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Falwell recovering at home

By Joanne Tang

Liberty University’s founder and president Jerry Falwell, Jr. was released from the hospital Wednesday, March 9, to hear a speech on campus delivered by U.S. Sen. Zell Miller.

"I knew he was on the mend during the middle of last week," Falwell said. He plans to come out only for attendance at the State of the University address on Tuesday, March 22.

"We all breathed a sigh of relief because Falwell donned a suit for his first public appearance since being released from the hospital," said Patty. "I was happy to begin the show and get back to work," Falwell said.

Hundreds of students and faculty members crowded the DeMoss building to hear Miller, who was on campus to deliver the annual Alumni Awards lecture.

"There was a large crowd of eager fans clutching CDs, photos, calendars and other memorabilia. Before the show, they were all excited to see Falwell," Saxon said. "But it was even more exciting to see Falwell excited. The show was sold out and the building was packed, with a line snaking around the adjacent buildings and ended up at the basketball court.

"The members of Delirious? were very excited that day thatFalwell was recovering at home and he was going to come out to perform," Saxon said.

The show attracted a diverse crowd of fans, with many of them dressed in jeans and t-shirts. The audience was happy to see Falwell and the performers were more than happy to oblige.

"We also had experimental ones operated underwater at the same time," Saxon said. "They also had experimental ones operated underwater at the same time, but they used it to train their tour group. Germans were preoccupied with building other weapons," Saxon said.

The Smithsonian considered another argument that they used it to train their tour group. "I was allowed to return home on leave for awhile," Falwell said. He plans to come out only for attendance at the State of the University address on Tuesday, March 22.

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Why I hate competition: North Carolina b-ball and theatre outings

Competition is something of which I’ve been a fond participant. I find the whole business exciting and wholesome. Perhaps this is why I’m not a huge fan of any particular sport.

In North Carolina, people are segregated by the color of their favorite sports team and for NC State, sky blue and white, and a dark royal blue for Duke. If you claim NC State as your alma mater you will send you dark royal blue for Duke. If you claim NL as your alma mater you will wear a blue tie, you are in danger of being cut out of your parent’s “green” family. They will yell at you and send you back into the house to be beaten as a drum. Marching bands play a hyperbolic, a coed, a traitor of the team.

I have heard rumor that there is even a competition for racing cars appropriately dabbed NASCAR. Some even call this a sport.

I have been to a few theatre competitions. Generally people will see a “warm-up” room for everyone to do some last-minute preparations before auditioning. For most, “warm-up” means staring at the wall and screaming to oneself at a monologue or a piece of the piece. These monologues usually come from some obscure play. The piece you should never hear: “You were never there for us Carl! I had to be there. I needed you.”

According to Lawrence, executive producer for the series, cast and crew positions are still available for Persecution, which it is not the same thing. “There is a standard and that standard is the Word of God, and we’re not going to compromise for fame or fortune.”

David Cleverger, star of “Persecution,” said that he is especially interested in forming alliances with people who are called into the theatre ministry. “We live in a media driven soci­ety, but in our society, we’ve taken God out of everything.”

Unlike the recent portrayals of Christians in entertainment industry, Persecution will be available for viewing online by everyone.

Patty urges people to study the Bible and to enroll in ROTT, get married and eventually return to the army.

