

THE BURNIAN

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

Redefining VAWA: How This Could Affect You

By Jess Willard

For those seeking to file a report on the Blackburn campus in regards to dating violence, domestic violence, sexual assault or stalking, the Violence Against Women Act (VAWA) was reauthorized to strengthen your rights as a victim. The new regulations went into effect on July 1. According to the National Network to End Domestic Violence, “VAWA is the cornerstone of our nation’s response to domestic and sexual violence.” The organization’s website mentioned that the reauthorized act will require colleges to record and report instances of dating violence. Colleges must also create plans to prevent this type of violence and educate victims of their rights and resources available to them.

Director of Campus Security Morrison Fraser acknowledged that stalking was added to the reporting criteria. This allows stalking cases to appear in the annual Campus Safety and Security Survey. He said, “Hopefully by [these changes], students will feel more comfortable with reporting stalking or

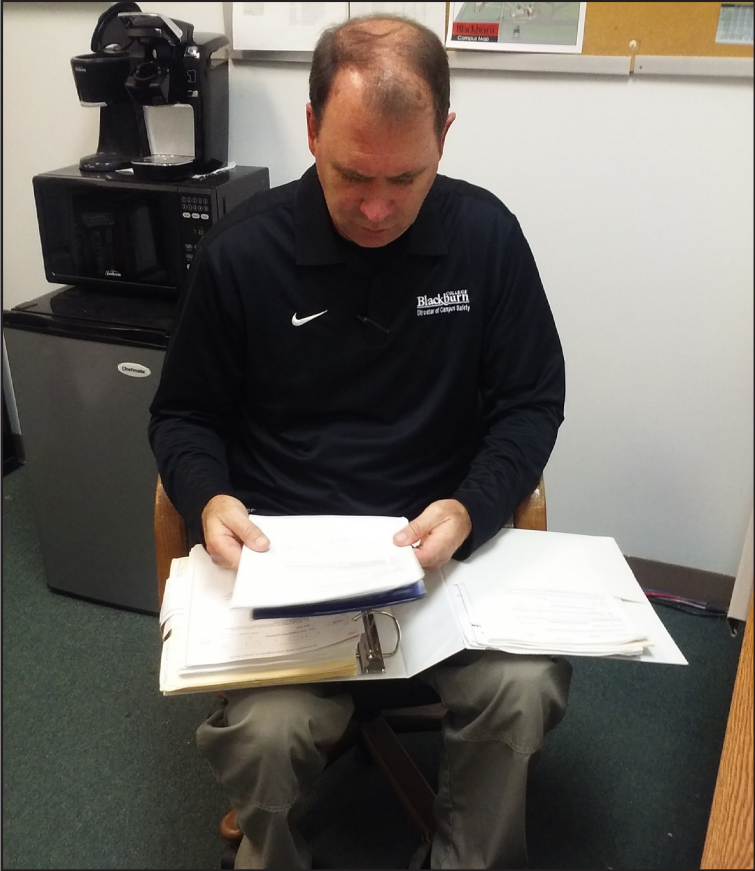


PHOTO BY JESS WILLARD

Director of Campus Security Morrison Fraser hopes that the reauthorization of the VAWA will allow students to feel more comfortable with reporting their cases

harassment cases.” So far this semester, three stalking cases were filed as well as two sexual assault cases. On the Student Handbook pages 29 through 38, the sexual conduct

policy is defined, students are informed of their rights when reporting sexual harassment cases and contact options for sexual misconduct are given. However, Fraser would like to prevent students from being in these situations to begin with. “Intuition tells you something isn’t right so don’t ignore it,” he said. “We’re given it for a reason.” According to Fraser, if students recognize that someone else is in immediate danger, they should do something about the situation.

Dating and sexual violence

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“Hopefully by these changes, students will feel more comfortable with reporting stalking or harassment cases.”

-Morrison Fraser

What’s the Hold Up with Campus Maintenance?

By Jazilyn Colon

Being in a dorm hall has its advantages, such as being able to see your friends all the time, 24-hour study groups and advice whenever you need it. However, there are also disadvantages. These can range from sharing the bathroom or the laundry room, even everyone using the Wi-Fi. A major downfall to being in a dorm can be that when something breaks down it takes a significant amount of time to get it fixed. Recently, all the washers in Jewel Hall were broken and it took three and a half weeks to get them fixed. Many students like freshman pre-law and business double major Cheyenne Wilson were outraged, asking, “Why does it take so long?”

Wilson angrily stated, “It [washers getting fixed] takes forever and it is frustrating.” The same frustration was evident when the water heater in Graham Hall failed multiple times throughout the semester. According to sophomore pre-med major and resident of Graham Hall Ajay Minton, “It takes Physical Plant almost a whole day to fix it which is really inconvenient at times.”

According to campus maintenance department manager Mackenzie Pesavento, “We receive a work order and depending on how big of a priority it is, we go through those work orders, list them out to our supervisors and then again, depending on

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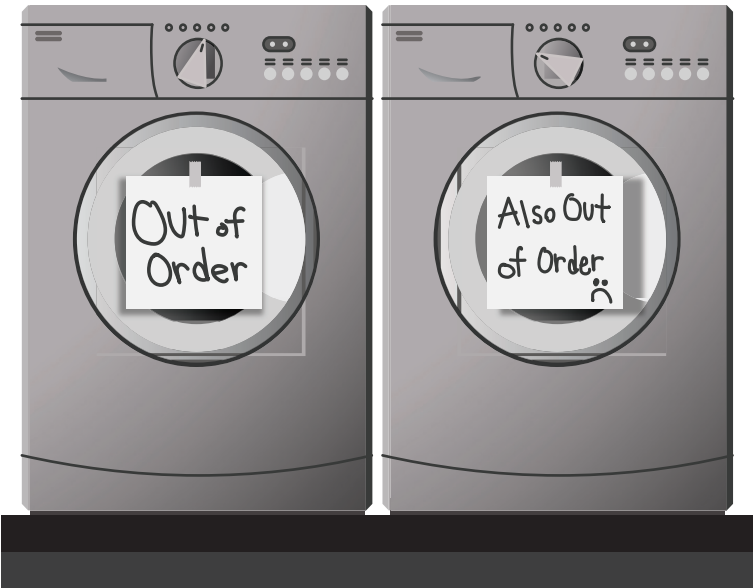


ILLUSTRATION BY BRYAN BETHEL

Out of order signs are an all too common occurrence in the dorm halls. Some appliances have been out of commission for several months

NEWS



IMAGE BY JESS WILLARD

Beaver Bucks: Good for students or are they being abused?
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CAMPUS LIFE



IMAGE COURTESY OF CIRCLE K INTERNATIONAL

Strange things are afoot at the Circle K...
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IMAGE COURTESY OF FLAG PROGRAM

Veterans Day: Giving thanks to all soldiers for their service.
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OPINION



IMAGE COURTESY OF RAUL LIEBERWITH

Smoke ‘em if you got ‘em. Then place ‘em in a proper receptacle.
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ATHLETICS



IMAGE BY KARLEE BRIMBERRY

Marlee Lindstrom is always on the ball!
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New Reward System: Is it Helping or Hurting Students?

By Jess Willard

At the beginning of the fall semester, the work program instituted a new reward system called the Blackburn Beaver Buck. The guidelines state, “A Blackburn Beaver Buck is a recognition token for students who exemplify exceptional work within their department.” Any student can receive a Beaver Buck and any student in a leadership position, supervisor or staff member can hand them out. The 2015 Work Committee has five mission skill sets issued as guidance for those handing out a Beaver Buck: pride, initiative, positivity, teamwork and communication. If those in leadership positions see a student going above and beyond in one or more of those categories, they can issue a Beaver Buck to them.

Work Program General Manager Allison Matt came up with the idea for the program. Her internship at Six Flags Great America in Gurnee offered a similar reward system. Her supervisors would hand out cards to workers that exhibited one of the four qualities in their mission statement: fast, clean, friendly



PHOTO BY JESS WILLARD

Campus services manager Phillip Johnson believes that handing out Blackburn Beaver Bucks will give student workers the recognition they deserve

and safe. If the workers turned in their card to headquarters, they could enter a drawing to win \$100 gift cards. Students who receive a Beaver Buck have a similar opportunity to enter their buck in a drawing to win a \$5 gift card. “We

are saving everyone’s Beaver Bucks for a grand drawing at the end of the semester,” Matt said. The prize will be a gift card that could range between \$50 and \$100. Students can also receive a positive write-up if they accumulate five Beaver

Bucks. She added, “[Positive write-ups] are a tangible document of exceptional work.” Positive write-ups currently go in students’ permanent work files.

