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New parking plan presented

Because of the increase of students on main campus, parking issues have arisen primarily surrounding the commuter parking lots.

[...] for any absences (or for being late) in the first three weeks of the semester, thinking that the problem would subside after a few weeks like it has every other semester.

...we received many complaints from commuters who said they were searching for a parking space for 45 minutes or longer, causing them to be late for class," Chancellor Jerry Falwell Jr. said. "I asked the Provost to ask all professors to excuse commuters to ask all professors to excuse commuters to ask all professors to excuse commuters to ask all professors to excuse commuters to ask all professors to excuse commuters..."
The Champion encourages community members to submit letters to the editor or an subject relevant to universities in the United States. Letters should be no more than 400 words and should be signed and dated. All handwritten letters should be submitted to the Champion's editorial team via email or mail.
Alumnus channels students' 'Potential Inside' of Liberty's National Broadcaster chapter hosts movie night fundraiser

Jessica Rossell

Liberty alumna Scotty Grele spoke as the keynote speaker at the Fairfax Broadcasting's fundraising Music Night event, where she first announced this nomination.

The "Potential Inside." As the director, producer and lead role of his own Production company, Grele advances his impact and witness the unique opportunity to hear his story, his experience and his message to young people around the country in the film industry.

The story that "Potential Inside" is to have a "50%" something that could potentially have a lasting impact on the lives of people. But I didn't have a set plan on getting three movies out of that, he said. The "Potential Inside" traces the journey of how Grele came to make a film about his father, who shapes him into the character that he needs to be today.

The chairman of the Public Education sub-committee for a number of those college students who will soon be facing growth and job creation is to keep state Chancellor Jerry Falwell Jr. to improve ket in the United States will come back industry can thrive."

important thing that we can do is keep strong economic development programs again this term."

universities in the state of Virginia. The chairman of the Public Education to the limit of their capability."
Live by the sword, die by the sword
Libya's Moammar Al Gadhafi dies a tyrant's death

Climt Hayes
byclimthayes@yahoo.com

Libya, the capital of the oil-rich nation, is aghast at the news of the death of Libyan leader Moammar Al Gadhafi, who was killed in his hometown of Sirte, Libya, according to official accounts. The news has sparked a wave of jubilation and relief across the Middle East and the world, as the man who ruled Libya for four decades has been described as a brutal dictator and a tyrant.

The news of Gadhafi's death has been met with a mixture of emotions, with some expressing relief and others mourning the loss of a leader who had been in power for over four decades. The death of Gadhafi has set off a wave of protests across Libya, with people taking to the streets to celebrate the end of his reign.

The death of Gadhafi has also sparked a wave of speculation about what will happen next in Libya. Will there be a transition to democracy? Will there be a return to military rule? Will there be a peaceful resolution to the conflict in Libya?

The death of Gadhafi has also raised questions about the role of the United Nations in the conflict in Libya. The United Nations has been criticized for its handling of the conflict, with some arguing that it should have taken a more active role in mediating the conflict.

The death of Gadhafi has also raised questions about the future of the oil-rich country. The discovery of oil reserves in Libya has made it one of the world's major oil producers, and the country's economy is heavily dependent on oil exports. The death of Gadhafi may have significant implications for the country's economy, and it remains to be seen how the country will move forward in the wake of his death.

In conclusion, the death of Gadhafi has sparked a wave of emotions across the world, with people expressing relief, mourning, and speculation about what will happen next in Libya. The United Nations and the international community will need to work together to ensure a peaceful resolution to the conflict in Libya.
President Deas
racheld@liberty.edu

Home for the holidays will not be the troops theme song this year. President Barack Obama issued a statement on Oct. 21 saying that, “All troops will be out of Iraq by the end,” according to CNN.

President Obama made statements that led the nation to believe that U.S. troops would be returning home in time for the holidays according to several news sites such as the New England Post and 13 News. However, U.S. troops may not get to come home quite so soon. According to the New York Times website, soldiers are merely being moved to Kuwait, a nearby nation to Iraq.

It seems wrong of President Obama to tease soldiers and their families with the hope of being home for the holidays when the real intent is merely to hedge his bet on the successful transfer of power.

According to the article, President Obama is afraid for Iraq without U.S. assistance and is simply relocating the soldiers to the post in Kuwait. President Obama is not the only one worrying about the nation of Iraq. The New York Times article said that military officers and diplomats of the U.S., and several nations in the Middle East, “worry that the withdrawal could leave instability or worse in its wake.”

