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The Liberty Champion

LIBERTY UNIVERSITY • LYNCHBURG, VA • VOL. 17, NO. 02

TUESDAY, SEPTEMBER 7, 1999

INSIDE

► **LU DROWNS VUU:** Liberty defeated Virginia Union in a victory that was both wet and wild. While almost 7,000 dripping fans looked on, LU slipped by with a 21-12 win. Read about it on page 12.



► **PUMPIN' IRON:** The Life section tackles the exercise dilemma. If you're looking for ways to get in shape and stay that way see page 6.



► **HOMO-SEXUAL AGENDA?**

Do homosexuals really seek tolerance or are they attempting to silence dissent? Read about it on page 8.

► **'LEST WE FORGET':** Chancellor Jerry Falwell spoke at a program remembering Lynchburg's Early Civil Rights Movement see page 4.

OUT&



► **TUESDAY**
Partly cloudy.
High: 80
Low: 60



► **WEDNESDAY**
Partly cloudy.
High: 78
Low: 57



► **THURSDAY**
Partly cloudy.
High: 81
Low: 61



► **FRIDAY**
Partly cloudy.
High: 79
Low: 69



► **SATURDAY**
Showers.
High: 74
Low: 57

ABOUT

► **BIBLE STUDY:** An interdenominational Bible study for women will begin at Calvary Baptist Church Sept. 14. The Bible study will meet on Tuesdays at 6:55 p.m. Call Diane Sullivan for enrollment info. at 582-2821.

► **DISCIPLESHIP COURSE:** The Firm Foundation discipleship course will begin Sept. 13. Those dorm students interested in enrollment should contact their RA. Commuter students should contact the commuter office at 582-2824.

► **CD RELEASE SHOW:** Nurea, Don P. and C2 Smooth will open for Ben Yehuda Sept. 11 at New Generation Assembly of God. Above and Beyond skate team will perform at 6 p.m. Doors open at 7 p.m. There will be a \$2 cover or you can pay \$7 and get a free cd.

Hangar contracts new vendors

Bombardiers and Something Else to complete improved campus food court

By Chrissy Remsburg, asst. editor

The Hangar, LU's food court, has undergone continual improvements since its opening last year. Among those most noticeable are the walkway and the hand carved name and propeller. However, Student Life has also been busy negotiating some changes that may not yet be so obvious.

According to Mike Stewart, dean of Student Life, contracts for two new vendors were signed last week. Students can look forward to enjoying fast food type cuisine, including chicken sandwiches at Bombardiers and ice cream, smoothies and other treats at Something Else.



MICHELLE WARNER

A NEW LOOK — The Hangar sign is one of the many additions to the student food court since last semester.

"The student life staff had the opportunity to sample Bombardiers chicken sandwiches this summer," said Stewart. "The sandwiches are great."

The grand opening for the new vendors has not been confirmed, but Student Life is shooting for Homecoming, according to Stewart. Activities similar to those offered

at the David's Place grand re-opening will be taking place at the Hangar as well. There will be giveaways of T-shirts, cups and many games and prizes.

Upon hearing the news of the new vendors, sophomore Mike Davis said, "The students didn't like the old cafeteria in the Hangar. I think there will be a lot of business for the new vendors."

Student Life has assumed the responsibilities for running and maintaining the food court. Travis Hundt, owner of the Substation, has taken on the added responsibility of overseeing the day-to-day running of not only the Substation but also the vendors on either side.

Future plans for the Hangar include the addition of a sound system and two televisions to create a festive atmosphere. Student Life also hopes to use the Hangar for various events throughout the year. Some possibilities include opening the building up to brother/sister dorm hall meetings, as well as Monday night football parties and other social events.

Dress code changed for winter season

Female students now allowed to wear nice pants for their comfort, health and modesty reasons

By Suzanne McDuffie, news editor

This summer, Student Development worked in collaboration with the administration and SGA to formulate the winter dress code policy, which allows female students to wear nice pants and slacks (no blue jeans) from Dec. 1 through March 1.

Michelle Matthews, dean of women, said the decision thrilled students. Former SGA president Alfred Thompson worked with the administration to change the policy after listening to many female students' requests for a dress-code adjustment, Matthews said.

Liberty University decided on the policy, in part, "to help the females keep warm and maintain good health." In the past female students could only wear pants if the temperature was below 34 degrees or during inclement weather such as snow and ice storms. However, Matthews said the wind-chill factor could make "39 degrees feel like 30 degrees."

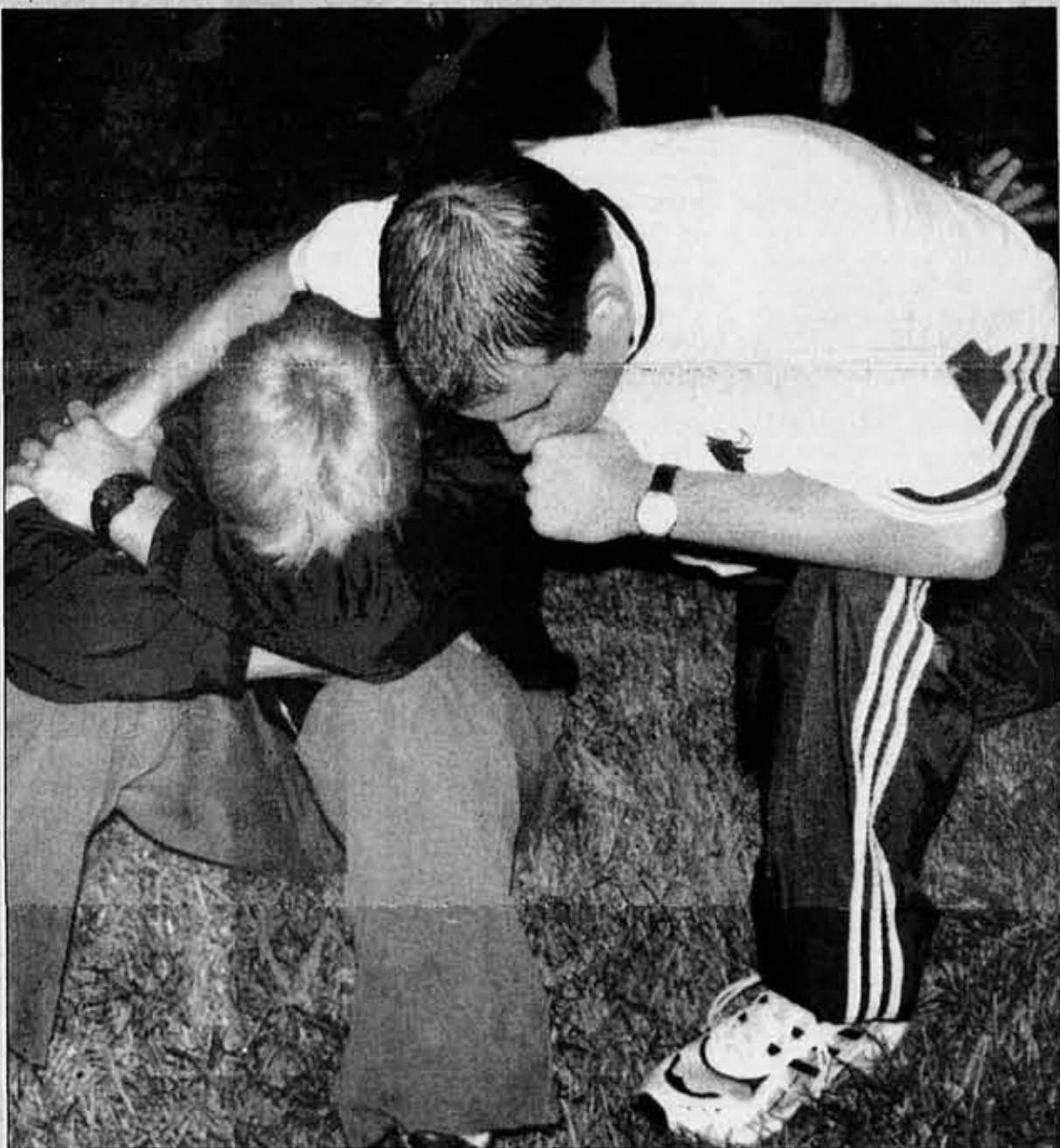
The same policy exists at Lynchburg Christian. For Liberty the policy change was reviewed by the chairman of the appropriate Board of Trustees committee who endorsed the change.

This dress standard adjustment will assist in modesty. Matthews said the gusty winds coming from Liberty Mountain made it hard for girls to control skirts.

"We are trying to assist students with their needs," Matthews said. "Immodesty and tightness are always out." She said it's important not to cause "our brothers and sisters in Christ to stumble." For this reason, she does not want to see girls abusing the dress code change.

According to Matthews, faculty, staff and administration are not included in the dress code at this point. This is an administrative decision determined by the importance of a professional environment for Liberty employees.

On our knees



JOHN FISHER

PRAYING FOR REVIVAL — Two unidentified students pray during an all-night prayer service, held Saturday morning from midnight to 6 a.m. at the prayer chapel. Students from many dorms prayed in shifts for campus revival and Spiritual Emphasis Week, held at 7 p.m. each night in the Vines Center this week with evangelist Tony Nolan. For more on the all-night prayer service, please see page 3.

Manleys honored at academic convocation

By Chris Edwards, editor in chief

Liberty University officially opened its 28th academic year Wednesday with the traditional academic convocation in the Vines Center. During the ceremony, the university honored the family of long-time contributor Aaron Manley and two outstanding LU students.

University President Dr. John M. Borek Jr. presented a plaque of appreciation to Bonnie Manley and her family in memory of Aaron, a member of the LU Board of Trustees from 1975 until his death last May. A duplicate plaque will be placed in the A. Pierre Guillermin Library.

According to Borek, the Manley family has been a generous contributor to the university throughout its history. The family also provided a framed copy of "Jabez Prayer" (1

Chron. 4:10) this spring to each of the May 1999 graduates.

