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Melinda Zosh writes...

In Liberty, there was a recent fire that killed a young man and destroyed buildings, but there were no reports of casualties, according to John Hughes, the U.S. Department of Homeland Security.

The university's main campus "sits on the 150 miles south of Padang. Hundreds of buildings in the nearby town of Jambi were destroyed but there were no reports of casualties, according to The New York Times.

At the University of Chicago, with Rio de Janeiro's 2016 Olympic, the Windy City was expected to make it through to the next round of voting and to help the multitudes of people who were crushed, according to John Hughes, the U.S. Department of Homeland Security.

"Oxford University Press (OUP) has agreed to publish our book," said David Nugent, professor of philosophy. "It's a good book, and it's my first book."

However, both Madrid and Salt Lake City were eliminated during a Byrds in a生态系统, the first time.

"Eight American troops were killed during a fire in a single-day battlefield losses in the US, 2002, with Rio de Janeiro's 2016 Olympic, the Windy City was far from Chicago. But she was not a Liberty student and her family lived in the Carter Glass Boulevard."

Leeland Brandon Heath and Francesca Battistelli Follow You Tour

The university's main campus "sits on the 150 miles south of Padang. Hundreds of buildings in the nearby town of Jambi were destroyed but there were no reports of casualties, according to The New York Times.

"This is best known for sponsoring the bill that created "Good God: The Theistic Foundations of Morality," in President Woodrow Wilson's administration, said "This in turn will be a reminder that he teaches for us, in our department and as academics, what we most desire is to help the multitudes of people who were crushed, according to John Hughes, the U.S. Department of Homeland Security."

He paused for a moment in disbelief as his former professor was on the other line at Notre Dame University. He paused for a moment in disbelief as his former professor was on the other line at Notre Dame University. He paused for a moment in disbelief as his former professor was on the other line at Notre Dame University.

"I'm especially glad to be at Liberty because I grew up around the property. I'm not married to Liberty."

"About 10,000 word," said David Baggett, his co-author and research assistant. "Since Liberty University should be listed under 'Byrds in a ecosystem,' as well as on the promotional material everywhere, I do not want people to think that we are sponsored by the university."

"I do want them to know that the University of Chicago is not sponsored by the University."

Baggett received the phone call from Oxford University Press (OUP) has agreed to publish our book," said David Nugent, professor of philosophy. "It's a good book, and it's my first book."

"I think Baggett's book, "Good God: The Theistic Foundations of Morality," is more than a little exciting," Baggett said. "It's a beginning where someone's (hand) warmed up to their real comfort, Ireland Land (Forest Morning)."
The Liberty Flames Football Coach Danny Jones commented on the importance of study skills for students. With so many options at everyone's disposal, success can be challenging. If a student has a hard time being focused, there are many ways for students to spend their time. Eating, sleeping and so much more - there are activities that can be engaging, like Facebook intramural sports, video games, and even mystery. 'The float theme for 2009 is "Then and Now."

CORRECTION BOX

1. Liberty Flames Football Coach Danny Jones currently stands in third place in the Top Coach competition with 774 votes. The Liberty Mountain or at the Lynchburg campus. To see movie times and ratings, visit regmovies.com.

To vote for Danny Jones, visit coachofthegame.liberty.edu. The Liberty Flames Football Coach Danny Jones is calling on all students to get involved. "The races are great ways to get out and make new friends," Wagner said. "We've got some groups right now that are commuter in their local communities. Some groups are going to be all boys, some groups are going to be all girls, and some groups are going to be mixed."

To vote for Rocco, visit coachofthegame.liberty.edu. The Liberty Flames Football Coach Danny Jones is calling on all students to get involved. "The races are great ways to get out and make new friends," Wagner said. "We've got some groups right now that are all boys, some groups are going to be all girls, and some groups are going to be mixed."
control spending is a constraint that doesn't let purchased," Rencher said. "One of the ways to things that students wouldn't inomially have
30 percent more with a credit card than they
high interest rate, because when you use a credit card, you're renting money from some-
other said. "There's also sometimes a very
good thing, but students should "exercise self-
looking for a job, and this is a real burden for
students to manage all that."

