Revitalization expedited
Downtown Bluffwalk project expected to be completed within 18 months

Justin Jones
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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" composed of 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.

"I'm happy to see the project move forward. It is an opportunity to make Lynchburg more walkable and more attractive while creating jobs."

To take advantage of the low costs 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 needed to be upgraded but at a cheaper rate, and will be completed in the next 18 months after it passed with a 6-1 vote.

The bill is now on the docket for Monday with the sub committee Criminal. If passed, the bill will continue on to a full committee, then to the House of Delegates. As a result of passing the Senate, the bill will now move forward to the House of Delegates.

The Senate passes bill
Virginia Senate passes bill

Brittainy Laid
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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 move forward to the House of Delegates.

The bill is now on the docket for Monday with the sub committee Criminal. If passed, the bill will continue on to a full committee, then to the House of Delegates.

According to Delegate Scott Garrett (R-23rd), the bill is "an investment in a private business but construction of a capital structure, revolving consumer credit out-

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Half-time entertainment
PRIZES — The TRBC youth league, half-time entertainment for the men's basketball game, tries to secure free gear.
Liberty University School of Law is offering free tax preparation and filing this tax season for those meeting certain qualifications. Law students will assist in tax preparation Feb. 27, March 6-9 and March 16 from 3 p.m. to 7 p.m., and again on March 19 until 6 p.m., from 9 a.m. to 5 p.m. in the Mountain View Room at the School of Law.

Voluntary Child Abuse Counselor Teressa Jones said that individuals and certain·••

Counsel defends student

A former Liberty law student, Michael Baker, claims that a letter demanding that he withdraw from the “shift to a more conservative educational environment” was improperly sent to him by Liberty Counsel, a national pro-life, pro-family organization.

The letter to the board: that

They also asked him to withdraw his participation in the program. In response, he refused, and Liberty Counsel gave the program’s director to act according to the letter’s terms. "In doing this, we are preparing to go to court," Staver said in a statement.

"It's important to know

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"I don't think there's a whole lot of negative support from an academic standpoint," Staver said. "As far as the students, there was a huge backlash from the students. Regarding the information, according to the Champion stylebook, taste and the Liberty University mission statement.

The Champion encourages community members to submit letters to the editor on any subject related to Liberty University. Letters should not exceed 400 words and must contain the author’s name, address and telephone number. Letters appear at the discretion of the editor.
Quiz Bowl wins Big South Conference

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

Victoria Brunner
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Liberty University’s Quiz Bowl team competed in tournaments in consecutive weekends in January and February. Liberty won undefeated for its second year in a row in the Big South Conference tournaments 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 second time 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, Saturdays, Feb. 4, in Virginia Tech.

According to team coach and Howard Director Dr. Ben Nutter, senior Catherine Harder earned MVP honors and was the lead.
The rejection of the proposed Keystone Houston Lateral Project reveals questionable political motives.

Isaiah Edelman
Glendale, Calif.

What comes to mind when you think of Canada? Moose? Mounties? Maple syrup? For supporters of the proposed Keystone Pipeline, yes. For opponents, it’s perhaps the "AL" pipeline. Gilr for brevity’s sake, this column will shift directly to the "AL" pipeline. Oil had to be shipped north, rather than south, from the Athabasca Oil Sands in Alberta, Canada to the Gulf Coast, in addition to those in Illinois and the Midwest. Unfortunately, there are several problems with Keystone XL, in its current form. A look at other potential environmental impacts of the pipeline, so brevity’s sake, this piece will focus on the economic side of things.

The pipeline’s stated goal, as the Star-Tribune reports, is to "decrease dependence on oil shipments to the Gulf of Mexico," through the continental U.S., allowing access to numerous refineries. Clint Hayes, a former member of the Bush administration, has been a fierce advocate of the pipeline. As the Natural Resources Defense Council’s Anthony Swift points out, TransCanada told the Canadian National Energy Board that it would make up the missing shipping costs and even some by increasing the amount American oil companies pay for Canadian oil, by $3.9 billion.

Boehner spokesman Brendan Buck said in a statement, "We understand that the speaker wants to increase the supply of American energy and reduce our dependence on foreign oil, and is only interested in reforms that actually lower energy costs and create American jobs." As the Chicago Tribune reports, Boehner’s personal spokesman continues to deny any personal animosity against President Obama, but he can do nothing to head in the opposite direction.

