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New parking plan presented

Ashley Bollinger
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Commuter students will have the opportunity to vote on whether a new parking plan designed by the administration will be put into effect next spring.

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

"At the beginning of the 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 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."

However, now nearly 11 weeks into the academic year, the administration has yet to see fewer complaints, according to Falwell.

Richard Martin, who initially created the current parking process, said that the plan designed by the administration will be put into effect next spring.

tunnel vision

Wards Road entrance of pedestrian tunnel opened up, on track for December use

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Liberty University's in-process pedestrian tunnel, connecting the main campus to Wards Road, finally saw a breakthrough Tuesday Oct. 25.

Construction workers opened the Wards Road entrance of the pedestrian tunnel with Chancellor Jerry Falwell Jr. and his wife, Becki, in attendance, according to the Liberty News Service.

"Falwell and his wife, Becki, entered on Liberty's side behind the Vines Center and walked the full length of the tunnel before Falwell kicked out some boards that protected the Wards Road side during construction," the Liberty News Service stated.

Falwell drove through the tunnel late in the week.

The pedestrian tunnel, which will cost roughly $2 million according to Director of Planning and Construction Charles Spence, runs underneath the Norfolk Southern railroad track at the back of the campus. It opens up near Panera Bread and the pedestrian bridge that runs from Panera Bread to Sam's Club. According to WQRB.com, construction on this tunnel began about three months ago.

The tunnel, when completed, will look similar to the one that connects East Campus to Main Campus, although not identical.

Spence said that the new tunnel will have ribbed walls, instead of smooth, and, if finding aisles, it will have an overall more Jeffersonian appearance.

These projects, both the tunnel and the bridge, were originally undertaken for the safety of the Liberty students and specifically to deter them from crossing over the railroad tracks and Wards Road to access Liberty's campus, according to Falwell and Spence.

Falwell said that students will soon not even have the option of using any other access point, since there are plans to build a fence along both the railroad tracks and in the median of Wards Road.

However, the pedestrian bridge has the extra advantage of providing students with easier access to the businesses along Wards Road, which will be beneficial for them, according to Spence.

"The pedestrian bridge across Wards Road has been in use since the beginning of last week. However, Spence said that the City of Lynchburg is planning an official opening date at some point in November. The opening of the tunnel will follow within a few months. Spence said at this point, the tunnel is basically installed and now the construction crew is working on the finishing touches, such as lighting and sidewalks.

"We are hoping to have it open early in December," Spence said. "Hopefully before the kids go home for Christmas."

By the spring semester of 2012, the bridge will be ready for full-fledged use.

Lacaze is the news editor.
The smell of a fire alarm that every dorm resident knows well went off in male Dorm 12 around 1 p.m. last Monday. This time it was not a drill.

Quaint residents scampered out of the smoke-filled building, some running down the stairs, some clutching canes and rolling shopping carts. The students stood far enough away to escape the smoke but close enough to watch the building on smoke pouring out of the entrance.

"There was smoke rolling out from the door but even though it was closed," first-year grad student Deb Dallon said.

Dallon had been visiting the school's Wash Day area when the alarm sounded. He and the residents of the dorm initially believed it to be a drill. They soon discovered that there was a fire in the building on the first floor of the quad.

"The alarm started going off, but I thought it was a drill," sophomore Andrew Walters said.

Then smoke filled the air as the RA screamed for everyone to get out.

Mark Dickson, one of the dorm's Resident Assistants, ran into the kitchen to find out what had triggered the alarm. The sight that greeted him was the smoke-filled kitchen filled with what looked like happily percolating coffee.

"The smoke was a result of an attempt to keep the coffee from burning for everyone to get out," Walters said.

Several fire extinguishers, Dickson and Dallon used to put the fire out three times before it remained fully extinguished. Their quick action ensured the full evacuation of the building and minimized the damage caused by the fire.

"It looked like it was really bad," Baugniet said.

Mark Dickson, one of the dorm's Resident Assistant Directors, said, "I heard the fire sirens and then there was fire on the walls and smoke." Dickson said.

As students evacuated the building, several got a glimpse of the kitchen and the rapidly growing fire. At one point, the fire was so intense that it was even visible through the windows.

"If we had known, we would have evacuated the campus," said campus public relations spokesman Chris College.

"As soon as you got a glimpse of the smoke, you couldn't see," Dickson said.

"I just was thinking the whole time, "Don't be my dorm,'" — DANA MOORE

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Newman recognized the daunting job of putting government in between the patient and the doctors, which tends to lead to increased tax rates, according to the News & Advance.

