

STUSSAUEI



contents

november 14 2003

"Never in the field of human conflict was so much owed by so many to so few."

-Sir Winston Churchill

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Defining patriotism these days is difficult. Though the word is often used as a blanket American sentiment, it seems varied in degrees relative to generation. It can never mean to me what it meant for my grandparents. Both my grandmother, who served as an Army nurse and my grandfather, who fought in the South Pacific, experienced patriotism at a level that I can not understand. However, in honoring those who served and still serve our country, I can gain better understanding.

Ironically, my experience with such sentiments came while I was in backpacking in Europe last summer. I knew of a beloved relative who had been killed in Italy during the later part of World War II, and who was buried in the American Military Cemetery in Draguignan, France. Having heard stories of this person most of my life, I had to take this opportunity to pay my respects. And so I left my traveling partners and took a train to the little town to find his cemetery.

After some searching, I found his grave, one among hundreds of rows of

white crosses. And much to my own surprise, I began to cry for this man I had never met, but whose sacrifice had suddenly become very real to me. There I was closer than I have ever been to understanding the magnitude of what that generation experienced. And from that I gained a new sense of pride about what the men and women, who serve our country have died for. And that memory will hopefully be enough to remind me forever.

In this *Crusader*, Tiana explores local celebrations of Veterans Day. Although, the holiday has now passed, we felt that its importance warranted discussion. I hope that as you read, you are reminded of those who served - and perhaps even moved to call a veteran you know, it is never too late to say thank you.

Alison Brown
Managing Editor

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ESSAY CONTEST 2004

THE ELIE WIESEL
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SUGGESTED TOPICS

Reflect on the most profound, moral dilemma you have encountered and analyze what it has taught you about ethics.

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What ethical issue concerns you the most and what concrete proposals would you make to deal with it?

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what do you think?

Did an editorial outrage you? Do you think our school is going to pot? Did you think a student was right to speak out and address an issue we have all been thinking about? Do not just talk about it. Write it. It is easy to send an opinion to the *Crusader*. An editorial or letter to the editor does not have to be long. Jot a paragraph or just a couple of sentences, we are interested in what you think. Please fill the opinions page with things that matter to you, the students. The page is entitled "I Hear Voices," which is a silly pun for a page that the *Crusader* staff takes very seriously. Let us hear your voices, we are tired of our own.

To send a letter to the editor please e-mail it to alsalisbury@nnu.edu or acbrown@nnu.edu or drop it in campus mail to *Crusader*, Box C.

by Sarah Arendt Thousands of college students each year live with diabetes. Chances are, you probably know someone with diabetes. What is it? Diabetes is a life-long disease that targets the levels of sugar in the blood. The instability of the blood sugar levels is caused by too little insulin, a resistance to insulin, or both. Insulin is a chemical produced by the pancreas to regulate blood sugar. There are three major types of diabetes, but we will focus on the two most prominent types that are relevant to college students.

Type 1 Diabetes, also known as juvenile onset, results in the body's inability to make insulin. Daily insulin injections are required to sustain life.

Type 2 diabetes is the most common form of the disease. It makes up 90% of all diabetes cases. Type 2, also known as adult onset diabetes, is often unrecognized for many years, but it is a serious condition.

Type 2 is becoming increasingly prominent in the US. Why? Due to increasing obesity levels and the widespread lack of exercise, many new people are diagnosed with diabetes.

The good news about Type 2 diabetes is that, although it is not 100% curable, it is preventable. If you have a history of diabetes in your family, it is best that you take a proactive approach to fend off the disease before it happens. Doctors suggest that any person susceptible to diabetes should be on a strict diet that allows for less sugar in the blood, and each person should definitely be on an exercise program.

