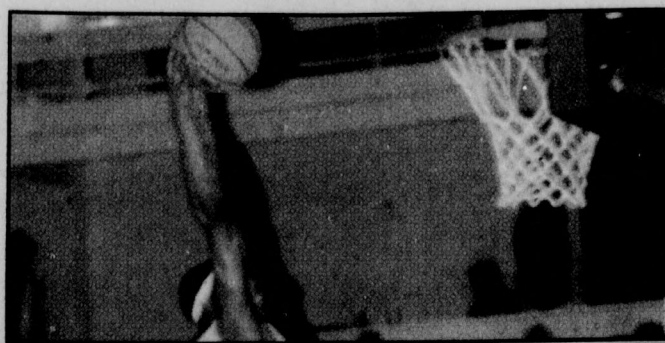


**Chicago River runs green for St. Patty's Day**

See, B8



**Men's Basketball ends seasons with wins**

See, B1

**Index**

- News.....A1-A4
- Classifieds.....A5
- Opinions.....A6-A7
- Clubs/Organizations.....A8
- Sports.....B1-B4
- Features.....B5-B8

**The Eagle Eye**

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# The Eagle Eye

Lock Haven University's Student Newspaper

Vol. 64, Issue 6

www.lhueagleye.com



**Mostly Cloudy**

High: 43° F  
Low: 30° F

Wednesday, February 28, 2007



Sarah Wojcik / Eagle Eye

A group of students venture through campus on freshly cleared walkways thanks to LHU maintenance crews and their early attention to weather conditions for student safety.

## Snowy daze

**Maintenance works overtime to rid campus of snow, ice after winter storms finally strike**

**Sarah Wojcik**  
News Editor  
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A month ago, students and faculty might have thought they've managed to escape winter's wrath, but everyone is now well aware that winter has not forgotten about central Pennsylvania.

Campus maintenance has also been forced to reckon with this reality, as drifts of snow pile up overnight and icy patches coat the walkways. Although there are plans that should be executed when a big storm is about to or has hit the school, preparations can go awry since winter weather is notoriously fickle.

When a major snow storm is forecasted to hit the area, maintenance prepares accordingly depending on the amount of precipitation that is



Alana Beightol / Eagle Eye

A mound of snow sits in the PUB parking lot.

anticipated, explained Director of Facilities and Planning David B. Proctor.

The crew arrives at the school around 4 a.m. and begins to clear what has been

designated as the most important sections of campus, namely the parking lots, dorm walkways and stairs. Workers move from the dorms to Bentley and then begin to clear the rest of campus. At 6 a.m. custodians and other maintenance workers arrive and are put to work clearing campus instead of their normal duties to ensure campus life continues.

"By starting early we hopefully have parking lots, steps and sidewalks by Bentley cleared by 8 a.m.," said Proctor.

The campus is divided into four zones with supervisors in each one that direct a team of workers to rid as much of the snowfall or ice from campus as possible.

See, Snow, A4

## Funding meant to halt disasters

**Laura Theis**  
Staff Reporter  
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Lock Haven University will begin a hazard mitigation plan with funding from the Pennsylvania State System of Higher Education (PASSHE).

Paul Altieri, environmental health and safety director at LHU, said, "Hazard mitigation is a phrase that describes actions taken to prevent or reduce the long-term risks to life and property from hazards."

Altieri said that these actions are taken before a disaster in an effort to prevent damage from a potential hazard.

"Pre-disaster mitigation actions are essential to breaking the typical disaster cycle of damage, reconstruction and repeated damage," he said.

Altieri said that the Federal Emergency Management Agency's (FEMA) Pre-Disaster Mitigation (PDM) grants program has funded PASSHE through the Pennsylvania Emergency Management Agency (PEMA). According to FEMA, the agency awards grants on a competitive basis to states, territories, Indian Tribal Governments, communities and universities for the planning and implementation of hazard mitigation plans prior to a disaster. The grants for universities are called PDM Disaster Resistant University (DRU) grants.

"PDM/DRU grants are intended to support efforts by universities to identify, reduce and manage their vulnerability to hazards and support the identification and prioritization of cost-effective mitigation measures," said Altieri.

According to PEMA, the overall goal of these grants and the mitigation planning is to reduce vulnerability to natural and man-made hazards. Some possible hazard mitigation actions, according to

PEMA, are elevation or relocation of structures in hazard prone areas, flood-proofing structures and building of floodwalls, debris basins, levees, etc.

To begin this new effort, LHU has formed the DRU Hazard Mitigation Planning Committee (DRU/HMPC) to create the university's Hazard Mitigation Plan. The DRU/HMPC will create a plan implementing actions that will fit the needs of LHU. Altieri said that other PASSHE schools will be creating similar hazard mitigation plans.

"The Building DRU/HMP Project for PASSHE will follow established hazard mitigation planning processes to determine how to reduce or eliminate the loss of life and property damage resulting from hazards at multiple PASSHE sites," said Altieri. "The project planning team will follow the four basic phases for hazard mitigation planning: organize resources, identify potential hazards and assess risks, develop hazard mitigation strategies, and develop a plan of action and milestones for implementation and methodology for monitoring progress."

According to PASSHE, in addition to developing hazard mitigation plans at selected sites, existing emergency operations plans will be updated to coordinate with the new mitigation plans. The new hazard mitigation procedures hope to, according to PASSHE, help universities become more disaster-resistant and save resources by preventing or reducing damage from disasters.

According to PASSHE, the new focus on hazard mitigation is a result of the effects of the 9/11 attacks and Hurricane Katrina.

See, Hazard, A3

## Colleges Against Cancer preparing for another run for a cure, more awareness



**Ashley Griffis**  
Staff Reporter  
agriffis@lhup.edu

On April 13 and 14 the Lock Haven chapter of Colleges Against Cancer will be holding the annual Relay for Life event.

This year's theme will be the "Magical World of Relay." So far there is only 13 teams registered for the event.

"Our goal is to have 20 teams," said Chris Tague, team recruitment chair for C.A.C. and Relay for Life.

"Each year the American Cancer society sets a goal and

this year's goal is to raise \$10,000 from the entire event," said Chris.

There are multiple ways that anyone can contribute to this worthwhile event from becoming a team captain to donating to the event or sponsoring a team. Other options include volunteering, or participating in the event as a survivor.

When asked why she is participating in Relay for Life Amanda Mitchell said,

"It hit close to home. A woman that I know was just diagnosed with cancer. Both my dad's parents had cancer when they died and my mother's father had prostate cancer

but survived."

Such is the reason that many feel the urge to participate.

"I am participating in Relay for Life for my family members that passed away from cancer," Chris Tague said.

Many people feel the need to make a difference that will genuinely help people because they have known someone who had cancer or who has cancer.

Relay for Life is an inspiring way to support cancer research, according to the participants.

The events on campus will help bring the cure a little closer

**Contact**  
**Chris**  
**Tague for**  
**more info**  
ctague@lhup.edu

er to being a reality. The event will kick off on April 13 at 7 p.m. at the Student Recreation Center.

Throughout the event there will be a D.J. to keep everyone entertained. There will

See, Relay, A2





Photo Courtesy of Mike Porcenaluk

When traveling abroad, just as in Italy seen above, international laws are just as important as domestic laws in the United States.



Photo and Caption Courtesy of Dr. Lisa Riede

Six Forensic Team members competed in the Pennsylvania Forensic Association State Tournament this past weekend. Krystek won 5th place in After Dinner Speaking and Tongyai and Glotfelty won 6th place in Dramatic Duo Oral Interpretation. In addition, due to successful preliminary rounds by all participants, the Lock Haven Forensic Team took 4th place in states overall. There were nine schools at the tournament and LHU's team is heading to the CFA spring tournament at the beach this weekend and will then be preparing for the National Forensic Tournament coming up April 19th-23rd. Front row (Director of Forensics) Lisa Riede, Christian Glotfelty, Jennifer Krystek. Second Row Christina Tongyai, Josh Miller, Kristofor Glad.

## HAVENSCOPE NEEDS YOU!

If you're interested in broadcast journalism, working behind the scenes at a television station or having a good time while producing a student run news show, Havenscope may be for you!

Meetings are held every Tuesday at 1:10 p.m. in the television studio on 6th floor Robinson.



## Students now urged to practice safety abroad

Olga Malyavskaya  
Staff Reporter  
omalyavs@lhup.edu

Traveling and studying abroad can be one of the best and the most enjoyable experiences in a student's life, but it may also be a true nightmare if you do not take any measures to ensure the safety of your trip.

The U.S. Department of State provides regular updates on the safety conditions of different countries and other important information for those U.S. citizens who are traveling by air from Canada and Mexico. Thus, every American who is planning on visiting a foreign country should have a passport. The Department of State Web site at [travel.state.gov](http://travel.state.gov) has all the necessary information on how to apply for one.

Another important issue you have to handle before going abroad is to find out as much information as possible about the laws of the country you are going to. As stated at the department's media note, more than 2,500 Americans are arrested abroad every year, and many of them got into trouble because they did not know the local laws or assumed that their status as a U.S. citizen would save them

from prosecution.

"One of the things that we try to emphasize with students when they are going to study abroad is that when you leave the U.S. and enter another country, you become a guest of that country and you are responsible for living by the laws of that country, just like international students who come to this county become responsible for following the U.S. laws," said Daniel Roberts, the Institute for International Studies director.

Other than being arrested, a traveler may become a victim of crime or some kind of misfortune, from automobile accidents to terrorist acts. That is why it is recommended to exercise "simple common sense," as stated in the note, and to avoid any large public gathering that can be a focus of terrorist attack or any other act of violence.

However, no matter how carefully you prepare your trip, sometimes things do happen, and it is necessary to have some emergency plan to minimize the consequences.

"We try to ensure that all of our students and faculty receive the information they need while overseas. In addition to that, we are thoughtful about the underground health conditions," explained Roberts.

According to him, before sending students abroad, the International Office holds Pre-Departure Orientation where the IIS coordinators cover all the basics and answer all the questions students have about

studying abroad.

"We always stress to participants that they need to make sure that their health coverage follows them from the U.S. to overseas destinations," Roberts said.

In addition, every student and member of faculty who is going abroad receives emergency contact numbers that are with participants at all times while they are abroad. It allows the IIS to begin the alert process to prepare the response to any issue that occurs during their stay in a foreign country.

"From this office, what we want to be able to do is to handle any issue that arises in a systematic way, so that we are able to provide good and immediate care to our students, faculty and staff who are abroad," said Roberts.

However, as the international programs of Lock Haven are built upon relationships with partner-institutions abroad, in general, it is they who are able to handle all of the issues. The International Office in LHU serves as follow-up.

To minimize the risks while abroad, the U.S. Department of State urges all the travelers to register on its site at [travelregistration.state.gov](http://travelregistration.state.gov) before departure which will allow contact between the traveler and his/her family in case of emergency or any other unfortunate occurrences. The service is free of charge and well worth the extra safety.

## Mock interviews can serve as practice for real world

Brandy Rissmiller  
Staff Reporter  
brissmil@lhup.edu

Perhaps one of the best resources Career Services offers students is mock interviews.

After setting an appointment with the Director of Career Services Joan Welker, students can give the office a copy of their resume and cover letters. Welker then studies the resume and formulates questions that an employer might ask.

It is advised that students take the mock interview as seriously as they would take the real one. Dressing appropriately and arriving on time are two important things to do prior to the interview.

"I think they are a great idea," said Jessica Lavender, a peer career facilitator at the office. "When it comes time for me to start interviewing, I'm definitely going to take advantage of it."

There are four stages of interviewing in most interview processes. The first is the reception and it is where you first meet the interviewer and when first impressions are formed.

The second stage is called the "information exchange" stage. During this stage the employer might tell you about the organization and the job opening. Questions will be asked to determine if you are qualified for the job and how well you would fit into the organization.

Questions asked during the second stage may include: Why did you select your university or college? In what kind of work environment are you most comfortable? How would you describe yourself?

The third stage allows you to ask questions to obtain information. It is advised to ask detailed questions, but avoid too many questions regarding salaries. Wait until a job offer is made to ask such

questions.

