



Eagle Eye

Important notice . . .

All campus clubs and organizations should read the SCC warning on A2.

Lock Haven University's Student Newspaper

www.lhueagleye.com

Wednesday, October 5, 2005

Volume 62 - Issue 4

2005 Homecoming King and Queen



John Reithl Eagle Eye

Rick Harvey, King, and Lisa Krape, Queen, stand with President Miller after they were crowned the winners of Homecoming.

New provost formally welcomed

Nicole Pinto
Guest Writer

The university formally welcomed the new provost, Dr. Kwesi Aggrey, along with his wife Debbie in the PUB lobby September 27th. During the afternoon, faculty, students, and members of the community stopped by to meet and welcome the pair.

Dr. Aggrey has brought his family from New Jersey, where he was an associate provost at Ramapo College.

Mrs. Hamlin-Aggrey said, "He has a lot of experience, and a genuine interest in helping people and programs run smoothly."

Some things are undergoing

change at the University with the population growth. Dr. Aggrey joined the faculty of LHU, "because of the challenges in a growth mode." Dr. Aggrey hopes to, "lead the faculty into the change."

Aggrey said, "I found Lock Haven University to have a terrific faculty and interesting research projects, and I want to keep encouraging that."

Dr. Aggrey has been working on these issues of research and first year experience along side Dr. Lucille Tabler, associate professor at LHU

Tabler said, "It has been a pleasure, he is open-minded, and he is concerned about students and faculty."

According to Aggrey, he wants to bring hard work and

integrity to the university, and an atmosphere of shared governance. His goals include bringing the student and academic affairs together. He also would like to build upon a student-centered administration.

President Miller happily welcomed the new provost and gave him some encouraging compliments.

"He is very student-oriented and fair. He has an open door policy," Miller said.

The provost is the chief academic officer of LHU and stands between LHU's faculty, staff, and student communities. The provost oversees academic programs & priorities, ensures for quality of the faculty, and maintains educational excellence.



Dr. Kwesi E. Aggrey

Vice President of Academic Affairs and Provost

210 Sullivan Hall

If you need to get in contact call (570) 893-2121 or e-mail the Administrative Assistant at dshoe-mak@lhup.edu

Career services suggests that students should "FOCUS"

Brandy Rissmiller
Staff Reporter

It is perfectly normal for students to change their major or enter college in exploratory studies. Career Services can assist students so they feel comfortable about their indecision and offer various ways to help them try and get their careers in check.

One of the programs they offer is FOCUS. Located on the web, FOCUS is one of the top three career planning systems in the United States, according to the National Association of Colleges & Employers. If students are interested in broadening their career horizons or in mapping out their career and educational goals and plans, FOCUS should be on their to-do list.

FOCUS is a self-paced guidance tool that assists with self assessment and career exploration. It examines students' current career planning status, their interests, work values, personality type and education goals. FOCUS helps students learn more about themselves and the work world.

Students reply to questions regarding their current career planning status. Based on their answers, FOCUS proposes how students can best use the system to satisfy their personal career preparation needs and goals.

Once a student answers

questions describing their interests, work values and skills, FOCUS scores and summarizes students' results in their personal profile that will be used for exploring various occupations.

FOCUS then proceeds to identify professions that match students' interests and value profiles. Students can analyze occupations that appeal to them and express their likes and dislikes about the significant aspects of each job.

Finding information about a specific profession is a useful feature of FOCUS. Students can search for information for any occupation they are curious about. FOCUS gives a description of the occupation's duties, earnings, educational requirements, skill demands, work values satisfactions and outlook for job openings. Also available is a side by side look at the similarities and differences of two different employment options.

Students with only a few spare minutes a day can benefit from FOCUS as well. It saves each student's information so they do not have to start over.

Students can access FOCUS through the Career Services Website, <http://www.lhup.edu/career>. In the left hand column there are various links and FOCUS is the third one down.

First time FOCUS users need to create a new account and the key code is haven.

Once students are in FOCUS they can choose any option in the left hand column from the main menu. In the right hand column students can take advantage of their results, tools available, and various websites to begin to put their future in perspective.

Hannah Thompson is a Peer Career Facilitator and believes the best aspect of FOCUS is the personality test.

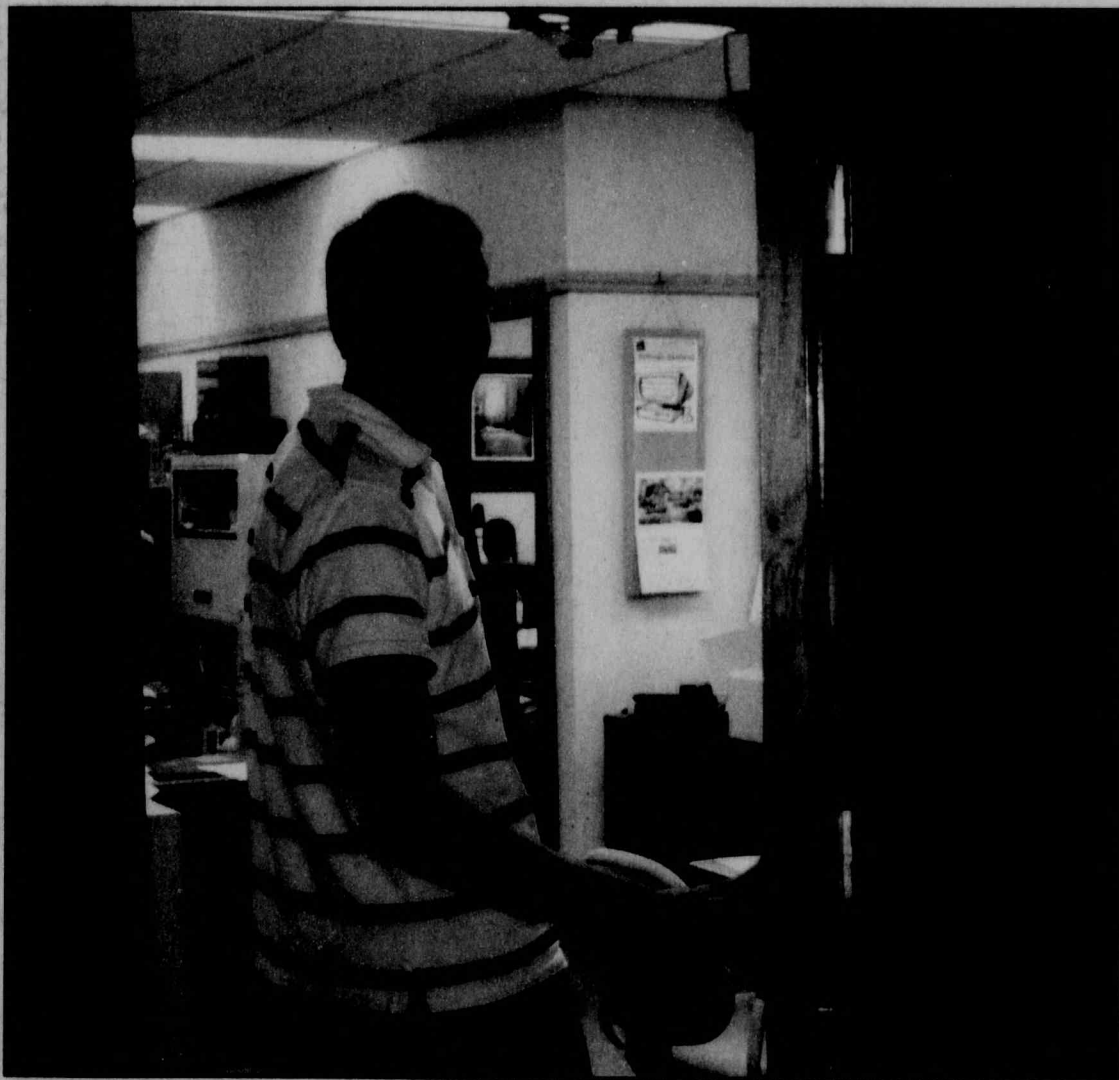
"It matches up careers to the test. It bases careers on different aspects of your life that you may not even think about," said Thompson.

Sadé Graves, a sophomore at Lock Haven University, used FOCUS when she was thinking about changing her major and recommends students to take advantage of the program.

"It gives you a lot of ideas by looking at different options," says Graves.

FOCUS can be extremely helpful and is worth the time students invest in it.

Students are, however, strongly encouraged to stop by Akeley 114 or call 893-2181 to set up an appointment with Joan Welker, Career Services Director, because FOCUS is just one of many aids in deciding their future. They should also bring their printouts from FOCUS to their appointment.



Senior computer science major Travis Parks visits Career Services in Akeley rooms 114 and 115.

Matthew McKeaguel Eagle Eye

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The Eagle Eye

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Parade and pep rally kick off Homecoming weekend

See B8

What's Inside

Football runs all over Mansfield in Homecoming game

See B1

Strange fact of the week

In Ohio it is illegal to sell beer while wearing a Santa Claus suit, even if you are a dog.



Students 'speak Katrina' at forum



Courtesy of CNN.com

Victims of Katrina begin to receive aid after the destruction of the hurricane.

Lora Nicole DeMatteo
Guest Writer

Lock Haven University community got an opportunity to talk about the rebuilding of New Orleans after the destruction of Hurricane Katrina last Thursday.

Dr. Hossain, professor of anthropology and sociology, and Matt Wise, Vice President of the SCC, led a periodic discussion group open to faculty, students, or staff to discuss current issues.

"We never held a forum where students, staff, and faculty participated in a forum to discuss issues. I recall this is a first

of a kind," said Hossain, who sees this forum for a way for students to speak their mind in a casual way.

The government's role in reconstructing the south, the future of the area, and the finances needed to rebuild it were some of the different points that were brought up through the discussion.

The participants also discussed the country's obligations to help and concerns of the oil refineries, the rising gas prices and suggestions concerning what people can do to help.

The possibility of New Orleans relocating to the Kansas area was the most debated pro-

posal. The comparison of Katrina's devastation and the Sept. 11 attacks brought up criticism of the political officials, financial duty and political power.

"Students can feel comfortable talking about how they feel on current issues in a casual setting," Matthew Wise, senior said.

For those students who are interested to talk in the comfortable setting Wise spoke of, the next discussions are October 20th and November 17th in the PUB multipurpose room.

The topics will be decided depending on the most recent news to date.

To all clubs and organizations:

If your club or organization's name is on the list below, then you have not yet turned in your club roster. It is the duty of all clubs and organizations to update the SCC every semester or fiscal year that the executive officers change.

All funds of clubs and organizations that are on this list are frozen until the roster is handed in. You can pick up a roster in the SCC office.

This is important. Funded and unfunded clubs will not be able to fundraise. Those who are budgeted and have special accounts will not be able to access their funds.

The following clubs MUST send in their club roster:

- | | |
|---|---|
| <ul style="list-style-type: none"> Assoc Computer Machinery/PCU Assoc Health Phys Ed Rec. Dance Accounting Club Aerobic Club Airsoft Club Alpha Psi Omega Alpha Kappa Psi (business) Alpha Sigma Phi (fraternity) Alpha Sigma Tau (sorority) Barbell Club Biology Club Bowling Club Cheerleading Club Choir Circle K Crucible College Republicans Council for Exceptional Children Criminal Justice St. Org Criminal Justice St. Org Clearfield Dance Company (Modern) Dance Consort Delta Psi Kappa (Ed, Health, Rec) Distinguished Gentleman Eagle NEST Society ECED Electronic Entertainment Society English Club Fencing Club Fly Fishing Club Forensics (Debate) Club Freethought Alliance Full Gospel Fellowship Gay Straight Alliance Geoscience Club (Geology) German Club Global Views Gospel Choir H2 Real Hip Hop Club Haven Activities Council Haven Tennis Club Rotaract Rugby (Women's) Safe Haven SCC SPSEA Sigma Tau (Delta (English)) Sigma Kappa (sorority) Sigma Pi (fraternity) Sigma Sigma Sigma (sorority) Ultimate Frisbee Club Volleyball Club (men's) Social Science Club Strength, Conditioning and Fitness Social Work Club Society for Collegiate Journalists Sophisticated Ladies Sports Broadcasting Club | <ul style="list-style-type: none"> Havenscope Haven Tennis Club Health Science Club Hillel Hip Hop Club Ice Hockey Club International Student Association Intramurals Investment Club Jazz Rock Ensemble Kappa Delta Pi (educational) Kappa Delta Rho (fraternity) Karate Club Lacrosse (men's) Latino Student Association Letter-day Saint Student Assoc. LHU Boxing LHU Steppers LOC Entertainment Martial Arts Club Media Design Club Mock Trial Club New Life St. Fellowship Newman Community Outing Club Paintball Club Phi Alpha Social Work Honor Phi Kappa Phi (National Honor Society) Phi Mu Delta (fraternity) Phi Sigma Pi (honors fraternity) Phi Sigma Tau (philosophy) Pre-Med Group Protestant Campus Ministries Psi Chi (psych) Psychology Club Ranger Club Recreation Society Revamp Dance Crew Role Playing Underground Roller-Hockey Club Ultimate Frisbee Club Uplift United University Players TRUST TIARA Tennis Club Tau Kappa Epsilon (fraternity) Student Athletic Trainers Club SAAC Ski Club Interfraternity Council Wellness Center Wiffleball Club Winter Guard WLHU Radio Zeta Phi Beta (sorority) Zeta Tau Alpha |
|---|---|

Contact SCC Treasurer Leandra Torres at ltorres@lhup.edu or Ext. 2458 with any questions.

New York City & Broadway Bus Trip

Pick between one of these two great shows!!!

Saturday, October 15, 2005

7 AM-12 Midnight

Sign Ups begin Monday, October 3rd

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\$25.00 for Trip Only

LHU Faculty, Staff, and General Public Sign Ups Begin

Wednesday, October 12th, if tickets are still available

LHU Faculty, Staff & Public

\$45.00 for Trip & Show

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GREEK NEWS

Melissa Trentadue
Staff Reporter

While many students at Lock Haven University spent Family Day with their loved ones Sept. 24, the women of the PanHellenic Council raised money to help aid for Hurricane Katrina.

The PanHellenic Council, which consists of Alpha Sigma Tau, Sigma Kappa, Sigma Sigma Sigma and Zeta Tau Alpha, organized a Basket Bingo event and invited all families, faculty and community to come join them. Over \$1,000 was raised and donated to the American Red Cross.

Over 20 women from the PanHellenic Council helped get donations from various businesses in town, put the baskets together, advertised for the event and worked the event on the actual day.

"It was nice to see all the sororities come together and be one while raising money for such an important cause," said Recruitment Chair for the Council Steffanie McFarlane. "The sisters from the four soror-

ities put in their time and effort and it really showed by the turnout of individuals we had that participated. It was rewarding to work with not only the campus, but the community as well."

The baskets prepared were Longaberger baskets and each one was individually themed for Breast Cancer Awareness, entertainment, school items and Lock Haven University.

Basket Bingo has been a Family Day event for the past four years and the PanHellenic Council is planning on continuing the program in the future.

"It was nice to finally see such a good turnout for Basket Bingo. All the family members that attended seemed to enjoy themselves and helping out with the program was a lot of fun," said Sigma Kappa President Jenny Charney.

The PanHellenic Council is looking forward to doing other types of fundraising events for the American Red Cross. If anyone is interested in working with the Greek women please contact Steffanie McFarlane at smcfarla@lhup.edu.

Students express concern over grades after Hurricane Katrina

Rachel Flarity
The Reveille

BATON ROUGE, La. - Students' concerns are turning to the effects unexpected stress will have on their concentration in class and ultimately their grades now that the immediate effects of Hurricane Katrina seem to be over.

Daniel Camper, petroleum engineering senior, said his house was destroyed and possessions lost in Hurricane Katrina. Camper, like many others, had displaced family living with him while he tried to balance school and work. Camper said he is concerned with how his grades will be affected for the semester.

"This was already a do-or-die semester for me," Camper said. "I am definitely worried, but it is hard to focus when you're worried about your house. One of my parents still has their job, but even with that security, it's hard to concentrate."

Camper said the numerous University class cancellations pushed tests together, and that although one of his professors has shown compassion for extenuating circumstances, most professors don't seem to care.

Amy Cavendar, University wellness education coordinator, said many Katrina-affected students who have sought help from her office have an inability to concentrate, a lack of material and financial resources and general disruption of plans.

"Common problems affecting college students are feelings of anxiety, difficulty recalling academic material, difficulty sleeping and intrusive thoughts or worries," Cavendar said.

Cavendar said these symptoms will have a negative effect on learning because people who are under stress or are depressed have a more difficult time learning.

Common signs of stress overload include inability to keep commitments, feelings of being trapped and apathy for personal appearance, Cavendar said.

"These can be signs of a clinical disorder such as depression or anxiety disorder, and students should contact the Office of Disability Services to see what accommodations may be available," Cavendar said.

Cavendar said the combination of academic stress, sudden financial crisis and the uncer-

tainty of the future could be damaging to any student.

