

THE BURNIAN

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COACH CALLS FOUL ON BLACKBURN

By Jess Willard

Rumors continue to fly around campus about the resignation of Head Men’s Basketball Coach Jason Baribeau and Head Women’s Basketball Coach Jen Windmiller. Faculty Athletics Representative Dr. Karen Dillon dispelled rumors by stating neither coach was fired. She said, “Regardless of winning, the student-athlete experience is important in Division III athletics.”

Interim Athletic Director Mark Hopping felt that the coaches showed no negativity towards the department when they left (Windmiller left during the second week of April, and Baribeau left the week after that). “They just reached a fork in the road with the program,” he said. Hopping noted that retention rates for coaches at any college is not very high due to the difficulty of the job.

While Baribeau could not be reached for comment, Windmiller offered insights on why she left. She said she bears no ill will towards

Blackburn College but feels their philosophy does not match with hers. She believes in the National Collegiate Athletic Association Division III philosophy: to display a sense of excellence in all they do. She said, “Blackburn is a tuition driven institution and coaches are looked on more so as admissions counselors than coaches. I believe being a student athlete is a privilege. I was told to roster a team size of 16, regardless of talent level, fit for my program or the institution.”

If Blackburn were to have provided the resources to train and prepare coaches properly, Windmiller would have been keener on staying. She strongly urges Blackburn administration to see that pushing faculty and staff to their limits isn’t going to help. “Blackburn needs to focus less on the negatives and more on the success here,” she said. While the women’s basketball team may not have won a game this season, senior Briana Rae will be one

of the most decorated players to come out of Blackburn College, Windmiller added. Rae won two SLIAC Player of the Week awards in the 2014-15 women’s basketball season and reached the 1,000 point mark in her college basketball career.

Vice President and Dean of Student Affairs Heidi Heinz agreed that good campus citizens would be preferred for the team. However, Blackburn needs the numbers to bring the resources that Windmiller is asking for. Heinz pointed out that the baseball team was able to have assistant coaches since they could achieve and retain their numbers. “Other institutions have the money to have a team in the Final Four [Championship]... If coaches have the numbers, then the resources will come,” she said. Heinz also mentioned that coaches have the opportunity to create their team rosters. “Jen will be missed. Her team members got good direction and guidance from her, but [Blackburn] need[s] more of



PHOTO BY JESS WILLARD

Coach Windmiller discussed the reasons behind her resignation.

them,” she added.

Members of the women’s basketball team declined to comment because they felt it was “not their place to talk about [their coach resigning].”

Dillon mentioned that she was disheartened to see the coaches go but a search is being run to replace them before the summer.

Dorm Event Was Bull

A photograph of a man in a white shirt and red tie riding a mechanical bull. The bull is black and white with large horns. The man is holding onto the bull's handle. The scene is outdoors with trees in the background.

PHOTO COURTESY OF MORGAN BALDNER

President Comerford mounted the mechanical bull on April 17 at dorm event festivities.

Colleges Offer Cuts for Students

By Bryan Bethel

Students coming to college are faced with uncertainty when thinking about life after college. Specifically about how they will pay off their student loans. Many prospective students may opt out of coming to college due to financial restraints, but some institutions today are doing their best to make getting a college education more accessible than ever.

Earlier this school year, Stanford University announced that they will be offering free tuition to students with difficult financial circumstances. Students whose parents make less than \$125,000 a year will not have to pay for tuition to go to school and students whose parents make less than \$65,000 a year will also not have to pay for room and board. With these new policies, students who meet these requirements will save approximately \$60,000 per academic year on tuition and room and board alone. Stanford is not the only university using this tactic to help financially unstable prospective students.

Princeton, Harvard and Yale are all now offering similar policies to stay affordable and accessible to the best and brightest students, according to editorially independent political blog thinkprogress.org.

While Blackburn is not most people’s idea of a prestigious college, it also offers incoming students many opportunities to help with tuition. During Dr. John Comerford’s inaugural address as sixteenth President of Blackburn, he announced an award that was the first of its kind in Illinois. The Affordable Access Award (AAA) gives students whose families can offer little or no financial support the ability to attend Blackburn without paying tuition. “Low income students are desperate for a college degree, but are increasingly left with few choices. Our colleges have been too caught up in seeking prestige to be bothered to help these students,” said Comerford.

Offering these programs to students not only helps

them acquire an education but it encourages them to strive to do better. Sophomore business management major Andrew

Fox had this to say: “I barely pay anything to go to school here and I feel very blessed about it. It makes me want

to try harder and do better in my classes so I can keep my scholarships.”



PHOTO COURTESY OF DON MCCULLOUGH

Students attending Stanford who meet necessary requirements will receive free tuition as long as they maintain academic success.

THE VOTES ARE IN

By Karlee Brimberry

During the first week of April, you may have seen the booth located in DCC to vote for Blackburn College’s fall 2015 Student Senate.

Those elected to be the Student Senate representatives included: Kaitlyn Pugh as Student Senate President, Tess Layton, Natasha Anthony, Benjamin Hoover, Ashley Spears, Cody Strocher and Veronica Milligan.

Before voting for the Student Senate at large, students chose their new president. Morgan Baldner and Kaitlyn Pugh ran for office, and sophomore biology major Pugh was elected. Pugh stated that she is very excited to start her duty as president. She also said what she is most excited for is to get more involved on campus and to help out and contribute to different areas around the school. Pugh will also be in charge of all the weekly meetings Student Senate holds and described her presidential position as “being a voice for the students here at Blackburn.” The Student

Senate meets once a week and delegates campus budgets and makes sure student concerns and opinions are being heard by those in charge.

Junior criminal justice major Natasha Anthony, who was also on Student Senate last year, stated that she is very excited to be a part of Student Senate again for the fall 2015 semester and is happy for her fellow classmate Pugh to start her term as president.

Although Pugh starts her presidency next semester, she is very ambitious and is ready to take on the duty, stating, “What being president means to me is that I have a little bit of a better chance of making sure everyone’s opinions on campus are being heard and taken care of accordingly.”

Each year, the Student Senate allows a budget for a gift to better the campus. Last year, the club donated the bike racks that are located by each dormitory on campus. At the time of publication, the club is unsure what their gift will be this year to Blackburn.

FREAK OUT — OVER — BLACKOUT

By Bryan Bethel

On April 6, Blackburn and the majority of the Carlinville community were struck with a power outage that lasted over eight hours. The outage started around 4:30 p.m., making things especially difficult and confusing for students coming back from their Easter holidays.

With all power out across campus, people had to find alternate ways to entertain themselves rather than scrolling through Facebook or watching Netflix, about which students had mixed reactions. Senior computer science major Seth Tonsor said, “I hated it during the blackout. I was so bored I even went to bed early!” On the other hand junior Spanish major Jordan GeRue was much more optimistic about the turn of events. “Yeah, the blackout was inconvenient, but it was cool to see people socializing and hanging out with each other instead of having their faces buried in their computers.”

The power outage also made things difficult for Food Service workers who had

to serve food and go about their other Ding duties in the dark. While it was very dark in the back kitchen, workers equipped themselves with head lamps to move about. Junior fine arts major and Food Service general worker

Timothy Druse had this to say: “Yeah it sucked, but sitting around and complaining wasn’t going to solve anything. We worked hard together and all did a good job, considering the circumstances.”

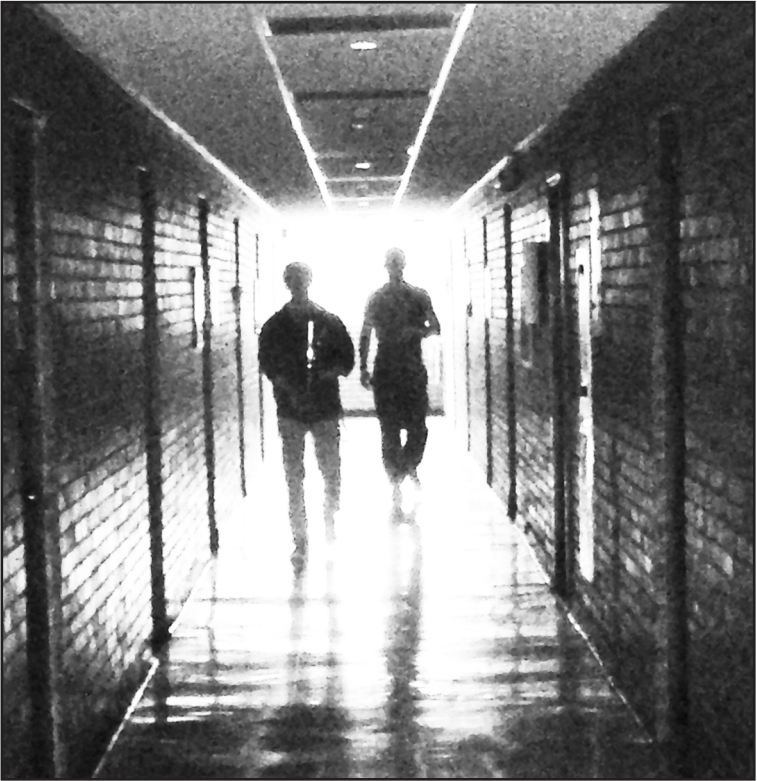


PHOTO BY BRYAN BETHEL

Students still on campus during the blackout had difficulties even navigating their own dorm rooms in the darkness.

