BUBIL A RIVARD A details on Pg 10

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BROADCASTING BEAVERS



Jessica Clements, Allison Matt, Rob Wingerter, Scott Durban and Donovan Williams are ready to start broadcasting. Clements and Matt put in many hours of research during the fall semester and are excited to see the team get started.

By Karlee Brimberry

From hip-hop to country, Blackburn College's new online radio station will be covering it all.

Throughout the 2014-15 school students put have the time effort to add something new Blackburn's campus.

Junior psychology major Jessica Clements and iunior communications major Allison Matt joined together as co-managers of the station. Throughout the fall semester they put in many hours of research including deciding on the best equipment and hiring disc jockeys. Some goals the co-managers are working on are adding at least five to ten more DJ's to the team in order to get more variety and also to stream live sporting events along with plays and other campus activities.

Rob Wingerter, Donovan Williams and Scott Durbin are all on board as DJs for the radio station. Freshman psychology major Wingerter is very excited to start his career at Blackburn as a DJ, stating that it has always been a dream. Each DJ is in charge of a different genre of music

and will host two shows that will each last three hours. According to Matt, the team plans to play a variety of music satisfying each student here at Blackburn. Each DJ also has the choice of

and Twitter profiles.

President John Comerford noted he is very excited to get the radio station up and running because he feels it is exactly what Blackburn needs for students to get hands on experience. Blackburn Radio plans to be on air after spring break.

doing different promos for their show. Most DJ's agreed that their shows would be light hearted and funny, trying to draw in the crowd with their own style. Wingerter stated, "I'm not modeling my show after anyone specifically. I plan on applying the knowledge that I've gained from listening to the radio over the years. I'm drawing inspiration from multiple DJ's, but the personality is coming from me."

The radio station will be streaming 24/7 on www.tunein.com. Both co-managers stated that they are in the process of adding the link the Blackburn College website and also on their Facebook



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NEW GENERAL MANAGERS

ALLISON MATT AND ASHLEIGH CLENDENNY AWARDED GM POSITION

By Karlee Brimberry

After undergoing numerous interviews for the general manager position, the Work Committee finally reached a decision. During the first week of February, Blackburn College announced that Ashleigh Clendenny and Allison Matt would be the new general managers for the 2015-16 school year.

Junior biology major Ashleigh Clendenny started working in the bookstore her freshman year and then shortly after moved up to manager where she oversaw up to 12 workers. In that position, she was responsible for taxes, discipline, time cards and books. Clendenny told The 'Burnian that time management and being very efficient and organized were two key skills that she learned in this position. Although she was manager of the smallest department Blackburn, Clendenny feels that helped prepare her more for the general manager position. Clendenny was also the designated replacement

for the current general manager, Carly Vunetich. This position involved stepping in if Vunetich was unable to complete her duties. Although Clendenny feels that the general manager position is

a great resume builder, she also stated, "It's not about the future for me. It's about right now and what I can do to make a bigger impact on Blackburn College."

> Junior communications

major Allison Matt has set big goals for herself as general manager. Although Matt has not been a manager over any department, she has had the opportunity to refine her management skills as president

manager of Academics and co-manager of the new online radio station. With both of these jobs came huge responsibilities like scheduling and hiring. Matt also worked in the registrar's office her freshman and sophomore year, which taught her the importance of confidentiality. Matt stated every job leading up to this point has given her the confidence to be the best general manager she can be, "I want to do something where I won't only be remembered by next year. I want to do something where I will be remembered by in many years to come." The two juniors have

of the Blackburn chapter of

Habitat for Humanity, assistant

already begun their training general managers. Although Clendenny Matt are unable to disclose most information about next semester concerning goals and improvements, they noted they are very excited to serve as Blackburn College's 2015-16 general managers.



Ashleigh Clendenny and Allison Matt are ready to take on their new job as general managers.

VACCINATION AGRAVATIO

By Jonathan Griffel

Edward Jenner first published his theory on the possibility of vaccines in 1798, but it wasn't until 1879 that Louis Pasteur created the first vaccine for chicken pox. In 1885, Pasteur extended his vaccine expertise to include the rabies vaccine. Since that time, vaccines have been a common treatment in the medical field.

Today, some parents are choosing to not have their children vaccinated. One of the main reasons for this is that the parents believe that the vaccines will have negative effects. Recently doctors have refused treatment unvaccinated children. Doctors are making this choice to limit the chance of exposure to the recent measles outbreak. The Center for Disease Control (CDC) has reported that from the beginning of January this year to early February, 121 people from 17 states have contracted measles. Many who contracted measles were not vaccinated.

The current outbreak of measles is believed to have started in Disneyland, Calif. This outbreak makes up 85%

of the reported cases of the measles so far in 2015. In the last 10 years, cases of the measles have generally plateaued, with anywhere between 50 and 100 cases per year in the United States. 2014 broke this trend as over 600 cases of the measles were reported. Of these cases, 383 were reported in Amish communities in Ohio, and the CDC believes that the outbreak originated in the Philippines.

According to the CDC measles continues to be a problem in the U.S. for of four main reasons. The first is that measles is still a common disease in Europe, Asia and Africa. People coming to the U.S. from these places carry the disease with them and unvaccinated Americans contract the disease easily. Blackburn requires students provide proof of two doses of measles, mumps and rubella, with the first vaccination occurring after the age of one and the second shot administered at least one year after that. The other vaccination requirement is that the student must have the tetanus shot within the last ten years. Students may also provide proof of having the disease as a child, as this would allow for the students to develop antibodies. Jacob Maag, senior biology major and president of the Pre-Health Professional Club on campus,

commented on the vaccination issue, "While I feel that parents have every right to be concerned for the safety of their children on a case-by-case basis, it troubles me that people misinterpret broad scientific research and jump to dangerous conclusions. As

more and more parents elect to not immunize their children, this barrier increasingly fails us. An overwhelming amount of good scientific research still supports vaccination, which suggests to me that the benefit is still there."



PHOTO BY SANOFI PASTEUR

Some parents still refuse to have their children vaccinated.

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TECHNOLOGICAL INNOVATIONS IN THE **COMMONS MAKE PRINTING EASIER**

By Michelle Flood

physical facelift and furniture replacement, Lumpkin Learning Commons recently got rid of perhaps its biggest eyesore, the desktop computers and opted for a much sleeker, minimalistic printing station. The Commons transitioned from the desktops to the laptops the first week of this semester, but the change is slowly picking up in popularity. "Sometimes it's really slow and no students are using the laptops, but nights like tonight are busier. There are seven people who checked out a laptop tonight," said junior biology major Emily Hausman. Students have the option to check out one of the 30 new Lenovo laptops to use for research, homework and

Following the lobby's printing purposes. Hausman added, "The desktops we had were slow and so many wouldn't work or had viruses on them. These are much easier to use."

