Candidates to visit Liberty

Perry, Bachmann will speak in convocation

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Texas Gov. Rick Perry will speak at Liberty University in convocation Wednesday, Sept. 14. The presidential candidate will be followed by rival candidate Michele Bachmann, who is scheduled to address students two weeks later.

School of Law Dean Mat Staver said Liberty has always encouraged students to get involved in political and cultural issues and that both candidates had actually been invited prior to the current presidential campaign.

"The fact that both of these national leaders are speaking at Liberty indicates the importance of the university as a place of liberal and conservative views," Staver said.

See PERRY, A3

Elections coming soon

Students may register to vote locally

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"Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost," Sixth President of the United States John Quincy Adams said.

According to the U.S. Census Bureau, in 2008, only 49 percent of 18- to 24-year-olds voted in the presidential elections. Although that was an increase from the elections in 2004, it still leaves a great divide for college age students to fill in the upcoming elections.

"Voter registration is something that confuses some newer students, especially if they are not from Virginia," Liberty University junior Alex Nelson said.

However, voting isn't as complicated as some feel. Dean of Students Keith Anderson said.

See REGISTRATION, A3

Fires, floods wreak havoc across America

Firestorm sweeps across Texas

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A furious fire near Austin, Texas has claimed lives and destroyed the homes of hundreds. This fire, which started on Monday, Sept. 5, was one of many fires spreading across Central Texas this week.

Floods submerge Northeast

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Hurricane Irene and Tropical Storm Lee dumped an estimated 15 trillion gallons of water onto an already waterlogged East Coast, according to the National Oceanic and Atmospheric Administration. Now, more than two weeks later, many Northeast states are still coping with the aftermath of the storms, which left flood damage and devastation from Pennsylvania to Maine.

See FIRES, A7

See FLOODS, A7

Inside the Champion

Delegate Race

Meet the candidates running for Virginia's 22nd district. A3

Sports Volleyball
Lady Flames sweep invitation tournament. B3

Events Oklahoma!
Tower Theater's newest production opens Sept. 23. B5

News A3
Opinion A4
Sports B1
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Events B6
Wellness B6

everything you need for college.

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your mom is on Facebook. It's time to stalk her back.

Target's U Care Card makes it easy to ask for college supplies on Facebook. Just post an item you need and wait for Mom to buy it. Beggers can be choosers? Sick.
New wheels zip onto campus, for rent

Zipcar program offers students pay-by-the-hour vehicle access

## Volunteers clean Candies Mt.

Katherine Lacasse
klacasse@liberty.edu

This fall, Liberty University is taking part in Zipcar, a car-sharing program that allows student, 18 years and older, as well as faculty and staff, to rent a car by the hour. Zipcar members check out a car at various times of day and return it at the end of the day.

On Sept. 3, this new service became available on Liberty University’s campus and on Friday, Sept. 8, Liberty Transit held a promotion by allowing community members to stop by and see what Zipcar is all about.

## Zipcars Live Here!

On Monday, Sept. 12 10 students registered with Zipcar along with staff and faculty members and 12 students on Tuesday. Spencer, the director of Liberal Studies, said Zipcar provides a cost-effective way for residents to reduce their carbon footprint.

Gas and insurance are included in the cost of $35 annual fee, as well as the hourly rate of $8 and $10, and weekly rate of $95 and $122 on the weekends, according to the Zipcar website.

"Once a certain level of use is established, Zipcar will provide us with a current and additional vehicle at no cost to students, making this a cost-effective solution to reduce residential vehicle demand, " said Richard Martin, the director of financial research and analysis for Liberty Transit. "Many schools are able to reduce 10 to 15 residential vehicles per Zipcar. Show- ing up to 20 to 30 addi- tional commuters to campus daily."

The promotion for the university division of the program is "Tramobile" affordable and responsible urban living including college fu- ture students and university students around the country, according to the Zip- car home page. "We envision a future where car-sharing members own car owner in major cities around the globe and in packed places like your campus. Environmentally re- sponsible is one of our goals as we can do to use the transit system and that eco- nomies or 'resi- dents are trying to put the car away for a trans- portation go, so they can leave their car at home."

"This is just one tool to keep it clean."

