

Student Magazine

LEGACY

Lindenwood University Feb. 2018 Vol. 1 Issue 3



REDEFINING FAITH

Millennials are changing spirituality in America

Page 10



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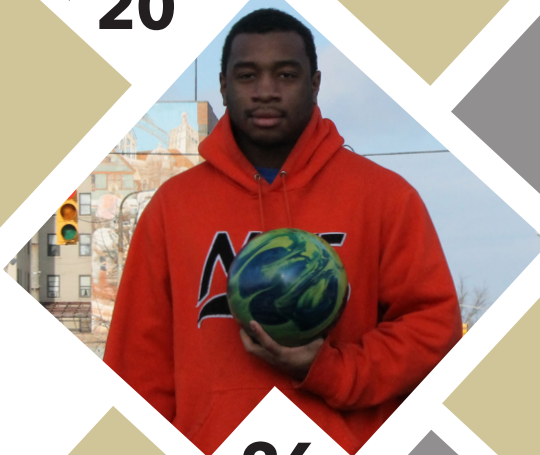
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Cover art by Kat Owens

Letter *from* the Editor



Purpose has been on my mind a lot recently. This is the third issue of Legacy Magazine, the first of the spring 2018 semester, and my first as editor-in-chief. As I begin this new role, all the familiar doubts run through my mind: What if I am not good enough? What if I screw something up?

There have certainly been growing pains, and I am kicking myself a bit for taking 18 credit hours' worth of classes and starting a new, challenging job all at the same time. But overall, I am excited to work with a motivated, professional group that shows up and covers the news every day.

The big story this time around covers organized religion and how millennials are turning away in numbers never before seen. Culture Editor Kayla Drake did a fantastic job analyzing this shift in lifestyle, and included many interviews with fascinating insights that I had never heard before.

I am excited to cover religion because, while I am not devout about anything myself, I find a massive shift like this enthralling. The world is changing, and it is worth paying attention to.

Immediately following that are two opinions, written by Lindsey Fiala and Michelle Sproat, who tell about their personal faith journeys in life. I think that many of our readers will find their stories relatable.

In news is an article on Lindenwood's new recruitment strategies, which have resulted in a larger application pool than seen in previous years. There is also coverage on how some students still do not have parking passes (they are free!), and an update to the visitation pilot program that has resulted in an exciting development for the fall semester.

Culture has stories about the freshman class in the musical theater program that, for the first time ever, is all male; about Lee Trapp, the man who plays his saxophone on campus; and about the everlasting fashion trend of Converse.

Also in this issue are stories on a pair of history professors who are married to each other, stories about athletes who stick to their odd pregame rituals and coverage of the two former Lindenwood students who will be going to the Winter Olympics and Paralympics.

No matter what faith tradition you do (or don't) subscribe to, we here at Legacy Magazine hope you take some time to reflect on the changes happening in culture and what it means to you.

Editor's Note: An article about adjunct professors in the November 2017 edition of Legacy Magazine included information that may have misled some readers. The article included four paragraphs that referred to comments from former Lindenwood adjunct instructor Kim William Gordon regarding his adjunct pay in 2016 and how that might be used to calculate an hourly wage. Those paragraphs have been removed from the online version of the article in response to an explanation from Vice President of Human Resources Deb Ayres, who said that guidelines included in 2017 adjunct contracts limit the number of courses an adjunct instructor can teach, as to keep their total hours of work under 28 hours per week. We apologize for the error.

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BEYOND THE NUMBERS

VP of enrollment implements new strategies to recruit Lions

STORY BY **ESSI AUGUSTE VIRTANEN**
PHOTOGRAPHY BY **KAT OWENS**
ILLUSTRATIONS BY **YUKIHO NISHIBAYASHI**

One of the new classrooms inside the Library and Academic Resources Center that features movable tables and chairs.

Lindenwood's efforts to boost enrollment and its academic image has resulted in an uptick in applicants from a year ago, said Terry Whittum, the new vice president of enrollment management.

The increase is the result of implementing several new recruiting strategies. Among them is targeting students who are good fits for the university, not just those who have a certain GPA or score a particular number on standardized tests, Whittum said.

"You can't just admit people based on numbers," he said. "Because they're individuals, you just can't do it. Everybody has a story."

Whittum, who started at Lindenwood last fall, has worked in enrollment management for 33 years. In just a few months, he's made an impact on Lindenwood's prospects for next fall's freshman class and transfer applicants.

Applications for fall of '18 for the traditional undergraduate school were more than twice where they were at this time the previous year, he said.

By January, the total number of applicants was up to 3,281 compared to 1,547 the previous January.

Whittum said in the past, recruiting efforts focused too much on Lindenwood's low cost and financial aid and not enough on the quality of the programs and the success of students after graduation.

"I think there is great value here," he said. "We just haven't done a very good job of communicating that value."

Whittum said he also believes it is of highest importance to give prospective students the information to help them determine whether a school is the "right fit," a place where they can succeed.

One plan to accomplish that is to bring admitted students to campus to meet with current students and give them the opportunity to attend classes, meet faculty and eat a meal.

However, the biggest event will be on April 21, when students who are undecided about attending Lindenwood can meet with advisers and financial aid officers and ask questions.

LINDENWOOD'S ASSETS

When it comes to Lindenwood's pluses as a higher education institution, Whittum said the public has heard about about its "successful athletic programs," its low cost and "good scholarship programs."

However, the public might not be aware of Lindenwood's "innovative programs," "outstanding teachers" and students' good experiences with internships and research programs, Whittum said.

“We’re able to provide an experience that you don’t typically receive in much larger institutions, but we’re able to do it not just on a smaller scale, but we’re also able to do it very inexpensively,” he said.

President Michael Shonrock agreed that the education and experiences Lindenwood offers for the cost are what make it unique.

“What you find is people will pay for something that is going to be a good investment,” he said.

Whittum said being able to prove that the university is worth way more than it costs would be a benefit in the market.

However, Whittum said students also should come to Lindenwood because it is the best school for them.

“I always tell families financial aid is a means to attend a school; it’s not a reason to attend the school,” he said. “If you’re just going to pick the cheapest school, it’s like going shopping and buying the cheapest toothpaste. It’s a commodity. We’re not a commodity.”

LOCAL AND INTERNATIONAL STUDENTS

Whittum said that Lindenwood’s biggest market is Missouri and Illinois and that the university should be enrolling more local high school students and start reaching out to them younger.

In addition, they hope to do a better job of informing high

school counselors about the changes at Lindenwood.

Lindenwood also has purchased a list of high school seniors, juniors and sophomores who have taken tests like the ACT or SAT and is contacting them in a variety of ways, including printed materials, email and digital marketing.

Additionally, Lindenwood is requesting applicants’ first-semester grades from their senior high school years.

“We do this primarily for students who may be borderline admits,” Whittum said. “We want to see if they are continuing to improve academically and that they have taken a challenging curriculum their senior year of high school.”

Whittum also hopes to see more diversity and a better mix of income levels at Lindenwood.

Whittum said he also plans to continue to seek international students but with a more “defined international recruitment plan” and not just relying on athletics or word of mouth, which has been the case thus far.

The university also will no longer operate international enrollment affairs as a separate entity; it will be rolled into enrollment management.

Shonrock said Lindenwood made the change because the application process for international students was very different and the university wants to create the same experience for everyone.

“You want to make sure there is continuing consistency and that you are getting the same type of delivery of service, and so if you’re recruiting students to come in, you want to be sure that experience is similar to the other students’ experiences,” Shonrock said.

ENROLLMENT GOALS

Whittum said the university’s enrollment goal for next fall is a minimum of 1,200 new students, but he is confident it will exceed that number.

Lindenwood also is introducing a new presidential scholarship, which will cover the full tuition for five students, but it will be based on more than just their academics.

Shonrock said the competition will include a day reserved for the students to present themselves.

He said he is looking for students who have “a passion about what they want to do in their lives” and hopes they will get a “very diverse group of students with lots of backgrounds and experiences.”

Whittum said any student can apply, and besides academics, the competition will take into account leadership, service and community.

These scholarships will be a chance for Lindenwood to recruit what he called the “cool kids,” students who can make something out of their experience and bring something to the community.

“I don’t want just cookie-cutter students,” he said. “I want the student that maybe on the surface you go ‘I don’t know,’ but then you dig into them, and they’re like ‘Oh they’re going to be different and really cool on campus.’”





PARKING STICKLERS

Permits are free this year...
unless you don't get one

STORY AND PHOTOGRAPHY BY **LINDSEY FIALA**

When security officer Woody Ellis is patrolling campus looking for violators, he always checks out cars backed into a parking spot.

"They don't want you to see that they haven't got a permit," he said.

Last semester, Ellis and the other officers wrote more than 1,400 tickets, about 15 percent of them for failing to get a parking permit.

"I wrote 105 tickets one day, most of them no permits, just by walking Roemer lot, up and down the rows," Ellis said. "There are folks that until they get a ticket, and they have to pay it, they aren't going to listen [to the parking regulations]."

Parking permits, which were \$2 a year, are now free. Students, staff and faculty can register for them online. No limits are placed on the number of cars students can register. At the end of the fall '17 semester, 4,155 parking permits had been issued.

While free, the passes are still necessary, Ellis said, because security uses them to determine where the vehicle should be parked and to notify the owner if something happens to the vehicle.

"The whole thing behind a permit is if someone bumps your vehicle or there is a problem with your vehicle, I can look that up and call the office, and we can contact you," Ellis said.

Ellis said he does not show favoritism when it comes to who gets ticketed.

"A lot of times you find the staff people thinking they can park anywhere, but not on my shift," he said. "I've written executives tickets; I mean, if your vehicle is illegally parked, I ticket you regardless."

