

Student Magazine

# LEGACY

Lindenwood University April 2018 Vol. 1 Issue 5



## WHO WAS TIFFANY?

SHE WAS MURDERED 20 YEARS AGO  
ON LINDENWOOD'S CAMPUS

Page 10



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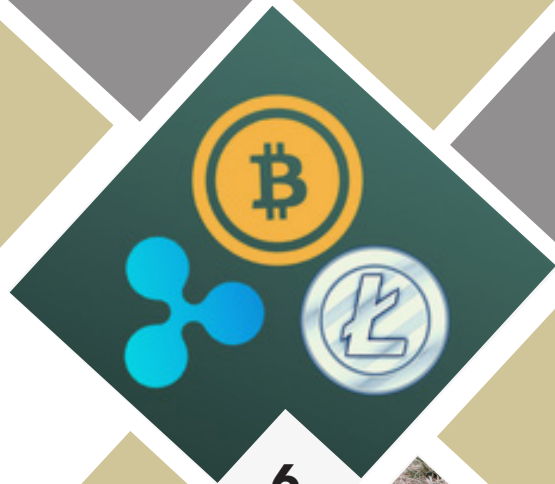
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Cover Photography by Kat Owens

Tiffany J. Sabourin was murdered on Lindenwood's campus and is buried at St. Charles Memorial Gardens.

# Letter from the Editor



This issue of Legacy magazine covers something that not every student knows about — a spot on campus that some of us walk past daily. On Parents' Weekend in the spring of 1998, almost exactly 20 years ago, a murder occurred on campus, right by what is now the Welcome Center.

It was a gruesome affair that went far beyond even the typical murder; if you are heavily affected by stories like this please take care while reading the article.

It is the only murder ever on Lindenwood's campus, and was committed by a male undergraduate student who lured in a 13-year-old girl. To this day, the case echoes our society's tendency of violence against women, both on school campuses and in general.

The student who did the killing is now serving life in prison without parole. Before he committed his big crime, he showed signs of being disturbed. A detective who worked the case back in 1998 said that Jason Shipman, the murderer, would have become a serial killer had law enforcement not caught him when they did.

I won't pretend to know what drove Shipman to murder. Was it deep-seated misogyny? Some sort of severe mental illness? Some illogical curiosity? Pure evil? I don't know.

Movies and TV shows often try to explain these acts by simply making the killer "crazy" or "evil." I would think that the motivation to do something so horrific has to be more complex than that; maybe at some point society will be able to pick these people out and get them treatment before they do something awful.

What I do know, and what I think all of us are aware of at this point, is that people like this exist in the world, and they frighten us because they are often impossible to spot before something horrible happens.

Even though the world is full of good people, it only takes one person to pull off a horrible act. Every time I turn on the TV, I am reminded of yet another shooting at a school, a home, a mall or any other place.

Also in this issue is an exploration of dating violence on college campuses, including the story of a former Lindenwood student who experienced violence firsthand.

On a much lighter tone, we included an article on the volatile markets of cryptocurrencies, which are gaining popularity, especially among younger people. Also, there is a story about all of the additional changes coming to campus for the next year that have been announced since our last issue (preview: change is coming, especially to Spellmann).

## Editor's Note:

An article in the March 2018 issue of Legacy Magazine titled "From Lindenwood to Hollywood" incorrectly stated that Julius Damenz was enrolled as a graduate student. We apologize for the error.

*Mitchell Kraus*  
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#useyourroar

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# DATING VIOLENCE: COLLEGE STUDENTS ARE NOT IMMUNE

## Alumna shares personal account of emotional abuse

STORY BY **MEGAN COURTNEY** ILLUSTRATIONS BY **KAT OWENS**

**F**irst, her boyfriend made her feel uncomfortable by talking about other girls and how they looked. Later, alumna Viktoria Muench said he cheated on her, called her worthless and said she would never be successful because she is a woman.

“He was a crazy manipulator,” said Muench, who graduated from Lindenwood in 2016. “He recognized where I was vulnerable and used it to make me more vulnerable.”

College students like Muench who find themselves in abusive dating relationships might have a harder time coming to grips with them, said Whitney Mathison, director of the counseling center at Lindenwood.

“Some people have that shame like ‘Well, I’m educated’ or ‘I come from this type of family, how did I not see this coming?’ And it can prevent them from seeking help,” she said.

According to the University of Michigan’s Sexual Assault Prevention and Awareness Center, students may feel isolated from personal support networks and resources because they are away from home for the first time.

Sarah Couch, a staff counselor at Lindenwood’s counseling center, said a lot of domestic violence cases go unreported because victims “might not recognize that it’s abuse.”

“I find that’s really common,” Couch said. “When I first use the term ‘abuse,’ I know it’s a big moment because it’s like ‘that’s what this is?’”

In addition, Mathison said it’s harder for abused men to seek help because of a male-dominated society.

Couch said hearing things such as “man up” or “you’re the man in the relationship, get it together” can discourage men from seeking help.

Many times, the abuser will call their partner names while intoxicated so the victim will blame the alcohol, not the abuser, Couch said.

She said victims will make other excuses, like “they are drinking” or even blame themselves for causing the abuse.

“It messes with their head so much, like, ‘Oh, maybe I am making him upset,’ and they’ll question themselves,” Couch said.

Muench said she was living in Blanton Hall and her boyfriend was living across the parking lot in Guffey Hall, so it was hard to get away from him and the emotional abuse.

“It was like a drug that I was addicted to,” Muench said. “I couldn’t find the strength to get away, and he knew that.”

Muench said she talked to her friends about what was happening, but they didn’t know why she wouldn’t leave him.

“They didn’t understand my position,” she said. “If you have never been through it yourself, then you wouldn’t understand.”

She said it’s hard to leave the relationship because “you just get so wrapped up in it.”

### ‘Cycle of violence’

Couch said victims often go through what is called the cycle of violence.

In the first stage, often known as the honeymoon stage, the abuser portrays himself or herself as ideal and perfect and promises to stop the abusive behavior.

The second stage is the tension stage, where the victim tries to control situations to avoid violence and feels as if she or he is “walking on eggshells,” according to [domesticviolence.org](http://domesticviolence.org).

Lastly, the most violent stage is the explosion stage, where there is abuse. This stage can vary in length and severity.

“Usually, it’s just abuse all the time after some point,” Couch said.

Couch said victims who go to counseling may feel as if they are ready to leave the relationship, but by the next session, they say the abuser has changed. Sometimes female victims stay because they want to help their abuser because “something is wrong” or “he’s had a really tough life,” she said.

“It’s like they get brainwashed,” Couch said. “Victims are very vulnerable. It takes quite a bit of time for them to leave, and unfortunately, some of them don’t get out of it.”

Because of her abusive relationship, Muench said she had social anxiety. She said that she wanted to stay home and hide because she



was embarrassed about who she was and what she looked like.

Muench said she doubted herself every time she celebrated a success. The relationship made her feel like she didn't deserve anything good in life; she always expected the worst.

Muench said she told her mom and her brother about the abuse but didn't want to admit how bad it was because they don't live in the U.S. She didn't tell her mom about all of it because she "didn't want to worry her."

She said she didn't want to admit that she was in a mess that "I didn't know how to get out of."

The starting point of Muench's healing was when she tried to distance herself from him.

"I was sick of feeling worthless and being held back by this person," Muench said.

## 'Gaslighting' causes victims to question feelings, sanity

Gaslighting is a common tactic that is used by abusers, according to Couch.

It is "an extremely effective form of emotional abuse, which causes a victim to question their own feelings, instincts and sanity, which gives the abusive partner a lot of power," according to the National Domestic Violence Hotline.

"They'll take the truth and twist it and put it back on their partner," Couch said. "They'll twist everything during the debate or argument and make the partner feel like they are losing their mind."

Gaslighting happens gradually over time. The abuser's actions may seem like a "harmless misunderstanding" at first, but as the abuse continues, it can leave a victim confused, isolated and depressed. This can cause the victim to begin relying on the abuser and creates a difficult situation to escape, according to the hotline.

According to Psychology Today, some of the warning signs of gaslighting include telling blatant lies, denying what was said even though there is proof, using important things to the victim as "ammunition," throwing in positive reinforcement to confuse the victim and telling the victim that "everyone else is a liar."

According to the hotline, there are five gaslighting techniques.

Withholding, the first technique, is when the abuser pretends not to understand or refuses to listen.

Countering is when the abuser questions the victim's memory, even if the victim remembers the events correctly.

Blocking and diverting is when the abuser changes the subject and questions the victim's thoughts.

Trivializing is when the abuser makes the victim's needs or feelings seem unimportant.

Lastly, forgetting and denial is when the abuser pretends to forget what happened and denies things, like promises that were made to the victim.

## Leaving considered 'most dangerous' time for victims

Taylor Ikemeier from Bridgeway Behavioral Health in St. Charles



Watch at  
**LINDENLINK.com**

said people who suspect their loved ones are in an abusive relationship should know the resources that are available, believe the victim and not be too "pushy."

According to the National Domestic Violence Hotline, it takes a victim on average seven times to leave the relationship before finally leaving for good.

Leaving the relationship is the most dangerous time for a victim because the abuser feels as if he or she is losing power. The abuser can act in ways to attempt to regain control over the victim.

Making sure credit cards, money, keys and other important items are put aside in a safe place is something that Couch tells clients to do when they are planning on leaving the relationship.

Outreach services, such as support groups, counseling, staying with a family member, filing an order of protection and utilizing a shelter that has a confidential location, like Bridgeway, are examples of services available to victims.

For Muench, getting away from her abuser was only part of the healing process. The rest came when she completed an in-depth multimedia project, called "Broken Angels," for her master's degree, which covered victims of emotional abuse. She said she wanted to use her experience to do something good.

"For me, it was a silver lining," Muench said. "Maybe it had to happen to me so I could make a difference." ♦

### Where can I get help?

- R.A.V.E.N, Rape and Violence Ends Now Group for abusers and the sexually violent, visit [www.ravenstl.org](http://www.ravenstl.org)
- National Domestic Violence Hotline  
**1-800-799-7233**  
Available 24/7 and in over 200 languages or visit [thehotline.org](http://thehotline.org) for a live chat with a representative.
- National Dating Abuse Hotline  
**1-866-331-9474**  
Provides information about domestic abuse and is available 24/7
- For more information visit  
[www.loveisrespect.org](http://www.loveisrespect.org)  
[www.ncadv.org](http://www.ncadv.org)



**Above:** Lindenwood junior Joaquin Castillo uses a dual-screen setup to examine the stock market and cryptocurrency exchange.

