

THE BURNIAN

Blackburn College
Carlinville, IL

Oldest College Newspaper in
Illinois, since 1881



PHOTO COURTESY OF PR



Beaver Coming to Blackburn

By Katrina Jahn

It's rare and amazing when big things happen in little towns. This year, actor and playwright Jim Beaver contacted Blackburn's own theater professor Dr. Kate Roark to request that the performing arts department enact his semi-autobiographical play "Verdigris". The play is what launched his acting career and he is now known for the TV characters Whitney Ellsworth from "Deadwood" and Bobby Singer from "Supernatural".

"Verdigris" is the story of a college student, Richard Muldoon, played by freshman Rob Wingerter. Muldoon goes to help and work for a tough, older wheelchair bound

woman, Margaret Fielding, who is played by Carlinville community member Jami Lyn Lewis. While trying to help her, Muldoon is trying to help himself at the same time. "There are some really touching parts," Roark said. "You'll laugh, you'll cry. It's a beautiful play." Wingerter commented, "I think this is a good role for me because I connect with the character."

In asking for the play to be put on, Beaver also said that he would come to the Blackburn campus for the production. The opening night of the play will be on Thursday, Oct. 23 at 7:30 p.m. in the newly renovated Bothwell

Auditorium. There will be an opportunity to meet and get a picture taken with Jim Beaver at the opening night reception immediately following the show in the Mahan lobby next to Bothwell. There is a general admission price of \$10 for the show and another \$10 for the reception. "Verdigris" will also be performed on Oct. 24 and 25 at 7:30 p.m. and Sunday, Oct. 26 at 2:00 p.m. Anyone with a Blackburn ID can go to the show for free, but will still have to pay for the opening night reception. Tickets for both the show and the reception can now be purchased online at webtix.co/bb.

New Hula Hoop Club Is on Fire

By Katrina Jahn

Remember when kids were cool when they could get hula hoops to spin around their waist for a few seconds? Turns out, there is a lot more that one can do with a hula hoop and sophomore biochemistry major Veronica Milligan and senior biology major Megan Williamson are teaching people these new tricks in the new hula hoop club at Blackburn.

This isn't the everyday waist hooping that most people think of. Students, faculty and staff are all welcome to join and learn how to do some more tricks, some of which can take a while to learn. However, learning these things can give one confidence, provide exercise and sometimes help manage stress. Milligan said, "It's relaxing and a great stress reliever. It's similar to how exercise relieves stress but more fun in my opinion."

Besides the waist, a hula hoop can also be used on shoulders, elbows and legs. There are also tricks like the vortex and the corkscrew that look really cool with an LED hoop or fire hoop. With these, the hoop will be spinning in

ways that create an effect that will captivate people watching. When asked about the fire hooping, Milligan said, "It's loud and hot, but exhilarating."

Williamson said, "When I watched Veronica and a friend hooping in the talent show, that's when I really wanted to learn." Beginners are usually better off learning with bigger and heavier hoops because they create more room for movement and go a bit slower. The smaller, lighter hoops move much faster and are a bit harder to learn with. People can also look up different tricks on YouTube and then show off their new tricks to the other members at the next official meeting. Milligan is also hoping to have a routine with the club members to do in the local Halloween parade.

Meetings for the club will be held in parlors of various dorms when the weather becomes too cold to be outside. Members of the club will be notified when meeting plans are made. If anyone is interested in joining the club, they can contact Milligan at her Blackburn email address.

Stay Updated by Finding Us on Social Media



Blackburn
'Burnian



@BCBurnian



Blackburn
'Burnian

Saving Every Penny

By Ben Nichols

Being in college, students learn the value of the dollar very quickly. So where are some of the best places around town for students to get discounts?

If students are hungry, a few restaurants in Carlinville offer decent discounts. The closest one is the Carlinville Plaza Café just north of campus. A little establishment with a great breakfast selection and a 10 percent student discount, you can go up on a weekend to enjoy a nice brunch with friends in a cozy environment. Hardees on the corner of Nicholas and North Broad Street is another place where one can get a great meal with their 10 percent student and veteran discounts. On the square students can receive a 10 percent discount at Subway. Freshman Jessie Willard who works there said, "I encourage people to take advantage of the discounts here. We don't have a lot of money so it's best to save it where it counts." Subway is also the only place in town that serves food until 2:00 a.m. so students looking for some midnight munchies long after Snack Bar has closed will want to flock there.

For a student looking to relax, a local favorite which offers some nice discounts is

The Refuge Coffee House. Sitting down in a peaceful atmosphere with a good cup of coffee and listening to live karaoke is a great way for students to save some money on some much needed stress relief.

For students 21 and older, a fun place to go that offers a 15 percent student discount is the Hollywood and Vine bar. It's a fun joint to go meet people, hang out with fellow students and get a good drink.

Students looking for a haircut can go to 5th Dimensions Hair Salon on West Main Street. With a 15 percent discount for students, it's a perfect place to save money for a nice trimming. Not too far from there is Body Depot Salon and Spa which also offers a 15 percent discount to students on products and services.

As a student, remember not to just limit your options in Carlinville. Many other places throughout the U.S. have discounts for students regardless of which school they attend. Restaurants, national museums and various other places will often offer student discounts. A quick search on the internet can show you all the discounts you could imagine.

A Different Kind of Farm for Carlinville?

By Patrick Noel

In January the state of Illinois legislature passed a bill to allow marijuana to be used medically for certain illnesses. Carlinville Mayor Deanna Demuzio had the idea to bring pot grow houses to the area. “Some individuals were surprised when I brought it up,” Demuzio said, “but after seeing the video of one of the council member’s children and what good medical marijuana is doing for him I knew I wanted to try and bring one here.”

With only 23 possible locations for a growing facility statewide and over 170 applications, Mayor Demuzio had a lot of work ahead of her. “Anyone with \$25,000 could apply, so several surrounding counties also applied,” she said, “but we were approached by Abide Palliatives, LLC out of Springfield to be partners and it seemed to be a good fit. So we took 13.75 acres on Mayan road, which is near Carlinville Lake, and we annexed it into city property.” She said that when it was brought up to the city council for a vote “it passed unanimously, 9-0.”