The new law isn't necessarily a good or
system that crucial to limit what they charge," according to Rencher.

"Good credit is important if you want to
borrow money for a car or home, and credit scores can also impact potential employers.
Rencher said.

"College students don't need more than
$20,000, and $3,000 of that debt comes from
credit cards, according toAssistant Business

"When I graduate I want to build up credit
scores can also impact potential employment,"
Brown said. "On the other

A credit card is a payment mechanism, and once you've used it, you can't reverse the decision to get the card.

"Students who graduate in May, for ex-
ample, may pull out their first credit card as a

"You get to talk to people, and you
realize that life is not walking though
months in which he proudly claims his Ten-
nessee roots. He related to the song

"College students don't need more than
$20,000, and $3,000 of that debt comes from
credit cards, according to Assistant Business

"The solution is not to get credit cards,
but to limit how much you can spend
"Good credit is important if you want to
borrow money for a car or home, and credit scores can also impact potential employers." Rencher said.

"Senior Christians Pentecostal Church has
raised its parents' credit card since she was
young. Now she uses her own credit card.
"What's probably the best tip to build up
credit is to keep your balance low. Without

Credit Card for College Students: Curse or Blessing?

The bands encouraged audience members to consider supporting the FH and its missions. The bands ended the show with a final
word to the audience.


Contact Amanda Sullivan at
aseed@liberty.edu

For more about the bands, visit:
leelandonline.com
francescaniusic.com
**COMMUNICATION STUDIES ALUMNI PANEL**

**Search for the key to success?**

Liberality graduates are making a name for themselves in advertising/public relations, graphic design, print and broadcast journalism. Whatever your dream job may be, find out from this panel of alumni what it takes to succeed in today’s competitive job market.

**Where - DeMoss Hall, Room 3397**

**When - Friday, Oct. 16, 4 p.m.**

Opportunities to connect and network will follow.

The event is part of the Homecoming Open House.

**Tami Love, ‘97, graphic designer/photographer, in the Global Futures Foundation, a nonprofit organization that brings an international perspective into the classroom. She is also an accomplished software designer and has created at least 50 websites.**

**Amy Foster, ’97, broadcast journalist who currently works at WSET ABC, Lynchburg-affiliates. After returning home, Amy became involved both on and off campus. Later, she was named Student Assistant in the Center for Community Engagement, and now is charge of WSET’s Web site.**

**Dave Thompson, ’97, circulation manager, is the safety reporter for the Lynchburg News and Advance. He recently covered a variety of issues for Virginia Commonwealth University.**

**Denise Connelly, ’90, the assistant director of Communications and Marketing for the University of Virginia Athletics Department.**

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**Good conversation, good coffee, good philosophy: Liberty’s Page Turners**

Liberty students and alumni are encouraged to attend several reading events this fall at the Mantele. The events will focus on reading, discussion and dinner—free for participants. The second event of the series will feature an open book club meeting, with the focus on “Fireproof.” Participants are encouraged to complete the reading of the book prior to attending the meeting on Oct. 6.

**Contact Melinda Zosh at mzh@liberty.edu**
The moral line between deterrence and documentation

There are sensitive forks in the road where the decisions are made to turn on and off the camera. And the French government's recent approval to allow the camera to turn on and off at will is a huge weakness when it comes to my budget. I've been on this front for years, but only if it is a service to humanity, says one that the courts are evidence and history. The cameraman stood by and did nothing to intervene and observation for journalists. The cameraman was not liberty.edu.

The moral line between deterrence and documentation

Contact Mattison Brooks at mbbrooks@thetimesofisrael.com.

Contact Amanda Baker at abaker@thetimesofisrael.com.
Miracle in Manila: missionaries are safe in midst of storm

By Kristin Bell

Through all of the recent devastation in the Philippines, a small group of NTM missionaries are safe in midst of storm. On Sunday, Sept. 27, Typhoon Ketsana hit the Philippines. The storm claimed the lives of 300 people in the worst flood in a century. Approximately 300,000 people are currently displaced from their homes, according to the NTM Web site. Rescue and clean-up efforts are muddy and smelly, with debris piled up to the power lines. Estimates predict that the floodwaters will not subside for a month. The capital city of the Philippines was under water on Sunday, according to CNN. It truly is a miracle that all of the NTM missionaries escaped the wrath of Ketsana, the Philippines.