> There's also a quick print option for students who don't want to use the lab in Hudson to print their assignments. "We keep a laptop up at the front desk for students to use for quick printing so they don't have to go through the process of checking a laptop out just to print what they need," said freshman elementary education major Hannah Pilgrim. Hausman elaborated, "Sometimes because of the reboot, it takes awhile to log in. Every time someone uses it, the computer clears itself out." Avoiding the login and reboot

process is why the quick print option is handy for students who are in a rush to get to class on time.

Freshman biology major Ben Fletcher owns his own laptop but prefers to use the ones at the Commons. "It's Freshman biology easier than before because you don't have to be down [at the desktops]. It's easier to use the laptop because it's hooked up to the printer so I like doing my homework on there instead."

Laurel Petri agreed, stating, "They're so nice to use. We come in here about three times a week to check out laptops and do homework."



Junior computer science major and library worker Matthew Pfannenstiel signs out laptops to students during his shifts.

DANCE OR NAH?

By Jordyn Smith

For those who were distraught about not having a Valentine's Dance or Winter Formal this semester like promised, there's hope yet.

Although Student Senate was originally in charge of planning a dance this semester, the job has been passed onto Director of Student Activities Emily Bahr. According to Bahr, Student Senate was unable to find appropriate funding

and a committee interested in planning the event.

Bahr is working on a way to make the plans for a Spring Formal concrete. Blackburn's Campus Activities Board will be funding the dance.

Although an exact location and date are still to be decided, you can expect to put on your dancing shoes sometime in March.

Looking For Campus Job?

By Rebecca Sprinkel

On Thursday, March 19 from 11 a.m. - 12:30 p.m. there will be a job fair taking place in the Demuzio Campus Center here on campus. "It is important for students here at Blackburn to know that all the jobs on campus will be available for summer and fall," stated Associate Dean of Work, Rob Weis. All students are invited to learn more about

jobs available for the summer and fall. Weis added, "The best way to prepare for the job fair is to come with many questions and don't forget to promote yourself." Weis also suggested that students come prepared with a resume to impress potential employers. Most students will know their fall job placement by summer.

STATE AND LOCAL **GOVERNMENT SPEAKERS ARE COMING TO BLACKBURN**

By Jessie Willard

Lumpkin Learning Commons (LLC) Director Spencer Brayton and political science professor Dr. Laura Wiedlocher have put together a state and local government speaker series in the LLC. Every month this semester, a different speaker will talk to students about their careers and give them an opportunity to ask any questions they may have. This series is open to the community as well. Judge Joshua A. Meyer was the second speaker in the series, and he spoke on February 25. (See page 4 for details on Judge Meyer.)

Carlinville mayor Deanna Demuzio kicked off the series in January. Senior communications major Haley Welch helped set up the event with Brayton and Wiedlocher. She said, "I thought it was great experience and something I was glad I got to help with. Hearing about

Mayor Demuzio's career and all the work that goes into running a town was really interesting, and I learned a lot about local politics." Many of the speakers that will be coming in are from Macoupin County.

While their current positions will be one of the main topics discussed, the speakers will also talk about how they got to where they are today. They will walk students through how they went from being fresh out of college to starting in an office. They will also mention what they do in their positions and

how their offices function. The Commons plans on offering bagels and coffee at the presentations. When asked what she hoped to accomplish through this series, Wiedlocher responded, "I wanted to bring in elected [officials] because students seem to have a [disconnection] with those who are in power. When [students] get the chance to see and hear their stories, local governing comes alive." Brayton added to Wiedlocher's statement by saying that The Commons is a place for cultural events and spreading knowledge.

"When students get the chance to see and hear these stories, local governing comes alive."

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Is Your Favorite Store Closing?

By Jordyn Smith

Many shoppers have heard that their favorite retail chain stores are closing down across the nation, but aren't aware that it's happening so close to home. Several stores at the White Oaks Mall in Springfield are suffering-how will you be affected?

While some stores are underperforming closing locations and others are downsizing, the fact is that many stores are going bankrupt, according to retail expert industry Barbara Farfan. As reported by retailindustry.about.com, the number of retail stores in the U.S. exceeds the amount of retail supply demand. These chain stores are also being hurt by larger stores such as H&M and Forever 21 with their low prices and wide selections, according to the Associated

Wet Seal, Deb Shops and Delia's are among the companies that have already closed. The list of stores that are currently closing or are expected to close within the next few years includes J.C.



Radio Shack recently released the list of 1,784 stores that will close by March 31.

Penney, Barnes & Noble, American Eagle and Target.

Also included are Office Depot, Staples, Abercrombie & Fitch, Aeropostale, Sears, Coach, Build-A-Bear and Macy's.

In addition, technology stores such as Radio Shack, which has 1,784 stores set to close, are facing other threats. It seems as though Radio Shack is following the lead of Circuit City, which filed for bankruptcy back in 2008. Blackburn's Database Administrator Chuck Sutphen, who managed the Radio Shack franchise in Carlinville from 1979 to 1988, said that online stores and electronic retailers such as Amazon hurt Radio Shack. "I think it's part of a general trend that so-called box stores are competing with online retailers," he said.

It seems as though the only factors keeping the remaining stores afloat are the personal relationships that exist between customers and employees. Sutphen mentioned that he was on a first-name basis with many of his customers, which is a relationship that cannot exist over the Internet.

"Technology just changed at such a rapid pace," Sutphen said. "Am I optimistic about Radio Shack's long-term [existence]? Absolutely not. But there are always emerging markets and that's something that never changes."

What will happen to chain retail stores as technology advances and consumerism changes? Though it is not clear which stores will be closing down at White Oaks Mall, expect to see some major changes in the next year.

A CLOSER LOOK **AT JUDGE MEYER**

By Jess Willard



The Macoupin County Courthouse in Carlinville, Illinois is the workplace of Judge Joshua A. Meyer, who spoke in The Commons.

Joshua A. Meyer presented in the Lumpkin Learning Commons. He said "look[ed] forward to speaking with the students," and he discussed "some issues that are relevant not only to [his] job as a judge but also to public servants in general." Meyer offered to share some background information on himself for those who could not attend.

He was born in Wisconsin and moved to Carlinville in 1981 with his family because his father, Dr. Greg Meyer, was hired at Blackburn College – Greg Meyer worked at Blackburn until May 2014 when he retired. Judge Josh Meyer started in the Carlinville school district while he was in kindergarten and graduated from Carlinville High School in 1994. He received a history degree from Blackburn in 1998 and graduated from Saint Louis University School of Law in 2001.

He started off working for the Carlinville law firm of Phelps, Kasten, Ruyle, Burns, Sims & Meyer P.C. and later became a partner.

On February 25, Judge In 2007, he joined the firm of Brown, Hay & Stephens in Springfield, Ill. One year later, he was appointed as Macoupin County's first full time chief public defender. The Circuit Judges of the Seventh Circuit of Illinois selected him to be an Associate Judge of the Seventh Circuit of Illinois on June 1, 2010, and he currently holds this position.

