Spring 3-6-2007

03-06-07 (The Liberty Champion, Volume 24, Issue 16)

Follow this and additional works at: http://digitalcommons.liberty.edu/paper_06_07

Recommended Citation

http://digitalcommons.liberty.edu/paper_06_07/14

This Article is brought to you for free and open access by the Liberty University School Newspaper at DigitalCommons@Liberty University. It has been accepted for inclusion in 2006 -- 2007 by an authorized administrator of DigitalCommons@Liberty University. For more information, please contact scholarlycommunication@liberty.edu.
Jamestown, Va., the Commonwealth of Virginia passes bill apologizing for slavery

The history of slavery. Proposed was the establishment of servitude of Africans and Native Americans. McEachin III (D-Henrico) said that the resolution is one of early February. The resolution passed unanimously in the House, 96 to 0, as well as in the Senate. Lisa Tuck, a former Liberty student, was in favor of the proposal.

"I think people whose ancestors were affected by slavery will appreciate it," she said. "At least with this bill, someone is stepping up to the plate and saying (slavery) was a bad idea." Tuck said it was going to the fight direction in the movement against racism.

Professor Kenny Rowlette, Co-Director of The Liberty University Civil War Institute, commented as saying "It's a step in the right direction, and its claims have been described as being simply "commercial" in being a challenge to the authenticity and its claims have been described as being simply "commercial" in being a challenge to the ossuary story. Habermas said that Joseph, Jesus and Mary were common names and appear on many bone boxes found throughout Israel.

THE OSSUARY STORY — Habermas said that Joseph, Jesus and Mary were common names and appear on many bone boxes found throughout Israel. Has the 'lost tomb' been found?

Dr. Richard Lane, who works at Light Methodist, said the two main types of flu going around are the Influenza B and the Influenza A. The Influenza A is different from the Asian Influenza A, he said. "Still students don't to worry."

"The main symptoms of the flu are high fever, headache, intense tiredness, dry cough, sore throat, many or stuffy nose and muscle aches. Most healthy adults may be able to infect others as early as one day before symptoms develop and up to five days after becoming sick, as stated in the Centers of Disease Control and Prevention website.

"The flu is airborne, so it spreads through coughing, sneezing, and hand-to-hand contact. Wash your hands, wipe your hands and wash your hands," Lane said. "The best way to prevent the flu is to get a flu vaccine."

"If you have the flu, don't cough in other people's direction," Lane said. "Those who are sick should stay at home and cover their mouth and nose with a tissue when coughing or sneezing."

Steps for charity: Group from LU to be in MS walk

According to the National Multiple Sclerosis Society, 400,000 Americans suffer from multiple sclerosis, a debilitating disease of the central nervous system. Multiple sclerosis’ symptoms can include muscular weakness, depression, difficulties with coordination and speech, severe fatigue, visual problems, short term memory loss, problems with balance, numbness and pain. For the most severe cases it can impair mobility or cause disability.

In an effort to help combat, and possibly find the cure for MS, the National MS Society sponsors community walks anywhere from the community center walk to a major walk for MS research. This year, the campus is the starting point for the faculty, staff and students headed up by Cynthia Champagne, a registered dietitian at Liberty’s registrar’s office.

Kraft Foods’ recall of Oscar Mayer chicken products has removed more then 2.8 million pounds of chicken from supermarket shelves, making it one of the largest meat and poultry recalls since 2004.

Richmond's first African-American mayor, Ben Henry L. Marsh III, (D-Richmond) and Delegate A. Donald Metcalfe Jr. (D-Lafayette) sponsored the identical resolutions A 332 and HJ 728 in early February. Their purpose was to recognize the contributions of Native Americans and African Americans to the Commonwealth and the nation. The proposal passed unanimously in the Senate, 56-0, as well as in the House.

The resolution is one of the most recent steps taken in the fight against racism.

