City officials praised their commitment to revitalizing downtown Lynchburg by passing a plan that will allow for the next-step of development in completing the Lower Bluffwalk project. Lower Bluffwalk will be a "pedestrian street" comprising the core of a new culture district with shops, art galleries and cafes. New developments will highlight the existing historic buildings.

Councilman Randy Nelson has been the leader in making plans for the Lower Bluffwalk, which, originally, was not expected to be finished until near 2017. Now, the plan could be completed in the next 18 months after it passed with a 6-1 vote.

"When I looked at the project in late 2010, interested in the affected property owners, examined the very low bond rates and saw an almost dormant construction industry available at that time, it seemed reasonable to consider accelerating the project rather than continuing to segment it over the next five years," Nelson said.

To take advantage of the low cost needed to take on a project of this magnitude, the city will borrow money from its own accounts that would have been used for building roads and highways. According to Nelson, those highways could not be built in the next five years due to certain stipulations, both legal and practical. With the change, the downtown area will receive the needed upgrades but at a cheaper rate, and will be completed within 18 months.

Virginia Senate passes bill

The Virginia Senate has recently passed a bill that will require women who are seeking an abortion to have an ultrasound performed prior to the abortion. As a result of passing the Senate, the bill will now move forward to the House of Delegates. The bill is now on the docket for Monday, with the subcommittee Criminal Justice. If passed, the bill will continue on to a full committee, then to the House floor for three days before the House votes, according to Delegate Scott Garrett (R-23rd).

"This is not an investment in a private business but construction of a capital project that is vital to the development of the Down Town area," Garrett said. The passage of the bill is in accordance with the support of the City of Lynchburg's astounding growth, as seen in the construction and development of the Lower Bluffwalk and other projects. The vote was unanimous, with no dissenting voices.

The passage of the bill was cheered by the City of Lynchburg's officials, who praised the Senate's decision to support the initiative. "This is a significant step forward in ensuring that our community receives the best possible development," said靓丽 Nelson, the leader in making plans for the Lower Bluffwalk.

The bill, sponsored this bill four different times over the past five years, according to Delegate Scott Garrett (R-23rd).

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Law students offer free tax prep

February 7, 2012

News

Lindsey Beilefeld
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Liberty University's School of Law is offering free tax preparation and filing this season for low-income residents.

Low-income students will assist in tax preparation Feb. 25-27, March 1-2 and March 8-9 from 2-7 p.m., and again on March 10 and March 11 from 4 p.m. to 7 p.m., in the Mountain View Terrace on the School of Law.

Voluntary Chair of Liberty University's Volunteer Income Tax Assistance (VITA) program, Terence Jones said that individuals meeting certain income and financial requirements qualify for the tax assistance. Participants must be United States citizens or permanent residents with an annual income of less than $48,000. Residency restrictions also exist on the type of income acquired. The program cannot prepare tax returns for certain occupations.

Liberty's free tax preparation service is part of the Liberty VITA program. This is the fourth year the VITA program has been a part of Liberty University School of Law and each year brings more success to the program, according to Jones.

"The number of tax returns completed has grown every year since inception. Last year, we filed more than 700 federal and state tax returns," Jones said.

This service is offered only to Liberty students, but any
ones interested in attending are encouraged to sign up, according to Jones.

"The VITA program allows our law students to file those tax returns complimentary, thereby increasing the employability requirements. Those who are interested will be on a first-come, first-serve basis, according to Jones.

Low-income individuals meeting the tax-free assistance guidelines, in addition to file a declaration of intent, tax work, tax statements, previous tax returns and a verifiable amount of patience, Jones said. All services are given for the appropriate amount of time to do the work.

"It is our goal to create that every person who has their taxes prepared at Liberty University School of Law has the most accurate tax returns that they can possibly have," Jones said.

The project allows student volunteers to prepare federal and state tax returns.

According to Jones, a third-year law student, her tax preparation program is just as important to Liberty University School of Law as it is to the ones requiring assistance. They believe it is important to use their talents and strengths in order to reach out and help the Lynchburg community in any way possible.

"Conscientious with the mission of the law school and Christian attorneys, we feel that it is our responsibility to volunteer those skills to those in need. This program is great to provide a volunteer opportunity for law students and to provide services to the community," Jones said.