RAISE YOUR GLASS FOR BAR WALK 2015

By Karlee Brimberry

It is almost that time of the year again when one of the most controversial events takes place around Carlinville: the annual Bar Walk.

Although Bar Walk is not hosted or even officially supported by Blackburn College, it has been a tradition for many years for students who are over the age of 21 to attend the event. According to Vice President and Dean of Student Affairs Heidi Heinz, Bar Walk started many years ago with a student who studied abroad in Australia, where he saw a similar event and brought it back to Blackburn. However, Heinz stated it was not as commercialized as it is now. In recent years students sell t-shirts for the event weeks in advance. During the event, students go to many bars around Carlinville where most will be hosting specials for Blackburn students.

Blackburn College alumnus and Freshman Admissions Counselor Aaron Pflug reflected on his time participating in the event, “Bar Walk was part of the culture of the campus. Everyone went to Bar Walk. But when I attended Blackburn, everyone went to everything. It was something that was never sanctioned by Blackburn, but with that being said, students did organize it themselves. We had t-shirts to purchase and it was just something that everyone went

to and it was a really good time.”

Business major Maggie Best, who is secretary of the senior class and also one of the students in charge of Bar Walk, (along with fellow officer Taylor Critchfield) is very excited for the event. Best stated that there will be a few new stops this year. For example, Reno’s Pizza will be hosting a small event. “I expect Reno’s to be a good place to start out, the owner said there

was going to be music going on and they are also going to open the back room. We’ve never had Reno’s before, so we are really excited,” said Best.

Typically, students start at restaurants and then gradually move to different bars around Carlinville. Although the senior class officers distribute a schedule of different bars to attend at certain times, Best stated that the schedule is just a suggestion. According

to Best, there were around 50 students who attended the event last semester, and she hopes they have a large turnout this semester as well. Best also commented that although there are not assigned designated drivers, many underclassman take the initiative to make sure the upperclassmen are safe by driving them back to campus.

Bar Walk will take place on Friday, April 24.



The Anchor



The Cozy Corner



Sol de Mexico



Reno's Pizza



St. George's Room



Willies 109



Hollywood and Vine

New Recycling Bins

By Jordyn Smith

You may have noticed something different around campus—the new recycling bins. Blackburn’s Sustainability Club has replaced the outdated recycling bins with new white ones.

Recycling bins are dispersed pretty evenly around campus, with one in Mahan,

Dawes, North, Graham, Ludlum, Woodson, Olin and The Learning Commons; two in Butler and Rahme; and three in Hudson for a grand total of 15 bins altogether.

According to Co-President of Sustainability Club Tim Hillis, “the reason for the purchase was the President [of

Blackburn College] required that we take a lot of the big barrel drum bins out of the main buildings because they did not look appealing to prospective students.”

The club did not want to see recycling die out at Blackburn so they took a different tactic. The club approached Student Senate with a gift request to help fund the newer, more attractive recycling bins.

Student Senate agreed and paid for the bins in the form of a gift to the Sustainability Club. The total cost of the bins was about \$2,200.

“This is exactly the kind of improvement Blackburn needs and was within the scope of our budget,” said Student Senate President Ben Hoover. “To Senate the recycling bins were the best way to use allocation money to improve the student

experience here at Blackburn.”

Some of the older recycling bins are still placed around campus, but the ones that remain are not in visible sight for any prospective students who might be touring the school.

“We are very happy with the new bins,” said Hillis. “We hope that the recycling stays strong.”



PHOTO BY JORDYN SMITH

New recycling bins around campus offer disposal of aluminum cans, paper and plastic.



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What's Growin' On Around Campus?

By Jordyn Smith

Warning: Do not read if you would like to remain oblivious to the bacteria growing around you.

If you have ever wondered about the bacteria growing in your shower, on your mattress and in your mailbox, read on. With the help of junior biology major Zach Griffin and biology/chemistry professor Dr. Reid, I was able to get the dirt around campus—literally.

Our methodology: We started by taking sterile swabs and swabbing the surfaces of ten places around campus. Those places included a men's and women's toilet, a resident's mattress, a keyboard, a table, a bathroom sink, a light switch, a door, a mailbox and a

shower. Then we went to the lab where we put each swab into individual nutrient broth tubes. The tubes were left to incubate for 24 hours. The bacterial growth from the tubes was swabbed onto blood agar plates and then incubated for over 72 hours (see photo). This extended time period allowed the bacteria more time to grow. Lastly, we observed the plates on a back-lighted magnification box and recorded the observations.

We found bacteria and/or fungal growth on all ten surfaces. It is important to note that all surfaces used were chosen at random and were based on the availability of the volunteers who let

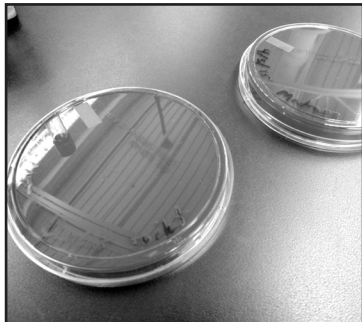


PHOTO BY JORDYN SMITH

A pair of blood agar plates,

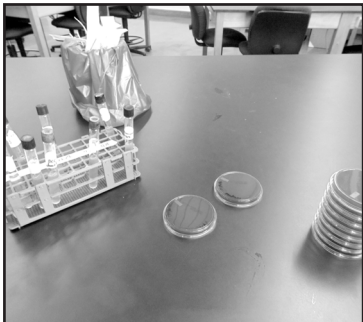


PHOTO BY JORDYN SMITH

The bacteria growing in the nutrient broth tubes were swabbed onto blood agar plates for further incubation.

us sample their mattresses, showers, etc. The women's and men's toilets had a great deal of bacteria on them, as well as a keyboard in the computer lab and a bathroom sink in one of the residence halls. The mattress sample showed significant bacteria growth as well. Bacteria and fungi were found on a table in the Demuzio Campus Center (DCC). The light switch and door we swabbed were in very close proximity to DCC, and the bacteria we found were very consistent with one another. This consistency was a good indicator that we were successful in our methods. The mailbox we swabbed was my own personal mailbox in DCC. We found fungus in and on the mailbox, which most likely happened as a result of spores catching wind and becoming attached to mail during transport. Fungi aren't usually any more dangerous than most

bacteria, but still—yum.

We tested a shower in Jones Hall. Hemolytic bacteria were found in the shower, which are consistent with *Streptococcus pyogenes* and *Staphylococcus aureus*. It is most likely *Staphylococcus* that we found growing in the shower, which are bacteria that can cause staph infections such as boils. But there's no need to panic. According to Griffin, everyone has some types of staph cells present on them at all times, but there are certain strands of it that do have the potential to be harmful. "Normally we have staph on our skin," agreed Dr. Reid. "It's going to get in the shower, too."

Bacteria and fungi are around us at all times. Anything that has exposure to air has exposure to many microbes. "No matter how much something is cleaned, or no matter how clean you

think you are, there are always bacteria," explained Griffin. "The bacteria that we grew on the plates aren't necessarily bad or dangerous. They're just present." As for the potential staph infections waiting to happen, just make sure to protect yourself by wearing flip-flops in the shower, constantly washing your hands and investing in a good mattress pad. "Staph is already prevalent in college environments anyway," added Griffin.

This article does not intend to place blame on Campus Services workers or any other workers on campus. All individuals should be responsible for their own sanitary measures. It is assumed that workers at Blackburn do their jobs well and cannot prevent the growth of bacteria.

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What is the Mysterious White Powdery Stuff in Mac 'N' Cheese?

