

THE BURNIAN

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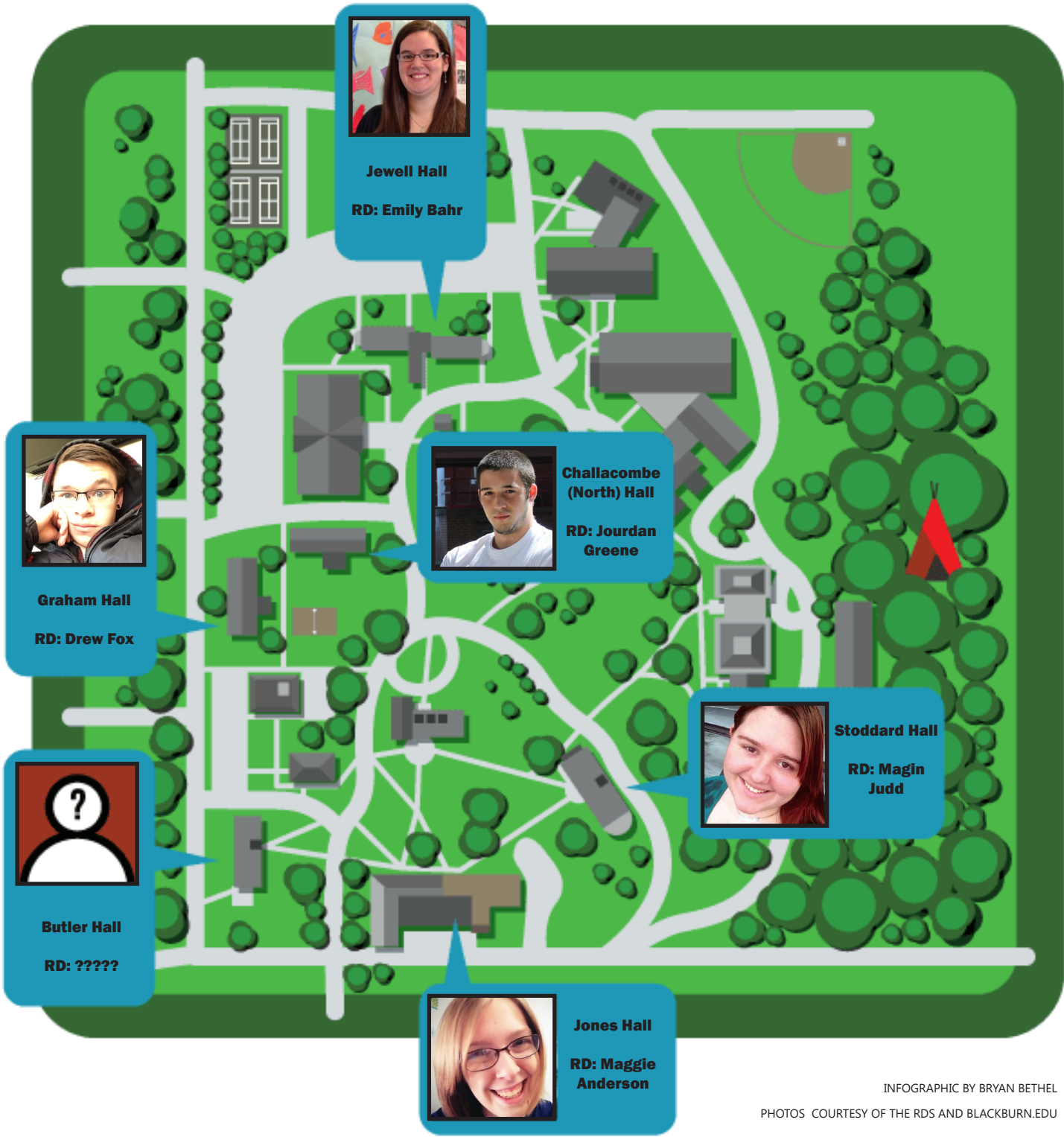
#SaveResidenceLife

By Brendan Riley Lersch

Each spring at Blackburn, Assistant Dean of Student Life and Director of Residence Life Abbey Hardin, Vice President and Dean of Student Affairs Heidi Heinz and Director of Student Activities and New Student Orientation Emily Bahr work together to hire Residence Hall Directors for the upcoming school year. Each candidate must submit a packet, which includes an application, a cover letter, a current résumé and two letters of recommendation from Blackburn College faculty or staff members. They must have previous residence life and/or campus leadership experience, a minimum grade point average of 2.5 and must be in good social standing. This year 13 people applied for the four positions. After the initial interview, that number was cut in half and another round of interviews was conducted. Next year's Resident Directors include Andrew Fox in Graham Hall, Magin Judd in Stoddard Hall, Maggie Anderson in Jones Hall and Jourdan Greene in North Hall.

Shortly after the announcement, the hashtag #savemichael appeared on social media. The hashtag was created by the male residents of North Hall to express their outrage because their Resident Assistant (RA), junior

SEE RD ISSUES ON PAGE 2



Fight for your right... to an EDUCATION!



President of the Federation of Independent Illinois Colleges and Universities David Tretter briefed attendees at the MAP grant rally



Blackburn students join the crowd outside of Gov. Bruce Rauner's office as lawmakers deliver Senate Bill 2043 to his desk

By Jess Willard

Twelve members of the Blackburn community shuffled onto a bus en route to the Illinois State Capitol in Springfield on Feb. 16. Each person carried a colorful poster and hoped they could sway the governor into signing Senate Bill 2043. This bill included funding for the Monetary Award Program (MAP) grant. Once they arrived at the Capitol, the students gathered into a large room to be briefed by President of the Federation of Independent Illinois

SEE LOBBYING FOR LEARNING ON PAGE 3

Steve Morris Takes Over V.P. Position

By Jess Willard

Former Vice President of Finance and Administration Heather Bigard departed Blackburn in June 2015. It wasn't until Nov. 30 that Blackburn hired a replacement. Steve Morris officially started working on Feb. 1. "So far, this place is everything I thought it would be," Morris said. One of the things that got him excited about Blackburn was getting to meet a lot of people and feeling comfortable about the culture and environment on campus.

Morris previously worked at the University of the Cumberlands in Williamsburg, Kentucky, for 18 years. He was the budget officer and while that was more operational in nature, he felt prepared to take on the position at Blackburn. With the new job, he moved to Carlinville. Even though the two towns are similar in size, there are big differences in culture and language. Morris lived in a dry county (the sale of alcoholic beverages was prohibited). It was new seeing a bar on every corner in Carlinville. "It's not a bad thing. Not a bad thing at all. It's just different," he said. In regards to language, he claimed Carlinville citizens speak a little more colorfully. He said people are more reserved in Kentucky. Here it is more casual and vulgarity is a common part of conversation. Carlinville and Williamsburg are only seven hours apart so he is intrigued by the contrast. The University of the

RD Issues

CONTINUED FROM PAGE 1

environmental biology major Michael Bretscher, wasn't hired as the Resident Director (RD). Bretscher said, "It was upsetting and it hurt a lot when I didn't get hired because that is what I was working towards for the past two years." During those two years, Bretscher was praised by current and former residence life staff as a professional worker who could handle the duties of an RA. Bretscher said that he was under the impression that he was placed in North Hall as an RA to one day train to become the RD there.

Posts on Yik Yak further demonstrated the residents' rage. "No joke North is f---- next year with our RA and RD. Real pissed. #savemichael," said one anonymous user. Bretscher noted that Greene worked with Hardin in Jewell

Cumberlands owned and operated their own hotel and restaurant, which was all staffed by students. He felt accustomed to student-work culture in general but claimed it is different at Blackburn. His previous university was not a work college but offered work-study. "It's a voluntary work program," he said. The administration would actually award work-study using a donated pool of money, so students could have employment opportunities they usually wouldn't have in a small town.

Despite the fact that his position hadn't been filled in eight months, Morris felt like Blackburn had been operating at a high level. He didn't feel like there was any added stress of having to update everything because others had taken care of those responsibilities. Morris said, "In many ways I would tell you that the staff has done – from my viewpoint anyway – a very, very good job." He expressed his excitement to be a member of the Blackburn community and is looking forward to helping the college continue to be successful.

Junior environmental biology major Mitchell Elliott met Morris on move-in day. "From what I've seen of him, he seems very involved



Vice President of Finance and Administration Steve Morris is excited to get to know more members of the Blackburn community

and genuinely interested in advancing this college financially," he said. His first impression of Morris was that he was very approachable and nice. Elliott thinks these characteristics will benefit Blackburn because the college relies heavily on student involvement and input. He added, "If I had to say anything else about Steve, I'd call him a gentle giant."

President John Comerford was involved with the search to find a new vice president of finance and administration. Morris stood out to him because of his many internal promotions and record of successful investments at the University of the Cumberlands. "I am so happy Steve has joined this Blackburn family. He will be a huge asset to all of us and making a lasting impact at the college and beyond," he said. Comerford also believed that Morris would have a good understanding of Blackburn's work program since Morris worked at a college with a large student employee program.

hall and that she must have seen something in him that made him a good candidate for the position. At this time, Bretscher is still planning to keep his job as an RA.

