

# The Oak Leaves

Manchester University Issue XIV - March 6, 2015

## 'Discussion Day' Speaker Covers Public Health

Samantha Reynolds  
Staff Writer

Do people take public health as seriously as they should?

On Wednesday, Feb. 25, in Cordier Auditorium, Dr. Paul Halverson, founding dean of Indiana University's Richard M. Fairbanks School of Public Health in Indianapolis, visited Manchester University during Discussion Day to be the Keynote Speaker. He covered the topic "Living and Dying on Planet Earth: Global Health/Public Health," giving the audience an insight on the public health sector from various countries to here in Indiana.

"What comes to mind when public health is mentioned?" Halverson asked. Public health is the science of protecting and improving the health of the overall population as a whole, particularly being monitored, regulated and promoted by the state.

Halverson says that the United States has the best medical science in the world because we spend more money on our public health services than other countries. Although the United States is first in spending money on public health services, it still struggles in other areas of the medical field. "We do not have the best health in the world," Halverson said. "The life expectancy for males in the United States is 72 years old."

Even if the United States is ranked num-



**THE KEYNOTE** Dr. Paul Halverson, founding dean of Indiana University's Richard M. Fairbanks School of Public Health in Indianapolis, speaks to an audience of students in Cordier Auditorium during his Discussion Day presentation on Feb. 25. With public health being the theme for Discussion Day 2015, he discussed the public health sector and noted several ways in which Indiana and the rest of the United States are struggling to maintain positive health. *Photo by Savannah Riley*

ber 25 in life expectancy among other countries, people live 30 years longer than they did in the 1900s. Twenty-five of those years are related to the improvement and advances in public health. The other five year, according to Halverson, are related to "vaccinations, and safer health, work and food places."

The United States chooses to spend more money on health services rather than on public and social service for people

within the country. "For every dollar given towards health services, 55 cents is given towards social services," Halverson said.

Halverson also said that while the United States does spend more money in the health services sector, they tend to choose to "spend the money primarily on people who already have a disease" rather than spending the money trying to find a cure or treatment for a disease before someone is affect-

ed by the disease. Health care professionals and organizations are working to improve the outcomes of a community.

Also, he noted that the leading cause of premature deaths is mostly caused by social and/or behavioral causes rather than being the fault of the actions of health services. "The percentage of premature deaths caused by the actions of health services is 10 percent of deaths," Halverson continued. "Nine-

teen percent of deaths are caused by environmental causes.

"The most leading cause of death is heart disease," Halverson added. Another leading cause of deaths happens to be injury related deaths, but still leaving heart disease as the most leading cause.

"For every four dollars the United States spends on health services, three dollars goes towards treating people

with a chronic disease," Halverson said. Three percent of spending goes towards preventing a disease, whereas 97 percent of health spending is going towards people that are already affected by the disease.

According to Halverson, there is an idea known as "the virtuous spiral." This is saying that the lower the income a person has, the poorer their health will be. Also, it states that the higher the income, the better their health will be. "If we are doing good to improve our health, then we are doing good to improve our economy," Halverson said.

While the United States spends more money in public health and health services, that does not mean that all states are doing great as far as health is concerned. Halverson mentioned that Indiana is ranked 41st out of 50 states in obesity, 43rd in diabetes, which leads to obesity, and 43rd in health care spending. There are also high infant mortality rates.

Smoking is also the most substantial cause of death. Halverson mentioned that the number one cause of death is tobacco. In Indiana, he noted that there are also higher incidents of women smoking while they are pregnant.

