Thousands prepare for Walk-A-Thon

By M. Anthony Carr

As students, faculty, staff and Chancellor Jerry Falwell await the Liberty Walk-A-Thon tomorrow, the concern now is that they have properly trained and will be appropriately dressed for the 11-mile trek.

In a memo, released by the Division of Health and Physical Education, Chairman David Hor- ton answered many of the questions that are in the minds of many prospective walkers.

Horton, who is an ultra-long-distance runner (he recently placed first in the JFK 50-miler), distance runner (he recently reported the hike should take about two or three miles per day should have no problem hiking the 11 miles.

On the day of the event, Horton said walkers should walk at a comfortable pace that allows them to carry on a conversation with someone without gasping for breath.

Walkers can expect cold weather during the walk. Horton said they should prepare to dress in layers.

"A T-shirt or undershirt should be worn near to the body, covered by a wood or cotton, long-sleeved shirt with a sweat shirt over that," Horton said.

"These clothes should be loose fitting, non-binding and very comfortable to prevent any type of chafing or blisters," Horton said.

Continued on Page 4

"Christmas Joy" Smith highlights events

By Marsha Wilde

The fifth annual Christmas Dinner and Festival, the first Christmas Open House and the Deck the Halls contest begin Saturday, Dec. 14.

"Christmas Joy" is the theme for the events.

Student Government Association, the Office of Student Activities and SAGA are sponsoring this year’s events, which include a variety of new activities, as well as some special surprises, according to Beverly Buffett, coordinator of student activities.

The first Christmas Open House and the Deck the Halls contest begin the activities.

The decorated dorms will open for visitors from 2-4 p.m.

A $50 prize will be awarded to the best-decorated dorm floor, and individuals displaying the best-decorated door or window on each floor will receive activity bucks.

Winners will be announced at the festival that evening.

Brett Hartley, vice president of student activities, said the long-planned event, as in the past, is a highlight of the year.

"For undergraduates who do not get to go to the Junior/Senior Banquet this is the biggest event the school has all year," he stated.

The evening begins with a candlelight, gourmet dinner, complete with traditional Christmas decorations, ice sculptures and serenades by the YouthQuest Singers.

Singers.

Throughout the evening in the Multi-Purpose Center, Christmas caro- tons and a surprise VCR movie will be shown in a cozy setting, according to Hartley.

The YouthQuest Singers will be crooning in the lounge during the evening, and other live entertainment will be provided.

"It will be a relaxed atmosphere for small groups to gather," Buffett said.

Continued on Page 4

YouthQuest Singing team makes major impact

By Elaine Lucadano

The YouthQuest singers continue to have an impact on young people’s lives through their ministry of songs and skits.

As one of the three traveling singing teams at Liberty, YouthQuest’s ministry is spread throughout 25 states on the East Coast but also includes a local ministry at banquets, youth camps and high school assemblies.

The group, consisting of 14 singers and one soundman, places its emphasis on encouraging the youth while spreading the gospel message through music, comedy and personal testimonies.

Matt Williamson, team leader of YouthQuest, said the group aims to serve more than one purpose.

"Our job is to challenge and to uplift teenagers. We also try to encourage youth pastors to start youth ministries and activities within their own churches," Williamson commented.

Several LU students have credited YouthQuest for influencing them to attend school here.

Smith visited the campus in 1982 and has performed at Billy Graham Crusades, Olypamica USA and with the Anita Bryant Singers.

Buffington explained that Smith’s enthusiastic ministry of humor and song promises to be very entertaining for all.

Also, the YouthQuest Singers and the Branches will perform, and Buffett foresees "hills and his elves will also make a special appearance."

The entire evening is in the round, with a 25-foot rotating stage that will surround it in the Multi-Purpose Center.

Throughout the evening in the DeMoss Library, Christmas cartoons and a surprise VCR movie will be shown in a cozy setting, according to Hartley.

The YouthQuest Singers will be crooning in the lounge during the evening, and other live entertainment will be provided.

"It will be a relaxed atmosphere for small groups to gather," Buffett said.
As we enter the Christmas season, each of us tends to get caught in a whirlwind of activities. Rushing about, we try to meet all the demands of our time as the clock ticks down to the Dec. 18 deadline and our well-deserved reward of going home.

