

Student Magazine

LEGACY

Lindenwood University March 2018 Vol. 1 Issue 4

THIRSTY FOR CHANGE

Students overwhelmingly support wet campus

Page 10





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Cover photo by
Lindsey Fiala

Letter from the Editor



I often feel stuck.

I think a lot of college students feel the same way. We exist in a sort of in-between where we are adults by age, but we often don't feel like we've made it.

We are all familiar with the donkey who is having a carrot dangled in front of his face. The donkey will never get the carrot because no matter how much he tries, the carrot is always pulled just a little farther away. It is an endless frustration.

Growing up, I have often felt like this donkey. Every time I reached a new milestone, whether it be 13, 16, 18 or 21 years old, I felt the carrot get pulled just a little farther away. People have a drive to be successful, to be taken seriously, and I do not feel like I am fully there yet. I think a lot of us feel this way.

This issue has a few different articles that all address this concept of being taken seriously.

The cover article deals with alcohol. We ran a survey and got more responses than we could have hoped for, and many responses came with some very profound comments on both sides of the conversation. Other comments were less profound, such as one that just said "Party!"

Also in that article, we dive into the history of alcohol on Lindenwood's campus, and what we found was pretty neat: There used to be unofficial bars in some of the dorms!

In this issue we have a map detailing the changes to Lindenwood's housing policies that are coming in the fall of this year, including coed dorm buildings and a 24-hour, seven-day-a-week visitation policy in the non-traditional housing.

We also looked into the trend on college campuses of buying prescription stimulants illegally to perform better academically. Illegal drugs are typically for getting high, so twisting it around and using them to get better grades is interesting, and maybe says something about the pressure students feel to succeed.

Lindenwood's students are up to some interesting things. In this issue, there are articles about a pair of Lindenwood students who are finding success in the film business, a current student who reviews expensive cars on YouTube and a successful rugby player who came to Lindenwood from Venezuela.

I think everyone just desires to be taken seriously. Academic, athletic and professional achievement are the most by-the-book ways of making one's mark as an adult in society; however, I think a lot of people feel like they are not taken seriously when they have to live under rules they don't like, and given the chance to speak up, they will. Everyone tries to grab the carrot.

EDITOR'S NOTE:

An article in the February 2018 issue of Legacy Magazine titled "Challenging Religious Traditions" contained quotes from a student wrongly identified as Katelyn Weaver. The student's name is Katelyn Marshall. We apologize for the error.

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#useyourroar

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POPPING PILLS BUT NOT FOR THRILLS

College students using ADHD medications to improve performance in school, at work

STORY BY **MADELINE RAINERI** ILLUSTRATION BY **KAT OWENS**

There's a drug trade on college campuses, but it's intended to help students succeed, not get high. In a time when students are expected to perform well under great amounts of stress from school, jobs, internships and social lives, stimulants offer a socially acceptable way of coping with everyday stressors, according to health professionals.

"When I asked my students last semester [what the biggest abuse problem on campus was], they said speed or Ritalin, like ADHD meds for non-ADHD purposes," said Amy Estlund, an associate professor of public health at Lindenwood. "I have no data on that, but I had a student say she takes Ritalin and she can't count how many times she's been asked to sell her Ritalin to people who don't need it."

Dual Diagnosis, a website for integrated treatment of substance abuse and mental illness, states that alcohol is still the most widely abused substance by college-aged students, but studies show that prescription stimulant abuse is a growing epidemic among college students.

One in five college students abuse prescription stimulants, according to research released by the Partnership for Drug-Free Kids.

A factor that could be contributing to the number is that today's college students come from a generation of parents who were taking Adderall, and it was acceptable, said Whitney Mathison, the director of the student counseling and resource center at Lindenwood.

"College doesn't support [healthy coping mechanisms] if you're taking a larger [course] load than most people," she said.

According to health professionals, routine use of both prescription and non-prescription stimulants has become a

way of life for many college-aged students between the ages of 18-25, but because of the stigma continuing to surround mental health and the lack of education regarding addictive behaviors, few to no students are receiving adequate help for problems that may run deeper than just needing to stay awake.

**"It seemed as though I had just asked someone about it, and all of a sudden I had one in my possession."
-Lindenwood student**

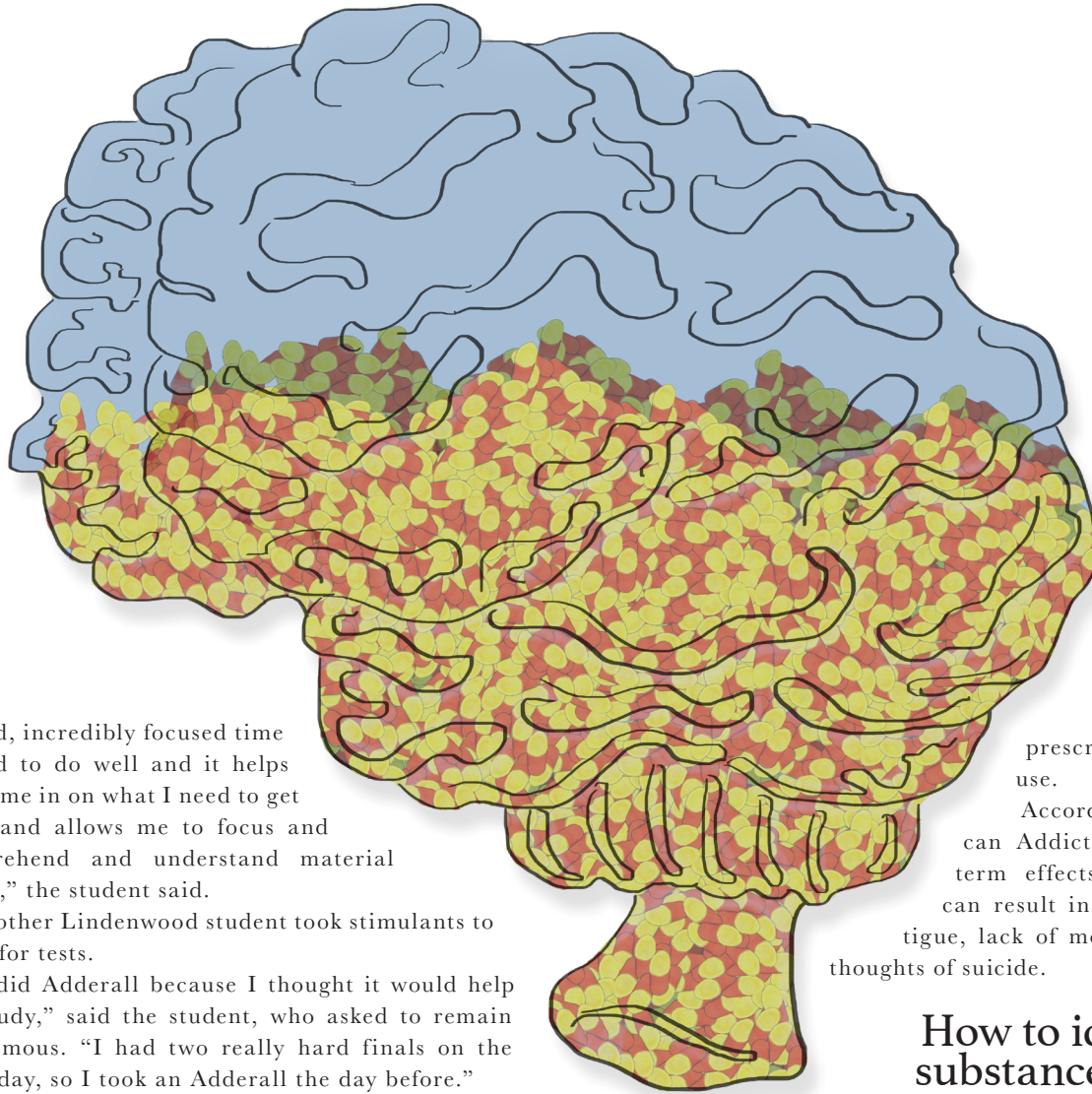
Why do people consume prescription stimulants?

Although the legal use of prescription stimulants in moderation is a way of life for many, for others it is simply a way to get ahead in school and keep up with their hectic lives, according to some Lindenwood students.

"It's not a need; it's more of an aid," said a Lindenwood student who asked to remain anonymous.

Between work, school and extracurriculars, the student needed an extra boost to get through the long days.

"I know that it can give me that uninterrupted, undis-



turbed, incredibly focused time I need to do well and it helps me home in on what I need to get done and allows me to focus and comprehend and understand material better,” the student said.

Another Lindenwood student took stimulants to focus for tests.

“I did Adderall because I thought it would help me study,” said the student, who asked to remain anonymous. “I had two really hard finals on the same day, so I took an Adderall the day before.”

Scoring the drug isn’t hard to do, though.

“It seemed as though I had just asked someone about it, and all of a sudden I had one in my possession,” the second student said. “Everyone does it, so it is so easy to get your hands on.”

The pills range between \$2 to \$7, depending on the milligrams of the pill, making it accessible to the stereotypical broke college student.

“Most people [who sell] are prescribed it, but you just have to find someone willing to give up their prescription pills and make sure they have enough,” the first student said.

Mathison said literature on Adderall shows that some people diagnosed with ADHD have experienced a lot of traumas in their lives.

“It wasn’t I’m fidgety and can’t focus,” she said. “It’s that my parents are fighting at night and I’m having to break up the fights, or I live in a neighborhood that’s poverty-stricken and there’s shootings. My cousin got killed last week, and I’m afraid I might get shot too.”

Like any medication, there are side effects with routine

prescription stimulant use.

According to American Addiction Centers, long-term effects of Adderall use can result in panic attacks, fatigue, lack of motivation and even thoughts of suicide.

How to identify substance abuse

Identifying a substance abuse or addiction problem in college can be difficult because of the blurred lines between college culture and an actual dependency issue.

“What happens is you have these students who range in age from 17-25 who are just going out having a good time after classes, and they think they’re just going out having a good time, but they may already have a gene that [makes them predisposed] to addiction and not know it,” Mathison said.

