By Sara Lesley

\[\text{F}r\text{om the rolling hills to the cozy coffee Shops, Liberty students are discovering one of Liberty's best-kept secrets. The small community of Wyndhurst blossomed over the spring and has been thriving ever since. The aroma of coffee and gourmet food fills the streets while glowing storefronts beckon passersby for a closer look.} \]

\[\text{“It’s like a city that’s sprung up overnight,” said Rex Hammond, the CEO of the Lynchburg Chamber of Commerce. “It’s an extremely positive addition to this area.”} \]

\[\text{“Before we got there, there was nothing but cows on the land,” said Philip Jamerson, the owner of Philip Jamerson and Sons contracting group. Jamerson was the sole investor in the 400 patch of property. He bought the land from a private owner for $1.2 million and poured in another $1.6 million more. He began construction. Now, according to Jamerson, the property is worth as much as $400 million.} \]

\[\text{“The circumstances were right. We were just in the right place at the right time,” Jamerson said. “You could almost call it dumb luck.” But Jamerson also knew it took plenty of planning and cooperation from the city of Lynchburg and the Lynchburg Area Business Association, an organization that invests in businesses. “What they needed was somebody to put this package together,” Jamerson said. And that’s where Jamerson rolled in.} \]

\[\text{Now Wyndhurst is spreading with over 500 people and 40 businesses. Pack brunches and qurats are scattered around the neighborhoods and streets. “It’s just like this little town — like a Mayberry town,” Jamerson said with a chuckle.} \]

\[\text{Indeed, walking down the streets is like taking a step back in time to a quieter, simpler era. “It’s a great place to get away from Lynchburg,” senior Katie Mclean said. Even though it is located in the city limits, Wyndhurst “is like going to another city,” she said. “I love it because it’s a real sweet area, cute homes, fun shopping. It’s like you’re in a different element when you go there. It’s totally a different atmosphere than what Liberty and the Lynchburg area will give you,” Mclean said.} \]

\[\text{Many students are familiar with The Neighbor’s Market Cafe yesterday in the downtown area. “By being one of the first businesses in the area, the restaurant opened the new Neighbor’s Market Cafe yesterday in the downtown area. “By being one of the first businesses, we know that the town center was a vibrant area that has a destination style for people to come to other than Wards Road or something like that,” explained Alex Richardson, the owner of The Neighbor’s Market Cafe. “It’s whole different type of atmosphere. It’s like a city that’s sprung up overnight. It’s an extremely positive addition to this area.”} \]

\[\text{By Linda Laferriere} \]

\[\text{Super Conference lights up the week} \]

\[\text{By Linda Laferriere} \]

\[\text{With a focus on community, Rick Warren led the opening service at this year’s Super Conference. Warren, the author of Purpose Driven Life and pastor of Saddleback Community Church came to Liberty and spoke to over 4,000 pastors.} \]

\[\text{“Pastors will preach messages on everything from the Purpose Driven Church, to what we get our atmosphere from Christ died for the church, and we get our purpose from Him.”} \]

\[\text{“The whole concept is about deepening community in the church,” Warren said. “We can’t fulfill our purpose by ourselves. Christ died for the church, and we get our purpose from Him.”} \]

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Jamey Sturgill's excellent adventures

By Misty Maynard

This summer, senior Jamey Sturgill embarked on a journey of a lifetime to China. From his heart's desire, a passion for adventure, and a curiosity for new cultures, he embarked on a trip that would alter his life. Sturgill always answers truthfully.

"If we trace it back to its origin, cell phones were..."
Super Conference: Teaching leaders how to serve

Continued from page 1

Breakout sessions will be taking place during the day including sessions on adults, youth, family, worship, mentoring, children, and family ministries. Students can go to Super Conference, for Super Conference schedule and assignments. Classes will not be cancelled, but students are encouraged to go to sessions of their choice, not interfering with their class schedule.

"I hope to acquire a fresh understanding of the Holy Spirit," said worship student David Gallagher.

"I hope to learn about ministry. I was invited by my pastor. I am excited about this different experience," said David Gallagher. Worship student David Gallagher is involved with the video ministry at his home church.

"I came to Super Conference to have personal time with God, and to be refreshed for my ministry, and to see some of the students from my church more personally," said Paul Hart from Georgia. "Hartness is the minister of education at the church. With the Purpose Driven Community church project, a church project kicks to reach out to our community. Salisbury Back Church is planning on going out into the community and feeding 15,000 homeless people that reside in Orange County, for 40 consecutive days. When talking about the purpose behind the Purpose Driven Community campaign, Warren said, "We are not meant to be loners. We are meant to fulfill God's purpose in the church. God purposed us as Christians to be better together, and to serve together in community and around the church.""I hope pastors and lay people leave Super Conference with excitement and new ideas for their church and community," said Lew Wyler, director for Christian Service at LU. "I also hope that the pastors and lay people leave Super Conference with excitement and new ideas for their church and community." Wyler said he is also expecting Super Conference to "expose pastors to students, and to make them want to send their kids here."