# FEAR, UNCERTAINTY, DOUBT: PLAYING THE CRYPTOCURRENCY GAME

STORY, PHOTOGRAPHY AND GRAPHICS BY **MICHELLE SPROAT**

**L**indenwood junior Joaquin Castillo's interest in the stock market began at age 15 when he worked at a brokerage firm in South America. The Florida native learned how to watch the stocks from a simulation in a popular video game, *Grand Theft Auto V*. "I remember buying a stock in an airline in the game, and then I went to the airport in the game and destroyed the airplanes from the competition airline, and then my stock went up," Castillo said.

While Castillo doesn't take what he learned from the game literally, he has used the visualization of the rise and fall of stocks to influence his own market decisions. He also said that the simulator in the game was easier to use than other simulators he has used in classes at Lindenwood.

He started investing in cryptocurrency recently when Bitcoin became popular.

"I started on cryptocurrencies just because everyone was doing it, and I wanted to be up to date," he said.

Cryptocurrency used to be a term that only deep internet users knew about. Digital currencies have existed for years but have remained out of the mainstream.

That changed in mid-December 2017 when three of the top cryptocurrencies in the world (Bitcoin, Ethereum and Litecoin) spiked, causing prices to triple, even quadruple what they were worth just weeks before.

On Jan. 1, 2013, one Bitcoin was worth \$13.36. Five years and one day later, that value increased by approximately 1,082 percent at \$14,451.29.

## Bitcoin origins

When Lindenwood assistant professor Andrew Smith used to mention Bitcoin in his classes, it was a footnote when discussing the dark web.

"Cryptocurrency is very strange because of its purpose," Smith said. "Bitcoin used to have a real function to it which was if you wanted to buy illegal things off the dark web, you needed to be anonymous in the way in which you purchase them."

Bitcoin started in 2009 as one of the first established cryptocurrencies. By 2011, rival cryptocurrencies emerged.

What made these online currencies so appealing is the anonymity it offered to people doing illegal things on the dark web, like drugs, sex workers and fake IDs, according to a 2016 *Vice* article.

Smith said that Bitcoin's value increased because of the necessity



of anonymity in an illegal distribution network.

“As a criminal or someone who wants to remain anonymous ... your ability to protect yourself from people coming at you or investigative bodies looking for you, that was [Bitcoin’s] gold standard,” Smith said.

Now, he said, he is unsure of what the gold standard is.

Smith said that Bitcoin is belief-based and has become more of an ideological entity as opposed to something tangible. By this he means that Bitcoin only exists as a cryptocurrency because society has agreed that is what it is.

“Bitcoin is all over mainstream media and whatnot,” he said. “What’s to say that someone can’t invent a random currency and con someone into thinking it’s legitimate because it’s only legitimate if we agree it’s legitimate?”

Benito Luongo, a Lindenwood student and investor in cryptocurrency, reiterated this point using gold as an analogy.

“We considered [gold] as a currency, not because it had any practical use, like wearing it for armor or anything,” he said. “But we just declared it as a currency because it was a precious metal, and it was hard to gain.”

## Mining

In order to buy and sell cryptocurrency, the cryptocurrency must first be created. The creation of cryptocurrency is known as mining. Luongo said that mining cryptocurrencies requires expensive and high-tech computers. These computers then solve a complex algorithm to make the currency appear. Once the equation is solved, it gets progressively more difficult to solve again, making it difficult to create more “crypto-coins.”

When Castillo decided that he wanted to mine Ethereum, he bought four computers, splitting the cost with his brother. Those computers are currently mining Ethereum for Castillo and his brother to sell and trade.

## Who’s going to back me up?

A cryptocurrency exchange called Coincheck is a Tokyo-based company founded in 2012. It suffered a \$534 million loss after its network was hacked in early 2018.

Coincheck employees didn’t realize hackers broke into the network until nearly eight and a half hours after the fact, according to the BBC. The hackers breached the network at 11:57 a.m. CST on Thursday, Jan. 25.

This breach in a cryptocurrency network could be one of the biggest digital currency thefts.

According to Forbes, Coincheck has suspended any withdrawals and deposits for all cryptocurrencies except for Bitcoin.

Castillo said that this type of risk is major in cryptocurrency for one specific reason.

“With cryptocurrencies, your biggest advantage is also the biggest disadvantage, and it’s that there is no central authority,” he said.

He estimated that unless a central authority is determined, cryptocurrency will not exist in five years.

“Either it’s going to die or they are going to find a way to make it more secure and have a central authority,” Castillo said. “I really don’t see this working if banks don’t start accepting it.”

Smith echoed this concern. As the owner of half of a Bitcoin, he said he realized how difficult it is to sell or trade cryptocurrency.

“Once you have the stuff, that’s great,” he said. “But when it’s a non-centralized piece of currency that banks don’t accept, you can’t go to a bank and exchange that for cash.”

## Where is this headed?

The future of cryptocurrency is complicated.

Emma Ludwig is another Lindenwood student who has invested in cryptocurrency. She said that while she thinks it is possible for physical money to become obsolete, she doesn’t see it happening in her lifetime. However, she has seen the switch firsthand to using these cryptocurrencies for transactions.

“I’m a shop owner on Etsy, and they just released a new feature a couple weeks ago that you can now accept Bitcoin payments, and that was huge because on your shop you can say I accept credit cards, debit card, gift card and now there’s Bitcoin,” she said.

Luongo said that no matter what happens, economics are going to be changed going forward, “because people are enjoying the decentralized currency and the lack of government manipulation.” ♦

## KNOW YOUR CRYPTOCURRENCY

\*Prices as of April 14, 2018, at 11 a.m. CST.

 <b>Bitcoin</b> Price: \$7,965.13*	 <b>Litecoin</b> Price: \$126.16*
 <b>NEO</b> Price: \$62.74*	 <b>Ethereum</b> Price: \$493.67*
 <b>Dash</b> Price: \$357.70*	 <b>Stellar</b> Price: \$0.2474*
 <b>Ripple</b> Price: \$0.6274*	 <b>Cardano</b> Price: \$0.1978*

Information from [coinmarketcap.com](http://coinmarketcap.com)

Graphic by Michelle Sproat



# MAJOR OVERHAUL COMING NEXT FALL

## Admissions, art studios, Legacy getting new homes

STORY BY **KAYLA DRAKE**

PHOTOGRAPHY BY **KAT OWENS** AND PROVIDED BY **ART DEPARTMENT**

**S**pellmann Center, McCluer Hall and Butler Loft will all be undergoing facelifts this summer and major shifts in purpose. Spellmann, which has been the hub for communications students, will become a one-stop shop for new and returning students.

McCluer, now a residence hall, will become the new home for Legacy Magazine/Lindenlink and the LUTV newsroom. It also will house offices for communications and humanities professors.

Butler Loft, after a year of inactivity since Grab-N-Go's closure, will become Lindenwood's Makerspace, an artist's center, with a mix of information technology and traditional craft art, according to Art Department Chair John Troy.

In Spellmann, the third floor soon will have offices for Admissions, Academic Affairs, the International Student Center, Business Office and Student Financial Services.

Vice President of Operations Diane Moore said it will have a very open, inviting feel, incorporating a lot of glass into the renovations, making Spellmann "the door to the university."

Currently, all of these offices are spread out across campus: the International Student Affairs office is located in the LARC; Admissions is in the Welcome Center; and Academic Affairs, the Business Office and Student Financial Services reside in Roemer Hall.

Vice President of Enrollment Management Terry Whittum said he is excited for the move to Spellmann because the new space will give prospective students a good first impression and be more convenient for both new and current students.

"The goal is that you'll be able to go into that one area and do ev-

erything from request your transcript to finalize your financial aid," he said.

According to Whittum, Saint Louis, DePaul and Marquette universities all have similar setups.

"In. Out. Easy," Whittum said, snapping to each word.

The renovations will begin after school lets out on May 5 and will be finished by September.

The Makerspace is meant for more than just art majors, as technological advances have created a need for majors in communications, humanities, business, etc., to be educated in artists' programs.

President Michael Shonrock is "thrilled" about the opportunity, and the university is backing the initiative because it has the potential for a lot of students to use it, Troy said.

The space is ideal because it is very flexible with the ability to host studio classes, to fit equipment (woodshop, printmaking, laser and 3-D printers, ceramic kilns and sewing machines) and dozens of students, Troy said.

"It's a great location because it's pretty much in the heart of the academic activity on campus," he said.

The changes to Butler Loft are part of an initiative to bring back the art department to campus. The department has been moved off campus into Studio West and East since 2008. Troy said because the rent is "pretty astronomical," the university felt it was time to relocate back on campus.

The department is excited to move back on campus because of convenience and safety for students, since studios are open until 11 p.m. every night.

"Depending on where [students are] coming from, a lot of the

**Opposite:** McCluer Hall, pictured left, will cease being a girls' dorm at the end of the spring semester to become the new home for communications and humanities professors along with the Legacy and LUTV newsroom. Spellmann Center's empty computer lab, pictured right, will house Admissions and the Business Office.

times it's no longer, or even shorter than from Roemer to Scheidegger, but it's an obstacle to leave campus," Troy said.

All equipment will be moved out of Studio West and into the Makerspace in August, in time for the fall semester. According to Troy, the university plans by spring of 2019 for all of the art department to be back on campus.

"We're just very excited about inventing a new chapter of art production and activity on campus," Troy said. "Connecting the disciplines and connecting the traditional and the technological. This is a trend that a lot of the forward-thinking universities are putting into place, and we're excited to be on the leading edge of that."

The changes in Spellmann will cause nine communications faculty members to relocate to McCluer Hall, along with the LUTV newsroom and the journalism lab.

Associate Dean of the School of Arts, Media and Communications Jason Lively said even though some instructional space will be lost and relocated to the LARC, the opportunity to have a converged media space is "a step up from what we have right now."

Within the new space at McCluer Hall, a podcasting area, broadcasting newsroom with a green screen for LUTV, camera checkout and editor's office is proposed, Lively said.

"Students' best interests are at heart, and so even though they may be moving from one place to another, it's not in any way meant to diminish the education, the experience they're having," he said. "If anything, we want to enhance that."