Some questions you can ask the employer are: Can you tell me what kind of person you hope to hire for this position? If you were to hire me for this particular position, what will I be responsible for? What are the challenging facets of the job?

The final stage of the interview is when the employer indicates that it is over. During this stage you will find out when and how you will be informed about the outcome. If the interviewer does not offer this information, then it is up to you to ask what the next step in the procedure is.

In other career news, on Sunday, March 25 there will be character recruitment auditions in Pittsburgh as part of the Walt Disney World College Program. The auditions will be held at 11 a.m. Please contact Autumn Riley at [ariley@lhup.edu](mailto:ariley@lhup.edu) or Jess Reitz at [jessreitz@msn.com](mailto:jessreitz@msn.com) for more information.

From, Relay, A1

also be various activities and entertainment for the people who will be walking. A talent search will also take place during the event and the winner will be crowned Prince or Princess Relay.

"At the event they will be remembering Russ Jameson, resident director, for all his

efforts and all he did for Colleges Against Cancer," states Chris Tague.

There will also be a Luminary Ceremony where bags can be decorated in memory of a cancer survivor or someone who battled cancer. During the ceremony names will be called and a light will be lit to represent that the memory of loved ones that have passed away as a result of can-

cer. This Relay for Life event will last for 12 hours and throughout the event there will be people who have battled cancer or are battling cancer. Come out and support those who have battled this disease, celebrate with those who have overcome it and finally honor those who haven't.

Soul Sistahood of Lock Haven University  
Breaking the Chains  
A workshop to help empower woman.  
Saturday March 24, 2007  
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# Professor becomes friend, instructor, leader

**Jessica Holcomb**  
**Guest Writer**  
 jholcomb@lhup.edu

The first day of classes always seem to stir-up anxiety. Whether students anticipate another boring lecture, intimidating professors or no more free time, it's always a sigh of relief when an interesting and inspiring professor saves the day.

One Professor at Lock Haven University that seems to have all the "requirements" of an interesting and inspiring professor is Dr. Laurie Cannady.

Dr. Cannady is an Assistant Professor of English here at Lock Haven. She teaches English Composition and Introduction to Literature, with her specialty being in African American Literature.

The days that the sun is bright, the sky is blue, the temperature is in the 70's to 80's and the breeze seems to embrace everyone, these are the same days that make it so hard to go inside to face another class session. On those days, Dr. Cannady takes class outside. Sophomore, Nichole Johnson said, "It was like she understood that all we wanted

to do is go outside. The fact that she understood how we felt made me want to pay attention," said Johnson.

Everyone has a certain teaching strategy that helps them learn to their best ability, and Dr. Cannady says, "The students make me teach the way that I do. I try to allow them to shape the class with the class discussions. I feel like I learn from my students, much in the way that they learn from me. For that reason, I encourage them to mold the class into what they need it to be as we examine literature across genres and literary periods."

Even if writing or literature isn't a student's specialty, Dr. Cannady can still make a student's learning experience worthwhile. Dr. Cannady is always willing to meet or talk with anyone. She's actually known to give her phone number to students that need help but are unable to meet with her.

Kaitlin Davis, a sophomore, had the opportunity to have Dr. Cannady as a professor and also as a friend.

"In January of 2006, my mother died. I remembered having Professor Cannady for English Literature and how understanding and compassionate she was," said Davis.

Davis decided to take a semester off to spend time with her family. Davis said that Dr. Cannady reminded her that her mother would always be with her, whether at home or away at school.

"Because of her [Dr. Cannady], I found the strength to return to school," said Davis.

Davis especially enjoys Dr. Cannady's approach to student involvement.

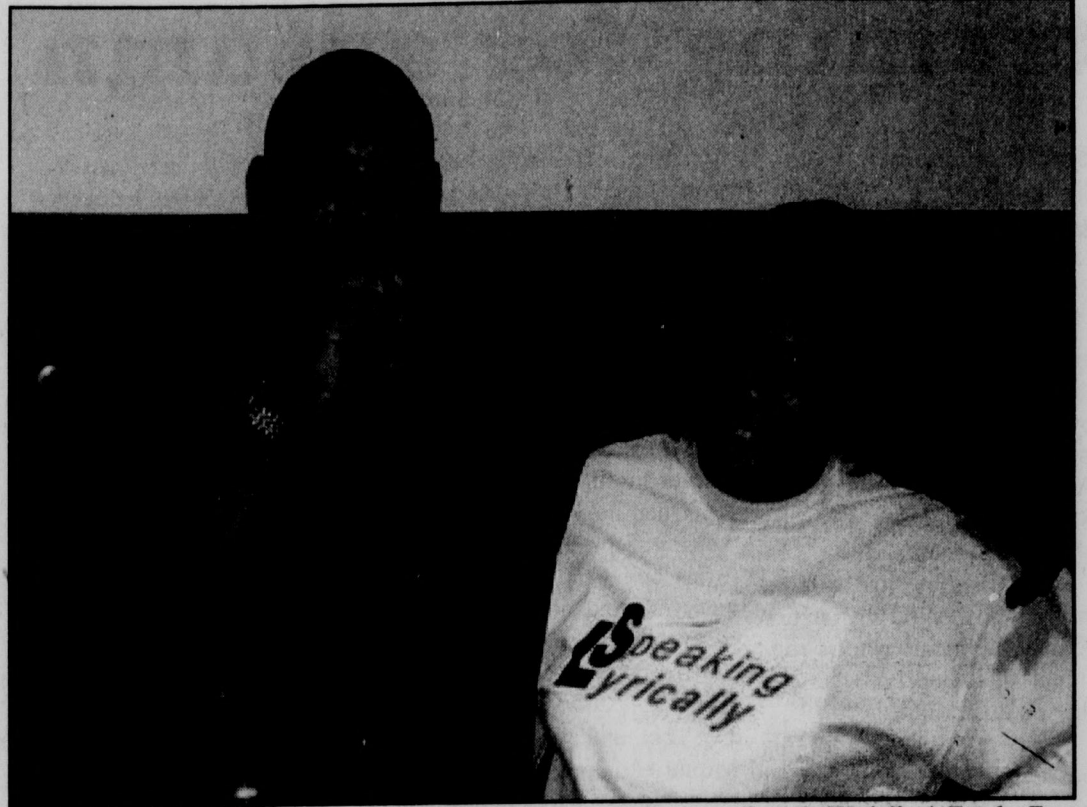
I loved how she included everyone in the learning process in all of her classes. She always made time to hear everyone's opinions and ideas. In Literature, she brought something extra special to the readings and kept every one as interesting as the last," Davis said.

Davis also had Dr. Cannady for English Composition.

Davis said, "With a guiding hand, she helped us create papers we didn't know we could do on our own. She had a way of giving the student the confidence and knowledge to write. In everything she did, she made sure we knew that we had the potential to be great."

Sophomore, Nichole Johnson agreed.

"I had Dr. Cannady for Composition my freshman



Sarah Wojcik / Eagle Eye

**Laurie Cannady, right, stands beside Lyrical Speaking president Charles Mickens during an event the club sponsored last semester.**

year. In class, Dr. Cannady was very open about her life, and it allowed us to sympathize with her. She always seemed so understanding. It made me feel comfortable to express myself, and made my whole learning experience worthwhile," said Johnson.

When asked about her goals, Dr. Cannady said, "I

have many goals, but two of them quickly come to mind. I want to publish a creative, non-fiction piece within the next five years, and I want to be the best mother that I can be to my three children, Dereck, Tariq, and Sanaa."

Dr. Cannady's ability to create an interesting and student-centered educational

environment has made a lot of students think highly of her as a professor and also a friend at Lock Haven. With all the good things that students have to say about her, her non-fiction piece will most definitely be on many Lock Haven University students' and alumni "to-read" list.

From, Hazard, A1

Such disasters can cause serious interruptions to education and research at universities, according to PASSHE.

Paul Altieri said that LHU's plan will incorporate results from risk assessment and develop actions that will help reduce or eliminate those risks.

"With careful selection, mitigation actions can be long-term, cost-effective means of reducing the risk of loss," he said.

**Attention LHU students:  
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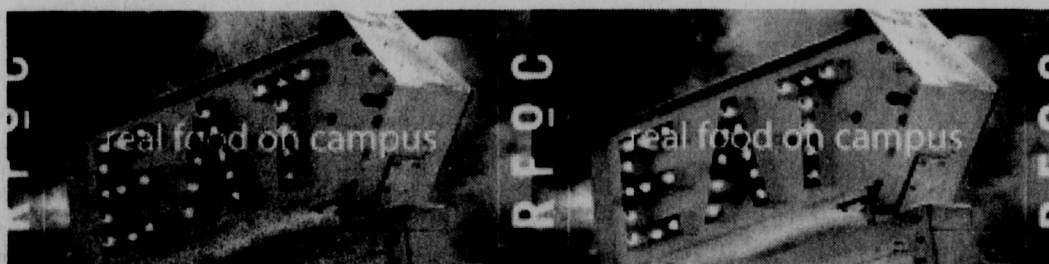
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# Honors leader begins training for autumn

**Sarah Wojcik**  
News Editor  
swojcik@lhup.edu

Bryan Gentzyl, sophomore secondary math education major, is posed to take over the position of Student Associate Director (SAD) of Admissions, Recruitment and Student Retention in the Honors Program.

The lengthy job title is being left behind by senior Kristin McIntosh, who is confident that Gentzyl can get the job done right.

"Bryan was chosen for this position because of his upbeat personality, academic

strengths and his impressive work ethic," McIntosh stated in an e-mail.

Gentzyl will be taking the helm as the SAD in charge of attracting and keeping Honors students in the program next fall, but for now he is undergoing extensive training under McIntosh in order to be able to succeed in the position.

Open houses, orientations, setting up interviews and often being the first face prospective students encounter in the program are among the list of duties that Gentzyl will face.

The laundry list of obligations and one-on-one time with parents and students can be tough, McIntosh warned.

"As part of the admission's process, Bryan will be dealing with prospective students and their parents on almost a daily basis," McIntosh stated, "There will probably be some trying days where Bryan will be juggling phone call follow-ups, student interviews and application reviews."

But the busy aspect of the job is exactly what Gentzyl is looking forward to.

"It's all really exciting to me. I like to work and I hate not being productive," he said.

As part of the Honors program since his freshman year, Gentzyl didn't imagine taking this step.

"I was a very shy person when I came into the Honors



Sarah Wojcik / Eagle Eye

**Bryan Gentzyl checks his email at the Honor's House.**

program," said Gentzyl, "I had no idea that I'd end up desiring a SAD position."

Interested in the communi-

cations and leadership skills the job would provide him with, Gentzyl answered the call for applicants in

November and beat out several other applicants for the position.

ability to bring change.

"It is not as much science as it is activism and environmentalism," said Khalequzzaman. "Pure science is okay, but what good is it if you can't apply it?"

Individuals can help by decreasing the amounts of chemicals, pesticides or fertilizers that are applied to lawns or plants. The greatest struggle is communicating these environmental concerns to the Bangladesh government. Khalequzzaman says that the people of Bangladesh are not against development, but they are for development in harmony with nature.

"It's a matter of priority," he said. "Going for unbridled development will not take us anywhere. In the U.S. we are spending billions of dollars in

this country trying to rectify the environmental situation and problems. That's exactly what we don't want to repeat in Bangladesh."

A memorandum of understanding on the state of Bangladesh rivers was formulated from the information learned and shared at the December conferences and is currently being sent to local and state government agencies.

Khalequzzaman's love for Pennsylvania and Bangladesh is what propels him to go to such great lengths to bring environmental awareness to citizens of both countries.

"I feel they are my two homes, and it's like bridging a gap between two homes; that's what I'm trying to do," said Khalequzzaman.

## From, Snow, A1

"At a rough estimate, we've got about 65 people under maintenance supervision around campus to get the job done," said Proctor of the crew involved in the labor, adding, "It's a big effort with lots of overtime."

But it is a job that is necessary in order to keep the campus running, sometimes to the dismay of the student body.

"The biggest problem is in the parking lots, when cars are still there," Proctor said, "The best I can do is run a plow around the cars until they're moved."

Usually, if the crew was able to get to the school on time and the snow has slowed, the lots are ready for the influx of commuters and faculty.

