

Teaming up in memory of No. 41

Lacrosse players get matching tattoos to honor teammate Isaiah Kozak

Walker Van Wey
Reporter

Close friends and teammates of deceased Lindenwood men's lacrosse player Isaiah Kozak have decided to pay permanent tribute by getting matching tattoos in his honor.

Junior Max Troha and the rest of the team had thrown the idea around of getting matching tattoos for a while, and when Kozak died, Troha had realized the tattoo they had all talked about now had a chance to mean so much more than a bonding mark.

"I drew it up, and we took it to a tattoo shop, and they kind of cleaned the whole thing up," Troha said. "It's the color of the suicide awareness ribbon as well as the ribbon and his number underneath it."

Troha's artistic reputation from the other players made it easy for others to buy in and trust his design.

"Well, Max is really creative, so I didn't really think much about it," said junior Jake Moran. "Then when he showed it to me I was like, 'Damn, OK!' When Max made a sign-up sheet, 16 people from the team signed up."

Of the 16 people who signed up, eight ended up with the ink Troha designed. In addition, another member of the team also got a unique design in Kozak's honor.

"Some people just had other issues with getting it," Moran said. "It's not that they didn't want to get it; some would deal with it differently, looking down and seeing that on their leg."



Photo by Madi Nolte

Members of the Lindenwood men's lacrosse team lift their left pantlegs to show matching tattoos they got in memory of Isaiah Kozak, a teammate who took his own life on March 7.

Some guys also don't have tattoos, so it's different, whereas me and Max already have them."

The urge to look at any freshly inked tattoo has affected the eight on the team who got them.

"It's funny because since it's on our thigh, we can't see it with clothes on, so all the guys in the locker room are sitting there with our shorts rolled up looking at it," Troha said. "Same thing

when I'm just sitting around at home. It has more meaning, so I'm constantly looking at it."

Although Kozak's death was tragic, the team wants to and will remember him for the good and the spontaneous, fun-loving teammate, person and friend he was.

"It's almost a constant reminder of how he would have liked to have lived life," Moran said. "We don't want to remember him for any-

thing other than how he really was."

Any students struggling with mental-health issues are strongly encouraged to talk to someone. Joe Cusumano, director of the student counseling and resource center, may be reached at his office on the third floor of Evans Commons or by calling him at 636-949-4528.

For more content, visit Lindenlink.com



Photo by Madi Nolte
The tattoo the men's lacrosse team got in memory of teammate Isaiah Kozak

LSGA planning partnership with Youth in Need charity to boost 'name on campus'

Kelby Lorenz
Editor-in-Chief

Lindenwood's Student Government Association is planning to branch out by working with the local non-profit organization Youth in Need, according to an announcement made during the LSGA Black and Gold Gala on April 12.

LSGA President Regan Cole said that she is excited for the organization to step out into the community, and is looking forward to the new opportunity.

Cole also announced that Lindenwood junior advertising/public relations: corporate communications major Nick Stone would be taking over as the LSGA president for the 2017-2018 year.

Stone said that the idea to partner with a charity organization came from Cole to help give LSGA a "bigger name on campus."

"Part of the way she wanted to do that [was to] have a charity so we can work together with other student organizations," said Stone. "Because it's not just LSGA doing this; we're hoping that other kids will do it with us."

Youth In Need helps at-risk youth through emergency sheltering, counseling services, foster-care management services and more to "build on the strengths of children, youth and families so they find safety, hope and success in life," according to the organization's website.

Stone also wants to tackle the "suitcase culture" on campus by working to get students more involved on campus.

"I really want to push for more and bigger events on the weekends," Stone said. "I want to try to make the dorms as comfortable as possible. And one of the ideas that I know is being talked about is longer visitation on the weekends; that way, people can spend more time with their significant other in the dorms."

Joining Stone on the LSGA executive board are Posy Durr as vice president, Benito Luongo Vegas as secretary and Kelsee Davis as treasurer.



Photo from Legacy archives
Nick Stone

More mental-health groups gearing up to help students

J.T. Buchheit
Chief Copy Editor

Only one mental-health group on campus currently helps students through troublesome times, but two more are in the planning stages, administrators said.

Although numerous organizations have been started, the only active one is the Drug, Alcohol and Addiction Group.

"The Drug, Alcohol and Addiction group is psychoeducational in nature, which means that it's teaching students about problems that can come up through the use of drugs and alcohol," said Joe Cusumano, director of the student counseling and resource center. "It talks about addiction and brain function and everything associated with that."

This group can be mandatory for students who are struggling with drugs or alcohol. The group shows videos including "The Addictive Brain" and "Addiction 101." It also discusses gambling, junk food and pornography and whether or not they are addictions.

Cusumano will start another group next year that will use the silver screen to try to help students.

"Next year, I'm going to run a group, and that's being called cinema therapy, and what we're going to do is show mental-health-related movies, and it'll be an open group to anybody on campus," he said. "We'll talk about the themes of the movies and how it might help them with their unique and individual problems."

Another group that people have attempted to start is the Lindenwood Initiative for Suicide Prevention, which gained traction after the death of lacrosse player Isaiah Kozak. The first attempt to start the group was turned down due to an error in paperwork, but Cusumano believes this group will start in the foreseeable future.

