Fall 11-13-2007

11-13-07 (The Liberty Champion, Volume 25, Issue 10)

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On Saturday, Nov. 10, the Liberty University football team scored the second highest single game total in program history with 85 points. The combined score for both teams tied the Big South record for highest points total in a game. Florida fans set a record themselves when 85,140 fans attended the game, making it the fourth largest combined home attendance in Liberty football history.

**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.

**Student-initiated prayer meetings grow**
Liberty students seeking extra opportunities to deepen their relationships 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.

**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.

**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.

**OPINION >> White equals racist**
What one college pamphlet suggested about racism in American culture today, A4

**SPORTS >> Head of the class**
Josh McDougal will run in the NCAA National Championships for his fourth season in a row, B4

**LIFE >> Freshman 15 no more**
Tips on how to eat nutritious and live a healthy lifestyle even at college, B7
by bringing home top honors

ROTC shines at Ranger Challenge by bringing home top honors

Continued from A1

Students looking for more prayer and fellowship, however, were not out of options either. Campus Church on Wednesday nights and Sunday mornings, multiple TRBC services and Lunch ’n’ Listen held on the Prayer Chapel lawn. "The world" - is also held on Sunday nights. Discussions include topics such as handling pain in the Christian life, living blameless before God and living in godliness. "It's like being a missionary, and is a confidence builder as the march wears on," according to Morris.

"The march is six miles with a pound rucks on your back. If your ruck is under weight at the start of the march, 30 minutes is added to your time," Smith said.

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Dr. Habermas
Question
Answer
1. How can we help trafficking victims and even certain regions of the world?
2. Why do you think it is important to pray in a community.
3. What is the best of what he has gained from his time in Lynchburg?
4. Can you tell us about Christian thoughts and perspectives on trafficking?
5. What are your educational goals for the future.
6. Why did you choose to move from Orange County, Calif, to teach at Liberty.
7. What is your passion in life.
8. What did you enjoy the most about your time at Liberty.
9. Why did you choose to teach English as a second language to international students.
10. How did your time at Liberty prepare you for your current position.

Ginger Vertican

Vertican is from Lake Arrowhead, Calif, to teach at Liberty in the School of Communication faculty. Vertican is a stepping stone in Vertican's overall goals and scope with new faculty members.

N/A

Twenty new names have recently taken up residence within the ladder rank as Department Chair Dr. Joseph Kim and Ginger Vertican recently began a new school year.

"It seems to be going through a growth spurt and all, this academic year," Vertican said.

"I haven't had a chance to look back to where we've been," Vertican said.

"We helped each other and knew that the cadets," according to Morris.

"It's one of the best things that I've ever experienced, and is a confidence builder as the march wears on," according to Morris.

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Liberty students prepare for state SHRM competition

By Jennifer Schmidt
jschmidt@liberty.edu

"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 said.

The SHRM chapter will be holding a Christmas Banquet on Nov. 11, and they will raise 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.
**Opinion**

"Bad officials are elected by good citizens who do not vote."

George Jean Nathan

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**Political Kapshi stifles voters**

By Amanda Sullivan

King Middle School, in Portland, Maine, recently challenged the school system has been a touchy subject since the early 1970s. Since then, parents have maintained their rights in the situation. The issue of sex education in the schools has been a tricky subject since the early 1970s. Since then, parents have maintained their rights in the situation.

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"Sex education is a matter for the family, not the public schools, to handle." - George Jean Nathan

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**Birth control for kids: Taking sex education too far?**

By Will Mayer

You may have heard conservative radio or television hosts talk about a program enacted by the University of Delaware that had to do with educating white students about racism. As far as I know, the program is a voluntary one.

The program was actually created in response to a letter sent by a member of one race to a member of another race. The letter called for an end to the practice of using videos on YouTube and CNN have teamed up to create a new video series on YouTube that is designed to educate viewers about the history of racism in the United States.

**Racism pamphlet leads to questions about the nature of prejudice**

By Will Meyer

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By Jen Slothower

This year, I have commented thus far on something I dislike, such as the road system in Lynchburg, the doors in DeMoss or people double-fisting. 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 wish that all 740 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 a tie. The guys in my high school class had the privilege of wearing ties, and while it was amusing to see people flustered, the great challenge of holding the unfastened top button, a large lapel on clip-on ties, and creative tying patterns, the tie caused great discontent overall.

