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The Student Newspaper at Blackburn College

Oldest Continuously Running College Newspaper in Illinois, since 1881

Managers Announced Five Returning, Seven New



O BY JORDYN SMITH New Manager of Academics Katy Pugh



PHOTO BY JORDYN SMITH Returning Manager of Administration Jessica Baalman



PHOTO BY JORDYN SMITH New Manager of Athletics Samuel Slater



By Jordyn Smith and Noah Daum

On Wednesday, March 24, the Work Committee announced the department managers for the 2016-2017 academic year. Among the managers are five returners and seven new faces.

Managers were selected after sending information a résumé, two including

letters of recommendation and a personal statement. After these submissions, the candidates were interviewed by the department advisor, the former department manager (if he or she is not returning), Associate Dean of Work Rob Weis as well as both former and new general managers.

On April 10, the new Work Committee met to allocate for next year's student worker positions.

This summer, the Work Committee will be at summer orientation to hire new students. Afterwards, they will begin meeting regularly for the fall semester.



New Manager of Technology Services Ben Fletcher

Bang Bang, Sent to the Block



PHOTO COURTESY OF ALL AROUND ALTON

Students Alexis Mayes, Shelby Rainford, Gabrielle Maguire and Sara Lewis at the 2016 Midwest Writing Centers Association Conference

By Brendan Riley Lersch

English Professor Karen had never had a really great Dillon. Department Chair Naomi Crummey, Director of Lumpkin Learning Commons Spencer Brayton and writing assistants Alexis Mayes, Shelby Rainford, Gabrielle Maguire and Sara Lewis all attended the Midwest Writing Centers Association (MWCA) Conference last month in Cedar Rapids, Iowa.

professional development opportunity for our tutors so we sent a proposal in and it was accepted as a panel presentation." Both professors and students were presenters on the panel.

They spoke about

most students needed some kind of supplemental help but very few actually went to the Writer's Block. She indicated that it was hard to give classes of 25 students individual attention so they made all first year writing students meet with a tutor. Since creating the writing studios, attendance at the Writer's Block has improved drastically. Dillon noted, "Over the last three years students who are currently in studio make up the majority of visits to the Writer's Block which suggests that when you establish a relationship with a tutor, they tend to continue using that service." "The highlight of the conference was presenting," added Maguire. "Being able to see interest of others in something we call normal at Blackburn was super cool to see and be a part of."

Mayes said, "It was an interesting experience to see how other tutors worked. A lot of the other schools there were bigger than us so they had the



Returning Manager of Snack Bar Gretchen Boucher



PHOTO BY JORDYN SMITH Returning Manager of Lumpkin Learning Commons Alex Myrick



PHOTO COURTESY OF CHRISTY HOBBS **Returning Manager of Bookstore Christy Hobbs**



New Manager of Campus Community

and Safety Karson Gragert

Dillon said, "Naomi had taken students seven years ago but I had never gone and we

Blackburn's writing studio model. Dillon explained that this model is a new idea for a lot of colleges, particularly for undergraduates. She said, "We started them in 2012 because

Drag Show Coverage

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means to do online tutoring which was interesting." She also stated that as a writing tutor at Blackburn she feels under-prepared to work with SEE WRITERS BLOCK ON PAGE 2

Returning Manager of Campus

Services Phillip Johnson

PHOTO BY JORDYN SMITH

PHOTO BY JORDYN SMITH

New Manager of Dining & Hospitality Ethan Childers



PHOTO BY JORDYN SMITH

New Manager of Community Services Danielle Jackson

PHOTO BY JORDYN SMIT

PHOTO BY JORDYN SMIT

New Manager of Campus Maintenance Ryan Kirby

@BCBurnian



By Jess Willard

The Department Business Administration and Economics recently gave its majors and minors a chance at a hands on experience with contract negotiation. The third annual Deal or No Deal: Labor versus Management took place on April 1 between 8:15 a.m. and 3 p.m. 54 students were divided into 18 groups -- half represented workers and half represented managerial staff. The participating students lives. "Negotiation meetings students a professional were all taking upper level business courses.

Senior accounting and math major James Zeitler took on the role of a manager for this event. He said the goal was to negotiate a contract that satisfied both parties. He intended on being stern and holding his footing to accomplish his objectives. Sophomore accounting major Timothy Lacy was on the opposite side of the table as a worker. His intent was to make the contract more balanced so both sides would be equal. Although the two students had different aims, they did Teamsters 525 and 916 Brett about achieving your bottom agree that this event would be Wessel and Dave Robinson line.



Patterson Friese, Kyle Kesinger, Christian Garfield and Nathan Wagner at the third annual Deal or No Deal

happen all the time," Zeitler perspective. They work for said. "Headed towards where the International Brotherhood I want to go, I want to work of Teamsters whose mission in a bigger business someday, is to "organize and educate so this is just more experience workers towards a higher for me..." His goals after standard of living." This was graduation include eventually becoming a financial assistant. Lacy applied negotiation to life way to educate students about in general instead of a specific real life situations and unions. career path. "If I'm actually Robinson further explained going for a job and this is for how this tied back to actual an interview and they hand me the contract and I disagree everything from buying a with something, I'm gonna house, buying a car, your obviously negotiate that," he insurance rates..." he said. "It said.

helpful for their post-college attended the event to give

Wessel's first year attending and he believed it was a great circumstances. "You negotiate makes you look at numbers a Business agents from lot harder." He added it's all

Professor of marketing the participants preparedness

Writer's Block

foreign exchange students, conference. This is where students with disabilities and you eat two meals one after students with English as a another in order to try two second language. There were different restaurants. She also quite a few panels that she emphasized how proud she attended at the conference to was of her tutors and that they help her feel confident to work were professional, prepared with these particular types of and outstanding presenters. students.

Dillon stated and that they did a "bang huge in terms of intellectual

"If I'm actually going for a job and this is for an interview and they hand me the contract and disagree with something, I'm gonna obviously negotiate that."

-Timothy Lacy

and business management Dr. has been better. Both Christina Langwell McCurley professors have given the and Chair of the Business students assignments within and Economics Department their classes to help them. professor Robert Schweikle McCurley believed this event reviewed the students' finalized helps create an understanding contracts. "Each year, we've of how a wage increase or tried to make changes based health insurance impacts both on what we thought were the a business and their workers. strengths and weaknesses," Ultimately, they hope students Schweikle said. "It's like no use Deal or No Deal: Labor matter how well you spread versus Management as an it, there's always gonna be a opportunity to apply the few unknowns rearing their information they've learned in ugly head." With each passing classes to potential scenarios year, he acknowledged that they may face.

Crummey said, "I think the the experience of presenting at conference was a lot of fun a professional conference is bang" the last night of the and professional growth."

April 2016

professional performers sang and danced their way around Woodson throughout the night and one surprise performer did a number too. Each year Spectrum's drag show evolves. Last year

they had only six weeks to put together the entire show. President of Spectrum and

Before

After



By Jess Willard

a campus-wide epidemic-trash amounts. In heavily populated and water bottles are a common sight. Room trash has caused bathroom trash cans directions, no one person can be blamed for this problem. Campus officials outlined just

how extensive the problem is. Grounds supervisor Jack Wednesday and However, the situation's

severity caused workers to add

"There's pick up now."

TER Blackburn BLOTTER Blackt

Between Feb. 1 and Feb. 28, the Campus Community and Safety department and Resident Life handled a total of 24 incidents:

Feb. 1: One case of laptop campus parking lot. theft was reported in the Demuzio Campus Center.

Feb. 3: Suspicion of marijuana was reported in a residence hall.

Feb. 6: A student was reported needing assistance in removing a guest from campus. This occurred inside a residence hall.

Feb. 7: Suspicion of marijuana was reported in a residence hall.

Feb. 8: On two occasions, items were reportedly stolen from vehicles in the campus parking lot. One vehicle was supposedly locked; the

other vehicle was supposedly unlocked. An additional vehicle was reported as appearing to be broken into (door standing open) in the place in a residence hall

Feb. 9: Items were reportedly stolen from a vehicle in the campus parking lot.