Hardin said, "I think residents, particularly when an RA has done a good job at building personable relationships, are going to stand behind their RA so I don't have any hard feelings about the hashtag." According to Hardin, there are a lot of different factors that go into choosing an RD that residents may not be aware of and she expects them to stand behind their RA especially if they have done a good job.

"I don't put anyone in any building to train them," Hardin added. She is aware that North Hall has the image of the troublesome dorm on campus.

Hardin explained that there have been policy violations, hygiene issues, emotional and mental health issues in all dorms around campus, but over the last two years, very few of these issues have actually happened in North Hall.

According to Heinz, hiring and placement of RAs and RDs is carefully planned out because they not only have to be able to work well with each other but with their residents as well. She said, "There have been some oopsies along the way and when we know about them, they are going to be addressed, and the individual is going to have an opportunity to correct their behavior and build a different way of doing things and if they are unable and unwilling to do so, they are replaced."

Davidson, Kinnison named new GMs

By Jordyn Smith

On Tuesday, Feb. 23, current Work Program General Managers Ashleigh Clendenny and Allie Matt announced that Hollie Davidson and Nate Kinnison were selected as general managers for the 2016-2017 academic year. "We can't wait to see the great things you two accomplish next year," said Clendenny via Facebook.

Six candidates applied for the two positions. Members of the Work Committee, which includes Associate Dean of Work Rob Weis, current department managers, Clendenny and Matt, were looking for candidates that are well-organized, have good communication and time-management skills and are knowledgeable about the Work Program. According

to Clendenny, Davidson and Kinnison are good fits. "They both have what it takes to get the job done and to go above and beyond that," she said.

The duty of a General Manager (GM), according to Matt, is "to hire the 12 department managers and supervise the managers [and] their staff, assist managers with problem resolution and disciplinary hearings, process and record all student time cards for payroll, analyze and evaluate present work program policies and procedures and meet weekly with the President (John Comerford), the Provost (John McClusky), Business Office (Jane Kelsey and Dawn Shryock), the Assistant Dean of Work (Rob Weis) and Work Committee."



PHOTO BY JORDYN SMITH

Davidson is a sophomore psychology major from Carrollton, Illinois. She is involved in art club and bowling club. Davidson currently works at the Adult Education Center and is the Community

Services Department Manager. "I'm excited to make my print on Blackburn," she said. "I'm really excited to start working with Nate and working with the new managers we're about to hire."



PHOTO BY JORDYN SMITH

Kinnison is a junior biology major from Perryville, Missouri. He is involved with the Give Something Back Foundation and serves on the Student Athlete Advisory Committee. He also plays on the men's soccer team at Blackburn. Kinnison is currently working as a Biology Faculty Assistant and is an Assistant Manager of the Academics Department. "I hope to keep the Work Program working efficiently and make sure everyone enjoys their

work environment," he said.

Clendenny and Matt, who are the third pair of female-only GMs in Blackburn's history, both agree that the changeover of work committees is bittersweet. "It's a weird dynamic to have two committees going at the same time, but it's also very fun," said Clendenny. The first order of business for the new GMs will be to hire the new department managers after spring break.

Everyone Wins With Free Movie Month

By Jess Willard

Throughout the month of February, Marvel Theatre offered free movies to Blackburn students. Students received free admission, a regular popcorn and a regular soda for free by showing their Blackburn ID. The Campus Activities Board (CAB) made an arrangement with Eisentraut Theatres (the owners of Marvel) to give students this deal.



The vintage marquee from the early years of the Marvel Theater can be found inside the main floor theater

Marvel employee and sophomore graphic arts major Kelsie Smith works part-time and does a little bit of everything at the theater. She has seen a decent amount of Blackburn students attending the films, even though it's been slow on weekdays. In regards to this event repeating in the future she said, "I can't necessarily speak for... CAB or the owner, but I feel like if it's fairly successful. I don't see why we wouldn't do it again." Smith believes it is a great opportunity because it generates interest in movies and benefits both parties. CAB gets to build a stronger connection with the community and Marvel Theatre could get returning customers. It's also a great deal for students as typically it would cost \$7 per showing. "[The owners] are a super nice family whose customers are incredibly important to them," she added. "Everybody needs to come to the movies. Help support us. We're a really nice, hometown, classic theater."

Director of Student



PHOTOS BY JESS WILLARD

Blackburn students Rebecca O'Connell, Braydon Rekart, Olivia Price, Abigail Jones and Katelynn Nagelmiller gather to take advantage of free movie month at the Marvel Theater

Activities and New Student Orientation Emily Bahr said that movie night at the Marvel Theatre was something introduced before she started working at Blackburn. "In the past, CAB picked a day and asked them to show a movie that students could attend. They would get admission to the movie, popcorn and a drink for free," she said. Originally, the plan was to do a single night event but Student Life committee was trying to come up with ways

to engage students in the community. The idea was introduced to do a month-long event to give students more chances to take advantage of the offer. Sophomore history major Thomas Barksdale had free time midway through February and saw "Kung Fu Panda 3". He was glad it gave him a chance to get away from studying for a bit. "I would go again even if it wasn't free because I love movies," he said.

CAB will determine if

they should do a month-long activity again or return to a single movie night. Ultimately it will depend on student attendance. Bahr said, "Part of the idea was to help students become more engaged in the community all the time. We want to really help support the local businesses and get students involved. So, I think this is the perfect way to do that and I'm just hoping that students actually participate and take advantage of it."

Lobbying for Learning

CONTINUED FROM PAGE 1

Colleges and Universities David Tretter. Several other colleges were represented including Greenville College, Lincoln College, Monmouth College and Iowa Wesleyan University. Tretter explained to everyone that their next step would be to go to their legislatures' offices and tell them why the MAP grant matters.

The Blackburn community members went to the offices of Sen. Sam McCann, Sen. Andy Manar, Rep. Avery Bourne, Sen. Dave Syverson and Rep. Joe Sosnowski. Not one legislator was in their office. The Blackburn attendees left each person a scarf and a card. Alumna Karissa Seago mentioned that at previous MAP rallies, they had gotten to talk to one or two legislators. She thought it was unfortunate that everyone was busy so students didn't get the chance to share their stories. They returned to the first floor rotunda and took some pictures with their posters. Shortly afterward, a police officer took the posters; even though attendees of the rally were told they could bring

them. At 1 p.m., Rep. Kelly Burke and Sen. Donne Trotter delivered senate bill 2043 to Rauner's desk. According to Tretter, the bill had been held

for two weeks in hopes that the governor would hear the voices of those who needed the MAP grant. Rauner ended up vetoing the bill on Feb. 19.

There is no sugarcoating the disappointment students felt. According to freshman psychology major Austin Carter, the rally was not

very productive. He said, "I personally feel we didn't sway anyone's minds whatsoever... The politicians had their minds set." However, he added that he didn't feel like there was much else the Blackburn community could've done at the rally except speak to the representatives. Carter believes that if the general assembly cannot overcome the veto, he will not be able to afford his education next semester.

Seago thinks that the amount of students at the rally (between 75 and 100) may have shown the governor that students need the MAP grant. "I just think the representation of all the colleges – and maybe even not the [rally] specifically that we were at but the one in Chicago that had over 300 people for the same purpose – I think that maybe it hopefully opened some eyes of how many students are actually really affected by this," she said. "And if we can pull together 350 in three days think of what we can do in a month to support this."



PHOTO BY JESS WILLARD

Sen. Pat McGuire (right) is the Chairperson of the Higher Education committee. He helped deliver Senate Bill 2043 to Gov. Bruce Rauner's desk

Learning Commons Final Renovations

By Jess Willard

Blackburn recently received a bequest from the Larry and Pirrko Graves estate and as a result, \$1.2 million is being invested into renovating facilities on campus. Facilities committee created a list of priorities for how the money should be spent and the top four choices will most likely be implemented. The pool-to-a-fitness-center conversion is number one but the final renovations for the Lumpkin Learning Commons (LLC) was voted second. Currently, phase two of the LLC improvements are being completed. This includes a redesign of the closed-off space in the building. A seminar meeting room, updated classroom space, a new area for the Writer's Block and restrooms are the main projects in phase two. These changes should be finished by next semester. The final renovations – also known as phase three – haven't been entirely determined, but it will involve the reading room (located on the right side of the lobby).

Director of LLC Spencer Brayton brought up the idea of "pods" for phase three. He described them as "not enclosed as a circle. It's sort of like two half-moon shaped kinda things." The idea behind pods is to enforce a silent area so students can work on homework or projects. Essentially, pods are shelving units built like a circle with an opening. Inside the opening are seating options for one or two people. He also brought up the idea of moving some of the tables from the middle of the library to provide more of a quiet area. Brayton hopes to have four pods in the reading



PHOTO BY JESS WILLARD

April Goodwin using the reading room in the Lumpkin Learning Commons to finish up some homework

room. In his opinion, pods have increased in popularity. The University of California, Los Angeles (UCLA) has implemented the use of 20 pods within their library, which can be accessed by 10 people each. UCLA describes them as "open 'collaboration pods'" that could be utilized for group research such as office hours and small seminars.