President Obama’s concerns are reasonable considering Iraq’s internal struggles for control between the different religions and ethnic groups. The country is divided by different types of Muslims, such as the Shi’a and Sunnis, as well as other groups such as the Kurds in Kurdistan, according to ProCon.org. The two Muslim groups differ on the question of who should lead after the Prophet Muhammad died, according to About.com.

In addition to Iraq’s internal struggles, the country also has to worry about maintaining control externally. Iraq and Iran are right beside each other, and since Iran has a more established government, there is a concern that once the U.S. steps out, Iran will try to take control again.

Why risk undoing nearly nine years of work during this ‘War on Terrorism’ merely to see it fail, or to see the U.S. troops have to return to the nation of Iraq once again?

The troops being sent to the Kuwait post would enable the U.S. to “respond to a collapse of security in Iraq or a military confrontation with Iran,” according to the New York Times article.

While President Obama’s concerns are understandable, why even bother to remove troops from Iraq only to move them to nearby Kuwait? It seems like it would be easier to simply leave the troops where they are until the nation of Iraq is truly ready to stand on its own.

Why risk undoing nearly nine years of work during this “War on Terrorism” merely to see it fail, or to see the U.S. troops have to return to the nation of Iraq once again?

Deas is a news reporter.

LEAVING IRAQ—U.S. troops are being moved from Iraq, but they are not coming home.

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Liberty Champion/Anthony Avila
fighting fires, manning life rafts

Omar Adams  omaradams@florida.edu

Most classes at Liberty University do not include extinguishing fires, jumping into pools to practice water rescue or flying cross-country for a weekend on an on-duty repertoire, but that is just another day in the life of Students in the School of Aeronautics Flight Attendant Program. The program will be two years old this January, and it is still relatively new in comparison to Schools of Aeronautics at other universities. Students can enroll in the program—flight attendants, a director or an associate’s degree. Taking the elective alone earns students credits toward their flight attendant certification. The current program in the student said they are in the flight attendants are

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Cpl. Mark Finelli: Sept. 11 survivor
World Trade Center survivor fought in Fallujah, Iraq, now studies law at Liberty University

Omar Adams
omar@liberty.edu

Liberty University students may recognize the name Cpl. Mark Finelli. As a victim banker-turned Marine combat veteran-turned Liberty law student, Finelli made a radical career change when a plane full of people flew into his office building on Sept. 11, 2001.

Three years out of Hampden-Sydney College with a major in history, Finelli worked as an investment banker with Morgan Stanley at the South Tower of the World Trade Center. He and some coworkers stopped for coffee on the 61st floor.

"And all of a sudden you heard a very small explosion, very quiet," Finelli told the Farmville Herald a mere five days after Sept. 11. "You barely noticed it.

Conversation stopped, and sheets of paper fluttered past the windows. Finelli told the Herald that being a skydiver prepared him to make split-second decisions. After stopping to grab his coat, cell phone and wallet, which he "shouldn’t have done," Finelli raced for the stairs.

"By the time I got to the 11th floor, the lights flickered," he told the Herald. "There was another very small sounding explosion, very light, the building shook maybe half an inch."

Finelli continued down the stairs, beginning to smell jet fuel coming from the elevator shafts. Reaching the exit, he checked for falling debris before sprinting for the Hudson River.

"I was on the phone, and I said everybody’s head, and that’s when the building fell," he told the Herald. "I jumped over a gate that divided the Hudson River from the land, and, as the smoke came toward me and the debris, you really couldn’t see your hand in front of your face.

"I'm not sure where they are.""

Two years later, Finelli enlisted in the Marine Corps to serve his country. He was deployed to Fallujah, Iraq in June 2005. Finelli boarded the bus leaving Camp Leyhune with the understanding "that I wasn’t coming back."

"I said there was no way I could be this lucky — that I got through 61 flights of the South Tower on 9/11, and then I’m going to do a six month and three week tour at Fallujah in the infantry and not die," he said. "So I got on the bus and cried like a baby because I didn’t think I was coming home. I admit it, I cried like a baby."

Following his tour of duty, Finelli said it was simply fear of the unknown that had scared him.

"You go to Iraq and go weeks and months without anything happening and you think, ‘What was I so scared for?’" he said. "But people do die — the 20th of October was the anniversary of when my three friends in my company got killed, so it’s tough."

As part of Weapons Company, Finelli’s job was to guard the two main highways between Baghdad and Fallujah. He said guarding paved roads was good because the enemy could only plant improvised explosive devices (IEDs) on the sides of the road.

"That’s how the guys in my company got killed," Finelli said. "They rolled over a big IED that was buried."