"For some students, school is their life, so anything that disrupts school can have a disastrous effect...and now they may be feeling extreme despair or desperation," Cavendar said.

Mark Grant, University media management professor, said he has tried to be lenient with his students by allowing some late assignments.

"Maybe I am at fault for it, but I feel like I have to do that," Grant said. "When you have fifteen people living at your apartment and your research assignment is due, what's more important?"

Grant said his department, the Manship School of Mass Communication, sent a letter to all staff asking them to be as accommodating as possible to new students.

Zach Materne, displaced business management senior from the University of New Orleans, had only 20 credit hours left to complete his degree before he was forced to evacuate. He said he had hand picked his teachers and classes before Katrina hit.

"I was in the home-stretch -- now I am taking freshman classes," said Materne, who added that living in a crowded, unfamiliar city adds to his difficulties.

The threat of poor grades also poses a threat to students preparing to attend graduate school. They may not be accepted because of one poor semester.

Bridget Verret, associate director of the Flores Masters of Business Program, said the school is making accommodations for current students but is unsure how the admissions board will deal with next year's incoming students who struggled with grades during this semester.

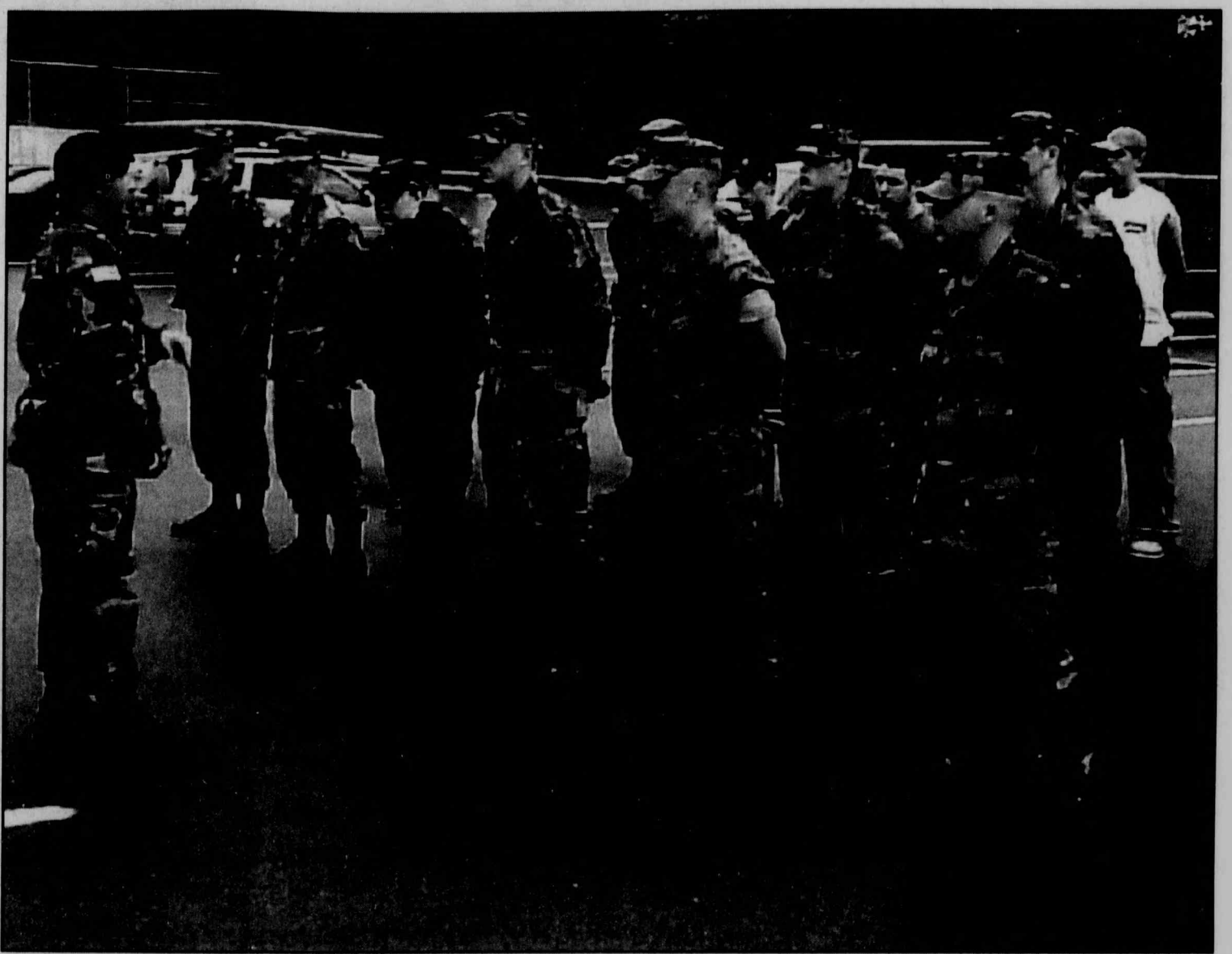
"In the long term, it will be a case-by-case situation," Verret said.

The graduate program accepts approximately 72 students per year, and most are from Louisiana.

"Most of our current students have lost houses or businesses, and we've met their needs on an individual basis -- offering new night classes and accepting visiting students," Verret said.

Courtesy of U-WIRE
Services Online

Firing program held for ROTC



ROTC cadets prepare for their MAC firing of a M16A2 in a program designed for freshmen, sophomores and juniors on Sept. 17

Nathaniel Hamm
Guest Writer

The Army Reserve Officer Training Corps held a program in firing on a Multipurpose Arcade Combat System (MACS), firing a M16A2 weapon, and learning Drill and Ceremony for freshmen, sophomores, and juniors on Sept. 17.

The MACS is like a video game system that is modified and then hooked up to a mock M16 rifle that helps to familiarize cadets with the feel of a M16 and allows them to focus on the four fundamentals of basic rifle marksmanship: a steady position, a good sight picture, steady breath control, and a gentle trigger squeeze.

Later the cadets were shuttled to a firing range where they could test their skills. Cadets were issued a real M16 and locked and loaded live ammunition and fired at targets. Rather than typical pop-up targets, paper targets were placed up and cadets were expected to place twenty-six out of forty rounds into them.

For twenty rounds, cadets had to lie on the ground and could use sandbags to place the weapon on while firing. After the first twenty rounds were expended and the next twenty rounds were issued, cadets had to move from behind the sandbags and take up a prone unsupported firing position (or firing without the sandbags). Two cadets were able to master both

techniques. April Frye shot 40 out of 40 while Chris Joliet shot 37 out of 40.

"I qualify on an M16 once a year with the Army National Guard," said Frye. "So doing this wasn't new to me, but then again, it is only once a year. I have to admit that I was rather surprised that at least one of the shots didn't miss."

Another event was Drill and Ceremony which has been in use since ancient times to keep order while marching soldiers. A thorough block of instruction was given, which allowed novices to see what the commands sounded and looked like and how each is properly executed. Cadets had to do different stationary positions such as attention, parade rest, stand-at ease, at-ease and

rest.

Cadets were able to gain valuable leadership training by pushing themselves and take initiative to be active rather than watch.

"I truly have the desire to learn how to become a good leader, to make a difference wherever and whenever I can as an officer in the United States Army," said Frye. "And to lead America's sons and daughters to the best of my abilities."

In October, the ROTC Department is scheduled to head out to Bald Eagle State Park and learn how to navigate using only a compass and map and have the chance to negotiate obstacles on the Field Leadership Reaction Course.

John Roberts easily replaces Rehnquist as next Supreme Court Justice

Derek Lenehan
Daily Kent Stater

KENT, Ohio -- Ending weeks of Congressional debate, John Roberts has been confirmed as the 17th Chief Justice of the Supreme Court by a vote of 78-22.

At the age of 50, Roberts can realistically serve the court for more than 20 years, and local reactions have been mixed.

"I think that, given the depth of his experience, age is not an issue for John Roberts," Portage County Judge Barbara Oswick said, regarding criticism that the nominee may be too young for the job.

Mara Smith, English instructor and lawyer, disagreed.

"It's concerning because he will influence what cases come before the Supreme Court," she said. "The court was much more balanced 10 years ago. It's become more conservative, and I don't see it becoming more liberal."

Reactions from student leaders were less concerned with Roberts himself, but more with the process of his nomination and the filling of the next vacancy on the court.

"John Roberts is a solid nominee by President Bush," said Bill Ross, executive director of the Undergraduate

Student Senate. "He has the experience you look for in a Supreme Court Chief Justice. I hope the President chooses the next nominee wisely. I anticipate a larger student reaction next time around. I anticipate people to be much more vocal."

Justin Jeffrey, candidate for Kent City Council and president of the Kent Interhall Council, was apprehensive about the speed of Roberts' nomination and confirmation.

"I commend the House and Senate for passing Roberts so quickly, but it is an important position, and maybe more care could have gone into the process," he said.

The Roberts nomination and confirmation process was smooth because Roberts was replacing the late William Rehnquist. The next nominee will have to replace swing vote Sandra Day O'Connor.

If the nominee leans to the left or right at all, it will tip the court's former balance between four liberal justices, four conservative, and one moderate. The next nominee is to be announced within days

Courtesy of U-WIRE
Services Online

LHU wears denim for breast cancer cure

Courtesy of Colleges
Against Cancer

Lock Haven University employees will participate in the Lee National Denim Day on Oct. 7 to raise funds for breast cancer.

Each year, Lee Jeans designates one day as Lee National Denim Day and invites people to wear denim to work in exchange for a \$5 donation to the Susan G. Komen Breast Cancer Foundation. In celebration of the program's 10-year anniversary, this year's fundraising goal is \$10 million, an amount to which LHU is working hard to contribute.

"Lee National Denim Day is extremely important to our faculty and staff, as many of them have been personally touched by the disease," said Elsa Winch, Associate Professor and Instructional Librarian at Stevenson Library. "We enjoy

our participation tremendously because it empowers everyone to make a difference in the fight against breast cancer, it's a great educational program within our work walls, and it is so easy for us to implement."

Every dollar raised through this day will go directly to the Komen Foundation to support breast cancer research, education, screening and treatment programs that might otherwise go unfunded.

"Every year we get thousands of letters from individuals who are thrilled to have the opportunity to make a donation they know will have lasting impact on breast cancer programs," said Susan Braun, president and chief executive officer of the Komen Foundation.

"We applaud Lee Jeans' efforts, and all organizations that support Lee National Denim Day. These funds are making a difference and getting us closer to a cure every day."

'Meet the prez'

Have problems?
Suggestions?
Comments?
Concerns?

If so then visit our university president Dr. Keith T. Miller during his office hours in Sullivan 202 between the hours of 2:00 to 3:30.

October 13
November 10
December 8

February 9
March 2
April 13

LHU Nanotechnology receives grant Students addicted to exercise and gym



Courtesy of LHU Public Relations Department

Craig Shaffer, Jens Weyant, Dr. Jia, Ray Sturdevant, and Fieldon N. Daubert examine nanotechnology equipment. The new funding will go into developing new techniques that will save energy.

Courtesy of Eric Smith
LHU Public Relations
Department

Dr. Dongdong Jia recently received \$100,000 in funding from the Department of Energy to investigate advanced nanophosphor technology and its applications in the business sector.

A significant portion of that money will support collaborative faculty-student research in nanotechnology at Lock Haven University.

Dr. Dongdong Jia, assistant professor of physics and a member of the university's nanotech-

nology group, and Boston Applied Technologies, Inc. (BATI), developed the proposal which was submitted to the United States Department of Energy's Small Business Innovative Research program. The goal of the Small Business Innovative Research program is to encourage and support technology transfer from research and educational institutions to small businesses to develop low cost, high performance energy saving products for general lighting purposes. BATI, formerly part of Corning Applied Technologies, is a leading high-technology company in fiber glass, transparent ceramics, and

photovoltaic materials.

Nanophosphors have direct applications in light emitting diode (LED) devices, which are generally recognized as the next generation sources for lighting for all types of general illumination. Replacing heat lamps with LED devices, for example, could save significant amounts of electrical energy and billions of dollars.

The university's funding will go into developing new techniques that will make nanophosphors cost effective in large scale production while keeping the size of the particles to below 20 nanometers to make them more efficient.

"This is a great opportunity for the Lock Haven University Nanotechnology Program and will encourage more industrial partnerships in the future," said Dr. Anura Goonewardene, associate professor of physics and nanotechnology coordinator. "It will allow our students in nanotechnology to get an industrial perspective during their degree program and encourage internships with industry before graduation."

For information on the nanotechnology programs, contact Dr. Goonewardene at 570-893 2079 or email him at agoonewa@lhup.edu.

Rezwana Khan
Daily Pennsylvanian

PHILADELPHIA - Some University of Pennsylvania students say they are addicted to homework, spending all their free time in Van Pelt Library. Others will claim to be addicted to cheesesteaks, making frequent trips to Abner's, Pat's and Geno's. But counselors at the University's Counseling and Psychological Services are paying special attention to those who are spending countless hours at the Pottruck Health and Fitness Center.

Such people may have a nationally recognized condition known as "exercise addiction."

CAPS officials are particularly concerned with over-exercisers because of its association with eating disorders.

With 4.1 percent of the student body diagnosed with either anorexia or bulimia, the potential for exercise addiction at Penn is substantial.

As with many other habits, there is no clear parameter distinguishing the committed gymgoer from the compulsive. As a rule of thumb, 40 to 60 minutes of cardiovascular activity 4 to 6 times a week is considered ideal. More telling than the amount of exercise, however, is the emotional motivation behind going to the gym.

"The same psychological mechanisms that cause anorexic eating behavior cause anorexic exercising," said Richard Cotton, a spokesman for the American Council on Exercise.

Obsessive exercisers will be nagged by guilt and likely be unable to eat, sleep, study or socialize until they have logged a satisfying number of hours on the treadmill.

The overarching drive

behind the behavior is control, one's entire sense of self-worth riding upon how much time he or she can spend at the gym.

"They go from being committed to exercise to being attached to exercise," Cotton added.

In cases where the condition occurs with an eating disorder, exercisers are prone to feel faint and dizzy throughout their frantic routine. However -- as Margaret Fichter, a counselor at CAPS said -- victims are already too "out of touch" with their body to notice.

They believe in "no pain, no gain" -- literally," she said.

As going to the gym is far more socially acceptable than obsessive dieting or vomiting, the condition is less observable than anorexia or bulimia, Fichter said. Extreme cases of it, however, are hard to miss.

Jennifer Hunt, associate director of training and wellness at Pottruck, said that she can usually tell when clients are overexercising, as they begin to demonstrate sudden loss of weight and profuse sweating and start to "struggle through a workout."

Though trainers at Pottruck are instructed to notify CAPS when such cases do occur, Hunt would not disclose the exact number of incidences she has come across.

"You can see from the way they freak out," College sophomore Julia Vishnevetsky said of her observations of peers who are compulsive about working out.

"It's a daily thing for them," she added. "They put the gym before schoolwork and other responsibilities."

Courtesy of U-WIRE
Services Online

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Question & Answer Time

with a manager from **Bentley**

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PUB Meeting Room

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Tired of the kinds of stories that appear in *The Eagle Eye* and complain about it frequently?

Contact the *Eagle Eye*
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CLASSIFIEDS

Spring Break

Spring Break 2006!

Travel with STS, America's #1 student tour operator to Jamaica, Cancun, Acapulco, Bahamas, and Florida.

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To find out more, call 814-238-1262.

New Members- Doing a great job. Keep it up. Had so much fun w/ you at Homecoming!
ZLAM- T

Homecoming 05, What a blast ZTA's!

ZTA New Members You girls rock!
- Steff!

Doug is a loser!

Thanks for an awesome homecoming!! Big, Big 2, and Zeta Pal Big and Zeta Pal Little, I love you all so very much!
ZLAM- Heather B.

Courtney - We heart you! You have to come hang out soon!
ZLAM- Sarah L.

Erin B - I'm always here if you need anything! Love you girl!
ZLAM- Sarah L.

Mho - Love you!
- Sarah

Lovin' the corner at UA's!

KDR - Thanks for another fun homecoming! Love- ZTA

Yvonne - I'm glad we cleared that up about who you "service." Keep smiling - you girls are going a great job.
ZLAM- Your ZTA pal

ZTA babies - I love you guys! This weekend was so much fun!

KDR- Thanks for a super fun weekend! Love- your sweetheart Sarah

Have a good week girls!
ZLAM- Sarah

Little Ashley- Keep your head up! Love you!
ZLAM- Big Sarah

Meg - We are definitely going on a date.
ZLAM- Sarah

Good luck LHU sports!

Zeta Pal- Keep up the great work! It will all pay off!
ZLAM- Erin B

ZTA ladies, Thanks for an awesome weekend!
ZLAM- Boyer

Funky Fresh 4- I love you guys like whoa!
ZLAM- Boyer

Jillian- I didn't forget you this week! Thanks for driving me on Friday night, you're the coolest!

MONKEY LOVE? Where's it at?

