On Saturday, Nov. 10, the Liberty University football team scored a second highest single game points total in program history with 90 points. The combined score of 185 points tied the Big South record for highest points total in a game. Fans set a record themselves with a contribution home attendance of 85,140, shattering the previous record by almost 20,000 spectators.

Student-initiated prayer meetings grow

Liberty students seeking extra opportunities to deepen their relationship with Christ now have plenty of chances as student-led prayer groups and church services are multiplying across campus. Senior Brett Hammans, who has been instrumental in this movement, said, "If we are serious about seeing God's will being done, and we believe what the Bible says about prayer, then we need to make prayer a priority in how we use our time and energy." Students were given encouraging insight into the importance of prayer by Pastor Rob Turner, who spoke in Convocation on Monday, Nov. 5.

Please see PRAYER, A2

OPEN HOUSE
Liberty welcomes over 1,700 visitors for CFAW

The campus of Liberty University was flooded with more than 1,700 high school students and visitors this past weekend for the second College For a Weekend (CFAW) of the semester. Students from across America, and some even crossing the Canadian border, came to Lynchburg to see "the world's most exciting university." Brittany Bingham, a high school senior at Lynchburg Christian Academy, said she likes Liberty because the school "teaches us why we believe what we believe." Jerry Falwell Sr. wasn't one of those that would tiptoe around certain issues," Bingham said.

Please see CFAW, A8

Virginia campaigns helped by efforts of LU students

Over 50 Liberty University students campaigned Nov. 3 through 6 for seven candidates running for positions in the Virginia Senate, the Virginia House of Representa tives and the office of sheriff. Of the seven Republican candidates that Liberty students assisted, five won election last Tuesday.

Please see ELECTIONS, A6

Do you know the news on your campus?

5 need to read stories for the busy student

Hiking the Blue Ridge
Life! investigates the hiking trails on Liberty Mountain and in the Lynchburg area

Wrestling returns
The wrestling team is ready to dominate in their second season after a 12-year hiatus

Dorm 7 update
Students may be able to return as soon as Nov. 7, depending on construction

Creative communion
A unique approach to the annual communion service offers a new way to give thanks

Artistic expression
Guest artist Adrienne Harvey uses painting to evoke spiritual inspiration in others

Dell declares Liberty a 'strong wireless campus'

Liberty University's Information Services is constantly working to be at the forefront of technology, and efforts are paying off as Liberty is featured on Dell's Web site as a successful case of technological improvement.

Please see WIRELESS, A8

WOW &
Head of the class
Josh McDougal will run in the NCAA National Championships for his fourth season in a row

Freshman 15 no more
Tips on how to eat nutritious and live a healthy lifestyle even at college

Free Press • Liberty University, Lynchburg, Virginia 24504
Phone: 434-544-8222
Fax: 434-544-9591
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LIBERTY CHAMPION
25th Anniversary
(Tuesday, November 13, 2007 VOL. 25 NO. 10)
ROTC shines at Ranger Challenge by bringing home top honors

By Jennifer Schmidt

Liberty's Reserve Officers' Training Corps (ROTC) earned a fourth place finish at this year's Ranger Challenge, held the weekend of Oct. 26-28.

The cadets competed at Fort Pickett in Blackstone, Va., against 16 other schools including Virginia Military Institute, University of Virginia, Duke and Wake Forest, winning second place in their division and overall.

Captain Shane Morris, cadre coach for the Ranger Challenge, said, "By placing second (for division) in the Ranger Challenge this year, we were able to verify with our own name and have brought this program another recognition to-go.

"This accomplishment could fur- ther impact the number of cadets in the program and year two after as well as increase the scholar- ship money to Liberty Rotc," Morris said.

Liberty's ROTC program annu- ally generates over $500,000 in scholarship money each year.

Beginning in August, Liberty od- dents undertake extensive training to prepare for the open competi- tion spots. Cadet甜甜Brown was selected as team captain due to his experience competing in the Ranger Challenge the two times before. Ross made the final cuts for the off- season competition spots that would round out Liberty's competition unit, select- ing Brandon Smith, Robert Goodwin, Drew Martiner, Alexander Woody, Dwan Yellin, Isaac Nathan, Dwan Chum, Daniel Trink and Peter Gett.

Before the competition began, "we met between 5 a.m. and 6 a.m. five days a week for physical training," said Brandon Trink, a junior compet- ing for the second time.