No classrooms will be located in McCluer Hall. Communications will take up the basement, and humanities faculty will be relocating to the second and third floors from Butler Hall.

"It makes sense to convert McCluer into faculty offices," Moore said. "They're designed to be large residential rooms, so the offices will be very nice."

Moore said the most expensive part of the McCluer renovation will be reviving the 1950s vintage elevator. The budget also will go toward making the building handicap-accessible and enhancing the IT infrastructure. All updates to the building are expected to be finished by August, she said.

Dean of Humanities Michael Whaley said after being in Butler Hall since 2002, he is excited for a change. McCluer Hall will give his faculty a chance to be closer; they are currently spread between four floors in Butler Hall.

The proposed plan includes shared lunch and meeting places between the communications and humanities faculty. Whaley said he is

looking forward to learning more technical skills from communications staff to implement in humanities classes.

"The more we deal with people from other schools, we get more ideas about doing more interactive things," Whaley said.

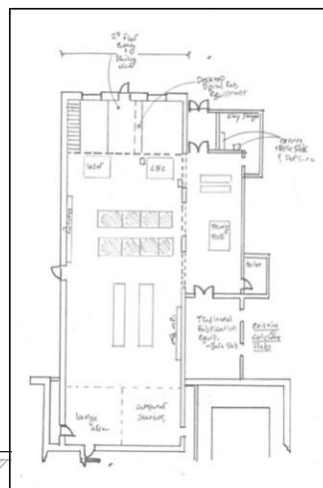
Butler Hall will be vacated next year and will go into deferred maintenance, which is the opportunity to complete upkeep that has been postponed in previous years. Currently no plans for Butler Hall's future are concrete yet, as Moore said she plans to check the structure of the century-old building first.

Currently Moore said she is working with a \$10 million budget from the university's building fund, which is separate from the operating fund tuition supports, to complete all renovations, including those underway at Nicolls Hall.

Moore said her biggest goal is to renovate the older buildings, and "in the process of addressing the deferred maintenance, we have the opportunity to also re-envision the campus and how it can be utilized."

Moore said she doesn't think the renovations are excessive for a university.

"If you're not moving forward, if you're standing still, then you're not keeping your university current," she said. ♦



The proposed Makerspace for Butler Hall will include 3-D printers, laser cutters, printing presses, pottery wheels and sewing machines. Images provided by the Lindenwood Art Department.

# 20 YEARS LATER

Bedsheets, bloodhounds and the story  
of Lindenwood's only homicide



Students walk from Spellmann Center to the Library and Academic Resources Center, along the path where Tiffany's body was found in 1998. Photo illustration by Kat Owens.

STORY BY **ASHLEY HIGGINBOTHAM**  
 PHOTOGRAPHY BY **KAT OWENS** AND PROVIDED BY **DONNA CRAIG, KATHLEEN HIGGINS**  
 AND **MISSOURI DEPARTMENT OF CORRECTIONS**

Countless Lindenwood students travel the concrete sidewalk between the Welcome Center and the white water tower every day, but few know its significance. Twenty years ago this month, it was the scene of one of the grisliest murders in St. Charles' history.

That spring Sunday, Parents' Weekend was in full swing on Lindenwood University's campus.

A student heading to work that morning discovered the partially nude body of a girl. The victim had been sexually assaulted, stabbed to death and decapitated.

Police discovered her head a few hours later in a portable bathroom on the campus soccer fields.

Speculation about who committed the murder put students on edge and dominated dining hall conversations.

Police conducted roadblocks to try to shake loose any information. They called in bloodhounds and showed images of a bloody bedsheet on television.

Then came the tip that broke the case and stunned the community.

The victim, Tiffany Jaylene Sabourin, 13, had been lured onto campus and murdered by a Lindenwood student "looking for somebody to kill," police said.

## A gruesome discovery

News of the crime reached former St. Charles Police Capt. Patrick McCarrick about 6:30 a.m. on April 26, 1998.

A student walking to work at Pizza Hut had spotted the body and contacted campus security.

"He thought it was some kind of joke or a mannequin or a prank," McCarrick said.

The campus already had been busy because of Parents' Weekend and a variety of athletic competitions.

But a few hours after the discovery, Lindenwood's campus was crawling with more than 40 detectives.

"It was a big deal for the university because it's bad for business," McCarrick said. "That's not what you want to hear is happening at your kid's school."

In an effort to identify the victim, detectives took a photo of her head and showed it to students in the cafeteria.

"It was a cleaned-up picture; it didn't show that her head was cut off or anything like that," McCarrick said. "We had to know who that girl was."

"She was a **friend**, a **sister**, a **daughter** ... part of so many people's lives and was **taken away too soon.**"

**-Mellissa Bierman**

When none of the students recognized her, McCarrick said police considered releasing the photo to the media. However, they didn't have to. By nightfall, Tiffany's mother called and gave a description that matched the body.

## 'A beautiful girl'

Tiffany was a seventh grader at Wentzville Middle School where she was well liked, said her friends.

"She was a friend, a sister, a daughter ... part of so many people's lives and was taken away too soon and in a way most people wouldn't imagine," friend Mellissa Bierman said.

The consensus from those who knew her was that she was kind-hearted.

"She was a really nice person. She was very friendly. We were in the same classes in sixth and seventh grade, and we loved it," friend Megan Aumiller said.

They also said she was never short of fun times.

"We used to always walk home from school, and Tiffany was the loudest one," friend Donna Craig said. "We would walk to McDonald's after school singing stupid songs, like 'Hoochie Mama' from the movie 'Friday,' so definitely songs we weren't allowed to sing."

Her stepmother, Kathleen Higgins, said Tiffany was never mean or angry.

"She had the cutest little laugh and the prettiest smile and was a beautiful girl," she said. "You could tell she had this charisma about her."

Tiffany had four half-brothers and two half-sisters. She loved math, but lived for softball.

"She would smile so big whenever she got to bat because she knew that she would hit every time," Higgins said.

Higgins drove from Troy, Missouri, twice a week and picked Tiffany up for softball practice.

"She would always call and say, 'You are going to pick me up, right? You are not going to miss me, right?' That was her way to get away," Higgins said.

Tiffany did have a bit of a mischievous streak, Higgins said.



Tiffany poses for a team photo before a softball game. Photo provided by Kathleen Higgins



“In her short lifespan, she had stolen a couple cars and wrecked them,” she said. “It was almost like she wanted to get away with something, but she never did get away with anything because she always got caught.”

## Bloodhounds and a clue

Almost a week after the gruesome discovery of Tiffany’s body, no arrests had been made and students and the community were frightened. Newspaper accounts from the time said students walked in pairs around campus.

Richard Reighard, associates professor of mass communications, said then-President Dennis Spellmann wanted no media coverage.

“It was almost comical to watch Channels 2, 4, 5, all of the trucks circling up Kingshighway and down First Capitol, trying to turn in,” he said. “They had maintenance blocking the entrance and telling the TV trucks to turn around.”

The tactics didn’t deter reporters, who found other means.

“When students would drive out [off campus], the reporters would flag them down in their cars trying to get someone to talk to them,” Reighard said. “A few students were like, ‘I’ll talk to you, but you can’t use my name,’ and they didn’t want to be on TV because they were afraid the president was going to get to them for daring to break the blackout on publicity.”

Advertising and public relations instructor Patrick Longo said he lived near Blanchette Park at the time of the murder and worked as a server and bartender at the old Grappa Grill, which is now Hotshots Sports Bar & Grill on Highway 94.

“Every night when I was driving home, they had roadblocks out and were stopping cars,” Longo said. “And they were asking for information, but also telling people what was going on. I remember the detective having a manila envelope and flipping through photos of the actual crime scene and of the girl’s head.”

Longo lived with his 4-year-old daughter at the time and said he was afraid to even go outside to smoke a cigarette.



From left: Dawn Sabourin (Tiffany’s mother), Tiffany, and Frankie La-Banca (Tiffany’s aunt). Photo provided by Donna Craig

“It was scary but also weird because it’s St. Charles; it doesn’t happen in St. Charles,” he said.

Police investigated about 400 leads, but none had panned out.

Final exams were coming up, and police worried about potential witnesses or suspects leaving the state.

“We were convinced that the university had some relationship to the crime,” McCarrick said. “But you can’t say to all the students, this is not television, you can’t leave town until you’re done with this.”

That’s when a canine officer asked McCarrick if he ever thought of using bloodhounds. Soon after, K-9 Chester from Dearborn, Michigan, and K-9 Samantha from Gary, Indiana, arrived.

“It had rained hard every day,” McCarrick said, “I thought maybe that would interfere with the way the dogs work, but I found out that was not a problem.”

The dogs picked up Tiffany’s scent from gym clothes police had retrieved from her school locker. Chester went first. He led his handler from the El Matador Apartments on Cunningham Avenue all the way to Pfremmer Pond where he keyed in on a specific corner of it, McCarrick said.

Police took Samantha out on a boat, and when police reached the corner of the pond, “she wanted to jump in,” McCarrick said.

Police brought divers in, and they recovered the bedsheet.

“They smelled that girl’s scent on that sheet from a mile away, over a hill, a week later, under five feet of water and it rained every day,” McCarrick said.

Within two days, police decided to release a photo of the sheet to the 5 p.m. news broadcast, and by 5:30 p.m., they had a call that would break the case.

## “This is my roommate”

Jason Richter was in his dorm room — Cobbs Hall, Room 120 — when his girlfriend called him and told him to turn on the news. Police were going to be showing some evidence in the murder case.

Richter was alone because his roommate, Jason Shipman, hadn’t been around since Tiffany’s body was discovered.

As he talked to his girlfriend, the TV showed a picture of the sheet that had been used to transport Tiffany’s head.

“I was like, that’s a weird-looking sheet,” he said. “Most of us go and buy the tan-striped sheets or a straight color. Well this was like, tan with a dark brown circle, and at the time we didn’t know it was the wing of a dove or a bird going through it.”

Richter glanced over an his roommate’s bed, and noticed his sheets looked exactly like the one on the news.

In disbelief, he asked his girlfriend to describe the bedsheet. Then, he called his dad who lived in Bridgeton, about a 10-minute drive from campus, and asked him to describe it.

Richter couldn’t find the flat sheet or the pillowcase. He told his dad to get to campus.

