12-5-1995

12-05-95 (The Liberty Champion, Volume 13, Issue 13)

Follow this and additional works at: http://digitalcommons.liberty.edu/paper_95_96

Recommended Citation
http://digitalcommons.liberty.edu/paper_95_96/14

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 1995 -- 1996 by an authorized administrator of DigitalCommons@Liberty University. For more information, please contact scholarlycommunication@liberty.edu.
Spencer says 90 percent will return

School rounds up 200 new students

By ANDREW LYONS

As of Monday, more than 90 percent of eligible students will return, and 200 new students will arrive for the 1996 spring semester, Jay Spencer, vice president of enrollment management, said.

"Last year we said 110 new students were expected for the spring. Right now we have a little more than that confirmed," Spencer said. Spencer said the enrollment management office's goal is to have 400 new students enrolled by Jan. 16.

"We rejected in 1990 three kids. This year we didn't think it was going to be like this." Moreover, "I don't want to see the students into thinking I'm shortchanging," Spencer said. Spencer said the enrollment management office has twice as many applications in the fall as he had this time last year, and many of the applications that are coming in now are applications the enrollment office used to see in spring recruitment. "Right now, we've got tremendous momentum in enrollment," Spencer said. "If we don't accommodate that momentum, once we start we may run out of steam, which makes it more difficult to recruit."-- by Andrew Lyons

Fall's enrollment anticipated to be school's largest influx

Jay Spencer, vice-president of enrollment management, called the chances of a massive student influx "99 out of 100".

He was quick to qualify his comment, "(The school) can't afford a decline in cash flow. So what we decided to do this year is focus on our return rate and let it build on its own to what it's going to be the fall," Spencer said. "If we can do that, we can place even more emphasis on fall recruitment." The estimated spring enrollment population is between 5 percent and what it was in the fall.

One of the things the enrollment management office is doing differently is focusing on students who once went to LU and stopped. "We went to everyone who has been a student here for the past four years that is not here now, and we had a very good response from three people," Spencer said.

Spencer said his office corresponded with students who had applied but had never come. "We got a good response from them. Some are saying, 'I want to be back at this school.' I didn't think it was going to be like this," Spencer said. "Even though explanations in the fall are related to the spring, it's all academic requirements for enrollment recruitment, the same, Spencer said.

"But it's another story," Spencer said. "We had a GPA of 3.5 or 3.6 on my heart now coming back and wanting a semester. They're better off going to a community college to bring their GPA up and then considering." Spencer said even though percentage-wise Liberty does not drop down many people, recently, it has turned down more than once. "It's going to be 1996 turn this. This year we rejected 73," Spencer said.

Better odds than lottery

Lucy LU students will win computers

By TIMOTHY J. GIBBONS

Two students will leave check-in next semester with more than a fitter fall of paper and forms. They'll also have a new laptop computer.

In an effort to add some excitement to the check-in madness, the administration is holding a student lottery to give away a couple of PC laptops to two students chosen at random.

"It's something exciting and different, Jay Spencer, vice-president of enrollment management, said. "We've never done anything like this before.

The computers will be in plain sight on the floor, possibly under a Christmas tree. The computer itself is a cash prize. Students were able to select which company donated the computers.

"If there was a bonus, it would be to see if the company was interested in donating the laptop computers for the program. Although CDW has never participated in such a program before, Frahnemann said, they agreed to donate the machines.

"We saw a real need for this," said Unami Kurt, dean of Student Affairs. "It's a unique way you could win with a planning event in the middle of the semester as it in the fall semester, and an 80 percent decline in the spring semester population is normal," Spencer said. "We're going to do everything we can," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check-in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check-in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check-in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check-in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check-in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.

"Fall check-in went very well, I'm convinced to come make sure spring check-in is going as well," Spencer said. "Everything we did over the summer we're compensating into two weeks, the biggest problem, though, should be on the offensive at 5.000 minutes during the break... "Two kids are going to be really happy," Keitzenham said. He computed the 1 in 2,500 chance of winning the computer at the 1 in 17 million chance of winning the Virginia state lottery. "That's not an easy chance," the administration was also hoping that contacting students at home will help them remember to take care of registration needs early.
Late-Night Activities — Friday, Dec. 8, the Late-Night activities will be bowling and roller skating.

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Aldie-Lynchburg Bowl. Stamping will be at Standiford on Gaines Mill Road. The cost of $3.50 includes shoes. For more information, call the Student Life office at 2131.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

Tickets are free to all faculty, staff and students. For more information, call 582-INFO.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

The cost is $1 per pre-registered class. Only women are permitted to take the class. For more information, call the Student Life office at 2131.

Delays and Closings — In case of inclement weather, the following stations will announce any delays or closings for Liberty University:

- WVTF 89 Public Radio
- WSLSTV
- WRVL 88.3

Radio:

Television:

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Skateland on Main Street.

Skating will be at Skateland on Main Street.

Late-Night Activities — Friday, Dec. 8, the Late-Night activities will be bowling and roller skating.

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Aldie-Lynchburg Bowl. Stamping will be at Standiford on Gaines Mill Road. The cost of $3.50 includes shoes. For more information, call the Student Life office at 2131.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

Tickets are free to all faculty, staff and students. For more information, call 582-INFO.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

The cost is $1 per pre-registered class. Only women are permitted to take the class. For more information, call the Student Life office at 2131.

Delays and Closings — In case of inclement weather, the following stations will announce any delays or closings for Liberty University:

- WVTF 89 Public Radio
- WSLSTV
- WRVL 88.3

Radio:

Television:

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Skateland on Main Street.