Matt proposed this program after seeing last year’s departmental evaluations. Students answered whether or not they felt recognized in the work program last year. “There was a 75 percent caliber of students who felt recognized,” she said. “I want to see that higher.” She feels that this reward system will give that extra token of appreciation and motivate students to work to the best of their ability. However, she did recognize that the system has a negative aspect. She said, “[Blackburn Beaver Bucks] are meant for students doing work above and beyond what is expected. Some supervisors are handing them out for expected work.”

Senior political science major Clark Johnson also noticed the negative effects of the Beaver Buck not being issued correctly. “I saw a Beaver Buck actually titled ‘You rock!’ in the bin,” he said. “Ashleigh Clendenny and Rob Weis said the system

was designed for exceptional work and ‘You rock!’ defeats the purpose.” He also noticed crew heads handing out multiple Beaver Bucks at once and felt as though that shouldn’t be happening. One of his crew heads tried to give him three Beaver Bucks for delivering toilet paper but he declined. “Writing in a reason on the Beaver Buck would make it better, but I feel like it will always be based on friendship,” Johnson said. He believes that students in leadership positions will continue to hand out Beaver Bucks to their friends no matter what their friends’ work ethic is.

There are also students who feel as though the program is achieving its goal of motivating students to do great work. Campus Services Manager Phillip Johnson hands out four or five Beaver Bucks a week to his workers and those in other departments that he thinks fit the criteria. “It’s giving recognition to those who don’t usually receive it,” he said. “Campus services, maintenance and volunteer work are thankless jobs.”

Redefining VAWA

CONTINUED FROM PAGE 1

cases can also be reported to Title IX Coordinator Jarrod Gray. Blackburn’s website states, “Blackburn College has a multidisciplinary team that is tasked with the responsibility to address and prevent sexual harassment and misconduct.” The Title IX Coordinator is part of that team. Other members include Vice President and Dean of Student Affairs Heidi Heinz, Provost John McClusky, Assistant Dean of Student Life and Director of Residence Life Abbey Hardin, Director of Athletics Vernon Mummert, College Counselor Tim Morenz, College Chaplain

Erica Brown and Fraser. Students can report their dating and sexual violence cases to any of those team members. Gray believes that the new criteria of VAWA will benefit the college because it includes full protections for LGBTQIA+, Native American and immigrant students. He noticed the name of the act is misleading because it seems to only cover cases against women but it is gender-neutral. “It covers everyone,” he said. In regards to the increase of reported stalking cases on campus, Gray thought it was due to an increase in awareness

and more reporting options. He added, “In my opinion, more reports are a good thing. That doesn’t necessarily mean that campus is an unsafe place; it simply means more people in our community [are] taking a stand against injustices.”

Campus Community and Safety Manager Benjamin Hoover noted that the campus offers resources for those facing dating or sexual violence. They can talk to any mandated reporter if they wish

to come forward with their case. Residence assistants, residence directors, Heinz, Fraser and Gray are a few of the people students can report to. Students also have the option to talk to Morenz or Brown if they don’t want to report but need someone to discuss their situation with. “A lot of people either don’t know we exist or are afraid to come forward,” Hoover said. “We are approachable.” Hoover also recommended that students

read through the Student Handbook to stay informed on the college’s policies. On page 69 of the Student Handbook, it defines the duties of campus community and safety – one of which is providing an escort to students. If a student feels unsafe, they can call 217-825-3042 and receive an escort anywhere on campus. “I just want people to know they can get help,” Hoover said. “We’re not here to get people in trouble. We’re here to help.”

“A lot of people either don’t know we exist or are afraid to come forward. We’re not here to get people in trouble. We’re here to help.”

-Benjamin Hoover

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Maintenance Hold Up

CONTINUED FROM PAGE 1

priority is how fast they get done.” Pesavento mentioned, “A lot of people do not know that we only have so many people per crew. I have six crews, so it takes a while. We are in charge of everything for the entire campus. Another issue is some of the work orders we get are not very specific.”

To deal with the issue of not having a working washer in the dorm, students had to find other means of doing their laundry. Some went home,

such as freshman secondary English education major Isabella Langenstein who stated, “At first I went home to do laundry, but when I wasn’t able to go home I had no choice but to go to the laundromat.” Pesavento stated, “Most of the washer work is a company we hire from outside, so getting that money ready and trying to find somebody to do it... We have a contract, but it just kind of takes a while.”

“We try to do everything as fast-paced as possible and get

the problems fixed. We have 48 people in our department and we do everything from grounds, to carpentry, to utilities and building maintenance,” said Pesavento. She continued, “I think one of the biggest problems is that students do not realize we [serve] the entire campus so if something does not get done in your room; I mean there could be an entire dorm without heat that needs to get fixed first.”

HIV is not for Me!

By Brendan Riley Lersch

According to the Center for Disease Control, just over one million people in the U.S. are living with the Human Immunodeficiency Virus (HIV) and almost 13 percent are unaware of their infection. “I don’t know much on the matter besides that it affects many lives all around the world,” stated freshman Timothy Lacy. Other students had similar knowledge about the virus.

HIV is a virus that attacks T cells, which are an important aspect in the body’s immune system. If HIV is left untreated, it can develop into Acquired Immunodeficiency Syndrome (AIDS). If you have HIV, it does not necessarily mean that you have AIDS. AIDS is the final stage of HIV and occurs if HIV is left untreated. According to Community Outreach Specialist Perry Brown of the Macoupin County Public Health Department (MCPHD) in Carlinville, with treatment, it is possible to get HIV to a level so low that it is undetectable on a test. This does not mean that someone is cured of HIV; it simply means that the viral level in the body is extremely reduced. This decreases the likeliness that the virus is spread, especially if partners are practicing safe sex.

There are many myths of how HIV is spread, one of which is that someone can contract HIV from sitting on a toilet seat. Brown says this is nearly impossible; it would take an unlikely set of circumstances for this to happen. He said that HIV can stay alive outside the body for zero to five minutes; this makes the window for infection very small. According to the federal government’s website on HIV, it is spread through direct contact with blood, breast milk, vaginal fluids, anal fluids and semen. It can sometimes be transmitted from mother to unborn child.

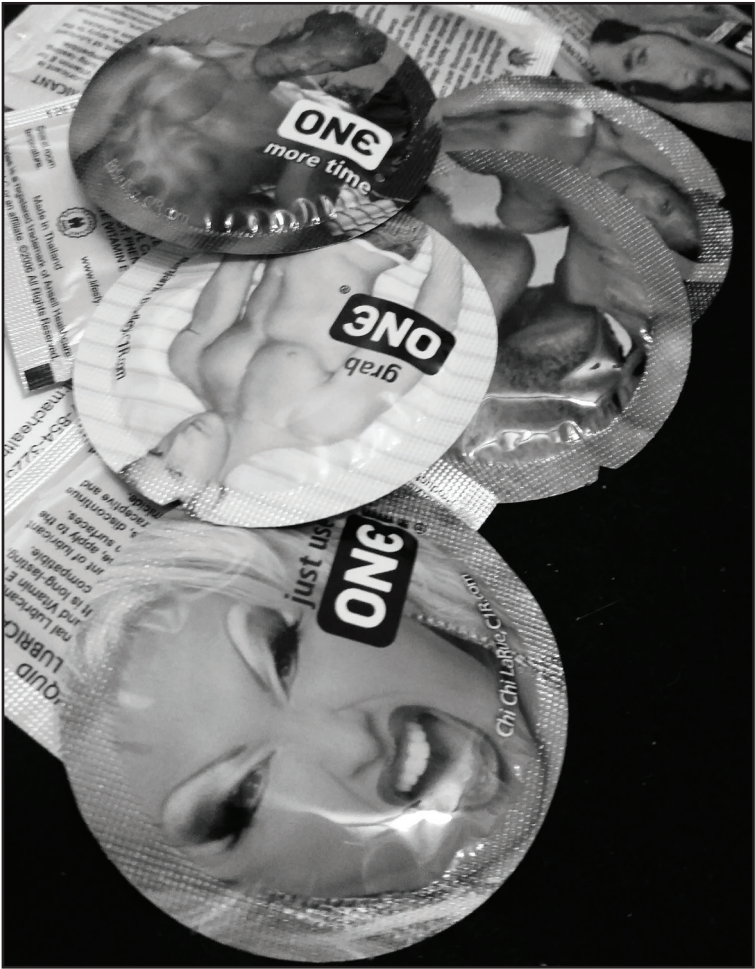


PHOTO BY BRENDEN RILEY LERSCH

One will receive freebies after getting tested for HIV at MCPHD

Another myth is that HIV is only spread amongst the gay community. According to AVERT, a leading organization in the fight against HIV and AIDS, AIDS was initially called the Gay-Related Immune Deficiency. According to Brown, gay men are most at risk for catching the virus because of their sex practices. Anal sex causes more bleeding than vaginal sex, allowing infected semen to enter the bloodstream; however, anyone can contract it. The federal government’s site states that African American women are shown to be most commonly affected by the virus. According to AVERT, this is because of higher poverty levels, lack of proper healthcare and drug use.

