Garrett focuses on health care

His bill on hospital staffing defeated

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The General Assembly has been busy deciding the outcome of several bills that have been proposed for 2011. So far, the General Assembly has voted on matters such as health care, sexual slavery, state-owned liquor stores, transportation, education, the use of GPS spy technologies and synthetic marijuana.

Lynchburg’s representative Del. Dr. T. Scott Garrett’s, R-Lynchburg, bill on hospital staffing was recently defeated 17 to 5, according to the Virginia General Assembly. The bill, HB1466, proposed that at least one registered nurse be present during operations to perform circulator duties, the House of Delegates said.

The bill was proposed in an effort to create safer environments for patients, hoping to reduce the amount of basic mistakes that may occur in an operating room. Garret’s duties include “the coordination of all nursing care, patient safety procedures and procedures necessary for the support and safety of the surgical team in the operating room during the surgical procedure,” according to HB 1466.

The bill would have been the first state law to affect hospital staffing.

See GARRETT on A2

Liberty Council lawsuit

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Liberty Council’s health care lawsuit was dismissed in federal court in December, but the battle in court is not over yet, according to Dean of Liberty Law School and President of Liberty Counsel Mat Staver.

The Fourth U.S. Circuit Court of Appeals in Richmond has set the oral argument for the week of May 10-13. Staver will argue the case on one of those days and from there the case will most likely head to the U.S. Supreme Court as early as June 2012, Staver said.

See HEALTH CARE on A2

Liberty CELEBRATES 40
‘Trailblazers’ remember early days

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The first Lynchburg Baptist College students rolled up their sleeves to help build the school.

John Johnson, who came to Lynchburg before the college’s second year, joined other students in building the first golf greens and dining hall.

“We were just building on Jerry’s dream,” Johnson, a video producer for Liberty University, said.

Johnson worked alongside a plumber installing faucets, fixtures and showerheads in the golf greens, which resembled cabins.

“All the students were working on them,” Johnson said. “Everybody felt like they were part of a special group.”

See ANNIVERSARY on A6

The biggest student skate park in the area may finally have a home. If you build it, they will come.

Seth Pryor, a junior at Liberty, has been involved in the planning and facilitating of the skate park since its beginning stages.

“What we approached the Chancellor with, we didn’t have any notion of pitching the idea of a skate park to him, it sort of just happened,” Pryor said.

“At first we thought they (the administration) were going to shut us down. We can’t scare (our campus) without breaking the rules,” Liberty student Miles Dyson said.

Skating on campus has become an issue, Dyson said. Students have nowhere free and legal to skate or BAAX.

A group of students including Dyson, Matt Simpson and Seth Pryor have been involved in the planning and facilitating of the skate park since its beginning stages.

“When we approached the Chancellor, we didn’t have any notion of pitching the idea of a skate park in to him, it sort of just happened,” Dyson said.

“At first we thought they (the administration) were going to shut us down.”

See SKATE on A3
Events to honor Reagan's birthday

DOMINIQUE MCKAY

A former political actor and now a speech writer for the American Foundation for Children, D.A. Reagan would celebrate in a special Centennial celebration and Liberty University this year.

As part of the celebration, the Reagan Foundation will be sponsoring "A Concert for America—A Tribute to Ronald Reagan." What will feature live music, and tributes from world leaders and other prominent people whose lives have been impacted by the former president.

The concert will be recorded live from 7-9 p.m. on the Foundation's website reaganfoundation.org/live-webcasts.aspx.

President George H.W. Bush and George W. Bush will also be streaming musical entertainment live from their websites, beginning at 10 a.m. with the program celebration beginning at 12:00 p.m. The program will include a 21 gun salute, an F-18 flyover and tributes from world leaders, according to the Foundations website.

Before entering the presiden­tial office, Reagan was best known for his acting roles in the 1930s and 40s. In 1949 he met his wife and fellow actress, Nancy. They were married in March of 1952. During Reagan's time in office, the couple had two children, Patti, born in 1952 and Ron, born in 1958, and two children who were from a previous marriage named Maureen and Michael.

Reagan entered office in 1981 as the nation faced critical economic decisions. During his inaugural speech, he said, "We have every right to dream heroic dreams, those who say there are no heroes, they just don't know where to look," he said.

For more information on Reagan's birthday celebration, visit the Foundations website reaganfoundation.org.

McKay is a graduate assistant working for the Liberty Champion.

In all we do we must truly be peacemakers, for ourselves and for our children, for our nation and for the world." — Reagan, October 1980 at Liberty Baptist College.
Students march for life in D.C.

Brittany Laird
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More than 400,000 liberty students attended the March for Life Rally in Washington, D.C. last week to contribute to the Pro-Life Movement's annual seminar to Congress that they have not forgotten Roe v. Wade.

At 4 a.m. Monday, Jan. 24, 55 Liberty students piled onto a bus and headed for Washington, D.C.