Feb. 10: Two separate events were reported: a welfare check on a student was reported in a residence hall and misconduct reportedly took place at an athletic contest.

Feb. 11: A vehicle was reported as appearing to be broken into (windows off track, door handles jimmied) in the campus parking lot.

Feb. 12: Two vehicles were reported as appearing to be broken into (windows off

track, door handles jimmied) residence hall. in the campus parking lot.

malfunction reportedly took residence hall.

Feb. 18: Suspicion of marijuana was reported in a residence hall.

Feb. 22: Work misconduct/ physical violence reportedly occurred in a non-academic campus building. A warning was provided.

Feb. 23: Improper conduct was reported in a residence hall

Feb. 24: A roommate concern was reported in a residence hall.

Feb. 25: A vehicle accident reportedly occurred on campus property.

Feb. 26: Suspicion of marijuana was reported in a

Feb. 27: Suspicion of Feb. 15: A room lock marijuana was reported in a

> Feb. 28: Underage alcohol residence hall. consumption reportedly Clery report was filed due to hall the liquor law violation.

reported inside a residence hall hall. A Clery report was filed due to a Violence Against Women Act (VAWA) violation.

Between March 16 and March 26, the Campus Community and Safety department and Resident Life handled a total of nine incidents

March 16: Bats were reportedly removed from non-academic campus а building. A welfare check was

also reported in a residence hall.

March 17: A fire alarm reportedly went off in a

March 18: A welfare check occurred in a residence hall. A was reported in a residence

March 19: A welfare check Late Feb.: Stalking was was reported in a residence March 21: Vehicular

building damage reportedly occurred at non-academic campus building.

March 25: A vehicle accident was reported in a campus parking lot. Damage did take place.

March 26: A suspicious vehicle was reportedly seen in a residence hall parking lot.

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News The 'Burnian • 3 **Spectrum's Fourth Annual Drag Show Bigger than Ever** By Veronica Milligan

Spectrum hosted its Fouth Annual Drag Show last month. This year's show featured a new attendance policy, more student performers and broke some of its own records. Eighteen students and

their time and expertise to help raise money for the club's numerous service projects such as providing free human immunodeficiency virus (HIV) testing and volunteering in the community. Egner successfully recruited retired professional Chad Sherwood act. to host the show and help contact other professionals as performer, Blackburn alumni performers know whom they almost \$400 more than last well as train the students.

finding some willing to donate

Courtney Egner reached out Love alongside co-host Masey were 10 student performers, signified a person's consent to to all new professional drag Blasa (Adam Apple) who is two alumni and seven interact with performers. kings and queens in hopes of a Blackburn alumni and high professionals. The number and Sherwood were more attendance policy that allowed Felicity Goodhead and said,

Reggie Guyton, there was could or could not dance with year. Sherwood hosted this a total of 19 drag kings and or touch. Spectrum provided senior communications major year's show again as Velvet queens. Of the 19, there glow stick necklaces that

Freshman biology major school science teacher. Egner of performers and the new Logan Elliott performed as prepared this year and had all Blackburn students to invite "It was a blast, the time of more time to coordinate the friends and family led to the my life and I cannot wait to show and ready the student show's biggest audience yet. do it again." He believes that performers. They held regular Egner estimated at least 150 the show is a great way to get workshops where students people attended. The audience people out of their comfort were able to learn from was able to interact with the zones and "helps to get the ball Sherwood and perfect their performers and tip them. rolling [to talk] about gender Egner implemented a new and sexuality." Spectrum Including the surprise consent system that would let raised about \$1,400 this year,

Blackburn Trash Build-Up

Friday.

parking lots, food wrappers Building. "There's been an 30 percent in the amount of out. litter that we're having to pick to overflow. Although fingers up now," Bettis said. Students have been pointed in many have also been placing their room trash in the garbage bins located outside of residence occurring on every floor in each halls. He acknowledged this problem has decreased in the last month but wanted trash cans. Unfortunately, overflow of the trash cans so you've got litter blowing around from those piles of additional pickups on Tuesday trash that didn't fit in the

been an increase of, I would say, about 30 percent in the amount of litter that we're having to

Blackburn has been facing and Thursday. It's particularly can," he said. "Or the can was noticeable in parking lots crammed so full it's difficult piling up in unusually large around the Demuzio Campus for us to get the bags out. Center and the Anderson Sometimes, we have to dump some of the trash into another increase of, I would say, about bag before we can pull the bag

Room trash has been a bigger problem inside dorms. Campus services supervisor Torry Grady said it's been dorm. Students will place their garbage in bathroom and parlor Bettis acknowledged that to remind students that their it creates a problem for his The room trash build up has gotten so excessive that it's causing certain his department does a trash garbage goes in the dumpster. department workers. "We liquid messes or folded pizza entire campus. boxes and Campbell's soup, nasty cans all shoved and pointed out that the Blackburn among



dorms to receive higher prorations and litter pickup on Monday, "What we have there is an have limited resources as it could include a floor, a wing, said. "By Mondav afternoon is and we're dealing with an entire residence hall or the residents had again piled their

> concern in every dorm, it can including an empty minicrammed," he said. "It takes a was excessive in Jewell Hall. while to take care of that." He Assistant Dean of Students and Director of Residence Student Handbook has a policy Life/Student Conduct Abbey if this continued, each resident prohibiting these actions. It's Hardin said students were would be fined \$50 per offense. located on page 62 under the leaving kitchen-sized bags. She has not had to implement definition and explanation of next to the parlor trash can. In this proration to date. excessive mess. In essence, addition, they were arranging placing garbage anywhere but their trash around garbage suggested that the solution was the dumpster could result in cans outside of the east and simple: put your garbage in the a proration. The Blackburn west wing doors. "It got to dumpster. Bettis suggested that Student Handbook defines the point where the grounds if students see litter outside to proration as a proportionate crew removed multiple full- pick it up. He urged students to division of an overall charge sized bags of trash from the take pride in the campus and to the number of west wing exterior trash can clean up after themselves and responsible residents. This on a Monday morning," she each other.

PHOTO COURTESY OF CAMPUS SERVICES

trash bags and other loose Although trash is a trash in and around the trash refrigerator box that was full of trash bags and loose trash.' Hardin informed residents that

Each campus official

-Jack Bettis

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burnian@blackburn.edu

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Solving Wi-Fi Woes

By Jess Willard

hear about internet outages It just depends who else is on on Blackburn's campus, but professors won't typically extend a deadline for a paper we've experienced here at assigned a week ago. So how do students meet those local community as well." deadlines when they need a Wi-Fi connection? Director of Technology Services Jason Cloninger and computer a similar outage. Carlinville science professor Dr. Joshua Gross have a few tips to offer.

When students first notice their computers aren't hooking up to the internet, they have the option to call the Technology Help Desk by first calling 217-854-3231 and then entering the extension 4444. If no one picks up, students can leave a message. Cloninger said, "If it's a larger issue, hopefully we'll already be aware and working on can communicate if they are a solution. If it's just their room, then that'll get a ticket started at the help desk." Students can go to several places in Carlinville for Wi-Fi. A couple of options include The Refuge. McDonalds and

It's not uncommon to "...Frontier is much like power. the same line," Cloninger said. "There have been outages that Blackburn that did affect the

Students should contact businesses prior to departure to see if they are experiencing Public Library is the closest location. Part-time librarian Polly Eldred said they have 16 computers on the premise. Students are required to sign an agreement before usage. If there are people waiting to use the library's computer lab, a one-hour limit of use goes into effect. According to Eldred, that is a rare occurrence. While there is no talking allowed in the lab, students using one of the homework computers in the children's section. She added, "We don't have a lot of problems with the internet but we do have many older computers."