The Grief and Loss Group is another group on

"The Drug, Alcohol and Addiction group is psychoeducational in nature, which means that it's teaching students about problems that can come up through the use of drugs and alcohol."
-Joe Cusumano, director of counseling

campus, but it is only open to students who are in therapy-training classes. There were groups and organizations that were on campus before, but have shut down because of lack of interest. Active Minds was an organization that has been suspended, although it had recently been active for a three-year period.

The Woman's Empowerment Group was also started this year, but it was quickly shut down as well.

"We ran advertisements for a month, and not one person showed up, so that was disheartening," Cusumano said.

Another group involved meditation and relaxation. It was marginally more successful than the Woman's Empowerment Group, although only a few people showed up.

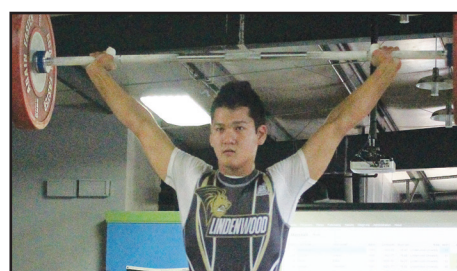
Cusumano wants the mental-health groups to help students, and even though many of these groups haven't fared well, he hopes his cinema therapy group will be a hit with students seeking mental well-being.



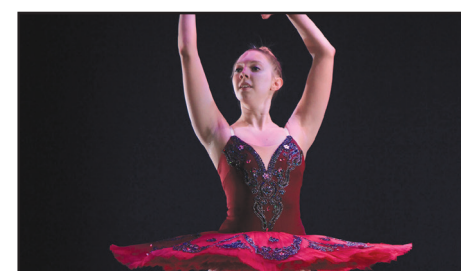
Mailroom to see changes starting in fall of 2017. See more on Page A2.



Is your four-year degree a waste of time? See more on Page A3.



Lindenwood weightlifting team brings home national title. See more on Page B1.



Spring dance concert showcases senior talent. See more on Page B3.

NEWS

Mailroom services updated for fall

Madi Nolte
Reporter

Changes are being made within the mailroom for the upcoming school year to improve convenience for students and to make policies clearer, said Amanda Best, Lindenwood's mail services coordinator.

People wishing to keep their mailboxes over the summer must renew them by May 5.

If not renewed, an email will be sent to the student giving them a 24-hour notice to empty it.

Any contents of unrenewed boxes will be returned to the sender after the 24-hour window closes.

A limit of one live demonstration of how to open the mailboxes per person, per box will go into effect in the fall.

The staff will then only manually open boxes if they have been confirmed broken.

"For a lot of international students, the instructions



Photo by Nao Enomoto

Lindenwood Coordinator of Campus Services Mike Tolman waits in the mailroom in Evans Commons for any students who need to pick up packages.

on how to open the mailboxes can be difficult to understand because they are

only provided in English," Best said.

Best said that an instructional

video on how to open mailboxes is currently in the works.

The video will be provided in English, Spanish and Chinese.

Package tracking is being converted strictly to phone and email and a tracking number must be presented at the time of request.

Same-day pickup will no longer be guaranteed for the first two weeks of any given term, due to large numbers of incoming packages.

Family members will have the option to apply for a shared mailbox for added convenience.

Students soon will be required to submit all forms online to improve processing speed and accuracy.

Forms only will be accepted in person when time permits.

Best said that the new forms are already available online for students at lindenwood.edu/student-life/campus-mail.

All other changes will go into effect at the beginning of the fall semester.

For questions, feedback, or a complete list of mailroom changes, contact packtrack@lindenwood.edu or 636-627-2501.



Photo from lindenwood.edu

Wiki Wang presents her clothing line to Chajuana Trawick at the fourth annual Student Research Symposium in 2016. The conference has since been renamed the Student Research Conference.

Students can present research, showcase projects to judges at annual conference on April 12

Michelle Sproat
News Editor

Lindenwood students from different disciplines and programs will be able to display their research projects at the fifth annual Student Research Conference.

The conference will start at 11:30 a.m. and will end with an awards ceremony at 6 p.m. Wednesday in the Spellmann Center.

Winners from each academic school will be given awards for first and second place in their overall presentations.

The first-prize winner will get \$200, and the second-prize winner will receive \$75.

All awards will be presented by Lindenwood President Michael Shonrock.

Students will have the opportunity to present their research in different formats.

The first way is a poster presentation where they will have five to 10 minutes with a judge to explain their projects.

The second option is an 80-minute panel presenta-



Photo from lindenwood.edu
James Hutson

"It doesn't really matter what field we are talking about. You get together, you share your ideas."

-James Hutson,
associate professor of
art and design

tion in front of three faculty panelists where the students can either read their research papers or conduct roundtable discussions.

James Hutson, associate professor of art and design and member of the Student Research Conference task force, said that the students who participate in the conference are "generally those that go above and beyond the minimum requirements of any given project."

"We nominate students who have an exceptional demonstration of their knowledge of the field and of the refinement of the way in which they have communicated the given project ...

that showcase originality and innovation in thinking," Hutson said.

All judges are volunteer faculty and staff members from the university.

Elizabeth Fleitz, associate professor of English and the director of the Student Research Conference, said that there were 67 submissions this year, a 30 percent increase from the year prior.

Hutson said that this conference is good practice for students to display their research in a way that people outside their fields can understand it.