By Amy Field

"I think people whose ancestors were affected by slavery will appreciate it," she said. "At least with this bill, someone is stepping up to the plate and saying (slavery) was a bad idea." Tuck said it was going to the fight direction in the movement against racism.

Professor Kenny Rowlette, Co-Director of The Liberty University Civil War Institute, commented as saying "It's a step in the right direction, and its claims have been described as being simply "commercial" in being a challenge to the ossuary story. Habermas said that Joseph, Jesus and Mary were common names and appear on many bone boxes found throughout Israel.

JESSICA WEBER

By Fernanda Rezende

Flu season hits, brings with it coughs and sniffles

Flu season has arrived in Virginia. According to the Weather Channel Web site, at least half the region of the state have been affected by it. Because of its contagious nature, the flu has been widespread on Liberty campus, but practical measures can be taken to prevent it.

"We have already apologized for the part it played in wrongdoings. We have already acknowledged of any wrongdoing," he said.

Virginia passes bills apologizing for slavery

"I think people whose ancestors were affected by slavery will appreciate it," she said. "At least with this bill, someone is stepping up to the plate and saying (slavery) was a bad idea." Tuck said it was going to the fight direction in the movement against racism.

Professor Kenny Rowlette, Co-Director of The Liberty University Civil War Institute, commented as saying "It's a step in the right direction, and its claims have been described as being simply "commercial" in being a challenge to the ossuary story. Habermas said that Joseph, Jesus and Mary were common names and appear on many bone boxes found throughout Israel.

By Amy Field

"I think people whose ancestors were affected by slavery will appreciate it," she said. "At least with this bill, someone is stepping up to the plate and saying (slavery) was a bad idea." Tuck said it was going to the fight direction in the movement against racism.

Professor Kenny Rowlette, Co-Director of The Liberty University Civil War Institute, commented as saying "It's a step in the right direction, and its claims have been described as being simply "commercial" in being a challenge to the ossuary story. Habermas said that Joseph, Jesus and Mary were common names and appear on many bone boxes found throughout Israel.

By Amy Field

"I think people whose ancestors were affected by slavery will appreciate it," she said. "At least with this bill, someone is stepping up to the plate and saying (slavery) was a bad idea." Tuck said it was going to the fight direction in the movement against racism.

Professor Kenny Rowlette, Co-Director of The Liberty University Civil War Institute, commented as saying "It's a step in the right direction, and its claims have been described as being simply "commercial" in being a challenge to the ossuary story. Habermas said that Joseph, Jesus and Mary were common names and appear on many bone boxes found throughout Israel.
You may or may not have read my earlier column entitled "How to appreciate the following list of the next greatest threats to our world." Let me at least warn you that I will warn you of what might be an unexpected source of global warming. Yet another source would have to come from global warming.

As we know, global warming has been predicted for two decades now, and we have been told that out of the millions of species in the world, 1-2% will go extinct due to it. This is a statistic that we all should have been aware of.

Yet, there is an even greater threat to our world. It is a threat that has been ignored by most people. This threat is the threat of coyotes.

Coyotes have been causing problems in the Lynchburg area for several years now. They have been known to attack people and pets, and they are becoming more aggressive as the years go by.

The Lynchburg News & Advance recently reported a story regarding a suspected coyote attack near Old Green Mill Road in Lynchburg. The story is a cautionary tale for all of us.

"There have been some (coyotes) seen in the Liberty Village area...if a student sees any type of dangerous animal, they need to call LUPD and not approach or try to catch the animal." - Chief Leonard Rutledge

No longer can we ignore the threat of coyotes. They are a real and present danger to our community.

The Lynchburg News & Advance recently reported a story regarding a suspected coyote attack near Old Green Mill Road in Lynchburg. The story is a cautionary tale for all of us.

"There have been some (coyotes) seen in the Liberty Village area...if a student sees any type of dangerous animal, they need to call LUPD and not approach or try to catch the animal." - Chief Leonard Rutledge

No longer can we ignore the threat of coyotes. They are a real and present danger to our community.