The initial symptoms of HIV occur within the first month of exposure. They are often flu-like symptoms such

as fever, rash, sore throat and headaches. However, if you experience any of these symptoms, do not assume that you have HIV. In fact, some people have no symptoms at all. If you suspect that you may have come in sexual contact with someone with HIV, it is important to get tested for the virus. This is the only way a person can know if they have it or not.

MCPHD provides free testing for HIV. The test takes about 30 minutes and is confidential. The test that they use can detect HIV ten days after exposure. If you suspect that you have HIV, you must wait these ten days before you can receive accurate results. Brown can be reached by phone at 217-854-3223 ext. 229 or by email at machealth@ymail.com. MDPHD is located at 805 N. Broad St. in Carlinville.

Looking for a Good Time? Call a CAB!

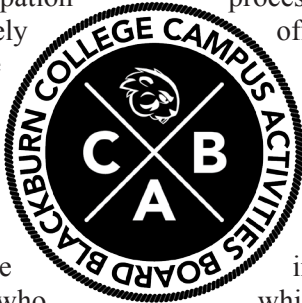
By Angela Andrews

Many Blackburn students head home to their families on the weekend. For those who don’t have that option to make it home or for those who choose to stay, the Campus Activities Board (CAB) event staff do their best to make sure that students enjoy their weekends. Even though not every event is popular, some do attract a lot of student participation. According to CAB event staff senior Natasha Anthony, bingo gets the most student participation but ultimately attendance depends on the event; she knows when lots of students will show or not. There are many students who love going to all the events and some who think that the events get too repetitive. “I enjoy going to the events because it allows me to spend some time with friends and gives us an opportunity to do things together,” said junior communications major Parker Ramaker. He also said that he would like to see more events that encourage physical activity, like volleyball, dodgeball, or even hide and seek.

Anthony said that the event that has the least people show up would be game night because not too many people find it interesting. Even though Anthony stated that bingo gets the most student participation,

some students feel that events like this are boring. Sophomore Cierra Gibson shared that bingo is for old people and that there needs to be a wider range of activities. She echoed Ramaker’s call for more active events. “Karaoke is my favorite event because people are funny to watch,” said Gibson.

The CAB staff do plan on making some changes and would like to have student input. The staff is also in the process of planning more off-campus events including additional bowling nights. They have already begun to switch things up by having glow-in-the-dark laser tag which many students were excited for. Sophomore psychology major Melika Sawyer and a couple of her friends said that though there were not too many people there, they had fun either way and only 10 students were allowed in for a game anyway. Freshman communications major Rayvon Black noted that even though it wasn’t too crowded he had fun with the people who showed up. “Students should add onto ideas by letting CAB staff workers know what events they would want to happen,” said Anthony. You can post your ideas on the CAB’s Facebook, Instagram and Twitter pages. Search for Blackburn CAB.



NEWS

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THE BURNIAN

Scooters for a Cause

By Karlee Brimberry

Dr. Laura Wiedlocher is in her second year as a professor at Blackburn College and she has big plans for her students in the Leadership Skills and Workshop class (LD 225). Wiedlocher plans to have her students fundraise \$1,300 in order to donate small floor scooters to the Macoupin Center for the Developmentally Disabled (MCDD).

“Before the semester started I wanted the students in LD 225 to have the opportunity to put their leadership skills to practice. I felt that students would get even more out of this class if there was a chance to apply what we were learning in the classroom in the local community,” said Wiedlocher. She discovered that Blackburn students had brought over floor scooters for the students at MCDD to exercise with in

years past. Wiedlocher also learned the scooters are an item that MCDD had wanted for a while, but lacked the funding for. The scooters will be used for each student’s daily exercise.

Throughout the course of the semester, the students of LD 225 have developed a complete fundraising plan for the floor scooters they hope to purchase. In late October the class pitched their plan to a board of six members — President John Comerford, Provost John McClusky, one

representative from United Way (a fundraising company in St. Louis), two representatives from MCDD and Dr. Wiedlocher. During the pitch, two ideas were presented and approved. One idea was to have a pajama/jean day where all faculty, staff and students pay \$5 in order to wear either pajamas or jeans for one day. The other idea is an intramural dodgeball tournament between Blackburn College and Carlinville High School students.



PHOTO BY KARLEE BRIMBERRY

Job is an MCDD student enjoying the floor scooters that LD 225 brought them to exercise on

A pajama/jean day will take place on Tuesday, Nov. 24. However

the class also plans to allow Carlinville schools and local businesses to participate as well (and those dates will vary). Each participant will also receive a sticker to advertise the cause.

The intramural dodgeball tournament will be held in Dawes gymnasium on Sunday, Dec. 6, at noon. This event will be available to all faculty, staff and students of Blackburn and the local high school. Each team must have a minimum of seven players and a maximum of 10. Each player will pay \$3 to play and there will also be a concession stand for students to purchase food and drinks as well as a raffle and donation buckets. The tournament will also have local sponsors who will pay \$30 to have their company advertised. For the companies

that sponsor the tournament, there will also be a tax write-off available. Currently, there is a tournament sign up sheet in DCC.

Along with Wiedlocher, President Comerford is also very enthusiastic about this project. He stated, “It’s a win-win. The students get hands-on experience doing real work, and the charity and the people it serves will get a real benefit. I’m thankful to Laura Wiedlocher for this creative idea,” added Comerford. “Beyond just the class, there will be opportunities for the whole campus to get involved. Participating in jean day or the dodgeball tournament may seem small, but if everyone does it the project will easily meet its goal!”

**Karlee Brimberry is currently enrolled in LD 225.*

Parker’s Positive Vibes

By Jordyn Smith

Parker Ramaker, of Rancho Cucamonga, California, is new to Blackburn this year. After studying at Citrus College in Glendora, California, Ramaker transferred to Blackburn as a junior.

The 24-year-old communications major is known for his positivity movement. You may have already seen Ramaker around campus—or perhaps you have met him. “I take it upon myself to introduce myself to virtually everybody I see and/or say hello to them,” he said.

Beginning as a sophomore in high school, Ramaker would send 150-200 of his classmates a positive text message every morning, “hoping the positive message would start their day off well and that they would...push that positivity to somebody else, causing a ripple

effect,” according to him. His movement has continued ever since. Now Ramaker uses Facebook, Twitter, Snapchat and Instagram to spread positivity.

Eventually Ramaker would like to get a group of people together that want to make a difference here at Blackburn. “We’re all college students, we’re all stressed, we are overwhelmed with what we don’t know what’s going to happen in the future and we’re paying a lot of money to be somewhere where we don’t know where to be yet,” he said. “And I hope that eventually I can get a movement of some sort to where we all kind of understand our place in life here—where we can build a foundation now that’s going to push off into the work force. That’s what I’d like to start here before I go.”

Many factors contributed to Ramaker’s decision to become a Beaver. “California is really expensive and I wanted to venture out and experience something different,” he said. “The Midwest is a lot different than southern California—weather wise and people wise.”

Ramaker is on the Blackburn baseball team and is also a member of Gutter Dusters, the bowling club on campus. In his free

time, Ramaker likes to stay in shape and meet new people. He also enjoys writing poetry and listening to classical music.

