

# THE BURNIAN

The Award-Winning Student Newspaper at Blackburn College, Carlinville, IL • Oldest College Newspaper in Illinois, since 1881

## WHAT’S THE DEAL WITH P-PLANT...



## AND WHY DOES IT MATTER?

By Michelle Flood and Karlee Brimberry

Physical Plant (P-Plant) is undergoing some very large changes. At the end of the year, Building Maintenance Supervisor Joe Lewis and Campus Services Supervisor Millie Abeln will be retiring after spending decades at Blackburn. In addition to their retirements, HVAC and Mechanical Supervisor Bryon Meyer and P-Plant Director Sam Harding have submitted their resignations. Lewis has worked in P-Plant for over 18 years. “As we know in life, change is inevitable,” he said. “We just have to deal with it and hopefully we can get some nice experienced people in here and some young new blood, so Physical Plant can go on; it has to go on.”

On the staff changes, President Comerford said, “I am concerned with the turnover in P-Plant. It’s hard to lose Millie and Joe to retirement and Sam and Bryon to other opportunities. Regardless of those changes, we had been talking about a number of structural changes in P-Plant.” These structural changes include filling the Campus Services Supervisor role that Abeln filled for many years with one full-

time position and two part-time positions. “We haven’t given the people in P-Plant the high level resources required for this type of work. We’ve been asking too much of our staff and we need to expand,” explained Comerford.

One of the goals in expanding P-Plant is to increase the beautification of the campus. “My reasoning behind all of this is that the way the campus looks is very important in recruiting and retaining students. But the reality is that students base their decisions off what they see,” said Comerford. Making the campus more visually appealing is one way to attract prospective students to the college and to help them commit during their campus visits. Junior marketing major Haley Haynes works in the Admissions department and stressed the importance of campus appearance. “I think it will be nice to have the campus look better and maybe brighter. I don’t think that’s the first thing that prospects look for,” she said. “However I do understand that it does make one of their first impressions of the school and I can see why the president would want

to do that. Beautifying campus could potentially be something that makes us stand out to prospects in the long run.”

The changes in P-Plant affect everyone on campus but especially student workers in the department. Senior accounting and economics major Lucas Wilson, who works in P-Plant stated his concerns about the impending changes in the department. “I’m not sure how to feel about the changes but it’s going to put a lot of stress on the supervisors,” he remarked. “A lot of people don’t understand the stress that has been put on some of the supervisors in P-Plant.”

President Comerford has selected a search committee to find the best fit for the positions of Building Maintenance supervisor, Campus Services Supervisor, Grounds and Motor Pool Supervisor and Physical Plant Director. Those who are on the committee include Dr. James Bray, Gena Ober, Abbey Hardin and Ryan Long. Long, who is the current manager of Campus Maintenance feels the committee will have their decision made by June.



PHOTO BY KARLEE BRIMBERRY

The beautification of campus is one of the goals in expanding P-Plant.



# CYBER YAKKING... PROBLEMS WITH ANONYMITY

By Jordyn Smith and Rebecca Sprinkel

Yik Yak is an anonymous location-based phone app that is sweeping the nation and its effects are a growing concern. A social media app once targeting the interests of college students, Yik Yak is now involving high school students as well—particularly here in Carlinville. Yik Yak allows users to view, post and rate anonymous comments that can be seen within a ten-mile radius. This anonymity has led to cyberbullying.

Carlinville's Brooklyn Armstrong was a sophomore in high school when she died in a 2013 car accident. A year and a half after her death, she has now become the victim of cyberbullying. A number of comments were recently posted to the app regarding the teenager and caused many people to become distressed, including her mother, Kristy Armstrong. "The recent posts on Yik Yak regarding my daughter were very upsetting to me," she said. "Not necessarily only the emotional effects it has had on me but for the simple

fact that someone could post words about a deceased child who is unable to respond or defend herself."

Precautionary measures have been taken, such as the implementation of "geo-fencing," which prevents anyone located at a middle school or high school from accessing the app. The site also filters and deletes inappropriate content, such as threats, harassment, racially or ethnically offensive language, names of people, etc. Users can up-vote or down-vote local posts, and if a post is frequently down-voted, it is deleted. However, teenagers have found their way around such safeguards because they can still access Yik Yak at home.

Armstrong saw the comments about her deceased daughter and wants to see the app eliminated altogether. "My question is why one even feels the need to post such an unthinkable, hurtful post," she said. "I ask others to join me in the fight to shut down this site for the protection

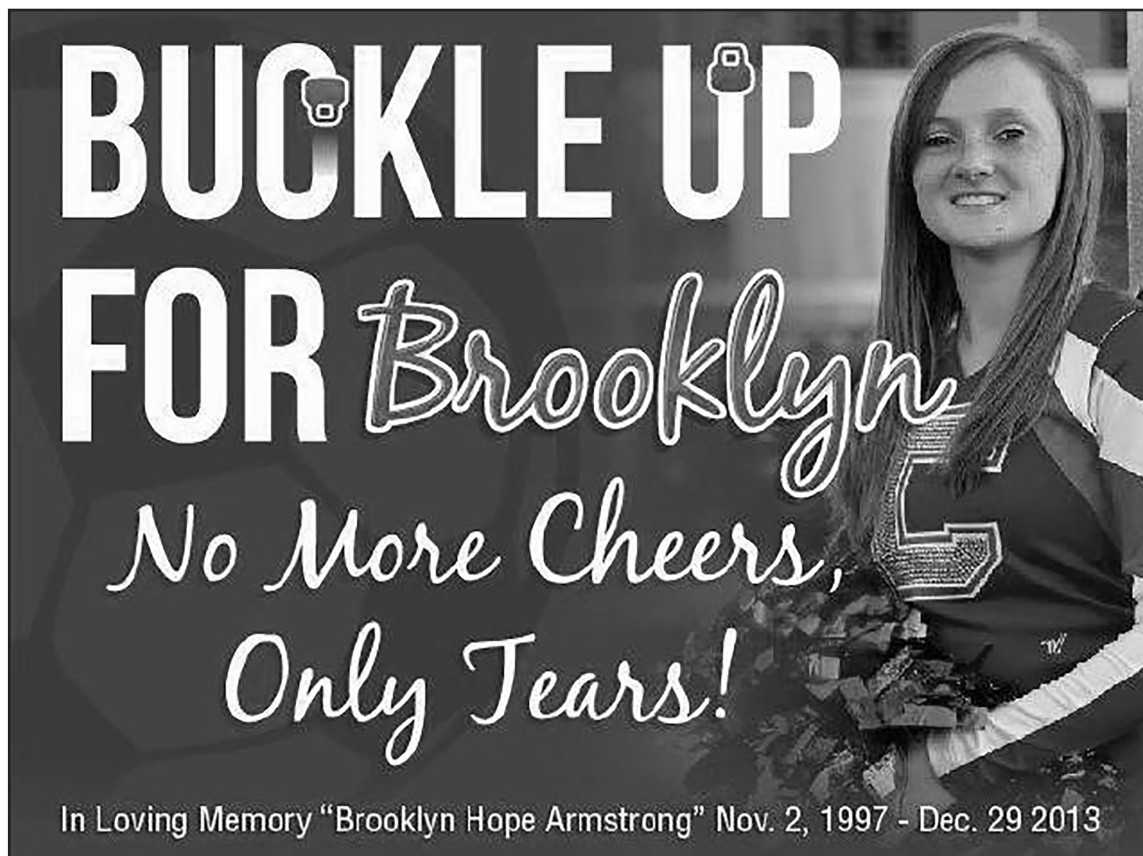


PHOTO COURTESY OF DAVID MORGAN AND KRISTY ARMSTRONG

Kristy Armstrong, mother of 16-year-old Brooklyn Armstrong who died in a car crash in 2013, is raising awareness and encouraging seatbelt use in her "Buckle Up for Brooklyn" campaign in the hopes of preventing future tragedies.

of our children today."

Carlinville High School principal Patrick T. Drew also commented on the way the app is being used. "The tools or applications and access provided through the Internet today are a great resource when used appropriately," said Drew. "When used in an

inappropriate manner, apps such as Yik Yak can cause great damage or harm to individuals. Collectively, we need to question the morality, ethics and maturity of those carrying out the inappropriate acts as they are choosing to hide behind the veil or curtain of anonymity."

