



Valentine's Day history revealed

See, B8



Wrestling pins Pittsburgh

See, B1

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The Eagle Eye

Parsons Union Building
Lock Haven University
Lock Haven, PA 17745
Newsroom - 484-2334
Business Office - 484-2753
lhueagleye@yahoo.com
lhueagleye.com

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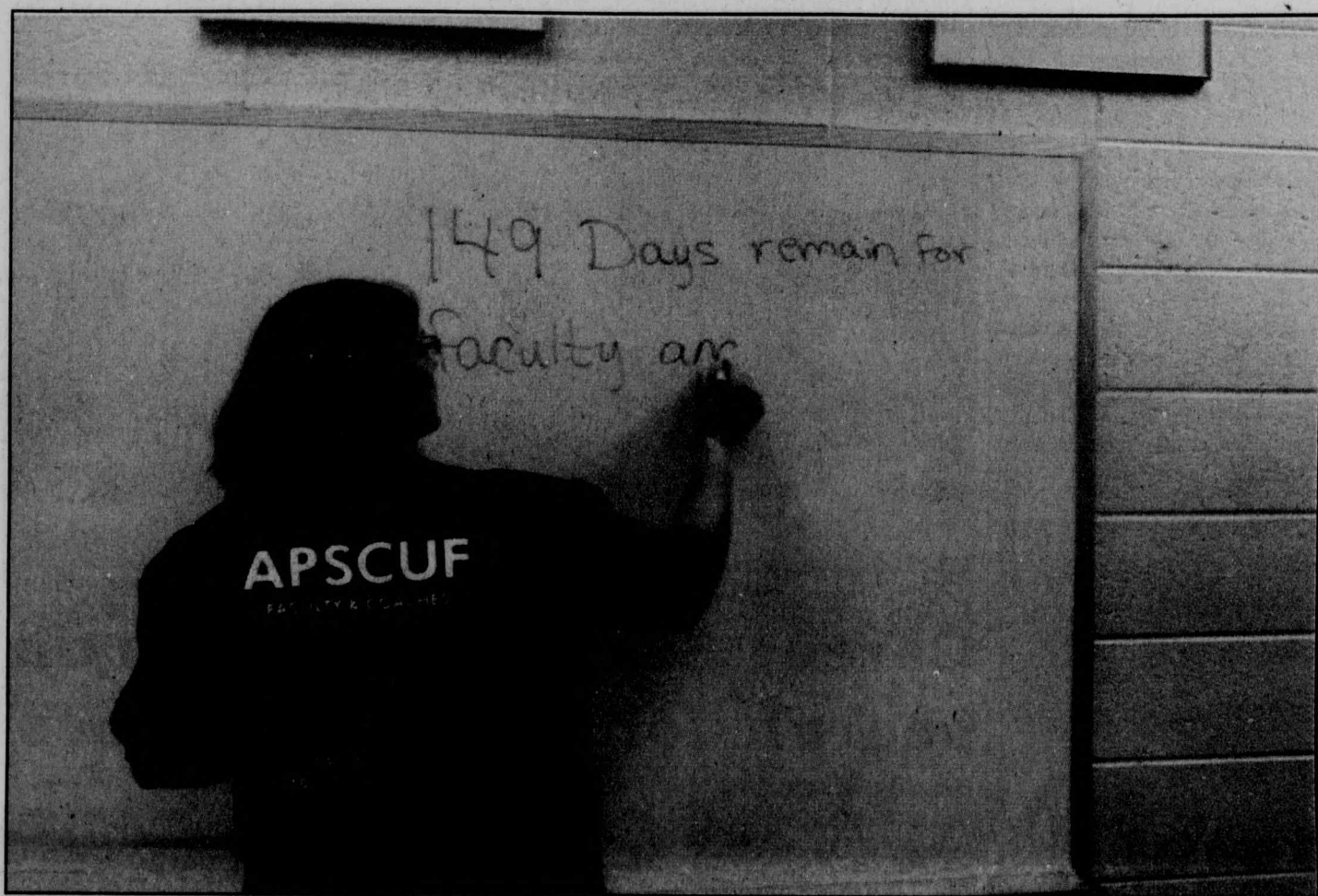
Wintry Mix

High: 23° F

Low: 7° F

Wednesday, February 14, 2007

APSCUF: What's on deck



Alana Beightol / Eagle Eye

Cheryl Orndorf, APSCUF office manager, conducts a meeting with other LHU faculty and staff.

Nicole Jacobs
Staff Reporter
njacobs@lhup.edu

The Association of Pennsylvania State College and University Faculties (APSCUF) has been meeting with students at LHU to educate them on contract negotiations between their union and the Pennsylvania State System of Higher Education (PSSHE).

APSCUF, which is the union for the faculty and coaches in the PSSHE, represents around 6,000 members across the 14 State System universities; around 95 percent of the nearly 300 faculty and coaches at LHU are mem-

bers of the union, according to a handout distributed by the LHU Chapter of APSCUF.

So far representatives of the union have met with the SCC Senate, Honors students and residents of Gross and Smith Halls.

"Our first priority in meeting with students is to let them know who we are. There are many individuals on campus who have never heard of APSCUF or are not aware of what it represents," said Drew Talbot, the student faculty liaison for APSCUF and professor in the Psychology department at LHU.

See, APSCUF, A3

WEBLINKS:

Facebook: Type in APSCUF in the search engine or you can find it under Academic Organizations.

LHU Chapter of APSCUF:

<http://www.lhup.edu/apscuf/>

APSCUF official site:

<http://www.apscuf.com/>

Negotiation News Reel:

<http://www.apscuf.com/news/index.html>

PSSHE Official Website:

<http://www.passhe.edu/content/?/>

Steinway piano donation first step in reaching goal

Laura Theis
Staff Reporter
ltheis@lhup.edu

Lock Haven University has developed a new focus on the arts, highlighted by the intro-

duction of the first Steinway piano to the music department.

Margery Krevsky, a 1966 Lock Haven University graduate, donated the Steinway piano on Jan. 24; the piano will be placed in the new

alumni center upon its completion. Krevsky said that this is the first Steinway in LHU's campaign to become an "All Steinway School" and to emphasize the arts as an important part of a university

education.

"Steinway is a brand name of excellence and quality. There is not a better piano in the world, so the program begins with a world class symbol of the best," she said.

Dr. Mahlon Grass, chair of the performing arts department, said that this campaign will also add Music Education as an obtainable degree by the fall of 2007.

"This adds to the degree base, but also brings additional culture and performance opportunities for students and the Lock Haven community," said Krevsky.

Dr. Grass said that the idea to become an "All Steinway School" came with the beginning of the Music Education degree campaign. As part of this campaign, he was visiting

the Sides Family Music Center in Williamsport with the owner, Peter Sides.

"I indicated that we needed to initiate something that would draw students to the

"There is not a better piano in the world, so the program begins with a world class symbol of the best."
Margery Krevsky

new music education program. It was then that Pete Sides recommended that we begin an 'All Steinway School'. He said that this initiative would not only draw many students to music education, but that it would also draw better pre-

pared and more motivated students academically throughout the university," said Dr. Grass.

Dr. Grass said that this had proven to be true with other schools in the U.S. that had implemented an "All Steinway" program.

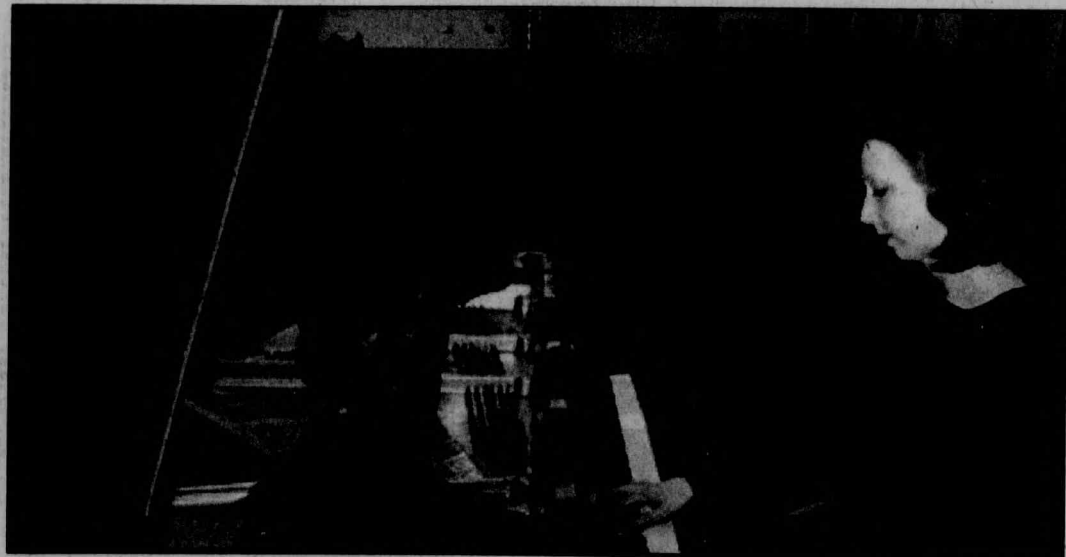
Krevsky said that she is happy to begin this new program by contributing the first Steinway to LHU.

"This will attract pianists for concerts, excelled students and give the University a new dimension," said

Krevsky.

"Considering that over 90 percent of the nation's professional pianists perform on

See, Steinway, A2



Courtesy of LHU

Cemetery experiences vandalism, volunteerism in long-standing relationship with university

Adam Roberts
Staff Reporter
aroberts@lhup.edu

The Highland Cemetery, located behind Bentley Dining Hall, has a storied history in this community. The cemetery association president welcomes students to walk the paths and enjoy the area, but he resents some of the activities that take place on the property.

The 60 acre cemetery, 40 of which is developed, is nestled close to campus. This has

been both a blessing and a problem for the 20 member Highland Cemetery Association who is in charge of operating the active cemetery.

The tie between LHU and the Highland Cemetery goes deeper than location. David Wallace the association President has done a great deal of research into the cemetery's past and the people who are buried there.

"It was started as a profit for the cemetery by a man named Phillip Price; you may

have been in his auditorium," said Wallace.

Price, who was a wealthy landowner, began the cemetery in the 1860's. The association still operates on the same bylaws instituted by Price, with the exception of a paid board.

Price's contributions to the community included donations that began the Central State Normal School, the original name for LHU, and Ross Library.

According to Wallace, there have been two major acts

of vandalism in the last 30 years with damages totaling thousands of dollars. Those large scale vandals were both prosecuted. Wallace points out that both of those acts were committed by Clinton County citizens.

In the three years Wallace has held the post of President he has noticed a few smaller acts of vandalism in the cemetery which were not reported to police.

See, Highland, A3



Alana Beightol / Eagle Eye

International guest speakers teach educators of the future, share views

Chris Hoskavich
Staff Reporter
choskavi@lhup.edu

Students will have an opportunity to learn about education systems in other countries this semester through a series of international guest speakers.

The College of Education and Human Services has already welcomed four lecturers from four different countries and will present five more over the course of the semester.

The speakers, who are studying and working at Penn State University as participants in the Hubert H. Humphrey Fellowship program, will be discussing issues related to education as a part of their coursework.

The Humphrey Fellowship is an international exchange program administered by the Institute of International

Education. It is part of the IIE's Fulbright program, designed to "increase mutual understanding between the peoples of the United States and other countries."

Humphrey Fellows are mid-level professionals who conduct research, work with university and government offices, pursue independent study and give lectures in order to learn about how their field operates in the U.S. and share information about their careers in their respective countries with Americans.

The Fellows who are speaking at the sessions are all professional educators.

The lectures, which are held Tuesdays at 5 p.m. in 425 Raub, are recorded and used by Dr. Karen Winters, associate professor of educational fundamentals, for a course she teaches called Global Perspectives in Education.

"The purpose of the

course," said Winters, "is to take a look at your own education system through the eyes of an individual from another country."

She hopes that discussions

Chief among these is a desire to provide students with the tools they need to find success in life.

"We all want to see the next generation succeed," she said.

Winters believes so strongly in the value of exposing future teachers to the experiences of their international counterparts that she requires her undergraduate students to attend at least two of the Humphrey Fellows' lectures. Given the increasing globalization of our society, she is dismayed that there are not more opportunities for students to interact with international educators.

"This is one of the few times that undergraduates get a chance to really experience comparative education," she said.

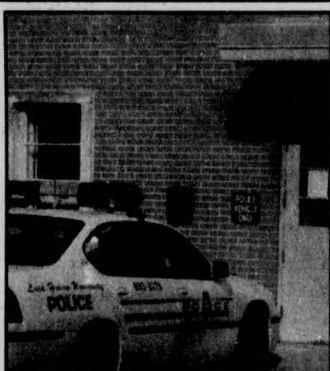
Though the focus of the Humphrey Fellows' lectures is education, students in other

majorities who are interested in hearing these international speakers are welcome to attend. In addition to the lecture itself, each discussion also includes a question and answer session as well as extensive online discussion afterwards.

Winters says that many of the students who have attended these lectures have developed an interest in studying and working abroad as a result.

"For students, it opens up doors," she said, "it opens up their eyes."

Humphrey Fellows who have already spoken at this semester include educators from Serbia, El Salvador, Albania and Swaziland, and future speakers will include visitors from Pakistan, Burma, Mexico and Chile. Next week's speaker, Ali Mohammed Ali Al-Agry, is from Yemen.



LHU Police Blotter

2-5-07

Name: Benjamin Smith
Charge: Purchase, consumption, possession or transportation of alcohol

Name: Jeffrey Majdic
Charge: Purchase, consumption, possession or transportation of alcohol

From, Steinway, A1

Steinway pianos, we felt that this initiative would be of great benefit to the University as a whole and to the Lock Haven community," said Dr. Grass.

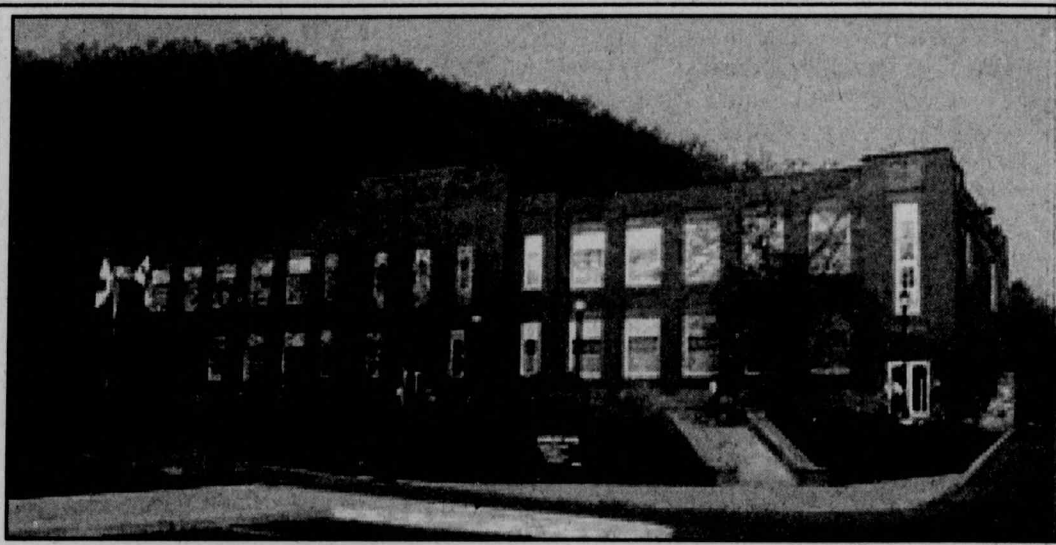
Suzanne Ballard, a Lock Haven student and the niece of Krevsky, played the first composition on the first Steinway piano at LHU.

"Steinway pianos are renowned for being high quality pianos with a nice, rich timbre," said Ballard.

Dr. Grass said that the "All Steinway" program means that alumni and other interested parties will be asked to make a donation to the university to replace the existing pianos with Steinways.

"We hope to reach our goal of becoming an "All-Steinway School" within the coming decade," said Dr. Grass

"We sincerely appreciate Ms. Krevsky's contribution and far-reaching vision for the University and what it can become with an "All Steinway School" designation," said Dr. Grass. "We look forward to other contributions being made so that we might accomplish the goal, challenge, and vision of recruiting a better-prepared and more academically astute university student body."