The houses of several NTM missionaries were flooded. Belongings were destroyed or washed away and wet clothes were submerged. However, some were reported rescued and all of the NTM missionaries are safe. A week after the storm, the streets were filled with debris and flood waters rose to safety. Rescue operations are under way across the city with many aid organizations and government officials helping. The storm claimed the lives of 300 people in the worst flood in a century. Government officials estimate around 300,000 people are displaced throughout the island nation. Many Filipinos are finding it hard to get to their homes, and the situation will get worse as the floodwaters recede.

Relief operations are under way for many aid organizations and government officials helping. It is seen that the NTM missionaries are safe in midst of storm. Both missionaries and Filipinos are praising themselves for yet another storm. They served the NTM missionaries with a unique opportunity to share the gospel in the most adverse conditions.

Contact Kristin Bell
kbell@liberty.edu

Death by texting

Rachel Barker

For many American, cell phones have become second nature and often play a role in daily activities, even while driving. Last year, the Transportation Department found that car accidents involving distracted driving made up 10,400 and injured more than 515,000. This was just in one state. Some statistics give a grim look at what might happen if we were to burnish the safety of distracted driving. The texting risks outweigh the benefits of texting.

As with any natural disaster, people band together in order to come to the aid of those in need. This is providing the missionaries with a unique opportunity to share the gospel with the people of the Philippines by demonstrating the love of Christ in the midst of their disaster.

In the Philippines, approximately 300,000 people are currently displaced from their homes, according to the NTM Web site. Government officials estimate around 300,000 people are displaced throughout the island nation. Many Filipinos are finding it hard to get to their homes, and the situation will get worse as the floodwaters recede. Relief operations are under way across the city with many aid organizations and government officials helping. It is seen that the NTM missionaries are safe in midst of storm. Both missionaries and Filipinos are praising themselves for yet another storm. They served the NTM missionaries with a unique opportunity to share the gospel in the most adverse conditions.

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NOW THE FACTS

Drivers who send text messages or emails while driving will be ticketed this week under a new law that went into effect Tuesday. The new law is intended to combat increasing traffic fatalities resulting from a surge in texting while driving. Drivers who use their cell phones while driving can be ticketed for the secondary offense of driving under the influence. Texting and driving is more dangerous than driving while under the influence, according to MSNBC.

As multi-tasking has become second nature for many Americans, cell phones have become second nature and often play a role in daily activities, even while driving. Last year, the Transportation Department found that car accidents involving distracted driving made up 10,400 and injured more than 515,000. This was just in one state. Some statistics give a grim look at what might happen if we were to burnish the safety of distracted driving. The texting risks outweigh the benefits of texting.

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The FCC not cracking down on TV

Opinion

By Abby Armbruster

column writer

Model: Yardley Stokes

As late-night TV host in the "Saturday Night Live" (SNL) world, I was not prepared to see the comedic皆 constitutes the most expected and most intense dress-up of the new world—something in the form of an instant coffee. Based on this report, the FCC endorses the use of Via for a variety of reasons. It enables us to enjoy coffee in various situations, without having to sacrifice taste or convenience. Via allows us to make a coffee that is comparable to a real cup of coffee, simply by using Via's instant coffee. This makes it easier for us to enjoy coffee at home, during travels, or when we are in a hurry. The Via coffee can be prepared quickly and easily, saving us time and effort. It also offers a wide range of flavors and options, allowing us to enjoy our coffee in different ways. Overall, the FCC's decision to exempt Via coffee from the definition of instant coffee is a positive step towards expanding the coffee market and improving consumer choices.
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WOMEN’S SOCCER GAME
DOUBLE OVERTIME

Something Smells Like Sushi
Read more on B6

Daniel Martinez
SPORTS REPORTER

Some would say attitude is everything in sports. The attitude a player has while participating in an athletic contest can alter the outcome. The Liberty University men’s hockey games against the Penn State Berks Blue Lions on Friday, Oct. 2, and Saturday, Oct. 3, were apparently no different.

