

THE DECREE

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NORTH CAROLINA WESLEYAN COLLEGE, ROCKY MOUNT, NORTH CAROLINA 27804

Two Bishops Help Save a Police Officer's Life

By Decree Staff

Two NC Wesleyan athletic trainers helped save the life of an off-duty Rocky Mount police officer whose motorcycle crashed on the new Thomas A. Betts Parkway during a recent afternoon football practice.

Joshua Long and Tim Donovan were commended for their heroic efforts, drawing a standing ovation from attendees of the college's Founders' Day ceremonies on October 20 in the Dunn Center.

The Rocky Mount Telegram reported on October 19 that the off-duty officer, Charles Millender, was recovering from his injuries at home following his release from the hospital.

"I was not surprised at all to hear of the reaction of Josh and Tim to the situation," said NCWC Athletic Director John Thompson. "They're very professional and did what they're trained to do. I would have been shocked if they had not responded. They were in the right place at the right time, to have the opportunity, to do what they do. And they were outstanding in their performance."

Mark Henninger echoed Thompson's comments. As head football coach, Henninger sees Long and Donovan in action on a daily basis. He values their expertise and commitment, but he was still impressed by their response. "It's one thing to be trained in CPR and it's an entirely different animal to be supremely confident in your abilities and training to put that to use when tragedy strikes," Henninger said. "They jumped right into action and it was impressive to see. While I was not at the scene, I have to believe that man is alive today because of the actions of Josh and Tim."

Long is in his third year at NC Wesleyan, Donovan his first. Both athletic trainers said that they had treated possible spinal injuries in the past, but nothing compared to the severity of the motorcycle accident. At the time of the incident, the two feared not only a spinal injury, but multiple broken bones and other possible internal injuries. "It was an intense experience," Donovan said.

Both expressed humility in response to the fuss raised about their actions. But Long noted that perhaps the publicity surrounding them will help raise the public awareness about the nature of athletic training. "It makes us feel good to help, but we were simply doing what we're trained to do," he said. "We're trained medical professionals who don't always receive the respect our profession deserves from other healthcare professions. Hopefully our actions go a small way in helping others view us in a different light."

Long and Donovan provided the following account of the afternoon's events, which occurred on September 28: Along with a group of Barton College athletic training students, the two were participating in a

normal Bishops practice around 6 p.m. Long was facing the softball field, but Donovan saw the accident. "I saw the bike as he went down the parkway," he said. "When he first came into sight, it looked like he was going pretty fast." Donovan and others on hand estimated that the motorcycle was traveling in excess of 70 mph.

Donovan turned back to the practice, but then caught a glimpse of the bike's collision with the rear of a van, which was trying to make a right onto the parkway from Bishop Road.

According to Long, many players witnessed the accident as well. "They're drawn to the image of a fast street bike," he said. "It's commonplace for motorcyclists to speed through that area." Right after the crash, Long recalled, there was "a significant 'oh s*#@!' from many of the players. That made the rest of us realize something serious had happened."

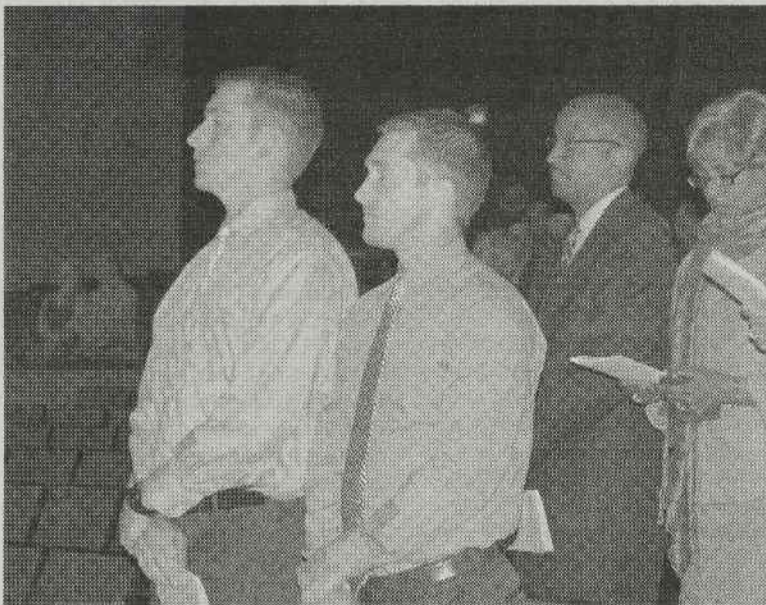
At that point, Donovan and Long sprinted toward the corner of the field closest to Bishop Road and the parkway. "You're not necessarily thinking through things," Long said. "You're merely reacting based upon what you've been trained to do. Your hope is that you get over there and the person is still alive."

As he ran, Donovan reached for his cell phone and dialed 911. Then the two athletic trainers scaled the six-foot high practice fence and continued to the scene, both of them carrying their sling packs and putting on their rubber gloves. Donovan maintained contact with the 911 dispatcher even as he climbed the fence.