"It doesn't really matter what field we are talking about," Hutson said. "You

get together, you share your ideas."

Fleitz agreed with Hutson's statement, adding that it's a good platform for students to convey their ideas.

"Usually if you give a presentation, it's probably in your own class to people who are in your own major," Fleitz said. "They really need to make sure that they can explain it in a way that's going to be clear for somebody across the university. Not to say that they are oversimplifying, not to say that they need to dumb it down, but instead how can you adapt to this new audience?"

All presentations are free and open to the public.

Earth Day photo contest hosted by ESL/EPP group

Michelle Sproat
News Editor

The English as a Second Language and English Preparedness Program are hosting a social-media contest for Earth Day. The winner of the contest will receive a \$25 Amazon gift card.

According to the ESL at Lindenwood University Facebook page, anyone can enter the contest by following these instructions: First, follow @Luesl.epp on Instagram. Next, create a picture related to the environment or post a picture of yourself being good to the Earth. The posts must include the hashtags #luearthday, #lu-

eslepp and #lindenwood. All posts must be made to Facebook or Instagram by noon on Friday, April 21. The post with the most likes by April 22 will be the winner.

David Martini, the graduate administrative assistant for the ESL/EPP programs, said that this contest is a good way to help make the organization known.

"This semester we decided to do two things," Martini said. "The first one is to be more involved in campus life, so that's why we decided to create some social-media events. It's going to help us promote the program, but also it's going to help us connect with other organizations and other people on campus."

Security Briefs

April 7

- Lindenwood security responded to a property damage call at 12:45 p.m. in the Cobbs Hall parking lot. According to the campus crime log, a flat tire was caused by a cut, but no suspects or witnesses were at the scene.
- Security responded to another property damage call at 4 p.m. A trailer tire was punctured in the parking lot behind the Hyland Arena. The time of the incident is unknown, and no suspects or witnesses were at the scene. The case has been forwarded to the St. Charles Police Department.

April 8

Two gift cards were reported stolen at 11:30 a.m. in Evans Commons. The gift cards were taken between 2 p.m. on April 7 and 8 a.m. on April 8. No suspects have been reported at this time. The case is being investigated by the St. Charles Police Department.

April 11

An act of dating violence was reported at 4:21 p.m. in Blanton Hall. No further information has been provided by campus security. The case has been forwarded to the Office of Student Development for further review.

April 12

- Money was reported stolen from a purse at 1:30 p.m. in Blanton Hall. The theft happened sometime between 11:45 a.m. and the time of the report. There was no indication of forced entry. The case is still being investigated by campus security.
- Campus security was notified of a fondling incident at 10:47 a.m. in the Roemer parking lot. The misconduct occurred between 10 p.m. on April 1 and 1:20 a.m. on April 2. The St. Charles Police Department is currently investigating the case.

OPINIONS

The Legacy/ Lindenlink

Staff:

Editor-in-Chief:
Kelby Lorenz

Lindenlink Editor:
Phil Brahm

Design Chief:
Mili Mena

Chief Copy Editor:
J.T. Buchheit

News Editor:
Michelle Sproat

Opinions Editor:
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Sports Editor:
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A&E Editor:
Essi Auguste Virtanen

Business Manager:
Ashley Ator

Promotions Manager:
Elsa Mort

Faculty Advisers:
Susan Weich
Neil Ralston

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

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Thank you for your continued support of our news publications!

Four-year degree unnecessary to be successful in workforce

Tyler Tousley
Opinions Editor

As graduation approaches, and my student-loan debt becomes more and more real, I've started to question why so much importance is placed on attending a four-year university as opposed to the large selection of other options for people right out of high school.

My time at Lindenwood has been grand. I have learned more than I could have ever thought possible — in and outside of the classroom — and I have made friendships that will last a lifetime. As I get closer to life after school, I realize that the job I love and intend to stay at for the foreseeable future pays a living wage and does not require a college degree.

For me, I feel that university was the right choice. Even though my foreseeable future could have been achieved without a degree, I am confident that in the more distant future, having this degree will open up some possibilities. But not everybody has this experience or view.

According to reports from the U.S. Census Bureau in 2014 (the most recent available), 68 percent of Americans age 25 and older do not have