Since returning from Iraq, Finelli has been a consultant for Fox News, MSNBC and CNN for both his Sept. 11 experience and service in the Marine Corps. He obtained his MBA from the Warsaw School of Economics and the University of Arizona and is now pursuing a Juris Doctorate from Liberty University’s School of Law.

Finelli intends to work in the private sector for a while, but he said many people have asked him to run for office, "which is a big honour." He referred someone interested in his Sept. 11 story to Google his name and "all they believe it happened" — the story by the Farmville Herald. Finelli said he wanted to change the headline in the Herald article was his statement that "somebody who is educated or read the Koran knows that has nothing to do with your Islam." Finelli said he only made that statement because the president did, but he now thinks exactly the opposite.

Adams is the web editor.

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Justin Jones

A military student's perspective

In this country, much of our focus is on the larger scale, the nation's service to our country and our sacrifices. This focus is justified, but it is a perspective that often overlooks the sacrifices made by those closest to our service members. Families are the backbone of our military and they should be recognized for their support and sacrifice.

Families are often forgotten in the spotlight of the military, yet they play a crucial role in the lives of service members. They are the ones who make sacrifices, who support their loved ones through deployments and separations, and who provide a steady support system for those who are deployed. Families are the ones who keep a soldier's family together.

The Invisible Children, an organization that supports the children of soldiers, recently came to Liberty University to speak about their mission and the importance of supporting military families. The Invisible Children is a non-profit organization that helps children of U.S. military personnel by providing them with educational and emotional support.

The Invisible Children's mission is to foster an understanding of the sacrifices made by military families and to provide resources to help them through difficult times. They believe that military families are an integral part of our military and should be recognized for their contributions.

The Invisible Children's success is due to the support of military families. They understand the challenges faced by military families and work to provide solutions. They believe that military families are an integral part of our military and should be recognized for their contributions.

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Lady Flames rally for a win and for breast cancer

Thomas played in honor of mother

Kyle Harvey
km harvey@ liberty.edu

Friday the Lady Flames volley- ball players spotted pink T-shirts throughout the day reading “Dig Pink” as the team participated in National Breast Cancer Awareness Month. Many in the crowd of 700 wore pink as well in support of medics' research to find a cure for breast cancer. On the court, the Flames had to dig for the something else — a formidable Radford defense. In ad-
vance to disengage the play. Liberty went up 27-20. Cloud.

The defense must hold the visiting Presbyterian Blue Hose to secure the young lead. Liberty middle blocker Nick Sigman had a career high of 3-11. The Blue Hose line up in a sweep, 3-1. Forma-

tion, Sophomore back, Scott Hyland added another point and a block. After a timeout, the Flames finally, “The Bonfire,” poured onto the court to celebrate the victory with their team.

COURTESY OF LIBERTY UNIVERSITY

SUNNIES, Hyland pull through for Flames

Nate Brown
natebrown@liberty.edu

MONSTER DAY

- Andreaik Allen (20) tossed for 140 yards, and two touchdowms in the Flames double overtime thriller against Presbyterian.

The 2011 Women’s Basketball Pan American Games, featuring Liberty athletes Avery Warley, in Guadalajara, Mexico have come to a close. Eight countries competed in the Games for a shot at the gold medals. Warley had the opportunity to be among the 12 players that took part representing the United States.

“I enjoyed being able to wear USA jerseys on the court and also enjoy the respect that we get from fans and other sports.”

USA started the first two games of the tournament against Argentina on Oct. 21 and Puerto Rico on Oct. 22. In the first game, the USA defeated a
designated player for the first quarter, but lost to Argentina 53-55 and to Puerto Rico, the eventual gold medalists 75-70. According to USABasketball, every player was among the big-

gest threats to USA success.

After readjusting, USA defeated Mexico on Oct 24 and Jamaica on Oct. 25. They finished the tournament 7-2 with a 3-2 record.

According to LibertyBasketball.com, Warley contributed a total of 30 points and 16 rebounds during the Pan American Games, earning a .433 percent from the field and 100 per-
cent from the free-throw line. She totaled a total of 28 minutes. Playing along with a different set of skilled players and underwent a new set of coaches were a few chal-

lenges that Warley experienced while in Mexico.

“Being around superstars, the whole experience was a challenge.”

However, if the opportunity pre-

presents itself, Warley would choose to try it again. “I don’t want to do it all over again,” War-

ley said.

Cameron is a sports reporter.