PHOTOS BY JORDYN SMITH

Anneliese Griese
Junior
Elementary Education Major

Clayt Scheller
Senior
Professional Writing Major

Alex Callier
Sophomore
Elementary Education Major

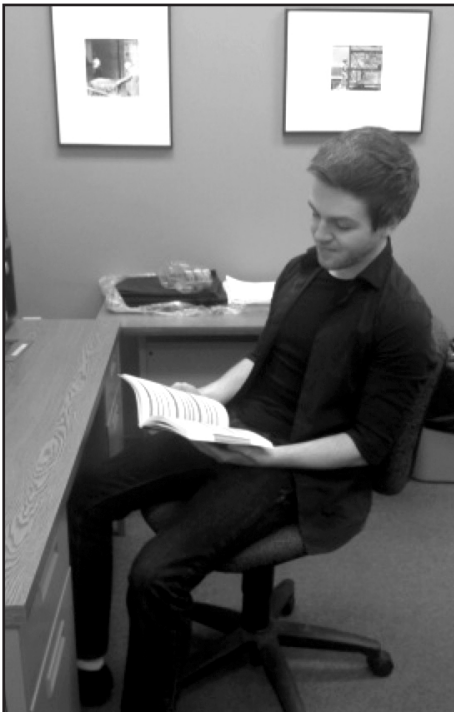
Patterson Friese
Sophomore
Music Major



"Probably Styrofoam to make the noodles look fluffy."



"Silica gel."



"Dehydrated cheese."



"It's like fairy dust but it's for mac 'n' cheese. The Kraft dinosaur breaks into every single Kraft mac 'n' cheese box and sprinkles the dust onto it. Otherwise the noodles would be too soft or too hard. It makes the perfect consistency!"

BACKLASH RESPONSE TO INDIANA'S NEW LAW CONTINUES

By Calean Gruening

Indiana Gov. Mike Pence recently introduced what The Huffington Post and People.com have been calling an “anti- gay law.” Although Pence says the passing of this law is in no way an effort to discriminate against the LGBT population, opponents of the law insist otherwise because a handful of those who signed the bill to pass the “Religious Freedom Restoration Act” (RFRA) were among the group of conservatives that opposed same-sex marriage in Indiana in 2014. Micah Clark of the American Family Association was one of the conservatives who voted against same sex marriage and in favor of the RFRA bill in Indiana. Clark told the Indianapolis Star newspaper that this law would in fact give businesses the right to deny services to same-

sex couples. Mike Pence appeared on FOX News to debunk the idea that this law would give one a “license to discriminate.” Pence said, “that’s not been my position” to the question “Would you support a law that would make it illegal to discriminate based on someone’s sexual orientation?”

Scott Bomboy, Editor and Chief at the National Constitution Center, explains that the federal version of RFRA, which has existed since 1993, allows individuals and religious entities to use their religious beliefs as a legal defense. Bomboy quotes an official statement from the original bill: “governments should not substantially burden religious exercise without compelling justification.” 19 states have adopted this

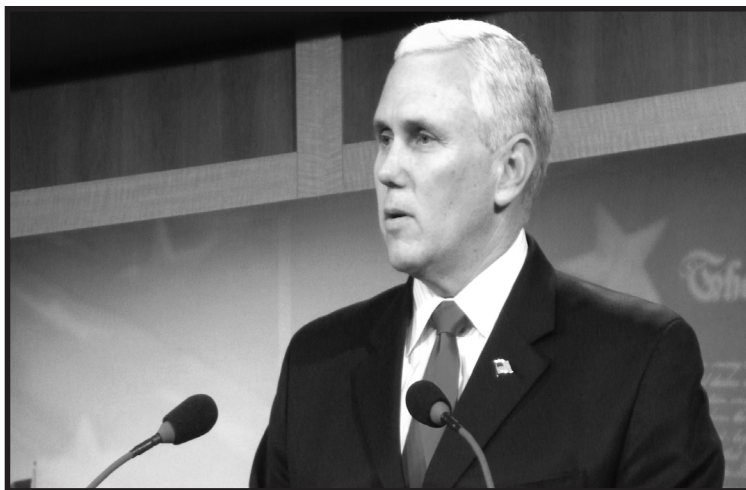


PHOTO BY TALK RADIO NEWS SERVICE

Many are questioning Indiana governor Mike Pence’s agenda with the passing of a confusing new law.

version; Indiana’s RFRA law (passed in March), on the other hand, allows citizens and business to sue over violations of religious rights without government involvement. The law also failed to include language which said it would protect LGBT individuals from discrimination. Therefore, many wonder if religious business owners may choose to refuse services to the LGBT

population and receive less or no punishment. Countless individuals and businesses have begun to dismiss Indiana as a destination for business and recreation. Senior literature major and Indiana native Ron Smith said, “When the governor signed in this deplorable act, I was ashamed of my home state. I went to social media to air my grievance. I wanted the friends who followed me, who were not from Indiana, to see we’re nothing like Mike Pence...and proud of it!”

Similar resistance to Indiana’s RFRA in the media began with LGBT activist George Takei, Apple CEO Tim Cook, the NCAA and Angie’s List CEO Bill Oesterle. Fastcompany.com reports that comedian Nick Offerman and tech employer Salesforce are among those who have cancelled all business transactions or events in Indiana. The Indianapolis Star newspaper also printed the words “Fix This Now” across

its front page on March 31 as a message of disapproval. This massive backlash quickly gained the attention of Indiana legislature, too. No more than a week after the law was passed, Pence agreed to revise the RFRA. The Star Press reports that the new language added to the law “prohibits service providers (with the exemption of churches, affiliated schools and religious non profits) from using RFRA as a legal defense for refusing to provide services, goods, facilities or accommodations.”

Opponents of the RFRA insist these revisions were an effort to quiet the backlash and argue that it still fails to offer sufficient protection to the LGBT population. Most importantly, legal experts interviewed by the Indianapolis Star newspaper state that only 11 cities in Indiana have specific non- discrimination laws that protect individuals against discrimination based on sexual orientation. This differs significantly from the numerous states that contain religious freedom laws- such as Illinois- which grants legal protection against discrimination at a statewide level. At this point in time, it’s unclear whether or not the revision of Indiana’s RFRA law offers LGBT individuals the same protection as non-discrimination laws. The clear issue with Indiana’s RFRA law is that it leaves room for interpretation, causing many to question if Indiana’s government is willing to tolerate discrimination against LGBT individuals.

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LETHOLOGICA WRITES IN LUMPKIN AT THE LETHOLOGICA WRITE-IN

By Noah Daum

Lethologica is Blackburn’s very own Creative Writing Club that is intended for “writers, readers, and lovers of the written word.” Normally gathering in The Lumpkin Learning Commons on Wednesdays, the club hosts a unique event called a “Write-In.” Lethologica president and senior creative writing major Allison Funneman explained, “The Write-In is an event where a bunch of people can gather and encourage each other to write. It consisted prompts, games, snacks and drinks!”

Prompts are short idea generators for writers who want to be “prompted” to create stories, poems and other texts. The prompts at the Write-In included if-then statements, a quote to go off of and a card game prompt.

For the if-then statements, the writers had a slip of paper to write an if-then statement on, tore the statement into two and separated the “ifs” from the “thens.” The writers would then draw an if and then statement out of a cup to put together a whole new if then statement. Some made sense and some did not, but this is seen by writers as a way to get new creative ideas. For the card game, the writers would draw a card from popular card game Cards Against Humanity. Each writer started with a piece of paper and had to start writing a story about what was on their card. Once a certain amount of time was up, the writer passed the paper that they wrote on over to the next writer and then they had to continue the story while implementing what is on their card. This prompt is seen



PHOTO BY NOAH DAUM

Lethologica members (left to right) Katie Payne, Allison Funnemen, Emily Johnson and Caleb Hutchins taking a break after writing at the Write-In

as a team-exercise for writing, and the teams can help each writer learn from one another and think more creatively.

Lethologica is open to more than just creative writing majors. Freshman Graphic Arts major Emily Johnson stated,

“I can say that I absolutely love writing club and I feel I have made many good friends there, which is a huge task for someone so introverted. I think it’s a wonderful club to be a part of since I am minoring in literature.”

The Write-In took place on April 10 from 8 p.m. until 10:30 p.m. in The Lumpkin Learning Commons, and Lethologica meets on Wednesdays at 5 p.m. in the mezzanine (upstairs in The Lumpkin Learning Commons).