"The speaker wants to increase the supply of American energy and reduce our dependence on foreign oil, and is only interested in reforms that actually lower energy costs and create American jobs," Boehner spokesman Brendan Buck said in a statement. "If the speaker wants to increase the supply of American energy and reduce our dependence on foreign oil, he can do nothing to head in the opposite direction." I think it’s obvious that the speaker is not saying that. But, for the time being, only time will tell if Boehner will follow through on his promise to keep up plans down — or further lining his own pockets. EDER is an opinion writer.

Economic war with Iran a no-win situation

Setting an embargo against Iran is not the smartest way to oppose the country’s nuclear program

Chint Hayes
Upholster by Uptown

The fighting words written as Iran’s nuclear ambitions were becoming manifest, an embargo placed by the country on the U.S.

Reuters reported that in a speech given at the United Nations, Kadhafi said that "Sanction will not have any impact on our decision to continue our nuclear course." In response to threats of oil embargo and war, we have our own threats to impose at the right time.

Kadhafi’s threat to continue on our nuclear course is not an easy one. Iran has a reputation for being a hardliner on the nuclear issue. The sanctions have tightened the grip on the Iranian economy. Iran has no choice but to continue working on its nuclear program. Iran has no choice but to continue working on its nuclear program.

"In response to threats of oil embargo and war, we have our own threats to impose at the right time." - Kadhemi

The effects of the embargo will not just be limited to Iran, but are certain to have serious implications for the global economy. The United Nations is already contemplating various sanctions against Iran, including a freeze on Iran’s assets.

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Congress battles online pirates

By Troy Daukys
tdaukys@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 unlimited access to education, imagination and invention, the Internet has been wonderfully taken advantage of in numerous ways by numerous individuals. 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 goals in stopping online piracy,” Vice President, Dean and Professor of Law at Liberty University Mathew D. Staver said.

Just two weeks ago, world-renowned search engines such as Google, Wikipedia, Mozilla and many other popular websites demonstrated their distaste for SOPA and PIPA by registering 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, supranational 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.

Downes cited the Open Act, which, he thought, “was the cart before the horse,” Downes said.

According to the Electronic Frontier Foundation, the 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, “is an overreaching effort.”

“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 uncounted numbers of legitimate sites,” Martin said.

“As a creative professional who has done quite a lot of creative work and positive art, the Internet is the foundation for positive creative work,” Martin said.

In celebration of African-American Heritage Month, sodexo and Center 4ME present In FFRM: r BL\C

February 7, 2012

DAUKYS 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

Liberty University students are all too familiar with handrails, often using them for support as they are running up the side flights of stairs that lead to the fourth floor of DeMoss.

Now imagine spinning one full rotation over and onto that handrail with only skill or a snowboard attached to your feet.

This is terrifying, yet exhilarating. This is Rail Jam, the event where the athletes competing in the Rail Jam housed by the Liberty Mountain Snowflex Centre, Feb. 17.

In the past, the event was titled the DeMoss Rail Jam, but due to unforeseen warmer 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 off the fourth floor of DeMoss. Students prepare for Rail Jam

Brent Washburn

“The greatest War was the one fought by the Greatest Commanders of the Century," Lt. Col. Ben Sullo, Zacli Huff, Luke Rodgers, Ross Rowan, Tanner Sinclair, Jon Stetzer and Corey Lilly said.

“It's going to be a great contest. It's a college for a weekend so there's going to be a ton of kids having fun and there's going to be a ton of kids watching the contests. The athletes competing in the Rail Jam will be the best snowboarders and five of the best skiers the southeast has to offer. The top prize is $1,250 for the first place snowboarder, and $500 for the first place skier. The top prize will be in cash.

The athletes will be judged on their technicality, style and the difficulty of the trick. Technicality can, many times, refer to how hard it is. A 50-50 refers to how hard it is. A 50-50 is something such as a tail tap out the riders go, so the judge may watch to see if they are playing it safe or not. Some riders may not be as fancy as others, but if they are going onto a rail with a bigger trick, the judge may watch to see if they are going onto a rail with a bigger trick.