Chrissy- I miss hanging out with you... we need to find some free time!

Susan- Bad karma's come your way. Maybe we just need to stay at the bar until close?

Big Melissa- I love you no matter what!
- M-little

Athens - Where'd you get that sweet vest?
ZLAM- Gabi S

Little - Where's my statue of Keller?

"If I have \$2,000, and I spend \$1,000 on books, then I still have \$1,000 left, right?" Now that's pure college education at work!

Word up!

Boyer- Smile! I love you!
Love- Nicole

Big Kenj- We cause too much trouble when we are out in public places together!
But I love it!
Love you- Little Nicky

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Personals

KDR + ZTA- Thanks for a good weekend!
ZLAM- Jenny D

Bob- You are neat as skeet!
Love- Jenny D

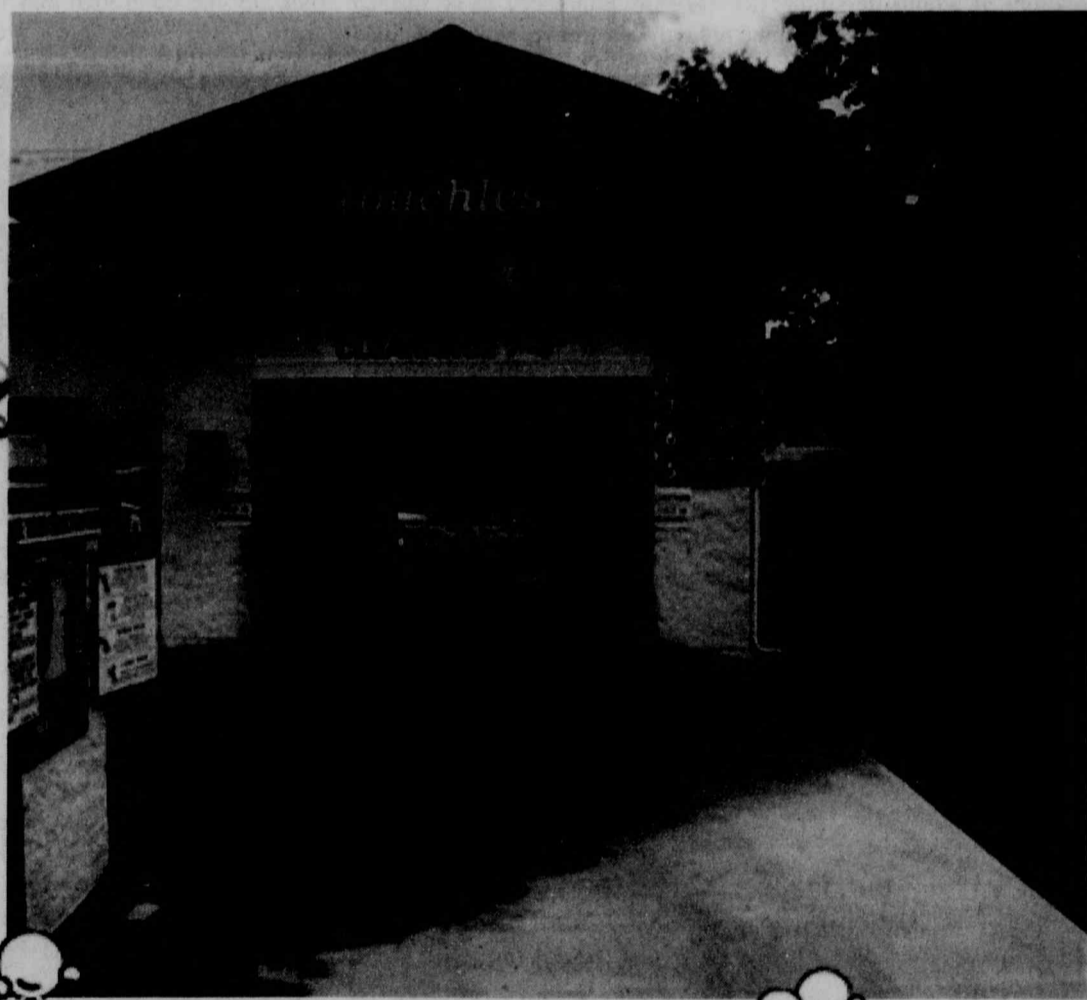
Funky Fresh 4- I love you girls! You're amazing!
Love- Nicole

Homeslice...



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OPINION

...because deep down you care.

Way out there



Matthew McKeague
News Editor

Nintendo and the dating game

Having your heart broken is like being run over by a million severely-obese elephants and then realizing that each elephant left a big heaping present on top of you.

Wow, that's sure an odd opening paragraph isn't it? I once thought I would never have to deal with being sad from a broken heart, but recently my love bug has been sprayed with a can of Raid and smashed with a giant Monty Python-esque foot.

Dealing with a loss such as this, is almost worse than death. If you know grandpa has passed away and can't see you, then that provokes a bad feeling, but if you know that grandpa just doesn't want to see you so he moved to the Bahamas to go spend time with other grandchildren, then it is a lot worse.

Another bad aspect is finally realizing how great and magnificent of a feeling being with that special someone makes you feel and then having it ripped away from you like people's rights were in the Patriot Act. The situation lets you experience life at its best and brightest moments and then throws you down to its worst, darkest, deepest realm of reality. It would be similar to watching any one of the three

excellent Lord of the Rings movies and half way through it turning into some absolutely cheesy soap opera.

An unfortunate circumstance that comes along with being in the lonely heart's club band involves corny love songs on the radio. Those songs can eat right through you in the same vein of a giant container of acid being dumped upon oneself. Any song with the word love in it has the power to induce tears worse than cutting onions for 27 hours or being told you have to sit through a Pauly Shore movie marathon without a device to gouge your eyes out. The same situation goes with movies too. Public displays of affection by other people make you physically sick or emotionally overwhelmed and anybody having too much fun is instantly considered annoying.

Then, of course, is the absolutely ridiculous fact that almost anything can remind you of your past love. "Oh man, this is the spot my ex and I had our first kiss." "There's a cat, my ex had cats, sniffle." "Is that cheese on that sandwich... my ex loved cheese." Even minuscule word phrases or commonly-said references to a former love can make you feel like

adding Jack Kevorkian on your AIM buddy list.

But of course, I know these feelings are nothing special or new. I know these observations have more than likely been made before, but maybe this perspective can help people know they're not alone... or at least help myself. Most people have gone through getting a piece of them yanked out of their body, and no, body parts removed by use of farm equipment don't count. To have an ounce of optimism, I guess it's just another life learning experience like putting a hand on a stove, jamming a fork into an outlet, or mocking the mafia because you literally thought they made people sleep with the fishes.

Attempting to find love is like trying to beat the ultimate boss in a videogame. While you might keep getting hurt and repeatedly crushed and maimed, you'll still keep trying to achieve what you want because it's worth it. In the videogame we call life, a broken heart can be viewed as experience points or a level up in 'dealing with pain' skills that will help you later, and right now I'm ready pick up the controller and try again.

The Weekly Roundup

Kristen Buonfiglio
Guest Columnist

Doubt and faith

Jesus answered them, 'Have faith in God. Truly I tell you, if you say to this mountain 'Be taken up and thrown into the sea,' and if you do not doubt in your heart, but believe that you will come to pass, it will be done for you. So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.'

'Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses.' Mark 11:20-25.

How often have you heard someone around you right before a test saying "I just know I'm going to fail this test. No matter how much I study I just can't and won't pass this test. Why bother?"

It's not uncommon for us to have a negative attitude about something. It is also not uncommon for us to doubt not just ourselves, but other people, and even God. All three I have witnessed at some point in my life, and even experienced as well.

Doubting is a way of life. Even Jesus's disciples doubted at some point during their lives. No one person can say that they have not doubted something in their lives at least once. I certainly know I have doubted many things growing up, especially during my Christian walk. I believe that it was a special object that I discovered during my doubting periods of God that made me start to believe and have faith.

Back in 2002, I will admit, I was an atheist, but I was leaning more towards agnostic because I wasn't sure what to think about this God that all my Christian friends were telling me about.

I was so confused and lost one night after talking to my Christian friends about God. I demanded proof from them that he was real, and while they tried their best to explain the

proof that they saw to me, I was still dissatisfied. Finally, one my friends pulled me aside and told me to pray to God for him to show me the proof that I was looking for. I had nothing to lose, so I thought "why not?"

So I prayed that night to God asking for proof of his existence. I was extremely doubtful that something would happen, and when I kept hearing just silence after asking for proof, I gave up and went to bed angry and still doubtful.

The next morning when I got up, I took care of my usual tactics I did in the morning every school day. It was the beginning of January and I can remember it being extremely cold outside when I stepped out my front door to catch the bus.

I got about a quarter of a ways down my driveway when I saw something lying on the blacktop. When I looked closer, I saw that it was a dried yellow flower in perfect condition. Not only that, when I picked it up and held it close to me, I smelled a sweet scent coming off of it.

I knew how cold it was outside, and I didn't remember it being windy at all the night before. But I did remember the prayer I prayed the previous night asking for proof of God's existence.

"Could this flower be a sign from God?" I wondered. Your guess is as good as mine. But I was shocked at what I was seeing and smelling.

Seeing the bus coming I took the flower down the end of my driveway, set it by a bush, and left for school.

During that whole day I couldn't get that dried flower out of my mind. It was pretty windy outside that day also, so I figured, on the bus ride home, that the flower had blown away. But when I got off the bus that afternoon, I looked by the bush, and it was still in the same spot where I had left it

that morning.

I felt the door to my heart open up as I became convinced that this flower was truly a sign from God, the same one I had asked for when I asked for proof of him the night before. Faith was taking its course inside me.

Having faith in something or someone is essential in order to survive the things that are thrown at us each day. Take the school test example; if we doubt ourselves that we will not do well on the test instead of being faithful and confident, we will do poorly. It is just a matter of how we perceive things and our attitude towards it.

The important thing to always remember is that God is always with us no matter what. If we need a helping hand or some encouragement when doubt is near, all we have to do is ask.

Another thing to remember is that God doesn't always grant us what we ask for right away. To this day I am uncertain as to why God went to the distance of giving me this physical sign that I asked for, but I know that he will not always give us physical signs or give us exactly what we want. If we pray for a car for our sixteenth birthday, chances are He probably won't give us that.

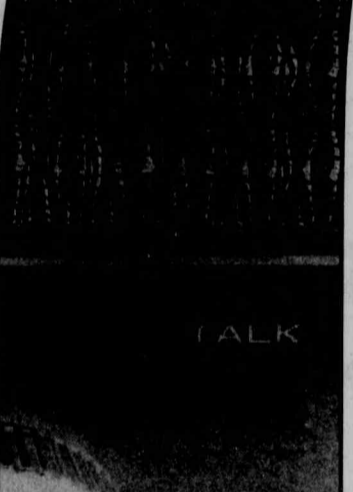
I still have the flower that God sent me sitting on my desk here in my dorm room. And it still gives off that same sweet scent as strongly as it did when I found it. I find myself holding it whenever I am doubtful of God or myself or whatever the case may be. And it helps give me faith that things will be okay and that God is always there for me when I need him.

So have faith, both in yourself and in the Lord; for the Lord is good, and since he was the one who created you and loves you more than anyone in the world, you must also be good as well.

Lock Haven University's Student Newspaper

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Law enforcement serving injustice

Kelly McCoomb
Guest Columnist

On Saturday night, September 24, Irssy Perez, Nelson Diaz and I, were on our way back to the dorms from celebrating Irssy's 21st birthday at Olive Garden in Williamsport.

As Perez drove down Fairview at 8:52 P.M., a large raccoon jumped out onto the street. She tried not to hit the animal and swerved into incoming traffic. Then the car jerked back going into the right lane. The car then jumped over onto the sidewalk going toward a house, hitting a pillar of the porch. Perez held on to the wheel and turned it so as not to go into the house. If she had not turned the wheel, the car would have gone into the large tree next to the house. The car ran over an iron fence and stopped at the ROTC's pull-up pole.

I would like to make it clear NO alcohol consumption was involved in the accident.

The accident all happened in a matter of seconds. Shaken by the whole incident, we were lucky to have gotten out of the accident without any physical harm. Some students at the Rugby house saw the accident happen, so they called the police immediately and came over to make sure we were unhurt. The police arrived

shortly afterwards. Right away the blame was put on Perez, not a word of, "Are you alright?"

Officer Jim Bathurst (badge #6) started being rude to us. They pulled each of us to the side and questioned us. Perez and Diaz stated that they saw a large raccoon in the road. Officer Bathurst laughed at Perez when she told him it was a large raccoon. I did not see the raccoon because I was sleeping and woke to Nelson yelling, "Watch out!" The students watching the accident mentioned they also saw a large raccoon.

The officer also was arguing with me about calling AAA, telling me I didn't know my insurance company and yelled at me, saying, "I don't care what you do. I already called a tow truck. It will be four hours till AAA gets here, but do whatever the hell you want to." Nelson, with my camera at hand, started to take pictures of the incident. Officer Bathurst yelled over to him and ridiculed the fact that he was taking photographs, but truth be told in an accident, taking pictures is generally advised. I guess Officer Bathurst forgot that bit of training.

Later Monday, Perez went to get a copy of the accident report. In the report it was stated that she and others mentioned the animal was an opos-

sum. I clearly heard Perez and others mention a large raccoon, but then again raccoons and opossums must be one and the same. The report also had my name spelled wrong, when the officer read it off my license.

Perez pointed out the mistakes to correct records, so Officer Bathurst came over and again gave her his attitude and told her that isn't what was said. Officer Bathurst was clearly lying, but Perez kept a calm demeanor and tried to explain the problem, but he wouldn't hear any of it stating, "I'm not rewriting the report! You smashed into someone's porch and you actually think I'm going to correct the report for you?"

Perez explained, "I felt, like since the day of the accident, he was very rude to my friends, and to me. He wants the play-by-play of what happened but then gives us attitude. I went to check the incident report on Monday and even then he got hostile." By Perez's report, she simply asked him questions that could have been answered but instead he said things that made her feel like she had no rights.

"He is a part of the justice of the peace office, and I felt the opposite from him," Perez said. "When I asked my questions, he said he wasn't going to correct the report and walked

away saying he was done wasting his time on us."

Jordan Snedeker, a senior of Criminal Justice hoping to become a police officer was there with Perez during the conflict with Officer Bathurst. He said, "During this stressful time for Irssy, this officer's nasty and combative attitude is not helping anything. At the very least, Irssy deserves a bit of common respect, just like the rest of the community. She was asking simple questions that warranted simple answers, but that was not what she got."

He continued, "As a police officer, one must possess excellent public relation skills, which seems to be exactly what this officer is lacking. I am disgusted and appalled with the way this officer is handling this situation; he is an embarrassment to the department."

Perez talked to the chief on Monday, October 3rd. The chief helped her by correcting the report. Also, the chief apologized for the way his officer acted and said that he would talk to Officer Bathurst.

This is not the first time students and faculty have complained about the Lock Haven Police. A good amount of Lock Haven's economy comes from students, so the police should be considerate when dealing with the University community.

THE EAGLE EYE, THE OFFICIAL STUDENT NEWSPAPER OF LOCK HAVEN UNIVERSITY, IS PUBLISHED WEEKLY IN ACCORDANCE WITH THE UNIVERSITY CALENDAR. THE ARTICLES, OPINIONS, PHOTOS AND LAYOUT OF THE EAGLE EYE ARE THE RESPONSIBILITY OF THE STAFF AND DO NOT REFLECT THE VIEWS OF THE FACULTY OR ADMINISTRATION, UNLESS SPECIFICALLY NOTED. THE EAGLE EYE IS FUNDED BY THE STUDENT COOPERATIVE FUND AND PRINTED BY THE LOCK HAVEN EXPRESS IN COOPERATION WITH THE WILLIAMSPORT SUN-GAZETTE.

OPINION

Letters Editor

Write a letter to the editor.

When writing, please include your full name, and phone number where you can be reached. Send it to **lhueagleye@yahoo.com** with "Opinion Letter" in the heading.

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

SCUPA Negotiations: A different view

To the Editor:

As a SCUPA (State College University Personnel Association) member and a proud alumna of Lock Haven University, I feel the need to write to remind fellow union members, Lock Haven University of Pennsylvania, the Pennsylvania State System of Higher Education, Lock Haven community members and students of the main issues and concerns behind our contract negotiations. I also hope to help others better understand the role of resident directors and professionals in the field of Student Affairs and Residence Life.

As many of you are already aware, SCUPA members are facing contract negotiations. There are several issues on the table, but the main issue that I want to focus on is the outsourcing factor.

The PASSHE (Pennsylvania State System of Higher Education) is proposing a clause in our contract that says they may outsource our positions. This would mean that a private organization would come into our residence halls to provide the same type of services that we as professionals currently provide.