Junior and Senior Students Present at the Seminar Exhibition

By Jess Willard

On April 24, work by students in two art classes – AR 390 (Junior Seminar) and AR 490 (Senior Seminar) – will be unveiled at the Junior and Senior Seminar Art Exhibition. Department Chair in Fine Arts Craig Newsom said, “The Seminar Exhibition is extremely important for art majors and represents intensive work in their capstone courses.” He said the show is in the hands of the students and their presentations

are a culmination of three to four years of hard work.

The senior presentations will be exhibited by Scott Durbin, Miranda Jacobs and Kara Hecker, while the junior presentations will be displayed by Tim Druse and Bryan Bethel. Jacobs’ presentation consists of portraits of women in posed positions with different expressions on their faces. “They are framed in a wood box with a light attached

to either the right or left side. I built the frames, took the photos and manipulated them myself,” she said. She hopes many people attend to see what art majors do. Durbin is doing a traditional American tattoo flash (tattoo designs drawn out). He said, “I am excited to showcase my work, but I hope to sell some of it as well.” He will be selling his work for \$35 apiece.



PHOTO BY BRYAN BETHEL

Seminar presentations will take place April 24 and will be followed by the exhibition in the gallery room.

FROM STORAGE CLOSET TO RADIO STATION

By Jess Willard

President of Blackburn College Dr. John Comerford introduced the launch of Blackburn Radio earlier this month. He described it as capturing our personality and broadcasting it to the world. At the launch, the faculty advisors, co-managers and DJs discussed the beginnings of the radio station and plans for the future.

Co-managers Jessica Clements (Dixie Rose on air) and Allie Matt (Allie Cat on air) started with the radio station when Faculty Advisor Natasha Casey brought up the idea. They took on the challenge of putting the radio station together and have been working on it since August 2014. They went to an Intercollegiate Broadcasting Systems conference at Columbia College in Chicago to learn more about broadcasting systems and networking across the U.S. “It’s been a fun experience, and I’m sad to leave. But it’s in good hands with Jessica,” Matt said. She will be leaving Blackburn Radio to be a general manger of the work program.

Clements’ show airs on Sundays from 3 - 6 p.m. It’s called Dixieland Delight and features all sub-genres of country music. “I chose to stick to my roots. Luckily, I have a lot of country CDs!” Clements said. Matt’s show called



PHOTO BY PATRICK BENEDICT

Donovan Williams, Scott Durbin, Rob Wingerter, Jessica Clements and Allison Matt all looking their best for the April 1st launch of the Blackburn radio!

Mayhem Mixer consists of all music. The music will depend on how she is feeling when she broadcasts. It plays on Tuesdays from 11 a.m. - 2 p.m. She also plans on broadcasting campus sporting events. Rob Wingerter (Alex Goodwin on air), Donovan Williams (Echo on air) and Scott Durbin (Snails on air) are DJs for Blackburn Radio. Wingerter’s show is called The Burn and features sub-genres of rock. It airs on Mondays and Thursdays from 5 - 8 p.m.

William’s show is more easy-listening and chill music. It runs on Mondays and Fridays from 11 a.m. to 1 p.m. Durbin’s show plays music from selected decades as well as discusses the dirt on celebrities. It runs on Wednesdays from 11 a.m. - 2 p.m. and Saturdays from 5 - 8 p.m. You can tune into Blackburn Radio by downloading the TuneIn app and searching for Blackburn Radio. You can also search the Backbone Radio Network’s website and go to the Blackburn Radio listen tab.

Blackburn College’s website also lets you listen to Blackburn Radio if you go to the link under the current students’ tab. Next year Dr. Mark Benedetti will take over as faculty advisor of Blackburn Radio. He discussed doing live DJ shows in the future (they are currently pre-recorded). He also hopes to do live sports broadcasts and news and talk programming. “For me, the most exciting thing about the station is the way it can help build campus community,” he said.

SENIOR BUCKET LIST

By Jonathan Griffel

Senior year of college can be a confusing time. In the fall semester, you feel like the top dog, like you’re invincible. Then spring semester hits. You leave home after winter break and start your way back to school when a sudden realization hits you; school is almost over. For a fleeting moment, there is sheer joy. Finally, school will be over and all the homework and tests will be done. Then comes the sadness, the realization that when school ends the real responsibilities start. No more staying up late to finish work or hangout with friends, as you can’t skip your real job as easily as you can class (sorry teachers!) or even work on campus. Life as you know it will change.

With this in mind, I set out to make the most out of my last semester in college. I made a “bucket list” of sorts. I didn’t want this semester to

be the best time of my life, but I wanted to walk across that stage content that I had created memories I could always look

fondly upon. Below are some of my favorites from the list. 1. Actually do something for spring break- Like the

majority of college students, I usually went home for break and worked/hung out with family. I loved these times, as it

was restful and made me happy. However, one of my bucket list items was to go on a real spring break trip. So I loaded



PHOTO COURTESY OF JONATHAN GRIFFEL

Jon Griffel, Alex Greff, Shane Rogers and Ben Hoover visit the Jack Daniels Distillery

up for a good old fashioned road trip and hit the road. We all had the time of our lives and spent under \$300 a person. No, we didn’t go to Panama City Beach and get black-out drunk. We went to Louisville, Nashville and Chattanooga in four days, and had a good time and bonded as friends. 2. Spend time with friends- Once classes start, life gets crazy. It was a priority to me to spend as much time as I could with my friends. They have become very important to me over the years and have helped form me into the person that I am today. 3. Stand on top of every academic building on campus- One of my biggest fears in life is heights. I wanted to overcome this fear so I set the goal of climbing on top of every non-residential building on campus. I didn’t do this to vandalize the school or do anything illegal, I just wanted to push through my fear. I actually set this goal

when I got to campus, and I bided my time and watched for my opportunity to climb. As I write this, I have one building left on campus, which will go unnamed. By the time this article goes to press, I hope to have completed this goal. I know that this can come across as a goofy, unnecessary list. Generally, the only people who make bucket lists are people who are dying. While graduating from college is nowhere near dying, it is an end. It’s the end of a period in our lives that we can never get back. It’s far from the end of our lives entirely, despite what almost every college movie tells you. The best is ahead and the hard work we have put in over the last few years has set us up to succeed. I would recommend everyone, freshman through senior, to take some time and really think about what they want from their college experience.

A WORD FROM YOUR ALUMNI ASSOCIATION BOARD PRESIDENT

By Richard D. Russell, Ed. D.

One of the two stated goals of your Blackburn College Alumni Association (indeed it’s the first one) is “to establish relationships with current students.” Some of the ways this is accomplished is by a presence on campus during Move-In Day, the Halloween and Valentine gift box program and other campus-wide events; the sponsoring of scholarships; and, the hosting of the Spring Senior Banquet.

Your Alumni Board of Directors, or simply “Board”, consists of between 12 and 20 graduated alumni whose job description is to advise the Administration regarding Board activities, to interact with the faculty and staff, the College Board of Trustees and the Carlinville and Macoupin County Communities.

Your Board convenes quarterly, and some current Board members commute from as far as Chicago-land and Nashville, Tennessee, in all kinds of weather, which sort of informs you on their dedication and selflessness to Blackburn’s mission.

Further, your Board has six student advisors – two from each class: seniors (Amanda Gerson, Jacob Maag), juniors (Morgan Stein, Ben Hoover) and sophomores (Nate Kinnison, Keragan White) – who are full members of the Board with voting rights.

As you can imagine, these representatives are significant when we as a Board are working on current campus issues. These six advisors are distributed pretty well across our three standing committees: Finance, Awards, and Engagement. By the way, in case

you’re wondering why I keep referring to “your Alumni Association” and “your Board”, the Association Constitution Article IV, Section 1, states “All persons who have been enrolled full-time at Blackburn College for at least two semesters shall be Members of the Association.” As the academic year draws to a close, that will include you in the class of 2018, too! So using the word “your” is completely appropriate.

“Engage others in your communities about Blackburn: it’s where you got your start!”

- Richard D. Russel

A few words to the Class of 2015: In a few short weeks you will be diploma-holding, authentic Alumni. Congratulations! As you go out there into the world of work, or on to an advanced degree, remember your life and experiences at your *alma mater*. Remember to establish informal networks with your

classmates, if you haven’t already, to keep in touch with each other, especially as you search for work and begin independent and prosperous careers. Listen, but ignore the noise. Remember the character traits and values that you developed as you matured while you were on campus (Work Program, anyone?). In the “Learn. Work. Earn.” Department – as you work and earn – continue as a life-long learner: always move forward. Remember to stay involved in Blackburn by annual giving and by way of visits to campus *whenever*, not just at Homecoming. Remember to engage others in your communities and tell them about Blackburn: it’s where you got your start! Lastly, know that what you have gained at Blackburn will figure invaluable in your personal and professional lives, long after commencement on May 9. *Richard Russell retired as a U.S. Army officer following a successful 24 year career, and worked in the private sector for 20 years as a corporate director before retiring “for good” in Carlinville. He and his wife, Terry, have four children and two grandchildren.*



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T. Swift vs. Kim K.