Tickets range between \$25 to \$75; a parking pass violation is \$25.

Junior Taylor McDaniel said she has never gotten a parking permit because she is intimidated by the StarRez system.

"I hate technology; I am not technologically savvy," she said. McDaniel said that she also is afraid to ask security for help filling out the form. She got three tickets last semester.

John Bowman, director of Public Safety and Security, said fine money goes into the school's general operating fund and is used for upkeep of the parking lots and roads.

Anyone who gets a ticket has 30 days to challenge it, Bowman said.

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Location					Officer No.
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\$75 Har	Officer's Comments:		Visito		
\$50 Roemer Lot			Block		
\$50 Unauthorized Parking			Side		
\$50 Stop Sign			Oth		
\$25 Loading Zone	42248		War		
To appeal, email the Director of Public Safety at jbowman@lindenwood.edu with the ticket number, date and time violation was issued, and why you are appealing.					

Security officer Woody Ellis patrols the heritage side of campus and said he shows no favoritism when it comes to who gets ticketed.

"They have to write me an appeal ... and then I make a decision on whether or not I dismiss the ticket, lower the fine amount or keep the fine amount," he said.

Students will not receive their grades or transcripts until they pay their fines, he said.

Visitors who get tickets can go to the public safety office and explain their situations. To avoid that, visitors should park in one of the designated visitors' spots or get a visitor's parking pass.

Other violations include motorists parking in fire lanes; many claim not to know what the yellow curbs mean.

Residents also can't park in some spots on campus between 8 a.m. and 5 p.m., including Roemer Hall lot, Memorial Arts Building lot and certain spaces in the Harmon Hall lot. The spaces are reserved for faculty, staff or commuters.

Ellis patrols the old side of campus and said residents regularly are caught parking in commuter lots because they are in a hurry to get to class.

"As far as congestion, we have plenty of parking spots; you just have to walk sometimes," he said.

Bowman said another confusion for students involves Watson Street. Signs lining the street say resident parking, but those signs are for Watson Street residents, not Lindenwood residents.

Any Lindenwood residents caught parking there will be ticketed by the city of St. Charles.

Students, faculty and staff who do not have parking permits can still get one by logging into StarRez, selecting "register vehicle" and taking a printed or electronic copy of the completed form to the public safety office on the fourth floor of Spellmann Center.

Ellis said the process is simple and takes less than five minutes.

"It's a rule, it's a policy and if you haven't learned to obey rules yet, it's a good time to start because they aren't going to go away," he said. "You are going to have rules all your life." ♦



COED HOUSING COMING

STORY BY **MADELINE RAINERI**ILLUSTRATION BY **YUKIHO NISHIBAYASHI**

Next semester, Lindenwood will have two coed dorms, according to President Michael Shonrock, although the specific dorms have not been determined yet.

Terry Russell, director of Residential Life, said administrators had considered the move for a while, which would put male and female students on alternate floors in the same dormitories. His staff had toured several colleges to conduct research on the option, he said.

The change has been considered for several reasons, including the fact that 24-hour visitation on the weekends, which began last fall, has caused no serious issues, he said.

Jesús López, the assistant director of Residential Life at Lindenwood, said open communication between roommates has kept

the new rules running smoothly.

Many issues have been avoided, López said, because “the roommate agreement allows students to set their boundaries.”

Area coordinators are on call 24 hours a day in every housing area to address the safety concerns students may have. Phone lines also were added to every front desk in the residential halls to offer assistance to the students, especially on the weekends.

Russell said easing the housing policy to allow for coed living would not only answer students’ requests for more freedom, it would allow the university more flexibility to house a higher than normal number of students of a particular sex.

Instead of telling those overflow students they have to commute, they could be housed

with the opposite sex, which may have lower numbers and available rooms in a dorm.

“Logistically it makes more sense, economically it makes more sense and even socially it makes more sense,” he said. “Students like to co-mingle.”

Currently, the university has seven male residential halls and eight female residential halls, with Nicolls Hall remaining closed for repairs and upgrades.

In non-traditional housing, like Powell Terrace, 409 spots are allotted for female residents and 369 for males. The Powell Terrace residential area is currently all male, whereas the Linden Terrace area is considered “coed” because of the male housing on both Duchesne and Droste roads.

Russell said that coed housing also would allow the students to develop a better sense of respect for each other.

For students like freshman Mia Tebbe and sophomore Lauren Dickherber, residents in the women’s dormitories, a more liberal housing policy would be welcome.

“I think the visitation program is foolish; we are college students, and part of college is being on your own and gaining independence,” said Tebbe, a resident of Irwin Hall.

Dickherber, a Blanton resident, said, “It’s better than the old policy but still silly since we’re in college. Visitation is dumb.”

No decision has been made either regarding the future of the 24-hour visitation policy. Russell said the decision about whether to make the program permanent will be made after the spring semester.

Russell said when coed housing is approved, all-male and all-female housing options would still be available. It is unclear when a decision would be made.

The coed housing will put Lindenwood in line with local universities like Washington University, Saint Louis University and Webster University, which offer housing options that allow males and females to live in proximity to each other. ◆

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NICCOLLS HALL TO REOPEN AS FIRST FRATERNITY HOUSE NEXT SEMESTER

Change viewed with skepticism by some fraternity members

STORY BY **MADELINE RAINERI** AND **ESSI VIRTANEN**
PHOTOS BY **KAT OWENS**



Former women's dormitory Niccolls Hall will become Lindenwood's first fraternity house next fall, but the men who will live there are giving the plans mixed reviews.

The current fraternities on campus — Delta Tau Delta, Phi Delta Theta, Phi Lambda Chi and Theta Xi — found out late last semester about the move.

Grayson Wolcott, a member of Phi Lambda Chi, stated in an email that fraternities felt the move was “incredibly rushed and unplanned.”

“Very vague and incomplete information was given to representatives of the fraternities to relay back to the chapters,” he said.

Brandon Guehne, director of Academic Affairs for Delta Tau Delta, said he and some of his brothers were “skeptical” about the change since they like where they are now.

“We will be sacrificing a larger chapter space in Guffey Hall for a substantially smaller place in Niccolls Hall, and we need to know we will still have space for our chapter belongings,” he said.

Currently, each of the fraternities has its own dormitory floor for chapter functions and a designated chapter room. Phi Delta Theta members are in Mathews Hall, Delta Tau Delta is in Guffey Hall and Phi Lambda Chi is in Flowers Hall.

Under the new arrangement in Niccolls, fraternities will have chapter rooms in the lower level, and then each will be given a wing to fill with its members, said Shane

Williamson, associate vice president of Student Life.

Niccolls, which was built in 1916, is currently closed while it undergoes a \$2.5 million renovation that includes new heating and cooling systems and new paint, flooring and lighting.

Williamson said she believes the change will enhance, not hinder, the Greek life at Lindenwood.

“It will give them a physical presence on campus, so we’ll be able to either put letters or banners or something in front of Niccolls,” she said. “I think the more students can see it and then we can expose all the wonderful things that our Greek community does and will help to enlarge it.”

Wolcott said although he also is concerned about what the space will look like and how it will be governed underneath the Residential Hall Association and Residential Life Staff, the fraternities realize the importance of the growth of the university.

“We exist to enhance the experience of our members at Lindenwood University and will continue to do that regardless of our location on campus,” he said.

Matthew Stocker, the president of Phi Delta Theta, said he is optimistic about the change.

“I think that us moving to one space will provide us with the gateway we need to help form a better sense of Greek unity,” he said.

“We may have less space, but I think it will lead to great things in the future.”

Currently, the estimated number of students for each fraternity's wing is Delta Tau Delta: 24; Phi Delta Theta: 32; Phi Lambda Chi: 27; and Theta Xi between 20-25.

Ultimately, the capacity of the building will depend on room configurations, said Christopher Miofsky, assistant director for Student Involvement Greek Life.

The move to Niccolls Hall is the next major step in Lindenwood's growth as a Greek community, he said.

“Having our fraternity men live together will provide a substantial opportunity for collaboration on events and programs, but most importantly will create a stronger sense of community,” Miofsky said in an email. “I am confident that once the move occurs, our fraternity community will grow in both size and strength by having our men living in closer proximity to each other.”

As for sororities, Williamson said their move to different housing probably would happen within two years, and they would be given at least a year's notice. However, she said a space for sororities has not been determined.

Lindenwood has three sororities; as of last fall, Delta Zeta had 90 members, Phi Sigma Sigma had 52 and Sigma Sigma Sigma had 80. ◆

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CHALLENGING RELIGIOUS TRADITIONS

College students are
shedding family ties
in quest for answers

STORY BY **KAYLA DRAKE**
PHOTOS AND ILLUSTRATIONS BY **KAT OWENS**



For Derek Cote, the concept of humans being sinners was the last “nail in the coffin” in his exploration of faith.

Cote said the belief is flawed and often is misused to explain why people die young or suffer.

“That is alluded to in a lot of religious ideologies, that there is this inherent brokenness in being a person,” the Lindenwood psychology major said.

Examples of violence and prejudice against women he saw in the Bible also troubled him, he said, and led him to the conclusion that even if God does exist, “it is not a God I would want to know.”

He now is an avowed atheist because he said that “seems to be the only sensible way to go.”

Cote is an example of today’s U.S. college students, who are more than twice as likely as their parents to shun religion.

Those who do are part of the nearly one-quarter of Americans who identify as unaffiliated — atheist, agnostic or nothing in particular.

The findings are part of last fall’s study conducted by the Public Religion Research Institute, which showed that America’s religious identity was undergoing a major shift.