Thomas returned to Liberty and really connected to Dr. Falwell’s dream of reaching the world for Christ and developing a championship program started with the

Liberty athletics department back in 1981 as an assistant strength and conditioning coach for the Liberty football team. In 1991, Gillespie left Liberty to be an assistant strength and conditioning coach at the University of Washington. The Huskies went to the Rose Bowl the next three seasons in a row and since his last appearance the next 11 years. Gil-

liespie was named “The 10-strength and conditioning coach” in 1991 and was promoted to the director of strength and conditioning in Washing-
ton. In 1994, four years later, he went to the NFL, and was part of the Seattle Seahawks strength and conditioning teams for the 2000-04 season.

In the winter of 2005, Gillespie returned to Liberty and really con-

ected to Dr. Falwell’s dream of creating an elite football team. “Coming here to Liberty, I really believed in the mission. Dr. Falwell had of reaching the world for Christ through the game of football. So when I had an opportunity to come back, I explained to me how his vision of reaching the world for Christ and developing a champi-

onship program started with the

strength training and conditioning team for the 2003-04 season.

And it really confirmed to me that the greatest thing in the world. Gillespie has had a lot of experiences in his life. “I kind of threw the numbers out the door and asked, ‘Where are the leaders? Who’s going to lead?’”

Because right now I don’t know who the leaders are out there,”

Pinder said.

As the curtain opened for the Liberty University quarterback Mike Brown lobbed an

end zone pass to 6’4” wide receiver Chris Summers. Mike Brown then turned the game around and played it up. They beat it, they thought it was their greatest thing in the world. And it really confirmed to me that it was helpful.”

Gillespie B4

CLINCH

In the second running of an annual pair, Liberty University quarterback Mike Brown lobbed an end zone pass to 6’4” wide receiver Chris Summers. Summers placed the ball from the air just before a
clearing safety free successful service and a 29-meter field goal by Dr. Falwell. Gillespie entered the scene.

In 1991, Gillespie leaves Liberty to be an assistant strength and conditioning coach. In 1991, Gillespie leaves Liberty to be an assistant strength and conditioning coach and was promoted to the director of strength and conditioning at Washington.

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strength training and conditioning team for the 2003-04 season.
BROWN is the sports editor.

Grading Flames Football

Def: B-
A scoreless first half, 13 points allowed (26, with OTs), and the big final stand come with the unit a solid grade.

Off: C+.
Racking up 456 yards is great. Having only 13 points at the end of four quarters isn’t.

Spec: C
A blocked field goal and a quality point return were key in the Flames scoring in the mix. A missed field goal cost them.

Overall: B-
It wasn’t the worst game the Flames have played, but were not the best either. Bacon called it an ugly win, but a win nonetheless.

FOOTBALL continued from B1

“We knew that if we played our defense, we could shut them down,” Szymon said. “Tonight was in the right spot for the play to happen.”

Clutch.

“The big-time players have to be at their best in critical moments,” coach Danny Rocco said. Summers was there for us and we’re very happy to walk out of here with a 27-29 victory.

Saturday’s double-overtime thriller was a true of different caliber than what is typical for Rocco’s usual offensive configuration.

At kickoff, in Liberty’s future Big South conference, the Flames sparked early, chasmic leads, outscoring their hosts by a combined 101-0. (Cardinals-Wells 31-13 Central, 32-16 Charleston Southern 33-0.)

Saturday afternoon, the Flames listened to Rocco’s halftime pep talk only a three-point lead.

Offensive momentum was interrupted by penalties, turnovers and poor execution.

“I kept telling myself and my teammates, it’s not about how you start, it’s how you finish,” Brown said. “You can play terrible for three and a half quarters and if you play good for that last half of a quarter, you can still come on top on top and that was the thing that pulled us through tonight.”

To skin a cat
Liberty found the big-play button late in the fourth quarter. It could have been desperation. It could have been happenstance.

Ernie Carter returned a punt 41 yards to set up a Flames touchdown, putting Liberty up 15-14 with 1:12 left.

But, Presbyterian drove 63 yards to kick a field goal and force overtime in the waning seconds of the fourth quarter.

Blue Hose junior wide receiver Michael Ruff scored on the first overtime play—a 25-yard touchdown.

Aldreakis Allen answered by stretching the football over the goal line after the change of possession, re-owing the score at 29, all around.

Clutch.

Browns and Summers did their thing, Szymon and Hyland therein. Game over, Liberty 37-29.

“When you’re called,” Hyland said, “you have to answer the bell.”

“Told you we’d get their best shot,” Rocco said. “I told our kids all week long we’re going to get their best shot but we don’t give them that their best shot isn’t good enough and that’s exactly what happened at the end and that’s really what’s all about.”

Counting Cards
Liberty’s narrowly won first down to lift them to a four-game winning streak.

Tebow or not Tebow

Andrew Woolfolk

After all the Tim Tebow praise you’ve heard about the past few months and years, you’d think he could leap tall buildings in a single bound and hurl Earth through hand-to-hand combat, all while walking on water.

