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Washington semester influential

BETSY ABRAHAM
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When Derek Pyburn was looking into colleges, he knew there was one thing his future school needed to have — an opportunity for work experience.

Fast forward four years, and Pyburn was finally able to take hold of that opportunity. Last semester, he took part in Liberty's Washington Semester Fellowship (WSF), a program that facilitates internships and housing for students looking to gain professional work experience.

A New Hampshire native, Pyburn went into the internship unsure of whether he would like living in a city and skeptical that his daily duties would consist of anything more than making coffee.

Keeping 'Christ in the Passover'

CRYSTAL HEAVER
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Easter is less than a week away, and The Center for Judaic Studies has taken the opportunity to ensure the season's focus remains on Christ.

On Thursday, April 14, Chief of Station at the Washington, D.C. branch of Jews for Jesus Stephen Katz gave a lecture and presentation entitled "Christ in the Passover" hosted by the center.

Katz grew up in Chicago in a conservative Jewish home. He was active in his synagogue until college, where he came to realize Jesus was the Jewish Messiah while writing a paper on why most Jews in the Bible did not believe Jesus was the Christ. After journeying to Jerusalem, engaging in social work and leading worship at his church, Katz joined the staff at Jews for Jesus where he hopes to reach his people with the gospel.

Keeping ‘Christ in the Passover’ — The Center for Judaic Studies hosted Jews for Jesus to give a presentation on the Passover.

MINIMALIST RUNNING — Nathan Hubbard and Becky Garrett take a jog around campus without their shoes.

No more tennis shoes

Professor's book advocates a no-shoe lifestyle

CRYSTAL HEAVER
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The motto of the Barefoot Runners Society is "Changing the running world one odd look at a time." Liberty Professor of Biology Daniel Howell would agree.

Howell, nicknamed the "Barefoot Professor" by students, has spent the last five years running without shoes and reaping the benefits.

"I'm not a fan of shoes," Howell said. "If I was running with shoes on, I don't think I could run at all.

Howell is currently studying the effects of shoeless foot anatomy and the human gait.

He calls going barefoot a "miracle cure."

"I call it my lesser gospel, and I'm pretty evangelistic about it," Howell said.

Zach Rocco of the Naval Academy marathon team believes in Howell's lesser gospel. One year ago Rocco got shin splints. A friend told him to start barefoot running. He did and his shins quit hurting.

"After every run, I barefoot run like 30 minutes," Rocco said. "It cured my shin splints."

Yet the American Podiatric Medical Association refuses to endorse barefoot running because there is not enough research to prove it is good for runners.

Howell finds the organization's refusal ridiculous.

"(There is) zero, zero, zero research that says running shoes are good for you," Howell said.

In July of 2010, he released a book that demonstrated this. "The Barefoot Book: 50 Great Reasons to Kick Off Your Shoes" outlined the negative effects of wearing shoes on the human body.

The book landed him a lot of media attention. The coverage began when the News & Advance ran an article on him and his book. Soon the news hit the Associated Press, and he was in the Washington Post. Next his name was on the Drudge report and Newsmax. 30, 2010. Howell found himself sitting...
Jingle Contest.

Said "My gal was always to be able to change The Representatives." They inspired me to sing in front of the radio." The music became as good as the radio," Edwards said. "My grab-downs led to change through the message of music.

This spring, Edwards has the opportunity to grow that goal.

Edwards, a 2009 graduate of Liberty University, is one of 10 semi-finalists for Folgers Jingle Contest. He will be posted on Folgers website April 25 when the voting poll closes. Whether or not Edwards moves on to the next round is determined by the amount of votes he gets and the judges’ decisions. If he is one of the first finalists, he will fly to New York to compete for a $25,000 prize and the chance to appear in a Folgers coffee commercial.

The competition has changed Edwards' perspective. "I used to practice and practice until my hands became a rubber band," Edwards said. "Now, I'm trying to build it into a brand." Edwards recorded the jingle that made him a finalist in 15 minutes during a recording session with the Christian group "I Am Raised Up". "It was crazy how everything went down, but when you're in the music mode anything's possible," Edwards said of the recording session.