The Lynchburg News & Advance recently reported a story regarding a suspected coyote attack near Old Green Mill Road in Lynchburg. The story is a cautionary tale for all of us.

"There have been some (coyotes) seen in the Liberty Village area...if a student sees any type of dangerous animal, they need to call LUPD and not approach or try to catch the animal." - Chief Leonard Rutledge

No longer can we ignore the threat of coyotes. They are a real and present danger to our community.
RECALL: Listeria bacteria found in Kraft products

Continued from page 1

Columbia, S.C., a Kraft manufacturer. It was positive for the bac­

Continued from page 1

Continued from page 1

Continued from page 1

Continued from page 1

Continued from page 1

Continued from page 1

Continued from page 1
The truth, the lies behind the best-seller

"The Secret," by Rhonda Byrne, is currently number one on the Wall-Street Journal best-sellers list. conjunction I had with someone who had read the book sparked my interest. When I went to a local bookstore to look over a copy, it was completely sold out. After finding out that "The Secret" was also in film format and was being presented at a church in Lynchburg, I decided to attend the viewing and see what principles were behind it. According to its Web site, the unveiling of "The Secret" is supposed to usher in a "new era for human kind."

The film explains "The Secret" and proceeds to explain how to apply its philosophies to your individual life. The film contains primarily excerpts by experts on "The Secret" such as Jack Canfield, the author of the Chicken Soup for the Soul series, and Rev. Michael Beckwith, a spiritual instructor on the practice of "New Thought Ancient Wisdom."

After viewing the film, I came to the conclusion that while there were elements of truth presented in "The Secret," there was also a lot of untoward humanistic blunders. Jesus said that He is the truth (John 14:6). Therefore, wherever we find truth, it makes sense that we should be able to find its root in the Scriptures. In the film, viewers are instructed to practice the process of asking, seeking and knocking. In Matthew 7:7 (NIV), Jesus says, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." In John 15:7, Jesus repeats the command with further instruction—"If you remain in me and my words abide in you, ask whatever you wish, and it will be done for you."

However, proponents of "The Secret" have twisted the truth. Instead of asking God, you put an order to the universe. "Declare what you would like from the catalog of the universe," said Canfield. According to the film, if you are continually declaring what you desire, that thought will reverberate through the universe. Based on the energy transmitted by the thought and by the law of attraction, eventually these wishes will be attracted to you. "The law of attraction is you generating the feeling of having it now and keeping that feeling in order to attract it," said Canfield. In the film, a woman is shown looking longingly at a necklace in a store window. In the next scene, she is shown receiving the necklace. In another scene, a young boy has picked a photo out of a catalog and a few days later, the bike is sitting outside his door. "You do not need to work to create the universe. You are the designer of your destiny, the outcome is whatever you choose," said Canfield. The statement also elicits the complete disregard for the presence of evil in the world by "The Secret."

What about the views of the Holocaust or the young girls in Uganda still being kept as sex-slaves? As some members of our society embrace and promote the philosophies of "The Secret," I advise you to test everything. Hold on to the fundamentals. Hold on to the truth. Treat everything with the respect it deserves. If all you're doing is the truth and the lies behind the best-seller
Embryonic stem cell debate continues

Embryonic stem cell research has been a highly debated topic among scientists. It involves discovering the dividing cells in the late stages of early development. In January 2007, the Covey The Stem Cell Bill was introduced in the House of Representatives.

The act would allow tapes who found the umbilical cords and store umbilical cord blood banks for stem cell research. It has been highly debated and its application to related fields; curing debilitating diseases, for example.

Some may consider this a fundamentalist view conceived within the boundaries of a strictly conservative paradigm. At the same time, they must consider that the virtue of the baby if she believes that by doing so she may contribute to society. She must consider that the virtue of the science continues to ignite some controversy and its application to related fields.

