



The Eagle Eye



Keeping an Eye on the Haven

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Lock Haven University's Student Newspaper

Thursday, January 29, 2009

Johnson to retire, LHU searches for new provost

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Just like President Barack Obama who had roughly two months to make a transition into the White House, along with various appointments to his Executive Cabinet, President Keith Miller is currently undergoing a transitional period within his Executive Cabinet, too.

Miller's transition, however, has been in full swing since September, and he will soon have to make a very important appointment for the university.

Dr. Roger Johnson is currently the interim vice president for Academic Affairs and provost which makes him the chief academic officer at LHU.

Following his retirement, Johnson will soon pass the keys of Sullivan 210 to the next provost.

According to the organization of administration, Johnson's position is second in command following President Miller.

The provost's position has an array of responsibilities.

As the chief academic officer, he oversees matters of curriculum and instruction including both colleges of the university, the Institute of International Studies, academic administration, the Honors Program, athletics, Stevenson/Clearfield libraries and institutional research.

Before he became interim provost, Johnson has served the university as

the dean of the College of Arts and Sciences. He was appointed to the position of interim provost in 2006.

The search for a new provost has been in full swing since September.

Dr. Linda Koch, vice president of Student Affairs, leads the search by chairing the committee. The committee is devoted to finding the best candidate to replace Johnson, and its works is now in its final stages.

The search committee is composed of a diverse representation of the university community including voting members representing faculty, staff, administration, coaches and even students.

"In order to lead the academic mission of the university, a provost must be in touch with the concerns, wisdom and achievements of all stakeholders," said Dr. Mark Cloud, a psychology professor on campus who was elected to serve as a member of the search committee by faculty. He argues that in order to make a sound recommendation, the committee needs to hold the interests of all associated with the academic mission.

The only way to achieve this is through a well-represented committee.

According to Koch, it's essential that students have the opportunity to see the process unfold.

"A student was part of all the deliberations, suggestions and organization of the (entire) process," said Dr. Koch. That student was Student

Cooperative Council, Inc. President Christopher Lunden.

Serving on a search committee is a long process and requires a big commitment from its members.

The university received 30 applicants for the position. Weeding through these applications takes time; this is why the process is so long.

Koch explained that the process included reviewing all 30 applications, selecting 10 of the 30 applicants for a structured phone interview with the entire committee and then selecting four candidates for campus interviews.

The committee reviews input from all campus constituents and finally discusses the strengths and weaknesses of each candidate.

The four candidates who were chosen for campus interviews each hold significant positions at their intuitions of higher education.

The first candidate interviewed was Dr. Deborah Erickson, associate provost, Mansfield University, Pa.

Other candidates include Dr. Thomas Armstrong, vice chancellor for Academic and Student Affairs at Louisiana State University at Alexandria;

Dr. Phillip Mason, vice president for Research and Graduate Studies, at Fairmount State University, W.V., and Dr. Carmen Coballes-Vega, dean of the College of Professional Studies, Metropolitan State



Christina Shuman/Eagle Eye

Dr. Roger Johnson, current interim vice president of Academic Affairs and provost, will be leaving the university and the Haven is currently looking at potential candidates to fill his position.

University, Minn.

Once the committee members decide on the best candidate, they will make a recommendation to President Miller. He will ultimately make the decision on who's appointed to serve in his Cabinet.

According to Koch, all four of the candidates who were interviewed for the position wanted interaction with LHU students.

So, students were allotted 45 minutes with each candidate in an open forum setting.

Koch invited students through a campus wide e-mail to participate with times and dates for each candidate's open forum interview.

See, **Provost**, A2



Jason Seyler/Eagle Eye

Dr. Albert Jones, director of Social Equity office, ensures LHU community that every sexual harassment/discrimination complaint will be investigated. His doors are always open for anyone to discuss the equity matters.

Supreme Court rules: sexually harassed students can now sue for punitive damages

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The Supreme Court recently ruled in *Fitzgerald v. Barnstable School Committee* on Jan. 21 in a 9-0 decision that students or employees should have the ability to sue not only under Title IX of the Education Amendments of 1972, but also under the 14th Amendment of the U.S. Constitution.

In the past, under Title IX, individuals had the right to sue institutions and programs for compensatory damages, but not for punitive damages as individuals do under the 14th Amendment.

What does this mean for students?

With this new ruling, students and employees who feel they have been sexually harassed or discriminated against have the right to sue all the

liable individuals and parties for full compensatory and punitive damages.

As Dr. Sharon Taylor, the director of Athletics, explained, "The vote cements the recognition of Title IX as a powerful and expansive additional tool, along with the Equal Protection Clause, to fight gender discrimination at all levels in education."

Taylor has been an advocate and supporter of Title IX since its inception when she started working for LHU in 1973.

An accomplished member of the university faculty, Taylor feels that "this vote should be seen as the third strike for institutions that still believe that they can get away with discriminatory practices, or that they don't have to stop sexual harassment."

Lock Haven University is committed to providing an environment that ensures dignity and worth for every student and employee.

It is the hope of the

university that by following this example, students will grow to ensure that discrimination and sexual harassment has no place at the university and in our society in general.

"Here at Lock Haven, we have thorough policies and procedures that we feel address the issues of sexual discrimination, sexual harassment, and gender discrimination," stated Albert Jones, director of Social Equity on campus. "We investigate every complaint to determine if there is merit in the complaint and move forward however we feel necessary to provide a harassment and discrimination free learning and working environment."

Any student who feels he or she has been sexually harassed or discriminated against, can make an informal complaint.

See, **Harassment**, A2

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New Year, New Faces: Dr. Michael Paulus

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The new year of 2009 brings to LHU some more changes among the faculty members. Along with Dr. Granich, there is now another new faculty member who resides in the Thomas Fieldhouse Annex.

Dr. Michael Paulus chose to transfer to the Haven where he knew some professors and is now a professor of social work and on tenured track with a one-year provisional appointment.

At the beginning his educational journey, since 1975 till 1977 Paulus attended Jamestown Community College where he attained an associate degree in liberal studies.

From 1977 till 1982, he enlisted in the army to take advantage of the G.I. Bill. While there, he took classes that were focused in the liberal arts at New Mexico State University and the University of Maryland in Agsburg, West Germany.

Paulus continued his education and received his B.A. in liberal studies from Regents College in Albany, N.Y.

He then earned his master's degree in social work in 1988 from SUNY in Buffalo. His doctoral studies took him to Rutgers University in New Jersey where he obtained his doctorate in social work in 1995.

"I have a license to practice social work in New York State, and I am involved in the National Association of Social Workers, from which I was awarded membership in the Academy of Certified Social Workers. This membership was awarded when I attained two years of post-Master's work experience and confirms that I am capable of independent social work practice," said Paulus.

His work experience includes 12 years at Edinboro University, Pa., as a social work professor. Paulus taught an array of social work classes including Human Behavior in the Social Environment, Child Welfare and Woman in Crisis.

He has also worked for a hospice organization in Erie, Pa. for 10 years.

At the hospice, he conducted evaluations, assessments, bereavement counseling and end of life and palliative care services.

When asked why he had chosen his profession, Paulus said, "I wanted to get a doctorate because I saw that a professor's jobs included reading, writing and studying things that they enjoy, and I thought that would be a great life... I have always been interested in making a difference and social work fulfilled that."

While Paulus was working at the hospice, he began to see people pass away and he became intrigued with the spiritu-

al realm. His current interest in this topic is how social work faculty members introduce students to spirituality and the role it can play in the clients' life and the decisions clients make.

In the future, he wishes to create a workbook of pedagogical techniques that social work faculty around the world can use to introduce students to the matters of spiritually and social work.

In his spare time, Paulus enjoys walking, playing with his three children and preparing wood for his wood stove. He also enjoys playing cribbage and going to watch the Buffalo Sabres.

Paulus is the adviser for the Social Work Club's many activities and fund raisers and is also occupied with getting to know the university.

"I have attended a number of TLC trainings to learn more about using the online platform e-college and distanced offerings here," he said.

Paulus stated several things that people should know about him:

a) "I am a fallible human being and I do screw up at times, so students need to pay attention and make me aware of when I do that;

b) I am not a big fan of students' sleep-walking through a semester. I make sure to shake things up enough in class that the students remain alert and awake throughout their entire educational



Photo Courtesy of Dr. Michael Paulus

Dr. Michael Paulus, professor of social work, enjoys preparing wood for his wood stove, pictured above. Other interests include playing cribbage and cheering during Buffalo Sabres' games.

experience;

c) I value the dignity and worth of all my students and have a strong desire to work toward each student's success in discov-

ering who they are and what they want to do with their talents."

His advice for people perusing the Social Work field was, "The best social

workers are the ones who know themselves the best, so, be prepared to get to know who you are."

From, **Harassment**, A1

They are able to make this complaint to any of the seven members of the Gender Discrimination/Sexual Harassment Board of Advisors.

If a resolution cannot be obtained, then the individual may file a written formal complaint to Albert Jones, who acts as the Chair of the Gender Discrimination/Sexual Harassment Panel, no longer than 180 days of the initial incident.

The panel then investigates the complaint and forms a statement of findings and a conclusion within 30 days of the formal complaint.

After 14 days, the panel's conclusion of the investigation is passed on to the university president.

The presidents then has 30 days to make a

final determination of resolution.

For those who would like to obtain additional information, details of the Gender Discrimination / Sexual Harassment Policies and Procedures can be found in the student handbook or online at www.lhup.edu/HR/policies/gender_sexual.htm.

"Although the Supreme Court's ruling gives the individual further means to seek satisfaction and justice, we are confident in the system and team we have and with how it has worked in the past and present," says Jones.

Jones' office is located on East Campus and can be found in Room J202.

"I encourage anyone who is experiencing problems to come and talk to me. My door is open," he said.

From, **Provost**, A1

Students who participated in open forums were given the opportunity to express an opinion of each candidate.

Students were given forms and asked if they had any concerns about the candidate.

Other questions include the students' opinion on what were the candidate's strengths, and what they thought the candidate could bring to the table.

LHU has close to 5,000 students; however, on average anywhere between two and four students took advantage of the four campus interviews.

Student's apathetic attitude presents an obstacle, which President Lunden believes it's partly due to students not knowing the importance of the provost position.

"I think students don't understand the position or exactly what the provost does," said Lunden who feels that more students could have given the search committee a different perspective on each candidate.

He also believes that if students were educated on the selection process, it

would combat the apathetic attitude.

Referencing qualities she looked for during the process, Koch said, "A colleague who will share the concerns about what is best for students in their academic choices."

Cloud wants a provost who is an advocate for the academic mission of the university and a provost who is transparent, fair, honest and believes and practices shared governance.

Cloud jokingly admits that his favorite aspect of serving on the committee was the number of meetings.

"The time commitment is a lot. Many hours are involved; however, it's an honor to play a role in the future of the campus by helping to select the leader of our academic mission," he said.

Whoever becomes provost will be well compensated for his or her services.

The future provost will receive an anticipated hiring range of \$138,658 to \$184,875, commensurate with qualifications.

A generous benefits package is included, and the position is eligible for faculty rank and tenure, as written in the job description.

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FROM CAREER SERVICES CORNER:

Joys of Internships

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All students interested in participating in an internship received an opportunity to learn more about it during Internship Coordinator Anita Casper's presentation, "Internships: What? Why? Where? How?" in the Career Services office on Monday.

According to the National Society for Experiential Education, an internship is "a carefully monitored work or service experience in which an individual has intentional learning goals and reflects actively on what he or she is learning through the experience."

Not only do students gain beneficial work experience in their profession, but they also gain the valuable skills needed to obtain a position in their field.

Interns can enhance their communication skills, develop self-confidence and professionalism, expand their understanding of their field and strengthen their résumé.

Students can also use

their internships to relate back to the classroom.

Biology major, Leann Ochrietor, who completed an internship with the U.S. Department of Agriculture said, "I love being out in the field, and my classes are in the field so relating my internship back to class was a great experience."

Students should also consider participating in an internship to gain a competitive edge in the job market.

More and more students are completing internships before they receive their degree and depending on your career field, and competition for job placement can be fierce.

According to a 2006 NACE Experiential Education Survey, a higher percentage of interns are receiving job offers and being converted into full-time employees.

James Blankenfeld, German and communications media major, said that when he had gone back to visit RDF Media after previously completing his internship, they had offered him a position after he graduates.

There are a few things to consider before applying

for an internship with a specific company in mind. Will the internship be credit vs. no credit. If the credit is not given, students can still add their

the geographic location and its relation to your commute, especially for those participating in a non-paid internship.

Lastly and most importantly, what are your goals? What can you expect to experience? What skills do you hope to acquire? Answering these questions will help narrow down the search process.

Katelyn Rousses, a psychology major who interned at Hermitage Home Youth Services, said that she knows a lot more about her profession after her internship and that she didn't even realize the transition of gaining that knowledge.

"I never really wanted to work with children because I thought it would be difficult, but I really enjoyed working with them for the internship, the hardest part was getting to know them and then having to leave," she said.

If you're a student who is interested in an internship, you should first meet with your adviser to see if you meet the criteria.

To receive credit for an internship, students must have at least 60 registered credits, a 2.5 GPA and faculty oversight.

Students who want the experience but do not meet the qualifications can also participate in an internship but will not receive credits in return.

Some companies will only offer internships for credit, so be sure to fully research a company before applying.

Kara Hunt, business management major who participated in an internship at New Pig Corporation, said, "The internship was what I made of it. The fact that I wanted to work hard and I wanted to learn made it a really, really great experience."

If you need help finding an internship, the Career Services Web site offers information and internship listings mainly in the tri-county area.

Faculty, current employers, networking, newspapers, family and family friends may also be helpful.

You may contact the Internship Coordinator in the Career Services Office at acasper@lhup.edu, for questions or if you need more assistance.

Things to think about:

-- Will the internship be paid or non-paid?

-- Will you get the credit?

-- Is it during the summer, fall or spring semester?

-- Has the company previously had an internship program?

-- Its geographic location (how would you get to your internship)?

-- What can you expect to experience?

-- What skills do you hope to acquire?

paid or non-paid? For students who cannot afford an unpaid internship, stipends are sometimes offered to those who are eligible.

Is it during the summer, fall or spring semester? Has the company previously had an internship program?

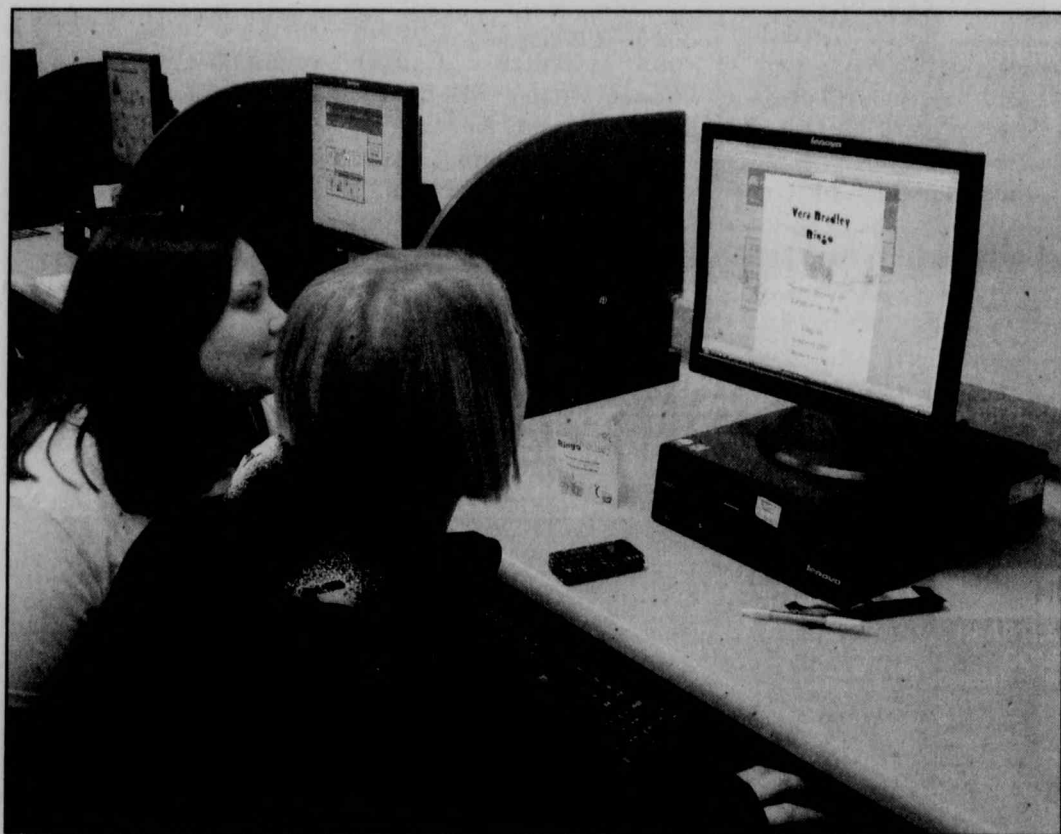
Also consider whether or not the internship is for experience to their résumé.

(From Left) Sophomores Heidi Crooks and Leslie Morris check out the new Web site, havenconnections.com.

The site is designed to connect clubs and organizations on campus.

The creators of the site hope that this tool will help on-campus leaders reduce the amount of paperwork that would normally go through their hands.

Joe Stender/Eagle Eye



SCC introduces new site: havenconnection.com

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The Student Cooperative Council Inc. (SCC) has introduced a new tool for members of clubs and organizations of Lock Haven University.

Havenconnection.com is new and technological way to help clubs keep track of their records and rosters.

Matthew Wise, the assistant of Student Activities, said that the Web site will make it easier for clubs and organizations, as well as the SCC, to stay current with who is a member and who is no longer part of a certain organization.

The main thing that they hope to subtract with this new resource is the paper work that all of the clubs and organizations must do.

With the Web site the leaders of each campus organization can do the paper work required of them at anytime of the

day, no matter how late at night or early in the afternoon.

"The great thing about this is that you can do the paper work at two o'clock in the morning if you want to," said Wise of the convenience that the Web site makes for the heads of SCC groups.

The idea was brought up at the National Association of Campus Activities (NACA) conference that Wise attended. While at an advisor's meeting, the speakers used a form of the Web site that the university now uses, as part of their presentation.

"We thought it was a great idea and brought the idea back to the campus and worked to implement it here," said Wise of starting the Web site.

Students who wish to submit paper work to the SCC no longer have to go the offices to turn their forms in with the new Web site.

Wise talked how students also voiced their want for an easier way to

file their paper work.

"Students were coming up to me saying 'can't we make this easier, can't we do something web-based,'" said Wise about the students' requests for an easier way to do their paper work.

The Web site also offers a new way for clubs to advertise their on-campus activities. Clubs can post a listing of their events on the Web site to get the word out about the events that they are offering.