Police dusted Richter’s dorm room for fingerprints and brought in the forensic team.

“That’s when it hit me,” Richter said. “This is my roommate. This is actually happening.”



Jason Shipman is serving three life terms plus 150 years in the Missouri Department of Corrections.

Police found and arrested Shipman, 21, at a motel in Bridgeton around May 3.

“He denied knowing anything about it at first, then when we got to the station he blamed it on Billy Joe Logsdon,” McCarrick said.

## A killer’s confession

Police picked up Logsdon, 15, for questioning, and after a few hours, he confessed.

His story kept changing, though, and eventually police realized he wasn’t involved at all.

He “was in jail for about a year, but we were able to alibi him,” McCarrick said. “He had nothing to do with it.”

That put the focus back on Shipman. When police tried to talk to Shipman again, his lawyer wouldn’t allow it.

Then-prosecutor Jack Banas said he agreed to take the death penalty off the table if Shipman told them what happened. He did.

Tiffany was babysitting her siblings at her mom’s boyfriend’s apartment the night of April 25. She stepped outside to smoke a cigarette when Shipman approached her.

“He asked her what time it was, to start a conversation,” McCarrick said.

Tiffany offered Shipman a juice box, and he convinced her to leave her brothers at home and walk to his dorm room.

They listened to records until Tiffany said she had to go because her mom would be home soon. He offered to walk her home, McCarrick said.

When they reached the footpath next to the water tower, they stopped to smoke a cigarette.

“It was at this point I knew I was going to kill her,” Shipman testified in court.

He sexually assaulted her, then stabbed her in the chest with his buck knife, McCarrick said. Shipman stabbed her another time in the back of her neck, paralyzing her.

Before she died, McCarrick said Tiffany asked Shipman to take her to the hospital because she couldn’t feel her legs. Then he cut off her head and burned her genitals in an attempt to cover up evidence, McCarrick said.

Shipman went back to his dorm to grab his bedsheets and used it to carry her head from one side of campus to the other, McCarrick said. When he was finished, he threw the sheet in Pfremmer Pond and threw rocks on top of it to help it sink.

## ‘He would’ve been a serial killer’

Shipman told police that before the murder, he had been “hunting on campus for a while and didn’t find a victim, so he went off campus.”

“He’s a classic organized killer,” McCarrick said. “He probably would have become a serial killer had we not caught him. It clearly was a sexually motivated crime. Saying he didn’t care who the victim was is nonsense.”

Still, Shipman “didn’t look like a maniac” or act like one, McCarrick said.

He also had a history of petty crime.

Shipman, his mom and his sister lived in a mobile home until management threw them out because he was caught peeping in young girls’ windows, McCarrick said.

Richter said his roommate kept to himself most of the time.

“He didn’t bring much of his life around his dorm or me,” Richter said, “He basically just kind of hung out and played with his baseball cards.”

Richter said Shipman rarely brought girls back to their dorm.

Shipman had fathered a child with a previous girlfriend.

He pleaded guilty and was sentenced to three life terms plus 150 years. He is incarcerated at the Southeast Correctional Center in Charleston, Missouri. He declined a request for an interview about the anniversary.

## Wrong place, wrong time

Tiffany’s murder had a profound effect on McCarrick, who still gives talks about the case and hangs on to a copy of the case file.

Richter said being involved in the case made him rethink his plans to become a gym teacher. He changed his major to criminal justice and became a St. Louis County police officer after he graduated.

“I was more intrigued by what could go on in law enforcement than I was at that time in physical education,” Richter said.

He joined the U.S. Marshals within a year after becoming an officer.

As for Banas, he thinks of the case every time he boards his boat, named after the newspaper headline that was used to describe Shipman’s conviction: “Justice Served.”

“It was a case you’ll never forget because it was my first, and it was a 13-year-old girl,” he said.

Tiffany’s friends and family wonder what would have become of the confident girl they admired if she hadn’t met Shipman that night.

“This rocked us, but we got through it,” Craig said, “I wonder what 30-year-old Tiffany would be like.”

Her stepmother said it came down to Tiffany being in the wrong place at the wrong time.

“In the right setting, she would have flourished and been successful; I just know it,” Higgins said. ◆




# BLAZING A TRAIL FOR LEGALIZATION

STORY BY **KEARSTIN CANTRELL** ILLUSTRATIONS BY **KAT OWENS**

**I**t's time for America to take the high road. Marijuana has a long, vibrant history in our country and around the world. The cannabis or hemp plant from which marijuana is derived is native to Central Asia.

In its history, hemp from the cannabis plant has been used to produce a variety of goods around the world like clothing, rope, paper and sails.

As demand for hemp products rose around the world in the 15th century, even what would become the United States got on board with growing the cannabis plant.

The Virginia Assembly even passed legislation in 1619 requiring every farmer to grow cannabis for the production of hemp products. It was even allowed to be exchanged as legal tender in Pennsylvania, Virginia and Maryland.

Jumping forward a few hundred years, Sir William Brooke O'Shaughnessy, an Irish doctor studying in India, discovered in the 1830s that cannabis extracts could be used medicinally.

By the late 1800s, pharmacies and doctors' offices throughout Europe and the United States began selling cannabis extracts to treat stomach ailments and other health issues.

However, the United States' warm attitude toward the cannabis plant changed when it began being harvested to produce marijuana for recreational use.

Mexican immigrants introduced the recreational use of marijuana to the American culture between 1900 and the 1920s after coming to

the United States during the Mexican Revolution.

Somehow the massive unemployment and social unrest caused by the Great Depression became incorrectly attributed to Mexican immigrants and the "evil weed."

By 1931, 29 states had outlawed cannabis, according to pbs.org. In 1937, the Marijuana Tax Act became the first federal legislation to ban the substance nationwide.

As part of the "War on Drugs," Richard Nixon signed into law the Controlled Substances Act of 1970. The act repealed the Marijuana Tax Act and did it one better. It classified marijuana as a Schedule I drug, alongside heroin, LSD and ecstasy, with high potential for abuse and no medical uses.

If that isn't an example of the government turning a blind eye to research and instead brainwashing the American people for its own agenda, I don't know what is.

Then again, nobody ever said Nixon was a moral beacon.

It hasn't been until recent years that marijuana use has become legal in parts of the United States. While cannabis is still illegal under federal legislation, it has been legalized for medical use by state legislation in 29 states. It has also been legalized recreationally in eight states.

While these are important steps, what America needs is to legalize recreational use of marijuana on a federal level.

A common argument for doing so is the fact that marijuana is less dangerous than alcohol.





In its 7,000 years of recorded human use, marijuana has caused, that's right, zero fatal overdoses. While on the other side of the coin, every hour one person is killed and 20 are injured in crashes involving drunk drivers, according to the National Transportation Safety Board.

When it comes to addiction, alcohol is still on the losing team.

The National Institute on Drug Abuse estimates 9 percent of people who use marijuana will become addicted to it.

However, according to the National Institute on Alcohol Abuse and Alcoholism, 17.6 million people suffer from alcohol abuse or dependency, making it the most addictive substance in the United States.

Put aside the small detail that marijuana is safer than alcohol, and this point remains: Legalizing recreational use of marijuana has already been working in individual states across the country.

According to [marijuanareform.org](http://marijuanareform.org), both violent crime and property crime rates have decreased since the legalization recreational of marijuana in Colorado.

Civilized.com says that the legalization of recreational marijuana in Colorado also reduced the number of opioid overdoses in the state by 6.5 percent in the first year alone.

Marijuana legalization has also already made a tremendous economic impact.

For starters, Colorado currently has the No. 1 state economy in the country. More jobs are being created, tourism rates are up and real estate is doing better than ever.

The state is thriving while the rest of the United States is, financially, barely surviving.

By legalizing marijuana in Washington, marijuana arrests dropped 98 percent in the first year. A decrease in arrests for marijuana means two things for police departments: They save money; collective evolution estimates between \$12 million and \$40 million a year. They can also focus on what I would consider more horrific offenses like murder and rape.

Plus, millions of Americans can get out of the vicious cycle of collateral consequences that come with having a criminal record.

In 2015 alone, Colorado made \$996.2 million between medical and recreational marijuana. Not to mention the \$135 million the state made in taxes and license fees.

Oh, and 35 million of those dollars went toward school construction projects. On top of that, another portion of marijuana tax revenue helped out with youth and substance-abuse programs in the state.

So if we won't legalize marijuana for the health, crime and economic benefits, let's at least do it for the kids.

And no, national legalization of marijuana isn't going to harm the kids. In fact, teenage use of marijuana is at a 20-year low according to the Washington Post. According to [civilized.com](http://civilized.com), in Oregon, teenagers report having a worse view of marijuana now that it's been legalized in the state.

So don't worry, the children aren't being corrupted.

Or, if you're more concerned with national security than our country's children, don't worry, marijuana can help that too.

One of the biggest threats to national security? Drug cartels.

The drug trade has long been a major source of income for drug cartels. However, since states started legalizing marijuana, domestic product has been outperforming Mexican marijuana in quality and price, according to [hightimes.com](http://hightimes.com).

The website also reports that Mexican farmers growing marijuana for drug cartels have seen returns drop from over \$100 per kilo to under \$25.

Legalizing marijuana isn't going to put drug cartels and organized crime out of business. They're criminals; they'll find another source of revenue.

But why are we giving away this business opportunity instead of using it to our advantage and maybe, I don't know, using federal marijuana tax revenue to wipe out the United States' \$20 trillion in national debt?

At the end of the day, one thing is clear: Marijuana is the hero that America wants and needs. ◆





# DORM KITCHENS WOULD BE RECIPE FOR HEALTHIER LIVING ON CAMPUS

STORY BY **LINDSEY FIALA** ILLUSTRATION BY **ANDRIA GRAELER**

Lindenwood University students lack one major tool they need to stay healthy while living on campus — kitchens, which should be available in every dorm.

While students are encouraged to stay fit, many food options in the dining halls drip with grease and are saturated in salt.

If dorms had kitchens, students would be able to make healthy meals that don't have to be zapped in a microwave or thrown into a deep fryer in the Spellmann cafeteria.

The idea of a kitchen in every dorm is not far-fetched. All residents living at University of Missouri - St. Louis and Webster University are provided with kitchens.

At Saint Louis University, many dorms either provide students with a kitchen or have a dining hall in the dorm building.