For those who can't travel



PHOTO BY JESS WILLARD

Workers at the Technology Help Desk can create a ticket if you're experiencing connection issues in your room. Pictured above is student worker Victory Odunukwe

Drive frequently can do so offline. Sign in on your Google Drive and click the gear button. By checking the offline box, Google Docs, Sheets, Slides and Drawings will svnc the Carlinville Public Library. off campus, Gross had two to your computer. This can has the ability to serve just in create a mobile hotspot. However, these locations may suggestions. He said students only be done on a personal the same way that your home not always be reliable options. who need to access Google computer and must be done router does." However, this

while there is an established internet connection. If students

depends on a person's data plan. Students should check just need access to the internet, with their phone company to Gross said, "...Because it can see if their plan supports this connect to both Wi-Fi and feature. If it does, there should mobile broadband, your phone be an option in their settings to



By Miranda Critchfield

Every year underclassmen hear the terror stories of allnighters, stress eating, crying and self-loathing that is seminar. For those who are unaware, seminar is normally a project, paper, presentation or simulation that a senior or sometimes a junior must Clendenny is a biology major "The length of our paper and accomplish in order to graduate. Every major has a different task that is assigned by the professor teaching the course or department chair. To all criminal justice, biology, sports management, political science and business majors here is what you have to look forward to.

Senior Natasha Anthony is a criminal justice major and her seminar required her to complete 30 page-long article reviews, teach her class a specific topic and initiate class discussion, find what she believed to be a flaw in the justice system and critique and present it. She was also asked to make a résumé, take practice tests, and be interviewed for a job in the field. Anthony said, "To deal with the stress of seminar I always listen to music and if I

am stuck on a project, I try to to enroll in seminar for two talk to my friends, family and consecutive semesters. In professors to get their outside these semesters the students opinions." She stated that the must choose a topic that is to Lumpkin Learning Commons be approved by their seminar became her second home professor, write a one-page requirements." Clendenny during seminar

Senior Ashleigh and stated that all biology majors alike are required

paper and present for 18-25 minutes on that topic. presentation might not seem difficult, however, it is difficult

to put a substantial amount of information into a one-page paper. The toughest part of our seminar is finding research that is current enough for the went on to explain how the students are required to pass an exit exam that includes questions from every required biology class they have taken.



An over abundance of information, lack of space and not remembering anything from the first 2 years of college=Seminar

Senior Jared Jones is a sports management major and finished his seminar last semester. Jones stated that his seminar entailed weekly research papers over various sports issues and sports-related topics while simultaneously writing a 20-page paper and preparing for a 30-minute presentation. Jones believes that the easiest way to get one's seminar work done is to do it one day at a time. He said, "To cope with seminar, the biggest strategy I implemented was to take small steps. I didn't push it all off until one day or even the last day but rather worked on it every single day until I completed it. I also tried to work ahead to limit my stress as well as practice my speeches multiple times."

All of these seniors stated that seminar is a test of what one knows and shouldn't be taken as a joke. It is a time to prove what you know in hopes of passing and to get a step closer to walking across that stage at the end of senior year.

April 2016 By Jess Willard

Childhood memories can often be found in old boxes filled with scented markers and colored pencils. For many, elementary school days were spent with noses buried in coloring book pages. The end result may not have fit within the lines but there was something satisfying about seeing how many colors could fit into a rainbow. Even though coloring may seem like a thing of the past, Counseling Services is turning it into an activity college students can still enjoy. Every weekday afternoon in the Demuzio Campus Center (DCC) lobby, a peer counselor will set out coloring utensils and pages for students to color. While the act itself brings nostalgia, it can also be a healthy decision. A study done at Lake Superior State University found that coloring pre-drawn images reduces levels of depression and stress in undergraduates. The activity has also shown a positive impact on physical health. According to Be Brain Fit, coloring can focus the brain and help improve a person's quality of sleep.

Junior psychology major Scott Armstrong explained that there are multiple goals behind this project but the main focus is placed on creating "compassionate Essentially, Services would like to reach out to students and get to know them. He said, "I think it's just to get people involved. Just to kind of make it something fun and interesting to do on campus. Whether you actually stop and color and sit down with us when we're doing it or you just take [a coloring page] and do it on your free time, I think it can be beneficial.' Armstrong believes this is a way to put an emphasis on mindfulness and meditation. In his opinion, coloring allows participants to focus on the present; it frees students from the demands of their tuition jobs and school work.

Peer counselors get together every Wednesday at 2 p.m. in DCC to color and garner student interest in the project. They have hopes of eventually moving the activity to either Lumpkin Learning Commons or Mahan in order to attract more students. Armstrong has been trying to spread the word and encourages students to do the same. He believes this project will cast a more positive light on Counseling Services. "For one, the students that generally come

Break Out the Crayons and Coloring Books

contacts. Counseling

1. "Creative Haven Owls Coloring Book (Adult Coloring)" By Creative Haven This book provides more than 30 different owl designs to color. Amazon.com Inc. \$3.95 "Adult Coloring Book: Butterflies and Flowers: Stress Relieving Patterns (Volume 7)" By Cherina Kohev Each page contains butterflies to shade in and some images of flowers. Amazon.com Inc. \$5.31 3. "Creative Haven Floral Designs Coloring Book" By Creative Haven 31 pages contain different floral arrangements to illustrate. Michaels \$5.99 4. "Creative Haven Magnificent Mehndi Designs Coloring Book" By Creative Haven There are 31 different authentic Indian, African and Middle Eastern designs within this book. Michaels \$5.99 5. "Good Vibes Coloring Book (Coloring Is Fun)" By Design Originals 30 optimistic coloring activities are available inside. Amazon.com Inc. \$5.99 6. "Adult Coloring Books: A Coloring Book for Adults Featuring Mandalas and Henna Inspired Flowers, Animals, and Paisley Patterns" By Coloring Books for Adults These images are inspired by Indian, African and Middle Eastern Mehndi. Amazon.com Inc. \$7.24 ". "Calm the F*ck Down: An Irreverent Adult Coloring Book" by Sasha O'Hara This book includes 21 adult coloring pages with images and entertaining phrases. Amazon.com Inc. \$8.01 8. "Sweary Coloring Book: Adult Coloring Books Featuring Stress Relieving Swear Designs" By Adult Coloring Books, Color Mom There are 20 swear words to be colored inside. Barnes and Noble \$8.57 9. "Adult Coloring Books: Swear Word Coloring Book" By Adult Coloring Books 20 pages of inappropriate terms paired with images of animals and flowers can be found in this book. Barnes and Noble \$8.99 10. "Swear Word Mandala Coloring Book: The F**k Edition - 40 Rude and Funny Swearing and Cursing Designs with Stress Relief Mandalas" by Adult Coloring World This book contains 40 pages filled with offensive words and a variety of patterns. Barnes and Noble \$8.99 COMPILED BY JESS WILLARD Interested in purchasing a coloring book of your own? Check out these adult coloring books for under \$10

trouble or something's going on. They're having a tough time...but that's not the case," he said. "And that's not what [students] should feel that they need to come down here for. They can come down here for talking. [It's] just kind of like anything.'

Several students including sophomore studio arts major Haley Biere have taken part in the daily event. She typically attends every other day when

down here are seen as either in she has free time. The destressing property of coloring makes it appealing to her. "Well, it's just a time where I'm not really worrying about anything. All I'm doing is just sitting, hanging out and mindless activity," she said. Biere also thinks it brings community to Blackburn's campus and hopes to see it happen more often than during weekdays.

Talking Tenure

Campus Life The 'Burnian • 5

By Jess Willard

professors have guaranteed employment unless they are fired for "just cause" such as severe misconduct. This Dr. Mark Benedetti has been website also explained that teaching at Blackburn for two tenure was put in place during vears and doesn't have tenure. the early 20th century to He considered his experience prevent educators from being as a student and as a graduate fired unjustly. A professor can student apply for tenure at Blackburn reflecting on the difference after their fifth year of teaching here. Although tenure sounds like a positive practice, that typically tenured faculty some students speculate that faculty change in negative said. "Probably because they ways once they achieve this have more experience with it status. The National Education and tried out more things and Association laid out two developed more knowledge common myths about tenured and such. Experience will professors: they don't work make you better at things." very hard and they can do or He also found that tenured say whatever they want.