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The day started when the trio decided to play in the snow. As a<br>skill instructor at a resort in North<br>Carolina, Torrence had all sorts of<br>snow equipment with him. The<br>three took turns using his snow­<br>board to go down a hill in the foot­<br>ball stadium. After a little while of<br>taking turns sledding and having a<br>“jolly time” according to Lively, the<br>three suddenly had an urge to go<br>build a huge snowman. Since<br>the snow was perfect for making snow­<br>balls, they went right to work on<br>their snowman.<br><br>At the group was working on<br>building the 5-foot-tall snowman, they noticed an LUPD officer ask­<br>ing students who were still sledding to leave. They, however, came up with what they were doing. Later, that same officer got closer to the group.<br><br>The girls recognized him as the offi­<br>cer that morning and, “rescued them<br>to leave. They, however, continued<br>seeking to get unlocked from the<br>stadium.<br><br>The students bundled into the car,<br>getting Torrence’s car out of the sta­<br>dium, with the gate being locked.<br><br>At the moment the three were<br>trying to lift the head of the snow­<br>man onto the top. Torrence decided to ask the officer if he wanted to<br>help them. So the officer decided to<br>take time out of his schedule and help the students finish making their snow man. He then left and<br>locked the main gate to the sta­<br>dium.<br><br>Unbeknownst to the LUPD offi­<br>cer, the group had driven into the<br>stadium and now had no way of<br>getting Torrence’s car out of the sta­<br>dium, with the gate being locked. The<br>students bundled into the car, and<br>drive all around the stadium looking for any way out.<br><br>“We were not worried about freezing or staring to death, because Torrence, being a bit<br>sterile, was prepared for any situation,” <br>explained Gore. “Torrence, had all sorts of emer­<br>gency situation at hand, so we could.<br><br>Gore and Lively then began call­<br>ing their friends around Liberty<br>seeking to get unlocked from the<br>stadium.<br><br>The officers were busy taking care of an emergency and could not stop in to<br>answer. After about 45 minu­<br>tes, a kind maintenance man spot­<br>ted the group and unlocked the gate. We hope this story gives everyone<br>noted about the maintenance men<br>of N20, stated Gore and Lively. “If<br>you are our maintenance hero, please notify us, so we can thank you for letting us in.”<br><br>CONTACT Linda Laferriere at lida­<br>berri@liberty.edu.
Christian nation?

60 years of separation and immorality

Look around you. Violence, sex, immorality and crime invade our homes on the television screens and, even worse, our ordinary lives every day. People kill, lie, steal and fornicate. A surge of crime and a decline in morals has reached the last 60 years and now it started with a court decision, and will end there as well.

Two cases are now in oral arguments before the Supreme Court to determine whether the public display of the Ten Commandments is constitutional or not. The funny thing is that few people are actually looking at the Constitution or the men who wrote it and signed it. Nor are they looking at the early court cases that prove America's heritage as a nation founded on Biblical principles.

These two cases have already traveled through a number of other courts with displays being deemed contrary to the establishment clause of the First Amendment to the Constitution, which reads, "Congress shall make no law respecting establishment of religion or prohibiting the free exercise thereof."

The establishment clause is frequently summed up by the phrase coined by Thomas Jefferson, "separation of church and state," and is used to indicate that God, Christianity, prayer or religious symbols can be displayed in public schools or anywhere they could be offensive to someone else.

This assessment could not be further from the truth. The words of President Jefferson came from a letter he wrote to the Danbury Baptist Association in Connecticut in 1802. The full text can be read on the Library of Congress Web site. Jefferson argued that the Bible had a place in both classrooms and courtrooms where, if a national denominational denomination was created and that would lead to their Baptists practices being outlawed.

Jefferson sought to deny their laws explaining that the intent of the First Amendment was to protect Christians from a state religion's establishment and would protect and provide freedom from every denomination. The Bill he referred to was a one-directional will preventing all religions, prohibiting it in any way. The state was laid back, not the church.

For over 100 years, this intent of Jefferson's words and this understanding of the First Amendment was upheld by the Supreme Court and lower courts. According to the "America's Clocky Heritage" video series by David Barton, by the year 1947 the Supreme Court in the case Church of the Holy Trinity v. U.S. cited 87 historical and legal precedents to uphold the premise that America is indeed a Christian nation.

But Jefferson's work began to be twisted in 1947 in the Everson v. Board of Education case leading to the popular myth of religion or prayer not having to be in the public sector or government. From 1947 until now, the Supreme Court has ruled in several cases to strip religious freedom from citizens based on the myth of separation. They removed the Ten Commandments from school buildings, struck down school prayer and continued to separate all religious activity from public life, education and government.

The school prayer decision was in 1962 and cited no legal precedent. America was founded on Christianity, there is a significant amount of supporting evidence as well. In 1802, the original Chief Justice to the Supreme Court, called America a Christian Nation, Thomas Jefferson, third President of the United States, said Benjamin Rush that the First Amendment meant the government could not establish a single Christian denomination.

George Washington, the first President of the United States, wrote in his farewell address, "Of all the dispositions and habits, which lead to political prosperity, Religion and Morality are indispensable supports...let us with caution and anxiety seat the first in the list of national objects. They tend to guide morality and public morality." For over 100 years, this intent of Jefferson's words and this understanding of the First Amendment was upheld by the Supreme Court and lower courts. America's clocky heritage.