Skating will be at Skateland on Main Street.

Late-Night Activities — Friday, Dec. 8, the Late-Night activities will be bowling and roller skating.

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Aldie-Lynchburg Bowl. Stamping will be at Standiford on Gaines Mill Road. The cost of $3.50 includes shoes. For more information, call the Student Life office at 2131.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

Tickets are free to all faculty, staff and students. For more information, call 582-INFO.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

The cost is $1 per pre-registered class. Only women are permitted to take the class. For more information, call the Student Life office at 2131.

Delays and Closings — In case of inclement weather, the following stations will announce any delays or closings for Liberty University:

- WVTF 89 Public Radio
- WSLSTV
- WRVL 88.3

Radio:

Television:

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Skateland on Main Street.

Skating will be at Skateland on Main Street.

Late-Night Activities — Friday, Dec. 8, the Late-Night activities will be bowling and roller skating.

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Aldie-Lynchburg Bowl. Stamping will be at Standiford on Gaines Mill Road. The cost of $3.50 includes shoes. For more information, call the Student Life office at 2131.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

Tickets are free to all faculty, staff and students. For more information, call 582-INFO.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

The cost is $1 per pre-registered class. Only women are permitted to take the class. For more information, call the Student Life office at 2131.

Delays and Closings — In case of inclement weather, the following stations will announce any delays or closings for Liberty University:

- WVTF 89 Public Radio
- WSLSTV
- WRVL 88.3

Radio:

Television:

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Skateland on Main Street.

Skating will be at Skateland on Main Street.

Late-Night Activities — Friday, Dec. 8, the Late-Night activities will be bowling and roller skating.

The cost for unlimited bowling is $4.95, and shoe rental is free. Use your LU ID to buy tickets at Aldie-Lynchburg Bowl. Stamping will be at Standiford on Gaines Mill Road. The cost of $3.50 includes shoes. For more information, call the Student Life office at 2131.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

Tickets are free to all faculty, staff and students. For more information, call 582-INFO.

Aerobics — Student Life will sponsor aerobics classes in the multipurpose area. Women may visit the men's dorms from 9-9:45 p.m. Thursday, Dec. 7.

The cost is $1 per pre-registered class. Only women are permitted to take the class. For more information, call the Student Life office at 2131.

Delays and Closings — In case of inclement weather, the following stations will announce any delays or closings for Liberty University:

- WVTF 89 Public Radio
- WSLSTV
- WRVL 88.3

Radio:

Television:
Allen hits screen at David's

BY SARAH K. POLLAK
Champion Reporter

Christmas at six showings of "The Santa Clause" in David's Place last weekend, a preview of more holiday movies to come.

The movie gave students the opportunity to be just like a child I think that's what the myth of Santa Claus is all about," audience member Bumay Wray said.

The movie even helped students find "the perfect plan." A partial apartment complex directory lists all the details of each apartment, from number of bedrooms to whether the apartment is located on the first or second floor. While Traeger said there is no intention to endorse any of the apartments listed, he added that many of the landlords prefer to rent to LU students.

The commuter student housing guides are available to commuters and students contemplating moving off campus. Traeger said tenant and landlord information about on-campus resources for commuters is also addressed.

"Hopefully this is going to be a valuable service," Traeger said, adding that he is anxious for feedback on the guide.

The newsletter would list upcoming events, current commuter issues and some helpful tips for off-campus students.

"In this day and age, to find a Christian/community service opportunity can be difficult," Traeger said.

"We're showing more serious movies next semester," Tony Philpott, one of the six David's Place managers, said.

"We're trying to provide more options for the students who don't have cars or can't get to the movies."}

Dean delivers commuter guide

BY AMY J. SAWYER
Assistant Editor

For students who have stepped off Liberty's campus and into the wide world of commuter living, Dean of Commuting Students Bruce Traeger developed the Commuter Student Housing Guide, a comprehensive booklet that attempts to make life off campus a little easier.

"The purpose of the guide is to provide concentrated information specifically for commuter students in regard to issues and challenges they're going to face or do face while living in the community," Traeger said. He said the booklet was adapted from similar ones distributed by James Madison University's Center for Off-Campus Living.

The 18-page guide contains information about on-campus resources for commuters, tips on leaving, transportation, budgeting, banking and other aspects of off-campus life, as well as maps of both LU and Lynchburg.

The commuter student housing guides are available to commuters and students contemplating moving off campus. Traeger said landlord information about on-campus resources for commuters is also addressed.

"There was some editing done to the movie to correct for foul language. The sound was cut out from the movie in four spots," Dean Parker, co-manager of video services, said.

Some of the movies to be shown are "Charlie Brown Christmas," "Home Alone" and "Toy Story."

"We're showing more serious movies next semester," Tony Philpott, one of the six David's Place managers, said.

"We're trying to provide more options for the students who don't have cars or can't get to the movies."
Clinton signs $6 billion road bill, eliminates federal speed cap

Despite misgivings, President Bill Clinton signed the $6 billion road bill on Thursday that eliminated the federal high-speed limit.

Although he signed the bill, the president said he was worried about highway fatalities resulting from the removal of the federal speed limit and urged states to act responsibly.

"The bill provides $6 billion to states for various road work without eliminating the states to have a 55 mph speed limit. The standard 55 mph speed limit, imposed in 1974, was never a federal law; Congress tried to mandate the speed limit by tying the granting of federal funds to compliance. Although the limit was originally established as an energy-saving measure, the decline in highway fatalities prompted safety advocates to embrace it."