As college students we are too quick to assume that we are safe from ever getting diabetes. But the fact of the matter is, we are not safe from it at all. Take steps now so that you can enjoy a life that allows for snickers bars and ice cream (sparingly) twenty years from now and beyond.

what is **diabetes** and why should we care?

good of wonders

By Kristen Kellogg Have you ever had a time in your life when God has spoken to you? Well God has never been more evident in my life than right now. This summer, whenever I was in a deep quiet time with God, or even if I was worshipping, I would have an idea/vision of what God wanted to do at NNU. It all started when I visited the very first church of the Nazarene in L.A., California and learned that the basis of the Nazarene church was to reach out to the poor and show them Christ. So I thought to myself, NNU is Nazarene and I cannot recall any big outreach activities or ways that we are currently reaching our community. At that, God placed a vision on my heart to join with our old rival school and create some sort of an outreach program to get back to the heart of what God really wanted us to do. All summer I was filled with different ways to reach out to our communities and colleges. God would not let me forget what I had learned.

When I returned to school, I met with Gene, our chaplain, and told him about what God had been talking to me about. I asked him what to do next. He said that if I find another person from either Albertsons or BSU that shares my same passion, then it is my assurance that the time is right to carry out God's plan. What most students do not know is that there have been many different

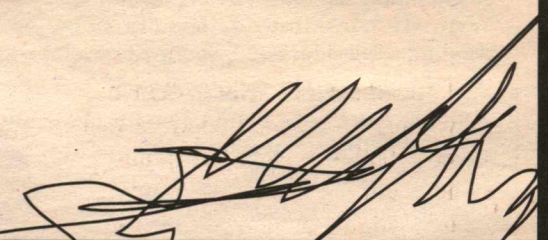
instances where Albertson's and NNU's staff have tried to unite the schools in different activities. The problem was the burden of being rivals always became too strong and the plans would fall through. Never before had two students from different schools tried to unite the schools. People were skeptical but I was sure that it was what God wanted.

It was amazing when about a week later, a student from Albertsons, Jeremy Johnson, contacted me first. He told me that he had a vision of joining with NNU in an outreach and wondered if we wanted to participate. I was shocked; was this really happening? I could not believe that God was speaking so clearly to me. Here was my assurance to go on with my plans for a concert. I met with Jeremy and his crew from

Albertsons and came up with a name for our concert, the time, and how we were going to make it all work. The crew from Albertsons was amazing and put together most of the concert, I could not have done it without them. So I have a challenge to all of you who read this, go to the concert. Meet some people from an awesome campus that is so close to us, and enjoy listening to three wonderful bands that are playing for free to help reach the community and present Christ through wonderful music.

"And I can't stop! If I say I'll never mention the Lord or speak in his name, his word burns in my heart like a fire, It's like a fire in my bones! I am weary of holding it in!" Jeremiah 20:9

The "3 Alive" concert includes Grand Prize, Go for Broke and Broken Ground. The concert is in Jewett Auditorium at Albertsons College. Doors open at 7 on Saturday night. Bring four cans of food to hear the concert of a lifetime that starts at 7:30.



SAC clean-up saturday

By Debbie Finkbeiner After a scrumptious pancake breakfast at the Brick House last Saturday, the Student Alumni Council (better known as "SAC") gathered to serve the community through raking leaves. As one of two service projects for the year, we thought it would be fitting to help serve a few NNU alums who have invested so much of their time and effort into making this such an awesome school.

The first house we drove to had a gigantic backyard that we helped clean

up by raking and sacking leaves. We were even able to use two leaf blowers, in which we had a fun challenge keeping them running and not blowing dirt onto one another. It was great to see the progress being made in the yard as one-by-one, garbage bags were filled and carried away.

With rakes in hand, we were greeted warmly at the last house we visited. After completing our task of clearing away fall debris, we rested and chatted with our host over soda. He expressed his thankfulness of our coming to

aid him in cleaning his yard, and felt blessed by our efforts.