When asked about how



PHOTO BY PATRICK NOEL

Carlinville Mayor Deana Demuzio working at her desk

safe it would be, the Mayor replied, “Security will be tight, the state police will handle most of it and there will be guard towers. Everything will be monitored. The trash going out, any packages coming in, the plants will be numbered and there will be complete accountability. The hiring

process will have background checks; we want it to be a safe place for people to work.” She continued by saying, “The plant will have eight growing rooms or greenhouses and we will need between 8 to 10 people to start but that would grow to 40-45 workers full time, which means great

opportunities for people in and around Carlinville.”

When asked what types of jobs she was talking about, she answered, “We already have a master grower from Arizona who wants to come and work in this area. He is currently working in Colorado on one of their cultivation

centers but there will be other jobs available; they’re going to have a bakery on site and they will need cleaning crews as well.” Mayor Demuzio added, “It’s going to be like a manufacturing facility. They will make the brownies, muffins and hard candy and some other products that will be sold at the dispensaries. A dispensary would be great in Litchfield. We grow it, they sell it. It would be nice if our sister county had one.”

The mayor hopes that bringing the grow houses to Carlinville will be beneficial in moving the city forward. Although we won’t know until the end of November if Carlinville will be given the license to have the growing facility, Mayor Demuzio said, “We have the opportunity to advance this city and as Mayor I couldn’t let this opportunity pass us by. I am all for marijuana being used to treat illnesses and if that leads to recreational use in the future then so be it; we will be in a perfect position to make that transition.”

Just Another Drill



PHOTO BY CHRIS COLE

Director of Campus Safety Tim Reents gives tips on emergency protocol

By Chris Cole

During the last week of September campus security conducted fire drills. While a fire drill helps people to respond in an orderly fashion in case of a fire, other emergencies such as tornadoes also require drills so that people are prepared in the event. Drills for these other emergencies aren’t practiced regularly, if at all, here on campus. Mathematics major Brandon Martin said, “I have no idea what to do in emergencies other than a fire drill. The school needs to shows us what to do and post it online.” What is the proper course of action and what can we do to prepare ourselves before a disaster strikes?

Director of Campus Safety Tim Reents said, “We have grown up with so many drills when we hear an alarm our first thought is that it’s another drill. We need to treat every alarm as if it’s the real thing.” Here are some tips given by Reents that everyone can use to make sure they are ready for any type of emergency.

In case of a fire or fire drill here’s what to do: Proceed to the nearest exit and keep your head low. Smoke is the number one killer in a fire. Most of the people in a fire die of smoke inhalation, not from the fire itself. To cut down on response time keep necessary items close to the door such

as your shoes, cell phone and your wallet or purse. If the fire is small enough, someone can try and extinguish the fire themselves. Red fire extinguishers work on any fire. However, don’t try to be a hero; buildings can be rebuilt but death is permanent.

Illinois is part of a region called tornado alley, a stretch of the U.S. that sees many tornadoes. If a tornado should touch down these are some steps you can take: Proceed to an interior room and avoid all windows and outside walls. A closet or a bathroom without windows is preferable. If you’re in a dorm, go to the hallway and if outside, find a ditch. Avoid anything that can fall on you. In all these cases get low and cover your head with your hands.

School shootings are an unfortunate part of society. Here is what you can do in order to avoid becoming a victim: First if you can escape the area do so, but don’t put yourself at risk. If you can’t escape, lock and barricade the door and stay away from windows.

Every situation is different, but by using these methods a person can increase their odds of survival. As with every emergency, education is the key.

Going Green to Save Green

By Chris Cole

Blackburn is taking green to the next level. The Sustainability Club is trying to get solar panels installed on campus. Solar energy is created by turning radiation from the sun into electricity. Sophomore biochemistry major Veronica Milligan said, “I was surfing the internet and just decided to see if it was possible to build your own solar panels. I thought it would be a good project for the sustainability club and when we had our first meeting I brought the topic up.” However, this upgrade comes with advantages and

disadvantages.

On the positive side, other than the cost of manufacturing and installation, solar energy is free. Next, solar energy does not produce greenhouse gases, fuels that produce gases that mix into the earth’s atmosphere and hold in the sun’s heat such as carbon dioxide or methane. Solar energy also cuts down on the additional costs associated with other forms of energy. Coal and oil are transported long distances to meet the energy demands of the world, not to mention other costs such as pollution transportation and road maintenance. All of these costs raise the price of energy. Biology major Jordan Range said, “I think it’s a good idea. We’re going to have to switch to greener energy eventually, might as well do it now.”

Then what are the disadvantages? Solar energy can only be collected during the day. This means that energy has to be stored or an alternative source of power is needed at night. Also, the upfront cost to set up solar panels is expensive. The solar panels would be paid for by grants from the company that lights Mahan. If you are interested in finding out more information, contact club president Tim Hills or club advisor Dr. Bray.

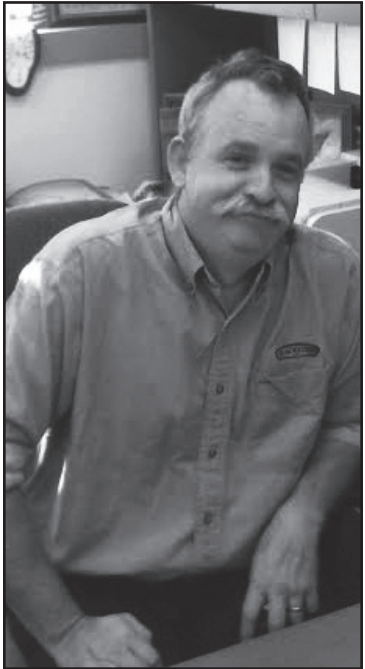


PHOTO BY CHRIS COLE

Dr. Bray weighs in on going green

This Is Halloween



PHOTO COURTESY OF GEORGE ERWS

For some people Halloween is a time for scaring, but for others it is a holiday for celebrating the dead

By Jordyn Smith

Every fall kids of all ages dress up in costumes, storm the streets with flashlights and bang on strangers' doors to stock up on treats. We put up decorations, make jack-o'-lanterns and perhaps even enjoy a pumpkin spice latte. So where did the Halloween traditions we know and love today originate?

Many of the customs we carry on today date back centuries to the religious practices of the Romans and the Druids, according to www.holybible.com. The Romans, who worshipped several gods, celebrated Pomona, goddess of the fruit trees, with a special feast on Oct. 31. The Druids, a group of Celtic priests, honored Samhain, lord of the dead, on Nov. 1. These two celebrations were combined and celebrated on both Oct. 31 and Nov. 1.