Opposition to the bill centered around safety issues, with consumer-rights advocate Ralph Nader and former Surgeon General C. Everett Koop coming out against the measure.

William D. Foy of the Highway Users Federation and an advocate of the bill, said the road improvements paid for by the bill could prevent as many as 175,000 auto-related accidents during the next decade.

Despite misgivings, President Clinton signed the $6 billion road bill on Thursday that eliminates the federal speed limit, imposed in 1974, which was never a federal law; Congress tried to mandate the speed limit by tying the granting of federal funds to compliance. Although the limit was originally established as an energy-saving measure, the decline in highway fatalities prompted safety advocates to embrace it.

Police officers charged with murder

Two white police officers were charged with the murder of black businessman Jonny Gammage, 31, on Monday, Nov. 27. A third white police officer was charged with voluntary manslaughter in the incident but was not charged.

According to police testimony, Gammage was initially followed by Ray Seals, cousin of the victim, and Strickland, both illegal sexual assault classes in Norfolk.

Sailors attend sexual assault classes in Norfolk

Hundred of sailors from Norfolk Naval Base attended mandatory sexual assault classes on Dec. 1.

The Navy cited similar mandatory classes in the past, specifically following the incidents on Nov. 25, in which naval flyers allegedly sexual assault local women.

Sailors attending the latest classes in response to news reports that a Navy chief petty officer had assaulted a female sailor on an air plane flight. The incident is being investigated; no charges have been filed.

One female sailor criticized the classes, saying that the rules were already known, just not followed. Chief of Naval Operations Mike Boorda, captain for the prosecution, described the officers as "mad with rage and evil" and demanded they be sent to prison.

"Police officers charged with the murder of black businessman Jonny Gammage, 31, on Monday, Nov. 27. A third white police officer was charged with voluntary manslaughter in the incident but was not charged.

According to police testimony, Gammage was initially followed by Ray Seals, cousin of the victim, and Strickland, both illegal sexual assault classes in Norfolk.

Sailors attend sexual assault classes in Norfolk

Hundred of sailors from Norfolk Naval Base attended mandatory sexual assault classes on Dec. 1.

The Navy cited similar mandatory classes in the past, specifically following the incidents on Nov. 25, in which naval flyers allegedly sexual assault local women.

Sailors attending the latest classes in response to news reports that a Navy chief petty officer had assaulted a female sailor on an air plane flight. The incident is being investigated; no charges have been filed.

One female sailor criticized the classes, saying that the rules were already known, just not followed. Chief of Naval Operations Mike Boorda, captain for the prosecution, described the officers as "mad with rage and evil" and demanded they be sent to prison.

"You are not a mooch. But when a hole in your pocket renders you changeless, you reluctantly call the folks collect. You dial 1 800 CALL ATT. Your pangs of guilt are minimal."

Bob Dole supports Clinton's Bosnian decision

GOP presidential candidate and Senate Majority Leader Bob Dole said Thursday that he supports President Clinton's plan to send troops to Bosnia-Hercegovina in an effort to preserve the scheduled Dec. 14 Bosnian peace treaty.

Although congressional approval is not required to send U.S. troops to Bosnia, the Senate will vote with Clinton's plan because of Dole's support.

"Congressional support is critical to preserve intact the United States' image as 'the premier world power,'" Defense Secretary William Perry said.

"This troop participation does not create simplicity, however. Perry emphasized the mission will cost the country approximately $1 billion. However, many Republican do not agree with the Senate majority leader's decisions. The Senate has received more vocal opposition from members of the Senate they will go along with the plan reluctantly, but others, Democrats and Republicans alike, say the United States should not back away from what the United States has no vital interest in and that, if, Dole, if Bill, said he knows Clinton has good intentions, 'but the road to hell is paved with good intentions.'"

Dole is planning on charting a new course of approval to get the Ruskish U.S. troops to Bosnia back home within a one-year time frame.

"Boyd Dole supports Clinton's Bosnian decision"

Bob Dole supports Clinton's Bosnian decision

GOP presidential candidate and Senate Majority Leader Bob Dole said Thursday that he supports President Clinton's plan to send troops to Bosnia-Hercegovina in an effort to preserve the scheduled Dec. 14 Bosnian peace treaty.

Although congressional approval is not required to send U.S. troops to Bosnia, the Senate will vote with Clinton's plan because of Dole's support.

"Congressional support is critical to preserve intact the United States' image as 'the premier world power,'" Defense Secretary William Perry said.

"This troop participation does not create simplicity, however. Perry emphasized the mission will cost the country approximately $1 billion. However, many Republican do not agree with the Senate majority leader's decisions. The Senate has received more vocal opposition from members of the Senate they will go along with the plan reluctantly, but others, Democrats and Republicans alike, say the United States should not back away from what the United States has no vital interest in and that, if, Dole, if Bill, said he knows Clinton has good intentions, 'but the road to hell is paved with good intentions.'"

Dole is planning on charting a new course of approval to get the Ruskish U.S. troops to Bosnia back home within a one-year time frame.

"You are not a mooch. But when a hole in your pocket renders you changeless, you reluctantly call the folks collect. You dial 1 800 CALL ATT. Your pangs of guilt are minimal."
Elvis makes an appearance

Continued from Page One
"Birth of Blues." While sepa­
rate Elvises began singing, sepa­
rate Robin Miller danced and the
others mimed. For dramatic effect,
the act was performed in the dark,
and the audience lights revealed
only Miller's white dress and the
mimes' white gloves.