Drew continued, "The enter button on your computer or the send button on your phone has as much power and can do as much damage as a trigger on a gun when used inappropriately." "Think before you speak or post." Yik Yak could not be reached for comment.

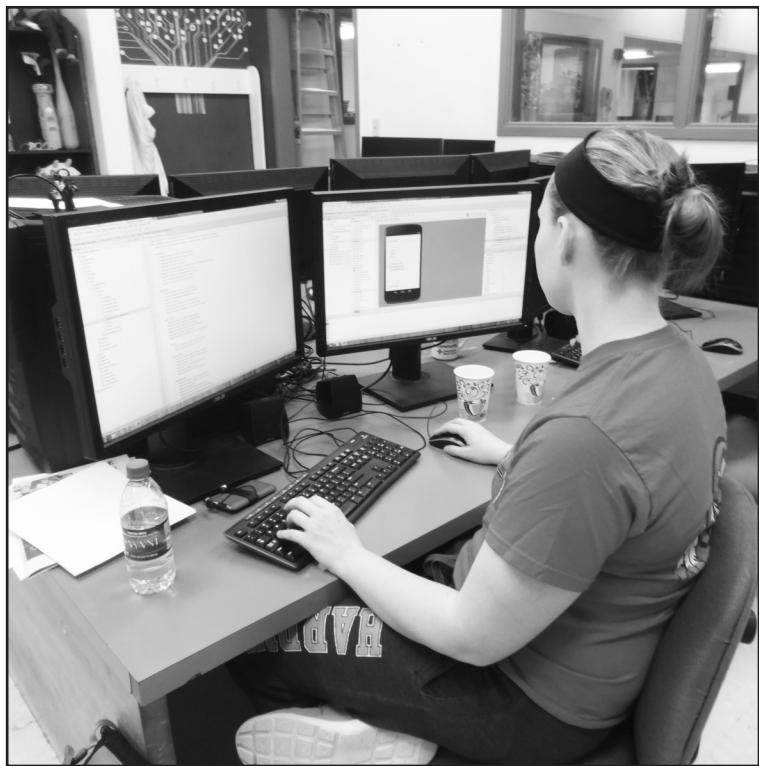


PHOTO BY JESS WILLARD

Senior computer science major Traci Kamp works on her project for seminar.

By Jess Willard

Students outside of the computer science program tend to think computer science majors are quiet and spend most of their time typing away on a keyboard. Students and faculty put that rumor to rest and revealed what the department is really like.

Senior computer science major William Cockrell said that while the department is small, it is full of fun people. "People aren't just out for themselves. We're like a family," he said. Majors in the department may have their difficulties (like an error with the computer

## AN INSIDE LOOK AT THE COMPUTER SCIENCE DEPARTMENT

code), but there is a great reward when they can get a program to work successfully.

Computer science professor Dr. Marsha Meredith started the major at Blackburn and has been here for 35 years. She said that the department is very focused on their students — professors keep in touch with alumni from the department and stay in contact with students during the summer. Since Blackburn is a smaller college, students have access to machines and professors at nearly any time. She said that the students are very social and never bored. "There is lots of discussion, planning and documentation. Huge opportunities are available," said Meredith.

Several events go on in the department throughout the

year such as a picnic in the fall and senior presentation day in the spring. On April 28, senior computer science majors will present the seminars they worked on year-round to family, friends and alumni. Meredith says there will be a tea party afterwards to celebrate their success. Other events in the department include tech talks and Computer Club. Tech talks are research experiences shared by students or faculty.

Senior computer science major Traci Kamp is president of Computer Club and said anyone is welcome to come see what it's about. They meet every Tuesday at 7 p.m. in the research lab. The bulletin board on the first floor of Hudson Hall offers more information on the club. They plan on throwing a LAN (local

network access) party in the future. At that event, attendees will download multiplayer games. "It will be a big gaming session," Kamp said. They have also had speakers such as Teresa Larrigan who recently discussed the development of video games as a career. Kamp added, "Computer science is not just math and typing."

Meredith admitted that she will be retiring at the end of the semester. "It's time to let new ideas come through," she said. However, she believes that students will be well-served and left in good hands. Dr. Kevin Coogan will head the computer science program, and it is still in the Department of Mathematics and Computer Science with Dr. Chris Morin as department chair.



# The Many Changes in Residence Life

By Michelle Flood and Courtney Egner

While Blackburn is combating student retention issues, Residence Life is facing a similar dilemma with its staff. Due to numerous resignations within the department, resident assistants (RAs) and resident directors (RDs) have been forced to relocate to different dorms on campus. Each dorm on campus has experienced at least one residence life staff change this year. Stoddard and Jewell have experienced three staff changes, Jones and Butler have both experienced two and Graham and North have experienced one staff change. These changes affect the Residence Life dynamic as well as the students living in their respective dorms. Senior biology major Josh Bell lived on the third floor in Stoddard for the majority of his time at Blackburn and found the numerous staff changes on that floor to be confusing. “To be honest, I never saw the RAs on third floor very much. It was definitely strange switching our RA around. I mean I actually was more interested in why we had our RA change,” he said.

There are a variety of reasons why RAs are finding it difficult to stay in their positions, ranging from workload challenges to B-Book violations. Former Stoddard RA Christopher Stone left the position, citing multiple reasons including his financial situation. “It wasn’t worth it for the money. I stepped down from the job because I got an off campus job that helps me pay for tuition quicker than my RA check ever could.”

Sophomore marketing major Shelby Holybee resigned from her position as an RA but has reapplied for the fall. “In my personal experience, being an RA is the most difficult because you have to be in that mindset 24/7.” Holybee left because she needed a break. “I hadn’t taken a break from it since I started and I was starting to dislike my job, but ultimately I love the job and plan to go to graduate school for student affairs,” she explained.

Director of Residence Life Abbey Hardin explained one possible underlying cause.



PHOTO BY COURTNEY EGNER

Each dorm on campus has experienced at least one Residence Life change.

“A lot is asked of Residence Life staff members, and a behavior that might go unnoticed or not be addressed in another department could be a huge issue in Residence Life. Is it fair for students to be approached about a behavior that might violate the student conduct code if they are aware the Residence Life member approaching them has also violated conduct code? I don’t believe it is.”

Some members of Residence Life have stayed since they first became employed. Graham RA Seth Tonsor has been an RA for three years. Tonsor explains that the downfalls of the job do not outweigh his reasons for staying. “No one wants to stay up until 2 a.m. or miss a campus event. The biggest reason I have stayed is because of the people I work with. They really make the job more enjoyable.”

Senior psychology major Jeanette Kelly is the RD in Stoddard. She has struggled with three staff changes in her building this year. “Luckily Stoddard is a building that had a lot of returning students, so there wasn’t a lot to manage. The switch out of RAs on me sucks because it’s hard to keep a cohesive dorm. It kind of makes you unmotivated. It should be a way to motivate you to compensate for everything but it’s been a bummer all year. All year has been a struggle.”

Moving forward, Hardin is hopeful: “I do believe we’ve had more turnover this year as a result of change of leadership. My expectations of the position have been changing and evolving as I spend more time overseeing the program. The Residence Life staff and I have been working hard to be transparent about our expectations for one another. In turn, I’m hoping turnover within the staff will decrease as time goes on.” Interviews for 2015-2016 RA positions are currently underway.

## Bringing Science to Life

By Jess Willard

Juniors and seniors in high school rarely see a glimpse of their potential major in action, but on April 17 future science majors will get to experience Blackburn’s science department. This will be the 29<sup>th</sup> year Science Day has been at the college according to biology chair Dr. James Bray. During the event, high school students are tested in either physics, chemistry or biology. Those who achieve the highest scores will win monetary prizes for their respective schools.

Bray said his favorite part is “when students get to see the demonstrations and exhibitions.” He has done several displays ranging from strange and rare plants to forestry, but his preference is the potato gun. It involves figuring out the best projectile for the cannon, and it usually is not a potato. Other professors in the science department have demonstrations for the high school students to enjoy. Chemistry chair Dr. Karl Luth has shown the bed of nails (a piece of wood with nails jutting out of it) in the past. This exhibition focuses on the principles of pressure and explains why the nails don’t harm anyone who lays on the bed. Biology and chemistry professor Dr. David Reid has



PHOTO BY JESS WILLARD

Kayla Liebman likes to help students conquer their fears of holding certain animals.

done a mouth swab to show students the microorganisms inside their mouths.