As Romans converted Pagans to Christians, they allowed them to carry over many of the ancient Pagan beliefs that are associated with Halloween today. The Druids believed that on Oct. 31,

Samhain called the spirits of the dead to gather in the forms of animals and other bodies, such as fairies, witches, ghosts and elves, thus resulting in some of the costumes children wear for fun to this day. Instead of praying to their heathen gods, the converts were to now pray to and recognize the deaths of saints. Nov. 1 became known as "Day of the Saints," and the mass on that day was to be known as "Allhallowmass," thus resulting in Oct. 31 being known as "All Hallowed Evening," now abbreviated as Halloween.

Wearing masks comes from the belief that the masks would keep the spirits of the dead from recognizing the living. Jack-o'-lanterns originate from Ireland, where hallowed turnips filled with candles were used to deter evil spirits. Orange and black are the colors most associated with Halloween. Many sources have found that orange is used to symbolize the fall harvest while black represents darkness and death.

Halloween came to

America in the 1800s when the end of harvest season was celebrated by wearing costumes, eating treats and practical joking. Pranks became violent, resulting in the substitution of trick-or-treating in 1930.

Carlinville's 75th annual Halloween Parade will commence at 6:15 p.m. on Saturday, Oct. 25.

The Campus Activities Board at Blackburn will be coordinating an on-campus Trick-or-Treat event on Oct. 31 under the direction of Natasha Anthony. The Resident Assistants in each residence hall will have candy that students can collect. Students are encouraged to wear costumes. There will also be a decoration contest for each dorm's parlor. Whichever dorm has the best decorations will receive some type of reward for those who actually participate.

Anthony and the other CAB members hope to see a good turnout this year. "It's one of the best holidays around," Anthony said.



BLACKBURN COLLEGE BEAT

Between September 9th through October 5th, 22 incidents were handled by the Campus Community and Safety department. Some of the aforementioned offenses are listed below. All issues are handled by Residence Life, Campus Security and Carlinville Police when necessary.

09/09/2014 At 11:15pm there was a medical emergency where a student had to be rushed to the hospital.

09/13/2014 At 10:07pm a noise complaint was filed by the neighbors against Blackburn College during a movie night in the Quad.

09/13/2014 At 2:43am there was a noise complaint in a residence hall. One student was playing music too loud while in the shower. Another asked for the music to be turned off and the other student would not.

09/13/2014 At 1:30am there was an alcohol violation with underage drinking in a residence hall. Two students were issued offenses for underage drinking.

09/14/2014 At 6:31pm a student reported she feared an unwanted person may come to Blackburn Campus.

09/17/2014 At 9:20pm a student was found unconscious in a residence hall.

09/21/2014 At 1:41am there was an alcohol violation with underage drinking in a residence hall. One student was issued an offense for underage drinking.

09/21/2014 At 8:51pm

three students were seen using the fire escape to exit a residence hall. Three students were issued infractions.

09/23/2014 At 9:00pm there was a medical emergency in a residence hall.

09/23/2014 At 9:28am there was a car crash in the parking lot.

09/25/2014 At 5:15pm there was a report filed of damage done to left rear bumper of a car in the campus parking lot.

09/25/2014 At 10:40pm while completing rounds Security workers found two students who were in a classroom with the lights off.

09/30/2014 At 8:30pm a student was found unconscious in a residence hall.

10/02/2014 At 9:50pm there was an incident with the possession and the accidental use of pepper spray in a residence hall.

10/03/2014 At 8:10pm there was an alcohol violation involving underage drinking on campus.

10/04/2014 At 11:33pm a guest of a Blackburn student was intoxicated and began to vomit.

10/05/2014 At 1:40am there was an alcohol violation when an underage student and three guests were seen intoxicated in a residence hall. A visitor of a Blackburn student was seen throwing up in the restroom. There was a student and three visitors who were all underage and had been drinking.

Know any crazy characters, high achievers, role models on the rise or quiet campus gems?

Submit their name -- or write a profile -- and send it to The 'Burnian at burnian@blackburn.edu!

THE BURNIAN

EDITORIAL STAFF

EDITOR-IN-CHIEF: Sarah Collman
 ASSISTANT EDITOR: Michelle Flood
 DESIGN & LAYOUT CO-EDITOR: Rebecca Sprinkel
 DESIGN & LAYOUT ASSISTANT: Aurora Grimmett
 DESIGN & LAYOUT ASSISTANT: Keragan White
 FACULTY ADVISOR/EDITOR: Professor Natasha Casey
 FACULTY ADVISOR/EDITOR: Dr. Karen Dillon
 SOCIAL MEDIA MANAGER: Courtney Egner

STAFF WRITERS

Deja Bell
 Chris Cole
 Katrina Jahn
 Ben Nichols
 Jordyn Smith

PUBLISHER

Edwardsville Intelligencer

MISSION STATEMENT

The 'Burnian is a student-run newspaper at Blackburn College. Our mission is to deliver accurate, interesting and timely news to the Blackburn campus as well as the Carlinville community in an ethical and professional manner.

LETTERS TO THE EDITOR

Letters under 500 words may be sent to burnian@blackburn.edu, or mailed to The 'Burnian, 700 College Ave., Carlinville, IL 62626.

GUEST COMMENTARIES

Editorials featured on the opinion/commentary page of The 'Burnian contain staff members' opinions. We welcome guest editorials between 400-500 words. The 'Burnian does not endorse featured opinions. All submissions to The 'Burnian may be edited for length and grammatical clarity at the discretion of the editors; however, authors will be contacted if content revisions are necessary.

Editorial Correction

On the cover of Vol. 11, No. 3 for the article “Piosa As Mise, a Collection by Miranda Jacobs,” the photo was incorrectly credited to Max Vitori. The photo was actually taken by Danielle Anderson. The editorial staff of The ‘Burnian apologizes for the error.

Breathalyzers: Where to Draw the Line

By Max Vitori

Disclosure: The author is both a member of Student Senate and a member of the Student Life Committee.

The Student Life Committee (made up of faculty, staff and students) discusses and makes decisions concerning matters that affect the quality and conduct of life on campus. When an issue is brought to a member of the committee, whether formally or informally, it can be added to the committee’s agenda for the year. One of the committee’s current topics is the nature of portable breathalyzer tests (PBTs).

