to replicate that level of success.

"The guys set a pretty high bar last year," Owen said. "It definitely won't be easy to do that again without quite as many swimmers."

Even with fewer men competing, Lindenwood still has a chance to perform at a high level.

Owen singled out junior Serghei Golban and sophomore Cristian Vazquez as swimmers who are expected



Photo by Madi Nolte
Sophomore Erin Sutton swims the freestyle during a practice on Feb. 28. The team hopes their hard work will pay off while it competes at nationals March 7-8.

to do big things in this year's competition. Both of them scored 60 individual points in last year's national competition, and Golban took home three individual national championships.

Vazquez said that he is looking forward to this year's national meet because it gives him an opportunity to see how much he has improved over the last calendar year.

"The level of competition has raised substantially compared to last year's nationals," Vazquez said. "There are teams that are way stronger than they were last season."

He added that he just hopes to improve on the times he has set this year and finish in higher positions than he did a year ago.

As for the women's team, for the first time in program

history, four of the five relays are ranked in the top eight heading into the competition, providing them with an opportunity to pick up more team points than in any prior year.

"This year, nationals are definitely a little bit more exciting for the girls," Owen said.

In addition to the relays, Owen said there are several women who could provide

individual impacts as well, led by senior Alecia McGillivray, holder of six Lindenwood individual records. She is hoping to place at nationals this year in both the 400 Individual Medley and 500 Freestyle events.

Another woman hoping to make a splash in the national competition is senior diver Shelby Werkema, who is hoping to finish in the top eight in both the one- and three-meter

springboard competitions.

She said she is more excited for this year's nationals than ever before.

"We have a great opportunity to do some great things as a team, and I'm excited to see what's in store for us," Werkema said.

Overall, Owen said he is proud of the effort and commitment his teams have shown this season.

Lindenwood wrestler qualifies for nationals

Miguel Rincand
Reporter

Kyle Jolas is the athlete in charge of representing the Lindenwood wrestling team at the NCAA DII nationals to be played on March 10 in Birmingham, Alabama.

The festival will mark the 10th anniversary of the Division II event. For Jolas, a junior, this will be his second time competing in the nationals.

He believes that this time it will be different because he has the experience of the previous year.

"I expect All-American; I'm more relaxed this year," Jolas said. "I know what to expect and I feel that that will work on my favor. Last year there were a lot of unknowns, but this year I already know what to expect."

Preparing for a tournament of this magnitude can be very demanding, but Jolas said that he and the coaching staff have been working very hard for this.

"Now I'm just working with my coaching staff," Jolas said. "Which works perfect for me because all of my coaches are national champions, so they know what it's like to compete and win a national title."

Head coach Jimmy Rollins also agrees that experience is a key factor this year for the wrestling team.

According to Rollins, the fact that Jolas competed last year gives them a



Photo from lindenwood.edu
Kyle Jolas

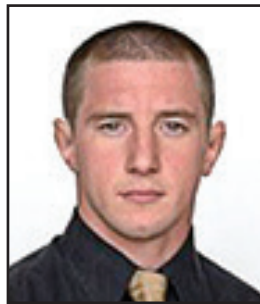


Photo from lindenwood.edu
Coach Jimmy Rollins

slight advantage compared to last year.

"That [experience] is probably our biggest thing coming in," Rollins said. "I think last year Kyle got some good experience, but this year is time to make a leap and get on the podium."

Both the coaches and Jolas are very confident that he will have a good tournament and win awards.

The main objective is to get an All-American title, both Rollins and Jolas said.

The key, according to Rollins, is to go one match at a time.

"He has a great opportunity to go out there and win that first match, and that's what we are keyed on right now: One match at a time," Rollins said.

Olympic weightlifting snatches junior nationals podium spots

Phil Scherer
Reporter

Five members of Lindenwood's olympic weightlifting team placed in the top five of their weight class at the Junior Nationals meet in Kansas City Feb. 23-26.