## Clean-up crew

Zipcar student volunteers pick up trash and litter along Candies Mountain Road as part of a community-service initiative by Liberty’s Circle K Club, Wingate by Wyndham and Daytona Beach.

## Volunteers clean Candies Mt.

Taufique Cassandra
Wednesday, Sept. 7

Liberty University’s Circle K Club partnered with the Wingate by Wyndham and Daytona Beach hotels to help eliminate litter along Candies Mountain Road on Sept. 8.

"It’s not my job, but when you see litter, you have to stop and clean it," said Dan Brown, a junior marketing major from Moorseville, N.C.

Brown said that he and other volunteers picked up trash from 10 a.m. to 7 p.m. and brought it to the nearest recycling center.

"It’s not my job, but when you see litter, you have to stop and clean it," said another volunteer.

The volunteers worked along a three-mile stretch of road from the Wingate hotel to Sunnydale Road, starting at 9 a.m. Wingate workers donated plastic bags and trash canisters, and stated that they would be restocked.

"It’s been great," said one volunteer. "We’re happy to be doing it."
imporatance of liberty and the values we hold dear. "If you are not a registered voter and so the decision is theirs. If elected, Dodson will use his busines experience to address the econ- omic crisis, he said.

"When you bal- ance a budget, when you make payroll, when you make a decision, when you pay your ta- xes..." the campaign website said. "I am grateful to Mayor Foster for recognizing their hard work, but it is up to each of us to make our own decisions and work together for the betterment of our community."

VANDEN BROOK is a news writer.
A civil rights hero

Monument causes uproar over architect and resemblance

Gale Fowler
gfowler@liberty.edu

A man who spread peace and tranquility would find himself in the center of attention during July of 2001.

"He's not only a hero of "Americans, he is a hero of the world."

From Lee Fowler

July was SS.Gf), according to the Bureau of Labor Statistics during July of 2001, my gas gauge read "K." Fifty-two dollars and sixty-eight cents later, I can breathe easier for the next two weeks until I'm finished. According to many in the media, including Ezra Klein in his article entitled, "The attack of Sept. 11, 2001 that our gas prices began to rapidly climb. However, looking at the statistical evidence proves just the opposite.

The American Civil Liberties Union of Kansas took a stand against new Kansas legislation that will ban women from filling abortions on insurance plans. The lawsuit, filed on Tuesday, Aug. 30, has caused political uproar because this is the first restriction against abortion to be challenged in Kansas.

The Hoffman Post said in its actual legislation in (Kan.) where the coverage is to be removed except for those very cases when a woman's life is at risk. The legislation does not restrict women from using an additional insurance policy found in a state health-care plan or "extreme," such as rape or serious health risk. After much deliberation the legislation has a following nationwide cheering for progress, the health-care industry to stop insured abortions.

The controversy itself" has limited the progress of the Freedom Project, explaining, "This law is part of the nationwide trend to avoid any form of legislation they feel is unconstitutional.

The ACLU is fed up about this particular legislation that was passed in the state of Kansas this year. The ACLU attempts to appeal this law, hoping to overturn any type of restriction. Kansas, one of a few states, has passed legislation that restricts abortion providers. These restrictions have jolted a complete standstill, said USA Today.

The ACLU is a hero of Americans, according to political uproar because this is the first restriction against abortion to be challenged in Kansas.
Obama: “Pass this jobs bill now”

Omar Adame
Former/LA Times

“Pass this bill now,” President Barack Obama urged that evening. It was in his 33-minute speech. “This jobs bill is the $447 billion American Jobs Act, which balances tax cuts and increased spending.

The bill includes elements such as cutting the 0.2 percent payroll tax cut in half while slashing tax loopholes for businesses. It calls for increased spending for teachers, firefighters, police and construction workers — the latter through infrastructure repairs like roads and bridges. The American Jobs Act also pushes increased unemployment benefits.

“Everything in this bill will be paid for,” Obama said. “I know it. The president did not actually say how the bill would be paid for. No plan was given for it. Instead, Obama said that he would explain. “We’re going to work,” Obama said. He called for the end of “the politicking.

Additionally, Obama asked the committee to change the rules. “We are going to work together and pass the bill. This isn’t political grandstanding,” Obama said. “This is simple math.”