Opinion

R "If the posted copies of the Ten Commandments are to have any effect at all, it will be to induce the schoolchildren to read, meditate upon, perhaps to venerate and obey... It is not a permissible state objective."

Steven G. Harems majority opinion
SUPREME COURT DECISION, 1980

Speak Up: What was your worst spring break experience?

"I live in Florida and am always out in the sun. One spring break I got sun poisoning. That was not fun."

- Stephanie Deen, Jr.
Davie, Fla.

"Freshman year on the Appalachian Trail—55 degrees and 10 inches of snow. I didn't take enough clothes or food." -Neal Hughes, Sr.
Lenoir City, Tenn.

"This break can be bad when you spend it with family and friends. I spent mine home in a little beach town." -Kristen Guise, Sr.
Miami, Fla.

"I went to NYC with a school ministry team. Our trip got rained and goatin'..."

-Michael Rogers, Sr.
Upper Marlboro, Md.

"Freshman year of high school, because what I thought was fun on postcard turned out to be a children's pam in Panama City."

-Kelley Cooper, Jr.
Greenwood, Ind.

"Freshman year in Orlando Fla., we ran out of gas on the way back. We had to pay with change we found in the car."

-Jonathan William, Sr.
Lynchburg, Va.
LISTEN UP! IT'S YOUR TURN TO DECIDE

-Kern lead guitarist Brian Welch recently announced his conversion to Christianity, according to MTV.com news. He resigned from the band and shared his testimony with about 10,000 people on Sunday. As Christians, we have a moral obligation to help people rather than plunge them into worse living conditions. Furthermore, a ruthless dictator who is losing money, will only use the money he does receive to further increase the militia, making it impossible for the people to revolt, as is empirically demonstrated when Chavez's Venezuelan government increased the military in order to put down insurrections due to low GDP. Instead of being there to keep the peace, there were more civillia violence.

Also, in the event that a revolt was to succeed, what is the next leader from becoming even more repressive? That has been seen time and again in places like Cuba, Venezuela, Iran and Afghanistan, to name a few.

-Dear Editor,

While these are all important points, the purpose of the donors, the equipment and operational costs are borne by the university. Without this donation, the Student Center should make an investment for those paying the $100 fee. LaHaye is for students after all. Not many employers even have such an option for their employees.

And last, as Vice President Young also said, "Even though the SC was built by the generosity of the donors, the equipment and operational costs are borne by the university. Without this donation, the LaHaye Student Center is not an option for faculty and staff."

Sincerely,
Meliss Hartyer

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<IMAGE>
Delirious?: Band moves audience

Continued from page 1

A calm hush came over the audience when Martin Smith asked the audience to hold up their cell phones and upon seeing the large glowing mass, voiced whether Liberty gave out cell phones for attending. He asked the audience to call a loved one and suddenly, the room was filled with hundreds more people, all connected by technology, as the band began to play. The crowd and their cell phones began to sway to the music.

Smith then took to the piano for the song "Every Little Thing" off their World Service album. The song, a tribute to their friend John Thatcher, drew a peace to the crowd as they continued to rock gently.

Smith played "God in Heaven," a modern take on the old hymn "To God Be the Glory." The members of Delirious? work together as a well-oiled machine, bringing out one hit after another, going from loud and grand to the quiet chains of cymbals and the delicate keys of piano. They ended with a spectacular blend of guitar riffs, thundering bass and harmonizing drums.

"We'd love to come back sometime," Smith said to the audience.

The screening of the audience set Delirious' know that they will always be welcome.

Contact Joanne Tang at jtan@liberty.edu.

Saxon: WWII weapons expert

Continued from page 1

Saxon's interest in World War II dates back to when he was 6 years old. "I'm a proud military brat. My mother and I were in Germany and I saw all of the rubble on the ground. I asked her in public why it was there and she hushed me and whispered 'we did that to them.' I've spent my whole life finding out why.

The Deep Six Detectives episode featuring Saxon will air on April 4 at 10 p.m. eastern Standard Time.

Contact Aja Burden at aburden@liberty.edu.

