

# THE BURNIAN

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

## Opening Doors for Environmental Studies

By Jess Willard

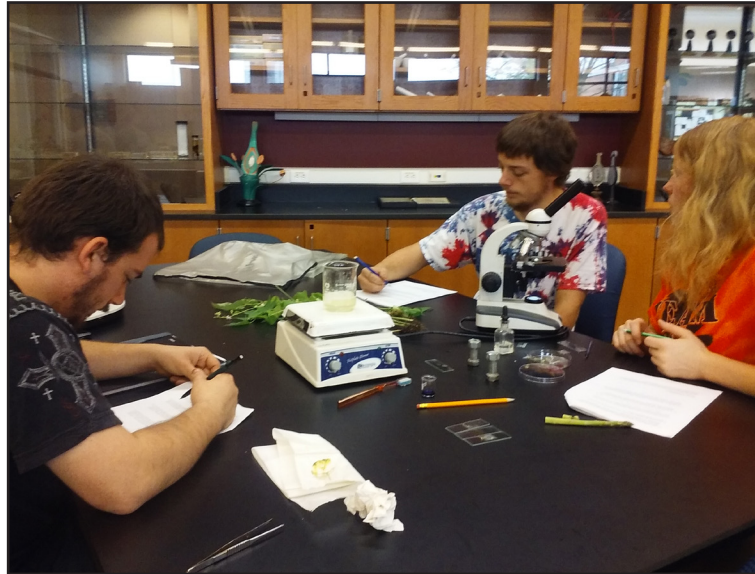
Earlier this semester students submitted their applications for two new tuition credit positions for water quality research technicians housed in the academics work department. Duties these two workers will take on include collection, preservation and shipment of in-stream water grab samples from the Macoupin Creek Watershed. Senior communications major and general manager Allison Matt offered some insight on the new positions.

According to Matt, Associate Dean of Work Rob Weis introduced the opportunity during a work committee meeting. She discovered that the students will be working with the U.S. Department of Agriculture Natural Resource Conservation Service (NRCS), particularly the Macoupin County office, and will be traveling around the county to complete their job. The students' responsibilities will include logging all travel and completing travel

reimbursement forms. Matt said, "I think the [federal] service understood the work program, so they asked for help. It's a really nice opportunity." In her opinion, these new tuition credit positions could lead to a networking snowball effect creating other work programs in the community.

Senior biology major and general manager Ashleigh Clendenny revealed that Chair of Biology Dr. James Bray will be the faculty supervisor for these two student workers. She also mentioned that more water quality technician positions may open up soon. She believes that this opportunity will tie the campus and the community closer together. "Students will get the chance to explore environmental biology and gain experience for after Blackburn," she said. "And it could help figure out if there is anything wrong with the water supply."

Bray reviewed the applications and decided which students would get the



Students do a lab on plant architectures in Introductory Botany, a class taught by Chair of Biology Dr. James Bray. Students that are interested in environmental studies should contact Bray about the water quality technician position

positions. He acknowledged that the Illinois Stewardship Alliance (ISA) approached him with the opportunity after they saw the success with the Mahan Forestry Program. The program began as a sustainability project started by Marvin Mahan. He began planting walnut trees in a

2.6 acre plot on campus and asked Bray to help with the project. Nearly 1000 acres of trees have been planted with the help of students, faculty and community volunteers. The funding for the water quality research technician positions will come from ISA. The American Farmland

CONTINUED ON PAGE 2

## Blackburn Athletics on the Small(er) Screen

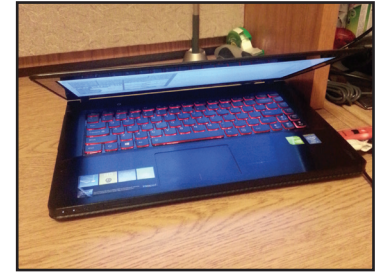


PHOTO BY NOAH DAUM

By Robert Fagg

Blackburn recently joined the community of colleges who streams their athletic games online. Blackburn athletics saw this as a school wide benefit, so the search began for the most viable option of getting the games online.

There were four options that the athletics department explored: streaming through the Blackburn website through the Sports Information Department (SID), Ustream, Livestream and The Cube. These sites are used to stream athletic events and other events online. According to communications major Anthony Harper, The Cube was the final choice due to it being "user friendly and the fact that it is a free site." The

CONTINUED ON PAGE 12

## CAN'T GET OUT OF BED? TRY BED BUGS

By Brendan Riley Lersch

Vice President and Dean of Student Affairs Heidi Heinz stated that all six residence halls at some point in the last twenty years have had reports of scabies, crabs, head lice or bed bugs. The most recent case was reported this semester. It involved bed bugs.

According to the Illinois Department of Public Health, bed bugs are "hitch hikers." They spread by attaching themselves and traveling with secondhand furniture, luggage, bedding and clothes

from one place to another. Bed bugs are most often attracted to humans because of their warmth and their exhalation of carbon dioxide.

Bed bugs can live up to a year without feeding but usually do not survive more than six months. Colleges and hotels are prime spots for bed bug infestations. Heinz stated,

CONTINUED ON PAGE 2



"I realized I had 30+ bites on my body."

-Veronica Milligan

PHOTO BY VERONICA MILLIGAN

Studying Abroad Page 4

Time Card Issues Page 2

Gutterdusters Page 4

Fall Festival Page 5

The Block Battle Page 9

Planking Page 11

Athletic Director Page 12

PHOTO BY JAZLYN COLON

PHOTO COURTESY OF ANNELIESE GRIES

PHOTO BY MARY KLINE

PHOTO COURTESY OF TOM SIMPSON

PHOTO COURTESY OF BRICK 101

PHOTO BY JESS WILLARD

PHOTO BY KYLE KUTAK



# Opening Doors for Environmental Studies

CONTINUED FROM PAGE 1

positions will come from ISA. The American Farmland Trust is also involved with the operation. Students will have to go through a lot of

more positions will be offered. He added this position could really help environmental studies and biology students. "It could help them decide

**"I think the [federal] service understood the work program, so they asked for help. It's a really nice opportunity."**

**- Allie Matt**

training in order to follow the protocols correctly. "Students will be out there with the EPA (Environmental Protection Agency)," he said. "It's a great resume builder. It will allow them to walk right into the job market." Bray noted that the EPA will walk them through the first part of training and the NCRS will train them in sampling methods.

The two students will work as a pair and Bray hopes that

what they want to do with their degree," he said. He hopes the students will start work later this month. They will be strictly training, collecting, packaging and shipping to begin with. He would like to see the students get a chance to analyze the samples by next year. Even though the positions are now filled, Bray said to come speak with him if you are interested.

# Don't Let the Bed Bugs Bite!

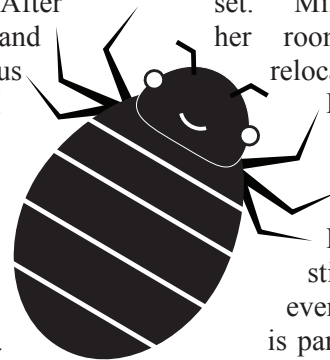
CONTINUED FROM PAGE 1

"The bed bugs at Blackburn could have been brought in through a number of ways at some point in time. When and where, I do not know."

Veronica Milligan confirmed that she had a case of bed bugs in Graham Hall. She stated, "After about a week and a half on campus I realized I had 30-plus bites on my body. To me, the first thought was bed bugs. After another 2 days the count was over 50 total. Then, when taking sheets off my bed, I found several live ones and caught them in a plastic bag." Milligan reported this to the Student Life Office who provided her with a set of procedures to follow in order to get rid of the bed bugs.

She recounted, "When moving to the new room, everything (and I mean

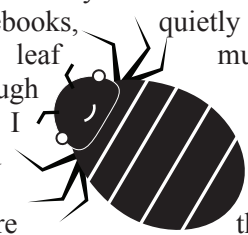
everything) had to be either washed and dried in hot water or blow dried. Every book (including notebooks, binders and loose leaf paper) was gone through page by page and I threw out my bed set." Milligan and her roommate were



relocated to Stoddard Hall and have not had any problems with bed bugs since. Milligan admits she still checks her bed every night because she is paranoid that they will come back.

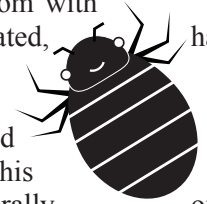
Once a dorm room with bed bugs has been vacated, it is then meticulously inspected for bed bugs and fumigated by pest control. This treatment generally takes three to four weeks. Residents cannot move back into a room until the room is cleared by pest control. The room in Graham Hall has been

fumigated and is now livable again.



Cases of pests are handled quietly on campus for multiple reasons. The first is to protect the privacy of a student. Heinz said it would be the same as if a student had an STD.

The second reason is so the campus does not go into panic mode. Primarily cases are room specific. This means that the pest is in that room only. It does not make sense to put the campus in a state of emergency when the problem is easily fixed at the source.