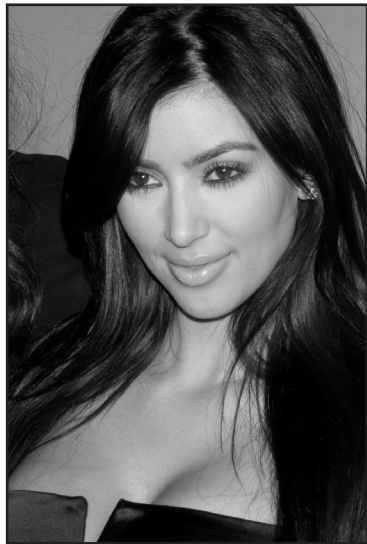


PHOTO COURTESY OF BIGGERPICTUREIMAGES.COM

Kim Kardashian, whose claim to fame was a leaked sex tape with her former boyfriend Ray J.

By Jordyn Smith

Let’s face it. Pop icon Taylor Swift and reality television star Kim Kardashian are equally famous—but most definitely for different reasons. Taylor Swift, whose self-titled country album debuted in 2006, has transitioned

into a pop cultural sensation. Her seven albums have won her dozens of awards, including seven Grammys and ACMs, 15 AMAs, 11 CMAs and 12 Billboard Music Awards, according to www.taylorswiftplanet.com. Her dedication to create genuine relationships with her fans has attracted millions of “Swifties,” including 55 million Twitter followers. Swift is often criticized for her dating practices but at least she is able to own up to her flaws and even addresses her critics in songs such as her hit single “Shake It Off.”

On the other hand we have Kim Kardashian, who is quite famous (or infamous) for, well, nothing. Even her role in E!’s reality television show “Keeping Up With The Kardashians” doesn’t require much talent, unless you count getting paid to be a drama queen. A few “leaked”

nudes and sex tapes launched her career before the reality show, and now Kardashian receives as much attention as America’s Sweetheart T. Swift. With almost 31 million Twitter followers and an annual salary of \$28 million according to Forbes, where did she go right? “Unlike Swift, whose fans follow because they seem to genuinely like her, people follow Kardashian because they can’t wait to see what she’ll do next,” explained Canadian newspaper The Globe and Mail.

Swift is known for her charitable work with organizations such as the American Red Cross, Feeding America, UNICEF and Habitat for Humanity as well as her support of New York Public Schools and her outspokenness as a feminist, according to The Huffington Post. She’s also claimed the number one spot on DoSomething.org’s “Celebs

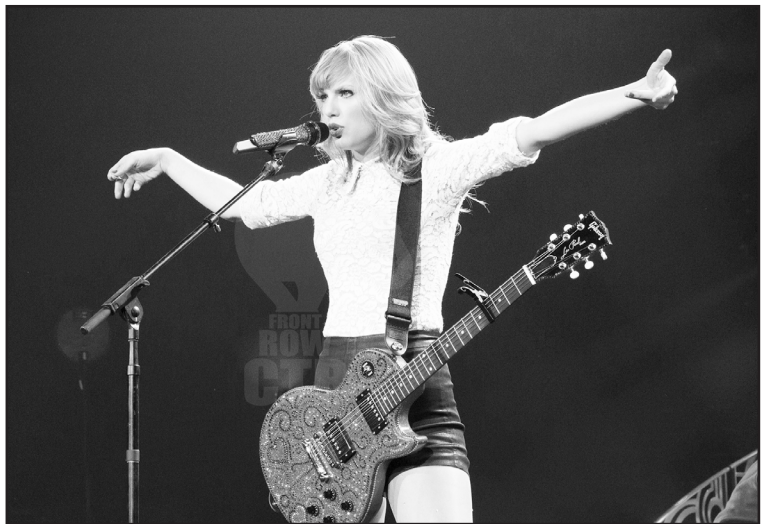


PHOTO COURTESY OF SUZANNE CORDEIRO

T Swizzle is rocking the hizzle.

Gone Good” list, making her the most charitable celebrity of 2014. Kardashian, though she has worked with charities as well, is more known for her most recent work—“breaking” the Internet with the Paper Magazine photoshoot of her greased-up derriere. You might also recall Kardashian’s single released in 2011 entitled “Jam (Turn It Up).” I wonder what daughter North West will think of her mom when she’s grown. It’s clear that both T. Swift

and K. Kardashian have huge fan-bases. Although beat out by Ebola Fighters, both celebrities were contenders for Time’s 2014 Person of the Year. It’s time to realize that celebrities should be role models who are famous for their acts of kindness—or at least for putting in hard work and talent—not for their bodies and glamorous lifestyles. Kim K. is hugely overrated. T. Swift should be given more credit—but hey, “haters gonna hate.”

FURIOUS 7 a box office success

By Jonathan Griffel

In 2001, “The Fast and the Furious” raced into viewer’s hearts and up the box office charts. Starring Paul Walker and Vin Diesel, the movie became a cult classic for car and street racing fans. It was the first of its type to highlight the high octane and illegal nature of underground street racing. The movie grossed \$206 million dollars worldwide, with \$144 million of that coming from the U.S. In 2003, “2 Fast 2 Furious” was released, showing more star power than the original, as it included actor Tyrese Gibson and actress Eva Mendes. This movie grossed \$236 million around the world, surpassing the first installment. The series then moved into the car drifting scene with “Fast and the Furious: Tokyo Drift”. This movie was received poorly, as it grossed \$157 million, the lowest of any of the movies. This almost killed the series, as the combination of low interest and the absence of Paul Walker translated to decreased viewership. It was speculated at this time that any further movies would be straight to DVD releases- the worst possible fate for the once proud franchise. The series managed to revive itself and last four more movies because it changed themes. While the first three movies centered on racing and the thrills that came

with it, the final four switched to thrilling heist plot lines. Another key success factor in the revival of the series is the ability to cycle in and out stars in order to keep the cast fresh. Stars like Gibson and rapper Ludacris were brought to the series in “2 Fast 2 Furious”, while Dwayne “The Rock” Johnson was added to the series in “Fast Five”. For “Furious 7”, movie stars Jason Statham and Kurt Russell were added, as well as Ultimate Fighting Championship fighter Ronda Rousey. “Furious 7” grossed \$518 million on opening weekend alone. The series not only had a diversified cast, but they have appealed to a diversified audience. According to the Wall Street Journal, 49% of the viewers were women, 37% were Hispanic and 24% were African American. These numbers are unprecedented in the movie industry. The status of the series going forward is up in the air, as Walker was killed in a real-life car crash during filming of “Furious 7”. The movie continues Walker’s character through this movie, but retired the character from the series. Senior Eddie Mendoza said, “Although the loss of Walker affects the series, I have confidence that if the series continues they will still captivate their audiences.”

Rock Spotlight: — SKILLET —



PHOTO COURTESY OF ASHLEYADCOX

CAPTION

By Logan Early

With all of the recent news about which One Direction member was leaving the group (hint: it was Zayn) and what Taylor Swift is doing or who she is dating these days, I thought it would be nice to step back and have a cool, refreshing breath of rock ‘n’ roll air. While it may not necessarily be as popular as some other genres, rock is by no means struggling today. With that in mind, I sat down to interview Blackburn’s own business and accounting major Tim

Lacy about his favorite band, Skillet. Originating in Memphis, Tennessee, Skillet has been around since 1996 and consists of John Cooper, who sings as well as plays bass; Korey Cooper, who plays guitar and sings backup vocals; Jen Ledger, who plays drums; and Seth Morrison, who provides the lead guitar. You probably recognize some of their more popular songs, such as “Monster,” “Awake and Alive” and “Comatose” from nearly every high school

weight room throughout the country. Lacy, who has been a fan for around five years, explained that what makes the band unique is John Cooper’s voice. He went on to say that what attracted him to the band is that “Their songs all have awesome meaning, they’re a strictly Christian band, and they are awesome live.” Lacy saw them perform at Winter Jam in St. Louis, Missouri this past year. “I was probably 30 feet away from them performing,” Lacy continued, “and it was awesome times ten. There were explosions and pyrotechnics and everything.” He added that their new material is much heavier than previous albums; however, their songs still have the same inspiring meaning. Their newest album, “Rise,” was released in 2013. For those looking to expand their musical tastes, I invite them to try out Skillet if they are looking for something a little heavier but still with a positive message. Really, anything that is not Taylor Swift or One Direction would be just wonderful. Who knows, perhaps new listeners will find heavier

CORRUPTION IN ILLINOIS POLITICS



PHOTO COURTESY OF ISAAC HAYES

Aaron Schock speaking on the campaign trail.