Blackburn students volunteer to help with the event. They will assist with registration, displays and demonstrations, grading quizzes and the quiz bowl (a game show where high school students answer science questions). Kayla Liebman and Cierra Smith are student hosts this year and visited campus for this even when they were in high school. Liebman is looking forward to “how well [they] will do and cope with the stress of the event.” Her favorite part is giving students the chance to hold animals they may be afraid of in order to conquer their fears. Smith agreed that was her favorite part as well and added, “It may be the first time that hasn’t been scary.”

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## GONE PHISHING

By Bryan Bethel

Within the past few months, students and teachers alike have fallen victim to suspicious emails they have received on their Blackburn email accounts. Many of these emails come from reliable sounding companies, but come attached with very negative effects. Phishing emails use recognizable brands or names and trick email users into opening links that contain viruses. “These phishing emails come with malware that is used to either steal your identity, your credit card information or both,” said database administrator Chuck Sutphen. “If you know what you are looking for they are usually not a problem, but to the untrained eye they can

pose a serious threat.” While it is unclear why Blackburn is being targeted by these emails, it is important for everyone to be safe and practice safe internet usage. Keeping an updated anti-virus installed on your computer not only alerts you to suspicious websites and emails, it also helps remove malware already installed on your computer.

Sutphen warns Blackburn staff and students to be wary of emails from Blackburn’s Technology Services department that instruct you to register for a new account. Emails like this are phishing scams. “If you have any questions about emails sent by Tech Services or any other emails you may have received,

don’t hesitate to come talk to us,” said Sutphen, “That’s what we’re here for.” Anyone with comments and concerns about the safety of their emails and private information should talk to Sutphen in his office located in the Hudson computer lab.

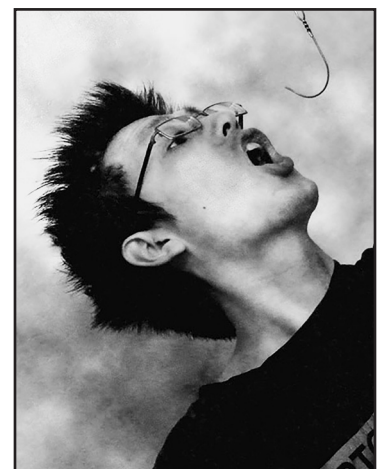


PHOTO BY KENNETH LU



# New managers, what do you plan to accomplish as manager of your department?

## Academics

Catherine Young  
Junior  
Biology Major



1. "I want to continue the sense of community within the department. It would be good to cultivate new relationships with other departments."
2. "I love all toppings so supreme!"

## Administration

Haley Haynes  
Junior  
Marketing Major



1. "I want to bring Ludlum and DCC together to feel as one department rather than two. I would also like to start a volunteer program because I feel it's imperative for everyone to appreciate all of the jobs on campus because all of them are essential to Blackburn no matter how small the job might be."
2. "I like cheese and pineapple, but no ham!"

## Campus Maintenance

Kenzie Pesavento  
Junior  
Biology Major



1. "My main goal this year as manager of maintenance is to instill better communication between other departments and us. I think this will allow for work orders to be done more quickly and efficiently."
2. "My favorite pizza topping is sausage—yum!"

## Campus Services

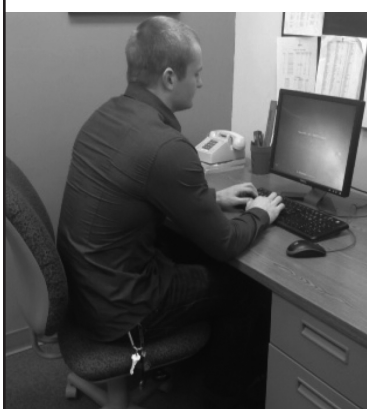
Patrick Noel  
Sophomore  
Business Management Major



1. "I plan on making Campus Services a really good place to work by working around everyone's schedule the best I can. I want the workers to know that they are appreciated and what they do means something to the entire school. I want everyone in CS to feel like they are part of a team."
2. "I like the chicken taco pizza from Casey's."

## Technology Services

Nathan Wilson  
Junior  
Computer Science Major



1. "I'd like to get the lab techs more involved."
2. "Sausage."

## Alternatively, what is your favorite kind of pizza?

### Athletics

Jared Jones  
Junior  
Marketing Major



1. "Next year I plan to help the new athletic director have a smooth transition to Blackburn. I also plan to keep improving game day atmosphere, as well as general upkeep of Dawes."
2. "Barbecue chicken and bacon."

### Bookstore

Christy Hobbs  
Sophomore  
Marketing Major



1. "I plan to increase sales in the bookstore and make the bookstore and mailroom a more welcoming environment for everyone who visits."
2. "Sausage! I must add that I only eat pizza from Reno's Pizzeria and Italian Ristorante."

### Campus Community and Safety

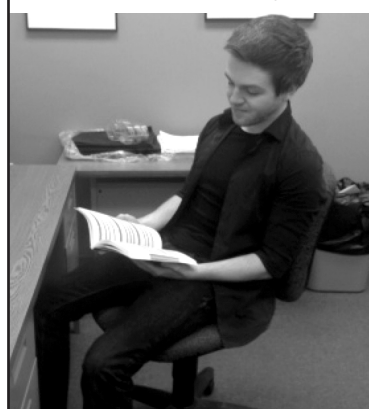
Ben Hoover  
Junior  
Criminal Justice Major



1. "I'd like to make a positive work environment."
2. "Pepperoni."

### Learning Commons

Alex Myrick  
Sophomore  
Communications Major



1. "I hope to accomplish the digitization of a portion of our archives and to further increase the ways in which we can aid students."
2. "Pepperoni, because it's the topping that can't be topped."

### Snack Bar

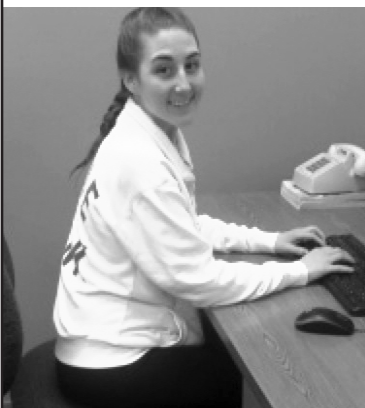
Gretchen Boucher  
Junior  
Creative Writing and Psychology Major



1. "I plan to work with Sodexo to find out what students want, and bring new options to Snack Bar next year."
2. "Mushrooms are my all-time favorite pizza topping."

### Community Services

Hollie Davidson  
Freshman  
Psychology Major



1. "I hope to accomplish what every community services worker strives to do: help others! I hope to help those in my department realize that through helping others they are acquiring the skills, responsibilities, and overall experience they will need for their future careers."
2. "I don't eat pizza!"

### Food Services

Danielle Ruhup  
Junior  
Psychology and Criminal Justice Major



1. "My goal is to decrease the negative stigma associated with Food Service. For the most part, once people start working in the department they enjoy themselves."
2. "Mushrooms, black olives and pepperoni."

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# UP UP AND AWAY!

## WHAT TO EXPECT FROM ALUMNI RELATIONS

By Noah Daum

The word “alumni” pops up everywhere on campus: in emails, on flyers and even on buildings. Mark Zobel has put in a lot of hard work since being welcomed as the Alumni Coordinator in late October 2014. He has big plans in store for the future, not only the alumni, but the students as well.

First of all, you might wonder who is and is not considered alumni. Alumni is anybody who was a student here at Blackburn College for at least two semesters but is no longer a student. When it comes to Blackburn’s Alumni Relations, Zobel stated, “Our focus is to build relationships with our alumni so they continue to feel connected to the college.” He believes building relationships is a very important part of the college experience, and in life after. “Alumni Relations is entirely about community and building relationships. None of us succeed in life without community and without relationships, and so if I can help work with our alumni

and our current students to build that community and build those relationships it will be beneficial to everybody,” Zobel added.