He also recognized that a lot of students requested better outlet access and he thought that could be solved in phase three. Ultimately his idea is to modernize the reading room and make it a more welcoming space. Even though Brayton has all these ideas, he wants to hear back from students about what they really want. "It's good practice to include students in the space that is for them to use," he said. LLC changed their hours this semester due to student input. He would like to hand out surveys at the front desk but according to him, students have been hearing about the

final phase from word of mouth. Brayton suggested that students email him their questions and thoughts for changes (spencer.brayton@blackburn.edu).

Student Senate representative for Jewell Hall Anthony Harper has been the students' voice on the Facilities committee. This was where he first heard about the LLC upgrades and from there he informed Student Senate. "I do know that they want to make it a quieter area," he said. "They want to replace the bookshelves. There's some talk about the ceiling – a lot of students are upset about that because they think the ceiling is fine. They just want to modernize it." In regards to the ceiling, Brayton had said it would involve covering the wood panels with drywall and allowing exposed beams. Harper believes that the best way to get ideas back to Brayton is to spread the word and not just hand out surveys.



PHOTO BY JESS WILLARD

The reading room will be the last phase in the Lumpkin Learning Commons renovations



PHOTO BY JO CHRISTIAN OTERHALS

Casino Night Was a Gamble DID IT PAY OFF?

By Miranda Critchfield

Casinos on school campuses are not the norm. It is actually frowned upon by the NCAA for student athletes to be involved in gambling of any kind, but Blackburn's Student Senate held a "Casino Night" themed dance on Feb. 20 in DCC for the student body. There was no actual gambling involved in the games, just fake chips and make-believe winnings. The dance featured Jess Willard as the DJ and included roulette, poker, craps, blackjack tables and slot machines, all operated by members of Student Senate or Phi Gamma Nu, the new co-ed professional business fraternity on campus. Fish Eye Fun, a photo booth company that is known for its funky close ups, printed fun photos for students to take with them to remember the night by. This event replaced the Valentine's Day dance that has been put on in the past by the Campus Activities Board.

Human resource development major and an At Large member/Treasure of Student Senate Tess Layton explained why Senate decided to throw a dance. "We wanted to throw a dance as a sort of thank-you to students. We

knew that a lot of single people don't necessarily like celebrating Valentine's Day, so we went for something different." Layton believes that a group of students getting to throw a dance for another group of students is pretty awesome. She went on to say that not a lot of students have the same opportunities to do things such as this at larger universities so she is grateful for the opportunities she has had at Blackburn.

Graphic design major Keragan White attended the dance after another event held on campus. White stated, "I loved casino night! An opportunity to play casino games, hangout with classmates, and dance! It was a blast. The fish eye photo booth was a great addition too. The only thing I was disappointed in was the lack of mocktails, because those are always fun. Overall a great event that I would definitely like to see again."

Senate received many positive comments about the dance and were very pleased with the turnout of over 100 students. They plan on making the casino night a tradition.



PHOTO BY MIRANDA CRITCHFIELD

Phi Gamma Nu volunteer Kyle Kessinger dealing in blackjack to fellow students and guest

"Baby-Adult" Abroad: How NOT to Die Overseas

By Haley Welch (Class of 2015)

Baby-Adult: *Noun*

A person who is old enough to clothe/feed themselves, but not old enough to complete tasks such as paying their taxes, signing up for health insurance, or making doctors' appointments without first consulting their mom. Typically between the ages of 18-27.

On my first walk around the neighborhood of Belgrano after arriving in Buenos Aires, I stepped in dog s---. And I am not talking about a little bit. It was essentially the Cahokia Mound of s---, and I slid into it like Tom Cruise in "Risky Business." Now I don't know about you, but an event like this changes you to your core. When I got off the plane in Argentina I was stary-eyed, young and ignorant. After the mierda incident, my maturation from a mere baby-adult to a world traveler began. I swore I would never again put my boots through that kind of useless crap (pun intended), and to be a wiser traveler. By keeping a diary of my adventures, I tracked my lessons for other dumb, young travelers like myself. Here they are compiled in the form of five recommendations. Take my advice if you want to live and save your shoes.

1. For the love of all that is holy watch where you walk.

I was previously unaware that in the city of Buenos Aires, it is not frowned-upon to walk your dog, let them do their business, and go on your merry way without picking it up (I guess I should have made this tip #2 on the list). In general, though, it is a great idea to watch where you are going no matter where you travel. Streets may be uneven (blame old architecture) and you risk looking like an idiot if you walk into traffic and die.

2. Learn some of the language. How would you feel if a scientist came up to you and started asking you questions about quantum physics, assuming you knew his language? You'd be annoyed, right? Same goes when you are trekking around abroad. Do not assume everyone speaks English. Before you go, at least familiarize yourself enough with the language to ask simple questions and avoid looking like a complete arse. It is pretty likely that

whoever you are talking to will recognize your horrible mid-western accent and switch to English anyway.

3. Don't be too touristy. Bus tours are all well and good, but don't forget to get off the beaten path for a little bit. Find out where the locals eat, and what they do for fun. One of my favorite parts of my visit to Argentina was simply going to gatherings in people's homes and socializing. That is where I got a real glimpse of the culture and learned the most Spanish swear words.

4. Try something new. I crossed that off my list when I tried blood-sausage, a local favorite. It looks and tastes like a turd. But hey, now I am cultured and my host family loved watching me squirm while I tried it. Whether it is trying a local food or doing an activity that takes you out of your comfort zone, try something worth telling a story about when you get home. While I tried lots of new things, there was one opportunity I passed up in Argentina: trying my host family's bidet. I let the fear of a pressurized, super-soaker toilet conquer me. Don't live with regrets, try the bidet, eat the blood sausage, do it all.

5. Keep a journal. Fill it with stories of how you tried

the weird pressurized toilet, make note of the fun swear words you learned and jot down all the places you went. Believe or not, your days will blur together and you will lose track of what you did. By keeping a journal you can look back and remember how stupid

you were and marvel that you didn't end up in "Taken 4."

So there you have it. Five perfect little tips because we all know no one would read more than that. May you learn quick, travel far and not step in dookie my friend. Now get out there and see some stuff.



PHOTO COURTESY OF HALEY WELCH

Eduardo Galardi, Haley Welch and Corina Maciel visit the Casa Rosada in Buenos Aires

Sheriff's Association Scholarships

Courtesy of The Enquirer-Democrat

The Illinois Sheriff's Association recently announced that it will award \$54,000 in college scholarships throughout the state to students wishing to pursue higher education during the 2016-17 school year. Macoupin County Sheriff Shawn Kahl will offer one \$500 scholarship.

There will be no restrictions on any applicant due to race, age, creed, color, sex or national origin. The only limitations are as follows: applicants must be permanent Illinois residents; the scholarship must be utilized at an institution of higher learning within Illinois; the students must be enrolled as a full-time student during the 2016-17 school year,

excluding summer session; and the scholarship may only be used for tuition, books and fees.

Applications are available at the Macoupin County Sheriff's Office in Carlinville or at ilsheriff.org. Students must complete the application, answer the essay question and return all documentation to the sheriff's office by March 15; mailed documents must be postmarked by the same date. For more information, contact the Macoupin County Sheriff's Office at (217) 854-3135, the Illinois Sheriff's Association, a high school advising center or a college financial aid office.

The Animal Drive to Stay Fit

By Veronica Milligan

Athletes go to the gym all the time to stay fit and healthy. They run, lift weights, and stretch. Do animals do the same? Many animals must constantly be prepared for mating seasons and ready to run in case a predator spots them. Predators also need to be ready to attack their prey quickly and efficiently. So do animals have the mindset to physically prepare themselves for these situations or is it a natural, genetic trait?

Currently there is no evidence to support the theory that animals exercise with the goal to stay fit, however speaking with an animal behavior professor and a student who owns several athletic animals provided some insight on how and why animals may stay fit.

Sophomore biology major Hannah Hanford told me about the behavior of her animals. Hanford has owned several horses, cats, dogs and rats. She often sees her horses running and said, "It's not necessarily that [the horses] have been cooped up and need to release energy because they can be out on the pasture for weeks



PHOTO BY HANNAH HANFORD

Hannah Hanford rides her horse Angel while fox hunting with family and friends

at a time and I will catch them running laps."

Hanford fox hunts as a hobby and mentioned how her horse Angel behaves differently during fox hunting season, "No matter when I ride her during fox season, she's always agreeable with me ... she'll always do her work for me, but when it's spring and summer time and fox hunting season is over and we're no longer doing long distance runs, that's when we start having problems and she doesn't want to go."