Contact Linda Lawson at llawson@lib­erty.edu.

Wyndhurst: Where to go to unwind and get away

Continued from page i

The Neighbor's Market Cafe offers a cozy atmosphere and spots to grab a bite and enjoy a drink. The cafe sits in the middle of a two-block radius of Neighbor's Market, one of three coffee shops in a two-block radius. The European Cafe offers a cozy get­away for students to unwind and get away. The cafe will have a "quick serve, grab and go experience." Students can go to the cafe during Super Conference to have personal time with God, and to be refreshed for my ministry, and to see some of the students from my church more personally," said Paul Hart from Georgia. Hartness is the minister of education at the church. With the Purpose Driven Community church project, a church project kicks to reach out to our community. Salisbury Back Church is planning on going out into the community and feeding 15,000 homeless people that reside in Orange County, for 40 consecutive days. When talking about the purpose behind the Purpose Driven Community campaign, Warren said, "We are not meant to be loners. We are meant to fulfill God's purpose in the church. God purposed us as Christians to be better together, and to serve together in community and around the church.""I hope pastors and lay people leave Super Conference with excitement and new ideas for their church and community," said Lew Wyler, director for Christian Service at LU. "I also hope that the pastors and lay people leave Super Conference with excitement and new ideas for their church and community." Wyler said he is also expecting Super Conference to "expose pastors to students, and to make them want to send their kids here."

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MBA program revamps its distance learning

By Angela Femandez

Liberty University’s Master of Business Administration program was awarded a “Best Buy MBA” designation for 2004 from www.setu.com. Of the 120 distance learning MBA programs reviewed for 2003-2004, Liberty ranked in the top 10 for delivering a high quality of education at a low tuition savings of 40 percent over the national average. The MBA program operates in 300 percent during 2003 and had an unprecedented student retention rate. According to Associate Dean of Graduate Studies Dr. John George, Liberty’s MBA program has pioneered a progressive model of distance learning since 2003, making the program as even more better financial value.

The MBA program remains one of the most popular programs at Liberty University. With a robust curriculum and many options for specialization, the MBA program is designed to meet the needs of both full-time and part-time students who are enrolled in the program. Offered online, the MBA program allows students to complete their degree at their own pace, providing flexibility and convenience. The program is designed to help students develop the skills and knowledge necessary to succeed in today’s fast-paced business environment.

The MBA program offers a variety of courses and electives to meet the needs of students with different career goals. Whether you are interested in management, finance, marketing, or entrepreneurship, the MBA program has a course for you. The program also offers a comprehensive career services program to help students find employment after graduation.

One of the key benefits of the MBA program is the strong emphasis on networking and connections. Students have the opportunity to connect with other professionals in their field and build valuable relationships. The program also offers a variety of networking events and career fairs to help students build their professional networks.

In conclusion, the MBA program at Liberty University is a great choice for students who are looking to advance their careers. With a strong curriculum, flexible scheduling, and a commitment to student success, the MBA program is a great investment for your future.

StrengthsQuest test gives insight to faculty, students

By Roberta Gentry

You may not know what StrengthsQuest is, but you know. StrengthsQuest is an online tool that helps people understand who they are and where their strengths and weaknesses lie. This test identifies specific talents and traits of an individual and then helps them understand how to apply those strengths in their everyday lives.

The StrengthsQuest test is designed to help students identify and develop their strengths. The test assesses an individual's natural talents and abilities and provides feedback on how to use these strengths to achieve personal and professional goals.

The results of the test are based on the Enneagram, a personality model that identifies nine personality types. The test identifies which Enneagram type an individual belongs to and provides information on how to use their strengths.

StrengthsQuest is a powerful tool for personal and professional development. By identifying and leveraging their strengths, individuals can achieve greater happiness and success in their lives.

At Liberty University, StrengthsQuest has been integrated into the curriculum and used as an assessment tool for students. The test has been used to help students identify areas where they excel and how they can apply those strengths to achieve their goals.

According to Dr. John George, Associate Dean of Graduate Studies, the MBA program would not have been possible without this tool. The test has helped students identify areas where they excel and how they can apply those strengths to achieve their goals.