The Web site will also let the clubs know about things that the SCC has approved and other news that all campus organizations should know.

As Wise explained, anyone that has an LHUP e-mail account can access the Web site and the all of its features. The username and password for the Web site are the same as your e-mail login information.

The Web site also includes a form of Facebook. Wise explained that he felt that adding the Facebook would better

introduce the site since so many people are familiar with that site.

"I think that this is a great idea," said sophomore Gary McCreary, of the site. "It makes things a lot more organized for all the clubs."

Feedback for the Web site has been great from what Wise has heard so far in the process.

He stated that some people have questions about the site and that he is glad that people are showing interest in the site and that he is happy to answer any questions that anyone has.

Wise said that this is just the first phase of the Web site and that they hope to add a financial tracker to the site.

Chris Lunden, SCC president, also states that the main goal of the Senate is to get the new system operational.

"This semester we are working hard to get the new online system up to full operation for all clubs and organizations," he said.

'Honor'-able mention: Voices from Honors Program

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The Honors Program staff decided to schedule a host of new activities and events for the current semester, attempting to promote the emphasis on community to an entirely new level.

"Our goal this semester is to not only reach out to our current members, but to advertise to anyone on campus that they are welcome to take a look at our program as well," said Caroline Sweeney, the student associate director of admissions, recruitment and retention for the program.

One of the most significant events that have been planned is a Matriculated Open House which is going to take place at 5 p.m. in the Honors House on March 18.

"Any student who strives for academic excellence and wants to engage in a supportive learning community should attend the open house," said Sweeney. "Students need to have a GPA of 3.2 or greater and should be in their freshman or sophomore year."

Any non-honors student on campus is encouraged to attend this open house, and it is not necessary to contact the program beforehand.

The Honors Program has also recently stressed the importance of strengthening alumni relations this semester.

"One of the initiatives we are trying to start this year is a better relationship with our alumni. In order to accomplish that, we have created an e-mail specific for our alumni and sent out surveys to get updated contact information," said Nicole Jacobs, a former student associate director and current graduate assistant for the program.

"We have also planned an Alumni Day Picnic to coincide with Freshmen Discussion Group Wars (FDG Wars), a student activity at the end of the semester."

FDG Wars, now in its third year, is a year-long competition between freshmen discussion groups.

The event culminates into a four-hour series of contests at the end of the semester including a tug-of-war, water balloon battles and trivia.

"I've been involved in FDG Wars for the last two years, first as a freshman and then as an FDG leader," said Johnny Blough, a sophomore at LHU. "It's probably one of the most memorable experiences I've had here, and it keeps getting bigger every year."

A new activity this semester, Challenge the Student Associate Directors Night that takes place on Feb. 19, makes use of some of the assets that have been donated to the Honors House in the last year.

"We've now got a Foosball table, a two-player electronic basketball arcade game and an air-hockey table," said Sweeney. "We also bring in a few TVs and give honors students the opportunity to try to beat us at a wide variety of video games"

According to Sweeney, the program will continue to add more and more activities in the Honors House "as long as people keep coming."

"Maintaining the community aspect of our program is our number one priority," she said.

* Chris Brittain is a student associate director for the Honors Program. He will be contributing to this column on a weekly basis

Watershed issues affect community, students

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Students got the chance to learn about local environmental issues in Clinton County on Tuesday.

Jamie Walker, president of the Beech Creek Watershed Association and the distributed systems specialist here at LHU, spoke to the campus community through MountainServe to provide information about their work and the environment.

In April of 1999, the Beech Creek Watershed Association (BCWA) was organized by a group of concerned local residents of the watershed, as well as local communities.

The mission of the BCWA is to protect the quality and beauty of the Beech Creek.

The BCWA does this by promoting wise land use and management of natural resources in the watershed, promoting awareness and appreciation of environmental issues through education, as well as many more ways.

There are many environmental issues surrounding the Beech Creek watershed.

One of the largest issues is acid mine drainage (AMD).

Others include un-reclaimed surface coalmines, sewage treatment, illegal dumping, unregulated ATV usage and development particularly along steam corri-

dors. Along with AMD, natural gas development is becoming an issue more and more.

Impacts from natural gas well development include sedimentation of wild trout streams, forest fragmentation, loss of drinking water supplies and chemical contamination from gas exploration.

Although these environmental issues may seem like they do not affect us personally, they actually can affect students.

The AMD provides fewer opportunities for students to be able to go fishing.

There is a yellow/orange iron oxide that precipitates in the streambed and this may be esthetically unappealing to student visitors to the watershed.

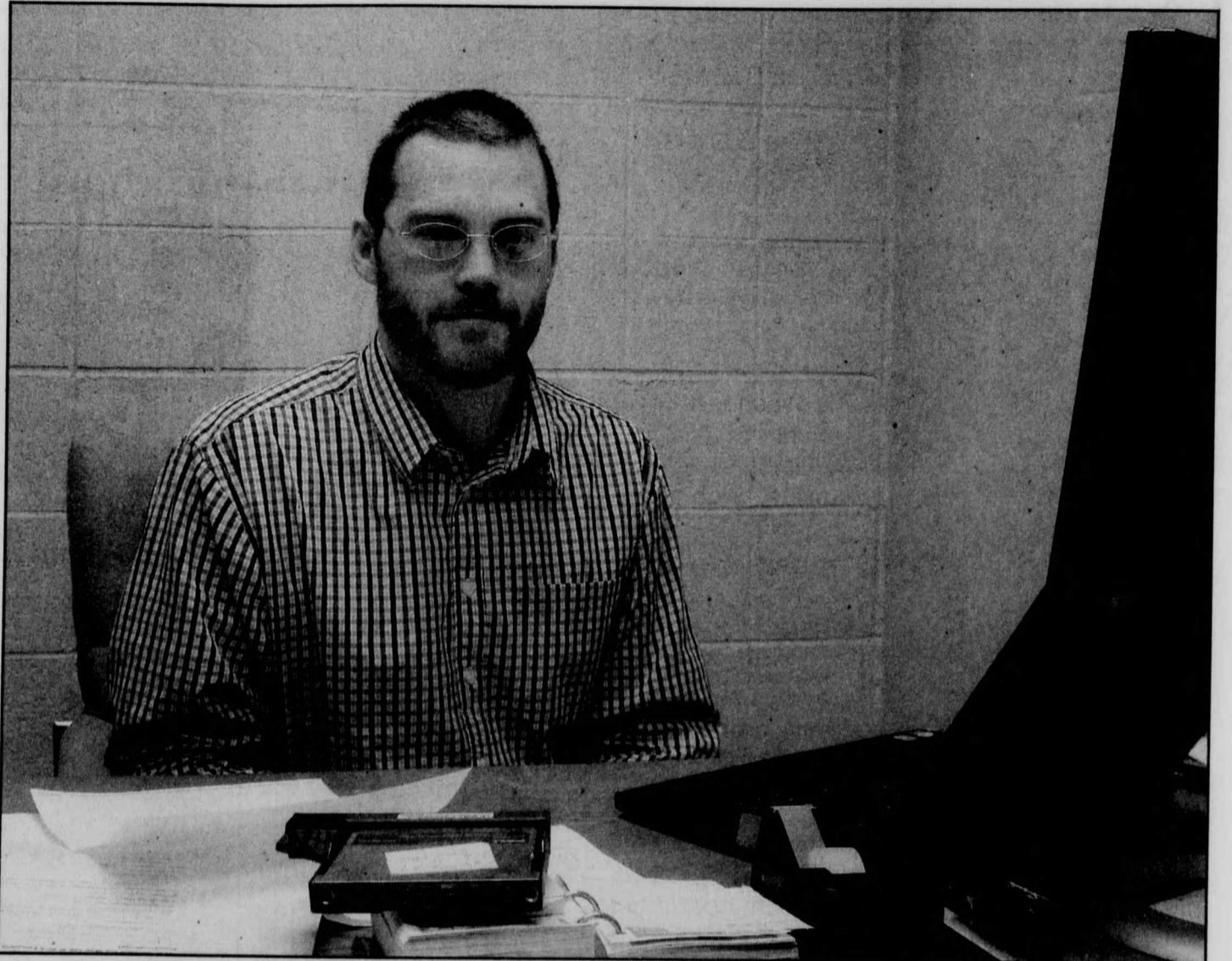
Since there are environmental issues that can affect students, students should consider becoming a member of the BCWA, for a small fee of \$5.

"They can help the restoration efforts by planting trees, writing grants to fund reclamation activities, participate in watershed cleanups and conduct additional studies to classify the water quality of the AMD discharges," said Walker.

As these issues affect students, they also affect the local residents.

Properties that are adjacent to AMD streams have decreased values as much as \$1,700 per acre in some cases.

Risks of respiratory



Christina Shuman/Eagle Eye
Jamie Walker, president of Beech Creek Watershed Association and the distributed systems specialist at LHU, discussed the Beech Creek Watershed environmental issues with the community through MountainServe.

problems are increased over time because of the dust from un-vegetated mine sites that may contain heavy metals.

If a gas rig contaminates the groundwater, residents or seasonal residents may lose their drinking water.

There will also be increased traffic from the gas drilling that can destroy township roads

and local citizens will have to pay for the repairs needed through taxes.

According to Walker, the future is bright for the Beech Creek Watershed and the BCWA. One of their biggest successes is building partnerships.

Some of their partnerships include Lock Haven University, Trout Unlimited, Pennsylvania Fish and Boat, DEP,

PADOT, Alder Run Engineering, Albertin Vernon Architecture, KCNET, Boucek and Assoc., Hedin Environmental, Clinton and Centre County Conservation Districts, Clinton and Centre Co planning, Penn State University, Rep. Hanna's office and Sen. Wozniak's office.

With the help of these

partnerships, many great things have been accomplished.

About 3.5 miles of streams have been restored and a 17-acre reclamation project on Contrary Run will reclaim at least three more miles.

Collegiate Challenge presents alternative spring break

Nikki Wasserman
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As students prepare to travel to warm sandy beaches for spring break, others get set for an alternative life changing experience.

The Newman Community is sponsoring a spring break service trip in Danville, Va. to help build affordable homes for families in need.

Lock Haven University students will volunteer from March 1 to March 7 to participate in a Collegiate Challenge with Habitat for Humanity.

Collegiate Challenge is a program geared toward college students during break to work with a local Habitat for Humanity chapter.

The goal of the program is to build houses for families who could otherwise not afford them.

The local Habitat affiliate will house the six student volunteers and one campus minister in a church and provide them with meals.

The students will pay a \$75 registration fee and fundraise for the remaining funds.

"The Newman Community has been doing service trips for 4 years. We started out working in rural West Virginia with a group called Nazareth Farms. At 'Naz Farm,' we helped repair houses and learned about poverty in Appalachia," said Jeff Schaffer, Catholic Campus Minister.

Last year's Collegiate Challenge took place in Burlington, N.C.

"We had a fantastic time and would have returned there, but the earlier break meant we had to find a new location. As a result, we will be going to Danville, Va. The two places really aren't that far apart, so we'll still be able to enjoy the southern hospitality and warmer weather," said Schaffer.

No previous building experience is necessary in becoming a volunteer.

Contractors are responsible for the foundations, plumbing and electrical work, and the volunteers do pretty much everything else.

"Our volunteer groups have framed the walls, put up the roof, hung siding, lifted drywall, painted and landscaped the yard. The great thing about Habitat is that they train volunteers on the job," said Schaffer. "I'm always amazed at how patient and cheerful they are. Some students have never held a hammer in their hands before, but before long they're nailing shingles or throwing up dry-wall. It's a great thing to see."

The houses that the volunteers work on are for specific families that apply through Habitat for Humanity.

Habitat makes sure that the need is real and that the families will be able to make payments for the house once it is ready.

Volunteers are sometimes able to work side by side with the families who

will own the house.

"It's a great opportunity to hear the family's story and share in their excitement about owning their own home for the first time. It sometimes makes people rethink their stereotypes of poor people," said Schaffer.

The space for the trip is limited but anyone still interested may contact Jeff Schaffer (jschaffe@lhup.edu).

"One of the most rewarding aspects of volunteering with HfH is that at the end of the day you can look back and see tangible results. You can say, 'I built that wall, I shingled that roof and now a family will be safe and warm,'" said Schaffer.



(Above)

Students participating in the alternative spring break trip last year, hang out on the roof of one of the Habitat for Humanity housing projects.

(Below)

BJ Koch took part in the efforts of Habitat for Humanity by hammering on the siding to one of the homes.



Photo Courtesy of Jeff Schaffer

Classifieds

Rentals

Edwards Student Housing.
4 bedroom houses available. All new appliances including washer & dryer. Plus off street parking.
1 yr. leases from June '09 to June '10. Rent includes heat, water, sewage, & garbage. Lock your lease in now. Call for details & schedule for showings.
Contact Ashley
570-660-1104

Affordable Rentals 2009-2010 School Year.
N. Fairview Street across from Laundry 101, W. Bald Eagle and Commerce Streets by McDonald's and the Weis Market.
2, 3, & 4 Bedrooms. Heat, Water, Trash Pickup & Parking Included.
Call (570) 748-6336 After 5:00 PM

Efficiencies, 1, 2, 3, 4, 5, & 8 bedroom apartments & houses within walking distance from LHU. Rent includes: Heat, Water, Sewer, Lawn Care, Garbage Removal, Stove, Refridgerator, Window Blinds and some off-street parking.
Available beginning 2009 summer session.
570-748-2841 or 570-660-6003.

- 2 Bedroom apartment. Rent \$325/month. Share utilities with roommates.
- 2 Bedroom/1 bath house. Rent \$360/month. Share utilities with roommates.
- 4 Bed/2 bath house. Rent \$325/month. Share utilities with roommates.
- 3 Bedroom/2 bath house. Rent \$360/month. Share utilities with roommates.
- 3 Bedroom 1 1/2 bath house. Rent \$360/month. Share utilities with roommates.
Email: rouser@verizon.net or Call 570-660-7737.

Off Campus Student Housing for '09-'10 school year.
108 W. Church Street: four bedroom apartment, 2 full bath, laundry facilities, off-street parking, large attic and concrete basement storage- \$315 (four students) includes: heat, water, sewer, trash.
(570) 726-4408 or (570) 660-1379.

Off Campus Apartments available for the 2009/2010 school year.
2 - 2 bedroom apartments - LR, DR, Kit, Washer & Dryer, off street parking.
1 - 1 bedroom apartment - LR, DR, Kit, Washer & Dryer, off street parking.
Available beginning June 1, 2009 for the 2009/2010 school year. Going fast, don't delay, call Mike today at (570)460-4726.
Save yourselves and your parents money by moving off campus.

FOR RENT: 1-4 Bedroom apartments, all close to campus, 183-193 N. Fairview St. Rent includes off-street parking, heat, water, trash, partial snow removal and lawn care. Call (814) 404-1256 or KRIEGERSL34@YAHOO.COM

4 Bedroom Houses FOR RENT and more!
SMACK next to campus on N. Fairview or at Rec. Center! No walk! Others a bit away, if desired. Some with multiple living rooms, kitchens, attics, basements, porches, parking lots, and yards for barbeque!
Please call 570-726-7589.

APARTMENTS AVAILABLE
Student housing available 2 and 3 bedroom apartments located in downtown Lock Haven. Heat, water, sewer, and kitchen appliances included. Call 570-263-0436 or email apanastos@verizon.net for any questions or apartment showings.

LANDLORDS!
Have available houses or apartments for the 2009-2010 school year that you would like to make known to Lock Haven students?
Please send your ads to lhueagle@yahoo.com, subject: Classifieds to get your listing in the paper.
This is the easiest way to get students to see your listing!

Personals

The Eagle Eye staff welcomes back all student and staff for a fun-filled spring 2009 semester!

Hope everyone had a wonderful holiday vacation!

Happy 22nd Birthday Chris Grablutz!

Hope you have an awesome birthday!

Tired of boring meetings of just sitting around and talking?

The Film Club understands that! Instead of sitting around a classroom, why not get out there and get hands on experience filming! The Film Club this semester will be filming short movies that hopefully we can proudly show to our fellow students here on campus!

Please contact James Blankenfeld at jblanken@lhup.edu or Kelly Monks at kmonks@lhup.edu if this is something you'd be interested in!

Have a funny, embarrassing story about one of your friends?

Have a secret crush you would like to write love notes to?

Have a friend that you would like to make a birthday wish to or just want to say hi to someone?

They can all be here! Send in an email to lhueagle@yahoo.com, subject: Classifieds to get your message on here today!

Best of luck to the spring sports teams as you start your season and your games!

Good luck girls swimming in PSACS! Swim hard and swim tough!

This day in history.

January 29, 1861:

Kansas became the 34th state in The United States of America.

January 29, 1936:

Babe Ruth was elected into the baseball hall of fame in Cooperstown, New York and was one of the first players elected.

Happy Birthday Stephanie!

Wow you are so old! This weekend will be so much fun! Can't wait!

Love your sisters, CB & TR

Mark,

Get well soon so you can come back to school and hang out with us all!

We miss you and lunch is a whole lot more lonely and not as fun without you here!

-Stacy

RUSH

Sigma Sigma Sigma!

Questions Contact:

Kristina Schindler
kschindl@lhup.edu
717-350-1140

Happy Belated 21st Birthday Amanda Palmer!

Glad you had a good birthday! Good luck with the rest of swim season!

Lauren,

Knowing you, you had a great birthday yesterday and that makes me happy!

Hope you have many more wonderful birthdays and hopefully I'll be there with you for your next one!

Love you!
Diana

"When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life."

- Author,
Greg Anderson

"I used to feel so alone in the city. All those gazillions of people and then me, on the outside. Because how do you meet a new person? I was very stumped by this for many years. And then I realized, you just say, "hi". They may ignore you. Or they may marry you. And that possibility is worth that one word."

- Twilight Author,
Stephenie Meyer

How do you see a "Caution wet floor" cone in the middle of the hallway, know it's there, still trip over it and then slip on the wet floor?

Ask James.

English Club is meeting every Tuesday at 5:30 pm in Starbucks.

Even if you are not an English major, everyone is welcome and all submissions will remain anonymous. For further information please contact kmonks@lhup.edu.

"I give it to you not that you may remember time, but that you might forget it now and then for a moment and not spend all your breath trying to conquer it."
-William Faulkner

Michelle,

How did the Fallon floor taste? Haha.

-Your best friends

Hi Jared,

How is your gemology class? Learn anything new about stones, because we are uber jealous and we heard that you were brilliant. Hey remind me again when the next Jared Anthony show will be? Oh that's right, February 21st at 8 o'clock at Caffeine Nation where James will be premiering his brand new love song, "Untitled". Stay gold Ponyboy.

My hands sure are cold. Does anyone know any pockets that can warm them up? Cough Cough, Amanda?

Hey Kevin and Joe in the Magic Club,

How's things with the magic and the cards and all that magic stuff that you do. Sounds pretty interesting, hope you get an extra life or whatever you do with those cards. See ya in German.