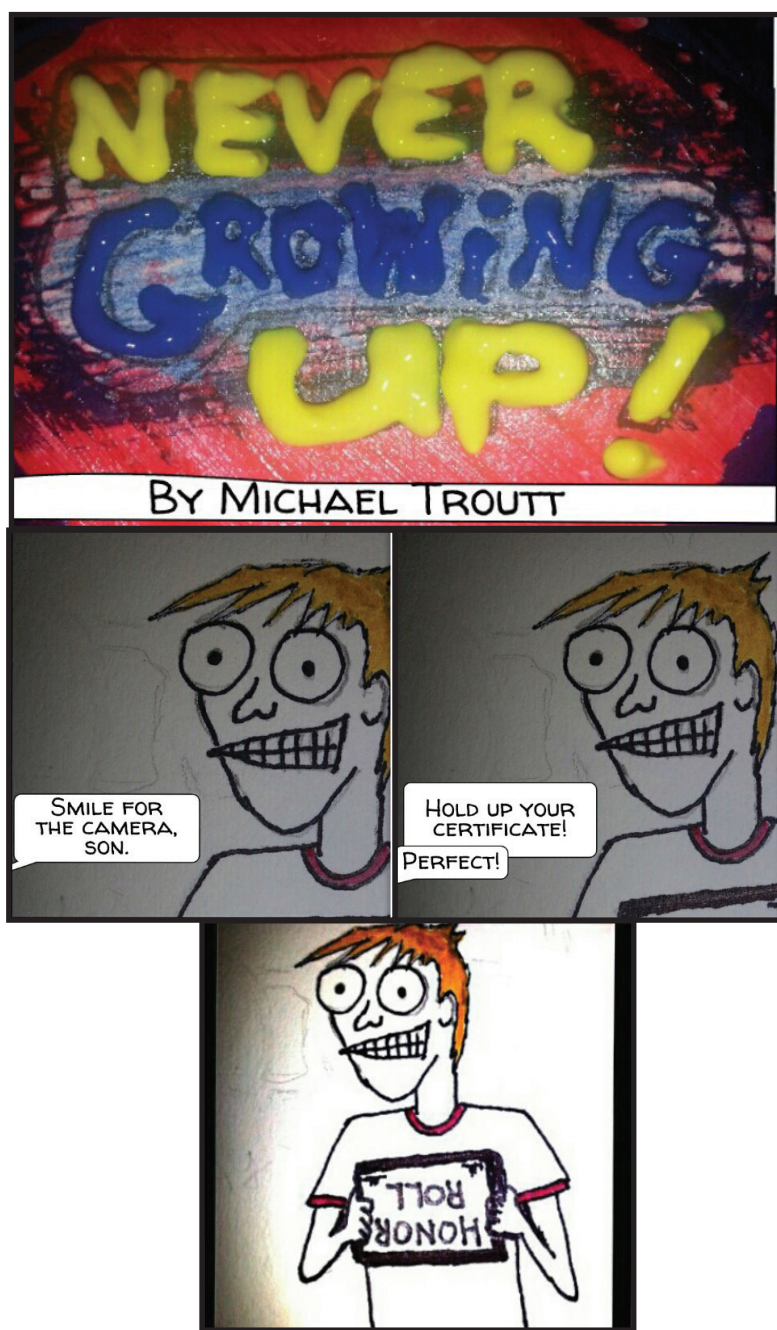
Hanford has also observed her rats running on their wheels for long periods of time for no apparent reason.

Dr. Jonathan Micancin, a biology professor who teaches the Animal Behavior course (BI204) said, "There is an idea that animals have a certain amount of drive energy, in other words their neurophysiology is such that they are supposed to spend a certain amount of time or a certain amount of calories per day engaged in a certain activity like running." He

discussed how once an animal has met those needs over a period of time, the animal has exhausted its drive energy.

Micancin used dogs as an example. He stated "They have certain amounts of drive energy for chasing and for wrestling... it helps to explain why some dogs are destructive." He explained that an animal's brain has an internal clock that essentially tells them how much time to spend on certain activities. Micancin said, "You will find mice running on a wheel and horses running in circles because they've evolved to do that and it's expressed in this trait [drive energy]."

Animals do exercise. They walk, run and do their version of a work out. The big difference between us and animals is the reason why. An athlete may want to be more healthy and prepared for their games, but animals have a drive energy that insists that they burn energy throughout a period of time. In a way, nature has done the work for them; preparing them for everything they need to be fit enough to do.



By Miranda Critchfield

It's no secret that retention rates have been an ongoing issue for Blackburn. Director of Institutional Research Kristi Nelms stated that the national average of retention rates is 72 percent for first-time, full-time students between their freshman and sophomore year. For Blackburn, 65 percent of freshmen who enrolled in fall 2014 came back in fall 2015 for their sophomore year.

Hailey Cohan left after the first semester of her junior year at Blackburn. She now attends Southern Illinois University Edwardsville as a criminal justice major and is graduating in May. "I loved Blackburn and I still do, but there was something about it that wasn't right for me," Cohan said. She went on to explain that while she appreciated the Campus Activities Board events, there were too few things to do on campus and there was nothing to do in town. With such a small student body, it is hard not to know everyone. "Since [Blackburn] was so small it felt like high school and I was looking for something greater," said Cohan. "Also you would know everyone and everyone would know your business. Nothing could ever be kept a secret but at the same time it was a great community."

Kellie Phillips decided

to leave Blackburn and, in pursuit of her communications degree, go to Northern Illinois University, where she graduated with a degree in organizational corporate communications in

(Jerseyville, Illinois) so I just went with it. I also had the intention of entering the education program and very quickly found out that it wasn't my cup of tea. I found a program

people there."

Marcus Watt left Blackburn after his freshman year. He was studying computer science then switched to sports management.

Watt offered a few reasons as to

why he left, including the disrespect he believes he suffered from his advisors, the poor conditions of academic and dorm buildings, the issues of having to work if you lived on campus (though he stated he understood why). Watt stated, "The biggest reason I left is because I believe there is a huge drug abuse problem at Blackburn." Watt is currently getting his associate of arts in business from Truman University and plans on transferring to St. Cloud State University to get a degree in recreational sports and business management.

Dean of Students Heidi Heinz stated that she has heard several reasons pertaining to why students leave Blackburn, including a long laundry list about family issues, personal

reasonings, lack of financial support and many more.



PHOTO COURTESY OF KELLIE PHILLIPS

Kellie Phillips on her graduation day at NIU

May 2015. Phillips stated, "The main reason I left is because Blackburn was my safe choice. I went there because I didn't know where else to go and I didn't want to go to community college. It was close to home

I did like at NIU and I had more options since it is such a larger university. Plus, I had a larger job market to work with. But I definitely don't regret going to Blackburn. It was a kickass school and I met some amazing

The "Big Game": A Big Slap in the Face

By Miranda Critchfield

You may have seen that really big football game where a team got a trophy at the end, confetti was released and fans cried tears of despair or joy. If this was the case, then you probably heard Lady Gaga, in a full red glitter pantsuit, sing the national anthem. But what you probably didn't see was Marlee Matlin, an award winning actress from the show "Switched at Birth" and episodes of "Law & Order: SVU," interpreting the national anthem in American Sign Language. Matlin was shown for about two seconds and then the camera locked in on

Gaga for the remainder of the performance. The individuals at the stadium could see Matlin but the only other way to watch her was to go the NBC website or app, navigate your way through and watch the two-minute live stream.

According to Statista, a company that tracks statistics, over 114 million people in the United States watched the 2016 Super Bowl, that is almost 36 percent of the entire country's population. Johns Hopkins Medicine reports that about 15 percent of Americans report some degree of hearing loss or deafness, that's 48



PHOTO BY STEVE JURVETSON

Lady Gaga singing the National Anthem at the 2016 Super Bowl

million people. Freshman Abigail Jones is one of that 48 million. Jones did not watch the Super Bowl but wasn't surprised when notified of the television absence of Matlin. Jones stated, "I don't really watch sports but it is actually fairly common for events to not

have interpretation. It's one of the reasons why I don't watch sports or news because it's mainly hearing dominated. I have many deaf peers who are involved in sports and without communication, they would be lost. In our high school's home games, we always had someone to sign the National Anthem."

Jones actually met Marlee Matlin, who is from Morton Grove, Illinois, and talked to her about the subject of awareness in the hearing

community about the deaf community. "Marlee said that people are not just plain ignorant but are actually unaware of the customs and necessities the deaf community has," said Jones. "I agree with her because I put a lot of pressure on myself to be the best deaf/hard of hearing person I can be and educate people when I can." In order to educate people, Jones believes that it can start in a place as little as Blackburn. She went on to say, "There is more to what meets the eye about the deaf community. A lot of people I have come across always said to the deaf ... 'You can't do that', or 'You have to be

hearing to do that.' Deafness is a hidden disability and doesn't make someone different."