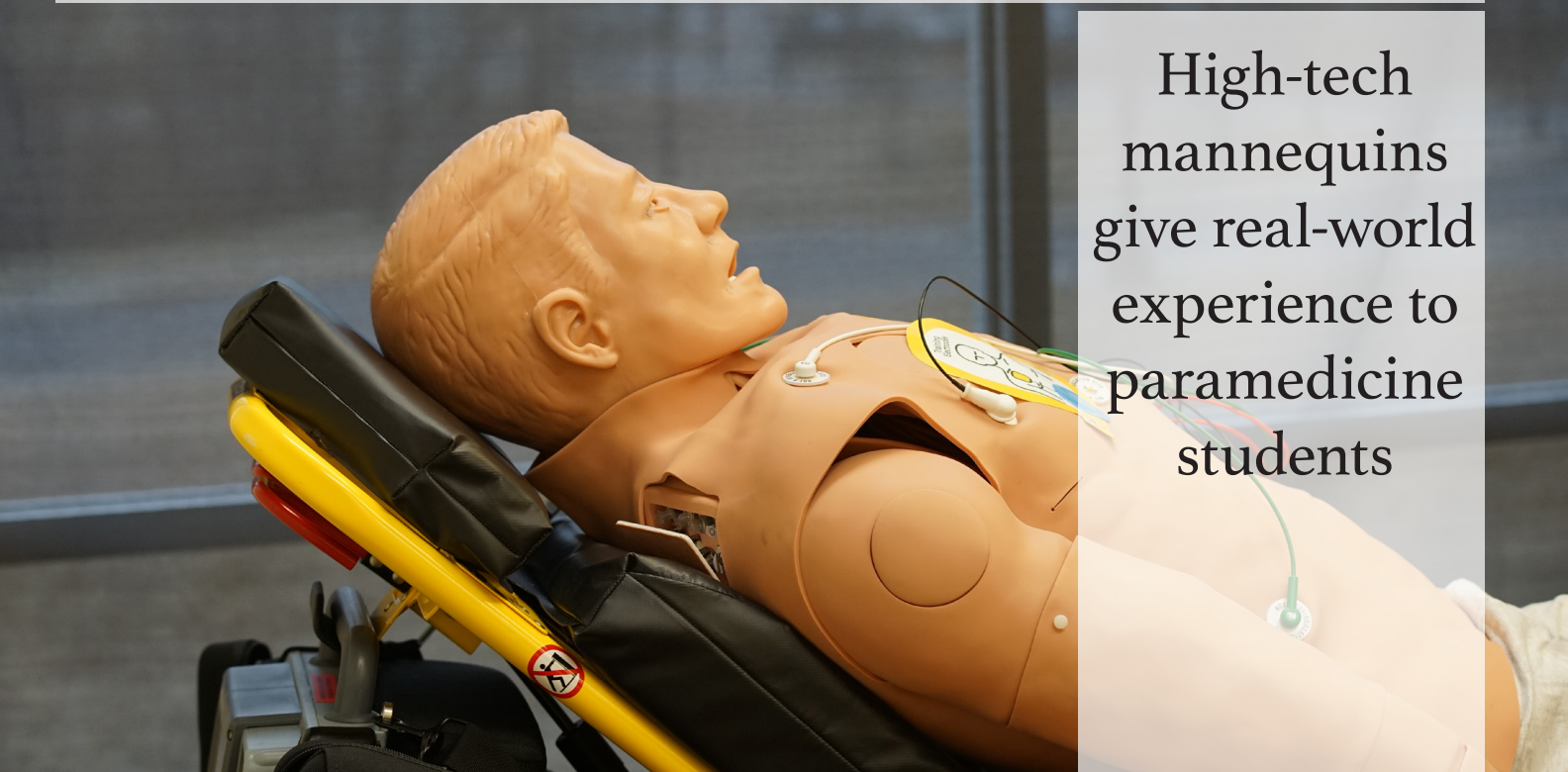
The signs of a substance-abuse problem or an addiction disorder vary and can be mental, physical and even emotional.

“Somebody indulging too much, too often,” Mathison said is a sign of addiction in college students. “If it’s causing problems in a person’s life, like not waking up on time, not being present for certain things, you’re zoned out or you have to sneak away sometimes to use whatever you’re using.”



PRACTICE PATIENTS

High-tech mannequins give real-world experience to paramedicine students



STORY BY **MATT HAMPTON**
PHOTOGRAPHY BY **MITCHELL KRAUS**

During lab in the basement of Hyland Arena, first responders assessed the patient's symptoms. They checked the pulse, the blood pressure, then jotted down notes on their gloves and hooked up an IV.

But the patient in this emergency wasn't real; he was a life-sized mannequin. And the first responders were students in Lindenwood's paramedicine program, one of the university's newest majors.

The simulations involve four high-tech mannequins that students began using this semester.

An iPad controls the mannequins' reactions, things like dilating a pupil or turning lips blue. The simulations also include defibrillators, electrocardiogram machines and other emergency equipment.

"We can change their EKG if they have some lung issues like in a traumatic situation," said Darrell DeMartino, one of the assistant professors in the program.

When treated correctly, a mannequin's EKG and lung sounds will return to normal, he said.

The mannequins can cry and salivate, and their right shin

Above: Lindenwood's paramedicine students are using high-tech mannequins to practice medical procedures.

allows for intraosseous infusion, a process by which a drug is injected directly into the bone marrow, said adjunct instructor Ryan Pattiz.

The paramedicine program was created last year, after an Emergency Medical Technician course was offered during summer semester. The labs constitute half of the paramedicine degree.

Training center coordinator Janet Schulte said getting access to real patients, like those giving birth, has become more difficult.

"They say 'If you're just there to watch, I don't want you there,'" Schulte said.

So in addition to the new mannequins, Lindenwood will be using the SmartMom birthing simulator this fall, she said. The device can even simulate delivery complications, such as hemorrhaging.

Not all of the features of the new mannequins are being used in class yet, but they are gradually introducing more complex situations as the students learn more advanced skills.

Next semester will include scenarios related to trauma, children, births and chest injuries.

DeMartino said that though the mannequins take some getting used to, students generally like them because they are so realistic. DeMartino, who has worked as a paramedic and a nurse practitioner, said technology allows for more complex and immersive simulations.

“About eight years ago, the ones that breathe used to have a compressor that had to be in another room,” he said. “Now we’ve moved to wireless, and we can actually put the compressor inside the leg for example, so we can get the breathing motion to occur without all of the technology.”

According to Cynthia Schroeder, the dean of the school of health sciences, Lindenwood’s paramedicine bachelor’s program provides graduates with better opportunities because it is more intensive and includes courses such as pharmacology and pathophysiology.

“Most of what you might see out in the field right now are paramedics who have been trained in a certificate type of a program,” she said. “In our program they are getting more of a holistic experience.”

Student Bradley Gaylord enrolled in the program after a stint in the Marine Corps. He said the paramedicine program provides a more detailed understanding of the science behind treatment, and the mannequins play a big role.

“When we first started the program ... we were using each other, just kind of imagining things were happening,” he said. “When we learned something as simple as vital signs, with seven healthy students in an EMT class, you’re not going to get any abnormal vital signs.”

Program director Nick Miller said the degree requires at least four full-time semesters and about 700 to 800 hours of clinicals, exceeding the state requirement of 500 hours.

Paramedicine courses are organized into eight-week blocks focused on a single subject, with lecture on Tuesday and Thursday and lab on Wednesday and Friday. In addition to class four days a week from 8 a.m. to 1 p.m., paramedicine students also work a 12-hour clinical shift at least once a week.

Students start doing clinicals at several St. Louis-area hospitals their first semester and transition into doing them in an ambulance by the end of the program.

Gaylord said as the students get to know people at the hospitals, they are getting to do more skills during the clinicals.

“They can be fast-paced, they can be busy, but they’re fun experiences,” he said.

In their final semester, paramedicine students do a field internship in which they have much of the responsibility of a working paramedic.

Gaylord said he began taking EMT classes as a step toward becoming a firefighter, but he is now considering a career as a paramedic.

“Once I started learning more about the body and more about the medicine and stuff and how everything works, I really actually fell in love with it,” he said. ◆



Watch at
LINDENLINK.com



Paramedicine students work on one of the new high-tech mannequins. Clockwise from left: Greg Pottgen, Rachel Weich and Paige Thomas



HOUSING CHANGES SET FOR FALL 2018

ILLUSTRATION BY JACOB WEINRICH
COPY BY MITCHELL KRAUS

Non-traditional housing like Linden Lodge will have 24/7 visitation. To qualify for non-traditional housing, students will need junior standing and a 2.0 GPA.

Calvert Rogers and Rauch halls will be Lindenwood's first coed housing. Women will get the first and third floors, while men will be housed on the second and fourth floors. Tri Sigma will retain its housing and chapter room on the first floor of Calvert Rogers.

Flowers, Mathews, Reynolds and Pfremer halls will be freshman-only dorms. An honors wing will be available in Pfremer and Flowers.

The residences on Oak Street and the 1000 Block of Powell Street will not be available to students.

McCluer Hall will be an office building. The members of Phi Sigma Sigma will be moved to Irwin.

Find out more information at Lindenlink.com or scan the code below to be taken directly to our article "Residential overhaul coming to campus this fall."



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THIRSTY FOR CHANGE

93 percent of students at Lindenwood support wet campus, poll shows

STORY BY LINDSEY FIALA AND KAYLA DRAKE

PHOTOS BY LINDSEY FIALA AND HISTORICAL PHOTOS FROM THE SCHOOL ARCHIVES

ILLUSTRATIONS BY KAT OWENS

Lindenwood is starting to shake its conservative roots. Next semester, the university that was founded by George and Mary Sibley — two strict Presbyterians — will become significantly more progressive.

Lindenwood will offer coed housing in Rauch and Calvert Rogers halls, 24/7 visitation in non-traditional housing and allow fraternities to share a “frat house.”

In an interview with Legacy magazine in January, President Michael Shonrock hinted at what could be the next step — allowing alcohol on campus.

Shonrock said administrators and Pedestal Foods are exploring the idea of selling glasses of wine during intermissions of shows at the J. Scheidegger Center for the Arts.

While Shonrock offered no timetable for the change, he said to sell drinks, Pedestal Foods first would need to get a liquor license, and the university’s board would have to give permission.

Shonrock added that no plans currently are underway to introduce alcohol at other events.

Officially dry but unofficial bars

According to Paul Huffman, university archivist, Lindenwood has always officially been a dry campus.

“When [the Sibleys] decided to retire from running the school, they deeded Lindenwood over to the Presbyterian Church,” Huffman said.

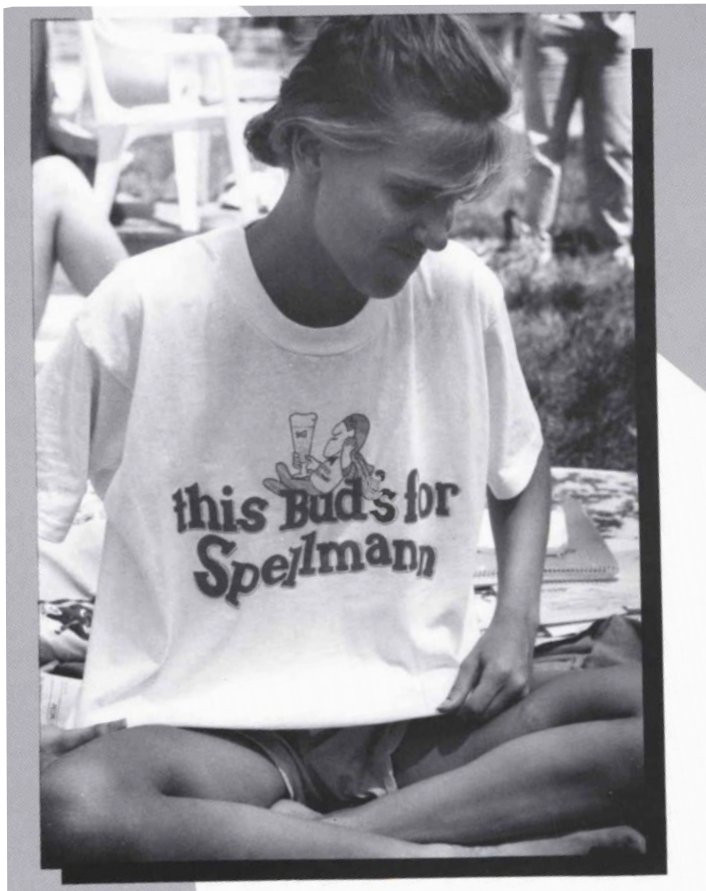
“Knowing that not all Presbyterians were against drinking, the Sibleys added a clause to the deeding over of the school that said that there should be no form of drinking or gambling on campus.”