Courtesy of LHU

Career Services embarks on search for new facilitators

Brandy Rissmiller
Staff Reporter
brissmil@lhup.edu

Career Services will be hiring students to work as Peer Career Facilitators for the 2007-2008 school year.

Peer Career Facilitators work an average of 6 to 10 hours per week, some of which are evening hours. They provide career information to students and assist students with resume and cover letter critiques, among other responsibilities.

To find out more information about the job opening visit the Career Services website at <http://www.lhup.edu/career/oncampusemployment.htm>. Applications are also available on the webpage.

Kelly Elvin, Lock Haven graduate and former peer career facilitator, said one benefit of working for Career Services was knowing how to use the resources, such as FOCUS, and Mike Murphy, a fellow graduate and peer career facilitator agrees.

"It was wonderful to see the office full of students taking advantage of the resources the office provides," said Murphy, who is now Chief Legislative Aide/Democratic Executive Director of the Senate Urban Affairs Committee under Senator Shirley Kitchen. "Students who work as peer career facilitators also have a great opportunity to help fellow students prepare to enter the working world."

Kristin Frantz said that working at Career Services has helped her public speaking skills and her confidence rise.

"I spoke with a lot of students as they visited the office and while giving presentations and those qualities are definitely essential to any career path one may choose," said Frantz.

Aerielle Ludwig agrees with Frantz and thinks students should apply for the position because it can provide them with the opportunity to learn more about what to expect after college.

"Without the resources the

office provided me with, I would not have known how or where to look for jobs," said Ludwig. "I also learned how to tailor my resume for different jobs and how to answer certain interview questions."

Students applying for a career peer facilitator position should have strong interpersonal, communication and organizational skills. They should also have a strong desire to work with students. The preferred minimum GPA is 2.5 and students should be able to handle multiple and changing priorities.

Student workers at Career Services provide support for all daily office functions, including answering the phone, scheduling appointments, filing and photocopying. Reviewing prospective hard-copy and online resources for the career library and the Career Services' website are more responsibilities of peer career facilitators.

If students have any questions they can visit the Career Services Office, located in Akeley 114.



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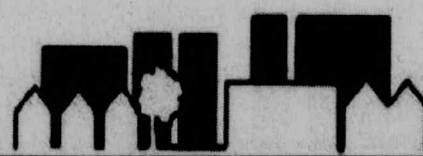


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Students react to separate commencement ceremonies

Marissa Brunner
Editor-In-Chief
 mbrunner@lhup.edu

All across campus, students are becoming increasingly concerned over the idea of two separate graduation ceremonies this spring. Soon-to-be graduates are raising many questions on the matter, wondering what time their graduation is going to take place, and who will be graduating with them?

As the number of students who graduate from Lock Haven grows each year, it seems as if the decision to divide graduation into two ceremonies was inevitable. A smaller crowd at each ceremony will not only accommodate graduating seniors, but their families as well. But when a major change takes place on campus, there are always two sides of the story.

Many seniors are able to look at the situation from both sides. Stephanie Phillips, a senior Sports Administration major, understands the university's need to hold two ceremonies, but cannot help from feeling a certain sense

of disappointment. "I feel like I understand why they are doing it, but the downfall is that some people are not going to be able to graduate with their friends," said Phillips.

Meghan Mattson, a senior Health Science major, is concerned with the time that each ceremony will be taking place.

"I don't think I would like my graduation to be held at 2 p.m.," said Mattson. "It's nice having it in the morning because then you have the rest of the day to spend with your friends and family."

Despite the fact that many students will be unable to attend the same ceremony as their friends, many rising graduates find separate graduations to be appealing and beneficial for a number of reasons.

"Now I don't have to decide who in my family I'm going to give tickets to," said Giancarlo Levrio, a Health Science senior. "Hopefully it will not be as hot inside the Fieldhouse

with the two ceremonies." Senior Mike Hutchinson sees the change as something that was bound to happen, and impossible to be avoided any longer.

"Lock Haven University has had many changes over the last few years, this is just one more change. And one that anyone who sat through last year's ceremony wouldn't mind," said Hutchinson. Although rising seniors are primarily affected by separate ceremonies, students graduating in May 2008 are concerned as well.

"It won't affect me until next May, but I think dividing graduation into two ceremonies will be more convenient for the friends and families of those graduating," said Conjetta King, a junior English major.

Felix Noy, a junior Spanish Education major, also agrees that the idea of two graduation ceremonies is looming in his mind, despite the fact that he will not be affected until next year.

"I feel as though it will be advantageous for my family, because it won't be nec-

essary for them to endure a prolonged commencement," said Noy.

Still, several students are apprehensive to the idea of two separate ceremonies, despite the perks for friends and family in the audience. After spending their college career building lifelong friendships, students like Calvin Gilchrist and Stephon James are disappointed at the idea of being separated.

"I disagree with splitting up graduation because I won't get to enjoy the experience with some of my friends who are seniors," said Gilchrist.

Spring commencement ceremonies will be held at 10 a.m. and 2 p.m. in Thomas Fieldhouse on May 12, 2007. Students graduating from the College of Arts and Science and from the Master of Liberal Arts program will participate in the 10 a.m. ceremony, while students graduating from the College of Education and Human Services and from the Master of Alternative Education, Master of Teaching and Learning and Master of Health Science Physician Assistant programs will graduate at 2 p.m.

From, Highland, A1

During the daily patrol of the property that is made by one of the members of the association, beer cans or bottles are occasionally found and removed. Wallace expressed great distaste for individuals who use the cemetery as a place to consume alcohol.

Other acts that violate the law and offend community members like Wallace include two acts of poaching in the last two years and people who use the cemetery's only entrance to turn around in, which has resulted in damage to one of the pillars outside the entrance.

Neighbors to the property have also expressed concern over a group who uses the cemetery for some kind of shooting game. Wallace has been called to investigate but has never found this group.

"It is number one not legal, number two not appreciated and number three very disrespectful," said Wallace.

With the rare indecent acts that occur in Highland

Cemetery, Wallace recognizes that the more positive activity in the area the less likely there will be vandalism.

Community members and LHU students alike often use the cemetery to jog or walk their dogs. Students also use the grounds for school related projects including an art class and a journalism class that investigated deceased residents and wrote obituaries for them.

Aside from casual use of the cemetery LHU students and Lock Haven residents have volunteered their time to clean up the area. Because it is so large and the cemetery has a very low budget they rely heavily on volunteers. The women's Rugby team as well as some sororities have assisted in spring clean-up.

Wallace believes that educating people and getting them involved in the cemetery will help eliminate vandalism.

"I want students to feel like they are part of this community," said Wallace.

Any person or group interested in volunteering at the Highland Cemetery is asked to contact David Wallace at dwallace@kcnnet.org.

From, APSCUF, A1

"Number one, we want students to be aware that there is an issue involving our contract negotiations," he said. "We also want them to know what are goals are in offering students a quality education, and what we hope to accomplish through our contract."

The current contract that APSCUF has had for the last four years runs out on June 30 of this year. The first round of proposals for the new contract took place on January 19 and the two parties, APSCUF and the PSSHE's team of negotiators, are scheduled to meet again on Feb. 19 to go through a second wave of negotiations.

Union members want to inform students that this year they will be taking a "No contract, no work" stance.

"We will strike on July 1 if no agreement is reached," said LHU chapter of APSCUF president, Mark Cloud, who is also a professor in the Psychology department here. Cloud has helped to organize meetings in order to educate

students on the terms of the negotiations and what the results could entail for students in the summer and fall semesters. If a strike occurs, students could face a variety of consequences.

Since classes are available almost every month of the year, there is no time when none would be affected, but this date would limit the number involved.

"We picked July 1 as our date because less students would be affected," said Cloud. "We don't know how exactly a strike will affect students, but we wanted as few involved as possible."

"I remember the negotiations from my freshmen year," said senior biology chemistry major, Kristin McIntosh. "I am really glad that I will be out of here before a strike would affect me; however I have confidence that negotiations will come to a close before it reaches that extreme. I don't feel that students should get too worried until more is known about the situation."

If students are interested in hearing more about the situation, there are a variety of outlets available to them.

Aside from individualized meetings with students, Cloud has also established a Facebook group for APSCUF where he has been posting a variety of information, including charts and statistics. From the Facebook site, there is a link to the official APSCUF website, as well as a news reel page with up-to-date negotiation information.

"The Facebook idea was Dr. Cloud's initiative," said Talbot. "We wanted to reach students on a more practical level, so we chose a medium that students are using quite frequently."

Another way that union members are attempting to educate the student population is through a Negotiation Awareness Day, scheduled for tomorrow, Feb. 15. Faculty will be available at Bentley and the PUB starting at 10:30 a.m. to distribute handouts and answer any questions students might have.

Talbot also encourages students to stop by his office in Robinson 319 to ask questions about the union and the negotiations.

"It's encouraging to see how students care about what goes on here and have a perspective, not only for themselves, but for the whole university," he said. "If student organizations would like more information, they can email me or stop by and we will try to have representatives come speak with their groups."

On the PSSHE website, a news reel is also available for the public to follow the negotiation process.

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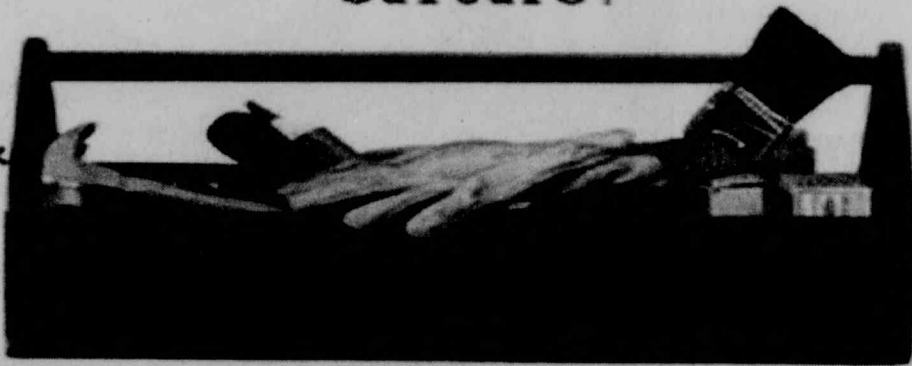
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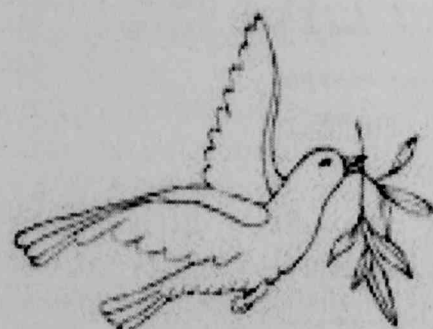
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New STEP coordinator prepares for campus technology advancement and laptop plan

Jessica Holcomb
Guest Writer
 jholcomb@lhup.edu

Dr. Edward Jensen, associate professor of graduate studies, director of the Master of Education program, and coordinator of the Teaching and Learning Degree Program at Lock Haven University, has been appointed coordinator of LHU's Student Technology Enhancement Program (STEP).

Jensen has been employed with Lock Haven for six years. Before coming to LHU, Jensen had a lot of experience in technology. He was an associate professor of instructional and information services at Brigham Young University-Hawaii for 11 years. He also was the media services and instructional development coordinator and a systems development coordinator. At the main campus of Brigham Young University in Provo, Utah, Jensen was an instructional media production instructor and a utilization instructor.

As a technology guru, Jensen knows that the field is constantly changing. Thanks to STEP, and its new coordinator, LHU has the opportunity to change and become a more technologically advanced school.

The most recent step-up in technology is the requirement for all Fall 2007 incoming first-year and transfer students to own a laptop computer.

In December of 2004, President Keith Miller had the Student Technology

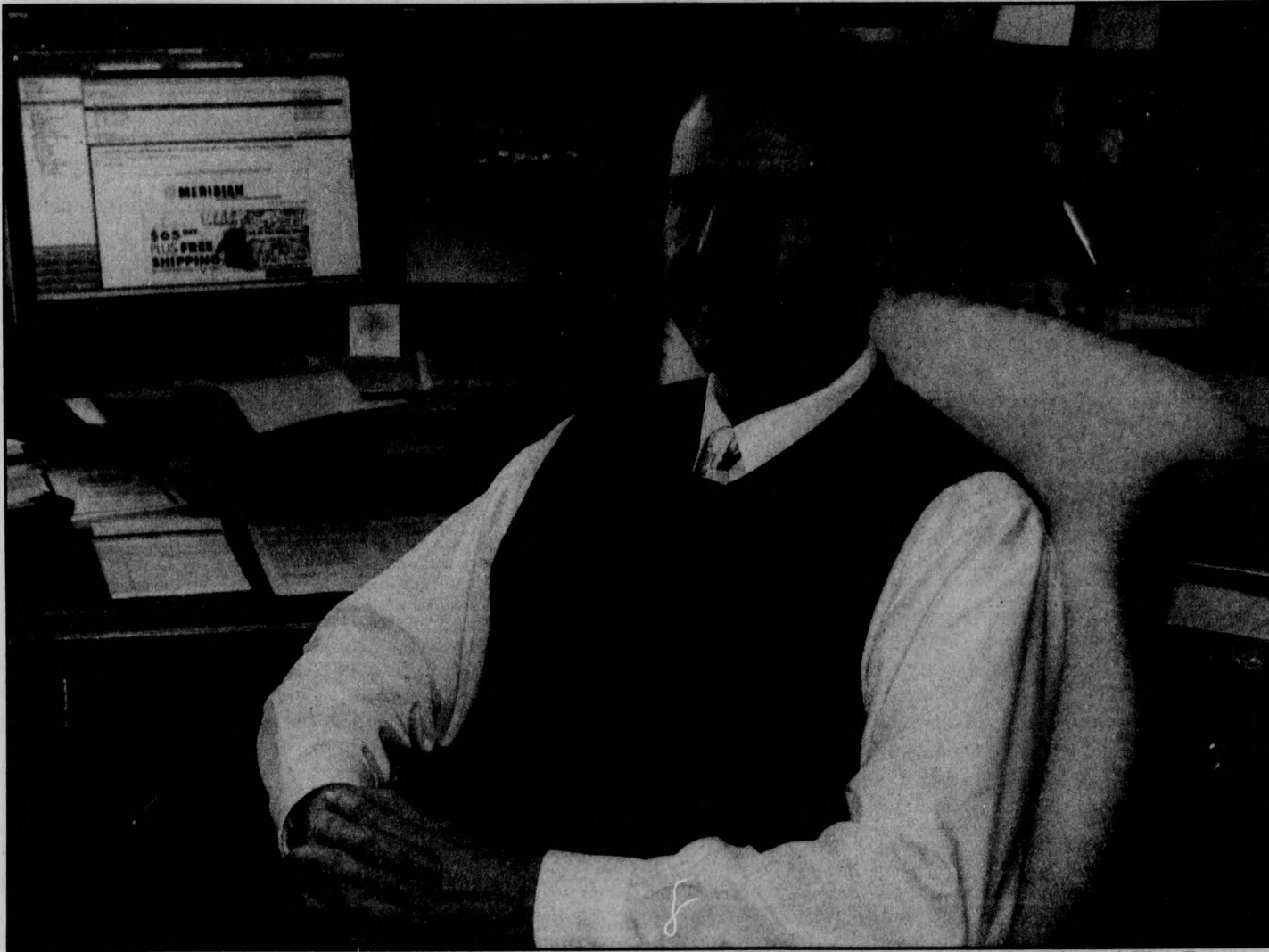


Photo Courtesy of Wendy Stiver / The Express

Lock Haven associate professor of graduate studies, Dr. Edward Jensen, has been recently appointed to the coordinator's position for the university's Student Technology Enhancement Program, or STEP. With his new responsibilities, Jensen will be helping LHU become an all laptop school, requiring incoming and transfer students to have a laptop next academic year.

Enhancement Program evaluate Lock Haven's ability to become a laptop university. They also evaluated another laptop university. With their evaluation, they decided that Lock Haven has what it takes to complete the laptop initiative.