If you suspect that you have a case of bed bugs, scabies, crabs or head lice, contact Assistant Dean of Student Life and Director of Resident Life Abbey Hardin or Heinz for help.

# Pressed for Timecards

By Jazilyn Colon

The Work Office usually sends individual biweekly email updates to all student workers. The update reports the number of hours the student worked during the specified week and gives a

send it back to me." So, what caused the confusion?

Clendenny stated, "What normally happens is I copy and paste that information into what we call the time sheet and from the time sheet that

time." Clendenny said it "happens every single year." She continued, "The GMs are typically seniors, so what happens is we leave and a new set of general managers comes in and they have to learn about it themselves. It's something we aren't trained on." Weis said that this "is the beauty

and the curse of the work program because since it is a student managed and run work program it is not going to be perfect."

According to Weis, Blackburn will soon be converting to Paycor. With Paycor students will be able to have their own account and

can look up how many hours they have worked that day. Weis said, "Ultimately, we will be moving away from using the emails. It's a nice courtesy, but students should get used to using their Paycor accounts which they should be getting this year."

**"Since it is a student managed and run work program, it is not going to be perfect."**

**-Rob Weis**

total for tuition and paid hours completed for the semester. However, there have been recent issues linked with these email updates such as the incorrect number of hours or the same email being sent twice.

According to General Manager of the Work Program Ashleigh Clendenny, "We use this thing called the Alpha list and it has all the people who are going to participate in the work program in it. So I send that over to tech services and they put in all the emails and

is where the data is sent out from to your email. So what happened was I couldn't copy and paste the emails over into the time sheet...all of this stuff was created by somebody in 2005 in their computer science senior seminar and so I don't really know a lot about it and it's also really outdated technology that we are using."

According to Associate Dean of Work Rob Weis, one of the reasons the email updates are a mess is "because the new general managers are doing it for the very first



Alexis Dick, work office assistant

PHOTO BY JAZILYN COLON



# Students Kill Other Students for Good Cause



PHOTO BY MARY KLINE

Assassin Patterson Friese surprise attacks an innocent photographer during the Madrigal auditions

# War. Huh. What is it good for? Habitat for Humanity!

By Mary Kline

"The Godfathers are very pleased. Your kill is confirmed," said Godfather Morgan Baldner in response to emails from players involved in the Habitat for Humanity Nerf Gun Assassin Games. The Godfathers are in charge of everything that happens during the Games, and players must email them about each of their "kills" as though working for the mafia. Now an annual event, this fundraiser supports Habitat for Humanity's yearly trip to build sites in Florida. The objective of the game? Search for, find and eliminate your target without getting shot yourself. Competition is fierce and for good reason. Players have to pay \$5.00 to enter the game and the prize is half the money from the entry fees. This year \$90 was offered to the winner.

The kills began in late September, turning the Blackburn campus into a battleground. Assassins stood waiting for their targets outside of classrooms, making campus buildings look more like scenes from a first person shooter video game than a place where classes are held. Shockingly to both the players and the Godfathers, over a third of the players were eliminated just on the first day, speeding up the game dramatically from

last year when it took at least a week for the same number of players to be taken out.

Each player gets an index card holding his or her target's name on the first morning of the competition. "We try to pair up people that don't know each other because we want students who might not usually talk to each other to meet. We hope that the games will help people to create new friendships, and pairing up people that don't know each other also helps to make it more difficult for players to find their target, which makes the games more challenging and adds to the fun," said Baldner. In order to "kill" their target, an assassin must shoot their target with a Nerf gun foam bullet. Players aren't allowed to physically harm their targets in order to shoot them, but because the game can get pretty intense, all the players have to sign a waiver saying that they will not sue Blackburn over any injuries sustained during the game (including death).

To survive in the Nerf Gun Assassin Games and keep from being "killed," it is wise to read over the rules, which state exactly what is expected of players, how to notify the Godfathers of "kills," where shooting players is banned,

restrictions on the types of Nerf weaponry used and, one of the most important aspects to staying alive, the rules regarding immunities. Immunities provide exactly what their name states. They make a player immune to being shot for an entire day. In order to become immune, a player has to do something silly that the Godfathers dictate, such as wearing more Blackburn apparel than their assassin, or wearing underwear on the outside of their clothing. When there's any discrepancy over rules, the Godfathers always get the final say. "The Godfathers' job is also to settle any dispute over rules including whether someone is actually "killed" or not," said Godfather Kristen Wheeler.

The Nerf Assassin Games started last year when Habitat for Humanity was trying to figure out a way that they could put the fun in fundraising. "We just really wanted to do something that not only would help our cause, but also that people would have fun participating in... It worked out even better than we thought. In fact, a lot of people have even been asking us to have another Nerf war in the spring, which we've been considering," said Baldner.

# Who Will You Choose?

By Kyle Kutak

Though the election is still a year away, the time to discuss candidates is now. The candidates have given many speeches, participated in debates and taken suggestions from the people. "Debates

to say.

Freshman political science major Deja Luckett stated, "The speeches and debates are very intense, but they all have one goal, presidency, yet have different ways of solving these

**"Debates provide a much needed open forum for potential voters to get to know candidates outside of Facebook memes and sound bites."**

**-Dr. Laura Wiedlocher**

provide a much needed open forum for potential voters to get to know candidates outside of Facebook memes and sound bites," stated Political Science professor Dr. Laura Wiedlocher. The presidential polls are a good way to see which candidates are in the lead. The top rated websites for polls are Rasmussen

current issues." Something that caught Luckett's eye was the small political background of some candidates, or the slight involvement in big government that some candidates have. Not every candidate comes from a large political background, meaning they didn't have a seat in Congress, or represent the state or federal government

Reports, Gallup Poll and Public Policy Polling. According to The Washington Post Co., the top five candidates for the Republican Party from lowest ranking to highest are: U.S. Senator Ted Cruz, Carly Fiorina, Donald Trump, former Florida Gov. Jeb Bush and U.S. Senator Marco Rubio. According to realclearpolitics.com, a website with polls, news and analysis about the government, the top five candidates for the Democratic Party from lowest ranking to highest are: former Rhode Island Gov. Lincoln Chaffee, Maryland Gov. Martin O'Malley, U.S. Senator Jim Webb, U.S. Senator Bernie Sanders and former Secretary of State Hillary Clinton.

The Grand Old Party (GOP) debates are held to show the voters what the candidates are all about. Wiedlocher stated, "For example, after the second debate, Google searches and Tweets about Rubio and Fiorina spiked," which shows that some people are really interested in the race and what the candidates have

in any way.

When it comes time to vote, you can go to the Enquirer Democrat or the Carlinville courthouse to vote if you are a local registered voter. Voting days will be held on Nov. 3, 2015. To register to vote, you can go online at [usa.gov](http://usa.gov), fill out a national mail voter registration form, or go to a local election office, the department of motor vehicles or any public facility that is a designated voter registration agency.



PHOTO BY KYLE KUTAK



# It's Not about the Destination

By Karlee Brimberry

In 1993, English and communications professor Dr. Ren Draya was determined to create a British Study Program in order for Blackburn students to expand their educational horizons. During this time, Draya made many phone calls and wrote numerous letters on behalf of Blackburn in hopes of creating a program where students could study abroad.

After receiving a grant from the British Council, Draya devoted her Christmas break to travel in the United Kingdom where she visited four institutions—University of Wales, Swansea, and Lampeter University, which are both in Swansea, and University of Portsmouth and Cheltenham, which are both in England. According to Draya, she felt Swansea was the best choice for Blackburn because of location, cost, existing programs for international students and congenial staff.

A year later in 1994, Draya made her vision of the Blackburn British Study Program come to life. Since then, there have been 47 students who have participated in the program. The Blackburn British Study Program allows applicants from all different

majors to apply. In the past, students from the fields of political science, biology, education, literature and many other majors have participated in the program.

Senior elementary education major Anneliese Gries participated in the program her sophomore year at Blackburn. While studying abroad, Gries's favorite part was seeing all the different cultures of the ten different countries she visited, including Wales, England, Scotland, Denmark, Germany, Czech Republic, Hungary, Austria, Italy and Greece. Although Gries was far away from home, she was welcomed by the friendly locals surrounding her. In these countries Gries loved trying all the different foods. "I tried haggis in Scotland which is sheep's heart, liver and lungs stuffed inside its stomach. In Germany I had absinthe and absinthe ice cream and then I also had gelato 11 times while in Italy!" According to Gries, traveling abroad was overall a very educational experience where she encountered many new cultures and gained a new sense of independence.