The comeback win over the hapless Miami Dolphins only opened the floodgates for praise even more.

Down 13-6 with just over five minutes to play in the fourth quarter, Tebow led the Broncos on two scoring drives to force overtime, in which the Broncos were victorious.

Sparks of Denver fans were a micro-his, if you’ll excuse the cliché. Even fans in Suit-Lite South Dakota were going crazy for their former Gator.

But he is really that great? I know, I know, he’s a great leader, and a great multi-talor, but let’s not act like he’s the next John Elway just yet.

He was that young, that scared. You can criticize his form, his decision-making, his accuracy, but you can’t deny the guy is a winner.

I don’t even have to remind you about Miami’s heart-breaking fourth quarter. Tebow led the Broncos to two scores, digital them out of a 13-4 deficit and forcing overtime, where the Broncos would win.

He wins.

Sunday’s game yet you suffered? Did you see Denver’s offensive line? Yeah, neither did I. Tebow got sacked seven times. What, you want the guy to block for himself too?

You want him to look like the Tim Tebow, the Tom Brady and the former Peyton Manning? Well, let’s look at their first 11 games.

Aaron Rodgers was sitting behind a grey-stubblecl Favre, Brady behind Bledsoe and Manning were 3-1 in his first 11 games.

Tebow wins. I don’t have a Tebow Time watch, I don’t have the plus side of power, the Tebow or the Video Game.

He’ll probably never win a Pulitzer, never run for President, will probably never get the key to Denver or be able to shoot webs from his wrists. I just know the guy is athletically one of the most gifted players in the NFL, and, he wins.
Basketball Big South outlook
Flames predicted to be fourth in the preseason polls

December 2, Liberty.edu

It’s not about how you start, it’s about how you finish. After quick starts by Coastal Carolina, Liberty and Campbell, neither team was able to come on top at the Big South tournament, as the UNC Asheville Bulldogs took the title. However this year’s conference looks as tough as last year in the Big South. Sanders, the Flames finished second last year in the Big South. “You’re obviously coming off a terrific year as Big South Player of the Year, which will tell me the guy that everybody looks to stop the opponent’s scoring report,” Layer said to liberty-flames.com.

Most of years and finished third in the Big South, Jesse Sanders, the Flames finished second last year in the Big South. “You’re obviously coming off a terrific year as Big South Player of the Year, which will tell me the guy that everybody looks to stop the opponent’s scoring report,” Layer said to liberty-flames.com.

Jesse Sanders, the only season long starter, played a key role in last year’s tournament run, including an early exit from the Big South tournament, losing to the High Point Panthers. After winning a record 13 conference games, Liberty faltered late in the season, finishing 13-11 overall. "I think we are finally balanced this year that they can produce," Sanders said. "We are finally balanced in our classes and balanced in our experiences," Sanders said. "That’s where you want to be every year. We haven’t been there the last two years. Whether that means 20 wins or 6 wins, I don’t know. That’s something you’ve got to earn." Layer added by last year’s player of the year in the Big South, Jesse Sanders, the Flames finished second last year in the Big South. "You’re obviously coming off a terrific year as Big South Player of the Year, which will tell me the guy that everybody looks to stop the opponent’s scoring report," Layer said to liberty-flames.com.

Start your game off on a high note.

FYI

 FEATURES

1. Liberty Flames men’s basketball home opener is Nov 11 against Campbell college. Liberty Flames predicted to be fourth in the preseason polls

2. Liberty Champion/B3

3. 10201 Large 1 Topping or Cheese @ $7.99

4. 10202 Medium 2 Topping or 20oz Drink @ $7.99

5. 10203 XLCheese @ $7.99

6. 10204 Any 3 Bread or Lava Cakes @ $7.99

7. 10205 Small 1 Topping and Breadstick @ $7.99

8. 10206 2 Topping and 20oz Drink @ $7.99

9. 10207 Fresh Salad and Breadstick @ $7.99

10. 10208 Fresh Salad and Breadstick @ $7.99

Riva Bany, Liberty Champion/B3, is the lone Liberty player of the year looks to lead the Flames to the Big South championship, projected to finish fourth in the preseason polls while UNC Asheville is considered to win the second consecutive season. Led by preseason Big South Player of the Year, Most Dickey and JP Paris the Bulldogs are predicted to defend their title. However this year’s conference looks as wide open as ever. Another game worth watching is a key starter in John Brown who has not played a ranked opponent since Clemson in 2009. The Flames are also 1-4 against ranked opponents since 2001.