The rise of the internet, an increase in education, legalization of gay marriage, abortion rights, the postponement of marriage and parenthood — and even Donald Trump’s election — are some of the theories offered for the retreat from religion.

Associate Professor of Sociology Suzanne Stoelting said in the past, religion played a significant role in socializing people, more so than for spiritual purposes.

“The church was ... a place that you congregated, outside of seeking religious fulfillment,” she said. “It was social fulfillment. It was a way for families to connect. It was often a day care facility. The church really was the center of community for a long time, and people rarely went outside of their own religious affiliation.”

Stoelting said that many parents today are too busy to take their children to church, while others simply want to spend Sundays — one of their days off — at someplace other than church.

Millennials recognize that religious identities often come packaged with stereotypes and stigmas, and they desire to stray from those labels, she said.

“Millennials are ... a generation that does not appreciate being confined and restricted and forced to identify with anything, frankly,” she said. “We’re seeing more and more millennials push the boundaries of these boxes they have to attach to their identities.”

Lindenwood Chaplain Nicole Torbitzky, who holds a doctorate in the philosophy of religion, said the church is failing to meet the needs of people under the age of 30.

“There is a wide variety of needs, opinions, beliefs and experiences,” she said. “And the Christian church in general isn’t doing a good job of addressing how this wide diversity of people approaches religion.”

Declining faith on campus

The Public Religion study, which surveyed 101,000 people, found that 38 percent of 18-to-29-year-olds identify with no religion.

Lindenwood’s chaplain, campus ministry organizations, professors and students all said they have noticed attitudes on campus shifting to an emphasis on spirituality and away from religion.

Evan Collins, a religious study major who is president of the campus Meditation Association, said he thinks some people reject Christianity because they’re looking for something different.

“I think a lot of times people are trying to reject heaven and hell entirely,” he said. “There are ... in Hinduism, realms similar to Christian heaven or hell, but they’re not eternal; you’re not like trapped there forever.”

Collins said strong religious traditions have faded from American families, through a combination of factors like divorce or simply a busy schedule, and millennials care less about religious doctrines.

“I’m not putting it all on their parents, but I think a lot of stuff comes from the home,” Collins said.

Student Katelyn Weaver, vice president of the Students for Reproductive Rights and Gender Equality club, was raised in the Presbyterian church but is now unaffiliated. Her education in social work influenced her beliefs, she said, and made her realize issues like abortion are not black and white.

“Jesus was like ‘You treat everyone as your neighbor and everyone the way you wish to be treated,’” she said.

“I’m all for reproductive rights. I’m nobody’s boss, and I don’t think I should be.”

43% OF AMERICANS IDENTIFY AS WHITE AND CHRISTIAN

30% OF AMERICANS IDENTIFY AS WHITE AND PROTESTANT

IN 1976 ROUGHLY 81% OF AMERICANS IDENTIFIED AS WHITE AND A MEMBER OF A CHRISTIAN DENOMINATION

DATA PROVIDED BY PRRI.ORG



A Pew Research study on millennials found them to be more liberal and open toward issues like interracial marriage and same-sex marriage than older generations.

For example, another study by Pew released in November revealed that 63 percent of U.S. Christians say a person's gender is determined by his or her sex at birth. About the same percentage of the religious "nones" said the opposite.

46% of Americans who identify as LGBT are religiously unaffiliated.

This is more than twice the number of Americans overall who are religiously unaffiliated.

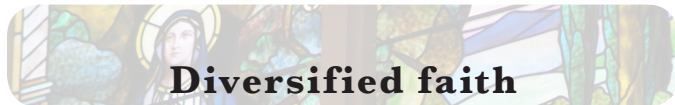
DATA PROVIDED BY PRRI.ORG

Student Chris Brueggeman, who is gay, said he still attends the Southern Baptist church from his childhood, and once he got older and did his own research, his faith actually got stronger.

"God doesn't make mistakes; God wouldn't make you just to condemn you," he said. "God doesn't make trash."

But rejecting his faith just because he disagrees with its teaching on sexuality was not something Brueggeman said he wanted to do.

The Public Religion survey found that LGBT Americans were more than twice as likely to be religiously unaffiliated as all other Americans.



Diversified faith

Part of Public Religion's survey found that America's youngest religious groups are all non-Christian: Muslims, Hindus and Buddhists. At least one-third of Muslims (42 percent), Hindus (36 percent), and Buddhists (35 percent) are under the age of 30. Together, though, the religions represent a small fraction: less than 1 in 10 Americans combined.

Stoelting said millennials outnumber any other generation in college graduates. She emphasized that in college, the current exposure to those who don't practice Christianity is greater than ever.

"That's a totally different world than our parents and grandparents experienced," she said.

Collins said Eastern faiths are attractive to young Americans because they are more egalitarian in nature. Collins' club began last year with a focus on Buddhism but has since moved to center on meditation. He said since 2016, the Meditation Association's members on Involve U have doubled to 19

people.

"[Buddhism is to] eliminate your desires and fulfill your own self, and you can reach enlightenment, so that's really appealing to a lot of people," he said.

Collins said Buddhism is more intuitive and relatable for him.

"Chinese religion appeals to personal interaction amongst people, whereas Western religion is about your interaction with God," he said.

While other religions are growing in America, Christianity is on the decline with only 12 percent of millennials under 30 practicing it.



Rise of the internet, politics

Internet use has contributed to the rise of unaffiliated Americans, according to a study by the University of Chicago.

Cote said that technological advances have "planted seeds of doubt" in people's minds by providing unlimited access to knowledge and alternatives to religion.

"What religion tends to rely on ... is basically just faith," he said. "And it's a lot easier to make somebody believe in this abstract absolute if they don't have access to other information."

Professor Andrew Smith, who teaches media literacy courses and has co-authored a book on the topic, said the internet has provided access for millennials to see other lifestyles besides American Christianity. That has caused the generation to empathize with a more diverse world on social media.

"The Expanding Circle Theory is Steven Pinker's concept that even though social media divides us, which it definitely does, it also has this way of getting us to understand what other people's lives are like, and we gain more empathy for them as a result," he said.

Collins said Christianity has become so intertwined with politics that Americans do not see a difference anymore between the two, and it is turning off young Americans to faith.

Ryne Brewer, a staff member for student ministry organization Campus Outreach, said that the election of Donald Trump as president, who has been divorced twice and accused

14% of young Democrats (age 18 to 29) identify as white Christians

40% identify as religiously unaffiliated

DATA PROVIDED BY PRRI.ORG

of sexual harassment, has amplified distaste for Christianity.

“You see the more conservative [media] outlets saying ‘The evangelicals came out in full force to elect Trump,’” he said. “And you see who Trump is, and you think ‘What the heck; you’re a Christian, and you’re putting this kind of guy into office.’”

Brewer also said he thinks that media outlets have played a role in the rise of the unaffiliated.

“The mass amount of media and news ... exposes people to things that say religion is narrow-minded; it’s divided and bigotry in a sense,” he said.

Change in store for the church

Torbitzky, the campus chaplain, said the survey numbers that show active Christians are aging do not prove “that anything is dying,” despite the desperation of older leaders within the Christian church.



“You see so much panic from people above my generation,” she said. “You see so much hand-wringing, ‘Oh the church is dying.’ The church isn’t dying. The church is changing, and it will be OK.”

Brewer said relationships are the key to the church’s survival in America. He said his evangelical approach to students is not preaching to them but being relational.

“[People have] been open to those conversations because I have built a relationship with them, rather than me just jumping in and being like ‘Hey, this is what I believe and think, and you should consider this,’” he said.

Torbitzky said the church will survive in America only if it “allows young people to explore and create the way they worship.”

She said she sees her “responsibility as encouraging the leaders in the religious groups ... to participate in and spread their faith as they see fit to do that, rather than me telling them how to do that.”

Sociology professor Stoelting said if anything were to surpass religion, it would be science and education.

“When we ask questions, we expect science and education to answer those questions,” she said. “I think we’re at a place where religion does not hold the clout that it once did.”

But Stoelting said the historical presence of Christianity would be impossible for America to disassociate from the faith.

“I still believe that there will be things that are rooted in Christianity: messages, values and morals that we will continue as a culture to respect and value,” she said. “Even if we’re not associating them directly with Christianity.”

Brewer said a “moral compass” is no longer rooted in faith for Americans, but evangelism is still relevant because “people are looking for some sort of absolute truth to be able to rest their life on.”

Torbitzky said that despite the survey’s findings, “religion is here to stay” because it impacts everyday life.

“It is religion that motivated the civil rights movement,” she said. “It is religion that brought down two buildings on 9/11. It is religion that motivates how people vote, spend their money, how we expect laws to look.”



Watch at
LINDENLINK.com

Section of a stained glass window at the St. Charles Borromeo Catholic Parish on North Fourth Street in St. Charles.



Participation
Award

MILLENNIALS: LET'S START STEPPING UP

We can change things if we stop waiting for everyone else to do it

STORY BY **KAYLA DRAKE**

ILLUSTRATIONS BY **YUKIHO NISHIBAYASHI**

Millennials are ridiculed for being the “participation trophy” generation. Which is odd, because now that we are adults, we don’t seem to want to participate in anything at all — especially when it comes to politics.

Millennials have the desire and drive to change the world, but it is just an illusion right now because of low participation.

It is not like we don’t have the potential to take part in politics. We definitely do.

According to the Pew Research Center, our generation is the most open to change and the most diverse. We also are the most educated generation — of all time.

Our demographics provide the basis for substantial reform and positive impact because we represent 25 percent of the U.S. population, according to the U.S. Census Bureau.

But my maturing generation has been conditioned to the “participation award” mindset, which rewards people for being free riders while others labor.