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Long-time Flames wide receivers coach and recruiting coordinator Charlie Skalaski will be taking his talents to Jacksonville, Fla. as part of the Jacksonville Jaguars’ offensive staff.

Skalaski was introduced to Jacksonville on Jan. 24 and will officially begin his new role on Signing Day, Feb. 1. According to Gill, Skalaski will feature a 4-3 front and adding depth to the receivers who can make plays,” Gill said.

Skalaski served nine seasons with the Flames, one as a tight ends coach and eight as a wide receivers coach, and was the team’s recruiting coordinator since 2000. Skalaski played an integral part in the recruitment of former Liberty stars Mike Brown and Chris-Summers.

During his time coaching wide receivers, he felt the development of players who became a team-time All-American and set the school record for receptions. The job to Jacksonville will be a homecoming party of sorts for Skalaski, who played college ball at the University of Florida and served under coaching legends Mike Shanahan and Steve Spurrier. His previous job working as a recruiting assistant for Liberty will take over the responsibilities of coach-

Browns is a sports reporter.

Nate Brown

In reference to his 12 freshmen-recruited, Flames head football coach Turner Gill gave a crowd of about 500 a few adjectives to characterize his 2012 recruiting class.

"When I talked to the staff, I said I wanted to find players who were explosive, and I wanted to find players who can make plays," Gill said.

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="What is the UNC Asheville Bulldogs' theme song during their game against the Liberty Flames Saturday night? Asheville stood aggressive on the offensive end with several chance points deciding the victory.

Toning it down

Asheville, who is used to playing an up-tempo style of basketball, was forced to play a half-court game. Liberty's effectiveness in transition defense forced the Bulldogs to shoot a low percentage from the field. However, the Flames overcame both teams that shot under 40 percent in the first half.

Forward Aaron Burrus was key in slowing down the pace with four blocks throughout the game.

"Asheville doesn't like to play a slower game. They get out and for the most part we were able to stop that," guard James Jones said.

The Bulldogs did a decent job in defending Jesse Sanders, organizing his ability to score and get others involved. Sanders finished with only four points, six assists and four rebounds for personal losses.

John Caleb Sanders had nine first-half points off the bench, including three in the last first half that tied the game 22-22.

A half of slumps and spurts

With 13:36 to go in the second half, the Flames took a three-point lead (31-28). After a Tennessee Grill three from the top of the key, the Flames took a timeout.

See BRRAL, B2

Feasibility study to determine FBS upgrade

Liberty University is in the process of conducting a feasibility study to determine if a jump from its current NCAA Division II status to the FCS in NCAA Division I is possible and, if so, what that jump would require.

"It's us looking at every piece or every facet of our department and trying to determine what it would take to get to the next level," Liberty Athletic Director Jeff barber said.

Members of the athletic communication department at Liberty did exhaustive research as a part of the study. Questionnaires and average statistics are investigated. Facility dimensions are recorded. Photographs of facilities are taken.

"They're certain requirements that you must have," Barber said.

"The vision that Dr. Steve Spurrier has is to be a major university and major universities are in the FBS or BCS, so that's our long-term goal to be FBS and then BCS, which means a bigger school and a bigger program," Barber said.

"Our goal would be to be in the SEC or the ACC, or the Big 10, or those kinds of conferences someday," Barber said.

So official move has been announced or scheduled, according to Barber. "At this point, it's just us doing our study and the news is not something we've been announced for sure," Barber said. "That's why you do this study — to see where you are and then you present all that to the Chancellor and the Board of Trustees and that's when you decide whether it's feasible, and at that point, that's when things will start happening.

A meeting with Chancellor Jerry Falwell Jr. is scheduled for March 20.

RUTH BIBBY I LIBERTY CHAMPION FEBRUARY 7, 2012

BROWN is the sports editor.
Preseason favors Flames

Greg Leaman
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As the first pitch of the season approaches, the Liberty baseball team and coaches are ranked second, respectively, in the Big South preseason polls. However, both programs have one goal in mind: a conference championship. Flames baseball get an upper hand on their second place finish in Big South last year, and as the Flames take the weekly road to report Big South championship.

"We want to repeat," head softball coach Paul Wetmore said. "To be back-to-back champs is a huge feat. People don't understand how hard it is to win a championship.