"We got to know each other and did team building. Then the compe- tition itself wasn't because you had other people that you didn't al- ready." The Ranger Challenge is a compe- tition consisting of both cooperation and personal skills on how they contribute to a team effort. Events include physical fitness tests, an obstacle course, a shooting event and a hand grenade assault course.

"The obstacle course tends to be 'sink or swim' for the team and is a confidence builder as the team members conquer several obstacles," Morris said.

Cadets compete in land naviga- tion under night and day conditions, a NIGHTCRAWL and tactical squad movement.

"We helped each other out. Everyone's strengths and weak- nesses for each competition," Smith said.

The competition conclude with a "jack road march" that tests the mental and physical toughness of the cadets, according to Morris.

"The march is six miles with an elevation gain of 1,600 feet over varied terrain. In total, we need to move!"

Please see ROTC, A6

English department grows in stature and scope with new faculty members

By Mykena Briner

Two new names have recently taken up residence within the English department as Dr. Joseph Kim and Ginger Verr- tin, both assistant professors of English, begin their time at Liberty this semester.

T"he middle point for a place where I was freely sharing Christ- ian thoughts and perspectives, with my students and colleagues. God led us here to Liberty," Kim said.

"It's life has changed dramat- ically, as she moved from Orange County, Calif., to teach at Liberty. "It seems to be going through a significant growth spurt. And I for an adolescent, is outsourcing their time." In her free time she enjoys play- ing the guitar, singing, traveling overseas, mountain biking and fishing.

Kim and Vertican both join as two new additions to the English department curriculum at Liberty, which includes the study of English literature, English style, theology and critical theor- ies, the history and culture of Eng- lish literature and the linguistic particulars of the English language.

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Contace Koyal Kime at kimj@liberty.edu or Ginger Vertican at vertigan@liberty.edu.

PRAYER: New groups include Dorm Church, Glow Stick and the Lynchburg Prayer Network

Continued from A1

Turner left students with this message: "We can't change what your guy is praying, but we can change your life.

Every Liberty student has access to a num- ber of church services each week, such as Christian Campus Ministries on Sunday mornings, multiple TRiK services on Sunday nights, and even weekly meetings at 7:30 p.m. on Tuesday nights, not to mention prayer groups on Tues- day nights.

Students looking for more prayer and fel- lowship, however, may try any of the follow- ing groups.

Dorm Church, Glow Stick and the Lynchburg Prayer Network

The inclusion of Dorm 7 and Dorm 28 was rather than a service on Sunday nights, but to provide a forum for students to gather and pray.

Although started by 5-7 p.m., any stu- dent is welcome to attend.

The Torch: The Torch is a new student-organized and student-led prayer group that meets at 9 p.m. every Thursday in the Prayer Network room in the Student Life Center. The group is open to anyone who wishes to offer a brief time of worship and prayer.

New groups also include the Glow Stick, which meets from the name of Abraham 2:15-16: "You can add light for your friends and loved ones" Sticks from 10:30-11:30 p.m. and is held on the Prayer Chapel lawn.

The Glow Stick Prayer Service Facebook page reads, "We're bringin' God to break us, break our compass, break the surrounding ac- es and ultimately sweep across this nation." Led by Liberty students, Glow Stick en- courages diverse and prayerful gathering along with times of worship and a brief message. Dif- ferent themes are chosen for various Sunday nights, such as choosing one person to pray for throughout the week or praying for a specific time in the life of someone.

Students are encouraged to bring glow sticks around campus, both as a reminder to pray and to further promote the service.

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Liberty students prepare for state SHRM competition

By Jennifer Schmidt
jschmidt@liberty.edu

Liberty’s chapter of the Society for Human Resource Management (SHRM) is currently preparing for the annual Virginia State Human Resource (HR) Games. Having been reactivated less than two years ago, 25 new members joined Liberty’s SHRM this year, and the society now totals 42 students in all.

With an eight-member student executive team, the society organizes monthly panel discussions with area professionals, holds monthly general membership meetings, enjoys monthly social events, and hosts campus fundraisers.

“Each semester we have fundraisers. Part of our handbooks have been to raise money not only for SHRM, but also for the Liberty Godparent home,” Public Relations Director Brandon Johnson said. Johnson added that 30 percent of the donations raised from a fundraiser held previously this semester were given to the Godparent home.