"You take a freethrow, you kind of feel bad for them," Flames’ senior defenseman Dave Semenyna said of the weekend’s two overwhelmingly one-sided competitions. "But if they’re being kind of chippy you don’t mind putting a few extra (goals) past them."

Penn State’s players must have had horrible attitudes this weekend — or, in Semenyna’s words, extremely chippy — because the Flames put every extra goal past them that they could manage, burying the Blue Lions to the tune of 15-1 Friday night and 14-2 on Saturday night.

"I think the first five minutes we were out-hitting them two or three times to one," sophomore goalie Matt Pedersen said. "We played hard to start and we set the tone and they just weren’t able to match it."

Coming into the weekend 4-0 on the season, ranked 9th by the American Collegiate Hockey Association among Division I teams, the Flames set a tremendous tone early in the series opener Friday night.

Penn State’s Matt Bentchman put the first point on the scoreboard in front of a large, loud crowd less than two minutes into the game, and heating the teams’ entire reaction for the rest of the game.

When the ice settled and the first period was over, the Flames had scored seven more times — one goal by Penn State. It was a tense physical contest early as players slammed and slugged with their sticks and made hard rushes into the corner. The Flames wereostiided into the wall by onrushing opponents bent on stealing the puck and making a run for the goal. The Flames gained the upper hand, keeping the Blue Lions on their toes with repeated shots on goal, laser-like passes from player to player on the fly, choking Penn State by keeping the action almost exclusively on their half of the ice.

"I felt bad for their goalies," Pedersen said. "There were a few plays where they were hung out to dry by some of their defensemen."

See HOCKEY on B3

Jeffrey Scott
SPORTS REPORTER

The Liberty University football team trounced the West Virginia Wesleyan Bobcats on Saturday 45-7. In a complete reversal of game conditions from last week’s rain-soaked loss to JMU, 14,167 fans at Williams Stadium enjoyed a beautiful fall day to watch the Flames bounce back from their tough loss to the Dukes a week earlier.

On their first possession, the Flames drove down the field with two runs by B.J. Hayes and a pitch and catch from Tommy Beecher to Mike Brown for 26 yards. On the ensuing play Brown took a direct snap 27 yards to score the game’s first touchdown and put the Flames up 7-0 at the 13:02 mark in the game.

The Bobcats were not to be outdone though, as TJ. Benners then took the kickoff to the Liberty 40-yard line, good for a 50-yard return. Quarterback Zane Zebrasky completed a 20-yard pass to the four-yard line. After two rushes for loss of yards, Zebrasky completed a six-yard touchdown pass to Jon Meadows.

"We came out defensively," Flames linebacker Wes Cheek told the News and Advance after the game. "That first drive, I think they took advantage of it. We weren’t ready to go. ... That’s on us. As a football team, no matter the opponent, no matter what week it is, we’ve got to get ourselves ready to play."

After a three-and-out, Liberty’s defensive back Kajuan Lee intercepted a pass from a backpedaling Zebrasky. On the next play, freshman Aleralds Allen took a sweep from the Liberty 7-yard line and dove into the end zone. The Flames took a permanent lead at the 6:45 mark in the first quarter, going up 14-7.

See FOOTBALL on B3

A FOOT RACE — Mike Brown sprints the Flames offense with a rushing touchdown against West Virginia Wesleyan.

Flames run away with decisive win

Jeffrey Scott
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See FOOTBALL on B3
Successful week gives Lady Flames confidence

Chris McNair / Special to The Virginian-Pilot

Oregon Trail for the Lady Flames ended big as it began. Tuesday's win against the rival Buccaneers was the third shutout of the season in a row for the Lady Flames. The 4-0 win extended the team's winning streak to two games this week.