"Through Edwards is mustered for his projected future, he refuses to lose perspective. "I know of today, takes pride in advocating the skills he learned as a graphic design major at Liberty University on Thursday, April 14. Most of the students are economics or business. "The group has been visiting colleges and high schools in Virginia with an exchange program based in Washington, DC. One of the group members, Club Yaros, is the vice dean of research at a Russian education delegation.

The delegation, comprised of five members, plus a facilitator, was chosen by the Open World Leadership Center. According to the Open World Leadership Center’s website, the center was founded in 1999 by Congress. The purpose of the center is to help emerging Eurasian leaders to network with other countries, including the United States. The center carefully selects the delegates, looking for educators who wish to exchange ideas with their American counterparts. Veronika Vysochkova, an associate professor of Modern History at Ural State University, said the education system in Russia is experiencing great reform.

Because the system is well established, Vysochkova said the American delegation has the opportunity to raise awareness about the education system in Russia.

"It was really interesting for us to see how a person can get a good education in such a democratic and free environment,“ Vysochkova said. "We want to learn these Russian education students to introduce international friendship and cooperation through this trip."

The Russian education delegates learn from Liberty

Allyssa Hinckle
abhinckle@liberty.edu

Half-empty cups of coffee sat on a paper-strewn conference table as educators from a group of the school’s specializations were in economics or business. "The purpose of the center is to help emerging Eurasian leaders to network with other countries, including the United States," Vysochkova said. "The American educational system is experiencing great reform."

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A story of despair: Shaken baby awareness

Child suffers alleged abuse by babysitter

TREY SMITH
tsmith@floridatoday.com

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April 19, 2011

NEWS

Child suffers alleged abuse

by babysitter

A story of despair: Shaken baby awareness

THAXTON 19, 2011

Juliana was in the ambulance with Juliana

and her granddaughter, Cline said. "She

is Juliana's guardian angel." Thaxton said. "I
couldn't care for Juliana without her.

She is Juliana's guardian angel." Cline said. "My
days are really hard," Cline said. "She is on

a strict schedule, and I am always

impressed though, and I am always imposed

by her strength." Thaxton said. "I

look at my daughter every day and I

know that I can do her. It's a struggle
evry day to keep all of the success operating.

One person, one precharger, changed the
direction of an entire generation.

The case against Juliana Thaxton was

Blue ribbons are worn during the

months of April in support of Baby

Child Abuse Prevention Month or

information about SBS and Stop

SBS Virginia to educate the

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One person, one precharge
Principals of Liberty. Glenna Hagan and Barbera Brown both support the policy of Principal Elsa Carmona. "Children's health is of the utmost importance," Carmona said. "We encourage healthy eating by providing snack options such as apples and water."

If the policy is proven to work, then it would have been the top argument for Carmona when parents and the media railed against her recent decision to ban the brown bag policy.

"They could have competitions like Liberty Christian Academy," said Brown. "We encourage healthy eating by providing snack options such as apples and water."

"What option do I have for my child if he doesn't like the lunch that I want to provide a healthy option?" said Hicks. "What about the cost — what if I can provide a cheaper lunch option than it costs to buy at the school?"

Hicks would have no option if she wanted her child to eat lunch and was a student at Little Village Academy under the food policy of Principal Elsa Carmona.

Hicks is confident that she could provide a better tasting, healthier lunch for less than the $2.25 it costs every parent at Little Village Academy. The idea of possibly having rich meals imposed on her family leaves her distraught.

The students' negative response has been so strong that many of them have chosen to bring their own lunches, eating the food provided.

"Through Chicago Public Schools CPS has improved the nutritional quality of its meals," Hicks said. "It also has seen a drop-off in health-related absences, more of whom say for food tastes bad."

The Chicago Tribune said that a lunch time out at the Chicago School.