By Jonathan Griffel

When Illinois representative Aaron Schock resigned from office on March 31, he became just another statistic in Illinois politics. Schock was elected as District 18’s U.S. Congressman in 2008, and was viewed as a ray of hope in state politics. His healthy lifestyle helped

him rise to national fame, as did his cover on Men’s Health magazine in 2011. Schock resigned amidst allegations of unethical behavior including overbilling miles on his personal vehicle, charging taxpayers for his lavish lifestyle and being involved in shady land deals. Part of

the lavish lifestyle that Schock enjoyed was his office in Springfield, which included \$40,000 worth of decorations to make the office resemble one from the popular television show “Downton Abbey”. Originally this money came from his official office budget, which consists of money that comes from taxpayers. Schock has since reimbursed the government for the money.

In most other U.S. states, this type of scandal would be major news, but in Illinois it is almost expected. The state has long been one of the most politically corrupt in the nation. The earliest count of corruption occurred from 1853 to 1857, when Governor Joel Matteson was charged with overpaying contractors that he had a vested interest in. Lennington Small, governor from 1921 to 1929, was charged with embezzlement although later acquitted. Otto Kerner, who served as Illinois’s governor from 1961 to 1968, was convicted of accepting bribes during his tenure and served

3 years in prison. However, the unethical behavior has not been limited to governors, as several state and federal congressman have preceded Schock. U.S. Representative Dan Rostenkowski, a Democrat who served in Chicago from 1959 to 1995, pleaded guilty to corruption charges in 1995 and served 17 months in prison before being pardoned by President Bill Clinton. Mel Reynolds, another U.S. Representative who was a Democrat and served Chicago, was convicted of misconduct with a sixteen year old campaign volunteer and served more than 2 years in prison. Reynolds later was convicted on fraud charges and served six more years in prison. In the last 15 years, Illinois has seen two more governors resign from office and later spend time in prison over unethical actions. Former Governor George Ryan was convicted of racketeering in 2007, and served six and a half years in prison. According to Investopedia, an online

financial education resource, racketeering is criminal activity that is performed to benefit an organization such as a crime syndicate. The man who followed Ryan into office, Rod Blagojevich, had legal issues of his own. Blagojevich resigned amid multiple allegations of criminal behavior, with the most popular crime being that he attempted to sell the U.S. Senate seat held by President elect Barack Obama.

Dr. Lauren Wiedlocher, professor of political science, said, “It may be tempting to paint Schock as just another corrupt politician from Illinois, but members of Congress do face inordinate amounts of temptation-knowing what is okay and what will get you in trouble is more complex than in other jobs. Unless he is indicted and convicted, I think his behavior will remain on him, his youth and over-sharing.” As shown above, Schock is not the exception to the rule, but rather just another statistic.

“PALCOHOL”The Latest Addition to the Alcohol Industry

By Jess Willard

According to www.palcohol.com, “Palcohol” (a powdered form of alcohol) was approved by the Alcohol and Tobacco Tax and Trade Bureau on Mar. 10 to be released in the U.S. Carbohydrate materials (known as cyclodextrins) can absorb alcohol and keep it in a powdered form as stated by Patent US 3795747 A. When a person adds water to the powder, it becomes an alcoholic beverage. “Palcohol” has concerned enough people to cause some states to ban it before it arrives in stores this summer. The National Council on Alcoholism and Drug Dependence has said Alaska, Delaware, Louisiana, South Carolina and Vermont have already banned powdered alcohol. Minn., Ohio, N.Y. and Colo. are considering banning it. Illinois Policy mentioned that Alderman Ed Burke (14th Ward) introduced an ordinance to ban “Palcohol” within the city limits of Chicago, Ill.

How can a product be banned before it is released? The creator of “Palcohol” Mark Phillips made a video on YouTube addressing concerns with the product such as snorting it, using it to spike drinks or easily sneaking it into venues. In my opinion,

the product is safe as long as it isn’t abused—information provided by the creator in his video and www.palcohol.com have provided evidence about the safety of “Palcohol”. The product will be sold like any other alcoholic beverage—you have to prove you are 21 to buy it, according to Phillips. Sophomore psychology major Eric Walsh did his own research on the product by using www.livescience.com and www.usatoday.com. He said, “If people are smart and responsible about [‘Palcohol’], then they should be safe.” He discussed how underage use of the product was highly probable because the age restriction prompts people to use it. But that will occur with any product that has an age restriction.

Senior business management major Levi Goestenkors said, “I see the product as any other form of alcohol. I think it’s safe, and I haven’t found anything that has convinced me otherwise.” He did research on the safety of “Palcohol” by using www.palcohol.com, www.usatoday.com and abcnews.go.com. Goestenkors discussed the issue of spiking drinks at bars – it would be difficult to do

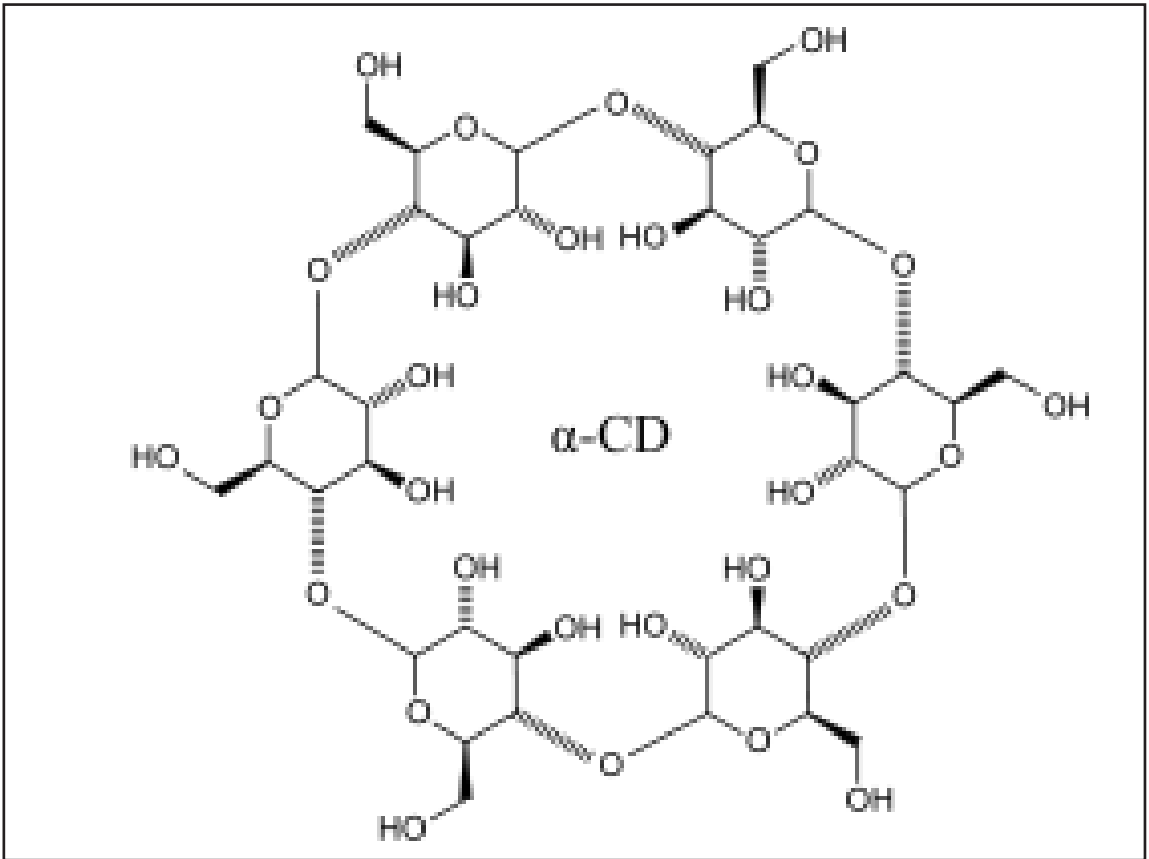


PHOTO COURTESY OF STANISŁAW SKOWRON

This is a cyclodextrins: the foundation of Palcohol. They absorb the alcohol to create a powder that can be mixed with water.

with the product. “You’d have a better chance of putting a pill into a drink than mixing a powder into a cold beverage,” he said. It would take too long to mix in the product, and the person doing the drugging would get caught. He also addressed snorting the powder. Apparently, snorting the powder up your nose would burn and would take a long

time. “It would be a lot easier just to take a shot,” he added.