The StrengthsQuest test is one of the many tools that Liberty University provides to help students develop their strengths and achieve their goals. At Liberty, we are committed to helping our students reach their full potential and succeed in their personal and professional lives.
Vote: LUCR doing its part to bring it out

Continued from page 1

Also anyone who already has an absentee ballot and has not turned it in can turn it in at the School of Government office.

"The biggest problem in our generation is apathy. We want people to believe that their vote counts," said Petr Vose Chairman Matt Newman.

College Republican Chairman Nate Johnson went on to add, "The last presiden­tial election was a very close race in Florida, and even in Wisconsin. This should remind us that we need to do our part and vote." The organization showed its support of the Republican Party by doing campaign work which includes going door-to-door doing different campaigns and volunteering at local level events. "The gov­ernment, and future candi­dates are the future of our country," Johnson said.

"All of the bands we bring in are Christian bands, but they're a little bit different from contemporary Christian," junior Nicole Camacho said.

"All of the bands we bring in are Christian bands, but they're more unique and fit­ted to a style that a lot of these kids like, and a lot of us like them too," Student Life worker Luke Smith said. "Student Life hopes to bring in similar bands throughout the semester."

Contact Megs Joiner at mjoiner@liberty.edu.

THE LIBERTY CHAMPION. Page A5

Concert blasts Schilling Center
Cool Hand Luke, Forever Changed bring down the house Friday night

By Megan Joiner

Students flocked to the Schilling Center Friday night for a free show featuring the demo band Cool Hand Luke, along with bands Forever Changed and Gunsmoke Dialogue. Gunsmoke Dialogue opened the show with three songs. The softer rock sound of the band reminded fans of Blue and Yellowcard. "We're more laid back than Yellowcard," junior Cori Jones, guitar player and vocalist, said.

"The band says that they enjoy playing at Liberty. "It's a lot of fun. Once you start get­ting to know people, you really start having a lot of fun," junior Caleb Jones, rhythm gui­tarist and vocalist, said.

The band also plays at local churches and coffee shops. Jones and Daigle toured with the band Unforsaken in Georgia last spring break. "We really like playing music together and we really like each other, and that's rare...we all have backup careers, but we're going to play music until we get to those points," Jones said.

Cool Hand Luke ended the night with an hour-long set. The band has been together for over six years, and is in the process of putting out a new album "The Fire of Life." The guys said they do not really have one band that they look up to. "All of us listen to a lot of differ­ent stuff, from bands like Cigarette to folk bands like East Mountain South," bass player Chip Kilpatrick said.

Kilpatrick joined the band when one of the guys decided to return to school. "It's been more fun just hanging out with them. I've always looked up to them," Kilpatrick said.

"Cool Hand Luke had a very jazzy sound...I really didn't think I'd like them but I'd heard that they were 'screamo' but I enjoyed it. They're a cool type of music," junior Nicole Camacho said.

"Of all the bands we bring in are Christian bands, but their vote. Chip Kilpatrick said. "It's been more fun just hanging out with them. I've always looked up to them," Kilpatrick said.

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RightKind℠ Discount Books sells Christian plus many other family-friendly titles, all at steep discounts. We are The Storewide Family Browsing Zone℠ because we will not knowingly put on our shelves any book that is not right for families. We exclude licentious and titillating covers and content. This is the meaning of the RightKind℠ name.

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Seminole Plaza, Rt. 29 North
Madison Heights
(434) 528-8181
Desperate need for election reform

LETTERS TO THE EDITOR

Randy Johnson
LU Grounds Manager

"Finds a good wife."

I just read your column and I couldn't believe it. There was someone who actually cared enough to put themselves out there for others. I am not sure how I would have handled this situation, but I am glad they found each other.

Laura Honnold

Deception of property

Growing up on a dairy farm in Pennsylvania, I have many memories associated with our animals. One of those memories is of the trust that I had in my father and the love he had for his farm. Coming from a long line of farmers, I know that the hard work and dedication that go into running a farm are crucial. I am proud to be part of this community and to help preserve the way of life that has been passed down through generations.

Theo Hugens

Commentary

We live in a society dominated by visual images. As a result, the written word has lost much of its power to influence us. Everyone often forgets that throughout history, people sought knowledge and understanding of the world through the written word. Today, our society is more technologically advanced, and we tend to read books, newspapers, and other written materials less frequently. However, there are still those who value the written word and its ability to convey ideas and emotions.

But, we also have to consider the impact of visual images on our society. Images can be powerful tools in shaping our perceptions and beliefs. They can convey messages that are not always clear or obvious in written text. For example, a picture of a sad child may elicit more sympathy than a paragraph describing the same situation.