This past Valentine's Day brought with it a fierce blizzard that forced campus closure and, according to the Proctor, the worst kind of snowfall.

"We saw that the storm was to start at midnight and continue into the afternoon which made us make the decision to close campus," explained Proctor.

When snowfall continues throughout a day, keeping campus clear can quickly become an impossible task. Crews find themselves removing snow only to have walkways buried again within an hour.

The most recent snowfall, which accumulated over Sunday evening into Monday morning, was a much more simple kind of snowstorm,

having slowed to a near stop by morning. But crews found themselves under-staffed, expecting only an inch of accumulation, the crew arrived at 5 a.m. with only seven people and was met with five inches of snow.

"We were a little unprepared," said Proctor, "We did the best we could and it worked out."

At least twice before crews had come in early in preparation for removal, but had their plan foiled by mistakes in weather prediction.

"If we're going to make a mistake, we try to have the crew here instead of bringing no one in early," said Proctor, "We err on the side of caution."

## From, Bangladesh, A8

At The First National Convention on Rivers, he organized and led workshops which separated citizens of Bangladesh representing 170 rivers into six groups representing different areas of Bangladesh.

The workshop attendees came to learn ways they could prevent water degradation and maintain a healthy environment.

"We tried to identify what they conceive as the major problems for their area," said Khalequzzaman. He says that the environmental degradation in Bangladesh is even worse than that of Pennsylvania. He added that individual knowledge brings awareness and the



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Love,  
*Erin & Sarah,*  
News Editors

# City council welcomes youth in new ordinance

**Sarah Wojcik**  
News Editor  
swojcik@lhup.edu

Rick Harvey, a member of Lock Haven city council and a student at LHU, is no stranger to bridging gaps between students and community. In an ordinance passed unanimously Monday evening during the city council meeting, the council decided to extend their reach to local high schools by creating an additional seat on the council for one qualified student.

Harvey credited Mayor Vilello with suggesting the program that would allow a high school student to sit on the council and act as a representative for the youth of the community. The student will have no voting power, but will be able to make his voice heard on issues that might affect him and his peers.

"It's a great idea because the student gets to have a voice, sit at the table, and still give their opinion on things - which is just as important [as voting]," Harvey explained.

Though the council considered adding another seat for college students within the community, the idea was shelved during the final decision.

"We chose to go the high school route," said Harvey, "because college students have the right to run for a position and be elected."

For this reason, college students are not exempt from city council involvement. In fact three seats will be up for election this November and students registered in the

city are able to run for one of the positions, and are encouraged to do so by Harvey.

Being involved in local politics is, for Harvey, an issue he cares strongly about.

"I can't iterate this enough: college students should register to vote here because this is where they'll be living for the next four years."

In the meantime, the added "junior" seat on council will help to ensure that local youth have a voice on the council.

The high school student that may be chosen for the position must live in the perimeter of the city school district, which will encompass the Keystone Central school district.

Harvey said that the council plans to prepare a packet for the school specifying what they expect of the student candidate. Guidance counselors are likely to be one of the main pathways that members will travel through to find the right student for the job.

Harvey has his own opinion on the grade level that the council should try and pull from.

"I would like to see us choose high school juniors," Harvey said, "because of the fact that if you get a junior to sit on the council they will be getting solid experience and then be more involved during their senior year and better prepared for college."

In his hometown of Philipsburg, Harvey participated in a similar program that gave him a head start on his political career.

Besides the fact that the experience would be inval-

able for the lucky student, Harvey maintains that it would also be extremely advantageous for the community.

"It's always good to have a new perspective on decisions made in the community. We tend to forget that a good percentage of our constituents are under 21," said Harvey.

Some students, high school and college, attend city council meetings depending how important the issue at hand might seem, but many decisions are made all the time that affect youth, many of which they are unaware, according to Harvey.

Students won't have to endure as up hill a battle as Harvey waged in his campaign for a city council seat, but they may feel the pressure of competition. And while the extra pressure may be nerve-racking for students, it will help them in the long-run, in Harvey's opinion.

"We still want to encourage students to give it their best," said Harvey.

Requiring interested students to write an essay detailing why they want to be a part of the program and why they are qualified will push students to learn to market their qualities to vying colleges or employers.

The city council hopes that the junior seat will be a mutually beneficial gain to both student and community. The first person in the seat will undoubtedly set precedence and may re-open the possibility of a college seat similar to that of the high school one, according to Harvey.



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We will continue to interview until all positions are filled.

Cal U is M/F/V/D/AA/EEO

**If you are interested in running for City Council, pick up a petition at the County building downtown and obtain 10 signatures within the next week.**



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Trail's End Camp in PA is looking for male and female Specialist Counselors - baseball, lacrosse, gymnastics, golf, cheerleading, tennis, outdoor adventure, mountain biking, dance, waterfront, bookkeeper and web.

Male Bunk Counselors available; June 17th - August 12th

ONLINE APPLICATION!  
[www.trailsendcampjobs.com](http://www.trailsendcampjobs.com)

### Camp Counselors Needed!!

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A co-ed resident camp in the Pocono Mountains of PA, seeks General Bunk Counselors, Athletic, Waterfront, Outdoor Adventure and Art Specialists. Join our staff from around the U.S. and abroad and have the experience of a lifetime! Good salary and travel allowance. Internships encouraged. We will be on campus Monday, February 26.

To schedule a meeting or for more info, call toll-free 800-832-8228, visit [www.canadensis.com](http://www.canadensis.com) or e-mail [info@canadensis.com](mailto:info@canadensis.com).

### The Clinton County Children's Festival will be held in Thomas Field House on Saturday, April 28, 2007.

For more information, call Dr. Punnipa Hossain at x2167 or Dr. Zak Hossain at x2133.

### STUDENTS: Scholarship Available

Do you plan on attending LHUP, Penn State (including PA College of Technology), Lycoming College, Bucknell University or any of their branch campuses for the Academic Year 2007-2008? Are you a graduate of Clinton or Lycoming County high school in Pennsylvania? If so, you are eligible to submit an application for a Mary Ann Fox Scholarship. Applications are available in Office of the President in 202 Sullivan Hall. Deadline for the return of applications is April 10, 2007.

### Help Wanted!!

Student with Website Design knowledge. Website is started but needs to be completed with links, etc. Will discuss pay at time of phone call. Please call Vicki 748-2422

### Help Wanted!!

The women's lacrosse team needs the assistance of two people.

One person to video tape home and away games. This person should be willing to travel to some or all away games with the team.

One person to take down stats for both home and away games. This person should have some knowledge of lacrosse. This person should also be willing to travel to some or all away games with us.

Both people may be ask to help in other capacities if necessary. Pay is negotiable for both video tapers and stats person.

If interested contact Erica Brown at [ebrown3@lhup.edu](mailto:ebrown3@lhup.edu) or 484-3014

### Off Campus Student Housing!!

Available immediately and second semester:  
\*Vacant bedroom in four-bedroom apartment, 2 bath, off-street parking, laundry facilities, \$285.00: includes water, sewer, trash, heat.  
\*Vacant three bedroom home, 1 and 1/2 bath, nice wood floors, off-street parking, \$330- three students, \$245- four students: includes water, sewer, trash, heat.  
If interested, call 726-4408 or 660-1379. Also ask about housing for the 2007-08

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### Four, Five and Eight Bedroom Houses for Rent!!

\*Very close to campus (no walk) and we also have a couple houses a bit further away, for those who enjoy that!  
\*All four bedrooms with phone, cable and lock key entrance, kitchens, living rooms, bathrooms, attics, basements, front porches, back porches, parking lots, and yards for barbecues!  
Please call: 570-726-7589

### Newly Remodeled Spacious Duplex Ready to Show For Fall

Newly remodeled, very spacious duplex with 4 bedrooms and 2 bathrooms on each side - ready to show now for Fall 2007  
Located 5 blocks from campus  
New kitchens complete with appliances  
All bedrooms have internet connection  
Off street parking and yard provided  
Laundromat is just a walk across the street  
Water, sewer, trash removal is included  
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We will rent the entire house (8 bedrooms, 4 baths) or half of the house (4 bedrooms, 2 baths), Whatever suits your needs.  
CALL 570-748-7001

### For Rent!!

Three bedroom, half duplex and four bedroom half duplex available June 1, 2007. Less than a mile from the university.  
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\*prime neighborhood  
If interested, call (570) 460-4726

### READY TO RENT FOR FALL

4 Bedroom House Located 2 Blocks from LHU  
Newly remodeled large kitchen complete with bar, stools and all appliances included  
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\$300.00 per person  
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### Student Rentals Available!

Now leasing for the Spring 2007 semester. One, two and three bedroom apartments. Most utilities included semester leases.  
Call DAVIS REAL ESTATE INC. at 748-8550 or email: [jenniferr@davis-realestateinc.com](mailto:jenniferr@davis-realestateinc.com) today for your personal showing. Some units close to campus still available!

### Student Rentals

Close to Lock Haven University  
\*2 student unit available  
\*3 student unit available  
\*4 student unit available  
Call Mary Ann 484-832-0986

### Brand New Houses For Rent!

Four bedroom houses, \$1300 in whole, \$325 per person.  
\*Includes heat, water, sewage and garbage.  
\*Brand new appliances, washer, dryer, refrigerator and stove.  
Call Ashley at 570-660-1104 for details & appointments.

### COLLEGE HOUSING!!

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### College Housing Available

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Heat and trash included.  
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Two (2) bedroom apartments located downtown Lock Haven.  
Spacious apartments includes...  
\*All kitchen appliances, heat, water and sewage.  
\*No pets  
For information and showings call Tony at (570) 893-6898

## PERSONALS

Big Wombat, You're amazing! Can't wait for the weekend with you! Let's get boys and chocolate cake! We will definitely get proof!!  
ZLAM, little wombat  
Roomie, We must get together soon, the brothel is starting to loose business. I miss you, especially when you sit in the sinks...  
ZLAM, roomie  
Little Kate, We need to do dinner sometime soon!  
ZLAM, Big Heather  
Brie, Thank you for helping me dig out my car. You rock Zeta Pal!  
ZLAM, Jenny  
Big Teddy Bear, Have a great week! Me love you long time!  
ZLAM, Little Courtney  
Merrit, Keep your chin up!  
ZLAM, Your Heart Sister



# OPINION



From our news room...

Issue of the week: Global warming

## Academy Awards 'go green,' hope to set environmental example

Today is the day. Not yesterday; not tomorrow; not next year. Today, in this very moment, is the time to change.

More specifically, it's time to transform the way we treat the earth. The issue of global warming and carbon emissions should be at the top of every humans list right now.

Everyday, steps are being taken to reduce pollution of greenhouse gases, and increase awareness on the risks and inevitable consequences of global warming. Unfortunately, humans either do not care about these risks, or they do not realize how threatening and devastating these effects will be. So obviously, what is being done now is not enough.

The decision to modify one of Hollywood's largest and most prestigious award ceremonies in accordance to environmentally friendly standards was just one step in raising global warming awareness.

Academy Award winner Al Gore and nominee Leonardo DiCaprio boasted that for the first time in history, the Oscars officially went green. The ballots were produced from recycled paper, and the Governor's Ball apparently only served organic produce.

Energy was conserved, presenters and stars were escorted in hybrid vehicles, and the usual culprits of carbon emissions were able to feel good about themselves for a few hours.

This of course, was a fabulous decision on the part of the academy. Anytime a powerful organization flaunts the fact that they are practicing environmentally friendly tactics, it's bound to influence others to do so as well.

However, does anyone find it ironic that this speech by Gore and DiCaprio was presented to an audience that included some of the richest people in America?

Some of these wealthy celebrities are the exact epitome of the setbacks that those trying to conquer global warming are facing. Owning a personal plane and a garage full of flashy automobiles does not meet the standards of being green.

Fighting global warming

and reducing the effects that it will obviously cause, takes more than just a quick speech and some recycled pieces of paper. It's a change of lifestyle that every American needs to take part in. It's as simple as walking or riding a bicycle to the grocery store in town, turning off the light when a room is unoccupied, or buying a more fuel efficient vehicle instead of a needless SUV.