Director of Campus and Community Safety Morrie Fraser did confirm that “Palcohol” would be banned on campus since it is considered hard liquor. He added, “If people are aware that ‘Palcohol’ still has intoxicating effects, then they should be safe.” He believes it

will be a trend that will pass. Fraser did mention that if more tests were done by the Food and Drug Administration (FDA) then the product would seem a lot safer. The FDA website did evaluate the non-alcoholic ingredients used in “Palcohol”, but they have not approved or tested the product as a whole.

Tim Talks Back

By Tim Morenz



PHOTO BY AURORA GRIMMETT

Tim Morenz, College Counselor

Greetings and salutations, Blackburn College! I can't believe this issue wraps up another season of writing for the Burnian! How quickly two years have gone! In my last issue last year, I believe I started a tradition and didn't even know it. Instead of utilizing your questions, I took the opportunity to "talk back." So here we are once again and in talking back, I want to say thanks to some particular people. They are the backbone of my referral resources and they deserve some time in the sun. So let's get started with "Tim talks back and says thanks!"

Mark Hopping: Your year of Interim Athletic Director duties has seen you pushed to your limits, but you respond with the same perpetual optimism. You are a vital voice of wellness on our campus. You leave a legacy of integrity while still living. I am fortunate to be your colleague and your friend.

Suzanne Krupica: You are everything that is right with Blackburn. You embody professionalism. You help our students at a work college secure the ultimate achievement- a spot in the workplace. I am fortunate to be your colleague and your friend.

Jarrod Gray: You are a "behind-the-scenes, big picture thinker." You have enlightened me, encouraged me and empowered me. You live diversity. I am fortunate to be your colleague and your friend.

Erica Brown: You have forged a job description out of a blank piece of paper. You have created sanctuary on this campus for the meaningful conversation. Your muffins are more than flour and sugar, they are individual servings of grace. I am fortunate to be your colleague and your friend.

Taylor Hess: You have taken the title of peer counselor

and made it your own. You create connection. You create the climate for change. You have taught me more than I will ever teach you. If compassion was a force, you are a Tsunami. I am fortunate to be your colleague and your friend.

Chelsea Jacobs: Who would have ever thought that one of its best peer counselors wouldn't be a psych major?! You motivate students by making them laugh and embody the change they desire in their lives. You have given the best you have to this campus. I am fortunate to be your colleague and your friend.

Jesse Medina: You will be the first student to work with me for three years. You are present in everything that you do. You inspire others that the only time to do anything is right now. I am fortunate to be your colleague and your friend.

The people deserving my thanks are too numerous to mention. Of all the people that work and interact with you, I am the most fortunate. You make this place an amazing one to witness.

Thank you. 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 Meister Eckhart: "If the only prayer you say is Thank you, then that is enough."

Letter from the President

By John Comerford

We have reached what I call the busy season at Blackburn College! It seems from the end of spring break to graduation is an endless series of events and deadlines. Honorary society inductions, student activities, plays, concerts, ceremonies, and other group celebrations have already filled my calendar, including most weekends. Of course, our lucky students add tests, papers, work and many other duties to this list.

All the while, spring beckons us all outside! If you listen closely, you can hear it... "Come outside! The sun is shining, your roommate found a Frisbee, and everyone else is having fun!" There is so much to do, and so much to distract us from doing it!

A good friend and mentor once shared his track coach's advice with me – keep running two strides past the finish line. It is a track analogy that seems appropriate to this time of year. While we look forward to summer break, we cannot afford to pull up, slow down, or procrastinate until after classes are done.

It may seem strange, but this is a time to count our blessings for the rhythm of the school year. After you are done with school, most jobs will lack the ebbs and flows that you get in college. The daily pace of a doctor, lawyer or corporate executive doesn't change much with the time of year. We know that it is busy now, but summer is coming and it is a great feeling to know

that means something new!

Nature is also reminding us that all things have a cycle. What may have been dormant in the winter months is suddenly alive, green and growing. Perhaps this is a reminder of the cycles in our own lives. This semester may be going great, or may have been the most challenging you've faced yet. In either case, it is all part of a cycle and more good times and challenges lay ahead for each of us.

The important thing is to realize that none of us are alone in facing challenges or sharing joys. It is great to be part of a small, caring community that understands this.



PHOTO BY NOAH DAUM

The trees at the McKinley House, where Dr. Comerford and his family live, begin to show signs of spring.

THE BURNIAN

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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.

WILLIAMSON STEPS UP

By Karlee Brimberry

Although the tennis team has gotten off to a slow start with a record of 0-5, senior biology major Megan Williamson is ready to get some more wins in her final season.

Williamson, who started playing tennis for Blackburn College just last season, has worked her way to the top of the lineup and is number one in both singles and doubles. Though Williamson has only played for the Lady Beavers for two seasons, she has participated in tennis camps since eighth grade.

Williamson was named most valuable player during her time at Hillsboro High School in Hillsboro, Illinois. In 2014 she earned the same honor for Blackburn.

Williamson stated that she enjoys playing doubles rather than singles because of her high school tennis coach, who described doubles as a “marriage.” Williamson commented, “I like doubles a lot more because it’s very intimate and it’s also a lot more fun playing with someone else than bringing yourself down, because each shot in

singles is your own fault.” Senior business major Maggie Best, who is Williamson’s partner, stated, “I’ve really enjoyed playing with Megan in doubles. We know how to be the right amount of serious, but still have fun and a good time together.”

After commenting on her experience with tennis, Williamson stated, "I regret not playing tennis all four years. I feel like I would be a better player if I would have." Coach Daniel Hussey also commented, "I wish I would have had Megan for her first two years here at Blackburn. She raises the caliber of our team and will be hard to replace next season." Williamson then commented on how much she has enjoyed developing different friendships through the tennis team. When recalling her favorite memory she said she enjoyed being on the road with her teammates and coach, making many inside jokes and

HER GAME



PHOTO BY KARLEE BRIMBERRY

As Megan Williamson prepares for graduation, she remembers her experiences with Black's tennis team.

memories that she will cherish forever. Although Williamson describes the demeanor of the team as very lighthearted, she soon realized that collegiate tennis is taken much more seriously than she was used to in high school. Although Williamson enjoys having fun, she also stated that sometimes when she gets too serious she is her own worst critic; oftentimes she finds herself critiquing every hit and serve. Williamson feels she hits the best when she is receiving a forehand shot rather than

backhand or serving.

Although Williamson's final season is coming to a close, she is constantly setting goals for herself and her team. She stated she just wants to focus on getting more wins for the team, while also having fun with her teammates in their final season together. After playing tennis for Blackburn College, Williamson plans on making tennis a lifelong sport of hers.

**Written by fellow tennis player, Karlee Brimberry*

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2015-2016 NCAA Men's Basketball Top 5



PHOTO BY JON GRIFFE

By Jon Griffel

The 2015 National Collegiate Athletic Association (NCAA) men's basketball season ended in a crazy tournament. The opening weekend of the tournament was exceptionally entertaining, especially the first day. The first day of the tournament saw a record five games decided by one point. The rest of the tournament was equally exciting, as the Final Four saw three of the top teams in Wisconsin, Duke and previously undefeated Kentucky, as well as underdog Michigan State. While Duke handled Michigan State, Wisconsin and Kentucky went to the very end, with Wisconsin stealing Kentucky's chance at an undefeated season. In the championship game, Duke defeated Wisconsin to win coach Mike Krzyzewski's fifth career championship. With the 2014-2015 season completed, it's time to take an early look at what the 2015-2016 top five standings could look like.

Maryland made huge strides in this last season, as they were able to make the NCAA Tournament as a high seed. While the Terrapins lose a few key seniors, they keep guard Melo Trimble, who was fantastic as a freshman. Coach Mark Turgeon made his team even better by adding a stellar recruiting class, headlined by top prospect Diamond Stone.