THEIR TOP 10

8. Winthrop
7. Presbyterian
6. High Point
5. UNC Asheville
4. Coastal Carolina
3. VMI
2. Liberty
1. Winthrop

With John Brown and Sunny Ogukwe, due to a season ending injury, others have shown last year that they can produce. “I think we are finally balanced in our classes and balanced in our experiences,” Sanders said. “That’s where you want to be every year. We haven’t been there the last two years. Whether that means 20 wins or 6 wins, I don’t know. That’s something you’ve got to earn.” Layer added by last year’s player of the year in the Big South, Jesse Sanders, the Flames finished second last year in the Big South. “You’re obviously coming off a terrific year as Big South Player of the Year, which will tell me the guy that everybody looks to stop the opponent’s scoring report,” Layer said to liberty-flames.com.

Starting the season mediocre with a six game losing streak, in November 15, 2011, Asheville in the tournament birth before losing in the second round to the Pittsburg Panthers. Liberty faltered late in the season injury, others have shown last year that they can produce. “I think we are finally balanced in our classes and balanced in our experiences,” Sanders said. “That’s where you want to be every year. We haven’t been there the last two years. Whether that means 20 wins or 6 wins, I don’t know. That’s something you’ve got to earn.” Layer added by last year’s player of the year in the Big South, Jesse Sanders, the Flames finished second last year in the Big South. “You’re obviously coming off a terrific year as Big South Player of the Year, which will tell me the guy that everybody looks to stop the opponent’s scoring report,” Layer said to liberty-flames.com.

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The Flames play in the 2K Classic formally called the College Hoops Classic, Lynchburg Regional bracket, which includes the Flames hosting Eastern Kentucky, Leicester and William & Mary. However, the Flames first test is against the UNC Asheville Bulldogs are primed to be a competitive in the Big 12 and garner more national attention.

Some key propostions between these teams will be rebounding and shooting efficiency. The Flames ranked 17th in the NCAA in rebounding a year ago while the Aggies ranked 100th. Both teams, however, shot poorly from the field last year. Both teams scored under 70 points a game and shot under 45 percent from the field.

If anything, this game will have all the components of a defensive game with a small dosage of offensive spurts. This game will be an early test for the Flames team, who has not played a ranked opponent since Clemson in 2009. The Flames are also 1-4 against ranked opponents since 2001.

BATTLE is the ass. sports. ed. edition.
Beyond belief: Triathlon running the distance

Julie Gonzalez
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For some students, walking from the first floor of the fourth floor of DonsMon seems like anathema. Yet, Mont-Liberty University student Jaime Azuaje, who completed the triple-iron triathlon, which consisted of a 7.2 mile swim, 306 mile bike and 148 mile run—the longest official triathlon in the United States held in Virginia.

"The opportunity was too good not to try," Azuaje said.

Azuaje is a member of Liberty University's triathlon team. Hailed as the premier of sport in high school led him to pursue the ultimate athletic challenge—triathlon.

"I played football and track in high school and was very active," Azuaje said. "After graduation, I didn't want to go far as I just got into cycling. I wanted to do a cycling race but couldn't find any races in my area. I did find some triathlons, so I thought to myself, 'Well, I can take this further.' That is how the long run part. I just need to learn to swim. So did my first sprint, a 500-meter swim. I couldn't do a three-mile run."

Training for a sport like the triathlon is part of a sport itself.

"I mean five days a week for 10 miles a week. I would bike whenever I could about four times a week. Run five times a week from 400-70 miles a week. And lifted weights twice a week," Azuaje said. "Motivation is key, especially in such physically demanding sports like the triathlon. Azuaje relied on a higher power for his strength."

"What motivates me to try is the gift that God has given me of health and capability to be able to attempt these races," Azuaje said. "There are people we come in contact with who are not able to get out of bed, so every mile is a previous gift that God allows."

For Azuaje, simply running the race was not his sole source of satisfaction. Finishing the race was what kept him going.

"A lot of people say that they are addicted to running or racing. I do believe that I am addicted to finishing," Azuaje said. "The relief of being able to finish the game is what gives me that runner's high every other day."

Azuaje is living proof that with strength, determination and a belief in Jesus Christ, all things are possible, even the triple-iron triathlon, Azuaje is looking to the future. For those brave students looking to get into this sport, Azuaje offers advice that he once received from Liberty University professor David Horton.

"You can do more than you think you can."

"What motivates me to try is the gift that God has given me of health and capability to be able to attempt these races."