These small changes in ones lifestyle may not appear to make a large contribution to the fight against global warming. But in reality, if every single person on this planet joins together to make these easy everyday transformations, the effects will undoubtedly be substantial.

## 'March on Pentagon' demonstration urges those against the war to voice opinions

Nate Weaver  
Guest Writer  
nweaver@lhup.edu

After four years of military involvement in Iraq, little is being done to provide American soldiers with any sort of clear strategy. While President Bush insists that victory is our only option in Iraq, there is no clear way to define "victory," nor has there ever been.

Resources and intelligence are mismanaged by private contractors, which also rip off taxpayers billions of dollars each year, literally "making a killing" by putting their workers (American citizens) and our troops at risk. Let us not forget the lies and deception which put us in this mess to begin with.

Despite grueling civil war, over 3,000 U.S. soldiers killed, the death of hundreds of thousands of innocent Iraqis, and despite over \$300 billion being spent on this war with no end in sight and no bona fide exit strategy, nothing is being done to end it.

The newly-elected Democratic Congress promised to turn things around, but they have yet to make any significant contributions to the handling of the war in Iraq. President Bush seemed eager to incorporate the suggestions made by the Iraq Study Group deemed necessary for success, yet he now shows no intent of actually doing so. The president is still playing "cowboy politics," doing as he pleases, being the sheriff on the world stage with no accountability.

Without getting too deeply into the crisis in Iraq,

simply stated, this madness must stop! The good news is that each and every one of us can do something about it on March 17th, the last Saturday during LHU's Spring Break. I don't want to sound like a commercial, but I do want to tell you about a tremendous opportunity.

On Saturday, March 17, 2007, hundreds of thousands of average Americans just like you will meet in Washington, D.C. to march on the Pentagon to voice their opposition to the war in Iraq, to remind their leaders of who truly leads this democracy, and to fight for justice for the soldiers of the United States of America.

From personal experience, I can say that such protests/rallies are extremely empowering. It is the greatest opportunity to assert your democratic right to protest while meeting wonderful people at the same time. Of course, the main draw of a protest is the ability to make a huge impact on the world.

Does this sound far-fetched? For some of us, maybe, but it certainly is not. Sustained public opposition to government policies have produced huge progressive movements throughout history, and the youth have often been at the forefront of such extraordinary change.

Youth protest and action defined the tremendous cultural revolution of the 1960s, pushing through the Civil Rights movement and putting an end to America's most famous disastrous war, the one in Vietnam.

See, March, A7

## Positive thoughts for spring break produce greater rewards

Erin Hipple  
News Editor  
chipple@lhup.edu

With bathing suit weather just around the corner, college students both girls and guys alike are flocking to the diet shelves at Wal-Mart in hopes of losing those winter weight blues. However, skinny, beach-ready bodies are not always the highlight of every girl or guys' spring vacation.

The truth is, there are so many darn people out there on that beach in Ocean City or the Outer Banks that half the people won't even notice you're there! And besides, if you spend all day comparing your body to that of everyone else, you're bound to have no fun whatsoever.

Girls, if you have a boyfriend, 9 chances out of 10 he is with you because he loves the way your body looks. He loves your dimples, your freckles, your cow-lick

and your entire body in general! If not, it's time to start looking for a new man...

And guys, just because a girl wears a skimpy bikini along the boardwalk doesn't mean she's craving attention from the volleyball players with rock-hard abs, it just means she feels comfortable with your relationship and wants to show herself off for you!



Erin Hipple

And if you still continue to dread the feeling of the summer months when you are supposed to don tight, revealing shorts, curve-hug-

ging tube tops or even no top at all, just realize that fad dieting and weight-loss supplements are not the answer.

A typical weight-loss drug contains chemicals, hormones and other nasty ingredients that significantly alter your body's natural state of being. It's like polluting yourself!

Also, the side effects from diet pills and drugs can render more serious symptoms than you ever bargained for! Such indications include headaches, vomiting, dizziness, blurred vision, high blood pressure, fainting, irregular heartbeats, depression, anxiety, insomnia and even death! Now you won't be looking good on the beach if you're dead.

While some may feel that diet pills and diet foods may be the only answer to the terrible beach towel syndrome which is rapidly approaching, there are other ways that college students can feel good about their bodies without using the over-the-counter

poisons that former celebrities like Anna Nicole Smith so nonchalantly advocated.

For 99 percent of us out there, we are our own worst critics. We see what we tell ourselves to see. Know that when your friends approach you at lunch in Bentley, the last thing they're worrying about is that blemish on your nose, the extra five pounds you have gained and whether or not you'll look good in a swimsuit when you meet up over spring break in Cancun.

The truth is, worrying about insignificant details such as a 'perfect' weight or 'perfect' skin or 'perfect' hair only does one thing for you: it makes you continue to worry and put yourself down. If you think of your body as overweight or unattractive, then that is exactly how you'll perceive it.

But, if you give yourself compliments each and every day, you'll start to notice that there is beauty in everyone, and hopefully you're not the last one to realize this.

## Some like it hot, some do not

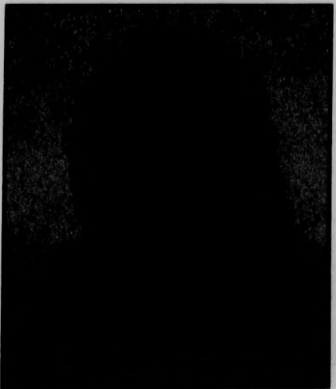
Dormitories becoming increasingly warmer during winter season

Danielle Tepper  
Staff Reporter  
dtepper@lhup.edu

Ah, winter. Snow, freezing temperatures, icy sidewalks and sicknesses that spread faster than you can say "cold." It seems every time the clouds start to recede and the sun pokes its head out to say hello, we wake up the next morning and LHU is covered once again in a fresh blanket of the white stuff. My complaint here is not the weather, because that obviously can't be controlled, but rather how the university tries to help us fight the freezing temperatures.

The majority of the dorms on campus are simply roasting. The heat is so high to compensate for the outside cold that it ends up causing possibly a worse problem.

The stuffy rooms are causing students to open their windows for a blast of cold air to create some sort of balance. This increases the opportunity for students to get sick from the mix of hot and cold air.



Danielle Tepper

I find the heat disgusting. It gets so hot to the point where I am sleeping in shorts with no covers on. The rooms are practically airless, and a fan does not help because all it does is waft the hot air around, not creating any

relief. Whenever I open the window for some fresh air, my roommate complains that it's freezing. We're in a constant battle over satisfying both our temperature preferences. I find myself walking around in a tank top and shorts while she has long pants on and is buried beneath her comforter.

Most of my fellow dormmates in McEntire feel the same about the heat. From the moment anyone walks in the door, they get smacked in the face with a blast of hot air, and it never gets better unless you turn around and walk right back outside.

So, what do you do when you are always hot and your roommate is always cold? What happens for the people boiling alive in the upper floors of their buildings? And when the mix of different temperatures combine to create a student body that sniffls and coughs 24/7, how do

the still-healthy people stay immune? Hey, here's an idea — turn the heat off!

The temperature is usually controlled from one room, and the vents don't close. The buildings are a warm relief from the outside to begin with; they don't need to be transformed into ovens. We all brought blankets to college for a reason; to keep us warm. We don't need to be baked alive in our rooms.

Even all over campus, there are buildings with thermostats that feel as though they are set in the eighties. Including Upper Bentley, creating a not-so enjoyable eating environment.

So what to do? Band together, and tell whoever is in charge that the heat is becoming unbearable. Hopefully they will remedy this problem and leave it up to us to keep ourselves warm.

## Letters to the Editor

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

Do you have something on your mind?

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

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

Write a letter to the editor.

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

Also include your year and major.

Send it to [lhueagle@yahoo.com](mailto:lhueagle@yahoo.com) with "Opinion Letter" in the subject line.



# OPINION

## THE EAGLE EYE

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## Sleep deprived students may seek dangerous energizers

**Stacy Lipson**  
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We function in a fast-paced society. College students, especially, are more likely to pull all-nighters, gulp down cups of coffee and pry their eyes open for a long all-nighter. The effects, afterwards, are obvious; the bleary, blood-shot eyes, slow cognitive processing and thought patterns all result from lack of sleep.

What if there was a new drug that was able to change all of this? There's a new trend on the market, and it's called CX717. Caffeinated drinks such as coffee and energy drinks are a thing of the past.

It's only a matter of time before college students are going to get their hands on the less than legal drug called Modafinil. Modafinil, first approved by the Food and Drug Administration for the treatment of narcolepsy, and sold in the U.S under the name Provigil, is quickly making strides as the first medication to eliminate your need to sleep.

Legally, it has already been used by the U.S Military for years to keep Air Force

pilots from falling asleep. Sufferers of sleep apnea and narcolepsy have also used this pill, and its effects have been described as "instantaneous, with the full-effects felt after one single-dose." Should Provigil be on the market as a "miracle-drug"?

What is so intriguing about Provigil is that its creator, Cephalon, is currently awaiting FDA approval for longer periods of wakefulness on one single dose.



Stacy Lipson

Provigil can be used for up to forty-eight hours, and its users report different side effects than those compared with caffeine. Caffeine side effects can include nervousness or irritability, trouble in sleeping, dizziness or a fast or pounding heartbeat. Provigil, on the other hand, include dry mouth, nausea, and

## Presidential race distracting from current world problems

**Chris Hoskavich**  
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The nation was captivated when Barack Obama announced that he was officially entering the race for the presidency of the United States a few weeks back. The questions immediately swirled: Is he experienced enough? Can he beat Hillary? Is America ready to elect a black man president?

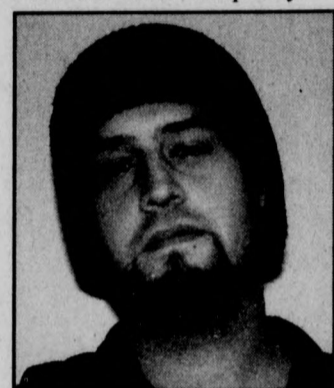
As the excitement began to die down and the first inklings of the sordid attacks that so characterize politics were mounted against him, I found myself asking a somewhat unanticipated question: What now?

Election Day isn't until November 2008 and the first primaries are still a year away. The new congress has barely had time to sell out its constituents yet and we're already focusing on whose running for president in '08.

I understand that it is an important matter and it certainly isn't a bad thing that people care about whose lead-

ing the country, but isn't it just a little bit early to start the campaigning? What's worse is that the '08 election is already being covered as though it were a vote for prom queen rather than for the leader of the free world.

Then again, how important is it to discuss defense spending when we can talk about Mitt Romney's religion or Obama's "rock star quality."



Chris Hoskavich

But when you think about it, you can't blame the media for not covering the issues. Your guess is as good as mine as to what will be the major issues of the day in a year and a half.

The most troubling aspect of it all, however, is that it reveals an underlying truth about our leaders that is both

frightening and embarrassing. This truth is that they care more about being leaders than about leading.

The presidency is the ultimate symbol of power in the U.S. The president is a modern equivalent to royalty in the way he is viewed. It seems as though he sits in his oval throne-room in a big white castle issuing his decrees.

Except, this is not a monarchy and we have three equal branches of government who are supposed to check and balance one another.

The current president and congress are going to be in power for two more years and there are monumental problems facing the country that must be resolved immediately. It seems to me a maddening waste for our most gifted leaders to spend the entirety of those two years investing inordinate time and resources in a death struggle for the office of president when they already have the means to confront these problems.

Already, 11 candidates have registered with the Federal Election Commission, nine have launched presidential exploratory committees and countless others have

expressed interest in running.

Just imagine the research, money and man hours that go into even one presidential campaign. Now imagine these same resources multiplied by over 20 and invested in finding a concrete resolution to Iraq, balancing the budget without massive tax increases and reforming the education system.

Politics has taken on the feel of pro football, with presidential elections being the Super Bowl. People back there team (or party) as a result of tradition, geography or good old-fashioned front-running and cheer them on through the big game. When it's over, they start talking about next season.

So, as CNN covers straw-polls and exploratory committees like the NFL Network covers the scouting combine, the people of America can stand around water coolers discussing which candidate has the best shot at winning it all.

