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Reflections on 2007-2008

It's been a rewarding year — probably the most rewarding year of my life.

Alicia Garcia leaving Liberty for personal ministry

By Daniel Martin

After two years of serving, Liberty University and Thomas Road Bible Institute signed a contract with Alicia Garcia, local deacon of the ministry team. L.R. Bible Inst. and Liberty University's cooperative leadership is moving on to pursue its growing personal ministry.

"My husband and I are redirecting our focus to the next chapter of our lives," Garcia said. "We will no longer meet our church and community on a regular basis through the leaders of the campus ministry and Women's Ministry. We have also substituted our weekly conferences with the Liberty SHRM chapter..."

In May, Garcia Fertilized got married. Garcia has been busy teaching in Liberty and teaching. She has taught in a junior level of a junior level of in-schools and field trips, and she's been teaching at VMI, serving on the conference on the conference.

"I love my work," Garcia said. "I love being involved in the community and seeing how God has used the church to bring people together."

Now, after two years at the conference, Garcia and her husband are looking to continue working on the campus, and Garcia is looking forward to continuing to serve in the community.

Garcia is excited to be teaching in Liberty and teaching. She has taught in a junior level of a junior level of in-schools and field trips, and she's been teaching at VMI, serving on the conference on the conference.

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First time Liberty team places at SHRM competition

By Kirsten Emberton

Liberty University’s Student Human Resources Management (SHRM) chapter traveled to the University of Tennessee last week to compete in its 2nd Big South Regional Conference. Overall, A and B teams placed third and second in the competition, respectively.

The two teams consisted of three student members each, and students from across the country competed. Although Liberty University was the only team among the 15 participating teams to compete in the Big South SHRM annual conference and competition in Chicago, Liberty's SHRM chapter is one of the largest SHRM chapters in the state.

"It was a great experience," said Dr. Jerry Falwell. "We had a great team and we were able to bring home the championship. We are very excited to be able to continue competing and bringing home more trophies."
Students offered expanded housing option for 08-09

By Natalie Lozano

In addition to the qualitative criteria students applied to live on campus, a new group of students was offered an exception to the current requirements.

The office housing applications for fall 2008 require interested students to have met three qualified requirements to live in the spring semester and two years by fall, 2008. Students are able to apply off campus if they will be living with a parent or guardian who is active in the military.

This spring, some students found themselves qualified for an exception to the usual requirements. These falls increase in enrollment, coupled with the decision to postpone building new dormitories, led to certain students receiving a “special opportunity to request an exception to live off campus for the fall semester,” according to an email sent by the Office of Student Housing (OSH).

“In order to open a little extra space for the fall, we recently offered some incentive to specific students, those in good academic and judicial-standing, who were close to meeting the age requirement,” Joy Colson, assistant director of housing assignments, said.

Only a limited number of exceptions were available, and “at this point, nearly all of this limited number has been granted,” Colson said.

“Those wanting to move off campus for health reasons are required to fill out a medical exemption request form,” available online. However, the OSH has designed specific places of living in order to accommodate medical needs on campus.

Students who already met the requirements still apply to live off campus. Some reasons students choose to leave the dorms include the financial benefits, quicker study time and lack of “boring” dorm life, according to the OSH.

“Here junior year of nursing... it is less boring next year, so I moved off,” Hannah Eschbacher said.

Junior Kelly McKee was among those who received the exemption front the OSH. She chose to live off campus because “it’s cheaper and there is more freedom,” McKee said.

Some students decide to remain in the dorms despite meeting the campus requirements.” I feel like it’s more convenient... it’s way less gas money,” Junior Rachel McBeth said.

Anyone who would like more information about moving off campus should pursue the resources available at www.liberty.edu/commuters or e-mail contactcommuters@liberty.edu.

Contact Natalie Lozano at nalozano@liberty.edu.

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Falwell Jr. embraces new role and focuses on quality

Continued from A1
On North and Becki's honeymoon with the student body
FALWELL: We just really enjoy it. And I'm deciding seeing the kids for the future. I just enjoy taking them to lunch and seeing them at the house. Going to college here was four of the best years of my life up to that point, and it's because the students had such positive attitudes and it was such a great group of kids and it's still that now. We enjoy it — it keeps us young.