Zobel himself is trying to build his relationship as well as the Alumni Relations relationship with the Blackburn community by including the “Alumni Coordinator’s Super Hero(es) of the Week” in the emailed announcements at the end of each week. Zobel explained that “That’s me trying to help foster a culture of gratitude on campus. I think all of us need to do a better job of thanking people in our lives because none of us get to where we are by ourselves.” He is also attempting to connect with the community on social media outlets such as Facebook, Twitter and LinkedIn. “Any good Alumni Relations program always starts while students are still students,” Zobel suggested.

Zobel has an idea of how to connect Alumni Relations to the students while they are still students. He coined the term “backpack to briefcase”



PHOTO COURTESY OF MARK ZOBE

Mark A. Zobel, Ph.D.

Coordinator of Alumni Relations

and the idea includes hosting events on campus for current students where Alumni Relations would bring alumni on campus so they can share their professional experiences since graduating, such as looking for a job. “I don’t know what the details will be at this point but I think I would like to have current students interacting with alumni as much as possible, and I welcome student input on that,” he said. “If a student would like a specific alumni to come back and speak to them, I am always open to those kind of things,” Zobel added. Mark Zobel and Alumni Relations can be found in Ludlum 217, as well as on social media.



## Hungry Student

By Lindsey Becker

If you’ve lived in Carlinville for long enough, chances are you’ve heard of Abella’s. Located on South Broad Street just off the square, Abella’s is a quaint, diner-style restaurant. Although the restaurant is popular among Blackburn students, I had never eaten there before.

Upon entering the restaurant, my guest and I were greeted at once by a waitress, who was very warm and genuine. The feel of the restaurant was a bit old-fashioned, but this decor gave it a comfortable, familiar feeling.

The menu consisted of a large selection of breakfast food (which is served all day), sandwiches, burgers, barbecue and homestyle dinner entrees. I ordered a ponyshoe—the smaller version of a horseshoe—which typically consists of a piece of Texas toast, a hamburger patty and French fries smothered in cheese. Abella’s offers different meat choices for their horseshoes, such as turkey and pulled pork. I opted for chicken fingers in mine.

Our food was delivered promptly and appeared to be appetizing at first glance and my first impressions proved to be true. The crinkle-cut fries were crispy but not overcooked and the cheese was



PHOTO BY LINDSEY BECKER

copious and tasty. The shining light of my ponyshoe was the chicken fingers. My guest, who also ordered chicken fingers, agreed. The meat was juicy and the breading tasted homemade—I didn’t feel like these had just been pulled from a freezer and dumped into a fryer.

Although I ordered the ponyshoe instead of the horseshoe, the serving size was still pretty large and was more than enough to fill me up. Priced at \$6.46, this was a generous amount for what I paid. Most of the other menu items were under ten dollars, and on top of that Abella’s offers a 10 percent discount for Blackburn students who show their IDs. The restaurant also has a referral system, giving an additional 10 percent off your next meal when you refer a friend who gives your name.

Overall, I enjoyed my dining experience there. The food was good and plentiful for the price and was reminiscent of a home-cooked meal—something most college students are clamoring for. The service was more than sufficient, friendly and welcoming, which only added to the restaurant’s overall charm. Affordable, homestyle food with great service? It’s a shame I hadn’t tried Abella’s sooner.



PHOTO BY JESS WILLARD

Dr. Ren Draya is one of the judges of the creative writing competition. She is looking forward to reading students’ submissions.

personal essay. She offered some advice for students who are thinking of participating in years to come. “When you get a good idea, write legibly and quickly to get it down on paper,” she said. She recommended doing a workshop with other participants to “bounce ideas” off of each other and gain creative input. “Make sure your final copy is your best copy,” she added. Editing and gaining feedback help participants enter a piece of

work they can be proud of.

Junior secondary English education major Ethan Klaffer submitted a piece in every category this year and revealed his creative writing process. He said, “When I get the chance to write for myself, I just go – I write everything I can.” He admitted that he does skip over mistakes, which is why he recommends having someone read over your work before you submit it.

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## THE CREATIVITY OF STUDENTS UNVEILED THROUGH WRITING

By Jess Willard

The 22nd Annual Louise Allen Creative Writing Contest allows students to showcase their talent through four categories of written work: personal essays, short stories, poetry and drama. This year’s winners will be revealed at the Graham Symposium on April 17 and will be given cash prizes as well as a feature in the Vortex (the college literary magazine). Students from all majors, faculty and staff were invited to participate. English professor Dr. Ren Draya discussed the contest and judging.

Draya said, “Depending

on the quality, there could be winners in all categories.” She defined quality as writing that “moves that reader.” It could cause them to see a topic from a new perspective for the first time, run a shiver down their spine, develop a pain in their heart or understand a different truth about emotion. “It should not be marred with errors,” she added. For the judging process, each judge goes through the submissions and makes a list about each piece. The judges compare these lists and decide whether the piece is a winner. They look for special use of language, sense

of genuineness and interesting figures of speech. “Being surprised is the best part,” Draya said. The judges read the pieces without knowing the authors to make an unbiased decision. Usually, English and communications department members are judges but a guest judge may help make a decision. She went on to say that there could be 50 to 60 entries and not every category has a winner.

Senior creative writing major Allison Funneman entered this year. It was her fourth year participating and she won two years ago for a



# YES, YOU ARE TOO SEXY THAT SHIRT

By Karlee Brimberry

Every year, each dormitory on campus decides on different events to host. On Saturday, May 2 Jones-Allison Hall will be hosting a Mr. Jones Competition, an all male pageant. From a semi-formal walk, question and answer and a talent portion, the Mr. Jones Competition will be covering it all. Jones House Council President Haley Haynes stated the members of House Council originally got the idea from the Associate Director of Admissions Justin Norwood, who is a Blackburn alumnus. Norwood stated when he attended Blackburn, Jewell Hall held a competition named Mr. Jewell, giving Jones House Council the idea. Haynes commented, “The competition is something House Council wants the guys to have fun with. We do not want it to seem like a popularity contest or for people to feel discriminated against.

It is just something for the guys to have fun with and for the audience to be entertained, all in an appropriate manner.” During the competition, the men will participate in a short question and answer portion where Jones House Council will come up with questions for each contestant to answer. There will also be a talent show and a semi-formal walk where each male will wear what they feel they look best in. At the time of publication, House Council members are unsure who the judges for the competition will be. However, the board has already come up with the prizes: a crown, scepter, photo of the winner in Jones Parlor and \$200. Although there is still time to sign up for the competition, some have already claimed their spots. Sophomore biology major Nate Kinnison stated his reasoning for signing up for the competition, “I never have been able to grow facial hair, so I

figured this would help me feel more like a man.” Meanwhile, senior sports management major Colin Gowin is ready to amaze the audience. Gowin commented, “I pretty much imagined the competition to be like a Colin Gowin takeover. I don’t know if anyone can keep up with me in the competition.” Although Gowin and Kinnison both commented on their excitement for the competition, another contestant, junior criminal justice major Tyler Gosnell, remarked, “What I look forward to the most is just putting on a good show for all the Blackburn students and of course seeing Alisha Kapp in the audience.” Haynes and House Council members would like to have 10 to 15 more males sign up for the competition by Friday, April 24. For those who are interested, contestants can sign up with either Haynes or Maggie Best.



The Mr. Jones competition allows male students to have fun and entertain themselves without feeling discriminated against.

# Student Juried Art Show



PHOTO BY BRYAN BETHEL

Chris Day encourages his students to view works in the Student Art Show.

By Bryan Bethel

According to famous Spanish surrealist painter Pablo Picasso, “The purpose of art is to wash the dust of daily life off

our souls.” Student artists did just that during the 6th annual Student Juried Art Show which took place in the VAC Art

Gallery. The reception, which took place April 20, opened to a good sized audience including many art majors, professors

and students. Eight different art majors entered their pieces into the art show which was judged by Laurence Buxbaum, a former professor of art history and ceramics at Blackburn. “These types of exhibitions are important to an artist,” said Chair of the Art department Craig Newsom. “They are a way for artists to not only exhibit their art, but also to have someone impartial look at and evaluate their work.” At the end of the opening, art major Sheena Michaels was awarded Honorary Mention for her photograph “Aged,” and Asher Bentley took home the Best in Show prize for his untitled ceramic vase. Although this year’s Student Juried Art Show has come to a close, art majors are encouraged to begin preparing for next year’s event. Newsom said, “Submitting work illustrates a high level of commitment, engagement and experimentation that is at the core of the art major.”