Ramaker gets his inspiration in a variety of ways, including his faith. “Every time I wake up, I am genuinely thankful that I woke up. There’s no guarantee that I’m going to wake up, so when I do I’m just really happy about it.” He also gets his inspiration from one of his favorite verses in 2Pac’s “Dear Mama.” “If you can make it through the night there’s a brighter day, everything will be alright if you hold on.” He said, “I think about [that verse] a lot. Today could be the worst, but, you know, if you wake up tomorrow it might not be as bad. You’ve just got to give yourself the opportunity to get there.”

Ramaker is also a big advocate of school spirit—you’ll see him at many of Blackburn’s sporting events. “I fortunately have friends on every sports program we have here, and I make it a point to be present during their events, not just supporting them but supporting the organizations because I feel that athletes rise to the occasion when they have somebody in their corner. And I know exactly what that feels like, being an athlete myself. It’s not so much “do unto others as you would have them do unto you,” but to just pay it forward. One day it will come back to you, but it doesn’t have to be today.”



PHOTO BY JORDYN SMITH

Circle K Not The Gas Station...

By Kyle Kutak

What is Circle K International? Not the gas station; it’s a service and leadership club. This is a group designed to help build others up and make them become productive members of society. Circle K International is open to everyone. According to the group creator and president, Austin Ives, there are currently about 12 active people involved. Director of Student Activities and New Student Orientation Emily Bahr said, “I think it is a plus to have a group like this on campus. They seem very excited about this and want to increase their membership.”

This is an internationally known group that was founded in 1934 by Jay N. Emerson. This club was at first Kappa Iota Phi fraternity that served men in financial need. By 1947 the fraternity changed into what is now Circle K International. To get this chapter started, Ives had to contact people within Blackburn College’s district to fill out their application, which needed a specific number of people and a charter fee was issued. This was just the beginning of the process to start a new club on campus. The next step is to speak with Bahr and fill out paperwork for Student Senate, which includes an allocation form to be able to receive funds for the semester.

Bahr said, “To start a group on campus the person

interested in starting the group will first come have a conversation with me and they need to have a group of interested members. They then have to have someone to agree on being president, vice president and treasurer. They must also have a faculty or staff member agree to be their advisor, and because Austin was new on campus, I was willing to serve as the group’s advisor. They also have to write a constitution for their group.” Ives wanted to bring this club to campus because he was previously involved in Key Club, the Circle K International equivalent on the high school level, and liked the positivity it gave off, which he thought would contribute well to campus. Vice President Abbie Rister said, “I would strongly encourage people to join because it’s a great way to stay connected to Blackburn, make new friends and experience what Circle K is all about.”

Circle K has just completed their first big fundraiser, which was a trick-or-treat event for The United Nations Children’s Fund. They raised close to \$80. Another planned activity is making simple knot blankets and donating them to an organization of their choosing. The members pick events based on what they think will help the community in the best way possible and what they are passionate about. Rister

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Circle K

Come Write on In

CONTINUED FROM PAGE 4

stated, “We are planning a jousting tournament, the date is still undecided but it’ll be second semester. We’ll have pairs of people pay to join. One will be the ‘rider’, one will be the ‘mount.’ With proper protection, we’ll have the first rider to fall off be the loser of that round.

The pair that wins the most amount of rounds wins. More fundraisers will be decided soon!”

Circle K International meets in the Demuzio Campus Center at 3:30 p.m. on Sundays for weekly meetings and event planning. Membership is open to any Blackburn student.



IMAGE COURTESY OF CIRCLE K INTERNATIONAL WEBSITE

By Mary Kline

Lethologica, the Creative Writers Club at Blackburn, is hosting their annual Write-In on Friday, Nov. 20. It’s an event in which people can come together to enjoy writing and to help collaborate on creating a large narrative. There will also be other entertainment such as storytelling and the playing of games, including Cards Against Humanity. The event usually lasts for several hours, starting at 7:00 p.m. and not finishing until the authors have had their fill of writing. Last year, the Write-In continued until about 1:00 a.m. However, the event is completely open, and people can come and go as they please. This year’s Lethologica Write-In will take place in the Lumpkin Learning Commons. It is open to both students and the public.

The Writer’s Guild in Carlinville, which is a separate club, has also recently held a Write-In. To avoid confusion,

Lethologica wants people to be aware that their event is completely separate from that of the Writer’s Guild, who held their event earlier in the month.

You don’t have to be an experienced writer in order to participate in the Write-In. “None of us are really experienced; this is more of an exploring kind of time,” said Lethologica president

Katie Payne. “Writing isn’t about if you’re good at it or if you’re talented; it’s about fun and creativity, and I’m really excited to foster that on campus.” Lethologica hopes that this event will help people improve their storytelling abilities, as well as the overall quality of their writing. If you have any questions, you can email Payne at lethologica@blackburn.edu.



PHOTO BY MARY KLINE

Lethologica president Katie Payne discusses the main ideas behind the Write-In

Lady Bugs or Lady Beetles?

By Kyle Kutak

Harvest season hits hard—and this does not only mean crippling allergies, but also attacking bugs. “*Harmonia axyridis*” or Asian lady beetles to be specific. They are known to travel to warmer places once the cold hits and those warm places could be your home or office. Director of Physical Plant Bill Bertetto said, “When it becomes that time of the year, when we start doing all the harvesting, the Asian lady bugs that are normally in the fields are now looking for someplace to go. Since we are located on the edge of town, we become one of those places for them to hibernate.” There are two main types of what people call the lady bug: the American lady beetle (red in color) and Asian lady beetle (orange in color).

Asian lady beetles can get annoying, but did you know they protect crops and flowers? They live in the crops, corn for example, and eat the aphids which destroy the crop. Aphids are minute insects that feed on the sap in plants by sucking it out. They reproduce rapidly and live on plants in colonies. Bertetto stated, “The Asian lady beetles eat the aphids that destroy the crops, so it’s a good thing for the farmer to have.” If the Asian lady beetle did not eat these creatures the plants would eventually die, because the aphids would suck all the sap out.

One day you might think the lady bugs are gone, but they don’t just disappear overnight. Extermination was not in place. Bertetto said, “We usually spray around

winter break, but we had some other items so we bumped it up during fall break. It wasn’t related to the lady beetles though. The concentrate of the spray was forwarded more towards invasive species, ones we do not want on campus.” These bugs travel in packs, so when they deport a place it is in groups, making it seem that they all leave quickly. Grounds/Motor Pool/Event Support Supervisor Jack Bettis said, “They will slow their assault on us as the weather gets colder and they have settled into their hibernation. They are bad everywhere in the United States. During late fall and early winter they are looking for places to hibernate.”

There are many ways to get rid of these creatures. Some natural remedies from WholeLifestyleNutrition.com, a website with organic and holistic recipes and tips, include planting mums (which they dislike because of the smell), using diatomaceous earth powder (which is a powder made from fossilized remains of marine phytoplankton—keeping out not only lady bugs but other creatures as well), and making a spray from wild orange essential oil diluted in water, or use cloves or bay leaves placed in small bags placed in heavily infested areas (because they loath the scent).



PHOTO BY KARLEE BRIMBERRY

A mass of exterminated Lady Beetles in Jones Hall

Enjoy the Work You Do

By Angela Andrews

Are you happy with the job you have on campus? If not the work department will do their best to make sure every student is comfortable and happy with where they are placed. According to General Manager Ashleigh Clendenny, the most important factor with switching students is finding out why they are unhappy with their current job. The first step they take is determining whether it’s a medical problem such as an allergy issue and if so then they would accommodate that. If it is just the simple fact that students are not happy with their job then they would prefer if they could stick it out through the semester until positions start to open up. The next step of changing jobs is at the end of the semester when flyers are posted around campus advertising job openings or notices are sent via email announcements. Some managers will have interviews with students or have them turn in applications depending on the manager. There will always be some form of communication between the manager and the student before someone is hired.

There are many jobs on campus that are students favorites like working at the Learning Commons, admissions, teacher’s assistant, or athletics. Freshman Gariel Pierce works in the Commons and enjoys her position as an

academic resource assistant. She is in charge of duties like checking out laptops or books and putting things away. According to Pierce, “I chose that job because I am a friendly person and I love books and reading, plus it gives me opportunities to get some homework done.” She loves the people she works with and plans on keeping that job for all the years she is at Blackburn.