From,
You know who this is.
P.S. Auf whaaaat?

To achieve success is to dream success. And to dream success is to be a success.

Lieber Kelly,

Wenn du zu viel trinkst, siehst du wie einen Arschloch aus. Aber es macht viel spass und es freut mich sehr, dass ich es gesehen habe!

HAHA!

James

When the Doc says I have 6 more months left to live and my son looks at me and says, "Dad, you have 6 months left. What do you want to do that you haven't done yet?" I want to look him in the eyes and say, "Son, I've done everything one could ever imagine and wish to do in their lifetime. There is nothing left to do that I haven't already done."

Dedicated to all English majors:

How is education supposed to make me feel smarter? Besides, every time I learn something new, it pushes some old stuff out of my brain. Remember when I took that home winemaking course, and I forgot how to drive?
-Homer Simpson

President Kennedy was the fastest random speaker in the world with upwards of 350 words per minute.

The oldest presidential candidate to be elected was Ronald Reagan at age 69, while the youngest candidate to be elected was John F. Kennedy at age 43.

Freshman and Sophomores, there is never a better time to start thinking about you future and career than to jump start yourself with an internship!

To find out how you can obtain an internship that will give you the experience and then motivation that you need for the real life work world, stop by Career Services in Ackley 114.

Help is there and will help you to obtain the internships to help better yourself and to help with your future endeavors after graduating from Lock Haven University!

Perspectives

Campus improvements address the wrong needs

Tucker Gordner
Guest Writer
tgordner@lhup.edu

The Lock Haven University has undergone a major transformation since I enrolled in the fall semester in 2004. An expansion project to the Bentley Dining Hall, the construction of the Health Professions Building, and the renovation/transformation of the Lock Haven High School into the East Campus building were three of the major projects to the campus.

But did the university address their pressing issues?

First off let me say that I don't begrudge the Health Professions department because of anything that they have acquired. I applaud the work they do and feel that they deserve the latest technological advancements.

However, this spring close to a thousand students will be forced to find off campus housing to allow dormitory housing for the incoming freshmen

class. Shouldn't the overcrowding of the residence halls which affects a large majority of the population take precedent over the needs of a few enrolled in one department?

Secondly, the university missed an opportunity to purchase the property of the former Painter Stadium. By purchasing the property, the university would have had the opportunity to expand by constructing a large dormitory building along with the addition of another academic building.

Sure, I can already hear the executives and trustees in the school complaining about the financial aspects of this purchase. The cost of buying the land along with the construction of two new buildings would not have been a cheap acquisition. However, the upside of the project would have outweighed the initial cost.

A large dormitory would allow students the opportunity to stay on campus longer and therefore putting their housing costs towards the university as opposed to a land-

lord. Secondly, by adding another dormitory, the school could accept a larger incoming class which would generate more income as well.

Thirdly, the land is large enough that the school could have upgraded one of their badly outdated facilities. By upgrading an academic building, the school could use this as a means of attracting prospective students who are looking to go to a school that offers the best available technology.

The third and most recent "improvement" has been the addition of two trolleys to the campus. With the campus expanding to include East Campus, the "Express" trolley has proved to be more than adequate to transport both faculty and students from Thomas Fieldhouse to East Campus in a reasonably short time.

A large vehicle capable of moving a large number of people was needed and the trolley more than lives up to its expectations. However, the service of

the "Local" trolley is nothing more than a luxury item that is a waste of money. There is no need to chauffeur students up the hill to the dormitories.

For decades, students have walked up and down the hills with relatively no problems. The trolley does have other stops on its route but offers very little practical use. The money spent on diesel fuel to operate a student taxi service does not make financial sense, especially in the current economic downturn. As students, we should expect our money to be directed to things that would better suit the population as a whole.

Some of the university's improvements have been long needed. The Bentley Dining Hall expansion addressed an overcrowding issue. It also addressed an eyesore on campus and now offers a touch of class to the university. However, pretending to address issues or catering to the select needs of a small group does not help improve the overall function of the university.

Thumbs Up . . .



or



Thumbs Down . . .

Thumbs Up . . .

to David Russ, an inmate at the Seminole County Jail who talked with the father of a missing girl and believes he has new information about the investigation, CNN.com reports.

Russ, who is a convicted killer, said that he might have details of what happened to Jennifer Keese when she went missing three years ago in Florida.

It is believed that Russ overheard other inmates talking about the missing girl, but no details were released about the conversation.

Thumbs Down . . .

to the passengers of the US Airways flight, that had to crash land into the Hudson River, who believe that they deserve more financial compensation.

The airline sent a letter of apology and a check for \$5,000 to help "with immediate needs," reported CNN.com.

Some of the passengers appreciated the money, but there are others that think they deserve more.

People who just crash landed should just be happy to have their lives, not complaining for more money.

Budget cuts take away from academics and sports

Elizabeth Regan
Staff Reporter
eregana@lhup.edu

I have a confession: I think books and academics are more important than sports and athletics. With Lock Haven University having to return around \$1 million to the state due to the economic crisis, many departments have to cut back.

But which department is the most important?

I think the answer to that is the purpose and function of a college or university: is it entertainment or is it academics? I realize that under most circumstances, the two are not mutually exclusive. However, under the current downward spiral of the economy, these choices may have to be made.

I spoke with Tracey Drumheller, the Stevenson Library Acquisitions Technician (whose job is to buy the books and all the library's resources). She informed me that the operating budget was cut by nine percent. The university's budget is 7.5 percent less than it was last year.

Print journals, electronic databases, and microforms' availability to the students will suffer. Most of this has already taken place.

Dr. Tara Fulton, Dean of Library Services, said that they had to give back \$30,000 out of the operating budget to the state, which leaves \$500,000 to work with. Since Academic Affairs is one of the larger units, they had

to give back more than the smaller units on campus, Fulton explained.

Student employment suffers, as well. Students' wages in the library are now cut by 10 percent, Fulton said. However, no students have lost their jobs over it.

Fulton stated that she thinks "we're still in very good shape."

It angers me that the schools have to suffer; does it make sense to punish the very institutions that will send skilled, informed people into the job market?

Clearfield Campus, Drumheller informed me, is also affected. The library has a hiring freeze and the positions left by retirees will not be filled, Drumheller said.

However, if important positions need to be filled, clarified Fulton, they will be. She also stated that they're already down one person in Media Services.

"We'd like to hire someone for the media services position, but the funds aren't there," Fulton said.

The good news—books will not be affected.

Rick Lilla, Media Services Librarian, had just gotten out of a budget meeting when I ran into him. He said that it is so difficult to determine which area should be cut in the library's budget because there are many differing principles of spending: accreditation, academic standards, recreational/DVD collection, equipment, or what the students actually use the most.

His opinion is that money should be spent on

things the students use and check out the most, even if it is not the most academic.

"Academic DVDs cost \$300, whereas feature films cost about \$15," Lilla said.

I began wondering if the athletics department has been affected, so I marched over to the Thomas Fieldhouse and spoke with Director of Athletics Sharon Taylor.

"There were two budget cuts," explained Taylor. "One last year, which was about \$38,500, and the one this year, which is \$65,500."

Their budget totals \$370,000. The ramifications are already taking place: meals for recruits can no longer be paid for and no more recruiting in person—the phone is king now. The biggest impact: student employment.

"We're thinking about having no student employees this spring," Taylor said.

But are they cutting any teams? No. At least, not yet.

"We're going to have to see what the institution is willing and able to fund," Taylor added.

So students are losing their jobs and academic resources.

What compounds the economic crisis is the fact that besides the million dollar give-back to the state, Lock Haven University isn't getting as much funding due to its low ranking in performance among the 14 state schools in Pennsylvania. Lilla explained that 78 percent of the budget goes to personnel; the ideal is

70 percent. This higher rate is due to the university's low performance. The university gets rewarded with funds if it does well academically and for the number of minorities hired, Lilla said. Since we ranked on the bottom last year, we received less money.

"Schools that do best are near cities, in urban areas, because they can hire more minorities and [simply] have more students applying," Lilla said.

So what does this all come down to? Dr. Fulton said that "the spirit on this campus is, can everyone contribute to this? And we do. Everyone is contributing to goals and is part of the team."

I realize that everyone's budgets are greatly reduced on campus this year, including the library and the athletics department. However, the athletics department's budget is only \$130,000 less than the library's budget; shouldn't the library and Academic Affairs get an even higher priority than this? These are hard times for everyone, but what exactly are we here for, if not an education?

But in the long run, if the state recognized demographic disparities and took it into account with the performance and reward system of state funding—and didn't punish the colleges and universities for the economic crisis—we wouldn't have to choose between athletics and academic sources—or a good education, either.

Letters to the Editor

Letters to the editor are the opinion of the author and do not reflect the views of the Eagle Eye staff or its associates.

Do you have something on your mind?

Is there a hot - button topic that you would like to discuss?

Don't just get red in the face. . .

Write a letter to the editor!

When writing, please include your full name and a phone number where you can be reached.

Also include your year and major.

Send it to
lhueagle@yahoo.com
with "Opinion Letter"
in the subject line.

Do you like to draw?
Do you have a passion for comic books or satirical cartoons?

Draw an editorial cartoon, and submit it to the *Eagle Eye* for the Opinion section.

Send it to **lhueagle@yahoo.com** with "Editorial Cartoon" in the subject line. Make sure to include your full name, year, major and a phone number where you can be

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Discipline is needed to reach goals

Joe Stender
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What an exciting time it is to be alive right now: it is a new year, there is a new president and of course the smell of hope is blowing through the air.

All of this is great because it is the beginning of something new, and hopefully better. To make things different this year, everyone is making goals that they hope will better themselves or their lives. No matter if you call these goals, New Year's resolutions or not, we all have them.

For some of us, these goals are to help us become healthier or to help us better organize our lives, and could be as simple as cutting down on the sweets. Though some of goals are a bit larger and more important, (fixing the economy, for instance) they all take something for these goals to be met, discipline.

During a recent discussion group I was involved in, we talked about why it was so difficult to stay disciplined while trying to reach your goal.

Discipline is a funny thing, we know we must do things to reach our goals, but sometimes temptations just seem like a better option. Where ever you look, there is a temptation looking you square in the eye.

Let's say that your goal is to cut down on the junk food and to work out five days a week, a reasonable goal, should not be too hard. You are doing a good job on reaching your goal, no problems in sight; suddenly, while getting ready to head to the gym you notice a can of Pringles sitting on your counter.

What do you do?

I know what I would do and I am guessing it is what a lot of us would do; I would say, "I'll have one or maybe two, just enough to satisfy my tastebuds."

I would start out by just taking one or two out and putting them away, but you know what they say, "once you pop, you just can't stop."

Next thing you know, you are on the kitchen floor with everything from chocolate cake to everytype of candy available.

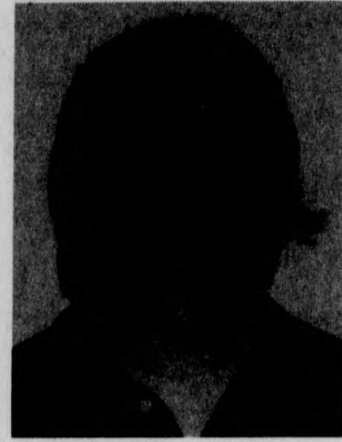
You see discipline is very easy to attain as long as you can resist the temptations in the world, but then again, if temptations were easy to ignore, then they would not call them 'temptations' now would they.

We live in a society where instant gratification is more appealing than the feeling that you worked for something. Think about all the things that are out there that thrive off of our want for instant gratification.

The lottery is something that lives off people's dreams of living the "good life." People feel that if they were to win

the lottery and receive a large sum of money then their life will be so much better.

This is very hard to argue against because I



Joe Stender

think that my life would be fantastic if I was to suddenly win a check amounting to around nine figures.

What did a lottery winner do to deserve this? So you were lucky and picked the right numbers, what makes you more deserving of this money than someone else?

Another example of how our society chooses quick success over hard-work is with the fast-growing phenomenon known as reality television. Reality television offers the "average Joe" the chance at stardom.

There are no special requirements needed to be on a reality television show, all you need to do is add a little bit of drama to the show.

After appearing on one of these "highly acclaimed" television shows, many of the

"stars" use their newly-found fame to up-start either their own acting careers or into some other type of business.

These things are all great as long as they work out, but for the most part people end up going crazy with their lottery winnings and going bankrupt or they just make themselves look like fools on national television.

A better way to insure that things go as planned is if you set a goal and recognize the things that you must do so that you can reach your goal. Though it will seem like you will never reach your goal and you will think about quitting and just giving in to those evil temptations, you must stick to your guns and not get off track.

The feeling you get when you finally achieve your goal will be well worth the work that you put in to reach it. It will be far more rewarding because not only did you receive the reward that you wanted but you will appreciate it because of all the blood, sweat and tears that you put into your goal.

So, the next time that you want to get off track of reaching your goal and are going for that temptation, just remember to have a little bit of discipline. Remember, Rome was not built in a day, or any city for that fact, so be patient because there will be a greater thrill when you finally reach your goal.

THIS DAY IN HISTORY

January 29:

-- 1845, Edgar Allan Poe's "The Raven" is published in the "Evening Mirror." Poe began his poetry career when he published a book of poems before he enlisted in the army. Poe also wrote short stories such as "The Tell-tale Heart," and "The Fall of the House of Usher."

-- 1936, Ty Cobb, Babe Ruth, Honus Wagner, Christy Mathewson and Walter Johnson were elected into the first class of the Baseball Hall of Fame.

-- 1954, Oprah Winfrey is born in Mississippi. Winfrey, who is famous for her daytime talk show and her humanity work, was named by *Time* magazine one of the "100 Most Influential People of the 20th century."

Amanda Alexander
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Wouldn't it be great if every day upon entering Bentley, you watched other students choose from a plethora of options like cheeseburgers, turkey sandwiches, baked chicken, and tacos, or subs packed with steak, roast beef, or ham and pepperoni from Quiznos, and then you were offered... a salad? Every day. Just a salad.

This is what it's like for a vegetarian or vegan student attending Lock Haven University. While many students may not put much thought into the dining services when selecting a university, this can be a pretty important issue for a vegetarian, and LHU simply doesn't have much to offer.

While Amy Burke, junior, said that Bentley's options have improved in her time as a student, the food bar still leaves much to be desired. "They have put out some new things that

are vegetarian-based, but they are not available every day," she said. "We need more protein options."

Senior Carolyn Braun has resorted to living off campus and cooking her own meals so that she can have a variety of foods to choose from. "They did add something with tofu at Bentley," she admitted. "But it wasn't good tofu. They don't know how to cook vegetarian meals."

Burke agreed that the Bentley staff needs to be educated on vegetarianism. "I was told the gravy was vegetarian because they made it with water instead of milk, but it was beef gravy so it clearly wasn't vegetarian," she said.

Braun herself is an expert at cooking vegetarian dishes and would have several suggestions if she were asked for them. "Even if they would do simple things, like take the bacon out of the alfredo sauce so everyone could eat it... little things like that would make a big difference," she said.

Braun also pointed out

that none of the dishes at Bentley are labeled with ingredients, so it makes it even more difficult for vegetarians to figure out whether a dish is safe or not, as there is nothing more annoying for a vegetarian or vegan than taking a bite of something and finding out that there's meat in it.

The PETA (People for the Ethical Treatment of Animals) website offers many suggestions for a vegetarian-friendly college campus. Their list of the nation's most vegetarian-friendly colleges, which includes the University of Pennsylvania and New York University, shows colleges which offer everything from vegan burgers to teriyaki tofu with pineapple to vegan carrot cake.

The University of Florida has a special "vegan corner" in their cafeteria. NYU also promotes Weekly Vegetarian Nights and Monthly All Vegan Meals. Little things like this could make a big difference for the non-meat-eating students on campus, and

make them feel a bit more welcome.

Adding vegetarian options may be expensive, and maybe LHU doesn't have enough vegetarians at the moment to make this a worthwhile investment. But continuing to offer salad, and only salad, to those who don't eat meat is going to discourage prospective vegetarian students from attending.

A visit to the campus will quickly reveal to vegetarians and vegans whether or not they can survive in this atmosphere. If they eat at Bentley and find that there is nothing there for them, they will most likely want to search elsewhere for a place to live and study for the next four years.

Adding meat-free options other than salad and making small changes to the current meal and condiment selection would be a big step for LHU, and one that would not go unnoticed or unappreciated by the school's vegetarian students.

"We had a wonderful exchange of ideas, and I continue to be optimistic about our ability to get this recovery package done to put people back to work,"

-President Obama, after meeting with House Republicans about his stimulus plan.

"We were extremely well-prepared for this delivery, except for one small surprise,"
Dr. Karen Maples, the chief obstetrics and gynecology for a California hospital that believed they were delivering seven babies, but found an eighth baby during delivery. The babies and mother are doing well.

NEWS

Inauguration: LHU students take part in history

Adam Roberts
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The inauguration of President Barack Obama spurred a weekend worth of events and an immeasurable amount of excitement which prompted students and faculty to make the trek to Washington D.C. to witness history.

Each person who made the trip had their own motivations and experiences, but the excitement seemed to be universal.

Dr. Sharon Stringer of the communication media department spent the weekend in the capitol, but returned to the Haven to teach her Tuesday classes.

Stringer says she doesn't regret her decision to forego the crowds for Tuesday's event because she already got to experience the excitement.

That excitement was generated by a variety of events hosted by the People's Inaugural Gala Weekend and Ball. Stringer attended a prayer breakfast, a women's leadership luncheon and a gospel and jazz show.

The women's leadership luncheon featured a panel discussion moderated by Congresswoman Jan Schakowsky (D-IL).

The participants included Gloria Steinem, founder and original publisher of Ms. Magazine and a political activist since the 1970s.

Congresswoman Eleanor Holmes Norton, Congresswoman Donna Edwards, Malika Saada of the Rebecca Saar Project and Kierra Johnson of ChoiceUSA also participated at the luncheon.

While in D.C., Stringer felt the joy of the occasion.

"There was so much pride and enthusiasm," Stringer said. "I loved every minute of it."

A group from the Black Student Union was also able to be in D.C. for the historic weekend.

On Monday, the group of six met with the curator of the African American Civil War Museum, and learned about the African American troops that are often forgotten by history.

Freshman LaShae Spratley made the trip to complete her first voting experience.

"I took part in everything else so I might as well keep it going," said Spratley, who volunteered for the Obama campaign.

The next day the group braved long Metro lines and travelled into the capitol from Greenbelt, Md.

Before the inauguration began, Spratley and her group positioned themselves on a hill in front of the Washington Monument, giving them a clear view of a giant screen and within earshot of the speakers.