At least it will keep our minds off of our government's inaction at preventing the impending disasters posed by the national debt, the terrorist threat and illegal immigration.

## 'Greek' life not all about partying

**Kara Wilt**  
Staff Reporter  
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When I was in high school, I never thought that when I got to college I would want to become Greek. I had seen all of the shows on television and all of the movies that depicted fraternities and sororities as mindless, bleach blond, muscle bound worthlessness. I did not know that this was just a stereotypical view. It seemed like high school all over again. I was so wrong.

On most campuses around the nation, Greek life is a major part of many students' college experience. In many cases they are actually the majority on the campus, and have a lot of control and influence.

Just two weeks ago, Penn State hosted THON; an annual dance-off that lasts for 48 hours. They raise hundreds-of-thousands of dollars every

year for families in need. The majority of the participants and the money raised came from Greek organizations.

Unfortunately, on this campus, that is not the case. Actually, it's just the opposite; we are looked down upon more often than not. We seem to have a terrible rap. There are many people here at LHU that look at Greeks in a stereotypical fashion. They seem to feel as if all we do is party hard and make our new members do our dirty laundry and eat mud off of our shoes.

This view was first brought to my attention one day in my Fundamentals of Public Speaking class. We were given the assignment of picking a topic for an informative speech and one of my fellow Greeks decided to do hers on our sorority.

The first step to our speeches was asking the audience different questions to get a better feel for how much they already knew about our topics. One of the questions asked was, "How many of you

think that all Greeks do is party and haze?" Almost every hand in the class went up. Then they were asked, "How many of you know that Greeks really have a philanthropy that they work for?" and almost no one's hands went up in the class. They had no idea that we really have a purpose and that we earn money for different organizations like the Robbie Page Memorial or for Breast Cancer.

These myths need, desperately, to be rectified. Firstly, we do not just party! That is a major misconception. I'm not going to lie, we like to have a good time as much as the next person, but there is more to our organizations than that.

Secondly, we do not treat our new members as if they are dirt. There are things that they have to go through that are part of traditions that have been carried out for years, but there is not really anything that would cause any permanent damage or even temporary harm.

In the past, there have been

Greeks that have misused their charters and in turn have lost them, but it is not like that across the board. Most of the things that new members have to do are fun and enjoyable.

If students, as well as faculty and staff members on this campus would look around them, they would realize that we are everywhere. We are always doing something around campus to earn money to support different causes around the nation and even to help the local community.

A few months ago we volunteered to help build the local elementary school a new playground and we are currently looking to spend some more time out and about in the community.

We strive hard to make everyone realize that we are not just airheads and that we work to things that are beneficial. We hope that all of the work that we do will not go unnoticed for much longer and that people will start to realize that we really aren't a bad group to be a part of.

<p><b>From, March, A6</b></p>	<p>Protestors will meet at the Constitutional Gardens, near the Vietnam Veterans Memorial, which is located at 21st St. NW &amp; Constitution Ave. NW in Washington, D.C. at noon on Saturday, March 17. This trip is being organized by the A.N.S.W.E.R. Coalition, known for planning such events throughout the past several years. A.N.S.W.E.R. is sponsoring buses all around the country</p>	<p>to drive citizens to Washington that day.</p>	<p>website of the March 17th rally, <a href="http://www.MarchOnPentagon.org/">http://www.MarchOnPentagon.org/</a>.</p>
<p>Many of today's circumstances in Iraq resemble those found in Vietnam, yet today, most of the youth seem to be apathetic, largely due to, I believe, our over-indulgence in the entertainment world and in the Internet.</p> <p>But none of that matters now. What does matter is that what you have been told is wrong; you can make a difference. You can be a part of the huge movement that is brewing right now to end the war in Iraq. All you need to do is come out for one day.</p>	<p><b>"Sustained public opposition to government policies have produced huge progressive movements throughout history, and the youth have often been at the forefront of such extraordinary change."</b></p>	<p>In Pennsylvania, so far buses will be leaving from Doylestown, Harrisburg, Philadelphia, Pittsburgh, Reading, Scranton, and West Chester on the morning of March 17. There are more buses announced in every state leading up to the event, so for more information, go to the official</p>	<p>March 17th promises to be an action-packed day filled with famous speakers, music, and of course, marching, chanting and protesting. Bring a friend. Bring peace to war-ravaged Iraq. Bring sensibility back to Washington. Bring our troops home safely.</p> <p>For more information, you can always email me or check out the event on Facebook at: <a href="http://lhup.facebook.com/event.php?eid=2232575807">http://lhup.facebook.com/event.php?eid=2232575807</a>. I hope to see you on March 17th!</p>

headaches. Scientists thus far have been examining the data on users of Provigil. In an article from Popular Science, "the drug works only broadly. Unlike traditional stimulants, users don't feel jittery or weird, just alert. And in experiments with CX717, sleep-deprived rhesus monkeys on the drug often outperformed their own well-rested but undrugged best efforts on mental-performance tests. Modafinil too."

Barbra Sahakian, a cogni-

tive psychopharmacologist at the University of Cambridge, has done several human studies that have showed the drug improved planning, concentration, impulse-control skills, and even memory.

How long is it before the overworked and overtired decide to eliminate sleep from their lives? Would society be more productive with less sleep? If society is on the road to eliminate sleep forever, how long is it until Modafinil becomes a thing of the future? How long is it until the nontra-

ditional student uses it to pull all-nighters and gain advantage over other non-users?

Provigil could be the next future pick-me-up, but should we really phase sleep out of our lives?

Once Modafinil is approved as a drug that can be used safely, there's no telling how many sleep-deprived individuals will flock to the shelves. Walk into any coffee shop anywhere in the world, and you will hear the orders for double lattes and four shot espressos.

Our society could be heading down a dangerous road. How long is it until Modafinil is approved in the workplace, and office workers are in a race to outperform their competitors?

Jonathan Moreno, a bioethicist and author of Mind Wars at the University of Virginia put it simply to Philadelphia Magazine, by saying, "Any worker could benefit...the incentives are ridiculous."

Would you try it?



# Haven Spotlight

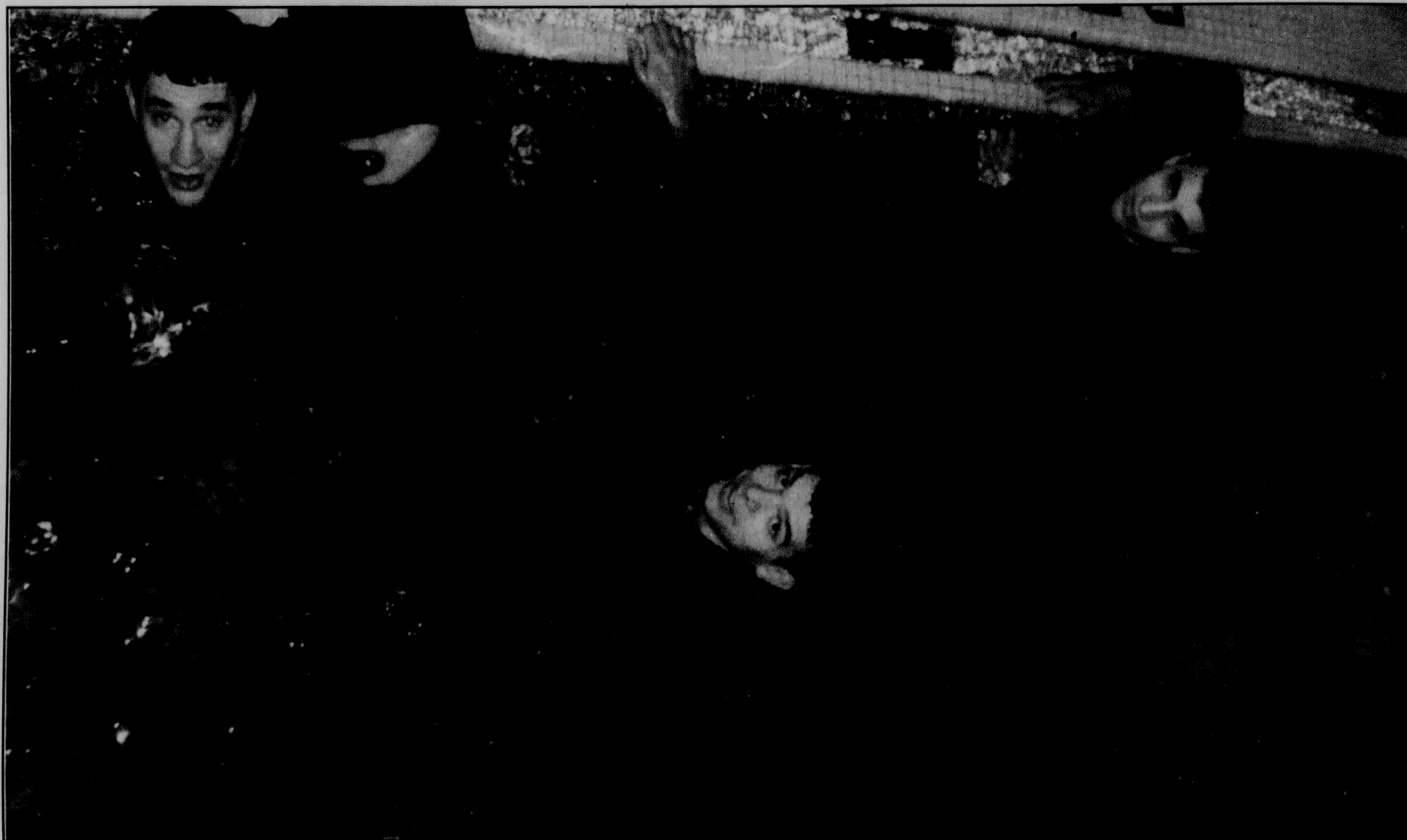


Photo and Caption Courtesy of LHU ROTC senior member, Michele Spangler

**On February 6th 2007, students in ROTC took to the pool in Zimmerli Gymnasium to conduct water survival training.** Prior to commissioning as a 2nd Lieutenant in the United States Army, students must pass a standardized swim test and a Combat Water Survival Test (CWST). The swim test consists of a 10 minute continuous swim and 5 minute continuous tread water. During the continuous swim, students may use any of four strokes including backstroke, freestyle, sidestroke or breaststroke. The CWST consists of 15 meters wearing the Battle dress uniform (BDUs, tennis shoes, Load Bearing Equipment "LBE",) while carrying an M-16 rifle. The second station is the walk-off a 3-meter diving board blindfold, while wearing the LBE and carrying a weapon, then swimming to the side of the pool without losing the weapon. The final station is called the ditch and don. This is when the students wearing the LBE and carrying the rifle must discard all equipment under water before surfacing. The Department of Military Science trains students to pass these events prior to their attending the Leadership Development Assessment Course at Ft. Lewis WA. More information about LHU's ROTC program can be found by visiting [www.lhup.edu/ROTC1](http://www.lhup.edu/ROTC1).

## Bridging the gap: Bangladesh, U.S.

**Stephanie LaSota**  
Opinion Editor  
[slasota@lhup.edu](mailto:slasota@lhup.edu)

Imagine the ecological consequences of packing half the population of the U.S. into a developing country slightly larger than Pennsylvania. For the citizens of Bangladesh, this situation, and the problems it presents are a reality.

Dr. Md. Khalequzzaman, LHU associate professor of geology and physics, says that people who live in Bangladesh must be especially careful to keep the country a livable environment. Khalequzzaman is a member of the Bangladesh Environment Network (BEN), which builds awareness and conducts research on the extensive environmental issues that his native country is dealing with on a daily basis.

He had the opportunity to present his research in Bangladesh at the National Conference on Energy on Dec. 22 and the First National Convention on Rivers on Dec. 23. Many of the ideas that BEN has are shaped by what the U.S. is doing now regarding environmental regulations and laws. Khalequzzaman says that his experience in the states acts as a bridge between the U.S. and Bangladesh.

"The environment is a connected issue all across the world, and I bring my experi-

ence here in Pennsylvania to Bangladesh," said Khalequzzaman. "It's the driving force of my foundation."