This is why it is important for us to recognize the power of images and to use them responsibly. We should be mindful of the messages we are sending and the values we are promoting through the use of visual images. At the same time, we should not ignore the value of written text. The written word has been a powerful tool for communication and self-expression for centuries, and it continues to play a vital role in our society today.

By combining the power of visual images and written text, we can create a more dynamic and effective form of communication. We should strive to use both forms of expression thoughtfully and intentionally, recognizing the strengths of each and finding ways to complement them.

Theo Hugens
“I like Switchfoot because they reach more than just a Christian audience.”
—Libby Farwell, Soph.

“Skillet and Travail because they have impacted me and they encourage me in my walk with Christ.”
—Jessie Wilson, Fr.

“True Colors”

“The Dan” pushes personal agenda at CBS

What perhaps began as just another glowing exam­ple of media bias has turned into afontsize of contro­versy for CBS News and Dan Rather. What began as a comment about aConverted to Christ a few years ago, and as a Christian pop artist, they have impacted me and they encourage me in my walk with Christ.”
—Jessie Wilson, Fr.

“Cross Movement because they reach more than just a Christian audience.”
—Damon O. Blair, Jr.

“I Like Switchfoot because they reach more than just a Christian audience.”
—Tara Maga, Jr.

“For fair, accurate, reliable, and independent reporting.”
—Bill Belichick, Head Coach, New England Patriots

“Switchfoot because they are reaching younger genera­tions and adds a new edge.”
—Dannon O. Blair, Jr.

“I have the confidence in these documents that would allow us to continue vouching for them journalistically. I find we have been misled on the key question of how our source for the documents came into possession of these papers.” Rather also said that this was a mistake in judgment and that he is accountable for it.

The answer is because they wanted to. CBS and Rather had ideological leanings and personal political agendas to get President Bush out of the White House and Senator John Kerry in, and in that case, that agenda filtered down to "a no Mi­nute's broadcast" that should have never been aired.

Who are your favorite Christian bands and why?

Julia Seymour

“Nothing is more important to us than our credibility and keeping faith with the millions of people who count on us for fair, accurate, reliable, and independent reporting.”
—Bill Belichick, Head Coach, New England Patriots

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The Liberty women’s soccer team took a big 2-0 win over Coastal Carolina. The Flames traveled to Conway, S.C. on Wednesday for their first game of the season and picked up their first win. "It’s a great feeling to have this win," said Coach Andre Gould. "It’s a great way to start the season.

The Flames dominated the game with its intensity and fitness. Especially when it came to brothers. Today the Flames will learn from this game and look forward to the games ahead."

**Ladies beat preseason number one Coastal Carolina 2-0 in big goal by Abby Mott. The goal was the first of her career here at Liberty.**

**When big brother spoke**

Eugene Goodman remembers back to the backyard where they commenced playing football with the ball last just as they used to as kids. Only this time the younger brother, Eugene Goodman, is a bit stronger, a bit sweeter and a bit bigger. There is something different about this game through. The oldest brother, Marlon, can’t compete with his younger adversary, and the game doesn’t last as long as he remembers. So he ends knowing that his younger brother has never played this hard before.

"You think they play the ball out on the field, and played the hard on Saturday. You just have to be good enough to go on or you want to play. I’m proud of you, you’ve grown so much. But you have a long way to go," said coach to student. The younger brother only resonates in his victory letting the seed of information head in one ear and out the other, as most important and as long as he can.

**Flames football loses third straight**

The Flames came into the contest trying to get a much needed win heading into conference play. They took the field hoping they could put together a complete showing after two back-to-back losses in which they played good football. These substitutions would prove to be costly, as early in the first quarter Youngstown State quarterback Zaciy Kolegue would be blocked to preserve the win for the Penguins late in the third quarter.

"Football’s a 60-minute game," said Coach Andre Gould. "We can’t give away points on penalties.

**The Bottom Line**

Paul Troth talks about a few things that bother him the most.

**Ladies beat preseason number one.**

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The Flames dominated the game with its intensity and fitness. Especially when it came to brothers. Today the Flames will learn from this game and look forward to the games ahead."

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Paul Troth talks about a few things that bother him the most.
By Patrick Doney

So for this year, my column has had a point, a purpose to state my thoughts about a certain subject that seems to interest the general public. This week, all of that will change. I introduce to you for the first time, the Brick Wall. This team is not abysmally good. They are not abysmally bad. They are just good enough to hold you for the season?

I had a point; a purpose to state my thoughts about a certain subject that can be intriguing on karaoke night. Five Good Minutes With... Tanya Payne...what she had to say in an interview with our columnist. Let us begin with what has been before coming here. As a team, I just want to do well and stand your ground. This is the day that the Lord has made. Go out and live it!