Assistant coach Austin Rodriguez said that Junior Nationals is far more than a college weightlifting meet for underclassmen; it's the proving ground for all lifters within the respective age group.

"Junior Nationals is the biggest competition for 20-year-olds and under," Rodriguez said. "It's basically the whole nation. It's big because it qualifies you for other competitions, like world competitions."

Having only five top-five finishers is relatively unfamiliar territory for the Lions, while at the same time, nine top-10 finishers is just as rare, but more of a pleasant surprise.

"I would say it's a high number for top 10, but it was a low number for people placing in the top five," Rodriguez said. "It's probably the most we've had place in the top 10 since we've had the program."

Freshman weightlifter Fenner Lamm finished fifth in her weight class during her third national meet and attributed her success to the physical training beforehand, but also the often overlooked mental preparation.

"You wouldn't think the mental part is a huge factor, but it's half of it or more," Lamm said. "You're envisioning what



Photo by Lindsey Fiala
Freshman Eddie Campos snatches at the Uncharted Open on Nov. 2, 2016.

you're going to do the whole time, but if you think negative thoughts or second-guess yourself, the only thing you can do is go back and tell yourself that's not going to happen."

Lindenwood's lone medalist, freshman Matthew Montgomery, finished third place in his weight class and despite qualifying for Worlds, wasn't satisfied with a third-place finish.

"I was projected to get second," Montgomery said. "If I got one more lift, I would have finished second, so it was actually disappointing. I'm

proud of my performance, but I should have been pushing for first."

Although most schools would be satisfied with the meet that Lindenwood had, both lifters and coaches are already thinking of ways to improve for the nationals tournament in April.

"We definitely need more focus in the actual competition and coaching-wise for us too," Rodriguez said. "We're definitely going to be more focused in the back room. With so many people back, there it's hard to focus, so we're going to

aim for more attention from coaches."

With the new training tactics on top of the existing routines, Rodriguez sees Lindenwood making an impact on the upcoming nationals tournament.

"This was a huge learning point that we're definitely going to improve on," Rodriguez said. "Nationals is going to be a pretty amazing meet for us as a team. I feel really confident in saying that. I've projected six [lifters] in the top five of their divisions and roughly three gold medalists."

Weekly Sports Recap

March 3-5

<p>Men's Lacrosse 30-5 win vs. Ohio Valley University</p>	<p>Softball 4-2 win vs. University of Wisconsin-Parkside</p>	<p>Women's Water Polo 12-7 loss vs. Macalester College 17-8 loss vs. Carthage College</p>
<p>Men's Volleyball 3-1 win vs. Loyola University Chicago</p>	<p>Baseball 8-7 loss at Northwest Missouri State University 7-5 win at Northwest Missouri State University</p>	<p>Women's Basketball 64-63 win vs. Pittsburg State University 84-82 loss vs. University of Central Oklahoma</p>

SPORTS

Student heads study on athletes

Human performance graduate looks at caloric intake of female athletes

Michelle Sproat

News Editor

A study with the women's basketball team hopes to improve nutrition, sleep and recovery.

Bre Zanders, a student in the human performance master's program, is the lead investigator in a research study that monitors the caloric intake of women's basketball players and compares it with energy expenditure over the course of their season. These two elements — the caloric intake and energy release — assist the players with finding the nutrition plans that are right for them.

"If you don't get your right nutrition, your recovery won't be as best as you want it to be," Zanders said.

Throughout the study, portions of the team would wear heart-rate monitors to track their energy expenditure over the course of four days, including game days and in-season training. In addition to the heart-rate monitors, the girls would track their meals. With this data, Zanders is going to calculate the energy expenditure compared to the players' food intake.