The funds for the cost of the bus were provided by Chancellor Jerry Farley.

According to the March for Life website, the very first march took place in 1973.

The event is held or around the date that the Supreme Court ruled in favor of abortion in the Roe v Wade case. This year it was attended by more than 400,000 people. The number of attendees was similar to 2010.

The crowd was composed mainly of young adults according to the Executive Chairman of College Republicans at Liberty University, Zachary Martin.

People flocked to the National Mall, despite the elements, traffic and crowds. In order to have their support for those who cannot defend themselves. Although temperatures dropped as low as 29 degrees, the crowds spirits remained high.

Liberty senior Rachel Smith has a passion for events such as this. She said that the topic is extremely close to her heart as a result of her close friend, Lauren Mitchell, who has Down syndrome. Mitchell has motivated Smith to show the world that everyone deserves the chance to live and to contribute to society. Lauren has taught me so much about joy,” Smith said. In addition to the students at the march, Liberty was also represented by the traveling ministry team, The Sounds of Liberty, who performed at the march.

It’s great to see liberty students taking action for a cause greater than themselves,” Martin said.

Both Martin and Smith encourage students to participate in the on campus clubs that give them the chance to help give a voice to the unborn. Two of the most prominent clubs are Reclaiming, Other Social Evidence (R.O.S.E) and Lifeline.

R.O.S.E was created to help keep the students of Liberty educated on the topic of abortion. This club strengthens the Blue Ridge Pregnancy Center, according to Smith.

Lifeline is a group of students who go to abortion clinics and are available to talk with the women who visit the clinic. Their students distribute information regarding the abortion process to anyone who is interested. Many of these women are not aware of the actual tactics used to perform an abortion. They are also available to speak with women who follow through with their appointments.

Students should be engaged in the light of if they want to be effective later on,” Martin said.

TAKING A STAND — (Left) Rachel Smith silently makes a statement. Other thousands gathered in D.C. so warned those in office that they haven’t forgotten the significance of life.

INNOVATIVE MINDS — (From left) Viles Dyson, Seth Pryor and Matt Simpson were among the first to approach about the project.

Pryor and Matt Simpson were among the first to approach about the project. They both had a lot of ideas about what the final product should look like. In the end it is a compromise between the two, and I think everyone will be pleased,” Olmick said.

“Students should be engaged in the light of if they want to be effective later on,” Martin said.

SKATE — extended from A1

The nearest skate park to Liberty is currently located in downtown Lynchburg, about 15 minutes off campus and costs students $5.

The location of the new facility will be announced soon, but the students are already beginning to stir excitement surrounding the new park.

“The great thing about this park is that we won’t only be helping the students, but because it is indoors, it allows us to skate whenever we want — rain or shine,” Dyson said.

Joel Olenik, chief carpenter for the project, said that although the students designed the original plans, the final blueprints are a collaboration of both designs.

“Our job is to create excitement and to furnish the place. We have to get the students to come, then we will be able to move forward and get more assistance with making the place look perfect,” Pryor said.

Students will be able to test it on an upper deck and enjoy watching fellow classmates skate and BMX, or try it themselves,” Martin said. “This year all we can do is wait and see who shows up. Hopefully we will get a lot of different varieties of riders and viewers,” Simpson said.

For more information about the future skate park, contact Student Activities.

● LAIRD is a news reporter.

You can do things at a skate park that you can’t do anywhere else.

— Pryor

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"Jersey Shore" will be returning its third season and has become enraptured with cast members Jenelle Evans, Sammi Giancola, Vinny Guadagnino, Ronnie Ortiz-Magro, Nicole "Snooki" Polizzi, and Deena Nicole. Although "Jersey Shore" is wildly popular among American young people, frankly, "Jersey Shore" is a waste of prime time. The show's outstanding trashiness represents the worst of America. Much of the second season was shot, in a hole, on the Jersey Shore. Cameras follow the cast as they live and work at the Jersey Shore (and Miami where this season was shot). Much of the show's excitement involves drinking, profanity, sex, and excess baggage. MTV's response to the protests of Jersey Shore demonstrates that they are obviously numb to the crudeness of the show.

MTV will get a fresh spin on the show, according to MTV regarding the "Jersey Shore" move to Italy...

AMY ROYALL

I really enjoyed your article about the concealed carry bill going through our student government. You asked for responses about this topic in your final paragraph, so I'll do my best to answer mine.

First, I think the local carrying of firearms is the single greatest crime arena there is. While living in the Commonwealth of Virginia, you are surrounded by people with guns. It is illegal and very difficult to carry a gun concealed with a permit, but also to openly carry a gun in plain sight without a permit. The large majority of gun owners are responsible law-abiding citizens who simply wish to protect themselves and their loved ones, sequentially instead of being a threat to any police who can't always be in the same violent crime right away. A possible culprit wouldn't care about Liberty's current no-guns-allowed rule as demonstrated by the Virginia Tech shooting. In fact, I believe having the no-guns-allowed rule on Liberty campus puts students in danger. It makes Liberty a soft and easy target because a possible criminal knows no students or faculty on campus can carry a gun.