**CONTINUED  
ON  
PAGE 3**

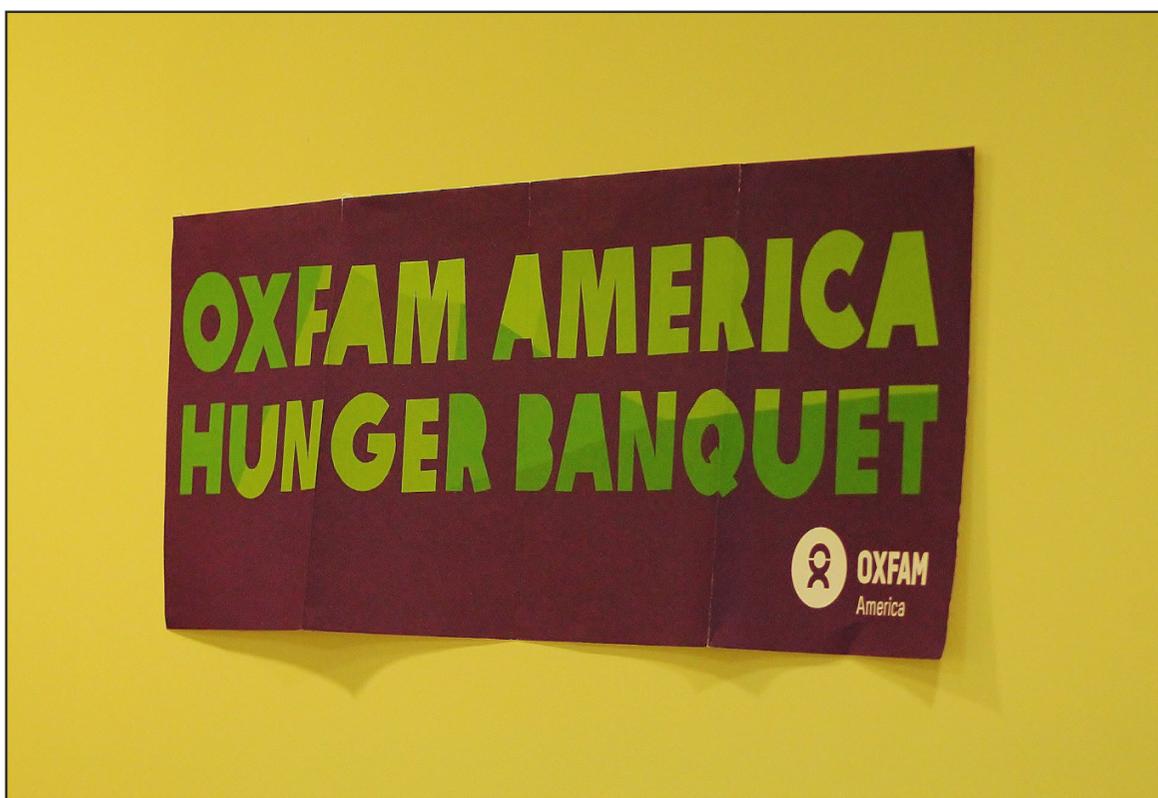
## MU Students Participate in 'Hunger Banquet'

Collin Groves  
Staff Writer

To complement a Discussion Day focused on public health, Manchester hosted a Hunger Banquet that took place during lunch hours in the Speicher Room in the upstairs JYSC.

Despite its title, the Hunger Banquet served students various meals according to simulated income groups that participants were placed in as they entered the banquet. While students were eating, Peace Studies, the Center for Service Opportunities and the international relief group Oxfam hosted an accompanying discussion regarding world hunger and poverty, how to combat it, and how to get involved.

Upon entering the Hunger Banquet, participants received an envelope that contained a small card that bestowed them a new name, new job or lack thereof, and briefly summarized the individual's life circumstance. Oftentimes, this consisted of where they live, and the current political and social norms of the area. Through these small cards, each person attending sat with others of the same economic standing, which came down to only three groups: poor, middle class, and the relatively wealthy. From there, each group had different



**FOOD FOR THOUGHT** In accordance with the theme of public health for Discussion Day 2015, Manchester held a Hunger Banquet during lunch hours on Feb. 25. At the event, which was hosted in the Speicher Room in the upstairs JYSC, students were sorted at random into different simulated income groups and they were served various meals based on their grouping. In turn, small-group discussions were facilitated throughout the event. *Photo by Savannah Riley*

food to feast on, which again corresponded to the tiered class they were in.

"The beans and rice actually weren't too bad," said sophomore Lucas Al-Zoughbi, who not only ate with the lowest class, but also served as facilitator for the small group discussion that took place after the meal.

To welcome the diners, Peace Studies co-

ordinator Phillip Keim gave a short address to the banquet before the eating began and the discussions ensued.

"Our goal was to shed light on the problem and possibly inspire students to be more cautious of what food they throw away," Keim said.