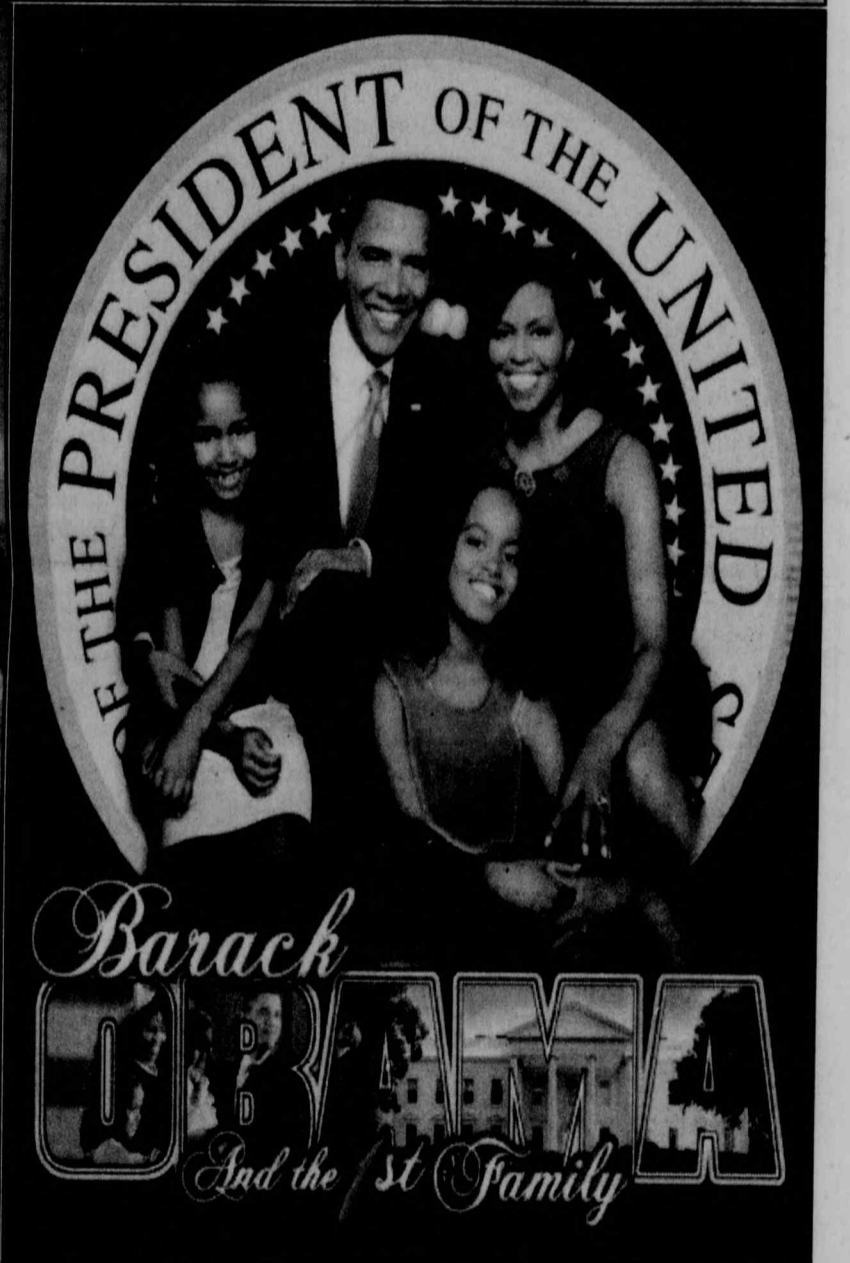
From that location she said the anticipation built as the morning went on.

"When they first showed his face everybody lost their minds," Spratley said.

As the event wrapped up, the group began the trip back to their van in Maryland which took four hours. The crowd was so thick; Spratley likened it to pictures of the Million Man March.

Junior business administration major Kristen Nebrosky experienced the same pressing crowd.

"Once you were going one way you were going with everyone," said Nebrosky who attended the inauguration with her father John and her brother Mitchell.



(Above) Courtesy of Dr. Sharon Stringer: The women's leadership luncheon sponsored by the People's Inaugural Gala Weekend and Ball featured a panel including Gloria Steinem, founder and original publisher of Ms. Magazine and a political activist since the 1970s (middle) and other women in leadership.

(Below, left) Courtesy of Kristen Nebrosky: LHU junior business administration Kristen Nebrosky, along with brother Mitchell (left) and father John (right) attended the inauguration.

(Below, right) Courtesy of Google Images: The First family moves to the White House.

Nebrosky attended Gov. Ed Rendell's inauguration and gala event so she was excited to attend the Obama inauguration when John got tickets.

Though she had been to an inauguration before this outdoor affair was an entirely new experience.

Unlike Spratley, Nebrosky had a hard time seeing the screens and hearing the speakers.

The historical relevance of the event was clear to Nebrosky and she was happy she attended.

"I didn't just watch it on TV. I was

actually there," Nebrosky said.

Spratley says the thing she will take away from the whole experience was "how emotional it made everyone."

"I wanted to say I was in D.C. when history took place," Spratley said.

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AMTA MEMBER

Thursday to Thursday Haven Forecast

Monday 28°/13°	Tuesday 28°/20°	Wednesday 28°/16°	Thursday 32°/18°
Friday 29°/13°	Saturday 23°/16°	Sunday 36°/27°	

Courtesy of Weather.com

Sports

What's On Deck

Schedule of Bald Eagle home and away games

Today

No Events

Friday

Track and Field @ Penn State National Invitational 6:00 p.m.

Track and Field Bucknell Open @ Bucknell University 4:00 p.m.

Saturday

Track and Field @ Penn State National Invitational 6:00 p.m.

Track and Field Bucknell Open @ Bucknell University 4:00 p.m.

Women's Basketball @ Gannon University 1:00 p.m.

Men's Basketball @ Gannon University 3:00 p.m.

Men's Wrestling vs. West Virginia 7:30 p.m.

Sunday

No Events

Monday

No Events

Tuesday

No Events

Wednesday

Women's Basketball @ Clarion 6:00 p.m.

Men's Basketball @ Clarion 8:00 p.m.

King of the Court: Arre tops scoring list

Adam Roberts
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Whether it comes in the form of an exuberant yell and fist pump or a broad grin after hitting one of his quick-release three-pointers, Billy Arre loves playing Lock Haven basketball and he displays that proudly.

The senior forward etched himself into Lock Haven history on Dec. 3 when he set the university's all-time scoring record.

Arre surpassed Michael Shue who posted 1,716 points in his career which spanned from 1993 to 1997.

The night couldn't have been drawn up better for Arre, who has always been a team-first player. The game took place in Thomas Fieldhouse in front of the ordinarily enthusiastic and supportive fans. The student section even featured T-shirts with the record number displayed on the front.

Arre's parents, Bill and Francine, who have only missed a few games in his four-year career despite the three and a half hour commute from Pittsburgh to Lock Haven, were also in attendance.

"Me and my dad talk a lot and he said to go into the game and focus on winning, be relaxed like every other game," said Arre.

The biggest plus of the historic evening for Arre, who needed 15 points to clinch the record, was that Lock Haven won.

The 70 to 68 victory came after Warren Christian put away a lay-up with 4.7 seconds left.

After he broke Shue's record Arre felt both pride and relief. The true gravity of the moment took some time to set in.

"I didn't think about it too much. I was just strung up because of the win," Arre said. "But you think, 'wow' there has been so many good players and now you're at the top of that list."

Arre's rise to the top of that list was a journey filled with hard work and a commitment to improvement.

Arre started the majority of the games his freshman year, but never stopped getting better which is rare according to Coach John Wilson.

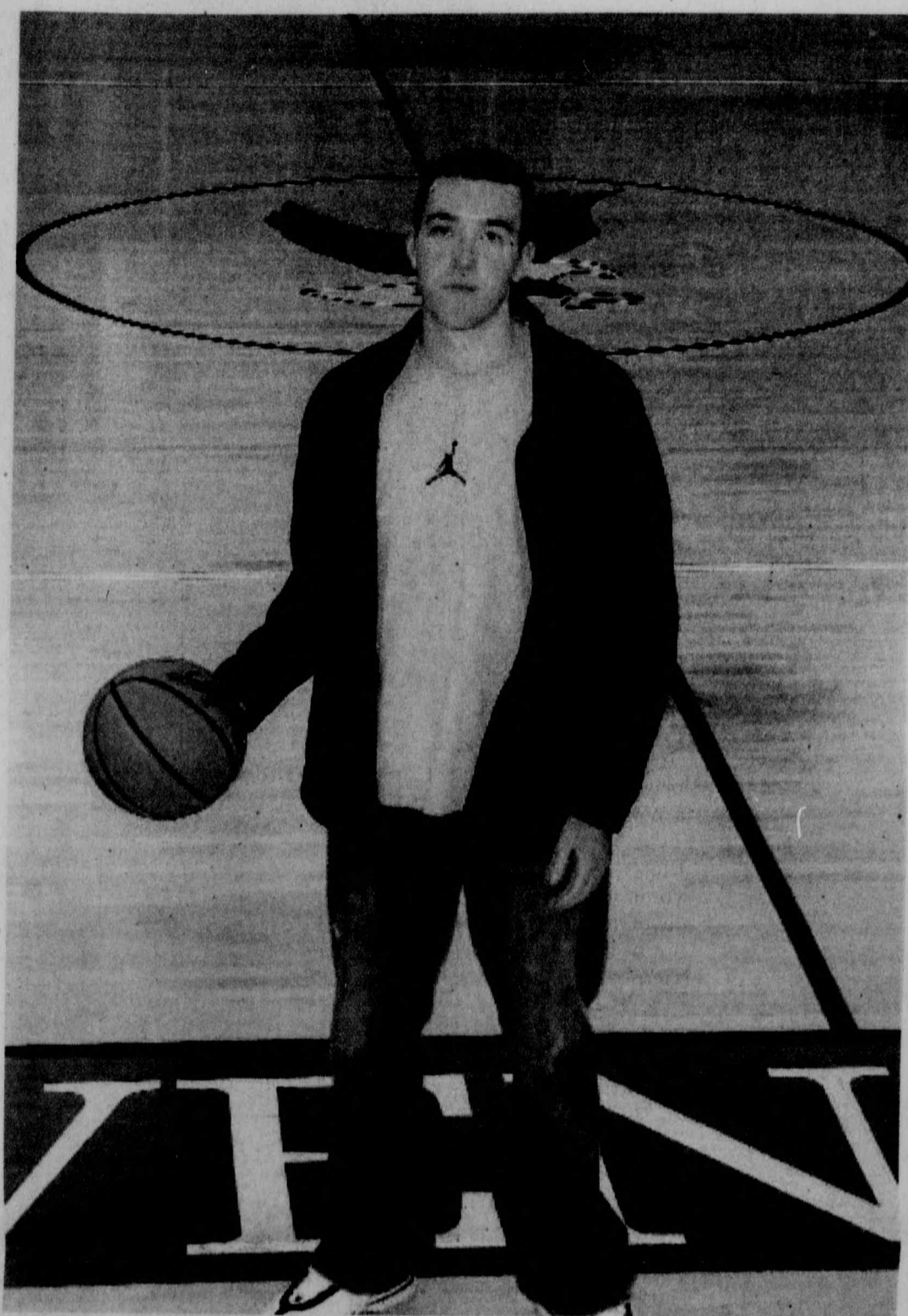
"There aren't many players who had great freshman years and continued to improve, but Billy was different," said Wilson who has coached in the PSAC for 20 years.

A year-long commitment to the sport helped Arre stay on top.

"I did a lot of work in the summers which helped out my overall game and my understanding," Arre said.

Besides an outstanding work ethic, Arre has proved to be very coachable. Wilson recruited Arre from Thomas Jefferson and the two have grown very close over the last four years.

"I don't think there is any other coach at any level who is as fortunate as me to have a player like



Adam Roberts/ Eagle Eye

Billy Arre broke the scoring record that stood for more than a decade.

Billy Arre," said Wilson who called Arre the 'ultimate coach's player.'

Arre acknowledged

that Wilson's positive comments "mean a lot" and says he has learned a lot from his coach.

See, Billy Arre, B3

Eagles pick off Vikings in Cleveland State meet

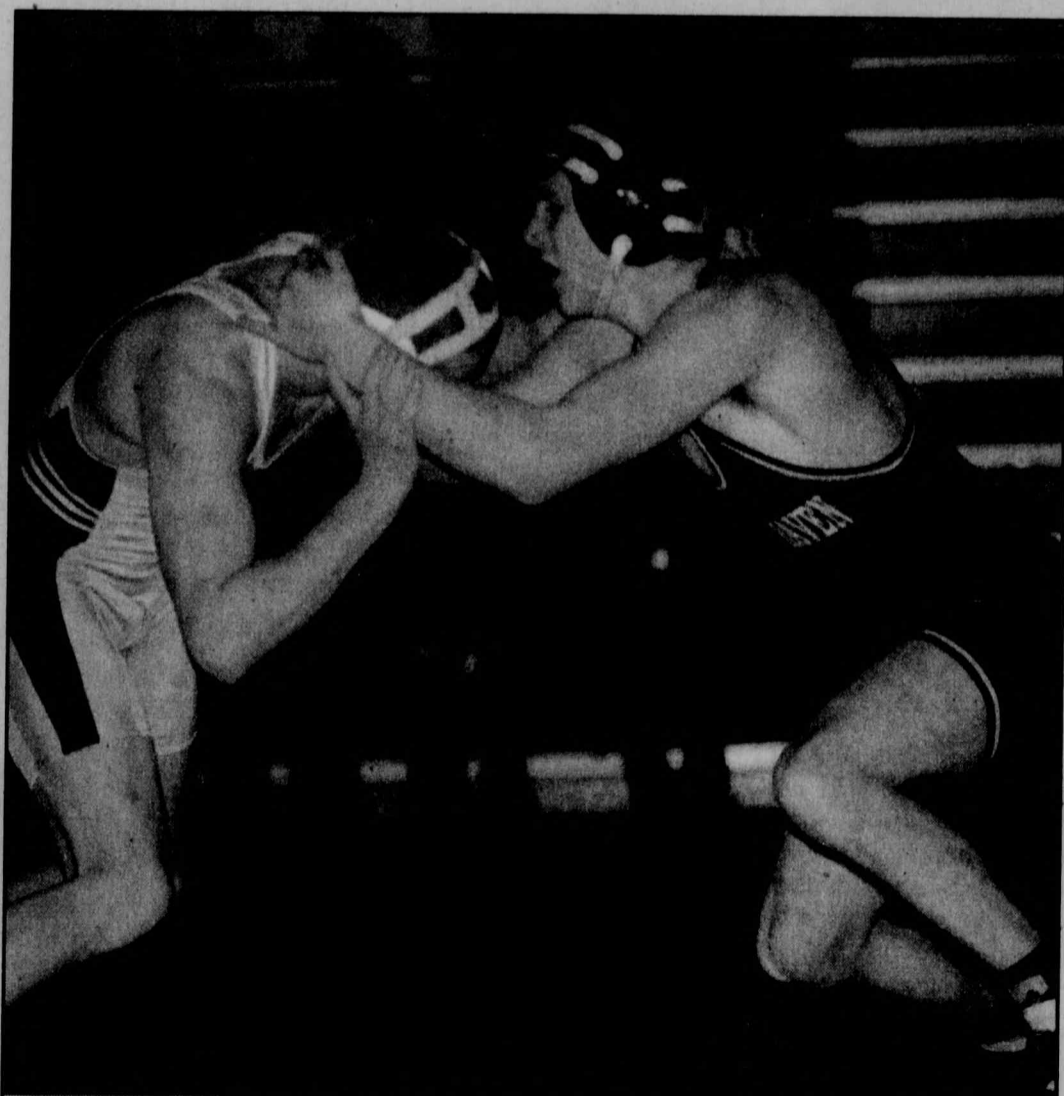


Photo Courtesy of Sports Information

Billy Ashnault scored a technical fall against Cleveland State.

Kris Glad
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Still looking for their first Eastern Wrestling League (EWL) conference victory the Bald Eagles (6-7-1, 1-2 EWL) traveled to Cleveland State (4-8, 0-1

EWL) on Saturday. Once the match was all set and done with LHU headed home after dismantling CSU 32-10.

Wrestling

"Any time you get a win it feels good. However,

it is important to gain a win over a conference foe. This win will definitely help our confidence going into the EWL tournament in March," said Ollie Cooperwood.

See, Wrestling, B4

Track and Field breaks record and captures title

Kris Glad
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This weekend both the men's and women's track and field teams showed that they will be a force to be reckoned with this season as they earned numerous PSAC qualifying marks, took a meet title and made history, while at the Leigh University Covert Classic.

"I thought the teams

Track and Field

did excellent. There was some very good competition there and it pushed us hard to do well. Both the men and the women's teams had 20+ conference qualifying marks which is awesome," said thrower Randy Sylvia.

The Lady Eagles had a total of 27 PSAC qualifying marks and several Lady Eagles made history at the meet.

Lindsay Lambert continued to run hard for Lock Haven as she placed first in the 5K race with a time of 17:57.52, earning her a school record. Despite her record performance she barely missed the national qualifying mark.

"I did good for my first

5K I got the school record, but I was not where I wanted to be. I missed qualifying for nationals by four seconds," said Lambert.

Meagan Wolf took third place in the 500 m event with a time of 1:20.53, which placed her third all time for a Lady Eagle in the LHU record in that event. Also earning a spot in the LHU record book was Courtney Whitmoyer, Shala Simms, Alyssa Douma, and Melinda Liptak for their time of 9:52.96 in the 4X800 m relay race.

The Lady Eagles were also very impressive in the high jump and in the throwing circle.

Chelsea Morse took first place in the high jump with her mark of 5 feet 7 inches. Morse also earned a provisional national qualifying mark with that height.

"I feel that I did quite well in the high jump, I had hoped to clear 5'9" but knowing that it's only my 2nd week back, and for as good as I feel jumping this year, I am confident that I can only get better from here," said Morse.

See, Track & Field, B3

Buzzer-beater stuns Mercyhurst



Bald Eagles celebrate after the 70-67 upset over Mercyhurst College.

Adam Roberts/Eagle Eye

Adam Roberts
Editor in Chief
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It's been a long break for the men's basketball team (3-14, 1-3 PSAC West), but the ten straight losses are nothing but distant memories after the last-second stunner over Mercyhurst College (13-4, 1-3 PSAC West) on Saturday.

The Bald Eagles took the lead for only the second time in the contest after 6'7" forward Warren Christian heaved up a left-handed three-pointer that was half sky-hook, half shot put and all prayer as time expired, giving LHU the win, 70 to 67.

Lock Haven trailed by as much as 17, but kept grinding until under a minute remained on the clock. With his team down four, freshman point guard, Andres Carpio hit a three-pointer that Coach John Wilson considers the game winner.

As time wound down further, Billy Arre found fellow senior Kelvin McLean open down low. McLean nailed an open lay in putting the Bald Eagles up 67 to 66.