The services we currently provide include counseling with students on various issues and concerns, mediation, crisis intervention, program planning, administrative tasks, supervision of all student staff who work in our halls, ensuring

safety security of all students, providing an academic environment and maintaining the general upkeep of the building.

I am a young professional to the field of Student Affairs and Residence Life and a member of SCUPA. My experiences in the field began as an undergraduate student at Lock Haven University. I came to Lock Haven because of the quality of education I knew I could receive here. The residence halls were clean, the resident assistants and resident directors were helpful, available and knowledgeable. Lock Haven quickly became home; a place of comfort and a place I called home.

I was comfortable here because there were people in my residence hall who cared about me as an individual and a student. My resident assistant offered me support and understanding when I was homesick, my resident director provided his resident assistants with training and knowledge of student issues and concerns and ensured safety and security throughout my hall.

As a junior I became one of those resident assistants who were then making a difference for the lives of students. My resident director taught me assertiveness techniques and how to establish a respectful community on my wing. I found this role to be one of the most valuable educational experiences of my college education because those interper-

sonal and leadership skills and assertiveness techniques are skills and abilities I use today. My resident director made a difference in my life.

Why do I tell you all of this? To me, our ongoing contract negotiations and the proposed outsourcing clause, isn't about my job and whether or not I will have one next year, it's about the future of higher education at Lock Haven University and the lives of the young adults who will be students at this wonderful university. We offer something special here at Lock Haven. It's something that I have not found at any other university. I have experienced it as a student and now as a professional. We care about our students and we look after them because we want to. Students come here because they know they will be safe in our halls and that they will receive a quality education in and out of the classroom. Why take that away from them?

I feel very fortunate to work at Lock Haven University where the violence is almost non-existent, where the drug use is at a minimum compared to other universities, and where students are eager to be leaders on campus. As professionals educated in the field of Student Affairs, we work hard to educate our students about being respectful members of our residence hall communities.

I am proud of what we have created and maintained in our halls. I want to see the same

quality professionals managing them because, I am certain that professional resident directors develop students and provide them with skills and values that they can carry with them throughout their lives.

This past August we (the Residence Life staff) received an email from a parent expressing his gratitude to our staff for the help and courtesy our staff provided him and his daughter on opening day. He expressed how thankful he was to us all for our help and understanding. That is why we do the work we do... to make a difference to our students and their families and to give them quality services. As an alumna I want to see parents feel relieved that their child is going to LHU. As a professional working in Residence Life, I truly believe that no other organization can provide students with the services and support that we currently provide them.

Through my experiences as a student and professional, I hope you can see the importance of these negotiations. Please keep our students and community in mind. I ask for your support and understanding of the impact these negotiation may have on your community, the university and possibly your son, daughter, niece, nephew, grandchild or great grandchild.

Christine Fortuner
Resident Director
McEntire Hall

'Devotional' doesn't honor diversity

To the Editor:

I am writing to complain about the inclusion of a column entitled "The Weekly Devotional." Why, at a state university that emphasizes honoring diversity must I and others be subjected to a religious article?

I found it really offensive to read an article that addresses an issue of real concern, namely the disaster in New Orleans, but couches the issue in a Christian context.

I am not a "brother in Christ" and I am far from the only non-Christian here. It seems to me that such a column has no place at a university like this. It basically EXCLUDES many students and faculty on campus.

I hope you will decide to make your publication a secular one as it should be and truly honor diversity!!

Dr. Peter Podol
Professor of Spanish

Kanye was out of line

To the Editor:

There's no doubt hurricane Katrina is one of the most horrific natural disasters this country has ever seen, but to turn it into a political and racist issue is absurd if you ask me. During a celebrity driven telethon rapper and producer Kanye West took advantage of live television to say that "President Bush doesn't care about black people." To say the president of the United States doesn't care for a race of people is inaccurate and immature.

The idea that a hurricane generates racism is something most level headed people white or not should disregard without thought. The majority of people stuck in New Orleans are black, which directly correlates to the majority of New Orleans being black.

If this disaster happened in a location of mostly whites would anyone bring up racism? If Canada endured something this dreadful would bigotry be a factor?

Left wing or not, Mr. West has taken it too far. President Bush is someone who has had his share of criticisms both justified and not. Mr. West took it upon himself to speak for a group of people, saying that "his" people down there in Louisiana are suffering. As though the people that aren't his, white people, are watching the sunset sipping on margaritas. I'm sure the Grammy winning rapper doesn't have any problem cashing checks from people who aren't 'his,' per se.

It's almost a known fact that

celebrities are liberal, Mr. West apparently being no exception. During the fall campaign it was a constant Hollywood crusade against the president. Kanye West's ignorance only strengthened my negative view of celebrities. Perhaps the spotlight went to their heads but to go on television to enforce their left slanted views is an abuse of power.

What is the young black community supposed to think? Should they think it's right to use derogatory words like the ones that West's number one single "Gold-digger" chorus is fueled with? Is that OK to expose to your own people Mr. West?

How is a color bridge supposed to be bonded when a successful African American role model imposes the idea that the white president doesn't care about black people? With statements like that, young blacks are unfairly persuaded and the white community unfairly condemned.

Hurricane Katrina is something that didn't affect the whole country, despite the cheesy lines from news anchors and public figures. The South is in turmoil and has endured iniquitable damage. But the whole country is helping.

Natural disasters don't and shouldn't generate questions, except for how can I help? But I have a question for Mr. West; is the constant accusation of racism, racist itself?

Lora Nicole DeMatteo

Apology for misquote

To the students and managers of Aramark,

I wanted to apologize for a quote that was printed last week in the Eagle Eye. I was misquoted and the printed statement was not intended to be submitted. I apologize for any damage this may have caused. I enjoy working with you and look forward to a great year together.

Respectfully,
Candace Clauss
S.C.C. Food Service Chair

Katrina media are vultures

To the Editor:

I have come to believe that the word "Vulture" is a synonym for 75% of the journalists in this country. Hurricane Katrina is the latest and most disgusting example of this in the 21 years and so many months I have been on this planet.

Hurricane Katrina is probably the worst disaster for America since September 11th, 2001. It is somewhat eerie it struck at about the same date only four years later. Unlike Hurricane Katrina, liberal journalists who are long on opinions but short on knowledge actually waited at least a month before they commenced "Bush Bashing."

Journalists talk about slow responses and inept leadership on behalf of President Bush. This is an outright fallacy that the president is to shoulder all or most of the blame.

First we must cut through the thick propaganda of the liberal media that tells us that Bush and the feds responded too slowly. Based on the article in the Pittsburgh Post-Gazette, a Florida Army National Guardsman notes he has been in six mobilized relief efforts due to hurricanes. He said that the response after Katrina was "unprecedented" and faster than the response to another devastating hurricane, Hurricane Andrew in 1992. Another military man in that article from logistics in the Air Force fills us with knowledge that the journalists circling over New Orleans forgot to tell us. Unlike a military operation you cannot preposition relief efforts and have a speedy recovery because you have to wait until the storm

passes and the damage is done. Otherwise, you will endanger your supplies and whatever else was brought in to help with the relief efforts. Another kink in the chain is that it is hard to bring anything helpful fast enough in an area that is roughly the size of Great Britain, has no power, no working air or sea ports, and destroyed infrastructure (i.e. road network). All you can do is proposition relief efforts close to the affected area, which was done outstandingly. This brings us to our next Bush Bashing debunker.

After the flood waters raged, I saw a picture that disturbed me. It was not of dead bodies, disease infestation, or anything like that. It was of a parking lot filled with buses. I have come to learn that these were 2,000 municipal and school buses that did not move before Hurricane Katrina. Correct me if I am wrong, but I think one bus can carry at least 50 people on it, if not more. So to my calculations I struggled over many nights in my secret Republican laboratory named "Common Sense Laboratories." I believe that is at least 100,000 people that could have been evacuated before Katrina hit. The total number of people stranded in New Orleans was 300,000. This would have taken at least 1/3 the population that was there during the hurricane and who remain there today!

What is my point? There was utter failure on the local and state levels of response and relief efforts. The governor of Louisiana, Ms. Blanco (D), had a simple job, protect and aid the people of Louisiana. She failed miserably. All she had to do was

ask for help since her resources were becoming overwhelmed. She told President Bush she had all that was needed. It was Wednesday until she asked for 40,000 troops. She then excused her actions to act late by acting as a victim, "Nobody told me that I had to request that, I thought that I had requested everything they [Feds] had. We were living in a war zone by then."

I am going to pause here in order for you to run to a tissue box. This poor lady failed to act fast, because...*sniffle*...she didn't know how to perform her duties of governor. I bet the dead and stranded of New Orleans sympathize with her as well. Well when someone dared to be cold and evil, like a Republican is, she had another stellar answer. Can anyone guess?

Yes, you are correct, it was Bush's fault!!! That evil man sent troops over to a war her party hates and that is the reason she couldn't get enough National Guardsmen in New Orleans. It was not because she didn't know how to ask for other states to help in donating National Guardsmen until New Orleans looked like a sight out of Fallujah.

President Bush could have enacted the Insurrection Act, which allows the president in times of unrest to command active-duty forces into the states to perform law enforcement duties. Bush did not do this for three main reasons. First, advisors said that Governor Blanco would have resisted surrendering control to Bush. Second, the political fallout would have been great if Bush kicked a woman governor from the south out of

control of the situation pre-emptively. Can you imagine the vultures on that story? Everything that could have gone wrong would be magnified 100 times and there is also the issue of Bush thinking a woman is not able to handle a crisis and then being accused of being sexist would have surfaced in the liberal media of today. I don't think a woman would have trouble handling a crisis, I think a liberal Democrat would.

The third issue may be the most pertinent to us. Would you want a president from either party to be able to use the Insurrection Act whenever a "crisis" appears? What will constitute a major crisis being heroically battled by the leader of our country or a power hungry human from abusing the Act? The Insurrection Act was last invoked in 1992 for the L.A. riots, but at the request of the Californian Governor, Pete Wilson. Before that, it was invoked in the civil rights era, and then before that, the Civil War. I myself am glad Bush relented from using the Insurrection Act.

I think as time passes, this incident will be significant, but not a crisis as the media portrays it. I hope that this liberal complaining and bickering will cease in order to help the people in need. Let's just hope the liberals can take part in rebuilding New Orleans and not want to pull out and have Hillary call for a withdrawal plan from the harsh marshlands of Southeastern Louisiana.

James Hackett
LHU Senior

Haven Happenings

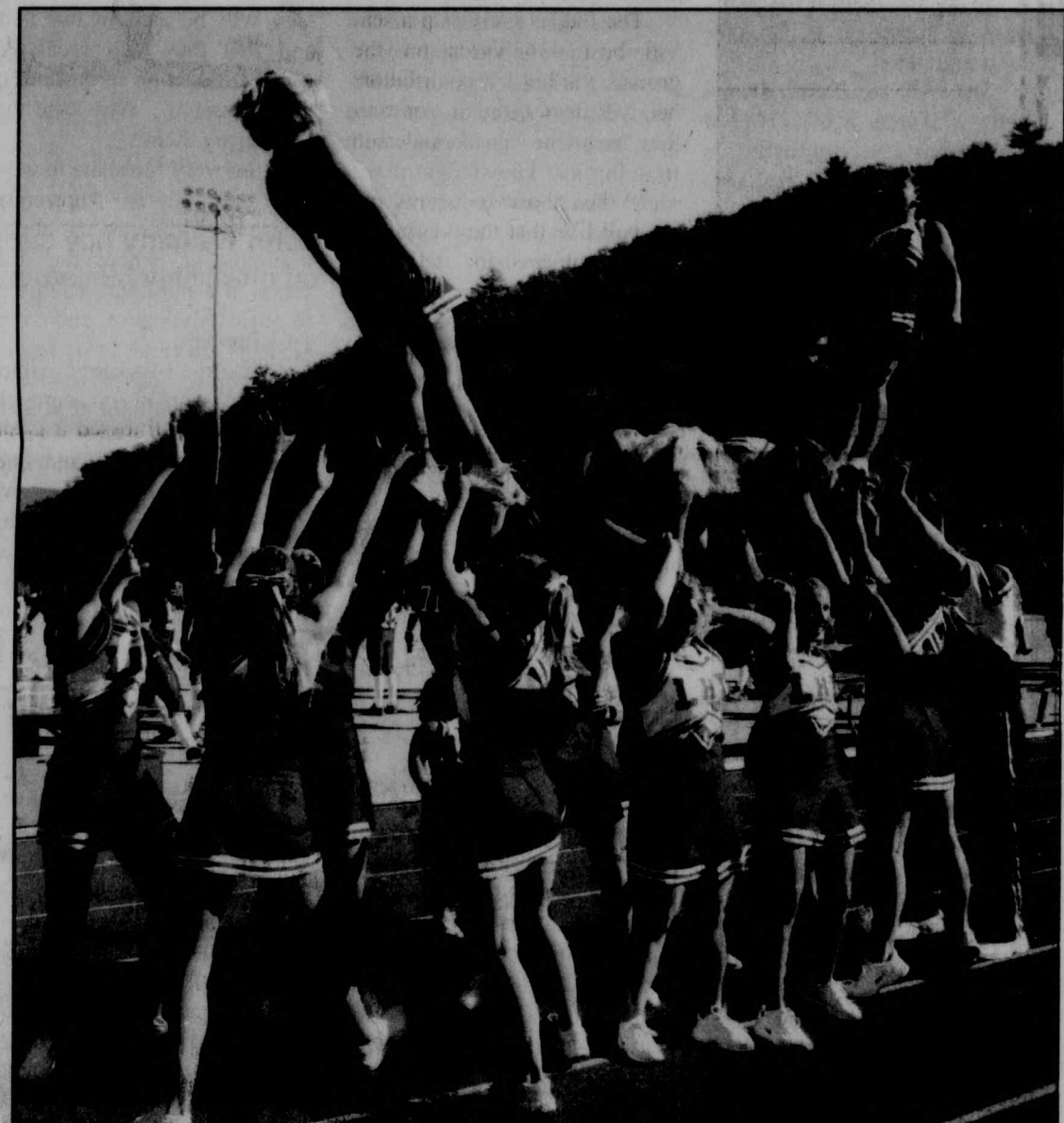
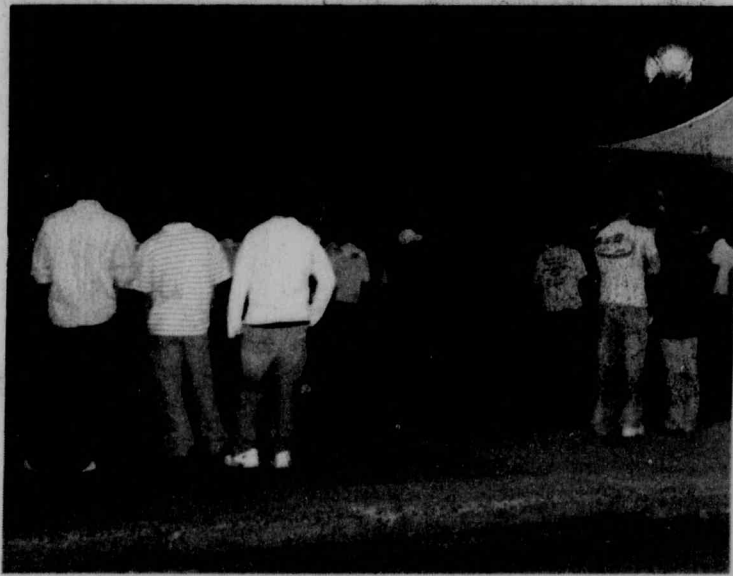
Rockin' & Rollin' at the Haven Homecoming 2005

In addition to all the events leading up to the Homecoming football game, a pep rally was held on Russell lawn to encourage school spirit.

The LHU cheerleaders, Hip Hop Club, modern dance Company, the marching band, and Jason Barry were some of

the performers that pumped up the crowd.

Jeremy Kline, Special Events Coordinator of HAC also surprised the homecoming court with a pie eating contest. The winners were Shannon Kratzer and John Emig.



Photos by John Reithl Eagle Eye

Starting from top and going clockwise, the LHU community gathers at Russell lawn to raise spirits, the LHU marching band performance during the halftime show at the Homecoming game. Cheerleaders show their moves to the Homecoming game crowd. 2004 Homecoming winners Eddie Dove and Precious George pose for their last picture as Homecoming King and Queen. LHU fans show their school spirit during the football game. The 2005 Homecoming court gathers before the parade that was held on Friday night.



Check it out . . .
LHU Bookstore Athlete of the Week
Page B2

Inside . . .
Pratt and Spat
See B3



HAVEN

SPORTS

What's On Deck

Home & Away Fall Sporting Events

Today

Women's Soccer vs. California Univ.
Men's Soccer vs. California Univ.

Thursday

No Events

Friday

Field Hockey vs. Paderborn Univ.
Volleyball vs. Edinboro Univ. and Millersville Univ.

