**Mansion delivers student hotline**

**By TIMOTHY J. GIBBONS**

The administration has a new way for students to communicate with the campus "this new way," according to the president, "will be a lot easier than last year." The new hotline, according to the president, "will be a lot easier than last year."

He said the hotline has been around for at least three years. The president said, "We've had some issues with it — but this "new way" is going to be a lot easier than last year." The president said, "We've had some issues with it — but this "new way" is going to be a lot easier than last year."

**Families**

**By FANNIS SIMMONS**

The president's office refers to the degree of communication "could actually fall off a cliff," according to the president, "and we need to maintain that." The president said, "We need to maintain that."

**Dues delinquent**

**By JENNIFER MILLER**

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**Group witnesses despite wreak**

Despite travel delays involving a three-car accident 35 students traveled to D.C. to participate in a demonstration, a group that led 26 people to Christ. They were delayed because they lost their luggage. The group had lost their luggage. They were delayed because they lost their luggage.

**GROUP WITNESSES**

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Ladies get fit on campus

By SARA E. POLLAK
Champion Reporter

Student Life-sponsored aerobics has settled in for the long run as 10-15 women have begun regularly attending the aerobics class on weekdays in the David's Place multi-purpose room.

"I wanted this to be a ministry for the ladies," Gretchen Walter, one of three aerobics instructors, said. "We want these ladies to find the best about themselves, not only physical, but on the inside, too as well."

The program, which has been going on for more than a month, seems to be drawing a positive response from the students, Walter said, although it has not been without its obstacles.

"We've had a few problems this semester because (David's) Place just had to much going on," Dean of Student Life Mikele Stewart said. "It's been confusing, and it really isn't the ladies' fault. We canceled the aerobics program midway through the semester and David's Place was already committed to some other situations that we could not go back and change."

Walter said that due to the inconsistency of meeting times, attendance was down from 45 people the first meeting to its current 10-15 attendance average.

Student Life has already bought a remote for the situation by allotting time next semester for a more consistent aerobics program from 3:30 p.m. Monday through Friday.

"With the exception of College Day and a Weekend check-ins on Thursdays and Fridays, we can count and keep track of the aerobics class," Stewart said.

Reasons for taking the aerobics class vary.

"I decided to begin taking these classes because I love doing aerobics," sophomore Sara Kearnis said.

"It makes me feel good to exercise and I am getting back into a work-out regime," Kearnis said.

Walter also noted that having an all-female class helps the ladies feel comfortable during the aerobics routines. The girls don't have to feel intimidated if there isn't a guy there," Walter said.

With the exception of the past two years, aerobics programs have been conducted on campus for five years, Stewart said.

According to Stewart, the reason for having a lack of student aerobics in the past two years had to do with lack of instructors, not with lack of student interest.

Despite the obstacles, Stewart is looking towards the future.

"It's just all going to depend on student response," Stewart said. "If the demand is there and maybe expand the program to high-impact/low-impact aerobics and maybe even a step program," Stewart said.

Correction

An article which ran in the last edition of the Liberty Champion, on a group going to Washington D.C., to see AmendmentTypography only, why the trip organizers were. The trip was actually organized by James Beck and Mark Corbett.

LADIES GET IN 1-2-3 AND LIFT — LU girls aerobically in David's Place last week. Approximately 15 women attend the Student Life-sponsored aerobics class every week.

because all-nighters aren't always spent in the library.

Dr. Bert Peterson, Optometrist
239-6000
was Irving Edelsberg, O.D.
and Optical World Optometrists
(Now to J.C. Penney in River Ridge Mall)
$10.00 off any exam fee
with this coupon

Because
all-nighters
aren't always
spent in
the library.

It's everywhere
you want to be.
TEACHING HIM A LESSON — Junior Rob Sexton demonstrates a self-defense move to Ronn Serrth, the captain of the U.S. National Karate Team, last Thursday.

**Ladies learn to defend**

By By STEPHANIE RABACEK

President A. Pierre Guillermin and Chancellor Jerry Falwell presented with the International Champion Reporter University, we wanted the award to Kappa Delta Pi during convocation, and faithful service that has guided cation,” said counselor Barbara it has achieved in the world of edu­ Surels, the captain of the U.S. National Karate Team, last Thursday.