Last year’s students from Liberty’s SHRM chapter volunteered at the State HR games, and this will be the first year that Liberty competes in the games.

In March 2008, the games will provide the 22 Liberty students competing the opportunity to strengthen their knowledge about HR and also to prepare for the Professional in Human Resource (PHR) exam, which must be passed by professionals in the field of HR to obtain certification.

The exam, and subsequently the State HR games, focus on six content areas: strategic management, workforce planning and employment, training and development, compensation management, risk management, and labor and employee relations.

The SHRM games are for undergraduate members of SHRM. As Johnson described, teams composed of three students compete against students from other schools in the region with the overall winning team competing at the regional HR games.

In describing the importance of SHRM for undergraduate students, Johnson cited three primary reasons.

“Students should join SHRM to build knowledge and skills in management and leadership to increase their access to a worldwide network of professionals and to gain practical experience working with local HR professionals,” Johnson further added that Liberty’s SHRM chapter has recently been asked to “conduct the Lynchburg wage survey in the spring of 2008.”

“I have enjoyed the experience and opportunities that I have gained,” Johnson said.

“Obviously, there is a desire to help the school of business and Liberty University by raising awareness of the importance of the field of Human Resource Management. Two and a half years ago, I did not know what HR was. Now I see how important HR is to the success of any organization,” Johnson added. The SHRM chapter will be holding a Christmas Bazaar on Nov. 28 and Dec. 3 in order to raise the funds needed to attend the State HR games. More fundraisers are being planned for the beginning of the spring semester.

Contact Brandon Johnson at bjohnson@liberty.edu for further information about joining SHRM or to donate funds to the society. General information about SHRM can be found at www.shrm.org.

Contact Jennifer Schmidt at jschmidt@liberty.edu.
Birth control for kids: Taking sex education too far?

By Amanda Sullivan

King Middle School, in Portland, Maine, recently challenged the school board's decision to give sex education to fifth, sixth and seventh graders. The school board has argued that sex education is a right and should be made available to all students.

The issue of sex education in the school system has been a touchy subject since the early 1980s. Since then, parents have remained concerned that sex education only encourages sexual activity. According to an Associated Press-Poll conducted in 2005, 49 percent of parents believe that sex education is acceptable.

The issues citizens care about are still being accepted for the rights of parents, and the school board has argued that sex education is a right and should be made available to all students. The current legal system is based on the idea that sex education should be taught to children, according to FoxNews.com.

Sex education is a matter for the family, not the public schools, to handle.

By Will Meyer

You may have heard conservative radio or television hosts talking about a program enacted by the University of Delaware that had to do with educating white students about racism. If you believe the hosts, the program stated all white students are racist and need sex education about white privilege.

In fact, the University of Delaware did not specifically begin a class but rather presented a pamphlet on their Web site as a suggested reading. The pamphlet, written by Jona Olsson, was entitled "Defining Sparring for White Anti-Racists."

The document was also used to mislead students about the program. According to a letter posted on the University of Delaware's public relations Web site, "Students in several residence halls were told their participation (was) mandatory." The letter later went on to say that the program was not mandatory and students were being informed of their rights in the situation.

The letter, according to a World Net Daily article, the University of Delaware's school of life programs, is a page pamphlet basically outlining what prejudice is. Olsson argues that since white people are the only ones who are able to back their claims with institutional power, while people of color are the only people capable of being racist.

Not only that, Olsson denies that white people can be nothing other than racist. Olsson states that people who believe the playing field between races has been leveled are spreading racist propaganda and that people who believe affirmative actions in reverse races are merely afraid of losing their "powers." Olsson adds that under this new definition, "reverse racism" is used to denounce the occurrence of racism.

The conservative talk shows heard enjoyed hearing the University of Delaware foretelling a liberal agenda, the situation that more far to highlight the idea that many people believe that just because a person is white, that person is automatically an enemy of minorities.

Since Olsson felt free to redefine a few terms for clarity, it is only fair that I be allowed to do the same. Racism should be defined as an opinion or valuation (political or social) that impacts individuals of one race by individuals of another race, simply because an existing patrimony hold by a member of one race against a member of another. By this definition it would be impossible to commit racism in the first place.

But the program pamphlet's claims are not limited to understanding racism. It also attempts to teach white people about becoming involved in the civil rights movement, for example.

The responsible action for parents is to choose the candidate they support. "The point of supporting a candidate is to support them. Research their background,urchs, and morality. Tell other voters and get them involved.