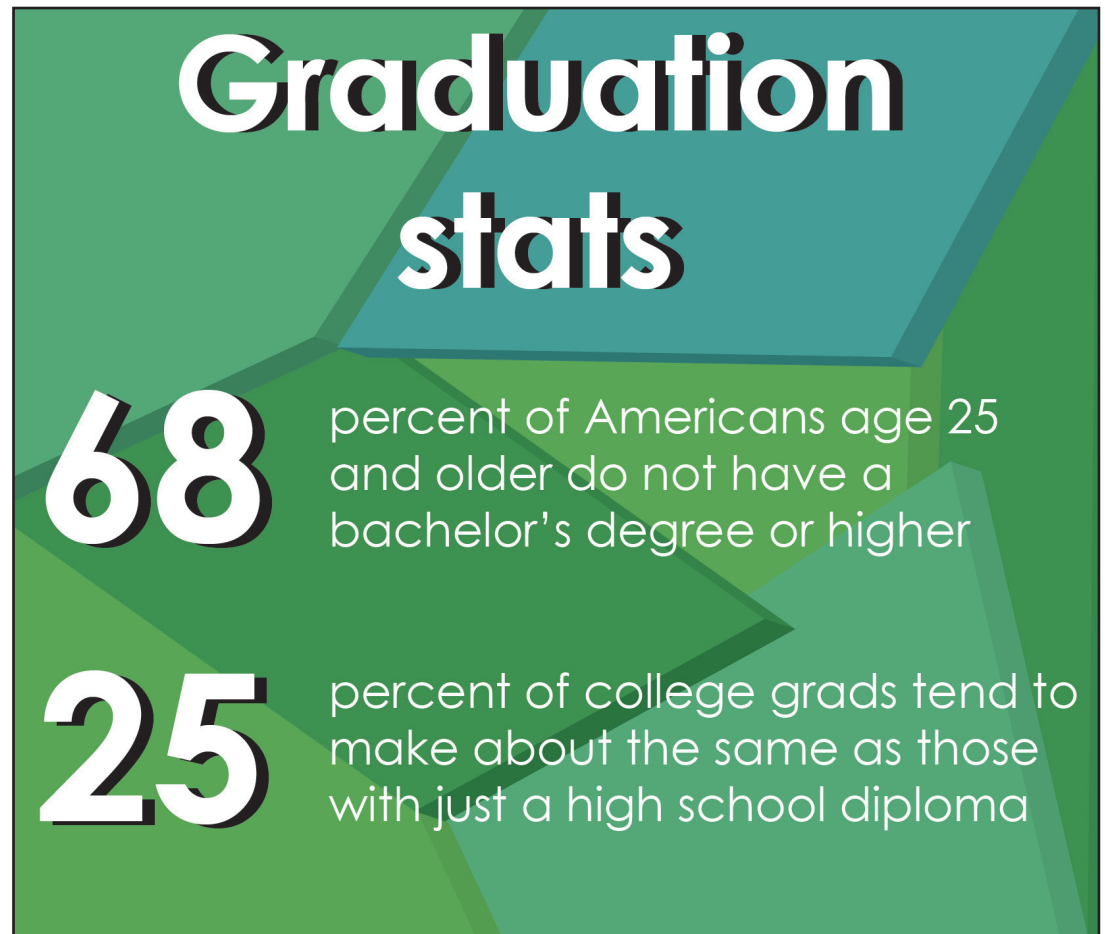
a bachelor's degree or higher. When counting trade schools, it is closer to 62 percent without any kind of degree. That's a large amount of Americans without degrees.

Additionally, it is reported that those with bachelor's degrees tend to have an average salary of about \$15,000 more a year than those with just high school diplomas. The problem with this number is that it is an average.

In 2014, the Federal Reserve Bank of New York showed that the bottom 25 percent of college grads tend to make about the same as those with just a high school diploma. So for at least a quarter of college graduates, paying for four years of university does not really come out to their advantage.

High schoolers often have an immense amount of pressure put on them by teachers, peers and family to go to university immediately. But why? People who genuinely do not want to further their academic experiences shouldn't spend \$20,000 a year to do something they don't want to, may not use or may not even finish. It is a waste for these people.

The problem in this situation is that not only is a lot of value placed on going to university, but people who decide



Design by Kelby Lorenz

to go into a trade or service industry tend to be looked down on. This actually makes little to no sense, though. Jobs like mechanics, construction workers, plumbers, etc., have potential to make more than enough money to live on and develop a skill I definitely

don't possess.

Just because somebody would rather spend his or her time fixing cars or building houses or cannot afford to drown in student loan debt does not mean he or she cannot be successful.

Having a degree opens a lot

of doors and provides great experience, but it is not the path for everybody. I move that we all stop being condescending to people without four-year degrees and take the time to consider those who do the jobs we can't and appreciate their incredibly hard work.

No on MLS, what's next?

Phil Scherer
Reporter

In his book "The Last Season," author Stuart Stevens wrote, "A love of sports will always break your heart, but in doing so, it reminds us we have one."

That quote resonated with me more than 14 months ago when it was officially announced that the St. Louis Rams football team was being relocated to the city of Los Angeles. It's not that the move was unexpected, but to see the words "Los Angeles Rams" on a TV screen sent little daggers through my heart.

At the time, however, my heart was not completely shattered.

In the weeks leading up to the official announcement of the relocation, rumors began circulating that St. Louis would be a sure bet to get a professional soccer team if the Rams left the city.

I should have known better. I should have remembered what Stevens wrote: "A love of sports will always break your heart."

Fast-forward to this month, when the voters of the city of St. Louis voted against a bill that would have allowed a soccer stadium to be built, one that was being designed to house a professional soccer team in a few short years.

I can't say I'm surprised the measure didn't pass. The voters were burned more than a year ago when they passed a funding bill for a new football stadium in the city that will never be built. The taxpayers will be paying off that debt for years to come. They refused to be fooled twice. After the debacle with the NFL, this city is skeptical of every sports league, and frankly, I don't blame it.

That being said, the sports fan inside me is heartbroken that I once again raised my expecta-



Design by Tyler Tousley

tions only to be disappointed. Along with countless other sports-obsessed individuals, I thought this was a sure thing.

Despite the logistical and financial issues associated with the project, this was exactly the opportunity this city needed to prove that it really can support multiple sports teams. Not only would it have energized the downtown area, but it would have filled the void that was left when the city lost its football team.