But in the late 1970s, Lindenwood’s administration turned a blind eye to a couple of unofficial bars set up in dorms, according to Huffman. The legal drinking age in the United States was 18 at the time; it wasn’t raised to 21 until 1984.

Niccolls Hall housed The Wooden Niccoll, and in the late 1980s, Cobbs ran Spanky’s Tap, named after former President James I. Spainhower.

Associate English professor Hollis Heyn was a student from 1971 to 1975. During that time, President John Anthony Brown established a separate college for men because Lindenwood was originally established as a “female college” in the Sibleys’ deed.





Student on page 72 of the 1989 school yearbook, displaying her alcohol-themed attire.

According to Heyn, the men's and women's colleges had separate deans, and Patrick Delaney, known as "Coach" by students, was much more relaxed with the men.

"It was a free-for-all with the men; they had no rules whatsoever," she said.

Heyn said Irwin, a male dorm at the time, had parties a lot.

According to Heyn, the dormitories substituted for fraternities and sororities back then. For the parties, the men would have "bathtub sangria," in which they clogged the bathtub and added alcohol and fruit.

"It was very gross," said Heyn, who never tried the concoction herself.

Where Scheidegger is situated now is the former location of a liquor store called Lucky's, which sold both ammunition and liquor. According to Heyn, students would walk to the store to buy alcohol.

Director of Student and Academic Support Services Penny Bryant came to Lindenwood as a student in 1980. Bryant said there were "no rules" and the president, Robert Johns, was very relaxed about alcohol.

"I remember the first year I was here, when Dr. Johns was still here, the campus was incredible," she said. "We had first-run movies, we had parties all the time. It was like wow."

In August 1982, Johns was fired by the Board of Directors because of mismanagement, and the board had "his belongings removed from the house and put out to the curb," Huffman said. Spainhower replaced him in January 1983.

Bryant said the students did not set out to get "totally schnoekered" on the weekends, but enjoyed parties in Ayres dining hall frequently.

"We did as we pleased," she said. "I didn't think about it as having this freedom; it was just the way it was."

But partying was never the focus of college to Bryant and Heyn; both agree that the tight-knit community and serene campus made their college experiences.

"Besides the birth of my children, those were some of the best years of my life," Bryant said.

After 1984, Lindenwood formally separated from the Presbyterian Church. There was no sale; just a relinquishing of responsibilities by the Presbyterians, Huffman said.

Associate professor of mass communications Richard Reighard, who has been teaching at Lindenwood since 1985, said at the time, as long as students caused no problems, the administration had no problem with them drinking.

Reighard said he often would have the entire communications program, only 20 students, over at his house.

"You regularly went to professors' houses for cocktail parties," he said. "There was much more socialization that went on, and it was all organic."

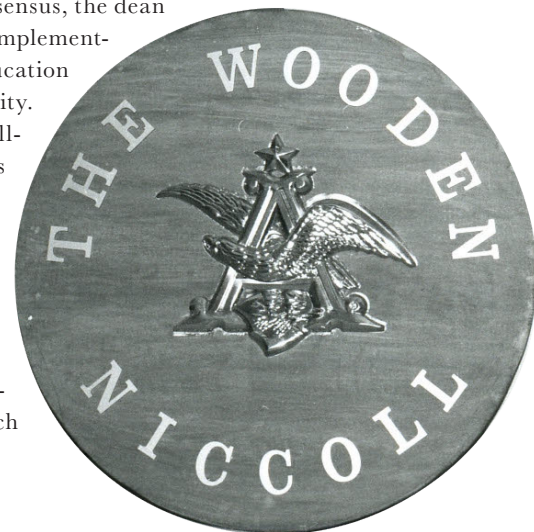
Reighard said he watched out for his students and sometimes got phone calls in the middle of the night to help a student who partied too much.

"Some folks would come staggering back to the dorm, and they obviously came back three sheets to the wind, and you'd help them back to their dorm room and tuck them back in bed so they didn't do something stupid or hurt themselves," he said.

Reighard said he never went to Spanky's Tap himself but did attend a few all-night poker games in Niccolls Hall in the '80s.

However, a front-page story in the February 1985 edition of LindenWorld, the student publication at the time, questioned whether drinking was a problem on campus. While students didn't come to a consensus, the dean of college life said implementing an alcohol education program was a priority. When Dennis Spellmann took over as president in 1990, the campus became dry again.

"It was also around this time that Lindenwood became more socially conservative, which put the final





nail in the coffin of a wet campus,” Huffman said.

But Huffman has said that the deed is considered more of a “historical document” than a current reference for the board of directors.

As for the future of alcohol on campus, Reighard and Heyn agree that allowing alcohol on campus would not encourage students to stay on campus during the weekends, because that’s not Lindenwood’s culture. Reighard said he doesn’t think allowing alcohol at sporting events would increase game attendance because Lindenwood is situated in a very populated spot with a lot of nightlife around.

Other Colleges Policies

In a study by Harvard’s School of Public Health, which surveyed more than 50,000 students at 120 colleges from 1993 to 2001, researchers found that a third of all American campuses are dry.

According to a study done by Partners in Prevention in 2017, 76 percent of all Missouri college students reported alcohol use in the past year, and 63 percent reported using in the last month.

In the St. Louis metro area, most colleges allow alcohol in some way, including Webster University, Maryville University, Saint Louis University, University of Missouri - St. Louis and Washington University.

Here’s how the policy works at Maryville: Alcohol can be consumed by anyone 21 years and older in the privacy of university living areas and at registered or university-sanctioned events when hosted by their liquor license holder or designee.



Alumnus Paul Lampe, on page four of the 1989 yearbook, “rings in the Holiday Season at Spanky’s Tap.”

Students at Maryville are not allowed to consume alcohol in public anywhere on campus without working with one of the school’s third-party liquor license holders or designees.

Use of devices designed or intended for rapid alcohol consumption, including funnels and beer bong, are prohibited.

Behavior that is intended to intoxicate, including races, games and beer pong, are also banned. These acts are considered aggravating circumstances.

The following are some sanctions that Maryville can take in the event of a violation: formal reprimand, community service, education or referral for counseling, restitution, university housing transfer or removal, suspension from specific courses or activities and suspension or expulsion from the university.

According to Director of Health and Wellness at Maryville Pam Culliton, the vast majority of Maryville students do not use alcohol in a risky manner.

“We [also] retain the option to contact parents if a violation of policy has occurred,” she said. “We do not impose ‘fines’ as part of the penalty.”

Maryville resident Taylor Wucher does not believe alcohol being allowed on campus causes any problems or interferences with school.

“I haven’t heard of any accidents or injuries [because of alcohol],” she said. “Our campus is small, so everyone just walks to parties.”

According to Culliton, Maryville has always been a “wet” campus. The only time alcohol is sold on campus is during specific events where a cash bar is set up and managed by its food-service provider.

Students favor a wet campus

Ninety-three percent of Lindenwood students who responded to a Legacy magazine staff survey are in favor of the university allowing alcohol consumption on campus.

The poll, conducted online through surveymonkey.com and through paper handouts, involved 577 Lindenwood students. Ninety percent of the respondents indicated they are residents.

Students who completed the survey ranged from freshman to graduate student status.

The survey included six questions and had a 4 percent margin of error.

More than 400 students who took the survey also provided additional comments about their opinions.

Students who believe alcohol should be allowed on campus cited several reasons: selling alcohol at sporting events would raise revenue, selling alcohol would increase students’ and alumni’s attendance at sporting events, students who are 21 drink on campus regardless of the current policy and allowing students who are 21 or older to drink on campus would allow for safer drinking environments and fewer accidents and injuries.

Freshman Joseph Schnapp believes there would be several

positive impacts on Lindenwood if alcohol were allowed on campus.

“Firstly, students will be more likely to call for help if a colleague potentially has alcohol poisoning,” Schnapp said. “Right now there is a fear that if someone were to call security, they too could get in trouble.”

Schnapp believes the second benefit would be the revenue Lindenwood could make if it sold alcohol at various sporting events.

“Third, enrollment will go up,” he said. “High schoolers want to go to a college where they can have fun. When a student sees that Lindenwood is a wet campus, the school is going to look better in that student’s eyes, and they will be more likely to pick it.”

Sophomore Ben Kraus said students currently go to extreme lengths to hide alcohol from the school, and it puts them in dangerous situations in order to drink.

“During these extremes, [students] get hurt,” Kraus said. “Some [students] have to go to Main Street to drink to avoid getting in trouble on campus. This can lead to overconsumption if not watched by friends, or drunk driving back to campus.”

Freshman Selena Martin believes that prohibiting alcohol on campus doesn’t stop student drinking.

“If Lindenwood were to allow alcohol, those students wouldn’t need to try and find creative ways and would possibly just forget about it,” Martin said. “It might also put less strain on both campus and St. Charles police with no need to come by and confiscate the alcohol.”

Though many students are in favor of allowing alcohol on campus, several students think Lindenwood should keep its dry campus policy.

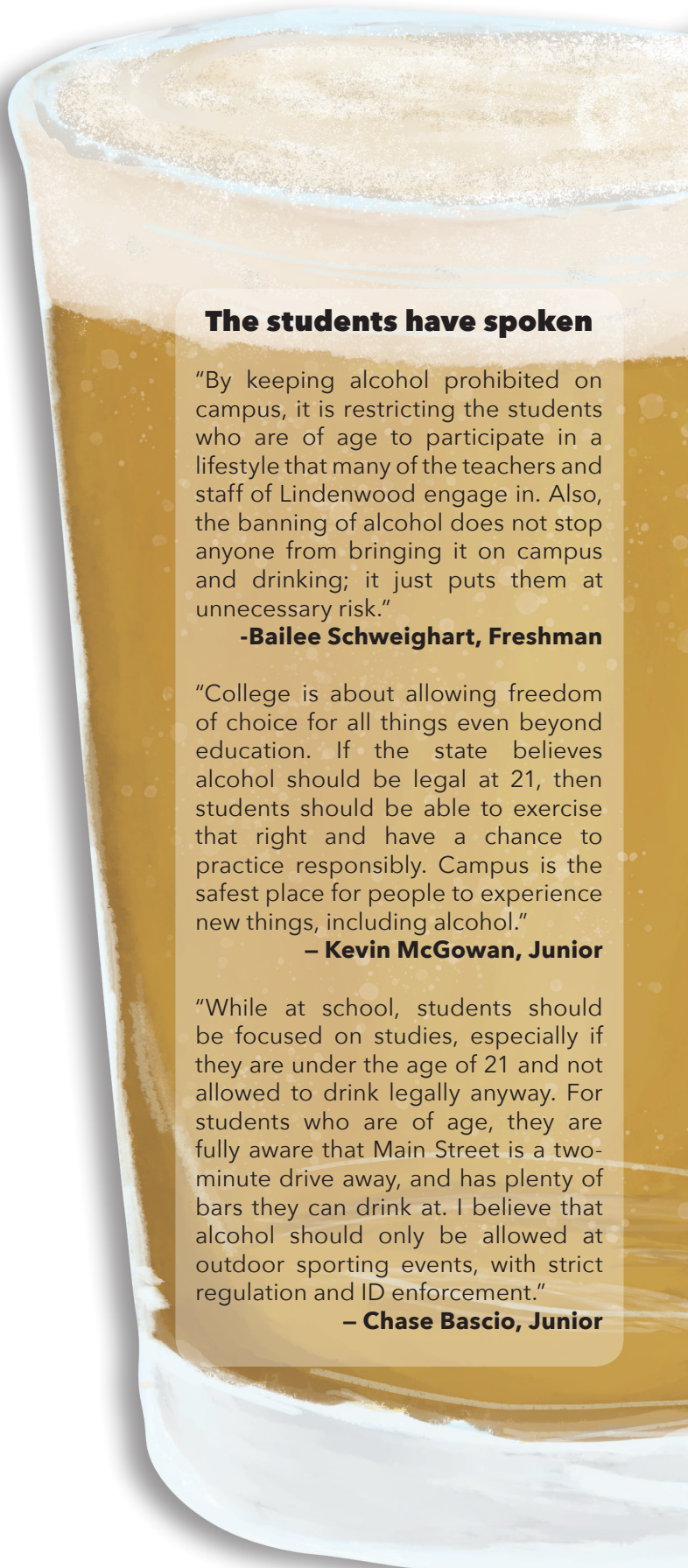
Lindenwood senior Alex Legaria said that Lindenwood should conserve its “uniqueness.”