Choosing a candidate is like making a career decision. Choose the candidate who is most appealing to you and has the credentials and ideals best suited for the situation.

Contact Amanda Sullivan at asullivan@liberty.edu.

Contact Will Meyer at amkuhelm@bentleys.edu.

Racism pamphlet leads to questions about the nature of prejudice

By Will Meyer

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Contact Will Meyer at amkuhelm@bentleys.edu.

"The key to getting people to vote is to get them to overcome their apathy."
By Jen Slothower

Commendation where commendation is due

This year, I have commented thus far on some things I dislike, such as the road system in Lynchburg, the doors in DeMoss or people doubting happiness. Many good things are happening in and around Liberty, however, and I want to call attention to them.

Although it is often easier to lament about the parking situation or with that all 7:40 classes would be discontinued, we would never forget the things on campus that are blessings to us now thanks to the “suffering” of previous students.

I, for one, cannot imagine wearing a skirt to class or having to see my male comrades struggling with it. The guys in my high school class had the privilege of wearing ties, and white it was amusing to see people choked, the great challenge of holding the unraveled top button, a large variety of clip-on ties, and creative tying patterns, the ties caused great discomfort overall.

I had to wear a skirt in high school too, and after four years of school on the legs and arthritis knowing hoe to the cold, I will gladly wear shoes when I can.

Freshmen this year have never experienced Liberty without the train system. Sometimes, I cannot even remember what it was like before the trains, which have solved many problems.

The system has yet to be fine-tuned, of course. I boarded a bus when I wanted to get to a basketball game on time.

This year, Fall Break came back and saved the lives of many as they walkeded in the rows of miles, reading assignments, and other character-building exercises. Most chose to spend their breaks having fun with friends and family, thus no work was actually done, but a meaningful, the next time the campus needs some excitement.

Convention is also different this year – and I’m not talking about the overflowing seats and students sitting in the aisles.

This year’s speakers have been inspiring, Bible-driven, and even entertaining – in a good way. I certainly did not know Ed Hindson was capable of puppet voices, and Jonathan Falwell is more of a hoot than the character he looks like in Harry Potter, magic spells included.

I wish Eugene Carson had chosen to get trapped in Crimson convection, but we still have a semester left of this year so we can hope.

If you ever feel like rain clouds are dwelling over Liberty Mountain, remember this.

First, we actually had tons of sunshine this semester, thus there is always a silver lining, or a lot of silver linings – and Liberty keeps changing for the better, boxes and tie-ten-guns included.

Please contact Jen Slothower at jrslothower@liberty.edu.

Letter to the Editor

I want to commend the Liberty Champion for two articles in the Nov. 6 edition.


The second essay, by Jen Slothower, presents a view from the other end of the spectrum in correcting another tendency among Christians: that of being such mindsets, even of popular culture that culture supersedes the Bible in authority and influence.

Together, these two articles on how for Liberty University have come from the days of banning movies altogether to a place of a reasoned and balanced perspective that values effective engagement with the culture by Christians who are “in” the world, but not “of” it.

The fact that such mature reflections are emerging from our students should make us all proud.

Kudos to these writers and to the Champion.

On Karen Swallow Prior
Associate Professor, English
ELECTION: Student manpower helped elections

Virginia locations last weekend the Virginia House of Delegates participate in all these campaigns," at the voting booths. "It was an honor getting to part­"

In total election results, the Democrats captured control of the Virginia Senate, picking up four seats for a slim majority of 54-44. The Republicans retained control of the Virginia House of Delegates with a majority of 59-41. Congressman Robert Hurt and Ralph Smith were both elected to the Virginia Senate, a victory both for the candidates and for the students involved.

"This was the fighter," said Hurt. "He's our future and he has great hope for retaining Republican con­"

"I can't tell you how important the reputation of Liberty Uni­"

"My GPA has gone up since fresh­"

Contact Jennifer Schmidt at jschmidt@liberty.edu.
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Continued from A1

**NEWS REPORTER**

According to Dell Web site, "the secret of higher education returns home, for all of us at Liberty University."

"Dell Wireless is a wireless hotspot. Technology is changing the way students learn," said the job has not been easy. "It's an interesting venture for everyone involved."

Dell Wireless is an advanced wireless networking service that is available on campus. Liberty University is pleased to offer the Dell Wireless service to students, faculty, and staff.