Before the event, Keim also assisted with the decision regarding the

room to hold the meal, as well as the coordination of how many chairs to bring, while Oxfam sent a packet that served as instructions on how the event should unfold and offered ideas for how to move the Hunger Banquet forward. However, Keim filled the role of newcomer to the event as well.

"It was a really positive experience for

me," Keim said. "Having the simulation cards that were based on people that Oxfam worked with made it more real."

With both the lunch and thoughtful talks underway, students started to offer food to the lower class, with the class accepting the gifts of cake and chocolate over tables comprised of cardboard boxes.

"It is meant to

make you feel uncomfortable and for students to react to each other's situations," said Carole Miller-Patrick, director of the Center for Service Opportunities. "MU students always are insightful and caring and this banquet only reinforces the convictions and abilities they have to make our world a better place for everyone."

The event cost very little in terms of budgeting concerns. Most of the participants consisted of students with meal plans, and those that did not have the traditional plan had their bill picked up by Peace Studies, so no one had to pay up at the table. However, the reservations that most placed to attend to the event, as space was limited, hindered entry because of no-show-ers.

Even though plenty of students arrived whether they had a reservation or not, the wait list was long, and eventually they had to turn students away because of capacity issues. On the flip side, the number of students that appeared at the event shows a promising future for Hunger Banquets in coming years.

"It's definitely going to be another event next Discussion Day," Keim said. "Students showed plenty of interest."

**Inside: Casino Night, Relay for Life Preview, Spartan Baseball**

# Around Campus

## RHA, Student Senate Hosts 'Casino Night'

Allie Spillman  
Staff Writer

Many students donned formal attire Friday, Feb. 20, at the Casino Night event sponsored by the Residence Hall Association (RHA) and the Student Senate. Before walking through the Lahman and Hoff doors, casino-goers collected their tokens, then headed toward slot machines, Texas Hold'Em and Black Jack throughout the middle of the room.

Some students began lining up half an hour early in the Upper JYSC in hopes of being one of the first 100 people who would receive a "special prize"—extra play-money and tokens for gaming. When the doors opened at 7 p.m., the line extended from the corner of Gallery G back to the elevator by the stairs.

As the people filed in, one could quickly notice the event's theme—"The Great Gatsby." Emily Pleadwell, junior, like the majority of this year's casino-goers, embraced this opportunity to dress in roaring 20s-style. "Dressing up isn't a ready occasion at college," she said, "so the chance to go all out every once in a while is appreciated." Pleadwell wore a red, sleeveless, open-back dress with a bronze beaded neckline along with a pair of strappy, brown suede wedges. Her fellow students also broke

out dresses, suits, ties and accessories like top hats and feather headbands that they might not usually wear to their classes during the week.

Along with these changes in attire also came decorations to the venue. The usually empty upper level of the JYSC had slot machines lining the far left wall, and multiple tables for Texas Hold'Em and Black Jack throughout the middle of the room.

First-year student and seasoned poker player Robby Davis took advantage of the chance to play cards with new faces and show off his skills. "It probably would have been better if the people who won the most money instantly got a prize too, instead of just raffling off the prizes," he said, "but, overall, I had a great night with my friends, and I had a lot of fun taking everyone's money."

Casino-goers not participating in the gambling could also pose at the selfie station in front of gold-colored foil streamers, listen to the self-playing piano in the corner, and enjoy sugary snacks. Just outside the Hoff room doors was the "players' lounge" filled with resident assistants and members of the student senate serving party mocktails. Hungry guests had a choice of four cakes decorated as aces in a deck of playing cards.

As students min-



**TRY YOUR LUCK** Students partake in MU's annual Casino Night, sponsored by Student Senate and the Residence Hall Association. Gatsby-themed decorations filled the Lahman and Hoff rooms of the Upper JYSC, and students dressed accordingly while playing slot machines, Texas Hold'Em and Black Jack. Winnings translated into tickets, with which students could win raffle drawings.

Photo by Emily Barrand

gled and gambled their tokens away, Nicola Jones, a senior and leader for the RHA event, raffled off prizes. Students were given the option to put their

tickets in either the "small prize" or the "big prize" tins—or both if they played their cards right. Among the small prizes won were gift cards to local restau-

rants El Mezquite, McDonalds and Subway, a \$25 "Casey's bundle," iTunes and Visa gift cards, an "MU bundle" containing two tumblers along with a \$15 gift certificate to the campus store, and a \$50 "date bundle." The big prize, won by senior Raymond Wilson, was a Nextbook tablet valued at \$179.