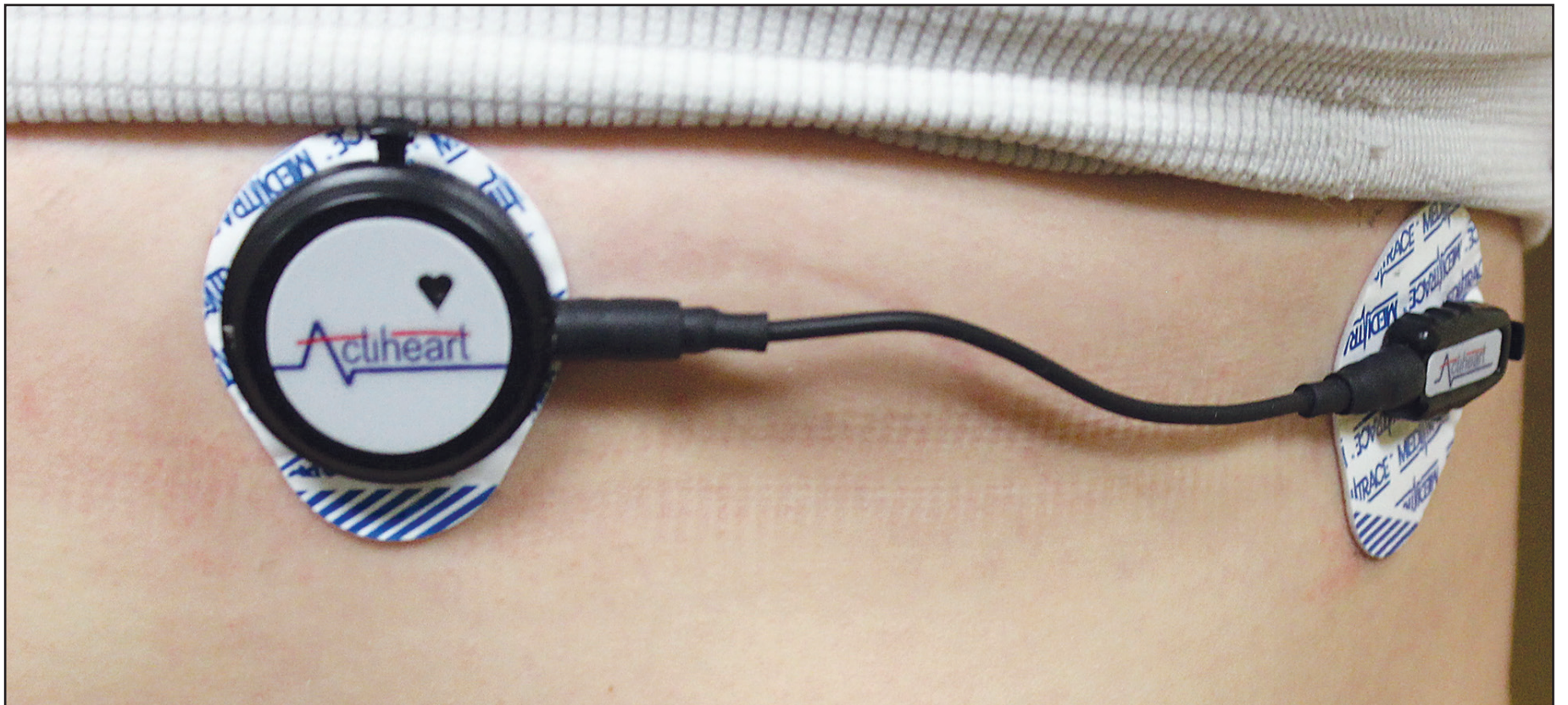


Photo by Madi Nolte

A member of the Lindenwood women's basketball team wears a heart-rate monitor to assist with the study on caloric intake of female athletes.

Since Zanders is a member of the women's basketball team, she gets an inside perspective on how the participants act while doing this research. Since she is the investigator, she cannot participate in the study.

Chad Kerksick, director of

the human performance program, said that both the team and coaches have been useful in the study.