Gonzalez is a sports reporter.
Mom recognized for her enduring spirit in trials

Parent and Family Connections honors Donna Edwards with Outstanding Parent Award

Kyla Garley

Liberty University held its third annual family weekend dinner at 6 p.m. on Oct. 20, where freshman Austin Edwards’ mother, Donna, was honored with the Outstanding Parent Award.

The evening opened with songs from Sounds of Liberty, followed by a well-wish from the Director of Parent and Family Connections, Theresa Dunbar and prayer by Campus Pastor Chris Detrick. Following the prayer, family enjoyed a buffet-style dinner of grilled chicken, mashed potatoes, green beans, and a variety of salads, bread and cookies. Event organizers closed with the reading of the winning Outstanding Parent Award Essay and the lighting of a candle.

Dunbar said the idea to give away an Outstanding Parent Award originated from the “Virginia Tech” Tel.

“The President in Virginia Tech had been to ‘Virginia Tech’ Tel. a few years ago where they presented this type of award at their parent weekend. We felt it would be a great idea to include in our family weekend activities. We did our research and came up with our version of the contest. The idea has proven to be successful ever since.”

For three years, Liberty University has given undergraduate students a chance to honor their parents by entering an essay contest in which they write why their parents are deserving of the Outstanding Parent Award. One hundred and twenty-five essays were submitted this year and a panel of five judges picked the winner.

“Each essay really stood out from the others for a couple of reasons,” Dunbar said. “One reason was simply because of how well-written the essay was, and another was because Austin focused on the attributes and so many different things.”

Both of Donna’s parents have presided all of the qualities and more so many different things.”

Austin Edwards, a freshman at Liberty, wrote in his essay that both of his parents had instilled in him values that would leave a legacy. “Strength, generosity, courage, beauty, perseverance and integrity.”

Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone. Both of his parents have personalized all of these attributes in someone.

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Halloween comes to Community Market

Adrianna Ford
alford@liberty.edu

Local members of the community got the chance to indulge in all of fall’s defining activities and food at the Lynchburg Community Market this past weekend for Harvest at the Market. Harvest at the Market was held Oct. 29 downtown. The event was an opportunity to bring families and friends together to participate in fall activities, shop at the local vendors and meet other members of the community. The market was fully decorated with harvest colors and themes suitable for the time of season.

Local vendors appealed to the season by selling pumpkins, fresh apple cider, autumn foods and desserts. Activities located throughout various parts of the market included guessing the weight of pumpkins, face painting, ring around the pumpkin, pumpkin painting and trick or treating at the local vendor tents.

Teresa Schwartz, also known as Balloon Dude Travis, was creating balloon animals for kids and adults as people arrived at the Harvest Festival. Schwartz’s balloon animal creation were not the normal balloon animals one is used to seeing. Schwartz added a seasonal theme specifically for the event by creating skeletons, ghosts, harvest bats, pumpkins, alien bats and goldilocks.

“I am here to make sure the kids are happy, have something to do and something to take home,” Schwartz said.

Schwartz believes that the harvest market is about creating an atmosphere of bringing people closer and getting ready for Hal- loween and Thanksgiving.

Adults with their children waited in line to receive a balloon animal from Schwartz. Madison Wilson, 6, received a balloon with a pink heart inside. To show her Harvest spirit, Wilson dressed up as a Liberty University cheerleader.

“I like coming to the Harvest Market to eat the pumpkin pies, and I can’t wait to go stick-in-treating,” Wilson said.

Fern some parents joined in with their children by wearing costumes, ready for a few hours of trick or treating.

Nancy Norton dressed up as a monster with her two children James, 3, and Sarah, 1.

Norton explained that it was her family’s first time coming to the Harvest Festival, and it was a great time to get her family out.

“We are having fun and I hope that the event is inside where it is warm,” Norton said.

Both Jacob Green, 2, and Andria Green, 2, were dressed up as lambs. Their parents watched them participate in the ring around the pumpkin activity. Jennifer Green, the children’s mom, explained how it was also her family’s first time coming to the Harvest Market.

“This is a time to let the kids experience some fall activities, dress up and have fun,” Green said.

Another popular activity was pumpkin painting. Sitting at the table painting her pumpkin was Madison Carson, 10, who was accompanied by her mom.

“My pumpkin has yellow eyes, a green nose, a red mouth with yellow and green bears, green hair and yellow highlights,” Carson said.

Among the vendors were Lemon’s Bakery and Chocolate R Us. Co-owner of Lemon’s Bakery, Steve Hackman, explained why foods such as the fresh butternut squash bread, apple turnovers and desserts shaped like candy corn were specifically made for the theme.

Specifically for the Harvest event, Chocolate R Us served chocolate treats that were created to look like spiders, ghosts, leaves, pumpkins and skeletons.