“If we keep getting rid of the traditions that make Lindenwood special, it will become a whatever university,” he said.

Another senior, Ashley Holdmeier, said she believes alcohol on campus could lead to more harassment and violence.

“I feel safe when I am on campus because I know I am away from the partying,” Holdmeier said. “I would like to continue to feel safe on campus.”

While opinions on the topic vary from one student to the next, Lindenwood is continually making changes for its students. And with alcohol showing up in its past, the idea of quenching students’ thirsts may be a possibility. ◆



The students have spoken

“By keeping alcohol prohibited on campus, it is restricting the students who are of age to participate in a lifestyle that many of the teachers and staff of Lindenwood engage in. Also, the banning of alcohol does not stop anyone from bringing it on campus and drinking; it just puts them at unnecessary risk.”

– **Bailee Schweighart, Freshman**

“College is about allowing freedom of choice for all things even beyond education. If the state believes alcohol should be legal at 21, then students should be able to exercise that right and have a chance to practice responsibly. Campus is the safest place for people to experience new things, including alcohol.”

– **Kevin McGowan, Junior**

“While at school, students should be focused on studies, especially if they are under the age of 21 and not allowed to drink legally anyway. For students who are of age, they are fully aware that Main Street is a two-minute drive away, and has plenty of bars they can drink at. I believe that alcohol should only be allowed at outdoor sporting events, with strict regulation and ID enforcement.”

– **Chase Bascio, Junior**

Read more at
LINDENLINK.COM



HIKING TRAILS: GATEWAY TO MY NATURE ADDICTION

STORY AND PHOTOGRAPHY BY **MICHELLE SPROAT**

ILLUSTRATIONS BY **YUKIHO NISHIBAYASHI**

I used to think that outside was the worst place to be.

Spring, summer, fall and winter each came with its own reason for me to stay inside.

In the spring, my allergies were terrible, and going outside made my lungs hurt and my eyes water. Summer was very hot, and there were bees, which I didn't want to mess with. In the fall, my allergy woes subsided, and I was greeted with the beautiful changing colors and the comfortable temperatures, but I spent my days inside a classroom. Winters in my hometown just outside of Chicago were cold, and significant snowfall kept me indoors.

All in all, I didn't have much to motivate me to get me to go outside.

While many of my other friends spent their summers camping with family, friends or at an organized summer camp, I stayed at home with many of my outside adventures spanning no farther than my neighborhood.

When I left the Chicagoland area and started school at Lindenwood University, I was trading a town that was close to the hustle and bustle of the city for a quiet town surrounded by forests and the Missouri river.

The landscape of highways and concrete that I was used to seeing every day was transformed into something beautiful.

While I am not the biggest fan of Missouri, for numerous reasons, I do appreciate the upkeep of nature preserves in the area.

Whether I am walking down Main Street along the Missouri River, or I am walking around Lindenwood's campus, I feel a strong

connection to the outdoors that I never felt at home.

When I started dating my boyfriend, Jacob, in May of 2015, I began to appreciate the outdoors more. While I may have been born and raised a city girl, Jacob had a lot more outdoor experience. He was a Boy Scout who worked to earn the prestigious title of Eagle Scout in 2013. To me, he is Eagle Scout Jake, the one who knows more about the outdoors than anyone I know.

When we returned to school in the fall of 2015, I decided I wanted to embrace the outdoors more while we were in college. I knew that when we graduated, we may not remain in the Missouri area, so we



Jacob Jagodzinski walks along the Rocky Top Trail at Lake of the Ozarks State Park on Oct. 28, 2017.



should take advantage of the abundant hiking opportunities we had.

This is when I fell in love with hiking.

Hiking in Missouri

Missouri has more than 1,000 miles of hiking trails across the state, according to the Missouri State Parks website.

These trails vary in difficulties from easy to moderate to rugged. Whether you're an experienced hiker or a newbie, there's a trail for everyone.

All of the trails can be found on the Missouri State Park's easy-to-navigate website. Under each state park, there is a list of the trails that features a link to a map of the park, the length and difficulty of the trail and other descriptions of the trail itself.

The first state park I visited in Missouri was the Lake of the Ozarks State Park in October 2017. I was in the area for two days and was able to hike different trails that were both moderate and rugged.

These trails offered some of the best views I have seen.

When I went, it was the tail end of the fall season, so there were still red and orange leaves on the trees, making a colorful frame looking out onto the lake.

While I prefer the trails in Missouri state parks, a lot of local trails are excellent for hikers at all levels. The first trail I hiked in Missouri was local to the St. Charles area.

In St. Charles County, five parks offer natural-surface trails for hiking and biking. These parks are Bangert Island (St. Charles), Klondike Park (Augusta), Matson Hill Park (Defiance), Quail Ridge Park (Wentzville) and Towne Park (St. Peters).



In this photo, I am standing on a large rock next to a lake within Lake of the Ozarks State park on Oct. 28, 2017



Benefits of hiking

To many, hiking may be synonymous with walking. Walking around a park may not sound like an experience that would benefit your health. However, hiking is about pushing your limits while also being aware of your surroundings.

Hiking is more than just walking around.

Julie Corliss, executive editor for the Harvard Heart Letter, wrote an article for Harvard Medical School about the benefits of hiking. These benefits range from improved cardiovascular fitness to stress relief.

Corliss wrote that "Nearly everyone, regardless of age or athletic ability, can find a hike that offers the right level of personal challenge."

Finding my limits and pushing them is one of the main reasons I love to hike. When I hike, I use muscles that I wouldn't use on a regular basis. Walking from class to class uses different muscles as opposed to walking on a rugged terrain of gravel, rocks and dirt. By doing this, I am improving my muscular health as well as my cardiovascular health.

If it weren't for my positive hiking experiences in Missouri, I wouldn't have this passion for getting outdoors.

While I won't be pitching a tent and backpacking through a park anytime soon, I look forward to the many hiking opportunities I will have in the future. ◆

"Hiking is more than just walking around."





The crosswalk to the Library and Academic Resources Center needs additional safety measures.

Depending on your point of view, the bigger threat to road safety on campus is either maniacal drivers or ruthless pedestrians.

When you're a pedestrian strolling around campus, drivers are the scourge of the earth. When you're a driver, pedestrians remind you of the game of frogger, darting out from behind cars and often not using the designated crosswalks.

Regardless of your viewpoint, drivers and pedestrians can all agree that the Library and Academic Resources Center crosswalk has been ineffective.

For both pedestrians and drivers, visibility is limited. On Old First Capitol Drive, the road that runs outside of the LARC, cars parked along the entranceway severely hinder vision for both drivers and students attempting to cross.

"The LARC crosswalk scares me, even after they put up that flashing sign," student Dolores Boschert said. "I've seen far too many people speed through that area and almost hit people."

In addition, students use zero common sense when crossing the crosswalk. Heads are pointed down toward cellphones, earbuds are firmly in

place and music is blaring, which in any other circumstance might work out OK, but not when walking.

Both drivers and students have a responsibility to practice safety, but the current crosswalk does little to encourage that behavior.

For some reason, driving laws go out the window on campus. Stop signs become optional, and some students think it's a game to see how quickly they can make it from one end of campus to the other.

The speed-monitoring devices placed on Old First Capitol Drive at the beginning of the fall 2017 semester proved to be a feeble attempt at curbing speeding throughout the most dangerous part of campus. The 15 mph speed limit is not enforced, nor does anyone follow the speed limit.

Although increasing security on campus is not necessarily the best option, it might be the only option to fix inappropriate driving habits.

The crosswalk was hastily thrown up last semester after students began realizing its dangers and took their complaints to the university.

The current position of the crosswalk seemed like the most logical place because of the pre-existing sidewalks on both the LARC and Spellmann side of the road, but what was supposed to be an improvement on driving throughout campus barely helped the driving/crossing issues.

Drivers looking to turn right into the up-

per Spellmann parking lot have their view obstructed by both cars and students. Students using the crosswalk run the risk of being hit by drivers turning into the parking lot.

The solutions to the ineffective crosswalk will involve work by campus security, drivers and pedestrians, but it is an attainable goal.

The crosswalk is ill-placed, and many other options exist for more effective use. Farther up the street, by the stop signs that were recently installed (which should be a three-way stop, but that's an issue for another time) and closer to the Welcome Center would be a better location for the crosswalk. There could even be a second crosswalk added.

The move doesn't need to be expensive; just enough to allow drivers and pedestrians to both operate safely.

According to an email from Diane Moore, the vice president of operations, the grounds department is looking into some additional pedestrian crosswalks, signage and road striping.

"This will likely take place this summer when there is less traffic on campus," she said.

Let's hope that this happens before a serious accident occurs. The crosswalk is a dangerous environment and should be fixed before any further irreparable damages potentially occur. Pedestrians and drivers both deserve a better solution to a large-scale problem. ◆



CAMPUS REC CENTER IN NEED OF FACELIFT

STORY BY **TAYLOR MCDANIEL**PHOTOGRAPHY BY **KAT OWENS**

Lindenwood's "state-of-the-art" recreation facilities fall far short of the offerings at other nearby universities, and a remedy to the situation should be a top priority.

Lindenwood has 10,750 students, 55 percent of them being residents. But the recreational options for students are very limited. Evans Commons, which was completed in 2011, has three indoor multipurpose courts, an undersized running track, a free weight room and a room for group exercise classes. This sounds good until you look at what goes on in these facilities.

For example, when the track and field team is taking up one court, and the dance team is taking up another, this leaves very little room for other students.

University of Missouri - St. Louis, Southern Illinois University - Edwardsville and Saint Louis University all offer their students more options. Some of the other universities' facilities include three or more indoor basketball courts, racquetball courts, rock-climbing and bouldering walls, weight rooms, larger-scale tracks, aquatics facilities, saunas and juice bars.