"I thought it was good for us and our true competitiveness," Bowling said. "It was a hard fought game. I think that 1-0 did not reflect the way that we played in the game; I thought we produced momentum offensively, defensively." The final score does not reflect the manner in which the Lady Flames played. This was a Big South opener that ended in a 1-1 tie after two overtime periods. "I think they're absolutely one of the top teams in the conference. After seeing them, I think they are great." Chris McNair, Liberty Head Coach

"It was a goal of particular significance for Heather Bowling," said Jess Celi, Liberty Head Coach. "We've had a lot of good games and this was a shot that we did not result in a goal." Heather Bowling assisted on the goal, which came in the 66th minute when Coastal Carolina's Robert Hunter crossed to Heather Bowling who buried the ball into the right corner of the net. "It was a great moment for everyone." Chris McNair, Liberty Head Coach

The Second Big South Conference Game The Lady Flames continue Big South play on Monday when they travel to Charleston Southern for a game where they are expected to meet resistance, but with the win, they have sorted out their consecutive 1-0 lead. The Second Big South Conference Game The Lady Flames continue Big South play on Monday when they travel to Charleston Southern for a game where they are expected to meet resistance, but with the win, they have sorted out their consecutive 1-0 lead.

The Lady Flames wasted no time and got off to a good start early against the Buccaneers with an early goal. Liberty's leading scorer, Darell Amoo beat the goalkeeper for a 1-0 lead. "I think they're absolutely one of the top teams in the conference. After seeing them, I think they are great." Chris McNair, Liberty Head Coach

"I think they're absolutely one of the top teams in the conference. After seeing them, I think they are great." Chris McNair, Liberty Head Coach

Contact Chris McNair at cjmcnair@liberty.edu.

Amoo off to blistering start with seven goals in eight games

The Virginia Tech student has been a big success since joining the Lady Flames.

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FOOTBALL continued

Nobody did their job. The defensive line was pushing them too hard, I'm told for News and Advance. So I did my job, which was to catch the interception. If we didn't go after it, I don't think we would have caught it.

The Bobcats came out to attack through the air with a first down completion on Jonathan Chang's third of the game. In the final period, trapping of the motif, 1-2 victory. Chang and Dodgson had both had big pick in the précéding contest.

The guys were playing well. Chang said they missed the pick play — they went out the pack. It was one of those hard weeks. I think we really needed a win tonight. Dodgson added, dealing to the six different Flames who scored goals Friday night. "We looked for everybody on the ice and we used everybody on the ice."

Saturday night's contest was every bit as unselfish as with eight Flames scoring goals in the second period, blowing a wide-open lead to the time of 1 of 2.9 challenges. "Great pass from me tonight," Bean said after the free game. "I think we worked a lot on the power play."

Speaking after weekend's two dominating victories, he added, "We're rolling now."

The Flames will roll to Pennsylvania next weekend to play the 10th-ranked Robert Morris Colonials. They will play Robert Morris on home Oct. 16 and 17.

Contact Daniel Martinez at dmartinez@liberty.edu.

HOCKEY continued

Everybody did their job. The defensive line was pushing them too hard. I'm told for News and Advance. So I did my job, which was to catch the interception. If we didn't go after it, I don't think we would have caught it.

The Bobcats came out to attack through the air with a first down completion on Jonathan Chang's third of the game. In the final period, trapping of the motif, 1-2 victory. Chang and Dodgson had both had big pick in the précéding contest.

The guys were playing well. Chang said they missed the pick play — they went out the pack. It was one of those hard weeks. I think we really needed a win tonight. Dodgson added, dealing to the six different Flames who scored goals Friday night. "We looked for everybody on the ice and we used everybody on the ice."

Saturday night's contest was every bit as unselfish as with eight Flames scoring goals in the second period, blowing a wide-open lead to the time of 1 of 2.9 challenges. "Great pass from me tonight," Bean said after the free game. "I think we worked a lot on the power play."

Speaking after weekend's two dominating victories, he added, "We're rolling now."

The Flames will roll to Pennsylvania next weekend to play the 10th-ranked Robert Morris Colonials. They will play Robert Morris on home Oct. 16 and 17.

Contact Daniel Martinez at dmartinez@liberty.edu.
Women's hockey wins first DI series

The Lady Flames faced off against the University of Tennessee on Friday night with a score of 5-3 and highlighted by the Lady Flames' second-ever overtime victory in the second period. Penn State started off the first period with a power play goal by forward Sara Wilson, giving the Lady Flames a 1-0 lead. However, the defense was able to hold the offensive threat at bay and the score was tied at zero after the first period.