We are not politically involved because we think someone else will take care of it for us.

Lesson One:

We cannot reap what we do not sow

In 2015, Pew surveyed people about their opinions of their generations. Seventy-seven percent of boomers describe themselves as hard-working. Only 36 percent of millennials did. Older generations are often criticized for using the younger generations as scapegoats for all the problems in society, but this survey shows millennials reflect the same opinion of themselves as boomers do.

Pew Research studies found that only 49 percent of our generation’s eligible voters — the smallest number of all generations — turned out for the 2016 election. That is absurd. Next year, millennials will surpass boomers in the number of eligible voters, according to a CNN report.

So your opinion matters. Cast your vote. Express your views. The only way democracy will flourish is from participation — not by free riding.

For further proof, consider this: In 2008, an overwhelming 66 percent of millennials voted for Barack Obama, and 60 percent did so in 2012.

◆ ◆ ◆ ◆

**“Your opinion matters.
Cast your vote.
Express your opinion.”**

Lesson Two: We reap what we sow

Instead of complaining about national issues to classmates and co-workers, we should be taking action. However, statistics show millennials prefer to express their opinions on social media rather than at the polls.

At least 88 percent of millennials use Facebook and spend an average of 25 hours per week consuming media, according to Nielsen, a company that measures TV and internet ratings. Some millennials use social media as their political platforms.

Since the 2016 election, though, America has seen that social media does not breed constructive political conversations. Just ask our president.

Currently, Donald Trump has a 38 percent approval rating, the lowest of the last nine presidents, according to a poll by analytics company Gallup.

By not showing up to the polls, 51 percent of millennials played a part in our country electing a president who has little respect from the people he represents.

The saying “stand for nothing, and you will fall for anything” is how it is with politics. If we continue to stand for nothing because we do not like the choices, we will lose the privilege of participation. Only when we lose something do we realize how precious it is.

Lesson Three: We profit from what we sow

Soon millennials will have to start calling the shots as the boomers age out of politics. This generation is full of potential, knowledge and thirst for political change, so we need to start voting informed.

Our voter IDs are not to be used solely for the presidential election but also state and local elections; those are the politicians who make decisions that directly affect us. Small governments have a large impact on our daily lives, making decisions on issues like taxes, education and policing.

In 1963, when now-U.S. Rep. John Lewis of Georgia was only 23, he was one of the organizers of the historic civil rights March on Washington. The civil rights movement changed lives and desegregated America, and it was largely propelled by young Americans.

The Library of Congress said young people “joined the struggle to

not only shape their own futures, but to also open the possibilities of a more just world for the generations that came behind them.”

Millennials can do that too. Just look at the 2017 Women’s March, the largest single-day protest in U.S. history, with more than 4 million participants, according to the Washington Post.

There are more ways to express our beliefs than posting them on social media. Let’s start advocating for our opinions through the proper channels: Join a political organization, register to vote, peacefully assemble and protest, write an opinion for the Legacy, start a campus club, write to your local representatives.

Jessie Basler, president of Lindenwood’s Collegiate Democrats, said political participation goes deeper than just left- or right-winged views.

“It’s not just politics, it’s not just arguing on Facebook, my side vs. your side,” she said. “[Participation is] shaping our entire society and community and the culture that we’re going to grow up in.”

Become informed, because we do not have the luxury of being ignorant anymore. Voting is our democratic and patriotic privilege. Take ownership of that right, both on small and large scales of government. Do not avoid politics, because the burden largely will be on our generation next year and for decades to come.

Start doing the footwork and really earn that participation award this time. Stop waiting for politics to get better. Make it better. ◆





ACCEPTING ATHEISM

Being a good person doesn't require a belief in God

STORY BY **MICHELLE SPROAT**

PHOTOGRAPHY BY **KAT OWENS**

From a young age, I dreaded going to church. I remember walking into the parish and being overwhelmed by the smell of old Bibles and dust. Light poured in through the multicolored stained glass. The only thing I liked about church was seeing these windows.

At the front of the chapel, two large statues glared down at me. I didn't want to be there, and it was like they knew. The look they gave was as if they knew something that I didn't realize yet: that I didn't belong.

Being raised Roman Catholic meant I had to sit through weekly services that were nearly two hours long.

One minute we'd be standing, the next we'd be kneeling. Getting up on a Sunday morning was difficult knowing I had to deal with that kind of workout.

My parents enrolled me in religious education when I was 5 years old. Every Saturday morning, I would have to sit in a classroom with 25 other kids who would rather be anywhere else.

When I was 11, my religion teacher told me that gay people weren't going to heaven because it is a sin.

"But God loves everyone," I attested.

My teacher sharply turned toward me and said, "Not if they committed a sin."

"But I thought Jesus loves everyone, even the sinners."

My resistance earned me a one-way ticket to the nun's office. Sister Kathy was waiting outside of her office for me, arms folded. We stepped into her office and "discussed" my behavior for the remainder of class. The "discussion" wasn't much of a discussion at all. Instead it was one-sided, and Sister Kathy did all of the talking.

From that day forward, something didn't feel right about going to church or attending religious education. I felt that I didn't belong.



This statue of Our Lady of Guadalupe is displayed at St. Charles Borromeo Catholic Church on North Fourth Street in St. Charles.

I decided to look into reasons for my uneasiness with religion. I went to Google and typed "What if I don't agree with my church?" into the search bar.

Pages of results popped up with words I had never seen before. "Agnostic" was one that caught my eye. An agnostic is someone who believes that nothing is known or can be known about God. This seemed to explain my beliefs at the time.

When I was 13, I was forced to make my confirmation, one of the sacraments initiating me into the church.

I begged my parents for years to stop sending me to religious education because I disagreed with what I was being taught.

I told my parents about my agnosticism, and they tried to convince me that I did believe in God. At the time, however, I didn't NOT believe in God; I was just unsure.

I continued to identify as agnostic until I was 14.

I still did not feel comfortable with my beliefs, so I took another chance with a Google search.

"What if I don't believe in God?" I typed.

There it was, "atheism," the first word that popped up. I researched for hours about atheism, and it felt right. By definition, an atheist is a person who disbelieves or lacks belief in the existence of God or gods. This felt right.

I had accepted the fact that I didn't believe in a God. In turn, I became fascinated with religion.

I loved hearing the origins of Islam and how Hinduism came into being. While some might think that not believing in God would repel me from religion, it actually sparked more interest.

Even though I don't believe in God, that doesn't mean I am immoral. That's one of the major things my parents struggled with when learning about me being an atheist. They thought that since I wasn't religious, I was a bad person.

To me, being a good person doesn't mean you need to be God-fearing or religious. I have learned to view the world in different ways from what I was taught in religious school.

Just because I don't believe in a higher power doesn't mean I judge those who do. Although I ran into difficulties getting support from my family, I stuck to what I believed in. It was harder trying to force myself to believe in something than it was to teach my family about my beliefs. ◆

A BELIEVER'S CONFESSION

Despite my doubts, I know that God is watching over me

STORY BY **LINDSEY FIALA** PHOTOGRAPHY BY **KAT OWENS**

My faith has been shaky and doubtful for most of my life.

My parents divorced when I was very young, and I have moved more times than I can count on two hands.

I grew up with an abusive mother and struggled to understand how or why God would put me through all of this.

I remember sitting up at night, praying and crying, asking God what I did that was so wrong for me to be placed in such a broken family.

Was there a reason I was having to live like this?

Was there something I could do differently to change? To be better?

But then I realized something important: God only puts his toughest soldiers through

his toughest battles. And one day, he sent me an angel in disguise.

My father met a wonderful woman who became my stepmother. She took me in and helped me fight the battle against my abusive mother. God gave me a wonderful gift in return for being so strong.

After my stepmother entered my life, I started attending PSR, Parish School of Religion, with my sister and stepbrother.

When I started, I was around 7 years old. I didn't know if I believed everything that I was being taught, but I did believe that there was some sort of higher being out there.

It was hard for me to follow one religion while growing up in two different households. In my father and stepmother's home, we followed the Catholic faith, but in my mother's house, I had no exposure to religion. Because of this, I became open to any and all religions.

I currently do not follow one specific religion because I do not like the strictness and limitations of the term religion.

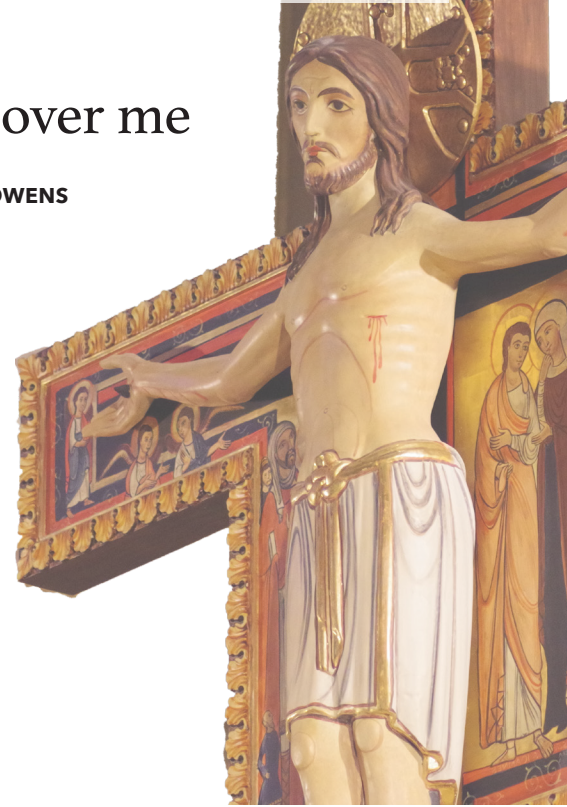
I do believe someone or something that is strong and beautiful exists somewhere in the universe and looks over us and guides us in ways we can't understand.