4. Gonzaga Bulldogs- Gonzaga loses senior guard Kevin Pangos, who set the school record for most games played in a career, but retains a lot of talent. The top returning player will be Kyle Wiltjer, who transferred to the Bulldogs from Kentucky and helped lead them to the Sweet Sixteen this year. While Gonzaga doesn't have a highly ranked recruiting class coming in, they have a knack for turning little known recruits into stars, so I wouldn't count this team out.

3. Virginia Cavaliers- This team had an up and down 2014-2015 season, as they

started out on fire and faded a bit down the stretch. The team fizzled in the NCAA Tournament, but there is hope in the fact that they return most of their team. The team is talented, but wins through their defense and hard work.


2. North Carolina Tar Heels- North Carolina returns almost the entire team that reached this year's Sweet

Sixteen, and they are only looking to get better. This team will be more experienced and better off after an up and down season. Justin Jackson, who was the Tar Heel's leading scorer, headlines the returning players that will look to bring another championship back to North Carolina.

1. Kentucky Wildcats- Of course Kentucky will be at

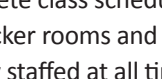
the top of these rankings. In the past five years, they have started every year highly ranked based on the talent that they bring in. Coach John Calipari has made a career out of recruiting the top talent available every year, and that talent, along with some good coaching made him a member of the 2015 Basketball Hall of Fame.

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FALL 2015

ATHLETICS PREVIEW

What's in store for those **Dam** Beavers?

By Noah Daum

After turning in a record of 6-13, the men's soccer team looks to gain experience. With the 2014 team having a high number of freshmen, the Beavers hope to capitalize on their youth. Possibly filling the leadership roles left by graduating players Dylan Parkin, Shane Rogers, Julian Valencia and Brett Becherer will be incoming seniors Ben Hoover, Mikey Stevenson and Drew Wolfer. Another player to look out for is Jake Pope, who as a freshman led the Beavers in both goals and assists.



With only seven returning players, head volleyball coach Suzannah Toresdahl expects eight incoming freshmen for the 2015 season. Coach Toresdahl hopes senior Victoria Bowens, junior Jaclyn Elmore and freshman duo Mallory Scharf and Jenson Ballinger make a big impact during the 2015 season.



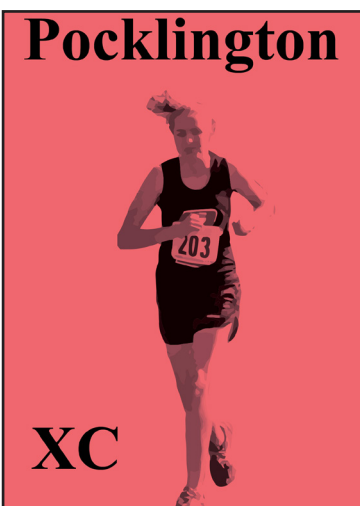
The women's cross country team looks to build its numbers for the 2015 season. Freshman Wendy Pocklington was the only runner to compete in competition in the 2014 season, but head coach Mark Hopping expects this number to increase for the 2015 season.



After losing seven seniors in the 2014 season, the women's soccer team finished with an 8-10-1 record. As a freshman, Meghan Sykora received the Rengel Award which is given to the player scoring the most goals. Freshman Nicole Kelly led the SLIAC in saves and save percentage and was named to the all-conference team.



The 2015 men's cross country team will have three returning seniors to lead the pack. After losing lone senior Seth Tonsor, returning runners Nathan Speckhart, Colin Gowin and Nathan Wagner will be looking to fill Tonsor's leadership role as the senior runners. Four of the Beavers' top five performers of the 2014 season will be returning as sophomores.



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FEEL THE 'BURN

Staying Motivated for Summer

By Heidi Tyson

One of the most frequently asked questions that I receive is how I stay so motivated. To be honest, there is no secret formula. I may seem like I am always on top of my fitness, eating right 24/7 and hitting up the gym every day, but I get just as unmotivated as everyone else. There are days when I just want to sit around all day and eat donuts. There are times when I fall so off my healthy eating lifestyle that I don't see the point in even working out. We are all human, and these things will happen from time to time, but I have come up with a few things that have helped me whenever I do feel like I'm about to swerve off track. Here are three tips on how to stay motivated for summer, and even for life!

1. Follow uplifting and motivational people on social media.

I myself am motivated visually. I like to see an end goal either in my head or with my eyes. I like to follow people on social media who give me inspiration for workouts and meal ideas. Following people that you genuinely look up to can really help on those mornings when you don't want to get out of bed. On these mornings, I will check my social media and become instantly motivated by the women I follow. It is important to follow people who make you feel motivated instead of jealous or unworthy. I recently had to delete a few people from Instagram because I found myself comparing my body to theirs. This is not healthy for your mind and can have the opposite effect. So be careful with who you follow. Make sure they are genuine people.

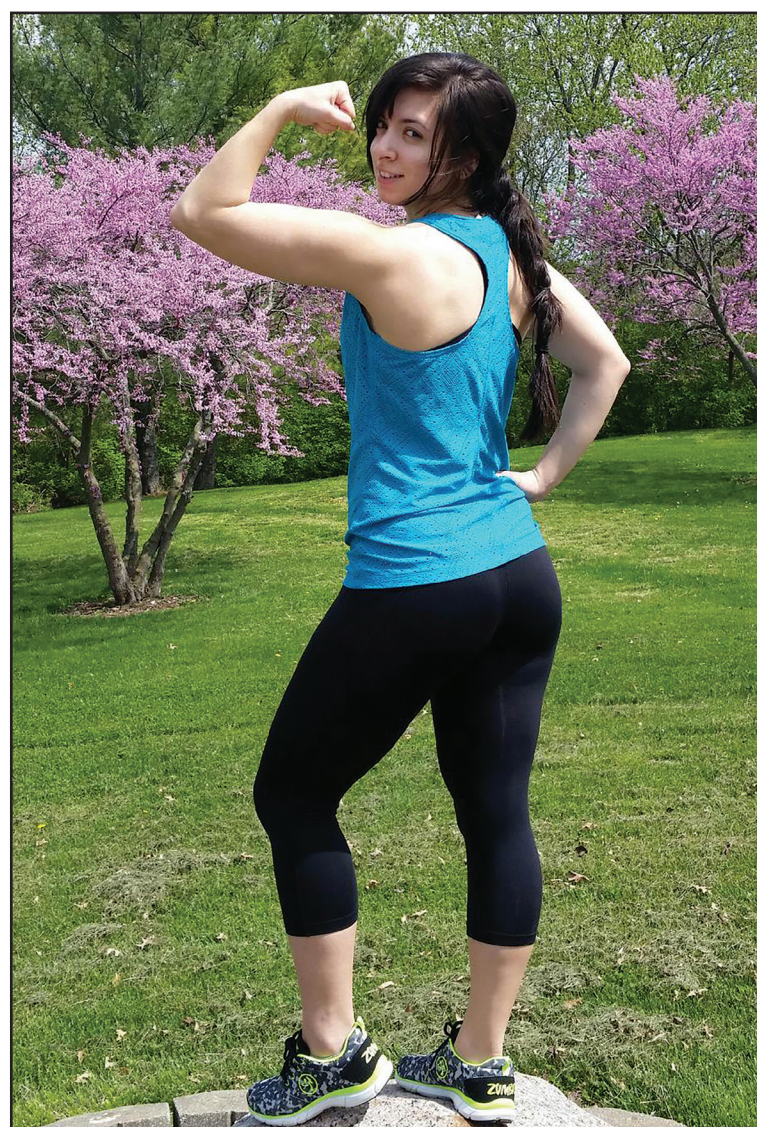


PHOTO BY VALERI KOLZE

2. Do workouts that you actually enjoy.

You don't want your workouts to be too hard, too easy or too boring. Find something that you enjoy doing that also challenges you. For me, I love weightlifting. It's challenging and there are unlimited types of exercises you can perform to target every part of your body. I find it fun when I can add on more weight and hit a personal record in the gym. It reassures me that I am getting stronger and seeing results, which keeps me motivated! There are so many different types of workouts to try, such as kickboxing, Pilates, Zumba, High Intensity Interval Training (HIITs), etc.

3. Eat healthy foods that you really like.

When it comes to eating healthy, you won't stick with it unless it's tasty. If you experiment with different recipes and prep meals that you enjoy, you will be more likely to stay on track and actually be excited to eat. If you need ideas for healthy meals, you can always look on Pinterest, Instagram or Facebook.

I hope everyone has a great summer full of fun activities and great food! If you need any meal or workout ideas, please don't hesitate to email me at htyson_92@yahoo.com and I would be more than happy to help!