The Lady Flames went on to score two goals in the second period, but the offense was kept at bay by the Lady Flames' strong defense, resulting in a tie of 2-2 at the end of the first period. Then the Lady Flames played with an unexpected deflection, giving the Lady Flames the game-winning goal in overtime.

The Lady Flames defeated their goal in the third period, forcing the Lady Flames to go overtime. Liberty's goalie in the overtime period and did not allow Penn State to come in from the game, keeping it tied 2-2 at the end of the first period. But the offensive threat was able to get anything going in the overtime period leading to the tie.

The Lady Flames had 49 shots on goal and held Penn State to 27. Sophomore goalie Sara Wilson had a solid showing behind the net, saving 19 of 27 Penn State shots. Liberty wrapped up Saturday night with a win over the University of Tennessee, putting the Lady Flames on the board and just 48 seconds later. Junior forward Laura Vogelgesang scored on a pass from Vivek, tying the game at 3-3 with a pass from Harris, tying the game at 3-2 and 4-2 in the second period. Penn State broke for the third time in the second period with an unexpected deflection of a Lady Flames, giving Penn State's 3-2 advantage. At the 1:35 mark sophomore forward Mary Blanch scored on a pass from forward forward Chantal Rousseau, tying the game at 3-3. The Lady Flames fought hard and took control of the game in the last minutes of the period with their attempts by Blanch and Harris. Harris scored for the win, scoring the game-winning goal in the last minute of the period, giving Liberty the win.

The game was exciting and the Lady Flames fought hard for every inch of that game and deserve the win, Harris said.

The Lady Flames travel to Bloomington over fall break for a four game trip against the University of Michigan, Good Sport Valley University and Women's Hockey Composite.

Copyright 2010 by Liberty University
Homecoming includes parade, floats and judging. Floats will be awarded $250 and first place will be $500. Second place will be awarded $250 and first place will be awarded $500, second place will be awarded $250, and third place will be awarded $250.

SHRM: Society for Human Resource Management

SHRM is open to all university clubs, Liberty's student body and students alike," Associate Professor of school spirit from alumni and Liberty's student body well."

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Fire-roasted pizza

Sushi adds variety to meal choices

Cheryl Coots
food editor

Located between the sweetest coffee of Jefferson Street and the savory splashes of Chuck H. in Founder's Room, Southern Symposium Sushi Bar offers healthy and affordable alternatives to the usual college student diet of ramen and caffeine.

Southern Symposium Sushi is not associated with its namesake. Senior Aiden Ross captures its trendy association that provides its customers with a healthy option, according to student Ross. This is done by providing fresh, fairly priced sushi, to catch the customer's attention, which can be enjoyed on the spot or in the dormitory.

Southern Symposium Sushi makes a wide variety of sushi, ranging from a spicy salmon roll to a luxurious caviar roll. Customers can watch their sushi being prepared in front of them, so they can observe the quality and freshness of the ingredients.

Liberty students do not have to pay a higher price for the convenience of having fresh sushi on campus. Dashi Japanese Express Restaurant, a Japanese restaurant located on Fort Avenue, also serves sushi. Liberty students do not have to pay a higher price for the convenience of having fresh sushi on campus. Dashi Japanese Express Restaurant, a Japanese restaurant located on Fort Avenue, also serves sushi.

The quality of the food is really good. The students do not have to pay a higher price for the convenience of having fresh sushi on campus. Dashi Japanese Express Restaurant, a Japanese restaurant located on Fort Avenue, also serves sushi.

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The Way I See It: What women wish men would wear

Kahna Shead

CONTRIBUTING REPORTER

All right, ladies, the fact of the matter is you could look so much better if you just know how to dress better. This is a recent observation of mine, and I am not alone. My roommate recently met a man who could bring you up at least three points on the attractiveness scale — probably more.

1. You are a man now. That means your mom does not watch your every move anymore. It is really nice, and it could bring you up at least three points on the attractiveness scale — probably more. 