## LEAVE IT TO BEAVER CLASSIFIEDS

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- FREE- Binders. Multiple colors. Perfect for putting in notes and keeping your school work organized.
- FREE- Bob Ceccarini and the River City Ramblers CD. Popular Dixieland band.
- FREE- Retro TV. Great for retro gaming. Creates authentic, nostalgic game play. Also great for an art project.



FOR

# BUILDING BRIDGES

By Karlee Brimberry

The Department of English and Communications will host its second annual Graham Symposium event, this year titled “Building Bridges.” The all day event is in honor of retired professor Roy Graham and will be held on Friday, April 17 in the Lumpkin Learning Commons. This all day event allows Blackburn College students the chance to present their scholarly work. According to the Chair of English and Communications Dr. Naomi Crummey, “This year, we’re moving forward by taking the opportunity to showcase and celebrate the excellent work our students do.” Senior criminal justice major Chelsea Jacobs is one student who will be presenting an original poem

on becoming comfortable with your own sexuality. Along with Jacobs, senior communications majors Haley Welch and Michelle Flood will be presenting their senior seminar presentations. There will also be round table discussions for high school teachers, along with two Blackburn alumni and the final awards ceremony for the winners of the Louise Allen Creative Writing contest, excellence awards in English and Communications, and journalism awards for The ‘Burnian staff. Not only is the Graham Symposium for Blackburn students, but it also gives the local high school students a chance to attend and compete for the Talent Scholarship, which will be awarded to two individuals.

The event’s title “Building Bridges” focuses on creating a pathway to college and the connection between education and future careers. The high school students not only have the chance to get involved in creative and critical work, but participate in multiple discussions. Rachael Lancey, president of the communications honor society Lambda Pi Eta, also plans to host a service project during the Graham Symposium. Although the society is unsure at the moment what project they will be presenting,

Lancey stated that it is the society’s job to “just be there and support those who will be presenting. We also want to get the word out about our society and what we are all about.” In order to secure a spot for the complimentary luncheon, RSVP to Dr. Naomi Crummey by Friday, April 10. Dr. Crummey stated a complete schedule will be sent out via e-mail in the campus announcements. Everyone is welcome to attend the second annual Graham Symposium and see what the English and Communications department has to offer.



PHOTO BY KARLEE BRIMBERRY

## BLACKBURN SAYS GOODBYE TO DR. KARTCHNER

# CHANGES IN THE SPANISH DEPARTMENT

By Michelle Flood

After a whirlwind four years that included two location moves and three faculty changes, the Spanish department is undergoing another faculty change. Spanish professor Dr. Ruth Kartchner will be leaving her position as department chair and returning to Arizona while Dr. Tim Wilson will step in, beginning in the fall of 2015. “I came because I wanted to get back to teaching instead of doing administration. When I first started teaching, it was such a happy job for me. As I moved away from teaching and into administration, I lost all that personal contact with the students and so I was looking for something that would bring the end of my career back to where it started: teaching,” Kartchner explained. She doesn’t plan for an idle retirement though. “I have too many plans. One of the things I want to do is take classes,” Kartchner said. “I also want to do more volunteer work and spend time with my family. Right now I’m working to plan the 12<sup>th</sup> Latin American conference for bilingual education for the deaf in Mexico. I’m president of the scientific committee so I’m

keeping busy with that too.” When she joined the Blackburn faculty in the fall of 2013, Kartchner reformed the Spanish department and its curriculum. “I have said many times that I feel like I died and went to heaven because I love my job but I only had two years left before I could retire. My family agreed that being here for two years would be a great experience for me.” Her arrival greatly impacted students in the program. Junior Spanish major Jordan GeRue said, “Dr. K. gave me confidence in the Spanish department and renewed my passion for the subject because before the Spanish classes were my least favorite. She stepped the game up in our department and turned things around.” The search for the next Spanish professor began in September 2014 when Kartchner submitted her formal resignation. Dr. Karen Dillon led the search committee and after six months, the committee offered the position to Wilson in February. “I think Tim was everyone’s favorite. We’ve been in contact so we can make the transition very smoothly. He wants to build on what we have now and that’s

wonderful,” said Kartchner. Originally hailing from Champaign, Ill., Wilson currently lives with his family in Alaska. “I was delighted to find Blackburn. I have taught at private colleges and community colleges, and at the Universities of Illinois and Alaska, but Blackburn seems to bring together positive aspects of all these types of institutions,” he said. “Faculty and students work together on initiatives [and that] is something you could never find at a huge campus

like the University of Illinois.” He has big plans for curriculum changes in the department. “One advanced class will look at zombies, ghosts and witches in Spanish books, songs and movies. Another could explore how pop music in Spanish has been used to fight police oppression. In basic classes as well, right away students will use Spanish to express their interests, become familiar with new music, and play games,” he said. GeRue has full confidence

in Wilson’s abilities and where the department is headed. “Dr. Wilson seems invested in the ideals of Blackburn. He was the most approachable of the candidates,” he explained. As she prepares to leave Blackburn, Kartchner is grateful for the last two years. “I’m so happy to be here and I feel so blessed to get to know so many wonderful people. I always felt so welcomed. I think it’s a good way to end my professional career.”



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# WHAT WE CAN LEARN FROM #THE DRESS

By Jordyn Smith

A few weeks ago, we all witnessed a worldwide dispute that had some people’s blood boiling: the dress debate. But what we can learn from the dress debate is far more important than the debate itself—color just doesn’t matter. According to Time magazine, it all started when Scottish musician Caitlin McNeill posted a picture of the dress on Tumblr inquiring whether it was blue and black or white and gold. After the picture was posted, the Internet became frenzied. BuzzFeed posted McNeill’s question on its website, prompting over 20 million views. The debate even had celebrities weighing in. Pop icon Taylor Swift tweeted, “I don’t

understand this odd debate and I feel like it’s a trick somehow. I’m confused and scared. PS it’s OBVIOUSLY BLUE AND BLACK.” But the debate finally settled down when sources such as BuzzFeed talked to experts to explain why everybody sees the dress differently. While many believe the differing perspectives have to do with the rods and cones in our eyes, others think it is how our brains work. John Borghi, a cognitive neuroscientist at Rockefeller University, explained to BuzzFeed how different people’s brains interpret light differently by using a “top-down” process that influences our vision. The process “begins

with the brain and flows down, filtering information through our experience and expectations to produce perceptions,” said Borghi. But it doesn’t matter what color the dress is. It doesn’t matter what it looks like, how much attention it is getting, or where it was made. We can learn a lesson or two from something as naive as debating the colors of a dress—that it just doesn’t matter. Yet people have been getting caught up on color for centuries. Although slavery is no longer considered legal anywhere in the world, racism and discrimination are still alive. It’s a problem because it’s the 21<sup>st</sup> century and we still haven’t learned from our mistakes. The

Holocaust, Civil War, Ferguson—tragedies are happening closer and closer to home. Of course there are many sides to every story, but the one thing that all of these events had in common was that somebody felt inferior. It is important to acknowledge prejudice especially here at Blackburn. Students, faculty and staff of different races, colors, genders, religions, etc. are in contact with each other every day and often in professional settings. Racism is certainly an issue at Blackburn, and it becomes very apparent at sports events and in the dining hall where people of different racial groups separate themselves. The dress debate also

brings another issue to the table with the help of the Southern African branch of the Salvation Army and its new domestic abuse campaign. A powerful image was created by the company that shows a woman wearing a white and gold dress and covered from head to toe in bruises. “Why is it so hard to see black and blue?” the ad says. “The only illusion is if you think it was her choice. One in 6 women are victims of abuse. Stop abuse against women.” Who cares if the dress was blue and black or white and gold? The dress debate really got people thinking. It’s a shame we don’t care that much about things that really matter.