Khalequzzaman describes the geology of Bangladesh like that of Mississippi; large amounts of water are present. One major problem for the country is the amount of natural pollution, like the dangerous levels of the mineral arsenic that exists underground and is pumped into the water. According to the BEN's website, [www.BEN-center.org](http://www.BEN-center.org), the level of arsenic is more than 500 percent of the World Health Organization (WHO) recommended safe mark for over 80 million people.

Khalequzzaman says that most citizens of Bangladesh cannot afford the expensive filtration systems for their private well or water source. This leads to more water-borne disease, like dysentery, and higher child mortality.

Khalequzzaman focused his speech at the National Conference on Energy on the



potential dangers of coal-mining and the environmental issues it presents.

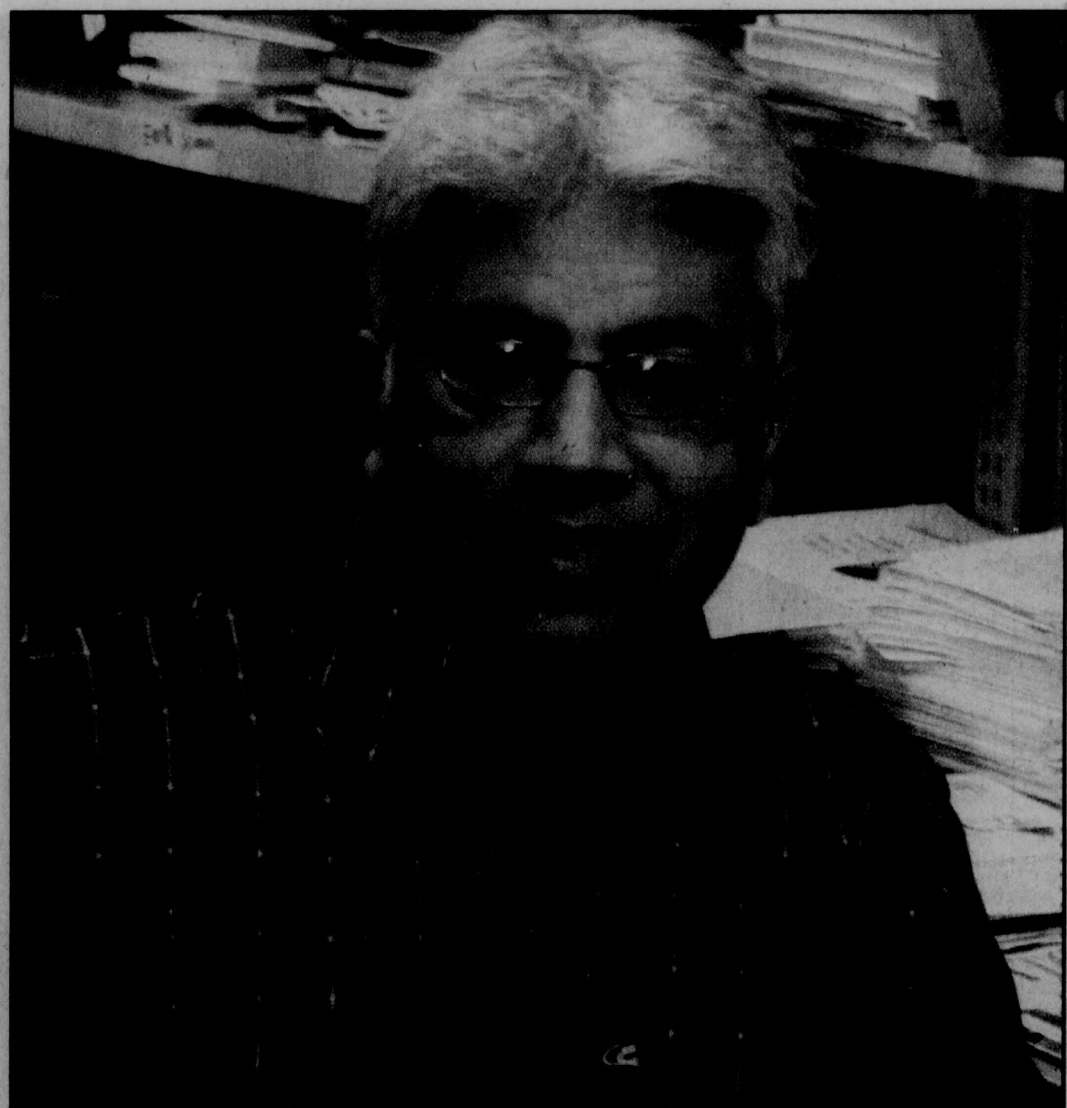
"My warning to the Bangladesh government was, first of all, that coal mining is extremely damaging to the environment," said Khalequzzaman.

Bangladesh is currently preparing to mine for coal as an alternative energy source and sell the mines to international markets for a profit. Khalequzzaman says that now only about 25 percent of the rural population in Bangladesh has access to electricity. But he warns that laws and regulations do not guarantee total safety, and that Bangladesh should move more cautiously toward coal mining.

"Even though we [the U.S.] have laws, we have extreme environmental degradation," said Khalequzzaman.

He said that Bangladesh needs to learn from U.S. mistakes. Acid Mine Drainage (AMD) is the number one water pollutant in Pennsylvania, polluting thousands of miles of rivers, and is caused by coal mining.

"They are hurrying it, going at a faster pace than they should be," said Khalequzzaman. "You have to give serious thoughts to the environment before doing anything. Now that we have experience, why make the same mistakes?"




Stephanie LaSota / Eagle Eye

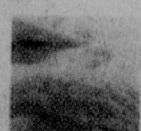
It is his experience with various organizations in Pennsylvania like the Beech Creek Watershed Association and the Sugar Valley Watershed Association that provide him with vital information that the citizens and government of Bangladesh need to hear.

"Our involvement is with the common grassroots people," said Khalequzzaman of BEN.

See, Bangladesh, A4



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Inside . . .  
Men's basketball  
wins final two  
games  
B2

# The Eagle Eye

Lock Haven University's Student Newspaper

Check out  
Features . . .  
The truth about  
Saint Patrick  
B8

## SPORTS AND FEATURES

Volume 65, Issue 6

www.lhueagleeye.com

Wednesday, February 28, 2007

### What's On Deck

Home &  
Away  
Winter  
Sporting  
Events  
Today

No Events

Thursday

No Events

Friday

No Events

Saturday

Wrestling @  
EWL Championships

Sunday

Wrestling @  
EWL Championships

Inside:

Boxers win  
three out of  
four bouts  
  
Swimmers  
compete at  
PSAC  
Championship

Baseball's  
offense off to  
strong start

## Track and Field take first and second

At the PSAC Championships the men's team took home first while the women earned a second place finish. Track and Field standout Ryan Blood was named the championship's MVP of track events

**Naja Thompson**  
Sports Reporter  
nthompson@lhup.edu

The Bald Eagles were flying high this weekend as both the men's and women's track and field teams took to the track on Saturday and Sunday at East Stroudsburg University for the PSAC Championships.

The men took the gold, while the women took an extremely respectable second place in the meet. On both the men's and women's side, there were many championship worthy performances.

By beating out Shippensburg University by 23 points, the men captured their fourth title, with the last title coming in 2004.

### Track & Field

"So many athletes contributed in so many areas. I'd have to say that the seniors were able to provide amazing leadership on both the men's and women's side, both in their events, and outside of their events," said Co-Head Coach Aaron Russell.

Being named the MVP of track events, and MVP of the overall meet, senior Ryan Blood did not let the Haven down at all. Blood broke his own PSAC record in the 3000 meter by more than 12 seconds, and also won the 5000 meter and shattered the old record by nearly 26 seconds. Making his name, along with the Haven's, in the record books twice.

"After that, I am ready to do something big at the NCAA championships meet," Blood said.

"Ryan Blood's MVP honors were well deserved. He's an amazing talent, and runs with great poise. He's come such a long way in the last four years, and he's earned a lot of respect

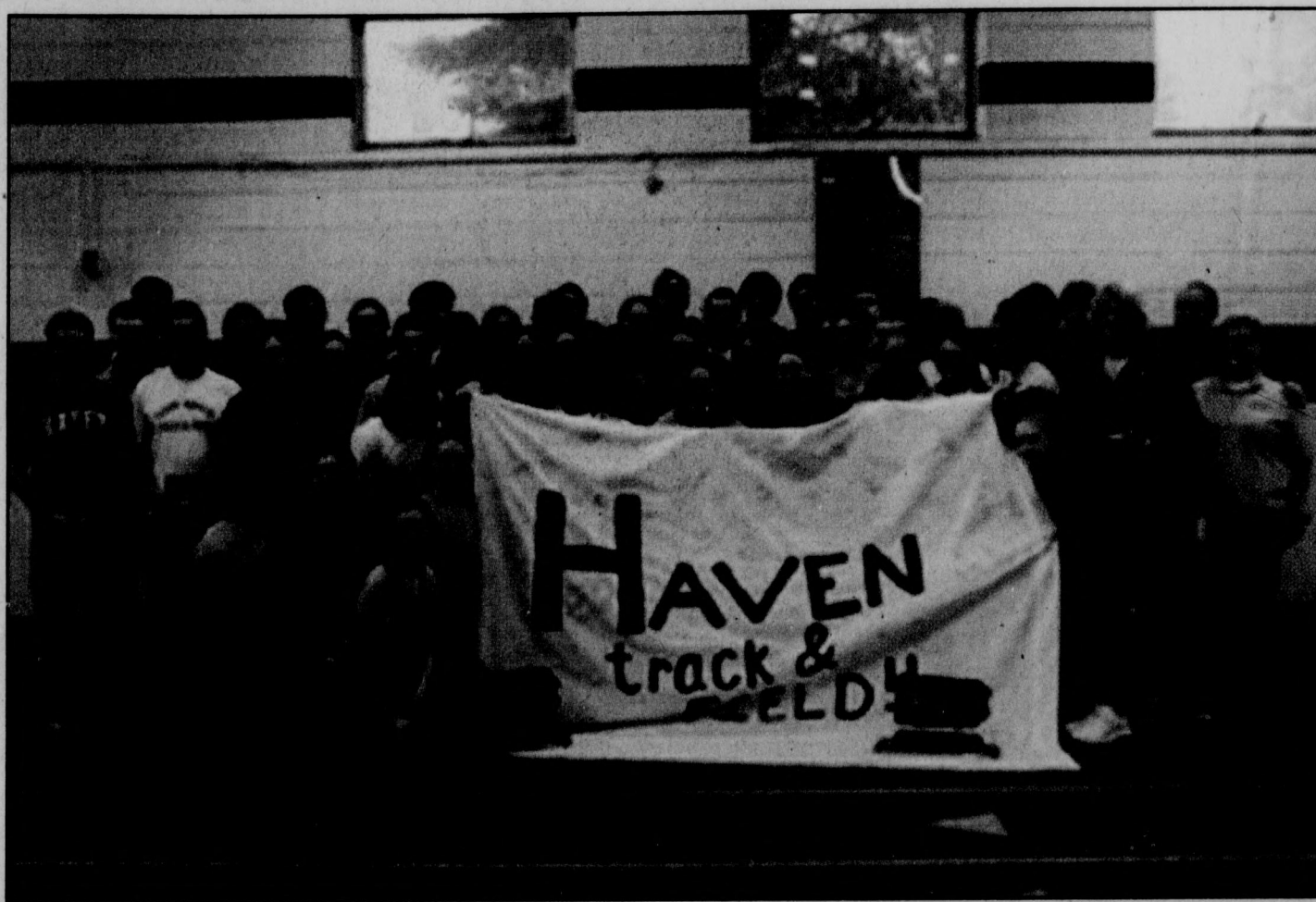


Photo Courtesy of Sports Information

The track and field team, seen above, posing with their trophies seized the day at the PSAC Championships. As the men took home first and the women captured second.

across the nation," said Russell of Blood.

Jim Dempsey snatched the high jump title with a jump of 6'10- 1/4". This marked Dempsey's third consecutive title, and gave him a shot at his third All-American Honors.

Also taking home a title for the men was Shawn Clancy. In the pentathlon he took total control of things and won a well deserved title.