> Meyer's docket (a list of cases in court for trial) consists primarily of criminal, family and civil cases in Macoupin County. He travels to other counties in the circuit (Jersey, Greene, Scott, Morgan and Sangamon). "I love my job and enjoy the interesting scenarios that play out in the courtroom on almost a daily basis," he said. "I chose a career in the law because I wanted to help people... While I can't 'help' people as a judge by representing them, I believe I am able to help individuals and the community in general by providing a fair and efficient courtroom." He wished to advise Blackburn students that want to become lawyers or judges "to take advantage of all that Blackburn has to

Cinderella Affair

By Karlee Brimberry

It's almost that time of the year again when many high school students are looking for the perfect prom dress. In Bunker Hill, Ill., best friends Wanda Lucas and Juli Gereke run a nonprofit organization called The Cinderella Affair in hopes to pay it forward and help those in need of dresses.

Lucas and Gereke started The Cinderella Affair last summer. Both Lucas and Gereke, who have daughters of their own, wanted to help those who aren't as fortunate. They were both donating dresses to young girls when one day they discovered they were running the same organization. They then decided to join together and create their nonprofit organization, The Cinderella Affair.

Girls surrounding the Bunker Hill area are treated like queens for an event. Lucas explains the two-day process, stating, "We loan a variety of dresses, along with shoes, jewelry, evening bags, wraps and anything they need for the dance." Upon arrival at The Cinderella Affair, located in Lucas' home, the girls find a dress that best fits them. After picking out the perfect dress, they then decide which shoes and jewelry they would like to pair with the dress. The girls then come back the day of prom and start the process



With prom just around the corner, The Cinderella Affair program is getting ready to kick off its season right.

of getting ready. Lucas and Gereke have a whole volunteer including licensed cosmetologists and technicians to fully pamper the girls. While the girls are getting ready, they are also offered a small meal. After they get their hair, makeup and nails done, they then put their dresses on and get their photos

If you would like to be part of this experience, whether you're interested in donating old dresses or helping girls prepare for their special day, contact Wanda Lucas at 618-520-6521.



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Hungry Student

By Jordyn Smith

Tucked away on South West Street in Carlinville is an eatery that many Blackburn students don't know about—Magnolias Restaurant. With a very friendly yet formal atmosphere, Magnolias has much to offer.

Although the outside leaves a country impression, the inside is a bit surprising. With Victorian décor, a spacious setting and the elaborate attire of the waiters and waitresses, the setting feels moderately formal.

The menu includes your traditional soups, salads and pastas. It also offers a wide variety of burgers, sandwiches

and burritos and features a children's menu. Drinks include coffee, tea, water, etc. Pepsi products and alcoholic beverages are also served.

During my visit I ordered the Hawaiian Burger, which contains a one-third pound patty topped with pineapple, cheddar jack cheese, lettuce, tomato, mayonnaise and teriyaki sauce on a grilled ciabatta bun. All sandwiches also included potato chips and a choice of baked beans, macaroni and cheese or pasta salad. I really enjoyed my burger as it was well cooked and full of flavor. However, the homemade baked beans



PHOTO BY JORDYN SMITH

seemed runny and did not closed on Mondays, Magnolias appeal to me. Restaurant is open 7:00 a.m.

My guest, who ordered the Western Bacon Burger, was not as easily impressed because the portions were small for the price. The Hawaiian Burger was \$9.99 and the Western Bacon Burger cost \$10.50.

The building was originally the hall of an attached church. According to their website, magnolias 531. com, Magnolias is now using the church for weddings and banquets. Aside from being

closed on Mondays, Magnolias Restaurant is open 7:00 a.m. to 2:00 p.m. every day, and is also open from 5:00-8:00 p.m. on Fridays and Saturdays. The restaurant may be reached at (217) 854-7167.

Just because Blackburn students aren't always found at the eatery doesn't mean the faculty and staff at Blackburn haven't paid a visit. President John Comerford was spotted enjoying his lunch at the joint when I was there. "Magnolias seems to be the go-to place for

lunch in town," commented Comerford. "The staff are truly wonderful—you can be sure your drink will never be empty. And the food is good, solid comfort food."

I recommend Magnolias Restaurant to any students or families in town that want to have a nice lunch date or elegant dinner. Although a little pricey for college students, the food was tasty

and the service was great.



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PHOTO BY JORDYN SMITH

What are your plans for spring break?

Dallas Newman Freshman Psychology Major



Zach Zurawski Sophomore Chemistry Major



"Go snowmobiling with my dad."



Sophomore

Katie Gilbreth Junior



PHOTOS BY JON GRIFF

ng." "I have no plans whatsoever."

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New Director of Campus Safety

By Karlee Brimberry

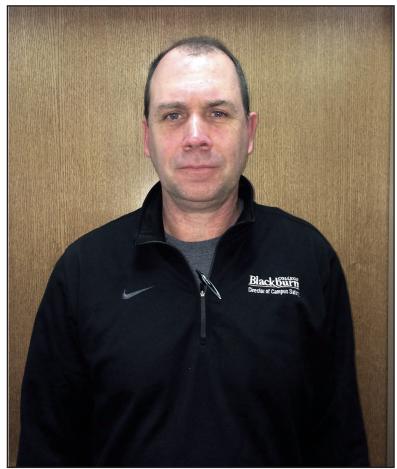


PHOTO BY KARLEE BRIMBERRY

Director of Campus Safety and Security Morrison Fraser is excited to be part of Blackburn College's staff.

When walking around campus, you may have noticed a new addition to the Blackburn College Security staff. The new Director of Campus Safety, Morrison Fraser, started at Blackburn in the beginning of the spring 2015 semester.

Fraser, who is a Macoupin County native, has many

years of experience in the law enforcement field, working as a policeman in Alton for one year and then for the Illinois State Police for 25 years.

Fraser's office is located in the Student Life office in DCC. His office hours are Monday through Friday, 8 a.m.-5 p.m. However, most of the time you can catch him walking around campus. He feels it is very important for students to see him out walking on campus rather than being in his office because that is the first step to making Blackburn more proactive in terms of safety. Fraser also stated that he feels it is necessary to work one night shift a week to ensure campus

One quality Fraser enjoys about both Blackburn and Carlinville is is the smallness of both communities. "We have always had a great working relationship with the Carlinville Police Department and I don't see any reason for that to change." Fraser also said having Blackburn directly in town is another great asset to campus safety because the Carlinville Police Department is only minutes away. Another plus to working for Campus Security is the closeness to his current home. Fraser feels that since he lives only thirty minutes away in Staunton, he can develop closer connections with his student workers. Fraser thinks when looking for student workers it is important to find those majoring in criminal justice so he can utilize his many years of experience to better train students for their future careers.

TOGETHE

By Rebecca Sprinkel

Blackburn is reaching out to try to get involved in the Carlinville community this semester. The Campus Activity Board (CAB) is hosting events in an effort to bring the two communities together.

Shop Local First (SLF) is an organization created to promote the importance of shopping local in the community of Carlinville. According to Jan Best, Chair for Membership on the SLF board, "The goal of SLF is to help local businesses thrive, strengthen our local economy and maintain a vital sustainable community." Best also noted, "The city and Blackburn need each other to survive."