**ROYALL IS AN opion writer.**

### Religion in prisons: more than meets the eye

**ANDREW GULA**

Going to prison to witness to the convicted can be a real challenge. When it comes to competing with mainstream society, it can be a real challenge for us to meet the needs of those we teach.

Because of this, there are organizations in states to formulated to help prisoners to reach out to those in need. We call them chaplains.

Chaplain Services at the Virginia Peninsula Correctional Center, a support network, provides opportunity for prisoners to share their life experiences, as well as for them to reach out to the quickly growing Muslim community.

Since the day was first of its kind, the result, as one would expect, been received under less favorable conditions.

But the question remains: why? The Chaplain Services at the Virginia Peninsula Correctional Center is a nonprofit organization that advocates for prisoners to make healthier food decisions.

We were blessed to have insurance that covered most of the cost of our treatment, but the cost can be hard for many Americans. Many uninsured Americans will until their cancer has progressed to a more progressed stage to seek treatment. After stages of cancer treatment require more intense treatment — treatments that are more expensive.

According to data from the American Cancer Society, approximately 28 percent of Americans aged 18 to 34 years and 10 percent of children had no health insurance coverage.

More than 10,000 children younger than 16 are diagnosed with cancer each year. These children will never have a dedicated family. According to the American Cancer Society, survivors of childhood cancer may experience treatment-related side effects, which include organ malfunction,secondary care and cognitive impairments.

I was recently invited to participate in a conference called "The Secrecy of Health and Human Services: The Affordable Care Act on the Front Line." Attendees from across the country were asked to phone in, as we will be the first graduating class to reap the benefits of the Act.

Under the Affordable Care Act, you can now add or keep your college graduating children on your health insurance policy until they turn 26 years old. The Act was passed in Congress, children at age 19 would be removed from their parent's health care plans unless they were full time students.

As a student at Virginia Commonwealth University, we are aware of the importance of health insurance. It is important that we cover our coverage, change lower premiums or return to care that provides medical care.

We know that writing about this may well lead to a meaningful conversation and the increased awareness of the issue. But, I would like to point out that it is not advocating the conclusion. Insurers can deny them coverage, change higher premiums or return to care that fulfills medical need.

*Note: This is a fictional response to the issue. It found it about how quickly the Christian community — a religion built upon love and forgiveness — takes on a moral identity in the eyes of Islam.*

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The Chicago Tribune said that a lunch time out at the Chicago School.

**ROYALL IS AN opinion writer.**
Philadelphia fails at sex-ed

City distributes condoms to minors

KATIE BELL
kbell@liberty.edu

What do 11-year-olds and condoms have in common? The average American adult would respond with, "Not much." The Philadelphia Department of Public Health begs to differ. The organization launched a campaign this week that will mail condoms directly to the doorsteps of 11- to 19-year-olds in Philadelphia, according to TakeControlPhilly.org.

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to building.
three minutes away from the Llapi-
different events, including the Cilenn
museums, monuments and dif­
rest of the night”.
there was ever a night where after I
escorted from buildings and
thrown off airplanes, said,
odd, sometimes they are
Pyburn said that the apartments
Beck and John Stewart rallies. He
I’yburn was able to go to the city’s
I can to move back,” I’yburn said.
I get treated like a crimi­
ial,” Howell, who has been
reality and not only are they
mer, 2010-11.
Still, the odd looks are a

PYBURN said that the apartments
although the location was good,
Along with the other intern.s,
"Barefoot Running," "Bare-
loot Running Step by Step"
books, “Born to Run,” “The
Climbing Foundation”’s blog.

"When I first got to Washington
Pyburn worked five full days a
week as a domestic policy intern for
the Heritage Foundation. While
the Heritage Foundation’s Center
for Health Policy Analysis. While
there, he analyzed studies on,
and also wrote for the Her­
tage Foundation blog.
“When I first got to Washing­
DC, it was a shock because they
expected us to be able to (know)
things. They didn’t ask if you knew
it, you just did it,” Pyburn said. “You
had to learn or you’d be way behind
the three months there than I
at Liberty
classes again for his final semester
adjusted to life in Washington D.C.,
had to learn or you’d be way behind
the three months there than I


”I thought I learned more work­
ing the three months there than I
learned the three years here because
it’s just so fast and pushed right on
until it, you just did it,” Pyburn said. “You
had to learn or you’d be way behind
the three months there than I
at Liberty
classes again for his final semester
adjusted to life in Washington D.C.,


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LIBERTY UNIVERSITY
Liberty Baptist Theological
Seminary & Graduate School
Student veterans honor local comrades

PAUL ADAMS

began his journey in the military for the sake of his family.