The chocolate shop also offered seasonal flavors like pumpkin, spiced apple and cinnamon apple.

Market Manager at Lynchburg Community Market Jennifer Kennedy explained how this was the first time that most of the fall activities were brought back and how it was important that along with the great shopping available, the kids also had something available to them to do as well.

The Lynchburg Community Market hosts the Harvest Market annually. The market is also open to residents of the community and visitors Tuesday through Saturday, 11 a.m. to 2 p.m. For more information on Lynchburg Community Market, visit www.lynhburgva.gov.

HOOD is a feature reporter.
**The deal with Vitamin D**

Abigail Koppenhaver

WINTER IS JUST AROUND THE CORNER — not just physically, but emotionally. For some people, the cold darker months are a recipe for depression and seasonal affective disorder.

"Seasonal affective disorder is when people are not getting enough sunlight," said Michael Holick, a professor of dermatology and director of the Vitamin D, skin and bone research laboratory at the Boston University School of Medicine.

Holick explained that lack of Vitamin D can lead to increased depression, heart disease, pregnancy issues, skin problems, cancers, weight problems and many other diseases.

Holick said in the same interview with Women's Health:

"Many of my patients report a dramatic improvement in their feeling of overall well-being after they increase their Vitamin D levels," Holick said in the same interview with Women's Health.

The recommended daily amount of Vitamin D for adults is 1,000 IU or more, which roughly translates to soaking up direct sunlight for at least 15 minutes a day.

Since people are eating more and more unhealthy these days, Vitamin D can be found in some foods, but the simple fact is that people don't eat enough of those foods (certain kinds of fish and fortified dairy), according to Medical News Today.

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Dr. Koppenhaver

November 1, 2011

1/26/2011

Abigail Koppenhaver

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Abigail Koppenhaver

pressure and diabetes in my family problems and many other diseases.

Vitamin D has been crucial in cases of pregnancy, said Holick.

Women's Health magazine explains that even though our bodies naturally make Vitamin D, a person's health, and it's not just in the winter time that most people are deprived of it.

A recent article in Women's Health indicated that 77 percent of Americans are deficient, or lacking, in Vitamin D.

Holick explained that lack of Vitamin D can lead to increased depression, heart disease, pregnancy issues, skin problems, cancers, weight problems and many other diseases.

"I take Vitamin D because there is a history of heart disease, high blood pressure and diabetes in my family and also, being a college student I'm more prone to other people's germs," junior Jade Carey, a nursing student at Liberty, said.

It seems that the easiest way to get the necessary amounts of Vitamin D is to take a supplement. The simple vitamin solution costs about five dollars at the local grocery store.

According to Alisa Bowman, a writer for Women's Health, consumers should look for labels that read Vitamin "D3," which is the vitamin our bodies make, since some companies make D2, which is plant based.

Doctors are even recommending Vitamin D supplements, especially since people are eating more and more unhealthy these days. Vitamin D can be found in some foods, but the simple fact is that people don't eat enough of those foods (certain kinds of fish and fortified dairy), according to Medical News Today.

"Many of my patients report a dramatic improvement in their feeling of overall well-being after they increase their Vitamin D levels," Holick said in the same interview with Women's Health.

The recommended daily amount of Vitamin D for adults is 1,000 IU or more, which roughly translates to soaking up direct sunlight for at least 15 minutes a day is a healthy practice.
A blood thirsty, talking plant, evil dentist and some all come together at the Tower Theater stage this past weekend for Little Shop of Horrors.

The show tells the story of Seymour, a poor flower shop worker who discovers a new plant, similar to a Venus fly trap. However, this plant is not hungry for flies, rather, it craves human blood.

Though different from shows Liberty University has done in the past, the play delivers a strong Christian message. As Seymour begins getting desperate in his attempts to please the plant so that he can hold on to his newfound fame, he begins to do things he would have never imagined. Soon his actions spiral out of control.

"It’s all tongue in cheek and meant to be funny. But in the end, there is a moral side to it, told in a very weird and environmental way," Director Chris Nelson said. "And the moral is, don’t continue to feed the bad habits that are in your life. And don’t sell yourself to lie, to lie, to lie.

Nelson acknowledges that the play is not real. "Some audience members may not like the darker themes and unorthodox and that some audience members may not like the darker themes and unorthodox. But I hope they can still enjoy the bad habits and sin in your life.

"Don’t Feed the Plant: Little Shop of Horrors opens with a bang."

Betsy Abraham
babraham@la liberty.edu

A blood thirsty, talking plant, evil dentist and some all come together at the Tower Theater stage this past weekend for Little Shop of Horrors.

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