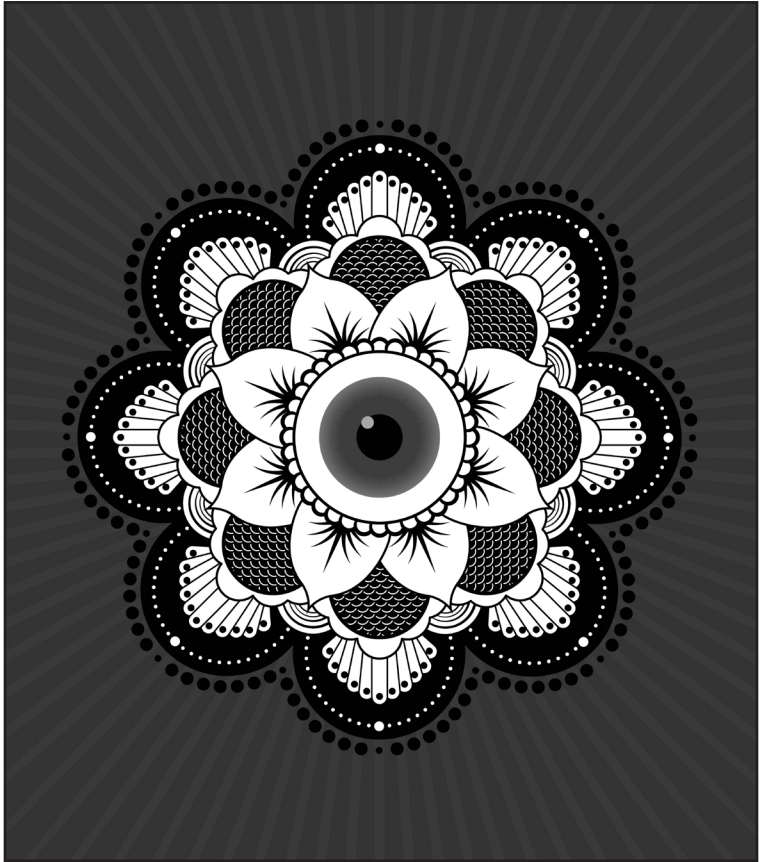
# ART CLUB RETURNS TO CAMPUS

By Jon Griffel

The Art Club has officially returned to Blackburn. This club had been a part of campus for many years, but has been absent for the last year and a half. The resurgence of the group was spearheaded by four students: Brandon Secrist, Noah Daum, Carly Oldridge and Bryan Bethel. Secrist is the Senior President, Daum the Junior President, Oldridge is the Secretary and Bethel serves as the Treasurer. The

inspiration behind the return was the desire by art students to connect with other art students who are passionate about art, enjoy looking at art, talking about artists and most importantly creating artwork. Craig Newsom, art professor at Blackburn and faculty advisor for the Art Club, said, “There’s a lot of buzz around the department right now about the rebirth of The Art Club. As co-presidents, Brandon Secrist

and Noah Daum are bringing a new sense of enthusiasm and engagement to the task that I hope will spread out from the club and into the classrooms. Both Brandon and Noah are pushing a strong sense of community within the club and are also hoping to draw in anyone and everyone interested in the broad topic that is art.” The club died out over the years due to a lack of interest and exclusivity to the group, as it wasn’t exceptionally welcoming to non-art majors. That has all changed now, as the club wants to encourage students to make art in whatever medium or media they would like to as well as facilitate the growth of the members. The first meeting of the year had 20 members, and that number is expected to increase as word gets out about



GRAPHIC BY BRANDON SECRIST

The reemergence of the art club has brought with it a new logo for the group.

the club. In order to attract new members, the club plans on showcasing interesting and unique works of art and to make sure that everyone knows they are welcome, even if they aren’t an art major. Their plan for the future is to hold and participate in art shows and exhibitions both on campus and in the surrounding areas. Additionally, they are planning to eventually take

a club trip to an ad agency in St. Louis to help showcase art in unconventional settings. Secrist said, “It is our hope that art club can help bring more art and student art work onto campus. We hope to help anyone interested in art become better as an artist, and eventually we would like to brighten the community through art.”

“We want to brighten the community through art.”



# WORDS DO HURT

By Calean Gruening

One of the earliest lessons I received in life was the Golden Rule: “Treat others the way you would like to be treated.” As a six-year-old child, the words were as simple as life itself. As a 23-year-old man, I believe the Golden Rule is easier said than done. A lot has changed between then and now, though. We now live and grow in a society which exposes us to increasingly more information on a daily basis. Despite the benefits of mass media (receiving information in seconds), it has a tendency to distort or negatively influence the way we view ourselves and others. A fairly common example seen throughout several decades is how tabloids and advertisements determine

culturally acceptable standards for beauty or attractiveness. However, mass media has not been limited to shaming the physical aspects of human beings. The stigmatization of mental illness is another example of how insidious mass media has become in recent years. The media often links mass school shootings and violent crime to a troubled past and/or a history of mental dysfunction. We don’t generally question the validity of diagnostic claims in the media, but they often involve vague generalizations or assumptions about a criminal’s past. For example, the media might claim that bullying led someone to a psychotic breakdown. This example

might fit the stereotypes about mentally ill individuals, but we forget that it fails to recognize any defining features of mental disorders. In a 2014 study from the American Psychological Association, researchers actually found that of crimes committed by people with serious mental disorders, only 7.5 percent were directly related to symptoms of mental illness. In cases where crimes are allegedly related to the symptoms of mental illness, it probably seems more common because those are the stories that will get published and receive attention.

Still, there are media sources which insist on sensationalizing the relationship between mental illness and violence; however,



PHOTO COURTESY OF ISAAC MAO

Despite the benefits of mass media, it has a tendency to distort or negatively influence the way we view ourselves and others.

the spread of hate and dishonesty doesn’t end there. The recent trend for reporters has been the telling of bigoted opinions about the mentally ill. Fox News anchors have been especially disrespectful and biased when presenting information about those with mental disorders. The most recent offense came from popular Fox News radio host Tom Sullivan during the Jan. 28 edition of “The Tom Sullivan Show”. Sullivan said to a guest with bipolar disorder: “[bipolar disorder] is the latest fad.” Sullivan added, “[bipolar] is something made up by the mental health business just to be able to give people prescriptions.” Sullivan failed to recognize, however, that bipolar disorder is a biological disorder which mental health experts have proven as treatable. The nature of Sullivan’s statements are not unlike that of Fox News’ Shep Smith during a broadcast in August 2014. Smith said with regards to the suicide of actor Robin

Williams, “something inside you is so horrible [depression] - or you’re such a coward, or whatever the reason - that you decide that you have to end it.”

It’s important to remember that inappropriate, prejudicial claims from mass media are often tolerated because of their shock value. We cannot continue to support this type of news or entertainment because they worsen the stigmas attached to mental illness. Mayo Clinic states, “False beliefs about mental illness can cause reluctance to seek help or treatment, lack of understanding by family, friends, co-workers or others you know; fewer opportunities for work, school or social activities or trouble finding housing.” Ultimately, it’s important to remember that it’s okay not to be okay. We also need to remind ourselves and others of the Golden Rule, because no one wants to be labeled or judged in a way that makes them feel less important than others.

## THE “RIGHT” WAY TO PRESENT THE NEWS

By Rebecca Sprinkel

The ongoing feud between conservative and liberal media leaves our country divided. Fox News Channel (FNC) is the only conservative news channel, compared to The Cable News Network (CNN), Microsoft and the National Broadcasting Company (MSNBC), Consumer News and Business Channel (CNBC), The American Broadcasting Company (ABC), The National Broadcasting Company (NBC), Columbia Broadcasting System (CBS) and Headline News (HLN) which have opposing views. The ongoing feud between the viewers is which news channel tells the truth. The dedicated viewers of FNC believe that the other news channels do not tell the truth, where the viewers of CNN, MSNBC, CNBC, ABC, NBC, CBS and HLN all believe that FNC, a conservative news channel, tells all lies. This leads to the idea of media bias. Viewers believe the news producers of either a conservative or liberal

news channel are selecting events and reporting the information how they believe it should be distributed. According to a poll conducted by Quinnipiac University, FNC is the most trusted news source in the nation. According to a poll conducted Feb. 26-March 2, by Quinnipiac University in Hamden, Connecticut, 29 percent of news viewers say they trust FNC coverage the most, both Democrats and Republicans were included in this poll. 22 percent voted for CNN while 10 percent voted for NBC News and CBS News. According to Nielsen’s Ratings, “The O’Reilly Factor” was the most watched program on any of the news networks for the 15<sup>th</sup> consecutive year. FNC also finished on the top in 2014 for the 13<sup>th</sup> straight year. FNC’s slogan is “We Report, You Decide.” Reporters associated with FNC release both sides of the story. They report liberal and conservative view points leaving it to the viewer’s interpretation.