Junior communications major Patrick Benedict is most familiar with three tenured seems like the longer people professors: Chair of Education are at institutions, the more Dr. Kelly Chaney, Chair of they assume their students History Dr. Jan Zimmerman would know..." he said. and history professor Dr. Gary Long. He noticed that some tenured professors are more willing to extend deadlines as long as they feel their students are learning and also aren't as concerned with change and has been pretty affected by tenure at all. "I feel style once they were tenured. like being tenured only really

Of all the full-time affects some teachers," he faculty on campus, 57 percent said. "Some teachers go ahead have tenure, meaning they and do what they do and trust have a permanent contract in their natural ability to be with Blackburn. According able to just teach the way they to education.com, these want and still continue to have their job."

> English and communications professor teacher when between tenured and nontenured professors. "I thought were better teachers," he faculty at other institutions have high expectations for their students' knowledge. "It

Chair of English and communications Dr. Naomi Crummey was granted tenure in 2011. She compared her teaching style both before she received tenure and after. In comprehending material. They her opinion, she didn't see a updating grades constantly. "In consistent. She said, "I've a way, [tenure] lets them have changed to guizzes maybe more freedom to teach the class in the last two years but...I they want instead of having to think I'm a collaborative and constantly be doing things for workshop-based, discussiongrades," he said. Yet Benedict based person. I've always been came to the conclusion, after that way." When she thought comparing his professors, that about other professors, she teaching styles may not be claimed she didn't see a shift in

22 full time faculty members are tenured.

Tenured professors make up more than half of the full time faculty population on **Blackburn** campus.



PHOTO BY JESS WILLARD

6 • The 'Burnian Features burnian@blackburn.edu **Blast from the Past By Miranda Critchfield**

In 1976 Queen and Elton independence. John were thriving, spirits were free and gas was \$0.60 a gallon. In April of the same year a 40 years. The theme of the group of Blackburn students put together, like many other towns meant to you," and it can be and colleges, a bicentennial celebration (the 200th year of America's independence). This celebration included a performance by the 505th a toothbrush and toothpaste, Air Force Band, a parade Excedrin, beer cans, spray-on and the putting together of Arm & Hammer deodorant, a time capsule to be opened Earthborn shampoo, an empty

However, the the capsule has been opened after only time capsule was "What 1976 found in the Lumpkin Learning Commons archives.

There are many items inside the capsule including on our nation's 300th year of pack of cigarettes, a razor, a

Blackburn postcard and a red a classic and lasting impression pair of men's underwear.

One former student included Blackburn's mock election results. The faculty cast 21 votes for Jimmy Carter and Walter Mondale and five votes for Gerald Ford (for reelection) and Bob Dole. The students cast 119 votes for Carter and Mondale and 145 votes for Ford and Dole. Carter won the presidency. There was a poster included in the capsule introducing President Ford visiting Carlinville on Saturday, Oct. 16, 1976, during his "Illinois Whistle Stop" tour.

Paul Speed, a student at the time, didn't write a letter or put in a funny token, but instead added a newspaper clipping and wrote on the top "What '76 meant to me, Paul Speed." The article is that of his engagement to a Miss Romille Kay Shwerdt.

Another student, Stewart Dennis Shipman, claimed he had a hard time thinking of what to put in the capsule. He wrote about how he wanted to leave

of himself and God but couldn't put into words what he needed to say. Shipman said, "Then I realized that the fact that I am printing this and you are actually reading it one hundred years later is the perfect expression of what I wanted to say. I can't leave deep philosophy or clever sayings or concise descriptions, but I can say that I am here now, and you are there then and that is all that really counts. Right?" It was signed "Stewart Dennis Shipman, One of God's Children.

administration changed the the Pass-Fail system."

"... I am here now, and you are there then and that is all that really counts. Right?"

-Stewart Dennis Shipman

Pass-Fail system to where you must receive an A. B or C to pass a class for graduation credit. A group of students wrote a letter for the capsule on this subject titled, "What Else is the Faculty and Administration Going to Take Away?" The article claimed, "It's happened again-Blackburn, a school where the students are supposed to run things- has gone ahead and let the faculty and administration usurp more power. First it was getting rid of fall break, last year it was the infamous Freshman Floor garbage, and That same year, Blackburn now the virtual eradication of

proteins. Something that should be considered though, is how we actually use these molecules in our bodies. What is so important about these particular units that we need to count them? Each one contributes to producing the body's energy source Adenosine Triphosphate and nitrogen groups (ATP). Exercising demands that leave the body more ATP production and the body provides it by breaking a bunch of grapes: down these macromolecules. There are three main types

of macromolecules: proteins, polysaccharides and fats. sugar molecules but we see them

A Carbohytrate

CH²OH (Amylose)

COLLEGE SURVIVAL GUIDE: How to Pull an All-Nighter

some point we all face a huge the last minute. Then we need to on a regular basis. stay up all night to get it done. Here are some helpful tips for managing that workload (with a great way to get your heart no sleep) and the day after.

Caffeine:

Caffeine is a great little molecule that mimics the neurotransmitter adenosine. Adenosine plays a role in sleep and when caffeine binds to its receptor, adenosine cannot contribute to our sleep patterns. This aids in keeping us alert and active. However, caffeine

College is tough. At can cause a mild physical dependence and withdrawal pile of work that we put off until symptoms if you stop using it

Exercise:

Getting some exercise is pumping and blood flowing. Exercise leads to the release neurotransmitters of like dopamine and norepinephrine. Dopamine can affect your mood and make you feel more cheery. Norepinephrine will put your body into a fight-or-flight mode that keeps you alert and focused.

Healthy Snacks:

In your attempts to stay awake it is better to stick with healthier food options. Fruits a video game. This will also are full of nutrients that will help your body stay active while you study or work. Avoid foods high in fat and carbs that will make you sleepy.

Variety:

Looking at the same textbook for three hours is not a good idea. Switch up your subjects every half hour or hour. It will make for a less boring night and keep you interested in what you are working on. Don't forget to take a break every so often and give yourself a few

minutes to do something you enjoy like listen to music or play help break up the monotony. Short Naps:

Cats are pros at this activity and we should follow suit. Even a small amount of sleep will give your body the chance to recuperate and prepare itself for another bout of activity. Fifteen to 30 minutes is ideal, but no more than 30 because once you enter a deep sleep, it is challenging to wake up and you often get up feeling worse.

> Bright Lights & Cold Air: Exposure to bright lights

help keep our circadian rhythms (the cycle that tells our body when it's time to sleep) intact. During the day we are more active and awake so creating that environment with bright lights is a helpful way to make your body think it should be active and less tired. Warm air tends to make people groggy and comfortable and, therefore, tired. Cold air makes us uncomfortable and often keeps people from sleeping. This trick doesn't work for everyone though as some people prefer to sleep in the cold.

By Noah Daum Streaming TV shows is a by watching Netflix instead.

very easy way to get distracted from studying or writing a paper, especially during exam time. According to statista. com, a website that compiles statistics, there are almost 33.3 million subscribers to Netflix and 85 percent of younger millennials, aged 14 to 25, stated they watched multiple episodes of a TV show at a time in the United States. Procrastination via binge watching is common.