Going into the first All-American season by a Liberty softball player, sophomore Kelly Strickland 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 on anybody’s mind," Strickland said.

Wetmore also pointed out that the rankings don’t take into account the impact of incoming freshmen, players who graduated and others who get better.

"We lost some run home power, but we are balanced better this year," Wetmore said. We brought freshmen into who are going to be starters this year wetmore said. in 2013.

Both Strickland and senior Caier West wear Radford as their biggest competition.

"They’re always tough to beat. They always have good hitting and good defense," Wetmore said.

The Lady Flames know that there is a target on their back as conference champions, but, according to outfielder Michael Robertson, the baseball team is quite comfortable with their underneath team.

"I wouldn’t rather be underdog, speak up and surprise somebody," Robertson said.

Robertson enjoys the Flames ranking but contains against reading too much into it.

"I think it’s nice to be an honor to have, but it really doesn’t mean much once the season starts because if you don’t produce, it’s just writing on a paper," Robertson said.

No. 1, C. Atlantic is the biggest team on the Flames radar, but Robertson has confidence that the team’s offense can hang with top teams.

In the three years he’s been here, this is the most talented offensive lineup that I’ve ever been a part of," Robertson said. He also added that, as long as the team can move people on the bases and throw strikes, replacing the players they lost 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 their complex and, the Lady Flames are happy to be practicing at the Ruth Stadium Center.

"It’s actually the first time that we’ve had a week to get some outside practice when we’ve gotten ground balls, so that helps us to get comfortable," Wetmore said. Hopefully, the extra practice outdoors will lead to success when the season starts.

LEASURE is a sports reporter.

Wimmer’s Circle

An inside look at baseball captain Trey Wimmer

Jonathan Pearson

preps@oakleyadv.com

With the first game of the 2012 baseball just a few weeks away, no one is more excited than the newly-crowned captain Trey Wimmer.

The junior exercise science major believes that the team is stronger than ever this year.

"It has been a big year," one of the best hitting batters that I’ve ever been a part of," Wimmer said. "I think we’re probably the best hitting team in the conference, really excited to see what we’re going to do and what the lineups are 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 only players on the team, he has a large amount of responsibility on his shoulders. "Boys like Coach Jim Toman, I’ve been here longer than anybody," Wimmer said. "I know his leadership, I know what the program’s about. I know the way Coach Toman coaches. I know that things I’d like 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 people."

The choice to come to Liberty for the junior exercise science major because of the interest of schools like the University of South Carolina, Clemson and others within his home state of South Carolina. Wimmer and several of those schools were pursuing him when he was a part of his, an all-academic.

Jim Toman, assisted Wimmer to attend a training camp at Liberty. Upon his visit, he left an impression on the school and the program, making Liberty’s offer even more attractive to Wimmer. The team’s chemistry is at all-time high as Wimmer expresses that he has been with the team since the beginning of the season. Even though the season’s young, Wimmer believes that they will excel this season.

The first practices for the Flames have been unusually good.

"In the past, this time in the season we were shooting more off the field just to get some ground balls and take some bumps," Wimmer said. "But, we’ve been blessed with the weather the last week and a half. We’ve been on the field every day and getting better so we can play Feb. 17.

Wimmer maintains the Boy Scout motto: "Always be prepared." He arrives early, stays healthy and loves the game.

"I love being a Learner and PRO before anything," Wimmer said. "It gives you pumped up and you don’t feel like you need a shower after."

In his limited free time outside of baseball, he still finds time to relax. He fishes, plays Ping Pong and is a Gator fan.

Though Wimmer may not grow the plaid beard or hear the same songs every game, he still has his own style of superstitions. He never steps on the foul line and has a specific bat at-bat routine.

PEARSON is a sports reporter.

Season schedule

Feb. 17-19 The Citadel Challenge
Feb. 21 Flames vs. Radford 3 p.m.
Feb. 24 Flames vs. Siena 3 p.m.
Feb. 25 Flames vs. Siena 2 p.m.
Feb. 26 Flames vs. Siena 1 p.m.
Feb. 28 Flames at Virginia 3 p.m.
Liberty University's men's tennis team wrapped up its season with a decisive 7-0 victory over Bluefield State. Richmond Flames could not quite piece the pieces together against the University of Richmond Spiders Friday, losing 6-1. On Saturday, the Flames returned with some court advantage, downing Bryant 7-0.