All these props, treats and prizes took time to organize, though, as Jones can attest to. "It takes months to plan Casino Night," she said. "This year we had three different committees (venue, sponsor and budget) help plan the event. I was the lead for the venue committee which meant I was in charge of booking the casino gaming company, securing the location, decorations, prizes and getting volunteers."

Letha Parrot, advisor for RHA and hall director of East Hall, oversaw the process and helped the students jump "hurdles" encountered along the way. "The biggest challenge was planning it so close to the beginning of the spring semester," Parrot said. "We had people on the planning committee that were abroad for Jan Term, and that loss of communication created a hurdle for us."

While many had positive comments and remarks about the event, there were still a few issues to be noted. "We added

more machines this year," Jones said, "and plan to go even bigger next year, hopefully moving the location to the PERC to accommodate more students."

Pleadwell did not cite a problem with space as much as the timing of the raffle. "The raffle going through the course of the event threw a lot of people off," she said. "Some of them were probably worried to sneak off to the bathroom for a second at the risk of missing their ticket being called. If they set specific raffle times, I think everyone would be able to relax more throughout the event."

Davis, on the other hand, seemed to want more competition. "I think they could raise the limit on Black Jack tables above \$1000 and maybe add a couple roulette wheels," he said.

Regardless of the lack of elbowroom, scattered raffle times, and perhaps low limits at the tables, Pleadwell still noted that Casino Night was worth attending. "Casino Night's a classic," she said. "It gets better as you go. MU has a small campus, so you know almost everyone anyhow, but by your third year you know the majority of people you're playing Texas Hold'Em against and even the guy who's dealing. It just adds so much more to the experience."

### The Oak Leaves

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## Upcoming VIA Opportunities

### *Unwritten, Unfinished, and Undergrads, Oh My!*

Sunday, March 8

3:00 p.m.

Cordier Auditorium

### *The Artistry and History of Ballroom Dance*

Tuesday, March 10

3:30 p.m.

Cordier Auditorium

### *Literary Film Series:*

#### *The Boy in the Striped Pajamas*

Thursday, March 12

6:30 p.m. to 8:20 p.m. (approx.)

Cordier Auditorium

### *Teaching Evolutionary Theory in the Public Schools*

Tuesday, March 24

3:30 p.m.

Cordier Auditorium

## SPRING DANCE

Presented by the Ballroom and Latin Dance Club

Friday, March 6<sup>th</sup>

Auxiliary Gym in PERC

❖ 8:00-9:00 Fox Trot/Salsa class taught by professional instructor Tony Didier

❖ 9:00-11:00 Ballroom Dance - fox trot, salsa, rumba, swing, waltz, cha cha, hustle and more!

❖ All students, faculty and staff invited free of charge.





# Around Campus



## Parnin-Choisne Named MHA Student Representative MU junior to work with Mental Health America of Wabash County

Rachel Laing  
Staff Writer

Junior social work and English double major Alexah Parnin-Choisne was recently named the new student representative for Mental Health America of Wabash County's board of directors.

Parnin-Choisne accepted the position, which was passed down to her by senior social work major Kyla Daniels, who is currently taking part in field instruction. "She nominated me and the board said yes," Parnin-Choisne said, still a little unsure what ultimately led to her appointment. "I'm not quite sure why she decided on me, though."

Parnin-Choisne's new occupancy with Mental Health America of Wabash County will allow her to take part in an organization that actively works to remove the stigma of mental illness that often prevents individuals from seeking help or treatment. Their main goal is to educate the community about mental health and to institute reforms when needed. They work at the local, state and national level to advocate for mental wellness in communities, including North Manchester. Mental Health America of Wabash County even sponsors online depression screenings

for students of Manchester University, helping to keep campus healthy.

Parnin-Choisne hasn't had the chance to experience all the responsibilities of the post yet. "They gave me a paper, but I honestly haven't completely checked it over yet," she said with a chuckle. "I don't have my first meeting until April 13, so I haven't done anything with them yet."

Still, she has a bit of a handle on what the job involves. "We will vote on issues as a board—a lot of what they do is teach and educate the community on mental health, trying to destigmatize mental health illnesses," Parnin-Choisne said. "It's pretty much education, planning and prevention."