Now the city must collect itself and figure out a new plan. There is no doubt that the downtown

area needs a facelift and a renewed identity. For more than three years, the city has been trying to accomplish that through sports. It attempted to build a new football stadium. That failed. It attempted to build a new soccer stadium. That failed.

As much as it pains me to say, it is time to move on. This city is not destined to attract sports now or in the distant future. That has been proven in recent years.

Now St. Louis' leaders must answer one question, and it will not be easy. "What's next?"

Talking and listening without distraction could prevent suicide

Rachel Weich
Contributing Writer

We all have been emotionally wounded at some point in our lives. Maybe it was abuse, maybe it was bullying or maybe we simply felt rejected by those around us. But we all can relate, and we all have the ability to make someone feel less alone.

Earlier this month, the media reported that a third student in a single fraternity at Truman State University had taken his life. This news came about a month after a Lindenwood University lacrosse player killed himself. Both have left family and friends to cope with the aftermath.

Have you ever wondered what pushed that person past his breaking point? Was it something he had been dealing with? Or was it something that happened all of a sudden? Could someone have been there to help and possibly talked him out of it?

I have lost several of my peers to suicide, and these thoughts have always run through my head afterward.

I currently have a unique relationship to suicide and mental health through my job as a "patient-sitter" at St. Joseph's Health Center in St. Charles. My job requires me to sit with patients who are at risk, mostly of harming themselves.

All of these patients seem different. Some are young, some old, some male, some female, some have supportive families, while others' families might not even know they are in the hospital. If you lined them all up, none look the same; none even look like they belong in the hospital, but the wounds have changed them emotionally forever.

One man in particular opened my eyes and changed

my life forever. He was in the hospital after being revived from his most recent attempt at suicide. I started a conversation with him to pass the time, and it led us to a deep conversation about what caused him to be where he was.

I truly believe that everything happens in our lives for a reason, and I was meant to be in that room talking to him that day. I came into his room as a complete stranger, and within hours I knew more about him than any of the people close to him did.

Why did this man open up to a complete stranger? Because I sat there and listened. I didn't check my phone every five minutes. I talked to him and showed him that not only did I care about what he was going through, I showed him his life mattered to me.

We are all so caught up in our electronic devices that we are missing out on things that are right in front of us. Mental health and suicide have been growing at the same time that personal connections with people are declining. In a world where people are more connected than ever, it's ironic that people feel alone and like they have no one to talk to. This disconnect is feeding our society's problem with mental health.

We all have struggled. We all have been wounded. But we made it through, and now we can help others.

So here is the challenge. Next time you see someone struggling, or even just someone who is overly stressed, don't walk away. Talk to them. Ask them how they are doing. Don't judge them. Just listen.

Give them all your attention and show them you care. Share your story and help them understand that there is a bright side to their future.

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SPORTS

Lindenwood weightlifting team comes away with national title

Walker Van Wey

Reporter

The Lions have brought multiple national championships back to St. Charles this spring, and now, the Lindenwood weightlifting team can be added to that list.

The Lions ran away with the national championship, shutting down runner-up Northern Michigan and keeping third-place Eastern Tennessee almost completely off the board.

"We had an idea once we had three national championships on Day One and two lifters place top five," said coach Austin Rodriguez. "But like any coach, we never want to think we're winning, so then we stay humble and compete just like we were behind in points."

Bringing home the national championship came with a rather large tweak to the roster and setup that differed from last year's strategy.

"Last year we had our best team as the coed division and more of our JV squad on the

men's and women's division," Rodriguez said. "This year we put our best teams on coed, male and female divisions, so we did have an idea that we were going to have a much better chance of winning compared to last year."

The main point stressed to the team was that although this is predominantly a sport hinged on personal success, the Lindenwood Lions were only as good as the team's collaborative efforts.

"We went in it making sure all our athletes knew to compete for the team first, then individually," Rodriguez said.

In contrast to many sports Lindenwood offers, Olympic weightlifting is a sport with point systems that take days to calculate, essentially softening the victorious blow a national champion may feel. Thankfully, the meet wasn't very close from the beginning.

"The win was very anticlimactic," Rodriguez said. "We all had a strong inclination that we won since we did win six weight classes out of the



Photo by Lindsey Fiala

Lindenwood weightlifter Blake Smith channels all of his strength to catch a snatch on Nov. 2, 2016 at the Uncharted Open. This was the team's first meet following the 2016 National University Championships.

competition and had everyone else place top seven."

As for next season, the weightlifting team is taking

no breaks and has plans to dominate again next season.

"Training for next season starts this week," Rodriguez

said. "Our lifters from nationals took a week off, and now they should be ready to get back into it. They will

start with offseason training, so they will be doing a lot more volume instead of intensity."

W. rugby qualifies for sevens national tourney May 19-21

Nick Feakes

Reporter

The Lindenwood women's rugby team qualified for the 2017 College Sevens National Championships after it cruised to victory earlier this month at the Life University Invitational Sevens tournament.

The win was particularly sweet for the Lions after Life defeated them in the final of the 2016 College Sevens National Championships and the 2016 Collegiate Rugby Championship.

"It felt great to know we are capable of being a team who could work together and have such an amazing end result," junior Annakaren Pedraza said.