As of right now, no additions are planned for Evans Commons, according to Diane Moore, vice president of operations. With Lindenwood's constant battle to recruit local students, Lindenwood should step up its game and offer more.

Lindenwood is a school that relies heavily on the enrollment of athletes. The university is widely known for the many national title-winning sports teams. While many of these sports have beautiful facilities to practice and play in, others do not.

In fact, some of the teams must drive 30 minutes or more to get to their separate practice facilities, including gymnastics, bowling, hockey and the shooting team.

Others that would benefit greatly are all the water sport teams. It is not fair that they do not have access to any facilities on campus. They need a pool. We need a pool.

Senior Heather Rosson is a member of the women's water polo team at Lindenwood. She said it is annoying to have to drive nearly six miles each way to the St. Peters Rec-Plex to practice, especially for those who do not have vehicles.

"A facility on campus would give my team the opportunity to practice whenever we want, not when the Rec-Plex has time for us," Rosson said. "We also wouldn't have so much money [used] renting a facility."

Members of the roller hockey team are also not happy about the drive to Ballwin to skate. Their current facility is approximately 17



Leo greets you as you enter the Evans Commons Recreation Center.

miles away one way.

"It can take between 20 to 50 minutes to drive each way to and from practice," Jason Novak, senior roller hockey player, said. "There's no way to tell in advance how long it will take."

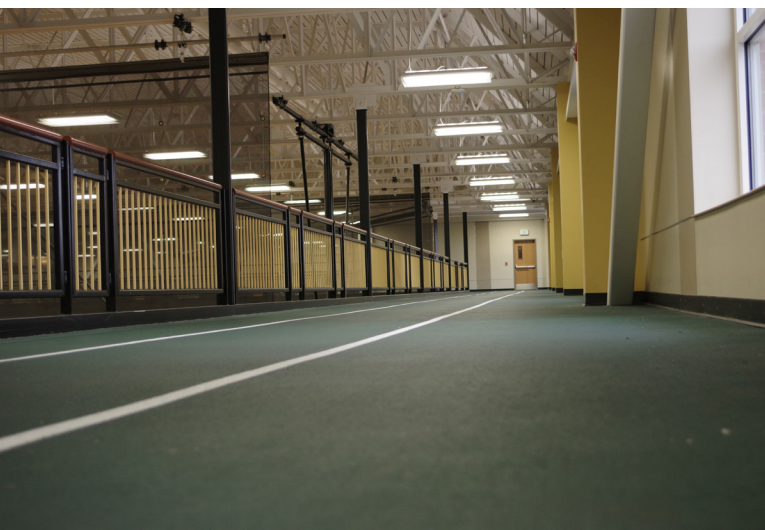
Novak said that having a facility on campus would "legitimize" their sport. He feels that having this place would allow more people to see the sport they normally would not.

The cheerleading team is fortunate to have a practice space on campus, but that space is inadequate. The team must keep its equipment — including four national title trophies — in a tiny space behind a set of bleachers. They need the appropriate flooring and equipment that doesn't have to be tucked away every single day.

"It's not a want at this point; it's a need," cheerleader Emily Stricker said.

There is a solution to the problem at hand: Build a dedicated recreation complex. A multitude of students would benefit from this addition to the university.

With the addition, students would have access to a plethora of new state-of-the-art equipment and programs, Lindenwood would have a fighting chance against the other local universities and students would no longer feel disappointed about the recreation facilities. Lindenwood could be as proud of its recreational facilities as it is of its athletes. ◆



The track above the basketball courts in Evans Commons



FROM LINDENWOOD TO HOLLYWOOD

STORY BY **KAYLA DRAKE**

PHOTOS PROVIDED BY **JULIUS DAMENZ AND MATIAS WAJNER**

Lindenwood graduate student Julius Damenz and student Matias Wajner ended up in Hollywood the same weekend in 2016. Wajner was giddy with the prospect of being part of a Showtime series. Damenz was ready to start a highly competitive internship on the set of “Scream Queens.”

Both spent a year and a half in Los Angeles pursuing careers in cinematography, successfully rising to top productions in the music video industry.

Damenz and Wajner worked on the camera team with rappers such as Migos, Gucci Mane, Playboi Carti, 2-Chainz, Rich the Kid, G-Eazy and Post Malone.

Damenz said “all roads” lead to LA for his career.

He graduated from Lindenwood in 2016 with a degree in cinema arts. As a student, Damenz won a college Emmy for his senior short film “Infinite” and the Emmys’ summer internship program offered him a position. Damenz said it was a rare opportunity, because he was chosen from a couple hundred students to shadow a cinematographer. At the historic Paramount Studios, Damenz met Joaquin Sedito, recognized for his camera work on “The Italian Job,” “Memento” and “Glee.”

“There was never any expectation; I was just there to shadow and learn, and that was liberating in a sense,” he said.

Damenz said shooting “Scream Queens” at Paramount Studios was “surreal” because he walked through the famous iron gates every day, scanning a badge with his picture and name on it. He said he remembers walking through the sound stages, reading plaques that listed all the noted TV shows and films shot on the sets.

Since Damenz is from Germany, he did not recognize actors John Stamos and Emma Roberts, but he did know who Jamie Lee Curtis, well known for “Freaky Friday,” was.

“I introduced myself to her, and she actually remembered my name,” he said. “So every morning she

would be like ‘Oh, hey Julius.’”

Damenz said he had no idea how big the scale of TV productions were; he recalls Paramount employing hundreds of people and building million-dollar sets for TV shows.

Wajner, like Damenz, got lucky with a job opportunity in LA. Wajner’s aunt, Christina Wayne, was an executive producer for “I’m Dying Up Here,” a show about the stand-up comedy scene in LA during the 1970s. He was offered a paid production assistant job for the summer. Wajner enjoyed it so much, he asked to stay for the rest of the season’s production, putting his degree on hold for a year.

“[At first] I tried to find out what everyone did, help them out and be super nice, and then I realized everyone is just a human just like you, and if you treat everyone the same ... you’ll be fine,” he said.

Lindenwood graduate Chloe Williams, who was roommates with Damenz in LA, said both of the men’s situations were unique because they had jobs and places to stay prior to coming to the city, unlike most people who come without a secure job.

Once Wajner and Damenz’s internships ended, they freelanced, doing assistant camera jobs for rap music videos.

Damenz said freelancing made him take responsibility for his future and pushed him to find jobs not only to gain experience but to pay rent.

“For the first time, I didn’t have this pre-established structure on my life, like school or the internship,” he said.

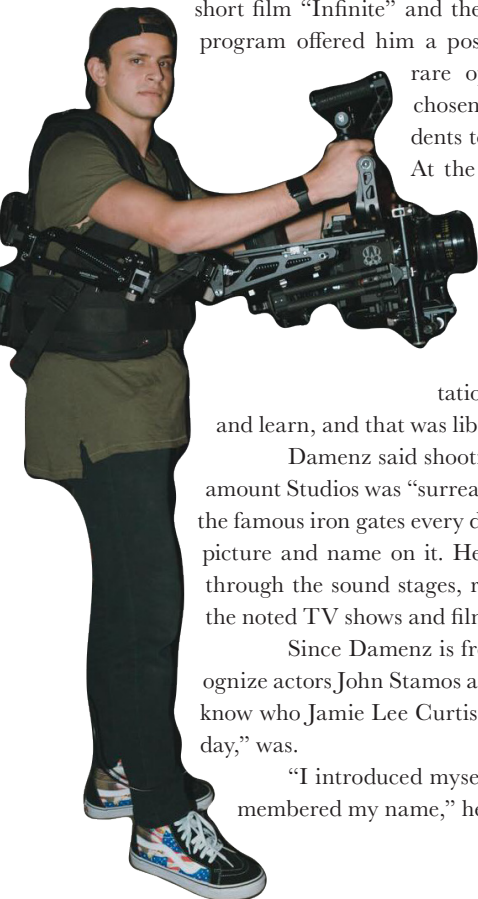
One night, during the end of Damenz’s internship, a “random guy” he followed posted that he was looking for someone to shoot behind the scenes for a music video. Damenz messaged him, not expecting a reply because the man had 150,000 followers. Surprisingly, he offered Damenz the job. He told Damenz to come to the set at 7 a.m. Saturday.

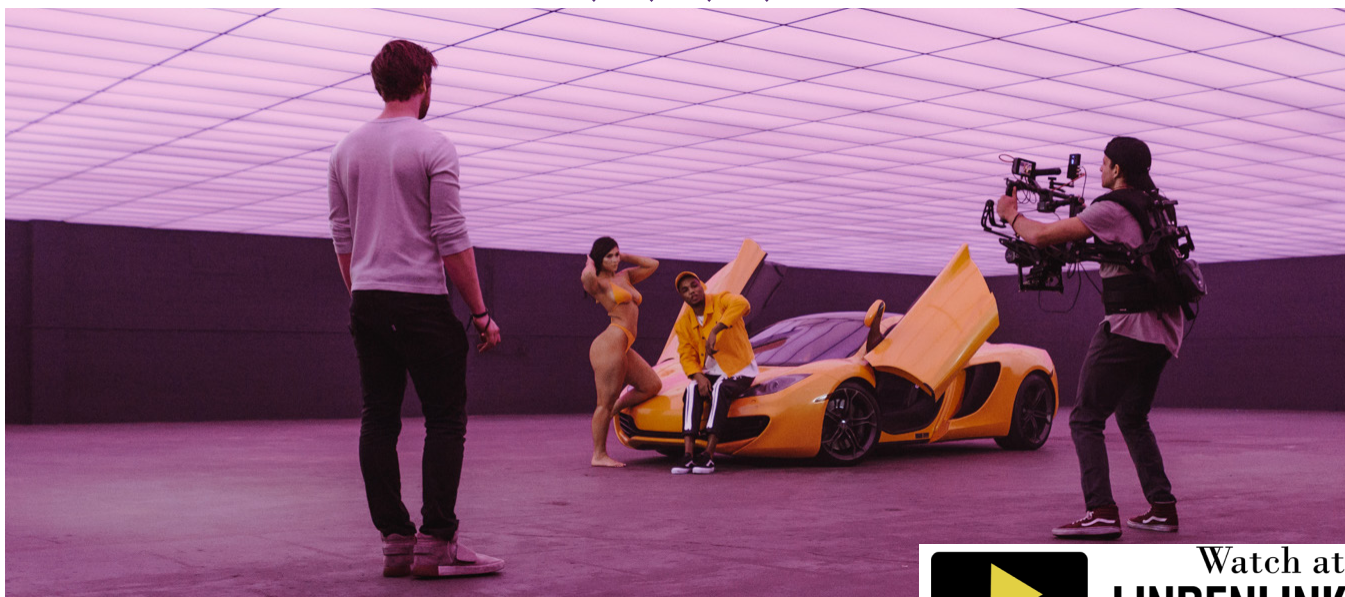
“I got there at 3 a.m. on Friday night ... and there was this really cool moment where I was like, ‘Aw, do I really want to go to this, it’s unpaid, it’s probably going to be a lot of work,’” he said. “And then I decided to go, and that’s where I met Darren Miller.”

Miller has been the director of photography for Migos, Chris Brown, 2 Chainz and G-Eazy music videos.

After more jobs, Miller moved Damenz up to a second unit cam-

Bottom Left: Matias Wajner operates a Steady Cam on set.
Top Right: Julius Damenz perfects a shot during a take.