In making LHU a better and more competitive school, Jensen feels that computers are a necessary component.

"There are very few occupations that don't require technology intelligence. By becoming a laptop university, the students will receive a

natural transition into the technological world," said Jensen.

Although all students are recommended to buy the

Lock Haven University/Dell brand of laptop, students can by whatever brand they choose, or use one they already own. Even older laptops can be used, as long as the computer is loaded with Windows XP Professional SP2. The Microsoft Office 2003 Professional (PC) can be purchased at the Lock Haven bookstore for \$65.

From instant messenger, to Myspace, checking e-mail,

and playing games, the list is endless when it comes to things to do on a laptop.

However, Jensen feels that this will not directly take away from the students' learning experience.

Jensen explained that during class there are always students that are not going to pay attention. If it's not a laptop, then it's a magazine, I-pod, cell phone, or day-dreaming that's a distraction. An advantage of the laptops in the classroom is that unlike having a class in a computer lab, when the students have the laptops on their desk, they are ready to work.

"They all have their screens up, and the professor can easily gain control by telling them to put their screens down," said Jensen.

The Student Technology Enhancement Program is what keeps the university sprinting forward, so as to keep up with the fast-paced change in technology. For now, the main technological advancement for Lock Haven, in the near future, is connectivity so that the students have the ability to have an internet connection everywhere.

"The computing and technology center are well on their way to making the university completely wireless," said Jensen.

More information about the Student Technology Enhancement Program and it's most recent plans can be accessed by visiting www.lhup.edu/step/ and www.lhup.edu/computer-buy/.

"There are very few occupations that don't require technology intelligence."

Dr. Jensen

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PERSONALS

HAPPY VALENTINES DAY!! --EE Staff

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Countdown to Spring Break: 3 weeks!!

Contact the Classifieds Editor at lhueagleye@yahoo.com, write in the subject line "Classifieds." Leave messages to your friends or sell a book. It's free for students and students love free stuff, right?!

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Call Mark, LHU Alumni 908-230-4281 for more details or an appointment.

OPINION



From our news room...

Issue of the week: The cost of text books

Student activities fee may cut into valuable text book funds

It's difficult to learn without books. It's also hard to afford books - university text books, that is. But, that's just too bad. Take out another loan, kids. There's simply nothing we can do.

What can universities do? It's true that publishers have the bookstore at their mercy, and professors have the students at theirs. Either the publishers need to stop coming out with new editions every time they decide to add a new picture, or professors need to continue using older editions or seek out less expensive volumes.

But publishing textbooks is a money-making business, not a charitable organization, and professors desire to use the best tools for their

instruction. Is there no way out?

According to back2college.com, the average college student paid \$2,400 to \$3,200 in textbooks at the end of a four year degree in 2006, and with the average undergraduate now having debts exceeding \$40,000, it seems reasonable to search for ways - other than more student loans - to alleviate the costs.

Perhaps removing activity fees from students' tuition could help lessen the cost of books, at least in part. Or, at least giving students the option of whether or not they choose to use a definite amount of money towards books or entertainment may help the student struggling to

make ends meet. Demanding that a person spend money towards entertainment when there are academic necessities still left to be purchased seems backward and unfair and may be the best solution to ease the cost of books.

The first priority of the university should be education, not entertainment. Providing students with free entertainment before free or reduced textbooks is illogical. Having a mandatory activity fee in tuition bills assumes that all students can or want to pay that amount for the provided entertainers. Shouldn't students be able to choose how they spend their disposable income?

In addition, forcing students from low socio-economic

backgrounds to pay for frills puts an unnecessary burden on those students now and in their future. Universities should be striving to open their doors to people from all economic classes, not just to those who can afford to be amused as they study.

Of course, the best of both worlds - free books and entertainment - would be ideal, and may even be possible if entertainment fees were collected through fundraisers or the reallocation of other monies.

However, if a sacrifice must be made, it should be on the entertainment end, not academics. Universities must keep their priorities straight.

LHU men's basketball fans discouraged from displays of school spirit

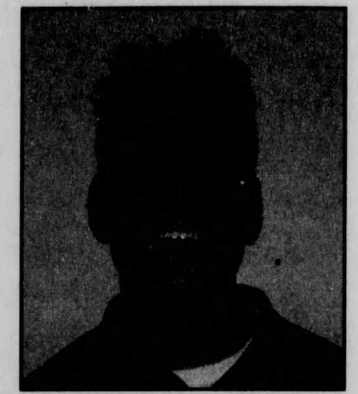
Adam Roberts
Staff Reporter
aroberts@lhup.edu

For a long time LHU students haven't gotten behind their sports teams the way they should. That was until a series of White-Outs were organized at this year's basketball games. The men's games attendance shot up from golf style chatter to a raging clan of super fans complete with signs, chants, white t's and yes, even face paint.

This surge in Bald Eagle pride can't really be traced back to any one event, but the fanaticism has bolstered the spirits of the team. With several big home upsets under their belts, the men's team has witnessed first hand the power of an exuberant cheering section.

As part of this crowd I can't help but swell with pride as the players I have come to love over the course of the season hit crucial shots and look directly at the student section as if to say thanks for the support.

This unspoken thank you in-turn spurs more enthusiasm from the crowd. With even more excitement radiating across Thomas Field House, our warriors of the hardwood get even more into the game. It is this give and take between player and fan that builds momentum, and shocks PSAC West rivals like California University.



Adam Roberts

The new found pride and excitement that makes going to the basketball games fun hasn't just been noticed by the players on the court or the crowd that assembles for every home

See, Fans, A7

Philosophy of rationality, hope in the 'real' world

Matthew Powell
Guest Writer
mpowell@lhup.edu

Last Tuesday night while closing the library my supervisor noticed that I'd turned the lamps next to the couch on the first floor on again.

I explained that I left them on as a symbol of hope - that the sun will rise or that our world leaders will not push the little red button. However, it was a rule, and the rules must always be followed.

Here in the "Academy," we have no shortage of rules - rules like rationality, logic or truth. These ideas, ostensibly the underpinnings of the

entire body of knowledge, owe significant debts to figures like Plato and Aristotle, dead these last two thousand years.

Plato expounded a Theory of Forms, from which Absolute Truth may be gleaned, albeit through a gloss over our sensory data.

Aristotle, the other godfather, had a genius for hierarchies and classification for which he has, perhaps, been over venerated, monumentalized beyond much possibility for meaningful critical reevaluation.

Max Weber, an early sociologist, coined the term 'bureaucracy' as a derisive description of the result of the imitation of Aristotle which has become the norm for most organizations. His

derogatory characterization may be a touch hasty, though.

To paraphrase Dr. Jim Strayer, the practicing of rationality tends to lead one to an understanding of its limits, which appear to exist.

It's similar, I would say, to an ant farm, whose ants have learned to pose questions about the world outside their ant farm, which may or may not exist. Empirical verification is thorny, at best.

This is not to say that such questions will necessarily remain forever outside of our power to answer. Thales's prediction of a solar eclipse, Copernicus's revolution, and Einstein's prediction that mass could bend light waves (observed during a solar eclipse) are precisely instances of the increase of

our species' power of rationality.

Can this power, though, provide Hope? It does not seem so, to me. It seems to me that hope must be an axiom, an unprovable assumption about the nature of reality, and if we must tell ourselves beatific bedtime stories in order to create hope for ourselves, let it be so.

Let us not require, however, that our bedtime stories be labeled as "Absolute Truth," lest we find that someone else's bedtime story conflicts with our own, and feel obliged to eliminate them because of this, perhaps even eclipsing everything in one final blaze of light, before the settling of that final dark.

Death penalty not a better crime deterrent than a prison sentence

Stacy Lipson
Staff Reporter
slipson@lhup.edu

Prominent attorney Gerald Chaleff once said, "You judge a society by how it imposes its harshest penalty." In the United States of America, the death penalty is the harshest penalty that can be imposed on another human being.

Supporters of the death penalty argue that the death penalty is a deterrent, and that it reduces the number of murders committed in the United States. Statistics over the years in numerous studies have proven that the death penalty is no more a deterrent than a sentence of life in prison.

Do you believe in the death penalty? Research is currently being examined in countries which employ the death penalty and countries that do not. Thus far, research has shown that the U.S has a higher murder rate in countries such as Canada and Europe, which do not have the death penalty.

The death penalty can be argued as not being a deter-

rent because the majority of people who commit murders do not think through the consequences of their actions before committing a crime, and more importantly, do not take into account the possibility of an execution or life in prison.



Stacy Lipson

Currently, on death row in the state of Pennsylvania, 121 out of the 231 Death Row prisoners committed their crime in an act of passion or acted impulsively due to the use of illegal substances.

The Michigan State University Comm Tech Lab and Death Penalty Information Center found "A survey of the former and present presidents of top academic criminological societies found that 84% of these experts

rejected the notion that research had demonstrated any deterrent effect from the death penalty".

Another argument against the death penalty that I fully support is the risk of executing an innocent human being. Since 1973 in the United States alone, over 100 people have been released from death row after evidence proved their innocence. In the past five years, the Innocence Project, a national organization dedicated to exonerating death row inmates based on DNA evidence, has overturned the verdicts of 12 men in Dallas and proven their innocence.

In Texas, Senator Rodney Ellis has called for two new bills calling for the creation of a Texas Innocence Commission and another boosting compensation in that state for the wrongly convicted.

A recent study by Columbia University Law School found that two thirds of all capital trials contained serious errors. If this statistic is true, then it can be said that our justice system and policies should be amended to allow the possibility of error.

For instance, DNA testing should be done in every capital case multiple times, at different intervals of time to prove the validity of the conviction.

Have innocent people been sentenced to death in the history of the death penalty? This is a fact, not a question. If the death penalty was removed from society for even a short time span of five years, society could finally prove once and for all the validity of the death penalty.

In addition, life in prison as a substitute to the death penalty would adequately change the way in which our society was run. By eliminating the possibility of a wrongful execution, society can punish the guilty and provide a stronger judicial system for the common masses.

Above all, I am not in support of the death penalty. I firmly believe the death penalty and judicial system's flaws make the death penalty questionable, at best. My only wish is for society to change its outlook on the death penalty, or at the very least, uphold the right for a fair trial for each and every person accused of a crime.

Letters to the Editor

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

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

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

OPINION

THE EAGLE EYE

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Parsons Union Building Newsroom: 570-893-2334
Lock Haven University Office: 570-893-2579
Lock Haven, PA 17745 Fax: 570-893-2644

lhueagleye@yahoo.com www.lhueagleye.com

Faculty Advisor Online Editor
Dr. Sharon Kara Wilt
Stringer

Editor in Chief Photographers
Marissa Brunner Alana Beightol
Garrett Graziano
Kasey Le
John Reith

News Advertising
Sarah Wojcik Sarah Goetter
Erin Hipple Jennifer Hayes

Features Financial Manager
Jessa Hoover Christina Fried
Melanie
Shellhammer

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Garrett Graziano Brandon Apter
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Opinion Chris Hoskavich
Stephanie LaSota Kris Glad
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Classifieds Ashley Griffis
Ads Manager Nicole Jacobs
Sarah Goetter Moshe Jenkins
Stacy Lipson

Photo Editor Nicole Pinto
Marina Brandy Rissmiller
Tsygankova Adam Roberts
Danielle Tepper

Copy Editor Laura Theis
Danielle Tepper Kara Wilt

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Meaning of Valentine's Day lost in confusion

Stephanie LaSota
Opinion Editor
slasota1@lhup.edu

Valentine's day, like Virginia, is for lovers. It is a romantic holiday meant to promote romantic love.

In my younger days, like many other children, I bought the pre-made Valentine's with the cliché phrases of "Be Mine" and "Will you be my Valentine?" written across the fronts of them.

They were simple, yet effective. All you had to do was fill out the "to" and "from" lines and tear along the perforated edges. The young school girls would hand them to their best friends and save the mushiest ones for the cutest boys in the class.

We even had decorated Valentine's mailboxes to deposit the lovely cards. Teachers received Valentines from students. Students received them from teachers. It was a big day.

At home, young children might be busy decorating pink frosted cupcakes with red sprinkles with their parents to commemorate this love fest of a day. Mothers and fathers will convey how much they love their children and imaginative kids will create homemade cards to proudly hand to their parents.

It all seems okay, like great fun. Love is being spread and care is shown for those closest to us. But, we may be losing the true meaning of the day, and that is to show your appreciation, love and respect for your significant other.

Given the rising divorce rate, there is an ever increasing cynicism on marriage and relationships. I even notice among my fellow generation of females, an awakening distaste

for anything romantic and anything traditional when it comes to coupling up. Why are we turning away from long-term relationships?

It seems like an effect of the ever rising autonomy of females. More females are postponing marriage in the hopes of obtaining a career and pursuing their passions. Many females feel that it is nearly impossible to have a husband and a promising career. Some may even feel that becoming a "wife" represents traditional roles that have played a part in stunting the societal growth of females for decades.



Stephanie LaSota

As the saying goes, "It's a man's world." Men all over the planet have been in competition with each other for centuries. They battled for land. They battled for religion. They battled to discover and invent. In the last few decades, women have acquired this competitive nature. We no longer wanted to stay in the kitchen watching men achieve great things. We have begun to climb the corporate ladder. We have begun to escape the bondage of traditional career roles. We have entered this "world of men."

I think that this is an amazing feat, an accomplishment for women every where and a reassuring phenomenon that tells me that humans are start-

ing to acknowledge different possibilities.

We are starting to see that there really are no invisible boundaries keeping people from doing things. The possibilities are endless when it comes to life. The possibilities are within us all, just waiting to be discovered.

So why are many women, and many men, so convinced that having a strong and meaningful career and a powerful lasting relationship with another person cannot work? Marriage is losing its meaning today because people are getting lazy. The second that something gets difficult, we call it quits. We have instant oatmeal, instant messaging, soup on the go, Go-Gurt and we always expect instant answers to our problems. Perhaps the rising divorce rate isn't because love doesn't exist, it's because laziness exists.

Independence is a good thing. We need to be aware of our capabilities as people and strive towards success. We should have passions and goals in our lives. We cannot however, be alone and strong forever. No man is an island. We need friends. We need family. We need some kind of social network to keep us anchored - to help us feel sane.

When it comes to Valentine's Day, those who are coupled up should take this day to recognize their love. Forget about sending cards to your parents and friends. If you are a parent, don't send your kids to school with bags full of colorful notes and candy to hand out to their classmates.

Valentine's Day is for lovers and it needs to be represented that way.

People are not lying when they say marriage is hard. It

requires a great number of qualities that many people are lacking; trust, mutual respect, and confidence, just to name a few. This is why you need to be mentally prepared for the commitment of marriage. Too many have the attitude of, "Hey, there's always divorce, right?"

If you doubt the possibilities of marriage, or just of love, you are setting yourself up for failure. Where there is great belief and faith, there is usually success.

Your romantic relationship will flourish and grow if you begin devoting more than one day a year to giving your partner some extra attention. If you're a parent, showing that love to your spouse will not be overlooked by your children. They will grow up in a home where they see strong love and respect.

If more children were exposed to stronger displays of respect and affection between their parents they would learn by example. They would place greater value on relationships. Maybe it could even help to lower future divorce rates?

Romantic relationships are important because they are the foundation of our families in this world. If couples have more love-filled relationships, there will be more love-filled families. To me, this would inevitably lead to a more love-filled world. But, that's just my hypothesis.

If you have a significant other, take the time to recognize him or her today. And start to recognize them more often. Ladies; loving a man doesn't make you submissive or inferior; it gives you a beautiful feminine power. Men; loving a woman doesn't mean you are "whipped," it means that you are blessed with a great comfort and joy in life.

Restoration of felon's voting rights overlooked

Robert Kahne
Kentucky Kernel
U. Kentucky

(U-WIRE) LEXINGTON, Ky. - The world has plenty of hot-button issues to talk about. Think about these words: abortion, gay marriage, taxes, gun control, poverty, global warming, affirmative action.

Each of these words elicits strong feelings in just about everybody. Unfortunately, the dominance of such few issues causes some other very important issues to be ignored. I'd like to focus on one of those issues: the restoration of felons' voting rights.