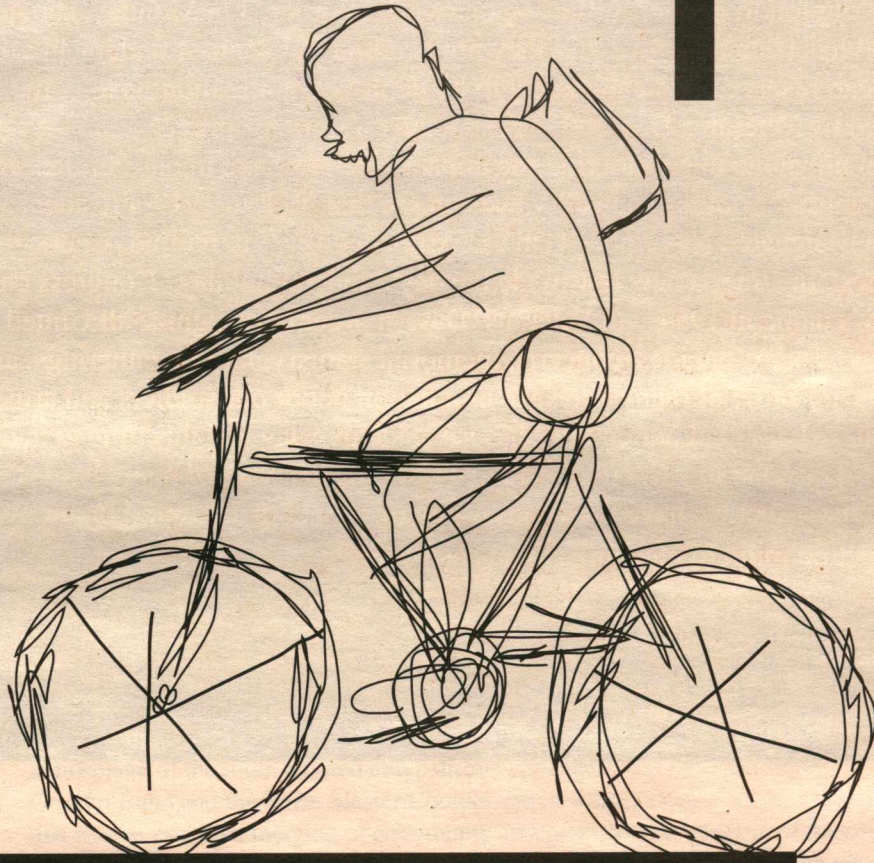
Not only did our work produce a number of garbage bags filled with leaves, but we too were blessed by being able to show our gratification in service to these special alums who have first served us. Thanks to the following people for willingly participating in our fall SAC service project: Sophie Ness, Mike Larson, Molly Bales, Nicole Warner, Stephanie Bartlow, Tim Keller, Jamianna Campbell, Debbie Finkbeiner and our leader, April McNeiece.

guilty

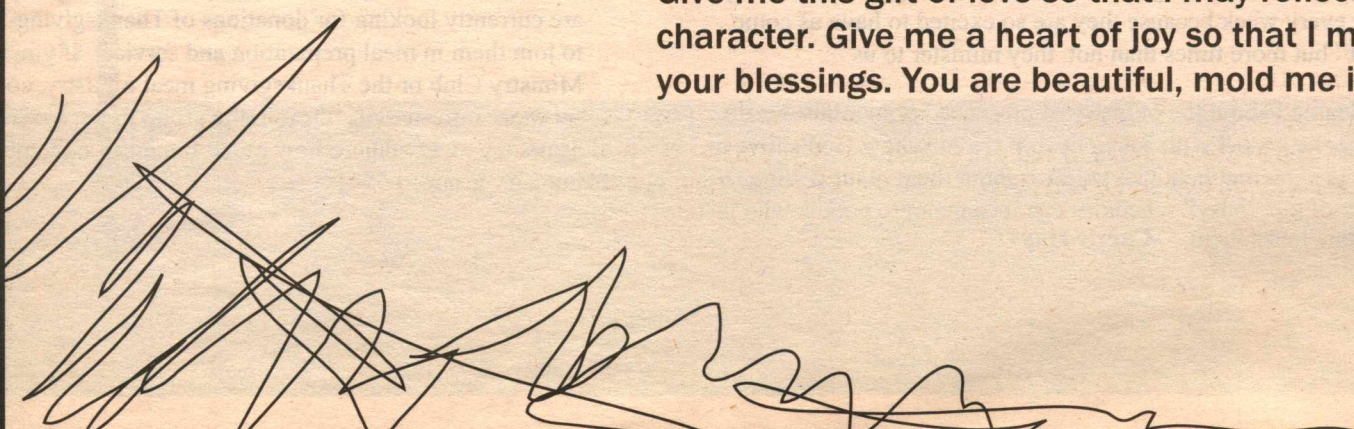
of a similar charge

By Andrew Kerr The other day two Mormon missionaries were traveling on the outskirts of the campus in good form, wearing white shirts and riding their bicycles. They were probably going door to door spreading their gospel to "unbelievers." Across the street from the cyclists were two young gentlemen from NNU who, in their great wisdom, decided to give these Mormons what they deserved for spreading the lies of the Mormon church. The judgment was swift and the Mormons received their "bird" which probably would not be the last they would see on their journey spreading "truth" throughout the neighborhood.