PBTs are used by members of security to determine the blood-alcohol concentration of students who have been found drinking. The legal limit is a blood-alcohol concentration of 0.08% for those who have been driving, according to DMV.org, and we use this as our limit for drunkenness on campus. A student over the age of twenty-one who registers a blood-alcohol concentration of more than 0.08% can be issued an alcohol offense. A student under the age of twenty-one who registers anything above 0% is issued an alcohol offense for underage drinking.

Recently, word reached the Student Life Committee that some students feel the PBTs are “too police-like” — in other words, too reminiscent

of official police procedure for comfort. For a student who has just been caught drinking by campus security, the experience of being asked to blow into a breathalyzer may be alarming and upsetting. However, the presence of PBTs gives students a number of options they would not otherwise have had.

“The PBT offers [students] an opportunity to show that they’ve been responsible,” said Director of Campus Safety Tim Reents. Without PBTs, students would have no chance of doing so. If students are caught drinking in a room with underage students in it, every single student in the room gets an alcohol offense. Underage students who haven’t been drinking have no way to prove it. Older students are assumed to have been providing alcohol to minors. In the absence of a PBT, the only way to avoid an alcohol offense absolutely is for underage students to never be present in a room where alcohol is being consumed.

However, the PBT isn’t only justified for finding out who deserves to be disciplined and who doesn’t. “Saying it’s ‘too police-like’ makes it look like our number one goal is to discipline students, but it’s not,” said Reents. “Our number one goal is to keep people safe.” The PBTs allow members of the security staff to determine whether a student’s

blood-alcohol concentration is indicative of alcohol poisoning. Sometimes students are sent to the hospital if their blood-alcohol concentration is high enough. Without them, a student who holds their alcohol well may not get the care they need, while a student who gets sick easily may be unnecessarily sent to the hospital, which could end up costing that student a lot of money.

While it may not be a good or healthy thing, drinking is a part of college culture, and the absence of PBTs would inhibit social interaction between older students who enjoy drinking and younger students who legally cannot drink. It would also make it possible that students with alcohol poisoning would not get the medical care they need. With our current policy, students found in the vicinity of alcohol are not required to take a PBT (though refusal to do so results in an automatic alcohol offense, as there is no other way to prove responsibility). Were PBTs to be removed from college policy, that opportunity to prove responsibility would disappear entirely.

Please share your opinions on this matter with your Student Senate representative or a member of the Student Life staff so that your thoughts are included in policy-making discussion.

Institutional Research Has a Mission



PHOTO BY MICHELLE FLOOD

Kristi Nelms works in Butler 24

By Vicki Michaels

The Office of Institutional Research gathers and prepares data for assessment, budgeting, evaluation, and planning that are strategic in helping Blackburn College. Our goals include:

- Report data to the federal and state government
- Review and coordinate college research and assessment projects
- Ensure research procedures protect participants
- Collect data from a variety of sources (staff, students, faulty, alumni) and share the results
- Support evaluation and promote using results for enhancement
- Interpret, explain, and disseminate information and make recommendations to internal decision-makers as appropriate

Each semester, the Office of Institutional Research puts together an enrollment statistic for Blackburn College. Below

is a statistic that the Office of Institutional Research put together of Blackburn College enrollment and majors in the fall of 2014:

Blackburn’s official fall enrollment count of 591 includes students from 19 states and 4 countries. Of the degree-seeking students who have declared a major in the Records office, 11% are Biology-Pre-Med & Other Health Professions, 10% are Psychology, 9% are Business Management, and 9% are Criminal Justice.

Do you want to get involved with Institutional Research? The best way to get involved with the Office of Institutional Research is by taking surveys and course evaluations. For more information, feel free to contact Kristi Nelms in the office at (217) 854-5594, by email at kristi.nelms@blackburn.edu or stop by her office in Butler Hall room 24.

THE REFUGE COFFEE HOUSE, INC.

242 EAST SIDE SQUARE • CARLINVILLE, IL • 217.854.3686

LOOK US UP AT

REFUGECOFFEEHOUSE.COM

EMAIL US AT

REFUGE@NWCABLE.NET

STARR'S

PRIMAL MEATS

PACKAGE LIQUOR

116 S. PLUM, CARLINVILLE, IL 62626

FIND US ON FACEBOOK

PHONE: 217-854-7746

FAX: 217-854-STAR

starsprimalmeats@gmail.com

HOURS

Mon - Thurs 9 a.m. - 8 p.m.

Fri - Sat 9 a.m. - 10 p.m.

Sun 10 a.m. - 8 p.m.

PERSONAL CUTS

Mon - Sat 9 a.m. - 8 p.m.

Sun 10 a.m. - 4 p.m.

MEAT CASE

Cut meats available until close.

BEER • SPIRITS • WINE

BEEF (Choice or Higher)

PORK (Premium 100% Natural)

CHICKEN (Antibiotic Free)

SEAFOOD (Premium)

FULL DELI

• DRIVE-THRU SERVICE •

The Perfect Dorm Life

By Vinnie Birk

At college, students are at their home away from home. They need a place where they feel comfortable and welcomed. When you live somewhere for two-thirds of the year, you need it to be a place you want to be. There are a main three factors that make dorm life to be enjoyable: your roommate, your room and your hallmates.

First, and probably the most important, is the roommate. Your roommate is someone that lives in the same room as you and is probably someone you will spend a lot of down time with. A good roommate is a person who will definitely respect you and your belongings. Nobody wants someone who steals your food. It is hard to find a roommate that suits you best, but some people are randomly placed together and end up becoming a perfect pair. You want somebody who keeps a clean and organized room and isn’t a slob. A boring roommate who just sits around all the time can ruin the mood. If your roommate is the opposite of all of these qualities then you need to get a new one as soon as possible. Blackburn alumnus Christian Bonjean changed roommates multiple

times before finding the perfect one. “I’ve had the worst luck with roommates. I’ve had a sex addict, a messy dude, and a drug dealer. They say fourth time’s a charm, right? I eventually found a great one though and he’s my best friend.”

A second aspect of the perfect dorm life is the actual room. A spacious desk and a bed with sufficient room are both keys to a good dorm room. Keeping a clean room with a space to relax and study is important, but some might want to jazz up the place a bit. Make your dorm room your own and make it reflect who you are. Bring in some of your personality and post it on the wall. Posters, lights and flags are common ideas for spicing up the appearance.