Many students or faculty may be concerned with the idea of students carrying guns onto campus. However, many people don't know the requirements to obtain a concealed carry permit in Virginia. An applicant must be at least 21 years of age, undergo a background investigation and show proof of both firearms training and competence. If a student wishes to possess this application process wish to waive a concealed handgun onto campus, then this student has already proved he has the competence, maturity and responsibility. Here's my background: I'm 22 years old, and I attended Liberty University. That may be all that people see of me on campus. However, what people don't see is that I have a concealed handgun permit. I'm a member of the NRA, I'm a student of the Army National Guard, I have two tours of duty in Iraq, and I defended the being of one of the Army's finest trained and certified Snipers. Other students and I who wish to legally carry a concealed handgun on campus with a permit just want to be able to defend ourselves. We don't want to show our beliefs down other student's throats. We don't want to bring our firearms to class for show and tell, and we don't even want other students to know we are carrying a gun. All we want is for a constitutional right to defend ourselves entitled to our University's campus.

Sincerely,

Jeffrey Harrison
Chicken gets the boot at IU campus

Gay rights group demanded the ban of Chick-Fil-A as a result of the company's ties to pro-family organizations

KATIE BELL
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Speckled college campuses are known for proclaiming tolerance from the rooftops of their Georgian-revival buildings. Tolerance for all genders, races, lifestyles and religions—except for Christians.

Students at Indiana University South Bend will no longer be able to experience the deliciousness of a Chick-Fil-A chicken sandwich for a meal. Chick-Fil-A has been banned from Indiana University's South Bend Campus. The ban came as a result from the actions of the Campus Ally Network, an organization whose aim is to "promote acceptance and support for the university's homosexual community" in response to a Pennsylvania franchise donating food at an anti-homosexual organization's event, according to Indiana's NewsCenter.

Campus Ally Network fought for university approval to have the popular chain removed as a university-endorsed vendor.

This small act has garnered national attention. "That Indiana University would evict or suspect Chick-Fil-A because it donated food to a pro-marriage event is shocking. It will not wake up America to the insanity of the radical homosexual agenda and the threat it poses to religious freedom and morality, then nothing will. It is just time that we draw a line in the sand before we lose our freedom," Dean Matthew Staver said. Staver is the Dean of Liberty's Law School.

Members of IU South Bend's LGBT Network seem to forget that Chick-Fil-A has the right to donate food to whichever organizations its chooses. "Providing food to these events, or any event, is not an endorsement of the mission, political stance or motives of this or any organization," he said. "Any suggestion otherwise is just inaccurate," Truett Cathy said in a statement to NewsCenter. Cathy is the founder of Chick-Fil-A.

The situation is rather humorous given the fact that Chick-Fil-A sandwiches were only sold on Wednesdays on the IU South Bend campus. If the students intent was to teach Chick-Fil-A a lesson, they certainly failed. Chick-Fil-A was founded in 1967 with distinctly Christian principles. Restaurants have always been closed on Sundays, and it has never negatively affected its profit margins. While members of the Campus Ally Network think they are making a point, in reality, all they are doing is depriving their fellow students a delicious meal option for Wednesday's lunch. In a few days this incident will be forgotten and Chick-Fil-A will continue to be one of the most successful fast food chains in the nation.

To further demonstrate this point, Chick-Fil-A still has full restaurants on both IU's Bloomington and Indianapolis campuses, according to NewsCenter.

One thing is for certain. Liberty students will continue to consume delicious meals from Chick-Fil-A both on Campus and at any of the three locations within a mile of campus.

"I might add that it is Indiana University the same place where Alfred Kinsey taught and where he published his fraudulent research on human sexuality in which he abused young children in sex research, and where his books published in the late 1940s and early 1950s paved the seas for the sexual revolution and sex magazines like Playboy, Penthouse and Hustler. The Kinsey Institute is still located at IU and continues," Staver said.

The Chick-Fil-A ban at IU South Bend is just another example of post-modern tolerance at its finest.

BELL is the opinion editor.
ANNIVERSARY continued from A1

Liberty University is preparing to celebrate the school's 40th anniversary.

Dr. Jerry Falwell Sr., who died in 2007, welcomed 314 students in the new college in 1971. Liberty has grown to include over 60,000 students, including residential and online programs.

Pioneer roles

"I was not even a teenager yet when the earliest students arrived, but I remember how enthusiastic and zealous they were about their pioneer roles in establishing a new college," Falwell said. "As a preteen and teenager, I sometimes spent more time with Liberty's founder than I did with my own classmates.

Falwell accompanied his father and students across the country to perform in adjacent venues. In one city, our Christian college and churches to spread word about the new college. "Dad and the students would conduct 'buildings don't make the difference. Champions for Christ make the difference," Towns said. "Falwell's vision pushed the college forward.