The Pi Sigma chapter was one of 11 chapters chosen out of 300 applications. The awards President A. Pierre Guillermin and Chancellor Jerry Falwell expressed their congratulations for the Pi Sigma chapter also will be having various give­aways for the students during the day’s events.

Thanks to Marriott, students now have another fun-free option to add to their dining pleasures — the new Dannon yogurt machines added to the cafeterias Nov. 6.

According to Ernie Minor, senior food service director for Marriott, the yogurt machines were added in response to many student suggestions. “Students have been asking for them for years,” he said.

Normally, the administration would purchase the machine. That is when Marriott stepped in and decided to purchase the machines themselves.

They were offered the first week of September at a cost of $400 and arrived early in November.

One of the machines’ most distinct features is the many different fla­vor combinations that can be mixed using the equipment. There are six basic flavors that can be mixed with 20 others so that more than 80 different varieties can be made.

Marriott has also added sever­al new toppings including nuts, fudge and toffee.

Another feature is the nutrition­al aspect that Dannon yogurt yields. Most of the flavors are fat free, and only a few are considered to be “low-fat.” According to Dannon, the lowfat chocolate yogurt contains 160 calo­ries, the fat-free 190 and the low-fat light yogurt, 70.

All other flavors of Dannon yogurt contain 120-130 calories, the fat-free 110-116, and the low-fat light 76. These numbers are based on a serving size of approx­imately 87 grams.

Sexton did not mind, though. “It was worth it,” he said. Sophomore Carol Svacha said, “I think it's very beneficial. All girls should take it.”

Sexton added that body move­ment can overcome stronger attack­ers. Instead of resisting an attack­er’s strength, Sexton told the girls to go with the body movement in order to strike back.

Against Crime.

KDP presents award

By By GINGER GILLENEAVER

President A. Pierre Guillermin and Chancellor Jerry Falwell were presented with the International Student Council Excellence award from the Pi Sigma chapter of Kappa Delta Pi during convocation, Wednesday, Nov. 16.

“This is an Honor Society in education that recognizes exceptional students who are expected to do more than meet the standards of the university. This award is presented to the President and Chancellor in recognition of our appreciation for their support and encouragement for education,” said counselor Barbara Surels, the captain of the U.S. National Karate Team.

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Against Crime.
Seven Democrats ponder independent run

Seven Democrats and independent politicians are discussing the possibility of supporting an independent candidate for next year's election, according to The New York Times.

The group is organized by former Democratic Gov. Dick Lamm of Colorado, along with Mr. Gore and Mr. Tsongas.

The purpose of the group is to create a new philosophy for a third party or an independent presidential candidate.

"It's really a group of people who have a lot of experience," Mr. Gore said in an interview with The New York Times. "We want to be mindful of of the implications of what we do — of what that might mean if included in the group of seven or nine politicians who have no chance of winning and will fail, however, and are still sleepy, "Act, don't react," Gore warned. "It's not just a group of people who have a lot of experience."

The participants besides Gore include Sen. Bill Bradley, D-N.J., and former Sens. Gary Hart, D-Colo., and George McGovern, D-S.D.

"We are to let both parties know that this constituency in a natural constituency — it's not just in an ivory tower somewhere," Tsongas said.

"The group is organized by a group of like-minded Democrats who have a lot of experience and are looking for a way to influence the political process, said Mr. Gore.

In the interview, Gore also distributed a letter to the White House from Gingrich and Sen. Curry of South Carolina, saying he had talked with Clinton by phone and the president agreed that seven years or more seven years. We don't expect that to happen because we expect they will keep their word and come up with adequate funding for our priorities.

At the meeting, Gingrich said he had talked with Clinton by phone and the president agreed that seven years or more seven years. We don't expect that to happen because we expect they will keep their word and come up with adequate funding for our priorities.

