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## Upcoming Events

March 17  
St. Patrick's Day

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Advising & Registration  
Seniors & Juniors

March 31- April 4  
Advising & Registration  
Sophomores & Freshmen

## Announcements

SGA meetings are held every Monday at 2:30 in the conference room of the Cranmer Dining Center

## Connect with Us

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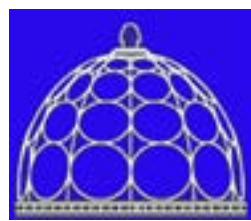
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## 'Angels My Father Sent'



# RaiderView

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Graphic by Anthony Jury



**"At that point, I knew it was pretty serious... I couldn't walk. I couldn't put any pressure on it. I was in a lot of pain...."**

# ACL

## AN ATHLETE'S WORST ENEMY

By Zac Oakes  
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It was the final home game of the season for the Lindsey Wilson College (LWC) Blue Raider basketball team, and one of the biggest games of the year as well. It was Senior Night. A game against Campbellsville University. Chase Cox, now a senior guard for the Blue Raiders, had a nice start to the game, hitting two three point shots early on. At nearly the mid-way point in the first half with the Blue Raiders holding an early 17-8 lead, Cox maneuvered around a screen from a Campbellsville player and felt a "pop" in his knee.

"Right before the play, I started cramping up in my leg," Cox said. "So I tugged on my jersey to signal to Coach to get me out, but he didn't see me. So the next time down the floor, they set a stagger. I got around the last screen and the guy kind of bumped me with his hip a little. I guess my leg was just planted still, kind of straightened out and I just felt my knee pop. I just fell to the floor. It just happened so fast."

Cox says he attempted to get up and walk after he fell, but immediately, he fell back to the floor again. It was at that point

Cox says he realized the magnitude of his injury.

"At that point, I knew it was pretty serious," Cox said. "I couldn't walk. I couldn't put any pressure on it. I was in a lot of pain."

It's a thought that makes any athlete grimace in pain. Hearing that ominous "pop" sound. This infamous pop is that of the Anterior Cruciate Ligament (ACL) being torn, but here is the thing: An ACL tear is not just any injury. Seasons, and in extreme cases, careers, can end because of this one injury.

### The Injury

It's over an inch long, and half an inch wide. A long band of white fibers, similar to bristles on a toothbrush. Most people never even give a second thought to their ACL. At least, they don't think about it until it tears. When that little bundle of fibers tears, it leaves countless athletes on the floor, pounding the ground in frustration, pain, and fear.

According to the American Academy of Orthopaedic Surgeons, in the United States alone, there are approximately 150,000 ACL injuries per year. The ACL is one of four

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# Rainwater Oak Tree

## Campus landmark has roots in history and legend

Story and Photos  
by James McIntosh Jr.  
RaiderView Staff  
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The year was 1907. Lindsey Wilson Training School had been open for classes for three years now. But Fred Rainwater, a long distance runner at the school, had his eyes on the future.

Rainwater took a regular acorn and planted and cared for it in front of what is now the L.R. McDonald Administration Building. He saw the tree becoming "his legacy to future generations of students," as a plaque in front the tree now reads. He also saw the tree as a symbol of the school. Rainwater believed that if the school was nurtured, it would grow like a mighty oak tree.

Although Rainwater passed away in 1969 and his tree is dying, their legacy is far from extinct. It lives on in the hearts of the people of Lindsey Wilson College (LWC) and the legends and projects they maintain.

While stories about and the history of Fred Rainwater and his oak tree are passed along from person to person, it is the tree's children and the Rainwater Staff that make sure there is always something physical to preserve the legacy.

### Children Of The Tree

With the Rainwater Oak Tree being such a monumental part of LWC, there have been projects to preserve it some way. These projects have led to young trees that will help the Rainwater legacy live on.

The first project was initiated in 1994 by Doug Moseley, who is now a former professor and vice president of LWC. Having known Fred Rainwater personally as a friend, Moseley has a keen interest in the man and the tree and has been called a historian on them by current LWC staff members.

"He [Moseley] asked me in 1994, my first year here, to gather some acorns to preserve the legacy of the tree," Mike Newton, director of physical plant operations at LWC, said. "A lady by the name of Mary Bertram [and I], we worked together in Plant Operations. We gathered some acorns, and she took some home and I took some home."

Unfortunately, Newton lived by the Green River Lake State Park at the time and apparently planted the trees on that property. After about a year, the trees were short but noticeable, so Newton was scolded by the government. To amend the situation and to preserve the trees, Newton dug them up and took them to a nursery owned by a friend of his.

"About five or six years ago...he [the friend] dug one of them up from the original acorn," Newton said. "And that's the second tree up there next to the original Rainwater. That's the offspring of the tree. So we have preserved the legacy of the tree with that acorn."

Both trees stand near the Administration Building, one in the front and one to the side. Each one has its own unique plaque honoring Fred Rainwater.

The second project continuation of Rainwater Trees has involved both Walter Reuling, a former president of LWC, and Bill Luckey, the current president of LWC. It began with Reuling adding a personal touch to the Rainwater legends.

"He [Reuling] took an acorn from the Rainwater Tree there in Columbia on our campus," Luckey said. "And then [he] grew it from an acorn and nurtured it, and then when he moved to [Castleton,] Vermont, planted it there in Vermont."

Although Reuling passed away in 2007, his wife, Marjorie, and his tree live on. This past October, President Bill and Elise Luckey travelled to Vermont and visited with Marjorie Reuling. While there,

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