In Kentucky, if a citizen is convicted of a felony, he or she can never vote again unless he or she gets a pardon from the governor. No matter how petty the felony you're convicted for - say, getting caught with marijuana for a second time - you can never vote again without a pardon from the governor.

Kentucky is one of only three states - Virginia and Florida are the other two - that does not automatically restore civil rights to felons after they serve their time. Currently, this law affects 186,000 former felons in Kentucky.

To make matters worse, getting a pardon from the governor is nearly impossible. In

2004, Gov. Fletcher made it much harder for felons to receive a pardon by requiring that, in addition to sending three letters of recommendation, each applicant submit a statement explaining why his or her rights should be restored.

According to the Kentucky Catholic Conference, the 2005-06 fiscal year saw only a 31.3 percent success rate of former felons applying for their civil rights. At the same time, applicants for voting rights plummeted, from 1171 in 2003-04 to 726 in 2005-06.

This is ridiculous. Why people who have paid their debt to society should be required to write an essay to regain the right to vote is beyond me. (Gov. Fletcher says he thinks applicants will "appreciate it (voting) more").

This law should be changed for myriad reasons. People who are subject to our laws should have a say in our government, no matter who they are. That is a central tenant of democracy. As a state, we should be ashamed to remove the right to vote from anyone.

Additionally, the racial impact is enormous. According to the League of Women Voters, one in four African-Americans are disenfranchised in Kentucky; that's nearly triple the average dis-

From, Fans, A6

game. It has been acknowledged by Coach John Wilson Jr.

"We will work on getting off to better starts so we can get the best student fans in the PSAC involved," said Wilson in the Feb. 7 issue of the Eagle Eye. "When the crowd is rockin,' the Thomas Field House is a difficult place for our opponents to play."

With all the appreciation coming from players and coaches one would assume that the student fan would become some kind of a hero in the hallowed halls of Thomas Fieldhouse. But actually quite the opposite has occurred.

Specifically, Associate Athletics Director Peter Campbell leads a weekly charge against the rowdy but essential student section. As the weeks have passed and the games have become more important, Campbell, who is at times "assisted" by Director of

enfranchisement of African-Americans in the United States (8.25 percent) and four times the rate of disenfranchisement of all Kentuckians (5.97 percent.)

There is no way for me to adequately express my concern with those statistics, but I'll call them deplorable. It looks like we have a long way to go before we achieve a color-blind justice system.

The expected benefits of restoring the right to vote to all felons upon serving their sentences are reason enough to pass this legislation. Isn't the

Athletics Sharon Taylor, has placed stronger and more outlandish restrictions on the fans. At first the attacks were minor, as Campbell sat close to the section and constantly reminded students to "stay positive" as they protested poor calls and playfully taunted opponents.

But the oppression reached a new low on Saturday when students were no longer allowed to sit in the first row, the holy land of basketball fans. Unfazed by the apparent distaste for their enthusiasm, the student fanatics set up shop on the second row, where Campbell frequently howled that students were not even permitted to place their feet on the bench in front of them. During Saturday's game there were also two student ejections. These students were tossed from the game for starting a chant and protesting a missed call. Both infractions are, well, not infractions.

Students are going to call a referee foul-up when they see

point of prison to rehabilitate? How can we expect to reintegrate these folks into our society if we deny them the fundamental right of democracy?

Allowing former felons to vote lessens the chance that they will commit another crime. Kentuckians for the Commonwealth cites a study in the Columbia Human Rights Law Review that shows 27 percent of non-voters with a prior arrest are rearrested, while only 12 percent of voters with a prior arrest are arrested again.

The core reason of liberty

it. It is the nature of a basketball fan. Students are also going to get into the psyche of opposing teams. It is one of the great advantages of hosting a contest. Getting into a player's head comes in a variety of ways but primarily through chants and yelling from the Bald Eagle fans.

Lock Haven's team certainly doesn't go to other schools without some level of negativity thrown in their direction. If it wasn't hard to play at another school's floor then the concept of home and away games wouldn't be so powerful.

The most shocking form of oppression brought down on the student section at the California University game was at the end of the game. Lock Haven had just defeated division leading California by 3 points and all Campbell and Taylor were concerned with was the student section storming the court. They were so concerned, in fact, that they organized a wall of bodies

and justice for all is compelling, but coupled with this data that shows tangible benefits of this legislation adds to the case for restoring voting rights.

Kentucky should restore the right to vote to all felons after they have paid their debt to society because not doing so constitutes a failure of democracy.

House Bill 70 - a bill which would call for an amendment to the Kentucky constitution to restore the right to vote to all felons who complete their sentence - has been

between the students and their basketball playing heroes. This wall consisted of several law enforcement officers, student workers as well as Campbell and Taylor. This blockade was so determined to keep students off the court that the students weren't able to get close enough to the players to congratulate them on the win.

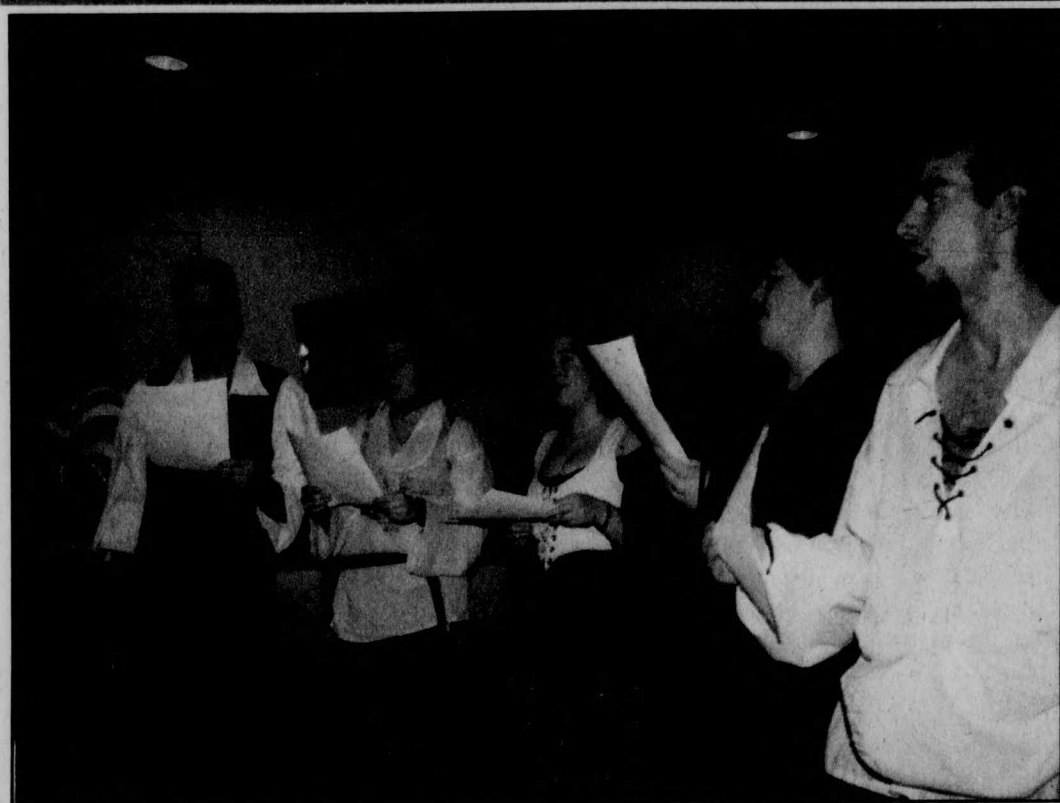
Watching students get ejected and held back from the court was a sad sight. When a group of fans is able to swing a game the way this crowd has, it is a tragedy that they are treated like hoodlums. Because of Lock Haven's size and still meager attendance compared to Division I schools it is comical that our student section is hammered so badly for doing what crowds do, support their team.

My message is simple. To the fans, great work and keep cheering. And to the powers that hold them back, relax, it's only a game.

jacketed for the current session of the Kentucky legislature.

If you think this issue is important, please join UK College Democrats, the Black Student Union, the Newman Center, UK Amnesty International, Fayette County Young Democrats and Kentuckians for the Commonwealth as we host a screening of Democracy's Ghost, a film about this issue, at the W.T. Young Library and hear from a host of speakers who have been affected by this law.

Haven Spotlight



Sarah Wojcik / Eagle Eye

Bards and wenchs belt out Renaissance tunes to an unsuspecting victim for a unique fundraiser by the Underground Role Playing Club.

Bards for hire

Sarah Wojcik
News Editor
swojcik@lhup.edu

Bright red faces appeared at a number of different locations on campus over the past two days and it wasn't the cold weather that caused the crimson flush. In their first major fundraiser since establishment, the Underground Role Playing Club brought a new kind of Valentine gift to campus — the Wench-o-gram.

Singing bards dressed in full-length dresses, tights and other Renaissance garb delivered songs to unsuspecting students and faculty from Feb. 12 to Feb. 14.

The Valentine's Day surprise only cost \$2 per song and the funds were split between the club's coffers and the Women's Shelter in downtown Lock Haven. Regardless of what the selling point was for customers — be it the charitable cause or the prospect of embarrassing a close friend or lover with a heart-felt song of yore — only two days into the fundraiser the club had made nearly \$50.

Adam Guerra, a bard for

hire and member of the club, has his own theory.

"It's new, it's refreshing and it's something that most people have never heard before," Guerra explained.

Since a majority of the tunes, including the most popular ones, are Renaissance songs students tend to pay attention to the lyrics since they are unaware of what to expect, said Guerra. This can lead to laughter or red faces, but usually both.

The most sung melodies so far have been Do Virgins Taste Better and The Sleeping Scotsman.

Junior Jennifer Sobel, a psychology major, said that the idea for the Wench-o-grams was something the club had in mind for quite awhile.

"We've been talking about doing something like this for a long time," said Sobel. "We've never had a fundraiser and we thought this one would be an excellent one to try."

Guerra said that the most pleasure that he's gotten from the experience has been when a group of the singers have performed in front of large groups. A performance for a

softball member in upper Bentley struck him as particularly fun.

"It attracts attention," Guerra said. "It's one thing to have a group of people come to sing to you, it's quite another to have a group of people come to sing to you while wearing tights."

Students requesting the bards' services selected songs, told the club who they wanted to receive the song, where to find them and when to perform it.

Perhaps in an effort to save the skin of some of the customers, the Underground Role Playing Club also agreed not to disclose the identity of a customer to the recipient, if they so desired. Needless to say, quite a few anonymous requests have been made.

But students have not been the only ones eligible to receive a Wench-o-gram.

"Professors are not exempt," Guerra said, "I've done two professors so far and we have a third scheduled."

The merciless singing troupe spares no one and next year, they plan to do the same.

Big hearts: blood drive big success

Kris Glad
Guest Writer
kglad@lhup.edu

With Valentines Day on its way, some people start thinking of hearts, but last Wednesday many were also thinking about the fluid that they work hard to keep pumping: blood.

The Residence Hall Association held a blood drive in the PUB multi purpose room on Wednesday Feb. 7, which was very successful.

Wendy Walsh, the student life coordinator and residence hall director at Campus Village, was coordinator of the event.

"We met the 130 goal by reaching 131 (pints of blood)," said Walsh.

There were over 150 came to donate blood.

Some students had their hearts in the right place, but "were turned away because of sickness, tattoos or low iron" said Walsh. Students who have new tattoos must wait a full year before they can give blood.

Giving Blood is one of the best ways for people to help each other out, as for every pint of blood collected four people can get help with illness or injuries. Unfortunately not everyone gives and blood shortages remain a problem.

"Sixty percent of the population is able to donate and only about five percent do, in our case we get about three percent of all on and off campus students, faculty and staff," said Walsh.

If students or faculty want to give blood they have to follow the guidelines set by the American Red Cross. Those guidelines, according to The American Red Cross' web site, require individuals to be at least 17 years and must weigh at least 110 pounds. Donors must also not have donated blood within that last eight weeks, or 56 days and must be



Photos by Alana Beightol / Eagle Eye

healthy at the time of donation. Healthy is defined by the American Red Cross as feeling well and able to perform normal activities. Chronic conditions such as diabetes or

a larger goal of 160 pints of blood.

"The next blood drive will be in memory of Russ Jameson," Chris Tague, a vice president of the Residence



high blood pressure must be under treatment for individuals with them to be considered healthy.

Their will be another chance for students and faculty to give blood. The blood drive will be on April 11 and will be in the PUB again with

Hall Association, said.

Wendy Walsh also mentioned that the Residence Hall Association will also have a bone marrow drive in April as well. The exact date and location of this drive will be announced when it becomes available.

Newly launched Catholic podcast brings flexibility to faith



Courtesy of Jeff Schaffer

Sarah Wojcik
News Editor
swojcik@lhup.edu

This is the second installment in a four-part series about campus religion and spirituality.

It's no secret that time is a precious commodity for college students. So the idea of preparing a 10 minute podcast about the Gospel and its teachings was a bright strategy for Catholic Campus Minister Jeff Schaffer.

Yet, according to Schaffer, the podcast was born out of a simple concept.

"We need to meet the students where they're at. And they're on the Internet," Schaffer explained.

The podcast, titled Faith on the Fly, is a Catholic program in which the host, Schaffer, reads from the Gospel and reflects on the real world implications of the teachings of Christ. The brevity and accessibility of the podcast is what Schaffer hopes will make it a success.

"One of the things that's

become more apparent to me in my time as a campus minister is how busy students are," said Schaffer. "People are looking for something that won't take a lot of time to enrich their faith."

The Newman Community, the Catholic group on campus, has hopes that the podcast will not only enrich the faith of those listening, but also encourage them to seek involvement in Catholic events and activities on campus.

Newman Community Secretary Helen Bielski composed and performed the music that accompanies the podcast. The junior elementary education and music major said that she would like to see listeners take a step forward and connect with the Catholic community on campus.

"We're trying to get people involved to come to the Newman Center. We figured that if we gave them something like this, they could take it with them," Bielski explained, adding with student's time constraints as they are, this seemed to be the most practical way of

reaching their audience.

Bielski's concept of the situation was much like Schaffer's.

"We came to them instead of them coming to us," she said.

Though there are a few different Christian groups on campus, Bielski said that she has seen the Newman Center population dwindle during her time here.

"People know of us," Bielski explained, "but they are sort of afraid to come."

The hesitation, which may be born of ignorance, would end once students got to know the Newman Center community, Bielski said.

"They are like my family. They can help me through anything," Bielski said of her fellow Newman community members.

After a traumatic car accident, Bielski found support and comfort with the Catholic group and believes that others would find a similar solace.

One thing that Bielski would like to see more of among campus Christian

groups, is unity. When different sects of Christianity come together for a common cause, it exemplifies the real point of each of the sects, according to Bielski.

Nichole Baier, a junior biochemistry major, is also a Catholic on campus and is involved with the Newman Center. It has helped her maintain her faith, despite the pull of other obligations while at school.

"I don't know if I would go to church as much if it were not for the group and if the masses were not held on campus," Baier said, adding, "It's very convenient."

Faith on Fly is sure to add another convenience to the perks of the Newman Center. Only two weeks into the podcasts and about 79 listeners have tapped into the Catholic program, according to Schaffer, who is pleased with the promising launch.

"My main hope is that it will give students a chance to reflect on the gospel themselves and relate to their lives," said Schaffer.

Inside . . .
Athlete of the
Week and
Wrestling
B2

The Eagle Eye

Lock Haven University's Student Newspaper

Check out
Features . . .
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affective disorder
B8

SPORTS AND FEATURES

Volume 65, Issue 4

www.lhueagleye.com

Wednesday, February 14, 2007

What's On Deck

Home &
Away
Winter
Sporting
Events
Today

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

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

Thursday

No Events

Friday

Track & Field @
Susquehanna Open
3:00 p.m.

Wrestling @
Bloomsburg
7:30 p.m.

Saturday

Track & Field
@ Kent State
Tune Up 10 a.m.

Women's
Basketball
@ Edinboro
1:00 p.m.

Men's Basketball
@ Edinboro
3:00 p.m.

Sunday

Wrestling v.
Clarion
@ 2:00 p.m.