Blackburn Alum Paul Kline participated in the

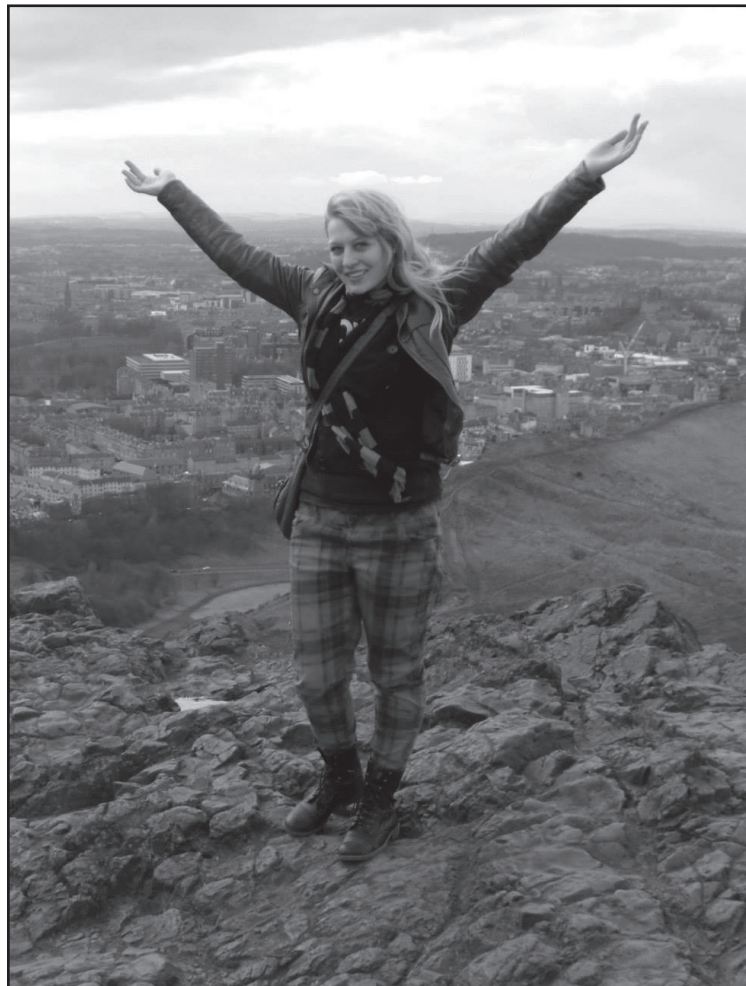


PHOTO COURTESY OF ANNELESE GRIES

**Anneliese Gries taking in her view while traveling. Gries participated in the Blackburn British Study Program in 2014**

program his junior year. Kline also graduated from Blackburn on time with a double major. Kline feels students should not let the fear of graduating

on time stop them from going. "In general, I found people were pretty willing to find a solution when it came to eliminating obstacles to study

abroad," said Kline.

Although the British Study Program is typically the one advertised around campus, there are other places Blackburn students can study abroad including Chile and Spain for Spanish majors; however, Wales is open to anyone regardless of their major. According to Jarrod Gray who is the current Study Abroad Coordinator, they hope to have an option for Ireland starting in fall 2016.

If students are interested in studying abroad elsewhere, they have to do the research and present the information to Gray. Although students can do this, Gray says the process is much more extensive, where they will end up paying more out of pocket. The reasons why Spain, Chile, Wales and potentially Ireland are chosen is because they are financially similar to Blackburn. However, since students will not physically be at Blackburn, they will not receive the tuition reduction from the Work Program.

If you're interested in studying abroad next semester, contact Gray immediately as he has extended the deadline for applications.

## When Life Gives You Fall, Have a Festival



PHOTO BY JAZILYN COLON

**Students sat on hay bales and at picnic tables outside while eating lunch during the festivities**

By Jazilyn Colon and Kyle Kutak

Fall Festival and Fall Preview Day are hosted by the Admissions Office and have been going on for the last four years. According to Student Ambassador Monica Rosas, "Fall Preview Day is an event Admissions [holds] for prospective students. Prospective students have the opportunity to come on campus

and get to do campus tours." According to Admissions Campus Visit Coordinator Haley Haynes, this year there was a total of 32 prospective students that signed up for Preview Day.

Director of Admissions Alisha Kapp stated, "Fall Festival is a way for the entire Blackburn community to come

together for a few hours of fun and good food. The goals of fall festival are for current students, staff and faculty to enjoy an afternoon together listening to music, playing games and eating some great food."

There were numerous activities for the students to participate in. Some of

the activities this year were Bobbin' for Apples, where participants saw how many apples they could bob for in a certain amount of time, Pumpkin Chunkin', where the goal was to "chunk," or throw, a pumpkin as far as possible, Hayrides, which were coordinated by Physical Plant, Pumpkin Races and the Fish Eye Fun Photo Booth. Winners of those events received prizes such as beaver tails, scarfs and candy. Sodexo also coordinated a cookout for the students. Sophomore marketing major Kayla Grove stated, "I love Fall Festival! My favorite activity is the Fish Eye Fun Photo Booth! This is a good time for the freshmen to see how close the community is because of the homey and family feel it gives off."

According to Haynes, "The whole point of Preview Day is to incorporate Fall Festival and that's a way to get our current students outside to enjoy the weather, to have a great time but to also let the prospects see what the

students are like and what they would experience here if they chose to come here."

Admissions worker Sara Hyneman stated, "Primarily, it's all about making sure the people who were here had fun. I think that it is just an overall good break for many current students."



PHOTO BY KYLE KUTAK

**Alex Greff presses his luck and goes for a prize**



# No Pressure, It's Only a Major Decision

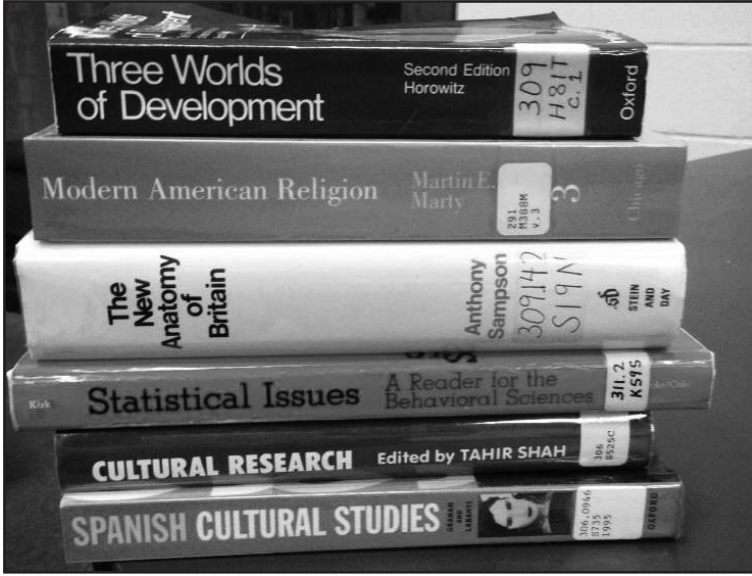


PHOTO BY ANGELA ANDREWS

At Blackburn, there are many majors to choose from

By Angela Andrews

Deciding on your major is something that you should think about and make sure of because it determines the rest of your career. For some, thoughts about what you wanted to be slowly change as you reach college. Other

students have switched their majors because they are given so much more perspective on life after college. Senior Natasha Anthony noted that in high school she wanted to be a lawyer or an architect. As a college freshman she majored in graphic design without considering all the aspects involved with that major. Anthony said, "I thought I was good in drawing, but then I started messing with the big dogs and I was just used to doodling on paper." After realizing that graphic design wasn't for her, she switched her major to criminal justice in her sophomore year. Anthony

felt that she wouldn't have been able to make real money in art and that it didn't fit her personality. For the past three years, she has stuck with criminal justice and is planning on becoming a juvenile probation officer or criminologist.

Though it sometimes takes a couple of changes to decide a major, the University of La Verne has statistics showing that 50% - 70% of students change their majors before graduating, and most will change their major at least three times. Junior Valerie Ferguson is one of many who has switched her major. She

had to change her major three times before settling with one she is completely comfortable with. As a freshman she was a major in communications but switched to fine arts after one semester. After switching from fine arts, she chose to double major in environmental biology and Spanish. She was passionate about fine arts, but she knew she couldn't keep up with it. She said, "I love biology and languages so I knew these majors were for me." Ferguson is comfortable with where she is and says that as long as she's happy it doesn't matter what job her major provides her in the future.

## They're Bringing Bowling Back

Those other clubs don't know how to act



PHOTO BY MARY KLINE

Gutterdusters club president Will Deters goes for a strike

By Mary Kline

There's a new club at Blackburn and they've got a lot of room to spare for new members. The Gutterdusters club meets once a week at the Bowlero Lanes bowling alley in Carlville to play a couple of games and to learn proper bowling etiquette. Basically, the goal of the club is to have fun while teaching members good sportsmanship and the proper techniques of bowling. The club president, Will Deters, has been bowling since he was four years old and he someday hopes to be a professional bowler. He works

at the bowling alley and he decided to start the club so that people who bowl, or people who want to learn how to bowl, will have people to play with. "You don't have to be really good at bowling, or even know how to bowl. We just want to make everyone feel welcome," said Deters.