However, Short said he had his reasons.

"There are many more issues that Short recognizes he does not know all things about," Rowell said. "He's not a politician, he's a businessman, he has a..."
Fixing the NBA lockout

Gary Fowler

TheRays22/iStockphoto

The unpopular care in the United States has been so strictly 51 percent in the last three months, yet time and money is wasted debating the current labor disputes between owners and players.

With the games being cancelled through November without a deal, the NBA lockout could go on for another year. Not only are players and owners losing money, but businesses supporting the NBA are also losing money. As a result, the owners benefit from the games being lost.

However, it would only take the 41st president to speak a few gentle words to sit the mind of "reason" back to the reality of the game. "Well, look, if you look at the NFL, they were able to settle their, and I think they understood. Players were making millions of dollars. Owners, some of them are worth billions of dollars." President Bar-

As I sit drinking my new obsession Thai Tea — yes, I admit that I can drink it 24 hours in one day — I reflect on the search for the few who will be able to save the world, and the others who will be left behind.

But the very nature of a lottery winner, a sports fan, a voter, is not always what it seems. Many athletes fall all the same, putting millions of dollars in the local grocery store bagger? Yes, but should the game of the other 99 percent of the world be unnecessary for a successful life, while completely overloading the long-term needs. The unemploy-

Joseph Stern raised the idea he'd ask league owners for different deals to settle theirs, and I think they understood. Players need to think the same way.
President lies about troops actually coming home

Friends and families will be disappointed that soldiers are merely moved to Kuwait

Rachel Deas  
redas@liberty.edu

For the holidays, 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 year-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.

The two Muslims groups differ on the question of who should lead after the Prophet Muhammad died, according to About.com. This internal disagreement has led to conflicts between the two groups that have been hard to reconcile, the site said.

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 and Iraq are neighbors 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?

In addition, Iran is worried that once the U.S. pulls out of Iraq, Iran could have a harder time controlling its own country. Iran has been trying to take control of Iraq without U.S. assistance once again.

While President Obama’s concerns are understood, 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?

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

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 understood, 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.

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DEAS is a news reporter.
November has arrived, and with it comes some familiar traditions. Leaves are falling, assignments are piling up, and Liberty students will once again have the opportunity to vote in local elections on Nov. 8. Upon entering the voting booth, some students may recognize the name of one of their professors on the ballot.

Dr. James A. Bollinger will run for a position on the Campbell County Board of Supervisors in the Spring Hill District. Bollinger is currently in his 35th year of teaching Bible and theology at Liberty. When he first came here, desegregation was still a different district of the County:

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Omar Adams is a web editor.
Cpl. Mark Finelli: Sept. 11 survivor
World Trade Center survivor fought in Fallujah, Iraq, now studies law at Liberty University

Omar Adams
omaradams@liberty.edu

Liberty University students may recognize the name Cpl. Mark Finelli. An investment banker-turned Marine combat veteran, he is now a veteran-turned Liberty law student.

Fielli 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. "I was on the phone, and I said everybody's head turned, and that's when the building fell," he told the Herald.

"These guys are the most heroic people. And my neighbor is a fireman in New York City, so the whole time I think he's dead. My two best friends from high school worked in the other building," 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.

"There was another very small sounding explosion, very light, the building shook done," Finelli raced for the stairs.

"I jumped over a gate that divided the two main highways between Baghdad and Fallujah. He said that "anybody who is educated or read the Koran knows that has nothing to do with true Islam." Finelli said he only made that statement because the president did, but he now thinks exactly the opposite.

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 Leyune with the understanding that "I wasn't coming back." Finelli boarded a fire department boat for New Jersey, handing his life jacket to a man in New York City, so the whole time I think he's dead. My two best friends from high school worked in the other building.

"I wasn't coming back." Finelli said he only made that statement because the president did, but he now thinks exactly the opposite.

ADAMS is the web editor.
Center for Judaic Studies shows students, faculty their biblical heritage with Jewish feasts

Omar Adams

Liberty University's Center for Judaic Studies recently hosted the last three biblical feasts celebrating the beginning of the Jewish New Year. Students learning through Dr. Moses Hall noticed the tremendous value that traditions outside the center to commemorate Sukkot, the Feast of Tabernacles. The Feast of Tabernacles was established by God in Leviticus 23:34-43 as a harvest celebration where the festivals were held. Calling the event barbeque instead, called branches were used to cover the roof and the structure commemorates their ancestors' journey in the wilderness and God's dwelling with them.