The ceremony also recognized students Cathy Williams and Jared Woodard. Williams, a 1999 graduate from the nursing program is a member of the successful cross country and track and field teams. Williams was awarded the Christenberry Award for Academic Excellence from the Big South Conference. The award, named after one of the founders of the conference, is given to the student-athlete who graduates with the highest grade point average. Williams earned a perfect 4.0.

Woodard, a junior, is a member of the varsity debate team, which has captured five straight national championships. During his career, he has won more than 100 debates at LU and kept a grade point average of 3.83 despite his hectic schedule.



MATT HJEMBO

THANK YOU — Liberty Chancellor Dr. Jerry Falwell greets, from left to right, Paul Massey, Heather Massey, Bonnie Manley and Aaron Manley, Jr., on Wednesday in convocation.



TOM NYLANDER

TOUCHING THE WORLD — The El Salvador missions team ministered to the local people during a LIGHT campaign this summer.

LIGHT the world

Summer student missionaries spread the Gospel message

By Shawna Malcolm, reporter

"What did you do this summer?" students ask each other during their first week of school. Internships, classes, work, and camp were popular answers, yet for about 70 students, summer break led them to different parts of the world with LIGHT Ministries. Students ministered in El Salvador, Brazil and Japan through drama, singing, tract distribution and evangelism this May.

Tom Nylander, financial and scheduling coordinator of LIGHT, led 19 students to El Salvador May 10-26. For eight years LIGHT has partnered with Hal and Cheryl Large, missionaries to El Salvador. The team performed 46 evangelistic programs, giving about 5,800 people to opportunity to hear the Gospel. Programs were held in parks, churches, public and private schools, and on street corners in the communities.

"I know of six or seven people that we very specifically saw come to Christ. They were changed lives," Nylander said. "All they know (Christians in El Salvador) is the joy of the Lord and to share that with the community."

Although the team went to minister, they said they left having learned much from the people of El Salvador.

Further south, the LIGHT singing teams, the Eternal Praise Band and Liberty students led crusades in Brazil

May 13-29. Campus Pastor Rob Jackson, LIGHT Director Wes Tuttle and Associate LIGHT Director Fitu Tafaoa, Jr. led the teams. They held two or three concerts at the public schools during the day and had concerts at night in local churches.

"Coming into the public schools and seeing thousands of teenagers becoming broken by the Gospel being presented, showed the power of the Holy Spirit at work through our team," said Eddie Verstraete, LIGHT Ministries sound technician. "It amazes me how God could take 11 Americans to impact so many lives."

"To see people of different cultures worshipping God with us spoke volumes to my heart," said Andrew Wooddell, guitarist for Eternal Praise.

On the other side of the world, Campus Pastor Dwayne Carson led 11 students to Japan May 10-25. The team worked with Ralph and Stella Cox, who have served for 47 years as missionaries. Liberty University students worked with children and college students as they distributed tracts and held "Introduction parties." The parties were designed to bring students in for food and fellowship, and eventually present the Gospel through testimony and drama. Six people were saved through the distribution of 10,000 gospel tracts and an attendance of some 200 people at the "Introduction parties."

CrossSeekers coming to campus

By Melinda Fleming, reporter

Are you ready to get serious about your relationship with God? Are you ready to break out of your comfort zone and disciple someone? Then the CrossSeekers Covenant Conference will get you on the right track.

The Spiritual Life Department has scheduled the conference for September 17-18. Dave Edwards and Bill Henry will be speaking. Edwards has written the books "One Step Closer" and "Holy and Acceptable: Building a Pure Temple." Henry is the head of college ministries for the Southern Baptist Convention. These men, and others, will be teaching college students from Liberty University and across the state how to develop their relationship with God and with those around them through discipleship.

Rob Jackson, vice-president for Spiritual Life said, CrossSeekers is "a movement of college-age students, not just in the United States, but hopefully worldwide, that are making covenant commitments to the Lord in the six basic areas of your life."

Jackson said those areas are integrity, spiritual growth, witnessing, service, purity

and being Christ-like in relationships. And of all of the other student conferences available, he thought CrossSeekers stood out above the rest.

"The thing that sold me on CrossSeekers is, number one, it's written by (Henry) Blackaby, a phenomenal writer, so it's quality material," Jackson said. "It's basic discipleship, and the core values of my life, one of them, the core of the core, is that

that Great Commission is what our lives are supposed to be about — making disciples. The wonderful thing about this is, it gives you the capability of not only building those core foundational growth principles into your life, but also, after you do that, you have the capability of reproducing that easily."

The student who comes to the conference with an open heart should expect to gain, "a strengthening of the foundation of the basic core of what your life is supposed to be about. Not just the theory, but the how to," Jackson said. "Second, and as important, students

need to walk away with the capability of discipling somebody else."

This conference will bring change in the lives of many students who are seeking growth in their spiritual lives and who desire to disciple others. This change is needed to spread the Great Commission throughout the world.

Sophomore Jeremy Payne commented on his anticipation of the event, "I think it

"It's basic discipleship ... the Great Commission is what our lives are supposed to be about — making disciples."

—Rob Jackson, Vice President for Spiritual Life

will be a good way to enhance your spiritual growth and knowledge of the Bible."

"If the current rate remains the same, only four of 100 people in your generation are going to come to know Christ. We are in a real crisis mode and we've got to produce mature Christians that can in turn not only lead people to Christ, but disciple them in their walk," Jackson said.

Debate gears up for another winning season

Returning debaters hope to capture sixth-straight national championship

By Rick Clark, reporter

The Liberty University debate team is looking forward to a sixth-consecutive winning season. This year it is made up of the most experienced debaters in the history of Liberty debate. But they also have many qualified newcomers.

"Hands down. We have the best recruiting class ever," Head Debate Coach Brett O'Donnell said.

O'Donnell said that the team is ready for a sixth-consecutive ADA championship. Presently the debate team prepares for its first varsity tournament at the University of Northern Iowa Sept. 17-20. Varsity debater Jared Woodard is confident in his and his partner's abilities at the varsity tournament.

"It is not out of the question to win the tournament with the right strategy and a lot of hard work," Woodard said.

Woodard's partner, John Ross is a freshman recruit who chose LU because he saw the coaching to be superior to other competitive colleges such as Emory or George Mason.

Mike Hall, varsity and junior varsity coach, said the biggest challenges for the recruits will be transitioning from high school debate to college debate. But he added after the recruits have competed in a few tournaments they will be very competitive in the debate circuit.

"I believe we have a class of debaters who have the ability that by the time they graduate are winning the National Debate Tournament," O'Donnell said.

Having followed the victories of past debate teams, sophomore fan, Matt Gibson said, having a good debaters is "better than having a good sports team. The fact that we beat Harvard is pretty impressive."

Varsity teams, consisting of two people each, will be attending the University of Northern Iowa tournament and either 13 or 14 teams will attend the Kings College tournament on Sep. 23-26.

Liberty University now has four Varsity debate teams, up from two a few years ago, and they have four Junior Varsity teams and eight Novice teams.

"Things could not be better from the standpoint of team unity, people working hard and partners getting along," Woodard said.

"I think it (debate team) gives our school something to take pride in. As Christians, we should strive to be the best in everything," said Emily Borneman, a senior who supports the team.

"I believe we have a class of debaters who have the ability that by the time they graduate are winning the National Debate Tournament."

—Brett O'Donnell, Head Debate Coach

(For anyone interested, Dr. O'Donnell needs van drivers for debate tournaments. Applicants may earn scholarships, Christian Service and a beautiful view of America as they drive debaters to various tournaments.)



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- Restaurant reviews
- Entertainment ideas

The Liberty
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Reclaiming America empowers students to witness

Campaign provides spiritual tools to help students spread their faith

By Chrissy Remsburg, asst. editor

The Center for Reclaiming America has launched a new campaign reaching out to students in public schools across the nation. Janet Folger, the national director, is also heading up the new "Yes, I believe in God" campaign that encourages students to witness.

The campaign, an outreach of Coral Ridge Ministries, opened with two press conferences in South Carolina and Colorado Aug. 13 and 14. Dr. D. James Kennedy, pastor of Coral Ridge Ministries said he is highly supportive of the campaign.

The theme for the campaign is centered around the testimony of Cassie Bernall, a victim of the Columbine High School shootings.

"(It) takes its name from the last words of Cassie Bernall, the 16-year-old student who gave brave testimony to her faith before she was killed at Columbine High School," said the Impact newsletter distributed by Coral Ridge Ministries.

Folger has joined with others such as Barry Kase, who also works with the center, and Rebecca St. James, a spokesperson for the campaign. St. James will do radio spots and will also record a special song written specifically for the campaign effort.

Kase summed up the purpose behind the campaign very simply. "Our mission is to equip

and empower Christian students to bring their generation to Christ."

The center has produced a kit to be distributed to teens across the nation to accomplish its mission. The kit includes a campaign T-shirt with a student's religious freedoms listed on the back, a bracelet, book covers, Gospel pamphlet, the Book of Hope, a New Testament and instructions on how to form a Bible club.

"These tools will equip students to take their faith to their schools," said Kase.

Kase said that the kits would be available to students and ministry workers for distribution by the end of this week. While the program is still new and not fully under way, the center holds high expecta-

tions for what it will accomplish.

The center has currently partnered with Youth Renewal '99, Revival Generation and Challenge 2000 to further distribute its materials. Kase said there are also efforts being made for the campaign to make an appearance at this year's Super Conference, though nothing concrete has been determined.