With the help of my father, stepmother and God, I was able to find enough strength to get away from my abusive mother and begin to heal from everything she had done to me.

If there wasn't some type of god out there, I never would have found the strength to escape. I believe that I was placed in that situation because God knew I could win the battle.

I do still find myself sometimes doubting that God is out there, especially when times get tough, but I can't see another way any of us could be here without God.

When I doubt myself or feel that I am not good enough, I remind myself that God



This crucifix hangs above the altar at St. Charles Borromeo Catholic Church on North Fourth Street in St. Charles.

made me special, and I should love myself because God loved me enough to put me on this earth.

Everyone's life is different, so everyone's beliefs will be different. I do know my life has taught me a lot about my faith.

There will probably never be someone who believes the exact same things I do, and I am completely OK with that.

I am still very open-minded about faith and what God really is, and I continue to push myself to listen to others' beliefs. I believe I will not be able to pinpoint an exact religion to follow, but my belief that someone is out there will never change.

I know that I will continue to go through life's battles and struggles, but I will never feel completely alone knowing God is watching over me.

Every struggle comes with a blessing, and I will forever feel blessed for the life I have, regardless of what obstacles are thrown in my path. ◆



This angel sits on the entrance to the sacristy at St. Charles Borromeo Catholic Church on North Fourth Street in St. Charles.



IT'S NEVER TOO LATE

Saxophonist, 80, inspires music lovers on campus to go out and play

STORY BY **KAYLA DRAKE**
PHOTOGRAPHY BY **ALFRED NADOLNY**
ILLUSTRATION BY **KAT OWENS**



Watch at
LINDENLINK.COM

The sweet sounds of a saxophone coming from the pavilion on the historic side of campus belong to Lee Trapp, who has been scheduling regular jam sessions on campus for six years.

Trapp, 80, also plays at Picasso's on Main and Beale streets and in Frontier Park's pavilion, but he said that Lindenwood's pavilion has the best sound.

"If you play on the street, it just dissipates," Trapp said. "If you want to really hear yourself play, have the sound bounce off the wall and come back to you."

Trapp found Lindenwood's pavilion in 2012, after he started looking for a new place to play. As a St. Charles native, Trapp said he naturally thought to try Lindenwood's campus, and the good acoustics in the pavilion keep him coming back.

Trapp has a 32-year history with music. He started playing the guitar at 11, and eventually went through seven music teachers for guitar, drums, clarinet, piano and saxophone.

But he took a 37-year hiatus from music to focus on family and his career in graphic arts and printmaking in St. Louis. After he started playing again, he said he has no desire to take lessons.

"When you put notes in front of your face, you're playing what somebody else has put there," he said. "I wanted to play what I wanted to play."

With his wife's permission, Trapp picked up the alto saxophone again in 2001, and ever since his retirement in 2004, he has been playing two hours a day and even installed a studio in his St. Charles home. He said he has never lost his passion for jazz, as a musician or listener, because it is creative.

"When I create, it's euphoria, and I could go on for hours, if I had the stamina," he said chuckling. "I can sit at home and play for an hour and a half and not even know it. It's been like that for a long time."

Trapp now uses YouTube, a speaker and an iPad full of 1,500 songs, with everything from Adele to Bach, as his teacher.

Assistant Director of Public Safety and Security Wade O'Heron approved Trapp's request to play on campus.

O'Heron, an amateur musician himself, was inspired by Trapp, who told him "it's never too late to learn."

"I think him coming on campus and sharing his gift ... that in itself enriches our lives," he said. "We oftentimes pay to go see a

concert; when you go see Lee, it's free."

Trapp said he prefers improvising like music legends Eric Clapton, Elton John, Jimi Hendrix, David Bowie, Prince and Louis Armstrong.

"The difference between [improvising and] writing music on a piece of paper is there's no eraser on the end of the pencil when you play it," he said. "Improvising is you just make it up on the spot, and that's what I do."

Listening to professionals like saxophonist Paul Desmond, Trapp became enraptured with jazz.

"When I heard those guys playing, I thought, 'Man that's what I want to do,'" Trapp said.

Trapp said he started out performing with his band The Jay Hops in the 1950s. The band played swing, jazz and rock 'n' roll at local bars, dance halls and wedding receptions in South City, where it was easy to find jobs.

But Trapp's biggest influence was going to listen to shows. His friend's father had half-ownership of the Casa Loma Ballroom on Cherokee Street. There he was able to see Nat King Cole and other musicians he admired.

"I got in for nothing, and I saw all the old bands that were good music," Trapp said. "Bill Haley and the Comets came, great rock 'n' roll bands."

For over five years Trapp has been sitting in with the band Peaches Jazz Message, led by Jimmy "Peaches" Holloway.

Holloway said he met Trapp one day as he was passing Picasso's. He was playing and invited Trapp in to play with him.

"I didn't even know if he could play," he said. "That wasn't important; the point is that, whether he was good or not, I just wanted to give him the opportunity."

Trapp goes by Brother Lee when he sits in with the band.

Trapp also has found a passion for donating money to the Jazz Bistro of St. Louis and gives his share of tips back to Peaches' band, which he plays with once a month.

"[Peaches] says 'What do you do that for?' I said 'Well I'm paying you for the lessons you're giving me,' Trapp said. "He says 'I'm not

"I THINK [LEE TRAPP] COMING ON CAMPUS AND SHARING HIS GIFT ... THAT IN ITSELF ENRICHES OUR LIVES."
-WADE O'HERON

giving you any lessons; my god, you play better than I do."

Trapp, who is Caucasian, said playing with African-Americans in the band has opened opportunities for him to form new relationships.

"We have these segregated areas, and music brings it all together," Trapp said.

Holloway said Trapp is accepted in the group, and that the mixed group has formed a brotherhood.

"Whether you're black, white, whatever, music is good to play with anyone," he said.

Since Trapp started playing again, he said he has picked up meditation and reads brain-training books to help himself focus on music.

"The time to practice is when all of that baggage is out of your mind," Trapp said. "It's a good time to practice when you are too tired to practice. ... It can get into your subconscious a lot faster."

Trapp said learning an instrument helps memory, can prevent or slow Alzheimer's and boosts confidence.

"Everybody is a musician," he said. "You know those 12 notes. You like music, you can sing. You may not be in a choir, but I bet a dollar to a donut you are singing somewhere and know those notes."

Vice President of Operations Diane Moore said Trapp's presence could be a wonderful opportunity for students, faculty and staff to learn.

"With Lee coming onto campus, wanting to share his music with this generation, he's already expressed an interest in sharing his talents and abilities," she said.

Trapp said he has two goals with music now.

"Bringing more children into good music to enjoy it, not think of it as only a moneymaker, and the other goal is to people who retire: If they ever loved music or wanted to play, go out and play an instrument," he said. ◆



Peaches Jazz Message, with Lee Trapp sitting in, poses after playing a concert at Picasso's on Beale Street in 2016. From left: Lee Trapp, Bobby Scott, James "Peaches" Holloway, Dennis Ellerbeck, Emily Johnson, John Farrar and Claude Montgomery.



FROM 3-POINTERS TO BLACK TIE

Converse shoes are classics, staples for fashion

STORY BY **KEARSTIN CANTRELL**

PHOTOGRAPHY BY **KAT OWENS**

Converse, once the shoe of choice for basketball players and gym rats, is now a fashion staple for just about anyone.

Chajuana Trawick, the program manager of Lindenwood's fashion design program, studied the resurgence of the sneaker while completing her doctorate at the University of Missouri at Columbia.

She said the comeback of the sneaker is due to the fact that they are "comfortable, good quality and speak to a new generation of fashion trendsetters."

As the "hipster" trend — a combination of non-traditional and vintage styles — has swept the country, the kicks have become a staple for the style of dress. Trawick said she sees Converse being worn around Lindenwood's campus several times a week.

Sophomore Hannah Jachino said comfort and style play a key role in why she chooses to wear the shoe regularly.

"I feel like they make my outfits look put together," she said.

Sophomore Keri Sheehan said she wears Converse in part because of their versatility.

"They're sleek but kind of retro," she

said. "You can dress them up or dress them down."

The shoe company behind this footwear originally set out to make galoshes, now known as rain boots, and work shoes seasonally in 1908.

The original canvas sneaker made by the company — available only in brown canvas and black rubber at the time — was created in 1917 to fill the gap in the market for basketball shoes. This made Converse the first mass-produced basketball shoe in North American history.

According to an article by The Idle Man, it was in 1920 that the original canvas Converse sneaker was rebranded as "The All-star" that we know it as today.

A year later, the company recruited Akron Firestones basketball player Charles "Chuck" Taylor to endorse the shoe after he came to Converse complaining of sore feet. This led to the formation of the sneakers' famous nickname "Chuck Taylors" or "Chucks."

The nickname officially was added to the sneaker's ankle patch detail in 1932, accord-

ing to Urban Industry.

As the 1930s rolled in, so did more colors for the shoe. The first variant was the white hi-top with blue and red accents created for the 1936 U.S. Olympic basketball team.

The white hi-top later became a picture of patriotism for Americans as the war started. United States forces began wearing the shoes for physical training, making it the official sneaker of the U.S. Armed Forces.

Since then, the sneaker has evolved from being an athletic shoe into an all-event shoe with a price tag starting as low as \$35, according to the Converse website.

The perceived fashionability of the shoe has helped the company exceed sales points it ever thought possible when making galoshes. After Nike bought the brand in 2003, the company increased in profits and international popularity. In 2015, Converse made almost \$2 million in sales, according to the New York Times.