One of the honored guests was Frank

who served in the Marine Corps in Vietnam.

He is now the associate pastor for All Nations

Community Church in downtown Lynchburg.

After recovering at Walter Reed Army Medical

Center, Coleman was made a drill instructor.

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**Students start grassroots campaign**

**HARLEY SELKOP**

Located in downtown Lynchburg, the Institute for Higher Educationfocuses on addressing the problems students face in paying for college. 

Robert Rencher, economics professor and managing editor of the Forbes blog The Student Debt clock, believes that students are in a financial crisis. He argues that the current system of college financing is broken and that students are being burdened with debt they will struggle to repay. Rencher believes that the government and the private sector need to work together to find a solution to this problem. 

He also believes that the current system of student loans is not sustainable and that colleges need to find alternative ways to finance their operations. 

Rencher emphasizes the importance of understanding the financial challenges that students face and supporting them through alternative financing options. He stresses the need for reforms in the current system to ensure that students can access higher education without incurring unbearable debt. 

**Robert Rencher**

Managing editor of The Student Debt clock
Paintball succeeds at nationals

KELLY MARVEL
kmarvel@liberty.edu

Most sports involve throwing balls, swinging bats or kicking a ball across the field. But the athletes on Liberty University's paintball teams are not into any of the conventional methods of athletics. These athletes live for slinging paint and plotting strategy to score the coveted point.

Liberty paintball teams are divided into two sections, Class-A and Class-AA. Both competed in the national competition April 15-17 in Lakeland, Fla. The Class-A team finished in fourth place, finishing behind the University of Connecticut, Cal State-Long Beach and the University of Tennessee.

"Our Class A guys place so well and truly represent Liberty and Christ the best way they could," Hoglund said. "They left their heads up and shared God's love with all those around."

The Class-AA teams finished 40th and 44th out of 53 teams. Both teams practice and compete all year in preparation for the national competition. The teams practice together two times a week and worked especially hard in the weeks leading up to nationals.

"We seriously just grind it out every practice with long practices," sophomore Class-A player Nick Tosi said. "We do a lot of drills and team building. We look at the layout and study it." Class-A captain Brian Defrancisco said that the teams work on strategy, game plans, individual skills and team skills, as well as scout- ing other teams during the Sunday practice. "Tuesday's practice is very conditioning based to allow the most agility possible. Having the teams practice together is something that head coach Todd Hoglund and his coaching staff put together to strengthen camaraderie between the teams. The athletes enjoy the collaboration because of the support."

"Normally when you play paintball, there's comradery and arrogance," junior Class-AA player Jacob Gugino said. "But with Liberty the players are really strong but when you play them and they destroy you, that's what you feel. You could work on this, you could work on that. You could do this better. 'Class-A' doesn't think of themselves as better than 'Class-AA,' it's a very unified team."

With two teams and players on all different levels, Liberty is able to attract a myriad of lasting relationships between the athletes and coaches.

"I have good guys around me. They are some of my best friends and I wouldn't trust anyone else. They told me, 'You don't need all these bonds with these guys, and even going out to eat or hanging out at each other's house, those are the best moments. I would even trade a first place at nationals to keep these guys as friends.'"

See PAINTBALL on B3

Flames baseball sweep weekend series

KATHERINE LACAZE
klacaze@liberty.edu

The Presbyterian College Blue Hose came out ready to fight for a win, but the Liberty Flames baseball team matched the opposing team's intensity but fell in the first game to grind out a 6-5 win during its three-game series on April 15 and 17.