In the 55 meter hurdles Paul Martin took the spotlight with his second consecutive title win. The time of 7.57 broke the school record, currently ranked him 8th nationally. On top of that, he took second in the 400 meter, which ranked him number three in school history. Also being impressive in also the high

jump placing 6th, and anchoring the third placing 4x400 meter relay team, Martin had many respectable finishes.

Winning the 4x800 meter relay with a time of 7:53.62, the quartet of Derek Weiss, Ben McConnell, Cory Spidell, and Brandon Pomerantz ran with fire.

The women, finishing second overall, made a lasting impression with the few athletes that they had.

Chelsea Morse brought some gold back to the Haven with her win in the high jump. With a jump of 5'9- 1/4, she is currently ranked number two in the country. This was a big win because it not only gave her a title, but also broke the old school record of 5'8.

Coming into the champi-

onships, Ashley Hartman had a frustrating season, but she stayed focused and covered seven races within the two day period. Picking up 21 team points, there was no sign of frustration.

The closest event for the women was the 4x800 meter relay. Being a race that the Lady Eagles were after all season, the victory was well deserved and fought for. With a time of 9:30.21, Alyssa Douma, Jessica Wooten, Theresa Gould, and Shala Simms teamed up to bring home the gold.

Also coming up big was Jennifer Andrews and Richelle Reed. Andrews took second in the shot put, and Reed second in the weight throw, sealing the deal for the second place finish

overall. "The teams entered the championships on a mission, and never lost sight of their goals," said Coach Russell. "They maintained a positive attitude and spirit throughout the meet that really pulled them through to the end results."

Next will be the NCAA Championships on March 9-10.

"We're taking the largest group in school history to the NCAA Championships, and we hope to have a lot of hardware to bring back home," said Russell of the upcoming NCAA Championships.

With the NCAA Championships being less than two weeks away, the anticipation builds all the way to the finish line.

## Lady Eagles upset No. 1 IUP in season finale

**Kris Glad**  
Sports Reporter  
kglad@lhup.edu

This past week the women's basketball team took to the floor for the final two times of the season as they hosted the University of Pittsburgh-Johnstown on Wednesday and PSAC West leader, Indiana University of Pennsylvania on Saturday.

The final game of the season was filled with emotion as five seniors took the court one last time wearing Crimson and White. On Saturday Jan. 24, they hosted Indiana University of Pennsylvania and made sure the seniors got one more victory at LHU.

### Women's Basketball

"It's something about winning. Whether it's the end, middle or beginning of the season," said Head Coach Valerie Curtis. "It not only feels good to end the season on a winning note but it also feels great to know that you beat the No. 1 team in your league."

Senior Shameka Lee took the tip-off to start the game. This was the first time Shameka was able to participate in a game since mid-

January. Lee was injured in January and while she didn't play much, the four other seniors made up for it as they scored 48 of LHU's 85 points.

Senior guard Elizabeth Gabrielle led the group with 20 points while going 12-of-14 from the free throw line. Forward Ginger Williams added 10 points along with nine rebounds while Candace Sillers contributed another 10 points. The final senior was Connie Derzack who had eight points and three assists.

While a chapter was ending for LHU women's basketball, another chapter just starting out made major contributions in the victory. Freshman Kristen Kudrick scored 21 points, which was nearly four times her season average, and had eight rebounds.

On Wednesday the Lady Eagles put on a good show but and played tough but still lost 67-59. By the end of the first half LHU trailed by only a point, but UPJ came out scoring 10 points. With some dominate performance LHU managed to cut the lead down to four with less than a minute to go in the game.

Gabrielle scored a team-high 18 points along with four steals, while Lopez put up 12 points along with three steals.

Kudrick dropped 11 points along with six rebounds. Lauren Kelshaw was the final Lady Eagle in double-figures scoring 10 points while Williams added a team-high 10 rebounds.

With her performances in the IUP and the UPJ games, Kudrick was named the PSAC West, Rookie of the Week.

"This season has been a learning season for everyone. We learned how to depend on each other and make sacrifices for the team," said Curtis. "When Shameka Lee went down we all had to pick ourselves up, dust off our boots and strap them back on. I think that we truly learned some life lessons this year that will take us far beyond basketball."

The Lady Eagles missed the playoffs by one game this year but will look to get right back into it next year as 10 players will return to next years roster including leading scorer Iliia Lopez.

"Some players have already come into my office to review film and talk about how to improve as a team for next season. The leaders are emerging and a team can do good things with good leadership," said Curtis.

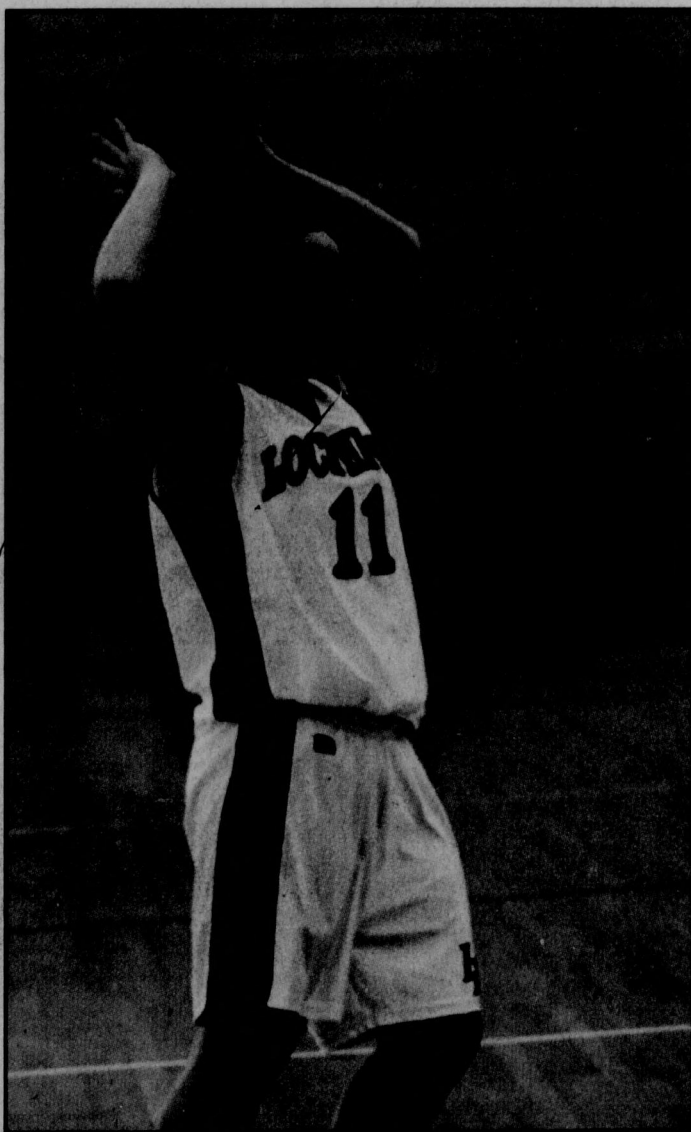


Photo Courtesy of Sports Information

Freshman Kristen Kudrick looks to pass to one of her teammates in a recent game. Kudrick was recently named Rookie of the Week.



## Basketball wins final two games of the regular season

**Brandon Apter**  
Sports Reporter  
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The men's basketball team finished their season with a record of 12-15. This is their best finish since the 95-96 season, falling just one game short of a playoff spot. They had a strong last week of games, as they upset Division II team, University of Pittsburgh-Johnstown and beating IUP for their season finale.

### Men's Basketball

Going into their season finale at home, the Haven had to beat IUP to keep their post-season hopes alive. It would be the last game for seniors James Chappell, Kranthi Senadhi, and Jason DeJesus. LHU beat IUP earlier in the season 66-61 so the Bald Eagles were looking for the season series sweep.

The game would start out as a close battle, with an early tie. The Haven then exploded for a run giving them a 21-12 lead with 12 minutes left in the game. Lock Haven would continue to shoot well as they

went into the locker room with a 13-point lead, 41-28.

The Bald Eagles struggled to get anything going in the first part of the second half. However, IUP came back to lead, 48-47. With five minutes and change left in the game, LHU tied it all up at 55 and after that it was smooth sailing as the Haven won, 66-59, doing their part to keep their playoff hopes alive. Their effort, however, was not enough as Clarion routed Slippery Rock the next day, sending them to the postseason.

Billy Arre led Bald Eagle scorers with 19, Chappell had 13, and Wilson netted 12. As for the other seniors, Kranthi Senadhi finished with two points and seven assists and DeJesus had 8 points and two boards.

Before learning of the Clarion win, and with their postseason destiny still in their own hands, Lock Haven looked to bring momentum into the match up against Pittsburgh-Johnstown earlier in the week.

Lock Haven would control the lead for the beginning of the first half but Johnstown

wouldn't let the Bald Eagles get away easily as Pitt fought back to lead by two at half-time. Lock Haven would not skip a beat, though; as they tied the game right back up in the second half and managed to take the lead for the majority of the second half until about the six minute mark. A couple of free throws would put UPJ up by two, but the Haven quickly took the lead back and were able to hold off a late spark by Pitt, winning the game 71-70.

Billy Arre had another solid game, scoring 23 and grabbing 12 boards. Justin Wilson tallied 15 points, while senior guard James Chappell contributed with 14.

"It is tough to be so close," said Coach John Wilson. "We put a lot of work into this season and I am proud of all of the guys on the team. We did fall a game short but this is a big improvement from previous seasons, and we look to continue our success next year."

This season was big one for the Bald Eagles, as they doubled their wins from the past two seasons, and the future could only get better for this young Lock Haven team.

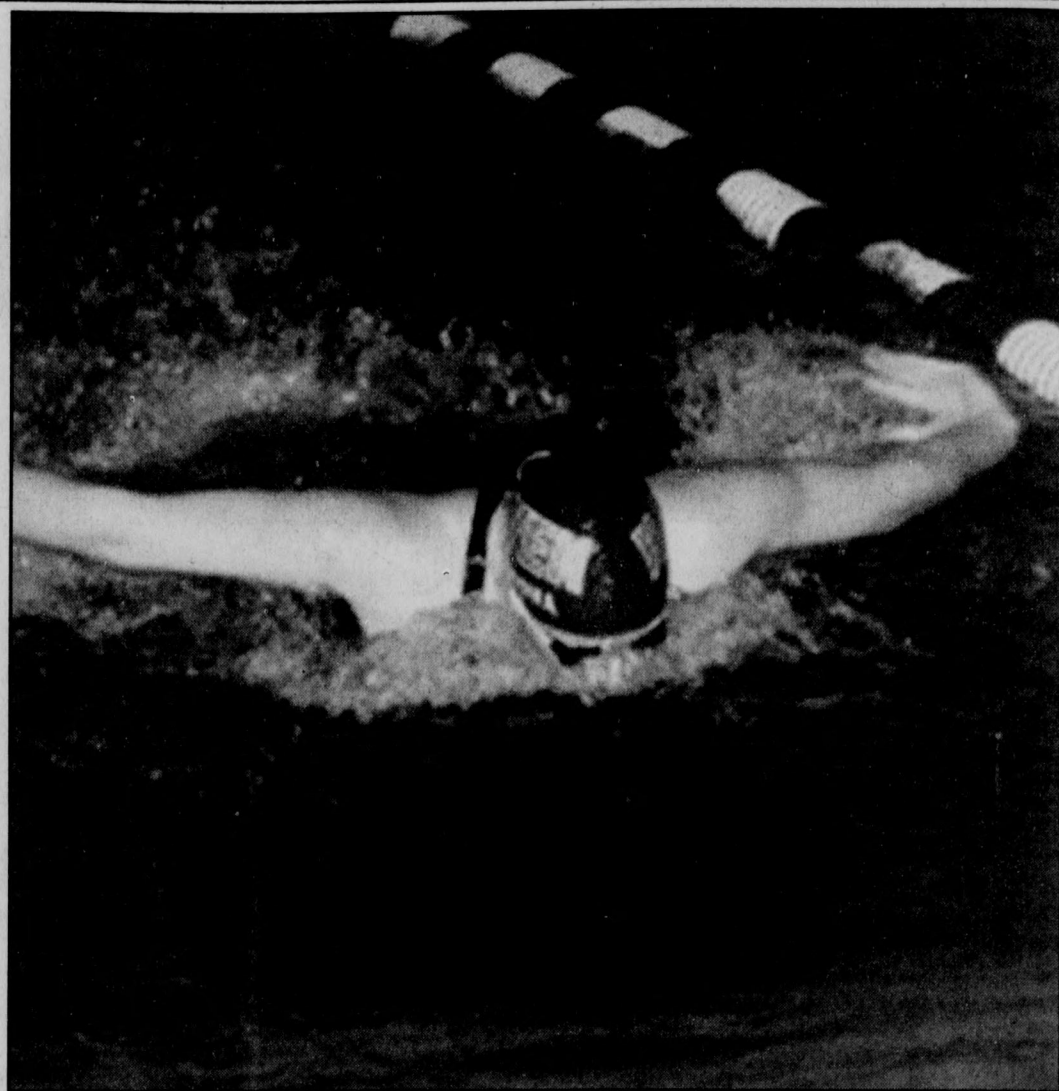


Photo Courtesy of Sports Information

**Gerda Smirnova, seen above,** was just one of the Lady Eagles to compete in the PSAC Championships. Smirnova's time of 24.14 was good enough to earn a second place finish in the 50 freestyle.