Being a little bit in the dark doesn't exactly sit well with Parnin-Choisne—it tends to make a situation a little more nerve-racking when one doesn't have all the details nailed down. "I'm not really sure what it entails, so I'm kind of nervous to get started and really take on the leadership role and see what influences I can make," she said. "I'm kind of nervous generally, because I don't know what to expect yet, so it'll be a journey."

Being appointed to such a position is a huge opportunity, as well as a

good deal of responsibility. Parnin-Choisne recognizes all the possibilities available through the post and is excited about what they can bring. "It'll give me a lot of professional experience and networking opportunities, not to mention it'll look great on a resume, of course," she said. "The biggest thing to me is that it's a new leadership opportunity, something that I'll be able to draw on later on."

Parnin-Choisne focuses a lot of her time on working hard: a double major isn't for the faint-hearted, and school isn't all she does. "I'm the secretary of Social Service club, and sometimes I go to yoga club," she said with a smile, "but I mostly work [at CVS], so I don't have much time."

From day to day, Parnin-Choisne leads a distinctly busy life, which will only be added to through the incorporation of her new post into her routine. She's not one to back away from a challenge, though—she's excited to get another taste of leadership. "This semester is the first for me being the secretary of the Social Service club," Parnin-Choisne said. "I really need to get out more and get experience, because the field I'm going into is very diverse. I really think that being on

the board will allow me to experience different opportunities that I didn't have

that needs to be brought up, educating about or correcting, we should be able

stitute of Mental Health. With such a distinct percentage of the population



**PARNIN-CHOISNE IS CHOSEN** Junior social work and English double major Alexah Parnin-Choisne accepts a position on the board of directors of Mental Health America of Wabash County as its new student representative. She will gain experience in the field of social work by helping remove stigmas associated with mental health in society.

Photo by Savannah Riley

before."

One of these opportunities is a chance to influence campus for the better. "I talked to the acting director, and he informed me that a lot of what we do is educating," Parnin-Choisne said. "It's a very influential position, so if I notice anything on campus

to do something about it." It's important to get campus—including students, staff and faculty—talking about mental health in order to de-stigmatize the topic. An estimated 18.6% of U.S. adults suffer from some kind of mental illness, according to a 2012 survey by the National In-

being affected by mental illness, informing and educating people sits high on the list of priorities in order to make mental wellness something accessible for all.

## Manchester to Host ACS 'Relay For Life'

Loic Youth  
Staff Writer

Having had family members and close friends succumb to different forms of cancer, Mikayla Munn was one of the student voices that rekindled Manchester University's participation in Relay for Life. An organization sponsored by the American Cancer Society (ACS), Relay for Life raises awareness of cancer and in doing so informs people about causes of cancer and methods of prevention. Furthermore, ACS raises funds to facilitate cancer patients' expenses such as medical bills and gas money for numerous hospital trips. And they also raise funds for cancer research.

On April 25, Manchester will be hosting its sixth Relay for Life. It's a 12-hour event, during which teams of varying numbers have at least one member walking on the track for 12 hours straight. After taking a temporary break, Manchester got back into Relay for Life three years ago when Manchester student, Mikayla Munn along with others, asked for the school to get involved again.

Most members, such as Munn, know some-

one who has been affected by cancer. "Cancer has affected multiple people in my family and I have seen it first hand from how it affects people that they love," Munn said.

In order to raise funds for the cause, Munn makes homemade food for students and gets donations in return for her

extra change they can slip it in there," she said. "I am not asking for much, I know we are all college kids, and everybody struggles but it's still a great cause to get involved in."

The idea of a relay is significant in the Relay for Life event because people actually do have to walk. Another member of

idea of relay, people are walking in remembrance of somebody or someone that is fighting cancer at the time," he said.

As part of the Relay, Duchane, along with his students, take a lap of honor on the track called the "survivor lap" to commemorate the survival of cancer patients. This is fol-

"The community always wants university students involved in some way, shape or form," Munn said. "Whether its volunteer hours or working, they always want us involved." Munn came up with the idea last year to have the relay in downtown Manchester—an idea she greatly enjoyed because

which she said she would never have heard of had she been on campus. "The town gives us stuff and the university gives them stuff and it makes for a nice cooperation," Duchane said.