Falwell: Doctors prescribe no preaching

Continued from page 1

He said that even the most menial tasks, like taking a shower, required a co­mmitment. "I'm not used to that," he told the News & Advance Friday. "It will be a few weeks before I'll want to take on anybody in anything other than pinholes.

Two weeks ago, Falwell was not sure if he would even make it out of the hospital. "I am grateful to the Lord that I was already a patient at Lynchburg General Hospital when my breathing was virtually shut off on Feb. 27," he said.

Doctors hooked him up to a ventilator immediately and did not remove him from the machine until five days later on Sunday.

"I sincerely believe the quick and professional treat­ment I received from my doctors and the wonderful nurses (many of them LU-trained) saved my life," Falwell said.

Now Falwell is looking for­ward to a full recovery and he is anxious to get back to his work at TRBC and the University.

"By God's grace, I expect to be restored to full health and strength," he said.

Falwell added that the pneumonia should not have any permanent effect on his health.

"It was very encouraging to me that my physicians have determined that I have no heart problems," he said.

While Liberty's chancellor was out, students, staff and administration prayed for his quick recovery. "We have missed him and although he has not been present over the last two weeks, this occurrence has been a testament to his normal day-to-day leadership," Young said.

"The organization he has set in place has continued to function even in his absence. However, it will be good to have him back in full force very soon."

He is anxious to get back to his work at TRBC and the University.

"I want to thank all my friends who prayed so earnestly for me during this time," Falwell said. "I love and appreciate every one of you."

Contact Sara Lesley at sllesley@liberty.edu.
Liberty's men's basketball team found out the hard way Tuesday night in the Vines Center that all good things must come to an end. The Flames' season ended with a 66-60 upset loss to Charleston Southern in the first round of the 2005 Advance Auto Parts Big South Men's Basketball Championship. The Flames were an upset in a game against Charleston Southern, which included Katie Feenstra, Daina Staugiene, Kristal Tharp, Rima Margeviciute and Stephanie Walker, is entering the fourth quarter of their college careers. The clock is ticking and the Flames are not used to leaving the gym without feelings of victory.

The game remained close over the first several minutes of the contest with Charleston Southern scoring eight straight points to jump out 13-5 with 7:22 left in the first half. The Flames were on a run of their own in the second half, opening up a 10-point lead with 11:28 left in the game. The Flames tied the score on their very next possession at 58-58 with a jumper by Larry Blair to push their lead to 54-46 with 7:09 left to play.

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This year has been very interesting. It seems that most of my readers fall into two categories: 1) they love my columns and pick up the newspaper only for the occasional good laugh, or 2) they compare their opinion of me to that of a hockey fan's feelings about Gary Bettman. It's love it or hate it, Red Sox or Yankees (actually, neither), Jerry Falwell or Jesse Jackson. You get the drift.

Well, I'm going to try and let me know of their feelings about my column throughout this past year. While it would take up the entire page, I'm going to try to cut this column into two categories: 1) they love my column, and 2) they don't. I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don't, I thought I probably should. Anyway, I don't know much about sports, especially in the case they don Lynchburg Ford Body Shop

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Lady Flames: Ready for tournament

The Bottom Line

By Patrick Donley

Some of that had to do with swaying and location of the tournament, but the Flames are not looking for any excuses this year. This year’s team is a team that has been through the fire to be made better. A huge win at number one Kansas State and a strong showing at a number one Ohio State have given Liberty the confidence needed to compete in the NCAA tournament. Many say all of the recent Liberty team’s this has the best of making an NCAA tournament run. First thing first, the Big South tournament must be won. Although the Lady Flames have only lost one conference game, the Big South is in no way lacking strong competition. Throughout the season Coach Green and
ACHA: Tough tournament ends in disappointment

By Jesse Houk

Liberty's baseball team has opened the season at a red hot record of 8-2. About the only thing that has been able to slow down the Flames down recently is the snowfall that has come with the recent cold fronts. On several occasions the Flames have been forced to change their schedules to accommodate the weather conditions. Last weekend was no different.

The Flames were set to play a three-game series against the Duquesne Rams. With much of All Weatheringham stadium covered in snow it was decided by the coaches that needed a little bit farther south, a place that wasn’t affected by the snow, would be much better. So Duquesne, a school from Cincinnati, and Liberty went south. The two teams squared off to play a doubleheader at Dan D. Daniel Memorial Park in Lynchburg.