I had to wear a skirt to high school, too, and after four years of shawl on the legs and affection

Newsies and other features for a quick run to North Campus for an intramural basketball game and instead found myself on a winding road in the midst of Lynchburg.

A feeling of helplessness settled over me as we drove, bumps and all, to our destination. Within 30 minutes I realized we were at Scarecrow, and although we made theloop and ended up at North eventually, I can think of better ways to spend my 30 minutes, especially

many problems.

The system has yet to be fine-tuned, of course. I boarded a bus many problems.

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great deal of emotional trauma was sustained.

Johnson Moore's wife finding Facebook page sprung up this year as well. Every time someone teases the grand public does not know is that Johnnie is secretly dating a woman right now and will emerge, cement the next time the campus needs some excitement.

Convention is also different this year — and I'm not talking about the overflowing suits and students sitting in the aisles.

This year's speakers have been inspiring, Bible-driven, and even entertaining. In a good way.

I certainly didn't know Ed Husson was capable of puppeteering. I was amused to see people choked, I, for one, cannot imagine wearing a skirt to class or having to see my male comrades struggling with a tie. The guys in my high school class had the privilege of wearing ties, and while it was amusing to see people flustered, the great challenge of holding the unfastened top button, a large lapel on clip-on ties, and creative tying patterns, the tie caused great discontent overall.

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ELECTION: Student manpower helped elections

The College Republicans.

Virginia locations last weekend

Continued from A1

Election results, the
Democrats captured control of the Virginia Senate, picking up four seats for a civic majority of 21-19. The Republicans retained control of the Virginia House of Delegates with a majority of 54-44.

Republicans Robert Hurt and Ralph Smith were both elected to the Virginia Senate, a victory both for the candidates and for the Liberty students helping with the campaign.

Hurt's campaign for Senate was a mounting success, as he won by a comfortable margin of over 50 percent. Smith won by a slim margin.

Chris Yablonowski and J.K. "Jay" O'Brien both lost their bids for election this year. Yablonowski, running against an incumbent of 24 years, lost the election by a 12 percent margin. O'Brien lost by a more 82 votes in what partly-dleveland Senator Hurt called a "heartbreaking loss."

"He was our closest and best hope for retaining Republican control of the Senate," said Hurt.

Yamane Carowick, a junior social science major, worked for the Yakabouski campaign, helping with door-to-door campaigning and literature distribution.

"I liked supporting a good Christian man in the 17th district and increasing his name recognition," said Carowick.

Charles Poindexter and Donald Merricks, both Republicans, won seats as delegates in the Virginia House of Delegates.

"This was the fighter," said Hurt of Poindexter's win.

Poindexter's victory was narrow, as he climbed his seat in the House of Delegates by only a three percent margin.

Liberty volunteers put a hefty amount of time and effort into this campaign, going door-to-door as well as helping out at the polls on Election Day.

"It's that personal, door-to-door work that wins elections," said Hurt.

Brown won his campaign for sheriff of Bedford County by a 40 percent margin, another victory for the Liberty campaigns.

In a meeting on Thursday, Nov. 8, Hurt addressed the Liberty University College Republicans, praising the group for its efforts in the recent election. Hurt also took questions from the audience regarding his status as a political "hot topic."

William Zimmerman, a sophomore biology major at Liberty University, won the Outstanding Volunteer of the Year award for his efforts in the Poindexter, Yakabouski and O'Brien campaigns.

Zimmerman said he participated in the campaigns "to elect Christian politicians" as well as to become more politically informed and involved.

Logan Now, another member of the College Republicans, won second place for Volunteer of the Year.

"The reputation of Liberty University is coming up," said Stephen Witham, faculty advisor for the College Republicans. Candidates are now calling Liberty to ask for help from student volunteers, said Witham. In his speech, Hurt emphasized the importance of groups such as the College Republicans.

"It is for us to decide how important it is to work, especially in the next two years, to get more young people involved," said Hurt.

For more information about joining Liberty's College Republicans, contact Professor Stephen Witham at switham@liberty.edu.

Contact Jennifer Schmidt at jschmidt@liberty.edu.

Dorm 7 update

By Jennifer Schmidt

Some students may be able to return to Dorm 7 as soon as Wednesday, pending the sanction of Liberty's building inspector, according to recent updates from Liberty administrators.