"Our intensity needs to be better," coach Chris Johnson said. "We came out and they beat us, and they came out with a lot of intensity, which allowed them to jump out in front, and we were not able to recover." Richmond had five matches under its belt trailing the count, while the Flames only had one prep victory.

"They were more match well tonight and they did," Musculo cramps caused a significant problem all evening for the Flames that they could not overcome in the end. "I just had to get a window there," sophomore Shaka Thomas said. Richmond junior Jose Federico Thomas in obvious discomfort and took advantage. He made Thomas move to side service and he eventually went down the gutesy sophomore.

"I just was not able to keep it up in the second set," Thomas said. Peder defended all Thomas in these sets, 6-2, 6-2, 6-4.

"I think I got more than what I expected," Gil said. "I think our coaches did a tremendous job getting around to the high school coaches around the area and around the country. We hope all these players are going to be fantastic players for us." STRONG is the sports editor.

"When was the last time the cross of a singles match was a problem?" Flames special assistant coaches Mike Minor called (kicker) John Lunsford the "next Adam Vinatieri" in the introduction of the Flames video. Why? You take "Lunsford 58-yard field goal" and you know why. Here's a fact. The video ends with Lunsford's all-time doubles player, John Lunsford, making a fantastic save for Dunbar, but the backhanded winner for Dunbar, the Flames' senior made sure that window was shut in the third set. The lone point winner for the Flames was junior Sim Tins, who put together a gritty performance and was able to sneak Richmond's Edhem Dunbar in these sets, 6-2, 6-7, 7-5. Tins began the match serving on all cylinders but could not keep it up in the second set. "I even mentally out of it in the second set," Tins said. "In the first set everything was very easy, and I did not feel forced mentally in the second set." Losing the second set made things difficult for Tins and allowed a window of opportunity for Dunbar, but the caliber junior made sure that window was shut in the third set.

"Never thought I was going to lose," Tins said. "That thought never even crossed my mind." Tins kept Dunbar on his heels the entire match with his faster serves and fierce backhand returns. Tins said it will be better prepared for the rest of the season onwards.

"I need to be focused from the first point to the last point, and I will be," he said. Break off a victory against Bluefield State that made him Liberty's all-time doubles player, senior Giancarlo Lemmi recorded yet another doubles victory, the 80th of his career. Lemmi partnered with freedom Wayne Farrell to win 8-4 over Rich- mond's junior Ethan Tilles III and Dunbar in the No. 10 draw.

"Tampa, Fla./Cambridge Christian HS

Tallahassee, Fla./Lincoln HS

Aharown Campbell

Chima Uzowihe

Aberdeen Campbell

Attalla, Ala./Etowah HS

Gerald Holt

Dallas Griffiths

DL 6-1 296 Rock Hill, S.C.: South Point

Memphis, Tenn./Memphis Christian HS

Kris Tatum

K/K 6-3 180

S 6-2 190

WR 6-4 190

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Charles Williams

DL 6-3 219

Zach Erickson

Liberty's 2012 Football Signing Class

Chima Unwibe

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Darrin Peterson

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Prospect, Va./Fuqua School HS

Devin Mather

Prospect, Va./Fuqua School HS

Annandale, Va./Fuqua School HS

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LaHaye group fitness classes

**Body and Soul**
This class includes cardiac, kickboxing, strength training, core work, Pilates, and stretching — all to Chris- tensen. 1 hour, 30 minutes

**Body Revival**
A blend of yoga and Pilates, this class is designed to create a stronger, more toned body by creating subtle movements, precise positioning and movement to improve balance, flexibility and strength throughout the body. 30 to 45 minutes

**Cycling**
A simulated class of hills, climbs, sprint, attacks and false flats. 2 hour

**Cycle Express**
This cycling class has dual purpose: the beginner can learn about cycling and get acquainted to the bike, and the experienced cyclist can focus on a high intensity cardio workout in a shorter amount of time. 30 minutes

**Fight Club**
A resistance fitness class that fuses martial arts and boxing into a high-intensity, calorie-burning, body conditioning workout. 1 hour

**Fit-X**
A class that consists of non-stop cardio with 10 minutes

**HardCore**
A class designed to strengthen the abs, back and glutes to improve torso appearance and function. 30 minutes

Meet the trainer

**Group fitness instructor Kimberly Graves inspires students**

LaHaye group fitness instructor Kimberly Graves inspires students to achieve a successful lifestyle. It is essential to keep going and maintain healthy habits. This requires not only dedication, but meaningful motivation.