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College Campus Deals
THREE CRUST STYLES
ORIGINAL • DEEP DISH PAN • THIN CRUST
BUILD YOUR OWN - OUR FRESH TOPPINGS
Pepperoni • Italian Sausage • Ham • Bacon • Ground Beef • Extra Cheese • Fresh Mushrooms
Canned Mushrooms • Onions • Green Peppers • Black Olives
Cheddar Cheese • Green Olives • Anchovies • Banana Peppers
Jalapeno Peppers • Fresh Tomato Slices

Small 10" Cheese Pizza $3.99 + tax
Medium 12" Cheese Pizza $4.99 + tax
Large 14" Cheese Pizza $5.99 + tax
Extra Large 16" Cheese Pizza $6.99 + tax

Student Topping Deal
Any Two Toppings ONLY $1.00 + tax

DOMINO’S DELIVERS
SUPER SUBS
"ZZESTY" MEATBALL & CHEESE
MEATBALL, WHITE AMERICAN CHEESE, TOMATO SAUCE AND SEASONING.
CLUB SUB Roast Beef, Turkey, Ham and White American Cheese.
BACON CLUB Turkey, Ham, Bacon, and White American Cheese.
PHILLY CHEESE STEAK Steak marinated with Onions & Green Peppers, White American Cheese and Italian Seasoning.

NEW DIPPING SAUCES

ALL SUBS $5.99 + tax
Ham & Cheese Ham and White American Cheese.
Turkey & Cheese Turkey and White American Cheese.

DOMINO’S BUFFALO WINGS

HAM & CHEESE
Ham and White American Cheese.

ALL SUBS
$5.99 + tax

DOMINO’S BUFFALO WINGS
4 TWISTY BREAD STICKS $1.29 each + tax
8 TWISTY BREAD STICKS $2.29 each + tax
30 TWISTY BREAD STICKS $5.99 each + tax

NEW DIPPING SAUCES

OPEN LATE!

CAMPUS DEAL #1
MEDIUM 1-TOPPING PIZZA $5.99 each + tax
2 CANS OF COKE OR DIET COKE
ADD 4 TWISTY BREAD STICKS 11"/ea. + tax
2 ZZESTY CHEESE STICKS 12"/ea. + tax
10 BUFFALO WINGS 10"/ea. + tax

CAMPUS DEAL #2
MEDIUM 2-TOPPING PIZZAS $7.99 each + tax
2 SMALL 1-TOPPING PIZZAS
ADD 4 TWISTY BREAD STICKS 11"/ea. + tax
2 ZZESTY CHEESE STICKS 12"/ea. + tax
10 BUFFALO WINGS 10"/ea. + tax

CAMPUS DEAL #3
TWO 6" SUPER SUBS $5.99 each + tax
2 CANS OF COKE OR DIET COKE
ADD 4 ZZESTY CHEESE STICKS 12"/ea. + tax
10 BUFFALO WINGS 10"/ea. + tax

CAMPUS DEAL #4
EXTRA LARGE CHEESE PIZZA $6.99 each + tax
2 CANS OF COKE OR DIET COKE
ADD Garlic Sauce 25¢ each + tax
2 Parmesan Pepperoni 25¢ each + tax
Original Pizza Sauce 25¢ each + tax
Ranch Dressing 25¢ each + tax
Blue Cheese Dressing 25¢ each + tax

CAMPUS DEAL #5
EXTRA LARGE CHEESE PIZZA $8.99 each + tax
4 CANS OF COKE OR DIET COKE
ADD STUDENT TOPPINGS DEAL ANY TWO TOPPINGS ONLY 11¢/ea. + tax
Mr. President, I agree that Bill Watterson’s retirement from the cartooning business is a grievous loss, but I’m sure it’s good cause to fly the flag at half-mast.

A car or a torture chamber?

Passage of the week...

...nothing for the champion seems to be joyful, but grievous; nevertheless afterward it yields the passable fruits of righteousness unto which they arestricted thereby.

...write long hands which upholds and fee bleholds, and make straight paths for your feet, but which it turned out of the way; but let it rather heheaded... (Habakkuk 12:11-13)
It's time to stop watching trash television

By GEOFF MATTARA
Champion Reporter

There's a scenario... It's 1985. A man named John Doe appears to be part of some scientific experiment. He is cryopreserved, frozen and stored in a block of ice for 10 years. As the 10-year period comes to a close, Mr. Doe is thawed, revived and sent back into society.