At Maryville University, Mouton Hall has a community kitchen that is stocked with appliances and utensils.

The other two dorm halls do not have kitchens but come equipped with beverage stations, popcorn machines, microwaves and toaster ovens.

If Lindenwood students even want one microwave in their dorm's lounge, they must fundraise or put money together to buy one.

Many students have special dietary needs or allergies that do not allow them to eat

much of what is served on campus. Because of this, students are limited to a small number of meals the school can provide.

These students know what's best when it comes to what they can and can't eat and therefore should have the opportunity to prepare and cook the food they need.

Nearly 15 million Americans have some sort of food allergy, according to Food Allergy Research and Education.

One of the most common food allergies is peanuts. Chick-fil-a, one of four restaurants in the Spellmann cafeteria, cooks all of its fried food in 100 percent peanut oil. While there are other restaurants to choose from, that is very limiting for those with the allergy.

Another few groups that are limited by not having a kitchen are vegetarians and vegans. Almost all food options in the Evans cafeteria involve some kind of meat or dairy product. Spellmann is the same.

Students who live with unique diets should have the tools they need to make food they can eat.

Lindenwood is home to a very diverse group of students, including students from more than 30 different countries.

Sure, American food is part of the deal when it comes to living here, but students

should have the ability to cook food that reminds them of home. Homesickness is very real among these students, and being able to make food they used to eat every day at home would bring them comfort.


Even though having the option to eat fast food whenever I want is appealing, putting my health first is more important.

According to the Obesity Action Coalition, students tend to gain weight in college because of eating unhealthy cafeteria food, keeping unhealthy snacks and food on hand in the dorm room and fast-food delivery to dorm rooms.

If kitchens were available for students to make healthy meals, they would not need to rely as heavily on fast food and unhealthy cafeteria food.

In college, students are old enough to make decisions about what they eat. Therefore, they should be given the option to cook and prepare healthy meals for themselves. Lindenwood could put its students' health first and provide them the space they need to cook nutritious meals.

Every dorm hall needs a kitchen or should at least be provided with microwaves, toasters, toaster ovens and crockpots. Students should not be limited to what they can eat simply because they live on campus. ◆



# LINDENWOOD NEEDS TO STOP OVERLOOKING FOREIGN LANGUAGES

STORY BY **KYLE RHINE**ILLUSTRATION BY **YUKIHO NISHIBAYASHI**

Lindenwood University should require students to complete two years of a foreign language to earn any degree.

Learning a second language has many benefits. They include improving your communication skills, improving your memory and creating more job opportunities for you down the road.

By knowing a second language, it allows you to be able to talk to other people outside of your dominant language, therefore increasing your social abilities. Also, according to FluentU, learning two or more languages helps your brain to exercise, which can boost its performance.

Want to make your résumé stand out above other competition in the job market? Become fluent in another language. In 2013, the business website CNN Money said that bilingualism was the most in-demand skill for job seekers.

Why? People who take the time to learn a second language demonstrate a strong work ethic, and businesses that have customers around the world will look favorably on someone with this skill.

In addition, CNN Money reported that translators and interpreters are expected to be one of the fastest-growing occupations.

There's also a financial benefit. Accord-

ing to aol.com, bilingual employees can earn between 5 percent and 20 percent more money per hour than those who speak only one language.

In places like Austria, Italy, Norway and Portugal, most students study their first language by age 9, according to Pew Research. But in America, according to Gallup News, only about one-fourth of Americans can speak a language other than English well enough to hold a conversation.

Instead of learning a second language at a younger age, the majority of students aren't given the opportunity until they're in high school. This is the wrong time for students to start, because by high school, students have other interests and research has shown that post-puberty minds can't learn another language as easily as those in elementary schools.

Lindenwood student Geoffrey Murray is one of those students. Murray said he took two years of French when he attended high school and said he would have continued, but his class schedule was full. In addition, Murray's parents favored other curricula over foreign languages, he said.

The problems seem to compound for American college students, because only 7 percent are enrolled in a language course,

according to The Atlantic. This is where Lindenwood could set itself apart.

Students at Lindenwood are not required to take a foreign-language course. Every student, however, is required to take a cross-cultural class. Taking Spanish or French is offered as a cross-cultural, but not many take it because of other options.

Spanish professor Maite Nunez Betelu says learning a second language has many benefits to it.

"If you want to find a job in the U.S., knowing Spanish and knowing a foreign language is going to help you a lot," she said. "A lot of businesses do business with other countries, and so having somebody who has the skills in foreign language, that's going to give you a lot of opportunities."

The U.S. has many things going for it, including the world's biggest economy, but our country is not preparing its citizens to participate in that world economy.

According to ATTN:, the U.S. spent \$598.5 billion on its military and only \$70 billion on education in 2016. Why aren't we more focused on education? If we cut the military budget in half and spent it on education, we could teach everyone a second language and truly become a more globally minded nation. ◆



# THEATER OF LIFE LESSONS

Professor Quiggins incorporates  
odd job experiences into classes

STORY BY LINDSEY FIALA

PHOTOGRAPHY PROVIDED BY LARRY QUIGGINS



Professor Nick Kelly as the Birthday Bandit and Larry Quiggins as Spider-Man would perform together at children's birthday parties.

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**A**ssembling pool tables. Digging ditches. Working at a psych ward. Owning a comic book store. Larry Quiggins had all of those jobs before becoming a theater professor, and he applies those experiences in the classroom.

One of Quiggins' first jobs was as an orderly in Missouri Baptist Hospital's psych ward.

"I would be the one who was holding them down while they were given electric shock therapy," he said. "I can tell you that I hated it so much."

Quiggins got a transfer to the midnight shift where his duties included making sure patients stayed in bed throughout the night.

One patient, a huge guy also named Larry, scared all of the other workers in the ward, even though he had never done anything to hurt anyone, Quiggins said.

"I took [sharing his name] to my advantage, and he became close to me," he said. "Everyone who didn't want anything to do with him stayed away from him while I'm walking down the hall with him holding his hand."

Quiggins said that if the ward hadn't closed down, he probably would have continued working there.

"It was definitely one of those jobs that has stuck with me, and I learned a lot of things," he said. "One of these days I will write a play that has to do with one of those experiences."

Quiggins said one of his hobbies has always been reading and collecting comic books, so after he was laid off from the psych ward in 1990, he decided to open a store.

He went to several banks, trying to get a loan. No one would give him one, though, so he got the money from his father, who also

was skeptical of the idea.

Quiggins proved he knew what he was doing, because on the opening day, his shop was packed with customers. He named the store Bug's Comics and Games, after the nickname he'd had growing up, Bug, which was short for bug eyes.

After opening day, the store stayed popular, and soon many customers became regulars.

Wednesdays, also known as New Comic Book Day, were the busiest days of the week. The shop also hosted a comic book club made up of his regular customers, and they all picked a character from a comic book as their name in the club.

Nick Kelly, now an assistant professor of theater at Lindenwood, was a former manager at Bug's Comics and Games from 2003 until it closed the next year. He said he has been reading comics for 30 years and loved working with Quiggins. They have been friends since 1997.

"Some of my favorite times were sitting around after hours and talking books until 1 in the morning [with Quiggins]," Kelly said. "If Larry wouldn't have sold the shop, I would probably still work there one day a week."

Owning his own comic book store allowed Quiggins to have lunch with one of his biggest idols and play as his other.

At the time, there were only two distributors of comic books, Diamond Comics and Capitol Comics. Since they were competing against each other, they would host seminars once a year.

"Anybody who was anybody that had to do with comics and movies would be at those seminars to talk and rub elbows with us retailers so we would sell their products," Quiggins said.

At this event, Quiggins was able to have lunch with Stan Lee, his biggest idol in the comic world, comic book writer and previous editor-in-chief for Marvel Comics.

Quiggins walked into the room, and Dick Ayers, an early artist of the Avengers, called Quiggins over to sit with him and his wife for lunch.

"Five minutes of eating lunch with him Stan Lee comes walking in and comes over and had lunch with us," he said. "I was sitting there thinking, 'Oh my gosh, I am having lunch with Dick Ayers and Stan Lee; this is probably the coolest thing of my life.' And it is still probably the coolest thing of my life."

During this time, Quiggins also worked for Marvel and made several guest appearances as Spider-Man. He still has the professional costume to prove it.

After working at a convention in 1996 dressed as Spider-Man, Quiggins walked around downtown St. Louis and under the Arch, still in costume.

Quiggins recounts this day as one of the best days of his life because people were constantly running up to him yelling "Look, it's Spider-Man!" honking at him and yelling from high up in buildings at him.

His favorite moment was when he was at one end of the Arch when he heard a group of Asian men yelling and screaming "Spider-Man!" and running toward him from the other side.



Quiggins transformed the basement of his house into his own "man-cave." It is full of artwork, superhero and comic figurines, as well as an entire room that houses his comic book collection of approximately 50,000 comic books.

Quiggins said he had a hard time understanding them because of their broken English, but said he still thoroughly enjoyed the experience.

"I heard one of them say to his buddy, 'I can't wait until we get back home and tell everybody we met Spider-Man,' because in their minds I was the real Spider-Man," he said.

After several years of owning the shop, Quiggins said he became bored and decided to go back to school. He said that being a theater teacher was always his dream job.

"I love what I do, and I love being here," he said. "There is a reason why I do what I do, and it's because of the students."

Quiggins closed his shop because it was becoming harder to make profit from it, he said, and he did not have as much time for it as he used to.

Sometimes Quiggins misses his store, but he said he still gets his comic fix from the approximately 50,000 books he has in his collection. He said that for as long as he can remember, he cannot go sleep until he has read a comic book.

In the end, though, teaching is what he loves the most. "I've had a lot of life experiences that I can share and explain things [to students]," he said. ◆

Read more at  
**LINDENLINK.COM**

Bug's Comics and Games was the only comic book store in Florissant that bought old or vintage comic books. His store was also one of the only stores to sell children's comics as well as adult ones.





# AHMAD 'THE PROPHET' IS DJ IN HIGH DEMAND

## Lindenwood student turns hobby into moneymaker on Main Street

STORY BY **KYLE RHINE**

PHOTOGRAPHY BY **ALEX SCHENBERG**



Watch at  
**LINDENLINK.COM**

Ahmad Isaacs asks the bartender for one Bud Light to take the edge off. He downs the beer, and then it's showtime.