Monday

No Events

Tuesday

No Events

Marrero gives the Army a blast of his own

In the major bout of the night, LHU boxer Danny Marrero dismantles Army's Lauren Green

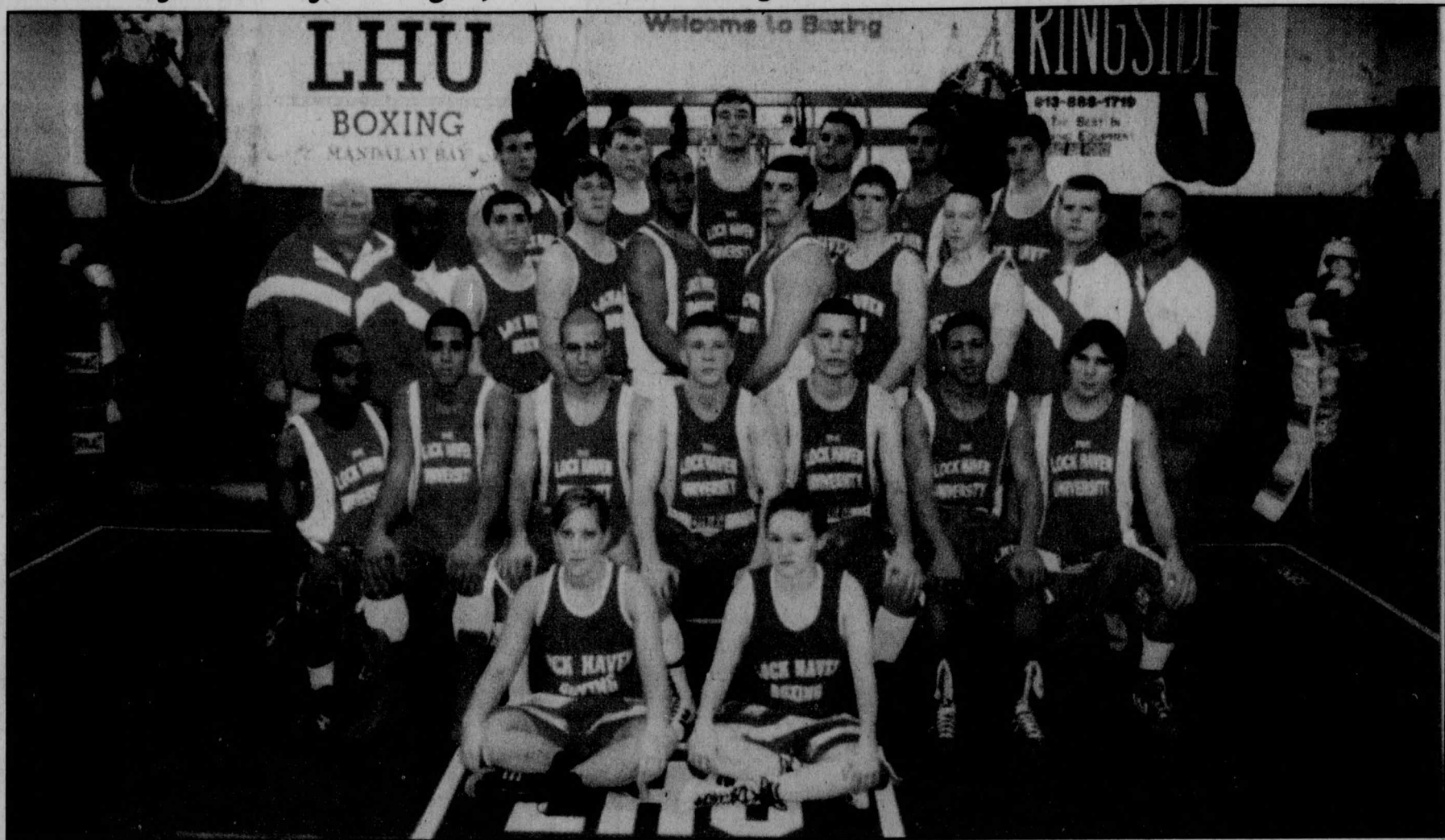


Photo Courtesy of Clayton Desmond

The Boxing Team was recently in action at West Point Military Academy in New York. All-American Danny Marrero scored a win shortly into the second round after the referee stopped the fight. This Saturday the team will host the Lock Haven Boxing Invitational.

Clayton D. Desmond Boxing Writer

This past Saturday the Boxing team was in action at the U.S. Military Academy in West Point, NY. The Haven's All-American, 156 pound, Danny Marrero (Jr., 11-6) scored an impressive Referee Stops Contest - Retirement in 0:15 of the second round over Army's rangy Lauren Green.

Marrero completely out-boxed the Cadet in the first round scoring several standing eight counts, using punishing right hooks.

At the start of the second round, Marrero rapidly scored with a solid left hook to the

head, forcing the referee to call a halt to the bout.

Also winning in his initial collegiate debut, freshman, Dave Harper, 175, (1-0) scoring an impressive RSC-1 over Adam Smith from the U.S. Merchant Marine Academy in Kings Point.

Boxing

After suffering several vicious body shots from Harper late in the first round, Smith, seemed confused in his corner, and failed to answer the bell for the start of the second round.

In the best bout of the afternoon, the Bald Eagles

Aaron Lynch, (Jr., 3-5) dropped a controversial 2-1 split decision to Army's 2006 National champion, Reggie Smith. Smith had previously stopped Lynch in the first round to win the 2006 Eastern (ECBA) 185 lb. title. This time it was a different story, however.

The rangy Lynch used his excellent jab and much improved ring skills to keep it close as the bout see-sawed back and forth until the final 30 seconds when the heavy handed Smith made a wild charge scoring with several unanswered, right hooks to the body of the lanky Bald Eagle. It was just enough to pull out

the disputed win.

"I honestly thought Aaron won the bout. We were very proud of Aaron's total effort and the courage he displayed. He's come a long way this year and should be ready for Easterns and Nationals," said Coach Ken Cooper.

Two of Lock Haven's top boxers, seniors Josh Mercado, 149 lb. with a 22-7 record and Jason Sanchez, 156, 16-6, each elected to move up a weight class and suffered tough 3-0 losses. Mercado moved up to 147 from his usual 139 lb. class and had a tough time penetrating Army's Alberto Marquey's tight defense while teammate

Sanchez moved up from 147 to 156 to take on Army's stronger Ryle Stous.

"Both Mercado and Sanchez's opponents proved to be physically as well as a little big for them," said Assistant Coach John Stout. "Both boxers are really tough and it was excellent competition for the two Haven stars. They needed this tough competition and it will only make them better. It will make cutting weight easier and more practical. We don't want them to get complacent during their senior year."

See, **Boxing**, B2

Bald Eagles upset California

Splitting their games with a win and a loss the men's basketball managed an upset win against Cal U. at Thomas Field House

Brandon Apter Sports Reporter bapter@lhup.edu

The Lock Haven University Men's Basketball team went 1-1 this week, losing to Ship and upsetting Cal U. Their record currently stands at 10-13, which is more wins than in their past two seasons combined.

Men's Basketball

The Bald Eagles went into Ship, looking to even out the season series, as the Red Raiders took one from Lock Haven earlier this year at the Thomas Fieldhouse, blowing them out. This game seemed to be another tough one, as the Haven could never get the lead in the game, losing 76-61 to the 15-11 Shippensburg Red Raiders. Billy Arre inched closer to 1,000 career points, scoring a game-high 20 points. Justin Wilson also had a good

game, tallying 14 points. The Bald Eagles were within striking distance at half, down by only one point, 25-24. It looked like the Eagles, were going to take the lead during the close second half, but with just under eight minutes to go, Ship pulled away, leaving the Haven in their tracks. Ship had very sharp shooting down the stretch, hitting over 55 percent of their shots.

Looking to upset the very powerful Cal U. (18-5) team, Lock Haven came home looking to continue their success in the Fieldhouse. With only 2 minutes and change gone in the first half, Billy Arre drained a three, putting him in the record books with 1,000 points in his career. Arre finished with 29 points in the game, 20 of them in the first half. The score wouldn't reflect Arre's performance in the first half, as they went into the locker room trailing by 16. Lock Haven

came storming out of the gates in the second as they outscored the #2 team in Division II East by 18. Lock Haven constantly cut into the Vulcan's lead as the Bald Eagles began to pull away, but Cal U. kept fighting and tied it up with just under 14 seconds to go. Coming out of a timeout, the ball was put in the hands of James Chappell as he put up a shot near the basket and rolled it in, giving the Haven the big win, 61-59. The Bald Eagles handed the Vulcans their second PSAC West all season. James Chappell had a good game, netting 13 points while Denny Mortimer contributed with 12.

"It's so much more important because we got the win," said Arre. "It is a great feeling."

The Bald Eagles look to continue their success as they travel to a struggling Clarion Golden Eagles team. Earlier in the year, the Haven defeated Clarion at home, 87-76.

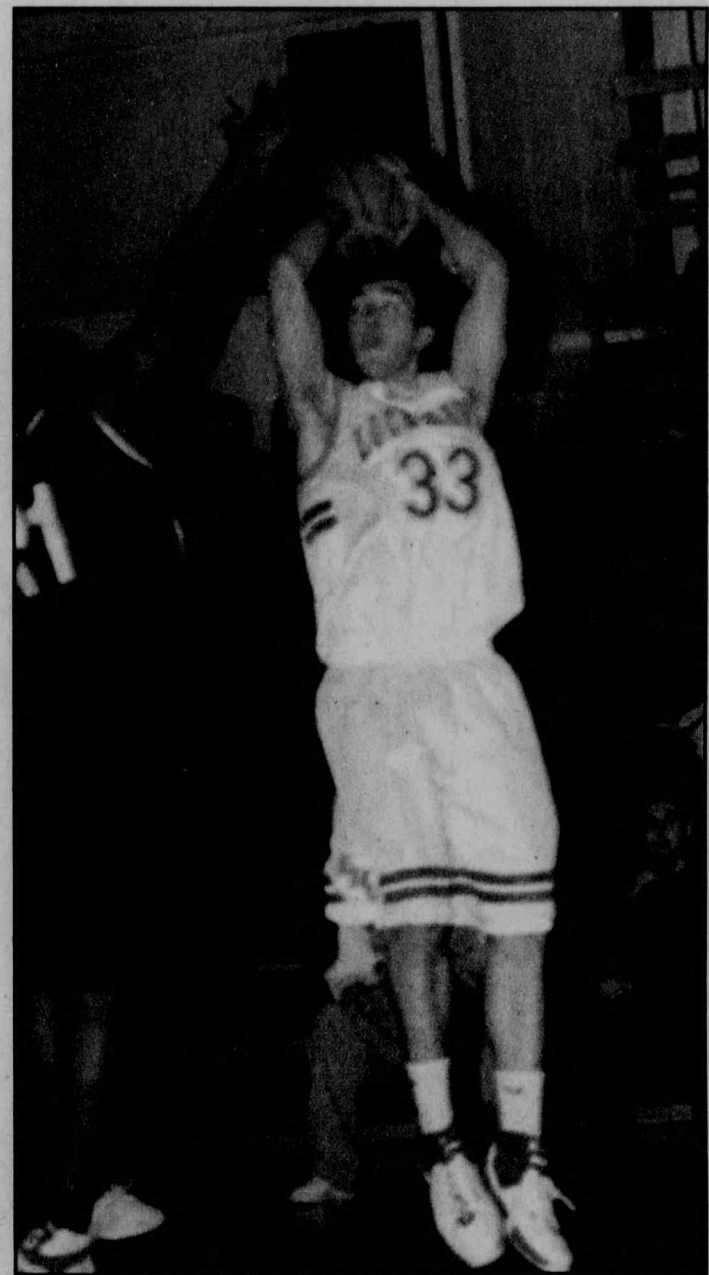


Photo Courtesy of Sports Information

Billy Arre shoots a jumper over a defender. Arre's 20 points against Shippensburg inched him closer to the 1,000 point mark.

Check out inside:
For the latest news on the Women's
Basketball Team and
the Wrestling Team

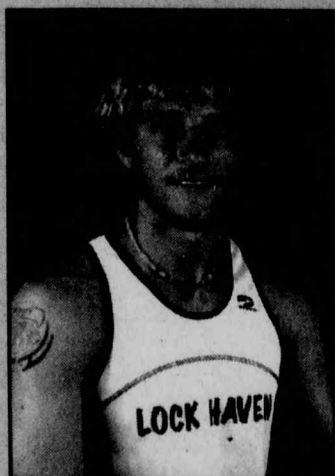
Lock Haven University Athlete of the Week

Ryan Blood

LOCK HAVEN, Pa. - Senior Ryan Blood (Summerdale, Pa./East Pennsboro) of the Lock Haven University men's track and field team has been named Pennsylvania State Athletic Conference (PSAC) Men's Track Athlete of the Week.

The Bald Eagles standout distance runner continues to rewrite the Haven record books.

Most recently Blood competed at the St. Valentine Invitational hosted by Boston University and finished fourth in the 5,000. His fourth-place finish marked the highest plac-



ing by any collegiate runner and his time of 14:19.61 broke his own school record.

Blood now has the three fastest 5K times ever run at Lock Haven to his name. His 14:19.61 is the best in the Pennsylvania State Athletic Conference (PSAC) this season by

eight seconds and has him sitting fifth overall in Division II.

Blood and the rest of the Lock Haven University men's and women's track and field teams will be back in action this upcoming weekend. Bald and Lady Eagle athletes will compete Fri., Feb. 16 at the Susquehanna Open, hosted by Susquehanna University and Sat., Feb. 17, at the Kent State University Tune-up.

Information & photo courtesy of Sports Information

Lady Eagles split games in hunt for a playoff birth

Kris Glad
Sports Reporter
kglad@lhup.edu

With the end of the season right around the corner, the women's basketball team (11-12, 4-5 PSAC) has their sights set on the Pennsylvania State Athletic Conference (PSAC) playoffs, but the road to the post season runs through some stiff competition such as Shippensburg and California Universities, both of which the Lady Eagles played this past week.

Women's Basketball

To increase their chances of making the playoffs, the Lady Eagles needed to have two strong performances and get some wins.

"I am definitely happy with the strong performances that some players have been putting out. This is definitely a great time for the team to peak. We have played each team at least once so we are familiar with their style of play. We just need to continue to have strong performances and make it a

total team effort," said Head Coach Valerie Curtis.

Despite a great performance, the Lady Eagles were not able to get the win against the visiting California University of Pennsylvania (16-7, 5-3 PSAC) falling 68-55 this past Saturday.

Senior Ginger Williams continued her spectacular season by scoring her ninth double-double of the season as she recorded 17 points and 10 rebounds. Fellow senior Candice Sillers scored a team game high 19 points and six rebounds.

Freshman Kristen Kudrick was perfect from the free throw line as she went 8-8 in the game and got six rebounds.

The first half was not a very good one for the Lady Eagles as they went into half time down by 16 points, but that they came out in the second half and out performed the visiting Vulcan's 33-30. That wasn't enough to overcome the first half score.

The Lady Eagles fared much better last Wednesday as they traveled to Shippensburg University and defeated the Red Raiders 66-

57. This would not have been possible without the help of sophomore Ilia Lopez who had a team high 19 points in the game. Seniors Elizabeth Gabrielle and Ginger Williams, had good games as well as Elizabeth had 15 points and five assists, while Ginger had 15 rebounds and six blocked shots and got eight points.

The Lady Eagles will hit the road for their final two road games this week. On Wednesday, Feb. 14, they will travel to Clarion University (7-16, 2-7 PSAC).

On Saturday, Feb. 17, the Lady Eagles will have their final regular season away game at Edinboro University (15-9, 4-5 PSAC), in a game that could have serious playoff implications.

"I feel our chances of making the playoffs are looking very good. Right now we are tied for 4th place with Edinboro," said Coach Curtis.

The Lady Eagles will need to win out to ensure a better chance of the team making it into the playoffs this season.