"Being more of a couch potato than a social butterfly, Mr. Doe is content with just going home and watching some TV. After all, it's the most relaxing way to spend time."

Tuesday, November 28, 1995
Liberty Champion, Page 7
Champion Reporter

But, of course, the talk show hosts — the slumberers, the entertainers of the masses — see no problem with this. It's become routine in CBS studios. Jerry Springer remarked that the show is fun.

"Mr. Springer, when you're not earning his audience's laughter, you're earning millions of TV viewers, so they can cry and scratch at each other because one of them has something more real than the other.

"Mr. Bennett, the former Secretary of Education, has recently launched a campaign to help purge America of this cultural rot. It even promises to outsell his first literary endeavor — "Private Parts.""

"Howard Stern other than, of course, no one actually believes, since he waivers on any number of other because one of them has something more real than the other.

"But it probably won't work.

"Be sure. Bennett's intentions are good, and why reject his campaign if all he is attempting to shame those who view these shows will not solve the long-term problem as he claims.

"Okay, I've had enough of this talk show nonsense. Let's talk about the real issues here.

"It's time to stop watching trash television. Take away the one thing talk show people do really educate, however, and then Mr. Bennett may get their attention. Take away the TV, however, and then it's time to stop watching trash television.

"And that's up to us. We, the people, may be the key to the fate of these programs. Let's start to see that power now.

"Why is Howard Stern so popular?

"By SARAH PARSHALL
Champion Reporter

"By WARREN TILMAN
Champion Reporter

"In the halls of the Capital and the Oval Office, a spirit of the order is the day. The budget is mandatory, and any excess of the bill is in the making, because Clinton refuses to sign, approved by Congress to pass, to the balanced budget.

"However, two previous budget submissions to the federal government have been sent home. These submissions outline one of the few federal budgets.

""No air traffic control, military expenditures, social security and welfare are still being funded. However, the processing will be delayed even more because one reason in the process, the documents.

"In the short term, government services in the federal government will be cut. For the long term, the U.S. could default on its debt because of the sensitive names of financing.

"Oh, a shade which is the in itself is also a shade in itself because those who make it in itself are not the one who does take the money from the character, nor the one that pays to advertise on their behalf."

""As I was browsing through the links in print, so is to give a better understanding of this universe and the numbers that are a part of the universe, regarding to media and press, I was impressed to see the headline: "male chauvinist must be stopped." Because the headline was such a bold statement and dealing with a topic so talked about today (male chauvinism), I, too, wanted to read the letter to the editor in the March 11, 1995 edition. I, too, have been impressed with the number of letters to the editor in the March 11, 1995 edition.

""Whatever woman may cast her lot with rats, may indeed have a lot that my friend Biggs and others are studying, I want to see the evidence that is against the character, nor the one that pays to advertise on their behalf."

""Whoever is using the character as the focal point of this arena as well?"

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News editor gets a chance to speak

Finally, I have been given my chance to speak. If you look back over the weeks you will see that I am the news editor for this publication. We call it the Liberty Champion. We try to make the Liberty Champion interesting because it is not just another student newspaper.

Of course, you would not know from the way we look, but I am also the section editor on this wonderful publication who does not have her own column. Quite disturbing, I realize, especially considering my mug shot is less frightening than the other columns.

I make many of you quite perturbed at the fact that you are not completely captivated in another one of Karen Simpson's columns. To Karen's most loyal fans (all of you, I am instructed to tell you that Karen (Skippy) is me) this will be back next week with another one of her witty, yet completely meaningless, columns. Karen has taken a one-week hiatus to go mountain climbing in the Himalayas. (She told me to say that.) At this point, you are probably wondering what this column is about. I'll tell you, if you'll briefly look at page 2 of this paper, you'll notice a correction. Whenever the Champion runs a correction, that means one of the other columnists messed up.

I know many of you're thinking, you are saying, "Ando, the Champion is always in error, especially with this kind of an article." What is so different about this one?"

Kindly tell me what you're different about this correction. This time, it isn't.

My story goes as follows:

3:35 p.m. Tuesday, Nov. 14, 1995: During one of these ever-so-humdrum Champion meetings, I am sure you've all heard about, one of my most recent efforts to stir things up in our own column. Quite disturbing, I realize, especially considering my mug shot is less frightening than the other columnists.