There are some other items that should be in every dorm room. Senior Alexis Richie said, “A TV is a must in the room obviously, but I also like having lounge chairs since my room is a hot spot for get togethers. Oh and I love Netflix. Every girl in college needs Netflix.” Junior Tyler Gosnell added, “You have to have gaming systems and a futon. That’s the perfect pair for a relaxing afternoon on

the weekend.”

The people in your dorm and hallway are a key part of having the perfect dorm life as well. Although these people do not have to be as similar as you or as good of friends as you, they still need to be respectful and courteous. These are the people you will see roaming the halls and probably in the bathroom. A head nod or talking about one’s day is minimal when it comes to talking to hallmates. You need to make an effort to get to know these people and their interests. They may not become friends with you, but as long as you are positive and acquainted then it should be a good living area. Your neighbors might become some of your best friends. “Good hallmates recognize rules and policies in the dorm and know the difference between study time and play time. If they know when it’s time for both then you’re golden,” said senior accounting major Ben Beckwith.

The roommate, the dorm room and the hallmates are the three highlights. Do the best you can to influence others to respect each other but also have fun. After all, it is college.

By Deja Bell

Napping is a very important part of a college student’s life. Taking a short nap could be the key factor between staying awake and being attentive in class or falling asleep in class. According to SleepFoundation.org there are three types of naps: Planned Napping is taking a nap before you actually get sleepy. This would be good if you don’t want to get tired earlier in the day. Emergency Napping is when you suddenly become too tired to do anything else but sleep. That happens when you are overworked

and low on sleep, meaning you need a break to recharge. Everybody deserves a break. Finally, Habitual Napping happens when a person takes a nap at the same time each day. This can be good if you have a busy schedule; taking the time to nap can be the difference in having a good day or a bad day. Although there are different types of naps a good nap should be short and only 20-30 minutes.

Besides staying awake in class there are other reasons a person should take naps.

“There is a theory that they call the restorative theory which is simply that being awake and being active uses up energy stores and so sleep is the body’s way of restoring itself,” said Psychology professor Dr. Pamela Danker. Naps can be helpful in some ways and unhelpful in other ways. Taking naps in between classes can help you consolidate the things you learn, but if you nap for too long then you’ll probably end up staying up all night which can lead to an insomnia cycle. “Some of our sleep research

suggests that it’s not only important that you sleep but it is important when you sleep,” said Danker.

“Every so often I take naps, but most of the time it depends on your schedule. Napping is very essential, especially if you’re a very hard worker,” said freshman engineering art major Garet Looper. If you’re a giant procrastinator and have to decide between homework and taking a nap, you probably will pick the nap even though you shouldn’t. Naps can lead to success because you’re

Talk to Tim

By Tim Morenz

Greetings and Salutations, Blackburn College!

We are officially at the halfway mark for the Fall semester. Use your time wisely, study hard and study smart! Life is all about attaining the balance between Work and Rest, Playing and “Praying” (maintaining an emotional and spiritual connection with yourself and the world around you). What can you do to maintain balance?

The question this week is an extension of the question we dealt with last issue. So let’s proceed:

Dear Tim,

“I am worried that I am falling apart! I am so overloaded that I have no time to do anything. There is so much to do, I don’t want to let anyone down. Help!” – Super Stressed

Dear Super Stressed,

Let me speak plainly. Balance among work, school and life is a tricky and messy thing. However, it comes down to 2 simple principles:

- 1) Knowing your locus of control.
- 2) The fine art of saying No.

What are the things in life over which you retain control? Your words, your thoughts and emotions and your behaviors. What are those things over which you do not retain control? Everything else!! In my work with clients it becomes evident that 90% of their worries and anxieties are located over stress over which they have no control. What can you do? You have to let it go. However, simple advice doesn’t imply that it is easy. How can you retain control? By saying No. If you cannot say No, then you are not in charge of your life. Between the passive response and the aggressive response is the assertive response. These are difficult skills to master, but hold countless benefits



PHOTO BY AURORA GRIMMETT

Tim Morenz, College Counselor

including retaining control of our lives, reducing the helplessness that we feel and truly participating in life rather than feeling like a spectator. Counseling Services has many strategies that we employ to help others feel in charge of their lives rather than feeling run down and run over. We would love to sit down with you and discuss it in a time that works for you. Again, simple does not imply easy. But as Thomas Paine once said, “That which is achieved easily is esteemed lightly.” Hard work pays off!

Until next time, BEAVER NATION!

About the author: Tim Morenz has been in the mental health and substance abuse field for 23 years and has been licensed in the state of Illinois since 1997. He is located in DCC133 and is at extension 5759. Email him at tim.morenz@blackburn.edu. He is learning that yesterday is history, tomorrow is a mystery and today is a gift. That is why they call it the present.

Sex, Drugs, Rock and Roll: The 1975

By Courtney Egner

Straight out of Manchester, England comes The 1975, one of the hottest new music acts. They have opened for the Rolling Stones and Queen and sold out their United Kingdom tour. Their United States tour starts in November and has sold out 11 shows so far. They have played at some of the biggest music festivals in the country, including Coachella and Lollapalooza, and their self-titled debut album just went platinum, so why has no one heard of the 1975?

The band's first single, "Chocolate" first played on the radio in the summer of 2013 but mostly on college radio stations. Recently you may have heard their song "Girls" which is now getting regular rotation on mainstream radio. Go to one of their concerts and Matty Healy walks on stage smoking a cigarette and carrying an entire bottle of red wine. Hundreds of screaming girls are crying at the very sight of him and some fans throw bras on stage. Matty walks like he owns the crowd and he dances around the stage in little twirls and hand movements. As Matty would put it, the crowds go mental.

The 1975 consists of lead singer Matty Healy, guitarist Adam Hann, bassist Ross MacDonald, drummer George Daniel and saxophonist John Waugh. Yes that is right, they



PHOTO BY COURTNEY PATTON
The 1975's Matt Healy performs during 2014 LouFest

have a saxophone player and they make it work. At first glance they look like a normal bunch of guys but very quickly you see why they have a boy band persona. Despite this they are a classic pop rock band with explicit lyrics. "Chocolate" boasts the lyrics "now we run run away from the boys in the blue, and my car smells like chocolate." It does not take much to figure out that this song is not actually about chocolate. "Sex," the band's second single self-explanatory. These are not exactly things that you would hear from One Direction. Dive even deeper into their songs and you hear topics such as death, family and addiction struggles. Healy, the band's songwriter,

writes very personal lyrics based on experiences that have happened in his life. Some song lyrics are actual things that have been said to Healy, like this lyric "We got one thing in common it's this tongue of mine."