Jobs that many students are not too fond of are campus services (CS) and food services. So many students are unhappy with the job because not too many sign up for it so it’s given to people who don’t get the jobs they signed up for. Freshman Lilian Gavin who works in CS says she is not happy with the job she got placed with. According to Gavin, “I am not happy with my job because I did not choose to clean up after everybody and I don’t like cleaning toilets everyday.” Gavin also stated that she hopes she could get a job in the Commons because it’s quiet and peaceful.

All members of the work program would like every student to be happy and comfortable with where they work. It’s important to communicate with your supervisor and department managers if you are in need of switching jobs.

Blackburn Voices

What food are you looking forward to most for Thanksgiving?

PHOTOS BY KARLEE BRIMBERRY



"Obviously I'm looking forward to the turkey!"

Harry Arter
Sophomore
Sports Management Major



"I really love potatoes!"

DeArryka Williams
Senior
Political Science Major



"I'm absolutely looking forward to a deep fried turkey!"

Drew Bristow
Senior
Business Administration Major



"I'm looking forward to homemade noodles because my favorite part is making them and rolling out the dough."

Katey Karrick
Freshman
Undecided Major

We Give Thanks f

By Mary Kline

The Veterans Day Convocation is a Blackburn tradition that started out as just a small, private affair. Some of the veterans that worked at Blackburn realized that nothing was being done to honor veterans, so they took matters into their own hands. "I started doing it simply with alumni. We'd have an alumni gathering and we'd usually have it on Saturday," said veteran and Senior Director of Development Nate Rush.

"It was usually kind of a small gathering. Then I realized that we really needed to have it campus-wide for students, so then we started doing it during the day on Nov. 11." The alumni veterans decided to hold the convocation on Nov. 11 because that is the day nationally recognized as "Veterans Day."

Blackburn honored all the

men and women who have served our country this Veterans Day at the eleventh annual Veterans Day Convocation held in the chapel in Hudson. "We give thanks for courage, for love of country, for those

is the agency that monitors the "logistical requirements of field formations pertaining to Anti-smuggling, Communication and Marine." Also featured was a reading of "The Endless Battlefield," written by Robert

"It was usually kind of a small gathering. Then I realized that we really needed to have it campus-wide for students."

-Nate Rush



PHOTO BY MARY KLINE

who work to bring peace to our world," said Reverend Erica Brown in her opening prayer. Following Brown was Rush with the welcome and the recognition of all veterans present in the audience.

This year's convocation featured guest speaker Col. Dan Reilly, U.S. Army Director, Directorates of Logistics, which, according to dolbec.gov,

E. Wilson, which was read by Professor Emeritus U.S. Army and Army Reserves 1957-63 Roy Graham.

There was also an array of musical entertainment provided during the event. Brendan Riley Lersch, a student at Blackburn, played an arrangement on the piano by David Nevue called "Be Thou My Vision." Lersch was followed by a local folk



New flags were placed outside Ludlum just in time for Veterans Day.

The Season to Gi

By Karlee Brimberry

With Thanksgiving just around the corner, it is important to keep in mind all the things you should be thankful for, as well as the different ways you can give back. And there are plenty of opportunities to give back to the Carlinville and Blackburn communities.

English professor Dr. Karen Dillon and criminal justice professor Dr. Shelly Pepper are currently offering students the opportunity to be bell ringers for the Salvation Army. This will take place in front of Wal-Mart on Nov. 27 and 28, from 9 a.m. to 6 p.m., as well as Dec. 17 and 18. Both Dillon and Pepper are also board members of the local Carlinville food pantry located in the Carlinville Plaza Shopping Center. Towards the end of every month, the food pantry receives one

big shipment that volunteers help unload. According to Dillon, this happens not only during the season of giving but every month as an opportunity to give back year-round. Another volunteer opportunity is available through the local animal shelter that is located near the fairgrounds. Dillon has volunteered there in the past and feels it is a very rewarding experience. The shelter is open Monday through Saturday from 8-11 a.m.

Most clubs on campus create multiple opportunities for students to get involved with the community, including the Fellowship of Christian Athletes. The men's basketball team recently volunteered at Carlinville's Tour De Milk where they handed out food and water to riders. "It

was a great experience," said sophomore sports management major Jordan McMillen. "We got to talk to a lot of riders and connect with the community. It was also a great chance for the team to bond and become closer and I really hope that we get to do it again next year," he said.

According to Community Services Manager Hollie Davidson, other community organizations always looking for volunteers are the local churches and Catholic charities, the Salvation Army and the Macoupin County for the Developmentally Disabled.

There are also many ways to get involved with volunteer opportunities around campus. Typically there are stands in the Demuzio Campus Center where students can volunteer for different causes. For example, in the month of October, there was a week dedicated to Breast Cancer Awareness where students raised money and volunteered their time.



PHOTO BY KARLEE BRIMBERRY

For Courage

There is Something More at Steak

band, Macoupin Station, who visited Blackburn to perform “Hole in the World.” The Blackburn College Choir sang “Awake My Heart,” followed by a moment of silence and trumpeter Bill Hoff with “Taps.” Last of all, there was a closing prayer by Brown and a performance by the Blackburn Choir singing “The Lord Bless You and Keep You.” This year’s convocation was closed with the Retrieval of the Colors by the American Legion Color Guard, who are the local version of the military color



PHOTO COURTESY OF DAN REILLY
Guest speaker Col. Dan Reilly, U.S., Army Director and Directorates of Logistics

guard. They advance the colors to open a meeting, and retire the colors to close the meeting.



ve Back



PHOTO BY KARLEE BRIMBERRY
The Carlinville Food Pantry is one of many places to volunteer around Carlinville

Depending on the department, students can also volunteer for certain jobs around campus. According to bookstore manager Christine Hobbs, the bookstore welcomes students

to volunteer for the concession stand at all Blackburn sporting events so fans can enjoy various refreshments.

By Jazilyn Colon

In the Dining Hall, also known as Ding, there are a wide variety of foods available every day. However, the same food selection can get extremely boring after a while. So when Ding offers events like Steak night, naturally students get excited. According to interim manager of Dining and Hospitality Tyler Solie, “The students ask for it... and then Sodexo manager Tim Lucas and the head chef Joe kind of decide on what day to do it on.”

As good as steak for dinner sounds, it can get really expensive, especially for an entire campus. So where did the money come from to pay for it? Solie said, “We charge more for the meal. It takes two meal swipes for students or we charge a higher rate for community members, but in reality we really don’t make that much money on that night. We tend to do this once a year... it is more of a student appreciation kind of thing.”



Students eating dinner in Ding

PHOTO BY JAZILYN COLON

According to Solie, “there are some days where we have done, like, a cultural diversity type day; where there would be dishes from Spain, or dishes from South America stuff like that.”

On Oct 29 which was steak night there were many students in attendance who were

eager to receive their steak dinner, including freshman elementary education major Abbie Rister who stated, “I was excited that Blackburn was doing this. I got so much enjoyment out of that steak.” Although there was a small mishap in which the fire alarms went off twice due to the amount of smoke in the kitchen, no one was hurt and it

would seem many students enjoyed themselves. Students like freshman business management major Elisabeth Johnston had lots of fun at the dinner. “I really enjoyed steak night and I hope Blackburn does more nights like this,” said

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in collaboration with
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- Dr. Laura Zucca
- Dr. Natasha Casey & Spencer Brayton
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Talk Nerdy: Retro Gaming

By Robert Fagg

There has been a hipster resurgence of retro gaming. Older consoles such as the Nintendo Entertainment System (NES), Super Nintendo Entertainment System (SNES), Sega Genesis, Nintendo 64, Sega CD and the original PlayStation are returning to prominence as gamers are playing and collecting them.

These older consoles still run on cartridge games, whereas newer consoles are either disc-based or digital-only, not even including physical releases (downloaded via the Internet).

GameStop is hopping on the bandwagon by taking in and (now) selling old consoles and games through its retailers and is redistributing these games through an online market. Little mom-and-pop stores have been doing this for years. GameStop experts are just now realizing the potential opportunities in this market.