During his 1980 State of the Union address, President Carter appealed for a moratorium on federal support with taxpayer dollars.

Although the research has potential, its morality is not debatable.
TOMB: ‘Lost Tomb of Jesus’ disputed by many scholars

Matthew on it does not support the producers’ claims because Matthew was a disdple, not a family member and would not have been buried in the tomb. One of the first reasons is that the name Joseph was the second most common name for a male at that time. Habermas said that “25 percent of Jewish women were named Mary.” As for the claim that the Mary in the tomb is Jesus’ mother, Habermas pointed out a fallacy — the claim that DNA found inside the tomb suggests that the Jesus and Mary Magdalene in the Talpiyot tomb were married because the DNA proved they were not related. “Does DNA help? No,” Habermas said. “Even if you have the DNA of Jesus, we don’t know which (Jesus), but you certainly can’t say it was Jesus of Nazareth.” Habermas said that the assumption that Jesus and Mary were married is false.

In addition, he made the point that just because DNA proves two individuals were not related does not mean they were married. “The tomb is an extended family tomb,” he said. “Mary could have been an adopted child, a loyal slave, (or she) could have been no one’s child from two generations back.”

The third most prolific claim in the documentation is that a statistical analysis found a way to prove that the tomb was not Jesus tomb. The problem, Habermas said, was that to get a close resemblance, one has to compare the very common names in the crypt to the names in the Bible. Habermas said that in order to successfully use statistics to come to any significant conclusion, one would require "two Jesus, one Joseph, Mary as the mother and a Mary who married Joseph (that), Matthew is the tomb but he was a disciple and that is a family tomb," he said. “I would not have a problem with Jesus being married, if he was. I wouldn’t.”

U.S. Cellular* gets us... so we can get together, even when we’re not.

National Family Plans (even friends can share)

- **400** minutes for **$19.99** a month
- **UNLIMITED** Mobile-to-Mobile Minutes
- **UNLIMITED** Night & Weekend Minutes (Starting at 7:00 p.m.)
- **FREE** Incoming Text Messages

Check out the ALL NEW getus.com

US Cellular

US Cellular is owned and operated by T-Mobile**.

Tribal Initiative for Final RAID

Scott Webster, Assistant Professor

**One of the biggest claims against the "latest tomb bringing the biblical 'Jesus' tomb" to the world is that Jesus was born in Bethlehem and was called Jesus of Nazareth. Habermas said that claim begs the question of why the tomb is located in Jerusalem, especially since it is a family tomb and there is no reason why an entire family would be buried in a place they are not from.

There are still yet other claims by skeptics that are mocking the religious community. One of the most rampant is the idea of a tenth ossuary that is labeled "James" and is missing from the tomb. Habermas said that the "latest research shows it is not lost, but is reported as having no name and that the measurements of the ossaries are not the same as the ones in the tomb." So where is the Christian community when it comes to this documentation? One of the biggest issues seems to be the two men behind the screen. The main producers of the documentary special are movie producers, Moshe and history major Chris Crowe (sourFed), said Habermas. Over this documentary challenge the Resurrection? The documentary’s official Web site said, "It is in a matter of Christian faith that Jesus of Nazareth was resurrected from the dead three days after his crucifixion circa 30 C.E. This is a central tenet of Christian theology, repeated in all four Gospels. The Lost Tomb of Jesus does not challenge this belief."
Men's basketball program commences

GENERAL NO MORE — Former Liberty Men's Head Basketball Coach Randy Dunton prowls the sideline during his final season at the university.

and an 8-7 record in the Big South.

Director Jeff Barber felt it was another level."

Dunton was given the approval of Dr. Jerry Falwell, Barber released Dunton.

"It was the second game in two days for Liberty."

Though Liberty lost a tough game to VMI in the first round of the 2007 Big South Championship, Barber said he was plugged into the game an easy victory.