We are all guilty of judging and I do not claim that I am free from this act. I do know that God created all men and women equal, and I do know that prayer will make this fact seep into my heart and soul and destroy my lean towards judging others.



Lord, I am a fool to think I am better than others, a hypocrite in the eyes of many. And so I ask that you change me. My mind is aware of the truth but my heart is still hard. Soften me so that your truth will seep into my soul, and your love pour out of my life. I no longer want to judge my brother or sister, or friend or enemy, for you are the judge, and you are mercy. Give me this gift of love so that I may reflect your character. Give me a heart of joy so that I may show your blessings. You are beautiful, mold me into You.



Veterans are the men and women in our communities who have served, or are serving, their country in the armed forces. Military veterans have been on my mind lately. During this Veteran's Day week, I was reminded of all the people in my own family who have served in the United States Armed Forces: my grandfather, my father, uncles, cousins, my ancestors in Utah and all the way back to Colonial America and the American Revolution.

During the week leading up to Veterans' Day, I attended a Veterans' Day concert, my husband played in Boise's Saturday parade, and my family celebrated the birthday of my uncle—a Vietnam veteran. This family gathering was poignantly smaller by one person this year because my sister, who serves in the Army Reserves, was sent to Washington to get her military paperwork in order. On Monday, she got the call: her unit has been activated and they are heading out soon. I understand that many American reserve units can expect to be deployed in the months to come. The season initiated by Veterans' Day 2003 is especially a time for prayer.

I am not alone in considering the impact veterans have in our families and communities. Looking to history, we can see that back in 1919, President Woodrow Wilson designated November 11th as "Armistice Day" to remind Americans of wartime tragedies. In 1938, a new law made the day a federal holiday. Congress changed the holiday's name in 1954—to Veterans' Day, in order to recognize all United States veterans. Today, parades, concerts, memorial statuary, family gatherings, and community services are some of many ways we as a nation honor our soldiers and armed forces personnel. I am glad our country has set aside this day and this time to thank our national heroes. This year in particular, we have been made aware of many heroes. It is important to remember that we have these heroes, many of whom are found in our own families, and it is important to recognize them each year.

hono

a salute to an

ministry club

angel's

I've been going to Angels for four years now. I most likely started going as a clever way to get to know that hot guy that I sat next to in Psychology class, but now it's different. I love going to Angels. I never come back from Angels wishing that I had done an hour worth of homework instead (like I would have done that anyway.) Angels is an awesome opportunity to minister in a simple way. The guys that we play Bingo with are hilarious and so fun to hang out with. They literally wait at the door every week because they are so excited to have us come. We go there to "minister" but more times than not, they minister to us.

Through Angels I have learned about the ministry of presence. Sometimes we do not have to outright share the gospel with someone, but we can show God's love to people by hanging out and showing them that we care about them. Our willingness to take a few minutes out of our "busy" schedules can mean a lot to people who just need to know that someone loves them. **-Carrie Hays**

The Angels Ministry Club is a group that meets at 6:45 and Thursdays. They visit two different homes for those who need an assisted living environment. This bold band enjoys the opportunity to love others through a simple time and play. They also participate in a few special activities of the year. The beg event coming up is the Angels Thanksgiving. We are currently looking for donations of Thanksgiving food and to join them in meal preparation and service. If you are interested in the Angels Ministry Club or the Thanksgiving meal ministry, contact Shelley for more information. Or join the group in the Student Center on Thursday night and see how much fun it can be to minister with this ministry group.

ring our veterans

merican heroes by Tiana Cutright

a veterans' day concert celebration

The firm, clear voice of narrator Lynn Melton welcomed the audience and introduced each song. The Boise ROTC Cadet Volunteers presented the state and national flags in a solemn posting of the colors ceremony. Then the audience sang the national anthem with the chorale, accompanied by the band. Another annual Veterans' Day Concert had begun. Each year, the Treasure Valley Concert Band and the Boise Master Chorale give concerts celebrating the lives of American veterans. The 2003 concerts at Meridian Middle School (on November 5th) and at the Velma Morrison Center Main Hall in Boise (November 10th), shared the same program of fine music pieces. I attended a community concert at Meridian Middle School this year and thoroughly enjoyed the two-hour celebration through choral and instrumental music.