The series opener took place on Friday night, and a large crowd gathered at Watson Stadium to watch the Flames come from behind in the seventh inning, and present a strong defense that minimized the game after the top of the ninth.

"Coach told us at the beginning of the game that these guys are going to work, and they're going to play," Tyler Bean, the Flames third baseman and team captain said. "We got off to a 3-0 lead in the beginning of the game, but we didn't do a good job putting them away. They hung around and they eventually took the lead. We didn't really come true. They hung around and if you let them around, there's eventually come back and bite you."

"Our cleanup hitter Jeff Jefferson said that it was a tough game, as Presbyterian has proven to be a fighting team and gives it their best effort during every game, no matter what the score in Jefferson said that the Flames had to stay positive."

"This was a tough game," Jefferson said. "We just tried to hang in there, keep on for each other and with every play, every at bat, we try to do something." Both teams get their runs early in the game and then, after a lull of uneventful innings, the seventh came around with his hit for both teams. Presbyterian got the lead in the top but the Flames managed their strong performance in the bottom half and scored the three runs they needed to reclaim the lead.

"The last couple games we've been coming back late, so we guys have really been battle a lot," said Head Coach Jim Toman. "It was very difficult to be done this, but the guys have been responding and they know that we can come back late."

See BASEBALL on B4

BUDDY SYSTEM — Two is better than one. Two guns firing paint is especially better than one. Members from the Liberty paintball team place an emphasis on teamwork.
Men’s lacrosse takes tough loss

A hard fought game reflects a season-long characteristic

GABRIEL FOWLER

For a team ineligible for the playoffs, the Flames men’s Lacrosse team competed against the defending SELC champions, the Florida University Phoenix, Friday night like champions.

“I think that we are ready for our game,” head coach Kyle McQuil- lans, the Flames men’s Lacrosse coach said. “As a coach you will soon find out that there is something more you can do as a parent, but the team has worked very hard this season and should be very proud of everything they have accomplished.”

With a record of 4-3 the Flames led for six and the season above .500.

“I feel like we have seen a very clear message this season that Lib­erty University Lacrosse is a real com­petitor and we hope to rein­force this message this season that Liberty University Lacrosse is a real com­petitor,” McQuillan said. “As a coach you will always think that there is something more you can do as a parent, but the team has worked very hard this season and should be very proud of everything they have accomplished.”

The Flames needed to do something to get their heads in the game. However, with only one week left in the season, they looked like they were going to win easy with it.

The Flames had their chances. But the game Mike Magloire showed pure talent with his quick thinking. Blocking four shots in a row at one.

Down 5-3 at the end of the third quarter, superintendent, Michael Stop­pen finished the breakaway, and just 30 seconds later the game up with 1.5 minutes to play.

With the score 11-1 at the end of the game, the Flames needed to do something to get their heads in the game. However, with only one week left in the season, they looked like they were going to win easy with it.

The time and money poured into increas­ing the performance of both car and driver has paid off for Liberty Autocross. Wampler and the Liberty Autocross team have been competing in Arkansas at the end of April and in Delaware on June 4 and hopes to compete in Las Vegas in August at a full week of na­tional competition.

MEASURING UP — The men’s lacrosse team posted a .500 record on the year, finishing 4-4 overall.

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Even though winning is a huge goal for liberty paintball, bringing out the will of God and spreading the word is important to the program.

"Paintball is such a lost sport, as far as Christianity goes," Davison said. "Everyone goes there to party. They play paintball and go home and get drunk and that's what it's all about. So we want to show an example for Christ to show them what it's all about."

Being able to spread the love of God through playing paintball, as well as promoting Liberty is something that the team loves to do. Having a more important reason to play besides winning keeps the team motivated.

"I told my guys just to let their light shine," Hoglund said. "And if that light is in our fantastic paintball ability then we'll take that time, and people wonder where the little Christian school from Virginia came from. Liberty's paintball team will be beginning competition next semester with a complete schedule throughout the fall and spring semester. All paintball events can be found on the Club Sports website, as well as on Facebook.