"We talked to coach Francis ahead of time, and he was unbelievably supportive of the idea," said Kerksick. "These studies do not happen with-

out a coach's approval, support and participation."

Other members of the basketball team were unable to comment because anonymity is necessary to maintain the integrity of the study.

Zanders believes this study will benefit more than just ath-

letes.

"Right now there's not a lot of research on collegiate females, especially in the nutritional aspect," said Zanders. "There's a lot of studies on male athletes and what their nutritional habits should be, but there's not much knowl-

edge or information on how much a female needs to be consuming."

Zanders said that once the in-season portion of the study is complete, the team will participate in one cycle of post-season research to compare the data.

Athletes must take care to stay healthy in season

J.T. Buchheit
Chief Copy Editor

Illnesses can strike anytime, anywhere, and students need to do whatever they can to stay healthy. This is doubly true for athletes.

Athletes must have healthy diets, get plenty of rest and wash their hands to stay healthy, according to Randy Biggerstaff, director of athletic training. But for those who play sports, warding off illnesses can be easier said than done.

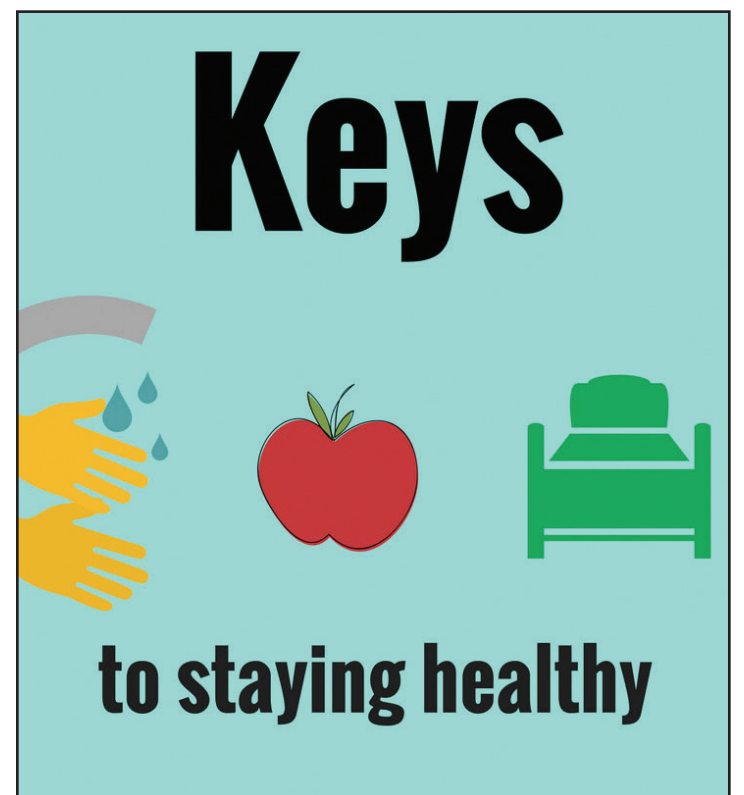
"The problem with athletic teams is that they're in close confinement, so one person gets sick, it can wind up going through a whole team pretty quickly," Biggerstaff said.

A player who becomes ill needs to remain somewhat separate from the rest of the team to prevent others from succumbing to illness as well. Those with fevers cannot participate in games or have close interactions with others on the team until they recover.

"If they've got a fever, we try to keep them somewhat isolated," said Biggerstaff. "We don't quarantine them; we just try to watch their water bottles and make sure that nobody uses the same water bottles, and most of the sports that are confined inside, they use cups anyway to keep everything sanitary."

Despite the trainers' best efforts, teams can still become stricken with maladies that spread from player to player. Five players of the NHL's Vancouver Canucks were quarantined with mumps last month, and three others were exhibiting symptoms, including the athletic trainer. These mass illnesses can drastically affect a team in more than just performance.