We felt special

Vernon Brewer, the college's first graduate, said he's still missing their music. "Even though it was small, I felt like we were part of something that was going to be big."

Brewer said Falwell was "the most dedicated student body I've ever seen.

"Every class, it wouldn't just be theory, we received practical training,

Brewer said the close-knit student body remained dedicated to the original vision.

"The methods change — and they should — but the culture changes, but the vision has never changed," Brewer said. "I hope Liberty continues to build on its founder's vision.

For a college that doesn't own a stick of furniture or a plot of ground, this college will be known around the world," Brewer said, "It was rather innovative at the time."

Brewer said Falwell taught the students life lessons during ministry trips.

"I came away from Liberty with a value and work ethic and principles in leadership engraved in me," Brewer said, "It's been invaluable."

Brewer said Falwell believed the school would grow.

"We heard Dr. Falwell talk about it every day," Brewer said. "I never in my wildest dreams did I think it would be what it is today.

Brewer and seven other students made up the first graduating class in 1973.

"I went a year early," Brewer said. "We felt special. We were the start of something new and exciting.

They were just trailblazers

Johnson met his wife, Paula Oldham, in Lynchburg from Texas in January 1971 to help get the school off the ground. Johnson said the university continues to build on its founder's vision.

"You can still be a part of his dream. That hasn't changed," Johnson said.

Johnson said the university continues to build on its founder's vision.

Keep the original vision

Towns said the college grew to over 1,000 students in those years.

"When we reached 50,000 I said, 'Lord, I believe, help my unbelief,'" Towns said.

Johnson Jr. said the university's growth is a testament to God's provision.

"My father never had any doubts that Liberty University would one day become for Christian young people what Notre Dame is to the Roman Catholics or what Brigham Young is to Mormon youth — a world class university," Johnson Jr. said.

Towns said the college grew to over 1,000 students in four years. This is truly a miracle institution," Falwell said.

"I hope this university continues to build on its founder's vision.

You can still be a part of his dream. That hasn't changed," Johnson said.

PARKER is a news writer.
Two years later, Harris joined the Combined Anti-Armor Team (CAAT) in the 1st Battalion, 2nd Marines. Harris' unit was assigned to security missions for VIPs and EOD out on the streets while they defused IEDs.

During his first deployment to Kunduz, Iraq, Harris' unit suffered mortar attacks on a daily basis.

"Where the IEDs go, so do we," Harris said. "It was a much worse deployment. I had to kit more armor. I was also more nervous." Harris said that during his time in Hit, Iraq, he had a much better experience.

Since his time in Iraq, Harris has returned to civilian life. He is set to graduate this May from Liberty University as a government major. He is considering a career with a government agency such as the Department of Homeland Security or Department of Defense. While he has had three tour deployments, even though it hurts, Harris enjoys the camaraderie of life on and off duty, and he likes to unwind on his own time. He enjoys playing his guitar.

"A time to reflect and see the world from a different perspective," Harris said. "I want to be able to say you've been there to be able to say you've been there for those who never got to see it. Having lived through the ruins of Babylon, I have seen the ruins at least."

"We have lowered our tuition for these programs, making it more affordable for every student and family member of the NHLC," said Orlando Abreu, Enumerator Director for Liberty University in Spain.

"The Liberty Online Ministries website has generated an interest of family with online and residential students in their statement. "Liberty Online Ministries is committed to providing our Liberty Family both online and residential with spiritual resources that will encourage and strengthen you and your family."

"We also have the opportunity to work with people who have been there before," Abreu said. "They are able to say you've been there to be able to say you've been there for those who never got to see it. Having lived through the ruins of Babylon, I have seen the ruins at least."
Student serves the Lord, battles lethal disease

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Van Engen knows time is running out. She chooses to embrace her days rather than waste them.

"I'm probably not my "hall," Van Engen, who has cystic fibrosis, said. "I really don't want to waste time until I'm 40." Her expression is not morbid, but inspiring.

"I'm okay with that. It just means that I have to do more," she said, a wide smile stretching across her face.

Van Engen, a Liberty junior, has been in and out of the hospital since birth, battling cystic fibrosis, a genetic disease causing respiratory and digestive problems. The life expectancy for cystic fibrosis patients is 25 years.

Outgoing and expressive, Van Engen cherishes life and takes advantage of time, her words echoing above the crowd.

"I've been to two God's kingdoms in the time that I have now," Van Engen, said promotion major, said. "I really blessed, as a way to know I'm not going to live until 60 or 70. I know my time is much shorter than most people, so I have that mind frame that I'm not going to be forever.

Van Engen has much work to do and little time to waste dwelling on her plight.

"I'm going to do the best I can to further God's kingdom, glorify him and leave a legacy that God can be proud of while I'm here," she said.