Last month CAB co-hosted a successful "Uptown Funk" event with SLF at Reno's Italian Pizzeria, a Carlinville restaurant. This event was free to all Blackburn students and included food comedians, and an open mic.

SLF is partnering with Blackburn to create several additional events in the community. "A Spring Formal Dance is planned for March at Magnolia's Banquet Hall and another comedy show will take place in April at Café Piazza," said SLF President Beth Toon.

The Macoupin County Animal Control located in Carlinville is always looking for volunteers to help out at the



The Blackburn sign wa

shelter. Volunteering is another way Blackburn students can get involved in the Carlinville

Women at Work

By Karlee Brimberry

At the start of this semester, Blackburn College added a female empowerment group to their collection of clubs on campus. A new club, Women at Work, was started in hopes of making wormen feel confident in working environments.

Tvneesha Harrison, president of Women at Work, started the club. According to Harrison, her vision for Women at Work is similar to Sister Circle, a group of women that meets for support and to create a sisterly bond while doing fun activities. Sister Circle is a group of women that meet for support and create a sisterly bond while doing fun activities. Harrison said that Women at Work will be similar, however this club will add a business dimension.

Harrison stated, "I wanted to help females get ... ahead in the workplace and feel more prepared when going to get jobs." During club meetings women get together and work

on resumes, do's and don'ts of interviews and practice confidence building techniques for their future career paths. The Women at Work club is solely for encouraging others to never give up and chase after their dreams no matter what gender stereotypes they encounter. "I don't want women to feel like they have to be stay at home wives. I would like to see more women being CEO's and maybe even the president. I want to see women become more ahead of things and realize they don't need a man. I want this club to give them that confidence and watch them succeed," added Harrison.

Women at Work had their first meeting last month and plans to meet every Thursday at 7 p.m. in the DCC commuter lounge. Although the number of participants was low for the first meeting, club members hope to get more women on campus involved.





BLACKBURN COLLEGE BEAT

Blotter Report up to Wednesday February 18, 2015

2/8/2015 - At 2:43 a.m., there was an off campus fight reported. Handled by Campus

Security

2/9/2014 - At 12:25 a.m., drug paraphernalia was found in a residence hall. Handled by Campus Security

2/10/2015 - At 11:30 a.m., there was a harassment and threat to harm self reported. Handled by Campus Security

2/13/2015 - At 9:00 a.m., someone reported that he or she was getting harassed in a residence hall. Handled by Campus Security

2/14/2015 - At 11:30 p.m., suspicion of marijuana in a residence hall. Handled by Residence life and Campus Security

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RAT LAST DEAL OR NO DEAL: ROUND 2 By Jon Griffel

more adoptable. Many animals the organization the student is working with but helps the student grow and learn responsibility. Last semester, LEGE

PHOTO BY REBECCA SPRINKEL

as replaced on campus.

community. "Volunteering at the shelter helps the animals in many ways making them much the shelter receives have been neglected or abused so it is very important to have them socialize with a wide variety of ages along with males and females. I think it also gives the person who volunteers a sense that they have actually helped the animals get their forever home," stated Buzie Bertagnolli. Volunteering in the community not only helps

the Blackburn chapter of Habitat for Humanity hosted a Carlinville Fall Clean-Up during which students volunteered their time to clean up leaves and lawns of local homes. Habitat for Humanity also volunteered at the Refuge Coffee House during the Christmas Market to raise money for their trip to Florida. Habitat for Humanity will participate in the Collegiate Challenge to build a house during Spring Break. "This semester we are reaching out to local churches to volunteer our services and time to do anything that they ask. We have skills from building, tearing down, organizing and moving materials. Hopefully someone will call us up!" stated president of Habitat for Humanity Allison



PHOTO COURTESY OF PR

Last year, students enrolled in business classes took part in the first year of the mock labor negotiation.

On March 18th students who are taking business classes will be taking sides and negotiating a labor contract. Students have been split up into management and labor groups for the second year of this mock labor negotiation. students Sixty-three will be negotiating the case of Getswelle Hospital, which is fictitiously located in Medley, Ill. Students are provided background information about the community, Getswelle Hospital and the union that is negotiating with the hospital.

Business Professor Christina McCurley outlined the expectations for the event. "The goal is for students to understand issues from

management or labor perspective and how issues such as wages and health care impact the bottom line of a business," she said. "It also teaches negotiation skills: being prepared, having facts for your argument, stalling techniques, the impact of looks/dress on the process and communicating your points of view in a clear way."

The participants will be required to formulate a negotiating game plan, and this plan will be based on the facts and numbers for the hospital. The issues that the union is fighting for are wage rate, the pension plan, the security of the union and premium pay for odd hours. The management is negotiating for a program to control absenteeism, a drug abuse program, a no smoking policy and employee health care costs. The negotiators will have five to six hours to come to terms on a mutually beneficial contract. Two representatives from the Springfield Teamsters and a Federal Mediator will be present to aid students in coming up with solutions for their negotiations. The Springfield Teamsters represent a diverse group of workers, from paramedics to food technicians and many jobs in between. The Federal Mediator is a person who works with two sides in a dispute to arrive at a mutually beneficial conclusion.

Life as a Commuter Revealed

By Rebecca Sprinkel

A commuter student lives a different live style compared to a student living in the dorms with a roommate or having to share a shower with multiple people. However not living on campus can make a student feel isolated. A commuter misses out on dorm gossip but gets used to finding out about the latest gossip a week after it was a big deal on campus.

A commuter who lives at home can also save money on room and board making the overall cost of college more affordable. A commuter is a student who does not live on campus affiliated housing such as dorm rooms. According to National Association for College Admission Counseling, a study was conducted and according to the University of Arizona's Commuter Student Affairs, more than 87 percent of students attending college nationwide do not live in campus housing. According to Dr. Kristi Nelms, Director



Finding a decent place to park is one of many struggles face by students who commute.

of Fall of 2014, Blackburn's percentage of commuting students was at 32 percent.

Some academic advisors try to plan schedules for commuters with their unique challenges in mind. Breaks between classes lead to challenges that on campus students don't deal with because their dorm room is right on campus. Commuters

of Institutional Research, as often ask themselves, "Should I just run home, should I go eat or should I go to library to use my time wisely?" Brooklyne Ruckman, a business management commuter, stated, "I like commuting because it gives me the perfect time to be away from school and the school environment therefore I do not get overwhelmed or distracted. I have personally

found that I am more productive and successful since becoming a commuter."

Living out of your car is something that a commuter student will learn is vital to survive college. The trunk full of textbooks, notebooks, laptop and phone chargers, change of clothes, different shoes and very importantly, food, usually reveals commuter status. Gabby Maguire, a Literature major who commutes from Carlinville stated, "Commuting is great because I get to be part of the campus community, yet I have a place to get away and

study. A time when community is not convenient is when I have to take multiple trips to campus and home due to breaks between classes."

A commuter student will learn to never leave the house without a phone charger and all of your books for the classes throughout the day because last minute meetings often occur and there will be no time to run home to retrieve books. Planning for the unexpected and organizational skills are vital to the success of a commuter student.