MARVEL is the sports editor.

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HiIlcats host Liberty night

DERICK BATTLE
derbattle@liberty.edu

On a pleasant April evening the Lynchburg Hillcats hosted the Myrtle Beach Pelicans. The Hillcats lost a tough game to the Pelicans 7-3, dropping their record to 1-5 on the season.

Despite the loss, it was a special night for the Hillcats. Not only was it their season home opener, but they also hosted their an­
nual Liberty Night. Liberty University stu­
dents had an opportunity to enjoy a free game and the fireworks afterwards.

With a perfect evening to play and watch baseball, there was a positive buzz in the at­
mosphere. As a single-A affiliate with Atlanta the Hillcats got the fans and supporters of the team a first look at the talent under the Braves organization.

The Hillcats have been in association with Liberty since the 1980’s, mainly due to the Falwell family. “We have been in association with Liberty since the 1980’s, mainly due to the Falwell’s,” Walker Johnson, Manager of the Hillcats said.

Moreover, the students have had a positive response to the Hillcats effort to include the community. As the game began, an abundance of Liberty students took advantage of seeing a free game.

Students come to this event because it is another great way to go off campus, to relax, and have a good time,“ Amanda Jacobson of Williamsburg, Va., said.

Manager of the Hillcats said, ‘We are trying to reach out to local colleges and have a good time,” Amanda Jacobson of Williamsburg, Va., said.

‘We come to Liberty Night to see the fu­
ture baseball players of tomorrow,” Jake Ha­
well said. "We have been in association with Liberty University student said.

Above all most of the student came to get away from the current stresses of school.

“After the first (game) is over, you’ve got about 30 minutes to regroup before you go play another one. Toman said, “If it’s a long day, but we have to do it.”

The Flames took both Sunday games, 7-1 and 5-2, respectively. Designated hitter Justin Richardson hit a career high two home runs in game one.

The weekend series against Presby­
torian puts the Flames record at 20-16 for the season and 10-5 in the Big South Conference. The team will next travel to Williamsburg, Va., to face the College of William and Mary at 7 p.m. on April 19.

LACAZE is a sports writer.

PLAYOFF RUN — The Flames are looking to post consecutive 40-win seasons and earn an NCAA playoff berth at the end of May.
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Support LU SHRM at Jersey Mikes
Liberty University's Society for Human Resource Management will be having a fundraiser at Jersey Mikes Subs as 10 percent of all orders will be donated to SHRM that day. Jersey Mikes Subs is open from 10 a.m. to 9 p.m. No coupon or flyer is needed.

Support LU SHRM at Jersey Mikes Subs
Liberty University's Society for Human Resource Management will host a fundraiser at Jersey Mikes Subs on April 19. A donation of 10% of all orders will be made to LU SHRM. Jersey Mikes Subs is open from 10 a.m. to 9 p.m. No coupon or flyer is needed.

Free Coffee and Donuts
Commuter students are invited to come enjoy free coffee and donuts courtesy of the Commuter Affairs Office. There will be two locations — one near Toloma indoor track and the other near the Career Center in DeMoss. Each location will be open from 8:30 a.m. to 10:30 a.m.

Free Coffee and Donuts
Commuter Affairs is giving away free coffee and donuts April 19 and 21. Commuter students are invited to enjoy free coffee and donuts courtesy of the Commuter Affairs Office. There will be two locations — one near Toloma indoor track and the other near the Career Center in DeMoss. Each location will be open from 8:30 a.m. to 10:30 a.m.

Summer Job Fair
The Career Center is having a summer job fair for students looking to find full-time or part-time jobs or internship opportunities in a variety of fields, including counseling, graphic design, ministry, and law enforcement. The fair will be held at the back hallway of DeMoss from 11 a.m. to 3 p.m. For more information, contact the Career Center at careers@liberty.edu.

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Open Mic Night
Student Activities' open mic night of the year will be held at the Snowflex at 9 p.m. This is a free event. For more information contact Student Activities at 434-592-3061 or studentactivities@liberty.edu.