"When I was running toward the accident, I wasn't sure if the rider would have survived the impact or not," Donovan said. "I was assuming the worst."

On arriving at the scene, Long said, it was clear that the van driver was okay. That vehicle had sustained damage to the spare tire mounted on the back. Donovan and Long turned their attention to the motorcyclist, who lay prone on the pavement, ten yards or more from his bike.

As Long approached Millender, Donovan checked the motorcycle, which was demolished and broken into pieces. There was fuel pooling on the pavement, and Donovan, fearing a fire, confirmed that the engine was off.



Assistant Athletic Trainers Tim Donovan (left) and Josh Long were recognized during the recent Founders' Day for coming to the aid of a motorcycle accident victim.

Photo courtesy of NC Wesleyan PR.

Long and Donovan were relieved to see Millender's chest move. "And he was moaning, which was a welcome sign," Long said. "At least he was alive."

While the two athletic trainers began to tend to Millender, others appeared at the scene to offer their assistance. One woman identified herself as an ER nurse on her way to work at Nash Hospital. NCWC Lacrosse Coach Ramona Walters offered first aid help, and another driver, at Donovan's instruction, moved her SUV so that it would block incoming traffic from the accident scene.

Although Millender's right ankle was twisted to the side and blood was coming from a wound on his leg, Donovan and Long recognized that their first priority was to prevent spinal injury. They discarded their sling packs and began to stabilize his head.

"We had to assume he had a cervical spine injury," Long explained. "With that in mind, we decided not to move him. If we had moved him and he did have a cervical spine injury, we ran the risk of severing his spinal cord, which would have

not only ended in paralysis but most certainly would have shortened his life, as normal body functioning would have been compromised."

After stabilizing him, the two began to assess Millender's responsiveness and overall condition. "I kept asking the cyclist if he could hear me and if he was okay," Long recounted. "We were looking for a cognitive response, more so than a 'yeah, I'm good, just a bruise.' All he was able to do was moan."

Donovan noted that Millender had a weak, thready pulse. "But at least it was there and, though labored, he was still breathing," Long said.

When Millender opened his eyes, the athletic trainers urged him not to move. "We told him that help was on the way," Long said.

The nurse removed the victim's wallet from his back pocket, allowing them to communicate with the victim by name. "I was trying to keep him calm," Donovan said. "He was disoriented and unable to speak and in a great deal of pain. Hearing a calm voice can be reassuring in that situation."

Long said that it took the first responders—

NC Wesleyan Community Embraces Starbucks

By KeCharna White
Decree Staff Writer

"Can I get a Caramel Frapp please?" is something you're likely to hear when entering the Internet Café.

Since the addition of Starbucks this school year, the Internet café has been more packed than ever.

Students and faculty alike have made a habit of stopping in before and after class. Many customers appreciate the extended hours. While the Internet Café was open for only about two hours last year, it is now open from 8 a.m. to 5 p.m. Monday through Friday.

The Internet Café provides several small tables, a few couches and a flat-screen television. Breakfast and lunch food is served along with the coffee and specialty drinks.

With the Starbucks located in the Internet Café, it's expected that the library would be used more by the Wesleyan community. Nick Frankenhauser, the interim director of the Writing Center, has seen increased traffic throughout the library. Although there have been fewer students on campus than last fall, the library has been occupied more. He explained that the advertising played a significant role in increasing the use of the library as well as the Internet Café.

"Starbucks is an attractive brand that people know," he said.

Many students said they liked the convenient location of the coffee shop, while some commented that the presence of Starbucks helps to promote a "more adult atmosphere," which is appealing to young adults and makes them "feel more mature." Others, like senior Andrew Herring, complimented the delicious drinks. "They have a good supply such as the mango smoothie and frappe," Herring said. Sophomore Ebony Nolen said she appreciates the longer hours and added, "They have coffee, which is good because

it gives the students energy for class."

Frankenhauser pointed out that the Starbucks might impress prospective students and their families and others who come to campus for a visit.

Sodexo worker April Kiefer said she enjoys working at Starbucks. Having worked at other coffee shops in her home state of Tennessee, she said she enjoys the new atmosphere at the Internet Café.

While many on campus have been thrilled about the new Internet Café offerings, others expressed far less enthusiasm. Sophomores Jennifer Fowler and Cheyenne Green noted the high prices and questioned the college's policy of not allowing students to use of "flex dollars"

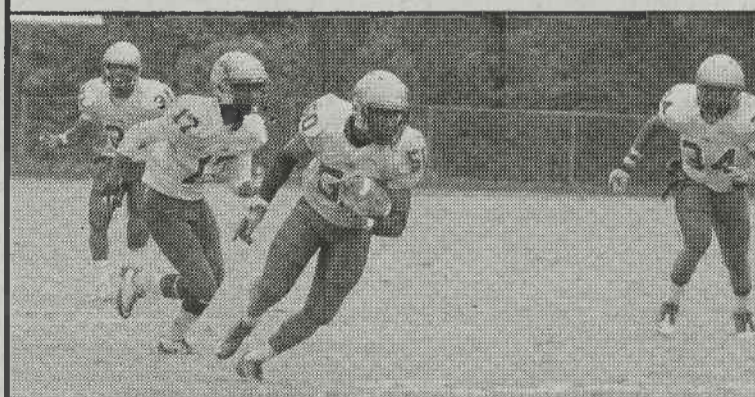
for both the grille and Starbucks. "It's making all of us college students broke!" Green said.