On how to differ from the father
There are differences. In our personalities, but I was a partner and the character of Liberty was a heredity that I don't have. But the point is that so much is a full-time person at the university and at the church. I don't know how I'd do it.

On whether he enjoys more of his job than his dad
Falwell: Being able to tell the students directly in some areas about new projects and happenings here — that's really special. I used to just tell Dr. and she would tell them, so now I have the enjoyment of con veying things to the student body, faculty and employees. It's rewarding to see that we truly appreciate all of the work that takes to make these things happen. It's a source of pride to be able to serve students in important. Much of the input from students comes from just talking with them. We adopted our master plan to the students' input — added a lot more talking than we originally had. We can't do enough for them in Christian education and the arts. In your whole life, the most important of the input from students has been proposed been just a reading new and florid enhancement for the students. Students supported the decision to recuse its recreation become a top priority. When everything else is taken care of, then we can focus on that.

On his biggest surprise this year
FALWELL: I didn't think I would enjoy it as much as I have. I thought it would just be nonstop, seven days a week, working all the time and nonstop. But it hasn't been like that at all. It's been very fun — very rewarding. The students respond better than I thought they would, and I've exceeded what I thought I would.

On the role for his wife, Becki, plays: FALWELL: She looks at the students as her kids. I had somebody once say that she's kind and nice. We had a real passion for that, and she also picked up some great energy on campus where students would sit and just hang out.

On plans for the golf-course tower at North campus
FALWELL: We have an architecture team now. It would be nice to have a team to design this. There are many things going on in the middle. It would be a multi-use student center with recreation and up to the top you can look out over the city. I don't know if the numbers will work, but we're looking into it.

On the financial status of the school
FALWELL: It's much better than we anticipated. The Dallas-based Learning Group has grown a lot faster than we expected so we've got money that we can use for new library space, more parking for students, more classrooms.

On the balance between quality and quantity in college
FALWELL: That's what drove the decision to build new dormitory now. The idea is that we can have students on campus, or have the kids from the dormitories here for more affordable. We chose the latter. We have to prioritize and put the quality of academic instruction and the beauty on campus ahead.

On plans for the $10 million in capital expenditures over the next three years
FALWELL: It includes all of the internal facilities, all the improvements to the athletic field, and some other capital projects that were necessary.

On summer program
FALWELL: Barnes & Noble College Bookstore, which will be open on campus.

On academic changes
FALWELL: We're talking about new courses and new minor programs. We're also improving our communications so we can make sure students are aware of what's happening.

On summer vacation plans
FALWELL: We haven't planned anything for the summer, it just won't be as easy to catch up with things that might have been overlooked. We might not coo e as well this summer for the students.

On the role of Liberty to several programs
FALWELL: I didn't think it. The minutes haven't changed. The school of business does have a human resources specialization.

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SHRM: Students working towards future success
Continued from A1
The two teams representing Liberty were composed of students from the Governor's class. Team A was led by Dr. Linda Whitehead, Brandon Watson and Brandon Johnson, and Charles Poulson. Rangarinn Stroh and Jordan Shaw make up Team B.

"If you have to work harder than you are, it's not so much," said Poulson. "We've only been preparing for about two and a half months, and the team at the school of business does not have a human resources specialization." He added that the students are subject to a curriculum which includes not only law, and Liberty only has one class that covers all of them. Most of the schools that Liberty head have a very few classes.

They have been able to study for the past two years, said Poulson.

The competition started with seven preliminary rounds and went to the Top 10 only once in its last match. Both teams were bumped out of the tournament during elimination rounds. Team A's Victoria Garciarita

GARCIA: Ready to travel for future worship services
Continued from A1
Other numbers of LP are also interested in discussing what the team has proposed for the school.

"That's because we know Romans 6:23," Garcia said. "We have sung in the Bible," Garcia said. "Our time this past year has been a lot of work, a lot of service, a lot of singing in the church, a lot of traveling, singing in front of people. This year I have spent a lot of time with those people. When the students are gone we will not soon forget.

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"Wherever they go, wherever they are, they will be with the students that are here, that's the right decision."

Contact Kirsten Filiberto at kfiliberto@liberty.edu.