Spanish professor and Department Chair of the Modern Language Department Dr. Timothy Wilson stated, "I would hope that at Blackburn we can remain engaged with diversity and that our students will be offered opportunities to become fluent in different forms of expression, such as ASL. Interested students should watch for an upcoming class on Spanish translating and interpreting that will soon be offered in the Department of Modern Languages."

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‘Vode An!’ Rise of the Mandalorians

By Benjamin Nichols

For many at Blackburn, I’m recognized as the bearded student who works in the science building or stands outside smoking cigarettes. Some may also know me from the skull-shaped tattoo on my left arm with strange markings above it. Some students may know the symbol from their fandom of the Star Wars films. While it is most definitely a prominent symbol from the films, the symbol to me and many others has much more meaning behind it.

The symbol is called the Minotaur Skull and represents a warrior culture within the Star Wars films called the Mandalorians. Jango Fett, the creator of the Clone Army from Episode II, and his son Boba Fett, the notorious bounty hunter from Episode V & VI, are the two prominently featured Mandalorians within the films. The Star Wars television shows “Clone Wars” and “Rebels” also feature Mandalorians prominently. The Mandalorians are known for their distinctive armor, impressive skills in combat, demand for respect and their

symbolic images throughout the series.

Due to the popularity of the original Mandalorian, Boba Fett, games and books have been written about him and his warrior culture, spawning over the past 20 years an entire Mandalorian alphabet, language, rules, ethics and history of the culture. The image of the Mandalorians has spread very quickly over the past few years. But for some, this is more than just dressing up as some cool person from a film.

For me and many others who are fans of the Mandalorians, we have in a sense taken it among ourselves to try to adapt to and live the very culture itself. I know this may sound goofy, but there’s more to this than many fail to see. Many young people, including myself, feel that we live in a world that lacks culture, or at least a culture that can be seen as respectable or something of which we can be proud. Mandalorian culture has started to take off because it gives us a sense of strong identity.



A New Culture Born from Nerdom

The Mandalorian culture is inclusive. Though being a powerful warrior culture, the Mandalorians are not elitist but encourage other human and alien races to join them and become part of the culture. And once a Mandalorian, they are seen as equals. Vode An, the Mandalorian word for ‘Brothers All’ reflects this unity among the people. It is the motto and is what is tattooed on the past few years. But for some, this acceptance is what led me and many others to start taking an interest in this culture.

But simply being all inclusive doesn’t make everyone a Mandalorian. True Mandalorians abide by the rules and ethics from the lore. Many are well trained or are training in martial arts and weapons handling, as well as understanding how to use, clean and repair firearms. We also take great pride in family, friends and using the language in our lives. Symbolism is extremely important to Mandalorians, so many individuals have tattoos or symbols in their living spaces.

It gives me a sense of pride being able to be part of this new and growing culture, which really focuses on individual strength and skills while also incorporating a team and family nature around it. That is why I have the Minotaur

Skull on my shoulder and why above it is written two words that mean much to me, Vode An.



PHOTO BY BRYAN BETHEL

Tiny Cats Took Over My Life

By Jess Willard

Blackburn students have limited free time. There are barely enough hours in the day to sit down between classes, work and clubs, so downloading an app that requires hours of investment wouldn’t be practical. “Neko Atsume: Kitty Collector” requires about a couple of

minutes every few hours to make the most of the game. Two main steps for gameplay include setting out food and objects for cats to interact with and waiting for the cats to visit you. Sophomore creative writing and art major Sara Hyneman was introduced to the app through social media

about six months ago. “I love cats and like cute Japanese apps,” she said. “A lot of my online and real life friends were playing it, so I was like ‘I don’t wanna be left behind.’” According to Hyneman, the app doesn’t require you to bend over your phone constantly and the low level of commitment makes the experience pleasant.

Every cat that visits your yard will be put in your “Catbook”. If you don’t view the app when cats are visiting you, certain information such as personality traits and power level will not be unlocked. For completionists (players who must complete every challenge), this is where the game can get addicting. Senior psychology major Jordan Foor competes with her roommate, who got her hooked on the app. “I wanted to get all of the cats before she got the cats,” she said. “And then, wanted to buy all the stuff in the store.” Cats that visit you multiple times will leave behind “Momentos”

befitting their personalities. Players can also take pictures of their cats and add them to the “Catbook” or the photo album.

Every time a cat visits, they will leave behind a gift of either silver or gold fish to purchase new items. The shop allows the player to buy more food to feed their cats, different items to attract new or rare cats and remodel their yard. While some of the available materials cost a lot of fish, there is no need to buy in-game currency. Foor said, “It’s a game you could definitely get by without putting any money into it. I mean if you wanted to get stuff faster, you could but there’s no real reason to spend money on this.” Fish are earned quickly from visiting cats. The daily password under the “News” section of the menu also gives the player some fish and an extra reward for entering the password five days in a row.

The simple app allows you to take a step away from

stressful college life and enjoy some furry friends. Hyneman said there was an element of challenge to the game and it can be hard “figuring out which toys and which foods have the best reward.” If you are a cat-lover or fond of straightforward games, you may want to give this app a trial run.



SCREENSHOT BY JESS WILLARD

In God We Trust

By Ethan Leach

While most Americans are in support of the First Amendment’s protection of religious freedom, attorney and activist Michael Newdow is bringing a lawsuit to remove the phrase “In God We Trust” from US currency. As Newdow argues, the inclusion of the phrase violates the separation of church and state, and is thus unconstitutional. If successful, the lawsuit would result in the religious phrase being removed from paper currency and coins.

Newdow has brought similar lawsuits in the past, such as his challenge to remove the phrase “Under God” from the Pledge of Allegiance.

This is not the first time that Newdow has brought this particular lawsuit to court

either, as the atheist attorney has seen his lawsuit fail multiple times before. What Newdow’s argument hinges upon is the idea that the phrase amounts to an establishment of religion, which is a violation of the First Amendment.

If successful, however, Newdow’s reasoning could open the door to the removal of God’s name from any and all areas of government. The First Amendment states: “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.” What the court must decide is

whether the mere mentioning of God’s name constitutes an official endorsement of religion, which the government has repeatedly denied it does. The phrase, after all, does not make any distinction of a particular religion, and so the reference to God could be interpreted as referencing any theistic religion. This point is of little consolation to atheists like Newdow, however, who hold that the acknowledgement of any god is contradictory to their views.

In any case such as this, there is conflict between those arguing the “free exercise” portion of the first amendment and those arguing against the “establishment of religion” portion. One side says that the government has no right

to censor free religious expression, while the other side says that they have no right to proclaim either the existence or the moral superiority of any deity.

While atheists argue against our country’s religious background, the truth is that many of our country’s founding principles are based upon a theistic philosophy. The Declaration of Independence explicitly says that all men are “endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.”

Much like the phrase “In God we trust,” the Declaration’s statement of God-given rights does not make reference to a particular religion. It does, however,

acknowledge the presence of a supreme being, by whom all rights are granted. What Newdow’s lawsuit is arguing is that we must abandon all sense of religious affiliation, and that the government is forbidden from even suggesting the existence of an omnipotent God. At a time when God’s name is being purged from our daily lives, Newdow is demanding that all Americans embrace the same atheistic worldview that he holds, in which God’s name cannot be so much as mentioned in any facet of public life. Whether or not you believe in God, the adoption of any such law prohibiting religious expression should make you shudder.

Women Have Stopped Burning Their Bras, But Hillary Clinton Hasn’t Noticed

By Rachael Chong

Hillary Clinton doesn’t know what feminism is. At least, she doesn’t anymore. Clinton’s feminism is second-wave and rooted deeply in the bra-burning, glass-ceiling politics of the ‘60s and ‘70s. She is still worried about issues of women’s liberation--the kinds of things people like Gloria Steinem rose to prominence fighting for. But these just aren’t the same problems young feminists are facing today.

Gloria Steinem is a powerful icon of second-wave feminism. Her co-founding of “Ms.” magazine helped get out the feminist voice. But earlier this month she said women who support Bernie Sanders instead of Hillary Clinton aren’t “activist” enough because instead of being concerned with politics, they’re thinking, “‘Where are the boys?’[and] the boys are with Bernie.”

It’s important to note that this brand of feminism--the one pioneered by the Steinems of the world and followed by the Hillary Clintons--was important in their time but because second wave feminism was largely successful, it’s just not relevant anymore. The feminists Clinton worked with in her youth got women out of the house, into the office and on the pill. These were great accomplishments and I don’t know many women who would disagree.

But they’re accomplishments now. They’re no longer goals and since second-wave feminists didn’t completely end inequality, there are new goals now.

Young feminists place a strong focus on intersectionality, or how issues like racism, homophobia, transphobia, classism and ableism interact with sexism, but Clinton doesn’t.

She is a straight, white, upper-class, cisgender (a person whose gender identity and gender assigned at birth are the same) and able bodied woman who doesn’t acknowledge her privilege based on these aspects of who she is but instead cares about the sexism she faces.