"They're all kind of like family," said Biggerstaff. "Once you lose somebody for a period of time, just like an injury, once they're not with the team, there's a dramatic change to



Designed by Kearstin Cantrell

the personality and the chemistry of the team, so when they do get sick, we try to get them back as fast as possible."

A player on Lindenwood's men's ice hockey team, Joshua Stuart, has been able to avoid missing any practices due to illness this year, although he had to miss a month of hockey due to mononucleosis in seventh grade.

"They basically just told me no contact, no hits, can't take any shots," said Stuart. "You'll just have to rest and wait it out."

While no team at Lindenwood has recently been hit with a rash of illnesses, allergies are often an annual problem, especially as we get closer to springtime.

Many athletes at Lindenwood come from places other than Missouri, which can make students who are from less allergy-prone areas to be susceptible to sicknesses that native Missourians have built resistances to.

"Missouri's a very high-allergy state, so you get athletes coming from Arizona, Cal-

ifornia, Texas," Biggerstaff said. "Most of the areas, when an athlete comes to Missouri, there's an acclimation period, so you end up with a lot of sinus infections and things from the allergies that they get."

For student Josie Lonning of the shotgun team, allergies are a new experience.

"I'm from Iowa and my allergies are bad here," she said. "I've never had allergies before, but I have them here."

Biggerstaff said seeing non-native Missourians' susceptibility to illnesses was his first eye-opening experience when he began working at Lindenwood 20 years ago.

"It was pretty shocking to me how many of those kids got sick within the first week or 10 days that they got here," he said.

For the teams to perform to their full potential and maintain the best chemistry, athletes need to remain healthy. While health is important for all students, those who play sports need to stay extra cautious if they get sick to avoid taking the entire team with them.



LINDENWOOD Student Athlete Spotlight

Delia Smith

Sport: Synchronized Skating

Age: 20

Birthplace: Kansas City, MO

Year in school: Sophomore

Major: Athletic Training



Photo from lindenwoodlionsssls.com

Q: How long have you been playing sports competitively?

A: I've been a competitive figure skater overall for 17 years. This is my 14th season of synchronized skating. I also played softball and lacrosse for a few years.

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

A: The greatest moment in my sports career was when I passed my senior moves in the field test and was recognized as a gold medalist by U.S. Figure Skating in that field of skating.

Q: What is your biggest sports fantasy?

A: My biggest sports fantasy would be for my team to move up from the open-collegiate to the collegiate level and qualify for the USFS National Championship.

Q: Who is your favorite athlete?

A: Matt Grevers

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

A: The most influential people in my sports career have been my dad and my solo coach back in Kansas City.

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

A: In 10 years, I would love to be coaching my own skating team in addition to working as a physical therapist. I also plan on having lots of dogs.

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

A: I would love to travel to Italy, France or Montreal. My dream would be to go to the Bell Center in Montreal and catch a Montreal Canadiens game!

Information from Phil Scherer

A&E

Professor brings passion to fashion

Ortiz brings international and freelance experience to LU fashion students

Kyle Rainey

Reporter

Fashion professor Nasheli Ortiz has experienced a literal world of fashion. From Argentina to Japan, she has used her love of travel to develop a teaching style that has left lasting impressions on her students.

Traveling has shaped her into a practical, experience-oriented professor, Ortiz said. Her love for fashion really sparked while she was studying in Italy after spending time in New York.

"When you start traveling, it gets addictive; you want to keep traveling and learning and understanding the world," she said.

Backpacking through parts of Central and South America, Egypt and Europe for two years, and a trip to Japan has influenced the way she teaches at Lindenwood, she said.

Ortiz's fashion roots stem from her time studying to be a seamstress at a technical school in her home of Puerto Rico. She said she found herself as a designer while pursuing an associate degree in fashion design on the island. Eventually, she started on the path toward a master's degree at the Savannah College of Art and Design, where she



Photo by Kelly Logan

Nasheli Ortiz (right) works with Darielle Neely (left) on draping fabrics in a draping class on Jan. 26, in the J. Scheidegger Center.

said teachers and luck helped launch her future in fashion.