The lead-sealing shot electrified the Thomas Fieldhouse faithful.

"It's been a trademark of my time here that the student support is 100 percent," Wilson said.

That support was apparent as a late foul sent Mercyhurst's Brian McTear to the line. McTear only made his second shot, knotting the

game at 67 to 67.

Lock Haven took their last timeout and Arre prepared to inbound the ball at half court with 2.9 seconds to go. Wilson designed a play that would get the ball back to Arre, but the stingy Lakers' defense forced the ball to Christian. Christian threw up the deep, desperation shot with two defenders in his face.

"Once it left my hands it felt good," said Christian who added his only concern was the distance.

For Christian the game was about getting over a hump and finishing the game.

"We came together and realized we can be something special," said Christian who notched his second game-winner on Saturday, the first came in December against West Chester.

That realization coupled with a never-say-die attitude kept the Bald Eagles in the game and illustrated the team's growth according to Wilson.

"It shows a lot about us beginning to mature and buying into the idea of one possession at a time," Wilson said.

Though the Haven has struggled recently the win came before Bald Eagles could be counted out of any post-season consideration.

"(The win) definitely boosts team moral," said McLean. "It puts us back in the thick of things when

it comes to conference play."

The break was peppered with adversity for Wilson's squad. Injuries to Arre and Eric Brennan forced both to miss games. Center Andrija Topic also missed games because of a family emergency.

Both Arre and Topic were back for the Mercyhurst game, but a different injury sidelined Brennan. In the first three minutes the game against Indiana University of Pennsylvania on Jan. 21 the freshman guard went down with a rolled ankle. There is no timeline for his return.

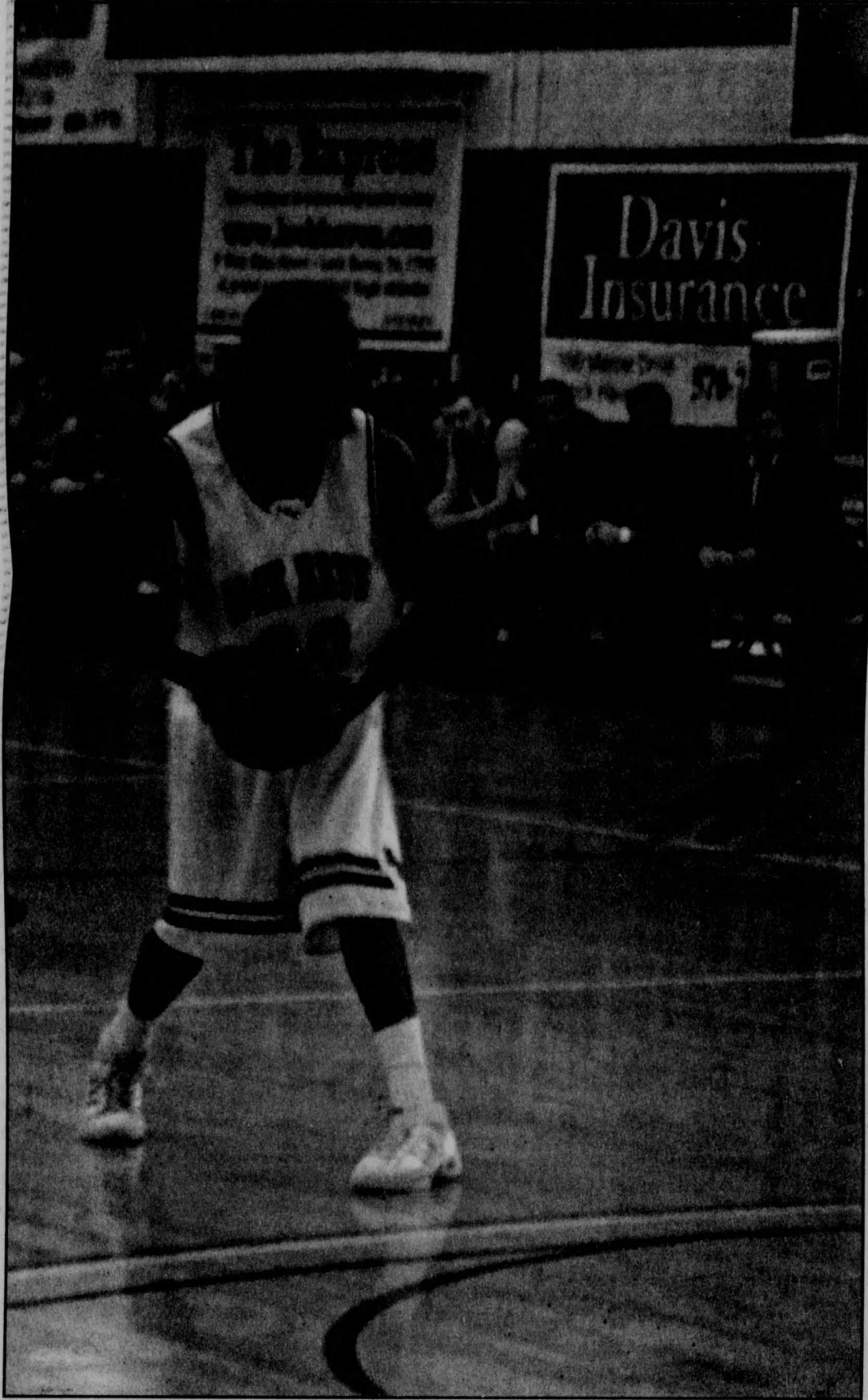
Though the team suffered setbacks Wilson also saw improvements. Wilson noted that if he had to select a player of the game for the last three contests he would name McLean.

"After the non-conference games were over it clicked in my head that this is my last go round," said McLean who had 9 points,

9 rebounds and 6 assists against the Lakers.

The Bald Eagles move forward with high hopes and they continue to battle PSAC West foes. As for the home contests, Wilson looks forward to seeing the Thomas Fieldhouse mystique continue.

"We'd love to see all of the students at Lock Haven University jam in here and support the guys," Wilson said.



Adam Roberts/Eagle Eye

Warren Christian looks for a teammate during Saturday's game. Christian scored the game-winner with a desperation three-pointer at the buzzer.

Swimming places second in dual meet

Nikki Wasserman
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The swim team (4-4, 4-4 PSAC) went 2-1 at the Vulcan Dual Meet Challenge at California University last weekend.

The team first conquered Mansfield 100-27 Friday.

The 200 yard freestyle relay team continued to dominate and finished Mansfield off winning all seven events.

"They had great swims. We got our butts kicked at practice and for how tired everyone was we had great swims," said Amanda Terray.

Amanda Palmer and Kasey Campbell also took

home impressive wins. Palmer took first place in the 200 individual medley and Campbell taking first in the 1,000 freestyle.

The swim team finished second in the dual meet behind host California, while crushing Mansfield and Slippery Rock.

The Lady Eagles travel to Edinboro next Saturday for the final regular season meet of the year before heading to the PSAC Championships.

"This week I want to see how my times compare to last years. I hope to get a b-cut in the 50 freestyle," said Terray.

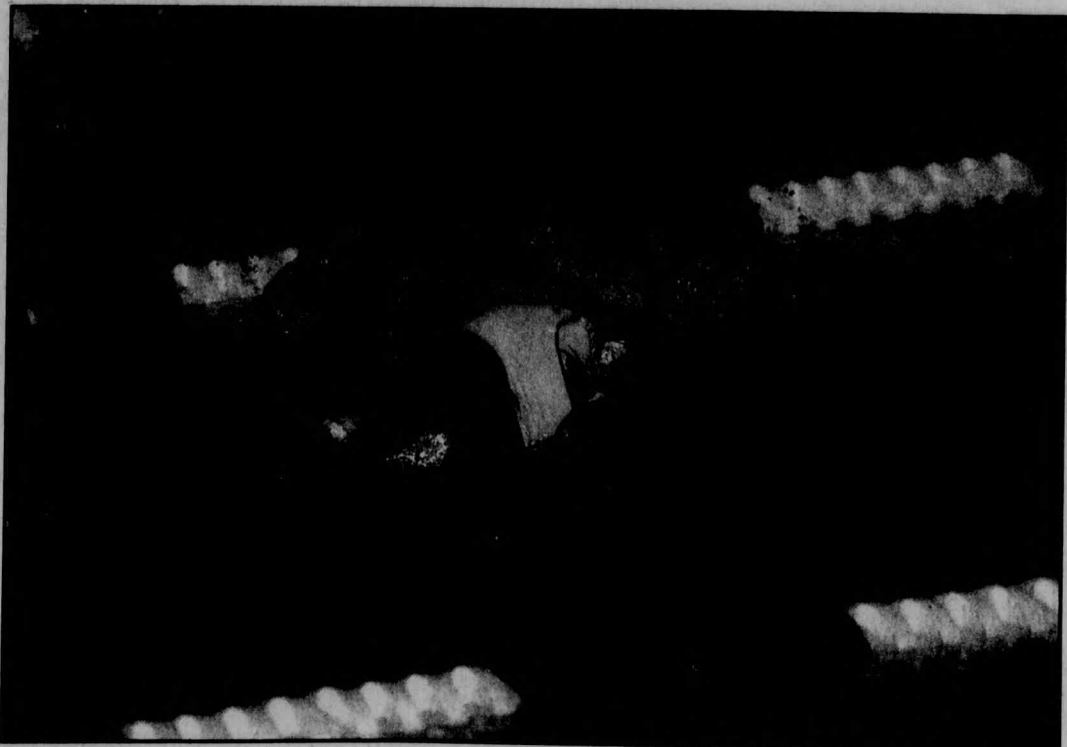
A b-cut time would give Terray a chance to compete in nationals for the 50 freestyle.

"I am looking forward to PSACs. Last year winning was totally unexpected. I am hoping to win this year but it's not just about winning, it's about what my times are like and how I feel in the water," said Terray.

Right now Terray will be competing in the 200 backstroke and the 100 backstroke.

Although Terray was sick for the beginning of the season she is back breaking pool records. Terray won four events at the meet and also set the pool record in the 200 yard backstroke at 2:10.52.

"Timewise I am not where I was last year, I am not even close, but I'm getting there," said Terray.



Amanda Terray sets pool record in the 200 yard backstroke.

Photo Courtesy of Sports Information

From, Track & Field, B1

Three Lady Eagles got qualifying marks in the throwing circle. Leading the way was Alaina Leonard earning two qualifiers in weight throw and shot put. Leonard placed third in the weight throw with a distance of 51 feet and placed eighth with a distance of 37 feet and three inches.

Kristina Hamm and JaKia Gumby finished sixth and seventh respectively in the weight throw, with Hamm going 45 feet and seven inches and Gumby going 45 feet and 4.5 inches. Gumby also placed fifth place in the shot put with a distance of 38 feet 9-3/4 inches.

On the men's side, Lock Haven was able to capture the meet title with 131 points, 30 points more than the second place

school, Leigh University. Along with the title, 25 Bald Eagles earned PSAC qualifiers.

"The Men's team put forth a strong effort at the Covert Classic, impressively going one, two, three in the 400m, sweeping the event," said Ben McConnell.

Chris Jones took first with a time of 51.34. Right behind him was Steve Roberts with a time of 51.37. Ben McConnell finished the sweep with a third place finish of 51.40. Kevin Moore secured LHU's domination of the event with a sixth place finish of 53.19. All four qualified for the PSAC.

Aside from his 400 m dash victory Jones also placed first in the 200 m dash.

Other first place finishes for the Bald Eagles included Greg Mock taking first in the 60 m and Chris Edelman in the 500

m with a time of 1:06.60. In the 4x400 m relay Steve Roberts, Jones, McConnell and Edelman took the top spot with a time of 3:26.47.

Everyone competing this weekend will look to improve on their performances as Lock Haven will split the team this weekend for the two scheduled meets.

Some members of the team will travel to the Penn State National Invitational on Friday and Saturday.

Other members of the team will travel further for the Bucknell Open at Bucknell University Friday and Saturday.

"I expect some good things to happen this weekend. We will be a little more rested, and we will be on fast tracks with good competition at Penn State and Bucknell," said Co-Head Coach Heather Leverington.

Woes continue for the Lady Eagles

Brandon Apter Sports Reporter bapter@lhup.edu

With their last win coming on Dec. 18, the Lady Eagles (3-14, 0-4 PSAC West) looked for anything positive in the coming games. Losers of 11 of their last 12, season-ending injuries and inconsistent play has resulted

Women's Basketball

in a gloomy record. "We lost two starters to season-ending injuries in the first week of the season so it has been tough to lose two players. I think a couple players who had minimal playing time last season have stepped in to fill the shoes of the players that we lost," said head coach Jennifer Smith.

This week, the Lady Eagles played three games, two were against the top teams in the Western Division, IUP and California (Pa.).

Coming off of a tough loss against Edinboro, LHU looked to rebound against the top team in the PSAC West, Cal U (15-6). The Haven came out of the gates shooting as they held their own with a seven point lead

early. Cal did not let that slow them down as they clawed back to gain their first lead of the game. The Lady Eagles fought right back as they shot 64 percent in the first half to take the lead going into the locker room.

After halftime, it was all Cal. The Vulcans spoiled the upset bid for LHU as Cal closed the game out 76-61. Lauren Kelshaw led the LHU campaign with 25 points while Katie Kendall contributed 13.

"We need to be more consistent and play a solid 40 minutes. We need to limit our letdowns in games," said Smith.

The next game for the Lady Eagles would not get any easier, as they squared off against the number two team in the Western Division, IUP (15-6). They never found their groove in this 63-29 loss, shooting a mere 22.7 percent from the field.

Kelshaw led the charge with eight points while Evelyn Wynn grabbed six rebounds in the Haven's efforts.

"Everyone needs to get on the same page at the same time. We have to execute," said Wynn. "We have proven to ourselves that we are very talented, now it's time to prove it to everyone else."

The most recent test for LHU was the new team in the PSAC, the Mercyhurst College Lakers (8-9). The Lady Eagles seemed to be very evenly matched in the first half against the Lakers, as they built a nine point lead in the first half.

The Lakers climbed back to within one, but eventually were down by three at the half, 32-29. With just over 10:30 left in the game, Mercyhurst took the lead, as they shot almost 60 percent from the field in the second half, while LHU shot 40 percent.

The Lady Eagles fell 74-61, suffering their 11th straight loss. Kelshaw led the Haven effort with 18 points while Casi Donelan would pitch in with nine. Wynn added five points.

"There is no where to go but up. It's all out all the time and whatever we pull off is a positive at this point," said Wynn. "We are very young. We have freshman that see a lot of time. So for next year, they know how the games are and what it feels like to be in there. Most of the time freshmen don't see any time, so it all comes as a shock they following year, but our kids have the experience now to bring the team to a new level next year."

SPORTS

the biggest one has been "keeping our team healthy, and performing consistently."

Since becoming the ninth coach in the 27 year history of the wrestling program, Bonomo has had numerous successful seasons. Some of the highlights of those seasons include leading over 30 wrestlers to the NCAA national tournaments.

He has produced several All-Americans and helped numerous wrestlers place in the EWL and the PSAC tournaments.

Bonomo was named the 2006 EWL coach of the year. Last year the Bald Eagles made the National Wrestling Coaches Association (NWCA) All-American list.

Aside from coaching the wrestling team, Bonomo directs the teaching, academic monitoring and fundraising efforts of the Bald Eagle squad, as well as recruiting athletes to Lock Haven.

One of the biggest draws that he can offer is potential recruits. The fact that he has coached these individuals to All-American awards.

With all the accolades he has experienced with the wrestling program his greatest achievement as a coach has been to recruit and develop great wrestlers.

"To see the team grow that has been one of the goals for the program and become great athletes for the team," said Bonomo.

Coach Rocky Bonomo

As the head coach of the wrestling program, Bonomo has been instrumental in the success of the Bald Eagles. He has coached over 30 wrestlers to the NCAA national tournaments and has produced several All-Americans. Bonomo was named the 2006 EWL coach of the year and has helped numerous wrestlers place in the EWL and the PSAC tournaments. He has also helped recruit and develop great wrestlers for the team.

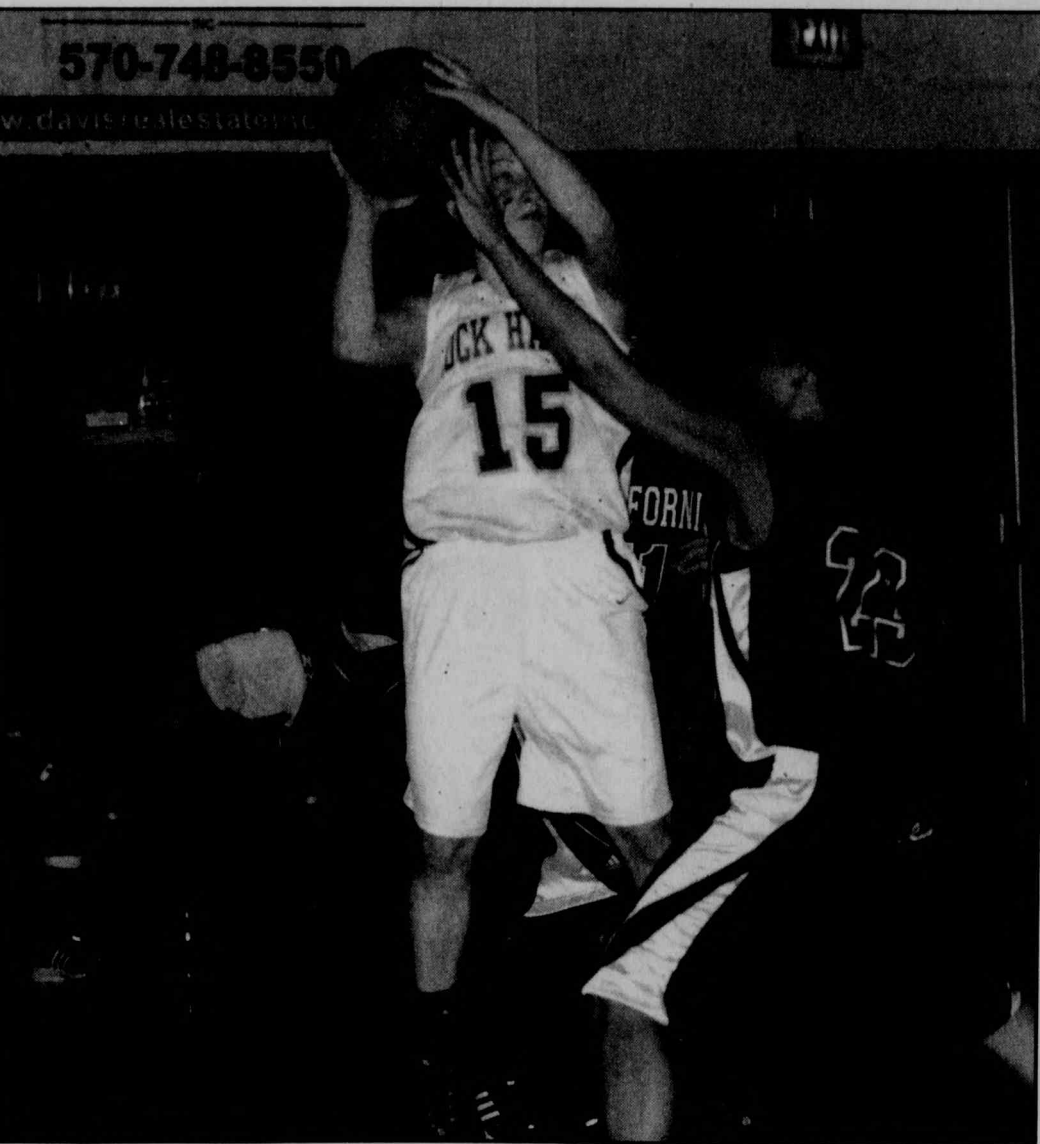


Photo Courtesy of Sports Information
Lauren Kelshaw puts up a shot against Cal. Kelshaw led the Lady Eagles in scoring in their most recent game against Mercyhurst.

