

THE DECATURIAN

The voice of the Millikin University student body since 1903

In This Issue...

News: Nancy Reagan: Her legacy lives on

Opinion: Conversation about race

Features: Greek President Spotlight

Sports: Road to redemption

Arts: Best Friends Cabaret

Tell an athlete to take a break



By: Emily Nielsen

Tell an athlete to take a break, and they'll give you a look and keep going. Tell them that it isn't worth it, and they will run that person over without a thought. Tell them to sit out to rest an injury, and they will stomp and rave and tell anyone to listen to shove it. It's just that way, it has always been that way and it will always be that way.

"I try to not bring up an injury to my coach or anyone else until I have realized it's really a problem." Rachel Breault, a senior cross country and track runner, said.

Athletes are notorious for hiding the pain, or faking a smile. Usually, you can tell that they are in pain. Not only because if it hurts enough they show it on their face, but because of five go-to phrases that gives anybody away:

"Just give me a minute."

"It doesn't hurt all that much."

"It is just a cramp."

"Let me crack/pop/stretch my [insert body part here], it's just a little tight."

"I'm fine."

Sometimes, those phrases work, the right catchphrase will give the moment needed to rearrange a pained face into one that will convince a coach to let them play for one more quarter, run one more race.

Breault has been working with an injury since her freshman year here at Millikin. Known as Plica Sydrome, it doesn't cause additional damage, fortunately for her, but the pain is still there.

"To sum it up, it's a pain on the side of my knee(s) caused from my Plica being inflamed from over-working that area," Breault said.

She first started to feel the pain her freshman year of indoor track and by the next year it was in both of her knees. While the pain isn't debilitating, the constant annoyance is always there.

"Going up and down stairs irritated it and even in the middle of the night I would wake up to my knee being so tight and in pain. It was scary! I had never had any type of injury or pain this bad before from running," Breault said.

When the athlete can't hide behind the catchphrases, then the athlete is

sidelined, better known as their worst nightmare. So when an athlete is sidelined, dark thoughts and feelings race through their heads.

"It's absolutely hard for any athlete to work with an injury," Breault said. "It hurts physically, but it's hard on the mind more than anything. I craved to be running the workouts at practice and be with the team."

Obviously, they're upset. Their choice of being able to play has been stripped away from them, all they can do is watch and wait to be cleared. Many athletes such as Breault find different ways to train.

"The first thing I did to reduce the pain was get off of the indoor track. The constant tight turns often cause injuries in runners. I stuck to running outside or getting on the bike/elliptical. After trying those, it still hurt. Both of my coaches eventually had me train in the pool for a few weeks," Breault said.

Then comes the anger; who wouldn't be angry? No one likes to be told no, and athletes are of no exception. Excuses start pouring out of them, telling everyone who will listen that it only hurts when they aren't in the competition. That they can play through it and rest later.

"When competing, some of my races are so fast that my whole body seems to go numb. Your mind forgets about the pains that aren't a threat," Breault explained.

Like the five stages of an injured athlete, there is never acceptance, but there is the ability to realize that having an injury makes playing a sport difficult. Athletes have to find different ways to train; they have to realize that there are in fact limitations that prevent them from being able to accomplish everything that they once could. That doesn't slow an athlete down however, but in some cases it can only incite them to push harder and give them an even stronger resolve to keep running.

No one can force them to admit that they have pain until it's too much to bear. They don't take breaks; they don't stray from the practice until they no longer can stand. Maybe, just maybe, if they're tied to the chair, that will keep them from playing the game.

MU attends Model Illinois Government

By: Chris Diver

During the spring semester, Millikin hosted a course entitled Model Illinois Government in which students learn the process of the Illinois State Government.

As part of the course, over the course of Feb. 25-28, several Millikin students attended the Model Illinois Government simulation in Springfield, Ill. This is an annual convention in which college students from around the state are able to come together and simulate the process of the Illinois legislature as well as a Moot Court competition.

One of the main parts of the convention is the legislature simulation. This year, 13 students from Millikin attended the convention. During their time at the convention, students were divided up into different committees, political parties and districts. They then receive bills that are currently being debated in the Illinois legislature. Over the course of four days, students were debating bills back and forth between the committees and meeting with the other parties and seeing which bills to pass on to the floor.

During this convention, many students took up leadership roles

during the campaign with two Millikin students taking leadership roles in their committees Blake Knox and Morgan McKee, as well as Courtney Woelfel who ran for Secretary of State.

When asked how he felt about taking a leadership role Knox said, "It was a good experience; it was my first year at the convention, so I didn't know what to expect. It was both a good experience to participate in the convention as well as take on a leadership role. It was humbling to speak for my side during the convention."

Another student, Kate Wrigley, got an education bill she wrote voted on by the House and approved during the simulation. The bill passed in the education committee and went on to be passed on the House floor.

"I experienced true collaborations as the Education committee debated my legislation and amended it to include all languages," Wrigley said when asked how she felt about her legislation going through. "I find it particularly rewarding to be a part of an experience that encourages college students to learn how to simulate the Illinois Legislature in a manner not based on partisanship, but on solidarity."

Continued on page 2

Green Eggs and Ham: A tale from Pi Beta Phi

By: Dianna Leigh

Who doesn't love a flashback to Dr. Seuss and our childhood, while eating some famous green eggs and ham like foods? Well maybe a vegan, but Pi Beta Phi held their annual Green Eggs & Ham Philanthropy night, and it was definitely a success.

At the end of the night, Pi Phi tallied a near 300 visitors who came to support the fun, philanthropy and, most of all, the food. All of the funds that came from Green Eggs & Ham went into the literacy fund that Pi Phi has in order to support their many acts of philanthropy such as: First Book, CAR (Champions are Readers), Arrowmont and Arrow in the Arctic.

Aleigha Kely was able to go to Green Eggs & Ham for the first time this year as well, and, upon leaving said, "The food was super good, and I would recommend that everyone goes next year to enjoy endless plates of food."

As someone who isn't a Pi Phi, she initially thought that, "Everyone was having a lot of fun and the house was brimming with people. It seemed to be a big party."

When asked about the philanthropy, Kely said, "[I think] it's an important initiative that Pi Phi is taking with literacy in addition to bettering the

community around us."

She would definitely go back next year to support the cause!

Many others will agree, but according to Haley Muller (Pi Phi Member in Training), some of the highlights were: talking with sisters, taking pictures at the photo booth, home-cooked food,

supporting the philanthropy, which she believes is, "a huge problem that is often way overlooked," and simply didn't have any issues with the night.

What she hopes to see next year is simply "even more people coming out to support such a great cause!"

Continued on page 3



How to Contact Us:

E-mail Us:

chusted@millikin.edu

Visit our website!

www.decaturian.com

Become a fan of the *Decaturian*



www.facebook.com/Decaturian



www.twitter.com/decaturian

NEXT ISSUE...

April 6

Departments

News	1, 2, 3
Features	4
Arts.....	5, 6
Views and Opinions.....	7
Sports.....	8