Freshman communications major Rayvon Black said, "I was supposed to be writing journal entries for my beginning acting class and I procrastinated





Led Zepplin rose to fame when the time capsule was buried

April 2016

Burn that Cnergy By Veronica Milligan

April 2016

burnian@blackburn.edu

Glucose

OH

 $CH_2 OH$

Η

how our bodies actually use the molecules is broken apart into food we eat. We could count smaller molecules that are used carbohydrates, fats, sugars or in different ways by the body. Proteins are broken down into used in the breakdown of other macromolecules, in the creation of new molecules and proteins, or be broken down even further into

a carbon skeleton as waste. Imagine the grapes are the useful parts of the HO proteins and the stem is equivalent

thrown away.

similarly complicated. Sugar molecules can be broken down need it. into glucose, which can go through one of two processes: glycolysis or gluconeogenesis. Glycolysis is the breakdown

When beginning a healthier on food labels as carbohydrates of sugar into about 32 ATP that releases energy. The A Fatty Acid lifestyle we need to consider and sugars. Each of these large can be used to power the body. big deal about fatty When we exercise our cells are performing glycolysis at produce a substantial high rates. Alternatively, when we have a lot of glucose and amino acids, which can then be are not expending energy as much, our cells will perform gluconeogenesis, which is the formation of glycogen, a sugar

> storage molecule. Glycogen is stored in muscles and the However, liver. once these storage QOH sites are full, excess glycogen is sent to adipocytes (fat cells) to collect. Η Think of this like making a large

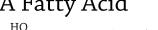
Polysaccharides are chains of to the nitrogen groups that are amount of food for yourself. You eat some immediately, Polysaccharides are but you store the rest in the

of the glycolytic process that equal amount of carbs and fats.

acids is that they amount of energy

compared to polysaccharides or When doing a high-intensity proteins. However, unsaturated fats do not generate as many ATP as saturated fats do.

All of these energy sources are being used to create ATP at the same time but the duration get through it. and intensity of an activity determines which ones we are Heidi Tyson is dedicated to breaking down and using the fitness and said, "On days when most. Glycogen (the stored I lift, I do eat more carbs. I like sugars) is the primary energy to make sure I get most of my source for muscles that were at carbs in before and after my restand then begin working hard. As glycogen stores are being used up, cells begin a process doing weightlifting first during called anaerobic respiration an exercise and then doing and produce lactic acid. At the cardio. "You want to save most same time, they are also using of your energy for lifting. Once refrigerator for later when you aerobic respiration to produce you burn through your glucose, ATP using carbohydrates and Fatty acids are also broken fatty acids as an energy source. fat stores when you start your down into smaller carbon A light to moderate intensity molecules that go through part workout will burn a roughly



Features The 'Burnian • 7

(Alpha-linolenic acids ALA)

workout most of your energy is coming from carbohydrates. Athletes often load on carbs before practicing or performing to give them enough energy to

Blackburn College alumni workout to fuel and replenish my body." She recommends you will start to tap into your cardio," Tyson said.

DIAGRAMS BY VERONICA MILLIGAN



I started 'Sons of Anarchy' from the first season." Black also noted that his grade was impacted by his procrastination. "I didn't show up to class because I was so focused on trying to finish the whole series." Sophomore history major Thomas Barksdale added, "I was supposed to be studying for a test and found myself watching a show called "Marco Polo" about a man who is left by his father to join in the court of Kublai Khan a great Mongol leader." Barksdale also noted, "my grade in the class did suffer from [procrastinating]."

There are reasons behind this pattern. Psychology professor Dr. Kevin Karl said, "during finals week or the week before finals week, you are talking about an increase in stress, and a lot of the times when dealing with an increase of stress, the decisions people make aren't going to be as logical." Karl noted that it is easy for a small break during studying to turn into a big one. "If you take a break to eat a granola bar, you eat that granola bar and are done. You usually go back to studying. But Netflix, what do they do? Twenty seconds later, it's

already getting ready to go."

Karl offered the streamers to twenty minute study sessions consistently and absorb the

information, you don't need to take breaks, [but] it all depends advice. "If you can study for ten on the individual and what is motivating them."



Everyone is welcome to hang out at the Spanish Conversation Hour

Tues. and Fri. lunch in Ding Mon. and Thurs afternoons at the snack bar (3-4)

DEPARTMENT OF MODERN LANGUAGES

INFOGRAPHIC BY NOAH DAUN TIPS COURTESY OF DR. KEVIN KAR

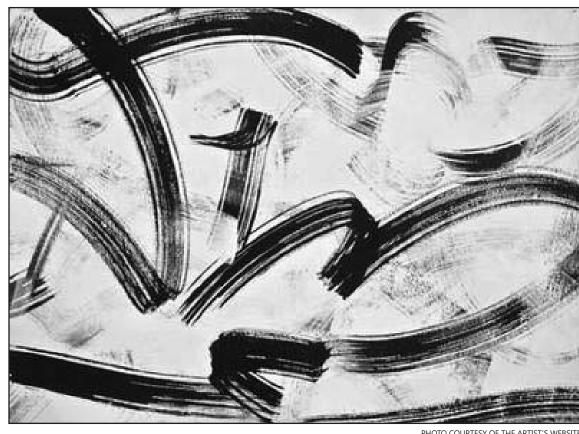
By Bryan Bethel

When you approach a painting by Linda Vredeveld, vou may not think much of them. At first glance her large it was not her artwork but her canvases covered in simple, abstract shapes may seem too that inspired him to contact sparse, with only simple brush strokes and flecks of paint. When one steps closer though, shapes that at first seemed simplistic in fact contain minute details that the artist works with the students... I painstakingly applied to the hold her in very high regard canvas

Adjunct Art Professor Christopher Day has known were appreciated by Blackburn Vredeveld for nearly two art students. Fine art major decades and contacted her Adriana Hambrick has been about showing her work in the Visual Arts Center (VAC) on abstract paintings for her gallery. "I've known about

'98 when we started teaching together at Florissant Valley,' said Day. According to Day, attitude and teaching ability her in the first place. "She is a great teacher, especially with more conceptual issues, and seeing that she produces such a good quality of the conceptual for that.'

Vredeveld's paintings working most of the semester senior seminar. Hambrick, Linda and her work ever since who also works in the Art



A painting of simple brushstrokes aggressively strewn across Vredeveld's canvas

Department, found inspiration in Vredeveld's work: "Looking at my paintings, people may think it's just a bunch of lines or I just threw paint on the paper, but really it's much more than that. Looking at [Vredeveld's] artwork you can see that she is trying to communicate something," said Hambrick. "It's similar to what I'm trying to do with my art. Seeing other events to enrich their lives,'

people doing this is relieving said Day. The lack of art because I know I'm not the only one doing this."

well attended by faculty and members of the community, Day was disappointed with student turnout for the event. "Unfortunately I don't think the students at Blackburn feel that we are putting on these

majors in attendance [NC5] was especially disheartening Although the event was to Day, who would have liked to see a lot more interaction between Vredeveld and art students. "Unless we show that it is for a grade or extra credit. most students simply won't show up, and that doesn't look good as an art major."



PHOTO BY BRYAN BETHEL Student Gallery Assistant Katrina Jahn examines Vredeveld's paintings

Talk Nerdy to Me, Bro

By Bryan Bethel

Based off the excessive explosions and hypermasculinity of popular is a game that is difficult to ignore. Originally made of"Broforce" was pushed released in 2004. ahead due to popular demand. "Broforce" is a standard side-scrolling however it is unique because of its completely destructible environments.

One of the main themes of "Broforce" is its focus things up and kill bad guys," on "bro culture." Every bro character name is a parody of America, so why wouldn't I a 1980 or 1990 action hero; love this game?" "Rambro," "The Brominator" and "Brobocop" name a few. you can play as throughout the In this game, players take the role of a bro, and must defeat evil terrorists and demons to rescue other bros from the clutches of evil. Despite All the characters have funny being a silly run-and-gun names and different abilities, game, "Broforce" offers a so it makes me feel like I need

whimsical yet challenging gaming experience. With its overpowered weapons, action movies, "Broforce" fireworks and heroic guitar riffs, "Broforce" parodies American culture much like simply as a video game the movie "Team America: creation contest, production World Police" did when

> Senior business major Nathan Wagner was hooked platformer, from the minute he first picked up the game. "Broforce is one of my new favorite games to play with friends. Sometimes it's just fun to mindlessly blow said Wagner. "Plus I love

> > "I love the different bros game," said junior computer science major Christian Bailey. "In a way 'Broforce' reminds me of 'Pokémon.'

to catch them all!"

high reviews, from an 8.8/10

"Broforce" is available on PC broforcegame.com.

from IGN.com to a prestigious and consoles for \$14.99 and "Broforce" has received 10/10 from steam.com. can be downloaded at www.