Senior Donna Baker fully appreciates the volunteer tax opportunity that Liberty University School of Law provides to its students and believes it is beneficial for the School of Law.

"As a pro-bono student, this program sets the Liberty University School of Law in spain as great in mind because they live out the principles of community service instead of just talking about it," Baker said.

Liberty University founded in School of Law in 2001.

BIRCHFIELD is a news reporter.
Quiz Bowl wins Big South Conference

Team finishes third in regional tournament against several ACC, Southern Conference schools

Victoria Brumner
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Liberty University’s Quiz Bowl team competed in tournaments in consecutive weekends in January and February. Liberty went undefeated for its second year in a row in the Big South Conference tournament on Saturday, Jan. 28, at Winthrop University in Rock Hill, S.C. Liberty competed against six conference schools, including Radford, Coastal Carolina and VMI and won the tournament for the title in the last seven years.

In addition to the Big South championship, Liberty’s victory, A Quiz Bowl team finished with a winning record and ranked third out of 12 teams in the National Academic Quiz Tournament (NAQT), regionals, Saturday, Feb. 4, in Virginia Tech.

According to team coach and Honors Director Dr. Jim Nutter, senior Catherine Harder earned MVP honors and was the leading scorer.

(CHAMPIONS — Liberty’s Quiz Bowl team placed third at Saturday’s regional tournament at Virginia Tech, finishing over at the tournament.

As big as it was winning the Big South, knocking off South Carolina, Virginia Tech and Duke, and going 9-2, is even bigger — as finishing third in the Academic Quiz Bowl team rom
tected in tournaments in consecutive weekends in the last seven years.

BLUFFWALK continued from A1

public asset that will be a catalyst for private enterprise,” Nelsen said.

The Bluffwalk, which currently is in the first phase of development at 11th Street, could also yield new growth for current local businesses as investors and visitors popularize the area.

“The Bluffwalk will increase pedestrian movement and increase tourism to our existing downtown area,” Todd Widdell, hotel director for the Cranberry Inn, said. “It’s going to be great exposure.”

The Bluffwalk project includes the riverfront areas through Commerce and Jefferson streets. Upon its completion, the Bluffwalk will be used for residential, condos, restaurants, merchandise and visitor attractions. Additionally, the $3 million project will serve as an avenue for new jobs.

“New jobs would be created as part of the private-sector-owned property renovation,” Nelsen said. “New jobs would also create busi- ness activities occurred within the reconstructed properties, and the entire city would receive boost from the tourists and visitors. This would create a more attractive areas for the residents and visitors.

“The Bluffwalk features will contain many existing historical, NALT resources, such as historical, mer-

JONES is a news reporter.

Want to know more? Check out our website at www.libertychampion.com

sundae~GRILL

This week’s question:

When was St. Valentine’s Day declared an official holiday?

*Please send your answer to libertychampion@villagelittlegmail.com by 2/14 for your chance to win a $25 gift certificate to Sundae Grill.

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The rejection of the proposed Keystone Houston Lateral Project reveals questionable political motives.

Since Iran's currency—called the rial—against the dollar has lost more than half its value, a record low according to The Guardian's article "Iran's Father," said, according to the Tehran Times, "The international community must not be confused, and must not import Sanctions on Iran's oil industry, and must not allow Iran's oil embargo to become a detriment to the U.S. and Europe as well. The International Monetary Fund estimates that sanctions on Iran will result in a 20 to 30 percent increase in oil prices, pushing the price for a barrel up to $140, according to the article "Why the EU's Oil Embargo Won't Work" on strafor.com. In response to threats of oil embargo and war, we have our own threats to impose at the right time—Khamenei".

The proposed pipeline causes conflict.

Bollinger

Proposed pipeline causes conflict

The rejections of the proposed pipeline Keystone Houston Lateral Project reveals questionable political motives.

Knowing this, how could any American politician in good conscience accept such a proposal? But as USA Today reports, President Obama has rejected it.

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Congress battles online pirates

Troy Dauksys
tdauksys2@liberty.edu

The Internet — perhaps known as the most innovative invention since toilet paper, the light bulb or even Willy Wonka and the Chocolate Factory — generates global use from billions of members worldwide.