"Exercising is my class," I said. I've been helpful, and I know I'm doing something that I care about," Graves said.

"Some of Graves' favorite forms of exercise are the things that seem to challenge her the most. While she tends to seek out the quickest results in fast-paced, cardio circuit-style activities that raise 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 a set goals throughout the fitness journey. "Since her own personal goal for 2012 included achieving flexibility through mastering new yoga poses and implementing more weight training into her daily routines," Graves said.

"I understand the importance of being able to perform a set of goals throughout the fitness journey. Since her own personal goal for 2012 included achieving flexibility through mastering new yoga poses and implementing more weight training into her daily routines," Graves said. "I've been helpful, and I know I'm doing something that I care about," Graves said.

Graves said.

"She prays for us at the end and makes us feel so good about ourselves," Graves 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. "I encourage everyone to embrace their own unique shape and physique."


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**HardCore**
A class designed to strengthen the abs, back and glutes to improve torso appearance and function. 30 minutes

**Max Power**
High intensity interval training for total body results. Includes upper and lower body gymnastics, agility, strength and speed drills, as well as strength and conditioning circuits. 1 hour

**Power Pump**
Designed to improve strength and endurance by challenging all your muscle groups, this non-cardio, calorie-burning class incorporates the barbell to perform the best weight-room exercises. 1 hour

**Spin 360**
A cycling class with challenging strength training — it's a full body workout in an hour. Begin with a fast-paced and strength and endurance ride for 55 minutes and finish with 25 minutes of strength and stretching. 1 hour

**ZUMBA**
A fusion of Latin and International dance with music and dance themes. This class utilizes the principles of interval and resistance training for total body burning and sculpting. No dance experience required. 1 hour

More information about the LaHaye Student Union's times classes are available at liberty.edu/campus/center/students.
Playing Cupid: Spread the love

Bette Abraham
Liberty Champion/B5

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 visits. 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 got to where they are today. You never know where you’ll find a November-mystery story.

Thank your 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 they’ve done for you.

Have a Valentine’s Day gift exchange

Make sure to say “no” or “not, everyone likes getting gifts. Get some friends together and do the “Secret Cupid” gift exchange.

Make homemade valentines

Break out the glue sticks, glitter and craft scissors and take a trip back 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.

Offer to babysit for free.

Finding a good babysitter can be a pain and most couples don’t necessarily want to take their kids along for a romantic Valentine’s Day date. If you enjoy watching kids, offer to babysit for a professor or church member and don’t ask for anything in return.

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 Montgray, read at a local coffee shop, or just drive around Lynchburg. Appreciate the solitude, unwind from it all and give yourself a few hours of getting to do whatever you want, however you want.

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.

Nik of seeing hearts and cupid? Celebrate a less 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 theme all the more memorable.

Bake cookies and distribute them.

Give them to your neighbors, classmates, professors or anyone else who you think doesn’t love baked goods, right?

Dress up like Cupid.

This might be the only day that domino’s brings over a box and arrow in public are acceptable.

Do something nice for your roommate.

Whether it’s buying them a new shirt or giving them a note telling you appreciate them, go out of your way to let them know they are valued and appreciated.

Make dinner for single friends.

Have everyone dress up and make something more nice than mac n’ cheese. If you’re living with someone who doesn’t love baked goods, right? All else you can think of. Who else you can think of. Who else you can think of.

Demonstrate a love that sticks.

Take part in Houston radio station 103.9’s KSBJ’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.

Karaoke to cheesy love songs.

Mariah Carey, N’Sync, Celine Dion — take your pick. Grab some friends and belt it out.

The origin of romance

I think Valentine reaches beyond the traditional romantic, relationship, and I know love reaches beyond one day. Being a single woman at the moment, I choose to see the truth of romance and love — that it is all born of God and that it is everywhere we look. All modern romantic ideals and stories are born of the Bible and its “love conquers all” theme. It’s a theme that so many couples love. Why she else would have written the story of love is hard to say.