In fact, you are probably won't believe me because of the name "YouthQuest," at least I thought I did. That's right. From my mouth to your, it's me and "YouthQuest" was formed.

11:30 a.m. Saturday, Nov. 11, 1995: I saw the story in my desk, not knowing what to do with it. It was one of those stories that would bring to my interest in this especially semi-mysterious shoot. Now kids, this is where the Ando (just ask) to breathe. Notice the story didn't mention the name "YouthQuest." I thought, "For the sake of her name, I guess it would bring to my interest in this especially semi-mysterious shoot."

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Brown roast turkey ... creamy mashed potatoes ... homemade stuffing ... apple pie ... buttered biscuits ... sweet potatoes ... steamed vegetables — "Stop, I can't take it anymore" are the words heard from LU students in reference to mouth-watering food not found in their illustrious cafeteria. This is not to say the cafeteria food is altogether bad, but there's just nothing like "down-home cookin'".

With Thanksgiving gone and Christmas close at hand, dreams of mom's cooking are making cafeteria food seem all the less appealing. However, since most students often do not have the financial ability to dine at one of Lynchburg's finest restaurants, cafeteria food is their only alternative. How, then, can they incorporate a little "down-home cookin'" into their daily meals without breaking their bank?

The following recipes, including rice krispies treats, pizza bagels, chicken parmesan, fried chicken salad and waffle sundaes, have been prepared by students who decided they couldn't survive on the same old cafeteria food day after day.

While there will, of course, be some reluctant students who find it hard to believe that other students were able to create these foods in the cafeteria, please note that it is possible. With a little initiative and creativity, any student can make these dishes and more.

**Rice Krispies Treats**

1 handful mini marshmallows, 1 bowl of Rice Krispies cereal, 1 spoonful margarine. Mix ingredients in a bowl and place in the microwave until melted. Stir well while rolling into little balls, be careful not to burn your fingers.

from the kitchen of: Kathy Gibson

**Pizza Bagel**

Take a plain or garlic bagel. Cover lightly with sauce, from the pasta bar. Top with white cheddar, red bell pepperoni, onions and peppers, from the salad bar. Toast bagel. Cover with ingredients and microwave for 30 seconds on high.

from the kitchen of: Kairrin Simpson

**Fried Chicken Salad**

1 chicken patty, 1 scoop lettuce, 1 scoop tomatoes, 1 scoop hard-boiled egg, 2 spoonfuls honey mustard dressing. Combine ingredients and enjoy!

from the kitchen of: Luke Leary
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REGIS HAIRSTYLISTS
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MITCHELL'S FORMALWEAR
Haberdashery for the great man in your life,
Johnson brothers tight on, off field

By MARITY CLARK
Champions Report

Johnson and Johnson. For most people, though, of holy shampoo and Orel Hershiser proxy, soccer and basketball are the focus. For Worthington, it stands for the soccer playing brothers — Jeff and Joey — who have played together for the last two years.

Joey, who has played for the Flames for four years at forward, was recruited to Liberty from Bryan College in Tennessee in the fall of 1994. He also had 11 touchdowns rushing that season next year, Worthington has set his sights higher — 2,000 yards in a season.

"Next year, I'll have to do at least the work, with what J.T. (Morris) not being here next year. I'm looking forward to. Give me the yards," Worthington said.

For Worthington to acquire 200 yards rushing, he would need to average more than 100 yards rushing per game in 1995. Worthington was appreciative of his backfield running mate, senior J.T. Morris, who played in his final game Saturday. "I just want to thank J.T. for being so good, and for taking the half in our short-yardage and goal-line situations," Worthington said.

"I'm very proud of them, as the offensive line, and the defense line. I mean, these guys are one of the main reasons we're still in the game," Jeff said.

Worthington said he also appreciated his fullback running mate, senior J.T. Morris, who played in his final game Saturday. "I just want to thank J.T. for being so good, and for taking the half in our short-yardage and goal-line situations," Worthington said.

WFU A TOP OF TDs — Lawrence Worthington ran for 16 touchdowns in 1995, setting the record for most touchdowns rushing in a season by a Flame.
**Ragged Cowboys rope Redskins at Texas Stadium**

By JOSH HOWE

After two false alarms, the Liberty mens club hockey team has pitched a last-ditch effort in hopes of pulling a season together on the ice.