PHOTO COURTESY OF IWAN GABOVITCH High school students testing "Broforce" shortly after the game's release

April 2016

By Veronica Milligan and Jordan GeRue

Student Who Is Against Free Tuition" surfaced. The article, by Alyssa Slicko, was certainly an interesting read. She essentially said that college is a privilege and that if you can't afford college then you can certainly work hard and earn it. She suggests that anyone who puts in the effort to get good grades, participate in extracurriculars and is an excellent student will be able to earn enough scholarships to afford school. In an ideal world this would be true, but the reality is that educational opportunities are not awarded solely on merit.

By Miranda Critchfield

Twenty-one colleges and athletes do leave when our I've missed my 8 a.m. classes you know, flying though the not including shoes or bows. in the Division III sector of scheduled time arrives and we over my entire college career. freaking air, but what would U.S. colleges have some sort are grateful for their respect. I've gotten bruises on my we know about athleticism? of cheerleading team at their Our practices start off by chest, face, hands, arms and Cheerleading schools. Of these 21 schools, stretching, something that I back and countless fat lips and Blackburn is listed as a club, 16 of them have competitive hear regular athletes do- but bloody cheeks. Our flyers, the therefore the money used for cheerleading, meaning what would I know about that? cheerleaders that are thrown poms, uniforms, shoes, bows We then go over all of our cheerleading is considered into the air, have had numerous and other materials is supplied a sport on those campuses. sideline cheers. Afterwards squad members catch, grab, by Student Senate and our beverages 24 hours before a Blackburn is among the 21 we move to stunting. Stunting throw and touch God-knows- own fundraising. A complete practice or game for the safety that have cheerleading, but not is where two to four "nonwhat body parts. They are also, uniform costs around \$200, one of the 16 that consider it athletes" lift or throw another "non-athlete" into the air, over "I've gotten bruises on my chest, a sport. Blackburn Cheer has been their heads, hold the stunt, face, hands, arms and back and coached by two volunteers, release the stunt and place countless fat lips and bloody Director of Financial Aid Jane the individual back on the cheeks." Kelsey and Fancy Feet Dance ground safely. Is it dangerous? Studio owner Connie Morin. My face has been kicked, -Miranda Critchfield The captains for the last punched, elbowed, slapped season were myself and fellow and sat on more times than

senior Shandra Pearson. The team started the season with 14 members and ended with 12. We practiced an estimated That's 112 hours during our season, meeting every Sunday, Tuesday and Thursday from 9-11 p.m. from Sept. to mid-Feb. 112 hours of work and practice without even getting a physical education (PE) credit. You might be wondering why we practice late at night? Because we are not considered a sport, we are not allowed to reserve the gym during certain hours. In addition, our coaches make a living by working until almost 9 p.m. some nights. Our practices in the gym are never certain because if an athletic team wishes to practice during our reserved gym time, it's only polite to let them do so. In all fairness, some coaches

not mean that every single scholarships receives one. Why? Because scholarships are competitions, and even though several excellent students may be considered, only one or a few of those students win the money. Student A and Student B may be the ideal students that Slicko discusses, but only one is going to get to go to college. That disproves her point. Despite working so hard, one student will not education.

On top of this, Slicko assumes that every student has We agree that students an equal secondary education. who work hard are more Unfortunately, in a country likely to earn scholarships and where education is funded in in higher education should be

Recently, an article on have the opportunity to go to large part by local taxes, this Facebook titled "I'm a College college, however, this does is not the case. Schools in poor neighborhoods are not as well student who is deserving of funded as those in wealthy neighborhoods. To claim that students who work hard with the limited resources afforded to them will be able to attend college with scholarships and part-time jobs reveals a severe lack of understanding on the part of Slicko. Regardless of the work put in, the ability to succeed depends far too often not on what one knows but where and into what social class one is born. Not all earn the "privilege" of higher schools prepare their students as well as others and the chance to participate in quality education at any level is a privilege afforded to few.

Anyone who can perform

allowed to, not based on their system needs to be restructured potential for contributions that will advance their field and our society. Scholarships will never solve the college debt problem, just like charities will

ability to pay but on their in order for real change to take place. It is important to keep these thoughts when mind when considering free higher education. Access to higher education is not a privilege but never solve poverty. The entire a right that we should all have.



Cheerleading: Not for the Faint of Heart



While Blackburn's cheer team is rather small, larger schools have dozens of students on their squads

How fair is it to ask Student Senate for almost \$3000 for a at 14-member club? As a club we also have to follow the NCAA rules and the rules established by our coaches. We are not allowed to drink alcoholic of the team and insurance purposes. With practice three times a week and games on Wednesdays and Sundays, sometimes a 21-year-old can't drink for months, even after waiting for 21 years. For real.

I understand that making cheerleading a sport is nearly impossible because we need to have the same number of men and women sports. My suggestion is two words: men's volleyball. I understand why cheer isn't a sport at Blackburn, but I don't understand why we are constantly being treated unequally and pushed aside or ignored. We hardly get a "thank you" and have been left out or uninvited from certain events *cough, Homecoming, cough*. We just want some credit where credit is due, maybe even .5 of a PE credit for 112 hours of practice. We are extremely grateful to get to cheer on the men's and women's basketball teams, but the frequent discouraging comments, mocking and disrespect from peers, staff and faculty does take a toll on the team.



easy. It is messy. It can be experienced the death of a addition to the loss of a loved lonely, isolating you from your loved one, beyond perhaps one, one might also grieve the closest friends. Sometimes it involves tears, sometimes angry rants, sometimes an alarming feeling of numbress. It can be hard to focus, impossible to concentrate on the task at hand for all of the of loss, grandparents, parents, memories and emotions vying for your attention. You can experience disturbances in your sleep – perhaps you are unable to rest, or you might be sleeping far more than is typical. You may even battle requires. nightmares. Dealing with loss often feels like a nightmare from which you would desperately like to awake.

When you are 18 or 19 or 20 years old, the hope is that vou are very much engaged in the art and the act of living. You are filled with hope and promise for a future that you will enjoy for years and years to come. Death is an unwelcome intruder, casting a shadow upon your dreams. Death demands that you take seriously the notion that just as life has a beginning, it also has an end. That knowledge, however logical and reasoned it may be, has the capacity to shake you to your core.

Add to the mix that fact different history of loss. There some type. This is as good a in the days and weeks of indications that your friend

a goldfish or a hamster. taken lightly. There are others whose lives have been a litany sisters, brothers, friends instances, their world has been shaped by the loss of loved

When I mention to people that I enjoy talking dealing with loss can be such and working with folks who sustained a loss, I tend to get a fair number of raised evebrows and crinkled foreheads. It often strikes people as a rather bleak business, the business of walking with others as they attempt to reframe what their world looks like now that deeply, who cared so deeply for them, is gone. And truth be told, it is a bleak business. It is also profoundly hopeful, and, Be gentle with yourself. hopefully profound.

may be considered a common denominator. None of us will manage to make it through life

loss of a relationship, or the loss Although, let me be clear – the of a job, or a lost opportunity. loss of a pet can be felt quite This grief is not always as easy profoundly, and should not be to recognize, or to name, but it is every bit as powerful. That we grieve, or how we grieve, is perhaps not as important as how we are changed by the or acquaintances. In some experience. This is marked by the extent to which we emerge on the elusive 'other side' with ones, and the constant making a stronger sense of self, or a it is okay to enjoy yourself, and remaking that such a loss deeply held appreciation for to laugh, to have a good time. that which really matters.

One of the reasons that a struggle lies in the fact that are grieving, folks who have each and every person grieves in her own way. Each and every person follows his own timetable. There is no checklist to work through, no schedule to follow. Grief is something that we must figure out for ourselves, on our own terms. But that doesn't mean this person they cared for so we can't ask for an assist along the way.

Some things to keep in mind when you are grieving. Acknowledge that this is In many regards, grief uncharted territory (or an all too familiar landscape, as the case may be) and you would do well to tread softly. Refrain that every person has a very without experiencing loss of from making any big decisions

granted – sleeping, eating to name a few. Recognize your feelings may be complicated. It's not uncommon to feel anger, resentment and possibly guilt for those things said and left unsaid. It is okay to let if not forget. Remember that Don't be afraid to ask for the support you need.