For modern Jews, it is a religious celebration, a family time and a chance to identify with their forefathers in Israel. Encompassing the Center for Judaic Studies Dr. J. Randall Price said, "It's a fun time for the family to get together and do the booths with all kinds of things, and then they get to have dinner at it," he said. "It's like camping outside, and sometimes you get to spend the night in it."

Celebrating Jewish feasts with students and families is part of the Center for Judaic Studies' mission. Price said, "The goal is to help students and faculty better understand the Jewish roots of their faith and to know that there is a time in worship and in teaching."

"As an Israeli, I grew up with the Jewish feasts," Price's administrative assistant Aytek Evans said. "Now as a Jew living here in America, I learned about the Center for Judaic Studies where I can share Jewish celebrations like Sukkot with other Christians. That would test the important relationship between the Jewish Jesus, Jesus Christ (Yeshua) and ultimately, God's plan of salvation for the entire world."

The center offers classes like biblical archaeology, hosts archaeological exhibits and sponsors the annual Sukkot of the Center for Judaic Studies. The ancient Sukkot was a festival that taught the Jews to store up, care for their homes, and be thankful for their homes. It was also a festival that taught the Israelites to be thankful for their homes.

The Sukkot that the Israelites celebrated was a festival that taught the Jews to store up, care for their homes, and be thankful for their homes. It was also a festival that taught the Israelites to be thankful for their homes.

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One vision that Dr. Jerry Falwell had was to create an elite football team. He explained to me how his mission was to build the team and was interested in recruiting the best athletes to the United States.

He believed in the mission and introduced a program here that was more applicable to the game of football. So when I had an opportunity to come back, I explained to me how he was recruiting the best athletes for the University of Washington. The Huskies introduced a program in 1991, Gillespie left to establish a dominant Division I football team. In 1991, Gillespie was named "Pac-10 strength and conditioning coach" and was promoted to the director of strength and conditioning at the University of Washington. The Huskies went to the Rose Bowl in the next three seasons with a total of 11-to-2 appearances over 11 years. Gillespie returned to Liberty and was part of the Seattle Seahawks strength and conditioning teams for the 2003-04 season.

In the winter of 2005, Gillespie returned to Liberty and redirected the team'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 championship program started with the weight room.

"Upon my return to Liberty, Gillespie introduced a program here that he believed the players would latch on to. "When I was at the University of Washington, we started developing a program where we develop strength through sport-specific movements. It was a more accurate strength that we found was more relevant to the game of football," Gillespie said. "When I went to Liberty, we added the weight room. They bred it, they thought it was the greatest thing in the world. And it was reaffirmed to me that it was helpful."
FOOTBALL continued from B1

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

Clutch.

“Big-time players have to be at their best in critical moments,” head coach Danny Rocco said. Szymon was there for us and we’re very happy to walk out of here with a 27-20 victory.”

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

At kickoff, in Liberty’s previous victory Big South contests, the Flames sparked early, outscoring the Eagles 10-0. But it was followed up by 10-10 Gardner-Webb and 10-0 Coastal Carolina and 12-6 Charlotte Southern 38-0.

Saturday’s afternoon, the Flames entered to Rocco’s halftime speech with only a three-point lead.

Offense 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 terribly for three and a half quarters if you play good for that last half of a quarter, you can still come out 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 demoralizing. It could have been hopeless.

Enter, Gardner. Gardner returned a punt 41 yards to set up a Flames touchdown, putting Liberty up 13-10 with 2:12 left. But, Presbyterian drove down to kidney field goal and forced overtime in the waning seconds of the game.

Blue Hone junior wide-reciever Michael Ruff scored on the first overtime play—a 20-yard touchdown.

Alfred Allen answered by stretching the football over the goal line after the change of possession, 21-20, all around. Clutch.”

Brown and Summers did their thing, Szymon and Hytik fired away. Game over, Liberty 27-20.

“When you’re called,” Hytik said, “You go and answer the bell.”

“Clutch”

“I know today we’d get their best shot,” Rocco said. “I told our kids all week long we’re going to get their best shot. And we drew them that their best shot isn’t good enough and that was the final and that’s really what it’s all about.”

Counting Cards

Liberty’s narrowly won fight lifts them to 4-0 Big South record and 6-3 overall, becoming the first Big South team in league history to attain such a conference record for consecutive seasons.