Roughly $2,000 is needed for the Flames to continue playing independent, but all the teams in the area were turned down. The Browns are the league's worst defense.

Cleveland at San Diego: These are two of the most expensive sports teams in the country. The Browns are fighting for fan support and perhaps a playoff spot. For the Rams (2-1), just returned from the San Juan Islands, they have been giving away too much in passing yards.

Bears by 1.

Buffalo at San Francisco: San Francisco showed already they can get past the Bears. Bank of America serving up nearly 370 yards a game defensively.

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After finishing 2nd in the Veterans Championship, held in Tolsma's 45- to 50-year-old age group, it was good competition for me, Tolsma said. "It was like a serious meet, but for older people. You almost have to have a world championship to get 30 guys between 45 and 50 who want to do discus throws.

"When I went up there, I was surprised how different the meet was from the national meet I went to. I went up there with lots of guys with it; there was a lot of spectators.

"When they had the opening ceremonies, it was very much like the Olympic games; I think there were 30-plus countries, including, I remember, some of the little ones (like) Fiji and Croatia.

Because the atmosphere created different events — four running, three jumping and three throwing — Tolsma's training was varied and vigorous. He trained along with the track team during the season, explaining that "I mainly train to build the benefits of being in shape and to reinforce the athletes on our 4-year plan, and I don't have to hear as many complaints."

Otherwise, after school started last semester, the coach followed a very intense schedule and stepped up his mini- marathons so much he was able to rest a day on the weekends. "I think he did my running workouts then and now and got a total of 15 hours a week. That's how many hours a week I would do my running workouts then and now. The last day, I don't do the previous day's.he explained.

Tolsma persisted for a LEAP OF JOY — Track coach Brant Tolsma pictured during a meet.

"It definitely made my summer season shorter. Because training that hard right up to the middle of July essentially gave me a month until I had a moose against my car," he said.

But the training and sacrifice paid off. "I finished between tied for first and third in all the events, but I didn't do anything. The reason I did as well as I did is because I'm really good at certain events, because I'm not bad at anything. I was in the lead of my age group, which is always a plus, too."

Three advantages brought Tolsma probably closer to a world title, as Tolsma gave the eventual winner a $100 for his money for second of the 10 events. "We did in two events: we beat by one hundredth of a second in one event; I beat him by four hundredths in another event, so we were very close except for the hurdles, the javelin and the 100.

"The competition turned out better than I thought it would, because I always think, "Well, how good can these guys be? They're old."

So I don't think of myself as 45. I kind of think of myself as about 30, and those guys are all 45, I suppose. To be able to beat them, but, in reality, I guess I'm 45, he explained.

No why does a 45-year-old man with a wife and six children and numerous other responsibilities downright his summer schedule to train- ing for a track meet? "The biggest reason, I think, was because we're working very hard to try to build a national class track program and they were very sincere about it."

And while recruiting was the reason he entered the meet, his own competitive spirit kept him going. "I wanted to be," he said, a smile playing at the corner of his mouth, "I'm not a quitter, you know. You know you could do anything I could do so win. But I got second. But now, I think it was better I lost second, because had I won, I think I would have had to. "Oh, I won the nationals. I won the world's, that's enough.'"

"I basically made a decision at that point that I'm going to train until I can't train anymore."

Tolsma said, "I think that if it's worthwhile going for, you shouldn't just achieve a level and say that's good enough. And as Christians, we should measure ourselves against our peers; we should measure ourselves against what we're capable of doing."

We're not going to go to South Africa, but if the meet comes back when I can do it, I'll try again. And if I win then, that won't make me quit either; it'll keep me going.
NCAA clears women's hoop

By RICH MACLONE

The Liberty University women's basketball program has been cleared of any wrongdoing following a university-led investigation of the program.

The written report from the NCAA's new director of investigations, Greg White, said, "There was no evidence of any violations of NCAA rules or any other laws.

"We have been cleared of any wrongdoing. We have not violated any rules.

"We have been cleared of any wrongdoing. We have not violated any rules."