"I'm going to try and get out of college and get a master's degree or get married," Van Engen said. "I was in the hospital 25 times before my sixth birthday. The hospital has always been my home." Van Engen typically admitted three times a year.

"I've never known anything else," Van Engen said.

Van Engen juggles college and daily treatments to battle the disease's effects.

"For 30 minutes each morning and night, she wears a vest that vibrates to break up mucus in her lungs including a breathing treatment," Van Engen said. "I have a very aggressive form.

She takes three inhalers, one a prednisone medication, one a steroid, prednisone, and one a daily treatment of breathing exercises.

"I don't want to wait until I'm 40," Van Engen said."

"I really have a passion for research, I wouldn't be healthy 1 day," Van Engen said. "I have a very aggressive form.

Van Engen was so sick that doctors prescribed from the University of North Carolina at Chapel Hill, Van Engen then as inhaled shots to treat cystic fibrosis related problems. The life expectancy for cystic fibrosis patients is 37 years.

The average age of cystic fibrosis patients in North Carolina is 10 years, according to the North Carolina Department of Health and Human Services.

Van Engen juggles college and daily treatments to battle the disease's effects.

During high school, Van Engen saw so sick that doctors told her parents, "She's dying through our hands." Van Engen was moved to an alternate cystic fibrosis center where doctors made her change her treatment.

"I was just really, really sick," Van Engen said. "I really have a passion for research, I wouldn't be healthy 1 day," Van Engen said. "I've always been very proactive with my care." Van Engen said.

"I have a lot to do of myself," Van Engen said. "I really have a passion for research, I wouldn't be healthy 1 day," Van Engen said.

"I was just really, really sick," Van Engen said. "I really have a passion for research, I wouldn't be healthy 1 day," Van Engen said. "I've always been very proactive with my care." Van Engen said.

"I'm going to do the best I can to further God's kingdom, glorify him and leave a legacy that God can be proud of while I'm here," she said.

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COOL AS MONEY — Appropriately in time for the Winter X-Games, the DeMoss Rail Jam featured snowboarders and skiers from Liberty, as well as up and down the East Coast, putting their best skills and spills on display. The winners in the snowboarding and skiing categories each won a grand prize of $1,000 cash to take home.

Steps to skis, backpacks up and down the steps of DeMoss, per usual, Saturday night. Instead, there were the air at the DeMoss Rail Jam, Jan. 29 at 7:00 p.m. There were no students lugging heavy backpacks up and down the steps of DeMoss, per usual, Saturday night. Instead, there were the air at the DeMoss Rail Jam, Jan. 29 at 7:00 p.m.

The DeMoss Rail Jam was an individual freestyle, ski and snowboarding competition hosted by Liberty's Snowflex Centre. Liberty University students from the ski and snowboarding teams as well as students from along the east coast competed for a $1,000 grand prize.

Amidst the steady rhythmic beat of techno music, the excited cheers of hundreds of fans and the commentary and jokes of emcees, junior Ethan Acree and second year graduate student Brent Blakeney, the jam kicked off with the snowboarding qualifiers. "DeMoss has never looked so good," Blakeney said to the lively crowd.

Along with some impressive tricks that got the crowd cheering, there were some impressive spills. Camelinit hit the box and the red rail trick and either face-planted into the snow or landed flat on their backs. Each spill was followed by a groan or a gasp from the audience.

Austin Leonard from Boone, N.C, won the $1,000 grand prize for snowboarding. Rowan, a senior from Appalachian State, won the grand prize for skiing. Leonard and Rowan drove to Liberty to compete in another jam for the grand prize.

CONTINUED on B3

Record improves to 10-1, streak continues

DERRICK BATTLE dthompson@liberty.edu

After an emotional hard-fought victory against UNC-Asheville Thursday night, the Flames host the Gardner-Webb Runnin' Bulldogs Saturday night. The Bulldogs easily handled the Bulldogs 87-53, boosting Liberty's record to 15-7, 10-1 in the Big South conference, while Gardner-Webb fell to 7-16 (2-9 conference). Forwards Leonard and Rowan drove to Liberty to compete for the jam, Leonard said.

Record improves to 10-1, streak continues

RECORDED on B3

RED HOT — Junior guard Jesse Sanders had 20 points in an overtime victory against the UNC-Asheville Bulldogs. Saturday he registered 11 points and 7 assists.
Saturday's win a rim job

Scrappy should not mean sloppy

NATE BROWN
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A win is a win is a win.
Sure, just like a car is a car on I-81.

Saturday night's basketball game had all the luster of a rusty Pinto. A win was sure but a win that was lighter than some of Bill Cosby's renowned Bankrupt field goal shooting, a side of potato fries and a "just good enough" defense against a bottom-feeder Gardner-Webb team barely made the night a victory to celebrate.

After Thursday's emotional overtime victory the Flames took the court Friday to round out the season against a team that fans expected to win. But a win that was uglier than a lemon.