Rogers said the main purpose of
their particular group is nudity.
"We allow God to work through
us. We are just vessels," Rogers said.

Coffee House definitely did not
lack humor. For example, Dave
Rogers said the main purpose of
Coffee House this year!"

"We are trying to get the different
departments involved. Not only are
we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

Many of the events scheduled are
designed to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.

This year's activities are designed
to involve and utilize the entire school
community. Not only are we sharing with those of our same
color, but all who are hungering for
an understanding of yesteryear to
make today and tomorrow better," Jones said.
fatigue

Rest easy during finals

Fatigue is the plague of modern man. Just about anything can cause it, and it can result in any number of other ailments, from colds to gumgloss.

"Fatigue is not a disease in itself; it is a symptom," Dr. Trudy Babcock, chairman of family and consumer sciences, said. While lack of sleep is the No. 1 cause of fatigue for obvious reasons, there are three other categories of fatigue yet to be explored, as defined last week:

- Stress tired: Worry and stress take a toll on the body, draining energy.
- Muscle tired: Lack of exercise prevents sufficient oxygen from getting to tired muscles.
- Over- or under-stimulated: Over- or under-stimulated foods, such as coffee and sugar, give a blood-sugar rush that quickly fades, leaving you drained.

Stress

Stress can be a major contributor to fatigue. When under stress, your body gears up for impact, so to speak. Your heart beats faster, your liver releases extra sugar into the bloodstream for energy to supply the muscles and brain. Endorphins are released to relieve pain in case of injury, and blood cell production increases. In short, your body systems shift into high gear in what is called the "fight-or-flight reaction." After a white, this takes a definite toll on your energy supply, causing fatigue and/or exhaustion.

Learning to deal effectively with stress is key to relieving fatigue and/or exhaustion. Exercising releases those endorphins mentioned earlier, relieving pain and making you feel better about yourself. Experts recommend about 30 minutes of aerobic exercise like walking, jogging or rollerblading three times a week.

Dr. David Horton, chairman of Liberty's physical education department, said lack of exercise is the major cause of fatigue on campus, aside from inadequate rest.

He explained that not exercising is a big mistake as far as fatigue goes; not exercising is a big mistake.

Exercise

Another way to relieve stress is to exercise. Exercising releases those endorphins, relieving pain and making you feel better about yourself. Experts recommend about 30 minutes of aerobic exercise like walking, jogging or rollerblading three times a week.

"Schedule meals and sleep... each remedy to stress. But don't wallow in your difficulties; work to overcome your stress. Also, learning how to use the word "no" is to your advantage. You don't have to say yes to every demand on your time — prioritize.

Some more immediate relaxation techniques can also be beneficial. Meditation or picture yourself in a beautiful, peaceful setting with no distractions and no stress.

"The night before a big test is like the night before Christmas..."
Fight fatigue during finals

Nutrition

Of course, exercise goes hand in hand with a healthy diet. However, too, has a deadening impact on fatigue. That's the trick in taking in the right calories: B-complex vitamins. These vitamins are found in grains and vegetables. They also support other hormones that the body needs. Carbohydrates give the body the constant supply of glucose (blood sugar) you need. On the other end of the spectrum, high-fat foods can cause fatigue. It makes people feel sick, lethargic, unmotivated and bloated. The best fats to avoid are "saturated" or "trans" fats. These fats are solid at room temperature and come from meat, dairy products and some vegetable oils. These fats raise the level of cholesterol in your blood and are bad for your heart. Fish and certain vegetable oils are the only good fats. Carbohydrates are the best choice for a snack. A carrot, for example, gives you energy. Also, because sleep reinforces memories, if you're studying and are still wearing down.... Eventually, you've got to rest. A solid night's sleep is the best boost. But don't nap during the day.

First, watch the caffeine intake. "All (coffee, cola, tea, etc.) are stimulants that surge of sugar is over, you will feel a lull. Another interesting tidbit: 200 milligrams of caffeine per cup of coffee can be a cause of severe fatigue. It makes people feel sick, lethargic, unmotivated and bloated. The best fats to avoid are "saturated" or "trans" fats. These fats are solid at room temperature and come from meat, dairy products and some vegetable oils. These fats raise the level of cholesterol in your blood and are bad for your heart. Fish and certain vegetable oils are the only good fats. Carbohydrates are the best choice for a snack. A carrot, for example, gives you energy. Also, because sleep reinforces memories, if you're studying and are still wearing down.... Eventually, you've got to rest. A solid night's sleep is the best boost. But don't nap during the day.

First, watch the caffeine intake. "All (coffee, cola, tea, etc.) are stimulants that surge of sugar is over, you will feel a lull. Another interesting tidbit: 200 milligrams of caffeine per cup of coffee can be a cause of severe fatigue. It makes people feel sick, lethargic, unmotivated and bloated. The best fats to avoid are "saturated" or "trans" fats. These fats are solid at room temperature and come from meat, dairy products and some vegetable oils. These fats raise the level of cholesterol in your blood and are bad for your heart. Fish and certain vegetable oils are the only good fats. Carbohydrates are the best choice for a snack. A carrot, for example, gives you energy. Also, because sleep reinforces memories, if you're studying and are still wearing down.... Eventually, you've got to rest. A solid night's sleep is the best boost. But don't nap during the day.