Clinton consistently does too little. She didn’t support same-sex marriage until 2013, favoring “civil unions” through her time as a senator for New York and into the 2008 Presidential election. She’s been silent on almost all transgender issues. Even when speaking in favor of LGBT rights, she has left off the T for transgender and used the phrase “gay rights” instead.

And most recently on the anniversary of Rosa Parks’ famous arrest for refusing to move to the back of the bus, Clinton’s social media avatars were changed to a version of

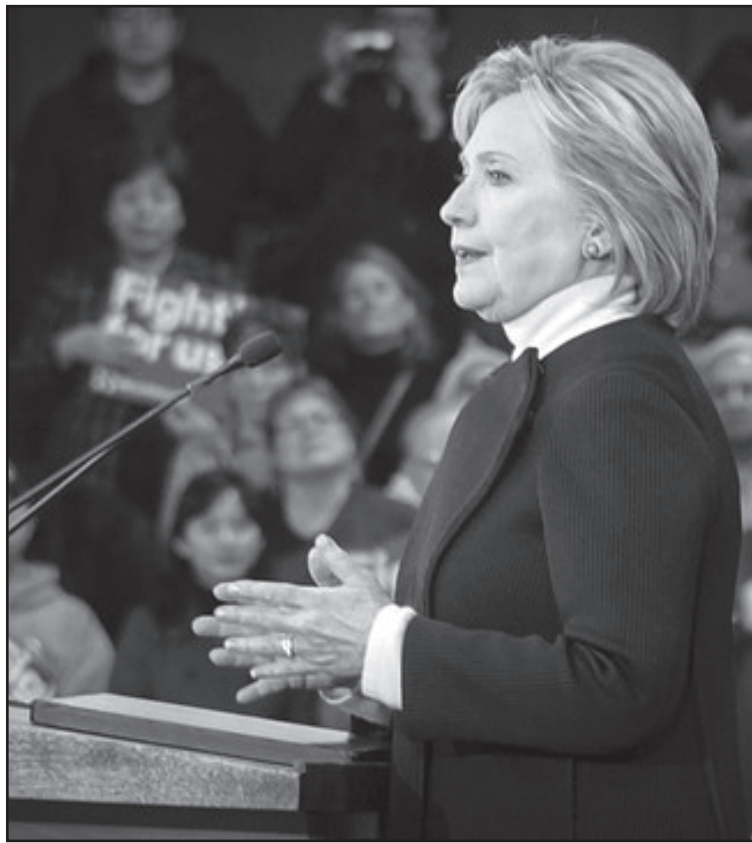


PHOTO BY TED EYTAN

Hillary Clinton at the Presidential Campaign in New Hampshire

her “H” logo wherein Rosa Parks was on the back “seat” of the letter as if it didn’t occur to Clinton and her team that putting Rosa Parks on the back of the “H” was painfully similar to keeping Rosa Parks on the back of the bus.

These might seem like little things, and maybe they are. After all, she never advocated for removing LGBT people from the military, her support for civil unions was a step in the right direction (emphasis on step) and she probably didn’t mean to put Rosa Parks on the back seat,

but they demonstrate a lack of thought on Clinton’s part.

She wasn’t worried that to same-sex couples a civil union didn’t mean the same thing as a marriage. She simply forgot or ignored transgender people. She didn’t think through the context of oppression and struggle that Rosa Parks represents.

Simply put, Hillary Clinton isn’t worried about other women. She’s worried about women who are similar to her, and that’s not the kind of feminism we need now.

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SCREENSHOT BY JESS WILLARD

Editorial Letter to the Editor

By Katie Payne

Freedom of speech doesn't equal freedom from backlash. A recent article published in Vol. 14, No. 1 of The 'Burnian, "The Crimes of Our Ancestors," stands as one of the most bigoted and frankly whiny articles that I've ever had the misfortune to read. However, because this was an article that was written, apparently there are individuals who genuinely believe this drivel. The author asks me to judge them only on their views. That is what I am here to do.

The author states, "As a white person, I'm lectured about the sins of all whites: racism, bigotry, and the air of racial superiority that we give off..." This air of racial superiority comes only from a personal attitude. The author doesn't care about documented bigotry. They hold a complete, willful disregard for evidence and experiences of racism. Never mind that, while the author's ancestors had the right to own property for centuries, only relatively recently has it been illegal to literally buy and sell people of color. Never mind that people of color are systematically still denied education, jobs and homes. That white people in entertainment can appropriate entire cultures and be called "innovative," while the cultures themselves are "ghetto." That even in the past few months, black men have been murdered and the killers still retain their police badge. But please, dear author, continue to tell us how you feel so oppressed.

The author states, "As a man, I'm indicted for the sexist ideas that supposedly permeate our culture." This sentence speaks to the sheer ignorance of this article. The word 'supposedly' shows that the author doesn't believe sexism exists, and even if it

does, it's not his fault. The word 'supposedly' here is absurdly arrogant. Frankly, sexism is undeniable in our culture. Sexism exists because women still make significantly less than men. Sexism exists because girls who have their first period are terrified because our culture is too scared to discuss the woman's body. Because birth control is a controversial topic, because a woman cannot have the right over her own body, because of an unformed clump of cells could someday become a man. Because women are taught not to get raped, because the assumption is that men will try to rape them. Because three-fifths of women will be assaulted in their lifetime. Because according to the Rape, Abuse & Incest National Network, 97 percent of rapists go free. Because catcalling happens. Because it's supposed to be a compliment. Because women have to learn that compliments shouldn't hurt. Because these experiences are not universal to men, so they must not matter. Because of the word "supposedly."

The author believes he's never had any part in perpetuating a culture of inequality. Yet by denying his part, he feeds the same beast. Inaction equates siding with the oppressor. Author, you state in your article, "... if there's something I've done to offend you, please tell me." I'm telling you. You've dismissed the life experiences of anyone who's not like you and alienated anyone you deem lesser. When you state at the end of your piece, "It's not my fault," what you mean is "I don't care enough about your experiences to let them matter." Author, you asked me to judge you at the beginning of the article. My verdict: you are the problem.

burnian@blackburn.edu

Investing for a Livable World

By Ronald G. Trimmer, PhD (Class of 1962)

Many colleges and other institutions have heeded Bill McKibben's (350.org) call to divest from all fossil fuel investments (503 intuitions, \$3.4 Trillion). Divesting from fossil fuels is a moral statement. It is about "Creating the political will for a livable World" (Citizens' Climate Lobby's motto). Blackburn students and recent graduates will suffer the consequences if the climate problem is not adequately addressed. I am a Blackburn graduate (math 1962). If it is not addressed, run-a-way global warming could be triggered in my lifetime.

I urge Blackburn to take climate change/global warming serious and consider divestment. To maximize the impact of the divestment, Blackburn must make it clear why it is doing so. Success is to be measured in what difference we make in reducing green house gases, changing attitudes and opinions, changing behavior, and changing policy.

Bill McKibben did the math (Rolling Stone, August 2nd, 2012) and showed that we need to leave 80 percent of known fossil fuel known reserves in the ground. Retaining fossil fuel stock is probably a poor investment because of what is called stranded resources. McKibben argues for divestment and against stockholder engagement because fossil fuel companies' business plans are to destroy the planet for profit.

Being a stockholder provides access to company leadership. Stockholder engagement can be effective but requires lots of passion and time. Blackburn could create a socially responsible investment committee. However, if Blackburn lacks the passion and time, I recommend divestment from fossil fuels. Also, if the

companies are unresponsive to stockholder engagement then divestment is called for.

I hold Ameren stock and am a member of the Midwest Coalition for Responsible Investment (MCRI). This makes stockholder engagement easier. Other members of MCRI hold fossil fuel stocks including Peabody and Arch coal. If Blackburn decides to get involved in stockholder engagement joining MCRI is recommended. A representative from Blackburn's investment committee could participate in meetings by phone. Blackburn is only about 60 miles from St. Louis so they could easily attend annual stockholder meetings and participate in meetings with company leadership at Peabody Headquarters in St. Louis. From discussions with Peabody and Arch coal and MCRI, I understand that they are still in denial regarding coal's future but this is starting to change.

I served on the United Church of Christ (UCC) 2013 synod resolution committee calling for divestment or stockholder engagement. To comply with the resolution, I submitted a stockholder resolution to require Ameren to more fully report on their lobbying especially as it related to climate change. UCC holds over a half million dollars in Ameren stock and co-filed on the resolution. They wrote, "Although this country cannot yet do without fossil fuels, we must work urgently to transition away from them and toward cleaner forms of energy." Such resolutions typically get 10 percent of the vote. Of many similar resolutions, mine was one of the strongest worded and got 41 percent of the vote, one of the highest votes. Even if Blackburn divests from fossil fuels, but holds stock in St. Louis based

companies like Monsanto, Boeing, or Emerson it could still work with MCRI on their stockholder engagement with them.