"It's an interesting service for everyone involved," said Bingham. "It's not just about technology, it's about changing the way we do things."

"We've been working on this project for a while now," said Bingham. "We wanted to make sure that the service was accessible to all students on campus."
Volleyball wins 14th straight, earns No. 1 seed

By Arjani Salomon
SPORTS REPORTER

Competing in their last week of regular season play, the Lady Flames volleyball team swept both of its opponents, the North Carolina Central Eagles and the Radford University Highlanders, to secure the Big South Conference regular season title with a 14-match winning streak. The Lady Flames swept the Eagles 30-20, 30-20, 30-16 Saturday, extending its winning streak to 14 games.

The Lady Flames were able to hold a lead in each of the games and were led by senior Kellie Corbin setting up Liberty’s first points of the afternoon on a Noah Greenbaum field goal. On their next drive, Terrell took advantage of a feeding attack and led the offense to a touchdown. The Flames scored a combined four times in the opening kickoff to the VMI 11-yard line, setting up Liberty’s first points of the afternoon.

The rushing attack was once again impressive as the Eagles came in. The Lady Flames versus Virginia Military Institute (VMI) Keydets at the Salem Civic Center on Friday, Oct. 14.

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Lady Flames defeat Athletes in Action in exhibition night, winning a close game by a score of 80-77.

Lady Flames defeat Athletes in Action in exhibition game, scoring 35 points, 30 from behind the three-point line.

VOLLEYBALL: Team earns share of Big South title was a good game for all players. And we hope to have progression and get better,

Coach Shane Pinder said, "It's beginning until the Lady Flames went on an eight-point run, leaving the score up the score with a 14-2 run. Freshman Kerri Brown had four kills in the match and helped with three blocks. The last points for Liberty, closing out the game.

The Lady Flames went on to out score the next six kills for the Flames shot 59.3 percent in the first half as the Flames shot 39.3 percent going into the break.

Typically you don't shoot 60 percent and get 31 points. "Green was pleased with how we passed the ball out of the backcourt. Liberty claimed the second half with three consecutive points, giving them their largest lead of the night at 50-44.

Then Liberty's defense took control of the game, causing four turnovers in the next five minutes. Winston forced two turnovers and helped defensive boards in the second half to change the pace of the game. The defensive push led to the Flames to an 11-3 run to reclaim the lead 61-57. Then, for the next 9:41, Liberty held AIA of the scoreboard on a 6-2 run to resume its lead. Winston put in a defensive board and went coast to coast to lay up and put Liberty up 64-59.

Two blocks in the last game of the tour.

Coach gave a standing ovation to AIA, saying, "This year, we have picked up the ball of play. It's not just with a couple of players. It's with the whole team." Liberty will host the Big South Championship for the first time since 2003. The Lady Flames will play the winner of Coastal Carolina and Radford on Friday evening and Saturday afternoon for the championship winning prize. Friday's game is set for 4:30 p.m.

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Lady Flames fall in first round of Big South Tournament

By Jessica Carniol
SPORTS REPORTER

The Liberty University women's soccer team played its final game of the season this past Thursday at the Big South Tournament held in Charleston, S.C.

The No. 5 seeded Lady Flames were matched up against the No. 4 Winthrop Lady Eagles for the first round of tournament action.

The day before the game, juniors Amy Oberlin and Brittany Tyson were given Big South All-Conference first team honors.

Liberty took the lead at the beginning of the game when junior Amy Oberlin scored as she headed a corner kick sent in by classmate Mallory Neff only 4:22 into the game.

Before the half ended, Lady Flames senior Kendall Bartholomew scored another goal and was assisted by fellow senior Rachel Hetrick to give Liberty a 2-0 lead at the end of the half. Liberty outshot Winthrop 8-3 in the first half.

Although down 2-0, the Lady Eagles came back strong in the second half. With 8:49 on the clock, Winthrop forward Ashley Bader received a pass in the box from Chelsea White and scored the Lady Eagles' first goal of the game.

The teams continued exchanging shots through the half, and neither team was able to connect until Winthrop forward Ashley Bader scored a crucial goal for Winthrop with less than a minute left in the game. Bader's goal forced the teams into overtime.

However, just 39 seconds into overtime, Lady Eagle forward Erin Foote sent the Lady Flames home as she scored the winning goal for Winthrop.