The Internet has impacted the world in such a way that communication has become pretty much limitless. With absolute access to education, imagination and innovation, the Internet has been swallowed by national and international technology and social networks. In response to this, the Stop Online Piracy Act (SOPA) of the House of Representatives and Protect IP Act (PIPA), of the U.S. Senate, took copyright infringement to an entirely new level, in that both bills were constructed in such a way that "the law wouldn't have been able to reach the intended goal of stopping online piracy," Vice President, Dean and Professor of Law at Liberty University Matthew D. Staver said.

Just two weeks ago, well-known search engines such as Google, Wikipedia, Mozilla and many other popular websites demonstrated their distaste for SOPA and PIPA — resulting in a 24-hour "blackout" in reference to what the Internet would be like if the proposed bills were to pass.

As a result, uproar began to flourish in Washington, D.C., along with the rest of the "Internet-accessible" world.

"The bills were poorly constructed," consultant and author of "Technology, Strategy and the Law" Larry Downes said. In the event that the U.S. Government accurately witnessed copyright infringement by foreign, rogue sites, the issue wouldn't be solvable because the case lies out of the jurisdiction of the United States," Downes said.

SOPA and PIPA, if passed, would have created a much larger problem than the problem of piracy itself. It's like the adage "the cart before the horse," Downes said. While both bills had the right intention to stop online piracy and protect IPs, both were interfering with the First Amendment in regards to Freedom of Speech.

In the event that SOPA and PIPA were to be passed, "the end result would have consisted of shutting down countless numbers of legitimate sites," Martin said.

"Research would become much more challenging online due to the fact that there seems to be a fairly broad provision in the law that would not only shut down actual pirates, but rather be used to close down a site that linked to a pirated site," Martin said. In the event that SOPA and PIPA were to be passed, "the end result would have consisted of shutting down countless numbers of legitimate sites," Martin said.

As a creative professional who has done quite a lot of research, I have legitimate concerns. I just don't think this law is the best way to address these concerns," Martin said.

Many people worldwide have stressed these exact concerns. So much so that the bills are under heavy-handed revision. Although the two bills were "shelved," the future of online piracy will only continue to be more carefully addressed, making the Internet a more controlled environment. The Internet wins this battle for now.

DAUKSYS is a news reporter.
Students prepare for Rail Jam

Twelve elite skiers, snowboarders will battle it out for total of $2,500 in prize money Feb. 17

Brent Washburn
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Liberty University students are all too familiar with handrails often using them for support as they are running up the severed flights of stairs that lead to the fourth floor of DeMoss. Now imagine skipping one full section over and onto that handrail with only skis or a snowboard attached to your feet. This is terrifying, yet exhilarating. There are only a few dozen athletes installing at the Rail Jam hosted by the Liberty Mountain Snowflex Centre Feb. 17.

As the past, the event was titled the DeMoss Rail Jam, but due to unforeseen adverse temperatures, it has been relocated to the Snowflex Centre, as Snowflex doesn't need cold temperatures or snow to be of use.

For the first time, it has been decided that the rail jam will be an invite only competition, thus raising the caliber of the athletes competing. This year seven of the best snowboarders and five of the best skiers the southeast has to offer will go for the top prize.

The rail jam will be in a run called "One of Sight," as that athletes can hit more than one feature to wow the judges with their skills.

The total purse prize is $2,500. That prize money splits up to $750 for the first place snowboarder and skier, $375 for second and $100 for third.

"It's a unique experience to see that level of riding both skiers and snowboarders, in a community where it’s not a tradition at 46 community, and I would compare it to a professional level of riding on rails," Drew Sheredwood, Snowflex Centre’s general manager, said.

The athletes will be judged on several things: amplitude, technique, style and the difficulty of the trick.

Amplitude is merely how high the rider goes, so the judge may watch to see if they are playing it safe or if they are going on a rail with their best trick.

Technique can, many times, be watching closely and noting how hard it is. A 50-50 referred to how hard it is. A 50-50 control a rider appears.

The difficulty of the trick just refers to how hard it is. A 50-50 may be so easy that a beginner could learn it their first day, but a backside 360 on a rail is extremely difficult and therefore scores much higher.

A combination of these four qualities is required to collect the extra money, and the judges will be watching closely and noting each of the four qualities a rider possesses.