The Treasure Valley Concert Band is a group consisting of voluntary musicians from the community who gather to play fine wind literature. The group is supported by the Boise State University Music Department and plays three regular concert programs per year, traveling to communities throughout the Treasure Valley to perform. The Boise Master Chorale is a performing arts organization consisting of about 100 auditioned voices. It often performs in conjunction with other artistic groups in Idaho, seeking to establish and maintain a community tradition of choral excellence.

This year, the community concert held at Meridian Middle School incorporated the student band into the larger Treasure Valley Concert Band, giving the students the opportunity to play with more experienced musicians. The combined ensembles performed the playful "Slide Advantage" and a tribute to the men and women who won World War II, "To Honor, Thank, & Remember."

The center portion of the evening's program featured the talent of the Boise Master Chorale. The women of the chorale performed the mournful and pleading "Johnny's a Soldier," and the men identified those who serve mankind as our heroes in "Who are the Brave?" The entire group rejoined to perform Charles Koenig's bright and provocative "They are There" and Paul A. Aitken's somber and powerful interpretation of the famous poem, "Flanders Fields." Mr. Aitken himself

was present to conduct his piece. The first half of the concert concluded with the band and the chorale performing Luigi Zaninelli's arrangement of "Battle Hymn of the Republic."

After intermission, the band returned to the stage (this time without the middle school students) to play "Taps" in honor of those soldiers who have died in Iraq. "Taps" was followed by a moment of silence. This was followed by the performance of "Rejouissance," an energetic and majestic Curnow creation in which "A Mighty Fortress is Our God" is incorporated into a musical tapestry. The percussive "Fanfare from SYMPHONY IN E-FLAT" and the cheerful "March of the Children's Guard" concluded the Treasure Valley Concert Band's section of the concert. The final two pieces featured both the band and the chorale. These were the songs many of the audience members had come to hear: "Armed Forces Salute" and the popular "Stars and Stripes Forever," a classic American march. The Salute was certainly the highlight of the concert, and is played every year. This piece is a medley of the American Armed Forces anthems. As the narrator announced each branch of the military, men and women in the audience stood to hear their service song played and to be applauded by the rest of the assembly. The ROTC color guard reentered the auditorium and displayed each branch's banner, while a slide show of soldiers' photographs honored those who could not be present for this concert event. The Stars and Stripes march concluded the evening.

At the end of the march, the back row of the band's trumpet and trombone sections stood, the audience clapped in time with the music, and the general atmosphere of the room erupted into patriotic applause. The Treasure Valley Concert Band and the Boise Master Chorale received a standing ovation. Overall, this was an excellent merging of community ensembles for the purpose of honoring the community's heroes. For those who missed this year's performances, be sure to keep this annual event in mind; they will be back next year with another fine program and their now-traditional "Armed Forces Salute" to celebrate Veterans' Day again in 2004.

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movie review

By Erik Eilers When the original *Matrix* came out, in 1999, I was blown away. The visual effects were astounding, and the storyline was incredible. The concept was fresh and new, and the parallels that could be drawn between the movie and several religions (most prominently Christianity) were the source of many late night conversations. *The Matrix* quickly become one of my favorite movies and still is. When I learned that the Wachowski brothers were planning to sequel *The Matrix* I was ecstatic. I was looking forward to seeing more of the story unfold and the visionary directing of the brothers. When *Reloaded* was released I remember sitting in the theatre nearly beside myself quivering with anticipation. But coming out of the theatre I was somewhat disappointed. The story went in a different direction than I expected, and there was so much that was not explained that I felt totally confused. I did enjoy the special effects, however. The movie flopped, getting terrible reviews from critics and fans alike. While I was let down by *Reloaded*, I held out hope for *Revolutions*. The Wachowski brothers filmed them both at the same time, saying that the two movies were really only one movie cut in half due to time (well over four hours combined). They actually wanted to release them both at the same time, but Warner Brothers would not allow it, wanting to get as much money as possible for the two movies (nearing \$1 Billion already). I had faith that the Wachowski brothers could salvage the story. Last Wednesday I sat through the final episode in the *Matrix Trilogy* with a slight sense of apprehension, but hopeful that the movie would redeem *Reloaded*. It did, beyond my wildest dreams. *Revolutions* wrapped up the story in ways I never expected and provided a sense of completion.