From, Billy Arre, B1

"It's nice to know he has your back on and off the court," Arre said.

Off the court, Arre has also found success. He will graduate in May with a business administration degree.

Though Arre's tenure at the Haven isn't complete he found some time to reflect on the people and moments that have shaped his career.

Arre fondly recalled his sophomore season when the Bald Eagles narrowly missed a playoff berth, but proved to be fierce competitors as they took down top teams like California, Edinboro and Bloomsburg.

The older players who lead that team inspired Arre to work hard and assume a leadership role as he came into his junior season.

"I have to be a leader and motivate (my teammates) in the weight room and in practice," Arre said. "It's not about me; it's about their success as players."

Those who saw Arre play will remember his fiery demeanor and cool shot, but as time passes little more than a replica of the game ball he received will remain in the Thomas Fieldhouse. But if a history book were to be written about Lock Haven basketball Arre has a suggestion for how his legacy should be laid out.

"I hope it says I was a hard worker and I left a good feeling in people, that I really cared about Lock Haven and the team," Arre said.

Student Recreation Center News

Spring 2009 Aerobics Schedule

1:00pm-2:00pm Yoga Emilie	1:30pm-2:30pm Yoga Emilie	2:30pm-4:00pm OUTDOOR GOLF Megan	4:00pm-5:00pm Step & Toning Jackie
4:00pm-5:00pm Step & Toning Jackie	4:30-5:30pm Cardio Michaela	5:30-6:30pm Cardio Michaela	6:30-7:30pm Cardio Michaela
6:30-7:30pm Cardio Michaela	7:00-7:30pm Cardio Michaela	7:30-8:30pm Fit and Firm Leanne	8:30-9:30pm Fit and Firm Leanne
8:30-9:30pm Fit and Firm Leanne	9:00-9:30pm Fit and Firm Leanne	9:30-10:30pm Fit and Firm Leanne	10:30-11:30pm Fit and Firm Leanne

All classes are held in the SRC aerobics room. Space is limited, be sure to come early to reserve your spot!

Check out the SRC website for schedules, photos, policies and employment opportunities!
http://www.lhup.edu/rec_center

Self Defense Classes
 SRC Dance Room
 Sundays from 7:00-8:30pm
 Classes begin Sunday Jan 25th
 Free

Intramurals Spring 09

Registrations Begin 1/5/09 and End 1/23/09

SPRING 2009 IM Sports

- Co-Ed Dodgeball
- Womens Basketball 5X5
- Men's Basketball 5X5
- Co-Ed Raquetball
- Co-Ed Volleyball

Women's Outdoor Soccer
 Men's Outdoor Soccer
 (To begin weather permitting March 16th)

Intramural Sports will begin February 2nd, 2009
 Register Your Team Online: <http://www.lhup.edu/intramurals>

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From, Wrestling, B1

The first match-up of the night was an exciting five-overtime, 125 pound match featuring Nick Hyatt in his first match since suffering an injury against Penn State back on Jan. 4.

Hyatt scored two points in the first period, but was quickly tied up in the second. After a reversal in the second period Hyatt regained the lead. His lead was short lived as CSU's Jordan Keller tied it at four. With the score tied past regulation the match went into overtime where Hyatt was able to pick up two points in the fifth overtime to earn his victory.

"We got a good start from our 125, Nick Hyatt and we never looked back from there," said Cooperwood.

In the 133 pound match, Billy Ashnault faced off against the Viking's Josh Palivoda. Ashnault shut out Palivoda in the match up.

While holding Palivoda scoreless Ashnault scored 16 points to get the technical fall and put Lock Haven up by eight on the day.

The Bald Eagles lost the next two matches in the 141 and 149 pound matches. Each match was decided by one point.

To get Lock Haven back in the match Cooperwood picked up the 5-3 decision in the 157 pound match.

Cooperwood was down after the second period 3-1 but was able to tie it at 3-3 in the end of regulation. In overtime Cooperwood was able to score two points and pick up the victory.

LHU would go on to win the next four matches, two of them by pinfall. The first pin of the night came in the 165 pound match, as Aaron Ernest picked it

up in 3:33.

The next pin came two matches later in the 184 pound match as Tom Kocher scored his in 5:34.

With the addition of Travis Stem's 174 pound win and Ben Hepburn's win at 197 pounds, LHU would have all the points it would need to pick up the dual meet victory.

"We were pleased with a win in the EWL. The guys wrestled more consistently as a team," said Coach Rocky Bonomo.

The Bald Eagles only have three regular season matches left and they will all be against EWL opponents. Their next match up will be against the West Virginia Mountaineers on Saturday at Thomas Fieldhouse. LHU will look to avenge their 30-6 loss to the Mountaineers last season at Morgantown.

"This is a huge match for us; one that we need to win. A win here would be the defining point of our season," said Cooperwood.

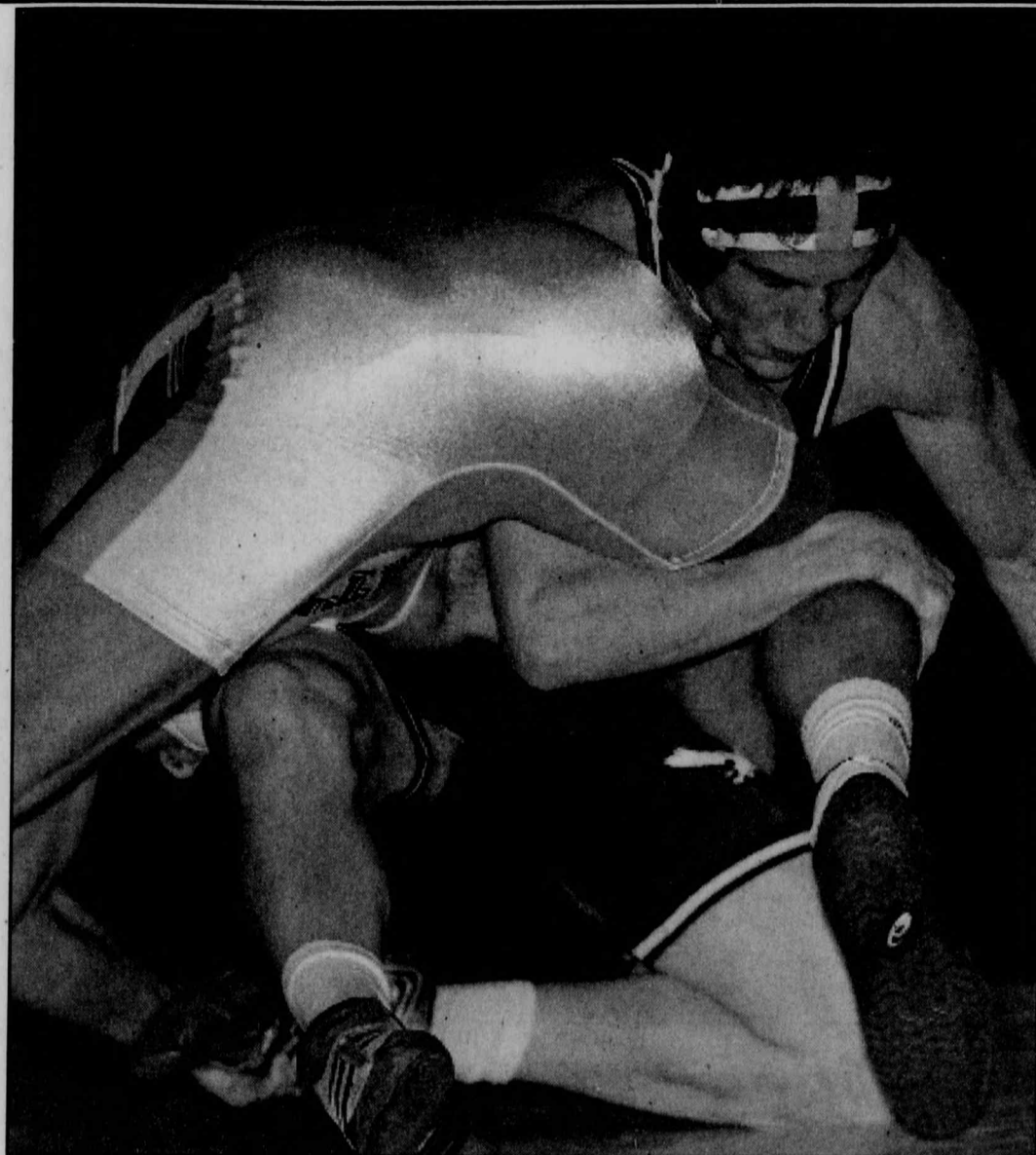


Photo Courtesy of Sports Information

Tom Kocher was one of two Bald Eagles to score a pin against the Vikings.

Captain loses in controversial split decision

**David Harper
Sports Reporter
dharper@lhup.edu**

Two of the five Bald Eagle boxers won bouts at the West Virginia University Invitational last Saturday night. The 14 bout card was held at the West Virginia Northern Community College in Wheeling, W.Va.

Boxing

Freshman, Michael Pastore, 175 lbs, scored an impressive RSC (Referee Stops Contest) at 1:26 in the third round over West Virginia University's Kevin Mather.

Pastore won his second straight bout by RSC and remains perfect at 2-0. Pastore started the bout scoring several eight counts and dropped Mather with a solid left hook to force the official to stop the contest.

The biggest Bald Eagle senior heavyweight Handel Belle earned a tough 2-1 decision over Aaron Quattrocchi representing the Iron Boxing Club of Pittsburgh in a NCBA v. USAB crossover

bout. Belle out-boxed his taller opponent the first two rounds, but his 6'4 opponent used his height advantage with a stiff jab to close the score in the third round. Belle's lead from the first two rounds was too great for Quattrocchi to get the victory. Belle remains undefeated this season in his first two bouts.

During the night's 14 bout card, LHU's team captain David Harper lost a very controversial 2-1 split decision to Ian Shaw, UMV. Harper seemed to be the better man when the bout ended. Coach Ken Cooper verbally challenged the 2-1 decision, after a short officials meeting the judges upheld the verdict with Harper losing 59-58 on two of the cards, winning 60-54 on the third card.

Coach Ken Cooper said, "I really thought Dave won the fight," Cooper added, "He just kept the bout too close from the get-go."

Harper from Sellersville Pa, moved up from his normal 147lbs. to the 156 lb. weight class for this feature and crowd-pleasing bout.

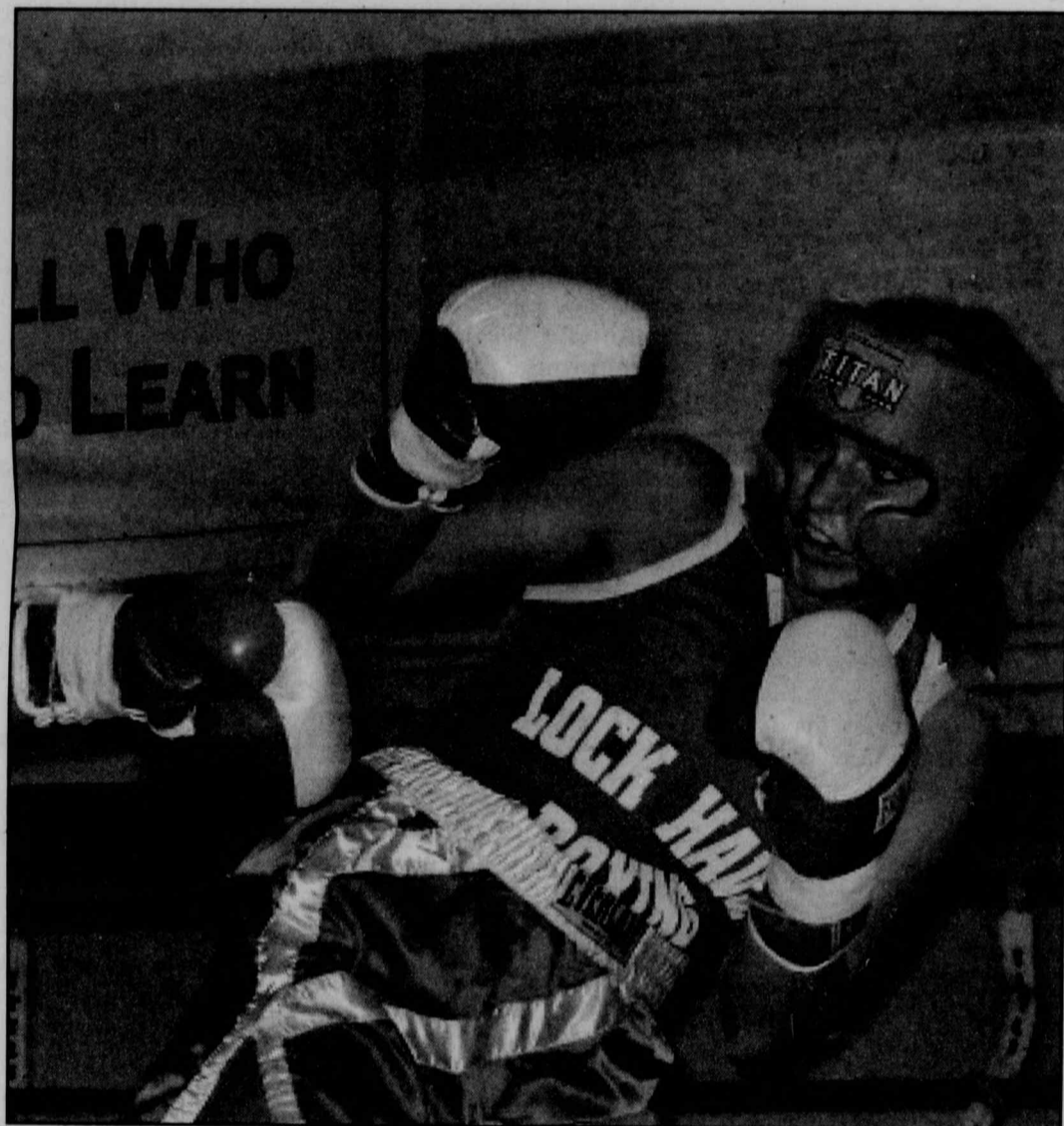
Also losing a close deci-

sion was William Goss, of Burnham Pa. Goss lost a close 3-0 decision to Amonte Eberhart of Pittsburgh P.A.L. in an exciting bout. During the fight Goss found it hard to land solid punches, against the very slick Eberhart who spent most of the bout running from the more powerful Goss. Goss's career record is now 7-6.

LHU's fifth boxer Michaela Muthler dropped a decision to Krysta Bailey (WVU) in the night's only female bout.

Muthler boxed well in spurts, but the Moutaineer finished each round very strong. Assistant Coach John Stout stated, "Michaela boxed real well, but she has to learn to finish each round strong. She has a lot of potential."

The Bald Eagle boxers return to action on Jan. 31 at the Red Raider Collegiate Invitational at Shippensburg University. Set to box are junior, David Harper at 150 lbs, sophomore, Will Goss at 145lb, and freshman Sean Zimmerman at 140 lbs.



Dave Harper/Eagle Eye

Bald Eagle Michaela Muthler in action against Krysta Bailey from WVU.

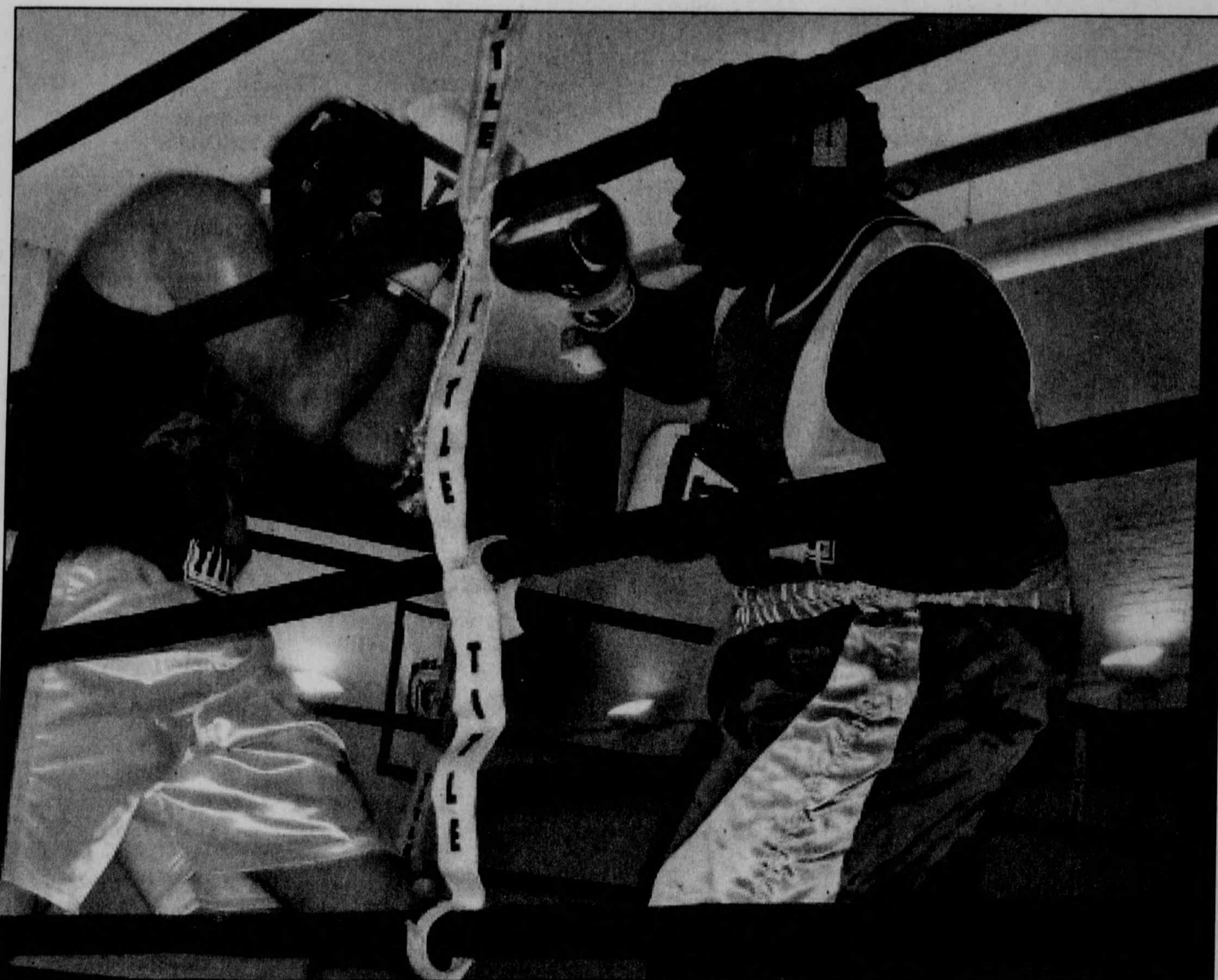


Photo Courtesy of Michaela Muthler

LHU's Handel Belle scores with a right hook to win a 2-1 decision over Aaron Quattrocchi in his super heavyweight bout.