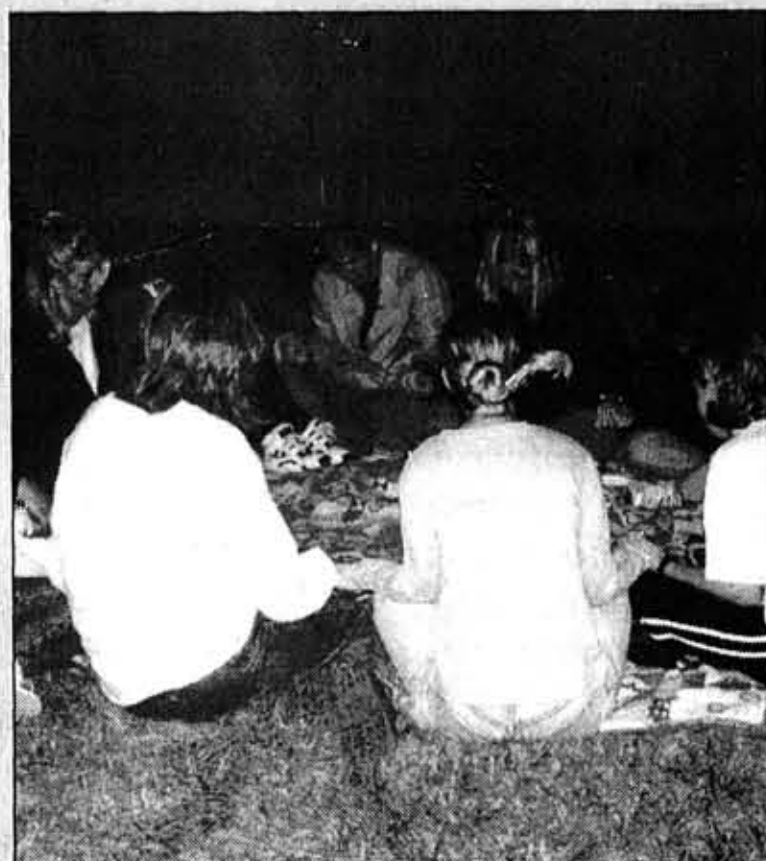
"People have tried to remove God from the classroom, and we have seen the results," said Folger. "The time has come for the youth of America to rise up and boldly declare, as Cassie did, 'Yes, I believe in God.'"



Folger

"Yes I believe in God!"
-Cassie Bernall, Columbine High School martyr

Hundreds attend LU's night of prayer



By Stephanie James, reporter

The night of prayer at the Prayer Chapel began at midnight Friday and ended eight hours later. This annual event kicked off Spiritual Emphasis Week and was a time for fellowship and revival for students.

"I would hope that they get a fresh experience with God," said Dwayne Carson, the campus pastor.

The Spiritual Life department scheduled every dorm for a particular hour during the night. The students engaged in singing, Bible reading and prayer. Carson said about half of each dorm attended.

When asked what he wished to gain from the experience, Resident Assistant Israel Akpadiha said, "It will force the unity on my floor. One of our themes this year is prayer. Some students prayed for the hour with their dorm, while

others stayed for hours. Carson was impressed by the number of freshmen who attended. He also was impressed with the fact that some dorms stayed for two hours.

Dawn Cramer, a junior said that she did the night of prayer all night one year. She described it as a wonderful experience to fellowship in prayer and to lift-up siblings in Christ along with the unsaved.

"I believe God has a special plan for each of us, and that this is an opportunity for him to reveal this to us," Cramer said of the event.

"I believe God will answer," said Carson, referring to 2 Chron. 7:14. "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

Enrollment increases

Record highs mark LU's steady growth

By Chris Edwards, editor in chief

Liberty University has enrolled 5,100 students for the fall semester of the 1999-2000 school year, according to recently released statistics.

The number is roughly equal to fall 1998 enrollment, and an increase from the 4,600 enrolled in spring 1999. The numbers include undergraduates, graduate students and seminarians.

"It was a good recruiting year for the frosh and the transfer students," said Dave Young, vice president of Finance and Administration. "We are bringing in students who are academically strong and well-based in their Christian faith and who are extremely interested in obtaining a strong academic education and in being a part of this Christian environment."


Young also said the university is moving satisfactorily towards its long-term enrollment goals,

with increasing focus on improving facilities and retention of current students.

"I feel that we are (moving forward), because we are concentrating on improving our facilities, and have been," Young said. "If you grow too fast, you can't keep up with the ever increasing demand for more and better facilities."

"Our goal is to move to two students per room. To do that, we will have to build more dormitories as our student enrollment continues to grow and as our existing dormitories continue to age."


Sosa vs. McGwire
Read all about it in Brooke's column, page 12



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24-hour waiting period ends

New color printer in ITRC brings speedy delivery for students

By Melinda Fleming, reporter

In year's past, sending a job to the old color printer often took an entire day, said Maurice Zaffke, director of academic resources. Students would stand in line, anxiously awaiting the print out that was due in a matter of minutes, only to claim it hours later - if it printed out at all.

For this reason, Zaffke ordered a new color printer for the ITRC. The staff was "really concerned about both the quality of the color work and also about the ability to be able to give color printing - especially to our design students - in anything like reasonable time."

The ITRC department head, Aaron Mathes, said, "We did a lot of research this summer trying to find a company that could resolve the issue that faced us which was high quality that came out quick."

The product of that research is the Fiery ZX 3300. With 256 mb. of RAM and a 533 mhz. data processor, this printer can save students time when they need to print projects in color. "We did an 11x17 brochure for faculty orientation, and we actually got three pages per

minute with that machine. It was just loaded with graphics and color and it was a complex print job."

The new printer can also save student's money. Office supply stores such as Office Max or Staples charge at least \$.99 to print a graphics page in color. For larger print-outs or more intense color, the price increases significantly.

"We are charging the students \$.69 cents a page, per color print-out," Zaffke said. "It doesn't make any difference if you want to go 11x17 or

the level of color saturation you use. We are going with that particular flat rate."

Student reactions to this new printer have been positive. "The people who have used it have been happy," Mathes reported. "Last year we got a lot of complaints about the slowness of our color printing and the quality. This year we haven't had any complaints yet."

Sophomore, John Andrews said, "It's incredible! Before I would have to plan ahead just to print out my project, but now I can procrastinate at will and I get rewarded with faster and better improved papers, it's even helped my grades."

With higher speed, shorter waiting times and low costs, the new color printer can make life a little easier for many students and can help decrease the fears and misconceptions about color printing in the computer lab. Rather than 24 hours students can have their work in just one minute.

"The people who have used it have been happy ... We haven't had any complaints yet."

-Aaron Mathes, ITRC department head

CAFE nourishes teachers

Improved training lab helps faculty's technological abilities

By Suzanne McDuffie, news editor

In order to maintain pace with the whirlwind of technology, Liberty has improved its training techniques.

CAFE - Center for the Advancement of Faculty Excellence will provide a new and improved process of keeping teachers on the technological edge on this millennium.

"I think we need to focus on training our faculty to use equipment effectively," said CAFE head, Mike Roy. "Students tend to know how to use programs and software better than teachers."

Roy said he wants the new

institution, located in the library, to have the environment of a coffee shop. He hopes patrons will be able to "let their hair down and relax." He said he wants them to be able to slow down and not to be embarrassed by their computer naivete."

Roy hopes to design the CAFE, so it will stimulate the learning process, because faculty and staff need to learn how to integrate multi-media into their curriculum.

Student CAFE workers teach professors how to use Power Point, create on-line syllabi and online courses.

Currently, the headquarters for teacher training is located in the Digital Media Center, but Roy said the room is too small for classes, so CAFE employees have to train faculty and staff on an individual

basis. With the new spacious room, Roy hopes to be more effective with the staff's time.

Additionally, DMC only holds six computers, but the CAFE will have 12. It will also have a brand new 8600Macintosh video editing machine.

For instance, Communications professors Steve Troxel and Dan Henrich will be able to study tutorials to master the new equipment and better teach their students.

Meanwhile, students will adopt the old video-editing computer.

"It breaks my heart," Roy said, "it never gave me any problems." But he added students will enjoy using the equipment.

Student workers in the DMC used this machine to help glamorize the Liberty web page. Now other students can also participate in this technology.

'Lest we forget' honors heroes

By Suzanne McDuffie, news editor

Doors that locked out racial minorities before the civil rights movement have been opened.

Sept. 4, Lynchburg Mayor, Dr. D.L. "Pete" Warren awarded ten city keys to civil rights activists.

"This key opens every door in the city of Lynchburg and we welcome you here," Warren said.

The E.C. Glass auditorium, once closed to African-Americans, hosted hundreds of minority citizens Saturday.

Virgil Wood, Ed.D, pastor of Diamond Hill Baptist Church and key note speaker, said, "America was a dirty toilet and we (activists) cleaned it up!"

Wood said that America has yet to rid itself of all hatred. "When our babies start killing

themselves, their classmates, their parents and their teachers ... We have problems," he said.

Though not scheduled on the program, Dr. Falwell

"When our babies start killing themselves, their class mates, their parents ... We have problems"

-Virgil Wood, Ed.D, Diamond Hill Bapt.

gave a speech, after Wood personally invited him.

"The spirit is telling me that you need to be here," Wood wrote in an invitation to Falwell. When Dr. Jerry Falwell

came to the podium. "I would still be a segregationist, except for Jesus Christ," he said.

Years ago, Thomas Road Baptist Church was a segregated church and when Falwell prepared to baptize his first black family, he said to the father, "You're aware that neither one of us may come up out of that water."

Some viewed, Falwell's move to include minorities in TRBC with tense hesitation.

Edward Barksdale, Jr., MD, hosted the event, which he described as a tour of civil rights events. "Lest we forget" commemorated both the living and the dead. For a few moments in time, those present paid homage to those who endured persecution and even death for freedom.

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New employees join LU for 1999-2000 school year

At the start of the new year Liberty would like to take the time to welcome all of the new faculty and staff to the University family.

"We have added faculty in every school with the exception of business and government," said Dr. Boyd Rist, vice president for academic affairs.

Communications

Dr. Karen Prior-English
Dr. Yaw Adu-Gyamfi-English
Jay DeLancy-Coms. Studies
Sandra Oughton-Coms. Studies

Seminary

Dr. Dan Mitchell-Assoc. Dean for Residential Studies

Dr. Jack Deans-EDP

Dr. Charles Hughes-EDP

IT-General Studies

Ann Rowlette-Information Tech.

Arts and Sciences

Melanie Williams-Health Sci.

Beth Cory-Mathematics

School of Education

Dr. Michael Sandlin-Sports Sci.

Dr. Rebecca Carwile-Teach Ed.

Larry Hubbard-Sports Sci.