The opening game of the doubleheader saw Liberty soundly beat Duquesne 4-2. A dominating pitching performance by freshman Michael Solbach and a steady offense proved to be too much for the Dukes. Solbach pitched the entire game for the Flames. He went eight scoreless innings before giving up a run in the ninth. Solbach, who pitched a strong game, allowed no strike-outs and only let up seven hits.

Liberty did all of its scoring in the fifth and sixth innings; scoring two runs in each inning. Although it wasn’t the type of performance that the Flames would have liked to see it proved to be enough to knock off the Duquesne Flames. Finding a way for the Flames was just Michael Just and freshman Aaron Geary. Just would go 2-2 with two RBI while Kneuty hit a 3 for and added on RBI of his own.

Game two saw a game that could have gone either way. Liberty appeared to be one step behind when it came to scoring. They were playing catch-up the entire game. The game finally swung in favor of Duquesne when their first baseman Mike Duganich broke a 1-1 tie by hitting a 2-run homerun in the fourth inning. That fourth inning proved to be too much for the Flames as they gave up three of the six runs.

The referee was not amused by this time with a stick around his neck and a CSU player in his neck and a CSU player in

Ziegler. When the referee did warn the Liberty fans that the Flames had given two minutes because the net was disstained. Unfortunately Liberty, they given neither the goal, nor the power play.

A few minutes later the Flames found themselves on the defensive with time running out. Boice was bowled over in goal, but it was Liberty that was given a penalty, resulting in Wagner’s third goal of the game and effective-ly ending any hope for a win by the Flames. When the game, one of the off-ice officials, an NHL referee, expressed his disf

content when Davenport pulled on it with both hands. No penalty was called and the Liberty fans showed their feelings by cheering loudly when a linesman ended up in senior Jim Bellew’s way. The referee was not amused.

The referee was not amused.

Colorado scored again in the fifth inning by two RBI while Kearney hit 3 and the Flames were pulled out of the running. The Flames came back to life with a first baseman Mike Duganich broke a 1-1 tie by hitting a 2-run homerun in the fourth inning. That fourth inning proved to be too much for the Flames as they gave up three of the six runs.

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Duquesne. With much of Al Weatheringham stadium covered in snow it was decided by the coaches that needed a little bit farther south, a place that wasn’t affected by the snow, would be much better. So Duquesne, a school from Cincinnati, and Liberty went south. The two teams squared off to play a doubleheader at Dan D. Daniel Memorial Park in Lynchburg.

The opening game of the doubleheader saw Liberty soundly beat Duquesne 4-2. A dominating pitching performance by freshman Michael Solbach and a steady offense proved to be too much for the Dukes. Solbach pitched the entire game for the Flames. He went eight scoreless innings before giving up a run in the ninth. Solbach, who pitched a strong game, allowed no strike-outs and only let up seven hits.

Liberty did all of its scoring in the fifth and sixth innings; scoring two runs in each inning. Although it wasn’t the type of performance that the Flames would have liked to see it proved to be enough to knock off the Duquesne Flames. Finding a way for the Flames was just Michael Just and freshman Aaron Geary. Just would go 2-2 with two RBI while Kneuty hit a 3 for and added on RBI of his own.

Game two saw a game that could have gone either way. Liberty appeared to be one step behind when it came to scoring. They were playing catch-up the entire game. The game finally swung in favor of Duquesne when their first baseman Mike Duganich broke a 1-1 tie by hitting a 2-run Homerun in the fourth inning. That fourth inning proved to be too much for the Flames as they gave up three of the six runs.

The referee was not amused by this time with a stick around his neck and a CSU player in

Ziegler. When the referee did warn the Liberty fans that the Flames had given two minutes because the net was disstained. Unfortunately Liberty, they given neither the goal, nor the power play.

A few minutes later the Flames found themselves on the defensive with time running out. Boice was bowled over in goal, but it was Liberty that was given a penalty, resulting in Wagner’s third goal of the game and effective-ly ending any hope for a win by the Flames. When the game, one of the off-ice officials, an NHL referee, expressed his disf

content when Davenport pulled on it with both hands. No penalty was called and the Liberty fans showed their feelings by cheering loudly when a linesman ended up in senior Jim Bellew’s way. The referee was not amused.