At the beginning of the movie Neo is stuck in a place between the Matrix and the real world, and is at the mercy of the Merovingian (the Satan figure). Morpheus and Trinity, with the help of the Oracle and Seraph, must rescue Neo before trying to assist Zion in its battle against the machines. Neo and Trinity leave to go to the Machine City, the center of the machine empire while Morpheus and Niobe leave for Zion. The machine army has reached Zion, and humankind is struggling for its survival. Their only hope lies with Neo (strikingly similar to *The Lord of the Rings* where all hope lies in Frodo's quest into the heart of the enemy's power). The program, Smith has grown so powerful that he has taken over the Matrix and the only one that can challenge his power is Neo. Neo strikes a bargain with the machines to stop Smith and the ensuing battle rages on the ground and in the skies of the Matrix.

The battle for Zion occupies much of the movie giving *Revolutions* a distinctly different feel than the previous two movies. In the original *Matrix*, and in *Reloaded*, nearly all the battles happen within the Matrix. However, in *Revolutions* the majority of the fighting takes place in the real world, without the amazing abilities of Neo or the slow motion special effects that have become so parodied in movies since *The Matrix* came out in 1999. However, a short fight involving Trinity, Morpheus, and Seraph at the beginning of the movie and the battle between Neo and Smith at the end provide the viewer with two great Matrix style fight scenes.

The Matrix Revolutions is rated R for a very good reason. It contains a scene with sexual overtones, though not as bad as the scene in *Reloaded*, it is still not necessary. There are several scenes of intense, graphic violence and much of the movie is very suspenseful. If you have a hard time handling extended scenes of violence, think very carefully about seeing this movie.

One thing I have learned about The Matrix Trilogy is that you either love it or hate it. One of the main reasons I have seen for those that hate it is that they do not understand it. Granted, it has taken me several viewings of all the movies to begin to grasp all the background and intricate plot strings the Wachowski brothers put into the movies. I still do not have it all, and maybe I never will, but it leaves a lot of room to think and debate about.

★★★ (out of four)

MATRIX REVOLUTION

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crab shack

By Christin Runkle One of Boise's newest and most popular restaurants is Joe's Crab Shack, a national chain seafood restaurant. Joe's is probably the craziest place in town, but also one of the best places to get seafood.

Joe's is not so much a restaurant as it is a full-on assault on the senses. The décor is kitschy and overwhelming. It looks as though someone's yard sale exploded, and the debris somehow got stuck in Joe's ceiling. Fisher Price toys, bicycles, records, snapshots, stand-ups of George W. Bush, plastic seagulls, scuba men, a giant shark, and skis adorn the walls and hang overhead. The spirited wait staff periodically cranks up the music, spread themselves across the restaurant, and perform choreographed dances. They also delight in humiliating those diners unfortunate enough to be celebrating birthdays. A birthday girl might be asked to wear a crab hat and prance around the room, tapping people on the head with a "Crab Fairy wand," while a birthday boy might be required to sing "Happy Birthday" to himself with a mouthful of crackers.