The President of the United States addressed his third non-State of the Union Joint Session of Congress — reserved only for inaugural or State of the Union addresses or serious matters like President George W. Bush’s response to the Sept. 11 attacks — so it is an open question if political grandstanding.

Speaking directly to conservatives and their Tea Party backers, small government in the United States, Obama set up another false dilemma. “But what we can’t do...” The President said. “These are real choices that we have to make.”

The ALD inducts new members

Rahul Mogunwajaya
CBN News correspondent

Family and friends gathered at Texas Auditorium last Friday, Sept. 9, for a color-filled ceremony, where the Liberty Chapter of Alpha Lambda Delta (ALD) Scholastic Honor Society installed 30 new residential and online student members. Each academic year, new members are chosen after maintaining a GPA of 3.5 or higher throughout their freshmen year in college.

“We are lifetime members now of Alpha Lambda Delta,” Dr. Marilyn Jadomski, the new member advisor Dr. Marilyn Jadomski said to those being inducted. “Take personal responsibilities for your actions, manage your time wisely and learn to tolerate purely on your performance.”

The new honor students were also reminded that being a part of the honor society is not only about academic excellence but also about service to others. “May each of you find in the years to come the work within the educational person, imagination, adventure, humor, compassion and generosity.” Jadomski said.

ADAMS is the assistant news editor.
Military students serve fellow veterans

“It’s nice to be able to get out and talk to people who understand where you’re coming from”

Allison Cundiff
acundiff@liberty.edu

College life is an adjustment for many new students. Many find it difficult to adapt to new people and unfamiliar surroundings. It can be overwhelming for veterans at Liberty, trudging their combat boots for collared shirts and redefining how to live their lives as civilians. In the new world, military students provide the greatest adjustment of all.

Liberty student veteran Charles Cash, Jeff Harrison and Jesse Delello began the Student Veterans Group (SVG) in 2009 to help their fellow student veterans adjust to college life after serving in the military. Cash has since graduated, and new student president Jared Delello is the student president of SVG. Both Cash and Delello were in the Marine Corps infantry. Both have been deployed to Iraq and Afghanistan. According to Delello, the best thing about SVG is that it gives students a sense of camaraderie. “It’s hard to share something with someone that they don’t understand, so we’re able to share things,” Delello said. “It’s kind of like a support group, for lack of better words. It’s nice to be able to get out and talk to people who understand where you’re coming from.”

The veterans have diverse military backgrounds, but all have common experiences. Delello, a Los Angeles native, joined the United States Marine Corps in 2005 for four years. He joined the Marines after high school because he believed in America’s cause and also did not want to go to college immediately. The Marines left right, according to Delello. He has deployed to Iraq for seven months in 2007 and to Afghanistan for eight months in 2008. He is currently serving in the Marine Corps Reserve. When asked if he would do it all again, he responded with an enthusiastic yes. “It’s been a way I have seen the world so much, so I wouldn’t change that for anything,” Delello said. The SVG works with local Veteran Affairs and Wounded Warrior Projects, as well as the Roanoke Veteran Affairs Facility. Veteran student members of SVG also mentor and give advice to ROTC students who are considering a career in the military. The group also hopes to involve non-veteran and non-military students in veteran outreach programs and Christian Service opportunities, according to SVG’s mission statement. “There are certain things you can only help people with in life because you went through some of those similar things, whether it’s experiences, abuse or some kind of trauma. People who can help are the ones who have done it themselves. ‘We’re the ones to help out the ROTC students, mentor them, share with them some of our experiences,’ Delello said. Military students are encouraged to email the group at veterans@liberty.edu or check out their Facebook page at Facebook.com/LUSVG. All military and ROTC students are welcome.

CUNDIFF is a guest writer.

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For more information, please call: (434) 847-8400

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www.educationandresearch.com/studies
The fire is only one of many in Texas. Several organizations responsible for the ongoing wildfires have been called on to assist with firefighting efforts.

“Many homes have been lost,” said Terry Curr, the wildfire expert. “The Texas Forest Service has responded to 181 fires for the past seven days. The largest fire in Texas history, the Tilley Fire, is now 110 degrees, and it was just too hot to control.”

The Tilley Fire is a large wildfire near Houston, and it is only one of many in Texas. The fire has been burning for several days, and it has consumed over 16,000 acres of forested area with a lot of pine trees and cedar trees, making it the largest fire in Texas history.