With all of this success The 1975 has experienced they should be more well known. The radio play that they have gotten has only been for the most radio friendly songs that they do have. The very personal aspect of their music is not one that is common in pop music you hear on the radio. Despite this they have managed to reel in a huge dedicated fan base and continue to make fans go insane for their music.

The Hungry Student Visits JT Hanks

By Ben Nichols

From outside, JT Hanks or Hanks for short seems like any other building in Carlinville. Settled along 1st South Street and Alton Street, the building used to be home to a local favorite establishment called Ryan's. While it may not be the old Irish pub that people remember, Hanks is a brand new adventure all on its own.

Stepping inside, I immediately noticed the Midwest outdoors theme in the building. The wall on the north side is adorned with taxidermy deer heads and ducks. The building has been completely renovated on the inside and now includes very fancy wooden booths and cozy leather seating at the tables. The bar's extremely clean and welcoming with brand new televisions, leather padding on the counter and a very beautiful display of wild pheasant across from the stools. The other end of the building is relatively clear and has a modern speaker system

and dance floor for fun-going individuals on the weekend.

So how does the food taste? Well, at the moment the only thing you can get is pizza. The bartender Carley explained, "We have just opened but unfortunately our kitchen is still being renovated. It'll be a bit until we are able to serve meals." I missed dinner in the cafeteria, so I decided to settle for a garlic and sausage pizza. While it may not compare to Reno's, the pizza at Hanks was extremely filling and tasted better than most pizza served at bars.

To get my Friday night started, I decided to check out the bar. The bartenders at Hanks are very kind and welcoming, and the moment you sit down they make you feel right at home. They serve a large variety of beer, and it is one of the few places in Carlinville I've been to that serves Blue Moon Ale on draft. With fall in full swing, I decided to see what hard ciders they had

and was delighted to see that they serve Angry Orchard Hard Cider. For Blackburn's homecoming weekend, they only charged two dollars for them, so there was no harm done on my wallet. Feeling a little more adventurous, I decided to see how they could prepare a drink. Ordering my favorite drink, rum and Coke, I was surprised at how strong and smooth they could make them. The quality of their rum and Coke reminded me of the Gulf Coast, where the drink is popular.

Overall, Hanks was a great place for a student looking for a good time. With karaoke on Friday, great service and good prices, this place seems to be an up and coming establishment in the community. Just be prepared to bring cash. Currently Hanks doesn't accept credit or debit cards, but has promised to in the future.

Coming to You Live, It's Saturday Night

By Jordyn Smith

"Live from New York, it's Saturday Night!" If you haven't experienced the late-night entertainment of "Saturday Night Live," you're missing out. From celebrity impersonations to parody commercials, "SNL" has it all.

As this season marks the 40th anniversary of "SNL," we can take this time to appreciate the hard work of the over 140 cast members that have been a part of the show. When the show first made its appearance on October 11, 1975, "Saturday Night Live" was actually called "NBC's Saturday Night." The original seven-member cast was, at the time, a group of unheard of theater veterans called the "Not Ready for Prime Time Players." The original cast included Dan Aykroyd, John Belushi, Chevy Chase, Jane Curtin, Garrett Morris, Laraine Newman and Gilda Radner.

As the name of the show evolved, so did the actors and actresses. In fact, many of today's most famous movie stars and television hosts got their start on "SNL": Eddie Murphy, Adam Sandler, Amy Poehler, Tina Fey, Chevy Chase, David Spade, Bill Murray, Jimmy Fallon, Mike Meyers and Kristen Wiig.

"SNL" has performed every episode in Studio 8H at Rockefeller Center in New York City. It has always been aired live—with no chance of retakes. The live viewing adds to the show's humor because the mistakes that are made can result in amazing improvisation. Occasionally, somebody will throw in a little something that surprises even the rest of the cast. Senior business major Maggie Best says her favorite part is "when the actors on the show start laughing in the middle of a skit. It's the best when they can't even get their line out because they're laughing so hard."

The show traditionally includes the famous "weekend update" segment, most recently hosted by Seth Meyer, who played the role of anchorman from 2008 until the current season. Previously, dynamic duo Amy Poehler and Tina Fey cohosted the segment.

Poehler and Fey came to be two of the show's most famous players by impersonating politicians. Poehler played the part of Hillary Clinton while Fey played the famous role of Sarah Palin. Fey's recurring sketch became extremely popular, especially when Sarah Palin herself showed up next to Fey, surprising viewers.

Skits include anything from celebrity impersonations to racy music videos. Some skits were so popular they became movies, such as "Wayne's World." "SNL" has battled NBC's censors for years, and some of the more racy skits can be shocking. You probably have heard your friends and family quote the show before. The "Sloppy Joe" song, "Superstar" skit and "Gilly" segments are among the most beloved. Best adds, "My favorite skit is the Barry Gibb talk show. Can't go wrong with Jimmy Fallon and Justin Timberlake."

"SNL" has also hosted many big names in music. From The Rolling Stones to Ariana Grande, we have seen it all.

40 years later, "Saturday Night Live" is a tradition. The show brings in a youthful audience, although there are many older viewers who watched the show from its beginnings.

Over the years, "SNL" has picked up 45 Primetime Emmys. Not bad. Still today, the show's cast members are celebrated, the catchphrases are pervasive and the show itself is truly a pop culture phenomenon.



PHOTO COURTESY OF TARALIVESON

Tina Fey and Sarah Palin during one of the many comedy skits on SNL

It's Far from a Compliment



PHOTO COURTESY OF CARRIE SLOAN

Some advice for preventing street harassment

By Michelle Flood

“Young lady, you just made my day in those tight pants.”

“Sabrosa... [‘tasty’ in Spanish]”

“Girl why don’t you make that ass clap for me?”

Those all sound ridiculous, right? Who would ever say those things? They’re awkward and creepy. Believe it or not, I’ve heard all of these on the street and each one of them was directed at me.

To those who view these microaggressions as compliments, trust me when I say they’re not. Whether it’s a whistle, a crude gesture or a remark, street harassment has the power to take away someone’s humanity. It’s demeaning and it makes the subject of such harassment feel as though they’ve been reduced to nothing more than

a sexual object for the viewing pleasure of those who are doing the catcalling.