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Saints, Clovers and Leprechauns, Oh My!

By Logan Early

With St. Patrick's Day right around the corner, I thought I would find out what the average student actually knows about St. Patrick and why there is a day that honors him. To do this, I interviewed junior biology major Nathan Speckhart. There are obviously many stereotypes about the Irish and St. Patrick's Day in the U.S., primarily centering on drinking copious amounts of alcohol. You can play along and quiz yourself if you'd like.

Question: Who was St. Patrick?

Speckhart: He was the saint of the drunks.

Question: What did St. Patrick do?

Speckhart: He found out how to procure alcohol from a four-leaf clover.

Question: How did leprechauns become associated with St. Patrick's Day?

Speckhart: Okay, so basically what happened was people would get sloppy... and then throw midgets... Leprechauns are midgets, yes.

Question: Why is the color green associated with the day?
Speckhart: Because

leprechauns make that green. And leprechauns smoke on that green.

Question: Why March 17th?

Speckhart: It's my little cousin's birthday.

Question: Why is the three-leaf clover significant?

Speckhart: It's not. It's a four-leaf clover!

Question: How do you celebrate this special day?

Speckhart: I like to celebrate it by wearing my little leprechaun hat.

How did you do? My guess is not too well. Now without any further delay, here are the answers to the quiz and a little history lesson. There are conflicting accounts on the true identity of St. Patrick; however, according to John Roach's article in National Geographic, "St. Patrick's Day Facts: Snakes, a Slave, and a Saint," Saint Patrick's real name was Maewyn Succat. He was born in Britain around 390 A.D., where he had little interest in Christianity. His life dramatically changed when Irish raiders kidnapped him at the age of 16. Roach cites common folklore when he tells the tale of Succat having visions of escaping from slavery on board a pirate ship going back to Britain. In Roach's article, Philip Freeman, a literature professor at Luther College in Iowa, is quoted as saying, "He gets ordained as a priest from a bishop and goes back and spends the rest of his life trying to convert the Irish to Christianity." Patrick is believed to have died on March 17th, which is likely why we celebrate him on that day with the aforementioned copious amounts of alcohol.

Roach further explains that the color green became a "show of commitment to Ireland." In America, it, along with leprechauns, are affiliated with Ireland itself and, by extension, St. Patrick's Day. According to an Irish legend, Patrick used the three-leaf clover to explain to non-Christians the holy trinity. He explained that the three leaves represent the Son, the Ghost and the Holy Spirit. Now go impress someone with your (basic) knowledge of Irish culture!



St. Patrick is depicted here on a stained glass window.

The Definition of a Real Artist

By Jess Willard

Many people recall the infamous interruption of Kanye West during the MTV Video Music Awards in 2009. West cut off Taylor Swift's acceptance speech for winning Best Female Video to protest that Beyoncé "had one of the best videos of all time." A similar event happened at this year's Grammys. Singersongwriter Beck was awarded Album of the Year for his album "Morning Phase," but West was not in favor of this decision. He chose to storm the stage again, but this time he did not say a word. He explained his actions later in an interview with E! at an after party event. "Y'all knew what it meant when 'ye walked on that stage..." said West. "The Grammys, if they want real artists to keep coming back, they need to stop playing with us."

This prompts constitutes question—what a "real artist"? Freshman graphic design major Emily Johnson offered some input on the matter. "My opinion on 'real music' is that it should come from an emotion or feeling," she said. "I like songs that make you question things, make you feel things, make you nostalgic, or give you some sense of peace. I don't think 'real music' [involves] repetitive lyrics written only for a catchy tune and a paycheck."

Freshman psychology major Rob Wingerter and admissions counselor Brian Herrmann had more to say about "real artistry." Wingerter stated that a song's message should be meaningful and



PHOTO BY SOCIALISBETTER

Kanye West states in regards to Beck winning Album of the Year at the 57th Annual Grammy Awards, "If they want real artists to keep coming back, they need to stop playing with us."

not just about sex and drugs. "It should offer a personal reflection or [focus on] political or social issues. [Real artists] should offer a different outlook on an issue," he said. According to Wingerter, Eddie Vedder, lead vocalist of Pearl Jam, is a real artist. "He's not out to be a millionaire or for the purpose of fame," Wingerter said.

Herrmann's opinion on "real artistry" is that the product of a musician's work should be authentic, genuine heartfelt. He believes that anybody putting music out there is a "real artist." Hermann said, "[West] offers a valid opinion, but who is he to say who a true artist is? [His view] is a subjective, blanket statement." Johnson, Wingerter and Herrmann all listed valid portrayals of "real artistry" whereas West's view is underdeveloped. Anyone who is able to produce music that can sway an audience to feel a certain way or shed light on an important issue deserves to be recognized as a "real

BETTER CALL SAUL

By Courtney Egner

The highly anticipated "Breaking Bad" spinoff series "Better Call Saul" premiered on AMC last month. Shattering television records, "Better Call Saul" pulled in 1.6 million viewers according to Entertainment Weekly, making it the most watched cable television premiere in history. With "Breaking Bad," the critically acclaimed television drama about high school chemistry teacher turned meth maker Walter White, as its predecessor Saul had a lot to

live up to and the premiere was welcomed warmly by fans of the beloved series. "Better Call Saul" has been praised for its direction, compelling story, cinematography and has already been picked up for a second season.

As a huge fan of "Breaking Bad," being skeptical of "Better Call Saul" was very easy. Making a spinoff of such a brilliant show is difficult. The opening scene of "Better Call Saul" grabs the viewer and pulls you with a straight

connection to its predecessor. At the end of the final season of "Breaking Bad" after all the chaos in the downfall of Walter White and his colleagues, Saul told Walter, "Three months from now, if I'm lucky, I'll be managing a Cinnabon in Omaha." The black and white opening scene of the new series features a mustached Saul working at Cinnabon in a mall in Omaha, Nebraska.

"Better Call Saul' revolves around Goodman, everyone's favorite sleazy lawyer from "Breaking Bad." It is set before Walter White and his meth empire take over and follows Saul as a struggling lawyer before his name was Saul. It depicts Saul when he was Jimmy McGill, way before he had established his own practice. In "Breaking Bad" Saul says that he changed his name because McGill was too Irish and he needed a Jewish name to look like a better lawyer.

"Better Call Saul" is everything you could want from a spinoff series. It directly connects to its predecessor keeping die-hard "Breaking Bad" fans happy, and at the same time, Saul's story is so compelling that you almost forget that it is a spinoff.