“Dewhurst is going to sign the legislation,” said Governor Rick Perry. “When Governor Perry came, we had more than 100 fires burning. The Tilley Fire was only one of three shifts.”

“Many classes have been moved to Green Hall to Demoss, and all campus dining areas have been replaced,” said Rachel Dean, the student in charge of food services. “We have moved Chick-Fil-A Express, El Llano’s Pizza and Jasmine’s Café and Bakery to the Vandegrift area.”

“Some students have mixed feelings about the changes,” said Klise Reider, a senior. “I’m excited about the switch, and I love it! I can walk right to Chick-Fil-A in the new area and get a meal swipe.”

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SOUNDS OF HOPE TOUR
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Andrew Woolfolk

cornerback Kevin Fogg, whose two interceptions and a kick return helped make the statement that Liberty walked into the Carrier Dome on Saturday, Sept. 17.

"It was very important that, coming off the loss at NC State, that we made a statement for an impressive season," said cornerbacks coach Kevin Fogg, whose two interceptions and a kick return helped make the statement that Liberty walked into the Carrier Dome on Saturday, Sept. 17.

"It felt amazing," Fogg said. "The Flames tacked on four more points in the third quarter, and then they needed a statement and the unit only allowed one fluke touchdown — a rabbit-out-of-the-hat double play — to a tight end that one out was the endzone — and gave up just 200 yards less than last year's game against the Colonials. After that thought, the details are like a little Fogg-y.

"Unc admiration, the second giving Liberty the ball at the five-yard line, and the five-yard kick returns helped make the statement. Rocco was looking for. Not to mention five total tackles and one tackle-loss.

"It was the best game of my life," Fogg said.

"It feels like her team is a family. It's totally a God reason and purpose." Syndor said.

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The sun was rising in the east. People were out of their beds before 7 a.m. on a Saturday. It must be gameday.

The bag that made the Liberty Flames victorious over Robert Morris in their home opener Saturday, but what's a football game without a good old-fashioned tailgate party?

Tailgating is an all-American tradition, as well as a tailgate. To the untrained eye, tailgating appears to just be grilling and eating before the game. Wrong.

In the words of our founder, the late Jerry Ellberg, "If it's Christian it should be our dorm and bro dorm," senior Jessica Ellerbee said. "People and interact with people and pumped to cheer for their favorite team."

"It gave us a good chance to meet new people and interact with people from our dorm and bro dorm," senior Jessica Ellerbee said.

Every tailgate party comes with a story and a tradition. Students being in Dorm 2/Liberty Champion.

"One of the residents that was a big part of the tailgating was the Liberty Flames student leader," senior Patrick Henley said. "He was really nice and he made sure that everyone had a good time."

FOOTBALL continued from B1

"Our guys responded, and we came out of here with a really significant victory," Liberty's defensive unit was ready to rise to the occasion. The Flames held Robert Morris's running game in check throughout the game, allowing just 2.9 yards per carry. In the second quarter, quarterback Mike Brown scored on a seven-yard scamper down the middle.

With the score at 14-0, Liberty added two more scores to the Colonials' defense in the third quarter. Brown scored another Fogg interception and threaded the need into a 37-yard touchdown pass between two defenders to receiver Ryan Ferguson with 1:50 left in the third quarter.

In the third quarter, Brown scored on a nifty, play-action fake.

The Flames punched back immediately. "Seconds later," immediately. Fogg proceeded to return the ensuing kickoff back 84 yards for a touchdown, which piled up any momentum the Colonials may have had and sent the crowd into a frenzy with 10 minutes left in the game.

The final drives of the game featured more shutdown defense by Liberty, and solid offensive play, by quarterback Travis Bremsen led a 69-yard drive that ended with a 23-yard Matt Bevins field goal, which ended the scoring at 38-7.

Bleeding Red - the first home game brings out the spirit of Liberty students.

"It really got us pumped for the game," freshman Amanda King said. "Whether it's grilling with secret family recipes, donning a kilt and painting your face, or just wearing red, tailgating is Liberty's signature pre-game ceremony."

"It's going to be a game I've been waiting to play," said Brown. "I can't wait to play them at home, and hopefully get a shutout."