If it is a quiet dining experience you seek, obviously Joe's is not the place to go. But if you are looking for good seafood, look no further. Seafood at Joe's is excellent. Prices range from \$6.99 to \$25.99, but you can probably expect to pay between \$10 and \$13 for a meal. Admittedly, this is a bit on the spendy side, but you get a lot of bang for your buck. When three friends and I ate at Joe's, we were given a lot more food than we could actually eat. I ordered mahi tacos (\$8.99). I was brought three tacos filled with strips of mahi and cole slaw with rice and beans on the side. While they were not the best fish tacos I had ever eaten, they were still quite good. One friend ordered coconut shrimp (\$9.99) and received an enormous platter piled high with shrimp and fries. We all agreed that the shrimp were some of the best we had ever had. Another friend had grilled halibut (\$11.99) served in a spicy lime sauce and topped with pico de gallo. The fish was outstanding and, prepared as it was, unlike anything I had ever tasted. And, of course, a trip to the Crab Shack would not be complete without a crab cake sandwich (\$7.99), a delicacy my third dining companion ordered. Having lived in the Maryland/Virginia area where crab cakes are as prevalent as potatoes are in Idaho, I was surprised that the sandwich was every bit as good as any I had ever had on the East Coast.

If you go to Joe's in the next few months, expect a long wait at dinnertime. But the food and the crazy atmosphere are well worth it. (Joe's Crab Shack, 2288 Garden Street, Boise. 336-9370)

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the fire theft

By Nathan Walker One of my all time favorite bands is comprised of the four Seattle pioneers and legends that were known as Sunny Day Real Estate. After releasing two incredible albums in the early-mid 90's (*Diary* and *LP2* or *the Pink Album*) they broke up, reportedly due to tensions within the band over lead singer Jeremy Enigk's conversion to Christianity. Their influence would spawn myriad mediocre "emo" bands that often imitated, but never duplicated the passion and intensity the permeated and seeped from Sunny Day Real Estate songs. The original bassist, Nate Mendel, went on to join a little band you might have heard of called the Foo Fighters. Yes, those much appreciated fighters seeking to rid the world of foo. A couple of years went by, and Sunny Day decided to reunite and do two more amazing albums, *How It Feels to Be Something On* and *The Rising Tide*, however this time sans bassist Mendel. After the release of *The Rising Tide* Sunny Day Real Estate once again called it quits, this time presumably for good.

All this brings us to about a year ago when Jeremy Enigk, William Goldsmith (Sunny Day's original drummer), and original bassist Nate Mendel announced they were forming a new band, The Fire Theft. As songs were finished, rough mixes were available one at a time for download from their website. The first song released was titled, "It's Over" and absolutely blew me away. It was not as complicated as Sunny Day Real Estate stuff, it was just really good music. Now just a little over a year since I first heard what The Fire Theft had to offer their full length release is available on Rykodisc records.

The first thing for anyone who was a fan of Sunny Day Real Estate to remember while listening to The Fire Theft's release is that this is not Sunny Day...it is, but it isn't. Sure, ¾ of the beloved Sunny Day members are here, but this album is a debut of a new band, not a rehash of history. Much of this album seems to be rooted in classic rock, with a heavy nod to prog rock bands like Rush or Yes, but just enough indie rock so you will not think you are in some 70's flashback trip. This is just one cool album. Jeremy's lilting falsetto has never sounded better and every song is thoroughly enjoyable with the return of Mendel's bass lines. There is also a strong Beatlesque influence coupled with some *Pet Sounds* era Beach Boys. The keyboard and synthesizer play a much larger role in The Fire Theft than they ever did in Sunny Day Real Estate and adds depth to the epic, soaring orchestral vibe. A couple instrumental songs serve as interludes, creating one captivating listening experience.

Lyrical Enigk's trademark poetry still rings true with spiritual longing and desperation, only with more and renewal. An example is found in the song "Sinatra" where Enigk wails, "Remembering a reason to be born/ taking back the fire from the four corners/ I can't bury my life when I can fill it up with joy."

Yes, this is an album that will grow on you, which you will enjoy more with each listen—the thing is that it is great the first time it is played and it just keeps getting better from there. Sure, I am gushing, but I have been waiting for this record for quite a while and my lofty expectations were met and exceeded with this album. Simply amazing.

Do yourself a favor and pick up this record now from the Record Exchange in Boise or online at www.thefiretheft.com.

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by Teri S. and Kristen B.