The grandmother of Blackburn student Courtney Egner, Kathy Craig is known as “Fox News Grandma.” She shared her take on the news outlet. She stated “I have watched FNC faithfully for the last eight to nine years. I once watched CNN but felt I was being censored. If you have a censored press, you have no liberty.” She also shared the reasons she watches FNC over other new channels. “I watch FNC because they have the fairest reporting due to the fact that they show opposite views and leave the viewer to interpret the information reported,” she shared. I believe that everyone is entitled to their own opinions and views, so if that is what you believe too, then do not let the media make up your mind for you. Watch a news channel that shows both sides or watch two opposing news channels and make up your mind on what your beliefs are. Do not let a biased press censor your news.



PHOTO BY AVUSH  
PHOTO BY DIETER LAKOWSKI  
PHOTO COURTESY OF REV SORGATZ

Not all news stations are created equal.



# Beaver Pride

By Jordan GeRue

Today as I sat in the library I looked at old yearbooks starting with the years when my mom was here. I remembered her stories about what “B.U.” was like back then and how even though the student body was small they believed in Blackburn’s vision and had the time of their lives here. I kept going back through the 1960s, the 1950s, the 1930s. Maybe I’m overly optimistic but to me the young people I saw in those pages looked like they believed too. Blackburn was, and is, an absolutely unique institution. We aren’t glamorous and we aren’t prestigious but this college has a long history of buckling down and getting things done when times get tough.

When Dr. Hudson assumed the presidency in 1912 and instituted the work program, we started down a path that has turned us from a small-town college into a bona fide educational experience. No, we’re not Harvard. We’re not the University of Illinois. But you know what? We kick ass! Nowhere else will you have an educational experience

like the one you have here. A student who graduates from Blackburn has more than a piece of paper saying we read all our books and passed some tests. We have four years of (literal) blood, sweat and tears because we worked our butts off to get there. We spent four years scrubbing toilets at 6 a.m. or serving food to an ungrateful mob of students. We rose through the ranks to be managers of departments exceeding 80 members. I don’t care if you were the manager or the toilet scrubber; what you did here at Blackburn will not be something to laugh at when you graduate with a set of skills as impressive as ours are. But more than a resume, what Blackburn offers is a self-sufficient mindset. It creates the kind of people who will get out of bed at 5 a.m. to shovel the sidewalks to keep campus open, even if they complain while doing it.

In my time here I’ve seen this spirit in countless students. But I also see an overwhelming amount of negativity. I hear harsh words for managers who work stressful, often

unthanked positions. I hear complaints that Blackburn’s buildings are run-down and Carlinville has nothing to do. What I would like to do is challenge everyone to take part in a cultural renaissance here at Blackburn. I believe it is time we reclaim our identity from the cynics. We are not boring and we are not sub-par! Stay here on the weekend, go to a game, wear Blackburn gear, paint the Butler Rock and join a club or three! As Blackburn expands and welcomes a growing number of students to campus, let’s not forget about the innovative ideas that have made us unique for so long. These ideas have often come from students just like you and I, so if we feel like things are stale around here, maybe we have no farther to look than the mirror. Let’s open up this conversation and figure out how to make Blackburn a place that we’re all proud to be. Beaver Nation, I call on you to live up to that dream and make us the community I know we can be.



PHOTO COURTESY OF BLACKBURN ARCHIVES

## Talk to Tim

By Tim Morenz

Greetings and Salutations Blackburn College!

It is hard to believe that we are past midterms and spring break is a distant memory. Now is the time to push forward to completion. Make wise choices and treat others the way you would want to be treated. Speaking of choices, let’s proceed to the question for this issue:

“Dear Tim,

Dude! Every time I see you on campus walking around, you always seem to have a smile on your face. How are you so happy all the time?”

-Grumpy in Graham

Dear Grumpy,

Thank you for your observation, but that doesn’t mean that I am happy all the time. I experience pain, suffering, doubt, fear, anger, etc. just like everyone else. However, I believe that happiness is a choice and I DO NOT believe that my happiness is dependent on my mood, career choice, financial or relationship status or anything else. In fact, my happiness isn’t dependent on external things, but my happiness comes from within. The more I depend on external things for my happiness, the more I am disappointed. However, I do believe there are some factors that have greatly influenced my sense of optimism. Here is a short list:

1. **Meditation**: Sometimes we focus so much on the past or the future, that we completely lose sight of the present moment. When we anchor ourselves in the present moment, we find that there is a lot going on, and usually there is more right with it than is wrong with it.

2. **Gratitude**: I have kept a gratitude journal for several periods in my life when I needed a “boost”. Every day, for 30 days, write down 5 things that you are thankful for. You will be a changed person.

3. **Exercise**: Have you ever seen Mark Hopping, the Interim AD and XC coach? He exercises diligently. He is perpetually optimistic.



PHOTO BY AURORA GRIMMETT

Tim Morenz, College Counselor

Coincidence? I don’t think so.

4. **Compassion**: Try to leave situations a little better than you found them. Sometimes in order to get, you have to give. This creates profound connection and support.

5. **Laughter**: Some of the most profound people in the world have learned not to take themselves so seriously. We can learn from them.

6. **Yoga**: Many people are surprised to find that I have had a personal yoga practice for 11 years. “Yoga” means “union” and the best way that we can unify with others and with something greater than ourselves is to remove as many physical obstacles to mental liberation. Yoga is all about placing yourself in a difficult position and breathing through it. I believe there is some wisdom there.

If you see Taylor Hess around campus, ask her about this subject. She is an expert and is writing about it for her senior seminar. And as always, we are here to help if this piques your interest.

Until next time, Beaver Nation!

*About the author: Tim Morenz has been in the mental health and substance abuse field for 24 years and has been licensed by the state of Illinois since 1997. He is located in DCC133 and is at extension 5759. Email him at tim.morenz@blackburn.edu He loves this quote from Stevenson: “Wealth, I ask not, nor friends to know me. All I ask is the heaven above and the earth below me.”*

## THE BURNIAN

### EDITORIAL STAFF

EDITOR-IN-CHIEF: Sarah Collman  
 ASSISTANT EDITOR: Michelle Flood  
 ADVERTISING & PHOTOGRAPHY: Rebecca Sprinkel  
 DESIGN & LAYOUT CO-EDITOR: Sarah Collman  
 DESIGN & LAYOUT CO-EDITOR: Bryan Bethel  
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 FACULTY ADVISOR/EDITOR: Professor Natasha Casey  
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### STAFF WRITERS

Bryan Bethel  
 Karlee Brimberry  
 Jon Griffel  
 Jordyn Smith  
 Jess Willard

### PUBLISHER

Edwardsville Intelligencer

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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.

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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.



# FRIENDSHIPS ON AND OFF THE FIELD

**By Karlee Brimberry**

Throughout many seasons, senior baseball players Jacob Baalman, Vinnie Birk, Ben Beckwith, Drew Williams, Marcus Kelly, Jon Lowry, Jose Osorio, Luis Velez and Doug Matas have all been by each other's side in victory and defeat.

Over the past four years the team has had their ups and downs. From getting new recruits and losing graduating seniors, the baseball team feels this year is different. They have nine returning seniors and many new recruits. Although it is early in their season, they feel they will succeed more

this year due to better attitudes  
and a positive atmosphere.

While reflecting on previous seasons, senior sports management major Vinnie Birk stated, “We’ve done a lot better this year than in years past. In previous years, we kind of had a tough time getting started and this year we won our first game a lot sooner than usual and now we’ve won four in a row, in the beginning of the season.”

Reminiscing on their time together, Birk, Baalman, Beckworth and Kelly all agreed that over the past four years their most memorable

game was against Wabash College freshman year. They all explained that after giving up many hits, the team finally came back towards the end of the game and beat Wabash.