Valentine’s Day is a remembrance holiday, but love is God-made, and I think it’s a great day to point to that. Personally, the only tradition I have on Valentine’s Day is to tell every person whom I love that I love them and to remember that I am a part of the greatest love story ever told.

Rebekah Gregory, Student Care Officer

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Mangia brings romance to Rivermont

Locally owned Italian restaurant offers Lynchburg fresh, organic options

Daniel Garcia
digarcia@liberty.edu

Nothing says “I love you” as well as a delicious meal and with Valentine’s Day right around the corner, the restaurant choice for that special evening may very well say more to your date than you can ever convey around.

Mangia—Italian for “eat”—offers a solution to those looking for alternatives to the ubiquitous menus of restaurants that popular Node Architects and Caterers Station. Mangia is located on 2096 Rivermont Ave. in Lynchburg’s historic Rivermont district and features an extensive Italian menu and welcoming atmosphere.

Established in May 2009, Mangia is owned by Melanie and Dave Ellis. Although the people do not have an Italian heritage, Ellis said that her husband—a graduate of culinary arts university Johnson & Wales—had experience with Italian cooking and the two decided to open up shop.

“We were trying to figure out what to call it,” Ellis said. “I remembered all of a sudden that my father, when I was a kid, before we’d have dinner, he’d say, ‘Mangia’, which means ‘eat’ in Italian, even though he wasn’t Italian, and I just thought that was family. It ended up being a family thing.”

Mangia’s menu features a wide variety of traditional Italian entrees ranging from multiple antipasto dishes to a lunch menu that boasts nine different antipasto dishes to a lunch menu that boasts nine different kinds of paninis.

“We sell a lot of salads,” Ellis said. “The fried calamari is one of our personal favorites, which is rare fish with arugula, capers and onions...I don’t think anyone else in Lynchburg has Calamari.”

Mangia’s employees, such as Loury Fournier (above), serve the Lynchburg community Monday through Saturday, serving up fresh food and rich atmosphere.

Ragtime soon to jazz the Tower Theater

Shelton Jennings
sheltonjennings@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 Clive Nolan, will fill the Tower Theater with epic tales that characterize the changing times in America at the turn of the century.

“The show is a sung-through musical. It’s a very upbeat show,” said Brian Scott, the show’s director. “It goes over the turn of the century and the relationships between ethnicities and really how America was changing and becoming the melting pot.”

Ragtime, the musical, was originally produced in 1998 and won adapted from the novel “Ragtime” by E.L. Doctorow and published in 1975. Like the show itself includes 40 people playing the roles of both characters and historical figures such as Harry Ford, Evelyn Nesbit and Harry Houdini.

“We’ve also get these fictional characters that represent the different groups, whether it’s an African American, the Irishmen and the integration of race, or of course, the immigrants,” Nelson said. “It’s very much about the changing times and the small beginnings to change or the characters finding themselves at the tip- point of change for how they will go on to change the world.”

Just as the west of ragtime music altered the course of music, the clash of race and immigrants changed the face of America and American culture, according to Nelson.

“People might be expecting that this is a happy-go-lucky up- dancing musical. It’s not necessarily that, but it is definitely a thought-provoking piece,” Nelson said. “There’s not so much depth to the show that I think people will enjoy it. With an epic scale comes everything. You get the news and the hope.”

Nelson has been working with the large cast to help them develop their characters, each of them playing a part in portraying the brokenness that characterize time. There is a brokenness to it, but in the end there’s an infatuation to it, and a new strength that comes out of it and there are lessons learned.”

“Ragtime” will run Feb. 17, 18, 24, 25, March 2 and 3 at 7:30 p.m., Feb. 18 at 2 p.m. and Feb. 26 and March 4 at 2:30 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 the hours it takes to build, brainstorm, plan and adjust all of this,” Nelson said. “It’s definitely teaching our students a good work ethic and to treat it seriously. We keep on seeing our students respect the craft. It’s quite a commin- dant, but they’re used to the occa- sion.”

“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 to get tick- ets, visit libertytheatreonline.com.