Blackburn might consider installing solar. With state rebates and possible federal tax breaks it is especially a good investment. Blackburn could qualify for a 40 percent rebate up to \$30,000 under Illinois' Solar and Wind Energy rebate program in the Public Sector and Non-Profit category. Once a solar system pays for itself then the electricity it generates is practically free. It could install the system on buildings with south facing roofs and little shade like Hudson or North. Ground mounted systems could be installed on the Bretthauer property or north of the athletic fields. My favorite idea would be to install them on parking lots like car ports and provide charging stations to encourage students, staff, and the college to drive plug in hybrids or electric cars.

I would encourage the Blackburn students and staff to start a chapter of the Citizens' Climate Lobby at Blackburn. James Hansen is on the advisory board of the Citizens' Climate Lobby. Dr. Hansen says, "Most impressive is the work of the Citizens' Climate Lobby, a relatively new, fast growing, nonpartisan, nonprofit group...If you want to join the fight to save the planet, to save creation for your grandchildren, there is no more effective step you could take than become an active member of this group (the Citizens' Climate Lobby)." Carlinville is in IL-13 congressional district. I am chair of the Southern Illinois chapter. We cover IL-12, IL-13, and IL-15. We could help get you started and help you lobby Representative Rodney Davis who is the IL-13 congress person.

Do you have something you would like to say to the campus, community and beyond? Contact noah.daum@blackburn.edu for info on writing a guest column.

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

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

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

March 2016

burnian@blackburn.edu

Antibiotics, A Double-Edged Sword

By Michael Troutt

The Centers for Disease Control and Prevention (CDC) reported that antibiotic resistant bacteria claim the lives of nearly 23,000 people a year in the U.S. alone, equivalent to the average number of deaths caused by prescription pain relievers.

Bacteria are microscopic unicellular (one cell) organisms that live everywhere on earth, from beneath the ice of Antarctica to the inside of your stomach. Bacteria are able to survive under extreme circumstances, according to the American Society for Microbiology. Additionally, the National Institutes of Health report that less than one percent of bacteria are harmful to humans, while the majority of bacteria conduct necessary processes of life such as food digestion or providing plants with nitrogen. The few that do cause illnesses such as strep throat and staph infection are treated with antibiotics prescribed by a physician.

Antibiotics are medications that possess the

ability to kill or prevent the reproduction and spread of harmful bacteria. The CDC reported that antibiotics have been a very successful treatment for bacterial infections since the 1940's. With the addition of antibiotics to medical practice, mortality rates for many bacterial illnesses have drastically decreased. However, the evolving dilemma of antibiotic resistance that has been documented since the 1950's remains a lingering threat to the global population.

Antibiotic resistance refers to a bacteria's evolved resistance to medications that allows it to survive, reproduce and spread. According to the CDC, when antibiotic resistance occurs individuals suffer the effects, and consequential damage from a bacterial infection, for an extended period of time. The only way to fight resistant bacteria is to use an alternative treatment that was developed specifically for the opposed strain of resistant bacteria. If

an alternative treatment is not available, and the resistant bacteria is not contained, the possibility of an epidemic becomes urgent.

The CDC reported the primary cause of increased cases of antibiotic resistance is the result of excessive misuse of antibiotics, due to an abundance of unnecessary prescriptions. While bacteria will continue to adapt and become resistant, abuse of antibiotics is an issue that threatens the effectiveness of current medications. Flooding the population with antibiotics increases the likelihood of resistant bacteria and decreases the amount of time for new medications to be developed. In an ongoing effort, the CDC provides information to spread awareness amongst patients and physicians about the threat of antibiotic resistance. Individuals are advised to practice preventative measures such as good handwashing habits, receiving vaccinations regularly and food safety to decrease the risk of infections.

Spring Breakers Beware

By Veronica Milligan

Spring break is a great time to travel with friends and enjoy the sunshine far away from Illinois. This year students should be more cautious in choosing their break destination. The Centers for Disease Control (CDC) warns of several countries and one United States territory that have active transmissions of the Zika virus. Among these are popular spring break destinations, including Mexico, the Dominican Republic, Jamaica, Puerto Rico and several others.

The Zika virus is a rather mild disease that's symptoms are not deadly to most people. According to the CDC, one in five people who are infected will actually become ill. The symptoms of the virus include fever, rash, joint pain and conjunctivitis (pinkeye). A person becomes infected when the disease is transmitted to them by a species of mosquito known as Aedes. The symptoms typically last only a few days, and rarely a person may be hospitalized, according to the World Health Organization (WHO).

Both the CDC and WHO mention that there have been reports of the Zika virus being transmitted by blood

transfusion and sexual contact. The symptoms are the same by either form of transmission. There is also a small concern for a connection between the Zika virus and Guillain-Barre syndrome, as six countries have reported a rise in people who had the virus and the syndrome. The potential correlation between the two is being investigated by the WHO.

Guillain-Barre syndrome is a rare disease in which the immune system attacks the Schwann cells (cells that protect neurons that allow for body movement) in the peripheral nervous system. Symptoms include muscle weakness and sometime paralysis, usually on one side of the body. These symptoms can last for weeks to months. The CDC and WHO emphasize

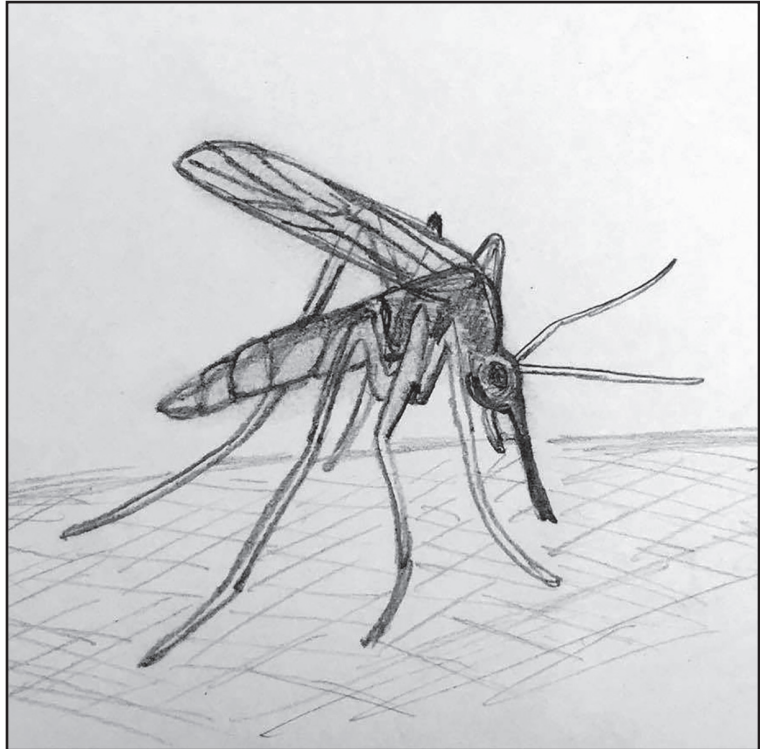


ILLUSTRATION BY DR. JAMES BRAY

Illustration of a mosquito that carries the Zika virus

From Futon to 5K

By Bryan Bethel

I have been at Blackburn for almost four years now, and while I have gained lots of knowledge and know-how during my time here, I have also gained more than a few pounds. It's hard not to gain weight while living on campus, where every meal you eat is a full buffet complete with a dessert bar and a soft-serve ice cream machine. Lately, though, I've decided it's time to start doing something to get in better shape and feel better about how my body looks. And as it turns out it doesn't really take as much effort as I thought.

Pace Yourself:

One of the things I would recommend for people like me who are new to exercising is to take it easy at first. I don't try to be an Olympic athlete when I work out—usually all I do is 20-30 minutes of running or biking a day. Starting out small and then exercising longer as you become more used to your routine helps you to stick with it and reduces your risk of straining yourself in the early stages.

Set Goals:

Sometimes it's hard to know what to do when starting an exercise program, and this is why it's important to set goals for yourself. I have an app

on my phone called "C25K" (couch to 5K) that gives me a new goal to shoot for each day. The goals gradually get more difficult as you go, building up to running five km (3.1 miles) straight. Giving yourself something to go for everyday helps you to be motivated to get up and work out.

Find Something to Motivate You:

The most important thing you can do for yourself is find something to motivate you to get at it every day. Whether it's being able to fit back into your old clothes like me, or simply not wanting to jiggle while you brush your teeth, self-motivation is key.

Keep Proper Expectations:

Some people might get discouraged if they don't see results of their exercise right away, but this isn't the right mindset to have. I have been running for nearly two weeks, and haven't seen much results yet, however I'm trying to stay optimistic. It is important to remember that you didn't put on the weight all at once, but over time, and that is how you will lose it, too. Don't wait until you reach your goal to be proud of yourself-be proud of each step you take towards reaching that goal.

that we do not know yet if the Zika virus does cause Guillain-Barre syndrome.

The largest concern about the virus is its link to pregnant women. The CDC reports that the Zika virus in pregnant women can be transferred to the fetus and result in a brain defect called microcephaly. Microcephaly is a condition where the baby's head is much smaller than normal because the brain did not develop properly. Many problems are associated with this condition, including seizures, hearing loss and developmental delays.