School of Religion

Dr. Myron Penner-Philosophy

Guillermin Library

Rose Behrens

Nursing

Emily Keyes

Athletics

Jennie Neal-Athletic Director's Secretary

Trevor Price-Assst. Sports Information Director

Jarrod Everson-Assst. Football Coach

Joey Jauch-Assst. Football Coach

Johnnie White-Assst. Football Coach

Chris Vaszily-Assst. Football Coach

Autumn Sam-Women's Asst. Basketball Coach

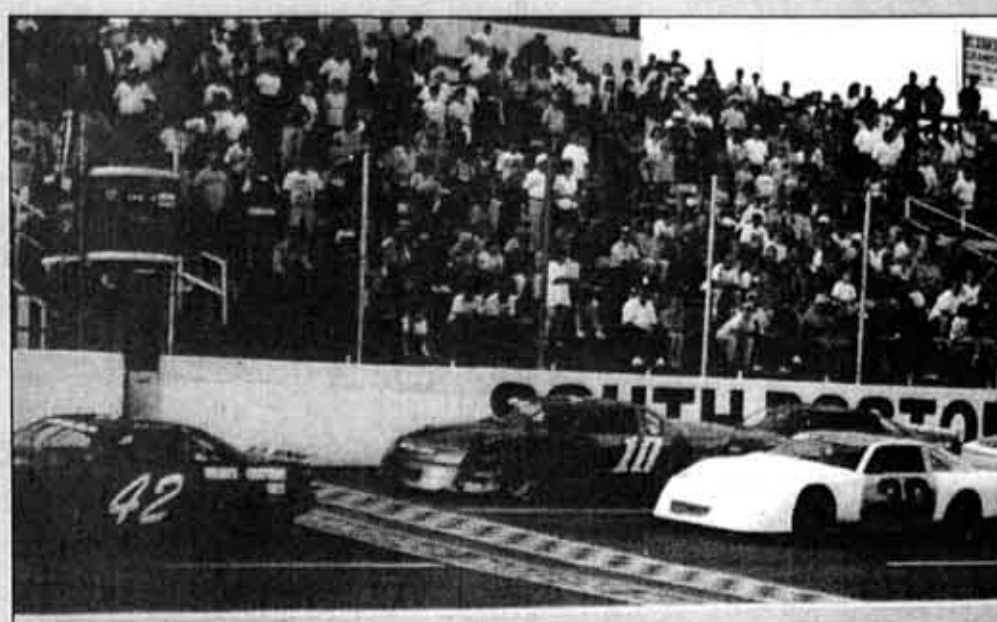
John Pierce-Assst. Volleyball Coach

Larry Hubbard-Men's Tennis Coach

Have any bright ideas for the Champion? Weird hobbies, great adventures, club ideas...Call the Champion at x.2124.

Falwell goes to the races

Dr. Jerry Falwell accompanied Thomas Road Baptist Church members and their families to the Winston Racing Series Energy Efficient Housing 250 at the South Boston Speedway in late May. Falwell opened the races with an invocation and Liberty alumnus Jeff Worley followed with the National Anthem. The number 88 Jeff Worley racing team impressed the spectators with its eighth place finish in the 50 lap race.



AND THE GREEN FLAG IS OUT — (Clockwise from top left) Fans stood to their feet with a roar as the green flag dropped to start the race. Dr. Falwell gave the opening invocation. A car spun out of control causing a multiple car pile-up, including minor damages to Worley's number 88 car. Looking a little rugged, the car was still able to take an eighth place finish, much to the spectators delight.

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Life!

picks of the week

► 9/8. Percival's Isle karaoke night.

Show your talent at Percival's Isle karaoke night from 8-11 p.m. Call 847-3059 for info.

► 9/10. "Annie!"

Little Town Players, the Bedford community theatre, presents their performance of "Annie" Call (540) 586-5881 for info.

► 9/11. Baltimore road trip.

The bus for Baltimore Orioles baseball game and Inner Harbour expedition leaves David's Place at 9 a.m. Call x2131 for info.

► Horseback Riding.

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SAMANTHA HANNA

BREAKIN' A SWEAT — (left to right) For freshmen Ashley Tew, Amy Reames and Michelle Caverly, taekwondo is the dorm room fitness regimen of choice.

Body MECHANICS

Get the body and the brain in shape by following these simple fitness tips

By Scott Romanoski, reporter

Just about every Liberty student has ordered the infamous late-night cheese-and-meat-laden pizza or made the trek to the Texas Inn for a greasy Cheesy Western.

Most dormitory students have also experienced the quick-spreading viruses that living in close quarters with others entails. So what can a student do to stay functional in the high stress, high calorie world of college life?

One thing several Liberty students do is exercise in their spare time. For instance, sophomore Mike Bayley runs and lifts weights daily.

"I do it because I want to be a well rounded person. I enjoy it. It's a stress relief," Bayley said.

Bayley uses the student weight room in the Schillings Multi-Purpose Center to lift weights, but Lynchburg also offers many other locations for the health-conscious.

Courtside Athletic Club on Fenwick Drive even offers discounts for Liberty students. Other nearby gyms are Golds Gym on Wards Road, and the Lynchburg YMCA downtown.

Scott Cheeseman said he exercises at Courtside because it has racquetball courts. "Besides gaining the ideal physique that everyone desires from working out, it's amazing how much energy one gains from it," Cheeseman said.

Even area parks have facilities for exercise. Miller Park, located on Park Avenue, has facilities for basketball, baseball and volleyball. Students can also walk and jog on paths winding throughout the park.

Riverside Park, in the Rivermont section of Lynchburg, offers an "Alpine Trail" for hiking, a fitness court, walking trails and basketball

courts. Peaks View Park, off Wiggington Road and the Lynchburg Expressway, has tennis courts, ball fields and walking trails.

The Virginia Commonwealth University, in conjunction with the National Council on Alcohol and Drug Dependence, the Higher Education Center for Alcohol and Other Drug Prevention and the American Social Health

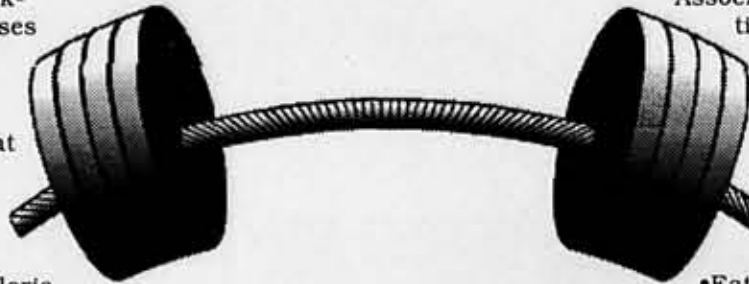
Association gives suggestions for staying healthy in college. Some pointers include:

- Exercise for 20 minutes at least four times a week.
- Eat junk foods in moderation.
- Eat healthy snacks, such

as fruits or vegetables.

- Wash your hands.

While lack of exercise may plague students with busy schedules, almost will at least be able to find time for a walk every couple of days to stay in tip-top condition.



Counting Calories

Activity	Calories Burned
Sleeping	72
Watching TV	72
Talking	108
Writing	108
Typing	137
Dusting	158
Walking at 2 mph	209
Golfing	238
Baseball	281
Swimming (Freestyle)	288
Volleyball	310
Tennis	403
Basketball	418
Football	497
Skiing (Alpine)	576
Cycling at 13 mph	641
Running at 5.5 mph	648

Numbers are based on a 150-pound person exercising for 60 minutes. The more a person weighs, the more calories they burn while performing an activity. Information courtesy of Chip Howe and Alan Borushak, dietitians.

— Information compiled by Krista Kauffman

Frugal fitness not impossible while in college

By Michelle Kennedy, reporter

With the various expenses that a new semester presents, the last thing most students can spend money on is a gym membership. So how do you remain physically fit without spending a lot of money?

Bonnie Kaye, CBS News Saturday Morning health and fitness reporter, said one of the more inexpensive ways to remain fit in college is to incorporate strength training into your workout. Most students will run or walk to lose weight but there must be some kind of muscle building involved in their routine to ensure permanent results.

"Strength training can ... turn your body into a more lean, fat-burning machine."

—Bonnie Kaye, CBS News

"Strength training can rev-up your metabolism and help turn your body into a more lean, fat-burning machine," Kaye explained.

She also stated that "every pound of muscle on your body burns about 50 calories a day." She suggests purchasing a set of 10-pound dumbbells that will cost about \$15 in most sporting goods stores. They will tone both upper and lower body and are easy to store in already crowded dorm rooms.

Strength training is important, but cardiovascular exercise remains a vital part of your workout. According to the June 1999 issue of Fitness Magazine, walking burns the same amount of calo-

ries as running if you increase the intensity.

Jumping rope is another alternative for students who do not have time to run or walk.

"A jump rope will cost around \$5, and gives you a great cardiovascular workout in just fifteen minutes a day," said Kaye. "For under \$20 you can get a good exercise video and get the benefits of an aerobic class without having to pay the hefty health club dues."

Dan Taulbee, fitness director and head trainer at Golds Gym, recommended doing jumping jacks in your room for a great cardio workout. He also suggested rollerblading or running up the stairs in the Vines Center when the weather does not permit outdoor activities.

The most important thing to remember in any workout routine is that improvement will only occur with commitment and dedication.

Ask a friend to workout with you and keep you motivated. It will be more enjoyable and time will go by much faster.

jessicamiller

The benefits of seniorhood

I love being a senior.

No, not because it's something of an ego trip to jet confidently around campus.

Not because old friends squealing greetings across the courtyard makes me feel special.

And not because I can complain knowingly about the workload for a particular class in the presence of freshmen, watching their eyes widen and their smile shrink with some weird sense of mischievous glee.

I love being a senior, because (you're not going to believe this) I like

having a schedule full of electives.

See, I said you wouldn't believe me. I know you're wondering if I'm delirious, possibly just babbling incoherently because I've finally snapped from the pressure of working for the Champion. Why would anyone in their right mind list "taking electives" as some inexplicable benefit of being a senior?

But I mean it. Of course, I've taken elective courses during previous years, but my schedule mainly consisted of requirements that I may or may not have been interested in. Now, as

I begin my final two semesters, I can count the remainder of these type of classes on one hand. The rest are, as the childhood books say, "choose your own adventure."