By Megs Fatkin

SPORTS REPORTER

By Megs Fatkin

THE BOTTOM LINE

Football: Strong game for Troth

Continued from B1

"Even though we didn't get a score out of the passing game that I think we were in better sync with Paul," said Griffin. "I think he needed this game for his confidence level because we're going to have to open it up to free up Fitzgerald and Tami."

With a 100-yard performance Goodwin continues to break his own record of consecutive one-yard games all new records at home. However Goodman's day was marred by a tackle that put the Penguins at the Flames 30-yard line. It was his first last punt in four years as a Flame.

"Don't make excuses for fumbling. It was totally my fault and it won't happen again," I put it out my mind and now I'm focusing on Cheston-Webb," said Goodwin. "This is like the conference championship game when you set the pace for the title."

The defense was pared by C.J. Moore who for the fourth time in as many games finished with double digit tackles with one of nine intercepts. The defense will be heavily counted on to stop the Bulldogs passing attack that led them to an overtime victory of Ray Western Carolina. Reassessing. Untested start early in the afternoon, but the game will begin under almost perfect skies.

Contact John Davis at jadavis@liberty.edu
Goodman remembers his brother’s advice
Continued from Page B1

“I never really understood what he was trying to teach me until it was too late. I just wanted to be better than him. I knew never that would be the last time we would get to play together,” said Goodman about his and his brother’s last football game.

It is a constant reminder of how the young generation looks at advice from those that have been there before them. This was just the last vote of confidence that Goodman’s older brother Marlon Revish offered to him in a career that has been full of ups and downs.

In 1995, an optimistic Goodman tried out for his TV football team, but then at age 5-6, 130 pounds, his coach- ers weren’t exactly jumping at the prospect of having him on their squad. A few days into practice his coach- es told him he’d be better off quitting the team.

“They locked me off because I was too small, so I joined the band as an alter- native. I wasn’t ashamed, but I told him I’d play football again,” said Goodman of his experiences. However, Revish wasn’t going to let his baby brother give up that easily. He returned home from Florida to put the fear of “big brother” into him. He told his younger brother that if he thought he was stronger, and even if he did…he’d try to rescue his弟弟 from specializing in any sport other than football.

“Goodman’s brother saved up to make him better. I was too small, so I only wish I would’ve told him I love him more often, but I enjoyed his death because I know he’s in a better place now,” said Goodman.

By Brian Kennedy
SPORTS COLUMNIST

So I am two weeks behind schedule writing about the begin- ning of Monday Night Football. Monday Night Football has been a tradi- tion stemming back all the way to when it was a radio program. Even prior to Howard Cossell, to the infamous John Madden (boom!), there have been many premiere showdowns of the season.

The Thursday night doubleheader will be sure to have four quar- terback duels, some blouses here and there and many jaw dropping plays. So far this season we have seen Brett Favre and the Green Bay Packers take on Julius Peppers and the Carolina Panthers and put them in their place. Last week we got one of the many mysterious showdowns of the season. Randy Moss and the New England Patriots went to upset the Super Bowl champs and the Colts decided to stage a miracle comeback.

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For Packers fans, the most recent memory would be the dismantling of his father. Those who are not fans will realize how impor- tant football is to them. Goodman can only say when I talked with Coach Davis he only wished he had gone to college because my father was going to allow him to get off the field, becoming a fan favorite.

“Brother:” Goodman remembers his brother’s advice

Goodman remembers his brother’s advice

Monday Night Football and the beginning of Monday Night Football. Monday Night Football has been a tradi-}
Rachel VanHofwegan overcame her injury and got back on the court. Through her healing and rehab, Rachel learned to be thankful for all of God's blessings big and small. She spoke on her thankfulness for God's healing power saying, "I was so thankful that I had two legs, and then I was thankful that I could walk. Then I was thankful that I could jump again and play again."

As Rachel was surrounded by trials and overcome obstacles, her faith system helped her to red shirt her freshman year and get back on the court again. "I knew that I work really hard at trying to develop leadership qualities when I am out on the court trying to be encouraging. I know I probably do not always come across that way, but I hope I do," she said.

In her time at Liberty, Rachel has come to appreciate the aspects of Liberty that truly sets it apart from other universities. She added, "I really appreciate having good teachers and having students in the classroom that are there to provide us with the opportuni­ties we have to hear men of God speak and grow spiritually."

Rachel commented that her most memorable moment in her time here at Liberty was when she was recently engaged. "I met my fiancé, Matt, right here and I am thankful that I was able to meet him while I was still at Liberty," she added. "I was led to meet him through my faith and the volleyball team at Liberty."