After the game, Head Coach James Price said, "We were very decisive in the first half, and they could not keep up with us. We were really attacking. After half-time, we were less decisive, and they were able to capitalize on our indecisiveness."

The loss ends Liberty's season, while Winthrop will advance to the tournament semifinals to play the winner of the Coastal Carolina versus Virginia Military Institute game.

Lady Flames senior Suzanne Edwards recapped the season by saying, "This season, we worked tremendously hard and faced many challenges along the way. The strength of our character and will were tested, but we never gave up. "I learned that the best way I can contribute to my sport and the testimony of Jesus Christ is by loving, serving my teammates on and off the field. Loving people, through whatever venue, is all that really matters in the long run."

The Lady Flames ended their season with a record of 6-12 overall and a 3-4 mark in the Big South conference.

Contact Jessica Carniol at jmcarniol@liberty.edu.

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FOOTBALL: A perfect 6-0 at home

By David Hunt

Some things just have a habit of working out, and for the Liberty University cross country team, things worked out just right after a somewhat rocky start to the season. With sophomore and two-time Atlantic Sun Chelenga still ineligible and seniors Clint Jackson and Kalib Wilkerson hurt, the Flames were starting over. That did not stop the Liberty harriers.

After a strong showing at the 2007 NCAA Southeast Regional Championships, held in Louisville, Ky., both the men and women tore up the course.

"We did well on both sides," said coach Smith. "I don't think we could have expected a better outcome. We did very well on both sides," said Smith.

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Just two minutes into the third period, Thomas scored again to complete the hat trick and was dragged down on a breakaway. "My dad is here tonight," explained Reynolds. "I had to score for him."

Harry to score for him.

With one minute left in the first period, Thomas's effort play led to a penalty shot. Sophomore Eric Reynolds, called "had to score for him."

Thomas was a good goal lead. The Flames fought back late in its length and athleticism. "San Diego State is a good team. It was difficult to simulate the game. We had a couple opportunities to finish it up."

Kyle Spain led the way for the Aztecs with 14 points, and Lorenzo Wade chipped in 12. Junior transfer Tee Jay Bannister scored a career-high 17 points to pace San Diego State. The Flames held an early lead against San Diego State, an NIT participant last year, on Saturday, Nov. 30 to face N.C. State. The puck drops at 7 p.m.

The Flames looked to rebound from past seasons. These guys really like to get under your skin," he said. "With Liberty's goaltender pulled as the third period wound down, Dundie's face seemed, sending the game to overtime. Future Mastermind explained how the play occurred. "We were trying to get the puck back to (Semenyna), over to Bridges, down to (Dodgson), and across to me, Chung, or Hofer. Me and (Dodgson) just made a little magic with our eyes, and he slipped it in off my leg."

Regardless of how it happened, the crowds burst into cheers when the Flames tied it up. It did not last long, just two minutes into overtime, Semenyna blasted a shot with the one that opened the scoring to give the Flames a 2-1 overtime win.

"It was a character win, and it was a game we needed," said Handsy. "The guys fought in themselves, and it was exciting to see."
Rainmaker\textsuperscript{1} takes the stage by storm

By Miranda Comisky
LIFE REPORTER

This past week was the final work for the Liberty University Department of Theatre Arts presentation of \textit{"The Rainmaker."

"The Rainmaker," a play by Tennessee Williams, is one of the most popular plays written in the 1940s and is a法兰克福iana favorite. The play was directed by Senior Brooke Roberts and performed in the Liberty Auditorium from Thursday, Nov. 1, through Saturday, Nov. 3.

The play tells the story of Lizzie Walker, a woman who is considered to be plain by all those around her. She is often seen as someone who is unremarkable and is often not taken seriously. However, when a so-called rainmaker arrives in town, Lizzie's life changes drastically.

Lizzie, played by Kaitlin Cloutier, is a woman who is used to being ignored and dismissed. She is often overlooked and is not given the credit or recognition that she deserves. However, when the rainmaker arrives, Lizzie's life is turned upside down.

The rainmaker, played by Chris Seidel, is a man who promises to bring rain to the community. He is a charmer and is able to convince Lizzie and the people around her that he is the one who can bring rain and make their lives better.

Lizzie, who is used to being overlooked, begins to believe in the rainmaker and starts to think that she is not plain after all. She begins to feel like she is special and that she is worthy of being noticed.