The Lions won their pool in dominant fashion. They defeated Life B 54-0, Middle Tennessee 58-0 and Clemson 67-0. The Lions' dominance continued through the quarterfinal as they beat Life B 35-0 and dispatched the University of Virginia 20-0.

The Lions conceded their first points of the tournament in their thrilling 26-14 victory over Life A in the final. To start the game, Life jumped out to a lead after a long run. The Lions then responded with tries through Spanish national team player Teresa Bueso and Team USA player Annakaren Pedraza to end the half with a 14-5 lead.

Mackenzie Hawkins scored to start the second half and Pedraza got her second, and the Lions ended the game as 26-14

"It felt great to know we are capable of being a team who could work together and have such an amazing end result."
-Annakaren Pedraza, Lindenwood junior

victors.

"I thought this weekend was very productive for our team," Hawkins told lindenwoodlions.com. "It showcased the raw talent of many of our new players and what each of them can bring."

This year's College Sevens National Championships will be held May 19-21 in Glendale, Colorado. The tournament is round-robin style with teams being split into pools. The two top teams from each pool advance to the finals, where it is single-elimination.

Head coach Billy Nicholas was very happy with the results and the way the program is evolving this semester.

"Our whole program pushes one another to be better, and I think that's something that sets us apart," Nicholas said. "No doubt, we are just cracking the potential of this team."

Pitch, please!



Photo by Kelly Logan

Lindenwood pitcher Brendan Feldman comes off the mound during an April 13 game against Washburn University at the Lou Brock Sports Complex. The Lions ended the game with a 8-0 win, as well as two wins against Washburn April 14 and 15.

Weekly Sports Recap

April 14-16

<p>Baseball 8-2 win vs. Washburn University 5-2 win vs. Washburn University</p>	<p>Men's Volleyball 3-2 loss at Lewis University</p>	<p>Men's Track and Field Fourth place at Greenville Select</p>
<p>Softball 7-6 win vs. Missouri Southern State University 4-0 loss vs. Missouri Southern State University</p>	<p>Women's Lacrosse 16-8 win at Limestone College</p>	<p>Women's Track and Field Fourth place at Greenville Select</p>

SPORTS

NCAA compliance coordinator passionate about sports, law

Phil Scherer
Reporter

The NCAA has more than 100 rules, regulations and bylaws related to compliance and eligibility. At Lindenwood University, the man tasked with understanding and keeping track of these rules is Massey Arnold, the university's compliance coordinator.

"I see it as my job to know those rules and to make the coaches' jobs easier," Arnold said.

He said that the coaches of all 25 of Lindenwood's NCAA sports have enough to worry about on the field without having to worry about whether they are breaking any rules off the field.

Arnold specifically mentioned the role he plays when it comes to recruitment for all of the different sports.

"Anytime a coach is bringing a prospect onto campus or travels to recruit, all of that goes through me," Arnold said. "I'm the one who approves it."

He said that one of his key responsibilities is keeping track of the different recruiting calendars the NCAA keeps that determine when coaches are allowed to do recruiting.

"At some points in the year, it is OK for a coach to talk to a prospect," Arnold said. "At other points in the year, you can't talk to them, but you can go watch them. And at

some points in the year, you can't even go off campus."

He explained that the confusion comes because each sport has a different recruiting calendar.

"Basketball has a different calendar than football, and lacrosse has a different calendar than soccer," Arnold said. "Everybody is different."

While keeping track of recruiting calendars and NCAA bylaws may not seem like an enviable job for everyone, Arnold said it is a perfect marriage of the things he has always been passionate about: sports and law.

Originally from Arkansas, Arnold graduated with his bachelor's degree from Ole Miss before going to law school at Arkansas-Little Rock. While he was in law school, Arnold worked as an intern in the Arkansas-Little Rock athletic department and found a passion for the work he was doing.

After working in the prosecuting attorney's office for two years, Arnold took his current position with Lindenwood as the compliance coordinator. He said it was not only the perfect opportunity to once again combine his passion for sports and law, but also as a way to move closer to his then-fiancée, Hannah, who works for the St. Louis Blues. The two recently married on March 25.

Arnold began his position with Lindenwood in October 2015. He believes his experience in the



Photo by Nao Enomoto

Massey Arnold stays hard at work in his office, located in the Student-Athlete Academic Success Center, to ensure that Lindenwood coaches and athletes follow NCAA protocol and regulations.

prosecuting attorney's office prepared him well for dealing with the NCAA.

"The consequences aren't as bad in the NCAA as the legal system, but you're still applying rules to different situations," Arnold said. "It's kind of the same principle."

More than anything, the posi-

tion allowed Arnold to get back into sports, which had been his goal from an early age. In addition to his responsibilities as the compliance coordinator, he also has enjoyed being able to be around the coaches and players on a daily basis. He even practices with various teams from time to time, specifically the

field-hockey and soccer teams.

"I'm not any good, but it's still fun," Arnold said.

All in all, he said he enjoys the position he holds, and said ending up at Lindenwood could not have been any better.

"It really is the perfect situation for me," he said.



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LINDENWOOD Student Athlete Spotlight

Rayce Singbush



Photo from lindenwoodlions.com

Sport: Baseball
Age: 21
Birthplace: Geneseo, Illinois
Year in school: Junior
Major: Accounting

Q: What's your earliest sports memory?

A: Winning the shoe kick three years in a row in elementary school during Olympic day.