Let me make this very clear: I have never felt any sort of attraction to any person who has ever made lewd comments about me or my body. Instead, I’ve felt dirty. Disgusted. Embarrassed. Unsafe. So before you tell me that I’m being too uptight about taking a “compliment” let me assure you that being in this situation is terrifying. If a person is willing to shout obscenities at you, who is to say that the same person won’t be physically aggressive toward you? Something similar happened to junior education major Anneliese Gries. “One time when I was walking back from a bar when I was in Wales, a guy asked for my number. I said no and

kept walking, but I was scared he’d get aggressive,” she said. “I often get very nervous since I’m not strong and could be easily overpowered.”

Gries and I are not alone in our discomfort. Whether it’s here in Carlinville, in cities like St. Louis or Chicago or even in different countries, women feel alienated by street harassment every day. And it isn’t something we should have to put up with. Junior marketing major Haley Haynes said, “When I have walked somewhere and a car full of guys drives by, it makes me scared honestly because I know that there are some creepy people out there and I worry about my safety.”

It’s possible that some people don’t understand how much of an impact catcalling has. Junior psychology major Jesse Medina said, “Nobody I have ever seen do it has thought about how it affects the person they’re calling out. I just find there is no thought put into their actions.”

So how do we stop this kind of behavior? To that question Medina replied, “Talking about it. No dialogue is ever had about subjects like that. No men really have talks with their parents about what their relationship is to women or really anyone in general. I see a profound lack of guidance and communication.”

And as Medina suggested, I hope more people have that discussion. I hope that catcalling becomes taboo and socially unacceptable because for once I’d like to feel comfortable walking around by myself. For once I’d like not to be afraid that someone is going to harass me. For once I’d like to feel safe.

College Etiquette Survival Guide

By Chris Cole

College can be disorienting for students new to living on campus. Usually freshmen come right from their parents’ house. Moving on campus means students share a space with a roommate and have to use a communal shower. These adjustments can create problems and shorten tempers.

Neighbors and roommates are, for the most part, fairly respectful of those around them. However, there are exceptions to the rule such as when people blast their television or stereo late into the night keeping you awake even though you have a big test in a class the next day. Art Major Tim Druse said, “I love my neighbors, the only complaints I have are that people don’t know how to clean up messes in the bathroom and how to keep the volume down at night.” Fortunately, these are easy fixes. Here are some basic guidelines to observe when it comes to neighborly manners.

1. Observe bathroom etiquette; this means flushing and cleaning. At no point should anybody have to clean up a mess they didn’t make. It’s gross and it doesn’t need to happen.

2. Respect property that is not yours; this goes for other students and campus property as well. Accidents happen, but stealing and destroying property creates problems for other people.

3. Keep the noise down; everybody sleeps at different times so be respectful of everyone’s right to sleep and study. After all, we’re all here because we want to graduate,

so keep the volume down.

4. Talk to your roommate or neighbors; people don’t have to love their neighbors, but you can co-exist peacefully and that requires the occasional conversation.

5. Roommates should set up some ground rules; some students are used to having to share things. However, others have never had to share. To solve this, sit down with your roommate and set up some courtesy rules. Define what property will be shared and policies concerning guests and noise that way everybody knows where the other person stands

6. If you have a problem let the person know; sometimes people aren’t intentionally trying to be rude. Talking to them respectfully about what’s bothering you can go a long way to solving the problem.

7. Make sure all guests are aware of the rules; students are responsible for all guests so make sure friends have the same respect for your place that you do.

8. If all else fails, contact the R.D; if someone continues to be disruptive after you’ve let them know then appeal to Res. Life. That’s what they are there for; no need to punch someone out.

Most of it is self explanatory; however, observing these rules can go a long way to keeping the peace in the dorm rooms. Keeping to these rules will make everyone around happy. After all, everyone likes a respectful and courteous neighbor.

Not Slytherin. Not Slytherin.

By Chris Cole

There is talk of a new house system coming to Blackburn. However, before everyone gets excited let’s be clear these are not fraternities or sororities. So if you were picturing a scene out of “Animal House” you’re in for a disappointment.

A house system is a unique way of setting up on campus living arrangements. Blackburn is currently looking at starting a system modeled after Bowdoin College, a liberal arts college in Brunswick, Maine. In this system each residential student is assigned to a residence hall, but beyond that each residence hall is affiliated with a college house. Abbey Hardin explains, “Greek Life Organizations

are relatively strict in terms of conduct, the time you need to devote to the organization, grades, etc. House systems are much more inclusive, but can help instill the same sense of camaraderie and pride that a Greek organization would. Think Harry Potter meets Blackburn.”

How is a house system set up? In the system from Bowdoin, each college house admits about 25 upper-class students through a process with an application and an interview. These students help out new students with the transition to life on campus. Each house sets up events such as pizza parties or dances, some of which are open to

the public and some just for students within the house. The goal is to provide ways for students to get to know each other and have fun at the same time.

This system can offer some benefits. Other than some minute differences it is difficult to see any major changes that would be made. Business Management Major Kileen Gerdes said, “The house system sounds similar to a fraternity or sorority and gives Blackburn a reputation as a party school.” For the most part a college house and a residence hall seem to be the same thing. A house system is a place where people live together and throw events for

students in the house to give them a chance to socialize. Here at Blackburn we have different residence halls and occasionally there are events for each dorm. Maybe instead of implementing a house system, the residence halls could become the house system itself with ways to encourage some friendly competition.

There are some things Blackburn could take from the house system. Having upperclassmen live in a dorm with new students is a good idea. These students could help newcomers with getting used to living on campus. New students are often out of their parents’ house for the first time and they may not know where

to go for help. This system could help give them a built-in support system and a way to meet the people who live in their dorm as well. With some changes, this system could make Blackburn a friendlier place.

It’s not clear yet if this system will be used and what changes may be made. If you’re interested in finding out more about the house system Blackburn is considering you can visit Bowdoin College’s website at <http://www.bowdoin.edu/about/campus/tour/college-house-system/index.shtml>. To make your opinion heard don’t hesitate to let the administration here at Blackburn know how you feel.

Farewell, Captain



PHOTO COURTESY OF SCOTT YU



PHOTO COURTESY OF KEITH ALLISON

Derek Jeter, former shortstop for the New York Yankees, during his last season as a pro baseball player

By Jordyn Smith

Baseball said goodbye to one of its most praised athletes in September. Derek Jeter, former shortstop for the New York Yankees, concluded a 20 year storybook career that little leaguers could only dream about. And like the numerous hall of fame moments he graced us with, he went out in a way only the Captain could.