When he's at work, Isaacs goes by Ahmad the Prophet, a name he came up with his freshman year at Lindenwood University.

"I was thinking of names that sounded cool, and it just came into place," Isaacs said. "Prophet was always big in the name; had to have it."

Like many college students, Isaacs needed a way to pay for school. He decided to be a DJ. One of Isaacs' teammates on Lindenwood's rugby team showed him which board, computer and wires to buy.

After months of preparation, Isaacs got his shot at Bobby's Place on Main Street in St. Charles. He was going to be filling in for someone and only had a week to prepare.

"I literally skipped my homework and downloaded music to practice so I could make it perfect," Isaacs said.

That night the 5-foot-9, dark-skinned Chicago native had a pair of Beats By Dre on his neck and played a 300-song set in front of a capacity crowd.

"It was scary, but a fun scary," he said.

DJing has been on Isaacs' schedule almost every week since then. He played his biggest show in April 2017 at Ballpark Village in downtown St. Louis.

At "The Rally on Clark," Isaacs was surrounded by about 1,000 people, far more people than the crowd at Bobby's Place.

Before Isaacs played the first song, he said his palms were sweating.

"Looking out at everybody, my name flashing on screens, it was really cool, so real," Isaacs said.

Isaacs said despite his nerves initially, he's comfortable being in front of a crowd now.

"I was a little nervous whether people would like it," he said. "Now I am just at the point I don't really care. As long as I am having fun and I see a few people having fun."

Isaacs' sister, Alena, 16, said whenever her brother is at home, he's always working on his craft with the speakers in her room.

"He's the reason my taste in genres of music expanded to EDM (electronic dance music) and other things," she said.

Isaacs' sister said she is not shocked by her brother's success as a DJ.

"He's always been a quick learner, so I wasn't surprised when his ability to mix songs seemed to come with such ease," she said.

Isaacs said he doesn't plan to make a career of DJing. He's studying paramedicine at Lindenwood and wants to be a paramedic.

In addition to DJing three nights a week, he works as an EMT three times a week.

"I always wanted to help people and liked the medical field," Isaacs said. "My mom, Kim, is a nurse, so it felt like a cool fit."

Rugby, like music, also has had a large role in Isaacs'

life. One of his best memories was last summer when he played on Guyana's national team. Isaacs' father, Mark, is a citizen of the country, which gave Isaacs the opportunity.

During his time with the South American team, Isaacs also played in Trinidad, Barbados and Jamaica. Barbados was his favorite.

"Played a rugby game, soon as I walked off, took my jersey off and walked right into the ocean," he said.

Isaacs has already lived a life doing things only a sliver of people get the opportunity doing; whether it's rugby in Guyana or DJing in front of 1,000 people, Isaacs looks back with pride.

Isaacs will graduate in December 2018 and hopes to get a firefighting or paramedic job as soon as possible while also continuing to work as a DJ and make music. ◆



Ahmad Isaacs entertains the crowd at Two Twelve Nightclub in September.

# DON HEIDENREICH: FROM ARMY HISTORIAN TO HISTORY PROFESSOR



STORY AND PHOTOGRAPHY BY TYLER KEOHANE

With assignments that included military intelligence and psychological operations, professor Don Heidenreich Jr. draws on his 22-year Army career to teach his history courses.

Heidenreich's classes include American Military History Since 1941; The Civil War and Reconstruction; and Intelligence, Military and National Policy.

Heidenreich served from June 1980 to September 2002, but if it hadn't been for a records mixup, his military career might have ended after bootcamp.

Heidenreich said he hurt his back early in basic training and couldn't walk for a couple of days. He went to the doctor, had X-rays taken and was able to graduate basic training.

When he went back to the physician's later, the record of his injury was missing. If it had remained in his records, Heidenreich said he never would have been able to get into Reserve Officers' Training Corps (ROTC).

"Whoever that was who lost my medical records, I want to go back and thank them," Heidenreich said. "My life turned out just fine."

Heidenreich was a reserve officer, so he was able to combine his military career and civilian life. He met his wife, Lynn, when he was a senior staff officer.

As Heidenreich advanced, he was assigned to a psychological operations unit, where he spent three years. His goal was to get his commission, he said, because he wanted to impress his Air Force father.

After nine months of training in Arizo-

na, he went abroad to Germany in 1983 for WINTEX, an exercise for a potential Soviet Union invasion of Western Europe and the U.S. response.

Upon returning to Arizona, he trans-



Professor Don Heidenreich Jr. teaches several military courses at Lindenwood University.

ferred units to the eighth battalion, 40th armor, where he became the battlefield information center officer.

He eventually became the intelligence officer and completed another training exercise in South Korea.

"It was 1988," Heidenreich said. "I'll always remember that because it was the Olympic year in Korea."

He said he stayed at a base where they

overlooked the Demilitarized Zone (DMZ) and into North Korea.

Even with all the arduous training Heidenreich went through, he said he had the most fun during it.

He liked "intel training," which he said, "the nature of attempting to do the intel business, and do it well, requires a daft hand at understanding the intricacies of human nature."

He was deployed in the fall of 1998 to Bosnia and Herzegovina. Though he didn't see combat, he legally still has veteran status because he was deployed well over 180 days.

"I don't write the orders; I just go where they send me," he said.

During his time in Europe, he was stationed in Heidelberg, Germany, for a second time, where his assignment was to sort through eight tons of military records and decide whether to keep it or to throw it. Some of the items were battle-planning papers, but most were just patrol records.

His deployment ended in the summer of 1999. Overall, he said he never had any problems with subordinates, saying they were "a good group of guys."

Leading his Charlie battery division to a higher standard was Heidenreich's fondest and most rewarding experience, he said. His superior even commended him. Heidenreich's unit was composed of non-commissioned officers. He wanted his unit to be at the same skill level as active duty members, so he held high standards.

"You've got to understand, there's the army standard, and then there's the Charlie Battery standard," Heidenreich said. ◆



# ATHLETE SHAPED BY DECADE AT SEA WITH FAMILY



## Quincy Winship explored Central, South America in 33-by-22-foot catamaran named Chewbacca

STORY BY **ASHLEY HIGGINBOTHAM**

PHOTOGRAPHY PROVIDED BY **QUINCY WINSHIP**

**T**he dark blonde with a ponytail and safety glasses steps forward at the shooting range and lines up the shot with her Blaser F3 shotgun. She yells “Pull!” and a bright orange clay disk catapults into the air in front of her.

Life is very different for Quincy Winship now compared to her experience growing up. From the time she was 5 until she was 15, Winship lived on a 33-by-22-foot catamaran named Chewbacca.

Winship’s parents, Bruce and April, sold their house in Clayton, California, and took to the high seas to raise her and her older sister, Kendall.

“My parents thought it was a cool thing to do, and they wanted to move our family out of the society of television,” Winship said.

Countries like El Salvador, Guatemala, Costa Rica, Colombia and Nicaragua would be their backyard for the next 10 years. Visiting historical sites like the Mayan ruins and the Panama Canal were their field trips. Staying with a Guatemalan family for a month was their Spanish class. Their first pets were Sherman, a toucan; and Pip-pin, a three-toed sloth.

“They were abandoned, and we rescued them,” Winship said.

During those years, the girls were homeschooled; their father fo-

cused on math and science, while their mother concentrated on English and social studies.

Winship said they never ran into people troubles on the water.

“There weren’t any pirates or anything,” she said. “It was a really safe atmosphere.”

That didn’t mean they never faced challenges though, Winship said.

Early on, they didn’t know how much food to buy and ran out in Mexico, she said. Luckily, they had some canned goods, and neighboring boats offered them fresh food.

A more dangerous concern was hurricane season.

“We would try to stay away from anything that was super bad, but there would still be other storms, so we would find an anchorage that had a really good cove or certain spots that were well protected from the ocean or the waves,” Winship said.

Then they would batten down the boat.

“You push down everything that would fly away like the sails or the awnings,” she said. “You might reset your anchor to make sure you didn’t drag in a storm.”

Checking their neighbor’s boat and warning other cruisers was typical for them, too.





Kendall (left) and Quincy (right) pose with their father Bruce while he holds a sea turtle.

During their time on the catamaran, both girls enjoyed snorkeling, fishing and scuba diving.

While they were free to explore on a kayak, they always kept the boat in sight and had a radio with them.

“We would just paddle back when we were done,” Winship said. They also spent a lot of time with the families of locals. They would visit their house or hop on a bus to the nearby town and meet friends of their new friends.

“Most of the time, a lot of our friends were other Americans who were in our same anchorage,” she said.

Since it was difficult to maintain long-term friendships, Winship said she grew closer with her sister.

“Even though she and I would clash heads sometimes, it’s just you two against the whole wide world,” Kendall Winship said. “And we fought each other’s battles and had each other’s backs.”

Quincy Winship’s parents decided to return home to the States when she was 15.

“They didn’t really know anything about American culture,” her mother said. “We wanted them to learn how to sit in a classroom.”

Winship said she’d never taken a standardized test, and was especially confused by the ones where students filled in circles that could be read on a Scantron.

“I remember sitting in class, and my teacher handed them out and told us to start the test, and I had no idea what to do,” she said. “I had to raise my hand and asked how this worked.”

However, her biggest adjustment involved the attitude Americans had about materialistic things.

“It was weird coming back and seeing how much people took for granted, and it was weird adjusting to how much stuff people had here and how much they complained,” she said. “We would go to villages and stuff and there would be a shack and a family of eight would be living in it.”

Winship took interest in American Skeet shooting during her junior year of high school, but visiting the Navy SEALs and the Delta Force during their yearly jungle warfare training in Panama really opened her eyes.

“They would let my sister, dad and me shoot some of their guns,” she said.

Her father worked at the marina where they trained, and the military officials took a liking to him.

“He helped them adjust to being in a foreign country,” Winship said.

That was the first time she ever shot a gun, and that is what eventually brought her to Lindenwood.

“I wanted to go to school away from where I lived, and [Lindenwood] had a shooting team, and I wanted to continue shooting,” she said.

Winship, a criminal justice major, also is a member of the women’s water polo team, a sport she has been playing since her freshman year of high school.

“I originally came here just to shoot, then a bunch of my friends and I just decided to check it out,” Winship said.

Her sister runs a dog-training facility now, and Winship looks forward to continuing shooting and starting her career in either law enforcement or the military.