First, watch the caffeine intake. "All (coffee, cola, tea, etc.) are stimulants that surge of sugar is over, you will feel a lull. Another interesting tidbit: 200 milligrams of caffeine per cup of coffee can be a cause of severe fatigue. It makes people feel sick, lethargic, unmotivated and bloated. The best fats to avoid are "saturated" or "trans" fats. These fats are solid at room temperature and come from meat, dairy products and some vegetable oils. These fats raise the level of cholesterol in your blood and are bad for your heart. Fish and certain vegetable oils are the only good fats. Carbohydrates are the best choice for a snack. A carrot, for example, gives you energy. Also, because sleep reinforces memories, if you're studying and are still wearing down.... Eventually, you've got to rest. A solid night's sleep is the best boost. But don't nap during the day.

First, watch the caffeine intake. "All (coffee, cola, tea, etc.) are stimulants that surge of sugar is over, you will feel a lull. Another interesting tidbit: 200 milligrams of caffeine per cup of coffee can be a cause of severe fatigue. It makes people feel sick, lethargic, unmotivated and bloated. The best fats to avoid are "saturated" or "trans" fats. These fats are solid at room temperature and come from meat, dairy products and some vegetable oils. These fats raise the level of cholesterol in your blood and are bad for your heart. Fish and certain vegetable oils are the only good fats. Carbohydrates are the best choice for a snack. A carrot, for example, gives you energy. Also, because sleep reinforces memories, if you're studying and are still wearing down.... Eventually, you've got to rest. A solid night's sleep is the best boost. But don't nap during the day.
Off-campus housing guide
missing important one element

The newly released Commuter Student Housing Guide is now available to students. And yes, it does have some valuable information. It shows students how to find an apartment. It explains what students need to do before they sign a lease. It gives a good breakdown of area apartment complexes and what their average monthly rent is. But this new guide has the potential to help a great many dorm escapes. But for all its good points, it is missing an essential something. A nagging at students that really want to know...

"...and I went a bike, and I went a space plant, and I went the new ninja lizard figure..." - Don't stop the bells; they're driving me crazy

I started with the guy ringing the bell. I'm mourning through the Christmas season, this year, a few days after Thanksgiving, drinking sugar highs, when I thought to call Salvation Army zone. A familiar sight round about them; and they were sore afraid.

That's right, students may want to keep checking their mailboxes during Christmas Break. They could win a laptop computer. Hello?? This needs to become a Liberty Christmas tradition.

"...and the staff of the Commuting Student Office, but we think their policy is missing a chapter.

"...and the rumors would finally be squelched and this new guideline was to be a child, and the next great thing. But what many students first want to know is how they can get permission to live off campus — especially considering that most students are a little unsure of LU's commuter student criteria. Some students think that all seniors can live off campus. The rumors about these guidelines are numerous. The next day, also known as two days before Christmas, Dad would buckle me and Sis into the family Oldsmobile and we'd be on our way to Regency Square Mall. That's right, students may want to keep checking their mailboxes during Christmas Break. They could win a laptop computer. Hello?? This needs to become a Liberty Christmas tradition.

"...and the staff of the Commuting Student Office, but we think their policy is missing a chapter.

There are no strings. Students don't have to give an offering, convince a school friend or faculty member to write or write an award-winning essay. They just have to be students. Which sounds pretty good.

"And last, but not least, if you go toRegency Square Mall, there you will find that the Joypalming of Christmas is a real joy. It's a joy for the soul, a joy for the body, a joy for the mind, a joy for the spirit. It's a joy for the heart. It's a joy for the stomach. It's a joy for the ears. It's a joy for the eyes. It's a joy for the nose. It's a joy for the skin. It's a joy for the brain. It's a joy for the body. It's a joy for the soul.

"And last, but not least, if you go to Regency Square Mall, there you will find that the Joypalming of Christmas is a real joy. It's a joy for the soul, a joy for the body, a joy for the mind, a joy for the spirit. It's a joy for the heart. It's a joy for the stomach. It's a joy for the ears. It's a joy for the eyes. It's a joy for the nose. It's a joy for the skin. It's a joy for the brain. It's a joy for the body. It's a joy for the soul.

It all started with the guy ringing the bell. I'm mourning through the Christmas season, this year, a few days after Thanksgiving, drinking sugar highs, when I thought to call Salvation Army zone. A familiar sight round about them; and they were sore afraid.
Homosexuals need Christian witness, caring

By GEOFF MATTIOS
Champion Reporter

For many Christians, the concept of loving homosexuals is acceptable with great difficulty. Some don't accept it at all.

This hypocrisy is a vile sin. The Bible is clear on this matter. But any Christian's refusal to discuss the issue between the Bible and the sin is also wrong.

Unfortunately, many Christians have heeded — not just the homosexual's footsteps, but the person also.

How is that born-again believer ever gone from "love your neighbor as you love yourself?" to "love your neighbor — unless he or she is gay?"

For one thing, human nature always plays a large role in determining our behavior.

What we find personally appealing, we tend to see as our rights or our liberties — automatically, without considering the results of our actions.

The consequence in this case is that we never see any lines of communication that might have been useful in bringing them to Christ. Another reason Christians distance themselves from the homosexual community is that they have been told to do so — sometimes by their leaders.

Pastors have every right to look against the sin of homosexuality. What they should not do is provide their congregations to hatred of homosexuals.

By cracking jokes from the pulpit and verbally assailing the gay community, some pastors convey the idea that homosexuals aren't people, that they have been told to do so — sometimes by their leaders.

Pastors have every right to look against the sin of homosexuality. What they should not do is provide their congregations to hatred of homosexuals.

"What we find personally offensive,
we tend to turn our backs on our actions.
The consequence in this case is
that we never see any lines of communication
that might have been useful in bringing them to Christ."