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Arts & Entertainment

A healthy dose of puppy love from 'Marley'

Danielle Tepper
Staff Reporter
dtepper@lhup.edu

Dog lovers everywhere will delight in "Marley & Me," a heart-warming story about a man and his best friend. Florida journalists John and Jenny Grogan get more than they bargained for when they bring home Marley, a Labrador retriever who quickly grows from an adorable ball of fur to an energetically destructive, but undeniably loveable, part of the family.

Marley does it all; drinks from the toilet, crashes through screen doors, and flings drool and hair on every surface of

their house. He gets kicked out of obedience school, is responsible for the closing of "Dog Beach," chews through everything from furniture to drywall during thunderstorms, and even manages to swallow an 18-karat solid gold necklace. He is, by most definitions, the world's worst dog ... but he brings out the best in the Grogans.

This autobiographical tale of the trials and triumphs of owning a dog has charmed readers and moviegoers alike with its classic twist of humor and ability to touch your heart when least expected. The recent film made the most money ever for a Christmas Day premiere.

It grossed \$14.7 million in ticket sales, and an additional \$37 million more that weekend, remaining number one at the Box Office for weeks.

Starring Owen Wilson and Jennifer Aniston, this true story is brought to life by their on-screen chemistry. To portray Marley, who ages thirteen years throughout the course of the film, twenty-two different dogs ranging in ages six months to 14 years, half of which were puppies, were used during filming. In a recent interview, Jennifer Aniston said, "We had (on set) babies, puppies, children, adult dogs, old dogs, kids — and we all had a ball."

A "dramedy" that is

about substantially more than just dating and hunting down that happy ending, dog owners will laugh in recognition at the antics this 100-pound pup puts his owners through, and they will smile when they witness his devotion to his family. Marley is there when the Grogans experience a miscarriage, then bring home their first son, second son, and daughter.

When Jenny gets overwhelmed and demands that John get rid of him, Marley reminds her why she wanted him there in the first place. He guards them when a neighbor in their West Palm Beach neighborhood is stabbed, and comes with them when they move to the safer area of Boca Raton.

Finally, after a traumatizing plane ride, he settles down with them in their new home, nestled in the Pennsylvania countryside, where he spends his days chasing chickens and playing with the kids in the snow. Referred to as a tearjerker, the story has a predictable, but no less heart-wrenching, ending. Dog lovers should bring tissues, and plenty of them.

For those not fond of crying in public, the book is a satisfying alternative to the film. Grogan's writing is sharp, witty, and surprisingly poignant. A story straight from the heart, "Marley & Me"



Photo courtesy of Google Images
Owen Wilson and Jennifer Aniston play the frisky pup's owners in the film based on the book.



Photo courtesy of Google Images

'Marley and Me' tugs at the heartstrings in its book and movie forms.

reminds readers and audiences alike of what we often forget is important: family, loyalty, and the unwavering, unconditional love you find in an animal.

"Was it possible for a dog — any dog, but especially a nutty, wildly uncontrollable one like ours — to point humans to the things that really mattered in life? I believed it was," Grogan writes. Grogan invites us into his journey with Marley, rem-

iniscent of ones we ourselves may have taken, and urges us to remember the joy we experience when we travel life's journey with man's best friend at our side. Life with a dog is simple: "Give him your heart, and he will give you his."

Escape from life for a while. See the movie. Read the book. Either way, at the end, your heart will feel like it is too large to fit inside your chest.

Internship spotlight: at home and abroad

Amanda Alexander
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At a time in which the economy is one of the top concerns on Americans' minds, one student got to work with international trade relations this summer, in hopes that good relationships with other countries will help our economy in a positive way.

Jessica Douglas, a December 2008 graduate, worked as an intern with the American-Turkish Council (ATC) this summer in Washington, D.C. The ATC is a non-profit business association that is, according to the website, "dedicated to enhancing the promotion of U.S.-Turkish commercial, defense, technology and cultural relations."

Members of the ATC include Fortune 500, U.S. and Turkish companies, multinationals, nonprofit organizations and individuals with an interest in U.S.-Turkish relations. Douglas was placed in the program by The Washington Center for Internships.

"I'm really interested in the international business aspect of things, and the relationships between countries and trade. It was pretty much a perfect fit," she said.

Washington Center suggested a few other internships before Douglas chose to work with the ATC. "Initially, I turned a couple down," she said. As a business administration student with concentrations in finance, economics and

international business, Douglas found an internship with the ATC to be just right.

She was able to dabble in many of her interests during the internship, which took place from the end of May until the beginning of August.

Douglas worked on many different projects; everything from writing briefings and reports to doing research on biofuels and investment opportunities in Iraq. The typical eight-hour day included reviewing the news for updates on Turkey or U.S.-Turkey relations, working on projects and sending out correspondence.

"I learned a lot," she said. "I didn't know what to expect and I didn't really know anything about Turkey." Douglas's interest in Turkey has since grown, and she'd like to visit the country in the future.

Her least favorite aspect of the internship was all the writing involved. "I'm not an English major," Douglas said while listing the editing and writing work she was involved in. "It was a challenge."

However, she also got to participate in many activities that she found incredibly exciting, such as committee meetings. The ATC has a variety of committees to discuss things such as agribusiness and food industries; banking and finance; construction and energy; culture and tourism; defense and security affairs; information communication

technology; pharmaceutical; and trade and textiles. The thing she enjoyed most about these meetings was "the interactions with the corporations and the government officials."

She also got to go to Congress and brief the staff members on the Congressional Staff Trip to Turkey. According to

and economic conditions she play into everything." She also realized how much work goes into each detail and how much thought is put into each decision made. She was amazed by the strategy behind everything.

This helped her realize what to focus on in her job search once she graduates. "I definitely want to

valuable things she gained from her internship were "experiencing the professional atmosphere that it takes to be able to... interact with people" and the networking skills needed for a job in international trade.

Douglas and her fellow interns were also able to work with people who were willing to correct

took," she reported.

The Washington Center helps find internship sites for students in Washington D.C., it provides classes and assists with housing. Douglas applied for the Washington Center through encouragement of Dr. Stan Berard, and it was pushed heavily by the Honors program. She added, "The application process was grueling, but worth it."

The program was rigorous, too. "We were required to complete, throughout the summer, numerous papers/reflections that were later compiled into a portfolio. This was an amazing tool for providing strategic direction to our time spent in D.C.," stated Douglas

Washington Center also offered other components to the program. "In addition, we had the opportunity to take a tour of the Saudi Arabian Embassy, listen to Secretary of Commerce speak, a Darfur survivor, and numerous others," she said.

Douglas said students who'd like to have an internship like hers should check out organizations such as The Washington Center that help students find the right place for them, or just call the organization and get more information.

To get help finding an internship, contact Anita Casper, Internship Coordinator for Career Services, at 570-484-2247 or acasper@lhup.edu, or visit her office in Akeley 114.



Photo courtesy of Jessica Douglas
Jessica Douglas worked as an intern with the U.S.-Turkish council. She got her internship through the Washington Center.

the website, the trip is important because it "gives ATC an opportunity to show the achievements of member companies within Turkey such as power plants, schools, factories, joint ventures and other businesses." Meeting members of Congress was one of Douglas's favorite parts of the internship.

Throughout her internship, Douglas learned "how the culture, politics

do more with international trade," she said. "It really set the grounds for me with working with the political things involved in dealing with trade."

Douglas is very enthusiastic about her field and hopes others will soon see the effect it can have on the economy. "Trades can be a mechanism for economic growth," she said. "I want people to realize that with trade policy."

She feels that the most

them, encourage them and help them grow. "They wanted to see us succeed beyond our internship," she said.

Douglas took 21 credits during the summer, enabling her to graduate one semester early. "Six of my credits counted for an internship in my major, six as electives, six for the two classes I took at the Washington Center, and three for an online Macroeconomics course I

A & E

Staff profile: You've got mail

Lyndsey Hewitt
Staff Reporter
lhewitt2@lhup.edu

Lyndsey Hewitt had a chance to speak with Mark Stevenson, Mailroom Supervisor, about his job, the Beatles, and his love of playing music and drawing cartoons.

What do you do here at the Haven and how long have you been here?

Well, on March 13th I will have been here for 31 years. I am the Mailroom Supervisor, which means I supervise all mail operations for the entire university, ingoing and outgoing mail.

What is involved with working in the mailing room?

There's incoming mail each morning, we sort all of it according to building. Then the student workers pack it all up and load it in the van, then we deliver it to where it needs to go.

We also pick up all mail that needs to be mailed out from each building, we bring it back here to the mailroom and we process it and get it ready to be

sent out.

I love the kids here in the mailroom. I'm the only full-time worker here and if it weren't for my student workers, we might not get anything done so I'm very thankful for each and every one of them.

I'm blessed for my position and the people I work with. I love hearing the kids accomplishments and the latest campus news, whatever the gossip may be.

Where are you originally from?

I'm from Lock Haven, I actually used to live in the house that is now the Honor's house for a very long time. I pretty much grew up on the Haven campus.

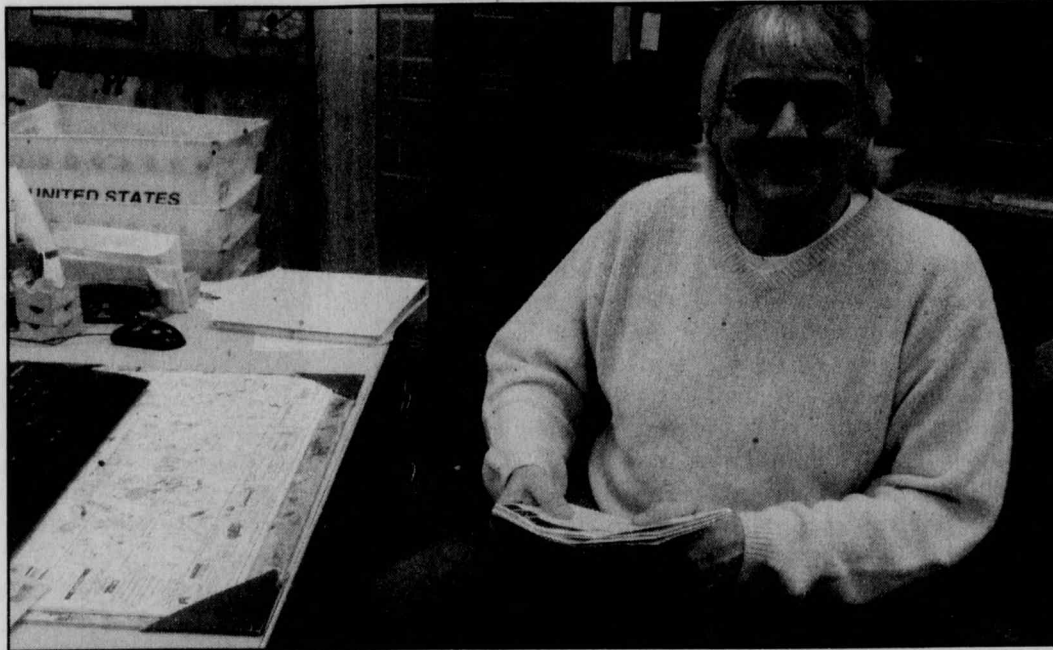
What did you do over Christmas break?

I just enjoyed the holidays at home. I got a bluray player so I put that to use.

Describe your family.

I have a brother and a sister. My brother works here as a mechanic, and my sister is a minister in Mill Hall.

What do you like to do in your spare time?



Mark Stevenson sorts through mail while getting to know his student workers.

I watch a lot of movies. I'm a movie buff. Sometimes all of us here in the mailroom gather at my house for a mailroom movie night.

I'm also in a band called Kwitchurbitchen', I play the bass guitar. We have gigs on the weekends.

I also draw cartoons. I make my own holiday cards, birthday cards, you name it. I drew a cartoon for the Lock Haven express for six years. Sometimes I get asked to draw things too, just small jobs.

Do you have any pets?

I have two kitty cats. Charley and Gracie. They're brother and sister. They're just getting over a cold!

What are your favorite movies and music?

I love the Beatles. A few of my favorite movies are "Raiders of the Lost Ark," "Sweeney Todd," and I recently just watched "The Curious Case of Benjamin Button" and thought that was amazing.

I love "Benny & Joon." I'm also a big fan of Jack Nicholson.

Any exciting memories you can tell us?

The first time I set foot in NYC was a great experience. I've seen Paul, George and Ringo of the Beatles, and saw Paul doing his last concert in Washington D.C. a while back.

In '73, believe it or not, here on campus at the Thomas Field house Rush and KISS opened up for the Blue Oyster Cult.

What clubs and organizations were you a part of?

I pretty much just stuck to my music!

What are your plans for the future?

I might retire in a few years. I'd like to travel, maybe get a side job drawing cartoons or being a card designer.

Do you have any advice for current and prospective college students?

Yes, absolutely. I've seen a lot of frustration in students. They want to quit, but you *have* to stick it out. Later on you will be happy you did. Don't give up, try your best.

There are always ups and downs in life, just stick it out; college is training you for the real world.

After it's all said and done, you will be thankful. I've told this to some of my students who want to give up, and they stop by later in life and I'm happy to see that they've stuck it out and love to hear of their successes.

Kickboxing: Gets the blood pumping

Kara Wilt
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Time and time again people make and break their New Years resolution to shed those pesky pounds that too many holiday treats can cause.

Make this year the exception.

With numerous aerobics classes offered at the Student Rec Center, there should be no excuse to not

Upon entering the SRC eager students exchange their ID for a jump rope and head into the small room located beside the center basketball court.

Of the three weeks worth of classes that have been held so far this semester, not one of them was not full.

Once everyone is set and has their own space on the floor Williams gets the music going to get everyone pumped up.

To start off Williams has everyone bounce from side to side. This is meant to get your blood flowing and get your heart rate increased.

After a few minutes of warm up she'll start everyone on more movement.

Small arm jabs and crossovers are the next step, shortly followed by leg extensions and kicks.

By this point participants are starting to break a sweat.

But it doesn't stop there.

Williams then leads the class into squats and exercises that work the core muscles.

"The day following the first class, my abs hurt so bad I could barely sit up in bed," said Kucsan.

To sum it all up, she has each participant take to jump roping for four minutes, granted there's enough space in the tiny room.

If there's not, Williams just resorts to constant motion for the duration.

Once the four minutes have lapsed it's time for a water break before it starts all over again. However, this time stepping it up a notch.

The class lasts fifty minutes and by the end you can tell you've done a vigorous workout.

"We were pouring sweat by the time we come out of that room, but I felt great," said sophomore Joanna Sabate.

Cardio-Kickboxing is offered every Monday and Wednesday at 5 p.m. for all those who are truly set in keeping their resolution and for all those who just love a hearty workout.

Other classes offered

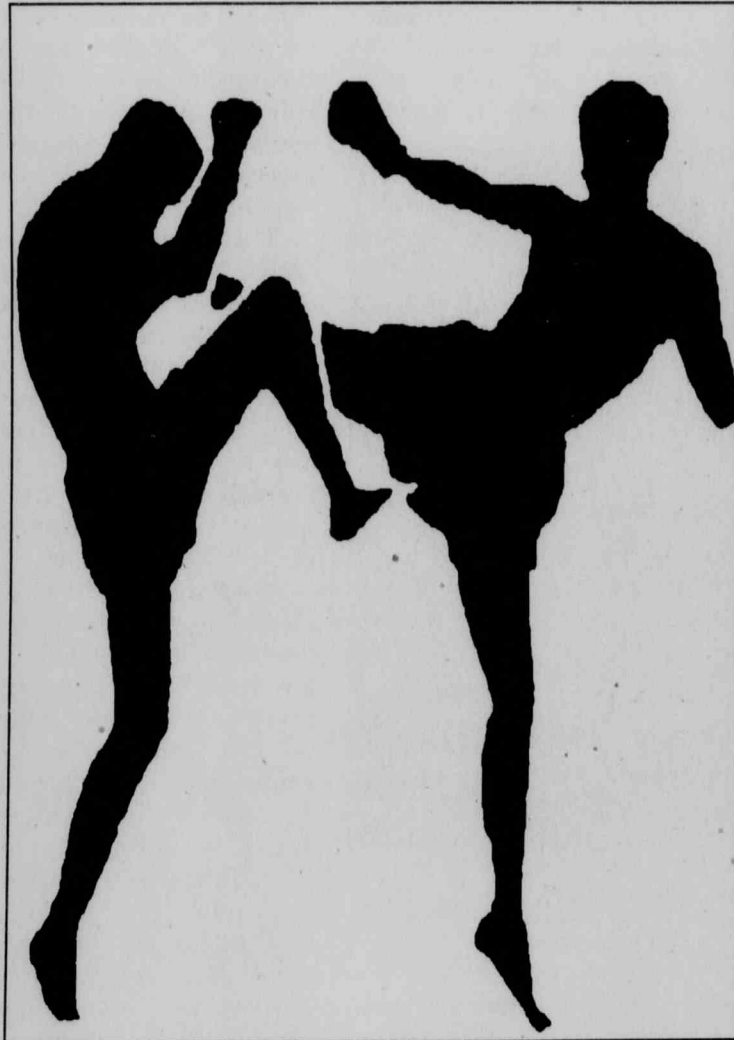


Photo courtesy of Google Images

stay on track. Cardio-Kickboxing, led by Rachael Williams a senior Health and Physical Education major, is one of the classes meant to whip students into shape.

"This class will increase coordination and it will tone your entire body all within one workout," said Williams.