Hockey ends successful inaugural season in D-I

A regular season that saw Liberty win 26 of its 35 games, scoring one of the bragging rights most powerful offenses, ended with bitter defeat at the hands of a seeded Penn State in the second round of the Division I National Championships at Providence.

As the story has been over and over again that first contact, the play of freshman Zac Bauman, and freshman Kyle Odgen provided to be a deadly combination for the Flames against KCL.

had racked up an 8-1 lead. Penn State scored with only 1:12 left in the second period.

It was not enough, however, as by the end of the first two periods, Williams had made up a score of 4-2 and combined for three goals.

Assistant Coach Kirk Handy elaborated. "That whole line was the dominant team in the game an easy victory..."
Baseball rocks the Jaspers back to the island

By Eric Brown

The Liberty men's baseball team continued their winning ways, sweeping three of its seven games and extending its winning streak to 11 of the year so far.

The Flames started the week on the road against the Rams of Virginia Commonwealth University.

Liberty snuck in the first scoring when senior Phil John scored the first run of the game off a Garret Young double.

The Flames started the game off with a bang, taking an early 1-0 lead. The VCU shortstop giving the Flames a 3-1 lead.

In the seventh, the Flames cruised to an 8-2 victory against a good pitcher.

The Flames travel to Norfolk, Va., to take on Old Dominion on Tuesday. Game time is at 3 p.m.
TOURNEY: Blair’s last game a letdown in Vines Gym

The Lady Flames, who outscored their last two opponents by a tally of 79-78. The senior will graduate in May.

The loss ended the Flames season against VMI last Tuesday. The Flames lost their final game with Blair in the lineup by a margin of 11-10.

The Lady Flames, who outscored their last two opponents by a tally of 79-78. The senior will graduate in May.

The loss ended the Flames season against VMI last Tuesday. The Flames lost their final game with Blair in the lineup by a tally of 79-78. The senior will graduate in May.
Congratulations to men's hockey on a Top-10 finish!

The Liberty University men's and women's track and field teams competed at the indoor IC4A and ECAC meets, respectively, in Boston.

The men performed exceptionally well, finishing eighth out of approximately 70 teams.

The women tied for third with the University of Maryland and two other colleges.

In the IC4A, held at Boston University's Indoor Track, junior Josh McDougal had an outstanding performance in the 3000-meter run with a time of 8:01.14, which is the University's all-time list in the event.

Dougal goes on to compete in the national indoor championships on Friday in Fayetteville, Ark.

In the pentathlon, sophomore John Parker tied for fourth place after clearing 5'8". His time makes him the second fastest time in the nation this year.

His brother, sophomore Philip Leine, finished eighth with a time of 13:37.32, which is the personal best in the discus.

Across town at the Reggie Lewis Track Center, the Lady Flames competed in the ECAC championships.

Junior Carol Jefferson started the women's indoor season with a strong performance in the 800-meter run.

She finished 10th in the event in a field of 17:03.23.

Junior Jon Hart finished fourth in the 3000-meter run with a time of 8:17.50, which is the personal best in the distance.

Across town at the Reggie Lewis Track Center, the Lady Flames competed in the ECAC championships.

Junior Carol Jefferson started the women's indoor season with a strong performance in the 800-meter run.

She finished 10th in the event in a field of 17:03.23.

Junior Charlene Hibbert finished third in the long jump on Saturday.

The next day, the Flames had a formidable opponent facing them at Franklin and Marshall.

They were the number one team in the nation for a reason. They've been in the championship game for nine straight years. They're like the New York Yankees of ACHA Division-I hockey," said Handy.

The Nittany Lions came into the game with an offense that had not put up numbers anywhere close to the Flames, adding more heavily on fantastic goalkeeping and strong defense play.

Their leading scorer, Lukas Semyana and Kyle Dugan, were held by the Flames.

Unfortunately, the Flames offense could not get past Penn State's strong defensive play, and even when they did, goalie Chris Mattie was ready and waiting.