This should be our view. There are two types of people saved and undeserved. If all Christians adopted this philosophy, think of the many homosexuals who could be saved and have their lives dramatically changed.

However, some Christians still receive. After all, ago, has been the "religious right." Right? Perhaps

some of them do. Jesus did say, "...men loved darkness rather than light, because their deeds were evil" (John 3:19).

Nevertheless, our Lord also commanded us to "love your enemy and pray for those who persecute you." (Matthew 5:44).

Christian need to be completely honest with themselves. Have they ever prayed for a homosexual they know personally? And if not, have they ever prayed for a minority where homosexuals will try widely publicized?

Let's face it:

There are certain missionaries, actors and sports figures who are gay, and yet we still appreciate their talent. So if we praise them for their accomplishments and al

"...this romance was initiated
by the woman, and the Bible seems not only to condone, but also to praise it."

That way the gay's life isn't the same from the relationship. And some gays are too shy, and by asking them out you can find out if they're interested.

It's easy to understand why women feel the way they do. It's Western culture, men have traditionally been in control of each stage of the relationship.

They initiate the dating, set the pace and often leave the woman with no idea of what's going on in the relationship.

This creates many women to feel frustrated and powerless. Women obviously feel that they are in a better position to get information when they initiate.

When asked their opinion on the subject on men didn't mind, but most seemed to feel uncom

"...this romance was initiated
by the woman, and the Bible seems not only to condone, but also to praise it."

ment but seriously and don't need to be watched.

The solution boils down to commu

ication. If the concerns of each party are expressed and un

derstood, then the female initiating wouldn't be a problem.

But women need to learn that they understand that a date isn't a wedding proposal.

Men can also help, by asking about women about the relationship, before they're too far along. How does he feel about her, does she need to worry with him for counsel.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.

"I want to be dictator of America for a day and fire all the bureaucrats."

—Betsy Ooten, Soph.
DOUBLE DRAGON

New Ownership!

LUNCH BUFFET
$4.99
11 a.m. - 4 p.m.
(7 Days a Week)

DINNER BUFFET
$5.99
Sun. - Thur. 4 p.m. - 9 p.m.
Fri. - Sat. 4 p.m. - 10 p.m.

KIDS BUFFET
LUNCH $2.99
DINNER $3.99
(7 Days a Week)

WE HAVE:
• Appetizers (from $1.00)
• Lunch Specials Only $3.75
• Dinner Specials Only $4.25
BUFFET TAKE OUT AVAILABLE $5.99

Located Next to Big Lots at
8800B Timberlake Road
Timbrook Square

Telephone #: (804) 237-5550 / 5551
Relieve stress by visiting trendy hangouts

TASHA LEWIS

Lynchburg, Virginia

Tuesday, December 5, 1995

Liberty Champion, Page A11

Having graduated from Liberty University in May, Tasha Lewis is working on completing her master's degree in educational leadership. Her goal is to become a high school principal one day. "I decided to stay in Lynchburg because I enjoy the area and community," said Lewis. "I also wanted to continue learning and being challenged."

In her free time, Lewis enjoys watching movies, reading books, and spending time with her family. She also enjoys spending time with her dog, a black lab named "Rocky."

Lewis volunteers at local schools and enjoys working with children. "I feel that working with children is very rewarding," said Lewis. "I enjoy seeing them grow and learn."

Lewis plans to continue her education and eventually become a school administrator. She enjoys the challenges and opportunities that come with working at a school district level. "I believe that education is very important," said Lewis. "I want to be a part of making a difference in the lives of our children."

In her free time, Lewis enjoys spending time with her family and friends. She also enjoys cooking and baking. "I love to try new recipes and experiment in the kitchen," said Lewis. "I enjoy the creativity and satisfaction that comes with cooking and baking."
My favorite memory: When I was about 12 years old, my father, who does not celebrate Christmas, went outside and cut a tree down for our family to decorate in South Korea.
— sophomore Hyun Sook Kim

My favorite memory: My family and I exchange ornaments at Christmas. One year when I took up jogging, I got an ornament of a jogger. Also, when my wife and I travel overseas, we collect ornaments from different countries. We have hundreds of ornaments on our tree.
— Dr. A. Pierre Guillermin

My favorite memory: My family and I went to Mt. Hood on Christmas Eve and Christmas day we went downhill skiing.
— junior Bonnie Tobbs

My favorite memory: When I was about 5 years old, I spent the whole month of December learning Luke 2 (the Christmas story) to say in front of our church. I still remember that.
— junior Sarah St. John

My family's tradition: When I was 9 years old, my youngest brother and I got Big Wheels. Mine had a siren and I chased him all over the neighborhood.
— freshman Paco Leonetti

My favorite memory: The greatest Christmas present I received was when I was 9 years old. My parents separated for four months, and a week before Christmas my dad returned. I remember in the airport he brought a golden bell that played Christmas carols.
— junior Rebekah Pusman

My family's tradition: Our family begins Christmas day by reading the real Christmas story found in Luke.
— junior Rachel Lippai
By JOSEPH HOWE

The Flames' hopes for satisfying their inside game last Tuesday, Nov. 28, at the Vines Center in Richmond were dashed by a loss to VCU. Taylor also added eight rebounds on the backcourt.

"We're in the process of evaluating its authenticity," Graham said. "We know that the process has started, but it has not been finalized yet. The letter also told us that WAEC confirmed St. Theresa's Kansas has been in the process of coming to some conclusion," Graham said. Stinnett

"We're going to prove that basketball's not a joke. We are going to prove that basketball's not a joke," Graham said. "We know that the process has started, but it has not been finalized yet. The letter also told us that WAEC confirmed St. Theresa's Kansas has been in the process of coming to some conclusion," Graham said. Stinnett

"Boys of Bami keep Bami hopes alive.