Andy Singer’s escape for a 74-yard touchdown was the first rushing touchdown the Flames have allowed to Big South half linebackers this year.

Richter-sophomore running back Alfred Allen’s 148 rushing yards set a career-high for the multidimensional sophomore, breaking his previous high, 128 yards set just last week at Charleston Southern.

The Blue Hone fell to 2-6 on the year and dip below the .500 conference record mark, sinking to 1-2.

Closing Remarks

“The reality is this,” Rocco said. “If you’re going to win a championship, you’re going to win a few of these. You’re going to win a game like this somewhere along the way... you’re going to want to play a game like this someday. Wherever the case may be, we did today.”

BROWN is the sports editor.
At the beginning of the season, Division I teams normally take it easy and face warming-up teams so the players can get a feel of what the season can become. That is not likely this year for the Liberty Flames' men's basketball team, because a visit to Texas A&M is how in-season play begins.

The Flames play in the ZK Classic formally called the College Vs. Cancer Classic Lynchburg Regional Bracket, which includes the Flames hosting Eastern Kentucky, Lehigh and William & Mary. However, the Flames first test is against the Texas A&M Aggies.

"We're going to have to meet the challenge. We're not going to sneak up on anybody or catch anyone off-guard," head coach Dale Layer said to libertyflames.com.

A look inside:

A young and up-and-coming Liberty team has plenty of talent to go around. Although missing a key starter in John Brown of years and finished third in the Big South, Jesse Sanders, the Flames' finished second last year in the Big South.

"Jesse is obviously coming off a year that they can produce," Layer said to libertyflames.com. "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!"

Led by last year's player of the year in the Big South Jesse Sanders, the Flames finished second last year in the Big South.

"Jesse is obviously coming off a terrific year as Big South Player of the Year, which will tell you the guy that everybody looks to step on the opponent's scouting report," Layer said to libertyflames.com. "He is the one of youth, liberty will look for other contributors."

Texas A&M has put together a solid team over the past couple of years and finished third in the Big 12 last season. Returning are most of their starters, including Khris Middleton, who led the Aggies in scoring, averaging about 14 points per game. Also, the Aggies added a key addition to recruiting Jamal Branch who was ranked in the Espn's top 100 high school player list. The Aggies are primed to be a contester in the Big 12 and garner more national attention.

Some key players between these teams will be rebounding and scoring efficiency. The Flames ranked 17th in the NCAA in rebounding a year ago while the Aggies ranked 10th. 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 fireworks. 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 0-4 against ranked opponents since 2001.

**BATTLE is the assist. sports edition.**

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**Basketball Big South outlook**

Flames predicted to finish fourth in the preseason polls

Derrick Battle
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It's not about how you start, it's about how you finish. After quick starts by schools Liberty University and Coastal Carolina, neither team was able to come on top at the Big South tournament, as the UNC Asheville Bulldogs took the title.

After winning a second consecutive conference games, Liberty faltered late in the season, leading to questions of whether or not a player, including an early exit from the Big South tournament, losing to the High Point Panthers, which included an early exit from the Big South tournament, losing to the Pittsburg Panthers.

At one point of the season, had won 21 games and was ranked in the top 20 in our classes and balanced in recruiting Jamal Branch who was ranked in the Espn's top 100, while the Aggies added a key addition to recruiting Jamal Branch who was ranked in the Espn's top 100 high school player list. The Aggies are primed to be a contender in the Big 12 and garner more national attention.

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**First game challenges team**

Flames travel to Aggieland to face No. 19 Texas A&M

Derrick Battle
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At the beginning of the season, Division I teams normally take it easy and face warming-up teams so the players can get a feel of what the season can become. That is not likely this year for the Liberty Flames' men's basketball team, because a visit to Texas A&M is how in-season play begins.

The Flames play in the ZK Classic formally called the College Vs. Cancer Classic Lynchburg Regional Bracket, which includes the Flames hosting Eastern Kentucky, Lehigh and William & Mary. However, the Flames first test is against the Texas A&M Aggies.

"We're going to have to meet the challenge. We're not going to sneak up on anybody or catch anyone off-guard," head coach Dale Layer said to libertyflames.com.

A look inside:

A young and up-and-coming Liberty team has plenty of talent to go around. Although missing a key starter in John Brown of years and finished third in the Big South, Jesse Sanders, the Flames' finished second last year in the Big South.

"Jesse is obviously coming off a year that they can produce," Layer said to libertyflames.com. "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!"