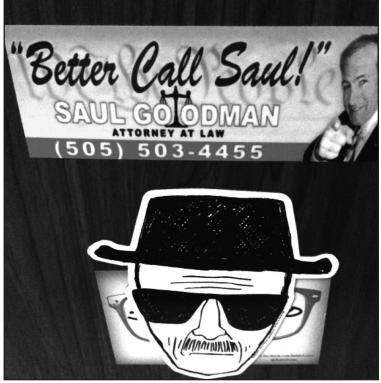


PHOTO BY COURTNEY EGNER

Mar. 2015 The 'Burnian • 9 burnian@blackburn.edu

How Far We've Come

By Calean Gruening

"That's so gay" or "Stop being gay" is something you'll hear in many circles. However, it's rarely the case that people are actually telling someone to stop being attracted to someone of the same sex. What they're really saying is stop being dumb, get over it and man up. I also hear males say, "He's just on his period this week." In other words, men discount thoughts and feelings at the expense of others because to express oneself honestly to other males is perceived as too feminine or gay by other males. Senior psychology major Jesse Medina declared, "Femininity is so threatening because men nowadays feel lost and insecure. None of us really feel like men so we lash out." We are clearly wrestling with the aspects of our personality that don't match what's being expected of males. As a result, we live in a society where we label behaviors atypical of a male as gay.

Take for example sociology professor Michael Kimmel's findings. Kimmel, in his 2009 book "Guyland: The A guy will say, 'I don't have

Perilous World Where Boys Become Men," asked several female students how they would identify a homosexual male. The students said a man might be gay if he "seems interested in what she's talking about, knows something about what she's talking about, or is sensitive and a good listener." One student said, "I suspect he might be gay if he's looking at my eyes, and not down my blouse." In short, Kimmel says, "Homosexuality becomes a kind of shorthand for unmanliness." His male students explain that it's unsafe to go outside the parameters of modern masculinity because one would see their friends abandon them or would be beaten.

Oddly enough, both men and women label mutual respect and compassion as homosexual behaviors. We've come so far, though. "I have gay friends," men might say. Men clearly have a misunderstanding of what it means to accept opposing lifestyles, however. Medina said, "I hear it so many times. a problem with gays but I just don't want them to be all gay around me." He added, "I feel that is has everything to do with what men are taught, which is that there is a certain masculine persona that needs to be displayed." Because we associate being gay and being feminine with similar things, it's hard to tell if men fear homosexuality or femininity, but it's quite possible that being called gay is much more insulting than being called a girl. Either way, it's ignorance that prevails.

I recall asking a male about a relationship that had recently dissolved in front of several others. He said, "At least I got to screw her." When it was just us, he revealed he was quite upset about their separation. It's no surprise that a male with several of his peers and a male with a single friend are like Jekyll and Hyde. Sophomore history major Phillip Johnson claims, "I've noticed in one on one situations that males are much more honest with each other and not really that afraid to show emotions."



Men fail to embrace what underlies the falsehood of modern masculinity.

what underlies embrace the falsehood of modern masculinity; they devolve or regress to primitive behaviors through the display of physicality, insults and silence. As a result, males have learned to dismiss femininity as well Yet, some men fail to as homosexuality and often

misuse those labels. Yet, we can and should question these harmful ideologies and our understanding of the language that surrounds them. If not, we are pursuing a purpose that fails ourselves and others.

HOW AMERICANS ARE KILLING THE AMERICAN DREAM

What You Can Do for Your Country

Technically, a person is

unemployment for one year,;

however, they are allowed to

their

renew

claim. This

By Jon Griffel

"Ask not what your country can do for you, ask what you can do for your country." These immortal words by President John F. Kennedy in his 1961 inaugural address have resonated through the years. The words have always been a strong reminder to me to consider how my actions will affect other people, even though America seems to be forgetting it. American citizens have become more and more reliant on the government to care for them instead of worrying about how their actions affect others.

The American Dream is the ideal that every U.S. citizen should have an equal opportunity to achieve success and prosperity through hard determination work, initiative. This ideal has been lost in the U.S. Instead of striving to achieve goals, many people are looking to the government to get back on their feet. According to the U.S. Department of Labor, 5.7% of the U.S. population is currently unemployed, which is down from 5.9% in 2014. While an unfortunate statistic, this number will always exist.

One of the major issues that plagues the unemployment system is the time

frame that it operates under.

PHOTO BY DIANA ROBINSON

allows for people to leech upon the system. n

economics, these called people are unmotivated workers, or workers who no longer seek work. When people have a cushion to fall back on, they stop seeking employment.

According to CNS news,

35.4% of the U.S. population only allowed to collect currently collects financial aid from the government. This is a shocking and unsustainable other third? I understand that people need this assistance, but why should it be given to

them without stipulation? Multiple states, including Tennessee, Florida and Maine, require that welfare recipients pass a drug test in order to receive their aid. I believe that all states should require this, as most employers require as much from their employees. In a sense, people in the United States who collect welfare and unemployment are actually employees of the government that provides them aid. I believe that the government should utilize

these people. They shouldn't

be allowed to collect a check without having to work for it. Much like the Works Progress Administration (WPA) in percentage. How is it fair that 1935, people could be put two thirds of the population to work to advance their should have to support the own community and society as a whole. The WPA was started by President Franklin Roosevelt in response to the Great Depression. Macoupin County, as many communities did, benefited from the WPA. Public services such as water pipes, infrastructure, post offices and other buildings were built as a part of this program.

Kennedy helped to mold the U.S. into a country built on the drive to succeed through hard work and determination. Let's help repair the American 10 • The 'Burnian burnian@blackburn.edu Mar. 2015

Talk to Tim

By Tim Morenz

Greetings and Salutations Blackburn College!

It is hard to believe how time is flying right in front of Even the smallest bit of light our eyes! At the time of the writing of this article, we are heading towards the middle of the semester! General managers have been selected, potential provosts are being interviewed and we are preparing for the fall! However, as much we are looking ahead, we need to concentrate fully on what is happening right now. Our question this issue is an important one, so let's plow (see the snow pun!?!) ahead!

"Dear Tim, I am lucky to get three to four hours of sleep a night. I want to sleep, but I end up tossing and turning for hours. I am so tired. Help!" -Sleepless in Stoddard

Dear Sleepless,

Of all of the visits to the Counseling Center on our campus, sleep issues make up about 31% of the reasons why people come in for help. We would never expect our vehicles to run without gas, but we have the expectation that we will operate just fine without sleep. Sleep issues are huge and require the help of a professional, but if I can think of a list of tips off the top of my head, here they are:

1. Shut down the screen time. One hour prior to sleep, turn off the laptop, put the smartphone down and do your best to minimize distractions.

- 2. Come to the dark side. can curb the body's production of melatonin, which helps us to fall asleep and stay asleep. Blackout curtains and sleep masks can help a ton in this
- 3. Keep a routine. I know that it is difficult in college, but the body responds well to limits and having a set time to sleep lets the body know that it is time to "shut down" and begin the restorative process of sleep.
- 4. If you are stressed with the mind racing with a million things on your "to do" list, write them down prior to sleeping, this puts them on paper and out of your head.
- 5. Five minutes prior to sleeping, practice diaphragmatic breathing. This in itself is very meditative and is clinically shown to induce the body's "relaxation response."
- 6. I know it is common sense, but avoid alcohol, caffeine and simple sugar prior to bed. Whole foods like bananas prior to sleeping can increase the production of serotonin, a "feel good" neurotransmitter, in our brain.
- 7. If you are constantly stressed about not doing enough in your day, relax, take



PHOTO BY AURORA GRIMMETT

Tim Morenz, College Counselor

a breath, let go of the control and do what you can to create and maintain balance in your

I hope this helps and if you need to talk, Counseling Services is always here to help.