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

A: Signing my letter of intent to Lindenwood, of course.

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

A: Baseball can be a mentally brutal game, so I always keep some type of gummy candy in my bag to soothe the nerves.

Q: What is your biggest sports fantasy?

A: Watching my child grow up loving sports as I did.

Q: Who is your favorite athlete?

A: My grandpa, hands down. He's in his mid-70s and is still the quickest player on his club baseball team.

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

A: My parents have been a deadly influential combo. My dad takes care of the coaching aspect of things, and my mom wore the cape when it came to packing lunches, getting me to and from practices and, of course, putting up with the countless cycles of laundry.

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

A: Own at least eight dogs that have a white picket-fenced yard to play in.

Information from Kearstin Cantrell

A&E

Spring Dance shows seniors' growth

The concert is the last college performance for graduating seniors before taking on the real world

Lindsey Fiala

Reporter

The Spring Dance Concert is an opportunity for senior dancers to present their very own dance pieces, not only through themselves, but through cast dancers as well.

Each senior must create a dance piece, cast dancers, order costumes, set times for rehearsals and pick out lighting to accompany the dance onstage. Every dance must be at least five minutes long.

The dancers began working on their pieces in February in their Senior Project class.

Along with the senior pieces, there will be a few faculty dance numbers along with numbers from Lindenwood University Dance Ensemble, which is the department's dance company.

Senior Taylor Plodzien said she is very excited about being a part of this concert.

"I am really happy with what I have created, and I can't wait to put it on the stage," she said. "My dancers are amazing, and they have really done the world for this piece."

Plodzien's piece for the concert is a mixture of ballet and contemporary.

"I decided I wanted to challenge myself to create something that was a little bit outside of my comfort zone," she said.

Plodzien's dance has three parts to it and a meaningful background.

"I take it as if I am lost at the beginning of the number, like I can't find my path," Plodzien said. "The middle section is me trying to get on the right road and then the third section is me finally finding my way."

Hayley Robinson is another senior presenting a piece in the concert.

"My dance is ballet and doesn't really have a story to it," Robinson said. "It's about putting yourself out there."

Along with Plodzien, Robinson said she is very excited about the concert, but is also nervous about going out into the real world afterward.

"It will be really great to perform with everyone one last time," Robinson said.



Photo by Lindsey Fiala

Taylor Plodzien's senior dance piece is a mix of ballet and contemporary styles that show a journey of finding the right road to take.

After college, Robinson's dream is to move to Florida and work for Disney World.

"In the fall, I plan on applying to the Disney college and then see where that takes me," Robinson said. "I remember after my first trip to Disney when I was 2, I told my mom I wanted to dance at Disney."

Dance Program Chair Janet Strzelec, who is the instructor for the Senior Project class, believes that the biggest highlight of the spring concert is see how her students have grown as dancers.

"This concert in particular has really shown

a lot of growth," Strzelec said. "As instructors, we want to help them find who they are as artists and help refine their dancing skills."

Strzelec said being an artist is very scary. "These dancers have to let go of all these preconceived ideas and just let life happen," Strzelec said. "It is not easy, even if it seems like it is on the surface."

Strzelec believes that these dancers need as much support as they can from both their families and other students at Lindenwood as well, which is something she has neglected to point out in the past.

"It is so important for people who know them to support them by attending the concerts they put on," Strzelec said. "Any professional dancer you talk to will say she gets 100 nos for every yes, so when they go out into the real world, they need to know they have that support behind them."

The Spring Dance Concert will take place at 7:30 p.m. on April 20, 21 and 22 in the Lindenwood Theater in the J. Scheidegger Center. General admission is \$10 per ticket, but Lindenwood students can get two free tickets with valid student IDs.



Photo by Kyle Rainey

The Grand Art Bazaar brought Lindenwood students and community members together at the Foundry Art Center on Thursday.

Grand Art Bazaar gives students chance to display, sell art to public

Matt Hampton

Reporter

Lindenwood artists gained experience selling their artwork to the public at the Grand Art Bazaar, which opened Thursday evening at the Foundry Art Center on Main Street.

The Art Bazaar was open to all artists, but most participants were studio art and graphic design majors, said professor James Hutson.

Hutson is the founder and faculty sponsor of the Art History Association, which sponsored the event.

Hutson said that participants learn important knowledge for selling art, including in terms of promotions and the most vendible genres and media.

"They do learn what is going to be marketable and monetized more easily," Hutson said. "So if students are going to sell things that are incredibly large and so impractical to put anywhere, they realize that doesn't really sell very well."

The Grand Art Bazaar has previously been held at the Opera House and on Cherokee Street in St. Louis, but was

moved to the Foundry Centre to attract more Lindenwood students because of its closer location.

Violinist and rugby player Tommy Stachowiak has been participating in the Grand Art Bazaar for three years, and prefers selling at the Foundry Centre because the space at the Opera House was "too small and a little cramped."

Stachowiak sold charcoal nude figures he drew for class, and believes the event is a good opportunity to showcase work, which is difficult for many artists.

"If you're sitting in your room all day drawing, and you just put your stuff in a binder, and nobody ever sees it, it could be good work, but nobody's going to be able to appreciate it," he said.

Science major Franck Somarrriba also participated to showcase his work. He sold origami sculptures.