She was pregnant when she got her first internship in New York. Initially when she applied, her teacher gave her a particularly harsh critique, but the juror judging her collection decided she was getting the internship.

"I met the right people; they were my angels," Ortiz said. "One of my professors

gave me \$2,500 for my senior collection in grad school because I had three kids, and I couldn't afford [the materials]."

Raven Pulliam was the starring, and only, senior in Lindenwood's 2016 fall fashion show. She said she never imagined she'd be designing a collection of 12 pieces for a show in just a semester. When she joined the fashion

program, she said she didn't even know how to sew.

At one point she wasn't sure if fashion was the career path for her.

"I wasn't even sure if I still wanted to be in school," Pulliam said. "She [Ortiz] helped me realize that I am talented and that I do have a drive and a knack for this."

She said she feels comfortable going into her office to

ask questions and said Ortiz is open to ideas from her students.

"She is very passionate about teaching students and helping them learn," Pulliam said. "She is also very talented in the aspect as far as designing."

Fashion Design Department Chair Chajuana Trawick has been working with Ortiz since 2013, and

said that through communication, trust and love, she has made their partnership work.

"When we first met, she came in to teach a class, and she gave a demonstration of apparel draping, and it was beautiful," Trawick said. "It was like she was making music with her hands."

The past four years teaching have kept Ortiz busy in the United States. She also has been doing freelance work for companies including Calvin Klein and Under Armour.

Ortiz said her freelance work complements the work she does in the classroom and helps her keep her students up to date with the fashion and unfair working conditions in the industry.

"I think fashion needs to move to be more conscious about not only the people, but about the environment," she said. "We need to understand that we can't eat money, and we need the world and we need the environment to survive, so we need to go [down] that road."

Pulliam and Trawick both said Ortiz has uplifted the fashion program.

"She wants to see us truly succeed in the fashion industry," Pulliam said. "She's not just helping us be passionate about fashion; she's putting her passion in us."



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Photo from Peter Colombatto

According to the show's website, the original Broadway production of "42nd Street" opened on August 25, 1980, and played for 3,486 performances on Broadway at the Winter Garden, Majestic and St. James Theatre. It is the 14th-longest-running show in Broadway history.

"42nd Street" national tour stops at Lindenwood

Essi A. Virtanen

A&E Editor

Lindenwood gets a piece of Broadway when the musical comedy classic "42nd Street" takes over Lindenwood Theater on Sunday.

According to the show's website, "42nd Street" is based on the novel by Bradford Ropes and Busby Berkeley's 1933 movie of the same name. It tells a story of a young dancer, Peggy Sawyer, who goes to New York from her small town in Pennsylvania to audition for a Broadway musical called "Pretty Lady." The show's lead, Dorothy Brock, injures herself, and Sawyer steps in to take over and gets her break on the Broadway stage and faces stardom.

According to playbill.com, the 2016-2017 tour cast includes Clara Cox as Sawyer and Matthew Taylor as the director of "Pretty Lady," Julian Marsh.

Taylor told The Macon, Georgia, newspaper The Telegraph in February that he sees this show as a much-needed "breath of fresh air."

"This is a great time to come and see this show. It is a reminder that even in the darkness, there is hope and excitement," he said. "There is still hope amidst the uncertainty."

Peter Colombatto, the director of marketing and communications in the School of Arts, Media and Communications at Lindenwood, said they are very excited to bring the show to Lindenwood.

"These events present a great opportunity

for our community to see a wonderful piece of theater, while also providing a hands-on experience for our theater students who assist with the production," Colombatto said. "It's a unique experience, and we are excited to be a part of it."

According to the show's website, director and co-author Mark Bramble and choreographer Randy Skinner are the team behind the production.