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**Big South Preseason Polls**

1. UNC Asheville
2. Coastal Carolina
3. VMI
4. Liberty
5. Winthrop
6. High Point
7. Presbyterian
8. Charleston Southern
9. Campbell
10. Gardner-Webb
11. Radford
Beyond belief: Triathlon runner going the distance

Julie Gonzalez
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For some students, walking from the first floor to the fourth floor of DeMoss seems like an athletic achievement. Mount Liberty University student Jaime Azuaje, who completed the tri-iron-triathlon in the Ignited Slates held in Virginia, insisted on a 7.2 mile swim, a 220 mile bike and 70.8 mile run—the longest official triathlon in the United States held in Virginia.

"The opportunity was too great not to accept," Azuaje said.

Azuaje is a member of Liberty University's triathlon team. His love of sports in high school led him to pursue the ultimate athletic challenge—triathlon.

"I played football and ran on track in high school and was very active," Azuaje said. "After graduation, I didn't want to go far just into college, I wanted to do a cycling race but couldn't find any races in my area. All I could find were triathlons, I thought to myself, 'Well self, you can take it so far that I am too strong. I just need to try it out. So did my first sprint, a 500 meter swim, I shouldn't take a mile run.'

Training for a sport like the tri-iron-triathlon is process especially sport itself.

To prepare for the race, Azuaje had to train nearly every day.

"I mean five days a week for 10-15 miles a week. I would bike whenever I could about 90 times a week. Ran five miles a week from 40-60 miles a week. And lifted weights twice a week," Azuaje said.

Motivation is key, especially in these physically demanding sports like the tri-iron-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.

"I love sports, I love the way it makes me feel. I love being around people. It is a great opportunity," Azuaje said.

For Azuaje, simply running the race was not the 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 not believe that I am addicted to running. I believe that I am addicted to finishing," Azuaje said. "The thrill you feel after you know that you are done is what gives me more energy every time you think about it. When you finish, the race director plays your national anthem and you run the last couple hundred yards with your nation's flag. I did itcerpt fourth overall and felt very honored to be the first American across the line of 2011." For those brave students looking to get started in triathlon races, Azuaje offers advice that he once received from Liberty University professor David Horton.

"You do it more than you think you can.

Since completing the tri-iron-triathlon, Azuaje is looking to the future.

"I would like to compete in more ultra-triathlons overseas in Spanish Germany and do the Helgate 100k mountain bike race. Also, not as a race, but I would like to bike across America and bike the Appalachian Trail," Azuaje said.

Azuaje is a sports reporter, and he is good at it. He is competitive. He is determined. He is ambitious.

"I have a new perspective on the game outside of hockey. I love the way it makes me feel. I love being around people. It is a great opportunity," Azuaje said.

"I am living proof that with strength, motivation and passion, it is possible to achieve your goals."
Mom recognized for her enduring spirit in tria

Parent and Family Connections Office honors Donna Edwards with Outstanding Parent Award

Kyla Garley
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Liberty University held its third annual family weekend dinner at 6 p.m., Oct. 26, 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-come from the Director of Parent and Family Connections Theresa Dunbar and prayer by Campus Pastor Chris Detrick. Fol-low ing the prayer, family members enjoyed a buffet-style dinner of grilled chicken, mashed potatoes, green beans, a tossed green salad, bread and cookies. The Reber Thomas executive dining room was closed with the reading of the winning Outstanding Parent Award Essay and the handing out of door prizes.

Dunbar said the idea to give a Outstanding Parent Award originated from the Virginia Tech’s “Parent of the Year” award.

“When President Honors had been to Virginia Tech a few years ago, where they presented this type of award to their parent, 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, Dunbar said. 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 Parent Award. One hundred and twenty five winners were announced this year, and a panel of five judges picked the winners.

“Donna’s 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 that he admired and did not dwell on himself.”

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, persevering and integrity. These attributes are seldom found in anyone. Both of my parents have personified all of these qualities and so many more,” Edwards said.

Both of Edwards’ parents attended Liberty, where they met and fell in love, according to Edwards.

After her husband’s death in 1991, Donna Edwards fell into a family to trust in God’s plan and did not dwell on herself.”

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Halloween comes to Community Market

Adrianna Howard
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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 for local businesses and friends to gather to participate in fall activities, shop at the markets local vendors and meet other members of the community. The market was fully decorated with harvest colors and themes suitable for the time of year.

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 vendors.

Travis 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 animals 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, aliens, and goldils.