Until next time, Beaver

About the author: Tim Morenz has been in the mental health and substance abuse field for 24 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 echoes the sentiment of Alan Watts, "The art of living is neither careless drifting on the one hand nor fearful clinging on the other. It consists in being sensitive to each moment, in regarding it as utterly new and unique, in having the mind open and wholly receptive."

LETTER FROM THE PRESIDENT

By Dr. John Comerford

balance is key to a healthy life. We are fortunate to have many different things with which to occupy our waking hours work, learning, entertainment, family, friendships. offers its own joys. Yet, life would feel incomplete without the chance to spend time on them all. Life's experiences show us if you spend all of your time working you may find that relationships suffer; if you spend too much time with entertainment then grades may suffer. Spending too much time and energy in one area can impact the others negatively.

I have come to learn that balance is just as key to running a healthy college. I have sometimes described my job as sitting at the intersection of many competing interests and doing my best to keep everyone as content as possible. I've even joked that I know I must be balancing decisions well when everyone has a reason to dislike what I've done!

Students want low costs, more financial aid, modern technology, and renovated housing and athletic facilities. Faculty want small classes full of bright students, higher pay and budgets to support their programs. Staff want reasonable workplace expectations, job security and a sense of being valued. Alumni want the Work Program to remain at the center of the

Most people believe that college and their alma mater to grow in size and reputation. Finally, the Board of Trustees want growing revenue, distinctive programs and high student success rates.

The problem we face is that often these interests compete with one another in a limited-resource environment. How do you keep costs low, but also spend more money on buildings, programs, and people? How do you balance a budget while also investing in new retention and other initiatives? How do you ask faculty, staff and students to focus their work on multiple priorities at once?

As you can see, it is impossible to meet all demands at once. We must make choices and try to find a balance. If we pursued only one area, others needs and interests would suffer. Yet, if we try to do everything at once we're not likely to make meaningful progress in any area.

And we must do this together, sometimes setting aside personal interests and priorities in favor of the betterment of the whole. That's the great thing about Blackburn - there is a sense of community and commitment that you do not find many other places. And so, we will continue to face tough choices and remind ourselves that it's all about balance - in life and at Blackburn.



PHOTO BY SARAH COLLMAN

Sophomore staff writer Jordyn Smith and faculty supervisor Natasha Casey have a discussion before a class session during the annual ICPA Conference.

BURNIAN RECEIVES RECOGNITION



The 'Burnian received five awards at the Illinois College Press Assocation Conference in Chicago on Feb. 21. Danielle Anderson received First Place for her photograph of Dr. Comerford's ice bucket challenge. Haley Welch received Second Place for her headline "If Ya Wrote It then Ya Shoulda Put Your Name on It." Michelle Flood received Third Place for her review "Verdigris: I Wanted to Like It." Sarah Collman received First Place for her design of the Remarkables advertisement. The 'Burnian received Honorable Mention for General Excellence for nondaily papers in schools with under 4,000 students...

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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 between editorials 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.

The 'Burnian • 11 Mar. 2015 burnian@blackburn.edu

CHEATERS NEVER WIN (IN THE LONG RUN)

By Jonathan Griffel

Cheating in professional sports is nothing new. One of the first documented cheating scandals was the Chicago White Sox in 1919. The team fixed the games by betting on themselves to lose and ensuring that they lost. The cheating team members were caught and the team was dubbed "The Black Sox." Since then, there have been many scandals much like "The Black Sox," with offenses ranging from point shaving, where players are paid to prevent the betting line from being reached, to steroids and other performance enhancing drugs.

In recent years, the New England Patriots have been caught up in multiple scandals from videotaping opponents' huddles to deflating footballs. The videotaping scandal, unoriginally called "Spygate," occurred when the Patriots videotaped the New York Jets' signals prior to their 2007 game. This forced the National Football League to fine Patriot's coach Bill Belichick \$500,000. This scandal led to speculation that the Patriots taping had been going on before they were caught although there was no evidence of this.

Then, in the 2014 AFC Championship game, the Patriots were caught using underinflated footballs. This is considered cheating because when the ball is under-inflated, it is significantly easier to catch and throw. This scandal was dubbed "Deflategate" and the penalty for their actions has not yet been determined as the league is investigating the issue. Meanwhile, the Patriots went on to win the Super Bowl.

The NFL is not the only league that has been tarnished by cheating, as Major League Baseball (MLB) and the National Basketball Association (NBA) have been forced to deal with their own scandals. Major League Baseball has been trying to stop the use of steroids and other performance enhancing drugs for years. The most famous violators are Mark McGwire, Barry Bonds, Sammy Sosa and Jose Canseco. In addition to the steroid use, baseball lives in the constant shadow of Pete Rose. Rose is the MLB's all-time leader in hits, and has been banned from baseball since 1989 for betting. Unlike "The Black Sox" incident, he

wasn't betting on his team to lose, rather betting on them to win. In recent years there has been a movement in the baseball world to add Rose to the Hall of Fame, and Rose himself even jokes about this issue in a 2015 Super Bowl commercial.

The NBA has also experienced game fixing issues. Referee Tim Donaghy pleaded guilty in 2007 to betting on games that he officiated. Donaghy was sentenced to 15

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months in prison. Cheating in professional sports is not limited to the United States either, as major European sports have been riddled with controversy. The Tour de France, one of the largest cycling races in the world, has the largest cheating problem. Three of the event champions have been stripped of their titles for steroid use, with the

most famous being Lance Armstrong. When it was discovered that Armstrong had used steroids, he not only lost his titles but also lost his major nonprofit organization, LiveStrong, and many of his corporate sponsorships. As long as there is any way to gain a competitive advantage in sports, there will be cheaters.

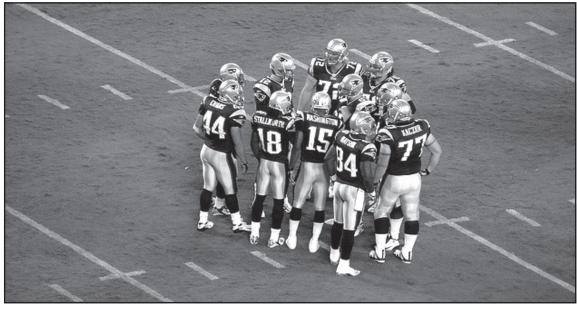


PHOTO COURTESY OF GREGOR SMITH

The New England Patriots huddle before a play.

BLACKBURN RUNNING CLUB

By Jonathan Griffel

There is a new club on campus that is on the rise and on the run. The Blackburn Running Club, formerly the Track Club, is striving to help anyone on campus live a healthier lifestyle. The club was renamed this year in an effort to change the misconception that the team participated in competitive track and field events, even though Blackburn has not had

a track and field team for many years. In the past, the club has been made up primarily of cross-country team members, but with the new name, a new crop of people who love to run have joined.