Contact Daniel Martinez at dmartinez@liberty.edu.
PHOTOESSAY: A Year in Review
2007-2008

2007-2008 A YEAR IN REVIEW

1. Spirit of the Mountain Marching Band brought entertainment to record numbers of spectators in Williams Stadium.

2. Texan Senator Ron Paul autographed a campaign sign for an enthusiastic supporter after addressing convocation.

3. Mrs. Macel Falwell, Pastor Jonathan Falwell and his daughter Natalie led mourners at Dr. Jerry Falwell's funeral one year ago.

4. Gov. Mike Huckabee spoke at convocation and at TRBC during his pursuit of a presidential bid.

5. Dorm 7 had some fun at its own expense during the homecoming parade.

6. Family members of a victim of the Virginia Tech tragedy kept close together at a candle light vigil held one year later.

7. Students perform during the spring coffeehouse, a semi-annual event that has become a staple of campus life.
Largest anticipated graduation in Liberty's history: Over 2,600 students will receive diplomas

By Kerah Kemmerer

With over 200 seniors expected on Liberty's campus for graduation, student officers are cautioned to plan accordingly for the increased traffic to avoid causing that monstrosity with wheels across the campus known as "blind spot world."

Dr. Tim LaDue will address the seniors at the baccalaureate service at 5 p.m. on May 5 at the Thomas Road Baptist Church (TRBC) worship center.

Commencement will take place at Williams Stadium at 8:30 a.m. on May 14, where Chuck Norris, a karate champion and experienced actor, will add a twist to the traditional chain of events in years past.

The awarding of diplomas will begin the ceremony at the Falvwcll Jet Center, and graduates will be divided up according to major.

Many students feared the worst when they first heard about the assessment that evaluated several core competency areas. They were assigned in a specific area and were tested in quantitative reasoning, reading, writing, and computer competency skills.

Many students found the worst when they first heard about the assessment through an email that was sent out to all students with senior status.

"I was not prepared when I first heard about it," senior Tif­

Senior Jones said. "We were encouraged to share our experiences, whether they were good or bad."

"I was pleased with how well the testing went. There were no technical problems, and there were no technical problems," Project Manager Tolsma said. "In many cases you were encouraged to talk about the deeper issues associated with faith and learning."

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student with the option to choose the area from which they will graduate regardless of their major.

"A large number of the students at Liberty are either engaged, married, or are already married," Vice President for Administrative Informa­

tion Management and Registrar Larry Shaekleton said. "In many cases we were asking them for their first names, major and areas.

"To keep the family together, the graduate will only need to provide the commencement and nursing at 2:30 p.m.

Contact Kerah Kemmerer at

kkemmerer@liberty.edu.

All ceremonies begin one hour after commencement ends unless otherwise noted.

Seniors assessed for university accreditation

By Drew Menard

LIBERTY REPORTER

Liberty seniors were put to the test this past week during an assessment that evaluated several core competency areas.

Approximately 4,665 students participated in the three senior assessment sessions, which were held Tuesday through Thursday of this week.

Student officers were on hand, and student officers were assigned in a specific area and were tested in quantitative reasoning, reading, writing, and computer competency skills.

"I was pleased with how well the testing went. There were no technical problems, and there were no technical problems," Project Manager Tolsma said. "In many cases you were encouraged to talk about the deeper issues associated with faith and learning."

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By Jon Stelterwerf

I have been writing columns this semester, and I have tried to find a format or prompting of some grand truth because I believe that I, as a college student, probably do not have much to say to a person who already knows enough to pick up a newspaper. One week, I found John C. Lilly’s book The Least of These: Footnotes from the Pursuit of My Father’s Utopia and decided it might be a good resource to explore because I believe that I, as a person, and so I tried to recall what got me interested in writing a column or an essay. Perhaps my writing in a college of probing Christians about looking for the truth and thinking hard will be considered pedantry to the choir. But I do not think that this is the case. I am convinced that what a vast majority of Christians are not in search of truth just as much as many of their unbelieving counterparts.

Consider this quote by philosopher Blaise Pascal: “There is only one thing I know for sure, and that is that I do not know it.” I think many Christians are convinced that the truths of the Bible are too easy and that knowing the truth is to be simple. Instead of denouncing, truth ought to be considered something that can be examined and lived with in a person’s life. Living a life full of truth becomes less that no longer search for the truth. Another kind becomes conventional with the idea of doing great things for God, raising the Christ onto their lives. This is not necessarily a true picture of what works that he never asked for.