The seven snowboarders are: Brett Leford, Austin Levine, Ben Sullo, Zach Huff, Luke Rove, Kevin Marziale and Josh Zende.

The five skier mates are: Matt Rodgers, Ross Rowan, Tanner Stobart, Jon Sutten and Cory Lile.

"It's going to be a great contest. It's a college for so there's going to be a ton of kids here, and we're going to have great music and great energy. Going through the whole thing," William Schemen, Snowflex Centre's media manager, said.

The Rail Jam starts after the Campus Jam Jam that the Freestyle Team will compete in at 7 p.m. at the Snowflex Centre. A music and light show will follow the sporting activities. The Liberty Mountain Snowflex Centre Facebook page has more information.

WASHBURN is a sports reporter.

ANCIENT – O’Brien stands in front of ruins said to be Abraham’s house in Ur from the book of Genesis. The bottom brick layers are 4,000-year-old originals, and everything above is reconstructed.

SSgt. Nahum O’Brien: The cable guy

Liberty student serves as Air Force satellite/telemetry technician in Iraq

Omar Adams
omar.adams@liberty.edu

Liberty University student SSgt. Nahum O’Brien wanted to join the greater Army Air Force in the war with Japan. He was inducted in 2001 in response to Sept. 11, 2001. This affable student, who served as a satellite/telemetry technician with the 824th Expeditionary Communications Squadron, stationed at Tinker Air Force Base in Oklahoma City, Okla. He deployed to Al, Air Base near Naftali, Iraq, in 2007 – the same air base from which the last American troops recently left.

While in Iraq, O’Brien was part of the 497th Expeditionary Communications Squadron within the 332d Expeditionary Wing, AFW.

"The 332d AFW are the successors of the famous 332d Fighter Group during World War II – the Tuskegee Airmen," he said. "We were so connected to a piece of history and able to serve in a presti- gious unit.

As a communications techni- cian, O’Brien and others in his unit performed numerous tasks ranging from securing commu- nication signals for unmanned aircraft, like MQ-1 Predator drones, to ensuring that officers had working cable TV’s.

"Tasks that were common for me to do were climbing commu- nication towers to service LOS (Line of Sight) radio receivers called the TSIR-M," O’Brien said. "These receivers would provide communications between our main base and the smaller bases around the area.

One day, he received an urgent order from an Army commander to complete his task in the morning. O’Brien rushed over and was informed that the officer’s TV was not working.

"I looked at the TV and im- mediately noticed that the power cord was hanging down the wall, not plugged in," O’Brien said. "I said, ‘Sir, this is one of those TV’s that requires power to work. We all had a good laugh.’

O’Brien returned from Iraq and left the Air Force a year later in 2009. He enrolled at Liberty with a double major in aviation and biblical studies.

"I chose aviation because the Air Force will give you a degree. So, O’Brien said. "I feel privileged that God has given me the opportunity to do so.

He chose biblical studies be- cause he felt it was taught that many Christians know more about their temporal career but they do about eternal script- ture.

"I wanted to know the Bible just as well – if not more so – as I know my career," O’Brien said. "It’s my intention to avoid the Liberty Baptist Theological School upon completing my undergraduate. My goal, if it be God’s will, is to repair the military as a Chaplain.

In all, O’Brien is glad to be a student at Liberty.

"I am very thankful for the support we veterans receive from Liberty University," he said.

ADAMS is the web editor.
Wide receiver coach goes to Jacksonville

Andrew Woolfolk

Throwback to the past.

Long-time Flames wide receivers coach and recruiting coordinator Charles Skalaski will be taking his talents to Jacksonville, Fla. as part of the Jacksonville University coaching staff.

Skalaski was introduced to Jacksonville on Jan. 31. Skalaski will serve as an offensive assistant and also as an assistant to the head coach for first-year head coach Mike Mularkey.

"Skalaski did an outstanding job of recruiting all of Liberty’s offensive players," Gill said. "He was an outstanding assistant coach for us and our players loved him." Gill added that Skalaski’s efforts will have two years of eligibility remaining with the Flames.

"His mom and dad were our best recruiters," Carlucci said. "We had an in with him," linebacker coach Carl Roberts said. "His men and women's basketball recruiters were also successful with him."