This semester I have chosen to adventure into adolescent literature.

For me, this is a perfect elective because I love to read literature — especially that of the fictional sort. It was a class that would require me to read some of my favorite novels on the planet, not to mention the astonishing fact that I would be permitted to read adolescent novels for class. Normally, I enroll in a class, go to the bookstore, view the imperious towers of six-inch thick "REQUIRED" textbooks, contemplate the supplementary stacks of even thicker

recommended textbooks and cry.

Then I buy the books and resign myself to another semester of sterile reading matter, without a spare moment to delve into anything that even hinted of the delicious fiction I find so intriguing.

But not this semester. This semester, I strode expectantly into the bookstore, without a Kleenex within 100 yards, purchased my 15 novels for the class without the bat of an eye (although I think I heard my credit card whimper) and, get this, started reading them the same day I bought them.

(Okay, so the first one was due in less than a week. Mere coincidence. How many times have you started reading your textbooks the same day you bought them?)

Whether or not you read your textbooks at all, the point is that class

work doesn't have to be boring. The beauty of electives is you can experiment with many different kinds of classes to improve your skill at a hobby or supplement your major. Your choices are as vast as the course catalog.

If sports are your thing, then take an out-of-ordinary archery class.

If you're interested in travel, choose a foreign language course.

If the arts attract you, try a drawing or photography class.

By choosing classes that appeal both to your interests and help add to your major, you can build a well-rounded resume that you'll be proud to present to future employers.

Don't take my word for it, though. Try it for yourself.

I'm going to read my textbooks.



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Opinion

"One day we may wake up and find out that not only was there a war, but that we lost it."

-Mike Trout, Focus commentator, on the church's fight against homosexuality."

The Liberty Champion

Get the fireworks ready; here come the Flames!

Believe it or not, it's football season already. The 1999 edition of the Liberty Flames took the field last Saturday to kick off their campaign, defeating Virginia Union 21-12. The Flames hope to turn around last season's 5-6 mark, and they look to be up to the challenge.

Throughout the 11 years of Coach Sam Rutigliano's tenure, the Flames have pursued that elusive berth in the I-AA playoffs. This year's team, led by QB Christian Newsome and running back Stacy Nobles, has the playoffs in its sights. The team's next game is arguably the toughest challenge in Liberty's history, against Division I-A Marshall. The Flames' schedule also features games against Samford and perennial LU antagonist Appalachian State, in the season finale.

With a large crop of returning starters, the Flames figure to be in contention right from the start. Coach Sam has set his goals high, hoping publicly for a 10-1 season. The team is overdue to gain the respect it deserves. The 1999 squad may be the one to finally reap the fruits of years of preparation.

We'll be watching and cheering. Let's go Flames!

LU makes a difference

Every year, USA Today's USA Weekend magazine sponsors "Make A Difference Day," an effort to encourage people to do good deeds for others. According to the magazine, this year's date is Oct. 23.

With all the negative publicity college students have received in recent days, from deaths after alcohol overdoses at frat parties, to date rape, to lower academic scores, USA Weekend's action is commendable. It's good to see an effort to encourage students to positively impact their world.

It's even more encouraging to see at LU, every day is "Make a Difference Day." Every full-time student performs 40 hours of community service each semester as part of the requirement to graduate. And that's just the bare minimum.

LU students have already conducted an all-night prayer vigil this fall. Students take trips every spring break and bring humanitarian aid and the gospel of Christ to folks in need. Others serve in Habitat for Humanity building marathons - constructing houses in a matter of hours to shelter Lynchburg's needy.

People across the globe have felt the heart of Liberty, as LU's own have sacrificed to serve. From homeless church congregations in India that now have new buildings, to deaf students in Jamaica, LU has had a tremendous impact. Countless thousands across the world have been blessed by LU students working as pastors, pregnancy counselors, musicians and in many other capacities.

Yes, kudos to USA Weekend for focusing attention on service one day out of the year. But here at Liberty, service knows no holidays. Many times, it's not even mentioned. It's just the way we are. If Make a Difference Day's contributors are "a thousand points of light," Liberty University is a "city upon a hill."

Quotes of the week:

"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful."

-Psalm 1:1

"God will not look you over for medals, degrees or diplomas, but for scars."

-Elbert Hubbard

The Liberty Champion

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The Champion encourages community members to submit letters to the editor on any subject. Letters should not exceed 400 words and must be typed and signed. The deadline is 6 p.m. Wednesday.

Letters and columns that appear are the opinion of the author solely, not the Champion editorial board or Liberty University.

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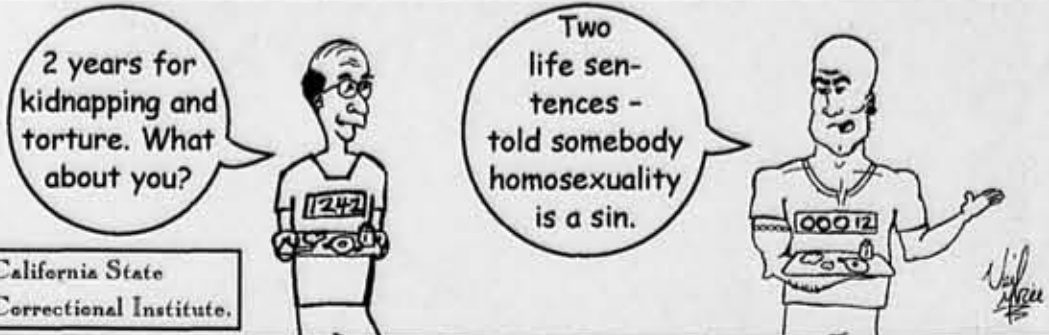
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Best All-Around, Association of Christian Collegiate Media 1997-1998



by Neil Morée
TheSoreSpot84@hotmail.com



The logic of Gay Rights Legislation

Gay lobby seeks more than they say

In San Francisco, school officials have tried to ban homosexual slurs.

Massachusetts education commissioner David Driscoll has made the "Safe Schools Program for Gay and Lesbian Students" a top priority in school curricula. A controversial film, "It's Elementary: Talking about Gay Issues in School" has become tolerance-training material for teachers around the nation.

What's wrong with this picture? Everybody sins, and Christians need to show godly love (or at least civility) toward homosexuals, too - as long as they don't start sanctioning homosexuality. Right?

The homosexual lobby has pushed tolerance in public schools to minimize hate crimes. For those "too old" to educate, gay activists have tried to push legislation that will specifically punish hate crimes aimed at them.

But here's the glitch: Isn't it already wrong to commit a hate crime against a homosexual? Isn't it wrong to commit any crime against anyone, regardless of the motivation?

Some say that homosexuality's stigma and the resulting danger merit extra protection. While there's not much solid evidence homosexuals face more life-threatening

danger than others do (not counting STD's), let's assume they do, like the rest of the media does.

That still wouldn't merit new laws. Should we punish a guy who murders a single woman living in a big city more than the guy who murders a little girl in her countryside home? The former lived daily in greater danger than the latter.



christinaloh

With existing laws, homosexuals shouldn't need any extra protection. What, then, do they hope to accomplish through enforcing tolerance or passing new legislation?

Enforcing tolerance could be phrased another way: silencing dissent. Yes, Christians should be civil toward all sinful people. But that doesn't mean we shouldn't have the right to speak out against sin, as well as those who blatantly encourage and foster it.

This attempt to foster peace and cooperation actually singles out homosexuals as a special, untouchable class. Activists claim to want only tolerance, but when they portray sinful lifestyles as normal and good, and then demand that no one disagree they take a step past tolerance, to sanction.

Not only is this call for "tolerance" a façade, it sets a double standard. Why don't gay people practice what they preach, and

tolerate Christians? Why can't Christians demand that no one slam or ridicule Christianity in public schools?

Also, by trying to pass legislation against hate crimes, the homosexual lobby seeks to punish the criminal for his motive, not his crime. Crime is already punished. But crime motivated by hate is a greater wrong, and therefore deserves a stiffer penalty, they say.

That a criminal hates homosexuality can help establish that he planned his crime, and acted on those plans. But to simply hate a homosexual, or anyone else, is not a crime.

Crime is an action. Hate is an attitude. Although attitudes and actions go hand in hand, they're not inseparable. Courts should punish wrong actions. But when they start claiming jurisdiction within our minds, they don't just slide into god-hood, they run into it full-speed.

Don't fall for homosexuals' pleas for peace. They comprise less than three percent of the population, yet they have succeeded in bringing their "plight" into the public spotlight, changing the moral landscape of an entire nation in the span of a few years. Homosexuals seek outright approval. For pesky dissenters, they seek the leverage to silence them, if not more.

Yes, we should communicate God's love to sinners. But we also need to come to grips with our society, gird our waists with Truth, take up the sword of the Spirit, and above all, to stand.

More than putt-putt and skating

Yes, freshmen, there really is more to do in Lynchburg than putt-putt, roller-skating and Movies 10.

This week, after three-plus years in Lynchburg, I learned of a "new" event in the area: Kaleidoscope.

Celebrating its 25th anniversary, Kaleidoscope is a month-long celebration of Lynchburg and its surroundings. The Chamber of Commerce carefully plans the event so no major events overlap and they've done a great job to secure a well-stocked social lineup for the city.

Among the highlights: a free outdoor concert at LC featuring classic jazz and big band tunes. An indoor symphony concert will cost \$6 for student tickets, the new production at the fine arts center will cost only \$7 because they realize we are poor.

(Aside to the fellas: This would be a great time to show your cultural side. From what I understand, the ladies dig this kind of thing. It covers the three "c's" of dating - culture, creativity and cost-consciousness. More on that in a later column.)

Until last week, I had no idea about these events. I bet you didn't either. Unfortunately, other monumental events have also come, and almost gone, before

word reached Liberty mountain.

Last fall, poet Maya Angelou came to Lynchburg for a reading at Sweet Briar. I found out after reading the hastily prepared sign tacked to one bulletin board in DeMoss Hall. Just one. I checked the others to verify the facts. My fellow journalists had no idea about the event.