WOLFolk is a sports writer.
Liberty dominates home invitational
Lillie Happel claims MVP honors and makes 400th career kill

September 13, 2011
kharvcylVl  Ubcrty.edu
SMOOTH SAILING and California State University Bakers-...)

Kyle Harvey

The Liberty University Lady Flames volleyball team added three tallies to the win column over the weekend during Rider University, Saint Francis University and California State University Bakersfield at the Liberty Invitational. Against the Rider University Broncs, Liberty hit .488, dominating the match from the onset. Liberty scored first and never looked back, leading the entire match en route to a three set victory (25-21, 25-12, 25-10).

Leading the Flames in kills was sophomore outside hitter Lillie Happel with 16 kills, including her 400th career kill, on a .387 average. Happel was voted the tournament’s Most Valuable Player for her efforts. Sophomore middle blocker Kendra Rollins recorded six kills, as well as one solo block and five block assists. Also on defense, senior Kelly Haseman tallied seven kills.

“We had a lot of good chemistry ou...some good communica-...tion,” Happel said.

Liberty’s offense was again firing on all cylinders in game two against Saint Francis as five different players registered five or more kills in another three game sweep (25-19, 25-13, 25-14). Happel hit on 14 kills, and junior middle blocker Loren Thomas added eight to contribute to the team’s .300 hitting average. Sophomore setter Jadyn Craycraft recorded 90 assists. Craycraft was selected to the all-tournament team for her role in setting up Liberty’s attack.

“Lilie and Jade are, I guess, on some lev...” Haseman said.

Against the Red Storm, Libe...seven digs.

Lillie and Jade are, I guess, on some leve...the veterans and they’re sophomores. We’re still pretty young, but they’ve had to carry a load early and I’m really happy ab...the entire weekend. She’s making great decisions and tak...big swings when we need it,” Coach Pinder said.

Liberty outlasted Rider in a back and forth game, one which included 16 tie scores, before going on to win three sets (26-24, 25-12, 25-16) for the third straight match.

Freshman outside hitter Amy Ahlgen had a strong showing, hitting .330 with nine kills, as well as one ace, six digs and a solo block. Craycraft added 22 assists. Haseman moved into second place on the all-time list for digs with the seven she reg...Happel says a lot about the group,” Pinder said.

For the weekend, Happel totaled 90 kills and 34 blocks and registered 29 aces. She made it tough back there for opposing teams to get the ball down. You almost think there’s about four of her defenders back there. She has a knack for being in position to make the plays,” Pinder said.

Throughout the tournament, Liberty led the field with a .308 hitting average over three matches, as well as a number of kills, blocks and service aces.

“We had to answer some tough question...the last couple of weeks but the kids have never backed down and they came in this weekend hungry...to see these kids play with the type of pace that they did this weekend says a lot about the group,” Pinder said.

Liberty will meet North Carolina State Friday, Sept. 16 in Raleigh, and return home to the Vines Center to take on Univer...of North Carolina Asheville Sept. 19.
Making a change from one life to another
For the Hoglunds, making an impact starts with children

While his players were settling into their first week of classes, Liberty paintball coach Todd Hoglund and his wife Leslie, were on the other side of the world, preparing to bring home their second adopted child with Down syndrome.

A year and a half ago the Hoglunds were watching the devastation caused by the earthquake in Haiti when they felt moved to adopt again. They were contacted with their adopted daughter, Jasmine, and their two biological children, Quentin and Ellie, but something was missing them to adopt once again.

It was shortly thereafter that they received an e-mail from Bethany Christian Services, the Hong Kong orphanage where they adopted Jasmine, their first child with Down syndrome. In the e-mail, they learned about 4-year-old Joel, who had been given up by his family when he was only 4 months old. Because of their previous experience, the Hoglunds knew that most orphans were given up by 6 months. It was his unique story that had Todd and Leslie feeling an instant attachment to Joel.

"We had to trust that God would provide a way because it wasn't planned and He did provide," Todd Hoglund said.

As a matter of fact, the Hoglunds were able to raise $3,000 to cover travel expenses. Much of it came from two yard sales that they held. Members of Bethwood Church, where the Hoglunds attend, as well as Rivermont Baptist Church, where Todd works in the early learning center, donated a variety of items to help with the sale. In addition, many people donated money for the cause.