Even if you don't have a system itself, there are emulators that you

can download on your computer, phone or tablet to play all of the old school games you know and love. You need an emulator as well as a downloaded ROM file of the game you want to play. Owning an emulator is perfectly legal. A ROM is only legal if it is a game you physically own a copy of, otherwise you can end up being fined or imprisoned for pirating. Some of the most popular ROMs include Pokémon, Super Mario Bros., Super Metroid and Sonic the Hedgehog. Some of the emulators are even compatible with controllers that you can buy and plug into your computer or hook wirelessly via Bluetooth to your tablet or phone.

So is it just nostalgia that is driving this resurgence? In a single word, no. It's not about the childhood memories. These games were good, and now that there are more of them available, more people are replaying them. This fad is not going away anytime soon, and that is fantastic news to hear.

We will have to wait and see whether or not the retro gaming fad is here to stay. Most gamers hope it sticks around so that they can play

their older games once more and relive the joy these games once gave them. Games may never return to cartridges and that's fine,

but as long as these older games stay around, gamers can rejoice and continue to play them.

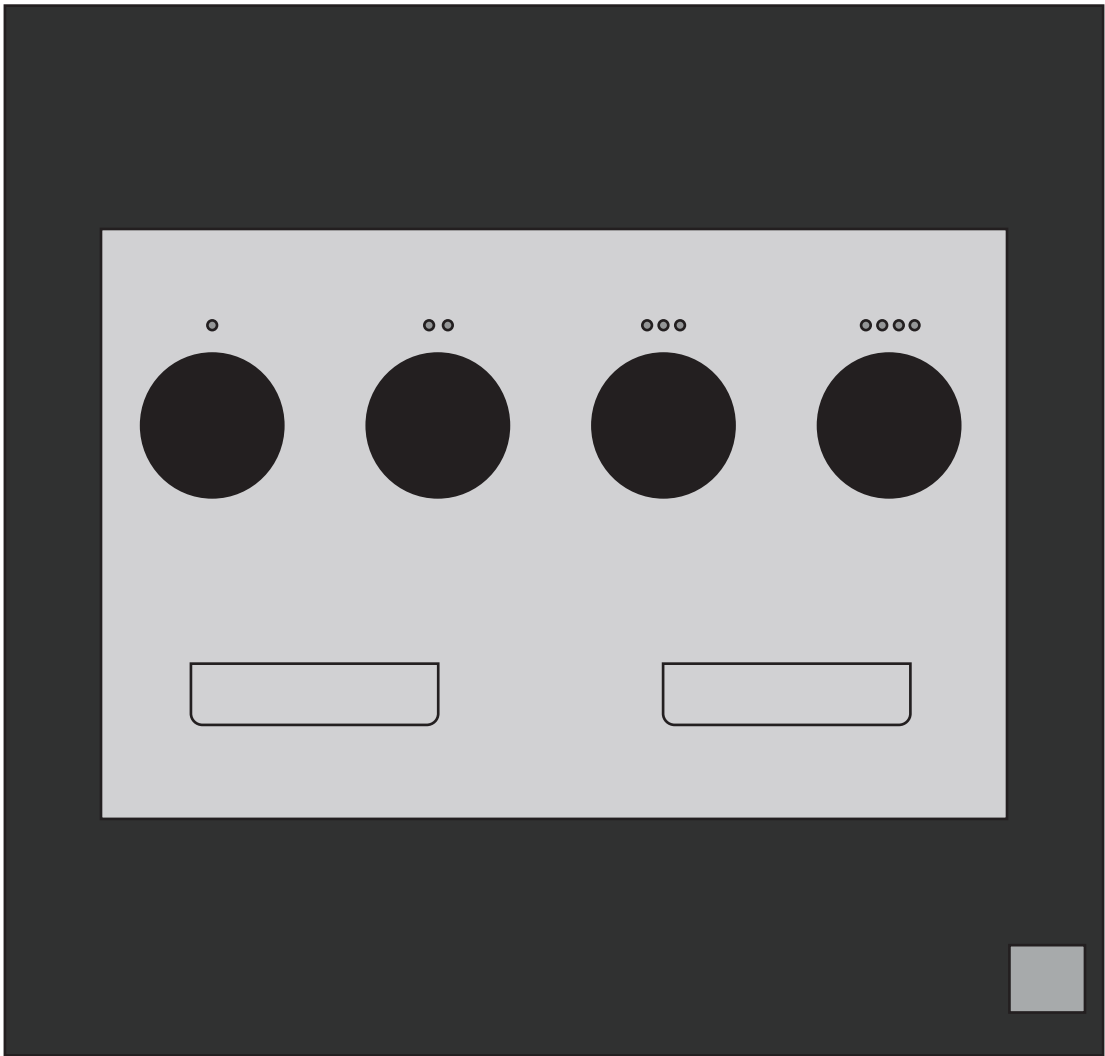


ILLUSTRATION BY NOAH DAUM

The Nintendo Gamecube is now over 14 years old, but making a comeback through nostalgic gaming

Lady Who?

By Kyle Kutak

“American Horror Story” is a show where the real freaks come out. Did you know that Jessica Lange, who has been on the show for four seasons, is now gone? Lange played some memorable roles in Season 1, “Murder House”, as Constance Langdon, Season 2, “Asylum”, as Sister Jude, Season 3, “Coven”, as Fiona Goode and Season 4, “Freak Show”, as Elsa Mars. Lady Gaga has now replaced Lange. Lady Gaga plays a countess named Elizabeth. She could be featured for the entire season or get killed off.

Freshman professional writing major Kara Aldridge-Folger said, “I do not like this change... [Jessica] is in every single one of them except season five. She was like the mother in all the seasons.” On the contrary, senior Spanish major Jordan Gerue said, “I think Gaga is doing really well as the Countess. Jessica Lange

was a part of the first four seasons. She is irreplaceable of course, and comparing Gaga and Lange is unfair.”

With a major celebrity on the show now, I would think this would increase the ratings, due to the fact that she is well known. Aldridge-Folger said, “I think that Lady Gaga takes away from the audience. I have a Twitter account and

people will hashtag and tweet, “American Horror Story” and everybody is like, Lady Gaga no, get off the stage.” Yet, those are fans that probably dislike her to begin with. Gerue said, “I cannot speak to whether Gaga adds or takes away from viewership. I know their ratings are slipping for previous years but they still draw huge numbers of people.”

There is much tension between major fans of Gaga and those that aren't fans.

According to Variety, a show business trade publication, “The premiere of “American Horror Story: Hotel” averaged a 3.0 rating in adults 18-49 (about 3.8 million in this age group) and 5.81 million viewers overall. This is about 5 percent lower in

total viewers from last year's “American Horror Story: Freak Show” premiere (6.13 million viewers), which went on to become the network's most-watched telecast ever.” I believe the whole reason Gaga was added to the show was to increase viewership, but I don't think that really showed through.

Gerue said, “I personally would like to see Gaga back in future seasons.” According to non-Gaga-fan Aldridge-Folger, “Ryan Murphy, the creator of the show, said that all the characters are going to try and rebel against her to kill her off. I hope they succeed and that she is not in the future seasons.” What will the future hold for Gaga in this series? Tune in to find out.



No BUTTS About It!

By Jess Willard

Cigarette smoking is a common sight on campus. As a smoker myself, I fit into the large percentage of cigarette smokers across the U.S., which is about 42 million adults according to the American Cancer Society. Blackburn campus allows smoking exclusively outdoors and receptacles are available to properly dispose of cigarette butts (the part of a cigarette left after smoking). However, hundreds of the butts are littered all over campus. This paints a poor picture of Blackburn and cigarette smokers as a whole. I believe many of the smokers who litter may not realize the damage they are causing the environment or that they are affecting how other students see smokers.

Senior biology major Kayla Liebman discovered the negative effects of littering butts after researching nicotine itself. Nicotine is the main factor in causing people to have a cigarette addiction.

While this may be the effect on humans, nicotine works differently in the environment. Medical News Today (an online healthcare publication) stated, “Apart from being a substance found in tobacco products, nicotine is also an antiherbivore chemical – specifically for the elimination of insects.” When it rains, the littered butts get wet and release chemicals into the soil. Liebman said, “This could cause problems in microhabitats.” Students should be concerned about the fact that their negligence to properly dispose of cigarettes could kill insects that are essential to the campus environment.