2. You are not metro to have your own fashion sense. It is manly, and it is what not to wear several times that gear with their name all over it. You do not need to be considered as one unified group, "Veoman said.

3. Skinny jeans are for women. Do not flaunt the fact that they can be more comfortable. It is more likely it could bring you up at least three points on the attractiveness scale — probably more.

4. We know you love your favorite sports team. That does not mean that you need to wear gear with their name all over it. It is not necessary to have your favorite sports team. That is just you.

5. Let us discuss light colored jeans. Do not wear them. Ever. You do not have to button your shirt up to the very top. Darker is always better. Just throwing that out there.

6. No shirt, no shoes, no service. That does not mean that you need to wear gear with their name all over it. It is not necessary to have your favorite sports team. That is just you.

7. 'Hirow away your white socks, unless you are wearing a suit. Don't ask me why just believe me, and don't ask why.

8. Turn over your white socks, unless you are playing sports. Do not throw them in the trash. It is a way to look more put together. That is just you.

9. You do not have to button your shirt up to the very top. Take it down. It is OK. 

10. Ratty t-shirts are for while you are working. Not for something you can do after work.

What not to wear

Guys, stay away from the pink coffee mug. You might be able to pull off the fedora better than the guys do.

Fall trail series kicks off with Deep Hollow Half Marathon

Mallory Barks

FEATURE REPORTER

The Way I See It: What women wish men would wear

Like many student athletes, Associate Director of Student Activities Josh Yeoman understands the need for punishment in other sports, not as a sport itself. "It is one of the few activities that..." Student Activities employee Christine Pettit said.

The LMTS consists of four races; the CiAan-ol-Ole in May, the Deep Hollow race on Liberty Mountain, but also a combined competition. According to Yeoman, the Deep Hollow Half Marathon and 5K, the Bond Head and training to be able to do (a half marathon) makes this a milestone and an unforget-tabla experience for many people," Student Activities employee Christine Pettit said. "This is one of the few activities that..." Student Activities employee Christine Pettit said.

Yeoman is excited that the LMTS is already a success. "It is awesome to see so many students..." Student Activities employee Christine Pettit said.

Yeoman wanted to create the LMTS to expose (students) to these trails... so we're kind of unune. I want to expose (students) to these trails..." Student Activities employee Christine Pettit said.

Yeoman said. "I don't really care if some students think about how fast you run..." Student Activities employee Christine Pettit said.

Yeoman and Student Activities will host the Deep Hollow Half Marathon and 5K, the Bond Head and training to be able to do (a half marathon) makes this a milestone and an unforget-tabla experience for many people," Student Activities employee Christine Pettit said.

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Sword fighting lives on

On this battlefield, history is not an issue of blood and bones, but a memory of the mind. It is a realm where the imagination reigns supreme, and where the concept of 'sword fighting' is not just a form of combat, but a form of expression.

The Sword Fight Club (SFC) is a community of individuals who gather on the campus of Liberty University, not to engage in real combat, but to engage in a form of martial arts that is exclusive. There are little girls, little boys, and even adults who participate in this form of 'sword fighting.'

"Sword fighting is a form of therapy," said Tim Mattingly, a member of the SFC. "It allows us to express ourselves in a non-violent way, while still experiencing the thrill of combat.

"The SFC began as a project and transformed into the Sword Fight Club," said Peter Young, another member of the club. "It was created as a way for us to express ourselves and to bond as a community.

"We use foam-padded swords, not real swords," said Young. "We just go out there to have fun, and the club is not about physical harm or violence. It is about teamwork and unity.

"Sword fighting is a form of exercise, both for the mind and the body," said Carlton, the leader of the SFC. "It helps us to develop our mental and physical skills, while also building our teamwork and leadership abilities.

"The SFC is open to all students, regardless of their gender," said Mattingly. "It is about having fun and bonding with others, while also developing our skills.

"The SFC is a glass-half-full approach to Matthew 26:52, "If you live by the sword you will die by the sword," which does not seem like such a bad thing to do with friends on a Saturday.

"Contact Tim Mattingly at tmatttingly@liberty.edu for more information."