Wajner and Damenz work together on a music video, Jazz Lazr "Schemin" in LA.



Watch at
LINDENLINK.COM

eramman, then first camera assistant.

When Miller needed a second camera assistant, Damenz recommended Wajner, and he was hired to shoot behind the scenes.

Damenz, who is used to working on narrative films, said music videos were a shift for him in the creative process because they are shot in a day and generally "a mess."

"If it takes 20 hours to get done, it'll take 20 hours," he said. "So it's a little crazy sometimes. We did this one music video [T-shirt by Migos] where we shot at Lake Tahoe in the snow. Nuts. We're all freezing, standing in like a snowstorm."

Damenz said even though music videos are given less time for planning and pre-production, they are fun to experiment with color and surreal elements.

"That's the beauty of music videos; it doesn't have to be a cohesive story," he said. "Still some story aspect, but it's not like if you don't get this one shot, then it doesn't make sense."

Damenz said Wajner has a good sense of movement and is talented at finding the right angles in difficult locations.

"[Wajner] knows exactly where to put the camera, and he makes people look really good — like rock stars," he said.

Similar to actors and actresses he met, Damenz had not heard of most of the artists he worked with in LA, contrary to people who he said came in only to meet the artists on jobs.

"I had no idea who Migos or Post Malone was when we shot them," he said. "I think people respected that because I was in it for the craft and my passion for it and not to meet famous people."

Wajner said Damenz is like a mentor to him.

"When everyone's out partying, he's studying film or writing," Wajner said. "He just makes the right decisions, and he is an extremely hard worker. While I pass out, he's writing."

Networking took a lot of effort, and Damenz said the industry can seem cliquy sometimes, because people like working with the same people. But networking was also about genuine friendships, not just LinkedIn connections to Damenz.

In LA neither man sent a single résumé for a job he was hired for.

"You get jobs through friends of friends, which establishes respect, which I guess is what a résumé does in normal jobs," Damenz said.

Instagram played a huge role in launching connections for both Damenz and Wajner in LA. Like a visual résumé, Damenz said "Instagram has kind of become like the LinkedIn for filmmakers."

During their time in LA, both men made schedules for posting on Instagram.

"As a freelancer, you are promoting not a business, not a product, but yourself," Damenz said.

But even though California is picture-perfect, with sunny weather and beach bodies, both men experienced challenges in LA.

The biggest challenges of freelancing were maintaining a steady stream of work, consistently networking, the high cost of living in California and distance from family.

"I drove my car out there, I was so excited," Wajner said. "The problem was I was so young and blindfolded, just like 'Yeah, it's going to be great!' I was excited to come back to school, just to be a kid again."

Both men came back to enroll at Lindenwood last semester, in 2017.

Wajner came to finish his undergraduate and Damenz to get his graduate degree in cinema arts and gain skills in narrative filmmaking.

Cinema arts professor Peter Carlos said after LA, Damenz and Wajner's showreels look much better because they contain more than just student work.

Carlos said he recommends students network with Damenz and Wajner to get real-world experience.

Even though Damenz and Wajner came back to school, they still are flying out to LA to work on music videos, juggling both school and a growing network.

"Yes we got to shoot with a lot of people ... yes my portfolio is a lot better than it was a year ago; I had zero names and now I have a lot of big names, but it's still a growing process," Wajner said. "I'm still a nobody." ◆



ST. CHARLES COUNTY JUVENILE JUSTICE CENTER 1700 SOUTH RIVER ROAD

STUDENTS MENTOR INCARCERATED TEENS THROUGH SMALL TALK, BASKETBALL

STORY AND PHOTOGRAPHY BY **ABBY STONE**

The pickup basketball game was well-mannered and courteous.

One team didn't try to block the other's shots or take the ball away, and every player had to make at least three baskets before the game was over.

Adrienne McDowell, a Lindenwood student who works with the teens incarcerated at the St. Charles County Juvenile Justice Center, said the game was a testament to how kind the youth can be when they are away from outside influences.

Six students, including McDowell and Cecilia Young, president of the Criminal Justice Student Association, spend Thursday nights at the center as part of a mentoring program.

Young said their interactions have been with boys only, who want to be very active.

"We suggested making crafts and stuff, but nah, they want to go play basketball or volleyball," Young said.

McDowell said despite the cordial game, she and her teammates still got a workout.

"Let me tell you, teenage boys and basketball plus college students do not mix; I was exhausted," McDowell said.

Other than playing games, the teens and their mentors talk about school and academic goals. Young said it's a good experience

for both the criminal justice students and the adolescents at the justice center.

She said it gives the teens the opportunity to see what is outside of the detention center, and the mentors also get real-world experience working with juveniles.

"We do want to improve the criminal justice field; we want to give juveniles especially a way out of the criminal justice field and help them rehabilitate," Young said.

The group has been mentoring once a week since last October.

Niwar Davis, the superintendent of detention at the justice center, said the program started with Emily Johnson's Abnormal Psychology class in about 2010.

Davis said the program meets a requirement set up by the Missouri Supreme Court to provide programs to the center.

Davis said that the juveniles really look forward to the students coming.

"[The juveniles] know they can depend on Lindenwood students to come," Davis said. "Sometimes it's the highlight of their week."

Davis said that sometimes they will even ask for a new pair of pants or a nice shirt so they can look nice for the Lindenwood students. McDowell said she also looks forward to mentoring.

"I could be having a bad week, but I go there on Thursday, and I'm like 'Hey, we're going to do something fun tonight,' and they look forward to it too; this is their fun time," she said.

Young said the mentors can't know anything personal about the teens incarcerated there, and vice versa.

McDowell said that if the young people start to talk about personal things, they are supposed to shut it down.

This is mostly due to the fact that those incarcerated are minors, and their information is held confidential.

Young and McDowell both said every week, teens are cycled in or out of the justice center, so generally there are new boys every week.

Both women said they are there to be positive role models, and McDowell said one recent interaction stood out in her mind.

In January, they went around the group, and each talked about his New Year's resolutions.

"They all said they wanted to get out and never come back," McDowell said.

"It's really sad to hear, but they realize they made a mistake, and you can hear the hope in their voice that they can turn their life around." ◆

PASSION FOR CARS DRIVES STUDENT'S YOUTUBE CHANNEL

STORY BY TYLER KEOHANE

PHOTOGRAPHY BY KAT OWENS AND LANDAN JAEGER

From compacts like the Chevy Spark to the exotic Alfa Romeo, Lindenwood sophomore Landan Jaeger wants to inform people about the pluses and minuses of makes and models of cars.

Jaeger, a public relations and advertising major, has been running his own YouTube channel, SLJracing, to do video reviews for about a year.

Jaeger's inspiration for the channel came from other car reviewers on YouTube, but his deep love for cars came from his father, who also is an auto enthusiast.

"My dad still has his Chevy Chevelle from high school, so yeah, that's definitely something I'm into," he said.

The first dealership Jaeger approached was Mercedes-Benz of Chesterfield, where he said his goal was to drive a Porsche Cayenne GTS.

Jaeger said he didn't have an appointment, but he put on a "fancy, high-end" long-sleeve button down shirt, dress shoes and jeans and stayed confident.

"I want to build this into something," Jaeger said he told the salesman. He pitched his idea for the video reviews, and because of his enthusiasm, he said he got a positive response.

When he got behind the wheel of the Porsche, he said he wasn't nervous despite it being a \$100,000 car that wasn't his. Jaeger drove the car around the O'Fallon, Missouri, area.

During the video, he talked about the specifics of the car, including the special features of the interior and exterior, as well as

his opinion.

After several reviews with the same dealership, Jaeger said that he dressed more comfortably when he asked for the test drives.

"If you believe in yourself, they definitely see it, and that's how I did it," he said.

Besides the Mercedes-Benz dealership, Jaeger said several other dealerships have let him review their cars, including Chevy, Honda and Toyota.

He's made nearly 50 videos now, and Jaeger hopes they not only show his knowledge and enjoyment for cars, but entertain viewers.

One of his videos, "Owners honest opinion - Alfa Romeo Giulia Quadrifoglio with undercarriage view," currently has more than 46,000 views and 168 subscribers.

The video starts with the car burning out, then the camera turns to Jaeger and the car's owner, where they go more in-depth about the car's specifics.

"My favorite car is the Alfa Romeo because it was definitely not a common car to see, and the acceleration was impressive," Jaeger said.

Jaeger said the next car he would like to review is the Lamborghini Huracan Performante "because of the performance and what the car offers."

Jaeger's YouTube channel is monetized, so he's paid by the number of views each video gets. He declined to say how much he's made, but according to a Google advertising program, users who link their YouTube ac-



Landan Jaeger hosts car reviews on YouTube. Photo by Kat Owens

Below: A small sampling of the cars Landan has reviewed. Photos by Landan Jaeger

counts will receive 68 percent of all profits earned from allowing ads on their videos.

Regardless of the check behind the reviews, Jaeger said he does it because of his passion for cars.

"How can someone say no to [driving] a \$100,000 car?" Jaeger asked. "You just can't."

Jaeger isn't sure where his videos will take him, but they've already opened some opportunities. He said because he sometimes knows more about the cars than the salesmen, he's already been offered a job at a few dealerships. He has yet to accept.

"I want to be in the car industry," he said. "I want to own my own car business, and maybe this will lead me there." ♦



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RUGBY PROVIDES WAY OUT OF PLAYER'S VIOLENT HOMETOWN



Caring De Freitas participates in an agility drill at Harlen C. Hunter Stadium on Feb. 22.

Google search leads Caring De Freitas to Lindenwood

STORY BY **NICK FEAKES**

PHOTOGRAPHY BY **MITCHELL KRAUS**

Rugby was Lindenwood student Caring De Freitas' ticket out of the most murderous city in the world, her hometown of Caracas, Venezuela.

A Google search led her to USA Rugby's website, where she found the email address of Lindenwood women's rugby coach Billy Nicholas.

"What made me come to Lindenwood was the coach," De Freitas said. "He's one of the most caring people I've ever met. He promised me he would do anything to help me with my future. To this day he hasn't broken his promise."

De Freitas, the youngest player ever to debut for the Venezuelan women's national team, first picked up the game of rugby at the behest of her older brother and role model, Carlos.

"He started playing rugby in college, so I would always go see his

games with my mama," De Freitas said. "He was the one who introduced and encouraged me to practice the sport that changed my life."

She was 13 when she joined the Universidad Catolica Andres Bello rugby club in Caracas.

De Freitas was the youngest member of the team by six years. The pocket dynamo frequently found herself matched up against women double her age.

"I've never seen a sports community like the one that rugby has," De Freitas said. "It doesn't matter what your economic status is, what color skin you have, where you are from, your size or your gender. If you play rugby, you're a part of my family."

Her rise up the ranks of the rugby scene in Venezuela came rapidly. Two years later, De Freitas debuted for the Venezuelan national team at 15 years old, becoming the youngest person ever to do so.

“It felt amazing,” she said. “I felt proud of everything that my family, my team and I have done to get me to that moment. I felt grateful to have the opportunity to play for my country and the unconditional support of my family.”

“I’ve never seen a sports community like the one that rugby has.” -Caring De Freitas

Despite all the good happening in De Freitas’ life, her country is in a state of turmoil.