"We just had to know that we weren't going to win every game. We know that winning is a constant battle. We know that the margin of victory can be slim," Minaya said with a chuckle.

"We've seen the team win by three points. With a win like this, you can't compete with the best team in the league.

"It's a win. Is it ugly? You bet. Was it what Luter's team needed for a tune-up for Coastal? Not even close.

Men's Basketball

Continued from B1

I think that the emotion from Thursday night didn't carry over," Gordon said.

"This was the second time we played Gardner-Webb down to the last minute. But at our place, we looked at it this way. We didn't commit the same mistake so that we can have a comfortable lead."

Along with Brown, David Minaya, Jesse Sanders and the rest of the Flames began to heat up from the field shooting 46 percent. Minaya finished the game with 12 points, and Sanders finished with 11 points and seven assists. Liberty was successful in defending Gardner-Webb's leading scorer, Jon Moore, who averaged 14 points a game. Moore was held to only four points shooting 0-2 from the field and 0-6 from a 3-point range.

"We just had to know where he is at all times. He's a lethal shooter so we didn't want to give him any good looks," Minaya said.

As the game wore on, free throw shooting became a major factor determining the margin of victory. Within 11 minutes into the second half, Gardner-Webb found itself in the double digits behind shooting 40 percent from the free throw line. They attempted 21 free throws but only sank 10. By the end of the game, the Bulldogs shot 40 percent from the free throw line.

"Anytime we get a crowd like this, we can compete with it. It really helped us," Minaya said with a chuckle.

The Flames next game is on Feb. 3rd at rival Coastal Carolina, who is undefeated in the Big South. In their first meeting, Liberty lost a close game by three points. With a win they will be Coastal's lead in the Big South.

BATTLE is a sports reporter.
Chelanga sets 5k world record in Open

Solid performances by men and women

KATHERINE LACAZE
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Sam Chelanga does it again. Chelanga, who just saw his second-straight national championship in cross country in November, set a world record for the year in the men’s 5k during the Liberty Open Friday and Saturday.

Chelanga set his record with a time of 13 minutes, 43.35 seconds. He won by more than minute against runner-up Terrance Attena from Campbell University who finished in 14:59.18. His performance qualified Chelanga for Nationals.

Last year Chelanga was in fourth place for the award and the three contenders ahead of him graduated, so he has a good shot, said Tolisma.

"There's nobody that can compete with him," Tolisma said when speaking of Chelanga's impending departure as a second-semester senior.

However, the year is not over. Tolisma said, and he said that Chelanga would like to win a few more national titles in his remaining semester at Liberty.

The Open is the second meet that the Liberty Track and Field team has been at this semester and one of the three tournaments that Liberty hosts in the year.

"It's fun to see at home... get to stay in your own bed," Tolisma said.

Redshirt Green Woodbridge said this is a good meet for the Liberty Track and Field team to get back into the swing of things, get some good marks in and gauge where the athletes are.

Because we're at home, we're a little more comfortable," Woodbridge said.

The Liberty Track and Field team will compete next at the Sykes-Sobel Choc-lager Cup at Pennsylvania State University on Feb. 3.

TOUGH SLEDDING — Snowboarders and skiers negotiated tough rails in competition for a $1,000 prize.

The No. 15 Liberty Flames battled their highly competitive Flarmes this weekend as the team hosted its 13th annual ACHA D 1 National Champions Tournament in Delaware on Feb. 11-12.

If Liberty finishes strong it will be a huge win and newly attempted tricks to the steps of Delaware.

RAIL JAM originated from B1 similar to a skateboarder hitting a rail in a city. So I am really excited to see what rail we are going to set out and perform such rail tricks in an urban style set up.

This event won't be one for the memory or inexperienced style skier or boarder, The down rail, built especially for the jam featured a flat section at the end of it and was set up directly over the stairs. One false move while going with an 8-foot-tall drop to directly out of the stairs, finished with an 8-foot tall drop to the ground, Mangini said.

The DeMoss Rail Jam brought skiers and snowboarders, flips and spins and big wins and newly attempted tricks to the steps of Delaware.

STRAIGHT SHOOTER — Senior forward Adam Docksteader takes aim at Oklahoma's goaltender. Docksteader had the game plan was simple. Win.

The Past is behind us, every game is for the award and the three contenders across the board," Tolisma said. "There’s nobody that can replace him,

According to Tolsma, Chelanga is a leading contender for the Bowman Award, which is the nation’s top track and field award for collegiate athletes according to the Bowman Organizations website.

The coaching staff can relate with things, get some good marks in and to get where the athletes are. Because we're at home, we're a little more comfortable," Woodbridge said.

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Avoid winter weight

KELLY MARVEL
kmarvel@liberty.edu

It’s February. The month of love. The short month. The month of cold temperatures, last minute snow storms and just plain miserable weather. With the many conditions and being cold, people are almost forced to stay inside. While inside, most people will find themselves sitting on the couch watching TV and eating.