In fact, one lady heard what they were doing and handed them a $500 check. Another stranger sent Todd $50 through PayPal when he heard what he was doing through some of the paintball players who were mutual friends.

It was because of these generous contributions that Todd and Leslie were able to make the fifteen hour flight to Hong Kong, where they spent four days last week. They were supposed to be there for five days, but Hurricane Irene forced them to return early. The important thing is that the Hoglunds made it back to the states safely with their new son, Joel.

Amazingly enough, Joel has done very well with the big transition that comes with moving to a new country and living with a new family. He began school yesterday, joining his sister Jasmine in kindergarten.

"It's been a humbling experience because people see it as something great that we're doing, but we're just doing what God has called us to do," Todd said.

EACHO is a sports writer.
TAKING THE LEAP — The cast of Liberty University’s “Oklahoma!” prepares for their upcoming performances, which open Sept. 23 in the Tower Theater.

“ar all about, that’s what Ragtime is all about, even Peter Pan. It’s the idea that the future is a good one and that there’s always hope at the end of it,” Senior Rachel Osterluis, who will be playing the character of Lotte, is looking forward to being part of a show focused on American strength. “I love the story. It’s set in the west. It’s full of American spirit,” Osterluis said. “I have Lotte’s character. She’s a spitter, stubborn and independent. She’s a fun, down-to-earth, fascinating character.”

The show, which was originally a Broadway production in 1943, will be given a renewed feel as Cooper and her theater staff add their own concepts. “My concept for the show is Queen Anne’s Lace which grows as a weed in the middle of a field but it’s beautiful,” Cooper said. “It’s this old-fashioned feel it is in the middle of 2011. When you see it, you are reminded of yesterday. We are going with three colors of 2011 but with a layer of vintage, antique lace over it.”

The show mines schmoozer with old country imagery. “It’s kind of fun to bring back something old,” Osterluis said. “I think it will bring in families or people who maybe haven’t seen the classics.”

Knowing that Oklahoma may not be a favorite show to some, some things to expect to see some excitement to Cooper and the cast. “I am looking forward to telling these older stories with this fresh approach and giving them to an audience who have never seen them,” Cooper said. “It’s almost like giving them theater history.”

With a year of experience in their new theater and the success of Phantom of the Opera behind them, Liberty Theatre is hoping to see a greater audience than before.

“We have already doubled our average to 1,000 tickets last year,” Cooper said. “We now have an audience that knows what to expect from our theater. Now they can come with a peace of mind, knowing that they are going to enjoy themselves.”

To see the full line of Liberty Tower Theater’s 2011-12 shows, visit the Department of Theater Arts website. Tickets are available at the Vines Center Box Office by calling (434) 847-1702 or by visiting the Department of Theater Arts website.

JENNINGS is the theatre editor.

LAMP Literary Magazine shines a light on creative talent

Kassandra Reording
Editor-in-Chief

LAMP Literary Magazine is one of Liberty’s undiscovered treasures. While the arts at Liberty are typically appreciated through theater, music and the visual art disciplines, LAMP offers an increasingly forgotten form — the written word.

Beginning in 2003, LAMP is a semester publication consisting of poetry, fiction, nonfiction and art submitted by Liberty students and alumni. Submissions are currently being accepted with a rapidly approaching deadline of Sept. 25.

“If you’re wondering what submissions should look like, we are looking for a good story, image-driven poetry, entertaining and thoughtfull,” Professor Chris Gaumer, the general faculty advisor for LAMP, said.

LAMP has increased the use of social media through Facebook, Twitter and a highly amusing blog. The staff maintains the blog, and this year will post honorary minimums from submissions.

“It’s so exciting to see the magazine grow and mature. Through Facebook, Twitter and hilarious, insightful blog posts, the editors give LAMP much more of a personality,” Lydia Rollins, a junior English major, said. Additionally, the publication will be celebrated with a launch party. The party is used to invite contributors to read the magazine and to promote other events supported by the English department.

“The creative writing community is truly growing, eager and active. Students love to be creative,” Gaumer said. At 7 p.m., Sept. 27, the Undergraduate Writing Center and LAMP will sponsor a "Red-stage Reading." The event will allow writers to read their work aloud.

“Christian can create good art, and it doesn’t have to be happy or sincere,” Elizabeth Cook, the general editor for LAMP said.