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"I think that we would all be interested in that if he was available," defensive coordinator Robert Wimberly said. "But I don’t think that we would have the opportunity to have him." Wimberly said that Skalaski’s departure will be a loss for Liberty.

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Preseason favors Flames
Greg Lasoros
glasoros@liberty.edu

As the first pitch of the season approaches, the Liberty baseball and softball teams are both ranked second, respectively, in the Big South preseason polls. However, both programs have one goal in mind: a conference championship. Flames baseball will try to improve on their second-place finish in the Big South last year, and the Lady Flames are seeking their way toward a repeat Big South championship.

"We want to repeat," head softball coach Paul Wimmer said. "It's the back-to-back challenge, a big thing. People understand how hard it is to win a championship."

Wimmer started the first All-American season for a Liberty softball player, second baseman Kelley Strickland, who is undoubtedly one of the leaders of the team.

"I think there may be a handful of players that pay attention to the rankings, but I don't think it's weighing anybody's mind," Strickland said.

Wimmer also pointed out that the rankings don't take into account the importance of incoming freshmen, players who graduated and those that got hurt.

"We lost some run producer power, but we're hoping to replace that this year. We brought freshmen in who are going to be big off offensively, plus Paul Wimmer said. In 2011.

Both Strickland and senior Katie West or Radfald as their biggest concerns.

"They're always tough to beat. They always have a good hitters and good defense," West said.

The Lady Flames know that there is a target on their back as conference champions, but, according to outfiellder Kelley Strickland, the baseball team is quite comfortable with their underdog status.

"I wouldn't rather be underdog, sneak up and surprise some people," Robertson said.

Robertson enjoys the Flames ranking but continues to work toward making a name for himself, an honor to lose but really doesn't mean much since the season starts because if you don't produce, it's just setting on paper," Robertson said.

"So, I guess. Carolina is the biggest team on the Flames' radar, but Robertson has confidence that the team's offense can hang with both.

"In the three years I've been here, this is the most talented offensive lineup that I've been a part of," Robertson said. He added that, as long as the team can move the base and throw strikes, replacing the players that used to professional baseball last year should be easy.

The recent warm weather has helped considerably as the baseball and softball programs prepare for the season.

It has allowed the baseball team to take advantage of the heat and the Lady Flames are happy to be practicing during this time of the year.

"This is actually the first time that we've had a week of good outside practice where we've gotten ground balls, so that helps us prepare for the season," Wimmer said. Hopefully, the extra practice outdoors will lead to success when the season starts.

LEAURSE is a sports reporter.

BRALL continued from B1

This was the beginning of a minimum thought for the Flames. The Bulldogs scored a second opportunity, being aggressive on the offensive end, grabbing offensive rebounds over the bigger Flames players. This was the beginning of a 53-42 run.

"They got on a big run, they scored hard baskets, and we didn't get them the tempo and rhythm," JC Sanders said.

Liberty, who normally out-rebounds its opponents, found themselves, being out-rebounded 41-31. The Bulldogs also had 16 offensive rebounds to lead to 16 second-chance points.

"We just got pegged," JC Sanders said. "They put on a big run the second half, and we didn't do much in the second half.

The Bulldogs scored 17 points from the field and second-half, and the Bulldogs were able to pull out a 10-2 victory in the last quarter.

"We just tried to get steady, if they aren't making shots, we get out and get them. They don't make them," Sanders added. "That's a mark of a well coached and experienced team." Wanner said.

Web with two upcoming road games, the Flames looked to push forward against Charleston Southern and Presbyterian below a game.

"They made us attack tough shots, but we didn't finish the plays with rebounds," head coach Del Laster said.

The Flames attempted to change, shooting open spaces in the second half. David Madison, who finished with 21 points, scored 14 of those in the second half. JC Sanders also scored six points in double-digits, with others scoring 13 and 15 points.

The Flames' defense in the second half with their players in double-digits, the Bulldogs were able to pull out a 10-2 victory in the last quarter.

"We can't get steady, if they aren't making shots, we get out and get them. They don't make them," Sanders added. "That's a mark of a well coached and experienced team." Wanner said.

BATTLE is the assistant sports editor.