Sitting and eating can be detrimental, especially to those who have a weight for New Year resolutions to uphold.

Although weight gain varies from person to person, there have been studies that show an average of a five to seven pound gain in weight in winter, found and director of the Johns Hopkins Weight Management Center Dr. Lawrence J. Cheskin said.

Cheskin said that the majority of people gain weight inside the winter largely due to increased eating and increased eating.

But do not lose hope. There are ways to prevent, or offset, winter weight gain, and the best part is that avoiding the gain is a good way to stay active during the cold weather.

The number one tip to avoiding winter weight gain, according to John Casey of WellMed, is to exercise, exercise, exercise. Exercise is a great way to lose that unwanted winter weight and a good way to stay active and amused.

"Setting a regular fitness schedule is the key to keeping weight off in winter," Assistant clinical professor at Duke Medical Center Dr. Luis Garrote said. "Come 30 min., when me pitch black and cold out, you are a lot more likely to go to your warm home and watch TV. Colder weather and being forced to stay inside, most people will find themselves sitting on the couch watching TV and eating.

Cheskin said that the main thing to remember when avoiding winter weight is to have fun.

Exercise with friends, keep workouts fun and interesting and learn to cook, another good way to lose that unwanted weight is to have fun.

Cutting calories can be difficult, especially for college students, but it can be done. Watch the calorie intake of each meal of the day and avoid the calorie to fall off without increasing calorie intake.

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Feb. 1

Guest Speaker: Dr. Julia Bolton Holloway

Holloway will be speaking on abolitionists who are buried in the English Cemetery in Florence, Italy. The event is free and will be held in DeMoss Hall at 7 p.m. For more information contact Dr. Brenda Ayres.

Feb. 2

Liberty Ministry Training Rally

The rally will be held in Nova Alumni Lecture Hall beginning at 6:30 p.m. Pastor Jonathan Fellows will be guest speaker for the night and Youth Quest Team will be leading the worship. Contact the School of Religion Main Office or Mrs. Kelly Jacobson at 434-582-2099 for more information.

Feb. 3

Campus Artist Series

Student Activities will be hosting the Campus Artist Series at Tilley starting at 6 p.m. Bands for the night will be The Band You’re About to Hear and Bring the Arsenal. For more information, contact student activities at studentactivitiesinfo@liberty.edu or 434-592-3061.

Feb. 4

Undergraduate Writing Center Open Poetry Reading

Read original work, or someone else’s (as long as the author is credited) or just relax and listen to others’ work. Contact undergradwriting@liberty.edu or find the event on Facebook for questions.

Feb. 7

Finding True Love: Tips from Christian Counseling

The event, hosted by the Liberty student chapter of American Association of Christian Counselors, will feature Dr. Eric Scalls, Vice President of the American Association of Christian Counselors. He will be held in Campus North 1500 from 6 p.m. to 8 p.m. Contact Cindy Waugh Administrative Assistant for the Center for Counseling and Family Studies for more information.

Feb. 8

Mediumless: Lynchburg in Roanoke

"Medium- less" and "E m e r g­ ing Artists" multi-media group will be presenting "Lynchburg in Roanoke." Visual art from emerging artists and music of Lynchburg's growing creative population will be featured. The event will take place at the Howery Mezzanine, Roanoke Mall. Library starting at 6 p.m. Refreshments will be provided. For more information call 617-981-4307 or email mediumless.net.

Feb. 11

The Civil War

The Civil War is the second Theatre Arts show this semester. Shows begin Feb. 11 and conclude on Feb. 26. For information about the show, tickets and times visit the Theatre Arts website which can be found through the Splash page.

Feb. 13

Day of Purification Prayer Service

Hosted by the Student Government Association. The prayer service will be held in the Schilling Center from 8 p.m. to 10 p.m. There will be an opportunity for attendees to sign a campus-wide pledge to living a life of purity. Contact sga@liberty.edu or call 434-592-2213 for more information.

Feb. 15

Genocide Symposium

The Symposium is titled, "Geno­ cide and Religious Persecution Around the World." It will begin at 2 p.m. on Feb. 15 and end at 7:15 p.m. on Feb. 16. The school of Law and AACC are sponsoring the event. For more information visit www.lsu.liberty.edu.

Feb. 16

Taste of Nations

The Office of International Student Services will be hosting Taste of Nations in the Schilling Center beginning at 5 p.m. and ending when the food is gone. Since food is limited, it will be served on a first come-first serve basis. The cost for the event is $2. Contact The Office of International Student Services for more information.

Feb. 17

The Life of the Rev. John Jasper

The exhibit and lecture is being held in celebration of Black History Month. The exhibit will be shown free of charge (donations are accepted) in the National Civil War Chaplains Museum located beside Doc's Diner and is open from 10 a.m. to 5 p.m. The lecture titled, The Life of Rev. John Jasper; Virginia’s Celebrated Preacher, is also free and will take place in DeMoss Hall 1113 from 7 p.m. to 8 p.m. For more information contact Kenny Rowlette at 434-582-2087.