It costs \$3.75 a game and \$2.00 to rent bowling shoes during the week. On Sundays it's \$2.75 to play a game. Soon, members of the Gutterdusters club will be receiving a discount. "We want to make it as available as possible to

everyone so that if they want to participate they can do that," said Deters. There are even members of the club assigned to drive people that want to play but don't have a car to the bowling alley.

The Gutterdusters club meets only on the weekend and they try to ensure that it's on a day that most of the members can make it. That way, students who would like to bowl but have a very busy schedule are more likely to be able to attend meetings.

## Eating Healthy on Campus

By Heidi Tyson

Eating healthy on campus can be hard to do, but not impossible. There are many different ways to fix healthy foods in your own dorm. One of my favorite options for breakfast is instant protein oatmeal. I like to use the Quaker Oatmeal brand with added protein. You can add water and heat it up in the microwave or heat water in a coffee pot and pour it over the oats.

Junior Katie Payne loves using her skillet to experiment with different recipes. One of her favorite meals to make is chili, which can be made using turkey meat if you are looking for a leaner option. "I suggest anyone who wants to cook either get a crock pot or an electric skillet. You can get either from Wal-Mart for less than \$20 and both are so versatile," says Payne.

George Foreman grills are also a great tool to utilize. I like to bring my grill down to the parlor of my dorm to make my meals. One of my favorite things to make is a Turkey Panini sandwich on wheat bread.

It's very simple to make and is perfect for lunch or dinner. Just add some vegetables and hummus dip on the side and you have a balanced meal of protein, carbs and fats.

If you have a sweet tooth and want a sweet and healthy snack before bed, try making a Greek yogurt parfait. "I use plain Greek yogurt with a little honey to sweeten it. I then cut up some fresh fruit, like

peaches, and add some granola on top," says senior Catherine Young. Yogurt is a great way to get in a good source of protein before bed.

Another way you can satisfy a sweet tooth in a healthy way is to make smoothies. I love using my Nutri bullet blender to make smoothies. I like to use almond milk, frozen mixed berries and a banana to sweeten it. Another way I like to use my blender is to make a protein pancake batter. I like to utilize the waffle iron in Ding to cook my batter and make fluffy protein waffles.

Protein Pancake Recipe

- ½ cup Kodiak Cakes pancake mix
- 2 Tbs. protein powder
- 1 egg white
- 1/3 cup of water

Depending on the flavor of protein powder, you can make many different flavors of waffles. You can also add fresh fruit on top.



PHOTO BY JESS WILLARD

Katie Payne making Mexican rice with her skillet



# A Time For Spiritual Connection

By Karlee Brimberry

With the stress of tests, homework, a job and maintaining a social life, sometimes life can get a little hectic. Often, students are unable to participate in certain campus clubs because of inconvenient meeting times. While taking all of this into consideration, College Chaplain and Pastoral Counselor Erica Brown has set up a meeting time for Worship Wednesday's at 9:30 p.m. in Clegg Chapel.

Although there are numerous activities on campus, not many are for religious purposes—however, this year is a little different. Brown has set up a time for students to congregate together in worship through music and devotionals. Brown stated that after being asked by a few students to start a weekly worship service, she wanted to make it happen. "In years past, I would usually get one student that would show up, so now it's nice that there are more students interested," said Brown.

Brown also allows this to be a time for students to bring their own topic choices to her on subjects they would like to learn more about. For

example, some services have been about praying while others have been worshipping through music. During the services, Blackburn's Senior Director of Development, Nate Rush is in charge of the music where he leads the group in songs with his guitar. "It's important to me that students have an opportunity to explore their spirituality regardless of what their faith tradition is—whether through an informal

worship session such as we're holding on Wednesday night, or through some other way. Music has been a huge part of my life, and I am grateful for the opportunity to share music with others whenever I am able," said Rush.

Brown also feels it is very important to include all denominations of faith into each service, so it can meet a diversity of spiritual needs. "Worship Wednesday gives

me the opportunity to take a night off from stress and get together with friends who help strengthen my spiritual relationship with Christ," said sophomore marketing major Kayla Grove.

Although Brown stated she is not interested in numbers, she would love to have as many students as possible come out and worship on Wednesday nights, no matter what their faith may be.



College Chaplain and Pastoral Counselor Erica Brown speaks to a group in fellowship for Worship Wednesday in Clegg Chapel

PHOTO BY KARLEE BRIMBERRY

## Is That Superwoman?

By Karlee Brimberry

Wife, mother of five, Bookstore, Auxiliary Services and Mailroom Supervisor are just a few roles that Auxiliary Services Manager Kim Peterson manages daily.

Peterson is behind the scenes of a lot of events on campus as well as the bookstore and mailroom. It is safe to say she is the backbone of many important tasks that take place on campus.

On a typical day you can find Peterson catching up on a huge amount of e-mails and also planning meetings, meetings and more meetings! Peterson meets with her student manager and assistant managers, administration and Physical Plant weekly. This is in addition to monthly meetings with the Facilities Task Force, Financial Services, Work Department Adviser meetings and also anything for special events on campus. Peterson stated, "When someone asks me my job description, I simply say I wear several different hats. I'm in charge of the campus bookstore and mailroom. And

then, I'm also in charge of any outside events that want to rent any of the facilities on campus as well as the campus calendar which is for any inside events for staff or faculty and students. I'm always in charge of keeping up with those events."

A short list of some of Peterson's other duties include: Process all incoming and outgoing mail, managing permits and business reply accounts, along with renting out Graham Hall guest rooms, managing vending machines around campus and also ordering caps and gowns for all faculty/staff and students for graduation and other special events such as inaugurations. Along with those duties, Peterson also runs the bookstore which involves ordering books, managing course adoptions, ordering and shipping inventory, clothing, merchandise, supplies and also book buybacks and returns. Peterson also meets with sales reps, maintains inventory, selects new items, marketing, monthly reports and pays bills.

Peterson is going into her ninth year at Blackburn. She has encountered lots of change in that time stating, "When I got here, all the walls were white and it was set up kind of like a bargain barn. There were no books on the shelves, everything was set up in the back of the store, so there has been a huge change that way. Then, in our auxiliary services department, I feel like it has changed because people are starting to rely on us more. Before, I don't think a lot of staff and faculty felt that their needs would be met or things wouldn't get done like how they wanted for an event. But now, I think we have changed that a lot because we try really hard to communicate the expectations of what they want to be met and we meet them."

Although Peterson wouldn't take credit for the positive changes in the bookstore, commenting, "It's crazy the difference in change that we've had in the Bookstore since I've gotten here, with all my student workers and

managers and the store itself. The store has changed in a positive way and it's all credited to those managers."

Her student workers feel she is the reason that the bookstore, mailroom and auxiliary serves all run so smoothly. In the environment of the bookstore, it's as if Peterson and the student workers are one big happy family, according to former bookstore manager Ashleigh Clendenny, "I think Kim is first and foremost an amazing person. She would do anything for us students who work in her department. We all joke and say that she has become our second mom because we ask for her opinion first." The feeling is definitely mutual according to Peterson who stated her favorite part about her job is working with all the bookstore workers, "They're honestly why I'm here. I've had some amazing workers and managers over the years," said Peterson.

## So You Can A



Eric Gudgel and Rachael Chong auditioning

By Mary Kline

The auditions for the skits of the 44th annual Madrigal Dinner got off to a slow start, with nobody showing for the first slot. Things were looking bleak but slowly and surely, students started to filter into the choir room of Bothwell. Soon, there were at least a dozen actors and actresses ready to compete for the leading roles. As they waited for their turns to audition, some of the performers entertained each other by singing, dancing and even teaching each other a little martial arts, while others concentrated completely on studying the lines that they would soon have to speak in front of the judges. This year, freshman Jason Wasson received the prestigious role of Jester in the Madrigal skits. Wasson has acted in four high school musicals and madrigals. He also played the part of Shrek in "Shrek the Musical." "When I realized I had gotten the part of Jester, I was completely overwhelmed because I had never even expected that a

ST  
**PRIMA**

PACKA

116 S. PLUM, CA

FIND US O

PHONE: 2

FAX: 23

starsprimal



# u Think You ct?



on for the Madrigal Skits

PHOTO BY MARY KLINE

freshman like myself would've gotten such an important role. I am truly honored," Wasson said.

In order to make it as a Madrigal performer, a person has to fit certain requirements. "We look for people that can be heard, who are loud and can speak clearly and are able to be funny. When I'm watching during auditions, I'm specifically looking for people who have a sense of the text and read with some kind of expression," said chair of the Department of Performing Arts, Choir Director and auditions judge Dr. Elizabeth Zobel.