A quick survey showed that a medium house coffee runs \$1.99, while specialty drinks like a plain cappuccino, a caramel latte and a white-chocolate mocha can cost from \$3.50 to \$5.50.

Courtney Quinn, one of the RDs, admitted that she has not experienced the new Starbucks yet. "I haven't even used it or seen it," she said, noting that she does not support Starbucks in general, because she disapproves of the corporation. And like Green and Fowler, she believes their products are over-priced.

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Foster Sets School Record



Sophomore linebacker Tazmon Foster looks for running room after intercepting a Maryville pass in NCWC's homecoming game October 29. Foster set a Wesleyan record with 21 tackles against the Scots, but the Bishops fell just short, 23-16. Late in the fourth quarter, Bishops tight end Taylor Revelle was stopped at the MC one-yard line following a nine-yard pass play on fourth down. The loss dropped the Bishops record to 2-2 (2-5 overall) in the USA South Conference, almost ensuring that the team will not repeat as conference champs.

J. Lewis Photo.

a Rocky Mount fire truck—about three minutes to arrive. An EMS team came a minute after that.

Because Millender's body was in a pool of gasoline, it was decided to move him with a spine board, with Long and Donovan helping to coordinate the effort. Then Millender's helmet was removed.

"It was becoming clear he was not getting full breaths," Long said.

The EMTs checked Millender's vital signs and then placed a cervical collar on him. It was difficult to get the victim to take in oxygen, which, Long said, the EMTs attributed to collapsed lungs.

Even after the EMS crew reached the scene, Long and Donovan continued to help treat the victim. Long worked with the EMTs to stabilize his head, while Donovan helped to staunch the considerable blood flow from his leg. Long said that the victim's right pant leg was cut open to reveal a compound fracture of his right tibia. Bleeding was controlled through a tourniquet.

Soon Millender was loaded onto a stretcher and put in the ambulance. After some time, he was life-flighted to a hospital in Greenville, Donovan said.

Donovan and Long gave a report to police and then returned to practice. "At the field, as we took our gloves off, we both realized our hands were covered in blood," Long said. "But we were relieved to find that it was our own blood from cutting our hands as we hopped the fence."

Decree Interview: Megan Simpson, SGA President

By Decree Staff

Q. Many students say that they don't know much about SGA. What can be done to give student government a higher profile on campus?

A. We get that a lot. Some students think that the SGA meetings are just for clubs and organizations but it is for every student on Wesleyan's campus. We started putting up flyers promoting the SGA meetings and we are now bringing in guest speakers from around campus so students can voice their problems directly to them.

Q. What qualities do you bring to the position of SGA president?

A. I'm very outgoing. I'm motivated to bring change to the campus. I'm also open-minded about all issues that students bring up, and I'm determined to get things done.

Q. What are some issues that are occupying your administration at the present time?

A. Morale is one of the biggest issues right now. We want students to feel proud that they attend NCWC. This week is the most spirited I have seen since I've been here. People are really getting excited about homecoming week. Another issue that we have is bridging the gap between students and administration. One thing we have put together to address this issue is "Pizza with the Prez." Pizza with the Prez has been very successful so far. Students really open up when Mr. Gray comes to the dorms to talk about issues on campus.

Q. What has attendance been like at your initial meetings? What can be done to increase it?

A. Attendance averages about 25 people. Besides having the guests, we're trying to increase through advertisements and, most importantly, word of mouth. We're also putting together an all-student meeting. This is to hear about student concerns and letting everyone know we are here.

Q. Talk, in some detail, about your three biggest goals for the year.

A. Two of our biggest issues, as stated before, are morale, and communication between student and administration. The last is student involvement. This is something that has been low for a while. The majority of organization leaders are seniors so we have to get the other classes to be more involved if we want to keep student activities alive.

Q. Enrollment is down this year in the NCWC traditional program. From your observations and your conversations with other students, does it seem like the student body is feeling the impact of this?

A. Other than tuition, students are not feeling a negative impact of enrollment being down. If anything, it has brought us closer. A lot of people came here because they like the fact that Wesleyan is a small school and it feels like a family. We all watch out of each other. It's like our own little community.



Sharise Jones was elected the 2011 NC Wesleyan Homecoming Queen. She is the SGA secretary, a member of Delta Sigma Theta sorority, and a PAL. The week's events included an alumni golf outing at Ford's Colony, a haunted house, a concert, a pep rally, tailgating, and of course, a football game.

J. Lewis Photo.