Taylor told The Telegraph that the pair "walked out of a vintage theater in the 1970s and knew they had to write it. A few years later, it opened on Broadway. It has continued to great success."

Bramble and Skinner's 2001 "42nd Street" won two Tony Awards for Best Musical Revival, Best Leading Actress and the Drama Desk Award for Outstanding Revival. Bramble also has staged productions of the show all over the world, including London, Sydney and Tokyo.

Taylor said the biggest thing that lures people to see "42nd Street" is the musical numbers.

"I would love to say that people are coming to the theater to see me, but the truth is that people are coming for the 20-something tap-dancing feet," he said. "It's classic and stylish and smooth and simple, but complex and beautiful at the same time."

"42nd Street" performs at 7 p.m. on Sunday, March 12, in the Lindenwood Theater at the J. Scheidegger Center. For ticket information, contact the Lindenwood Box Office at 636-949-4433.



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A&E

Film student finds inspiration abroad

Lindsey Fiala

Reporter

Digital cinema arts senior Luiz Costa Cruz finds staying in one place tedious, so he has traveled all over the world to gather inspiration for his filmmaking.

His latest trip was a semester abroad in Paris for his French minor last fall.

"It was good to be somewhere that was completely new, completely different again," said Cruz. "The change in scenery is very inspiring and gave me a lot of good energy."

After returning, his French minor adviser Heather Brown-Hudson was impressed with his improved French.

"His trip to France bolstered his speaking skills tenfold," said Brown-Hudson.

Cruz's passion for filmmaking came when he was placed in an advanced video production class during high school in Brazil as a mistake.

He stayed enrolled in the class despite never taking a video class before and worked on several video projects.

Prior to this, Cruz was sure he wanted to become an actor, but he soon learned he preferred working with the production side rather than acting.

"I still enjoy acting," said Cruz. "I just like being behind the camera more than being in front of it."

Cruz said filmmaking has everything that he likes: acting, directing and writing.

After high school, Cruz ended up studying in Moscow, Russia, after his applications to universities in Brazil were unsuccessful. He stayed there for two years learning Russian and studying film.

After Moscow, Cruz was accepted to Lindenwood to continue his schooling as a digital cinema arts student.

Cruz said how Lindenwood's digital cinema arts program differs from other colleges' programs is that it is small, so a person will have better access for equipment and less competition.

"Since our group here is so small, we had no choice but to help each other, so there was way more collaboration, while at some of the bigger schools, there is competition in everything," he said.

Cruz has worked on several film capstone projects throughout his college career. He is currently working on his second own capstone film, "Dreamer," which will be his last at Lindenwood.



Photo from Luiz Costa Cruz

Luiz Costa Cruz stands on the set of his first capstone film project, "Awakened," in April 2016.

He said "Dreamer" is a story about a young transgender man, who is "coming to grips with his gender identity" and makes a difficult decision to enlist in the army.

He chose this topic for two reasons.

"I really appreciate the beauty in diversity that exists among human beings, and gender identity is another beautiful, yet essential, difference that makes us even more unique," Cruz said. "Also, I chose this topic for the recent attention that it has been getting, as well as my lack of knowledge on it."

Cruz's friend Rebecca Clayton really enjoys his work.

"Luiz's passion for storytelling is inspiring," said Clayton. "A lot of people sometimes look past the story as they produce their film, but it's always in the forefront for Luiz, which makes his films engaging and interesting."

Cruz's favorite genres of movies are drama and suspense. He looks up to his favorite directors, David Fincher and Martin Scorsese, for inspiration.

"Those [genres] are what I do and what

I want to do," said Cruz.

Cruz attributes a lot of his success and passion to some of his professors and advisers, including Ben Scholle, Heather Brown-Hudson, Peter Carlos, Andrew Millians and Nancy Durbin.

"They give me strength when I am not in a very good place," said Cruz. "They are open and they also help me keep track of my things."

Only two months before his graduation, Cruz feels nervous.