The struggles on the power play might have been the key to the Flames going just one for eight, including 1:34 of power play might have been the key to the Flames going just one for eight, including 1:34 of power play.

The penalty left the Flames with Penn State the opportunity to having an even better year (with)."
A man named Charles Osborne had the hiccups for approximately sixty-nine years.

**Quote of the week:**

"The hiccups have been so plagued with various penalities lately that I have been forced to commit suicide by drowning."

~ Rich Mullins

---

**Take a hike: Exploring the Blue Ridge Mountains of Central Virginia**

By Hilary Sutton

A chiling old man winter finally begins to vacate its throne in Lynchburg and flip-flopped last menstrual on the campus of Liberty University, now is the perfect time to enjoy the many hiking trails in and near our area.

For many students, the beautiful outdoors was once a contributing factor in choosing to attend Liberty for college. But as schedules of work and school demands increase, the "great outdoors" and hiking opportunities that have been placed at the bottom of the priority list. Many students will only live in the Lynchburg area for four to five years, so the priority of taking advantage of the beautiful landscape surrounding Liberty should be taken and appreciated with fervor.

The first hike that all freshmen should experience — and upperclassmen if they have not yet done so — is the Peaks of Otter in the Blue Ridge Mountains of Central Virginia. This hike is a perfect way to experience the natural beauty that surrounds Liberty.

Arbo's top hiking recommendation for all students to experience is "The Mount Pleasant Loop" in Augusta County and the Blue Ridge Mountains. The "Pearl Pleasant Loop" is only about a half-mile from Liberty campus and overlooks the mountains and the James River. If you are interested in making the most of the outdoors in the natural Virginia area, a serious hobby, you may want to check out the Hike's Outpost in Waynesboro, a local owned store that sells clothing, shoes, and hiking and camping gear.

Also, a great way to get started hiking is to take advantage of the free day trips provided by Student Activities. Last fall, a group hiked Sharp Top. Student volunteers will be hosting another free hike on Saturday, March 31, at Devils Marbryard. Sign-ups will be in the Reber-Thomas Dining Hall.

There is no better time to enjoy the outdoors and enjoy the fresh air. No hiking can begin before the show station before the show opens. The "Seeds of the Morning" show features a unique collection of plants and flowers that are sure to inspire students and others who are interested in the beauty of nature.

According to Events Coordinator Cindy Key, this is a chance for students to connect with local businesses.

"The Career Center will also give the opportunity for students to meet their staff members and connect with the booths of local businesses.

The Career Center's main goal is to give students the exposure to be able to make a decision on what they want to major in.

Director Trisha Tolar, Career Coordinator Greg Helman, Counselor Melissa Jones and many others are eager to assist students.

According to Key, the fair is also "great for students who want jobs after graduation, in network and set up future connections with businesses.

Establishing relationships with future employers can secure future internships and possible employment for students towards the kind of careers they want.

Fashion merchandising major Lauren Goven, added, "It was a great starting point for me to explore what I want to do in the future.

Also available through the Career Center are the weekly internship meetings and opportunities.

These meetings started on Feb. 28 and are held from 12:30 p.m. to 1:30 p.m. on Tuesdays and 11:30 a.m. to noon on Wednesdays.

The recent $50 application package includes everything a student needs to start their journey towards their desired futures and careers.

The Career Center offers graduate students a "Grad Students" page addressing application procedures and links to graduate schools.

Contact Rachel Newberger

---

**Contact Hilary Sutton at hilary.sutton@liberty.edu.**

---

**Contact Rachel Newberger at mquarantotto@liberty.edu.**

---

**Link to all Job and Internship Resources: www.amusingfacts.com**

---

**For summer and full semester internships, the Career Center is hosting the following:**

**The Internship Fair**

March 7, from 9 a.m. to 2 p.m.

Partnering with American Basketball College

Karen Boyer, president of the American Basketball College, is the keynote speaker.