The play is filled with moments of heartbreak and hope as Lizzie learns to trust her instincts and to believe in herself. The cast and crew of \textit{"The Rainmaker,"} have done an incredible job of bringing this classic play to life on stage. The performances are outstanding, and the set design and costumes are beautiful.

Lizzie's journey is one of self-discovery and healing as she learns to accept herself and to see her true worth. The play is a reminder that beauty and worth are not something that can be defined by others, but are something that we must find within ourselves.

In conclusion, \textit{"The Rainmaker,"} is a play that is filled with moments of joy, heartache, and hope. The cast and crew have done an incredible job of bringing this classic play to life on stage, and I highly recommend it to anyone who enjoys classic dramas.

\textsuperscript{1}Cast members include: Gina Palese, Liberty University student, Chris Seidel, Liberty University student, and Kaitlin Cloutier, Liberty University student.

\textsuperscript{2}Contact Miranda Comisky at mcomisky@liberty.edu.
What college students need to know

By Natasha Kormanik

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You have the opportunity to:

For years, Northern Uganda has been ravaged by civil war.

Thousands of children have been abducted. Thousands of families have been displaced. Thousands of homes have been destroyed. But in the midst of such extreme poverty, extreme conditions and extreme need, you only have time to make the quick foods.

She added that most students, at what they do because "that's all you can afford at the time."

Serving college or a student's budget is difficult enough. Nutrition food can sometimes be pricey, making it more difficult for a student to afford. With a jammed-packed schedule, college students cannot have the time to make a meal, often substituting the fast food "grab-n-go" as an alternative to healthier options.

If you plan to try to stay away from processed foods and carbohydrate-friendly and well-balanced meals. Students can make healthier choices by eating a sandwich instead of a burger, a salad and soup instead of pasta or grilled foods instead of fried foods.

When asked what action students should take in regards to their diet, Cummings advised students to try to offer away from processed foods and carbohydrate-friendly and well-balanced meals.

She added that most students, according to a 2004 press release on SodexhoUSA.

According to its Web site, BalanceMindBodySoul.com, Balance ensures that students are getting the nutrients needed for life, according to www.bms.org.

Students can help maintain proper health by utilizing the food pyramid and eat foods from at least three different food groups. This ensures that students are getting all they need to perform inside and outside the classroom.

Food is the source of all nutrients needed for life, according to www.bms.org.

To healthier options.

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Guest artist’s ‘Angel’ series currently on display in DeMoss

By Karl Mitchell
NEWS EDITOR

The artwork of Adrienne Harvey, a woman of many talents, was showcased in an art show held in DeMoss Hall near Jazzman’s Café on Nov. 5. Her art will be displayed until Dec. 20.

Harvey began painting at the age of 9 when her grandmother paid for her to have private lessons. She has since had her work displayed in the State Capitol of Virginia and Carlson Gallery in New York City's Chelsea district.

At the age of 12, Harvey realized her talent for acting when she left her classmates in tears after an emotional skit.

"The joy and sense of freedom that I experienced made me realize that I had been given another talent," Harvey said in her biography on the Web site www.acescape.net.

At the age of 16, Harvey left college to pursue acting. She has worked on several feature films, co-starred in the television series "Dawson’s Creek" and, in New York, starred in the movie trailer for a film called "Dirt.

"One thing that many people still consistently over the years told me that I needed to focus on, or identify, one talent, rather than say that I did them all," Harvey said in her online biography.

"I strongly disagree and believe that when anybody is given more than one talent, then they have the ability to perform each one, especially if they have focus and discipline."

Harvey's father, Proctor Harvey, owns Harvey Landscape Design Associates in Lynchburg and has done several projects for the University, including the Jerry Falwell Memorial and the new entry landscaping to DeMoss Hall. Proctor is a long-time friend of the Falwell family.

Contact Karl Mitchell at kmitchell@liberty.edu.

Todd Agnew offers answers in his ‘Better Questions’ tour

By Kari Mitchell
NEWS EDITOR

"Are you sure?" — Todd Agnew performed with Buck of Trees and Joy Withhold in the Schilling Center on Nov. 16.

"Dawson's Creek" and, in New York, starred in the movie trailer for a film called "Dirt."

In addition, Harvey can sing, dance and model.

"One thing that many people still consistently over the years told me that I needed to focus on, or identify, one talent, rather than say that I did them all," Harvey said in her online biography.

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