If students could be more conscientious of their littering, then this wouldn’t be so massive of an issue. Their decision to litter butts could make a prospective student decide not to attend Blackburn. No one wants to live on a campus where cigarette butts

line every entrance on campus. Criminal justice professor Dr. Shelly Pepper offered smokers some advice on how to clean up their act. “Don’t smoke around someone that it bothers,” she said. “If someone asks you to move, then move. Don’t smoke where there are clearly marked signs not to smoke, and don’t throw cigarettes on the ground.” I understand that it can be habitual to just flick your butt when you’re done smoking. But, it’s lazy to toss something on the ground when a receptacle is a few feet away. When you are too careless to toss your butt, it generates the stereotype that all smokers are careless.

I imagine that the littered butts could cause the Student Life Committee to take serious action. This could result in Blackburn becoming completely smoke-free. Smoking is already prohibited at public universities in Illinois. That alone could give Blackburn a reason to go

smoke-free; the littering is not helping this possibility. As a smoker who isn’t ready to quit, this is the last thing I want to see. “I feel like if the entire campus were smoke-free, people would be congregating out by the road smoking and that just looks bad,” Pepper said. “I have seen that scenario play out too many times.” I

urge the population of smokers on campus to be more aware of the decision they make when they litter. Take a minute out of your day to properly dispose of your cigarettes or you could end up adding a few more minutes to your schedule walking across the street to smoke.



PHOTO BY JESS WILLARD

Sophomore communications major Deja Bell demonstrates how to properly dispose of a cigarette. Receptacles are there for this purpose

Is it Time for Thanksgiving to Throw in the Towel?

By Mary Kline

Who would you rather spend Thanksgiving with—your family or your new TV? Black Friday has all but replaced Thanksgiving as the holiday that comes after Halloween. In theory, Black Friday is a good thing. It helps businesses by putting much needed money back into the economy and provides consumers with a chance to

buy things that they may not usually be able to afford. But is it alright for a holiday based on consumerism to replace one that was originally meant to be a time for family and remembering our nation’s history? Although many claim that Black Friday is morally wrong, even going so far as to create a website completely dedicated to listing all the

Black Friday deaths as proof, Black Friday is still gaining popularity with the masses. According to Wal-Mart’s website, last year they sold 2 million TVs, 300,000 bicycles and 2.8 million towels. That’s a lot of towels.

So we’ve all heard the horror stories about Black Friday: people being trampled to death at the door as hordes of

frenzied shoppers charge forth to receive their discounted towels, but how many people have actually died in the six years since Black Friday really started to gain popularity? Since 2008, the Black Friday Death Count website claims that there have been seven deaths, only two of which were due to trampling. However, there have been a shocking 98 injuries inflicted by brawling, shootings, robbery attempts, pepper spray, stabbings and, of course, trampling. In fact, in 2013, an 11-year-old boy was sent to the hospital after being trampled by shoppers whose only care was to satisfy their base desire for cheap merchandise. Now, some may blame the parents for bringing their child to a place that is known to be dangerous, but should shopping be a dangerous experience? Should a parent have to worry when bringing their kid to the store with them? How did all of this start?

According to the Huffington Post, Black Friday started as early as the 1950s, with retailers offering “can’t miss” deals the day after Thanksgiving. Even then, people were irritated with how many shoppers crowded into the stores to hunt out

bargains. The name Black Friday itself has been claimed to have been coined by quite a few, but the most commonly known reason for the bleak-sounding name is that the sales on Black Friday help retailers go from red (in debt) to black (making a profit). The holiday gained popularity when retailers learned that through advertising, and by starting the sales earlier, they could gain a larger profit. This is why the sales now take place on or right before Thanksgiving. Thanks to the Internet, which provides online shopping, Black Friday has become even more popular in the last few years because people can now shop from the comfort of their own home instead of running the risk of being hit by desperate discount towel hunters in the stores.

Thanksgiving is a holiday that was intended for people to literally give thanks, to spend time with family, to relax and eat lots of good food and reflect on all the things that made them happy. Unfortunately, now that the day of Thanksgiving is shared with Black Friday, it’s also a day to be greedy, angry and hateful towards other people over objects as common as towels.



Cartoon of Black Friday shoppers fighting over discount towels

ILLUSTRATION BY MARY KLINE

Editorial

Talk To Tim

Alcohol and Sexual Assault

By Tim Morenz



PHOTO BY AURORA GRIMMETT

Tim Morenz, College Counselor

Greetings and Salutations, Blackburn College!

I was walking across campus the other day and saw falling leaves and trees changing color. Fall is upon us (I know, we just had Fall

Break! Sometimes I am Captain Obvious!) and mid-terms are past us! In the midst of your reading, writing and studying, don't neglect two things: make time for yourself by doing the things you enjoy and make time for other people showing gratitude, compassion and kindness! Little things add up and can make big results!

Let's proceed to our question for today:

"Dear Tim, I was at a recent party and a guy was hitting on a girl and you could tell she didn't want anything to do with him. She eventually stood up for herself, but what tips do you have if I wanted to step in and intervene? Alcohol was involved, which made it worse. Help!" –Helpless

Dear Helpless,
Thanks for keeping an

eye out for those who can't or couldn't or were in a place to not help themselves. This is what makes Blackburn a super cool place. Its sounds like your situation was a close one. Sexual assault and alcohol are difficult things to face at Blackburn as well as at colleges and universities worldwide. President Obama has recently launched a campaign to end sexual assault and dating violence on campus called "It's on Us." The fact sheet has some pretty sage advice:

Talk to your friends honestly and openly about sexual assault.

Don't just be a bystander. If you see something, intervene.

Trust your gut. If it looks like a bad situation, it probably is.

Be direct. Ask someone who looks like they may need help if they are OK.

Get someone to help you if you see something.

Keep an eye on someone who has had too much to drink.

If you see someone too intoxicated to consent, enlist their friends to help them leave safely.

Recognize the potential danger of someone talking about targeting someone else at a party.

Be aware if someone is deliberately trying to intoxicate, isolate or corner someone.

Get in the way by creating a distraction, drawing attention or separating them.

Understand that if someone cannot or does not consent to sex, it's rape.

NEVER BLAME THE VICTIM!

Blackburn is a wonderful place. Let's keep it that way by intervening for our peers when we see someone that needs our help.

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 in the state of Illinois since 1997. He is located in DCC133 and is at extension 5759. Email him at tim.morenz@blackburn.edu He is learning that we have dialogue eye to eye, but we create a path by shoulder to shoulder.

Résumé Dos and Don'ts

By Heidi Tyson

A good résumé is one of the most important documents you will ever write. That is why we in Career Services do our best to help students write their résumés the right way. When a student comes into the office needing help, the first thing we do is inform them of applicant tracking systems. These systems are robotic machines that read résumés and sort through the ones that are not formatted correctly. That is why we stress formatting your résumé a specific way. If it is not formatted correctly, then it might be thrown out and never seen by anyone in the company you are applying to.

Dr. Mark Benedetti also teaches résumé writing in his Professional Writing class. Senior Abbey Jones is taking the class and has shared with me how the students are being taught to format their résumés. One of the biggest mistakes that students make with their résumés is using an online résumé template. These

templates are sometimes hard for the eye to easily read through and can become distorted when being emailed to potential employers. That is why it is recommended to type out the entire résumé according to the format provided by Career Services.

Something else that is taught in the Professional Writing class is that students can use any font they want to make their résumé look different and exciting. That is not the point of a résumé. A résumé should impress the reader not by the font used but by the related experience written on it and the skills the candidate has to offer. The only time a résumé should look exciting is when a graphic design student is applying for a graphic design position. Italics should also never be used on a résumé because the applicant tracking systems cannot read italics and will automatically kick out any résumé that has them.

There are a lot of things to take into account when starting to write a résumé. The information written on the résumé is just as important as the format. You must know how to articulate the duties performed at each of your past jobs in such a way that demonstrates important skills the employer is looking for in a candidate. This involves the use of action verbs which is provided in a list form for students who come by the Career Services office. We also provide a template for the cover letter, reference page and a sample of résumé paper. The Career Services workers are all trained on how to write a résumé. Come by Career Services in Rahme 108 or email me at heidi.tyson@blackburn.edu if you need any help on how to write a résumé.