Her sister said she’s proud of Winship’s accomplishments.

“She’s doing what she loves, and she’s definitely going to make a difference in this world,” Kendall Winship said.

Quincy Winship said living permanently on a boat is not in her plans, but she definitely feels her childhood has shaped who she is today.

“I think I’m more mature in the sense that I don’t need all these amenities around me,” she said. “A tiny bedroom is what’s normal to me. I do like to explore and not sit in one place for a long time.”

Back in Eureka, Missouri, at the St. Louis Skeet and Trap Club, Winship sees the disk and pulls the trigger, causing a single thunderous clap. The clay disk shatters as pieces rain onto the field. ◆



Kendall, left, and Quincy aboard the family’s ship, the Chewbacca.



# NICHOLAS LEADS RISE OF WOMEN'S RUGBY

## Program experiences remarkable change of fortune

STORY BY **NICK FEAKES**  
PHOTOGRAPHY BY **MITCHELL KRAUS**

**T**he sign on the locker room door reads, “If you are not prepared to put the team first, turn around.”

The phrase exemplifies the type of commitment and effort that emanates from the Lions.

It also defines what head coach Billy Nicholas expects from the 50-plus young women from all corners of the globe who make up the Lindenwood women's rugby team.

The program has experienced a remarkable change of fortunes in the past four years, going from having barely enough players to being ranked the best team in college rugby in 2018.

The reshaping of the program began in New York City in 2014.

It was summertime, and Nicholas learned about a small NCAA Division II school in St. Charles, Missouri, that was looking for a new head coach for its women's rugby team.

Nicholas was coaching the New York Old Blue women's rugby team at the time, and two players under his tutelage that summer went to college at Lindenwood. They encouraged Nicholas to apply.

Nicholas grew up playing America's game — football. The game instilled a love of contact sports in him. He gave up football at the end of high school, though, after he was sidelined by an arm injury.

After college, he got a job as a teacher at the Hunts Point School in a high-unemployment, high-crime area of the Bronx.

“Originally I thought I was going to coach football, but the school that I was at just didn't have much money for any equipment,” Nicholas said.



He discovered rugby after a non-profit organization named Play Rugby USA gave his school free mouth guards, balls and cones and told him that was all he needed to start a team.

“It was pretty much a perfect scenario to develop the sport in a school system that was hurting economically at the time,” he said. “So rugby just kind of found me, and from there I started working with youths.”

When Nicholas was hired at Lindenwood, the squad he inherited consisted of only about 13 women, so they had open tryouts.

“We had some people who had quit the wrestling and weightlifting programs come over and play rugby for the first time,” he said. “So the first year was definitely a hodgepodge group, but everyone was very excited to be a part of something new, and I think they bought into seeing the program grow in a way that it hadn't before.”

Nicholas also did a lot of flying that year to recruit women who were playing high school rugby.

The efforts paid off with the Lions gaining players from many of rugby's hotspots in the United States, such as the West Coast and Colorado, but also from places like Spain, Venezuela, New Zealand and Australia.



Billy Nicholas (left) and Meg Gold, a freshman fullback, during practice on April 10.

His squad includes players like Venezuelan Caring De Freitas, who started at Lindenwood in 2016 as a 17-year-old. De Freitas picked up the game of rugby at the age of 13, and by 15, she became the youngest person ever to play on Venezuela's national team.

With her country in a state of political, economic and criminal turmoil, De Freitas decided to make the 2,436-mile journey to St. Charles. She had an immediate impact. The fullback is renowned for her slicing runs from the back and strong defense.

His recruiting also uncovered some hidden gems, like Annakaren Pedraza, who came to Lindenwood with no high school accolades. In her three years here, the La Quinta, California, native has achieved just about everything one can achieve at the domestic level of women's rugby in the United States, including a spot on Team USA.

Nicholas humbly attributes the success of athletes like Pedraza to the support of the school and the drive of the athlete, but a lot of the reasons for success come from Nicholas himself.

In fact, the profile of the program has grown in stature so much that Nicholas sometimes doesn't have to recruit.

Emails with film of prospective student athletes often land in his inbox. The students, mostly international, are keen to get a spot now that Lindenwood finds itself at the upper echelon of college rugby.

Nicholas defines his style of coaching as "mastering the basics." This phrase may reveal the secret to the fluidity and seemingly effortless nature of Lindenwood's game on the field.

The Lions do the simple things right.

"Billy likes to emphasize the basics," De Freitas said. "He also emphasizes the energy that we put into the drills because he believes how we practice transfers into our games."

The simple things definitely were done right in May 2017 when the Lions hoisted the program's first national championship on a sunny day in Denver, Colorado. The Lions were the 2017 USA Rugby College Sevens national champions.

That weekend they were unstoppable, led by Hannah Gauthreaux, another Nicholas recruit who was enticed to transfer from Notre Dame in 2015. The pocket dynamo lit up the turf at Infinity Park as she seemed to score at will en route to claiming the tournament MVP trophy.

The Lions defeated archnemesis Life University in a lopsided final. By the time the final whistle blew, the Lions had run away with the game 31-12.

Two weeks later the Lions found themselves faced off with Life again. This time it was on an overcast Philadelphia afternoon, and it was the final of the Collegiate Rugby Championships.

Lindenwood was the favorite with its 4-0 record in 2017 against the Running Eagles, but Life had other ideas, delivering the Lions another tough loss, 17-12, in a season of tough losses.

The Lions also came agonizingly close to winning the 15s national championship in 2017, when they lost 28-25 to Penn State, and will be looking to reverse their fortunes this coming season.

After all the Lions have achieved in Nicholas' tenure, it seems all that remains to be achieved in 2018 is an elusive national championship in 15s. The Lions will have to wait until May 6 to get their shot.

However, the Lions have started their quest the way they have hoped for, avenging last semester's heartbreaking loss by putting Penn State to the sword by a 52-24 scoreline. ◆



Billy Nicholas explains drills during a huddle with members of the women's rugby team during practice on April 10.



# COFFEY READY FOR 'PERFECT' FINAL FRAME



Michael Lester Coffey attempts to throw a strike at St. Charles Lanes as he prepares for the national tournament in Lincoln, Nebraska. Photo by Anastasia Talalaeva.

## Lindenwood bowler hopes to add team title to list of achievements

STORY BY **MERLINA SAN NICOLAS**  
PHOTOGRAPHY BY **ANASTASIA TALALAEVA** AND **MERLINA SAN NICOLAS**

**H**e releases the bowling ball at over 17 miles per hour and watches it barrel down the lane as he poses his shot. All 10 pins go down in a thunderous strike. Michael Lester Coffey, 22, started bowling for fun when he was 10 and never thought about doing it professionally. But when he turned 15, he realized bowling was his passion.

He spent most of his time at a bowling center in Melbourne, Florida, near his home, practicing every day.

Coffey befriended Greg Young, another teenager who practiced at the same lanes. They hung out and challenged each other.

“Growing up, Coffey and I were best friends,” Young said. “We traveled together to tournaments and gave each oth-

Michael Lester Coffey poses with his bowling ball. Photo by Merlina San Nicolas.



er someone to beat to stay motivated and get better.”

Young and Coffey made Team USA together in 2015, and Coffey bowled in the tournament of Las Americas in Fort Lauderdale, Florida, six times. Coffey won more than 36 medals for Team USA — most of them gold — and was part of the team from 2013 to 2016.

While Young decided to attend McKendree, a college whose bowling program is currently ranked fifth in the nation, Coffey chose Lindenwood because the business program was good, and it was an affordable school. Coffey wasn't expecting too much of Lindenwood's bowling team, but it's now ranked eighth in the country. Coffey soon became one of the best collegiate bowlers.

Coffey said his transition to college was hard. He never thought of himself as a great student and struggled to manage his workload. He spent more time working on his game than studying for his tests.

It paid off athletically; his freshman year he won Rookie of the Year, and in his sophomore year, he won Player of the Year.

“It was weird because when I started the year, my goal wasn't to get it; I just tried to enjoy college bowling a lot and try to be a better teammate,” Coffey said.

His junior year he raised his overall GPA and had a great start to the regular season by winning the first tournament, but he suffered a serious back injury. He herniated a disk, and doctors recommended surgery, but Coffey decided to try physical therapy instead. Planks and core exercises for six months were key to helping him build his strength back.

“It took me a lot of time to recover and even longer to get back to my game,” Coffey said.

But Coffey went to nationals in New Orleans in April of 2017 and bowled his way to the singles TV show as if he had never been injured, finishing third in the nation.

That summer, Coffey bowled the USBC Open Championship in Las Vegas, where he won his first national title — an Eagle, one of the most prestigious awards in bowling.

This year Coffey's goal is to win an Intercollegiate Team Championship in April, which is the only award he hasn't achieved in his career.

“As a team, I expect to win the upcoming nationals,” Coffey said. “That would be a perfect way to end my senior year.”

The Lindenwood men's and women's teams qualified this past March for nationals, which will take place in Lincoln, Nebraska, in April. Coffey also qualified individually and will look to make the TV show for a second year in a row.

Looking back at his collegiate career, Coffey said he is proud of his hard work and the struggles he has overcome.

“It wasn't about winning or prestige; it all happened on its own, which I feel very lucky to have done,” he said. “Not many people can say that they have won or done what I have accomplished.”

After graduating, Coffey plans to put his game to the test on a higher level alongside Young and become a professional bowler, where national titles and big sums of money are on the line. ◆



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# THE WOMAN BEHIND PRESIDENT SHONROCK

Stefani Schuette uses multitasking skills, sense of humor to balance the demands of the job

STORY BY **KAYLA DRAKE**

PHOTOGRAPHY BY **CARLYON PHOTOGRAPHY** AND **KAT OWENS**

**S**he styles her highlighted hair in a pixie cut for easy upkeep. A shiny Lindenwood pin accents her blazer, and gold jewelry adorns her ears.

She is the face of the office. She is the greeter, the gatekeeper. She is Stefani Schuette, assistant to President Michael Shonrock.

“No matter where I go, when it’s on this job ... my response ... represents the university and it represents Dr. Shonrock, so any impression I give off is automatically going to reflect on him,” she said.

Every day, Schuette has the same goal: to keep Shonrock on track and on schedule. To do so, she keeps a copy of his calendar on her smartphone, is stockpiled with paper for lists and checks the calendar three times a day.