Jonathan Pearson
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With the first game of the 2012 baseball season just a few weeks away, no one is more ready than the newly-crowned captain Trey Wimmer. The junior exercise science major believes that the team is stronger than ever this season.

"This season has been, by far, one of the best they've ever been in," Wimmer said. "I think Liberty, Wimmer said. "We probably the best hitting team in the conference is really excited to see what is going to do and what the lineup is going to be. We have a lot of variety. We can put different lineups on the field and still be successful."

This is Wimmer's fourth year in Liberty's program, and as one of the older players on the team, he has a large amount of responsibility on his shoulders.

"Becides for Coach Jim Toman, I've been here longer than anybody," Wimmer said. "I know his leadership and experience. I know what the program's about. I know what Liberty's about. I try my best to lead by example on and off of the field. My coach Coach Toman coaches. I know the things he likes to do during practice and during games. I know the signs he likes to give. So, I think, just my experience is helpful to the younger guys.

The choice to come to Liberty for professional baseball last year should be the interest of schools like the University of North Carolina, Clemson and others within his home state of South Carolina. The Baptist was one of those who looked at Wimmer for his choice, but Coach Toman, instead Wimmer to attend a training camp at Liberty. Upon his visit, he felt a strong connection to the school and the program, making Liberty his choice.

The team's chemistry is at an all-time high this season just a few weeks away.

Wimmer maintains the Hoy Scout motto, "Always be prepared" before a game. He arrives early, eats healthy and loosens his body for "always be prepared" before a game. He arrives early, eats healthy and loosens his body

Though Wimmer may not grow the playoff beard or wear the same socks every game, he still has his own style of superstitions. He will never hop on the field line and has a specific at-bat routine.

PEASE is a sports reporter.

Wimmer's Circle
An inside look at baseball captain Trey Wimmer

J. C. Sanders said.

Lynches will be working to

CAPTURE IT EVENTS, WILL
LYNCHBURG BRIDAL
AND OVERLAY AND THE
OLD CITY CEMETERY
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AND MINIATURE DINING TABLE
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FEATURING TRAP - UNCA defense smothered Flames (lane penetration)
Liberty's 2012 Football Signing Class

D.J. Abnar
RB 5-10 195
Tallahassee, Fla./Jennings HS

Athabasca Campbell
OL 6-3 300
Trumex, N.J./Trumex HS/Hargrave Military

Kendall Coasimun
TE 6-4 237
Pine, Fla./Liberty HS

Damaeus Felson
WR 6-4 190
Tampa, Fla./Christian Brothers

Dallas Griffis
LB 6-2 225
Monticello, Fla./North Florida Christian HS

Gerald Holt
DL 6-2 375
Kampot U/Camposol HS

John Louwaste
K/P 6-1 180
Miami, Fla./Evangelical Christian HS

Ryan McGregor
WR 6-2 165
Syracuse, N.Y./Park View HS

Darrin Peterson
WR 6-2 180
Anaconda, Mont./Ennis HS

Canon Smith
TE 6-4 275
Birmingham, Ala./Oakwood Christian HS

Chima Unowhe
LB 6-2 240
Houston, Texas/Lamar HS

Charles Williams
S 6-4 190
Prospect, Va./Frquah School HS

Jambelle Howell
DL 6-1 296
Rock Hill, S.C./South Point HS/Butte College

Maximinia Sommer
DE 6-4 260
Hamburg, Germany/St. Pauli

Zach Erickson
LB 6-3 250
Memphis, Tenn./Memphis University HS

Dante' Shells
WR 6-2 20
Camilen, Del./Cedar Rapids HS

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Tennis begins season on positive note

Mark Meyers
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Liberty University men's tennis team opened up its season with a 7-4 win over Bluefield State; the Flames could not quite put the pieces together against the University of Richmond Spiders Friday, losing 6-1. On Saturday, the Flames remained on the road for a close match, knocking off Liberty's all-time doubles player, senior Giancarlo Lelmi record- ed yet another doubles victory, the 40th of his career. Lelmi partnered with Freddie Wayen Burnett to win 8-1 over Rich mond's Andrew Shonel III and Dunbar in the No. 6 doubles match. The Flames did play fast and painted the covers of the court with their shots. Saturday, the Flames took on Aerion University and scored wins in doubles and singles matches.