According to Runner's World, one of the top running magazines, there are four main ways that running can improve your overall health. It can make a person happier,

as endocannabinoids or happy hormones are released after a run. This release is commonly referred to as a "runner's high." Running is also a great way to reduce stress, as well as an excellent way to burn calories and strengthen your knees and joints. "We are a group of people that want to become better runners or healthier people; everyone in the club has different goals.

Separate cardio and free weight room

The purpose of the club is to be a support network for every level of runner, whether they are lacing up their running shoes for the first time or are a seasoned veteran," said Blackburn Running Club President Nathan Speckhart.

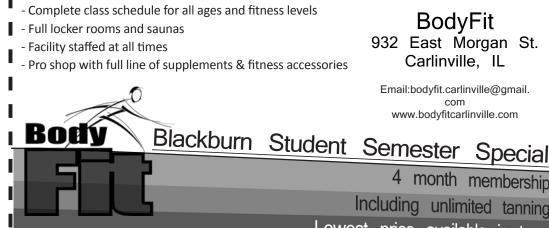
This type of exercise is increasing in popularity, as themed races have emerged. Themed races include zombie runs, obstacle runs and even

alcohol themed fun runs. One of the most popular running races is the marathon. The standard marathon is 26.2 miles, while the standard half marathon is 13.1 miles. The Running Club will be participating in the Lincoln Presidential Half Marathon in April. This will be the second time the club has participated in this Springfield based race.



PHOTO COURTESY OF NATHAN SPECKHART

Members of the Blackburn Running Club at the 2014 Lincoln Presidential Half Marathon.



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Upcoming Sports Events

Blackburn College Men's Baseball Schedule

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Sat, Mar. 7 Sun, Mar. 8	vs. III. Wesleyan vs. III. Wesleyan vs. III. Wesleyan @ Jackson, Mississippi	6:00 p.m. 1:00 p.m. 3:30 p.m.
Tues, Mar. 10 Wed, Mar. 11 Fri, Mar. 13 Sat, Mar. 14	@ Loyola@ Loyola@ Tougaloo@ Tougaloo@ Tougaloo	6:00 p.m. 6:00 p.m. 2:00 p.m. 12:00 p.m. 2:30 p.m.
Tues, Mar. 17	vs. Lincoln Christian vs. Lincoln Christian	1:00 p.m. 3:30 p.m.
Fri, Mar. 20	vs. Westminster (Mo.) vs. Westminster (Mo.)	12:00 p.m. 2:30 p.m.
Sat, Mar. 21	vs. Monmouth (III.) vs. Chicago	10:00 a.m. 3:30 p.m.
Sun, Mar. 22 Wed, Mar. 25 Sat, Mar. 28 Wed, Apr. 1	@ Monmouth (III.) vs. MacMurray @ Iowa Wesleyan @ Iowa Wesleyan vs. Illinois College	2:00 p.m. 3:00 p.m. 1:00 p.m. 3:30 p.m. 3:00 p.m.

Blackburn College Women's Softball Schedule

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Wed, Mar. 11	@ William's Baptist	2:00 p.m.
	@ William's Baptist	4:00 p.m.
Fri, Mar. 13	@ Freed-Hardeman	3:00 p.m.
	@ Freed-Hardeman	5:00 p.m.
Sun, Mar. 15	vs. Augustana (III.)	1:00 p.m.
	vs. Augustana (III.)	3:00 p.m.
Wed, Mar. 18	vs. Benedictine (III.)	5:00 p.m.
	vs. Benedictine (III.)	7:00 p.m.
Sat, Mar. 21	@ lowa Wesleyan	1:00 p.m.
	@ Iowa Wesleyan	3:00 p.m.
Sun, Mar. 22	vs. Wartburg	11:00 p.m.
	vs. Wartburg	1:00 p.m.
Fri, Mar. 27	vs. Spalding	5:00 p.m.
	vs. Spalding	7:00 p.m.
Sat, Mar. 28	@ Greenville	1:00 p.m.
	@ Greenville	3:00 p.m.
Sun, Mar. 29	vs. Rose-Hulman	1:00 p.m.
·	vs. Rose-Hulman	3:00 p.m.
Wed, Apr. 1	@ Webster	5:00 p.m.
, ,	@ Webster	7:00 p.m.

Blackburn College Women's Tennis Schedule

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Fri, Mar. 20 Sat, Mar. 21 Tues, Mar. 24 Wed, Mar. 25 Sat, Mar. 28 Tues, Mar. 31	vs. Fontbonne vs. Webster vs. Lewis and Clark CC vs. UIS @ Greenville @ Webster	6:00 p.m. 10:30 a.m. 4:30 p.m. 4:30 p.m. 10:00 a.m. 5:30 p.m.

FEEL THE 'BURN

Fitness and Health Tips with Heidi!

By Heidi Tyson

SQUATS – REGULAR AND SUMO SQUATS

Squats are amazing for building strength in your lower body and for shaping your glutes, hamstrings, and quads. This exercise has been dubbed as the "booty builder," so if you want to shape your booty for that bikini, follow these steps for proper squat form!



HOW TO:

- **1.** Begin with feet hip width apart, toes slightly turned outward.
- Inhale and keep your chest up as you squat down. Drive your butt back like you are sitting in a chair (use a chair and tap your butt on it to help).
 Keep your weight in your
- heels, not your toes!

 4. Keep your knees behind

your toes and drive them out in the same direction as your toes to make sure your knees don't collapse inward.

- **5.** Keep your head in line with the rest of your spine by looking forward, not up or down.
- **6.** Keep your core tight as you squat down; this movement is as much of a core strengthener as it is a leg strengthener.
- 7. Exhale as you drive up through your heels, and visualize your glute, hamstring, and quad muscles working together to perform this movement. (Mind muscle connection helps you to feel the movement more in the right muscles)
- **8.** Squeeze your glutes at the top, repeat, and rock that bikini this summer!



PHOTOS BY VALERI KOL

There are many different types of squats. Once you master the regular squat, you can move on to more difficult versions that work different parts of your lower body. The sumo squat is an excellent booty builder. It focuses more so on the glutes and inner thighs, whereas the regular squat hits the entire lower body. Try this movement out to switch up your routine!

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HOW TO:

- 1. Begin with feet in a wide stance and toes turned outward (The wider you place your feet apart, the more you will feel it in your inner thighs and glutes).
- **2.** Bend your knees, keeping them behind your toes.
- **3.** Keep your back as straight as you can and keep your chest
- **4.** Lower yourself until your thighs are parallel to the ground.
- **5.** Drive yourself up through your heels and squeeze your glutes at the top.

Health Tip!

Do you know how much water you should drink in a day? Here is a simple formula to follow:

Your weight / 2 = How many ounces you should drink in a day.

Example: 120lbs / 2 = 60oz

Bring water with you everywhere you go and take small sips throughout the day. Buy a water bottle with ounce markings to keep track easier. Stay hydrated!