The CDC recommends several ways to prevent contraction of the virus. Firstly, pregnant women or women who could become pregnant should not travel to locations with known active transmission of the virus. The best way to prevent getting the

virus is to prevent mosquito bites by using insect repellent, wearing long sleeve shirts and pants and staying in places that are difficult for mosquitos to get access.

When asked if there is a concern for Zika in the United States, professor of biology and chemistry Dr. David Reid, said, "At this point, only if you are a female traveling to infected areas and could possibly be pregnant or potentially become pregnant. However, the virus can potentially be spread through body fluids, so males need to practice safe sex if they are potentially exposed to the virus." Currently the only reports of Zika virus in the United States are travel-related. Perhaps when planning your spring break trip this year keep an open mind to other locations such as Canada or Europe.

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Once a Beaver, Always a Beaver

By Miranda Critchfield

Eight seniors were honored on Feb. 17 when the men's and women's basketball teams had their final home games. The gymnasium was filled with family, friends and fellow students and decorated with posters, streamers and balloons that were provided by the Blackburn cheerleaders and their coaches, Connie Morin and Jane Kelsey.

Danae Smith was the only senior on the women's basketball roster and played hard with her teammates, but they suffered a loss against the Eureka Red Devils. Smith had no comment.

The men's team seniors were Henry Hicks, Colin

Gowin and Jamie Moore. All basketball seniors were given a framed poster of themselves.

The three men got play time in their last home game but were defeated in a neck and neck game against the Devils. Gowin stated the evening was a very bitter-sweet night for him. Seeing such a great turnout in the student section was a highlight but playing his last home game weighed heavy on his mind.

Gowin went on to say how he's had quite the experience with basketball at Blackburn from playing with his brother, being grateful to play at all and a rough patch with a previous coach. "This year has been

great. We are winning games and winning is fun. I believe Blackburn was blessed to get Coach Kollar and Coach Jadzak. They are a perfect fit for our school and care about the player's success on and off the court." Gowin loves his sport and competing in general. "I love outworking other players whether it's to help my team win or to push my teammates at practice, I'm balls to the wall the entire time," said Gowin.

The cheerleaders that were honored where Miranda Critchfield, Edia Mushundusi, Shandra Pearson and DeArryka Williams. Cheerleading is not considered

a sport at Blackburn but the women were honored by their coaches along with the student athletes.

Mushundusi stated that she enjoyed her time as a cheerleader at Blackburn. "We practice a lot for only being a club and we worked very hard for senior night. I was really disappointed when the music for our dance didn't work because we weren't allowed a sound check, but I enjoyed my experience on the team and coaches throughout my four years." The cheerleaders had to improvise with an athletics laptop and an AV cord. The music came out unclear and inaudible but the cheerleaders

still performed.

This was also Director of Financial Aid Jane Kelsey's last game as a cheer coach. Kelsey had been the advisor for cheerleading for many years and coached with friend, dance instructor and owner of Fancy Feet Studios, Connie Morin. Morin honored Kelsey with a bouquet of flowers while both shed a couple of tears. They honored their seniors with handmade red and black blankets with an embroidered "BC."

**The author is a Blackburn cheerleader.*



PHOTO BY MIRANDA CRITCHFIELD

Men's basketball seniors with family (from left to right) Henry Hicks, Jamie Moore and Colin Gowin

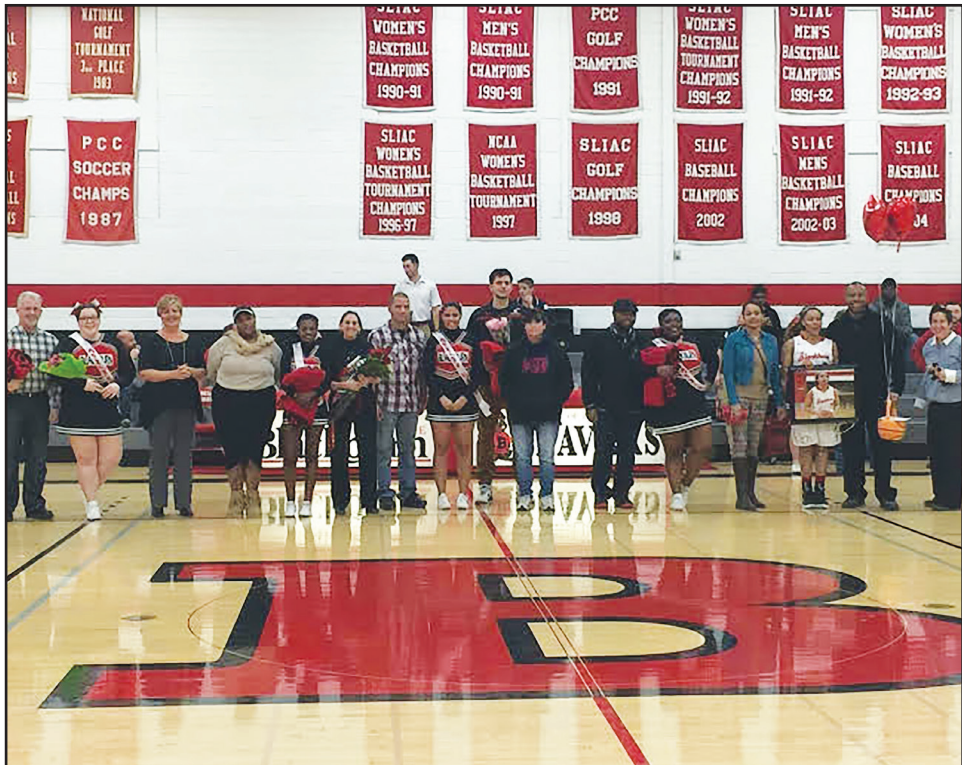


PHOTO BY HALEY HAYNES

Senior cheerleaders and women's basketball player with families, friends and coaches (from left to right) Miranda Critchfield, Edia Mushundusi, Shandra Pearson, DeArryka Williams and Danae Smith

Upcoming Sports Events

Blackburn College Men's Baseball

Mar. 5	at Millsaps College Jackson	4:00 PM
Mar. 6	at Millsaps College Jackson	12:00 PM
Mar. 8	at Loyola	6:00 PM
Mar. 9	at Loyola	6:00 PM
Mar. 11	at Rhodes College	11:00 AM
Mar. 12	at Rhodes College	12:00 PM
Mar. 12	at Rhodes College	2:30 PM
Mar. 16	Lincoln Christian	1:00 PM

Blackburn College Women's Softball

Mar. 13	at Rose-Hulman	12:00 PM
Mar. 13	at Rose-Hulman	2:00 PM
Mar. 26	Iowa Wesleyan	12:00 PM
Mar. 26	Iowa Wesleyan	2:00 PM
Mar. 29	Mo. Baptist	5:00 PM
Mar. 29	Mo. Baptist	7:00 PM
Mar. 30	St. Louis College of Pharmacy	5:00 PM
Mar. 30	St. Louis College of Pharmacy	7:00 PM

Do you have a lot of knowledge about sports? Love attending Blackburn College athletic events? Contact us at The 'Burnian on information for writing about what you already love. burnian@blackburn.edu

Amish Man Runs Away From Sin

By David Horn (Class of 1965)

A few years ago, Leroy Stolfus, 22, got involved with "some stuff" he shouldn't have. He is Amish, and his brother suggested he start running whenever he felt tempted to sin. At first he ran two or three miles and thought, "Wow, this is hard!" but he kept training and ran his first full marathon in 2012.

Recently, Stolfus, who lives in Gordonville, PA, ran the 22.6 mile Harrisburg Marathon in traditional Amish clothing, including a long-sleeve button-down shirt, slacks and suspenders. He crossed the finish line after three hours, five minutes and 45 seconds. That's less than one minute short of qualifying for the Boston Marathon at his age. He does not blame his Amish attire

for slowing him down. He believes long-distance running is "20 percent training and 80 percent mental." He feels running is not about breaking records. He says running has greatly improved his life, adding that "Life is a lot better for me now."

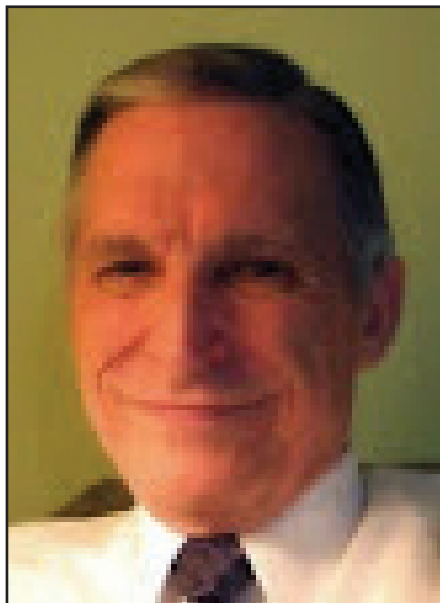


PHOTO COURTESY OF DAVID HORN