Schuette started her career at Lindenwood in the business office’s cashier’s window, but after six years, she said she needed a change. So Schuette met with Deb Ayres, vice president of Human Resources.

At the meeting, Ayres read her the job description Shonrock had crafted for his assistant: integrity, honesty, a desire to help people and problem-solving. Schuette said the description struck a chord with her.

“It was everything I would hope they would say about me on a regular basis anyway, so why not do a job where they were looking for that?” she asked.

Schuette went in for an interview with Shonrock and his wife Karen, and the next week she was sitting in her own office with a new title and a new boss. She said she and Shonrock immediately clicked



President Shonrock’s assistant Stefani Schuette is a busy woman, handling the president’s schedule, managing the office, mothering two children and pursuing a doctorate in higher education. Photograph by Kat Owens.



Stefani Schuette handles her horse Sandy at Flickerwood Arena in Jackson, Missouri, during a college barrel-racing competition. Photo by Carlyon Photography.

because of their similar positive and fast-paced personalities.

“His passion and enthusiasm are infectious; you just want to be as optimistic as he is,” she said.

Schuette said she feels very comfortable working with Shonrock and appreciates that he values balancing family and work life as much as she does.

“There are nights where it’s 5:30 and he will walk by my office and tell me to go home,” she said.

Schuette is currently pursuing her doctorate in higher education not only for job security but because she said she has dreams of becoming a chief of staff or vice president someday.

She credits her husband, Tim, for “pick[ing] up the slack,” including caring for their two sons, 9-year-old T.J. and 4-year-old Mason, when she is not home.

Shonrock said he trusts and admires Schuette’s work ethic.

“Anyone who can manage going to school, a husband and two young boys, working daily with me and our Board of Trustees, and managing the depth, breadth and scope of expectations ... is able to keep all the plates spinning,” he said.

Before this job, when Schuette thought of executive assistants, she pictured something like the women in “Mad Men,” sitting at desks outside of their boss’s office, grabbing coffee, greeting guests and managing the calendar.

Schuette’s perspective on assisting changed when Shonrock encouraged her to join the National Association of President’s Assistants in Higher Education, where she went to a conference in 2015 and met chiefs of staffs with doctorates.

Her narrow spectrum for assistants suddenly expanded into a

bounty of opportunities, and she now serves on the Board of Directors for the association.

“It’s very specific, and I didn’t know it was a thing until I Googled it,” she said jokingly.

Schuette also has taken a leadership role for all of the assistants on campus. Once a semester she organizes a luncheon to recognize them.

While Schuette does manage the calendar and greet guests (Shonrock makes his own coffee with a Keurig), she also operates as a sounding board for vice presidents, she said.

As an administrative assistant under Schuette’s management, Jaygan Eastman said she is fortunate to learn from Schuette’s expertise.

“She works harder and faster than anyone I’ve ever seen and is still able to make our work environment so enjoyable,” she said.

Schuette said she fits in with the demands of a secretary because she gets to juggle several duties at once.

“That’s the way I’ve always been; it’s never been just like one thing,” she said. “For me life’s too interesting to see one thing at a time, so I like to see a whole bunch of it all at once.”

In college at Missouri Valley, Schuette helped restart the student government, was an ambassador for admissions, a college athlete in barrel racing, stage managed, worked in the library and was in a sorority.

Schuette began riding horses at age 3 and began barrel racing at 9.

Barrel racing is an event that runs under 30 seconds, where no judges are present, just a challenge: Participants and their horses must complete three full turns around three barrels.

“Out of all the things I’ve ever done, it’s the one thing I can say is truly unique,” she said.

Schuette said barrel racing has taught her to put other people first in her life and career as secretary for Shonrock.

“Working with a horse is definitely a partnership,” she said. “It’s something where you learn to put something else in front of you.”

Schuette is not the type of person who sets one-, five- and 10-year goals, but once she finishes her degree and gets more time, she said she is determined to make an appearance in the arena again. It’s been nine years — since the birth of her eldest son — that she raced.

“It is probably the only goal that I have ... that I will get back out there,” she said.

For Schuette, balance is everything when it comes to her personal schedule. Even with homework and a full-time demanding job, she still drops off her sons at school every morning and tucks them in every night.

Schuette said her mother went back to school for both her bachelor’s and master’s degrees as a single mom and is now a microbiology professor at Colorado State University. Her mom’s absence made her a more independent person, she said.

Behind the blazer is a woman who not only keeps the president on track, but has a sense of humor, keeps family a priority and has an affinity for the rush of racing horses. ◆



# FINALS WEEK TENDENCIES...

BY LEGACY STAFF

ILLUSTRATIONS BY YUKIHO NISHIBAYASHI

“Panic profusely about how much I have to do and then not do it.”

-James Schneider

“I crammed for finals and now I don’t remember anything I once learned.”

-Vicki Atlas, adjunct professor  
(Seminar in Professional Practices and Ethics)

“Study a lot, cram the night before, eat junk food and buy \$20 worth of ice cream from Walmart when the midlife crisis hits.”

-Kirsten Muehlbauer

“I read the same paper over and over again and not comprehend any of it.”

-Lauren Grayek

“Coffee. So. Much. Coffee.”

-Ashley Morris

“I don’t study for finals. I go on with my life and whatever happens, happens.”

- Jake Baumgartner

“I’ve never prepared or studied for finals. I do great on them.”

-Mason Hartley



**D**aniel Sweeney, associate professor of sports management, uses his bilingual background to pronounce students' names with gusto at graduation.

## Q&A WITH Daniel Sweeney

STORY AND PHOTOGRAPHY BY MEGAN COURTNEY

### What kind of career did you have in sports broadcasting?

“When I was a kid, I grew up in Montreal with the English and French language, and the way they announce in-stadium sporting events is with both languages. Me and my friends, we used to imitate the public address announcers. The guy’s name was Claude Mouton. He did the Montreal Canadiens games, and he would announce everything in English and French, so we would too. When I got to college, I did a master’s degree in sports management. I was working in the athletics department in sports information, and the sports information director said ‘Dan, we need a public address announcer for the university hockey team,’ and I was like ‘I’ll do it, that sounds like fun.’ I had fun with it, and everyone loved it. Fast forward, I did an internship for my master’s, and it was in Washington, D.C., with Major League Soccer. After a year of my internship, they said ‘Hey, our public address announcer can’t make it tonight. Who wants to do it?’ and so I did a professional sporting event for the first time. The next year, the Women’s World Cup was in China, but with the SARS epidemic, they pulled the games and put them in the U.S. and one of the venues was Washington, D.C. I got to be the PA announcer for the World Cup.”

### How did you get involved with reading the names at graduation?

“It used to be that the deans for each college announced the names. The pronunciations of the names would be interesting. At some point, the university recognized that they wanted different. We were sitting in a faculty meeting, and the dean said ‘Well, the deans aren’t going to do it anymore; we’re going to hire a professional to do it,’ and my ears perked up. I said ‘I have this history of announcing in large venues, and I would be interested in doing it.’ I’ve been doing this about three years now. Being on stage doing it is a lot better than sitting in the audience watching graduation happen. You’re a part of it more, it’s more exciting and it goes quicker.”

### How do you learn how to pronounce everyone’s names?

“There’s an ability and then there’s learning. I’m bilingual; I’m fluent in English and French. I have a natural understanding of lan-

guages and different pronunciations, like the ability to roll my r’s. I have practiced saying different names and sounds that maybe aren’t native to the English language because of my languages. There are a lot of French names in St. Louis that are anglicized. When I took over, I wanted to make sure that I got them right. I suggested that the school buy a software package called NameCoach. Once you apply to graduate, you’ll get an email, text and voicemail from NameCoach asking you to pronounce your name. You’ll say it how you want it to sound.

The week before graduation, they bring down all of the cards. I go on NameCoach, and I click to hear your name. I write phonetically how it should sound. I really try not to anglicize the name. So if it’s in German, I want to give it to them in German. I try to pronounce it as best I can for them the way they want to hear it. The only way to do that is to hear them say it and write it phonetically and then practice.”

### Have there ever been any difficult names that you’ve had trouble with?

“We have a big international student community here. We have students from all over. The most difficult names I’ve had were the Mongolian names; those were really challenging. I am working really hard to do them justice at graduation because I’m aware.”

### What is your favorite part about learning and reading the names?

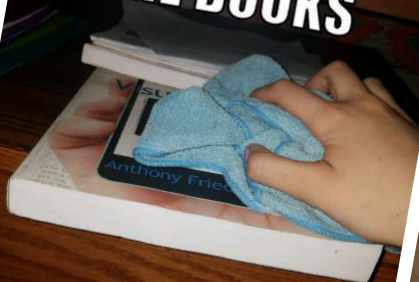
“What I started sensing in the last couple of graduations is that people recognize that I do try hard to announce it the right way. I have that in my mind that when you’re going to cross that stage, I want it to be bigger for you, like I want it to be exciting and meaningful because it is a big event. It’s better than a goal; it’s your degree after four years. This is your goal, your win, so I think of that when I announce the names. I have noticed that the students who are coming across start to look for it, like they’re here, and there’s an anticipation like they want to hear what comes out. I want to see their face and their reaction because it’s important to me. That is the most enjoyable part of reading the names, like you’ve done it for them. I look for every student, that reaction, and it’s there.”



# YOU KNOW IT'S NEAR THE END OF THE SEMESTER **WHEN...**

ILLUSTRATIONS BY KAYLA DRAKE

**YOU DUST OFF  
THE BOOKS**



**YOU FORGOT ABOUT  
& TURN THEM IN**

**SENIORS START  
TALKING**

**TO DO**

- APPLY FOR JOBS
- CHECK CREDIT
- BEEF UP LINKEDIN
- ASK MOM IF I CAN STAY AT HOME

**ABOUT GROWN-  
UP STUFF**

**YOU LITERALLY  
CANNOT LOOK**



**AT ANOTHER  
CHICKEN SANDWICH**

**ZERO DINING  
DOLLARS =**



**ZERO WILL TO  
LIVE**

**YOU ACTUALLY  
HAVE TO**



**START CLEANING  
YOUR ROOM**

**YOU FEEL DRAINED  
& EVEN CAFFEINE**



**CAN'T REVIVE  
YOUR BRAIN CELLS**

**UNDERGRADS ARE FRANTICALLY**



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