LAMP’s website also takes submissions for artwork, including graphic design and photography. Because of the cost of printing, black and white submissions are preferred.

LAMP Fall 2011 will be available at the writing center’s celebration for pickup at the launch party or the English department.

Submit all writing and artwork to the LAMP magazine office. For more information, visit lampmagazine.wordpress.com.

ROEDDING is a feature reporter.
Insomnia: The sleepless syndrome

Betsy Meschak
B6/Liberty Champion

Deprivation can result from 30 to 50 percent of the population in any given year. According to the Mayo Clinic, insomnia is the inability to fall asleep or the inability to maintain sleep during the night. This drained, sleep-deprived brain can last anywhere from less than a week to months on end. According to the National Institute of Health website, it is more common in women and affected anywhere from 10 to 50 percent of adults.

Over time, sleep deprivation can result in sleep debt, which is difficult to make up. According to an article by the Mayo Clinic titled “Sleep: Your Body’s Mean of Recovery,” it is almost impossible to repeat the regular sleep cycle can lead to increased activity and decreased focus and also inhibit a person’s ability to sleep. Using electronic devices, such as televisions or laptops and phones, which stimulate the mind, can also disturb sleep.

A daily routine can also help people fall asleep faster. According to Blais, the average college student needs about four to five REMs a night. To find out the optimal amount of sleep your body needs, then use the balance between light and dark. This means they need about seven to eight hours of sleep. Blais said one of the best things a person can do for their body is to wake up groggy. The basics of sleep: There are five stages of sleep. These stages can be easily woken. A person’s eyes are not being honest with themselves. If you need to wake up at 7 a.m., you'll want to go to bed at either 10:30 p.m. or midnight. You'll want to go to bed at either 10:30 p.m. or midnight.

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Horn brings hope for Somalia

Samantha Fowler
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The Schilling Center was filled with students, faculty, Sept. 9, to raise awareness and hope for the Somalia people at the Horn of Africa concert. In July of this year, the United Nations declared a famine in Somalia, which is located on the east coast in a region known as the Horn of Africa. Somalia has been suffering from a drought for the last six months, forcing thousands of Somalis to leave and find refuge in neighboring countries. Suzanne O’Dell, online community manager for World Help, said in her July 25th blog post that the United Nations reported over 11 million people in the Horn of Africa are in desperate need of food, water and medical care.

Recent reports posted on World Help’s website stated that “More than 30,000 children under the age of five have perished in the last 90 days in southern Somalia alone,” and that number has risen to an estimated total of 90,000 for the entire region. Members of World Help and Liberty University’s student body put together a concert that would spread the situation in Somalia. The event was to inform the Liberty student body about what World Help is doing to provide aid. The goal of World Help is to send 10,400 long containers that total 260,000 meals, along with water and medical supplies. Each container, however, costs $2,000 to send, but they are guaranteed to reach the Somali refugees and others in need.

Alumna Jessica Cockran, class of 2011, expressed her concern about the situation in Somalia and her decision to change her major. "This is dumb, really dumb," Bowlin said about her decision to change her major. "But, most of the time I am not thinking with my head, I am thinking with my heart. I am not meant to be a psychology major, but a worship major. Tonight was phenomenal," freshman Kari Boslin said on Wednesday night’s message. After a special time of worship, Boslin realized that she was not meant to be a psychology major but a worship major. "I was like, ‘I just have six different instruments, and I love it. What is wrong with me?’ This is dumb, really dumb," Boslin said of her decision to change her major. "Beyond offering students a fresh start to a new year, SEW also acted as an introduction to what Liberty University is about to new students. "It’s such a good perspective setter for the year. It’s the heart of the ministry side of Liberty and a good set for us to jump off of our major. Tonight was phenomenal," sophomore Kim Thompson said. "I really appreciated that King is the speaker for SEW because, much like the school, King is honest with students and does not apologize for spreading the gospel. Honesty is a principle that King himself promises students he will promote for their best interest, in hopes of being genuine. "This is my promise to you. Be the grace of God, I do not intend to fake it with someone else’s speech to you,” King said Monday night. King will be speaking 7:30 p.m. Wednesday night at campus church.

For more information about Clayton King, visit his website at www.claytonking.com.

KOPPENHAVER is a feature reporter.