Rachel has also found the volleyball team to be a source of encouragement and motivation to grow spiritually. "The team has encouraged me so much this year and we are working so hard. We are developing character and teamwork and we're learning how to interact with other people. Spiritually this team is very positive because you see all these people that you're so close to, and you get to watch them grow."

Rachel commented on how the volleyball team can be a tool for evangelism and leading people to Christ. "One of the girls on the team was saved my freshman year and it's been great watching her grow. I think that the fact that we have a volleyball team at Liberty and that it saves people is awesom­e."

When her days as a student athlete are over, Rachel commented that she wants to be remembered as someone who put all she had into the sport. "When my days as a student athlete are over, I would love to be remembered as someone who left it all on the court. I also want to be remembered as someone who grew spiritually and in my abilities to play."

Rachel commented on how important talking to God is. She said, "The importance of prayer is something I learned through the volleyball program. There have been many decisions as a team that we have had to make and that we have prayed through. Seeing God's work in my life and my teammate's lives through prayer encourages me."

Rachel added, "I really appreciate the aspects of Liberty that truly sets it apart from other universities. I really appreciate having good teachers and having students in the classroom that are there to provide us with the opportunities we have to hear men of God speak and grow spiritually."
McDougall sets course record, wins third straight meet

By Paul Troth

The Liberty Flames cross-country team completed their third meet of the season on Saturday and for the third time, freshman sensation Josh McDougall was the individual champion. Facing his toughest competition of the year so far, McDougall continued his dominating performance as he added the Paul Short Invitational title to his ever growing list of first place finishes for the 2004 season. Running in a field of 390 runners, McDougall covered the flat and grassy eight-kilometer course in a meet record time of 22:43.53, beating his closest competitor by 10 seconds.

As a group, the Flames finished 14th of 36 teams, totalling 147 points. Georgetown won the men’s competition with a total of 83 points. After McDougall in first, the next Flames scorer was junior Evan Foltz who finished in 89th place with a time of 23:40.89. Freshman Clint Jackson and senior Juan Benegas finished 10th and 11th in 26:32 and 26:34, respectively. The Flames fourth runner was Reyno Quiroz who finished in 19th place with a time of 22:56.28, while seniors Melissa Blackstone round out the top five finishing in 25th place with a time of 23:04. Freshman Asia Ramsey was the sixth runner for the Lady Flames and she finished in 26th place with a time of 23:24.

The Flames next race occurs this coming Friday when they travel to the Great American Cross Country Festival in North Carolina as they compete in one of the most prestigious collegiate cross-country meets in America.

Division 1-AA playoff system

The way the Bowl Championship Series should be

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A students settle into the semester and become accustomed to their daily lives at LU they may begin to notice it takes a little extra tug to button their pants or those baggy sweats are fitting a little more snug. Maybe it's just that companies use less material in their pants or those baggy sweats. "I've noticed that many students are seeking ways to stay in shape in their daily life at LU they may begin to notice it takes a little extra tug to button their pants," said senior Alissa Lim. Lim is a member of the new Student Center upon its completion. In the meantime, Lim said she's keeping fit by running, walking, doing pilates in her dorm and working with muscle resistance handle. Lim said one of the best things she has found is walking. She is involved in several accountable groups and discovered a great way to stay in shape while meeting spiritual needs as well.

Joiner told Prada, the director of LU Fitness and an aerobics instructor, had several suggestions for students. "The Fitness Center is a great place to work out even if you can run up and down the stairs, (and I love to stroll outside around the top.) I think that's the most practical solution. She also suggested walking around the track, playing volleyball or basketball at David's Place and walking through the new and improved Student Center. According to Lim the two entrances to Wyrghust is exactly one mile.

"At this time, the options (students) have are the outdoor, running track, biking (or bicycling)," said Jeff Boyer, director of Student Life. "We're just waiting for facilities. When you grow as fast as this university has, every single dollar that we raise is spent quickly..." Boyer said he wanted to thank the students for their cooperation during the construction. According to Boyer, the Student Center should be completed several weeks prior to the end of the fall semester, except for the pool, which is supposed to be finished towards the end of November. However, the Student Center should be completed with the last five weeks. The hardwood floors have already been laid and are currently being sealed.

With all the hype of fad diets and the women believe so strongly that they will gain weight that they can't eat healthy. This is a very effective apology. It can get you out of many bad situations. "Brothers don't shake hands. Brothers get hugs."

Next time you meet a guy who lives in your dorm, give him a big hug then say the line. "Bill Madison

Slimmer and handsome, I am on first and class the hair. Conditioner is better than the hair or smooth."