Tennis, Tristan Start, Lelmi and Dillon Seger scored the doubles events while Matt Stla mako and Stanislav Vaclav each scored singles victories, pushing the Flames to an overall 2-1 record. The Flames will go on a 113-match road trip before returning home March 19 to host the Garden-Wells University Rams' Rebels.

MEYERS is a sports reporter.

CLASSIFIED continued from B1

“When we win, they take us to the house,” said junior Jesse Feder. “We’ll do everything to keep it up in the second set.”

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MEYERS is a sports reporter.
Meet the trainer

Group fitness instructor Kimberly Graves inspires students

Kimberly Graves
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With the new year officially underway, students are working diligently to maintain resolutions of making good grades, getting organized or, in this case, getting healthy.

LaHaye group fitness instructor Kimberly Graves teaches a variety of different classes available to students. Graves remarks that making a New Year’s resolution to get healthy is only the first step.

“You have to keep going. Don’t give up. Exercise more than reaching a goal and stopping,” Graves said.

After starting to play field hockey in the eighth grade for her middle school in Delaware, Graves began to develop an active lifestyle that she would continue to promote even into her adult life. Graves considers her own health journey as the reflection that being healthier brings about once taking advantage of all the different kinds of activities available.

“Losing throughout my high school years was the best way for me to figure out how I can better myself. I started HIV testing after making advantages of all the different fitness classes available. My mother and I would only go to the gym on weekends and try to maintain a healthy diet. We would then head to the next gym and keep going.”

One of the biggest things Graves enjoys is the variety of exercise classes she could be. “It’s hard to be the best teacher that you would be if you could also be the best teacher that you could be. Plus, it makes a great way of maintaining healthy eating outside of her workout classes. Graves explains that to achieve a successful lifestyle it is essential to keep going and maintain a healthy balance. This requires not only a dedication, but an intrinsic motivation.

“Exercise is in my class, I have seen benefits, and I know I’m doing something good for my body,” Graves said.

Some of Graves’s favorite form of exercise are the things that seem to challenge her the most. While she tends to use the quickest results in fast-paced cardiac aerobic activity that raises her heart rate, Graves also enjoys endurance building workouts such as weight training and yoga.

“I love being able to feel the change I’ve achieved,” Graves said.

Graves also stresses the importance of continuing with a set of goals throughout the fitness journey. Owner of her personal goals 2012 included achieving flexibility through mastering new yoga poses and incorporating more weight training into her daily workouts.

“Kimberly stands out as a person,” Fitness and Athletics Coordinator of LaHaye Gina Pray said. Pray recalls that the first time she met Graves, she was immediately struck by her willingness to learn more about her trade to be the best teacher that she could be. Pray also notes that a sweet, upbeat and personable employee Graves continues to be as an instructor and as a person.

“Jole Halbard, a sophomore at Liberty, takes Graves’s cycling classes. Halbard considers Graves’s classes to be just as intense and effective as the classes offered at her local YMCA and feels that it is Graves’s encouraging spirit that continues to draw people to her class. “She pays for us at the end and makes us feel so good about ourselves,” Halbard said.

While Graves advocates daily exercise and healthy eating, she wholeheartedly encourages students to embrace their own unique shape and physique.

“Don’t be discouraged by the body God gave you,” Graves said.

Graves also led group fitness classes in the LaHaye accident arena room located in the Eighth Street Fitness Center. Students can attend Body Revival on Mondays and Fridays at 1:15 p.m. to receive a muscle building and weight training workout. For those interested in a fast-paced cardio workout, Graves also teaches cycling on Wednesdays at 1:15 p.m., and Thursdays from 4:30 p.m.

BASS is a feature reporter.

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Who said Valentine’s Day was only about romantic love? While the more cynical may claim that Feb. 14 is nothing more than a money making scheme for Hallmark and candy makers, the day can be a great excuse to go out of your way to show love and appreciation to the people in your life—whether or not you have a date. Here are some ideas on how to make Valentine’s Day a lot more meaningful, not only for yourself, but for others around you.

Visit a senior citizen’s home

For the most part, senior citizens love visitors. Knowing that the younger generation cares about them is a great way to show love and can also be a great way to glean some wisdom. Listen to their life stories and ask them how they met their significant others. You never know where you’ll find a Northwest passage.