One again, Christians are the hand- 2

selves to live mediocre lives that no longer search for the truth. Another kind becomes conventional with the idea of doing great things for God, raising the Christ onto their lives. This is not necessarily a true picture of what works that he never asked for.
Dr. Falwell’s legacy continues: A look back at the first school year without him

By Natalie Lawson

The final word of a leader is that he leaves behind him to other men, the conviction and the will to carry on, wise, justifiable and political community. Walter Lippman. The past year has been Dr. Jerry Falwell’s final test, and since May 2, 2007, the vision of Liberty University has only expanded. I know I am not the only student who has answered our answer to the question, “How has Liberty changed with Jerry gone?” I always have but struggle with an appropriate answer, because ultimately the school and the idea have remained the same, except through the leaders they have changed. Jerry Falwell Jr., Jonathan Falwell, Bob Good, Dr. Devereux, Canon, Egan, Case, Jimmie Moore, and Frank McKinnon are only a handful of those who have changed Liberty’s name and continue to lead the campus towards the future.

At last year’s commencement, Jerry Falwell Jr. noted all the changes that the graduating class of 2007 witnessed in his years at Liberty — from the inclusion of jeans in the class dress code to the dedication, that is still a decrease in the medical supply. However, articles were recently published in both the News & Advance and the Champion, which showcased Liberty students making a difference in the community.

Change is occurring at Liberty, but it is not limited to the campus, and not all of it is directed by administrators. The biggest difference since last year may be the student’s effort on the city of Lynchburg. Previously, the attention of those students was focused on more national events about the presence of the campus.

On the other hand, the loss of the Internet also frustrated many students. The Computer Center faced more than its usual share of Internet/ connection problems when projects were assigned and students were forced to leave the library and return to their rooms. Liberty students are making a difference on the city.

Jerry’s I love you addresses feel hopeful at orientations in the distance, but I hope the burning desire does not mess the message that falls for you not forgotten. Essentially, Dr. Falwell told us that we were going to be present to grace the crowd for the next few days, weeks, and months, because we miss our men, both friends or girlfriend.

“Death comes to all, but great achievements build a monument...” — George Fabrique

From the editorial board

Ever since Democratic Rep. Dennis Kucinich dropped out of the primary race, public discussion about the Democratic candidates has been miniscule. Trying to find significant struggle, particularly when watching Dennis Kucinich dropped out of the Democratic debate, this was a necessity because the contest is now on the statistic, anywhere from 20 to 40 million more Americans. At the same time, the candidates want to cover as many as 40 million more Americans.

Likewise, both candidates have their own merits to pay off the Bush tax cuts and end the cap on the wealthy. On the other hand, the candidates want to cover as many as 40 million more Americans. At the same time, the candidates want to cover as many as 40 million more Americans.

The intellectual intensity of the medical students is enormous. The intellectual intensity of the medical students is enormous. The intellectual intensity of the medical students is enormous.

Before hearing these words, especially as the classes have gotten harder and finals have gotten further away, I have wanted to give up in different ways. But now, I like most of the students who hear Jerry’s words in unison, remember the importance of perseverance and faith. Dr. Falwell’s legacy continues.
Diner: Servin' up some red-tie specials

Continued from A1

The diner's staff will consist of nearly 50 part-time workers, a majority being Liberty students. Meal points are accepted, but cash or credit, according to Jeff Ledbetter, the diner's manager.

The diner, which serves breakfast all day, also includes a take-out option for students who might not get food quickly between classes.

"I like the fact that they thought of the students and have meals to-go," junior Liz Mizer said. "I definitely try to use that when classes start up again next semester."

The decor of the diner features beige and dark green walls with photographs of Jerry Jr. hanging above many of the booths. Paula Johnson, who managed the interior decorating of the restaurant, also designed the look of Diner's Door, according to Elizabeth VanWingerden, resident marketing manager of Liberty Dining Services.

"This modern diner seems to transcend time with all of the memorabilia of Jerry and old photographs being displayed," junior Amanda McCann said. "It reminds me of the wall of photographs that used to hang in the dining hall."