Venezuela has fallen into a deep economic crisis spurred by a rising inflation rate that was as high as 800 percent in 2016, the worst inflation reading on record, according to Reuters.

The shortage of money has led to escalating violent crime in the nation, especially in Caracas.

According to TIME, the government claimed there were 18,000 murders in Venezuela in 2015, or 58 homicides per 100,000 residents. In contrast, the United States has a rate of 4 homicides per 100,000 residents.

A survey by Mexican organization Seguridad, Justicia Y Paz shows that Caracas, the capital of Venezuela and De Freitas’ hometown, is classified as the most homicidal city outside a declared war zone in 2015, with 119 homicides per 100,000 people.

For De Freitas, the hostility and violence in Venezuela became very real for her.

“A few months before I left, two guys tried to rob me at gunpoint,” De Freitas said. “It’s lucky that I am here and alive being one of the few who have survived these kinds of situations. It’s terrible right now.”

In her neighborhood, water restrictions meant De Freitas only had water for one hour each day.

“At 8 p.m. every night, the water would turn on, and whilst I was showering, my mama would be washing the plates, my brother would be filling up bins of water and my aunt was flushing the toilet,” she said.

Luckily, rugby provided De Freitas with an opportunity to leave Venezuela and start fresh in St. Charles.

Such was her impact in the Venezuelan rugby community the president of the country’s rugby federation presented De Freitas with a signed ball on her departure.

Her brother, Carlos, and sister, Carla, had left already for Chile by the time De Freitas arrived at Lindenwood.

Her mother, Ingrid, remained in Caracas.

“My mama being in Venezuela was a huge worry for me and my siblings,” De Freitas said.

“I would be here eating, traveling with the team and enjoying college. My mama would be back home, struggling. My mama’s texts at night letting me know that she was home and all right was the best thing for because I would just think ‘I’m so glad she made it through

this day.”

Fortunately, her mother was able to relocate to Santiago in June to reunite with her two eldest children.

Despite the difficulties that De Freitas has faced, she seems to have kept a positive attitude. Teammate Teresa Bueso describes De Freitas as a “beautiful player on and off the field.”

In her first year at Lindenwood, De Freitas garnered a long list of accolades. She was a key member of Lindenwood’s national championship winning sevens team and was named to the All-American team by USA Rugby.

Nicholas also awarded her the Grit of the Year award. The Grit of the Year award is given to the Lindenwood player who possesses the most “courage, bravery, backbone, spirit, strength of character, will, nerve, fortitude, toughness, determination, perseverance, endurance, guts and spunk.”

“My coach gave it to me because that semester I had two jobs in order to get the money to pay for school,” De Freitas said. “I didn’t fail any classes, and my rugby level didn’t go down. He was proud of me and knew how much I was working to stay here and succeed as a student athlete.”

Nicholas said De Freitas is a hardworking player who rises above the challenges presented to her in life and rugby.

“Her determination to succeed is incomparable,” he said. ◆



Caring De Freitas runs the ball during practice Feb.22.



Mark Abney, assistant coach of the Lindenwood men's D1 team, poses in the locker room of the Wentzville Ice Arena.

PICKUP HOCKEY GAME SPAWNS IDEA FOR UNIVERSITY PROGRAM

STORY BY **KAYLA BAKKER**

PHOTOGRAPHY BY **MITCHELL KRAUS**

What started out as a few friends getting together to play roller hockey on the weekends led to a hockey dynasty for Lindenwood University.

Mark Abney is the man behind Lindenwood's 10-time national champion roller hockey team, three-time national champion men's ice hockey team and a four-time national champion women's ice hockey team.

Twenty years ago, when Abney was a junior at Lindenwood, he approached President Dennis Spellmann about forming a roller hockey team. The following year, Abney was the volunteer assistant coach of the first team.

Success came quickly. In the roller hockey team's second year, it finished second in the nation, losing to Rochester Institute of Technology 10-5 in the championship game. In Lindenwood's third season, it won its first national championship title.

"It's like my baby," said Abney, the current assistant coach of the men's D1 club ice hockey team.

In 2003, Abney brought in Derek Schaub, the current men's golf head coach, and together they formed the first ice hockey team.

Schaub began coaching for Lindenwood in 2001 as the head coach for the roller hockey team. Abney's hockey knowledge was minimal, but three days after Schaub was hired on, he said Abney came to him with stats on every league.

"There is nobody who studies the game inside and out the way Abney does," Schaub said.

Abney has no prior experience with the sport. He was a golfer with the goal of becoming a country club golf pro. He worked full-time as a caddy at the Bellerive Country Club while also attending classes at Lindenwood.

Abney still works at Bellerive Country Club and is looking forward

to the 100th anniversary of the PGA Championships. Since summer is the busiest time for golf, it works with the hockey schedule.

Abney did not become a professional golfer, however, he found a new passion in hockey.

“I fell in love with the game of hockey, and I saw the commitment from Lindenwood to our hockey programs,” Abney said. “I knew I wanted to be a part of it.”

Abney’s primary responsibility is video coordinator while also assisting with the special teams, such as the powerplay and penalty kill teams, and the day-to-day operations related to academics, travel and equipment needs. Abney’s work hasn’t gone unnoticed by the players.

“Mark has been an awesome coach and a person to be around,” senior forward Mike Lozano said. “He does everything for us, and I know all of us are grateful for the dedication and work he puts in.”

Abney also started implementing video into the program. With no previous hockey experience, Abney spent hours watching video and asking his mentors, head coach Rick Zombo and Ted Sator, questions about the game.

He took this experience and provided video to the players as a teaching tool for them to improve their games.

“The best thing about video is it doesn’t lie,” Abney said. “The guys can see right away what they did right or what they did wrong.”

Abney’s favorite memories from coaching hockey have been the three national championships the ice hockey team has won in 2009, 2010 and 2016. While all are unique, the national championship in 2016 sticks out to him.

“The last one we won was a real special team, and it was great to be a part of,” Abney said. “We weren’t expected to win that year. We just got on a good roll and had a great group of guys.”

Some of Abney’s favorite players to watch through the years have been Grant Gorczyca, 2013 graduate, and current captain Lozano.



Mark Abney sharpens skates at the Wentzville Ice Arena prior to the D1 team’s road trip to Athens, Ohio.

“[Mike] does it right every day,” Abney said. “He’s a great leader, great player and a great person.”

Lozano said he thanks Abney for everything he has done for him during his time at Lindenwood.

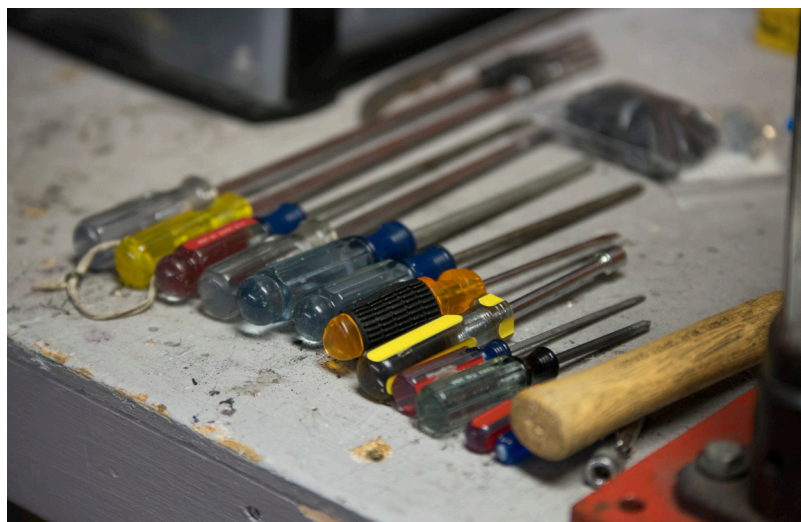
“There is nobody who studies the game inside and out the way Abney does.”

-Derek Schaub

“Mark has always been a person who will do anything for anyone,” Lozano said. “If any of the guys need anything with equipment, Mark is the first one to help and take care of it.”

Abney said he hopes the programs keep their winning traditions and that the men’s ice hockey team moves up to NCAA Division I like the women’s team. But regardless of the record or the division, Abney said it’s the players who keep him coming back season after season.

“Each one of these guys that’s come in from the first year’s team to our current guys, they are what it is all about to be able to potentially be a positive influence on those guys,” he said. “That’s what makes coaching special.”



Some of the tools used to maintain the hockey team’s equipment.



AIMING FOR NO. 15: SHOTGUN TEAM STRIVING TO EXTEND STREAK AT NATIONAL CHAMPIONSHIP

Lindsay Martin takes aim during practice at St. Louis Trap and Skeet Club in Pacific

STORY AND PHOTOGRAPHY BY **LINDSEY FIALA**

Lindenwood University's shotgun team hopes to bring home its 15th consecutive national championship title later this month in San Antonio. "We can't just win because we are Lindenwood," said shotgun sports head coach Shawn Duloherly. "It still takes a tremendous amount of desire, dedication and devotion in order to keep bringing home the national championships."

The ACUI Collegiate Clay Target National Championships is set for March 27 through April 2 and will feature 35 of the best shooters. Sixty-three shooters — 47 males and 16 females — make up the team.

The shotgun team is separated into two: the gold team and the black team.

The gold team represents the school at competitions across the United States, including nationals. The black team gets to compete as well, on a smaller scale.

"They are the up-and-coming people," Duloherly said. "These are the people that may not like the thrill of getting sick before going out at a competition. They want to do the recreational shooting."

This year at nationals, Lindenwood will be competing against roughly 95 schools.

There will be a total of six events over the week: sporting clays, super sporting, skeet, international skeet, trap and wobble trap.

Typically, a competition consists of four rounds of 25 targets.

In trap, five people make up a squad and three to six make up a skeet and sporting clays squad.

Sophomore Lindsay Martin shot at nationals last year and will take on nationals again this year.

"I think the challenge of the mental game is having to break 100 targets in a row, and if you don't hit all of them, you usually lose," Martin said. "You get yourself all riled up, which causes you to miss. You have to stay focused on those 100 or you slip again."

Martin said she doesn't really know what to expect this year at nationals.

"I guess I'm biased, but as far as I'm concerned, we are the big ship in port."

-Shawn Duloherly

"I want to just have fun because if I expect something, then I put unnecessary pressure on myself," Martin said.

Nationals lasts for seven days, with most days starting at 7 a.m. and finishing around 10 p.m.

"You have to come out of the gate running and then pace yourself



From Left Carson Lane, Evan Mood and Tim Minkel aim during practice for Lindenwood's shotgun team.

for seven days,” Duloherly said. “That’s a lot of shooting.”

To prepare for competitions, members of the team drive 45 minutes away to meet twice a week at St. Louis Trap and Skeet Club in Pacific.

The range consists of many different fields, all for different events.

At a recent practice, shooters yelled “Pull!” just before highlighted orange disks flew through the air. The soft pops of the shotguns firing was audible even behind bright pink and green ear plugs. Duloherly’s playful yellow lab, Oly, provided comic relief as he stole shooters’ water bottles and pranced around with them in his mouth.

By the end of practice, broken disks had turned the fields into a sea of orange. The disks are biodegradable and are made up of two main ingredients: limestone and sulfur.