Thank your parents’ parents

Valentine’s Day is all about outward expressions of love and affection, so why not show your parents how thankful you are for all their love and care? It could be a great way to glean some wisdom. Ask them which family member inspired them the most and how they proved it. Maybe you can admire a great trait your parent or grandparent has.

Have a Valentine’s Day gift exchange

Bring big, no gift, or everyone likes getting gifts. Get some friends together and do a “Secret Cupid” gift exchange.

Make homemade valentines

Break out the glue sticks, glitter and craft scissors and take a trip to your elementary school days. Fill your cards with cheesy messages, or even heartfelt notes, and give them out to your Resident Assistant, your favorite barista at Jazzmans, a family member or a professor. Offer to balloon for free.

Enjoy some alone time

When you live on campus, it’s easy to feel like you’re constantly surrounded by people. Go somewhere where you can be alone, and indulge in something that brings you pleasure. Maybe hike to the Monogram, read a book in your study lounge, or just sit and appreciate the solitude.

Take a road trip

Though Valentine’s Day doesn’t fall on a school night, if you and some friends can afford to do it both financially and if schedules allow, take a day trip to a nearby city such as Roanoke or Charlottesville.

Have a completely unrelated party

Stick of seeing hearts and cupid’s? Celebrate a love appreciated holiday and throw a party that has nothing to do with Valentine’s Day. A Christopher Columbus Day party, Arbor Day party, or even an early President’s Day party will work. Make it a costume party to make the photos even more memorable.

Make dinner for single friends

Have everyone dress up and make something more meaningful, not only about romantic love. Invite someone out of your way to let them know they are valued and special.

Dance around Lynchburg. Appreciate the solitude, unattached and a few hours of getting to do whatever you want, however you want.

Dress up like Cupid

With Valentine’s Day being a day of hearts, or giving them a note telling them you appreciate them, go out of your way to let them know they are valued and special.

Make dinner for single friends

Have everyone dress up and make something more meaningful, not only about romantic love. Invite someone out of your way to let them know they are valued and special.

Donate a love that sticks

Take part in Houston radio station 103.3 KSJB’s “Love that Sticks” challenge. Write encouraging messages on post-it notes and then place them in places for people to find. A loving word can go a long way. Visit lovethatsticks.com for more information.

ABRAHAM is the assistant feature editor.
Mangia brings romance to Rivermont
Locally owned Italian restaurant offers Lynchburg fresh, organic options

Daniel Garcia
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Mangia, a locally owned Italian restaurant, has brought romance to the Lynchburg community. The restaurant offers a fresh, organic menu and a welcoming atmosphere.

Mangia's employees, such as Liberty University student Shelley Jennings (above), serve the Lynchburg community Monday through Saturday, serving up fresh food and Italian atmosphere.

Ragtime soon to jazz the Tower Theater

Shelbye Jennings
shelbye@liberty.edu

Hours of practice and preparation are underway for the opening of Liberty University’s upcoming theatre production, “Ragtime.” The show, named a modern classic by the show’s creator, is set in the late 19th century. The show will open on February 17 at 7:30 p.m., with additional performances on February 18, 19, 24, 25, March 2 and 3 at 7:30 p.m., February 18 at 2 p.m., and February 26 and March 2 at 2 p.m. With opening night only weeks away, the cast and crew are preparing for what they hope to be a hit with Liberty students and Lynchburg residents.

“I don’t think a lot of people realize the manpower and hours it takes to build, build, build, set and adjust all of this,” Nelson said. “We’ve definitely taught our students a good work ethic and to treat it seriously. We keep on seeing our students respect the craft. It’s quite a commitment, but they rise to the occasion.”

“I hope people will come out because it will be a night of great entertainment for them,” Nelson said. “I think they’ll really enjoy it. For more information about Liberty University’s Department of Theatre Arts and Arts Gala, visit liberty.edu/theatre.

JENNINGS is the feature editor.

FEATURE
FEBRUARY 7, 2012

Ragtime

LOCAL FLAVOR — Mangia’s employees, such as Liberty University student Shelley Jennings (above), serve the Lynchburg community Monday through Saturday, serving up fresh food and Italian atmosphere.

Mangia brings romance to Rivermont

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