Updates on construction prog-

rograms are available almost every day along with detailed color photos at www.liberty.edu/studentaffairs/un-
der "Updates - Residence Hall 7." Administration has continually stated that student safety is of ut-

nmost priority and that work is being done as quickly as possible.

Efforts to stabilize the dorm in-
clude the placing of metal plates connected by perpendicular bars that run in between the top and bottom floors. Improvements also include new shelving being installed along the sides of the dorm to per-

nently stabilize the building.

Inside repairs include the filling of cracks, refinishing floors and adding new ceiling tiles.

The most damaged part of the dorm, and the one currently in need of the most repairs, is the first floor which is currently closed to the students.

Contact Jennifer Schmidt at
jschmidt@liberty.edu.

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Liberty, VA 24052

www.armyrotc.liberty.edu

Witham@liberty.edu

Contact Jennifer Schmidt at jschmidt@liberty.edu.
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YOU CAN MAKE A COMMITMENT.

FULFILL A COMMITMENT.

BREAK A COMMITMENT.

THERE ARE BIG COMMITMENTS.

SMALL COMMITMENTS.

COMMITMENTS YOU NEVER

WANTED TO MAKE IN THE FIRST PLACE.

YOU CAN EITHER FEAR COMMITMENT

OR EMBRACE IT.


AS AN AMERICAN AND

A MARINE CORPS OFFICER

YOUR COMMITMENT WILL IMPACT

THE FUTURE OF THIS NATION.

FEW CAN BE MARINES.

EVEN FEWER CAN LEAD THEM.

CAN YOU?
WIRELESS
Continued from A1
According to Dell's Web site, "the zwei
of higher education remains
in revolution, few have achieved so much
as at Liberty University."

"The problem with wireless (ac­
cess) is saturation - you can only
ping. So, in a given space, you can
almost completely wireless.
"Dorm 13 were the only places on
Liberty's 4,000-plus acre campus is
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"University President Dr. Roger A.
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The opportunity for people to
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Volleyball wins 14th straight, earns No. 1 seed

By Anjani Salonen
SPORTS REPORTER

Despite their second straight thrilling victory over rival North Carolina Central, the Liberty Flames women’s volleyball team was humbled by the 8-0 loss over the weekend in the Big South Conference’s regular-season finale.

Alley Oop—Freshman Eric Reynolds beats Davenport’s goalie.

Scoring a combined 107 points between the two teams, the Flames crushed the VMI Keydets 73-34 on Saturday. The 73 points was the second highest total ever scored by a Liberty team, and the combined 107 points equaled a Big South Conference record.


ti a Inc.

Apart from the closeness of the final score, the game was lopsided in favor of the Flames. The Liberty defense spread the field with five wide receivers on third-and-goal, and Smith hit wide receiver Brandon Turner on a reverse and scrambled for the 52-yard touchdown.

Smith was also efficient through the air again, completing 11 of 14 passes for 246 yards and three touchdowns. "I think the biggest thing that I’m noticing is poise, confidence and leadership," he said.

Junior quarterback Brock Smith was efficient through the air again, completing 11 of 14 passes for 246 yards and three touchdowns. "I think the biggest thing that I’m noticing is poise, confidence and leadership," he said.

Head Coach Danny Russo said of his emerging quarterback, "For the first time in a long time, made every single cut, every single play. I really see him being the leader I thought he could be and hoped that he would become.

The rushing attack was once again défini by senior running back Terrell Jennings, who rushed for 83 and 78 yards, respectively. Both players surpassed the 2,000-yard mark for their careers as well.

In the third and final game, the Eagles led the Flames 8-0 before winning on a killing spree. She had three kills out of four rallies. She finished the game with seven kills on seven attempts.

On their next drive, Terrell took advantage of a big safety as he scrambled for the 52-yard touchdown.

The Flames started strong in the match against the Eagles, serving for six straight points and leaving the Flashes 6-5 before Nelson served for six straight points and left the game 10-2.

N.C. Central was never able to catch up, and the rest of the game went quickly. Sophomore outside hitter Jessica Nelson finished with 10 digs in the game.

The Flames were able to build a lead in the second game as well, and it ended up 10-5, 15-10, 15-10, 15-9 in favor of the Flames.

Junior Ashley Webber and Nelson each had four kills.