Open Mic Night
Student Activities' last open mic night of the year will be held at the Snowflex at 9 p.m. This is a free event. For more information contact Student Activities at 434-592-3061 or studentactivities@liberty.edu.

Battle of the Bands
Student Activities will be hosting a Battle of the Bands where students will be able to vote on their favorite out of five bands. The bands will perform both original and cover songs in the Tilley Student Center beginning at 8 p.m. For more information, contact Student Activities at 434-592-3061 or studentactivities@liberty.edu.

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Easter Egg Hunt
Amazement Square is hosting their annual Easter Egg Hunt for local families. The hunt will be held all over the museum for ages 5 and up, and a special hunt will be held for children ages 4 and younger. For more information, visit their website at amazementsquare.com.

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CPR/First Aid Training
Registration is open for the upcoming CPR training classes on April 26. Participants have a choice of two class times to choose from — 8:30 a.m. to 11:30 a.m. or 3 p.m. to 6 p.m. and will receive a two-year certification card in CPR and first aid. For more information or to register email cpce@liberty.edu.

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Percussion Ensemble
The percussion ensemble will perform under the direction of Kevin Super at 7 p.m. in Performing Arts 134.

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Ongoing
The Salvation Army is continually seeking volunteers in such programs as Noah's Ark Day Care, the soup kitchen and property maintenance. The Salvation Army is located at 2215 Park Ave., Lynchburg. For more information, call 434-855-5939 or visit us.salvationarmy.org.

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ALD honors future alumni

SHELANNE JENNINGS sjennings@ liberty.edu

Piano melodies filled the air as students chatted around a chocolate fountain. Students dressed in suits and dresses looked around at their peers, friends, and parents who had come to see them in a night to remember.

Liberty University's DeMoss Grand Lobby was filled Saturday, April 16, for an event commemorating the work of dedicated Alpha Lambda Delta (ALD) Honors Society students who will be graduating in a few weeks. “This is our largest graduating group,” ALD Administrative Advisor Bessie Grayson said. “This class, which was initiated their sophomore year, celebrates their academic success.”

The ALD Honors Society recognizes the academic achievements of students who attain a 3.3 GPA, in their freshman year at Liberty and maintain it through the rest of their college career. According to the Liberty University's ALD website, the ALD society's goal is to encourage superior academic achievement among students in their first year in institutions of higher education, and to promote intelligence and a continued high standard of living. The group's purpose is to assist new students in their academic and personal growth.

The group has also created a scholarship for students in their first year who have the highest GPA maintained a high GPA and completed the application to be nominated for the award. These students will then compete at the national level for an additional ALD scholarship.

Although the ALD Honors Society is a national organization, the Liberty chapter has been in place at Liberty since 1985, according to Grayson, encouraging students in their academic success. The honorary evening was to congratulate students on the completion of their studies and to applaud them for their hard work. “It’s been a wonderful evening,” psychology professor and ALD advisor Dr. Marilyn Gademks said. “It’s nice to see beauty around us and beauty in the people we are here tonight.”

The evening began with an opening prayer from chapter president Andre Craig who reminded students that “no matter what happens the Lord will be with you wherever you go.” After a three course meal catered by Sodexo Catering Services, students were addressed by guest speaker Dr. Brenda Ayres, professor and assistant director for the Department of English and Modern Languages. “This is your time to be honored,” Ayres said as she spoke directly to the graduating class. “You have arrived at superior academic achievement.” Although she acknowledged that this was accomplished by the graduating group, Ayres also reminded them of the goals Jesus first conquered by Jesus who devised the plan for what happens, the Lord will be with us and beauty in the people as we advise and support them.

Gademks then awarded ALD members Jessica Young and Raleigh Rank with the Jo Anne J. Dow Award, a scholarship award for students who have contributed greatly to their ALD chapter. The award was given for the group’s achievements.