The shoes may be used less now for sinking 3-pointers, but the company has made up for it with the shoe's daily wear and occasional appearance at black-tie events. ◆

GOING STAG

Freshman musical theater class is all male for first time

STORY AND PHOTOGRAPHY BY **ARIN FROIDL**

For the first time in Lindenwood's history, the freshman musical theater class is all male.

Traditionally a female-heavy major, the theatre department is always looking for more male talent, but this class's makeup appears to be random.

Emily Jones, the program chair of the department, said Lindenwood gave offers to 20 actors, both male and female; seven males accepted.

Jones said the young men "all bring something different to the table ... different energy about them, different types, different strengths," which is why they stood above the rest when it came to their auditions.

The men are equally excited for the class to be all-male.

"There's not a lot of guys in theater in general," freshman Ian Fleming said. "Having [all] guys is cool; it opens up a lot of opportunities for really neat shows."

Fleming, originally from Kansas City, has been involved in shows since before he was born.

"My mom was pregnant with me during a show. ... I was technically onstage when I was in the womb," Fleming said.

Freshman Michael O'Hara of Philadelphia said the men are bringing "more testosterone, which the theater needs."

O'Hara said he fell in love with theater because of John Travolta in "Grease."

"I was just a kid, and my mom put a VHS on, and it was 'Grease,' and I was like 'Oh... this is awesome,' O'Hara said. "Then I saw 'Dirty Dancing,' and I was a goner."

All of them have been cast in shows for the 2017-18 season and are working hard to prove they belong in this department.

"Theater is a hard business in general — male or female. It's all about the chops,"

The all-male theater class stands in the J. Scheidegger Center, which will be their second home for the next four years. From left: Camden Scifres, Matthew Hansen, Michael O'Hara, Cody Ramsey, Valiante Waltz, Ian Fleming and Yianni Perahoritis.

freshman Yianni Perahoritis, from Kansas City, said. "There is more competition, but that also makes you work harder. It makes you push yourself to be better."

Freshman Valiante Waltz, from Kansas City, said patience is the hardest part of the major.

"In auditions you have to wait through everyone and then you come in for your five minutes to make an impression," he said.

"Then in rehearsals you're called for four hours, but you're only really going to be working for 35-40 minutes of it."

Theater professor Donna Northcott said she has been very impressed by the dedication of the class.

"They've all been great just in working and collaborating and working well off each other," she said.

Northcott directed "A Christmas Carol," which ran Dec. 7-9 in the J. Scheidegger Center, so she worked closely with several of the guys in their first college show.

"It's always exciting to bring new people into the mix," she said. "[It] keeps it fresh for everyone."

Between rehearsals, the men dedicate a lot of hours to their classes, and they've developed a good dynamic and connect well.

"We're all a bunch of nuts," Waltz said, laughing.

The group has a lot of inside jokes, one being barking when they see each other on campus or when they're hanging out.

"When you bark at someone, you're claiming dominance," Fleming said.

Waltz said, "We love improvisation," so they often build off what each other is doing.

"We act like crabs sometimes," said Fleming as he and Waltz demonstrated their crab impersonations.

Fleming said he especially likes that the class is all men because "you're free to do whatever" when it's just men.

While the men each have different career goals, theater is a part of their plan.

"My home is on the stage," Waltz said. "If I can get a job in the theater industry, I'll be happy."

The freshman actors said they recognize the variety of talent Jones and her team recruited and express excitement for the future.

"All of the guys in the group are talented and different in our own way," Perahoritis said. "It's kind of cool, honestly."

This is probably the last time the Lindenwood theater department will see a musical theater class of all men.

"I think it's a fluke," Jones said. "If not, we'll be doing some really great all-male musicals soon." ◆





CREATURES

Routines benefit performance physically, mentally



The women's basketball team huddles up for its pregame dance routine to loosen up before a home matchup against the Pittsburg State Gorillas on Jan. 13. The Lions lost 80-68.

STORY AND PHOTOGRAPHY BY **WALKER VAN WEY**

Rugby player Wesley White makes his bed before every game, baseball player Rayce Singbush keeps gummy candy in his bag and chess player Cody Perez intentionally arrives late for matches.

Their pregame routines are connected to superstition about performance, something that also is shared at the team level and often on exhibit during warmups. The baseball and softball teams field ground balls, for instance, and basketball players shoot hoops pregame in a certain order mandated by coaches.

Lindenwood's Director of Student Athlete Mental Health Jennifer Farrell said the reasons for the routines are all about giving a tangible moment to an otherwise intangible event.

"The goal of routines is to prepare athletes for training and competition and to give athletes a sense of control when so many factors

in sport are outside of one's control," she said. "Every part of a routine serves a specific purpose, whether it be physical, mental or technical."

Research published in *Psychological Science* in 2010 found real benefits in the routines. The study showed that "activating a superstition boosts participants' confidence in mastering upcoming tasks, which in turn improves performance."

Mariya Gaither of the Lindenwood women's wrestling team said her long-standing ritual dates back to the first tournament where she came away victorious. She psyches herself up by pacing back and forth and remembering a pep talk her dad gave her years ago.

"He said no matter who I was wrestling, no matter what she was ranked at, that a name was just a name," Gaither said. "I could beat anyone as long as I went out there and believed I could."

Afterward, she shakes her coach's hand one more time to calm her

OF HABIT

nerves and then steps onto the mat.

Rugby player Thomas O'Connor's routine involves his pregame diet and dress.

"I try to eat as many bananas as I can," O'Connor said. "This ritual stems from a couple of good performances after eating seven to 10 bananas on the day of competition as long as the game is late in the day."

He also puts his socks and boots on in a certain order.

"It may sound weird, but I go from bare feet and put my left sock and boot on followed by the right sock and boot," he said.

O'Connor said he found out the hard way what can happen if he doesn't follow this routine.

"I've only put my boots on differently before one game, because I was in a rush, and in that game I tore my ACL," he said.

Coaches also encourage players to control as much of game day

"I COULD **BEAT ANYONE** AS LONG AS I WENT OUT THERE AND **BELIEVED I COULD.**"

-Mariya Gaither

as they can, and sometimes that means making team-wide routines. Women's rugby coach Billy Nicholas runs visualization exercises before each match, usually for about 20 minutes.

"It's really about allowing us to focus on what's coming up and the task at hand," he said. "It also allows self-reflection time and to take a moment as a team to mentally prep for the upcoming team."

Another use of pregame routines is to keep the team loose and relaxed. Adele Linderman and the rest of the Lindenwood softball team learned this when head coach Liz Kelly introduced hacky sack before games.

"We were done with our warmups one game, and she kind of threw it at us," Linderman said. "We're really bad at it, but we love it. It reminds us that this is fun and that it's just a game."

Lindenwood men's ice hockey player Mike Lozano said playing one sport to loosen up for another isn't unusual.

"Some guys play football to loosen up," he said. "Soccer is another one. It has always been there since I've been playing juniors before college."

Athletes also use dance. Assistant women's basketball coach and former player Bre Zanders recalls the coincidental birth of the team's pregame huddle turned dancefloor.

"Before games we all huddle and get super rowdy, and one person dances in the middle," Zanders said. "It was me in the middle four years ago, but the torch has been kind of passed on. It just kind of stuck, and we still do it every game."

Perhaps the most unique pregame routine, though, belongs to women's rugby player Caring De Freitas, who pays respect to her country of Venezuela.

"I always carry my Venezuelan flag to all of my games, and usually I come out to the field with it like it was a cape," she said. "Then, if it's possible, I hang it somewhere where I can see it while I'm playing."

De Freitas said that her ritual is not only for comfort, but for motivation as well. The motivation of her entire country.

"I think right now my country is going through such a rough time, and my people are so stressed, so anything I can do to make them smile and be proud of Venezuelans is more than good enough for me," she said. ◆



Venezuelan sophomore rugby player Caring de Freitas sports her Venezuelan flag near the rugby pitch, a flag she carries with her to every game whether home or away.
Photo provided by Caring de Freitas



Dreaming of GOLD

Two Lindenwood graduates will participate in Olympics, Paralympics

STORY BY **WALKER VAN WEY**

Two Lindenwood graduates will be on the biggest stages in sports during the 2018 Winter Olympics and Paralympics, and they both hope to help their teammates bring home gold medals.

Representing the U.S. women's ice hockey team is Nicole Hensley, 23, of Littleton, Colorado, who is participating in her first Olympics. Josh Pauls, 25, of Greenbrook, New Jersey, will be playing in his third Paralympics with the U.S. sled hockey team. He'll also be vying for his third gold medal.

The Winter Olympics are scheduled in Pyeongchang, South Korea, from Feb. 9 to 25. The Paralympics will follow from March 9 to 18.

The hockey games will be played at two venues: the Gangneung Hockey Centre, which seats 10,000; and the Kwandong Hockey Centre, which seats 6,000.

Hensley, who was a standout goalie for Lindenwood's women's ice hockey team from 2012 to 2016, said the Olympics is something she has dreamed about since she was little.

"I saw U.S. vs. China in 2002, and I never would have thought that back then, when I was getting autographs, 16 years later I would be giving out the autographs," she said. "You can't help but smile and be humbled."

During her time at Lindenwood, Hensley seemingly won every award under the sun for a student athlete and unofficially holds two records: most saves in a game with 90 and most career saves with 4,094. She appeared in 123 games as a Lion, compiling a .921 save percentage.