In the third and final game, the Eagles led the Flames 6-3 before winning on a killing spree. She had three kills out of four rallies. She finished the game with seven kills on seven attempts.

Corbitt also had a perfect 1.000 attack percentage in the game with two kills.

Flames crush VMI 73-34 in home season finale

By Thomas Lourdeau
SPORTS REPORTER

The Liberty Flames were firing on all cylinders as they closed their home season with a 73-34 thrashing of the Virginia Military Institute (VMI) Keydets at Williams Stadium on Saturday. The 73 points was the second highest total ever scored by a Liberty team, and the combined 107 points equaled a Big South Conference record.

The Flames started strong in the match against the Eagles, serving for six straight points and leaving the game 10-2. N.C. Central was never able to catch up, and the rest of the game went quickly. Sophomore outside hitter Jessica Nelson finished with 10 digs in the game.

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Flames melt Davenport in heated rivalry

By Will Lopez
SPORTS REPORTER

For the second year in a row, the Liberty Flames hockey team consistently showed up to play well when they faced off against their rivals, the Davenport Panthers. The Flames scored four goals in the third period of the game, including two goals in a row to take the lead.

The Flames scored two more goals on the power play, including a goal by sophomore Dave Semenyna that gave the Flames the lead for good.

In the third period, after just five minutes, Liberty sophomore Dave Semenyna gave the Flames the lead on the power play after the Panthers drew a 10-minute misconduct.

Head Coach Danny Russo noted of his emerging quarterback, "For the first time in a long time, made every single cut, every single play. I really see him being the leader I thought he could be and hoped that he would become.

The rushing attack was once again définie by senior running back Terrell Jennings, who rushed for 83 and 78 yards, respectively. Both players surpassed the 2,000-yard mark for their careers as well.

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By William Armstrong

in their lone exhibition game last Thursday night, winning a close game by a score of 80-75. Senior forward Karyl Bacon had four kills in the first half as the Flames shot 28.3 percent deep into the second half. Typically you don’t shoot 60 percent and go down. “I felt like defense stepped up when it really needed to,” Bacon said. The Flames played with three defensive three-pointers, 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. The Lady Flames went on to score the last 14 points of the game while AIA committed three errors. “Our main focus was on defense in the second half, and it was a key to the win,” Watkins said. “This game was very unusual, because Athletic America and Radford on Friday evening and earned a bye for the first round. The Lady Flames will open up their season on November 13, 2007 against Radford in Oldham Recital Hall 101 at 7:30 PM.
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 Charlotte, N.C.

The No. 5 seeded Lady Flames were matched up against the No. 4 Winthrop Lady Eagles for the first round of Norway's 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 home 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 49:05 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 throughout 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 halftime, 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 Hardmond wrapped 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 and 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 jmrcarniol@liberty.edu.
I don’t think we could have expected a better race on the men’s or women’s sides,” McDougal said after crossing the finish line. “I just kicked it in at the end and, well, it couldn’t have gone any better.”

With the win, McDougal proved to himself and the nation that he is ready for the national stage. “I felt a little tired, but under the circumstances, I really felt confident in my team’s ability to qualify for the nationals,” McDougal said.

The Flames overcame two fumbles during the game, turned the ball over just once themselves, and resulted in his first touchdown of the season. “I think we put ourselves in a great position right now to go down to Gardner-Webb next week with a lot of confidence,” coach Brant Tolsma said afterward.

CONTACT THOMAS LORDSTAFF at thomas.lordstaff@liberty.edu.
HOCKEY: Improves to 10-4, headed to Penn State

By Eric Brown  SPORTS EDITOR

Liberty wrestlers traveled to Rochester, N.Y. over the weekend to compete in the Freedom-Brockport-Ole Miss Gold Tournament.

In just its second year back from a two-year hiatus, Liberty performed solidly against some tough competitors.

The Flames battled on the mat against the likes of Oklahoma University, Army, Rutgers and the University of Michigan as well as the universities of Roanoke, Brockport and Buffalo.

Sophomore Chad Porter finished third in the 165-pound weight division in the tournament.

"The match I lost, I felt I should have won it, but it was a game we needed," said Porter.

Junior Christian Smith defeated Army's Whitt Dunning in the 133-pound weight class.