Jeter was drafted right after high school in 1992. In 1995 he made his debut in the majors. Just one year later, he won the Rookie of the Year Award and led his team to win the 1996 World Series. Over the years Jeter has accumulated 14 All-Star selections and five World Series titles. He also served as the Yankees’ team captain from 2003 to his retirement. Jeter became the 28th player to reach 3,000 hits, finished sixth all-time in career hits and is the all-time MLB leader in hits by a shortstop. In his final game at Yankee Stadium, Jeter

hit a walk-off single to win the game 6–5.

As the Yankees’ all-time career leader in hits, doubles, games played, stolen bases, times on base, plate appearances and at bats, Jeter may be a first ballot Hall-of-Famer on merit alone. But it’s not just his achievements on the field that will be missed. Jeter’s character, hustle and humble attitude will be dearly missed by all of sports. In an era rampant with steroid use, Jeter remained a role model in baseball’s darkest hour. In fact, the Captain never had a single blemish on or off the field during his career.

Although Jeter played for the most hated franchise of any sport, he remains the most loved player. As for Jeter’s expectations of himself, he remarked, “I expect to come out here, I expect to do my job, I expect to compete, I expect to help our team win. If my

expectation level had ever changed, then I would have gone home a long time ago.”

Despite his 2013 ankle injury, Jeter remained physically up-to-par. So why retire now? One of the greatest baseball players of his generation, Jeter has learned to trust his unerring instincts. After 20 seasons with the team, Jeter felt like “this was the right time” to say goodbye. “The thing that means the most to me is being remembered as a Yankee,” he said.

As America’s favorite pastime resumes without Jeter, his legacy will not be forgotten. Junior baseball player Brock Hill said, “He played the game the correct way. Always respecting the game and never considering himself bigger than the game of baseball.” The question is not if number two will be retired by Major League Baseball, it’s when.

Blackburn Campus Rivalry: Blackhawks Vs. Blues

By Ben Nichols

“Smash! Crash! Shoot! GOAL!” These words seem to be echoing across campus as the NHL regular season is officially in full swing. While there are many teams dotted throughout the United States and Canada, two teams in particular have made quite a presence.

With Carlinville being in the middle of the Midwest and the two closest major cities being St. Louis and Chicago, Blackburn has found itself in-between one of the biggest rivalries in the NHL between the Chicago Blackhawks and the St. Louis Blues. But just how big is this rivalry?

Since being placed in the same division in 1970, the rivalry between the two teams has become just as symbolic as the one between the Chicago Cubs and the St. Louis Cardinals. However, something baseball doesn’t have is the common brawl often seen at hockey games. We almost expect to see a few fights breakout during every game. The rivalry has also seen some of the most penalty minutes compared to many other rivalries in the NHL. Recently, the first round of the Stanley Cup playoffs saw an intense series of games between the two teams. Each team played extremely hard, causing many intense moments including a brutal hit by Blackhawks player Brent Seabrook when he slammed into the side wall, injuring Blues player David Backus causing a six game suspension for Seabrook.

The heat between the fans is just as intense as the rivalry between the teams themselves. On par with the Cubs and Cardinals rivalry, the fans take immense pride in their teams, and on game night it is a very common occurrence to see students and Carlinville residents adorning their jerseys and hitting the uptown bars or packing the dorm parlors to watch their teams go at it. Usually this involves a lot of cheering and cussing between everybody, and of course the next-day bragging rights and arguing over the game results.

Students are very vocal over the intense rivalry. Sophomore Christy Hobbs kept it short and simple when she said, “Go Blues!”, while freshman Brandon Martin said proudly, “Let’s go Blackhawks!” Some students have more to say. Senior Michael Buck said, “The Blues are decent, I’ll give them that, but the Blackhawks are pretty much superior in every way.” As for the intensity of the rivalry on the campus, junior Debra Wilson gave her insight on it. “It’s intense. Lots of smack talking and I sometimes feel like I’m the isolated Hawk’s fan in a sea of Blue’s fans,” she said. “Although I appreciate the Blues’ effort and dedication I am through and through a Hawks fan.”

With the season now in full swing, expect to be hearing goal horns of both teams ringing throughout the campus, the games being blasted in the rooms and a great season ahead.

No One Said It Would Be Easy

By Michelle Flood

You’ve got a 4 p.m. baseball practice, work tonight from 8 p.m. to 10 p.m. and after all that you have to write that seven-page paper that’s due for your English class at 8 a.m. You’re tired, you’re sore and above all else you’re stressed out. If you’re an athlete at Blackburn College, you know this feeling all too well.

Between 12-22 credit hours of class per week, working at least ten hours for the Work Program and also working around a tight athletics schedule, Blackburn athletes are often squeezed for time. Unlike traditional collegiate athletes, students who play at Blackburn are also responsible for their tuition job and all of their extracurricular activities. It can be overwhelming, but 30% of our students make it work on a daily basis. Sophomore psychology major

Marlee Lindstrom often has to prioritize and make difficult decisions. “Every day my schedule is set before I wake up. I know what I have to do when I have to do it and I schedule my homework and extracurriculars whenever I have a free moment.” She added, “To me athletics is more important than academics. I prioritize my sports over my classes because that is personally more important to me.”

But what about students who are struggling to prioritize and succeed in academics, athletics and the Work Program? Baseball coach Mike Neal said, “From an academic standpoint, try and get with Barbra Clark in the [Lumpkin Learning Commons]. Get some help in those ways. Work with your work manager to see if you can make up hours.”

For coaches and athletes alike, scheduling everything can become an issue. “I think the tough part is when an

athlete is put in an inflexible job situation. There are certain jobs that are inflexible like Food Service because meals

are served at a certain time no matter what,” said Neal. “When you throw weather into effect and try to make a schedule, sports like baseball and softball have to be flexible because the weather controls what we do.”

Freshman soccer player Daniel Ramirez has got his balancing act down pat. “The way I do it is by using communication. I have a very strong communication with [my supervisor] Dr. Ruth [Kartchner]. I let her know when I can’t go to class. Then we meet up and we go over materials in class,” he said. “Or sometimes I just read on my own. Also finding time to study is important, even if I have to take away my ‘free time’ which is just watching movies, or hanging out with friends. It’s a sacrifice I [make] so I can keep up in class.”



PHOTO BY AURORA GRIMMETT

Many of the students at Blackburn participate in at least one sport