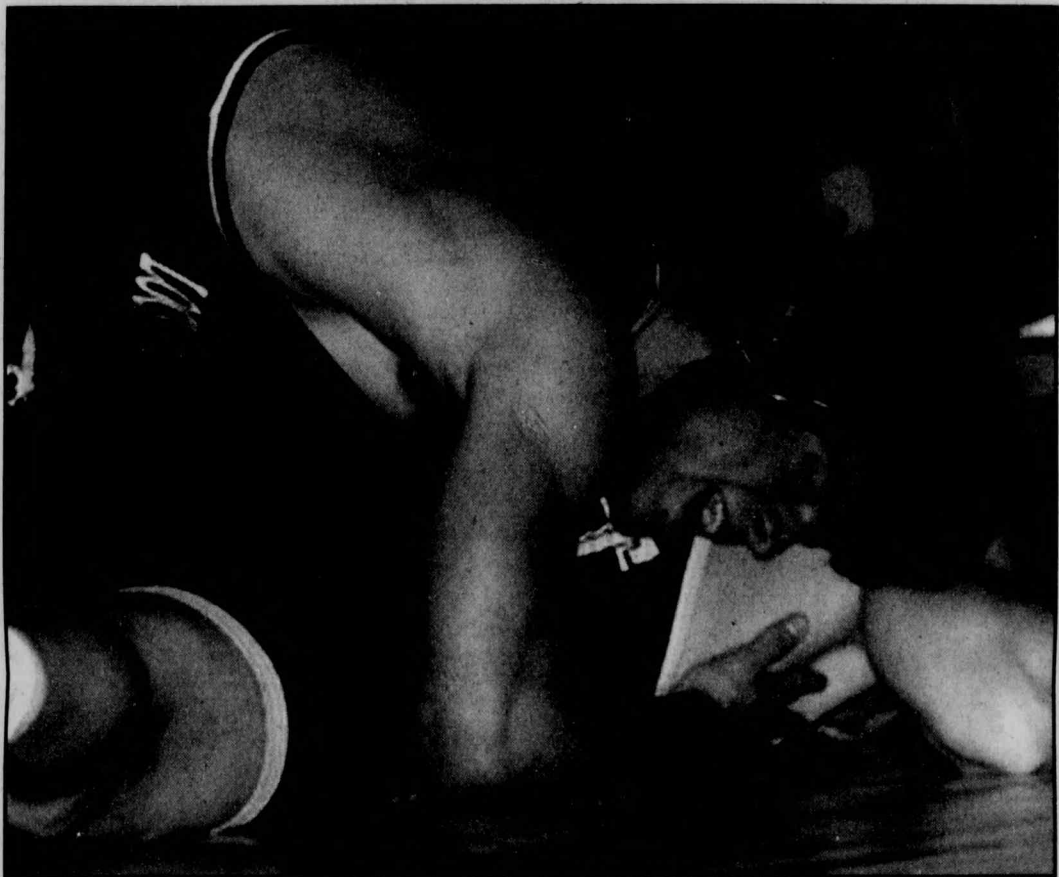


Photo Courtesy of Sports Information

Jermaine Cook clinched a Lock Haven win Friday night with his pin against Pittsburgh's Eric Cassidy.

Wrestling takes down Pittsburgh but falls just short against WVU

Pier Salamone
Sports Reporter
psalamon@lhup.edu

This past Friday the wrestling team took on Pittsburgh University in the Thomas Field House. Amidst the cheering fans, the team came out with a 22-13 victory.

Wrestling

Obenson Blanc kicked off the match with a win, marking his 25th win of the season. The Haven put in their best efforts for the next two matches from Danny Lopes and Zach Kell but came up short, allowing Pitt to pull ahead overall 7-4.

Freshman Donnie Ament dominated Mark Generalovich for an 8-2 win to tie the match up. At 157 pounds Seth Martin defeated number 11 Matt Kocher. Landis Wright stayed strong in his match t 165, taking the match into overtime. With one final takedown, Wright secured the match for more Haven points. Mike Metzger had a challenging match, facing number 2 Keith Gavin, but came up short 10-4. 184 pounder Tom Kocher won his match against Kyle Deliere. In the last match, heavyweight Ben Hepburn came up just short of a win against Pitt's Zach Sheaffer by a score of 3-2.

On Sunday the team suffered a hard loss to West Virginia University in EWL action. Obenson Blanc, Zach Kell, and Landis Wright came out with the Haven's victories, but all put in best efforts. Blanc once again started the match, this time logging a tech fall win against WVU's Scott Stuart. At 141, Kell toppled Vince Gioiella to secure another Haven win. The final victory from Lock Haven came from Landis Wright who held a 12-7 victory over WVU's Eric Connolly.

The team's next match is Friday February 16th at Bloomsburg University. The match will begin at 7:30pm.

Relay team leads way at Boston

Garrett Graziano
Sports Editor
ggrazian@lhup.edu

It proved to be the St. Valentine's Day massacre this past weekend at the St. Valentine's Invitational hosted by Boston University. Finishing in an extraordinary time of 12:21.18, the women's distance relay medley shattered the old school record by 24 seconds and was good enough for a ninth place finish and top time in the PSAC this season.

Sophomores Alyssa Douma and Shala Simms and freshmen Lindsey Scheller comprised the quartet that

had an absolute stand out day this past Saturday.

On the men's side, the distance relay medley team comprised of Paul Martin, Corey Spidell, Ben McConnell and Brandon Pomerantz also put together a rather productive day capturing a new school record with a time of 9:55.59

Track and Field

Track and Field standout, Ryan Blood, fourth overall had another record breaking day as he shattered the Lock Haven record in the 5k. Blood was also the first collegian finisher running at a

time of 14:19.61.

The women's success continued at Bucknell as Richelle Reed took second in the weight throw, while teammate Kristina Hamm took third.

On the men's team, Ivars Lurops won the triple jump. Jim Dempsey received second place for his efforts in the high jump and Jed Yeatts also notched second in the 5,000 meter.

Both teams will be back in action twice this weekend as they travel to Susquehanna University for the Susquehanna Open. Then on Saturday they will participate in the Kent State Tune-Up.

From, Boxing, B1

This Saturday afternoon, with the Preliminary Card beginning at 1:00 p.m. and the Evening (Main) Card beginning at 7:30 p.m., the Bald Eagle boxing team will host the always popular 28th Annual LHU Invitational in the Thomas Field House.

Fourteen to sixteen bouts are scheduled for the preliminary card while an additional 14 bouts are scheduled on the main card. Boxers representing 15 member NCBA institutions will participate including LHU. Other institutions include Army, Gettysburg, IUP, PSU, UWV, U Maryland, USCGA, Mansfield, Navy, Salisbury, MD, Shippensburg and VMI. Each school is sending one or more boxers to compete.

Also, amateur boxers from USA Boxing Amateur clubs will be competing. They are Odessey (Wilkes-Barre), Shamokin, and San Diego, CA. The San Diego team is coached by former LHU boxer

and two-time All-American (2002 - 2003) Gus Pugliese. His boxer, Gene Juan, a U.S. Marine from San Diego will box the Haven's Jason Sanchez, 147, in one of the featured bouts.

The Bald Eagles' senior, Josh Mercado, 139, will tackle Mansfield's tough Jarrold Hill in the final but of the evening.

Other LHU boxers scheduled to compete on the main card are Kate Hill, 114 (female, 1-0), Captain, Josh Wisniewski, 125, (Jr. 1407), Jarrett Peak, 119 (Fr. 0-1), Mike Bechdel, 139 (soph. 2-5), Austin Lovik, 132 (soph., 0-0), Addy Pizzaro, 132 (Jr. 9-1), Kevin Alvarez, 156 (soph., 1-3), Chris Collins, 165 (soph., 1-1), Danny Marrero, (Jr. 11-6), Nate Van Tassel, 175 (Fr. 2-0), Dave Harper, 175 (Fr., 1-0), Aaron Lynch, 185 (Jr. 3-5), Greg Stratton, 195 - Heavy weight, (soph., 4-4) and former 2004 NCBA champion, currently a part time student, Osahon Omosagie, 130, (16-12). Osahon has used up his four years of collegiate eligibility and is

now presently training with the LHU team and competing in USAB events. Gold and silver medals will be awarded to all competitors along with an "Outstanding Boxer Award" at the conclusion of the evening.

"From all indications, we should have another tremendous invitational," said the always optimistic, Dr. Cox. "It should be another great and exciting night of amateur boxing. Come rain, snow, sleet, etc, the show will go on as planned."

"Because of our location and cultural heritage, we had so many boxers who wanted to compete. From the abilities of sub-novice, novice to open division boxers, we had over 200 boxers contact us from 40 schools from around the country. We just couldn't accommodate them all. Our boxers and coaches' work especially hard in keeping LHU in the upper echelon of the collegiate ranks," concluded Dr. Cox.

Following the home show on Feb. 17, the Bald Eagles return to action at the University of Maryland on Feb. 24.



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On The Bench

The great American classic

Garrett Graziano
Sports Editor
ggrazian@lhup.edu

I've come to the conclusion that as much as I love sports I can have a pure and utter hatred for them just as well. It doesn't matter whether it is the actual sport itself or its stars; I have pure malice for a lot of things in the current sporting world. This week my target is baseball.

My god, I hate baseball. I've tried to watch a whole game on many occasions but I've come to realize I'd rather plunge head first into a vat of sulfuric acid than sit through one game of baseball. Don't get me wrong, baseball is a great sport to play; I know I enjoyed playing the game during my childhood, but now as I get a little older I must calculate my time wisely. In the time it takes the pitcher to scratch his crotch, shake off multiple signs, spit on the mound, scratch his crotch again, check first base, wipe the sweat off his head, check second base, pilot the shuttle to the moon, scratch that crotch one more time, and finally deliver the pitch, well I'll probably be dead from heaving myself into traffic due to the boredom of watching this sport.

It's not enough that this is what you have to go through after every pitch, but then you have things like the seventh inning stretch. There wouldn't be a need for the seventh inning stretch if it didn't take so outrageously

long for everything to develop in this game. Baseball could easily be a 45 minute game, but I guess the general consensus of the MLB is to put people through agony.

The only thing that is worse than the sport is the teams. Well actually, just one team in particular, the New York Yankees. I would gladly become a Dallas Cowboys fan if it meant the demise of the Yankees. Everything about this team annoys me, the fans, the city, and the athletes; pretty much anything that reminds me of the Yankees in general.

A lot of you will chalk up my hostility to jealousy but I can't be jealous of team that has won 26 World Series, but none in this decade. Boston did however.

Think about it, the last time the Yanks were in the World Series they lost to the Marlins. Yes, the Florida Marlins. The best team in MLB history lost the World Series to the Marlins, a team that should qualify for special handicap before each game.

Look on the bright side Yankee fans, I may hate everything your team stands for, but at least you guys don't have Barry Bonds.

What a pathetic excuse for a human. I'm ashamed to say I share the same oxygen supply as this man. If the MLB were any type of government they would have had Bonds fired a long time ago.

In fact I'm done talking about this subject because if I attack Bonds I have to attack 75% of the league itself. Stop doing drugs, morons.

Lock Haven University Sports

Men's Basketball
10-13 (4-5 PSAC West)

Women's Basketball
11-12 (4-5 PSAC West)

Women's Swimming
3-7 (2-4 PSAC)

Wrestling
7-5 (1-3 EWL)

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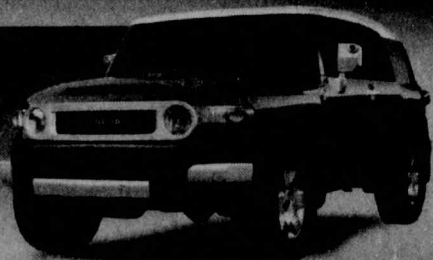
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James Cooney

Sports
Reporters

Naja Thompson
Kris Glad
Pier Salamone
Brandon Apter

Want to write a
guest column
for us?

If so, contact:
ggrazian@lhup.edu
jcooney@lhup.edu

Student Recreation Center News

Student Recreation Center Hours of Operation

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
Monday	7:00am	to	11:00pm
Tuesday	7:00am	to	11:00pm

Climbing Wall Hours of Operation

Wednesday	1:00pm	to	9:30pm
Thursday	1:00pm	to	9:30pm
Friday	1:00pm	to	7:30pm
Saturday	1:00pm	to	7:30pm
Sunday	1:00pm	to	9:30pm
Monday	1:00pm	to	9:30pm
Tuesday	1:00pm	to	9:30pm

SPRING 2007 Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	9:40-10:40am Yoga Heather		9:40-10:40am Yoga Heather	
11:30am-12:30pm Yoga Heather		1:00-2:00pm Yoga Heather		
6:00-6:50pm Step & Toning Lindsey	5:00-5:50pm Step & Toning Lindsey	6:00-6:50pm Step & Toning Lindsey	5:00-5:50pm Step & Toning Lindsey	
6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step Johanna	6:00-6:50pm Step & Tone Johanna	
7:00-7:50pm Total Cardio Kick Teresina	7:00-7:50pm Basic Pilates Teresina	7:00-7:50pm Total Cardio Kick Teresina	7:00-7:50pm Basic Pilates Teresina	
8:00-10:00pm Hip-Hop Dance Club	8:00-10:00pm Hip-Hop Dance Club		8:00-10:00pm Hip-Hop Dance Club	

SPRING 2007 DODGEBALL TOURNAMENT

Date: Saturday, February 17, 2007
Time: 1:00pm
Place: Student Rec Center



8 players per co-ed team;
(at least 2 players of the opposite sex)

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PLEASE BRING AN EXTRA PAIR OF SNEAKERS DURING THE WINTER MONTHS TO HELP KEEP THE REC CENTER CLEAN.

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FEB 4TH, 11TH, 18TH, 25TH
MARCH 4TH, 25TH
APRIL 1ST, 15TH, 22ND, 29TH
SUNDAY 7:00-8:30PM
SRC Dance Room

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

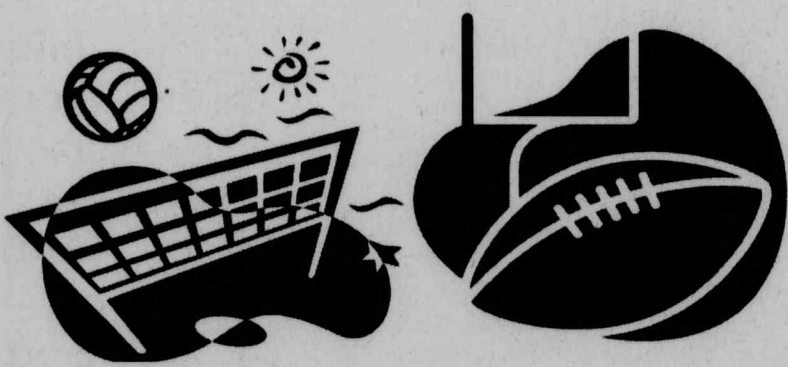


Check out the SRC website for schedules, photos, policies and employment opportunities!
http://www.lhup.edu/rec_center



Intramural Sports News

Competition Begins Next Week!

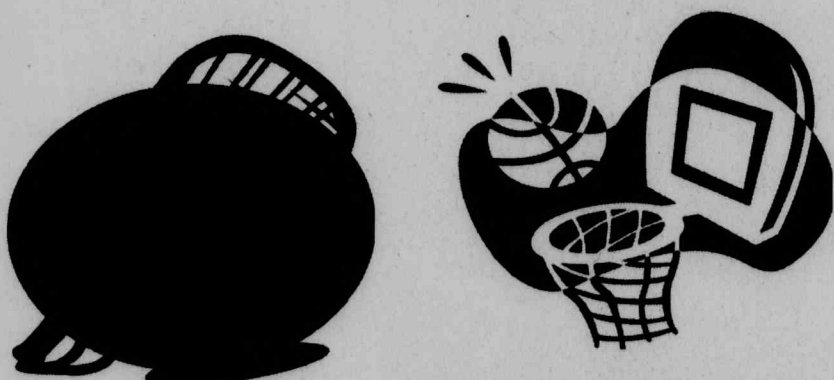


SPRING 2007 SPORTS

Check out the IM website for updates and team records at:
www.lhup.edu/intramurals

All Team Registration is closed.

Email Mike Hanna with any questions!
mhanna@lhup.edu



Get on the IM website for roster information.