“I’m very excited,” junior Jessica Young said. “I think it would be great for Liberty to be recognized at the National level and to receive a scholarship it would be great.” The Marie Lentsen Senior Book Award, which is given to the student who has the highest GPA in the graduating class was awarded to one recipient. As stated by the National ALD, any tie results in the donation of a book to the institution’s library.

The recipients were chosen by the book “Life’s The Classic Collector” which will be placed in Liberty’s A. Pierre Guillerman Library with the honored recipients names printed inside the front cover.

“I feel really honored,” recipient Emily Boyter said. “I’m really sorry to get to the end of the four years, and have all the hard work come to something.”

Although the night’s events focused on individual success, the members were quick to discuss the community service the group does through fundraising and outreach. “Just last night we had an event at the Jubilee Center in Lynchburg,” sophomore Emily Bass said. “We usually go and have a little party with the children there and share God’s love with them.”

Grayson then noted that a little girl gave her life to Christ last night as a result of their event. “We’ve had a really good time serving the community,” Bass said.

The group also handed Thanksgiving baskets and 100 stuffed animals to the children going through treatment at the Virginia Baptist Hospital Children’s Ward.

To find out more about the ALD Honors Society, visit the search bar "Alpha Lambda Delta" in the search bar at Liberty.edu or follow the links through Liberty’s CASM page.

• JENNINGS is a feature writer.
Feature

Father’s Table offers fresh food in Forest

SHELANNE JENNINGS
sjennings@liberty.edu

The aroma of fresh baked goods greeted customers as they ordered their food and settled comfortably on the black cafe chairs. “This is our first time here,” freshman Emily Burke said, who ventured to the bakery with her roommate for some quiet time away from Liberty University’s campus. “I haven’t even gotten my food yet, and I already like it.”

Woven coffee bags from Costa Rica and Columbia decorated the walls while large cases exhibited rows of pastries, donut holes and frosted cakes. To the right is a coffee bar to which customers returned to warm their cups of brew.

“This is a really friendly atmosphere,” freshman Andrea Prater said. “It would be a really great place to study.”

Father’s Table Catering, Bakery and Cafe, located only 10 minutes from Liberty’s campus, offers a comfortable environment with quality products.

“We have European type pastries and made-from-scratch donuts,” Father’s Table owner and Chef Ken Reed said. “Actually, most of our products are made from scratch, which is not often done in large scale bakeries. That is pretty unique in today’s day and age.”

Founded near New York City, the cafe has won many awards and has been mentioned in publications such as The New York Times. To the right is a coffee bar to which customers returned to warm their cups of brew.

In addition to a wide range of baked goods, Reed features many lunch and dinner options including soups, sandwiches and salads which are topped with Reed’s own “My Dad’s Dressings.”

“My Dad’s Dressing was born in New York between 10 and 12 years ago, when I was catering for Greek occasions,” Reed said. “I couldn’t find a suitable dressing that compared to authentic Greek dressings. We started squeezing the lemons and grating the cheese, and that’s how we came up with our Garlic Parmesan dressing.”

Reed’s “My Dad’s Dressings” has become a successful business venture, in itself, now sold in Whole Foods Markets, a national chain that caters to organic health food shoppers.

Although Father’s Table cafe has only opened its doors a few months ago, it has seen several visitors from Liberty. After releasing a promotional notice on Liberty’s website, student customers have slowly gained momentum.

“We see a couple Liberty students each day,” Reed said. “We would love for Liberty students to get more involved.”

Reed considers himself a part of the “Liberty Family,” with one daughter working for Liberty and another attending as a student. “We’ve just honored the Lord in our going and he has honored us over and above our expectations,” Reed said. “I would love to draw more Liberty students here.”

Reed has created an offer specifically for Liberty students that will be available until the end of spring semester. Students who show their Liberty ID will receive a complimentary coffee with any purchase of any price until May 31.

“We would just like to give Liberty back a little of what they have blessed us with,” Reed said.

Father’s Table is located at 18396 Forest Rd. in Forest. Contact Father’s Table at their website, fatherstablecatering.com, Facebook page or call 434-316-7232.

Jennings is a feature writer.