Use this line the next time you're shopping for suits. Have a conversation with mannequin and ask him about the place and then get home. "Zoe Lender

"Have you seen the new Student Center?" This is a more life, other then being really stylish, really, really, really good looking." This is a good one to use during a philosophical discussion. Insult this line with this line and see how many weird look you get. "Call me gay"

"Call me gay doing another gay role."

The next time someone asks you to get a beer, ask them if it's the end of the month, the end of the semester, or the end of the school. "Promise me you won't go bungee jumping next time. They just don't have the regulations.

Use this next time you know someone is going on vacation. Even if they're not going to Mission, the point will be made. "What's the soup du jour?"

Yes, how much of all the things that you like, that you love? Do all the things that you love. This is a good one to use during a philosophical discussion. Insult this line with this line and see how many weird look you get. "Shrubberies are my trade. I am a shrubber."

"Of the-bags" and insert this line. "The only way I'd ever get this line. Say this next time someone asks what you do. "As a shrubber, a shrubber, and a shrubber."

Congrats for the big benefit, as a shrubber you can have it, okay?"

"You're very good-looking. I'm not very attractive."

My name is Roger the Shrubber. I arrange, cut and fert the shrubbery."

When someone at your table asks this question answer with "It's the soup of the day." If they've seen the movie, they have a responsibility to say, "umm...that sounds good."

"Shrubberies are my trade. I am a shrubber."

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With all the hype of fad diets and the college food choices play a large role in weight gain or loss, exercise is necessary to stay healthy. To work off unwanted pounds, there are many opportunity for LU students to participate in physical activities like intramural volleyball or soccer. Jogging in the track Center is also a popular way to burn some calories. There are endless numbers of ways to get in shape, to stay active on and off campus. With all the hype of fad diets such as The Atkins Diet or The South Beach Diet, students might be confused with which is the best way to exercise. It's important to know the facts and understand diet with plenty of exercise.

Contact Alicia Wotring at awoting@liberty.edu.

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Students discover best dining on campus

By Andrea Winkler

All on-campus students have a meal plan and it's important to know how to use it in its fullest potential. Many students are not sure of which plans they should choose. Knowing what the choices are can be a step in the right direction.

Best place to eat in Campus North

The Campus North Café offers deli sandwiches, pizza, pretzels, hot dogs and salads. Also, basic drinks and desserts are available. Manager Tom Donovan expects to have a specialty bar that many lovers and vegetarians will be able to enjoy along with soups and desserts in the future. According to Donovan, "We’ve got to have desserts!" Only meal plan points are accepted now, but there may be meal drafts for certain items in the future.

Best place for social eating

East Side Market is located in the new Club House on the east side of campus. The market is fast food and includes bitcoin cheeseburgers, grilled chicken sandwiches, nachos supreme, mousseline sticks and onion rings. Also, basic convenient store items are available like half gallons of milk, two-liter sodas, microwave dinners and boxes of cereal. "When I can’t make it to Wal-Mart, I can come in by in the mornings to get milk and cereal," said junior Amber Gemmler. "There’s a wide variety here." She says she enjoys the market because it is a place to hang out. The amount of customers served daily proves how popular the market has become.

Best place to avoid a crowd

Located in the main traffic floor of the classes, the Café a La Carte I is ideal for grabbing a salad or sandwich for under $4, drinks for around $1, fruits or candy for under $1, baked pastries, bagels for a quick cup of coffee. Lines are much shorter than other areas on campus. Cafe a La Carte II will be coming soon to the Fine Arts Hall.

Best food court setting

The Hangar offers freshly made wraps, quesadillas, curry fries,平原, loaded fries, pretzels and smoothies. Also, Starbucks’ coffee is available. Students really like this meal at the Hangar for $8 to $8.50.

Best place for a relaxing atmosphere and a cup of coffee

Jazzman’s Café offers typical coffee house drinks and steak. Drinks run from around $8 to $13 while lox drinks are a bit more expensive. Cookies, muffins, turnovers, salads and sandwiches are also available.

Best place for eating near dorms

The C-Store is located off of Dorm 15, convenient for students living near the Circle. Rather than waiting in long lines, students can purchase hot dogs, nachos, pizza, colas or snack items to take back to the dorm. Also available are Schlotzsky’s sandwiches, dinners and hot pots.

Best place for a healthy meal

The dining hall is the healthiest place on campus to eat. Meals are catered to vegetarians and meat lovers alike. Students can get the most out of a single meal here. When on the go, take-out is also available with a condensed version of the dining hall’s meals and hot pots.