"The music really gets me into the workout," said junior Laura Kucsan. "I think without it I may not be able to keep up as well."

Every class builds off the one before it. Each meeting gradually increases in intensity to keep the body constantly building.

Kara's Cookbook

Easy for those on and off campus

Rocky Road Candies

Ingredients:

- * One 12 oz package semisweet chips
- * 1/8 c. butter
- * One 14 oz can sweetened condensed milk
- * 2 1/2 c. dry-roasted peanuts
- * One 16 oz package miniature marshmallows

Directions:

- * Line a 9 X 13 inch pan with wax paper.
- * In a microwave safe bowl, microwave chocolate and butter until melted.
- * Stir occasionally until chocolate is smooth.
- * Stir in condensed milk.
- * Combine peanuts and marshmallows.
- * Stir in chocolate mixture.
- * Pour into prepared pan.
- * Chill until firm.
- * Cut into squares.

** Prep time is five minutes
 ** Cook time is five minutes
 ** Ready in two hours, ten minutes.
 ** Makes 24 pieces

Photo courtesy of All Recipes.com

are Yoga (Mon.-Thurs. 1 p.m. & Tues., Thurs. 5 p.m.), Butts and Guts (Mon. & Wed. 3:30 p.m.), Step (Mon. & Wed. 4 p.m.), Fit and Firm (Mon. - Thurs 6 p.m.), Cardio Mix (Mon. - Thurs. 7 p.m.) and Step and Tone (Tues. & Thurs. 4 p.m.).

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Students make winter break count

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Brea Duell, senior, decided to make her break one to remember. She and her family went into New York City to bring in the New Year with the thousands of other people eager for the experience.

Getting to Time Square early for a chance of joining in on the celebration, the Duells stood directly below the Ball Drop for over 12 hours. Once inside the barricades that surround the area, there is no one permitted to leave.

"It was so cold and we weren't able to go any-

where to get food or even to go to the bathroom for fear of losing our space," said Duell. "But it was worth it."

The time spent did not go by in vain. Duell was able to see performers like Taylor Swift and the Jonas Brothers.

"My sister and I were right below the stage that Carson Daly was standing on," said Duell. "I never thought I would be so close to all the action."

Senior Casey Roberts toured with his band, Lights Camera Distractions, over break. He and his bandmates, Johnny Davidson, Zach Kaikis, and sophomore Kyle Karmelita, played their music in Pittsburgh, Shamokin, and Warren, Pennsylvania, as well as in Warren, Ohio.

Roberts said his

favorite thing about the tour was "riding around with (my bandmates) and hanging out with the other bands."

His favorite night of the tour was opening for Rookie of the year at Mr. Smalls in Pittsburgh because he really likes the band.

Sophomore Joe Gocek spent his Christmas break doing what many students here on campus enjoy; snow boarding. Not only is this a hobby for Gocek, but also an occupation.

He works at Big Boulder ski resort in northern Pennsylvania as a snowboard instructor, so not only is he spending hours hitting snow-slicked ramps, but he's also teaching others the tricks of the trade.

"I love the feeling I get

when I land a big trick that I thought I was going to crash on. It's indescribable," said Gocek

However, rather than just hitting the local slopes he decided to take his hobby farther north to Loon Mountain in Lincoln, New Hampshire.

For five days Gocek spent the majority of his time hitting jumps and soaring over snow covered grounds.

"Every winter my mom takes me to different places to snowboard," said Gocek. "They are bigger and have better terrain parks than the place I work, so I love going."

Kim Wonesky, a senior here at Lock Haven, spent a part of her break with her husband, Shawn Wonesky, whom is a member of the Army National Guard. Wonesky's husband was on leave for 11 days before being deployed to Kuwait.

"I love my husband," said Wonesky. "It was nice to have him home for Christmas."

There is no official date scheduled for his return but his homecoming will be anticipated greatly by his family and friends.

While some students were shopping for presents or working, junior, Allan Schreffler spent the majority of his break hunting the woods of central Pennsylvania.

"I did a lot of hunting in Farrandsville where I shot an 8 point buck," said Schreffler. He also spent time hunting in

State College, where he shot 12 rabbits, and in Warriors Mark where his hunting skills got him 9 pheasants.

One student was lucky enough to travel somewhere a bit warmer for a portion of her winter break.

"My mom lives in Las Vegas," said junior, Dianna Haines, "I took a flight there to visit her for Christmas." Haines is planning a return trip to Vegas for this year's spring break.

Whether you spent winter break in your hometown or someplace a little more exotic, class is now back in session and it's time once again to hit the books.

No matter if your studying for an exam, taking notes in class, or writing a paper this semester, I'm sure we'll all be looking forward to spring break, where more memorable moments are sure to take place.

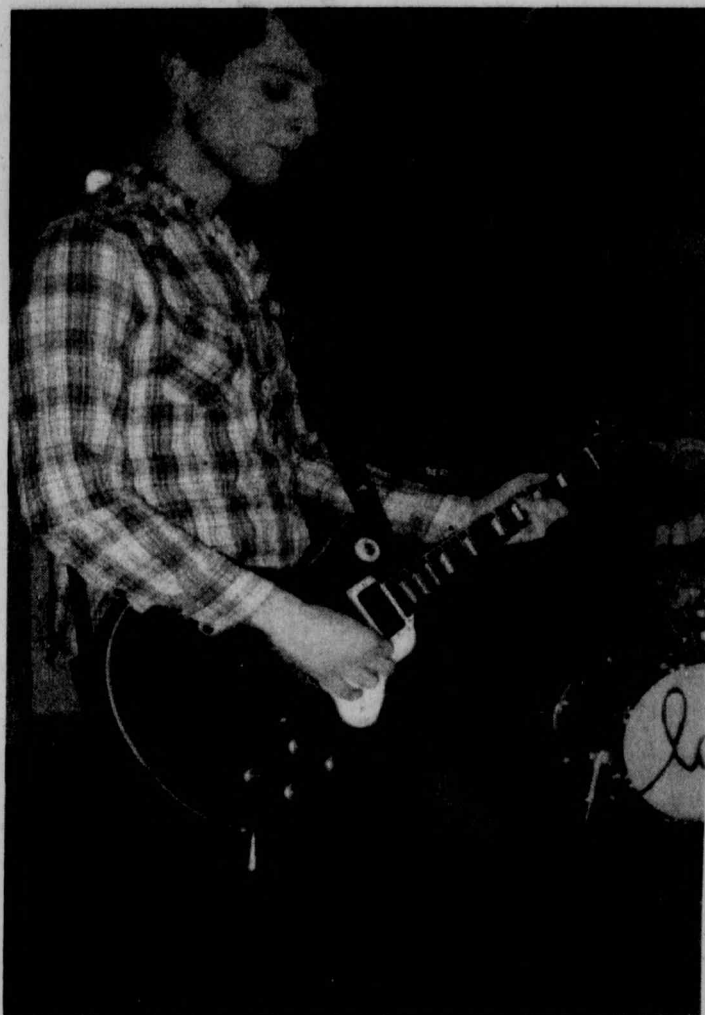


Photo courtesy of Casey Roberts

Casey Roberts spent winter break touring with his band, Lights Camera Distractions.

Comedians get 'real' with college audience

Chris Hoskavich
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choskavi@lhup.edu

Students were left in stitches at Price Auditorium on Friday as the Haven Activities Council (HAC) presented its Night of Comedy.

The event featured comedians Evan Wecksell and Reese Waters.

Waters, who has appeared on MTV's "TRL," Comedy Central and Sirius Satellite Radio and will soon be seen on "Comics Unleashed" and in the pages of New York magazine, opened the show.

He drew a raucous response from the crowd with his jokes about life in New York, Philadelphia sports fans and growing up without heat because of his parents' excessive frugality.

"Do you know how hard it is to play Nintendo with mittens on?" he said.

The audience was also drawn to his stories about his college experience.

"I wrote a 60-page paper on the correlation between mullets and unemployment," he said.

Wecksell, who has been featured on VH1's "I Love the 80's" and E!'s "Celebrity Feuds," followed Waters.

Wecksell serenaded those in attendance with songs about cougars (not the animal), emo music, kids who are always on the internet and his personal hero, Miley Cyrus.

Perhaps the high point of his act was his list of the top ten things about LHU, which included "bubbles in the fountain,"



Adam Roberts / Eagle Eye

Reese Waters entertained the crowd with his anecdotes about growing up with frugal parents.

"snow days," and "if elementary education doesn't work out, you can always fall back on your recreation management degree."

Both comedians said they enjoy performing at colleges, an experience which differs from performing in clubs.

"Normally when you do a club, people are already beaten down by life, so you kind of talk about how crappy everything is," said Waters, "but (at colleges) you want to be more hopeful."

Wecksell said he performs mostly at colleges.

"College is more real than the real world because you can be yourself more," said Wecksell, "so it's easier for the crowd

to just get into it and have fun."

He said this event was quite successful.

"It was a great crowd," he said. "Everyone came out; it was amazing."

HAC performing arts chairperson Jen Black agreed and thanked the students for coming to the show.

"We really appreciate everyone coming out to support us," she said.

She also encouraged students to attend future activities.

Upcoming HAC-sponsored events include magician Michael Kent on Friday, Amy Anderson and Mike Kaplan on February 6 and Robbie Prince and Jeff Keith on March 13.



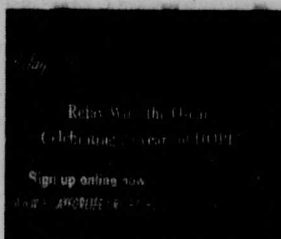
Adam Roberts/Eagle Eye

Evan Wecksell serenaded the audience about his favorite things.

Student Events Calendar Spring 2009

DATE:	EVENT:	LOCATION:	TIME:
Thursday January 29	Rush Kappa Delta Rho: Movies At the Roxy	Contact Jhildeb2@lhup.edu	6:30p
Thursday January 29	Colleges Against Cancer: Vera Bradley Bingo	PUB MPR	7pm
Friday January 30	HAC: Nigh of Magic featuring Michael Kent	Price Auditorium	7pm
Saturday January 31	LHU Wrestling vs. West Virginia University WVU	Thomas Fieldhouse	7:30pm
Saturday January 31	HAC Big Screen Movie Role Models	Price Auditorium	7pm
Sunday February 1	Rush Kappa Delta Rho: Super Bowl Party	602 Bellefonte Ave. Jhildeb2@lhup.edu	TBA
Tuesday February 3	Rush Kappa Delta Rho: Basketball at the REC	Rec Center	6:30p
Thursday February 5	HAC Drug Awareness Program Featuring Lynn Marie Smith	Price Auditorium	7pm
Friday February 6	HAC Nigh of Comedy Featuring Myq Kaplan & Amy Anderson	Price Auditorium	7pm
Saturday February 14	HAC Big Screen Movie Twilight	Price Auditorium	7pm
Wednesday February 18	Presidents Council Meeting	PUB MPR	5pm
Monday February 23	SCC Executive Board Petitions AVAILABLE	Student Activities Office	All Day
Wednesday February 25	SCC Senate Meeting	PUB 2	630p
Friday February 27	SCC Club & Organization Budgets DUE	PUB	4pm

FREE Legal Services Provided by the SCC
Wednesdays between 3:00-5:00pm
Sign up for these dates in the PUB SCC Offices
February 4, 18, March 11, 25, April 8, 22



Any Club or Organization wishing to add their information to this weekly calendar should contact the Student Activities Office at jredfern@lhup.edu!

Did you know that YOUR OPINION here at the university DOES NOT MATTER? Well not until you VOICE IT! Visit www.lhup.edu/scc to find out how!

Roberts racks up another win with Think Fast

Brianna Rodia
Staff Reporter
brodia@lhup.edu

Lock Haven students tested their knowledge on Thursday, Jan. 22 at HAC's semi-annual Think Fast game show.

Hip-hop music blared and light's flashed as students gathered in Price Auditorium, to watch the night's festivities.

The stage in Price had been turned into the scene of a game show, with podiums, electronic scoreboards and microphones for the contestants.

There were also screens up so participants could see the questions and videos in order to put their knowledge to the test.

About 75 students came to play with their brains full and fingers ready to buzz in before their opponents.

Each student was given a handheld device in exchange for their student ID as collateral.

The devices were used to enter the answers to

pop-culture questions ranging from Martin Luther King to American Idol.

The students were battling it out for a \$200 cash prize, and had the option

to the game show that led to the final four contestants being up on stage. Two wildcard rounds in which participants could volunteer to sing or dance their way to the top; and

challenge was introduced.

Five students were picked at random from the audience, and had 10 seconds to sing a song of their choice.

The winner,

which was won by sophomore, Scarlett Gaudin.

At the end of the first and second rounds, each team picked the highest scorers to go up on stage to answer a series of questions.

The first person to reach 500 points was guaranteed a seat in the final round.

Senior and defending champion, Adam Roberts won the first round giving him the opportunity to defend his title as Think Fast Champion.

Senior Courtney Leshner also gained a spot in the final four at the end of the second round.

In the final round, winners stood at the podium and answered questions until they reached 1000 points.

Robinson and Gaudin were given a leeway of 200 points for their performances that had given them the win.

Unlike the other rounds, if a question was answered wrong, the player would have to sit down and a member of the audience would have been

brought onto stage to play in their place.

Fortunately, no one had to sit down and the game ended with the original winners.

Roberts stole the game for the third consecutive win, and his fourth win overall.

"Last semester had a little bit more competition, but it felt good to win this one because I knew it was my last hoorah," said Roberts when asked to compare this game with his past wins.

Lynniesha Robinson, the winner of the singing contest said that the Think Fast game show was a "lot of fun." This was Robinson's first time participating in the competition.

This was the second year that HAC held the Think Fast game show as a semi-annual event.

"The turnout this semester was better than the fall, but we definitely publicized it more," said event leader, Megan Grzybowski. "This is my first year doing HAC, and it's a lot of fun."



Two students compete in a battle of pop culture trivia to win a \$200 cash prize. The winner was senior Adam Roberts.

Brianna Rodia / Eagle Eye

of playing as a group or individually. In most cases; however, everyone seemed will to help out their fellow participants.

There were four parts

two question series for the highest scorers of each round.

About half-way through the first round, the first wild card chal-

Lynniesha Robinson, a sophomore here at Lock Haven, had won herself a promised spot in the final round. The second wild card was a dance competi-

Top 10: Ways to beat the winter blahs

Brianna Rodia
Staff Reporter
brodia@lhup.edu

Are you new to all the snow in Lock Haven? Or do you just find yourself looking for something new and exciting to do? Check out this top 10 list of things to do on a snowy day, and try it!

1 Skiing: For those of you, who are a beginner to the slopes, start with skiing. It's an easy skill to learn, and you will have it down like a pro by the end of the day.



Photo courtesy of Joseph Gocek

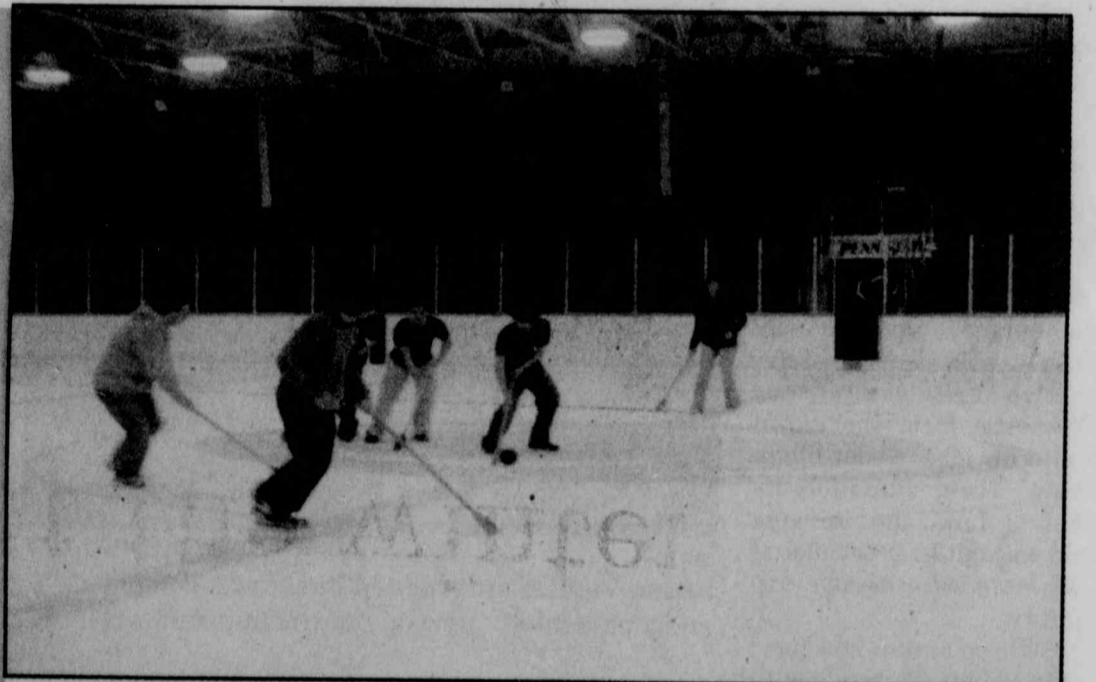
Joseph Gocek performs a double grab method off the uprail at Jack Frost, ski resort in Blakeslee, PA.

2 Snowboarding: More for those with experience in skateboarding, snowboarding requires patience. If you're going to be on the slopes for an entire weekend, you should definitely give it a try!

3 Ice Skating: Whether you're indoors or outdoors, ice skating can be fun. Never tried it? Don't be scared of falling, that's one of the best laughs amongst a group of friends!



Photo courtesy of Bria Duell



Danielle Tepper / Eagle Eye

Outing Club members enjoy a game of broomball at the PSU ice rink.

4 Snow tubing: Fun for the whole family, snow tubing is for people of all ages to give you a rush down a hill. Try just one person at a time, pile people on, or even link tubes together!

5 Sledding: Do you need a break from studying on a snowy night at The Haven? Gather some friends in the same situation, and grab a trashcan lid or even last night's pizza box; Lock Haven has hills all over the place that are perfect for sledding college style!

6 Reading: Prefer the indoors? Make yourself a hot cup of tea or hot chocolate and cuddle up with a good book; there's one for everyone out there!

7 Movie Night: Whether you're a guy trying to scare a girl into your arms with a horror film, or a group of friends just looking for something relaxing to do, everyone enjoys a good flick!

8 Broomball: Never heard of it? Broomball originated in Canada and played in an ice hockey rink only, you guessed it, you play with brooms instead of hockey sticks!

9 Build a Snowman: A classic, yet allows creativity to come out of everywhere! Find some friends and have a snowman contest!

10 Make A Snow Angel: Spread 'em! Lay on your back and make a snow angel! It's simple yet fun to do! Make them on the slope of a hill so people will see them when they walk by!