The U.S. women's ice hockey team has medaled at every Olympics since the sport was included in the 1998 games. That year was the only time the team won gold. But



Left Nicole Hensley, former standout goalie for Lindenwood women's ice hockey team, will be skating for the U.S. Olympic team in Pyeongchang, South Korea, this month. Photo provided by Don Adams Jr. **Right** Josh Pauls, a Lindenwood grad, will participate in his third Paralympics next month. Photo courtesy of Michael Dowling.



since the last Winter Olympics in Sochi, Russia, in 2014, the team has won three consecutive world championships, and expectations are high for the U.S. to be atop the podium in Pyeongchang.

Hensley said the players have gotten to know each other pretty well on and off the ice as they've trained in Tampa, and they all have similar mindsets for the games.

"I think it's important to stay grounded and make sure everybody's dialed in," she said. "We have a very competitive group, and it's not too big of a deal to put our excitement aside and focus on our goals. It's what our jobs and our lives are about right now."

Pauls, who played in the 2010 and 2014 Paralympics, will not only have the weight of the United States on his shoulders, but at this year's games, he will be adding the weight of his 16 teammates.

"It's cool to be able to wear that crest again, and there's more meaning to me because I get to be team captain this year," Pauls said.

With multiple experienced players already on the team, Pauls said his job as captain is actually easier.

"I'm just making sure I set the expectations," Pauls said. "Not just talking in the locker room, but in my play. That'll trickle down to the other players on the team."

Pauls holds several hockey records, including the most career goals (18) for Team USA in World Sled Hockey Challenge history. Pauls also is tied for most career points (32) by a U.S. player in World Sled Hockey Challenge history.

He and the team have been practicing in Chicago as they prepare for what they hope will be a three-peat for the top medal.

Lindenwood's Vice President of Intercollegiate Athletics, Brad Wachler, said he has reached out to each athlete on social media and hopes to have a reception for each athlete should the former Lions come away with gold medals.

"We'd love to get them back here in person at some point," Wachler said. "The honor of winning gold is something that definitely needs to be recognized."

Hensley and the women's ice hockey team begin play against Finland on Sunday, Feb. 11, while Pauls and the Paralympic sled hockey team begin play against Japan on March 11. ◆

BREAK SHOT

Landon Shuffett's passion for billiards sinks as his college career concludes

STORY AND PHOTOGRAPHY BY WALKER VAN WEY

At 5, Landon Shuffett was shooting pool for the first time. By 7, he was winning matches and making appearances on late-night TV shows and by 18, he was beating billiards star Earl Strickland and earning a scholarship to play at Lindenwood.

Now, at 23, Shuffett is burned out. He's finishing his last billiards season at Lindenwood, but after that, he may be hanging up the cue indefinitely.

Shuffett's physical skills put him on the fast track to pool notoriety.

"Since he was just a little kid, his stroke mechanics have been just incredible," said Lindenwood billiards coach Mark Wilson. "It's just so beautiful to watch. He's played like a 35-year-old since he was 7."

Even after appearances on "Ellen," two visits to "The Tony Danza Show," "Ripley's Believe it or Not" and many others, Shuffett looks back on it all with indifference.

"I honestly just think that even from an early age, I was just playing because I was good at it," he said.

Passion did, however, catch up to Shuffett as he began competing more frequently and meeting each tournament with a steady backswing and success.

"There was a time in high school where my dad and I would travel every weekend," Shuffett said. "I was finishing top three every tournament. I'm enjoying it, I'm getting to travel ... that feeling was really cool."

Around this time, Shuffett was matched up against pool legend Earl Strickland in 10-ball race to 15 on the challenging 10-foot tables. Shuffett won easily, and the pool world

knew that the kid who sank trick shots on "David Letterman" was a legitimate threat to anybody holding a cue.

"Everybody knew of Landon, but until he started competing, you didn't really know how good he was going to be," said eight-time world champion and billiards hall of famer Nick Varner. "He kind of burst on the scene when he played a match against Earl Strickland. He played a really good set. That was a real eye-opener."

At the same time that Shuffett was exiting high school, Lindenwood hired Wilson to coach the billiards team. Shuffett was the first recruit.

"Americans don't really have any players that can scare the European players, but it would always scare them to see Landon play," Wilson said. "On top of that, the kid has the boyish look, very polite and respectful. I'd never have to apologize for him or his behavior."

When Shuffett arrived at Lindenwood, his game was firing on all cylinders. Also, during his freshman year, he joined a campus group that changed his life.

"I became a Christian in September of 2013, and I've been serving in the Revolution Campus Ministry ever since," he said.

While his success with billiards shoved him into the spotlight, the campus ministry allowed him to adjust at his own pace and develop some close relationships.

"I've never liked being the center of attention," Shuffett said. "Ministry kind of allows you to come out of your shell. I have so



Fifth-year senior Landon Shuffett lines up a shot against Salvo's Slayers. Shuffett may be hanging up his cue after college.

many friends and close relationships that I don't think I'd have without it."

One of them is Kaitlyn Colley, a fellow ministry member and Shuffett's fiancée. For a period of time while they were dating, she had no idea of his billiards celebrity status.

"Somebody showed me his 'Ripley's Believe it or Not' video from when he was 6 or 7," Colley said. "Later on we went and visited his parents down in Kentucky and saw all his interview videos and everything."

As Shuffett watches the days fade away from his final semester at Lindenwood, he said he is relieved to be almost free from billiards but doesn't blame anything in particular. The passion has just wilted.

"I think pool was on its way to being out of the picture," he said. "Honestly, if it wasn't for ministry and religion, it would have been music and coffee, as goofy as that sounds."

Despite his diminishing interest, Shuffett is still a favorite to place top three in the final nationals tournament of his college career, Wilson said Shuffett's contribution to the team will always be valued highly.

"We'll miss his leadership," Wilson said. "Not one single time do you see him give half effort. I do really love him, and I'm going to miss him as a player and personally."

His decision is also being felt by the billiards community and legends like Varner.

"He certainly had the potential and talent to climb to the top of the sport, but now we'll never know," he said. ◆



BOWLING FOR FLINT

Michigan native competes to honor embattled hometown

STORY AND PHOTOGRAPHY BY WALKER VAN WEY



Lindenwood bowler Brendan Adams and his family have watched Flint, Michigan's, reversal of fortunes play out over the years but still back the city they call home.

Whether it was General Motors leaving, crippling the city financially; or the water crisis, threatening the health of residents, the thriving city that used to be the home to nearly 200,000 people now finds its population below 100,000 for the first time since the 1920s. In 2014, Flint switched its drinking water source to the Flint River from Lake Huron in a cost-cutting move, but the change contaminated the water with high levels of lead. Adams, who was 17 at the time, watched the crisis sweep the city.

"It got everybody," he said. "My brothers, cousins, friends, they've been affected by it. Now we have to try and explain that to people, 'Yeah, I've been poisoned by my own water.'"

Though Adams and his family avoided serious illness, thousands of children were hospitalized, and 15 died.

It wasn't just drinking the water that led to poisoning. The crisis also interrupted aspects of life like cooking, cleaning and bathing.

Nearly four years later, many believe the problem is not resolved, despite reassurances from the city of Flint.

"It's a whole devastating thing still," Adams said. "They can say it's clean all they want, but people there are still afraid and don't know if they can even take a bath or cook or clean. Pretty much every

Flint, Michigan, native Brendan Adams poses in December on Flint's Dr. Martin Luther King Avenue with his bowling ball.



Ducks wade in the Flint River in December at Riverbank Park in downtown Flint.

time I go to my family's house, I kind of fear for my life."

Adams' cousin, Tracy Lee, has lived in Flint her whole life and is proud of her hometown, but understands why Adams and seemingly the rest of the town are leaving.

"It's a shame really," Lee said. "I was born and raised here. I'm 61 years old, and you look around, and it's not only the water; there's no jobs here either. I'd be leaving too."

As more time passes from the initial contamination, Flint has become subjected to ridicule and in some cases, comedy.

"It's a slap in the face almost," Adams said. "People have always made fun of Flint like, 'I'm surprised you haven't been shot yet.'"

"If you think that's funny, try to live in people's shoes who live in Flint. Not a lot of people can move because they've been there their whole lives, so all they can do is sit there and let it happen."

Even getting away from Flint hasn't stopped the tarnished reputation of the city from following Adams. In his classes at Lindenwood, students often ask him about the water when they find out his hometown.

"It's a bother to keep talking to people about it, but I'm very happy that people are concerned about my well-being," Adams said.

At bowling tournaments, when competitors see the Flint area code of "810" patch on the sophomore's uniform, they initially think it's Adams' high score.

"When I tell them it's Flint's area code, people change their whole demeanor," Adams said. "I just don't want them to take pity on me."

Adams' bowling success should capture as much attention as his hometown does. With a high game of 300 and a high series of 816, Adams ranks just outside of the top 10 scores on Lindenwood's 53-man roster.

Adams said despite all the problems in Flint, when he graduates, he plans to return. Lee and the rest of Adams' family admire the roots Adams holds on to and echo his frustration.

"It's great that Brendan's not ashamed of where he comes from," Lee said. "We don't want anything but for our water to be clean." ◆



Although the water crisis has been a focal point of the country since 2014, it wasn't until March 28, 2017, that the state of Michigan agreed to replace lead or galvanized water lines at a cost of \$97 million. On June 14, 2017, the Michigan attorney general's office announced that multiple state officials in connection to the water crisis have been charged with involuntary manslaughter.



Passion for History

Professors, authors, husband and wife

BY MEGAN COURTNEY PHOTOGRAPHY BY CHRIS DUGGAN

Professors Kris and Jeffrey Smith met in Ohio working in the museum business, and the rest, they say, is history. Today, the couple of 30 years both teach history courses at Lindenwood, have written several history books apiece and enjoy exploring history in their spare time.

In fact, almost all of their travel involves research or finding material to share with their classes, they said.