As we shop for Christmas presents, study for exams, write research papers and attend all of the exciting season parties, we must stop periodically to catch our breath and check items off the seemingly endless lists of individual holiday endeavors.

Yet, in the midst of the excitement, we are in danger of omitting one very important thing from our list of concerns: other people. Their needs may seem unimportant among our own priorities; nevertheless, during such a season as this we must be especially conscious of them.

We must not become so consumed in our own activities that we become insensitive to the needs of those around us. For this joyful time also brings with it pressures which can dampen the season's festivity for some.

And you can help. Simply by going to lunch or walking to class with a friend, taking time to talk to your roommates at the end of the day or offering a smile or a hug, you can do more to cheer someone than you realize.

Therefore, this Christmas give the best gift: Take time out from your busy schedule to spread Christmas cheer to those who need a little.
Officials fight silent threat

By Denise Floyd

Silent killers have invaded LU's campus. They sometimes go unnoticed, their victims often defenseless. These quiet, yet frightening killers are eating disorders which quickly become obsessions and, in their final stages, deadly illnesses.

Anorexia nervosa and bulimia, the names of these killers which have suddenly seemed to absorb the university at such an alarming rate that school officials have decided to fight back.

Anorexia nervosa, a serious disorder usually seen in teenage girls, is characterized with extreme self-starvation. A relate illness, bulimarexia, better known as bulimia, involves recurring binge-eating, followed by purging using vomiting, laxatives or diuretics.

The number of LU students who suffer from anorexia nervosa or bulimia is "very difficult to tell," according to Dave Rabe, chairman of health education.

"The only thing that we can go on is by word of mouth," Rabe explained. "I do know that it is a problem and it's a major problem."

Diane Crider, LU counselor, agreed, estimating that one out of every five students suffer from either illness.

"Nationally, about 20 percent of all college-aged girls are involved with anorexia or bulimia. I think that our college is around the national average," Crider said.

Crider declined to comment on the number of students who are currently receiving professional counseling for the illnesses. "It's gotten to be a problem," one resident assistant sighed. "I know of five girls who we think are bulimic, but what can we do?"

Although extensive research has been conducted on anorexia and bulimia, the exact cause is still questioned. However, researchers have discovered that most victims are from middle-class, success-oriented families.

The victim usually resorts to extreme starvation or binge-purging to reach the almost impossible task of perfection.

Rabe believes that the victim also desires to "gain control and uses intense starvation to gain this control."

"In many Christian families, there will be more anorexia and bulimia because of the authoritative pressure. Mother, father or teacher has been authoritative. This person rebels against this authority. It just becomes an obsession," Rabe said.

Crider advised the student who thinks he or she has symptoms of anorexia or bulimia to talk to an RA or a supervisor. She also added that a student should not be afraid to confront a friend who he believes may not have the problem.

Although a bulimic may be able to retain a normal-looking body, the effects can be devastating. The victim's body desperately attempts to replace lost calories and nutrients, many times unsuccessfully. The victim can be compared with an alcoholic. The only difference is that food triggers the binges.

Besides the binge-purge cycle, the bulimic follows a pattern of dieting. Most victims, however, continue the cycle to maintain their weight, not lose it.

Anorexia victims often use compulsive exercise as a means of drastic weight loss. Other symptoms include depression, unnecessary loss of hair, intolerance of cold temperatures, a distorted body image, sleep disturbances and anemia.

President’s Forum

Endings and beginnings. Our world is guided by cycles created by God Himself. And they are timed perfectly in His divine wisdom.

As there are cycles in the universe, there are cycles in our lives, cycles designed by God as He leads us through life.

We face the end of a semester; we face the end of a year. Beyond the endings are the beginnings: the start of vacation, the beginning of the Christmas season, (which the commercial world foists on us as early as Halloween), the beginning of a new year.

Projects assigned at the beginning of the semester are suddenly—or not so suddenly—due. A romance that showed so much promise in September fades before the long vacation.

And though we are often encouraged when cycles of our lives end, we are instructed by God to let go of them so we are prepared for the next phase He has planned for us.

Often times we think people or circumstances control our choices or directions. But outside influences on our lives have only the leeway provided to them by God. He is never out of synchronization with His plans for our lives.

So as the endings and beginnings ebb and flow throughout our lives, we must be willing to relinquish what is completed in favor for the next phase He has planned for us.