Dr. Boyer is also the founder of the American Basketball College.

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop"

Saturday, March 3, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, March 17, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, March 24, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, March 31, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, April 7, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, April 14, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, April 21, from 7:30 p.m.

Partnering with local bands

This event is open to all students.

---

**DEPARTMENT OF MUSIC**

"The Hula Hoop" 2018

Saturday, April 28, from 7:30 p.m.

Partnering with local bands

This event is open to all students.
College student's survival guide to managing finances

By Natasha Kormanik
LIFE! REPORTER

The weekend rolls around and your friends want to hang out with you — maybe go to a movie or out to dinner. You soon find yourself emptying your pockets for any late charge, deciding on the one thing you can afford this coming weekend.

Or maybe your parents entrusted you with a credit card, "for emergencies only." The little plastic card is just begging to be used. But how much of your money can you even afford. Before you know it, parents demanding to know what happened and that you pay them the money back.

Whatever your circumstance may be, you are most likely in dire need of some financial management help. However, you are not alone. Consider these facts. According to Nellie Mae, the nation's leading loan lender, the average undergraduate has $2,200 in credit card debt, with that number jumping to about $2,500 for the average graduate.

According to Gary Lape, an assistant professor of economics and finance, "the most important thing a college student can do is allocate an adequate amount of time toward their finances and track their spending for at least a month." Lape, who also teaches the class BUSI 223: Personal Finance, which he has been teaching since 1986, encourages students to take the class in order to know what to do.

This class teaches students through various lenses and examples how to make good money decisions and how to start investing. Although the class is currently available only to business majors and to honors students, it is hoped that it will be made available as a general education elective to all students, offered throughout the academic year and even during the summer. With the help of Lape and several finance Web sites, the following list was compiled to aid you in your quest for capital stability.

Track your spending and write everything down in a notebook. Every penny counts. This will come back to haunt you later. Even if it is for just a few minutes a day, students should begin to track their spending. All they need is a regular notebook.

2. Save Your Slips.
Save everything, from money receipts to pay stubs. According to www.YoungMoney.com, this will be good to have on hand if you are ever charged an incorrect amount. Also, save any coupons or discount cards. You will be happy to have them later on.

3. Do not overspend.
It is careless in spending your money, especially when it comes to credit cards. It is better to pay everything in cash, and only buy what you absolutely need. Also, start a savings account — you can always invest the extra money later.

4. Invest your money.
Lape explained that the average recent college graduate makes it in the false notion that one does not have enough money. "Don't wait to start investing. Everyone has money, it just depends on where you spend it," said Lape.

5. Know Your Options.
When it comes to knowing what to do, students need to know where to go for help. There are many options available, including the library and Internet sites such as www.YoungMoney.com, www.BusinessWeek.com and www.Kiplinger.com. However, "the Internet is not enough, because one can get sucked into sales," said Lape. Also, books such as "Don't Spend Your Raise: And 49 Other Money Rules You Can't Afford to Break," by Dura Dugay and "Personal Finance For Dummies," among others, are good to read.

In addition, Lape encouraged students to find someone who can help with the next unanswered question: "It's about prioritizing what's next," said Lape. "People are afraid of what they don't know.

6. Pay your bills on time.
It is easier to pay your bills the moment you get them than to remember to pay them later. Most often, people put off their payments and forget about them later on. In addition, late payers want students to be careful and to not let their credit card balance get out of hand.

7. Discipline Yourself.
Do not rely on your parents to do your financial aid for you. Be proactive and do it yourself. This habit will help you later on in life. Lape says that the problem college students have with credit cards is a matter of attitude and focus.

So, if you are only worth the charge that appears in your pocket on your way to the Landrum or have been subject to a series of scandalous phone calls, take a deep breath and start planning to get your finances in order.

"Remember," encouraged Lape, "to live within your means.

Contact Natasha Kormanik at nnkorn@liberty.edu.