"Before Stephen's hearing Tuesday, a representative of the NCAA came to their building to tell them that they would not be able to play because they did not have a scholar-ship. But then it has been a waiting game. This wait seems to be common this season among student-athletes," Graham said.

"We're in the process of evaluating its authenticity," Graham said. "We know that the process has started, but it has not been finalized yet. The letter also told us that WAEC confirmed St. Theresa's Kansas has been in the process of coming to some conclusion," Graham said.

47. The Lady Flames attributed the loss to one area: shooting.

"I tried to get the ball to Peter," Taylor said. "I tried to do a lot more (penetrating)," Graham said. "We know that the process has started, but it has not been finalized yet. The letter also told us that WAEC confirmed St. Theresa's Kansas has been in the process of coming to some conclusion," Graham said.
Men's Basketball Standings

TEAM            W-L  CONF  GB
1. UNC Asheville  2-0  0-0  —
2. Radford       2-0  0-0  —
3. Liberty       2-1  0-0  —
4. Coastal Carolina  1-1  0-0  —
5. UMBC          0-1  0-0  —
6. UNC Greensboro  0-3  0-0  —
7. Charleston So.  0-3  0-0  —
8. Winthrop      0-3  0-0  —

Editor's Note: The Big South women's standings will appear in the next issue of the Champion along with the men's.
Gjorgjevski adapts to life in this hemisphere

By JOHNNY COOLEY
Champion Reporter

When Mika Gjorgjevski stepped off the plane and made his way through Washington National Airport in Alexandria, Va., a marked change in his first ever foot put on American soil.

"Nick," as he is called by his American friends, arrived in America on Aug. 9, well on his way toward achieving his goals of playing basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity." At 6-7 and 190 pounds, Gjorgjevski — a native of Skopje, Macedonia — thought he would be making basketball in "the land of opportunity."
## Liberty Lady Flames Schedule 1995-96

**Nov 25**
- Messiah
- Won 53-49

**Dec 1-2**
- Lady Flames Classic (Wofford, Navy, Del. St.)
- Won 61-50

**Dec 5**
- VCU
- Lost 55-47

**Dec 8-9**
- at South Ala. Tournament (W. Carolina, Mercer)
- 12:30/30 p.m.

**Dec 15-16**
- at Stetson Tournament (Miami of Ohio, Austin Peay)
- 7:00/9:00 p.m.

**Jan 4**
- Cedarville
- 3:00 p.m.

**Jan 9**
- at UNC Greensboro
- 7:00 p.m.

**Jan 11**
- Hampton
- 7:00 p.m.

**Jan 13**
- at UNCG Adrenaline
- 7:00 p.m.

**Jan 20**
- Charleston Southern
- 7:00 p.m.

**Jan 22**
- Coastal Carolina
- 7:00 p.m.

**Jan 25**
- at Radford
- 7:00 p.m.

**Jan 27**
- VMI
- 7:00 p.m.

**Jan 30**
- USC Greenwood
- 5:00 p.m.

**Feb 2**
- Radford
- 7:00 p.m.

**Feb 5**
- Maryland-Baltimore County
- 7:00 p.m.

**Feb 10**
- at UNCG Asheville
- 7:00 p.m.

**Feb 13**
- at Canisius
- 7:00 p.m.

**Feb 15**
- North Carolina-Greensboro
- 7:00 p.m.

**Feb 17**
- at Charleston Southern
- 7:00 p.m.

**Feb 19**
- at Coastal Carolina
- 7:00 p.m.

**Feb 24**
- Winthrop
- 7:00 p.m.

**Mar 2**
- at Maryland-Baltimore County
- 2:00 p.m.

**Mar 7-9**
- at Big South Tournament
- TBA

---

**CLEAN LUBE SERVICE CENTER**

- Featuring 10 minute oil change
- OIL, LUBE, AND FILTER
  - $18.95 reg. $23.95
  - (Up to 5 Quarts)
  - "Otter good only with coupon that December 31, 1995

---

**MINDBOGGLE**

- PLAY any game of your choice FREE with this coupon.
- 50 cent value

---

**SHANGHAI EXPRESS**

- Lunch Special-
  - 11:00 A.M.-2:30 P.M.
  - Served with Fried Rice, Chicken Wings, Crab Rangoon
  - $3.45

- Daily Special-
  - Served with Fried Rice and Egg Roll
  - $3.95

---

**CLEAN LUBE SERVICE CENTER**

- Automatic
- Four-Wheel Alignment
- Mechanical Work on All Makes and Models!
DOMINO'S PIZZA

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
MEATBALLS, WHITE AMERICAN CHEESE, ITALIAN SAUCE
AND SEASONING.

CLUB SUB
Road 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.

“ZZESTY” ITALIAN
Salmi, Pepperoni, Ham, White American Cheese,
Onions, Italian Sauce and Seasoning.

VEGETARIAN
Lettuce, Tomato, Fresh Mushrooms, Onions,
Green Peppers, White American Cheese,
Oil & Vinegar.

“ZZESTY” PIZZA SUB
3 of your favorite Pizza Toppings, Pizza Sauce & Italian Seasoning.

ROAST BEEF & CHEESE
Roast Beef and White American Cheese.

HAM & CHEESE
Ham and White American Cheese.

TURKEY & CHEESE
Turkey and White American Cheese.