The Madrigal Dinner is a long-standing tradition at Blackburn College. It features a Renaissance style feast along with Madrigal music. "A Madrigal itself is a musical form of the Renaissance, a secular vocal music for an ensemble, usually a small ensemble and the range can be anywhere from four to eight parts. They are small choral works, unaccompanied,

usually written on topics of love and spring," said Zobel. The Blackburn Voices will be singing a variety of Madrigal songs, during one of which an actual taxidermied boar's head will be passed around!

A lot of work goes into the preparation of the Madrigal Dinners. "The biggest part of preparing would be, musically, the Blackburn Voices rehearsing music twice a week. It involves learning all that repertoire and memorizing and perfecting it and making it beautiful and entertaining for the audience," said Zobel. The music assistants at Bothwell do a lot of work in preparation as well. They have to organize everything for the banquet, including the menus, the decorations, the skits and ensuring that everything will run smoothly throughout the two evenings of the feast. This year, the dinner will be held on November 21 and 22. The tickets will be \$30 a person and for Blackburn students it will be \$15 or two meal swipes.

# It is ok to get help E.A.S.T Program on Campus

By Jazilyn Colon

Now that we are nearing mid semester, it's almost that time of year where grades begin to slack and students fall behind. That's where the E.A.S.T program comes in, but what exactly is E.A.S.T? According to Freshmen Resident Assistant Morgan Baldner, E.A.S.T stands for Early Alert Support Team.

According to Vice President and Dean of Student Affairs Heidi Heinz, "E.A.S.T has been in operation for about 10 years and was started by Rob Weis when he held the role of Director of Counseling Services."

According to President Comerford, there are actually two E.A.S.T programs on campus. One is for freshmen ran by Heinz, some of the workers in student life and all freshman advisors. The other is for all returning students. Comerford went on to say that E.A.S.T "is sort of a broad idea of trying to identify students who are struggling academically, socially, financially, whatever it might be early so that you can try to intervene and helped

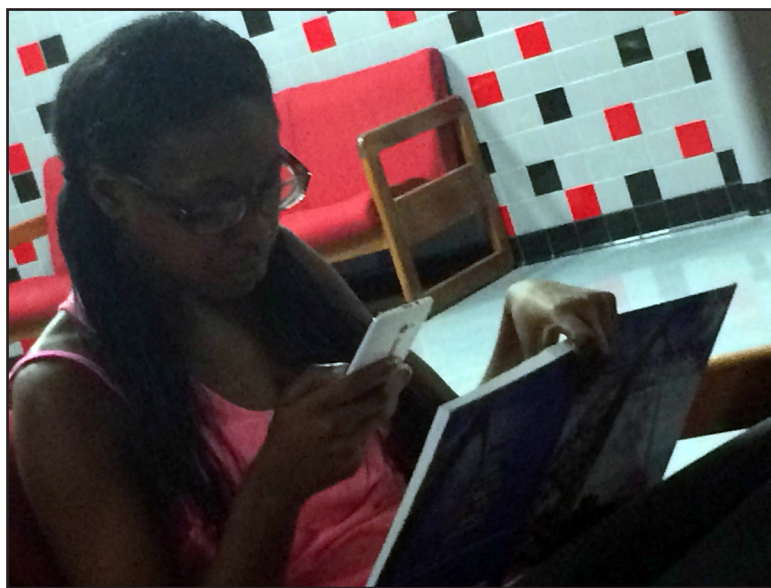


PHOTO BY JAZILYN COLON

Asia Coleman taking her psychology test on her phone

Blackburn this year.

Baldner said that she thought the program was beneficial "because a lot of

ask. Letting them know it is ok to get help."

Heinz mentioned, "The goal of E.A.S.T is to have all students number one, succeed, and number two, connect with the campus. According to President Comerford because of this program "4 week grades were a lot better this semester than last fall." Comerford mentioned that he thinks "it's important for a small college that we do everything we can to not just wait for students to crash, but intervene and help them." He continued by saying, "I think E.A.S.T as a vehicle to do that is very important."

Heinz stated, "E.A.S.T is just one of the tools that Blackburn utilizes. We are a small, caring community and we will consistently work hard to make sure that all students know the resources available to them to help them succeed."

**"We are a small, caring community and we will consistently work hard to make sure that all students know the resources available to them to help them succeed."**

**- Heidi Heinz**

them before it is too late."

Comerford stated that "if you let some of these issues fester too long then you can't recover academically, you can't recover financially. Whatever is going on, if you don't get to them quickly you could lose the student and that will be bad for everybody." This idea of two E.A.S.T groups is new to

students come in not realizing that college curriculum is a lot harder than high school curriculum. So they do really well in high school without doing really any kind of studying. They don't realize that they need the help and a lot of them don't want to ask for the help. So E.A.S.T comes to them without them having to

**RR'S**  
**MEATS**  
&  
**LIQUOR**

**SPRINGFIELD, IL 62626**

ON FACEBOOK  
217-854-7746  
7-854-STAR  
meats@ymail.com

HOURS	
Mon - Thurs	9 a.m. - 9 p.m.
Fri - Sat	9 a.m. - 10 p.m.
Sun	10 a.m. - 6 p.m.

PERSONAL CUTS	
Mon - Sat	9 a.m. - 6 p.m.
Sun	10 a.m. - 4 p.m.

MEAT CASE	
Cut meats available until close.	

BEER • SPIRITS • WINE

BEEF (Choice or Higher)  
PORK (Premium 100% Natural)  
CHICKEN (Antibiotic Free)  
SEAFOOD (Premium)  
FULL DELI

• DRIVE-THRU SERVICE •

Department of Modern Languages

**Did you know?**

Spanish is the official language of 22 countries, and is spoken by over half a billion people worldwide, including millions right here in the US.

A second language is a lifelong SKILL that improves job prospects, increases salary, and enhances quality of life.

**Spanish**  
**Conversation Hour**  
**Every Tues. and Fri.**  
**11 to 12:30 in Ding**

**spanish@blackburn.edu**



# The VORTEX: An Opportunity to Practice the Craft of Writing

By Jess Willard

The VORTEX is Blackburn's literary magazine sponsored by the English and communications department. It is usually released every other year; however, the department decided they

current issue of the VORTEX. Winners of the Louise-Allen creative writing competition were automatically added to the issue. Junior creative writing and psychology major Katie Payne is the president

VORTEX had already been established by the time she was employed by Blackburn in 1989. The literary magazine started in 1950 and was known as the Scroll. It began as a collection of nine pieces

**“A college literary magazine is the place where the beginning artist can practice his craft and provoke the criticism he needs.”**

## - 1954 Vortex

wanted to make the magazine an annual production. Chair of English and communications Dr. Naomi Crummey is excited for this change and believes many students have good work to put out there. She said, “Professional writing, creative writing and design majors deserve a chance to take part in a hands-on experience that other colleges don't have.” Submissions were sent in on Oct. 1 and were open to students, faculty, staff and alumni.

The creative writing club Lethologica selected the pieces to be put in the

of Lethologica and was on the submissions board. She mentioned that past submissions were reviewed by a class, but Lethologica was offered the responsibility this year. The board included some members of the club and students with literary interest. “This is something you can put on a resume,” Payne said. “It's good experience for those looking to go into editing or any sort of publication or print.” The board reviewed 59 written submissions as well as several visual art submissions.

English professor Dr. Ren Draya mentioned that the

written by students. One excerpt from the 1954 issue of the Scroll said, “A college literary magazine has positive functions. It is the place where the beginning artist can practice his craft and provoke the criticism he needs. It is always the possible cradle of a great career in letters.” The literary magazine grew as interest was piqued and eventually became the VORTEX in 1962.

Last year, Draya taught Workshop: Exploring Genres (WR 252), and that class put together the final result of the 2014-15 VORTEX. Production and publication



PHOTO BY JESS WILLARD

Students with a literary interest gather in Lumpkin Learning Commons for the creative writing club Lethologica. Lethologica was involved with ranking the submissions for the VORTEX this year

(WR/AR 468) taught by Dr. Mark Benedetti and Professor Newsom will be producing this year's issue. Copy editing, layout and design are just a few of their tasks. “I am happy to say this was a student made project,” Draya said. “It's a visual, tactile representation of Blackburn. People in admissions take current copies to high schools, alumni like to see new issues and writers get two copies to keep.” The new issue of the VORTEX will be out in spring 2016.

Freshman professional writing major Kara Aldridge-Folger submitted one short story to the literary magazine this year. She said, “I felt inspired to write my piece, and I hope to see it in the VORTEX.” She admitted that she enjoys peeking through issues of the magazine and

was interested in the stories that were realistic. She would consider writing for the VORTEX again. Senior elementary education major Elizabeth Meehan submitted ten pieces to the magazine this year. In the two issues she previously submitted to, she only wrote one piece for each. “I felt like there was a multitude of submissions I needed to send, and I was disappointed with only sending in one piece after seeing how many others submitted,” said Meehan. She recommended that students send their work to the VORTEX. “It gives you a place to show off,” she said.