For the uninformed, Angelou became only the second poet to read at a presidential inauguration (in 1992, for President Clinton). I had heard her before in high school, when she happened to visit town during our reading of "I Know Why the Caged Bird Sings." Luckily, I caught this one by closed-circuit television feed in a science hall at Sweet Briar. An opportunity gained.

Another opportunity slipped past me this spring. Bob Woodward of the Washington Post spoke at Lynchburg College. You know, Bob Woodward ... of Woodward and Bernstein ... the Watergate guys ... a new wave of investigative journalists?

Well, the general student may not care. I am still sad that I had no knowledge until the event had passed.

Many more opportunities, I'm sure, have been missed from the calendar pages of the News and Advance, and I'm



chrisedwards

sure my education could have benefited from the experiences. In addition, I could have rubbed shoulders with the natives, seen what the real town was about, other than Wards, Timberlake and 501 North.

As LU students, we should not agree with the worldview of these

folks, but should analyze them within our Christian framework. Woodward changed investigative journalism, for better or worse. Angelou will be studied for the next 100 years. It's important to experience these things in person.

We've established there's more to do in Lynchburg than cruise around with our windows down and our bass on "earthshaking," and show some culture on the side. Maybe we need to venture off the mountain once in a while.

SPEAKUP!

What's unique about living in the dorms this year?



"Learning to deal with other styles of music and control of the stereo."

-Emily Bornemann, Jr., Bel-Air, Md.



"Moving from three guys to two."

-John Kearns, Sr., Morehead, N.C.



"The upperclassmen."

-Paula Santiago, Fr., Wheaton, Md.



"The space in the room."

-Jennifer Gleen, Fr., Augusta, Ga.



"Keeping a controlled temperature."

-Bobby Boucher, Fr., Lewiston, Mich.

Photos by Ted Neumann

Student Life



Manager's Meetings

Softball Tournament

September 13

Basketball, Beach Volleyball, & Outdoor Soccer

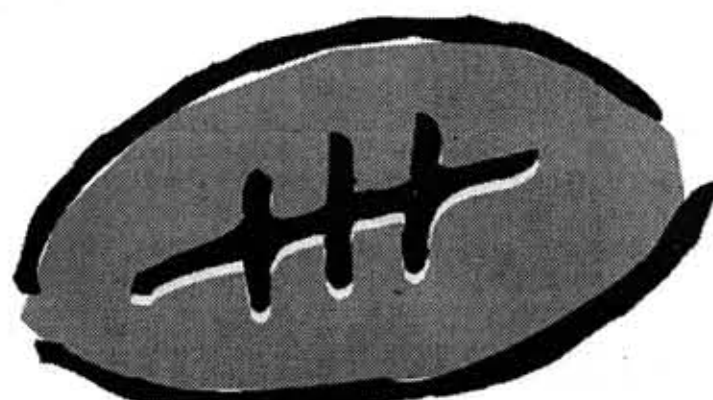
September 14

Coed Volleyball

September 21

Floor Hockey Tournament

November 9



Start Up Dates

Flag Football & Tennis

September 13

Softball Tournament.

September 15-18

Beach Volleyball Tournament

September 17-18

Outdoor Soccer

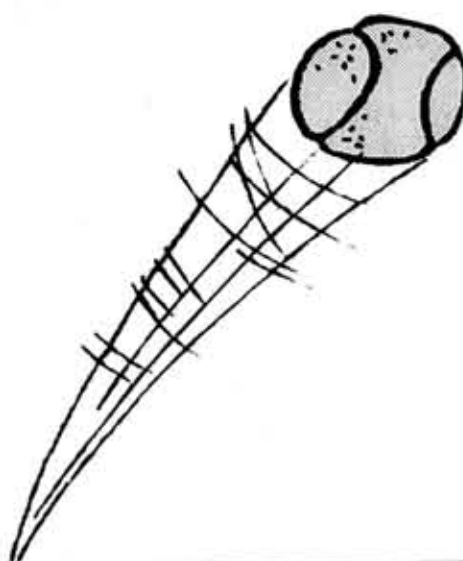
September 20

Coed Volleyball

September 27

Floor Hockey Tournament

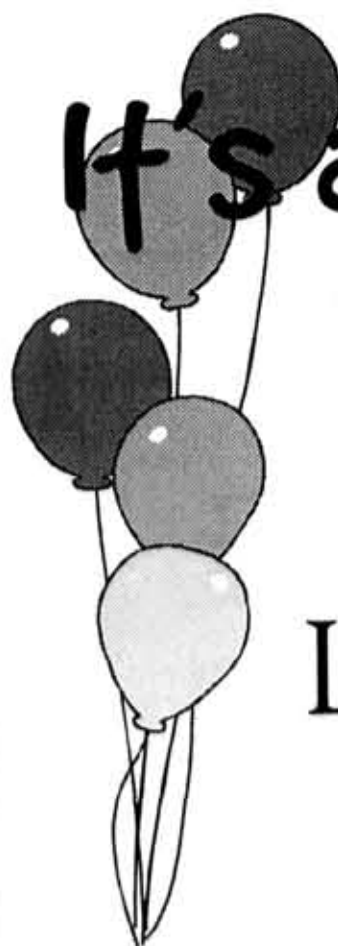
November 12-13



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Caedman's Call
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Look for
details in
next week's issue.





MATT HJEMBO

EXCUSE ME!— Junior midfielder Derek Avilez (3) fakes past a sliding Radford defender during a 5-0 LU victory Saturday.

M'soccer: Impressive win over RU starts season

Continued from page 12

game in the second half for the Flames at the 65 minute. A breakaway opportunity was canceled by a takedown foul by Radford senior Bill Castillejo. Castillejo left the game with a red card and Gomez put the penalty kick at the top left-hand side of the goal, giving LU a 2-0 lead. According to Gomez, the goal seemed to knock RU back on their heels.

"It was a big goal, and it seemed to help us the rest of the way. The red-card really changed made a difference," said Gomez.

Liberty used the man advantage to dominate the remainder of the match. In the 79 minute, Streets crossed the ball through the middle of the field to Ben Strawbridge, who whizzed the ball past the outstretched arms of Dramby. Liberty scored an unassisted goal at the 82 minute by freshman Chase Perry to increase the lead to 4-0. Perry sealed the deal for the Flames by assisting fellow

freshman and high school teammate Austin Carty on a late goal.

"One of the biggest keys to today's game was us taking them out of their offensive game. We won a lot of balls and that helped us control the second half," said Liberty defenseman Kian Brownlee.

Head coach William Bell was pleased, but knew that his team needs to improve. "I think the boys applied themselves, and played well today, but we weren't perfect. We have to work on some things. But I am glad that the score allowed us to get some freshmen into the game, and it is good to harness a win in the first game," said Coach Bell.

The Flames now move on to what could be their toughest test of the season by traveling to Winston-Salem, N.C. to face Wake Forest on Wednesday.

"This game will show us where we are as a team. We have to forget this win and go out and play like we know we can against Wake," said junior Derek Avilez.

W'soccer splits pair

By Tim Holland, reporter

Coming off the heels of their sound 5-1 thumping of Lenoir-Rhyne, the Lady Flames' soccer team hosted Virginia Tech in what was sure to be a much more difficult match. The Lady Flames had not met Virginia Tech since 1994, and were 0-3-0 against them entering Wednesday's match. Coach Price said the reason for playing the match was to gain valuable experience leading into the Big South regular season.

The game began with Virginia Tech exhibiting their physical play. They scored an early goal to take a 1-0 lead. However, 10 minutes later, Nancy Davis scored her second goal of the season to tie the game at 1-1.

During the following 40 minutes of play, Virginia Tech pulled away and held the lead at 4-1. Wendy Kotwas scored three of those goals and had a hat-trick for the match.

Liberty wouldn't go away though, and Dana Giani added a goal to pull the match to 4-2. After Liberty's second goal the Lady Hokies showed their superiority

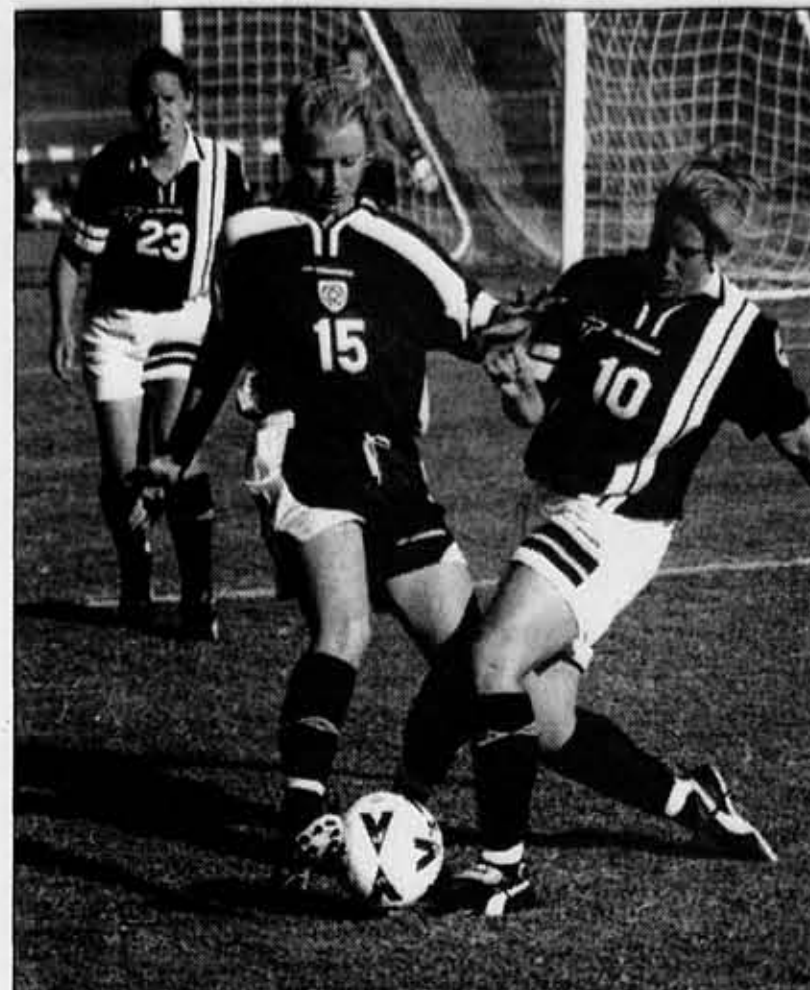
in the physical aspect of the game and scored two more goals to make the final score 6-2.