Feb. 19

Liberty Mountain 5K Trail Race

Registration is open for the race. Forms can be found at www.liberty.edu/campusrec/studentactivities under events. For more information, contact student activities at studentactivitiesinfo@liberty.edu or 434-592-3061.

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**Christian camp promises adventure and experience**

**BECKY OGRAM**
rogam@liberty.edu

Kanakuk Kamps, one of the largest Christian sports camp programs in America, held a recruitment meeting Wednesday, Jan. 26 to raise interest for prospective staff. The Missouri-based camps house over 60,000 campers each summer, though sports and outdoor activities camp counselors have the opportunity to minister to campers in many ways.

Kanakuk’s sports camps range from seven to 28 nights and are broken up into two main age categories: ages 7 to 13 and ages 13 to 18. Kanakuk also has camps that host entire families.

Junior Parker Spencer, a Liberty student and a Kanakuk triathlon team member, had his first experience with Kanakuk as a counselor in the summer of 2010. He worked primarily with the campers ages 13 to 18. Kanakuk also has camps for professional athletes. Spencer said that the coolest part of camp is the time at night in the cabin with the campers.

“It is so rewarding seeing God use my life to impact the campers,” Spencer said.

Kanakuk provides opportunities for dance in traditional sports such as football, golf, wrestling and gymnastics, as well as canoeing, sailing, diving, rock climbing and many others.

Kanakuk hires roughly 2,500 staff, maintenance, office staff and Kanakuk kamp counselor. According to Lindsey Frye, senior international relations major and Kanakuk Kamp counselor, internship credit can also be earned in these positions.

“There were so many times during the camp season that (the staff) stop and think ‘we can’t believe we are getting paid to do this.’” Frye said. “I was changed by the two summers I spent at camp spiritually. I learned to rely on Christ like never before.”

If interested in working at a Kanakuk Kamp, contact Parker Spencer at pjspencer@ liberty.edu or Lindsey Frye at Isfrye@liberty.edu.

For additional information about Kanakuk Kamps, see Kanakuk.com.

**OGRAM is a feature writer.**
Tyler Ellwein, known as "Sully" to his friends and family, is a freshman athlete and major in Liberty, where he likes baseball, basketball, working out at the LaHaye Student Center, and going on adventures with his friends.

Tyler Ellwein is also an Eagle Scout and was recently one of the four Eagle Scouts across the U.S. nominated for the Congressional Medal of Honor American Spirit Award. This is the same award that was presented to Chesley "Sully" Sullenberger, the pilot who landed his airplane safely on the Hudson River.

Tyler Ellwein logged over 400 hours of community service in honor of the chaplain’s assistant military occupational specialty. Tyler Ellwein lists his faith and Christian upbringing, they’re my role models in every way.”

Tyler Ellwein has been interviewed by many news outlets since his nomination, including FoxNews, NBC News in Baltimore, and Boy’s Life magazine. However, despite the media attention and accolades he has garnered for his project, he has kept it from going to his head: according to Sgt. Maj. Ellwein, "He’s rather overwhelmed from all of this, and he’s been very humble.”

"My parents are the two most influential people in my life, and they’re very strong Christians,” Tyler Ellwein said. “I grew up with their standards, and with my Christian upbringing, they’re my role models forever.”

Tyler Ellwein and Boy’s Life magazine will also serve as the publications ambassador for the remainder of its 100-year anniversary celebration. For more information about the American Spirit Award, visit boyslife.org/americanSpiritAward.

The recipient of the award will be flown to Washington, D.C. to receive the American Spirit Award, and will also participate in National Medal of Honor Day activities March 14 and 15. The winner will also be profiled in Boy’s Life magazine for the rest of the year as well as the publication’s ambassador for the remainder of its 100-year anniversary celebration.

The winner of the Congressional Medal of Honor American Spirit Award, visit boyslife.org/americanSpiritAward.

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The Wedding Planner Society (WPS) offers opportunities for everyone at their first new member interest meeting of the semester on Thursday, Jan. 27. The meeting was held to inform future members of how to join WPS and what kinds of activities they can expect as a member. WPS was founded by President Kelley Rucker in the spring of 2010. Since then, WPS has held two formal induction ceremonies, growing from 35 to over 40 active members.

Throughout the semester, the group holds different training sessions held at various venues and businesses such as Bill’s Pastry Shop, Church Street Bridal and West Market. Some of the past activities include pastry making, trying on gowns, food tasting and social networking. To attend the event that includes transportation, lodging, daily breakfasts and tours of prominent wedding venues, participants will have the opportunity to relax, spend time with friends, tour different event locations and enjoy Disneyworld (for an extra fee). For more information on WPS, please visit the Wedding Planner Society Facebook page or their website at wix.com/luwedding/.