*Note: The author of this article is the Vice President of Lethologica and was on the submissions board for the VORTEX.*

# Blackburn Blackburn

By Karlee Brimberry

The Blackburn art department has very big plans for this semester. Art Department Chair Craig Newsom plans to collaborate with another college. Although the two colleges don't share the same department, they do share the same name. Blackburn College plans to partner up with another Blackburn College located in the United Kingdom in hopes of creating an international connection.

Over the summer, the Program Leader in Fine Art at Blackburn UK, Dr. Joanna Sperryn-Jones, contacted Newsom, asking if the art department would be interested in some form of collaboration.

Although the specific plans are still being decided, Sperryn-Jones and Newsom are working together to gather ten students from their

departments to collaborate on projects. Each student will communicate with one another on the different aspects of their living environments on campus and difference in cultures. As of now, Art Club is being used as a gathering point; however, this experience is not limited to Art Club members only.

Newsom feels that this project is about being connected to the world and not being isolated from others, as well as the environment where it will raise student awareness of cultural diversity. “It's about viewing your work and yourself as part of something larger than just the immediate surroundings,” said Newsom. He also stressed the importance of this project as it connects both sets of students internationally. “Another set of voices with very different experiences from which to

draw and a way of seeing their work connected to the larger world,” said Newsom.

Although the two colleges are on different schedules and time zones, Sperryn-Jones and Newsom plan to have the potential project up and going by the end of the fall semester. Co-President of Art Club Brandon Secrist is very excited to get the two colleges to collaborate and create something with cultural diversity. “If this is something that we're going to put our name on as Blackburn College, I think it is very important to make sure it is quality work,” said Secrist. “And in order to achieve that result, I think we need to be organized about the way we approach it and there needs to be a set of standards that we are going to hand in as finished work.”

## What's Your Sign?

By Courtney Egner

Do you believe that the month you were born can determine your personality? What if the way the stars are aligned could predict events and happenings in your life? This would be your horoscope. Your horoscope charts the alignment of the sun, moon and stars for a date and time, and was believed to provide answers to chaos in ancient Babylon, according to Astrologers.com. You've probably seen various online posts with titles like “The Signs As Pizza Toppings” and “The Signs as Top 40 Songs” or links shared by someone whose daily horoscope is shockingly accurate. You might know a person who lives by what their horoscope tells them and who firmly believes that their characteristics and personality traits accurately match their Zodiac sign.

There are twelve total Zodiac signs: Aquarius, Pisces, Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio,

Sagittarius and Capricorn. All zodiacs are also represented by one of the four elements: air, fire, earth and water. Can these minor factors of the time we were born and the alignment of the planets and stars really provide us insight to our own lives?

Senior sports management major Alexis Richie seems to believe so. Richie has three different horoscope apps on her phone and reads them daily. “I get a notification every morning at 8 a.m. for my horoscope. I like to read them to see what my day might entail; however, they're not always accurate. At times I feel that I mentally focus myself towards the attitude of the scope, just because I want to believe in them. Then other days, I want to prove my scope wrong, so I go against what it says.”

Senior education major Ethan Klaffer offers a counterpoint as to why he does

CONTINUED ON PAGE 9



# Battle of the Blocks



PHOTO COURTESY OF REECE BENNETT

PHOTO COURTESY OF DOWNLOADSOURCE.FR

Terraria (pictured left) and Minecraft (pictured right) are both games focused around exploration of caves and tunnels to find rare loot that you can craft into new items

By Bryan Bethel

In recent years, a surprising new genre of video game has sold over 100 million copies since it has come out: open-world mining games. With almost no specific goals other than to survive and build, these games leave it up to the player to decide what to do next rather than have a set list of objectives. Minecraft is one such game set in a 3D universe, allowing players to deconstruct almost anything they see around them and using resources to build houses for protection, as well as craft new items.

While Minecraft may be the first mining game to come to many gamer's minds, Terraria is another such game that is enjoyed by millions. Unlike Minecraft, Terraria is set in a randomly generated 2D world but is still heavily focused on mining resources for crafting and building. Both games offer almost no

in-game instructions and can be difficult for new players to pick up. But once you get the hang of them, it is easy to

structures while Terraria is more action-based, with many enemies and bosses to battle against. Some students,

houses in 3D too!" Others, like junior mathematics major Andrew Kirby, prefer the fighting-

ground. Senior computer science major Shane Nalezty said, "I like to play both games, honestly. For me, it's not so much about how each game is different; I just like to play online with my friends."

For me personally, right now I'm totally hooked on Terraria. I love building extravagant bases for the game's non-playable characters, and the challenge presented in Terraria is much more exciting than playing Minecraft.

What do you think? Do you have a strong preference for Minecraft or "Terraria?" If so, tell us about it! Send an email to [burnian@blackburn.edu](mailto:burnian@blackburn.edu) or hit us up on Facebook or Twitter explaining which game you like better. Your opinion could be featured in the next issue of The 'Burnian!

**"It's not so much about how each game is different, I just like to play online with my friends."**

**- Shane Nalezty**

spend hours collecting blocks and improving your builds. Even though both games have similar characteristics, their fans are usually partial to either one or the other.

So which game is actually better? Well, that question is difficult to answer and depends on what kind of playstyle you prefer. Minecraft is focused around building extravagant

such as junior Mitch Elliott, prefer the building aspect of Minecraft. "I like Minecraft more because of how focused on building the game is," said Elliot. "I've made a cool fort with several stories, a barn and even a room for my bonsai trees on my server. Yeah, you can do that on Terraria too, but it's much easier to build on Minecraft and I can see my

based gameplay of Terraria. "While building is cool and all, I always like fighting new enemies and crafting newer and better weapons," said Kirby. "I have a bow in Terraria that instead of shooting arrows shoots angry bees that chase the enemy. You just can't do that in Minecraft."

And of course there are those that take the middle

## What's Your Sign?

CONTINUED FROM PAGE 8

not believe in horoscopes. "As a Christian I don't believe in signs, fortunes or mediums. However, I think that they are interesting. I have found some characteristics of signs to be true for certain individuals. Leos, like myself, are supposed to be confident, but I'm not. But they are also passionate about what they believe in, which I am."

Are horoscopes really worth your time? It depends on if you want them to. Most horoscope apps are free and are easily accessible online. If you want to know what the stars have in store for you, it's very easy to find. How you decide to interpret your horoscope is up to you. How do you see the stars?



Written by Sarah Collman

Illustrated by Bryan Bethel



# Talk To Tim

## Dealing with loss

By Tim Morenz

Greetings and Salutations, Blackburn College! We have a lot to talk about today, so let's get to it!

Dear Tim,

"I had a really close friend who recently died tragically. This time of year is particularly hard. Any tips on dealing with loss?" -Grieving

Dear Grieving,

I am so sorry for your loss. Anything that we love, we can lose. It happens to us all, but we experience it in different ways. Loss doesn't cheapen the love that you experienced or dull the grief that comes with it. No two people deal with grief the same way, but there are some guiding principles that might help:

1. Give yourself permission to grieve for however long it takes. Healing comes in time. No one gets to

dictate how long you get to grieve, only you do.

2. The only things we can carry with us are memories. Try to develop as many positive memories as you can, even if they are few.

3. Take care of yourself physically. Try to avoid drugs, alcohol and self-injury as coping mechanisms.

4. Reach out to someone for support. However, grief can be "tricky" at times, and sometimes the best choice for support is a professional.

5. Birthdays, holidays and anniversaries can be especially difficult. Don't let the calendar determine how you grieve, figure out a plan.

6. There is no "right thing" to say to someone who is grieving other than "I am sorry for your loss." However, there are plenty of wrong things to say like "get over



PHOTO BY AURORA GRIMMETT

Tim Morenz, College Counselor

it" or "everything happens for a reason" or "it will all work out." If you don't know what to say, be patient and listen. Sometimes sitting with someone in silence is exactly what they need.

7. Develop an appreciation for rituals. Look to other cultures or faith

traditions for inspiration for ideas on how they do it as insight for your own.

Speaking of other traditions, I wanted to make you aware of something special at Blackburn in cooperation with the Office(s) of Counseling Services, Diversity and Inclusion, Dept. of Modern Languages, and Spiritual Life. We will be hosting a series of activities celebrating "Dia de los Muertos" (Day of the Dead) culminating in a special celebration in the Lumpkin Learning Commons on Monday, November 2, 2015 at 7 p.m. Dia de los Muertos is a Mexican holiday focusing on gathering family and friends to remember and pray for those who have died and to help support their spiritual journey. It is celebrated by constructing altars, ceremonies of remembrance, laughter and

dancing, and with the favorite foods and beverages of the deceased. You are invited to participate in the ways that you find most meaningful. Pay attention to announcements for more details as they come.