"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 Hallo-ween and Thanksgiving. Adults as well as children waited in line to receive a balloon animal from Schwartz. Madison Wilson, 8, received a balloon bat as her trick or treat. To show her Harvest spirit, Wilson dressed up as a Liberty University cheerleader.

"I am here to make sure the kids are happy, have something to do and something to take home." - Schwartz

"I like coming to the Harvest Market to eat the pumpkin pies and I can't wait to go trick or treating." Wilson said.

Two 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 hope that the event is inside where it is warm," Norton said.

Both Jacob Green, 2, and Averi Green, 4, were dressed up as lambs. Their parents watched them participate in the ring around the pumpkin activity. Jennifer Green, the siblings’ mom, explained how it was her family's first time coming to the Harvest Market.

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

Another popular activity was pumpkin painting. Sitting at the table painting her pumpkin was Madison Cawson, 19, who was accompanied by her mom.

"My pumpkin has yellow eyes, a red mouth with yellow and green leaves, green hair and yellow highlights," Cawson said.

Among the vendors were Loretta's Bakery and Chocolate R Us. Co-owner of Loretta’s Bakery, Steve Hackman, explained why foods such as the fresh butternut squash bread, apple turnovers and desserts shaped like candy corns 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 caramel apple.

"I am here to make sure the kids experience some fall activities, draw up and have fun," - Schwartz

The Lynchburg Community Market hosts the Harvest Market annually. The market is also open to residents of the community and visitors Tuesday to Thursday, 7 a.m. to 2 p.m. for more information on Lynchburg Community Market, visit www.lychburg.gov.

HOOD is a feature reporter.

ACTIVITIES GALORE - Activities attended by Harvest at the Market were able to enjoy.

FALL FUN IN THE COMMUNITY MARKET - Parents and children dressed in costumes played games, are seasonal food and received balloon animals made by Balloon Dude Travis.
The deal with Vitamin D

Abigail Koppenhaver
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Winter is just around the corner and that means one thing — the holiday season. But before rushing to the drug store to stock up on the usual items, cough drops and cold medicine, a person should consider one of the most important vitamins needed to stay healthy — Vitamin D.

Vitamin D is key to maintaining a person's health, and it's not just in the winter time that most people are deprived of it. According to the Archives of Internal Medicine, experts say that 17 percent of Americans are deficient, or lacking, in Vitamin D.

A recent article in Women's Health magazine explains that even though our bodies naturally make Vitamin D, "sunlight converts substances in the skin into the vitamin," in order to get the necessary amounts a person needs, one would have to soak up direct midday sunlight on the majority of the body for at least 15 minutes a day. The human body's lack of Vitamin D is a major problem, especially since it helps solve most of the body's problems. "It affects cell death, and proliferation, insulin production, and even the immune system," Diremco of the Vitamin D, skin and bone research laboratory at the Boston University Medical Center Michael F. Holick said in a recent interview with Women's Health.

Holick explained that lack of Vitamin D can cause 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. "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 about one or two pills per day (read the bottle before ingesting). Holick suggests taking a supplement that provides at least 1,000 IU (one pill) and drinking two glasses of skim milk per day for best results.

So start treating more than cold symptoms this winter. Think about your overall health and get the vitamins needed to stay healthy.

KOPPENHAVER is a feature writer.
A bloodthirsty, talking plant, evil dentist and镜子 here all came together at the Tower Theater stage this past weekend for Little Shop of Horrors.

The story tells the story of Seymour, a poor floral shop worker who discovers and tends 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 comical. But in the end, there is a moral tale to it, told in a very weird and entertaining way," Director Chris Nelson said. "And the moral is, don't sell yourself to lie for impossible things, as we think, as a whole, has something to do with sexual slavery."

Incongruous and that some audience members may not like the darker themes of suspense and gore of it, but he hopes that they can still walk away entertained and with an understanding of the greater moral message.

"The best thing we do is pick stories that are not going to lose in the end," Nelson said. "And the moral is, don't sell yourself to lie for impossible things, as we think, as a whole, has something to do with sexual slavery."

"The cast did a great job. They brought some of myself to her. It's such a great role that I found it so easy to get into the character. And I find a lot of myself in him. That's what makes Seymour a really enjoyable character to play because I can just do things that would be me, but bigger," Ross said.

Nelson acknowledges that the play is unconventional and that some audience members may not like the darker themes of suspense and gore of it, but he hopes that they can still walk away entertained and with an understanding of the greater moral message.

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