Saturday

Football vs. Shippensburg Univ.
1 p.m. @ home

Men's Soccer vs. Shippensburg Univ.
1 p.m. @ home

Women's Soccer vs. Shippensburg Univ.
3 p.m. @ home

Volleyball vs. Edinboro Univ. and Millersville Univ.

Sunday

Field Hockey vs. Paderborn Univ.

Monday

No Events

Tuesday

Men's Soccer vs. Millersville Univ.
3 p.m. @ home

Volleyball vs. Indiana Univ. of Pa.
7 p.m. @ home



Football rushes to victory

Garen Amirian
Sports Reporter

Freshman running back John Kaluzny ran on 39 carries for 233 yards ranking 4th in the LHU single game career records book as the Bald Eagles powered through the Mansfield Mountaineers 24-12 at Hubert Jack Stadium for the annual Homecoming Game last Saturday.

Football

It's the most rushing yards in a single game ever for a freshman.

Kaluzny was named the LHU Bookstore Athlete of the Week for his performance in the game.

The Eagles racked up a season best 434 yards on the ground, the biggest contributors being Kaluzny and junior running back Chelstan C. Anderson II.

"When those two guys run the ball like that they definitely cause problems for defenses" says Coach Klacik.

Anderson ran in 2 touchdowns before the first quarter was over and continued to rush for 145 yards on 15 carries.

This was the first win since week 1 against Cheyney University and since then they have faced very tough opponents some of which were DI-

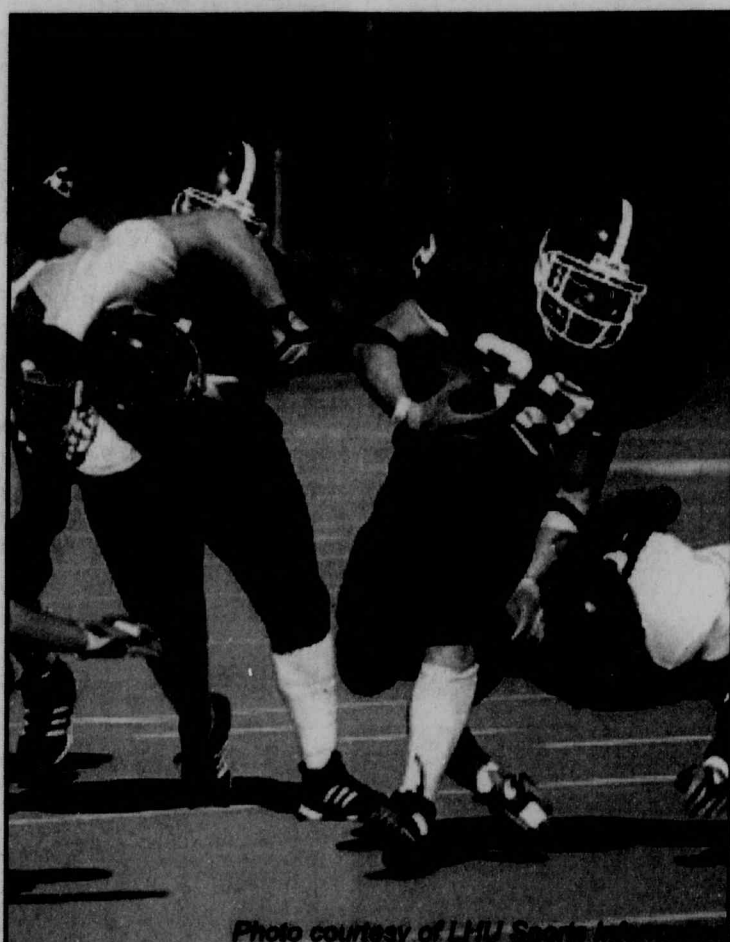


Photo courtesy of LHU Sports Information
John Kaluzny rips through the Mansfield defense on one of his 39 carries against the Mountaineers.

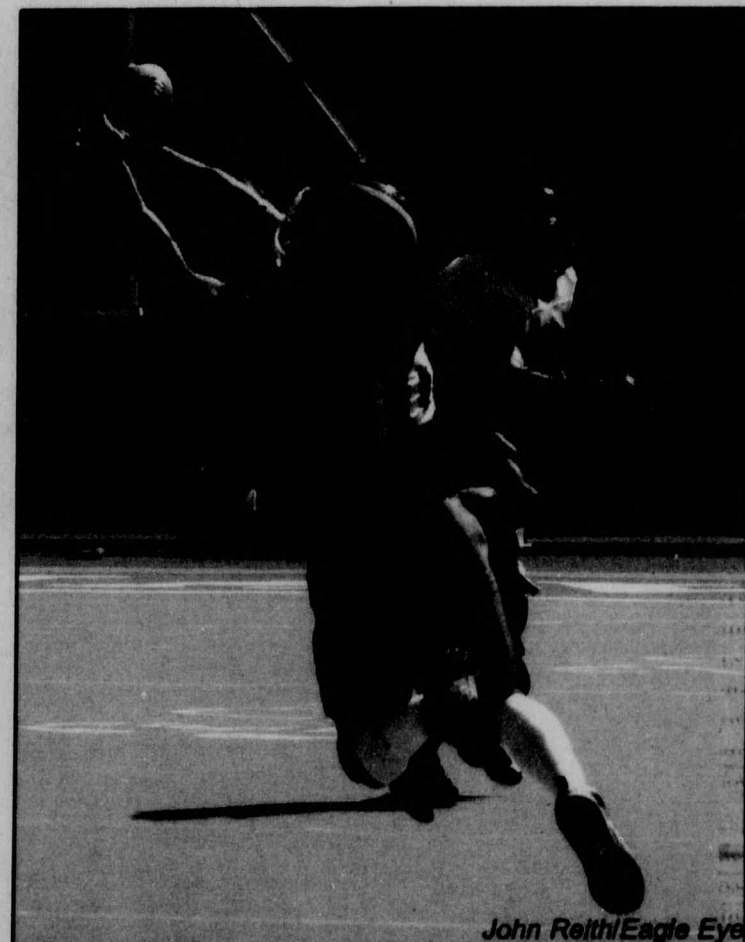
AA schools.

Mansfield's passing game, led by freshman quarterback John Hengehold, tossed a great game with 262 yards and one touchdown. Turnovers, however, did not allow the Mountaineers to get into a

rhythm the entire game giving up one interception and losing three fumbles.

Coach Klacik is not satisfied with the two fumbles and one interception the Bald Eagles gave up on Saturday.

"We have to cut down on the



John Reith/Eagle Eye
Troy Wile makes a diving catch in the Homecoming game against Mansfield University.

turnovers still" adds Coach Klacik "We want to get that number down to zero."

More than 3000 fans were in the stands for the Homecoming game and were pleased to see the struggling home team come out on top in such an overpower-

ing victory.

The Lock Haven Bald Eagles are home this Saturday against the Shippensburg Red Raiders who stand at 2-4 overall 0-2 in the PSAC West. The game is at 1 pm in Hubert Jack Stadium.

Women's XC second at Paul Short



The women's cross country team poses with their second place award.

Kim Moerschbacher
Sports Reporters

This past weekend the men's and women's cross country teams visited Lehigh University for the Paul Short Invitational.

In the women's open race, the Haven placed three in the top ten, finishing second out of nine teams.

Lock Haven scored 64 points, falling one place behind Christopher Newport University who scored 57 points.

The Eagles were led by senior Holly Bofinger, who finished seventh in a time of 23:18. Fellow senior Sarah Robertson finished in 23:29, placing eighth.

Freshman Rebekah Schrader rounded out the top ten, crossing the line with a time of 23:36.

Sophomore Missy Weaver finished the course in 23:56, while juniors Jodi White, Kat

Davey, and Leigh Ann Miller finished with times of 24:49, 25:00, and 25:03 respectively.

"Our training has been intense and I'm really pleased with the progress we're making," commented head coach Aaron Russell. "We kept focused and the teams did really well. Our runners are stepping up and the teams look good."

Cross Country

The No. 11 men's cross country team beat out 19 Division I schools to finish 22nd overall out of 44 teams.

Bald Eagle harrier Ryan Blood finished the 8k course with a time of 24:06, good enough to secure a seventh place finish. Blood's average mile time was 4:52, and his time was among the top 25 best times ever run on the course.

Senior Billy Buckenmeyer placed 117th overall with a time of 25:26, averaging 5:08 per

mile. Sophomore Cory Spidell finished in 25:36, placing 138th.

Juniors Chris Robson and Aaron Benson finished 140th and 210th, respectively. Robson finished with a time of 25:37, while Benson crossed the line in 26:13.

In the men's open race, sophomore Shawn Moore posted a 17th place finish, crossing the line with a time of 25:35.

Fellow sophomore Greg Davis finished 25th with a time of 25:44. Also finishing for the Haven were freshman Kip Horbal, who placed 37th and fellow freshman Jeremy Redfern came home with a time of 27:48.

The Haven squads have an off-week before getting back on course at the PSU National on Saturday, October 15. The starter gun is slated to fire off a 9 a.m.

19 Volleyball powers to 11th straight victory

Billy Buckenmeyer
Sports Reporter

The No. 19 Lock Haven University Women's Volleyball team continues to roll.

Volleyball

They are currently in the midst of an 11 game winning streak and all of those games were on the road.

The Lady Eagles bumped their winning streak to seven after pounding Slippery Rock University in straight sets (30-20, 30-24, 30-20).

The Haven was led by Senior Allison Wade who smashed 14 kills and collected eight digs. Li Yizhi is never out of the action as she contributed 12 kills and 10 digs.

The tremendous tandem of

setters, Allison Furry and Kelly Kostelich, supplied the team with a total of 42 assists during the victory.

The Haven traveled to the Clarion University tournament this past weekend and demolished the competition, winning all four games by the score of three sets to none.

This brought their win streak to 11 games, which is where it currently stands.

In their first game they beat up on Anderson College, while Li Yizhi added to her dominance this season collecting 15 kills and eight digs to add to her impressive season total. Inga Kurgonaitė added nine kills in the winning effort. Once again Furry

and Kostelich split the assists and dished out 32 for the match.

The second game of the tournament went much like the first, a dominant three set sweep. The Lady Eagles were led by freshman phenom Stacey Borgia's nine blocks. Li Yizhi added another double-double to her resume by amassing 10 kills and 13 digs and Furry led the team in assists with 19.

They just kept rollin' as the Haven collected two more wins on the final day of the Clarion Invitational.

They upended Virginia Union University and Geneva College, both three sets to none sweeps.

In the first game against Virginia Union the Lady Eagles were led by Meghan Hayes with 10 kills. Michelle Deehan had seven kills and eight digs, while Maggie Borden nailed seven kills and gathered 10 digs.

The second game victory against Geneva College was directed by Michelle Deehan as she accumulated 10 kills and six digs in the win. Inga Kurgonaitė and Allison Wade added to effort as they crushed nine and eight kills, respectively.

The Lady Eagles finished off their 19-game road trip with an impressive 15-4 (4-0 PSAC) record and begin a six game home stand on October 11 against Indiana (Pa.).

The next set of games for the Lady Eagles will be at Edinboro for the PSAC West Crossovers this coming weekend. They will play conference foes Millersville, Cheyney, and Kutztown.

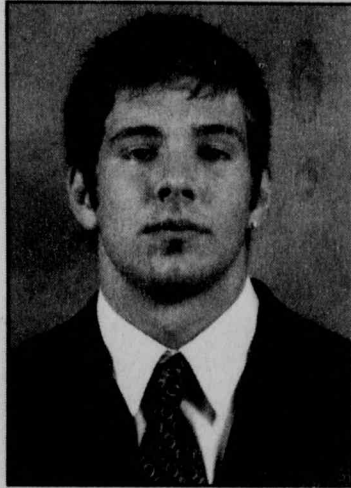
Lock Haven University Bookstore Athlete of the Week

John Kaluzny

Courtesy of LHU Sports Information

LOCK HAVEN, Pa. – Freshman tailback John Kaluzny (Mill Hall, Pa./Central Mountain) has been named LHU Bookstore Athlete of the Week for his efforts in the week ending Oct. 2. This is the first honor for both Kaluzny and the football team.

Kaluzny ran for 233 yards on 39 carries in the 24-12 Homecoming win over Mansfield on Saturday. His rushing tally ranks fourth on the



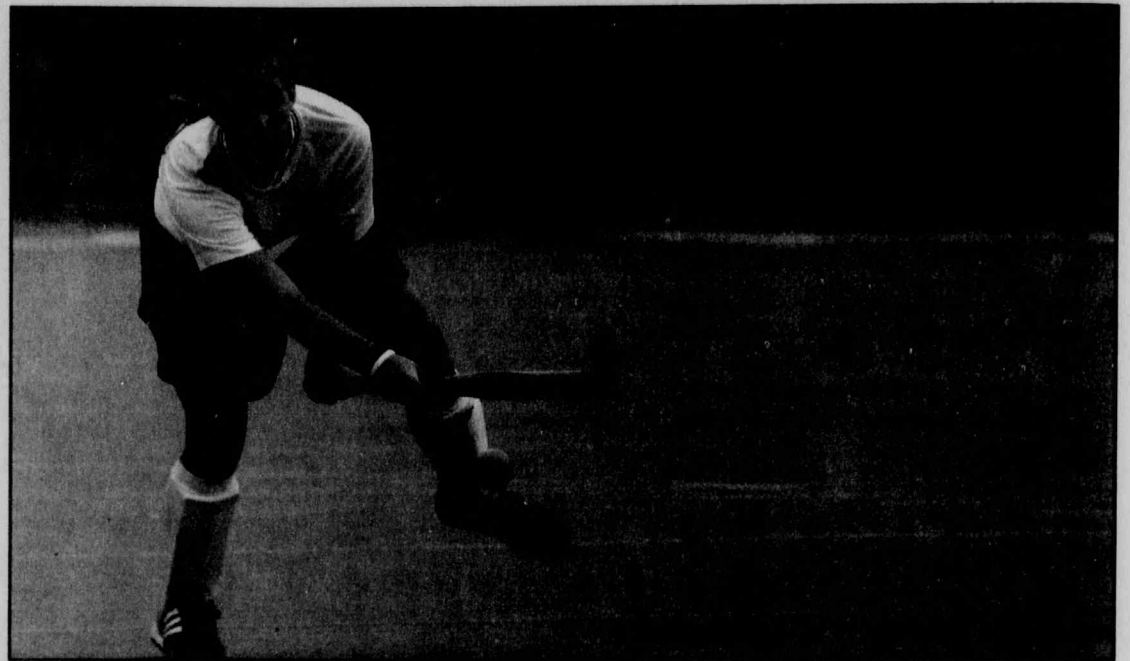
all-time list for LHU, and is the

best mark by a freshman in Bald Eagle history.

Kaluzny and the rest of the Bald Eagles are back in action Saturday, Oct. 8 at 1 p.m. when they host Shippensburg University.

The LHU Bookstore sponsors the Athlete of the Week to better promote Lock Haven student-athletes. The LHU Bookstore is available for all academic texts, LHU apparel and more. The Bookstore is located in the Parson's Union Building on the campus of Lock Haven University.

Lock Haven breaks Sacred Heart, 3-2



Sarah Huber strikes the ball on goal.

Courtesy of LHU Sports Information

Fairfield, Conn. – The Lock Haven University field hockey team (7-3, 2-0 NEC) stretched its streak to 10-0 all-time in Northeast Conference (NEC) play with a 3-2 win at Sacred Heart University (4-8, 2-1 NEC) today (Sept. 30).

LHU took the halftime lead off a strike from junior Sarah Huber (Plymouth Meeting, Pa./Christopher Dock), assisted by sophomore Renee Kemmerer (Nineveh, N.Y./Afton). It was Huber's fourth goal of the sea-

son. Fifteen minutes into the second half, senior Jennifer Churetta (Northampton, Pa./Northampton Area) hit for the second goal of her season, giving the Lady Eagles a 2-0 advantage off a penalty corner from Huber and senior captain Courtney Hughes (Schwenksville, Pa./Souderton).