"I'm mostly nervous because I don't know what's going to happen next," he said.

Cruz plans on moving to Los Angeles since he has friends and connections out there. He also plans on looking into graduate schools in the U.S., Canada and Europe.

Digital Cinema professor Peter Carlos said Cruz is "quite the artistic filmmaker."

"His films are like poems: creatively lit, edgy, colorful and stylish," he said. "He has also helped other students on their films and contributed a certain flair in making their films better. I see Luiz as an artistic director and filmmaker after graduation."



Photo from Luiz Costa Cruz

Luiz Costa Cruz stands beneath the Eiffel Tower with his friend Fernanda Mariani during his study-abroad in November 2016 in Paris.



Photo from flickr.com

Scheduled for release on March 17, "Beauty and the Beast" is the latest in a series of Disney live-action remakes.

CAB sets second movie night with 'Beauty and the Beast'

Matt Hampton

Reporter

For the second time, Campus Activities Board offers a free movie night for Lindenwood students with "Beauty and the Beast" on Monday after spring break.

Seventy-one free tickets for the event will be available to students, according to CAB event coordinator Tara LeClere.

CAB held its first movie night for the Harry Potter spinoff "Fantastic Beasts and Where to Find Them" last November. The turnout was so big that 15 to 20 people were left without seats for the screening.

"We actually decided to get an even bigger theater this time to accommodate more people because we don't like turning away people," CAB event coordinator Kayla Drake said.

The film to be shown will be the new live-action adaptation of the classic Disney animated film "Beauty and the Beast," released in 1991.

"Beauty and the Beast" was chosen because we knew a lot of people were looking forward to it coming out, and we thought students would love to be able to see this particular movie for free," LeClere said.

According to the Internet Movie Database, the movie stars include Emma Watson, Dan Stevens and Luke Evans. It tells the classic story of Dis-

ney princess Belle, played by Watson, who falls in love with a prince cursed with the body of a great beast in a remote and enchanted mansion.

According to seventeen.com, "Beauty and the Beast" is the fifth in the series of live-action remakes Disney has been producing in recent years, including "Alice in Wonderland," "Maleficent," "Cinderella" and "The Jungle Book."

Drake said she hopes it's going to be a successful event.

"Students really like free things, especially free movies," she said.

CAB's "Beauty and the Beast" Movie Night event takes place at 7 p.m. on Monday, March 20, at Wehrenberg Theaters St. Charles Stadium 18 Cine.

A&E FUN EVENTS

March



Annual St. Patrick's Day Parade and Run
March 11 & 17, St. Louis

St. Louis has two parades to celebrate St. Patrick's Day this year. The Downtown Parade starts at 11 a.m. on March 11 from 20th and Market. The Dogtown Parade kicks off at 12:30 p.m. on March 17 from Tamm and Oakland.

Morpho Mardi Gras

10 a.m. to 3 p.m., Tuesdays through Sundays, Missouri Botanical Garden - the Butterfly House

Missouri Botanical Garden is having a Bug Parade. You can make a masquerade mask and see thousands of Blue Morpho butterflies in the Butterfly House. They will also feature a "larger-than-life" glass Blue Morpho sculpture by Craig Mitchell Smith.

CSC's Mario Kart Game Party

4:30 - 10 p.m., March 23, the Spellmann Center

Computer Science Club is hosting a game party with Mario Kart and more in Room 4100.

St. Louis Moolah Shrine Circus

Showtimes vary, March 30 - April 2, the Family Arena

Moolah Shrine Circus offers a chance to experience a real circus experience from trapezi artists to clowns and elephants! Ticket prices vary from \$18 - \$38.

Friday Night Live with Gibran Saleem

7 - 9 p.m., March 31 2017, Butler Loft

Campus Activities Board hosts its monthly Friday Night Live with comedian Gibran Saleem. Food will be offered as well as an opportunity to win prizes!