While the Flames may have lost the game, they showed just how much they had improved since last year. Price said their play as a team has dramatically improved and their desire to be competitive in the Big South has become a reality.

"We don't just want to settle with giving up as few goals as possible anymore," said Price. "We feel like we are now able to have a chance to win every game that we go out and play in the Big South."

The Flames first chance to prove him right came on Saturday as they travelled to UNC-Asheville in their first Big South Conference game of the year.

Freshman Nina Avilez came off the bench and scored the goal that would prove to be the game winner as the Lady Flames (2-1, 1-0) defeated UNC-Asheville (1-2, 0-1) 1-0. The win was the Lady Flames first in the Big South regular season since 1994. Junior goalie, Addy Allen, posted her first shutout of the year.



JOHN FISHER

GIVE ME THE BALL — LU forward Nancy Davis (left) fights for the ball with Virginia Tech midfielder Kerry Guenther during a 6-2 VT win Wednesday.

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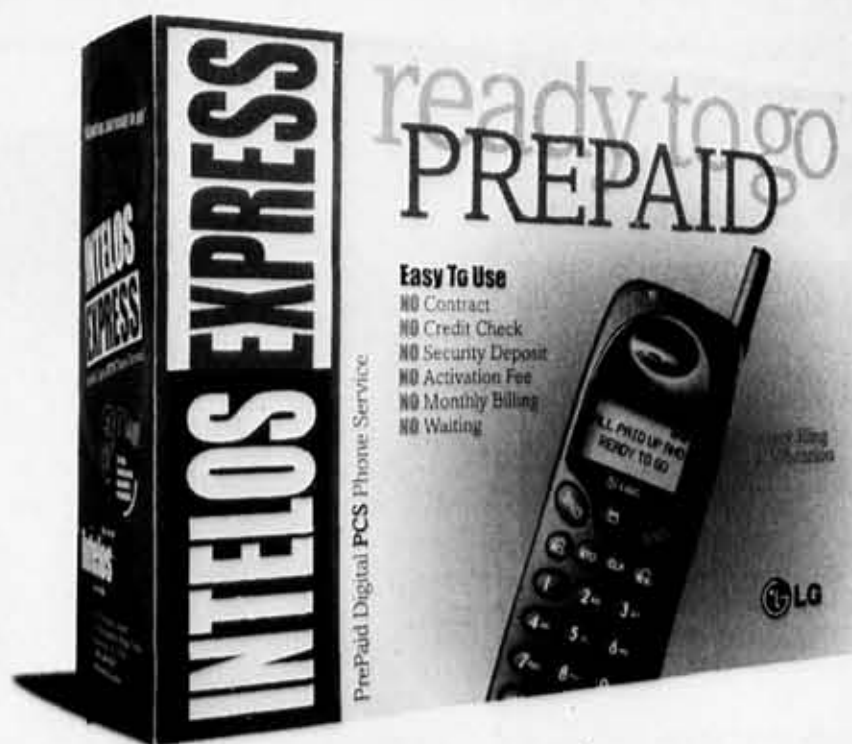
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Nobles rushes to the top

By Tarrant Judge, reporter

Many Liberty football players have stood tall far beyond the bright lights of Williams Stadium. Senior running back Stacy Nobles has the unique opportunity to stand out in the Liberty record books as well.

Through out his career, he has been an unsung work hero on the field. From picking up blitzes, to saving his quarterback to catching passes out of the backfield on scrambling situations, he has never complained. Now, perhaps without fanfare, Nobles needs only 188 yards to become the all-time career rushing leader at LU.

Just three years ago, he heard people say he would never play here. Yet, former LU standout Lawrence Worthington handed Nobles the torch before he graduated.

"He told me 'It's your turn now, carry it with pride and never let anyone take it from you,'" Nobles said.

Standing at 5-foot-11, 212 pounds, from Dublin, Georgia, Nobles has always been positive on and off the field.

In high school, he was a four-year letterman at Trinity Christian. Nobles' achieved many of his goals, earning three-time All-State honors and 1995 Georgia Offensive Player of the Year. He is also second on the Georgia high school career touchdown list with 105, ranking above famed All-Pro NFL running back Herschel Walker.

"I have never met Herschel Walker, and I never paid attention to the record," said Nobles.

Throughout his career, Nobles said people have told him, "Nobles, you won't amount to anything in life after high school." Hearing those words from so many people gave him the dedication and determination to play the game better.

"I pattern myself after Barry Sanders, because on and off the field he's a strong Christian," Nobles said. "I also look at my high school coach, parents and grandparents as role models."

This year Nobles and the Flames are determined to work for God first and let the season go from there.



FILE PHOTO

A NOBLE MAN — LU running back Stacy Nobles has terrorized opposing defenses during his four-year career. Nobles is 107 yards from becoming Liberty's all-time leading rusher.

After accepting Christ as his Savior this February, and becoming a married man over the summer, Nobles has his mind set right for this season.

"This team is different because everyone knows their roles and we have become more spiritual as a team," he said. "Every day, Torey Rush and I would do devotions to help me become stronger as a Christian." Nobles said after becoming a Christian football is no longer his main goal.

The lady of his life, the former Kathy Parker, became his wife on July 30.

"Kathy was my high school flame who has stayed with me through thick and thin," said Nobles.

Going into this season, one thing that has stayed with Nobles through out his career is his mouthpiece, the same one he used in his high school all-star game in 1996.

"I believe I would be lost on the field without this mouthpiece. ...It has kept my focus on my goals," Nobles said.

During the off-season, Nobles likes to play Sony PlayStation and be with his wife.

Also he volunteers at Sandusky Middle School, speaking to kids about how he was saved and to quit leading a double life.

"Last February changed my life dramatically in a positive way," Nobles said.

After his career is over at Liberty, Nobles would like to coach high school football back home and give back to his community.

"The Lord has blessed me with a gift and I want to use it to the best of my ability," Nobles said.

Nobles wants people to see his determination by laying everything on the line for the Lord and for his teammates. He wants people to understand he truly is a noble man.



MATT HIEMBO

LET IT FLY — QB Christian Newsome rifles a pass Saturday night.

Football: Ugly, but a win

Continued from page 12

and made adjustments."

Rutigliano said, "We moved Stacy to half back and Walt to full back. They were able to take the pressure off of Christian." The "Thunder" and "Lightening" pair came on strong for the Flames, pounding out 79 yards in the third quarter alone.

"They were taking turns. One would say, 'You run, I'll block for you,'" said Newsome. "It was inspiring to be in the huddle with them."

Trey Miller's three receptions for 75 yards led receivers.

"Trey Miller just beat out the safety who was cheating on a play action fake and we ended up going on top," Newsome said.

He claimed that one of the major keys to the game might have been the equipment managers, Tim Witt and Charles Parrish. The two changed all the spikes of the players' shoes to nubs so that their running backs slid less than the Panthers players did on the field.

As soaked and sloppy as the game was, Rutigliano said, "Nothing's ugly when you win."

Volleyball: Lady Flames work hard before opener

Continued from page 12

We all like to see her get up there and rip a few."

Two key newcomers are freshmen Crystal Carey and Jeannette Krupp. Coach Phillips says that the girls are really coming along and they know the system and what's going on.

The Lady Flames have replaced only one starter this year. Sophomore Michelle Howland takes over as the setter this year, replacing graduate Jill Vandeventer. Howland was second on last season with 546 assists in 28 matches, and led the team in assists, averaging 8.67 per game in conference play.

Coach Phillips says that the team's offense will create the opportunities.

"Offensively we carry a lot of fire power, which a lot of teams in our conference are tired of seeing. One of the things other coaches notice about us is that we play a lot of defense. It's hard for a team to put a ball away on us."

"We have got to be able to come off with a good pass to start our offense. We really need to work hard on getting our first pass down."



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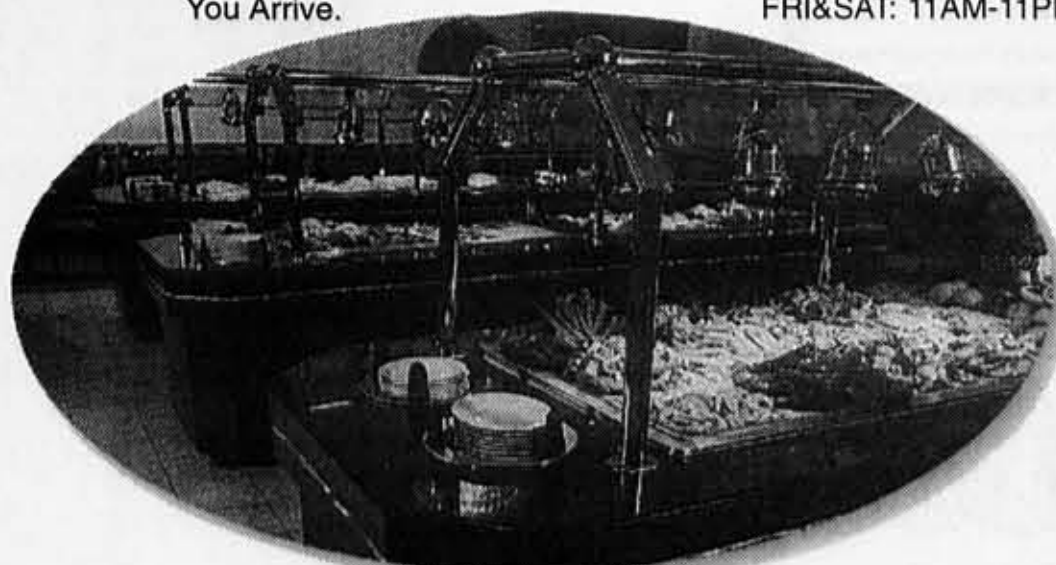
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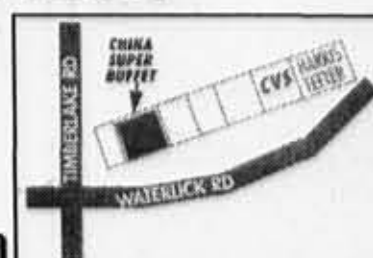
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SEPTEMBER 7, 1999 • PAGE 12

FOOTBALL

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MEN'S SOCCER

► 9/8 LU at Wake Forest

► 9/11 Mars Hill at LU, 2 p.m.