Though walking is the major aspect of the Relay for Life, Duchane would not mind extra sets of hands to set up the upcoming event. "Walking is what I am interested in, but there are lots of things that we need help on," he said. Munn says she has mainly gotten feedback to help from about sixty football players but it is difficult for spring athletes to commit because of conflicting practice and game schedules. "Football has been very adamant and they are more than happy to be involved," she said.

To find out how to get involved with the Relay for Life, students can look for posters around campus, but there is also a website for the Relay for Life at [www.relayforlife.org/northmanchesterin](http://www.relayforlife.org/northmanchesterin).

Image above courtesy of cfpbox.info



generosity. Munn, also an RA on campus, leaves a donation bucket by the microwave on her floor and encourages students to get involved by leaving a couple of bucks to help the cause. "If anybody has

the Relay for Life is Manchester's Dr. Kim Duchane, who was encouraged to join the Relay for Life by his students, Munn and Corey Birchmeier. He emphasized marching as a major part of the Relay. "This

lowed by a meal served by the students and then they listen to cancer patients' past experiences.

The Relay for Life is a way for Manchester University to immerse itself in the community.

she met and talked to a lot of great elderly people or "the nice old folks" as she calls them. Such an experience allowed her and others from the university to hear stories about the town from locals, stories

## Keynote Speaker, continued from Page 1

Halverson gave three ways to decrease the use of smoking, and potentially decrease the number of deaths and health related issues related to smok-

ing and tobacco: increase tobacco prices, reduce places where people can smoke, and counteradvertise. "There is hope and opportunity for people to

focus in areas of improvement," Halverson added. "Not just in public health either."

Halverson concluded his presentation

with ways of improvement because we are "spending more money and getting less prosperity and health." Ways to improve ourselves, our economy, and our pub-

lic health services include: understanding risk factors for disease, getting timely clinical preventative services, moving, taking action to reduce risks, promoting

health literacy, promoting healthy choices as default choices, and changing the system.



# Spartan Sports



## MU Spartan Baseball Awaits Opening Games

Jessica Klemm  
Staff Writer

Last year's baseball season the Spartans brought home 26 wins with only 17 losses. It was a good season and this year is predicted to be even better. In fact, the 2015 Manchester team has already drawn attention to themselves without even hitting a home run yet this year. The team isn't just catching campus attention, but nationwide attention as three seniors have been recognized as "Players to Watch" on Collegiate Baseball News' top 50 ranking of the this year's preseason.

Assistant Coach Joshua Brock has been coaching the Manchester team for two years. He is an alumnus of Manchester and played baseball for Manchester during his four years, making it to the College World Series. Brock says that it's atypical for Manchester to have three seniors to be looked at nationally. "They're hard working guys," he said. "We're blessed to have their skill set." The three seniors are Jordan Nieman from Michigan City, Ind., Trevor Kimm from Anderson, Ind., and Kyle Norris from Indianapolis. "They are all doing what they can to be able to pursue that option [to be scouted for a national team]," Brock said. "So far it's just been conversations and discussions. The boys are working on the reality of that option being offered."

Nieman is a sport management major who has been contacted by the Cincinnati Reds and the New York Yankees. He also had the opportunity to hit with the Chicago Cubs this

past January. He is considering taking any opportunity the teams may give him after graduation. "It will be a dream come true if I'm able to play," Nieman said. "The drafts are in June. It'll be pretty quiet till then. The recruiters do come out and watch you play in the meantime, just to see how you play."

Nieman started playing baseball at four years of age after his older brother started playing tee-ball and enjoyed playing. He plans to focus on his final year at Manchester and not to worry about what the future may bring. "My goal is to be able to play in conference championship and to be able to get back to regionals to get a chance to play in the World Series again," he said. In 2013, Nieman played in the World Series, which is his favorite baseball memory. "It's definitely one of my top moments, especially being able to play against the top eight in the nation," he said.

Brock talked about the hardest thing for Manchester baseball players: "The reputation of the program brings a burden of tradition," he said. "Guys come in with the reputation of being a part of something special—the potential of competing in regionals and even a World Series run. Manchester plays in a lot of high profile games and it's a challenge for young athletes to be a part of that and have the desire to be a part of that."