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For the Missionary at Heart


Now accepting applications for staff, teachers, and office staff

Sun Valley Indian School
Contact Jim Franklin
Box 4013
Sun Valley, AZ 86029

By: Shelli Bunn-Petterson Well my fellow students- I have a sad story to tell. Once upon a time there was a strong healthy knee that loved to bend and stretch. Then, one fateful day, the knee broke its back so to speak. Suddenly, things like bending and stretching became far-fetched fantasies. Yes, this is the tragic tale of the torn ACL (anterior crucial ligament). This is the main stabilizer in the knee and a fairly common injury for athletes. I experienced this injury one week prior to the start of school. It changed some plans and I decided not to play basketball this year, seeing as how I would be a permanently injured benchwarmer for the duration of the season. There were some adjustments made in the financial department, but other than that, I pretty much have been enjoying my extra free time. Sure I miss playing, although I do not miss conditioning, but having a toddler does not give a person much time to mope and think of the "what if."

About four weeks ago all of that changed. I went under the knife on October 10th. The doctors made a new ACL for me by "harvesting" my patella tendon. They cut a strip from the middle of it, taking a small piece of my tibia and my knee-cap (I don't know the bone name) with it. The doctor then drilled a hole in the femur and the tibia, where my old ACL used to be attached to the bone, inserting the pieces of bone, one into each hole. These bone plugs were then secured with screws. The operation was preformed through tiny holes at the side of the knee and is called orthoscopic surgery. The surgery is out-patient, meaning you get to go home as soon as they are done. They dope you up on strong pain medication and you spend a few days in front of the TV, pretending that you are an inanimate object. Then three days out of surgery, they sent you to a torture specialist, also known as a physical therapist. These sadistic perpetrators of pain ask you to do things like bending your knee and lifting your leg straight in front of you. Sounds simple, but let me tell you, not only is the effort painful, but the action is an impossibility at first. The therapist laughingly explains that your quadricep (the main mover of the leg) atrophied when the doctor operated on the knee. In other words, it is now a worthless piece of mush with no value. Through electric shock therapy, oops, I meant electric stimulation and several exercises your quad slowly comes out of its surgery-induced coma. It is then able to participate in the operation of your leg. Slowly, you regain the range of motion in your knee, thanks to the therapist's fantastic wrenching ability, until finally you can walk again.

Yes, it is amazing. Most athletes regain their former abilities and rejoin their sport after lots of painfully hard work. I am now one of those brave soldiers, trying to regain my former self and bearing the scar, my pink badge of courage that declares the injury I had. You may see us around campus, the pink puckered line upon our knees giving us away. When you do, you can understand how brave we have been to come back into the land of the mobile. Thus, now you have been told the dramatic sequence of events that follow the tearing of an ACL. My advice to everyone is to take care of your bodies, enjoy being active, and remember that you never know how long you will be that way. Do not take it for granted; it is a great thing.



The doctors made a new ACL for me by "harvesting" my patella tendon.

me and my acl

Spirit Week

Does anybody remember high school... how BIG homecoming week was? Well, we have decided to give you the thrill of your life. Oh yes--spirit week has come to NNU! We decided to give you examples of what to do on these days...

Sunday, November 16th

Wear your khaki's to church day...this is your chance to dress up or dress down...if you already wear your khaki's to church, keep at it...

Monday, November 17th

Pajama Day...why does the weekend end so fast? Relax all day by wearing your pajamas. Just think--it will be so much easier to sleep...I mean sit through classes...

Tuesday, November 18th

Inside-out and Backwards day...come on, it works...you really ought to wear out your clothes evenly, don't you think?

Wednesday, November 19th

Farm/City Day...Celebrate National Farm-City Week by dressing up...either like a city slicker or farm country bumpkin...

Thursday, November 20th

Eat No Meat Day...November is National Vegan Month...celebrate your vegetables by not eating meat...if you cannot go all out vegan, be a vegetarian for a day...you will probably pig out on turkey in a week anyway...take the focus off the meat...but if you really cannot do it...celebrate NNU's reorganize your life day...clean your room...change your major...ask the cute guy/girl out for a change...

Friday, November 21st

Spirit Day...show school spirit by wearing school sweatshirts or anything that is red and white...don ribbons, face-paint, tattoos, whatever...

ALSO...as a part of Sprit week...guys start asking girls to Homecoming or they might say, "forget it!"