"With two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers in his final match of the day, the sophomore's two losses come from two nationally-ranked wrestlers

"The match I lost, I felt I should have won it, but it was in the season, and my body has not adjusted to the weight loss yet," said Porter.

Junior Christian Smith defeated Army's Whitt Dunning in the 133-pound weight division to grab third place.

In the heavyweight division, sophomore Patrick Walker competed in what coach Joe Cousin referred to as his "best match of the season."

Walker finished fifth with a 2-2-0 record, defeating 5-2. Rows of Reptiles

Men's Basketball falters at World Vision Classic

By Jeffery Scott  SPORTS REPORTER

The Flames looked to rebound from past seasons. These guys really like to win, to get under your skin," he said.

The Flames head off to battle Penn State this coming weekend but will return home on Nov. 30 to face N.C. State. The pack drops at 7:30 p.m. at the Convocation Center.

Contact Jeffery Scott at jscott@liberty.edu.
life. "To sit in the shade on a fine day and look upon the verdant green hills is the most perfect refreshment." —John Bunyan

**’Rainmaker’ takes the stage by storm**

By Miranda Candy

LIFE EDITOR

This past week was the final week for the Liberty University Department of Theatre Arts presentation of “The Rainmaker,” directed by Chris Tucker. Veteran actors Catherine Ann Minor (Sheriff Thomas), David Steele (B.C. Mitchum), and Jennifer White (Clima Curny) keep the show from being a disappointment. The play takes place in the West Virginia area, which allows students to forget that the mountains are all around them. One of the hottest hiking trails on the Blue Ridge Parkway is a favorite spot for students.

Hiking trails are one of the greatest attractions in the southeast Virginia area, which allows students to find a wide variety of places to enjoy the great outdoors.

**Discover Lynchburg’s hottest hiking trails**

By Gina Palone

LIFE REPORTER

Hiking trails are one of the greatest attractions in the southeast Virginia area, which allows students to find a wide variety of places to enjoy the great outdoors. One of the most popular hiking spots for students is the Peaks of Otter — Sharp Top, Flat Top and Harrodsburg Hill. Located on the Blue Ridge Parkway and only a 30 minute drive from Lynchburg, the Blue Ridge Parkway is a favorite spot for Liberty University School of Law student Alia Klaus. “It is a great place to go and get away from everything. When you are too busy with school work, you forget that the mountains are all around you,” Klaus said.

The Peaks of Otter offer many attractions to the community, including small hotels, a bed-and-breakfast and even guided bus tours up the mountains. The Peaks of Otter are a great place to view the nature and wildlife of Virginia. Many trails can be found for a glimpse at deer and even the occasional black bear.

“It is so neat to be walking along the trail and see a deer off the path,” Klaus said. “They are so used to the people hiking. They seem quite easy to follow."

Another place to hike is in Lynchburg city. Liberty University recently opened many trails along Liberty Mountain. The mountains are now not only for hiking trails but also mountain bike trails.

A frequent visitor to the university, Chris Seidel, said, “It is fun in Rich­mond to visit our girlfriend and friends. It is so nice to be here and be able to hike Liberty Mountain. Sometimes, I don’t feel like traveling anywhere after driving here, so I enjoy just being able to hike wherever I feel like it.”

According to the admission cen­ ter at Liberty, there are over 30 miles of single- and double-track trails for the students to enjoy. The trails vary over 4,000 acres across the mountain. Students can obtain a map of the trails in Liberty Mountain by either stopping at the admissions office or visiting the Web site at www.lib­erty.edu/admissions.

There are many areas through­ out the Blue Ridge Parkway that students are finding to be great hiking spots, including Apple Or­ nder at liberty.edu.

**The Rainmaker**

Starring: Samuel Johnson, Laura Greely, Paul Grammatica, Nick Art and Jenifer White

Type: Comedy/Drama

Rating: PG-13 for language and some sexual situations

By Patricia Hawkins

LIFE REPORTER

In the dramatic comedy “The Rainmaker,” Scarlett Johanson (Mae Walker), a woman with a very dangerous side, is the American adaptation grows complicated when Starbuck promises are secret to her crush and the sheriff of the town. After a rude remark from her brother Noah, Lizzie real­ ly a con artist, promising rain in order to scam people for money, and Lizzie surprisingly defends him. Next comes the huge difference of whether to let Starbuck come in or stick to his plan. In the end, most of the townspeople forget that the mountains are all around them.