"When I was like 15 years old ... I had a lot of paper and I wanted to recycle it, so I did research and I found origami," Somarrriba said.

Vietnamese Lindenwood Student

Government Association Senator Nam Nguyen was one of the several artists selling paintings. Although not an art major, Nguyen said an art history class from professor Daniel McGrath "sparked a passion" for art in him.

"I have never attended an art bazaar or art show before, so I'm a bit excited and nervous," he said.

Refreshments were served at the event, and the most art being sold were paintings, drawings and ceramics, although digital media, jewelry and other forms of art also were presented.

Art education and studio art major Taylor Kudalis ran the Grand Art Bazaar this semester.

She said the event is important to promote Lindenwood's art program and give non-art majors a chance to display their art, and also prepares students to book venues to display their art.

"It's honestly one of the best things that art students can do, because when they graduate, that's how they're going to make a lot of their money before they find a stable job," Kudalis said.

For more content, visit Lindenlink.com

Lindenwood Film Series Spring 2017

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

Tuesday, April 18

SEARCHING FOR SUGAR MAN (2012)

Two South Africans set out to discover what happened to their unlikely musical hero, the mysterious 1970s rock 'n' roller Rodriguez.

Thursday, April 20

SWISS ARMY MAN (2016)

A hopeless man stranded on a deserted island befriends a dead body, and together they go on a surreal journey to get home.

Tuesday, April 25

YOJIMBO (1961)

A crafty ronin comes to a town divided by two criminal gangs and decides to play them against each other to free the town.

Thursday, April 27

KUBO AND THE TWO STRINGS (2016)

A young boy named Kubo must locate a magical suit of armor worn by his late father in order to defeat a vengeful spirit from the past.

Information from Andrew Millians

A&E

Alice's Wonderland gets new twist

Essi A. Virtanen

A&E Editor

"Alice's Adventures in Wonderland" is a literary classic, but a theater director is making it go neon onstage with black lights at St. Charles Community College.

Jason Flannery, Lindenwood graduate student and the director of the show, said black lights had been something he had wanted to try as a theatrical device to change "worlds onstage" and the "dimension of the physical space" and how it is viewed. He also thinks the technique can "spark something new and something different for the audience, whether they're 5 or 50."

"That's the device that I thought would be the best suited to trying to create such a surreal, weird, physical piece," Flannery said.

According to Prague Ticket Office website, the black light theater is based on an optical illusion called "black box trick." Actors are dressed in black, and thus cannot be seen. A viewer can only see their brightly colored costumes and props that are lit by ultraviolet light. The technique was created in ancient China, when the idea was used in "magic shadow performances" that used candlelight.

Lindenwood musical theater major Brie Howard, who plays Alice, said with black light, the costumes play a big role.

"Everything has to show up onstage, so the costuming throughout the process was super amazing, but also very difficult," she said. "It proved a huge challenge for our costumer, which she took with just ex-



Photo by Essi A. Virtanen

Lindenwood students Brie Howard as Alice (left) and Tim Lewarne as Caterpillar are onstage during a dress rehearsal April 13 at St. Charles Community College. Seven other actors are also onstage wearing black clothes and brightly lit gloves to create the vision of Caterpillar's multiple hands.

citement and did so much research on black light."

The play "Alice's Adventures in Wonderland" is based on the book of the same title by Lewis Carroll, and Flannery adapted it to a script himself, trying to stay loyal to the book as much as possible without affecting the performance.

He also said the book is "a little all over the place" with the sequence of events, so his goal was to make it more "focused and streamlined and quickly paced" without changing any

meanings.

"Hopefully, they [the audience] will be able to get all the imagination of the story into a package that doesn't jar people and throw them off," he said.

Howard has loved Alice ever since she was a kid, so portraying her in the production is a dream role for her.

"Alice to me is less of a character and more of a concept," she said. "Alice really embodies what it really is to be a child and have the bravery and

fearlessness and imagination that just comes in so naturally."

The show also brings communities together by having not only St. Charles Community College students but also Lindenwood students and community members working on the production, which creates a very diverse group of thespians.

"It's just blossomed into a community; the camaraderie that goes on backstage and onstage is really something beautiful," Howard said.

Bill Blanke, 51, who has taken

classes at SCC on and off for 5 to 6 years, plays multiple roles in the production, including King of Hearts. He started acting for the stage last year.

"This is only my fourth show, so everything is new and exciting to me, and working around these kids that are half of my age and three times of my experience, it's challenging, but it's a good kind of challenge," Blanke said. "It's something I enjoy."

Blanke thinks collaboration between different community theaters is important.

"I think the more we collaborate, we bring those different experiences, the different knowledge sets, every place focuses on something different, and when you bring that together, I think it really shows in your production," he said.

In the SCC's production of Alice, collaboration can be seen in Flannery's "tactile, physical theater" approach when he uses the ensemble to "physicalize things and use each other as props and use each other as houses and rabbit holes and cards and really build that comfort and physical vocabulary between them."

Howard said people should expect "the wild animosity" when coming to see the show.

"The characters are just going to look a bit crazy, maybe little '80s perhaps, but then once it gets to black light, it all makes sense," she said.

"Alice's Adventures in Wonderland" runs from April 19-23 in the Donald D. Shook Fine Arts Building Theater at St. Charles Community College. Showtimes vary. For ticket information, visit stchastickets.com.

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