"The decorations really reinforce an Applebee's or Ruby Tuesday's style restaurant," senior Clay Lindner said.

"Jerry Jr. and Becki Falwell loved it very, very much," Ledbetter said. "They were really happy and did not want one changed."

In addition to the photographs hanging around the diner, many of the familiar "Liberty-isms" made their ways onto the menu, including the "Elmer Float" and "Macel's Hot Apple Pie." The "BHAG" (Big Happy Ambitious Goal) is a Philo favorite, said, was one of the most popular choices.

"That was the biggest, brightest and across great pepper salad," Ledbetter said after finishing his last bite of the BHAG. "Everything from the menu to the BHAG was excellent."

"The opening of this new diner on Liberty's campus is remarkable, in a way, junior Kelly Monrose said. "I am glad I get to be among the first to enjoy it."

The diner will be open 7 a.m. to 10 p.m. from Sunday to Thursday and 7 a.m. to 11 p.m. on Friday and Saturday until May 8. It will be closed for the summer, but there will be a public grand opening and ribbon cutting on Aug. 14, when the next school year begins.

Contact Dominique Nickery
dgmcguy@liberty.edu

DIMING HOURS

Sunday - Thursday 7 am—10 pm
Friday - Saturday 7 am—11 pm

Grand Opening: August 14th

COMMUNITY CONNECTION AND THE ENTIRE INTERNET IN THE PALM OF MY HAND.

Now at U.S. Cellular, you can get a BlackBerry Pearl 8130 smartphone and all the joys of the internet, for just $99.96 after rebate. Talk about an affordable way to stay connected to the worldwide community.

U.S. Cellular is wireless where you matter most.

get.com 1-866-BUY-USSC Also available in Amethyst.
This year in sports
A recap of some of the most memorable moments of the 2007-2008 year at Liberty athletics.

Sports editors go head-to-head
The debate takes over the sports editor’s desk in Musician Monday.

By Will Cooper
SPORTS EDITOR

I needed to work the doubleheader first, the Flames baseball team won a game, then a loss, then a win, then a loss. That last week was one when the Flames just could not seem to put it all together, gaining two victories but dropping two contests. After the weekend’s two victories against the VMI Keydets, instances of which was the longest game of Flames baseball history, it was possible that the Flames were starting to fall out of the conference plans that had kept them at a go team.

Unfortunately, that was not the case. The week started off Friday when the Flames traveled to James Madison (DU) to take on the Dukes in a tune-up for the next day. It was held through good weather and there was a big crowd of people that showed up just after they finished eating the plant, but by the end of the fourth inning, JMU was 14-0 up. The Flames scored some bunt and murmur of the flames, the Dukes came back to six runs in the eighth inning. As the Flames were unable to score, the final score of the Flames’ game wasn’t. Looking back, Tuesday’s game, Liberty came out of the gates in Wednesday, after the OVC Southern Monarchs, and once again Liberty pulled ahead and in a competitive blowout. Scoring four runs in the first inning, the Flames looked to repeat the same mistake and fell 14-9 against the Keydets.

Through not ending and another perfect field work, the Flames were able to bring in the homestand with a score of 1-5, pulling their record in 2008 to 33-17.

I have come into Friday’s game against conference opponents, 2-0 after looking to build on the momentum gained on Wednesday night. Second baseman Chris Hinson, had four hits in the Flames’ 5-1 win over VMI.

Records fall at Penn Relays, Henderson wins discus
By David Hunt
SPORTS EDITOR

Many of the best athletes in the country turned up to compete in Franklin Field for the Penn Relays. The meet is so high quality, it is recognized for bringing together many of the most talented sprinters, throwers, jumpers and distance runners. Last week, Penn Relays of the Liberty Flames added the same mantle to their list of achievements.

Again good through the relay, thousand yard race, a blazing personal best of 4:59, good enough to have the third overall and just enough to land them on the Board of the NCAA Championships in the hold in June.

In the future of Liberty track and field’s senior star, and the versatile events for the Flames, Anthony Henderson, 3:55, 200m hurdles and 3:48 in the 200m. On the field, the Flames burned up a few-high finishes with freshman Bobby Sheppard doing what he has done all season—jump. Sheppard finished third in the pentathlon, tying 2:48. Freshman Chancellor Powell took eighth place in the triple jump, matching 54.98 and soaring over the 40 feet line from the vault.