The team includes shooters from different disciplines: all-around, American skeet, American trap, international skeet and sporting clays. The disciplines vary in how many targets are shot, how high the targets are and where the targets are coming from.

Duloherly has been head coach since the summer of 2008 and has won numerous competitions and championships himself.

“I know what it feels like going in,” he said. “There are going to be a tremendous amount of nerves [going into nationals], especially from the freshmen.”

One of the freshmen traveling to nationals with the team is Ali Vieira. Her main discipline is American Trap, and she is looking forward to going to nationals with her team.

“It is a huge privilege to be able to represent Lindenwood shotgun sports as a freshman,” Vieira said. “Lindenwood has some of the best college shooters in the nation, and to be able to shoot side by side with these shooters is truly an honor.”

Duloherly said the most intense part of the competition is finals.

“When the finals happen, and the shoot-offs happen, it’s kind of suspenseful,” he said. “It’s kind like watching a min-

ature soap opera because everyone has their own things going on in their minds and in their lives.”

Duloherly is confident they’ll succeed.

“What they have done is historic,” he said. “I guess I’m biased, but as far as I’m concerned, we are the big ship in port. There is no other team that has as many national championships as we do.”

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ARCHIVIST SAFEGUARDS LINDENWOOD'S PAST BY PRESERVING ITS RELICS

Campus map from the 1850s among artifacts

STORY BY **J.T. BUCHHEIT**

PHOTOGRAPHY BY **KAT OWENS**



Paul Huffman, 48, has been the university's archivist for the past decade.

For the past decade, Paul Huffman, 48, has dedicated himself to preserving the institutional memory of Lindenwood as the university archivist.

Huffman's job is to collect pieces of Lindenwood's history and to provide them to people who want to see them.

These include documents that are integral to Lindenwood lore, including a campus map from the 1850s drawn by founder George Sibley, as well as letters from explorer William Clark and notes from American author and political activist Helen Keller thanking then-President George Roemer for donations. The archives also contain illuminated manuscripts, which are religious texts from the 14th century.

Because items can only be viewed and are not loaned out for use, item thievery is rare. However, Huffman said an item was swiped once before he started working at Lindenwood.

"Back in the 1970s, we had a Masonic sword that belonged to President Roemer," Huffman said. "Somebody had stolen it, but a few years later, I guess somebody had a guilty conscience and returned it. So we have it back now."

The archives contain a variety of items that can be

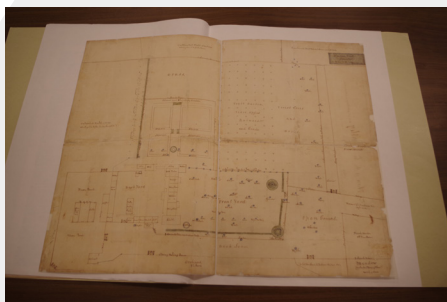
of use to students and staff at the university.

“Any official publications, meeting minutes, images, recordings, anything with any kind of significance, historical aspect of Lindenwood I try to hang on to so that people can research it and possibly learn more about different aspects of Lindenwood in different periods of time,” he said.

The most common historical documents people request are year-books, copies of student newspapers, various images and meeting minutes. Huffman said he receives requests multiple times a week, mostly from departments throughout the school.

“A lot of times, people need to go back and find out why certain decisions were made or why this particular event was important or why a particular program or area of study was created, and they can go to the archives and look at the material to see why that happened,” Huffman said.

People bring all kinds of requests to Huffman. The president’s office once asked for images of Lindenwood during the wintertime, and while he actively had to seek out some physical items, many of the documents have been digitized and put online for easier access and no chance of mishandling physical copies.



A campus map drawn in the 1850s by Lindenwood co-founder George Sibley.

“There are some things in archives that get heavier use than others, so rather than pull out a hard copy of a student newspaper from 1965, people handling it is going to make it more brittle, so to make it easily accessible, we’ve digitized it so it’s readily available to give to somebody,” Huffman said. “The student newspapers, we’ve put online at the Lindenwood website, so if the archives are closed, we can go and access it.”

Huffman enjoys his job, but he said it takes a special kind of person to do it because of its solitary nature and the organizational skills required.

“If you’re the type of person who likes to do research and find information about stuff, it’s a fantastic job,” he said.

Huffman became interested in this line of work after his grandparents took him to archives when was a child to research family history.

“That grew into my character where I like to look up stuff,” Huffman said.

Huffman also works for the library. He orders most of the electronic books that the library makes available to the students and selects titles for the OverDrive eBook system, which is a book collection the library possesses.

With the recent relocation of the archival facilities into the Library and Academic Resources Center, Huffman said there is now a more suitable place for documents and valuable items to be stored because of temperature and humidity controls that can leave them in pristine condition.



Part of the archives housed at the Library and Academic Resources Center.

Before coming to Lindenwood, Huffman used to work at Dierbergs Markets, but he went back to school to switch careers and was able to become Lindenwood’s first archivist.

History professor Kris Smith said she is proud of the preservation of the college’s relics.

“Lindenwood is really fortunate to have such an amazing archives that goes back to the 19th century,” Smith said. “It’s really a remarkable collection for a university to have, and the fact that Paul has been the guardian of that is priceless.”

Smith also praised Huffman’s organizational skills with the artifacts, and she also said she appreciates the digitization of the material to make it easier for people to view and use.

Dean of Library Services Liz MacDonald said Huffman has greatly improved the archives, which received minimal care before his arrival.

“When he first got here, our archives had been run by alumni, and it really needed a lot of TLC,” MacDonald said. “So he basically organized the archives. He has worked with outside organizations to bring attention to our collection, [and] he works closely with the history department to get internships for our students.”

Huffman also will host a St. Louis-area archivist meeting on campus in April. MacDonald said they talk about initiatives from the National Archives and how to preserve those initiatives, and Huffman will talk about the history of Lindenwood.

Huffman is married and has two sons, and he likes traveling as well as attending auctions and estate sales. He will go sightseeing in four different places in Australia with one of his sons later in the year.

Be it through digital documents or physical items, Lindenwood has an extensive history, and Huffman has given his time to provide pieces of it for anybody interested. ◆



SPRING BREAK STORIES

BY LEGACY STAFF

ILLUSTRATIONS BY YUKIHO NISHIBAYASHI

“I went on a trip with Habitat for Humanity during my senior year of high school. We went to New Orleans, Louisiana, for the 10-year anniversary of Hurricane Katrina and helped with rebuilding. It was an incredible experience because you never really know how much it affects the victims until you are actually submerged in the disaster. There was a group of us that went from my high school in March 2015, and we helped with getting spots ready for house rebuilding. The most eye-opening thing for me was that while we were digging, there was still so much left over from the hurricane... 10 years later. I saw baby shoes, toys, plates and so much more. It was heartbreaking. Probably one of the most memorable trips I've ever taken.”

-Megan Sutton, student

“Last spring break, I went to Detroit for a hockey game and stayed in a two-star hotel. I got into a car accident trying to leave and had to somehow get back to St. Louis for a flight to Florida to see my grandparents.”

-Jennifer Wunder, student

“My wife and I are heading to Berlin to visit all of their museums there, given we are art historians.”

-James Hutson, assistant dean of online and graduate programs

“Last year, I spent my spring break sandbagging my high school.”

-Taylor Werges, student

“In high school, I almost drowned over spring break. I made a bet with someone that went horribly wrong. One year later, I got \$5.”

-Jacob Baumgartner, student

“I am taking a group of students to Washington D.C. over to study art. We are touring nine art museums over six days as part of a late-start course, Special Topics: the Art Museums of Washington D.C. We will tour the wings of the National Gallery of Art, the Smithsonian American Art Museum, the National Portrait Gallery, Phillips Collection, the National Museum of Women in the Arts, the Freer Gallery, the Sackler Museum of Asian Art, the Hirshhorn Museum of Contemporary Art, two sculpture gardens and the monuments on the National Mall.”

-John Troy, art department chair

“I have a student going to the state Council for Exceptional Children Conference.”

-Rebecca Panagos, professor

After he broke his jaw cheerleading, he donned the lion costume and let his personality shine. He has been portraying Leo at campus and community events ever since then.

Q&A WITH Aki Herron

STORY BY TAYLOR MCDANIEL

PHOTOGRAPHY BY KAT OWENS

Can you tell me a little bit about yourself?

“I went here back in '08. Took some time off because of some family issues, came back and was the mascot because I broke my jaw. I couldn't cheer, so basically, I was just put into the old, old mascot, like three costumes ago, and it just worked out. They liked how my personality was, they just kept asking if I could be the mascot more and more as the years moved on, and when I graduated, a semester went by, and I got a phone call from Scott Queen asking me to be the mascot again, and that's how I got a contract with Lindenwood to basically do events and be out in the community.”

What do you enjoy most about being Leo?

“The people. [I] actually get to know people. They confide in me and tell me things that you wouldn't normally just tell any random person, but I'm that random person that they'll spill a secret to, or just be brutally honest with, and that's actually pretty fun. You hear some outrageous things from people.”

Who or what is Leo's biggest rival?

“The armadillo for Texas Roadhouse and Fredbird. He [Fredbird] is crazy; he gets more attention than I do when he walks around.”

What is your most memorable moment as Leo?

“The one time I made a backwards half-court shot. It was at a women's game in January awhile back. It's actually on YouTube now. I went out there nonchalantly, on the first try, I just made it. It was pretty awesome.”

What do you like most about being a mascot?

“Just being able to do my own form of entertainment. I get to call the shots with whatever I do. Whatever I deemed, at that time, as something Leo would do, and I do it, and people go with it. Really, I can't get in trouble for anything. If I make a mistake, and I feel bad about it, I will tell my supervisors what I did just in case someone complains about it. Usually no one says anything. Everything I do is just OK, and I stay in my parameters.”

How has Lindenwood and being Leo impacted your life?

“Lots of doors have been opened because of them [Lindenwood]. I worked throughout the community while I was at Lindenwood, so I really got my foot in the door and got to work with a lot of people that I am still in contact with. Some of my jobs being a mascot are because I started here. Everywhere I go, people recognize that I'm the mascot — funny — by the way I walk. Apparently, I have the same walk. It makes me aware that I have to be a certain way when I'm out in public. I can't just be all rowdy and causing a ruckus whenever I want to, because I never know who's watching.”

What don't you like about being Leo?

“Hitting my head. If you hit my head or try to pull it one way, there's a strap in the head that is connected to me, you are moving my entire head. People do it and don't realize it, but at the end when I take it off, I'm like, where did this headache come from? But you get over it. I feel like I have a strong neck because of it.”

What does it mean to be a professional mascot?

“It means that I have logged in plenty of hours and have worked for professional teams such as St. Louis Attack and St. Louis Ambush. Those are pro teams, so being a part of a pro team, you get to be seen as a pro mascot. Working for those teams allows you to have the same title. Then the number of years that I've done it. I've done halftime shows with Murphy Lee, I've kicked it with Nelly in a press box back when the Rams were here. Just because I got to be mascot status, I got to meet a lot of people and do a lot of things. Back when they used to have the mascot competitions, I would win all the time, and they actually asked me to stop coming back because I would always win. I think I won three years in a row.”

Do you wish that we had a lioness?

“Yeah! That would be pretty cool. We would be able to do skits and stuff. It would be nice to have two of them going out into the community more.”



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COPY BY KAYLA DRAKE

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