Nieman said that the hardest thing about playing college baseball was being patient. "Coming out of high school the speed of the game is different," he said. "It takes time



**SNOWED IN** Junior infielder Sean Knepper engages in a fielding drill during a recent indoor practice at the PERC. Thanks to the snow, the baseball team has been forced to practice indoors for its upcoming games. The team was originally scheduled to open its season against Case Western Reserve and Heidelberg last weekend; however the weather was unfavorable and the games were canceled. They are scheduled to play two doubleheaders against DePauw this weekend, one tomorrow and the other on Sunday, as long as the weather is cooperative.

Photo by Savannah Riley

to get comfortable with the game at college level. No matter what the division is, you'll see great competition. It isn't until senior year when you can sit down and get comfortable with the game."

Matthew Hicks, a sophomore physics major, says that the time commitment is the hardest for him. "It's tough to juggle school

work and athletics," he said. "Coach Espeset says to be a student first and an athlete second."

Practice has been difficult for the team with the temperatures being below average and snow on the ground. "It's an inherited challenge," Brock said. "We mostly work on the fundamentals, getting the boys back into physi-

cal shape and working on mental game."

Practice has been repetitive for the team. "What sets people apart is the work ethic," Nieman said. "My goal is to try to be one of the hardest workers on the team. To show them what it takes."

"Many people think it's handed to you," he added. "But it's easier to show

them what to do and it's harder to get them to do it."

The first games of the season against Case Western Reserve and Heidelberg were canceled due to snow. Pending the weather, Manchester will play two doubleheaders this weekend at Grand Park in Westfield, Ind., against DePauw.

## Indoor Track, Field Teams Focus on Improving



**JUMPIN' OUT THE GYM** Senior jumper/sprinter Austin Finley works on his form during practice inside the PERC. Last weekend at the Anderson University Fred Wilt Invitational, the women's indoor track and field team finished fifth overall, while the men's team placed 12th. Despite having no indoor track facility of its own, the teams continue to press forward and focus on improving individually. Tomorrow morning, the teams will compete at the University of Wisconsin-Stevens Point Last Chance National Qualifier with hopes of qualifying for the 2014 NCAA Division III Championships in Winston-Salem, N.C., the following weekend.

Photo by Savannah Riley

Haylee Parrish  
Staff Writer

On Saturday, Feb. 28, Manchester University's indoor

track and field teams headed to the Anderson University Fred Wilt Invitational, in which the men's team took 12th place, coming in with

23 points, and the women's team snagged 5th with 43 points.

Outside of competitions, the teams have

been hard at work Monday through Friday focusing on what their head coach Brian Cashdollar considers to be the teams' primary

goal—individual improvement. "We talk about getting .01 second every day for the sprints, a centimeter better every day for the throws and jumps, and 1 second better every day for the distance," he said. "These are the things that we can control. We have seen tremendous improvements throughout the season individually and that reflects that athlete's performances at meets."

In order to achieve these increases, Cashdollar says, the athletes are instilled with an athlete's mentality meant to extend throughout not only practice and competitions, but every hour of the day. The different aspects that make up being the best athlete a person can be have roots in other veins of individual accomplishment, which end up showing in the player when the competition comes around.

"What we do in practice is a small part of the equation to becoming the best athlete possible," Cashdollar said. "Sleep, nutrition, academic stress, social choices, and overall health create better opportunities to achieve success than anything we could do in practice."

"We are all working towards the same goal and that is just getting better," he continued. "The team gets excited when individuals hit personal bests even if they might not have a

chance to score in a meet, because the team has an understanding of how hard it is to commit to being a better athlete."

The athletes, in fact, have shown excellent performances in achieving their goals despite there having been a couple of setbacks. Injuries are always a factor to take into account during sports, and Cashdollar said that while the team has had injuries, other players are always ready to step up and fill their role.

Manchester is also the only school which has been unable to practice on a track surface for the past couple of months due to the snow cover and lack of an indoor facility. Though disadvantaged, the team continues to shove forward and set their bars even higher.

Tomorrow, both the men's and the women's teams will compete at the University of Wisconsin-Stevens Point Last Chance National Qualifier at 10 a.m., which will be followed by a competition on Friday, Mar. 13, at Winston-Salem State University in Winston-Salem, N.C., for the 2014 NCAA Division III Championships. The start time of the event is yet to be determined.