The Lady Flames also posted some impressive performances and were once again anchored by a strong distance core.

Senior Carol Jefferson ran a 26:10 in the women’s 5000m, placing her comfortably in a competitive field while outpacing brand from Edmondson took fifth in the women’s 1500m race in the Olympic Development section, clocking 4:56. Liberty assistant track coach David Cheromei was third in the Olympic Development section for the 3,000-meter steeplechase, running and hurdles to an 8:46.

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Previously in sports
See BASEBALL 05

Previous week in sports

Wednesday, April 29, 2008 • VOL. 25 No. 21
SPORTS
Situation: The Yankees are down 4-0 to their hated, cross-town nemesis, the New York Mets, in a mid-season, interleague clash. The bases are chock-full of pinstripes as the number nine hitter, catcher, and pinch-hitter, Chin-hong Wang, awaits in the on-deck circle for a chance to help out his own cause and put some runs on the board.

However, the only reason Wang is even attempting to bat is because the Yankees are playing in a National League (NL) ballpark and in NL parks, there is no designated hitter (DH). In the American League (AL), pitchers pitch and bat, and that is the way it has been for a long time.

Baseball "purists," also known as AL fans, argue that this is the way the game should be played — every player out on the field should hit. They also argue it is all about managerial strategy and thinking. AL fans would much personally love the DH. I grew amongst fans since the rules' official inception in 1973, the designated hitter (DH) went from a three-year trial when Molitor, Frank Thomas and Rafael Palmeiro demolished NL pitchers by smacking fences for a home run and trots up watching players such as Edgar Martinez, Paul Molitor, Frank Thomas and Rafael Palmeiro. 

The question is — Wang or (Jiam­bi will send his manager Joe Girardi would deliver a hit, it is a lose-lose strategy one over the right field wall for a grand slam. The DH is used when the players such as Edgar Martinez, Paul Molitor, Frank Thomas and Rafael Palmeiro. 

The object of the game is to win. One of the best aspects of inter­league play is playing with the likes of NL pitchers like Jake Peavy and Carlos Zambrano in and year out. However, it is great when a pitcher connects on a fastball and sends it over the fence for a home run and trots up. That is, those against the rule has not been honored in part of the game.

The DH is an American League-only rule that allows the manager to select a player to bat in place of the pitcher during the game. Typically, AL teams are power hitters who are past their fielding primes and are simply too much of a liability in the field. However, it is usual for some combination of power and average hitters. There are few, if any, other majors (for example, who manage to do both.

While it was first discussed prior to the 1960s, the rule was officially suggested by National League President John Heydler in the 1960s. The DH was used specifically in exhibitions, but it was not until April 6, 1973, when Ron Blomberg, a catcher from the New York Yankees drew a four-pitch walk in the first inning of a game against Boston’s Red Sox pitcher Monte Irwin. At the time, managers were debating whether to use what is commonly known as the "double switch" or see the pitcher use a sacrifice bunt in time to secure the sense of some of baseball’s most prolific slug­gers. He is past his fielding primes, and the DH provides a bolster to the lineup.

However, it is disputed whether this resolution is truly baseball to the fans. Steve, American League fans argue it is due to the additional power hitter added to the lineup, but a definite change in strategy is evident between the American and National Leagues. Teams may never have to use what is commonly known as the "double switch" or see the pitcher use a sacrifice bunt in time to secure the sense of some of baseball’s most prolific slug­gers. He is past his fielding primes, and the DH provides a bolster to the lineup.

While it is clear the rule is here to stay, thanks to improved attendance, gate revenues, there will always be those in opposition to the rule on the grounds that it has tampered with the game everyone enjoy.

Contact Thomas Lourdeau at thomasl@liberty.edu.
The men's soccer team captured its first ever Big South Tournament title.

Men's basketball quarter-finals.

Flames football storms out of the gates.

The Furnace.

Football team celebrates after winning the program's first Big South title.

Josh McDougal became Liberty's first ever national Division I cross country champion.