That should about do it for today. As always, we are here to help and serve.

Until next time, BEAVER NATION!

*About the author: Tim Morenz has a MA in Counseling Psychology and has been licensed in the State of Illinois since 1997 as a Clinical Professional Counselor. He has been working in the Mental Health and Substance Abuse field since 1991. You can email your comments, questions or concerns to him at tim.morenz@blackburn.edu. He is trying to live up to Emerson's advice and "Finish each day and be done with it."*

# But first, YOU. Make Self-Care Matter

By Jess Willard

The idea of slowing down and taking some time to yourself may seem far-fetched. You have deadlines to meet for homework and most of your free time is taken up by work or extra-curricular activities. It seems like you can't find time for yourself, but your well-being needs to be a priority. As someone who suffers from anxiety on a daily basis, I assure you that leaving time for yourself can relieve a lot of your stress. Taking advantage of the counseling programs on campus as well as the mindfulness opportunities will give you that much needed me-time.

College counselor Tim Morenz offers three options for counseling: peer-counseling, meeting with the graduate intern or meeting with him. "You don't need to have a problem to come talk to somebody," he said. He suggested that students come meet with him first to discuss what is going on, so he can

give a list of suggestions. Usually, students can choose which counseling option they prefer. I have encountered those who told me they didn't think counseling would help them because they could solve their own problems. However, I found that I could not face my problems on my own. The counseling department not only listened to my concerns, but they gave me advice on how to face them.

If you find that counseling is not your preferred method of self-care, you have the option of attending the mindfulness opportunities. The way Morenz teaches meditation actually redefined the practice for me. I always assumed your mind had to be completely clear to meditate effectively. I learned that that is not the case. Meditation allows me to reflect on the day's events and look at them with a thoughtful perspective rather than stressing about them. It is offered on Mondays

and Wednesdays at 5 p.m., and qigong and tai chi are offered on Thursdays at 5 p.m. They both take place in the Private Dining Room (PDR) located behind the Stuart Conference Room in Woodson. Trauma informed yoga is another option available only to those who are invited by Morenz.

Some professors have even taken steps to introduce self-care in a classroom setting. Chair of philosophy and religion Dr. Carter Aikin teaches a course called Being Human (PR 201). The class has a focus on discovering meaning in life. This year, he chose to utilize counseling services and meditation as a resource for the class. Students are required to attend either 5 counseling or meditation sessions. "In Being Human, attention to the self is an irreplaceable resource," he said. "Mindfulness is a great tool as well." I am currently taking this class as a way for me to figure out my own path in

life. I believe the requirements of the class have helped me take better care of myself. They give me the extra push to spend time with myself and just think.

From my own experience, I have found that Blackburn

offers a lot of great options for self-care. It just needs to be emphasized more. When considering the creed of Blackburn to learn, work and earn, remember that your personal needs should come first.

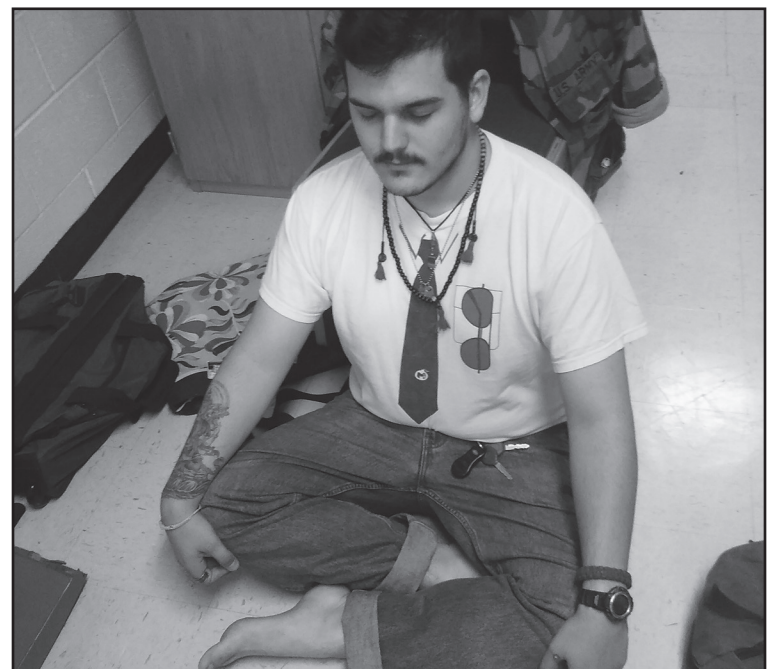


PHOTO BY JESS WILLARD

Peer counselor Jesse Medina demonstrates how students can do meditation poses in their room. Here, he displays how to do an easier modification of the half-lotus pose

## THE BURNIAN

### EDITORIAL STAFF

EDITOR-IN-CHIEF: Sarah Collman  
 ASSISTANT EDITOR: Jordyn Smith  
 DESIGN & LAYOUT EDITOR: Noah Daum  
 ASSISTANT DESIGN & LAYOUT: Bryan Bethel  
 ADVERTISING & SOCIAL MEDIA: Rebecca Sprinkel  
 FACULTY ADVISOR/EDITOR: Dr. Natasha Casey  
 FACULTY EDITOR: Dr. Karen Dillon

PUBLISHER Edwardsville Intelligencer

### STAFF WRITERS

Angela Andrews  
 Karlee Brimberry  
 Jazilyn Colon  
 Logan Early  
 Courtney Egner  
 Robert Fagg  
 Mary Kline  
 Kyle Kutak  
 Brendan Riley Lersch  
 Heidi Tyson  
 Jess Willard

### MISSION STATEMENT

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

### LETTERS TO THE EDITOR

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

### GUEST COMMENTARIES

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



# Plank Through the Pain

By Heidi Tyson

Planks are one of the most hated exercises because of their difficulty. This could be because planks work many muscles simultaneously in your arms, core and legs. This exercise challenges your balance and mental focus as well. Planks can be a very versatile exercise. There are many different variations to try that will challenge you even further.

Before trying out these plank variations you must first have a good understanding of how to do a proper front plank. Start by getting into a push up position with your hands directly under your shoulders. Keep your arms locked and keep your core tight and body straight. If you wish to make this a bit more challenging, try this position on your forearms

with your elbows directly under your shoulders and your forearms straight out in front.

Once you have the basic plank form down, you can move on to more variations. The first variation is a standard plank with shoulder touches. Start in the basic plank pose and lift one arm at a time to touch the opposite shoulder. Doing this makes you focus on balance and stability because you must keep yourself steady as you lift your arm off the floor.

The next variation is more of an intermediate move called knee to elbow plank. Start in the basic plank pose and bring your knee in towards your elbow, then back to the starting position. Do the same for the other knee. To target different parts of the core, you can

bring your knee in towards the opposite elbow or bring your knee out to the same elbow.

The last variation is the most difficult to perform and challenges your balance, core and back muscles. This movement is called the plank row. Grab a pair of dumbbells and get into plank position while holding the dumbbells directly under your shoulders. Bring one arm up at a time, keeping your elbow tucked close to your body. Focus on using your back muscles to lift the weight. Bring the dumbbell back down and repeat on the other side. To make this even more challenging, perform a push up on the dumbbells in between each set of rows. Keep your elbows tucked close to your body to work your triceps.



Basic front plank



Knee to elbow plank



Dumbbell row plank

PHOTOS BY JESS WILLARD

## HEALTH TIP

There are many great vegetarian and vegan sources of protein to try. Quinoa is a protein packed grain that is considered a “perfect protein” because it contains all nine essential amino acids that the body needs for growth and repair. One cup equals over 8 grams of protein.

# Beavers Take a Bite Out of Alumni

By Robert Fagg

This fall, the Blackburn baseball program has had 16 practices, including two games against Robert Morris in Springfield and the annual Steak Series. During the fall season the Blackburn Beaver baseball team also competed in an exhibition game earlier this month against former Blackburn players. This gave the current team a chance to compete against Beavers of years past in a semi-competitive environment. It also acted as an unofficial close to the fall season for Blackburn, only having a few practices afterward to prepare them for their winter off and then officially begin their season in late January. This year's Blackburn team defeated the alumni 4-2.

Playing against the alumni has been going on for at least

the past four years, according to Jared Jones, senior first baseman. Jones talked about how competitive the game truly is, even though the final score doesn't count towards a win/loss record in the end. Jones also went on to explain how much of an opportunity it is to hear stories about baseball and being a Beaver with the alumni having graduated from Blackburn. Jones also talked about how this year was a little different than previous years, "...for the seniors, we were fortunate enough to be teammates with many of the guys on the alumni team. It allows us to see each other again, catch up, and have a friendly competition." After the game, there is a cookout where the alumni and family and the current players and their families all can talk about

baseball or the Blackburn experience in a relaxed environment.