ALL SUBS
$5.99 $7.99
$6.99 $8.99
*All Subs are made on Fresh French Rolls
•All Subs come with Mustard, Fat Free Mayonnaise, Onions, Lettuce, Tomato, Oil & Vinegar
• Extra Meat 95c • Double Cheese 95c

NEW DIPPING SAUCES DOMINO'S BUFFALO WINGS

GARLIC SAUCE .......... 25¢ each + tax
PARMESAN PEPPERCORN SAUCE .......... 25¢ each + tax
ORIGINAL PIZZA SAUCE .......... 25¢ each + tax
RANCH DRESSING .......... 25¢ each + tax
BLEU CHEESE .......... 25¢ each + tax

Our delicious bread sticks
baked fresh and painted with Garlic Butter
$3.99
$7.99
and Zesty seasonings!
$11.99
$15.99

DOMINO’S PIZZA OPEN LATE!

NOW ACCEPTING VISA, MASTERCARD, AND DISCOVER CARD

CAMPUS DEAL #1
MEDIUM 1-TOPPING PIZZA 5.99 + tax
2 CANS OF COKE OR DIET COKE ADD
4 TWISTY BREAD STICKS 12" + tax
8 ZZESTY CHEESE STICKS 2" + tax
16 BUFFALO WINGS 3" + tax

CAMPUS DEAL #2
2 SMALL 1-TOPPING PIZZAS 7.99 + tax
2 CANS OF COKE OR DIET COKE ADD
4 TWISTY BREAD STICKS 12" + tax
8 ZZESTY CHEESE STICKS 2" + tax
16 BUFFALO WINGS 3" + tax

CAMPUS DEAL #3
TWO 6" SUPER SUBS 5.99 + tax
2 CANS OF COKE OR DIET COKE ADD
4 TWISTY BREAD STICKS 12" + tax
8 ZZESTY CHEESE STICKS 2" + tax
16 BUFFALO WINGS 3" + tax

CAMPUS DEAL #4
30 ZZESTY CHEESE STICKS 6.99 + tax
2 CANS OF COKE OR DIET COKE ADD
Garlic Sauce 25¢ each + tax
Parmesan Peppercorn 25¢ each + tax
Original Pizza Sauce 25¢ each + tax
Ranch Dressing 25¢ each + tax
BLEU CHEESE Dressing 25¢ each + tax

CAMPUS DEAL #5
EXTRA LARGE CHEESE PIZZA 8.99 + tax
4 CANS OF COKE OR DIET COKE ADD
STUDENT TOPPINGS DEAL
ANY TWO TOPPINGS ONLY 1.00 + tax

237-7788
Miami in hot water with NCAA

**Lois Soloff**

The University of Miami's athletic department found itself in hot water this week when the NCAA found a plethora of infractions involving several sports teams, including its football team.

According to Miami, the football team will not be permitted to play in a bowl game this year. The NCAA found that Miami, along with several other schools, had violated NCAA rules requiring minimum attendance and scholarships for student-athletes.

Miami denied the allegations, stating that the violations were technical and not substantive. The university has already appealed the decision to the NCAA's Committee on Infractions.

The NCAA's decision has raised concerns about the fairness of the bowl selection process, which is controlled by the Bowl Coalition, a group of 11 conferences.

Miami's football team was expected to be a strong contender for a top-10 spot, but now it may have to settle for a lesser bowl game or even be shut out altogether.

The NCAA has also imposed penalties on other Miami sports teams, including basketball and baseball, for violations involving academic fraud and drug use.

Miami has 14 days to appeal the NCAA's decision, and the university is expected to do so.
**A Christmas Celebration**

**SPRUCING UP THE PLACE — Freshman**
Mike Kaplan prepares for the holiday season by setting up a mini-tree in his dorm room.

**BY THE CHIMNEY WITH CARE — Sophomore**
Brian Kenna hangs his Christmas stocking by his room door.

**WHAT A SWEET TOOTH — Brandon Zechar sets up a candyland display in a fit of holiday cheer.**

...it's that time once again...

It's that time of year again. In only a few short weeks, it will be time to celebrate Christmas. Throughout Lynchburg, many have already begun the task of decorating their homes and property, getting them ready for the Christmas festivities.

Liberty University is certainly no exception. Arrays of blinking lights string around windows, pint-size Christmas trees and the sweet strains of "I'll be home for Christmas" fill the hallways of dorms and apartments.

To the Liberty student, Christmas is more than just lights and decorative trinkets. A Liberty student can be found studying for finals, watching Christmas cartoons, going to Coffee House and enjoying the free night of the Living Christmas Tree. It is a time to end yet another semester in their college career and head home to delicious meals and the smiling faces of loved ones.

They watch while little sister sits on the floor wide-eyed as they tell somewhat inflated stories about hiding under the bed during room check, climbing to new heights in the Vines Center and being forced to eat food that isn't anything like Mom's home-cooked meals.

Still, there is something different at Liberty. There is one thing that separates this campus from all others. It is not only celebrating the birth of Christ on that Christmas morning.

It is believing that same Christ went to the cross and died for our sins so that everyone could have eternal life.

It is not only remembering an event. It is the beginning of what saved us.

Photography by Jeremy Alexander, Amy Sawyer & Ted Woolford

Text by Matt Cuda

**CHRISTMAS APARTMENT —** Off-campus student, Shelley Hooper has decorated her apartment to the hilt, complete with a small village.

**KEEP IT STRAIGHT —** Sophomore Brian Kenna finishes putting a Christmas sign on his wall.