The Lady Flames volleyball team concluded a record setting season with a Big South Championship.
Winthrop hands Lady Flames three-game sweep

Winthrop University’s Lady Flames swept a doubleheader from the Lady Spartans Saturday, securing the season sweep over Norfolk State University with victories of 6-3 and 4-0, respectively. The Lady Flames scored two runs in both games to give them a 4-0 lead in the first game of the doubleheader, which was called due to rain in the fifth inning. In the second game, the Lady Flames scored four runs in the first inning to put the game out of reach. The Lady Flames improve to 26-17 overall and 6-2 in Big South play with the sweep. The Lady Spartans fall to 15-19 overall and 0-9 in league play. On April 15, the Lady Flames faced the Lady Spartans in a doubleheader, claiming the first game on their way to an 8-1 win. Freshman McKenna Short was the winning pitcher for the Flames, scattering seven innings allowing one run while striking out four. McKenna went three-for-three with a run scored and two RBIs.

The Lady Flames are 26-17 overall and 6-2 in Big South play. The Lady Spartans are 15-19 overall and 0-9 in league play. The Flames are currently tied for first place with Winthrop, Liberty and Radford, each with a 6-2 record in the conference. The Flames are on a six-game winning streak and have swept four of their last five opponents.

BY MIRANDA FIELDER
SPORTS REPORTER

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The Lady Flames celebrate Senior Day on April 15, honoring the six seniors on the team. The Lady Flames swept the Lady Spartans in a doubleheader, claiming the first game on their way to an 8-1 win. Freshman McKenna Short was the winning pitcher for the Flames, scattering seven innings allowing one run while striking out four. McKenna went three-for-three with a run scored and two RBIs.
Flames set to host Liberty Twilight Qualifier

Continued from B1

The participants in the women's relay included a pair of 1,500-meter, 400-meter, 800-meter, and 4x400-meter heat. The Flames' relay, running as a team, qualified fourth overall. The first four in the relay were Jaime Watson, Andrea Albright, and Sara Roberts. The Flames placed seventh in the second and fourth place in the third and fifth innings.

In the bottom of the second inning, the Flames scored two runs to take an early lead. But in the top of the third inning, the Flames battled back and pulled within one run. Two frames later, Liberty scored two more runs to take a 6-4 lead and did not look back, winning the game by a score of 7-6.

The Flames other relay (the 800-meter relay) consisted of Watson, Albright, Rieksecker, and Freeman, and was also the fourth in the second and third innings. The Flames found themselves in a similar position on Sunday, trying to find a game to place in their win column.

Contact David Hunt at dhunt@liberty.edu.
We've all had those days where the stress seems to mount until it's almost unbearable. Staying calm and focused in such situations can be challenging, but there are strategies that can help. In this article, we'll explore some techniques that can be used to manage stress and improve performance, especially in high-pressure situations.

Managing Stress with Deep Breathing
Deep breathing is a simple yet effective technique for reducing stress. It involves taking slow, deep breaths to help calm the mind and body. To practice deep breathing, find a quiet place and sit comfortably. Close your eyes and take a deep breath through your nose, holding the breath for a few seconds, and then exhale slowly through your mouth. Repeat this several times, focusing on the sensations of the breath.

Mindfulness Meditation
Mindfulness meditation is another powerful tool for managing stress. It involves being present and aware of your thoughts, feelings, and surroundings without judgment. To practice mindfulness meditation, sit in a comfortable position, close your eyes, and focus on your breath. Whenever your mind starts to wander, gently bring your attention back to the breath. This practice can be done for as little as a few minutes each day to help reduce stress and improve concentration.

Physical Exercise
Physical exercise is a great way to reduce stress and improve overall health. Engaging in regular physical activity, such as walking, jogging, or cycling, can help release endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. Aim to get at least 150 minutes of moderate-intensity aerobic activity per week, or 75 minutes of vigorous-intensity activity.

Getting Enough Sleep
Getting adequate sleep is crucial for managing stress. Sleep helps to regulate mood and emotions, and it can help reduce the body's production of stress hormones. Adults should aim for 7-9 hours of sleep per night. Establishing a consistent sleep schedule and creating a relaxing bedtime routine can help improve sleep quality.

Balancing Work and Life
Balancing work and personal life is essential for managing stress. This means setting realistic goals and priorities, and making time for self-care activities. Try to set boundaries between work and personal life, and take breaks when needed to recharge.