Some things to keep in mind when a friend is grieving. Stay away from clichés – God never gives you more than you can handle. They simply aren't helpful, and they can sorry for your loss" works well, as well as "I'm here for you." Sometimes it can be helpful to be very specific with offers of help. Rather than asking, load of laundry, or invite them to share in a meal. Don't be afraid to invite conversation about the lost loved one. It can be helpful, and very healthy, to remember stories, and share them with others. Be aware

Dealing with loss is never are those who have never time as any to mention that in following a loss. You may not might not be coping well be thinking as clearly as you unusual behavior, excessive might think. Make sure you sleeping, or an inability to rest, are paying attention to those abuse of drugs or alcohol, signs activities we often take for of serious depression. Don't hesitate to ask for the support you need as you do your best to support your friend.

Elisabeth Kübler-Ross, noted psychiatrist and author of "On Death and Dying," in a work co-authored with David yourself off the hook, to forgive Kessler entitled "On Grief and Grieving," eloquently stated, "The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be everything happens for a whole again but you will never reason, he's in a better place, be the same. Nor should you be the same, nor would you want to." It is true. Grief and loss changes everyone it touches. sometimes feel hurtful. "I'm But, if we are patient, it also imparts a hard won strength. offering insight otherwise unavailable. It teaches us important lessons we might not be interested in learning. "What can I do?" offer to do a It prompts us to approach others with compassion, to appreciate the connections we share. It is a mixed blessing, to be sure. But, grief can remind us that we have loved, and that we have been loved. That is, indeed, good. Erica L. Brown

April 2016 **By Jess Willard** A topic recently trending

on Facebook was the military diet. It advertised the idea that people could lose up to 10 pounds per week. According to the diet plan's website, participants must adhere to a strict low-calorie diet for three days. Meals were limited; for example, one meal consisted saltine crackers. For the next now. I...lost weight four days, participants were when I first advised to consume 1500 calories or less per day. The but...I feel like site emphasized that water, if I develop caffeine-free herbal tea and black coffee were the only acceptable beverages for I will be the plan. The University of more happy Pittsburgh Medical Center (UPMC) states that if a diet promises quick weight loss and lacks valid scientific research to support its claims, then it's a fad diet. The UPMC also said diets like these can the difficulties of be harmful to your health

By Veronica Milligan

When we hear the word "herpes," we instantly think of the sexually transmitted disease in 2009. and cold sores. The herpes diverse than this. There are eight different strains that can in humans. Some herpes viruses actually cause illnesses that many of us commonly experience like chickenpox and mononucleosis.

The most identified strain of herpes virus is known as Kaposi Sarcoma-Associated (KSAH) or human herpesvirus 8 (HHV-8). There has been little research on this strain since its discovery in 1994. KSAH is endemic among adult populations in Africa and is suspected to be transmitted to research done by several



My Experience as Faculty Editor of The 'Burnian

By Ren Draya When I was asked to write

a guest editorial about the 'Burnian, my first thought was, Gee, so much has changed.

I arrived at Blackburn in August 1989 and was pleased to discover that the 'Burnian the oldest college was newspaper in Illinois. Pretty cool, I thought. At that time, the Faculty Advisor was Sam Meredith (in the Political Science Department).

much has changed.

Archives in Lumpkin to see for football team. myself. The student worker at the reception desk smiled and led me to a back room; Lynn completely voluntarily--no necessarily those of Blackburn

which file drawers to open.

Oh boy, here's the first issue I remember! I start reading 'Burnians from my first years here; wow, headlines don't seem so very different from recent news: Blackburn Welcomes New President, Team Posts Win, Celebration for M.L.K. Day, Change and Conflict at Blackburn. I read lively exchanges in the lettersto-the-editor page; I read Gee, Sam has retired--so complaints about the food service. Ah, here are some created for the purpose of Chapel. I recall numerous late in structure and supervision, Or, has it? On April's Fool differences: a horoscope, a providing a vehicle for student night sessions with folks like I hope that 'Burnian writers Day 2016, I visited the College poetry page, photos of the opinion. The 'Burnian is Susan Kraushaar (now Aebel) and editors will always have a

Armstrong showed me exactly Work Program hours, no course College."

credits. Editors, writers, layout folk went to the Macoupin County Enquirer office late on a Wednesday (after the local weekly had been "put to bed"), often pulling all-nighters in the days before digital means. The chaos seemed to work just fine; eight to ten issues came out each year.

One of the May 1992 'Burnians includes this disclaimer: "The 'Burnian is an independent organization not an official publication In the early 1990s, any of Blackburn College. The work for the 'Burnian was views expressed herein are not

STAFF WRITERS

By 1993, after years of the and quite important to a small Literature), wrote me a few staff at Murray State.' weeks ago:

and Graquel Hutchinson. . . A number of writers were involved, many of whom also worked in The Writer's Block. "I recall it being a lot of fun

MISSION STATEMENT

The 'Burnian is a student-run the Carlinville community in an

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.

'Burnian bouncing from one group of us. My impression department to another, it made was that campus-wide interest sense to house the paper in the in it waxed and waned even Department of English, and I during my four years. It was became the 'Burnian Faculty a meaningful experience, Advisor. An editor from the though, and one that I've 1990s, Josh Adair (now Dr. drawn upon in recent years in Adair, Associate Professor of working with the newspaper All in all, I hope that "When I assumed the role Josh's remarks apply to the of editor, we were working in 'Burnian staff today. Despite

a cramped office behind Clegg new technology and changes meaningful experience!

GUEST COMMENTARIES Editorials featured on the newspaper at Blackburn College. opinion/commentary page Our mission is to deliver accurate, of The 'Burnian contain staff interesting and timely news to members' opinions. We welcome the Blackburn campus as well as guest editorials between 400-500 words. The 'Burnian does ethical and professional manner. 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.

EBURNIAN **EDITORIAL STAFF** EDITOR-IN-CHIEF: Sarah Collman ASSISTANT EDITOR: Jordyn Smith

DESIGN & LAYOUT EDITOR: Noah Daum ASSISTANT DESIGN & LAYOUT: Bryan Bethel ASSISTANT DESIGN & LAYOUT: Alexis Dick FACULTY ADVISOR/EDITOR: Dr. Natasha Casey

COPY EDITOR: Shelby Rainford

PUBLISHER Edwardsville Intelligencer

Bryan Bethel Miranda Critchfield Noah Daum **Jordyn Smith** Jess Willard

> FEATURED WRITERS Erica L. Brown Ren Draya Jordan GeRue **Brendan Riley Lersch** Veronica Milligan

Health & Fitness The 'Burnian • 11 burnian@blackburn.edu **Crash Course in Fad Dieting**

promises

chronic disease and kidney stones

Freshman studio arts major Veronica Lee found the diet after a friend shared it. After her brother lectured her about its dangers, she decided not to use it. She decided to speak with a doctor and started a no carb, high fat diet. "I of a hard-boiled egg, one cup am not really satisfied of cottage cheese and five with my weight as of came to school, healthier eating habits, with myself even if I

don't lose too much weight,' she said. Lee also mentioned

obtaining all of the by causing increased risk of food required by the military diet on a college student's budget.

Transfer admissions counselor Brian Herrmann also came across the diet on Facebook. His immediate thought was that if a diet

outrageous results, then it will suggestion for those trying to switch their eating habits consumption changes finite. Herrmann said considering it as a long-term change will

seemingly

to what they want have to identify goals, vour whether it's improving your overall fitness or just getting your diet in order. And then, honestly from...scratch essentially, the best

thing to do would probably be to talk to a doctor or a dietitian probably not be effective. His or a nutritionist about diet," he added

Athletic trainer Malia was to stop referring to it as Murphy is most familiar with a "diet" because it makes the diets involving calorie and carb restrictions. She feels like limitations make it difficult for people to stick to a diet help people stay true because it causes them to get discouraged easier. According to accomplish. "I to her, a point system like guess you first Weight Watchers may be more beneficial. Those who wish to change their dieting habits would still be able eat their favorite foods, while monitoring what they eat. "Everybody is motivated by different things. I know a lot of people switch over to being a vegetarian and they feel a lot the better," Murphy added. "Just best place to your overall health changes start for someone and not being so fatigued all the who is starting time-seeing the physiological benefits helps."