WOMEN'S SOCCER

► 9/10-11 at Penguin Soccer Cup, Youngstown, Ohio

VOLLEYBALL

► 9/7 LU at American

► 9/10-11 at NC State Invitational, Raleigh, N.C.

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At it again

To some, the home run race has grown irritating and meaningless. To others, it has provided the excitement baseball has needed since the game started to "slide," in the negative sense of the word (no pun intended).

On Thursday night, Cal Ripken of the Baltimore Orioles hit his 400th home run of his career against the Tampa Bay Devil Rays at Camden Yards. The bomb was estimated at 372 feet, his 16th of the season, giving him 2,969 career hits. That puts Ripken in the running to join a group of Hall of Famers who have 400 home runs and 3,000 hits including Willie Mays, Hank Aaron, Eddie Murray, Stan Musial, Dave Winfield and Carl Yastrzemski.

With about three weeks left and around 30 games to go, Ripken isn't the only one ripping home runs. This year Sosa is ahead, for the time being. Leading McGwire 56-52, Sosa earned his 56th when the Cubs beat the Padres 1-0 on Wednesday night, an estimated 431 feet. McGwire is holding 16th place in baseballs all-time list with 509 career hits beating Lou Gehrig's 493. With both of their teams doing as poorly as they are, neither player claims to be as concentrated on the home run race as they were last year. Many fans aren't as interested either.

And why should they be? I have heard that the race has become like beating a dead horse, it's just not going anywhere. "The meaninglessness of all these home runs is everywhere," Ron Borges, MSNBC's contributor said. That is where I draw the line.

How can you say that picking up a 32-ounce piece of wood that is 32-35 inches long and smashing a ball with it 400 yards or more is meaningless? It does not just take talent, it takes skill. For some, it takes years to master, others only months, and still others never master that skill at all.

It amazes me how Sosa's 14 jacks in 19 games has gone unnoticed, when in all actuality it proves that Sosa is not a one-year wonder. These guys have been training most of their lives to succeed in the sport they have such a passion for. Sosa and McGwire are bringing attention to the all-American past time like only Babe Ruth and Mickey Mantle have. Audiences who do not even follow baseball know about Sosa and McGwire and their great feats. Maybe I am biased because I love the game. But honestly, how often do batters step up to the plate and put one in the parking lot every game or so. In 1994 Matt Williams hit 43, a benchmark for the time. In 1996, Mark McGwire came on the scene with 52. Now, the standard is 70.

McGwire's record-breaking run last season was baseball history. Why should it stop there? The home run derby is a part of baseball history. Those who master the game need to be glorified, even if it is the same two for a few years. I can't help but follow the race and be excited about yet another bomb into the stands by Sosa, who I believe will beat out McGwire this year.

M'soccer scorches RU in opener

By Doug Stewart, reporter

It appears that "redemption" is the word on the mind of Liberty's men's soccer team this season. After heartbreaking Big South Tournament losses in 1997 and 1998, the Flames are bound and determined to prove that this season will have a different end result.

If Saturday's game against Radford was any indication of how this season will go, LU will be quite pleased with the end result. The Flames faced off against bitter rival and Big South conference foe Radford for the opener of the 1999 season.

The Flames used a zip-lock tight defense and an explosive offense to thrash the helpless Highlanders 5-0. The intense conference match featured a feisty, but inexperienced Radford team

and a talented, hard-working Liberty team.

Throughout the first half, both LU and RU worked hard for scoring opportunities, but each defense clamped down and avoided letting up an early goal. Both teams fought off the windy conditions and exchanged quality-scoring chances throughout the initial minutes of the half.

Radford squandered a sure goal at the 34th minute when midfielder Ryan Caton missed a header from point blank range. Liberty countered when sophomore Jason Streets beat Radford goalkeeper Mike Dramby with an acrobatic goal at the 43:09 mark, with an assist from senior Troy McLean.

Junior Jose Gomez opened up the

Please see M'SOCCER, page 10



MATT HJEMBO

"HEY, TRIPPING IS NOT NICE" — Liberty forward Jason Streets dribbles past Radford defender Scott Hance during Saturday's Big South matchup. The Flames won 5-0.

Liberty 21, Virginia Union 12



MATT HJEMBO

SLIPPERY WHEN WET — An unidentified Liberty player tangles with his foe from Virginia Union on the offensive line, as LU's Broc Butler (23) looks on. The Flames battled torrential rain and a resilient Panther team, before sealing a 21-12 win on

Flames soak VUU in opener

By Brooke Herrmann, asst. sports editor

"When it rains it pours" has never had such a literal meaning as it did Saturday night. The Liberty Flames opened their season against the Virginia Union Panthers and slipped by them 21-12. The teams' debut overshadowed the hype that led up to the opening kick-off. "It wasn't very pretty, it wasn't very artistic, but I have never, ever, ever cried about a win," Head Coach Sam Rutigliano said.

The first quarter was marred by three Flames turnovers in their own territory. The first resulted in a field goal by the Panther's Jerome Haskett. The teams then exchanged possession until Virginia Union made another field goal six seconds into the second

quarter to take the lead 6-0.

Liberty finally generated some offense towards the end of the second quarter. Christian Newsome then threw a 15-yard pass to Trey Miller for the drive's initial first down. Newsome threw a side-line pass to Greg Lang who ran it for a 27-yard touchdown with 1:49 left on the clock. Jay Kelley added the extra point to give the Flames their first lead heading into half time, 7-6.

With 11:49 left on the clock in the third, Stacy Nobles rushed up the middle for 12 yards to the VUU 4-yard line, for a first down. Three plays later, Walt Heilig scored a touchdown, and Jay Kelley's extra point made it 14-6.

Midway through the 4th quarter, Jasun Thompson of VUU completed a

play action pass to Levar Bowers for a 6-yard touchdown with 8:44 remaining in the game. Virginia Union then tried for a two-point conversion, but Andre Braxton was stopped short. Liberty answered the Panthers score with Newsome completing a deep pass to Trey Miller, who went 44 yards for the touchdown. The point after was successful, putting Liberty up 21-12.

Virginia Union started its last drive with 43 seconds left on the clock. Time expired as Thompson attempted a quarterback sneak for no gain.

"We didn't have any idea of what they were going to do, and they ended up playing the bad defense, so at half time we got everything put together

Please see FOOTBALL, page 11

LU tandem takes X-C relay win

Githuka, Zealand set course record at W & M's season-opening event

By Chris Edwards, editor in chief

Liberty senior Stephen Githuka teamed with freshman Josh Zealand to capture the William & Mary Cross Country Relay Saturday at Dunbar Farm in Williamsburg, Va.

Kenya's Githuka, an NCAA National qualifier last year, and his understudy Zealand, from Lindsay, Ont., won the event in a course-record time of 46 minutes, 52 seconds. Runners alternated on eight two-kilometer legs in the unique season-opening meet.

Senior Brian Kiprono and junior Bruce Kite finished fourth overall in 48:09. Isaac Rattin and Dan Orr (50:49) placed 13th, while Gary Young and Matt Zealand (51:13) finished 16th and Michael Lunde and Stephen Meier (51:53) finished 18th.

Junior Tracy Hoare and freshman Rebecca Parsons led the Lady Flames with their sixth-place finish, recording a time of 44:17. The women's race featured runners alternating on six two-kilometer legs.

Senior Tammi Green and sophomore Heather Sagan finished seventh (45:02). Sophomores Megan Maya and Chrystal Moyer placed 13th, with a time of 46:49. Freshmen Sarah Pettit and Christina Strohecker (48:12) finished 17th, to round out the corps of Liberty runners.

Both teams return to action Saturday in Charlottesville at the Virginia Invitational.

The teams will make their only home appearance of the season in the annual Virginia Ten Miller, held in downtown Lynchburg, on September 25.

The 26th edition of the race will begin at 9 a.m.

Volleyball looking for boost from Phillips' return

By Leneta Lawing, reporter

With the 1999 volleyball season already in gear, the Lady Flames are working hard to return to the top of the Big South Conference. With the new season comes the return of former head coach Chris Phillips.

"It feels great to be back," said Phillips. "When I left, I knew that I'd miss coaching, but I didn't know how much."

During the past year, Coach Phillips was with her husband in Northern Virginia. While there, she served as the sports program director at the Loudoun County Parks and Recreation Department. However, now that she has returned home, she is ready to pick up

where she left off and help to lead the Lady Flames to another conference championship and a NCAA playoff bid.

"The girls are really dedicated and they are working really hard. I think they really want to win the conference championship again. We have three starting seniors who are stepping up and doing a great job."

Coach Phillips is looking to seniors Kyrie Dorn, Anthonia Akpama and Athena Sherwood for leadership on the court this year.

"Kyrie will be one of the biggest keys," said Phillips. "She's a senior and a leader. Anthonia is a good key as well."

Please see VOLLEYBALL, page 11

LU falls twice in UNC-Charlotte Tourney

The Lady Flames dropped their first two matches of the year at the 49ers Invitational Tournament over the weekend.

In the first match, LU trailed throughout most of a 3-1 loss to Mississippi State, 15-12, 14-16, 15-4, 15-7.

Athonia Akpama led the Flames with 17 kills, while Jessica Wilson (two blocks) and Athena Sherwood added 19 digs each.

Host UNC-Charlotte earned its first

win of the year in the final game of the tournament, defeating LU 15-12, 10-15, 15-12, 15-10.

Akpama had 24 kills and 16 digs to lead the Flames in the loss. Michelle Howland tallied 40 assists.

The Lady Flames played this evening at American University and travel to Raleigh, N.C. this weekend for the N.C. State Invitational.

After seven straight road games, LU finally hosts its first home game against JMU on Sept. 21.