According to head baseball coach Mike Neal, the alumni were all leaders in the conference when they were in school here. "These guys (the alumni) are your biggest fans," according to Neal. "But, they aren't going to let you forget if they beat you."

The alumni got on the board early in the game, scoring two runs in the second inning. The current Beavers answered back, though, scoring two runs of their own in the sixth and eighth innings, respectively capping off their 4-2 victory.

**Do you have a sports question you have always wanted to ask but didn't know where to go?**

Well look no further. Staff writer Robert Fagg is here to answer any questions you have about sports: rules you don't understand, history of a sport, specific terminology, just any question about sports at all. Email your questions to [robert.fagg@blackburn.edu](mailto:robert.fagg@blackburn.edu) with the subject "Sports question for 'Burnian."



**Sol de Mexico Mexican Restaurant**



207 N. Broad, Carlinville  
**217-854-6228**  
 \*Call ahead for carryouts\*

**Blackburn Students:**  
 10% off with Student ID  
 (not valid with any other offer)

Hours:  
 Sun-Thurs: 11 a.m.-9 p.m.  
 Fri & Sat: 11 a.m.-10 p.m.

✂

- 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.  
 Carlinville, IL

Email: [bodyfit.carlinville@gmail.com](mailto:bodyfit.carlinville@gmail.com)  
[www.bodyfitcarlinville.com](http://www.bodyfitcarlinville.com)

**BodyFit Blackburn Student Semester Special**

4 month membership  
 Including unlimited tanning  
 Lowest price available in town  
**All for \$100 That's \$25 a month!**



# Blackburn College Now Streaming from The Cube

CONTINUED FROM PAGE 1

Cube is used by both high schools and colleges as a part of their streaming service. According to thecube.com, they have broadcasted over 8,900 events through their site with more than 41,600 hours of live moments shown.

Harper saw the missing opportunity of not streaming games and wanted to change that, but he didn't do this by himself. Head women's basketball coach Katie Fonseca helped with the research and proposing the idea to the rest of the Athletics department. Fonseca noted some issues with the other sites. "If we were to stream through Presto, the company that does our website, it would cost roughly

\$3,000 a year for unlimited games," said Fonseca. "That's not a bad deal, but we just don't have that kind of money. The other sites, Ustream and Livestream, cost money as well to stream. Since The Cube is free, we all thought this was the best option."

There are a few downsides at the moment, but these will get worked out eventually as this is such a new program. One of these is that the sports that are able to be streamed are only those in the gym. Fonseca said, "There is no WIFI at the soccer and baseball fields yet, so we can't get those in right now. That is our eventual plan though."

Streaming on The

Cube also benefits other departments.

Fonseca mentioned the possibility of doing live broadcasting and color commentary along with the live stream. She also mentioned the possibility of doing a half time report during the games, giving students who want to do that as a career the opportunity to build their portfolios. Harper also noted the versatility of The Cube. He mentioned that the performing arts department would also benefit from this, being able to put their productions online for parents and grandparents who would be unable to come see the performance in person.

## Upcoming Sports Events

### Blackburn College Men and Women's XC Schedule

Oct 31 SLIAC at Hillsboro 10:30AM

### Blackburn College Men's Soccer Schedule

Oct. 24 at Spalding 1:00 PM

Oct. 27 Iowa Wesleyan 1:00 PM

Oct. 31 at Eureka 1:00 PM

### Blackburn College Women's Soccer Schedule

Oct. 24 at Spalding 3:00 PM

Oct. 27 Iowa Wesleyan 3:00 PM

Oct. 31 at Eureka 3:00 PM

### Blackburn College Women's Volleyball Schedule

Oct. 24 at Greenville 11:00 AM

Oct. 27 Fontbonne 7:00 PM

Nov. 3 at Webster 7:00 PM

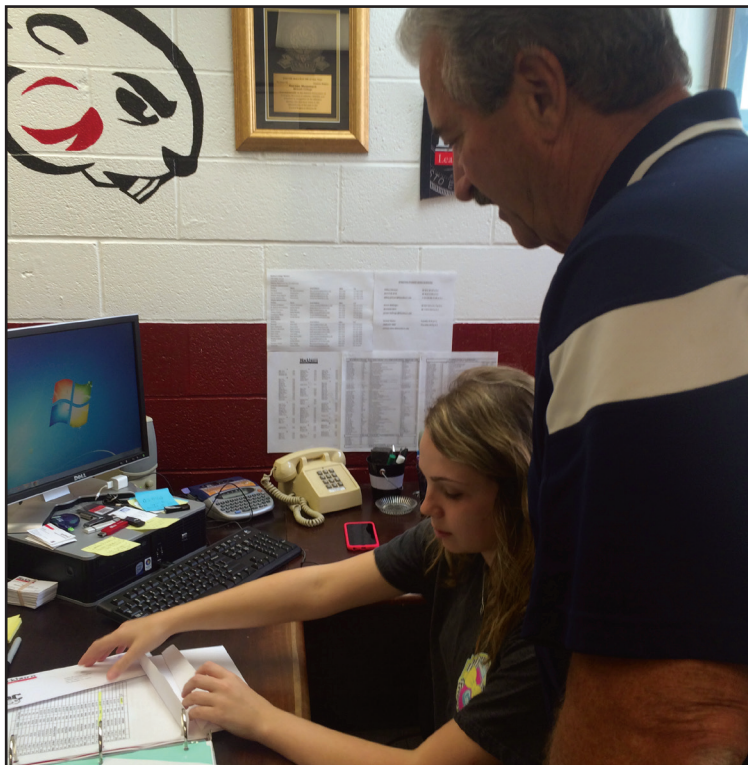
## Get to Know The New Athletic Director

PHOTO BY KYLE KUTAK

Mr. Vernon Mummert and freshman Student Worker Abbey Johnson working on logging information for travel

By Kyle Kutak

The new athletic director at Blackburn, Vernon Mummert, is originally from Baltimore, Maryland. He has been in higher education for 40 years, working on a college campus since 1975. Mummert worked at his alma mater, McDaniel College (called Western Maryland College then) for 2 years as a resident director and assistant soccer and lacrosse coach from 1975-1977. He worked at Drew University in New Jersey for 17 years. While there, he coached men's soccer and tennis, was an



administrator, chairman of the physical education department and an associate professor of physical education. Mummert says he prefers Division III or small colleges because he likes the atmosphere.

Mummert stated, "I chose Blackburn because it is a unique challenge. It's a different place, a small liberal arts college and it's a work college." He also wants to make a positive difference here, which he believes he will do. Mummert also stated, "I think it is a real plus that we have the work program here. The expectations are different and we are trying to raise the bar in terms of how we do

things. I think the students do an admirable job."

Some of the changes he would like to institute include: obtaining more assistant coaches and additional budgetary support in the recruiting areas and team travel, which will be fundraised by the sports teams; solidifying the athletic department and making it become stable again; contributing athletics to current students so that it can make a positive impact on student enrollment and hoping to get the teams above five hundred. "This is realistic though, and I am looking forward to the challenge," said Mummert.

## Connect with your Athletic Trainer Malia Murphy

By Angela Andrews

Along with the hiring of new coaches this year, Blackburn also hired athletic trainer Malia Murphy. Murphy was born and raised in Colorado Springs, Colorado where she graduated from Pine Springs High School. Growing up she always loved sports and helping people. Though she says she wasn't too great at playing sports, she knew she wanted a career in the athletic field. Murphy graduated from the University of Las Vegas in 2008. While in college she worked full time at Desert Pines High School as graduate assistant. After graduating Murphy was offered another two years at the high school. From there she moved to Lakewood, New York where she worked at a physical

therapy clinic helping with rehabilitation. Moving from New York, Murphy ended up in Elgin, Illinois, a suburb of Chicago, where she worked at Judson University for two and a half years. Again working in accelerated rehabilitation and physical therapy.

Looking for a change and a more permanent job, she found out about Blackburn through an online hiring website. Moving to Carlinville was definitely a change for Murphy. "It is something I would have to get used to since I've always lived in large cities," said Murphy. She is enjoying the change so far because she wanted to work at a smaller school and even though she is taking on a challenge with more responsibilities, she

enjoys her job because it's something different every day. The responsibilities that she is not used to handling are paperwork, redshirting (which is someone who is held from competition for a year but doesn't lose a year of eligibility), and working with so many athletes from different sports at once.

She loves what she does as an athletic trainer because for the most part she likes being outside. "I wouldn't want to sit in an office all day," she said. Being around athletes all her life Murphy likes the fact that her students are excited and ready to get back to playing. Sophomore Halle Engel works in the athletic training office with Murphy and said, "She's really fun to be around, and



PHOTO BY ANGELA ANDREWS

Blackburn's Head Athletic Trainer Malia Murphy helps Sophomore Meghan Sykora

has a lot of knowledge." Engel helps around the office taping ankles, stretching students and

doing treatments. She feels that working with Murphy is a cool and exciting experience.