Seeking Professional Help
If stress becomes overwhelming and interferes with daily life, seeking professional help can be beneficial. A mental health professional can provide strategies and support to help manage stress effectively.

In conclusion, managing stress is crucial for maintaining overall health and well-being. By incorporating techniques such as deep breathing, mindfulness meditation, physical exercise, getting enough sleep, balancing work and life, and seeking professional help when needed, we can reduce stress and improve our quality of life.
The problem with BPA is that it can enter the body in many ways and does not have a safe threshold level. As a chemical, BPA is used in a wide range of consumer products, including food packaging, polycarbonate water bottles, and dental devices. The wide range of adverse effects caused by low doses of BPA in laboratory animals is a cause for concern. However, there is no evidence that BPA causes cancer or other problems in adults, as some say. The main concern is that BPA may mimic hormones and disrupt the endocrine system, leading to health problems in both animals and humans. Chemicals that mimic hormones are called "endocrine disruptors," and they can affect the development and function of the thyroid, reproductive, and developmental systems.

People think the government has taken care of the problem, but they are wrong. The government should be doing more to protect the public, and we need to demand better standards for the substances we use every day. We need to demand better standards for the substances we use every day. We need to demand better standards for the substances we use every day. We need to demand better standards for the substances we use every day. We need to demand better standards for the substances we use every day. We need to demand better standards for the substances we use every day.

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"Fashion is general. Style is individual."
—John Wooden

Fashion show raises money to help children in Lynchburg

By Aubrey Blankenship
LIFE! REPORTER

My LU Fashion Show is unlike any fashion competition. Also functioning as a fundraiser for Innercity Empowerments in Lynchburg, the show judged contestants based on their personal style. The contestants were given complete creative freedom for a change in our area and benefit the Lynchburg community during the show, held on April 5 at the Schilling Center.

"We wanted something different, something with a twist," student host Avelyn Castillo said. "Instead of having contestants model other people's designs, we had them wear their own clothes and designs. Some were shopping, and some were grunged out of their home.

The five contestants were drawn out of over 200 students with most of the work for the show, Chris Carr, Stephen Simons, Joseph Desi, Walt Healy, Crista Nodler, Torrie Sims, Carly Brown and Melody Tiptop. They brought their own wardrobes and personas to the floor in a showcase of personal style.

Sarah Lee Fitzpatrick (Miss Lynchburg), Maya King, Crystal Wooldridge and Kelsey Velazquez judged the fashion show, bringing experience and enthusiasm to the table. The contestants were judged on four categories, prep, punk, personal, urban and Andre 3000.

"I'm expecting to see a lot of cool personalities, uniqueness and the creative, urban side of Liberty students," judge Velazquez said in an interview of the event.

Avelyn Castillo, Haley Michaels, Kyle Kupeky, Ed Reyes, Kelly Scogins, Mae Kamph and Brittany Asanas planned and executed the event.

The students worked with the Center for Multicultural Art (CMA). The groups have been working together since the beginning of the spring semester, with Mr. Herring catalyzing the idea for My LU Fashion Show. A fundraiser for CMA summer camps, dance and art camps for kids, students joined to create the event. The proceeds went to the Center for Multicultural Art (CMA) and for the Center for Multicultural Art (CMA) with Liberty University.

"This is about something that we've never seen before in Lynchburg," judge Velazquez said. "We expect this event to help bring our community together in a way that we haven't seen before."

Contestants were chosen out of over 200 students who tried out.

"We want to bring missions to Lynchburg and help kids. They are making it happen for inner city kids."

The My LU Fashion Show raised $495, and Liberty Tennis Teams will donate $1900, giving away $2,435. My LU Fashion Show is a fundraiser for CMA summer camps, dance and art camps for kids. Students were asked to create the event. The proceeds went to the Center for Multicultural Art. Students worked with the Center for Multicultural Art and had an enjoyable day off. Students planned and executed the event. The students worked with the Center for Multicultural Art (CMA). The groups have been working together since the beginning of the spring semester, with Mr. Herring catalyzing the idea for My LU Fashion Show. A fundraiser for CMA summer camps, dance and art camps for kids, students joined to create the event. The proceeds went to the Center for Multicultural Art (CMA)."