In the midst of much argu­ ment and confusion, Starbuck’s life is all about rain. Her newfound confidence allows her to will­ ingly accept his love, and a huge rainstorm breaks out, proving Starbuck to be correct. The storm concludes the play, leaving the audience to assume there was a happy romantic ending between Mae and Lizzie.

The play tied together a love story with Western-themed music and a well-made set that proved appealing to a variety of people, attracting both students and teachers alike.

Junior Becky Roberts said, “The play was enjoyable to watch, and all I can say is, ‘Where can I get the soundtrack?’" For more information, please visit www.liberty.edu/academics/arts-entertainment.

Contact Miranda Candy at mcandy600@liberty.edu.
By Natasha Kormanik

For college students always on the go, playing chef can be tough. Often pressed for time and under\n
budget, some students choose to buy prepackaged food. While this can be convenient, it can also be harmful, repeating the habits\n
for long periods can have negative consequences on a student’s health and future career. Nutrition is. Food is the fuel\n
with these nutrients in the right amount every day. Students can help maintain their health by eating a variety of fresh fruits, vegetables and whole grains. Healthy choices can be found at the Sodexo website. \n
Hear the stories and build relationships with former child\n
abductees who have been affected by the war

Thousands of children have been abducted. Thousands of families have\n
been displaced. Thousands of homes have been destroyed. But in the midst of\n
such extreme poverty, extreme conditions and extreme need,\n
Northern Uganda has been ravaged by civil war. For years, Northern Uganda has been ravaged by civil war. Thousands of children have been abducted. Thousands of families have\n
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such extreme poverty, extreme conditions and extreme need,\n
Through its Balance Mind, Body and Soul wellness program for students, Sodexho USA has\n
implemented its Balance Mind, Body and Soul wellness program for students, according to a 2008 press release on SodexhoUSA.com. This program can already be seen at Delaware State University’s health center, where students can choose from a variety of fitness classes, nutrition education and group therapy sessions. The college has also implemented a campus-wide health initiative called “Balance Mind, Body and Soul,” which encourages students to eat healthier foods and make more active choices. Students can help maintain their health by eating a variety of fresh fruits, vegetables and whole grains. Healthy choices can be found at the Sodexo website. \n
We can become the change we wish to see in the world. When was the last time you said that? Now is the time to put your words into action and make a difference in the lives of those in need.

Healthy Eating Tips for the Busy College Student

TUESDAY, November 13, 2007

- Eat healthy snacks in addition to meals.
- Take time to eat at least three meals a day.
- Be sure to drink enough water.
- Choose foods that are high in fiber.
- Avoid processed foods and sugary drinks.
- Make smart choices when eating out.

Healthy Eating Tips

For the Busy College Student

TUESDAY, November 13, 2007

1. Make time for meals

Eating healthy meals in addition to three meals a day keeps the metabolism active and gives students energy when they need it. When on the go, choose nutritious snacks such as fruit, granola bars or peanuts, which won’t just satisfy your hunger.

2. Balance the Meals

Students can make healthier choices by eating a sandwich instead of a bagel, a salad instead of fries, and fruits or vegetables instead of pasta or grilled foods. Eating a nutritious meal can also help you focus and perform better in class.

3. Choose appropriate portions

Students can keep their bodies hydrated and their skin healthy by drinking plenty of water. Even when you’re not feeling thirsty, signs of thirst mean that a person is already somewhat dehydrated.

4. Stay hydrated

Food is the fuel that gives your body the energy it needs to function properly. Dairy not only helps your bones stay strong, but is also a good source of protein and calcium. A Good Dairy alternative is soy milk, which works just as well as regular milk.

5. Choose appropriate portions

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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 Cafe on Nov. 5. The 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 19, 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.

In addition, Harvey can sing, dance and model.

“One thing that many people still consistently hear is that I needed to focus on, or ‘stick to,’ 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 longtime friend of the Falwell family.

Contact Karl Mitchell at kmitchell@liberty.edu.

Todd Agnew offers answers in his ‘Better Questions’ tour

By Cassie Atkins
PHOTO PROVIDED

ART SHOW — Adrienne Harvey’s work is on display near Jazzman’s Cafe.

Todd Agnew performs with The Pines in his ‘Better Questions’ tour in the Schilling Center on Nov. 10.