Reigning NEC Freshman of the Week Carisa Eye hit for a goal late to cut the lead in half, but two minutes later sophomore Samantha Stoyer (Lititz, Pa./Manheim Township) would

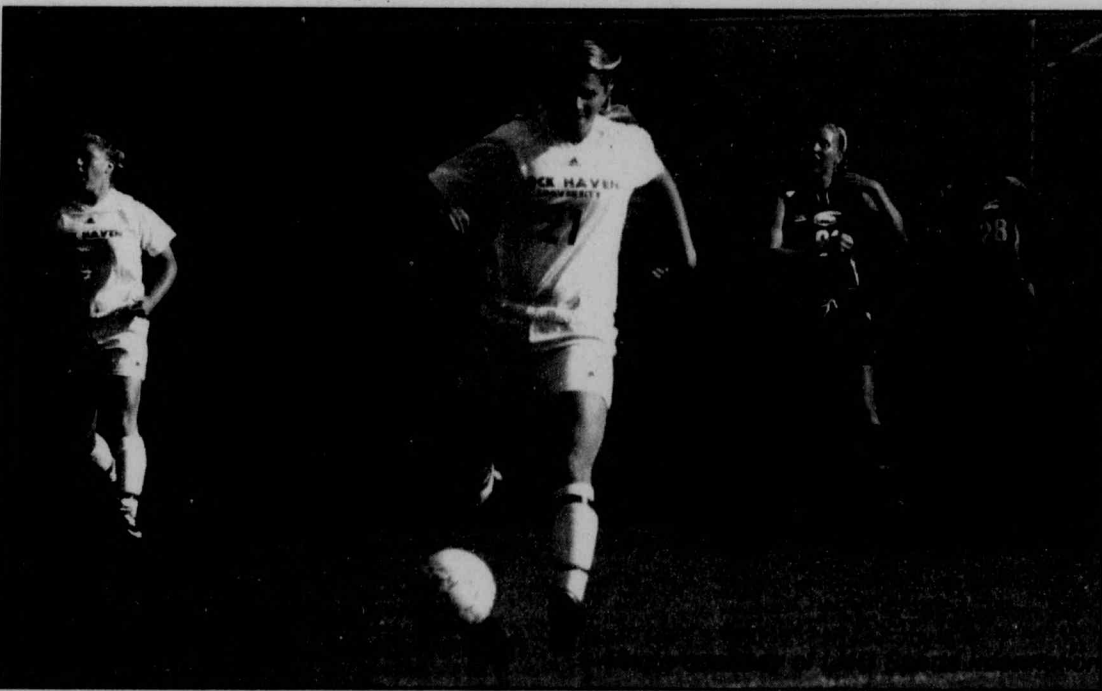
answer off a pass from the NEC Player of the Week, Blair L. Wynne (Arima, Trinidad & Tobago/Sangre Grande), for the 3-1 lead.

SHU's Katie Bohren cut the lead to one with 6:15 left, but the Pioneers wouldn't get any closer.

Junior goalkeeper Becca Yerkes (West Grove, Pa./Avon Grove) got the win with a five-save effort, improving to 7-3.

The Lady Eagles are back in action Friday, Oct. 7 at 4 p.m. when they travel to Rider University.

Women's soccer sinks Shippensburg 3-0



Colleen Kafka dribbles the ball through the midfield.

Brandy Rissmiller Sports Reporter

The women's soccer team's 3-0 win against Shippensburg University was "fantastic" according to head coach Heather Kendra.

"It's really the break through victory the girls have been pushing so hard for," said Kendra.

Lock Haven dominated the match, also known as the Kafka, Reitz, and Engard show. Sophomore Colleen Kafka scored her second goal of the season in the 11th minute of the match off of a free kick by Lynnette Reitz.

The other two goals were scored by midfielder Sam Engard. The sophomore owned the second half, scoring her goals in the 46th and 60th minutes of the game. Reitz, a defender, assisted with Engard's first goal and Kafka with the second.

"Colleen has been a tremendous spark to our offense," stated

coach Kendra. "She really turned it on this past weekend."

"Lynnette is the anchor of our defense that has consistently limited our opponents' scoring chances," said Coach Kendra following Reitz's dominating weekend.

Lock Haven out shot Shippensburg 17-10. Kafka led Lock Haven with six shots. Four of the forward's shots were on goal. Engard and senior Caiti Sultzbach both had three shots a piece.

Goalkeeper Emily Wagner recorded her fourth shutout of the season by making six saves.

The weekend was bittersweet for Lock Haven, however, as they lost on Sunday to Long Island University-C.W. Post, 1-0.

C.W. Post scored their only goal in the seventh minute of the game. Lock Haven out shot C.W. Post 14-8, but were unable to get on the scoreboard. Wagner, a

sophomore, had four saves. Junior Diane Wall led Lock Haven with three shots and one on goal.

Coach Kendra said fatigue was a big factor in the match.

"The team played really well most of that game, however, it wasn't enough to get the result."

Last Tuesday Lock Haven lost to Indiana University (Pa.), 2-1.

Senior Kim Thompson scored Lock Haven's only goal in the 57th second of the game off an assist by Reitz.

Thompson and Caitlin Martz, a junior, led Lock Haven in shots with four each. Lock Haven out shot Indiana 20-10.

Wagner made four saves for Lock Haven.

Next up for the team, now 4-9, is a game at California University (Pa.) today. Lock Haven lost to California 1-0 in August. On Saturday Lock Haven will host a home match against Slippery Rock, beginning at 3 p.m.

Powder Puff Football Interest Meeting



October 6th
PUB MPR Room
7:30pm

Contact:
jhackney@lhup.edu

Men's soccer goes 2-1 on the road beating one ranked opponent

Marissa Brunner Sports Reporter

The men's soccer team had another busy week on the field, tallying two consecutive wins before falling short in their last contest.

LHU-1, # 25 NYIT-2

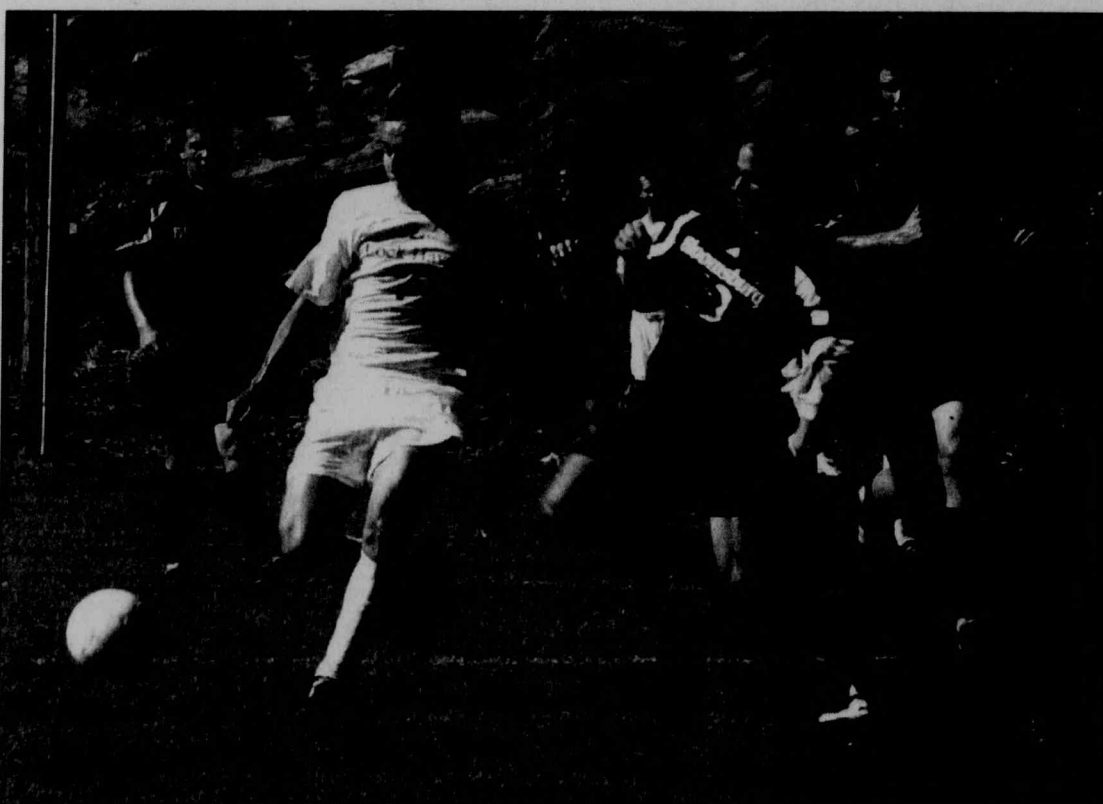
Men's Soccer

In their second back to back game, the Bald Eagles battled it out against No. 25 New York Institute of Technology, but were unable to defeat their second ranked opponent in two days. The game ended with a 2-1 final score.

Freshman Ashley Rosindale cruised past the NYIT defense early in the first half to score the first goal for the Haven. Junior Patrick Long headed a cross to assist in Rosindale's goal.

But it was only four minutes before NYIT retaliated, leaving the score locked at 1-1 through halftime.

During the second half, NYIT topped the Haven by scor-



Ashley Rosindale looks to maneuver past several defenders.

ing once again, bringing the final result to 2-1.

Senior Michael Skeggs and junior Chris Spinks made

attempts at the goal during the final two minutes, but were unable to outdo NYIT.

LHU-2, # 16 CW Post-0

On Saturday, the men shut out No. 16 CW Post.

The Haven obtained their lead when Long scored off a

pass from Rosindale about two minutes before halftime.

Coming back into the second half, Andrew Meehan scored the Haven's second goal off a cross from freshman Paul Huckett.

"We played really well this weekend," said Meehan. "To come out of those two games with any type of result was good for us. Now we just have to build off of that and win the rest of our games."

Freshman goalkeeper William Trimble III made five saves, recording his fourth shut out of the season.

LHU-1, Shippensburg-0

Last Tuesday, the Bald Eagles dominated against Shippensburg, only allowing one shot on goal.

Rosindale recorded the lone goal for the team 15 minutes into the second half after receiving a pass from Huckett.

The Bald Eagles will hit the field again today as they travel to take on California University in Pennsylvania State Athletic Conference action.

Pratt and Spat

Homecoming came and went, and anyone that was anywhere near campus could tell that it was a weekend to remember, if even in bits and pieces.

The streets were strewn with bottles and cans; scorched tables and chairs littered the yards, and walks of shame were taking place as far as the eye could see.

And what was the reason for these displays of debauchery and hooliganism you ask? Was it the influx of alumni returning to relive their glory days?

Sure, you could argue that it might have been a contributing factor, but the fact of the matter is that the success of the Lock Haven football team served as a catalyst to what turned out to be an awesome weekend.

It was great to see the university community come out to support a Lock Haven sports team. The big school atmosphere needs to surround more of our sporting events. If you were to look just 30 miles down the road at Penn State, you would see how the sporting events bring the community together. They tailgate. They roam the streets. They get rowdy. They are the definition of

what college should be about; showing school spirit to everyone that cares. We needed more of that here, and this weekend we got it.

Lock Haven actually did feel like a big school. Everywhere you looked people were out in their yards or on their porches, barbecuing and going to the game to get rowdy.

The football team played great and the fans were even better. We have all been to games where the opposing team has more fans in the stands than we do and to tell you the truth it is a little disappointing.

We do need to support our teams. We do need to be hooligans. We do need to be loud.

This Saturday the football team hosts Shippensburg and as always, your support is needed.

So do some tailgating. Do whatever it is you have to do, but show up and show Ship that we do have some Haven pride, and we're not just some deserted school out in the wilderness.

T. Pratt

Homecoming 2005 has come and gone. Homecoming is a time for old friends to reunite and also a time for Lock Haven football to play some of their best games.

The Bald Eagles have been absolutely dominating in Homecoming games.

Including this year, the Bald Eagles have won five straight homecoming match ups dating back to the 2001 season when they flew past Cheyney University 44-20.

Last year they won an overtime thriller over Clarion University 16-13, but this year's game was never in question.

The Bald Eagles offense pounded the Mountaineers of Mansfield University 24-12 racking up 434 yards on the ground.

Mansfield's defense could not stop freshman John Kaluzny.

Kaluzny, a Central Mountain High School graduate, ran for 233 yards.

Since the 2001 campaign they have outscored their opponents 148-70 on Homecoming.

There must be something about the excitement of the Homecoming in the air that brings out the best in the Haven squad.

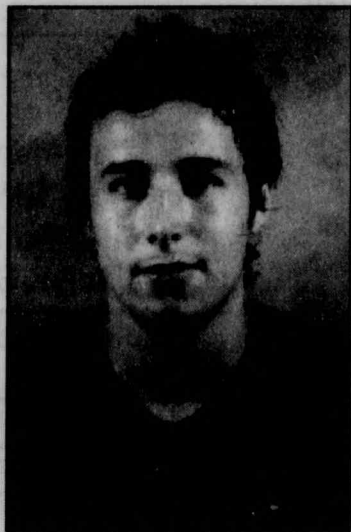
It was one of the most dominating performances I have witnessed from the football team and it was great to see in such a big game.

D. Spat

Rosindale Nets PSAC Athlete of the Week

Courtesy of LHU Sports Information

Lock Haven, Pa. - Sophomore Ashley Rosindale (Bradford, England/Beckfoot School) has been named Pennsylvania State Athletic Conference (PSAC) Division Athlete of the Week, the conference office announced Oct. 3. This is the first honor for both Rosindale and the Lock Haven University men's soccer team (6-4-2, 4-2-2



PSAC).

Rosindale had points in each game this week,

a 2-1 tough stretch of road games including a pair of ranked opponents. The sophomore striker hit the game-winner in the 1-0 win over Shippensburg University Tuesday, assisted on the winning strike over #16 C.W. Post, and scored the first goal in the loss to #25 NYIT Sunday.

Rosindale and the rest of the Bald Eagles are back in action Saturday, Oct. 8 at 1 p.m. when they host Slippery Rock University.

MEET THE DOCTORS!

Hi, we're Dr. David Charney and Dr. Leah Charney



Did you know that becoming a Doctor of Chiropractic requires a minimum of six years of highly specialized college training? Both doctors have completed 4815 hours of classroom instruction at Palmer College of Chiropractic, the fountainhead of chiropractic and most prestigious chiropractic college. (John Hopkins medical students complete 4751 hours). In addition, a Doctor of Chiropractic must pass four rigid national board exams to earn a license in Pennsylvania and yearly continuing education seminars must be attended.

After completing his undergraduate studies at the University of Pittsburgh at Johnstown, Dr. David Charney excelled at Palmer College of Chiropractic. He was named to Dean's List many times and was very active in campus activities.

Before going to Chiropractic College, Dr. Leah Charney attended Western Michigan University where she was a member of the honors college. She was awarded many scholarships for her academic achievements while at Palmer College of Chiropractic and was a member of several professional organizations on campus. Dr. Charney earned Dean's List and President's List every trimester and graduated Salutatorian of her class.

This is the kind of training and professionalism we offer you. If you have hesitated before about visiting a chiropractor, perhaps you didn't know that chiropractors go to such great lengths to continue their education and to provide you with the latest techniques and the most qualified services. So, you see, what you don't know can't help you.

Call us today and let us help you.

Did you know that the symptoms most commonly treated by chiropractors are:

- | | | |
|-----------|-----------|-----------------|
| Back Pain | Headaches | Painful Joints |
| Neck Pain | Arthritis | Shoulder Pain |
| Stiffness | Bursitis | Arm/Leg Pain |
| Numbness | Hip Pain | Cold Hands/Feet |

To introduce you to the healing world of chiropractic, please accept our special offer:

\$17 SPINAL EXAMINATION

This examination will include an orthopedic test, neurological test, a spinal alignment check, and examination for restricted or excess motion in the spine, a muscle strength test, x-rays of the involved area if necessary and a private consultation to discuss the results.

IT'S A FACT, MOST INSURANCES COMPLETELY OR PARTIALLY COVER CHIROPRACTIC
 - AETNA - BLUECROSS/BLUE SHIELD - PEBTF - MEDICARE
 - UNITED HEALTHCARE - AMERIHEALTH - ACCESS - MANY OTHERS

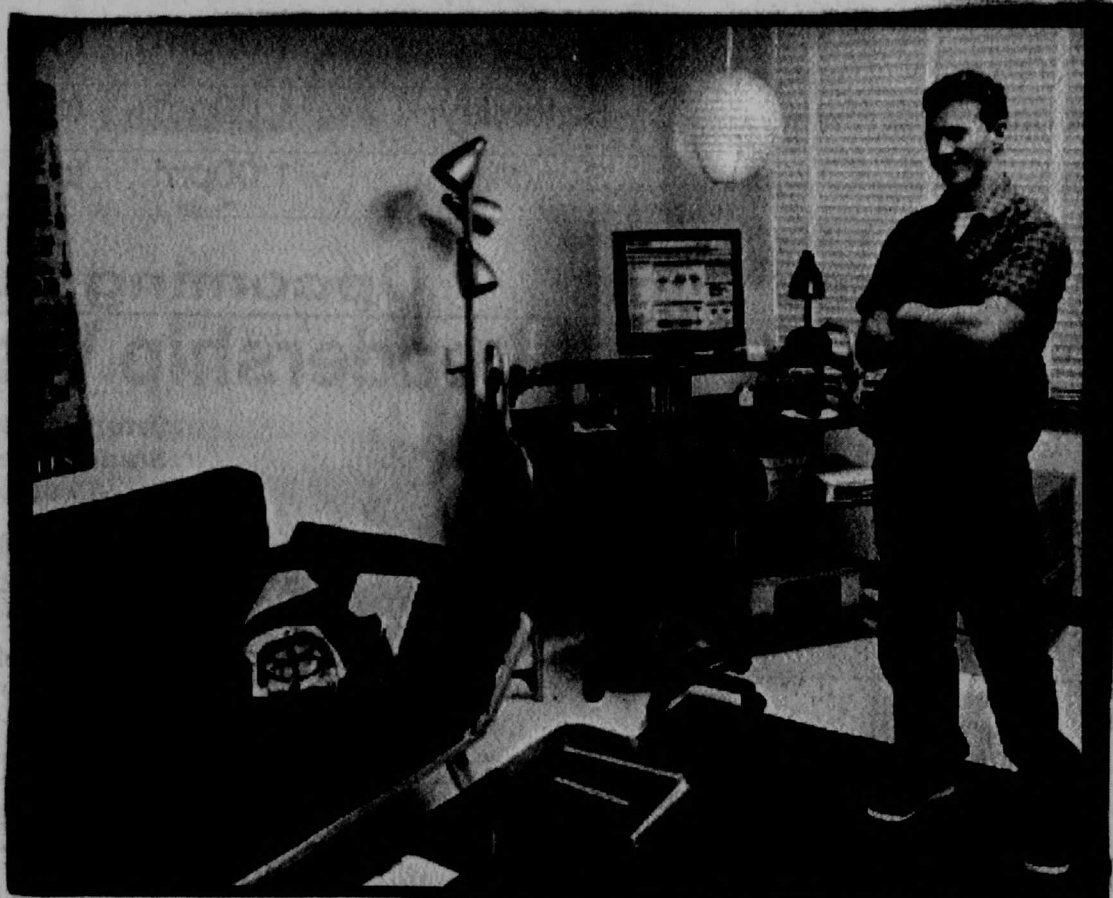
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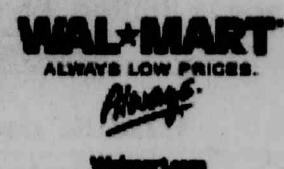
Share your space, but live on your own.