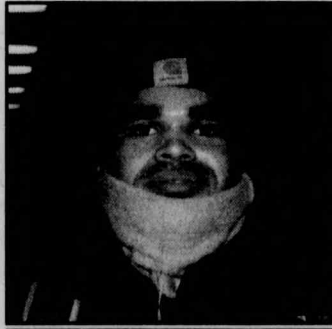
HAVEN LIFE

? Question of the Week ?

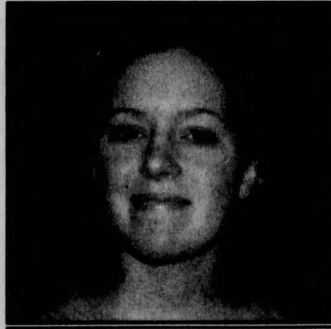
What is your favorite snow day pastime?



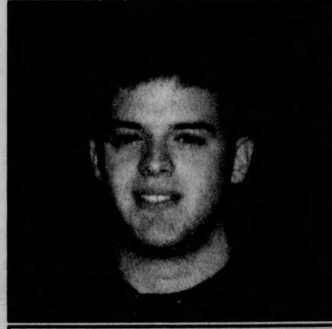
"Making snow angels in the front lawn"
Jessica Reitz
Sophomore
Theatre



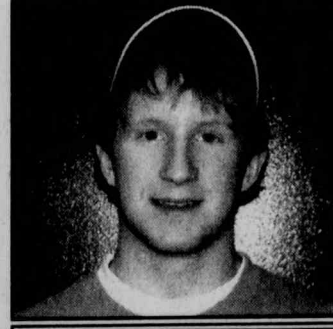
"Building snowmen"
Damian Carbone
Junior
Business



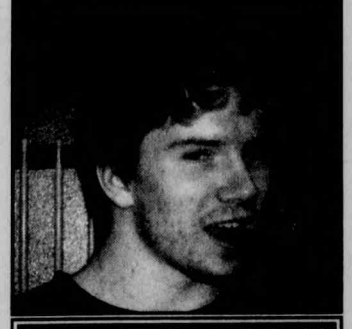
"Staying in watching a good movie"
Laura Sedlak
Senior
Outdoor Recreation
Management



"Sled riding"
Casey Shilling
Junior
Community/Commercial
Recreation
Management



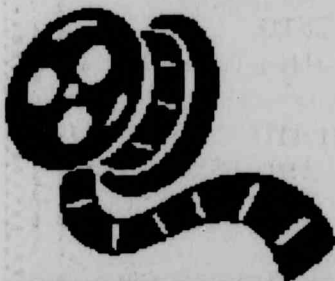
"Sleeping"
Robert Thompson
Freshman
Engineering



"Snowboarding"
Dan LeVesque
Freshman
Engineering

Compiled by Jessa Hoover

Campus Cable Channel 10 Movies 7:00 p.m. Wednesday, Feb. 14, 2007 - Tuesday, Feb. 20, 2007



February 14
Gridiron Gang

February 15
All the King's Men

February 16
Employee of the Month

February 19
Saw III

February 20
Gridiron Gang

Gamers unite in tourney

Adam Guerra
Guest Writer
aguerra@lhup.edu

The Electronic Entertainment Society hosted its first event, called Gamefest, on Saturday, Feb. 10.

The Society, called the EES, held a series of tournaments in a variety of console games for the students at Lock Haven, as well as other players from the surrounding area. Tournaments for Madden '07 football, Goldeneye, Guitar Hero, Halo 2 and Super Smash Brothers were held periodically throughout the day.

The highest turnout was for Halo 2 and Super Smash Brothers, which have become staple games for the EES.

The tournaments were free to enter, and were usually single elimination.

While no one had to pay to play, in traditional EES fashion, a collection was taken for pizza.

Gamefest ran from noon until midnight, with the high-

est attendance from 7 to 9 pm. "Most people come and stay all day, though some just show up for specific tournaments," said sophomore Mike Cummings, President of the EES. "There have been a lot of new faces this time. The EES was slowly dying, so we're trying to get it back on its feet."

The format for this year's Gamefest differed from those of the past. Typically, Gamefest is a LAN, or Local Area Network event. This means that many students would bring their computers and hook them into one network to play against one another.

While a connection was established for those interested in a LAN, no tournaments were held for computers.

"It's a pretty decent turnout," said sophomore Kevin Graveley, champion of the Goldeneye tournament. "This was the first time we played Guitar Hero, because it's new." The new game was a popular favorite.

Sophomore Mason Brown

agreed that Guitar Hero was fun, but he was there for one of the old classics.

"I'm here to play in the Smash Brothers tournament so I can win back my title," said Brown.

Cummings believed that overall the EES was doing well, and he hoped it would continue to grow in the future. While he thought the turnout could have been larger, he acknowledged it was a difficult time to advertise.

"We put up flyers in every wing of the dorms and had the SCC print up posters, but space is limited and a lot of fraternities are rushing right now," said Cummings.

However, Cummings still considered Gamefest a success, and hopes more students will come out to the next one.

"The EES is all about taking a break from work and relaxing," said Cummings. "Everyone is a gamer whether they know it or not; they just have to find what they like to play."

From Blues, B8

problems occur, but depression and anxiety are absent or mild.

SAD may begin at any age but the main age of onset is between 18 and 30 years.

It occurs throughout the northern and southern hemispheres, but is extremely rare in those living within 30 degrees of the Equator, where daylight hours are long, constant and extremely bright.

There are treatments for SAD, which include light therapy, prescription drugs and counseling. Light therapy has been shown to be effective in up to 85 percent of diagnosed cases. That is, exposure, for up to four hours per day (average one to two hours) to very bright light, at least 10 times the intensity of ordinary domestic lighting.

Ordinary light bulbs and fittings are not strong enough. Average domestic or office lighting emits an intensity of 200-500 lux but the minimum dose, necessary to treat SAD is 2500 lux. The intensity of a bright summer day can be

100,000 lux.

Light treatment should be used daily in winter (and dull periods in summer) starting in early autumn when the first symptoms appear. Treatment is usually effective within three or four days and the effect continues provided it is used every day.

Traditional antidepressant drugs, such as tricyclics are not usually helpful for SAD as they intensify the sleepiness and lethargy that are symptoms of the illness. The non-sedative SSRI drugs such as sertraline (Lustral), paroxetine (Seroxat) and fluoxetine (Prozac) are effective in alleviating the depressive symptoms of SAD and combine well with light therapy. Other psychotropic drugs such as lithium, benzodiazepines have not proved widely useful in the treatment of SAD. Daily exposure to as much natural daylight as possible, especially at midday, should help.

Psychotherapy, counseling or any complementary therapy, which helps the sufferer to relax, accept their illness and cope with its limitations are extremely useful. Full details of SAD treatment, where to

obtain it and how to use it are contained in the SADA Information Pack.

So if you find yourself depressed during the winter past a normal boundary, and you are experiencing the symptoms listed above, seek

Information in this article is courtesy of The Seasonal Affective Disorder Association (SADA).

For more information about Seasonal Affective Disorder (SAD), go to www.sada.org.uk.

ANASTOS BROTHERS SERVICE CENTER

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- WINTERIZATION- Check Tires, Anti freeze, Hoses, Battery, Fluids.....\$14.95
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HAVEN LIFE

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Thursday, Feb. 15
Price Auditorium
7:00 p.m.

FREE tickets with a valid LHU ID
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Tickets available Feb. 14 & 15
8 - 10 PUB Business Office
10 - 2 Downstairs Bentley
2 - 4 PUB Business Office

What's on Melanie's? Playlist!

Melanie Shellhammer
Features Editor
mshellha@lhup.edu

When Valentine's Day rolls around, those who are celebrating the biased, and slightly cheesy holiday, are faced with the problem of figuring out what gift to give their special someone, and it's a little ridiculous.

Frankly, people should realize that they don't need a single day to express to someone how much you appreciate and love them, but as we all know, Valentine's Day is just another excuse for holiday commercialism to ravage our wallets and empty our pockets.

As I've always heard, and experienced firsthand, many resort to making music mixes for their 'lovie wovie.'

Now there are two ways you can go with this.

You can be the sappy type who leans towards all the songs that make you tear up when you hear them because you longingly think of all the memories that you and your significant other have shared; or you can rise above and pick songs that, while reminding you of your love, can also be the goofy songs that you both just enjoy listening to, for whatever reason that may be.

If I were you, I'd go with option number two.

Why overdo it and make a mix that they'll probably only listen to once (most likely the night you exchange gifts)?

Don't get too sentimental. Pick some old classics, even if they have no associa-

tion to love or anything along those lines. Even better is when the song is a love ballad, but so over the top that you can't help but laugh when you hear it.

Take for example Meatloaf's "I'd Do Anything for Love (But I Won't Do That)," it's just tacky enough for the typical rock ballad, but every time it plays you have to sing with it because, coincidentally, no matter how bad you think it is, you know all of the words.

Then there's the cute pop song, that although a little too 'lovey dovey' for some, can pass as acceptable because it's rather catchy. "Lovefool," sung by The Cardigans falls into that category.

The more somber songs, although sometimes a tad bit low key, can produce a few gems. Jeff Buckley was notorious for his mellow compositions, but when Jamie Cullum added his jazz flare to Buckley's "Lover, You Should've Come Over" it was enough to change the mood and beef up the song for both the fans of the original and a whole other audience.

The oldies always come in handy when making mixes, especially when you've got your hands on songs like "Build Me Up Buttercup" by The Foundations. It's one of those songs that remind

"Leather and Lace" a strong recommendation from my fellow editors, combines the powerful vocals of Stevie Nicks and Don Henley. An excellent partnering without getting too sentimental, their voices compliment each other

and the song flourishes.

Coldplay, although developing into a great band, still cranked out some of their best songs on "Parachutes," their first album. In particular, "Shiver" has the perfect rock backdrop with Chris Martin's voice and piano playing adding the perfect poetic overlay.

Another overseas import, Starsailor cranked out an excellent heartfelt song without coming off overdramatic. "Goodsouls" is a perfect example of a beautifully crafted song that only gets better when performed acoustically. If you can find a live version of this song I suggest adding it to a mix over the album version, but any version would do either way.

But again, keeping the mix light you have to include another ballad like "Lady" by the renowned musical genius of the band Styx. It's not enough that they conquered the lost art of songs about robots (who knew that would be a hit?), but they know how to praise the ladies in their life.

Rounding out my suggestion list is a newcomer by the name of Kate Havnevik. Her innocent voice is depicted most perfectly on the track "Grace."

So here's the deal. You don't have to like these songs and you most certainly don't have to agree with me, but if you're at a loss and need to come up with a present quickly, use this as a guide. Find songs that suit your significant other, not songs that make them want to crawl up in a ball and cry.

Poet shares profound journey, enlightens

Erin Hipple
News Editor
ehipple@lhup.edu

When Shara McCallum left her home in Jamaica at the age of nine to come to the United States, she was unaware of the career and life in writing that was lying ahead of her.

Multiple award-winning poet McCallum, who currently teaches at Bucknell University and is the director of the Stadler Poetry Center, performed a poetry reading at the Hamblin Hall of Flags at Lock Haven University on Monday.

Marjorie Maddox-Hafer, Director of Creative Writing and Professor of English at LHU, was a strong supporter for having McCallum speak at the university.

"When I first heard McCallum read her poems at Bucknell... I was captivated by the sound of her voice, the wave-like cadences, the rich and varied undercurrent of her Jamaican background..." said Maddox-Hafer.

And McCallum certainly did lure the audience with her poetic voice, Caribbean dialect and the occasional Jamaican-accented word.

Throughout the reading, McCallum gave simplistic historical lessons and detailed prefaces to her poems, hoping to better communicate with the audience.

The poetry selections McCallum read ranged from poems of a modern-day Calypso, verbalized in the voice of the temptress, to grappling with the absence of parental figures in her life with

poems such as "My Birthday, Vespers and What I'm Telling You."

McCallum explained that through her writings, she hopes to gain peace and generosity with her mother, deal with the death of her father and overall, to live a better life. McCallum also pointed out that her poems deal with

not solely 'me.' There's a definite relationship to me, of course, but the works have existed in the pen of me," McCallum said. "The trick is that you have to keep some part of it for yourself. Hold onto something that makes it your own. It doesn't matter about the product, but the cathartic

with sound when I read them publicly," McCallum said.

Sophomore Kelly Burke agreed.

"I have read much of McCallum's work for class this semester, and being able

"I didn't begin seriously writing until my early to mid twenties," McCallum said. "But, earlier in my life I would scribble in journals. I think that's where it all began."

McCallum drew ideas fun-

Because if it does, that's okay, too," said McCallum.

She went on to explain that some writers are not ready to go beyond the realm of only wanting to hear positive feedback when it comes to their own writings.

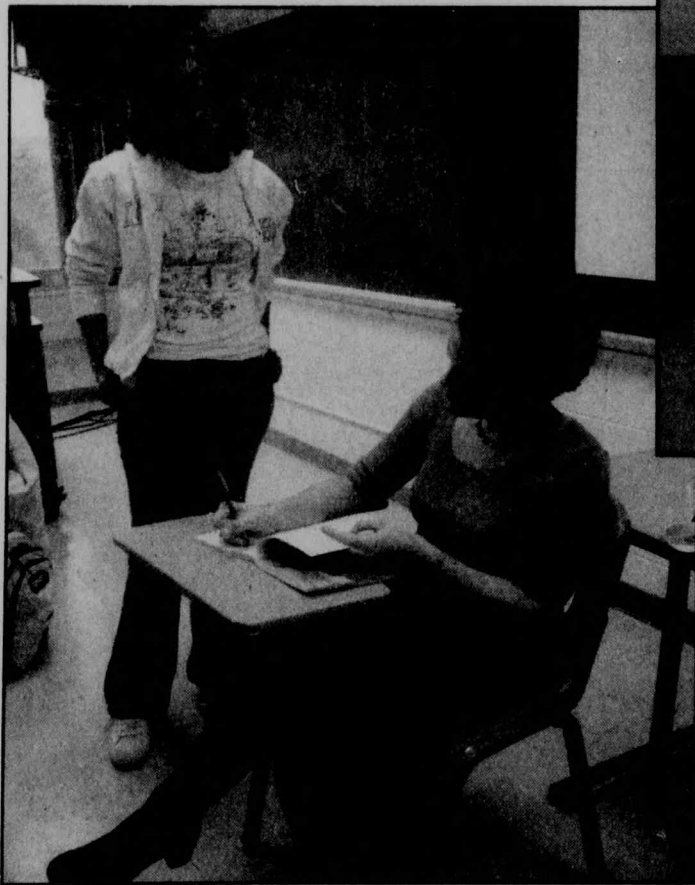
"You have to be able to get past the hurtful criticism to grow. Positive feedback is necessary to encourage, but it's not always helpful. You need to be in the place to accept critiques. Anyone can flatter you, that takes zero seconds, but the person who critiques your work actually cares, because they took the time to really look at it and try to see what you want to por-

tray through poetry. It's an act of engagement," said McCallum.

When asked what other types of advice she would give to writers, McCallum answered, "Read widely, read deeply. Because reading is where the education of the poet exists, and also, write!"

The poems performed by McCallum were excerpts from her two books: "The Water Between Us," winner of the 1998 Agnes Lynch Starett Poetry Prize, and "Song of Thieves."

The LHU English department sponsored Shara McCallum's visitation event in cooperation with the Reading Series Committee as a part of the LHU Reading Series. The event was free to students, faculty and the public.



Alana Beightol / Eagle Eye

Jamaican poet Shara McCallum signs copies of her award-winning books.

issues such as racial diversity and identity, gender roles in politics, family issues and the immigrant experience.

Although she authored all the poems read, McCallum clarified that the poems are not exclusively for 'her.'

"The poems, in public, are

process," she said.

And after reading the poems to the large audience, many students took away their own views and applied their own personal experiences to what they had heard.

"It's exciting to see how the things I'm most engaged

to hear her read them aloud, I more fully understood the subject matter of the poems," said Burke.

Earlier in the day, Maddox-Hafer hosted an informal question and answer session with McCallum and students from her Poetry Workshop class. During that time, explanations of McCallum's poetry were discussed as well as some valuable advice to writers.