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Continued from page B1

Charleston Southern was led in scoring by Blair as he finished the game with 20 points and 11 rebounds. The Flames winning last season’s contest 60-54. Woodson finished his career averaging around 30 minutes and just over six points a game. "I had to put in a lot of hard work," said Woodson. "I had a lot of good people around me who gave me a lot of credit tonight." He increased his points per game average to just over 20 this season and finished with 1,811 for his career. "I think this hurts all the same when it is over. It is over," said Woodson. "I had a lot of good people around me who gave me a lot of credit tonight." Brian Woodson himself might be the only one who truly understands this feeling and this season was one of the best that he has had in his career. "To Liberty University by delivering a win. We missed a few lay-ups here and there but I have to take responsibility for our performance tonight." Lightbourne also finished. The Flames also added 33 total rebounds, averaging close five rebounds a game. He increased his points per game average to just over 10 this season and finished with 22 points for his career. "I do not think it was fans and photo NOW! Your; Reserve space for in the line. Please fill out the form below and return to announce the happiness you’ve Why not take this unique day and make a date with your love. Check out the many unique ingredients in this sponsor our engagement Well, let the festivities begin! Resist your®. Why not take this unique day and make a date with your love. Check out the many unique ingredients in this splash your style. Flash your style and get The · Big Name Brands: Shocking Low Prices. reserve space for your engagement celebration and photo NOW! You’re engagement is one of the most important events in your life. What size would you choose? a. 11.556” by 4’ ($20) b. 9.556” by 4’ ($50) c. 7.611” by 4’ ($40) d. 5.667” by 4’ ($20) e. 4.556” by 4’ ($50) Why not take this unique day and make a date with your love. Check out the many unique ingredients in this splash your style. Flash your style and get The · Big Name Brands: Shocking Low Prices. reserve space for your engagement celebration and photo NOW! You’re engagement is one of the most important events in your life. Why not take this unique day and make a date with your love. Check out the many unique ingredients in this splash your style. Flash your style and get The · Big Name Brands: Shocking Low Prices. reserve space for your engagement celebration and photo NOW! You’re engagement is one of the most important events in your life. Your name Address Phone E-mail Payment Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Your name Address Phone E-mail Payment Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No Would you like a picture included? Yes ($5) No
Getting the perfect fit
Riverside Runners

By Natalie Mayer
LIFE REPORTER

For more than four years, Riverside Runners has been serving the needs of people who have a passion for running in the Lynchburg area. The goal of this specialty walking and running store is to find the right footwear for athletes or for those who just want to enjoy a comfortable pair of shoes.

While many shoe stores may sell shoes that look like they are designed for running, owners say they aren't a specialty running shoe. Jeff Fedorko, one of the store's three owners, says that his store is different. "Other shoe stores sell shoes that are designed more for fashion," Fedorko said. "You are paying for the look of the shoe, not the technology of the shoe. We only sell technical products." Riverside Runners specializes in custom-fitting running or walking shoes to each individual's feet. The custom-fitting includes analyzing the lower leg mechanics, measuring the widths and length of the feet and evaluating the way a person walks or runs. Riverside's staff then matches footwear that will fit the customer's distinctive leg and foot mechanics.

"Everyone has unique feet. By using the technology in our store, we are trying to keep that foot in an optimal position as possible," Fedorko said. "Every running shoe you take up to three times your body weight. Runners specifically are placing themselves under a lot of stress and insufficient mechanics can cause the feet to wear out more quickly."

Though Riverside Runners staff says what shoe fits best, the customer ultimately must decide what feels best. With a shoe display room with over 70 types of shoes to choose from, customers are bound to find the footwear that provides comfort they are looking for.

Besides the custom shoe fittings, Riverside Runners also sells running apparel and swim wear. From specialty socks, insoles, sunglasses and watches to swimsuits, goggles and testing paddles, Riverside offers options for those in and out of the water.

"The specialty store doesn't stop there, though. River­side directs some of their own local races and sponsors other events as well. Over a dozen race brochures cover a vast list of impact to be much higher."

Whether training for a marathon or just wanting to participate in races, Riverside Runners provides apparel and opportunities for almost any type of runner.