Brunches for serving different hours and different meal plans can be picked up in the dining hall. Whatever meal plan chosen, each student should be sure to use the meal and pantry within their plan by the end of each semester because meals do not roll over to following semester.

Contact Andrea Winkler at awinkler@liberty.edu

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Thursday at Friday's
A review of Lynchburg’s newest restaurant

By Tim Dalton

A Life, Sports Editor

With classic tunes filling my ear, I was directed to a quarter-circle booth. I sat down and opened the menu my happy, helpful server had given me.

Forgetting I wasn’t hungry, I began searching the menus for the center that would make my day. Classics must have reused my decision-making power because I couldn’t choose.

My server, Kelly Satterwhite, returned with my soda. I figured her opinion couldn’t have decided which had already made routine switches and tried not to choke.

For less than $16, not including thetip, I had a king on his birthday. The rest of the meal followed suit with the man of other fine dining restaurants in the area.

Pasta, shrimp, fish, sandwiches, burgers, ribs and, of course, steak are all part of 7:01. Friday’s has a wide selection of food. No matter what you get, don’t forget the sauces. Besides the r e c e m a n on every- thing, I have seen the sauce take back to the dorm. Also available are half gallons of milk, approved meals do not roll over to following semester.

“Friday’s will be there. It may just become the center of East Side Market is located in the new Club House on the east side of campus. The market is fast food and includes bitcoin cheeseburgers, grilled chicken sandwiches, nachos supreme, mousseline sticks and onion rings. Also, basic convenient store items are available like half gallons of milk, two-liter sodas, microwave dinners and boxes of cereal. "When I can’t make it to Wal-Mart, I can come in by in the mornings to get milk and cereal," said junior Amber Gemmler. "There’s a wide variety here." She says she enjoys the market because it is a place to hang out. The amount of customers served daily proves how popular the market has become.

Best place to avoid a crowd

Located in the main traffic floor of the classes, the Café a La Carte I is ideal for grabbing a salad or sandwich for under $4, drinks for around $1, fruits or candy for under $1, baked pastries, bagels for a quick cup of coffee. Lines are much shorter than other areas on campus. Cafe a La Carte II will be coming soon to the Fine Arts Hall.

Best food court setting

The Hangar offers freshly made wraps, quesadillas, curry fries,平原, loaded fries, pretzels and smoothies. Also, Starbucks’ coffee is available. Students really like this meal at the Hangar for $8 to $8.50.

Best place for a relaxing atmosphere and a cup of coffee

Jazzman’s Café offers typical coffee house drinks and steak. Drinks run from around $8 to $13 while lox drinks are a bit more expensive. Cookies, muffins, turnovers, salads and sandwiches are also available.

Best place for eating near dorms

The C-Store is located off of Dorm 15, convenient for students living near the Circle. Rather than waiting in long lines, students can purchase hot dogs, nachos, pizza, colas or snack items to take back to the dorm. Also available are Schlotzsky’s sandwiches, dinners and hot pots.

Best place for a healthy meal

The dining hall is the healthiest place on campus to eat. Meals are catered to vegetarians and meat lovers alike. Students can get the most out of a single meal here. When on the go, take-out is also available with a condensed version of the dining hall’s meals and hot pots.

Brunches for serving different hours and different meal plans can be picked up in the dining hall. Whatever meal plan chosen, each student should be sure to use the meal and pantry within their plan by the end of each semester because meals do not roll over to following semester.

Contact Andrea Winkler at awinkler@liberty.edu

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Thursday at Friday’s
A review of Lynchburg’s newest restaurant

By Tim Dalton

A Life, Sports Editor

With classic tunes filling my ear, I was directed to a quarter-circle booth. I sat down and opened the menu my happy, helpful server had given me.

Forgetting I wasn’t hungry, I began searching the menus for the center that would make my day. Classics must have reused my decision-making power because I couldn’t choose.

My server, Kelly Satterwhite, returned with my soda. I figured her opinion couldn’t have decided which had already made routine switches and tried not to choke.

For less than $16, not including the tip, I had a king on his birthday. The rest of the meal followed suit with the man of other fine dining restaurants in the area.

Pasta, shrimp, fish, sandwiches, burgers, ribs and, of course, steak are all part of 7:01. Friday’s has a wide selection of food. No matter what you get, don’t forget the sauces. Besides the recommendation on everything, I have seen the sauce take back to the dorm. Also available are half gallons of milk, approved meals do not roll over to following semester.

“Friday’s will be there. It may just become the center of its own community. Swartz was quick to say that Friday’s is a family establishment.

General manager Ron Swartz also pointed out the wall between the market because it is a place to hang out. The amount of customers served daily proves how popular the market has become.

Best place to avoid a crowd

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