"I've been heavily influenced by poetry of different kinds, but I write poetry largely to make sense of my own life, especially with some of the issues I have faced in the past," said McCallum.

With her father passing away at an early age while living in the United States and he in Jamaica, McCallum had to learn to cope with the emotions of trauma and loss.

damentally from poets such as John Keats, Robert Frost, Wallace Stevens and Emily Dickinson because of the lyrical nature found in their poems.

"These four shaped my ideas of poetry through the use of image and musicality... emotion and formal yearning. Their poems appealed to my sensibility," said McCallum.

Students from Maddox-Hafer's class agreed that they could too see the same resemblance in some of McCallum's works.

However, the students were not the only ones to be asking the questions. When sophomore Kristen Buonfiglio asked how McCallum reacts to criticisms, McCallum redirected the question to Buonfiglio.

"Does it hurt you to take criticism from others?"

HAVEN LIFE

Musical takes over big screen

Brandy Rissmiller
Staff Reporter
brissmil@lhup.edu

Other than "Grease," musicals have never been a favorite of mine. "Chicago" at least held my attention, but many others, I could take or leave.

Until now. I had high hopes as I bought my ticket, and I was not let down once. "Dreamgirls" jumped into my top five list of movies the moment the final credits began to roll.

The musical, occurring in the 1960s, is about three young African-American girls, Effie White (Jennifer Hudson), Deena Jones (Beyonce Knowles) and Lorrell Robinson (Anika Noni Rose), who have big dreams of becoming stars, and voices to back up their dreams. The Dreamettes were loosely based from The Supremes.

The girls soon get their big break, singing backup for James "Thunder" Early, a legendary singer, played by Eddie Murphy. They quickly begin to ride the rollercoaster of fame, before the fast drop arrives.

When The Dreamettes finally have the chance to break out from behind Jimmy,

there just is one tiny problem. Curtis Taylor (Jamie Foxx), the girls' agent, and Effie's brother C.C. White (Keith Robinson), who writes most of the Dreamettes' songs, decide that Deena should sing lead, instead of the stronger vocalist, Effie.

Effie, understandably, is crushed, especially since she has been dating Curtis and believes that he loves her.

Deena and Effie argue with the two men that Effie should sing, until Effie realizes just why she will not be front and center. She looks at Deena, and realizes that "Deena's going to sing the lead 'cause you like the way she looks? Am I ugly to you, Curtis?"

Deena, of course, was beautiful, wide-eyed and innocent. Knowles actually had to downgrade her powerful voice to be able to sing as Deena. After her rise to popularity and fame, she was subsequently stuck in an abusive situation by the one man she trusted the most.

Lorrell often was overlooked in favor of Effie and Deena, but she managed to steal scenes, especially when accompanying Jimmy, a married man with whom she is



Photo Courtesy of Google Images

Jennifer Hudson, Beyonce Knowles and Anika Noni Rose star in the musical "Dreamgirls," loosely based on The Supremes' rise to fame.

having an affair. Effie can be best categorized as self-destructive and negative. Most of the time at the beginning of the movie you feel bad for her, but other times you realize that she is being self-centered and has brought some of her pain and anguish upon herself.

It takes a great character and storyline to have that person be the one you cheer for the most, and that definitely was the case with Effie. Those feelings, of course, change toward the end of the movie, when you root for her to succeed and get her revenge.

Hudson was my favorite

contestant on American Idol's third season and I was so impressed with her transition from music to acting. Her acting shined and was only overshadowed by her strong vocals.

When she sang "And I Am Telling You I'm Not Going" I seriously felt chills. Her voice

is powerful and beautiful. "Dreamgirls" is a good inspiration for anyone who has a dream and a great movie for anyone who has ever overcome an obstacle. It emphasizes that fame will come and go, but love and family is what will subsequently be able to pick you up.

More on Katherine Arnoldi... Preview of Author, Activist

Jessa Hoover
Features Editor
jhoover3@lhup.edu

This past week, I had the privilege of having a correspondence with award-winning novelist Katherine Arnoldi, who will grace us with her presence on Feb. 19. I was inspired by this brave, intelligent woman who went from being a teenage mother unaware of her educational rights to an enlightened activist, eager to open the eyes of women just like her.

Arnoldi was grateful for the interview, and I found myself surprised that someone who has been on CNN and the Today's Show could be so appreciative of "Eagle Eye" coverage.

Nevertheless, it was evident that she was genuinely excited to speak to our student body and was thankful for the publicity swirling around her arrival.

After reading her compelling graphic novel, "The Amazing 'True' Story of a Teenage Single Mom," which chronicles her life beginning with her pregnancy and ending with her acceptance into college, I was curious where her life went from there, what her daughter was like and what her goals were as an activist for the equal rights to education for teenage mothers. Arnoldi was more than willing to answer my questions.

In 1979, Arnoldi graduated from the University of Arkansas with a degree in Art, then worked as a graphic artist at the university and later owned her own advertising agency. However, during her time spent at the university, another art form began to peak her curiosity.

"I became interested in writing when I saw that the writers around Gordon Lish, such as Amy Hempel and Raymond Carver, were experimenting with the form of writing," said Arnoldi.

This interest led her back to college and in 1989 Arnoldi got her Masters degree in Creative Writing from City

College in New York City. After that, she taught English at various colleges in New York City and is now enrolled in a doctoral program at Binghamton University, in upstate New York, where she teaches Creative Writing.

It was Arnoldi's love for both writing and drawing that naturally led her to share her remarkable story through the graphic novel form of litera-

"Entertainment Weekly" named her book one of the Top Ten Books of the Year, and the New York Times, Redbook magazine and several other publications have brought attention to her book and the issue of equal rights to education for teen mothers.

"I wrote 'The Amazing 'True' Story of a Teenage Single Mom' because I real-

tion to do their share in ensuring mothers get the same rights as non-mothers.

"One of the first things that society can do is to stop breaking laws that guarantee equal access to education for teen mothers," said Arnoldi. "High schools need to stop coercing teen mothers to leave school. Colleges need to amend policies that say all freshmen must live on campus but have no accommodations for a mother and child. These are direct violations of Title IX, a federal law that guarantees gender equity in education."

Although Arnoldi is in favor of colleges who have an open enrollment, she made it clear that her activism is not based on knocking on university doors, begging deans to do a good deed.

"My main point is to not ask colleges for 'favors' but to get them and high schools to stop breaking the law," said Arnoldi. "If the institutions would stop denying equal rights, that would go a long way in eradicating poverty and the homeless population, which now is primarily women with children."

Arnoldi's teenage dream of going to college certainly did come true, and many life changes have resulted from her education. She perhaps one of the most rewarding results has been the influence her education has had on her daughter.

"Our children do what we do, not what we tell them to do," said Arnoldi. "My daughter has successfully completed her high school and is a scientist at neurological research at New York University Medical Center."

Arnoldi has also compiled a book of the top 100 most accessible colleges for mothers and will have a new collection of short stories titled "All Things Are Labor," published this August.

To find out more about Arnoldi's work and gender equity in education, visit her website at katherinarnoldi.com.



photo / courtesy of Katherine Arnoldi

Katherine Arnoldi, author of award-winning graphic novel, will speak in PUB Multi-purpose room on Feb. 19 at 6 pm.

ture. "The graphic novel allowed me to combine my art, writing and activist work," said Arnoldi. "It also allowed me to express emotionally and intellectually much more than either drawing or writing alone could accomplish."

The graphic novel indeed seems to have been the best choice; America has been moved by "The Amazing 'True' Story of a Teenage Mom," and Arnoldi has been duly recognized.

Arnoldi has appeared on Tom Brokaw and the Nightly News, the Today Show and on a special on CNN.

ized that many mothers are told to leave high school, go get their GED and miss out on guidance counseling in the junior year of high school," said Arnoldi. "Therefore, they do not know that they are eligible for Pell Grants, SEOG grants, state grants, work study and other financial aid. I wanted them to know my joy when I discovered the great news of financial aid. I hope my book encourages them to fight for their equal rights to education."

However, Arnoldi can't do it alone. She emphasized the necessity of society, public education and higher educa-

Real World Denver Cast



Alex & Colie

February 16th Price Auditorium

HAVEN LIFE

Valentine's rooted in romantic history

Stacy Lipson
Staff Reporter
slipson@lhup.edu

Valentine's Day is unlike any other holiday of the year. Most of society's impression of Valentine's Day includes cards, candy, gifts and time with a significant other. However, the history of Valentine's Day offers a unique insight into this special holiday.

Saint Valentine is mentioned in almost every tale about Valentine's Day, but did he really exist? There are several legends about Valentine's Day, and each one is very different.

One legend claims that Valentine was a priest. According to this tale, Emperor Claudius II made a decree that single men were better soldiers. As a result, Emperor Claudius II outlawed marriage for all single men serving. Valentine disobeyed the Emperor's orders and began marrying couples in

secret. This legend says that while he was incarcerated for his crimes, Valentine sent the first love letter, or "valentine," to a girl with whom he had fallen in love with. He signed it "from your Valentine." This is how many people believe the phrase "from your valentine" was first coined. Unfortunately, Valentine was murdered by the Emperor, and in his memory, Valentine's Day originated.

Many believe Valentine's Day was started around 270 A.D, to commemorate Valentine's death. The History Channel claims that "the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to 'Christianize' celebrations of the pagan Lupercalia festival."

The Lupercalia festival occurred on February 15th, and was described to be a fertility festival. Women would allow touches of goatskin and hide to be slapped on their bodies as a way of preparing

themselves to be more fertile. A second part of this legend contends that young women placed their name in an urn, while bachelors in the city of Rome would choose a name and find a mate. Legend contends that these matches would end in marriage.

St. Valentine's Day was officially declared a holiday by Pope Gelasius. The exact year is unsure, but historians believe the date lingers around 498 A.D.

Over the years, the amount of Valentine Day's devotees have grown and soared. In Great Britain, there is a belief that the popularity of Valentine's Day was at its peak in the seventeenth century. As technology grew in the seventeenth century, cards were no longer handwritten, and printed cards began to be sold to the masses.

Charles, the Duke of Orleans, is recognized as being one of the first to write a Valentine's Day poem in 1415. This excerpt from his poem

emphasizes the emotional value of Valentine's Day.

"For always when the fun comes there, Valentine's Day is drawing near, And both the men and maids incline, To choose them each a Valentine;

And if a man gets one he loves, He gives her first a pair of gloves; And, by the way, remember this, To seal the favour with a kiss."

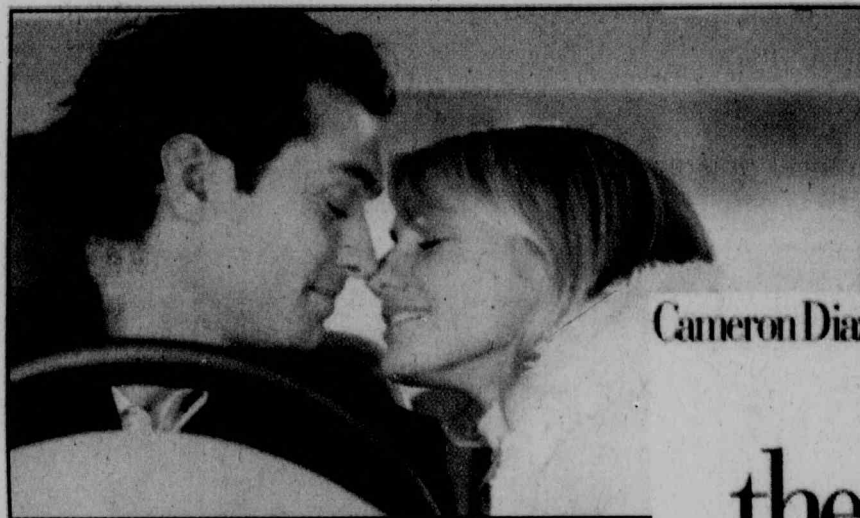
In today's society, Valentine's Day has become a

big part of the card-giving culture. The Greeting Card Association makes the most money off of Valentine's Day, with an estimation of about 1 billion Valentine's Day cards sent each year.



Photo Courtesy of Google Images

The legend of St. Valentine, who married couples in secret and wrote letters to his lover while in prison, seems much more romantic than the modern day Valentine's Day culture



Cameron Diaz · Kate Winslet · Jude Law · Jack Black

a film by Nancy Meyers
the Holiday
from the Director of What Women Want and Something's Gotta Give

Valentine's Day Big Screen Movie

MOVED to Saturday, February 17
Price Auditorium
7:00 p.m.

First 300 people get a sweet treat!

Bring your Valentine
Bring your Friends



Winter blues may be sign of 'SAD' disease

Danielle Tepper
Staff Reporter
dtepper@lhup.edu

Have you ever noticed that you feel particularly gloomy during the winter months?

Do you feel a desperate need to bask in sunlight? Do the rain and snow seem to always match your mood?

Does your attitude towards your day plummet at the same time as the temperature?

If you have answered yes to any of these questions, you may be suffering from Seasonal Affective Disorder, or SAD, as it is conveniently known as.

According to the Seasonal Affective Disorder Association (SADA), SAD is a type of winter depression that affects an estimated half a million people every winter between September and April, in particular during December, January and February. It is caused by a biochemical imbalance in the hypothalamus due to the shortening of daylight hours and the lack of sunlight in winter.

For many people, SAD is a seriously disabling illness, preventing them from functioning normally without continuous medical treatment. For others, it is a mild, yet debilitating condition causing discomfort, but not severe suffering. This is called subsyndromal SAD or 'winter blues.'

The symptoms of SAD usually recur regularly each

winter, starting between September and November and continuing until March or April.

A diagnosis can be made after three or more consecutive winters of symptoms, which include a number of the following: sleep problems, lethargy, overeating, depression, social problems, anxiety, loss of libido, and mood changes.

Most sufferers show signs

of a weakened immune, system during the winter, and are more vulnerable to infections and other illnesses.

SAD symptoms disappear in the spring, either suddenly with a short period (four weeks) of hyperactivity, or gradually, depending on the intensity of sunlight in the spring and early summer.

In sub-syndromal SAD, symptoms such as tiredness, lethargy, sleep and eating

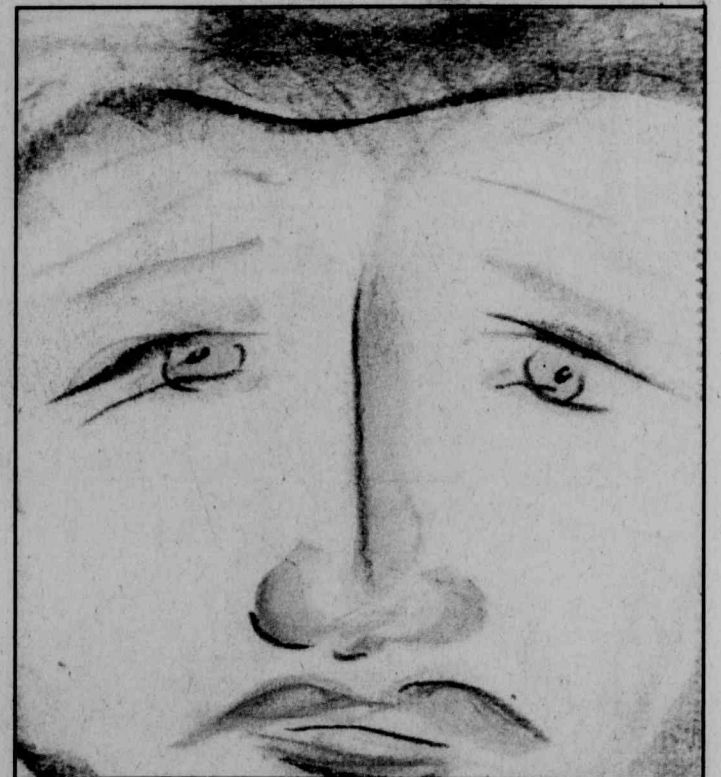


photo / courtesy of google images

Feeling depressed during the winter seasons may be the result of an imbalance due to the lack of sunlight during the winter.

See Blues, B5

Picture of the Week



Garrett Graziano / Eagle Eye