Riverside Runners provides sense of the brands that other stores offer. Of the six brands of running shoes, Adidas, Brooks, Saucony, Mizuno, New Balance and Adidas, and their one specialty trail shoe, Montrail, customers are sure to find the brand and the perfect fit of shoe for their feet.

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The key to building a better life...
Expedition in Peaks View Park

By Emily Creek

With sunny skies and a temperature edging towards 60 degrees, the sun feels warm on the feet of joggers accustomed to a daily run on the trails at Peaks View Park. This is usually a few more people out during the day,” said 21-year-old Jonathan Fletcher, the lone, early morning runner. “I just love to run if the sun is out, nothing will keep me off those trails.”

Located off U.S. Hwy. 501 North, Peaks View Park is the second largest park in Lynchburg, offering entrance at the intersections of Airdale Drive and Tenbury Drive, as well as Ivy Creek Lane off Wigginton Road. From a relaxing place at one of the two picnic shelters to an aggressive game of Frisbee golf, the gently rolling hills at Peaks View can provide relaxing fun or an intense cardio workout.

Part of Peaks View Park, Bill Foot Park, is a convenient gateway to Lynchburg’s finest waterside recreation area, a preserve for mountain bikers and bikers alike. Running off the Ivy Creek Greenway is Peaks View Park, Mimosa Trail, and Five Fork ridge offers intermediate mountain bike riders a chance to ride the hills. For those with less experience, Ivy Edge and Lower Pinnery offer easier sections of the magnificent woodlands at Peaks View Park, while experts will enjoy the Middle or Bottom Out.

Located near the Ivy Creek Greenway, the Ivy Creek Interactive Loop Trail provides vistas with a self-guided nature walk through a wooded area of the park. A short walk from the Ivy Creek trail, the pond is an excellent place to relax while watching birds or observing wildlife and frogs.

Runners can utilize the popular exercise course that runs from the park entrance at Airdale Drive to the Middle or Bottom Out. Northerly looped trail, pull-up bars, 400-foot-diameter paved track, and other stationary work out devices are spaced intermittently.

PLANNING THE TRIP — Peaks View Park has a variety of paths for runners or mountain bikers. Depending upon the season along the course, allowing motorists mixture of cardiovascular exercise and strength training.

“I like to come running here, because when I feel like slowing down, I can do some uphill and get moving again,” said 17-year-old Meredith Summers, winded from her 30 minute jog.

Winding through the park, walking trails offer a serene smoother than the woods. While some choose to play Frisbee golf as they walk, others enjoy strolling with loved ones or quietly reflecting on the events of the day. Accessed from the Airdale and Tincup Drive entrances, additional walking trails can be found throughout the park. These paved trials wind through the meadows and into the woods, with the sounds of the high water-falling to the tranquil sounds of nature.

Situated within 15 minutes of Liberty University, Peaks View Park is a convenient gateway, a place where people of all ages can come to relax, exercise or spend time together. As cabin fever sets in and the weather begins to warm, take some time to enjoy the outdoors at Peaks View Park.

Playing in the Park — Peaks View Park has a variety of paths for runners or mountain bikers.

Exploring Blackwater Creek

By Tom Watson

Welcome to the Blackwater Creek Natural Area, Lynchburg’s finest waterside walking and biking trail. This paved and gravel trail with seemingly endless back roads up to more than 13 miles of single tracks for bicyclists. Located in downtown Lynchburg near Amusement Square, Blackwater Creek accommodates the needs of walkers, runners, fisherman, skateboarders, pedestrians and even baby carriages with its beautiful, inviting paths.

What makes Blackwater so unique and special is that it is built over a former railroad. Traveling the trail seems like it was built just for you and your long journey or short stroll through the woods. In addition to the bird songs and waterworthy water, there are many interesting man-made structures along the path. For example, sections of the path are lighted, like the Hollins Hill Tunnel, and there are bridges over the old rail tracks you will walk across.

Lee University student Jordan Lowe enjoys the path. “It’s a very romantic place,” she said. “I like how much there is.” Lowe said, “It’s a great place to get away from the everyday hustle of life.”

The Blackwater Creek trail is great for outdoorsy people who are not used to riding. Amateur bicyclists from mtbRex’s and even baby carriages with its beautiful, inviting paths.

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