Another memory that senior accounting major Ben Beckworth pointed out was two years ago when “The team didn’t play very well for two games and on our way back to Blackburn Coach Neal locked the keys in our van and so he decided to work on bunting in a McDonald’s parking lot while there were cars driving by.” Many of the players agreed this was one of their

funniest memories.

Senior sports management major Drew Williams said, "A dream of mine is to win a game and come in and just have a huge dog pile on the field. I want to make that happen before I graduate." Another goal set by the players interviewed was to do well enough this season to make it to the conference tournament.

Senior criminal justice major Marcus Kelly reflected on the friendships made throughout his baseball career and stated, "It's been exciting

to play with a lot of new guys and meet a lot of people and play with a team that has a lot of energy. It's also nice how quickly and easily it was for us to all become so close." Senior biology major Jacob Baalman also commented on the friendships he has made through baseball over the past few years, saying, "It's been a good four years. I don't want to say I'm ready for it to end, but I'm ready to move on. Like my teammates said, we all have made lifelong friends here on the baseball team."



PHOTO BY KARLEE BRIMBERRY

Five of the nine seniors are pictured above and all commented on their experience over the past four years.

# Roller Derby

**By Courtney Egner**

Thrilling and exciting is how most people like their sports. Fans want suspense, exciting moments and adrenaline pumping events. Most probably put their interest in hockey or football, but roller derby is the lesser known sport of excitement. Roller derby, as defined by the Women's Flat Track Derby Association (WFTDA), is a fast paced contact sport that requires speed, strategy and athleticism. Flat track derby can be played on any flat surface that is suitable for skating. The WFTDA is essentially the governing organization that leads women's flat track roller derby across the country and that serves as a networking platform for leagues to connect. They set safety standards and host regional and national tournaments. Currently, the WFTDA hosts more than 400 flat track roller derby leagues worldwide. In 2009, the film "Whip It," directed by Drew Barrymore and starring Ellen Page, was released and gave insight some insight into the

world of roller derby.

Originating in the 1930s, roller derby was primarily just roller skate races, but began to evolve into a high intensity physical sport that involved collisions, which then evolved into the team sport it is today. Modern women's roller derby did not begin until the early 2000s.

Roller derby is played with 10 skaters per team on the rink at a time. Eight players lead the front of each team and are known as the pack. The pack is comprised of players who serve as blockers who attempt to prevent the opposing team's members from passing to earn points. Two players behind the pack, known as jammers, score points and attempt to skate their way through the opposing team's pack. When jammers pass through the opposing team's pack, they then score a point for every member of the opposing team they legally pass. An illegal pass is considered passing by tripping, elbowing and passing out of bounds. A roller

derby game is set up in two 30 minute halves called jams and the team with the most points at the end of the game wins.

With 400 roller derby leagues spanning the world there are bound to be some close to Blackburn. A roller derby team based out of Springfield, Ill., Midstate Mayhem Roller Derby (MMRD) was founded in 2011. According to their website, MMRD is an amateur, non-

profit roller derby league that is committed to empowering women through sisterhood and personal growth on and off the track. St. Louis is also host to the city's one and only WFTDA certified all female flat track roller derby league, Arch Rival Roller Girls or AARG. This league consists of four local teams, The M-80s, The Rebel Skate Alliance, The Smashinistas and The Stunt Devils. The season runs from

November through April and league play takes place at the Midwest Sport Complex in St. Louis. In the off season, AARG hosts leagues from around the country and features a championship game at Chaifetz Arena. If you're interested in a high energy, exciting sport, check out the WFTDA roller derby leagues and support local leagues.



PHOTO COURTESY OF GUILLERMO VASQUEZ

- Separate cardio and free weight room
- Complete class schedule for all ages and fitness levels
- Full locker rooms and saunas
- Facility staffed at all times
- Pro shop with full line of supplements & fitness accessories

**BodyFit**  
932 East Morgan St.  
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# New Athletic Director Named

By Karlee Brimberry

Throughout the past five years there have been many Athletic Directors at Blackburn College. With previous Athletic Director Angie Morenz leaving and Mark Hopping stepping in as Interim Athletic Director this year, the search is finally over for a permanent replacement.

The search committee, chaired by professor Tena Krause, started reviewing applications in January and narrowed down the applicant pool later in the spring semester. After careful consideration, the search committee finally found the best fit for Blackburn College. Vernon Mummert was chosen to be the new Athletic Director and will start his career this coming July.

After receiving over 80 very competitive applicants, search committee member Dr. Karen Dillon stated Mummert was the best fit for the job, commenting, “Mummert was



PHOTO COURTESY OF VERNON MUMMERT

Vernon Mummert will be starting his career with Blackburn College on July 1.

from Arizona and has many years of experience, having previously worked at Wabash College in Indiana, where he has spent the majority of his career. Mummert plans to end his career here at Blackburn. Mummert feels Blackburn will be his greatest challenge due to low funding and lots of work to be done to the Athletic department as a whole. Junior Manager of the Athletic Department Jared Jones, who was the student representative for the search committee, stated, “Vernon is a great fit for Blackburn. He brings in lots of energy, knowledge and experience with him to campus. I am very excited to work with him on a daily basis in the Athletic department and it has been a pleasure getting to know him over the process on the search committee.” Not only is the search committee excited for Mummert’s future at Blackburn College, but he is as well.

our top pick from the applicant pool, in the phone interview and even after the campus

interview.”

The committee decided on Mummert after bringing him to

Blackburn to meet with all the coaches and also some student athletes. Mummert is coming

## If It Fits Your Macros

By Heidi Tyson

If you want to get into the best shape of your life and feel like you have tried everything, then hear me out. There may be one thing you haven’t tried that could change your life. A lot of people haven’t heard about this style of “dieting” because it really is unlike any diet you have ever heard of. The reason why I put the word “diet” in quotations is because this isn’t a diet, it’s a lifestyle. Usually when I hear the word “diet” I picture restriction and binging later on. With flexible dieting, you will never feel like you are restricting yourself, so there will never be a late night binge to make up for being super strict with your diet.

Flexible dieting is also known as If It Fits Your Macros (IIFYM). Macronutrients are the three basic nutrients that are needed in large amounts in order for the human body to function properly. These nutrients are fats, carbohydrates and protein. Following the IIFYM diet means that you can eat whatever you want to eat in moderation. This does not mean that you can eat a bunch of junk food as long as you hit your macros. You need to get your fats, carbs and protein from healthy sources. But it does mean that you can eat dessert every day as long as it fits into your macros. Doesn’t

that sound awesome?

One of the best ways to track your macronutrient intake is by downloading the free app called My Fitness Pal. I have used this app for about a year now and it works great. You can input your weight loss goals and also track your workouts. I mainly use it just to track my macros. It’s easy to use since all you have to do is scan your food or search the item. The app automatically knows exactly how many fats, carbs and proteins are in each food item you scan.

4 – 5 times a week that makes you sweat and gets your heart rate up. You can go for a run every morning and do at home workouts. You don’t even need a gym. I recommend

### Examples of healthy sources of macronutrients:

Fats	Carbs	Protein
Nuts	Potatoes	Lean Meats
Avocados	Whole Wheat Pastas	Greek Yogurt
Olives		Beans
Olive Oil	Ezekeil Bread	Eggs
Flaxseed	Fruit	Low-fat Cheese
Chia Seeds	Rice	Low-fat Milk
Salmon		
Fish Oil		

When it comes to losing weight and keeping it off, you can’t just eat healthy or just exercise. You need to commit to both equally. If you are new to exercise, then don’t feel like you have to be a pro at it. Just do something at least

looking up HIIT workouts on YouTube and following along to them. One YouTube channel that I personally love is Body Rock TV. They have their own website that explains the workouts in detail. You can also join their community

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and see all the different transformations. What I love about Body Rock is that they alter their movements so that anyone can do them. They make it as easy or as hard as you want it to be, so there really is no excuse.

The best advice I can give you is to just start. Don’t worry if you slip up from time to time. We are all human. The important thing is that you

never give up on yourself. You may take a few days, weeks, or even months off, but that doesn’t mean you are a failure. Just keep with it, and you will see results. It will take time to see the results, but that time will pass no matter how you spend it. So spend it wisely, and do something good for your body; it’s the only place you have to live.



PHOTO BY HEIDI TYSON

One of my favorite dinners: teriyaki salmon on rice with steamed broccoli. Yum!