PHOTO BY JESS WILLARD

recently Herpesvirus

2

authors* in the "Journal of Infectious Diseases" published

Two other recently virus is actually much more discovered strains from the family Herpesviridae are known as human herpesvirus cause a variety of symptoms 6 and 7 (HHV-6 and HHV-7 respectively). HHV-7 is a known cause for a variety of rashes in children according to the National Center for Biotechnology Information (NCBI). HHV-6, according to a 2005 review in the NCBI, is a major concern for transplant recipients and a contributor to central nervous system diseases. There are therapy treatment options available for HHV-6.

Human herpesvirus 5 is more commonly called cytomegalovirus (CMV). during childhood according CMV is a common viral

s h o w

Mayo Clinic. Pregnant women herpesvirus 3 (HHV-3). The genitals. Antiviral drugs can and newborn babies are the CDC reports that the virus is relieve symptoms but cannot most likely to experience spread through the respiratory cure the infection. The WHO symptoms of the disease, tract and is highly contagious. which include jaundice (yellow skin and eyes), rash, fever, diarrhea and others. Treatment is not usually necessary; however, antiviral medication is available. The Mayo Clinic recommends practicing good hygiene to prevent the spread of the virus.

This is an example of a meal in the military diet

Epstein-barr Virus (EBV) is the human herpesvirus 4 (HHV-4). This virus is spread primarily through body fluids, especially saliva according to the Center for Disease Control mononucleosis (mono for short). Junior graphic arts Holybee major Shelby contracted the disease between infection that anyone her sophomore and junior 1 to also cause genital herpes. Diseases" are Lisa M. Butler, can get, but years at Blackburn College few people and had typical symptoms: extreme fatigue, shortness of breath and an inflamed throat. "I assumed I got it from sharing drinks with my friend who had it at one point," said Holybee. The CDC lists sharing drinking glasses as one method of spreading the virus and notes about 90 percent of adults have had this virus in their system. They recommend not kissing or sharing objects like toothbrushes, food or drinks with a person who has EBV to prevent its spread.

Chickenpox and shingles are also caused by a strain of herpes virus; Varicella

symptoms of according to the Zoster Virus (VZV) is human called ulcers, on and around the There is a highly effective with active symptoms abstain vaccine for this virus according from sexual intercourse but to the CDC.

The final two strains of Herpesviridae are the ones most well known. The herpes simplex virus is divided into found in areas not covered by two types: type one and type a condom. The WHO reports two (HSV-1 and HSV-2). According to the World Health Organization (WHO) HSV-1 is mostly transmitted via oral-tooral contact and causes painful blisters around the mouth. The WHO reports that most (CDC). It can cause infectious HSV-1 infections are actually acquired during childhood and are asymptotic (they show no symptoms). The infection is lifelong. It is possible for HSV- in the "Journal of Infectious"

> WHO, is almost exclusively Hladik, Phillip J. Roesenthal sexually transmitted and Christian Brander, Tortsten causes genital herpes. The B. Neilands, Georgina Mbisa, infection often shows no Denise Whitby, Photini symptoms, but when it does Kiepiela, Anisa Mosam, they include fever, swollen Similo Mzomo, Sheila C. lymphs and painful open sores, Dollard and Jeffrey N. Martin.

recommends that persons warns that the virus can still spread even when symptoms are not present. Condoms are effective, however HSV can be that research is currently underway to develop more effective HSV prevention such as vaccines.

The herpesvirus is not just genital herpes and, as we learn more about the various strains, scientists everywhere are making an effort to prevent their transmission.

*Authors of the article HSV-2, according to the Grant Dorsey, Wolfgang



ILLUSTRATION BY DR. JAMES BRAY

12 • The 'Burnian Athletics burnian@blackburn.edu April 2016 **New Pitching Coach's Strategy Placed** to Improve Baseball Team

By Noah Daum

Pitching Coach Sean Liedtky came to Blackburn in September of 2015, straight after graduating from Manchester University in Indiana. "We sat down and set some goals we want to get the rest of the year," Liedtky said. "We created not only season goals, but individual game goals." The baseball team plays both seven inning and nine inning games, so Liedtky set the goals accordingly to fit the extra innings. "We set some staff season goals, we

wanted to start hitting as the season progressed because the first quarter of our season did not go how we wanted to." Liedtky added, "This will be a good way to get us going in the right direction in terms of what we are trying to do on the mound."

Senior criminal justice major and right-handed pitcher Tyler Gosnell said, "Coach Liedtky is doing a great job running the pitching staff this year. Liedtky knows the game of baseball very well and

knows our staff well, which in return gives us an edge out on the field."

Sophomore criminal justice major and right-handed pitcher Tyler Morgan, also noted, "We had a pitching coach last year as well, but their coaching differs." Morgan worked with Pitching Coach Daniel Sharp last year. He believes that he will benefit from having two perspectives on his position.

"We keep track of runs, walks, percentage of first pitch

"We staff set some season goals, we wanted to start hitting as the season progressed." -Coach Sean Liedtky

strikes, how many leadoff batters reach base, how many pitches we throw in a game and how many times we give up a hit when we were even or ahead in the count and the

ball was put in play," Coach Liedtky elaborated. "Those are the kind of things we track in the game, and if we hit these goals we should be pretty successful."



PHOTO BY MARK HOPPING

PHOTO COURTESY OF ANTHONY HARPER

PHOTO COURTESY OF ANTHONY HARPER

PHOTO COURTESY OF TYLER GOSNELL

Men's Golf Spring Break Trip

Courtesy of Blackburn Sports Information Office

Blackburn College men's golf team made a trip to San Antonio, Texas, for a week of preseason practice. The team first stopped in Sherman, Texas, where they played 18 holes at a local country club called Woodlawn Country Club. After spending the night in Sherman, the team made the six hour drive down to San Antonio. Once there, the team met their hosts for the week, Mike Smiley and his wife Lynn who are both Blackburn alumni (class of '71). Smiley is also a member of the Blackburn Board of Trustees. Bill Kanyusik, who was the other host for the week, let the team stay in his guest condo over the four day period. The team then hit at a local driving range on Sunday. After hitting at the range, the team traveled to the Smileys' house located just outside San Antonio, where the team ate dinner and visited with Mike and Lynn. On Monday morning, the team played at Randolph Country Club located at the Air Force Base in San Antonio.

Over spring break, the Freshman Anthony Harper Jets. Golf is a game where we

said, "Randolph was a great are supposed to be quiet so the course for us to play because jets really made you focus on of the windy conditions and the your shot." On Tuesday the constant flyover of Air Force golf team played at Oak Hill

Country Club in San Antonio. The team thought that their tee times might get pushed back due to early rain but the clouds cleared and it turned out to be



a beautiful day for golf. The course was in great condition. The Oak Hill Country Club was previously used to hold the Texas Open until the location was changed to Tournament Players Club San Antonio. The team played 36 holes at Oak Hill. On Wednesday, the team played their final course at The Quarry. The Quarry was a links-style golf course similar to the conference location of Aberdeen Country Club. The course was extremely challenging and brought out the best in all of the golfers that played. When asked about the team, Kanyusik said, "I was so surprised at how far these guys hit the ball, it's amazing to watch. I was also very impressed with the politeness of the team and how they appreciated this opportunity that was given to them." Kanyusik added, "The team is more than welcome to come back again; I really enjoyed watching them play golf." On Thursday morning the team departed for the long 17 hour trip back to Carlinville.

PHOTO COURTESY OF BLACKBURN SPORTS INFORMATION OFFICE

Pictured above Mike Smiley, John Malin, Anthony Harper, Matt Liddell, Jordan McMillian, Jordan Mueller, Kyle Kesinger, Bill Kanyusik