**The author works in Career Services.*

Résumé

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THE BURNIAN

EDITORIAL STAFF

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ASSISTANT EDITOR: Jordyn Smith
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ASSISTANT DESIGN & LAYOUT: Bryan Bethel
ADVERTISING & SOCIAL MEDIA: Rebecca Sprinkel
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FACULTY EDITOR: Dr. Karen Dillon

PUBLISHER Edwardsville Intelligencer

STAFF WRITERS

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

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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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Is This Blackburn or ESPN?!

By Robert Fagg

In an effort to expand Blackburn Radio, English & communications professor Dr. Mark Benedetti and freshman communications major Anthony Harper have opened up an opportunity for students to color commentate on Blackburn athletic games.

What is color commentary? In essence, it is play-by-play announcing and talking about both teams in a fair and unbiased way to relay what is happening on the court or on the field to the listeners and, eventually, the viewers. Harper said, "That's the ultimate goal—collaboration with The Cube." The Cube is the new website that is used to livestream Blackburn games online. Benedetti stated, "There are a lot of technical hurdles there but the idea is to have a televisual broadcast on the website, and have the livestream on the radio."

According to Benedetti,

four students have expressed interest in the position. It will be a volunteer position for the rest of the semester. Next semester, however, Benedetti said, "Students will be able to take the practicum credit so they'll at least get something for the work they're doing, but also place this in a more formal setting in a more technical environment." Hopefully by next year it will be a position that students can get tuition and possibly paid hours for. Benedetti sees this as a great opportunity for those who want to do color commentating for a career to get early experience in the field and to build their résumés.

Harper, who kick started this idea and will be commentating, sees this opportunity as a chance for the student body to become more involved with sports. It would also expand the talent pool for the radio as well as radio

listenership.

Benedetti wants Harper to do test runs with the four potential candidates to see how they sound and to see how much potential each candidate has. This process will also help determine who will be able to work together, since commentary is a two person team.

For now, these games will be recorded and later aired on the radio, so Harper, Benedetti and students can review and critique the work that was done. Ultimately, however, the plan is to go live. The games that will be covered this year will be men's and women's basketball, softball and baseball since these are the only remaining seasons. Next year, the team plans to cover all of the sports.

**The author has applied for the color commentary position.*



PHOTO COURTESY OF GEORG_NEUMANN

Radio equipment will be relied on to broadcast Blackburn sporting events

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Balancing Vegetables with Pie

By Heidi Tyson

With the holidays right around the corner, it can be easy to put off your fitness and health goals until the new year. But why wait? Get a head start on your fitness journey now so that it's easier for you to stay on track once January hits.

Thanksgiving is all about good food and good times with family and friends. It can be hard to be healthy around the holidays, but you don't have to say no to everything. Balance is so important when it comes to your diet. It can keep you from going crazy if you feel restricted and will also help you to stay away from being too gluttonous. Something that I always try to do is balance my plate with equal amounts of vegetables, carbs and protein. For carbs I usually choose either white or sweet potatoes. The protein source is usually always turkey and beans. During the Thanksgiving feast, eating healthy is probably the last thing on your mind. You don't have to say no to homemade meals and eat a salad instead. Enjoy this time with family and friends and don't worry about being perfect with your diet.

During the holidays I like to practice intuitive eating. This idea comes from Evelyn

Tribble, M.S., R.D. and Elyse Resch, M.S., R.D., F.A.D.A., who are specialized in dietetics. When you are eating intuitively you are not on a restricted diet. Instead you learn to focus more on your body's natural hunger signals. So when your body is telling you that you are hungry, you simply eat. But you have to remember to eat smart and make sure you are eating foods that will give you nutritional value. You also want to keep in mind that you don't want to eat until you are too full. Try waiting at least 10 minutes before going for a second plate. Your brain takes about 20 minutes to tell your body that you are full, so eat slowly and enjoy every bite.

Another way to stay balanced during the holidays is to make sure you are staying hydrated. Take your weight and divide it by two and that is the amount of ounces of water that you should be drinking every day. For example, someone who weighs 140 pounds would need to drink at least 70 ounces of water a day. Drinking enough water can keep you from drinking sugary drinks like soda. Instead, save those calories for something more satisfying like pie. Happy Thanksgiving!



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Digging up New Records

By Karlee Brimberry

All great athletes set personal goals for themselves throughout their careers and that is exactly what junior volleyball player Marlee Lindstrom did at the beginning of the volleyball season. Lindstrom set the Blackburn College record for most digs in five sets. A dig is when a player receives an attacked ball and they still keep the ball in play, which, in most cases, is very challenging. This is a huge accomplishment for the libero who is specifically playing a back row position.

After playing volleyball for nine years, Lindstrom came to Blackburn with just the experience the team was looking for. The criminal justice major set two school records at Maquoketa High School, then went on to attend Indian Hills Community College in Ottumwa, Iowa, her home state, before arriving at Blackburn. “I knew as soon as I saw Marlee play she would be doing big things at this school and she did,” said teammate Kirsten Buzzard.

Although Lindstrom is only a junior, she is also one of the team captains. “I feel as a captain it is my job to set a good example for the rest of the team, especially the underclassmen. Leading by example is a great way to do

this. If an underclassman sees one of the captains working hard they are more likely to push themselves to work harder,” she said. Although Lindstrom loves competition, she feels it is very important to

always keep a positive attitude: “I’ve learned the win-loss record doesn’t always matter; what matters is that you grow as a person and an individual every day.”

With the help of a new coach and hardworking teammates, the Lady Beavers are not last in the conference for the first time since 2008. This was an overall team goal set at the beginning of the season. Along with the most digs in five sets, Lindstrom was also named SLIAC Defensive Player of the Week and was nominated for Hero of the Week. Lindstrom feels that Coach Barton has been a big part of her success this season. “Coach Barton truly believes in us as a team and she wants to see us succeed. She has helped me become a better player by pushing me to be the best I can be every day. I feel that Coach holds me to a higher standard and I am thankful that she does so.” Lindstrom is not letting this early accomplishment stop her from pursuing the rest of her goals at Blackburn. In her final season, she hopes to reach her 1000th career dig.



Practice Players Prove Beneficial to Team

By Angela Andrews

The women’s basketball season has already begun. At the start of the season, head women’s basketball coach Katie Fonseca sent out an announcement offering students the opportunity to help out with the women at practices. Four volunteered: Chris O’Connor, Robert Fagg, Anthony Harper and Anthony Ollier. Fonseca said that in her previous coaching jobs, she has used practice players and it turned out to be very successful. She said these men have been very helpful to the team by making the women stronger and filling in numbers since the team only has nine players, including myself. The volunteers help out with scrimmaging and playing defense when the women run their offensive plays. Fonseca said she does plan on keeping the men for the entire season because they are all very supportive and they do want to see the lady beavers succeed.

Robert Fagg has participated in almost every practice, including Saturday morning practices. Fagg has been very supportive of the women and helps the post players. “Working with the team is great, and I saw this as an opportunity to not only help out the girls but to also better myself and to get more

involved with the athletics at Blackburn,” said Fagg. He also stated that he loves working with Fonseca because she is really great at not only her job but also more understanding to many other factors including schedules and personal situations. The men are not only practice players but are becoming part of the team. According to Fagg, “We get treated no different than any of the other players and coach needs us to be able to listen and be coachable just like the women.”

The only senior on the team, Danae Smith, and her sister Danique Smith said that they really enjoy having the men at practice because even though some of them aren’t that skilled at basketball, their sizes come in handy. “Though the men don’t have to be there helping it’s great that they want us to succeed and can run up and down the court with us because we needed more of a challenge besides ourselves,” said Smith. The men will continue as volunteers throughout the rest of the season and the women are hoping to take the skills they learn from practices to the games.



PHOTO COURTESY OF ANGELA ANDREWS

Men playing offense to better the women’s defense

Upcoming Sports Events

Blackburn College Women’s Basketball

Nov. 21	at Concordia Chicago	2:00 PM
Nov. 24	at Knox	7:00 PM
Nov. 30	Millikin	7:00 PM
Dec. 2	at Fontbonne	6:00 PM
Dec. 5	MacMurray	1:00 PM

Blackburn College Men’s Basketball

Nov. 20	vs. Capital at Sewanee, Tenn.	5:00 PM
Nov. 21	at Sewanee	3:00 PM
Nov. 24	at Knox	5:00 PM
Dec. 2	at Fontbonne	8:00 PM
Dec. 5	MacMurray	3:00 PM

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 with the subject “Sports question for ‘Burnian.”