All furnishings pictured are from Wal-Mart.



Get everything for your dorm room at WalMart.com and still afford tuition.



Intramural Sports News

Wednesday, October 5, 2005

Today's Intramural Games

Show your support!

Indoor Soccer
 4:00pm Indoor Soccer
 The Bankers Club vs. Off in the Shower (SRC)
 5:00pm Indoor Soccer
 Bianconeri FC vs. Cool Kickers (SRC)
 6:00pm Indoor Soccer
 We Gotta Bye vs. Rossoneri (SRC)
 7:00pm Indoor Soccer
 Team Norris vs. Soccercox (SRC)
 8:00pm Indoor Soccer
 Alpha Chi Rho vs. The Company Crew (SRC)
 9:00pm Indoor Soccer
 Shooting Stars vs. Thunder Chickens (SRC)

Women's Basketball
 8:00pm Women's Basketball
 The All-Stars vs. Dust Busters (SRC)
 9:00pm Women's Basketball
 Trainers Angels vs. Crazy Hands (SRC)



Flag Football
 8:30pm Flag Football
 Impregnables vs. D-Unit (Field 1- HJ)
 8:30pm Flag Football
 Keystone Club vs. LHUnit (Field 2-HJ)
 9:30pm Flag Football
 Dem Boyz vs. Alpha Chi Rho (Field 1-HJ)
 9:30pm Flag Football
 The Legends vs. The Niners (Field 2-HJ)

Women's Basketball

- | | |
|------------------------|------------------|
| A. The Purple Penguins | E. Eagles |
| B. LHU Fanciest | F. The All-Stars |
| C. J.S. | G. Crazy Hands |
| D. Trainers Angels | H. Dust Busters |

Welcome aboard Nate Walker!

Nate is the newest edition to the Intramural Department. He will serve as a referee for several sports this semester. Congratulations, Nate!



	8:00pm	9:00pm
Monday, October 3	A-B	C-D
Tuesday, October 4	E-F	G-H
Wednesday, October 5	F-H	D-G
Thursday, October 6	A-C	B-E
Tuesday, October 11	C-G	A-E
Wednesday, October 12	B-H	D-F
Thursday, October 13	B-D	C-F
Monday, October 17	A-G	E-H
Tuesday, October 18	F-G	B-C
Wednesday, October 19	D-E	A-H
Thursday, October 20	D-H	C-E
Monday, October 24	B-G	A-F
Tuesday, October 25	A-D	B-F
Wednesday, October 26	C-H	E-G
Thursday, October 27	A-B	C-D
Monday, October 31	E-F	G-H
Tuesday, November 1	F-H	D-G
Wednesday, November 2	A-C	B-E
Thursday, November 3	C-G	A-E
Monday, November 7	B-H	D-F
Tuesday, November 8	B-D	C-F
Wednesday, November 9	A-G	E-H
Thursday, November 10	F-G	B-C
Monday, November 14	D-E	A-H
Tuesday, November 15	B-G	C-E
Wednesday, November 16	D-H	A-F
Thursday, November 17	A-D	B-F
Monday, November 21	C-H	E-G

Tennis Schedule

- | | |
|-------------------|------------------|
| 1. Matt Gray | 5. Carl Martini |
| 2. Abraham Joseph | 6. Gary Raia |
| 3. Justin Seitz | 7. Alez Fuller |
| 4. Jess Kramme | 8. Jaclyn Buskey |

Week of October 3	Week of October 11	Week of October 17	Week of October 24
1-7, 4-1	6-1, 8-1	1-5, 3-1	1-2
2-3, 7-2	2-4, 6-2	2-8, 5-2	4-3
4-5, 6-3	3-8, 5-3	3-7, 8-4	6-5
8-6, 5-8	7-5, 4-7	6-4, 7-6	8-7

Ultimate Frisbee

Due to lack of interest in Ultimate Frisbee this semester, it will not be offered as a competitive sport. If you are interested in playing pick-up with other Ultimate Frisbee lovers, contact Anita Charles at acharles@lhup.edu. A facility will be available on Thursday nights.



Check out the IM website for schedules, scores, photos, policies, and other information!
<http://www.lhup.edu/intramurals>

Student Recreation Center News

Student Recreation Center Hours of Operation

Monday	7:00am to 11:00pm
Tuesday	7:00am to 11:00pm
Wednesday	7:00am to 11:00pm
Thursday	7:00am to 11:00pm
Friday	7:00am to 9:00pm
Saturday	10:00am to 9:00pm
Sunday	12:00pm to 11:00pm

Climbing Wall Hours of Operation

Monday	1:00pm to 10:00pm
Tuesday	1:00pm to 10:00pm
Wednesday	1:00pm to 10:00pm
Thursday	1:00pm to 10:00pm
Friday	1:00pm to 8:00pm
Saturday	1:00pm to 8:00pm
Sunday	1:00pm to 10:00pm

Fall 2005 Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	1:00- 2:00pm Lean Legs/ Cardio Yatta		1:00- 2:00pm Lean Legs/ Cardio Yatta	
4:15- 5:15pm Strength Training Jen	4:15- 5:15pm Strength Training Jen	4:15- 5:15pm Strength Training Jen	4:15- 5:15pm Strength Training Jen	
5:30pm- 6:30pm Step and Tone Vanessa	5:30- 6:30pm Cardio Sculpt Vanessa	5:30pm- 6:30pm Step and Tone Vanessa	5:30- 6:30pm Cardio Sculpt Vanessa	5:00- 6:30pm Instructor's Choice Ashley
7:00- 8:00pm Self Defense	7:00- 8:00pm Kickboxing Ashley	7:00- 8:00pm Cardio Ball Ashley	7:00- 8:00pm Kickboxing Ashley	
8:00- 9:00pm Yoga Ashley	8:00- 9:00pm Pilates Ashley	8:00- 9:00pm Yoga Ashley	8:00- 9:00pm Pilates Ashley	

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

Upcoming Events

Leadership Workshop

Saturday, October 22, 2005
 Student Recreation Center
 10:00am - 3:00pm

Enhance the skills leaders need and employers want

Space is limited. Be sure to sign-up as soon as possible online at the SRC website. For more information, contact Jason Stubbeman at jstubbem@lhup.edu.



Fall Foliage Ride

The Fall Foliage Bike Ride will be held one weekend in October on the Rails to Trails course. Proceeds from the ride will be distributed to volunteers helping with Katrina relief. For more information, check out the SRC website or contact Jason Stubbeman at jstubbem@lhup.edu.

Katrina Relief Benefit



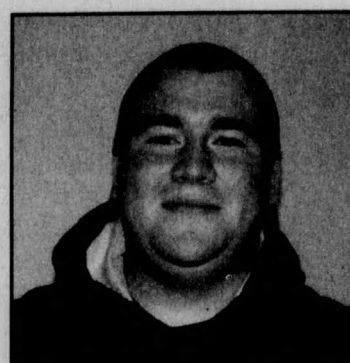
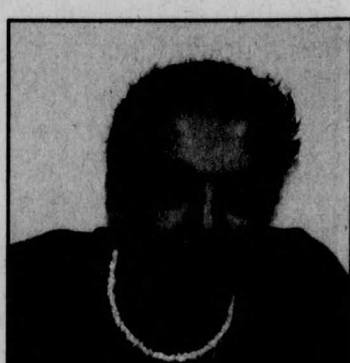
Check out the SRC website for schedules, photos, policies and employment opportunities!
http://www.lhup.edu/rec_center



FEATURE THIS

Question of the Week

Who do you think will win the World Series?



"I don't care. I don't watch baseball."

Sean Kline
Junior - Art

"Anyone but the Yankees."

Suzie Treese
Junior - Health & Phys. Ed.

"The Braves."

Joshua Dukern
Sophomore Communications

"Red Sox, because I hate the Yankees."

Antoinette Harrison
Freshman - Accounting

"Since I'm not a fan of the Yankees, I'm rooting for the Red Sox."

Jason Hackney
Senior - Secondary Ed.

"The Red Sox because my roommate loves them."

Jenny Charney
Senior - Journalism

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-Leaving Lock Haven on Saturday, Oct. 29 @ 6 a.m.

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-First Come, First Serve!

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HUBERT JACK STADIUM

WOMEN'S SOCCER
LHU
VS.
SLIPPERY ROCK
Saturday @ 3 PM
MCCOLLUM FIELD



VOLLEYBALL
LHU
VS.
KUTZTOWN
Saturday @ 4 pm
AWAY

FIELD HOCKEY
LHU
VS.
MONMOUTH
Sunday @ 1pm
AWAY

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Singapore • Kamabagi • Mustard
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Steak Salad 8.95
Chef Salad 6.95

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	10 inch	14 inch
Cheesesteaks	5.25	6.15
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Turkey	4.15	5.25
Canadian Bacon	4.15	5.25
Roast Beef	4.95	6.15
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Sausage		5.95
Chicken Steak	5.15	5.95

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Small .45 Large .75

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FREE DELIVERY

FEATURE THIS

MUSIC REVIEW

The Click 5: Greetings From Imrie House



Courtesy of Fanscape.com

One Hit Wonder?

Dan Blackmore
Guest Writer

The Click Five is a brand new pop group out of Boston Massachusetts. You may have heard their single "Just The Girl" which seems to be on a constant rotation on MTV2. It is about as catchy as a cold in winter and you will have the chorus stuck in your head for a few days.

The band has already been featured in Entertainment Weekly with a 5-page article, which is very impressive for a brand new band.

The members of the group look like they are straight out of the 60's, sporting Beatles hair-cuts and matching suits. They have been doing very well for

the time that they have been out, but they have not been making that much buzz through word of mouth.

Not many people actually know who they are, but can recognize the song they sing. This is one of the many signs of a one hit wonder.

Though their single, "Just The Girl" does have a really nice melody, it is also very generic. It is the type of "one liner" songs where you can sing the main part of the chorus and then you just sort of hum the rest.

The full record is not that much to talk about either. It sounds like they wrote one big song then just cut it into little pieces to fill up the time they needed to release their one good song.

Paul Stanley, the singer of Kiss actually helped The Click Five write the song "Angel to You, (Devil to Me)", and from the sounds of that, even a rock and roll legend couldn't help them out much.

The band may be able to push out a couple more hits and milk the album for another year, but, in my opinion, they are not special enough to make an impact in music history.

The Click Five is your typical pop rock band that throws a hit out of the blue then quickly fades away.

If you enjoyed Fountains of Wayne and Milli Vanilli than this band is for you. If you did not then I suggest you simply enjoy the single while it still has some life on TV.

Horoscopes

By: Linda C. Black
Tribune Media Services

<p>Aries March 21-April 19 Today is a 9. Go farther than ever before, with the help of a person who believes you can do just about anything. It's a powerful combination.</p>	<p>Leo July 23-Aug. 22 Today is an 8. You're very charming now. It's easy for you to find the right words. And, it also looks like you have a willing audience.</p>	<p>Sagittarius Nov. 22-Dec. 21 Today is an 8. Venus, the planet symbolizing love, has just entered your sign. This goes on for several weeks, and is a very good thing.</p>
<p>Taurus April 20-May 20 Today is a 4. A person who has faith in your talent can be counted upon to help you get the supplies you need. Just ask.</p>	<p>Virgo Aug. 23-Sept. 22 Today is a 5. If you're short on cash, you can sell something to bring in a little more. Abundance is available.</p>	<p>Capricorn Dec. 22-Jan. 19 Today is a 4. You provide quick service, but also take the time to find out if people want anything else. You'll improve your profits.</p>
<p>Gemini May 21-June 21 Today is an 8. There are things you're only beginning to be able to imagine. Don't be afraid, be curious and ask questions.</p>	<p>Libra Sept. 23-Oct. 22 Today is an 8. Learning is one of your passions. You never grow sated. Lately there's a new topic, project or craft that's got you captured. Buy books.</p>	<p>Aquarius Jan. 20-Feb. 18 Today is an 8. One thing leads to another, just like stepping stones. Well, actually, it's more like an escalator, soon.</p>
<p>Cancer June 22-July 22 Today is a 5. You can do a home improvement project by yourself, even if you don't know how, if you start now. Well, at least the odds are good.</p>	<p>Scorpio Oct. 23-Nov. 21 Today is a 3. You may have more valuables stashed away than you realize. Gather up your treasures so you can get them reappraised.</p>	<p>Pisces Feb. 19-March 20 Today is a 5. Advice is cheap and plentiful, whether you want it or not. Soak it up, you'll appreciate it more later.</p>

Soldier Honored at Football Game

Erin Hipple
Guest Writer

The stands are packed with students, faculty, and alumni. From a bird's eye view, the stadium looks like a mass of crimson and white. In the air there is a noticeable comradeship. Everyone is coming together for the Lock Haven Homecoming game.

Call it the biggest game of the season; call it the time where the crowd seems a little bit more antsy and excited; call it what you wish. However, it should be called the time to give a little extra effort in supporting our team: the whole team. Not just the team of students, or the team of professors, or the team of football players, but the team of our alma mater and all its glory.

It is the time to pay tribute to all the heroes past and present. That is exactly what this past Saturday's homecoming game did.

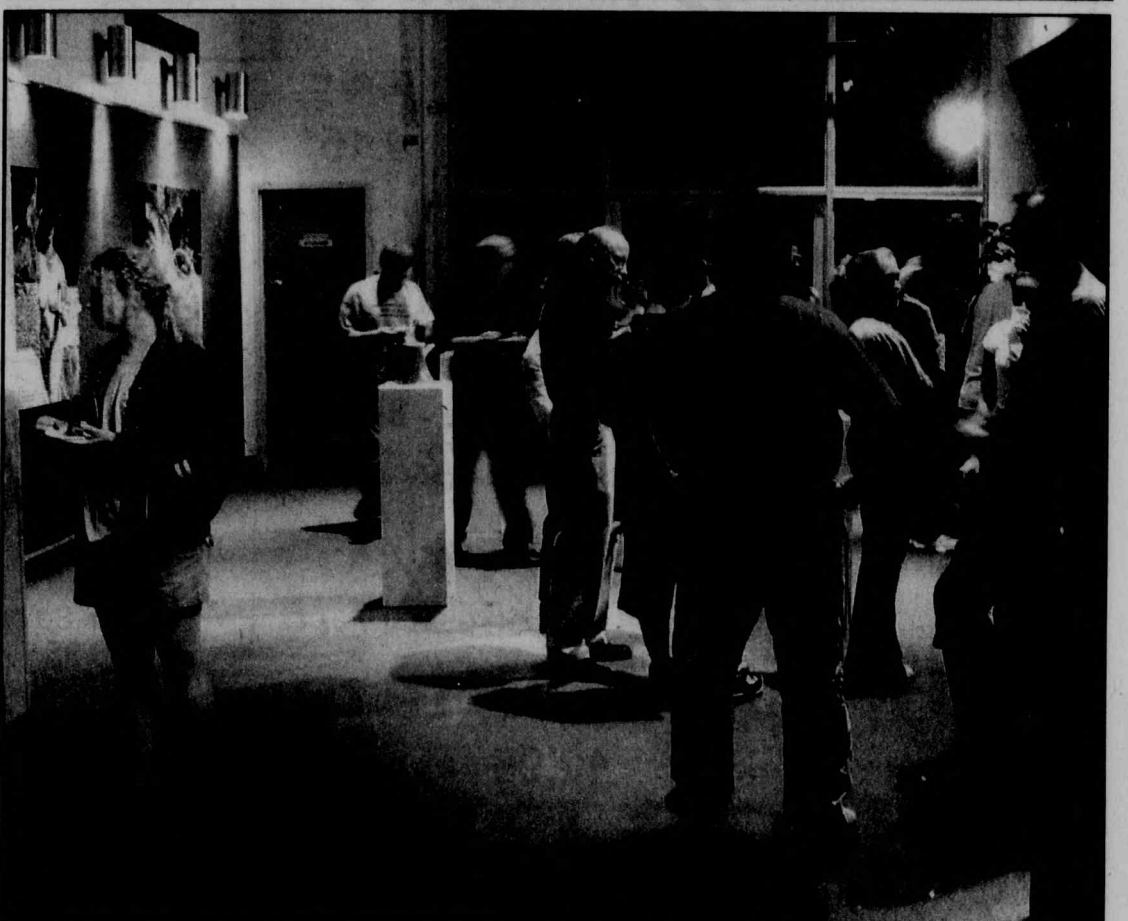
Before the big game against Mansfield University, there was a special ceremony held at Hubert Jack Stadium. Named the "Welcome Back to School!" event, this ceremony honored students who recently returned from the war in Iraq. Namely, this event honored Sergeant Quentin Cummings.