"We went through Nashville on fall break and stopped at Andrew Jackson's home," Jeffrey Smith said. "We were probably there longer than the average bear."

Smith teaches about Jackson in his classes. He said that he's interested in seeing how others present information about the seventh president of the United States.

His wife teaches classes like Historical Methods, History of Gender in America and U.S. History.

"We'll go to a place and say 'Oh, I like how they use this,' or 'I like how they did that' and 'This is an image that would be great in class,'" Jeffrey Smith said.

Jeffrey Smith was the first to begin his career with Lindenwood when he was hired in 1996.

"They were expanding the program, and classes were huge," he said. "They needed another historian, and they hired me."

Kris Smith was working with the Missouri Historical Society when she was hired about seven years later.

"Here we are, working together," Jeffrey Smith said.

Outside of Lindenwood, both have published books.

Jeffrey Smith's most recent work is "The Rural Cemetery Movement: Places of Paradox in Nineteenth-Century America."

His other works include a biography of American explorer William Clark, and a book of Lindenwood co-founder George Sibley's journals.

Kris Smith has published books including "Wild Place: A History of Priest Lake, Idaho."

She spends her summers in northern Idaho because it's where she does her research and public history work.

"Right now, I'm researching early logging culture," she said.

"Before much mechanization, it was a different world that relied on a migrant workforce, lots of horses and rivers to move timber."

The couple shares a St. Louis bungalow built in 1918 they have furnished with antique furniture handed down by family members.

They said they have no "typical days" because of their busy schedules, but they do start every morning together reading the New York Times or the St. Louis Post-Dispatch.

"The sections get passed back and forth while we drink coffee and read the paper; that's part of the ritual now," Jeffrey Smith said. "It's breakfast, and then we're off and running."

Their favorite section, surprisingly, is the comics.

"I have to get my day off to a good start," Jeffrey Smith said.

The two have traveled many places together, such as cemeteries, historical sites for their books and research and traveling to see their daughter, but their most memorable trip was going to the bottom of the Grand Canyon.

"Back when we had J-term, we went in January, and it was amazing," Kris Smith said.

It was the most memorable, they said, because the Civilian Conservation Corps played a big part in developing trails and



Jeffrey and Kris Smith are history professors at Lindenwood University. Photo by Chris Duggan

buildings in the Grand Canyon area. She said that she took a lot of pictures and got a lot of information that she now uses in her classes.

Their big summer trip this year is going to be driving to Idaho.

Jeffrey Smith usually flies out for a week and then comes home, but this time, they are making the road trip together.

“I can’t wait to drive across Kansas,” he said sarcastically.

When traveling together, they enjoy listening to podcasts.

While he pondered what his favorite podcast was, she filled in the blank.

“Wait, Wait...Don’t Tell Me,” she said.

He agreed.

He also likes “Ask Me Another” and “BackStory.”

The couple also enjoys going to the Missouri Botanical Garden, the City Museum, the Fox Theatre and biking on trails in Madison County, Illinois, because they are paved, pass through beautiful areas and stretch for hundreds of miles, so there are a variety of rides to take.

“He’s faster on the bike than I am,” she said.

They have season tickets to the Fox, but were most excit-

ed about seeing “Hamilton,” the musical hit show about the American Founding Father.

Although they enjoy doing a lot of the same things, their writing styles are polar opposites.

Kris Smith said that she does most of her writing during the breaks in the school year.

“It’s very hard for me to write while I’m working on my lectures and grading,” she said. “Mostly it’s during Christmas break and the summer.”

Jeffrey Smith said when he’s in writing mode, he schedules sessions daily.

“Some days it’s a bigger one, and some days it’s a smaller one,” he said.

He said writing every day keeps his thought process going, plus he finds the activity therapeutic.

He said he appreciates his wife for her creative teaching approaches in the classroom because he said that is not his strength. She appreciates his help with wording things like exhibit signs and labels.

Together they hope to make history — a little more accessible and interesting for students. ◆



MY WORST FIRST DATE...



BY LEGACY STAFF

ILLUSTRATIONS BY YUKIHO NISHIBAYASHI

In 2013 I took her bowling for our first date. She beat me. We're still dating, but she still beats me every time we go bowling. Every. Single. Time.

-Tommy Holstein

I went on two dates with this chick. At first she tried to explain how the Earth was only 6,000 years old and that ancient texts dating back further than that are all falsified. But the nail in the coffin and what made the second date so terrible wasn't her complete dismissal of non-Christian culture; it was when we went to see "Avengers: Age of Ultron," and she talked. The whole movie.

-Aleksander Mansdoerfer

Worst first date: going to watch open mic night and the guy mocked the less talented people the whole time. When he wasn't doing that, he was on his phone being miserable because he was "a way better musician than these freaks."

-Julia Thorne

Went to the mall with a girl; didn't know it included her retired drill sergeant father and army brother. Dared me to eat a cricket (from a candy store), couldn't back out of it....so much for a good-night kiss.

-James Schneider

I once dated this chick who was just really selfish and so full of herself. I took her out to this restaurant called Tucker's Place and she just wouldn't shut up about how great she was (which she wasn't). Every time I tried to talk about something else, she always spun the conversation in a way that it would lead back to talking about herself. I told the waitress we were separate checks (I was going to pay for her beforehand), and I haven't seen her since.

-Ian Dymond

We went to the Renaissance Fair on a hot summer day. I started feeling lightheaded, so we left to go get some food. Got into the restaurant and all the sudden I felt it hit me. I tried to move away from him, but instead ended up throwing up all over him.

-Heaven Moore



Lindenwood alumnus Jesús López has made it his mission to make sure that international students get the support they need from the university and feel comfortable on campus.

Q&A WITH Jesús López

STORY BY MEGAN COURTNEY

PHOTOGRAPHY BY KAT OWENS

Where are you from?

"I am originally from Honduras, a country in Central America. I was born in the capital — it's called Tegucigalpa — but I lived in San Pedro Sula. I lived there for 18 years, from the moment I was born to the moment I left for college."

Where did you go to school?

"I did my undergrad here [at Lindenwood] from 2006-2010. I did my bachelor's in psychology with an emphasis in industrial psychology. I have two master's degrees. I have a master's in professional counseling and a master's in higher education. Everything permitting, I will start my doctorate program here in the spring."

What do you like to do in your free time?

"I have to walk my dog because he's got a lot of energy. He doesn't really give us a choice. I tend to travel, but because my wife and I are not from here, our travel really consists of going home. It's kind of like an unintended perk. I'm not traveling to sightsee; I'm traveling to go home. The other thing that I really like to do is watch basketball and tennis, whether that is on TV or live. My favorite teams are the Clippers and the Bulls. A lot of my time outside of work has been devoted to school, though. I do attend the campus events to get out and support the school."

What do you run into with international students?

"There's definitely a language barrier. Depending on the country they're from, some have a stronger language than others and some have different levels of English. I always try to make sure I'm available to students if they need help. I'll make sure that I acknowledge that we can communicate in another language if that's helpful. Patience is very important with international students. Having been one, I know that we're new, not only to the school, but we're new to the culture, to the environment. I make sure to always give international students the time that they need to help them through their experience, like doing extra things to make sure they are comfortable here. In a lot of cases, they can't just pick up the phone and call because they're seven

hours ahead, and their parents are sleeping, so they wait until the weekend. So during those five days, they don't have that family support, and they expect it from the university, so I try to provide that support as an international representative, in a way. The involvement is sporadic, but when it's needed."

What big changes have you seen in housing?

"When I started, there was only an assistant director and a director. Now we have an associate director, myself, an assistant director, a director and we have a coordinator in our office. We have 13 full-time area coordinators. We went from being a department of two full-time employees to 17 in three years. We've seen a growth in policy like visitation. We can do visitation in our non-traditional houses. New this semester, we can have overnight visitation; that's big for our department as far as policy. The biggest change is having housing on paper to online, which changed this past spring. That means that every year prior to that, we did housing manually. One of our other biggest changes is having a programming module in our halls. So every resident student does have activities that they can attend to every semester."

What do you like most about your job?

"Helping students. I love meeting with students and teaching them. I work with a lot of student employees who are residential staff members. I'm passionate about helping them grow and develop as individuals. Getting to know students is a big part of it. I will very rarely have someone come in here and not get their name, how they're doing in school and how I can help them, because without that information, I think you're already missing the opportunity to help."

Is there anything you don't like about your job?

"Giving bad news is never fun. Sometimes you have to give bad news about what you can't do for the student. Having to say no is not a thing I enjoy about my job, but it's a thing that I need to do every once in a while. Being 100 percent honest, I love coming to work every day." ◆



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ILLUSTRATIONS BY KAYLA DRAKE

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UNLESS IT HAS
AN ASHTRAY

THE EPICENTER



OF LIFE

DANIEL BOONE
IS LIKE A ROCKSTAR



HOME OF THE MOST

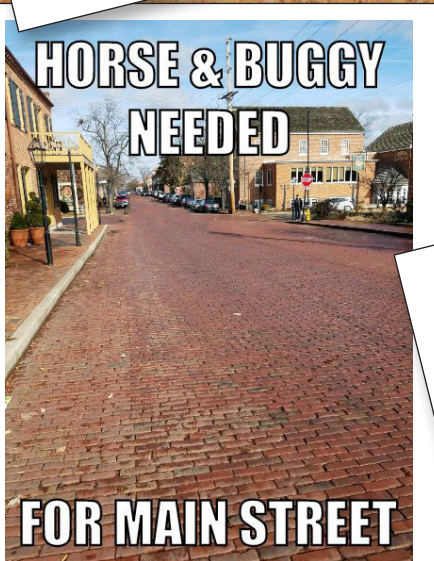


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