It's easier to cling to the familiar than to reach out to what awaits us; but we must, for it is through these moves that we grow and that our influence increases as God uses our lives to His glory and for our own good.

Selah. Amen. So be it.

Happy Holidays from
The Liberty Champion Staff

Remember to keep

Christ in Christmas
Professor dies

Dr. Daniel Lenox Barlow, a professor of education at LU, died Saturday at his home after a brief illness.

Barlow, 59, was a native of Elizabeth, Pa. He served as president of the Lynchburg-chapter of Phi Delta Kappa honorary education fraternity, a member of the Association of Teacher Educators at Christian Colleges, the Association of Teacher Educators and Kappa Delta Pi.

Barlow was also the author of "Educational Psychology: The Teaching and Learning Process."

Barlow, a graduate of Arizona State University, was a member of Thomas Road Baptist Church.

He is survived by his wife, Wilma Mae Barlow, a mathematician professor at LU; two sons, Daniel Scott Barlow of Roanoke and Brett Robin Barlow of Rustburg. The family requests that expressions of sympathy take the form of contributions to Liberty University.
The Liberty Champion

Flames Sports

CVDH victory

Kernand leads LU

By Tim Woltmann

Senior Dan Kernand scored a career-high 26 points to lead the Flames to an 82-74 win over Benedict College in the final game of the Central Virginia Doubleheader Saturday night. After a couple of sports by both teams LU grabbed the lead for good at the 6:26 mark on a Rodney Harrison jumper. This was the first of 13 unanswered points that put the Flames out in front by 12 points.

Several times and at one point brought themselves to within five. However, the consistency of the Flames offense kept them at arm's length.

Coach Jeff Myers was encouraged by the leadership shown by Kernand, Mike Minett and Bo Bo McIntyre. Minett and McIntyre were also in double figures with 17 and 16 points, respectively.

Kernand’s scoring came from shooting 64 percent from the floor and being perfect on his eight free throw tries.

“Somebody’s got to do it. I got

Lady Flames drop close one

By Elaine Lucadano

The Lady Flames basketball team was defeated 78-70 in the game Saturday afternoon against High Point College, an NAIA Division II school.

Senior center Malynda Keck and Lisa Townson, sophomore guard, used the boards effectively and came out with 12 points.

39-36.

The Spartans got as close as

the final 12 minutes but were unable to take the lead.

Sheila Fred and Sarah Faber foiled out of the game at a crucial time in the second half and were responsible for contributing in points and rebounds for the Lady Flames.

Faber lead the game with 11 rebounds.

High Point concentrated on an offense of up-the-middle drives and was successful in shooting from a distance.

Pam Wilder did a fine job coming off the bench, scoring six points.

As LU outscored UNC-G eight to two, providing the final 13-goal margin.

The Spartans wasted little time getting on the scoreboard. Griffen showed off and scored a spectacular 36 points.

The Spartans got as close as

7-4 in the first period before LU exploded for five straight goals. The goal-scoring bonanza was on.

Hill agreed fitness was a factor even though “they were short about eight players (UNC-G dressed 12 players).”

The main difference,” Hill

said after the game.

“I...”

“...”

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December 10, 1985

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Lacrosse team gains support

By Dave Detel

The LU lacrosse club is full of potential for success if it only could receive the chance to practice and to work its way up to varsity status, according to co-captain John Westfall.

The first of these requirements in the quest for varsity sport status, and the opportunity to compete, is not the major problem.

Already, a tentative exhibition game with Ohio State University has been scheduled for the spring by lacrosse coach Bruce Triplehorn, a former OSU lacrosse team member.

Also, Westfall said he is trying to get a contest arranged with Lycoming.

These opportunities excite Westfall and Triplehorn. The unity and enthusiasm they witness among the club members makes them optimistic about the future.

Westfall especially, seems impressed. He remarked, "Within a few weeks we'll be running with and beating Notre Dame if this thing gets going."

Triplehorn agreed. "The thing that is holding us up is getting pads, helmets and training gear necessary to be able to compete."

Aside from this setback, how­ever, Westfall feels the organization has come a long way from last year when only a strong interest in lacrosse existed among a few LU students.

Although the club has recently secured a playing field and every team member has a lacrosse stick, the team still lacks the pads, helmets and training gear necessary.

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