Cummings was a special part of the Army National Guard who was deployed for Iraq in February of 2004. As an infantry soldier, he traveled to the places only heard about on television. But, for Cummings, Fallujah and Baghdad were real eye-opening experiences. As a

part of the B Company, 109th infantry, he was attached to the 1st Calvary and Marine divisions. After 13 months away from family, friends, and his home, Cummings returned to Lock Haven in March of this year.

This unique program was sponsored by Army's Operation Tribute to Freedom, which helps to honor those students who serve in Operation Iraqi Freedom, Operation Noble Eagle and Operation Enduring Freedom. These programs make possible the ceremonies at more than 20 other colleges and universities worldwide in order to honor students. Lock Haven was very honored to be able to have Sergeant Quentin Cummings return safely to his home.

Check back next week for an in-depth look at Sergeant Quentin Cummings.



Mike Porcenaluk/Eagle Eye

Laura Vinnedge and Dave Collins, both coincidentally have Master's degrees from Notre Dame, have their art on display in Sloan until Oct. 22. Laura's paintings involve many layers and gender role themes. Dave's sculpture focuses on using ceramics in unconventional ways.



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Christian Dwyer
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cdwyer@lhup.edu

FEATURE THIS

Hypnotist Puts Student Volunteers in Trance

Nicole Pinto
Staff Reporter

A show entitled Damian the Hypnotist on a Thursday night in Price Auditorium would sound like a pretty normal show. What happened, though, was anything but normal.

The turnout for the show was almost a full house and most of the homecoming court was sitting in the audience.

Damian started the show by hypnotizing the entire audience. He had the audience stick their hands together by focusing between two fingers and squeezing them together.

When Damian asked for volunteers he had people rush the stage. Students went rushing to the stage. Some people were even climbing on top of each other to get into a chair. Eventually, 21 volunteers lined up in chairs across the stage all side by side.

The hypnotist started to relax the volunteers and put them to sleep. When he first woke the students up, he had them play their favorite instruments under their chairs. They rocked away, most of them playing drums and guitar. Some volunteers were out of their chairs playing air guitar. A look

of confusion went across the faces of the volunteers when they were snapped back into reality.

Damian then convinced the volunteers that they were freezing cold and some of them huddled together for warmth. He then convinced them that they were so hot that some volunteers took clothing off.

Damian then put them to sleep again. When they woke up this time, he had given them an imaginary cigarette filled with different kinds of paraphernalia. As a song by Afro Man played in the background, the volunteers were urged to pass the cigarette around between them. After their "high" kicked in, they all began to laugh and some people started to fall out of their chairs. After this some of the volunteers left the stage.

This left roughly 15 volunteers onstage. They were then put sleep once again. They woke up and Damian had them play with an imaginary hamster.

He then kicked it into the audience and watched all of the volunteers get angry and upset. He encouraged the volunteers not to hurt him or get up from their chairs which sent the audience into laughter.

After putting them to sleep once again, the volunteers woke up as hungry monkeys. Damian told them that the audience had bugs in their hair. Soon after, the volunteers jumped off the stage into the audience digging in people's hair trying to eat the bugs.

He also had some students dancing and singing to Britney Spears and as Chinese superstars.

Damian also put on a mock Jerry Springer show. He had some of the guys thinking that they were Chippendale's dancers giving audience members lap dances. The twist was the girls in the audience looked like men, and the men in the audience looked like hot women.

He then convinced the volunteers that they were driving intoxicated and got pulled over by the cops. Damian pretended that he was the cop. Some of his other stunts included convincing the volunteers that they were porn stars.

The audience's applause after the show was long and loud for the success of the hypnotist.

Check out the HAC website or postings on campus to find out about any other up-coming events.

Club of the Week

Latino Student Association



Courtesy of LSA

LSA is preparing for the First Annual Heritage Celebration on Oct. 13.

Nelson D. Diaz
Guest Writer

Creating a sense of diversity is one of the main concerns that seems to float around the campus of Lock Haven University this year. The Latino Student Association, also known to the students and faculty at LSA, is just one of the many clubs and organizations created by the students to help diversity the Lock Haven University Campus.

They have their own past events, "Herencia" and "the accomplishments that have yet to come." LSA brings to the campus a sense of family to student body both of similar and different ethnic backgrounds.

LSA provides a well developed and projected diverse agenda. Attending to the needs of the students, LSA provides a

multi-cultural awareness and education into the Hispanic and/or Latino based cultures and backgrounds.

In a recent program sponsored by this organization for the students, faculty, staff and public, LSA presented and lectured about the music behind the major Hispanic and/or Latino countries.

In the program, LSA presented a quick overview of histories into the makings and celebrations of the Bachata, Merengue, Salsa, and the newer Reggaeton genres of music. The background behind the music came to life as the student members gave an insightful and very entertaining example of each of the music genres in choreographic and impression dances.

"A fun place to meet people, and although I am not of Latino

descent, I feel welcomed and informed at the same time," said Kelly McComb, a senior International Studies major when asked about her thoughts on LSA.

With another program on the way, LSA promises to make their festivity as educational as it is entertaining.

On Oct. 13, LSA is holding the 1st Annual Hispanic Heritage Celebration. This is a celebration of Hispanic Heritage showcasing the talents and talents of the Hispanic and/or Latino students.

Students of all ethnic backgrounds are welcome to enjoy the celebration of the Hispanic and/or Latino students. The event will be held in the Price Auditorium from 7:00 pm to 10:00 pm.

From FANTASY B8

"In order to fit in with the fantasy world, I've tried my best to make myself believe that I could have come from that era when I look in the mirror. I let my hair grow because all the knights of that time had long hair," Bryan said.

He added that he can't afford the whole outfit but does have some accessories to fit in better at the fair that have also added more activities in his medieval fantasy interest.

He and his friend actually purchased swords from the Renaissance Faire years ago to

not only admire as decorative pieces, but to also play with. They have swordfights outside away from people, usually in one of their yards, and don't care who sees them.

To try to save money Bryan tried to make his own chain-mail armor set that is made of hundreds of intertwined metal rings.

"Two years ago on Christmas I received a box of springs that I cut apart into many little rings. These rings are then attached to each other so that every ring has four other rings attached to it," Bryan said, adding that making this

mail requires lots of time and patience and he's only about half way done with it so far.

Bryan lives his life in fantasy and despite the negative comments he has received, he's still using his imagination strongly and doesn't care what anybody thinks because it's what makes him happy in life.

"There's always a battle somewhere, a castle to build, a royalty to make fun of, or some gold coins to find and keep... unless you've had a bad experience with fantasy and such, don't attempt to put it down. I love it and I love imagination," Bryan said.

LHU Bookstore

Check out the new clothing for the fall!!

New this year- We will be selling athletic wear, glassware and keychains. 25% will be given to the sport of the item purchased!

For every sweatshirt sold, \$1.50 will go towards Hurricane Katrina!

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2) Facebook. There is so much to do it could keep you busy for over an hour.

And the #1 thing that distracts you while you try to do your homework is....

1) Roommates. My roommates never stop coming into my room, and asking me all sorts of off-the-wall questions. They don't want to do their work so why not slack off together.

FEATURE THE

Pep rally begins festivities

Melanie Shellhammer
Staff Reporter

Amidst the chaotic crowd of students that gathered on Russell lawn for Friday's Homecoming pep rally festivities, was an abundance of smiling faces and high spirits. The crowd, which overwhelmed the lawn, continued to grow as the night went on and a strong sense of school pride lingered in the air until the celebrations were topped off by fireworks.

The pep rally began with a parade that passed through a small portion of town. Spectators watched as floats, prepared by various clubs and organizations of the university, made their way down the streets of Lock Haven. Once the parade finished its short voyage, the University Players were deemed the winner of best float. Alpha Chi Rho received second place honors and the SCC float rounded out the placements with third.

As the procession piled onto the lawn and many more gathered from the far reaches of campus and the surrounding

areas, excitement was simmering at the brim when Jason Barry, a Lock Haven senior, took the stage to perform some musical selections. Barry captured the audience with his voice, singing a variety of crowd pleasers from cover songs to originals.

Following Barry, head football coach John Klacik, along with the broad shouldered players of the football team, gathered in front of the crowd to prove their eagerness for the Homecoming game and a win over Mansfield. Klacik spoke of the team's preparation for the game and the team's anticipation of victory.

"There were about 800 students at the pep rally," said Jeremy Kline, special events coordinator for HAC. "I was a little surprised, but overall it was a good time and everything went really well."

Throughout the rest of the evening various groups performed to appease the crowd. Lock Haven's cheerleaders, Hip Hop Dance club, Modern Dance club, band and color guard all gave amazing performances in one way or another. The home-

coming court even had the opportunity to participate in a mini pie eating contest. While each crew moved in and out of the spotlight the crowd cheered with immense enthusiasm. Some would say that a few were a little more excited than others.

"I had some kid standing next to me screaming the entire night," said Sacha Wolf, a Lock Haven junior. "At first it was really annoying, but then it was funny, and eventually everyone around him joined in because it seemed that yelling and shouting was the thing to do at a pep rally."

The jubilant atmosphere surrounding the event became magnified when the fireworks took center stage. The onlookers gazed at beautiful reds, blues and greens illuminating the sky and casting shadows on the mountain setting below. No gaze was distracted from the light show and for a brief moment the crowd forgot about the chilly temperatures they had been shivering in throughout the course of the evening.

All in all, the pep rally accomplished its purpose. It pepped.



Mike Porcenasuki/Eagle Eye

Jason Barry plays a few songs while a crowd gathers for the pep rally.

Airbands Rock the Haven

Adam Roberts
Guest Writer

Price Auditorium played host to five of Lock Haven's bravest bands as they took the stage on Wednesday night for a truly unplugged concert as part of Homecoming Week's Battle of the Air Bands.

The masked air bagpiper who asked to only be identified by his stage name, "Theodore Ruxpin", took home the \$300 cash prize as well as the rights to a float in Friday's homecoming parade.

Throughout the show, MC's Dan Woznisky and Jason Barry energized the crowd by throwing homecoming t-shirts and keeping the fifty plus fans in the action. Woznisky and Barry also performed an electrifying rendition of "I Believe in a Thing Called Love" by the Darkness.

The two MC's somehow managed to keep an amazingly high level of intensity and comedy through the entire song. Their performance earned them third place honors from the panel of three judges.

The first act of the night, and runner-up, was the 2005 Homecoming Court. The court put on a stunning rendition of "Walk this way", by RUN DMC/Aerosmith. The air version of the video came complete with a breakaway wall and even the famous two-step. The crowd seemed to really enjoy the performance and it was a great way to start the show.

When the night's big winner, Theodore Ruxpin, took the stage and was met by laughter and cheers even before he began. The one-man bagpiper, flutist, and singer had the crowd chuckling from start to finish. Ruxpin, who donned a kilt and

Scottish mask, played a bagpipe and flute medley that ended with the introduction to Celine Deon's "My Heart Will Go On."

The crowd clearly enjoyed the medley as did the judging panel that awarded Ruxpin the \$300 cash prize. He was a gracious winner but removed his mask only after the crowd dispersed.

When asked how he felt about his victory in the Battle of the Air Bands, Theodore Ruxpin simply replied with a smile, "It feels righteous."

The three winners did not attain this recognition without a fight. The renditions of "Feed My Frankenstein" and "Pour Some Sugar On Me" also impressed the crowd and the judges. The performances were thrilling and the crowd enjoyed every bit of it. Congratulations to all involved, the Battle of the Air Bands was a big success.



Mike Porcenasuki/Eagle Eye

ROTC leads the parade while President Miller follows down N. Fairview St.

Student Happily Lives in World of Fantasy

Matthew McKeague
News Editor

LHU freshman Bryan Gentzyel wakes up every morning before most college students are even thinking about hitting the snooze button as he prepares for a day full of casting magic spells, fighting goblins and other foul creatures, bartering with merchants, visiting blacksmiths, and speaking in old English.

His passion in life is to surround himself with everything related to medieval fantasy, and he starts his days at 6:30 a.m. by reading pages of books full of dragons, dwarf warriors, and damsels-in-distress, alone on a bench between Stevenson Library and Robinson.

Seemingly pulled from the very times of ole he imagines himself in, the towering Bryan, at nearly seven feet with flowing hair dangling to his back, appears as a gentle giant. His unexpressive face looks as if it was chiseled like a statue when he stares into the pages of a recently-started 800-page book.

"If no one is around and I have no homework, then I'm reading," Bryan said, "Fantasy can take me out of this sometimes awful world and let me imagine an ideal world filled with adventure and fun times."

Long-time friend Benjamin Fanning cannot understand how Bryan reads so much and gets deeply involved into his books, but said he likes him anyway.

Ben said that it's hard to catch Bryan at a time he's not reading.

"Bryan often talks about fantasy books he has read and he is always reading a different one, it seems, each time I see him,"

Ben said.

Bryan's craving for this medieval fantasy world is done not only through his readings of "The Sword of Truth" and "The Lord of the Rings," but also from fantasy movies, playing medieval role-playing video games, drawing art of mythical creatures, physically making clothing of the era, and going to nearby Renaissance fairs where he can meet others like himself.

"I like everything associated with fantasy. . . I like the swords, the dragons, and the castles because fantasy allows my imagination to be set free," he said.

The now 18-year-old Bryan has lived in Lock Haven his whole life and first delved into the vast fantasy universe at around 4 years old when his mother introduced him to a Nintendo Entertainment System video game called Dragon Warrior.

"I was an only child so I would sit there, watch, and be drawn into it because there were scary monsters in the game and I could kill them," said Bryan, adding, "It was the first game that I ever saw with swords and fantasy stuff where the monsters died."

He spent hours on that game collecting weapons, powering up his characters, and trying to discover the enemies' weaknesses, but he never considered it an obsession until years later.

"Another large step into this obsession was when my fourth grade teacher had a medieval unit in her class where she took us to the Renaissance fair and taught us all kinds of random facts about the time," Bryan said.

After learning tidbits of information about medieval



Matthew McKeague/Eagle Eye

Fantasy enthusiast, Brian Gentzyel, takes a break from his usual activity of reading on campus.

times, he started reaching out to other friends to see if they shared the same interests. To his luck they did, and a group of four or five of his friends would get together on a weekly basis to play Dungeons and Dragons, a cult classic role-playing game of the imagination.

"Almost every nerd, geek, or social misfit has played Dungeons and Dragons. It's a great activity to have fun with that's a combination between a board game and a story," Bryan said, and that he and his friends spent Friday nights enjoying the jokes and friendly banter

involved with the fantasy tales.

When he and his friends cannot get together, Bryan has another option to escape reality through the Internet playing an online multiplayer video game Runescape.

"It's a free online game that relieves boredom . . . the world in the game is rather large with lots of things to do and I'll basically spend hours just mining for metal, melting it down, and then making it into an armor to sell and make money," he said, adding that playing the game is such a waste of time, yet for some reason its fantasy

world is fun.

The best fantasy world to Bryan is that of the Renaissance fair where he can actually see what an actual town would look like from medieval days. The little town with weathered roads scarred with the marks of buggies, carriages and horses, roofs made of recently-detached twigs and crispy-dry straw, and handmade intricacies in all the craftwork from the carpenters who added their own personal touches seems like it's thriving with livestock, jousting duels, and townsfolk.

Bryan said he liked the

friendly atmosphere where anybody is welcome, and how it is a gathering for weird and odd people with similar interests that dress up to attend the fair.

"So the only odd people there are the people who don't dress up," he said, adding that he and his friends have been to the Pennsylvania Renaissance Faire near Lancaster over six times.

While Bryan doesn't go in full garb, he does try to look like he comes from that era not only at the fair, but throughout every aspect of his life.

See FANTASY, B7