## The swim team places ninth at the PSAC Championships

*The team looked impressive and placed second among schools with women only rosters.*

**Garrett Graziano**  
Sports Editor and  
**Kris Glad**  
Sports Reporter  
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kglad@lhup.edu

This past weekend the swimming team competed in the Pennsylvania State Athletic Conference (PSAC) Championships and put up a couple strong performances along the way. It showed as the Lady Eagles finished in ninth in the tournament, but second in schools that had women only swimming teams. This showed how good they are as a team.

### Swimming

"This was a pretty good championship for us," said Head Coach Andy Waeger. "For the most part the women swam very well. Our seniors had great swims."

While talking about teams, in the 200-yard freestyle relay, the team of Gerda Smirnova, Diane Sujansky, Kelly Grieneisen, and Mary Ewanich finished eighth out of 13 with a time of 1:40.65. The quartet also took eighth in the 200 medley relay at a time of 2:00.52 and ninth place in the 800 freestyle relay with a

time of 8:06.54

Smirnova, Sunjansky, Grieneisen and Ewanich also earned a seventh place finish in the 400 freestyle relay with a time of 3:38.34 and lastly an 11th place finish in the 400 medley relay at a time of 4:13.94.

A conference championship is the last time for individuals to shine either for the year or for the collegiate career. Smirnova swam a time of 24.14 and took second place earning All-PSAC honors in the 50 freestyle. Her time of 21.14 was good enough to break a school recording, beating her earlier preliminary time of 24.19. The time is also a school record and almost made the NCAA "A" standard time. Gerda also took seventh in 100-yard breaststroke at a time of 1:08.09.

Her teammate, Sujansky came in sixth in the 50 freestyle with a time of 24.67. She also did well in other events as she took 13th in the 200 breaststroke with a time of 2:29.60 and 14th in the 100 breaststroke with a time of 1:09.87.

"Diane and Gerda were our top point getters and finished up their careers on a very high note. They will be missed dearly next year," said Coach Waeger.

Amanda Palmer also took part in the 200 breaststroke where she took 19th out of 26, with a time of 5:57.75, which was good enough for third on the all-time top-five in LHU history.

"Freshman Amanda Palmer proved to be a very versatile swimmer who made it onto our all time top 5 performances list in a few events this year," said Coach Waeger. "She has an outstanding work ethic and is one of our more coachable swimmers...this season will lay the ground work for a very successful season."

Amanda Palmer's preliminary swim in the 400 m of 4:57.75 moved her to third on the all time top five performance list.

LHU was very successful in the tournament. As they recorded seven LHU all-time top five performances and saw two school records fall compliments of Smirnova. Smirnova was named an All-PSAC performer after her second-place finish in the 50 freestyle.

Over the course of the season the swim team recorded 25 all-time top five performances, broke three school records, set four new pool records, one at both LHU and ESU and two at Cal. U.

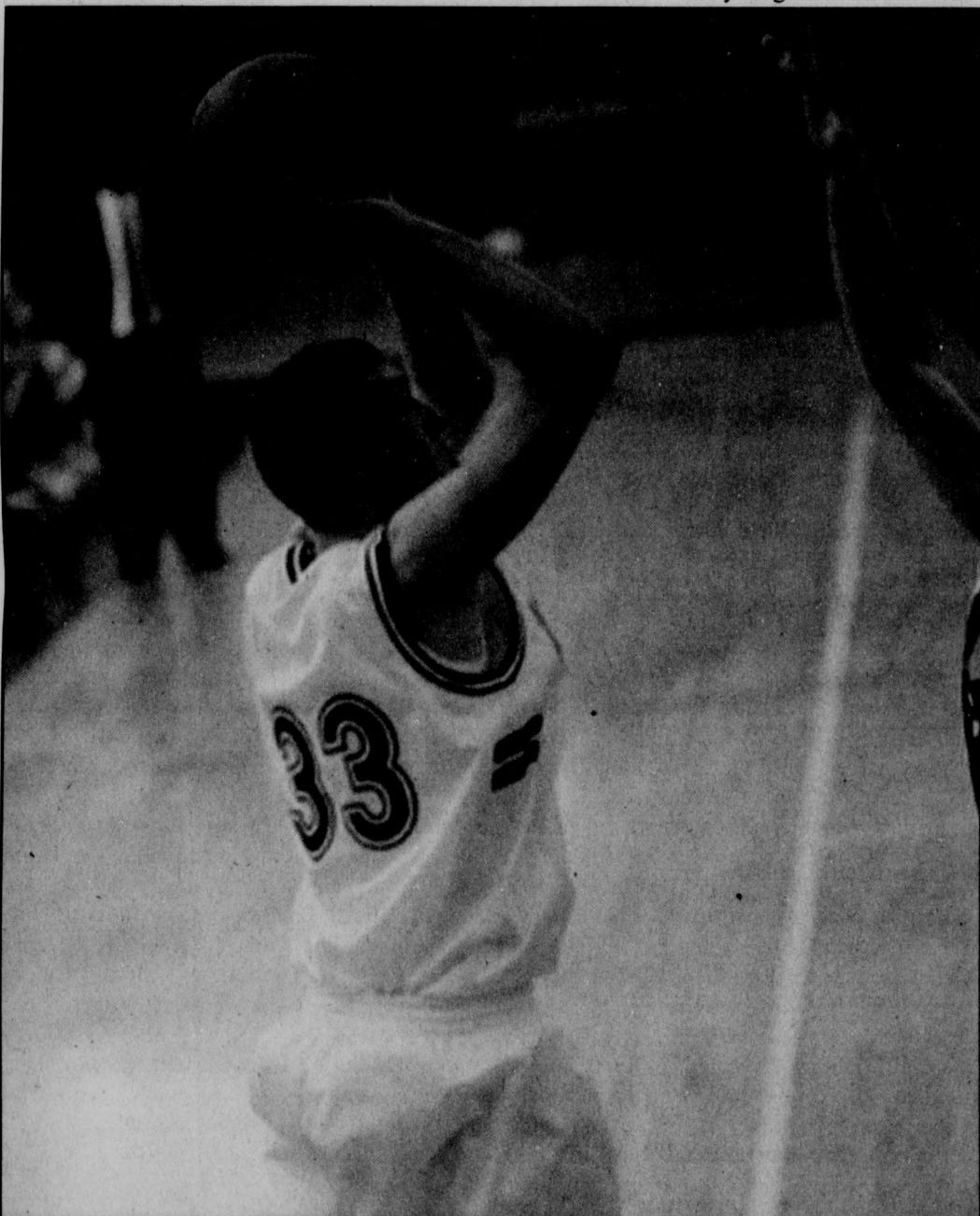


Photo Courtesy of Sports Information

**Billy Arre pulls up for a shot** against UPJ during one of the Bald Eagles last two games of the season. The team finished out the season with two wins and their best record in over a decade.

## Standouts emerge through baseball's early struggles

**Terrance Green**  
Sports Reporter  
tgreen@lhup.edu

The 2007 season opened up for the baseball team at the Builder Baseball Invitational last Friday in Hampton, Va. Lock Haven faced Bloomsburg University (2-0) and East Stroudsburg University (1-1) to open up the season. The Eagles dropped the first contest to Bloomsburg University 6-9.

### Baseball

In the tournament Coach Smokey Stover got great performances from sophomore Matt Palko who went 3-for-6 with a double and one RBI and junior transfer Tim Bremen who went 4-for-10 with two homeruns and four RBIs. LHU's defense came to play as the Bald Eagles only committed two errors and had an impressive .973 fielding percentage.

Junior Patrick Young got the nod to open up the season as he went 3.1 innings giving up four hits, four runs, and sat down five. In for relief was freshman Kevin Gordon who went 4.2 innings giving up six hits, four earned runs, and sat down one. Gordon was delivered with the loss, his first of the season.

Next up would be the Warriors of East Stroudsburg University. The game was full of clutch hitting from the Bald Eagles and it seemed as if the Haven would open up there season going 1-1, but the Warriors had other plans. Nine runs in the sixth inning put the dagger in the back of the the Haven as the Warriors came out victorious 7-13 to give the Lock Haven their second loss of the season.

The Bald Eagles would look to rebound from their earlier losses on the previous day as they were faced with another double-header last

Saturday. The two teams they battled were nationally ranked #7 Kutztown University (7-0) and the host of the tournament, Apprentice School (6-3).

The Haven put up a fight down to the last three outs, but the Bears of Kutztown University clawed there way to a 8-6 victory.

Next up was the host team, Apprentice School and they were not looking to go down on there own diamond. The game consisted of a lot of offense coming from both sides, but Lock Haven soon lost there way as they fell to the Builders 15-9.

The baseball team faced off once again against host Apprentice School on Sunday, but lost a close one in the bottom half of the last inning 18-19.

See, Baseball, B3

## Boxers take three out of four bouts

**Clayton Desmond**  
Boxing Reporter

The boxing team won three out of four bouts at the University of Maryland "Rumble in Richie" Collegiate Invitational, last Saturday night. Twelve schools from throughout the country participated on the 27-bout card. A large crowd supported the first competitive boxing held on the campus in over 50 years.

The Bald Eagles' Danny Marrero, 156, junior (13-6) scored an impressive 5-0 decision over UN-Reno's veteran Francisco Torres. Marrero out boxed Torres all three rounds to win the bout.

Teammate, Josh Mercado,

143 lb. senior, (24-7) scored a Referee Stops Contest - Retirement at the end of the first round when B.J. Richardson could not answer the bell for the start of the second round because of a cut over his right eye.

Mercado started quickly and had a strong first round and caught the midshipman with a solid right upper cut in the final seconds of the initial round to cause the damage.

Scoring a 5-0 decision was the Bald Eagles' Nate Van Tassel, 175 lb., freshman (4-0) who scored a close 5-0 decision over Gettysburg's Michael Delporte. The bout was close all three rounds with the former Red Land High School grad

holding on to win the close decision. The promising Van Tassel remains undefeated in his first season of competition.

The Bald Eagles lost one bout. In perhaps the most exciting bout on the 27 bout afternoon/evening card, Army's Steve Solaja scored a 4-1 decision over Aaron Lynch, 195 lb. junior, (4-6). The bout was close all three rounds, but the stronger Cadet finished strong to edge the Haven's Lynch.

The nationally ranked Bald Eagle boxers return to the ring wars again this Saturday at Gettysburg College (3-3-07). Seven boxers will travel with Coaches Ken Cox and Ken Cooper to participate on the 14-bout card.

### Sports Editors:

**Garrett "Ham Slap" Graziano**  
**James "The Instigator" Cooney**

### Sports Reports:

**Naja Thompson**  
**Kris Glad**  
**Brandon Apter**  
**Pier Salamone**  
**Terrance Green**



# On The Bench

## Not just an extra

**Adam Roberts**  
Staff Reporter  
aroberts@lhup.edu

At the age of 52 one of the NBA's greatest players that you probably never heard of died. Dennis Johnson, who was named to five NBA All-Stars games and was the 1979 NBA finals MVP, played for the Boston Celtics when the franchise was the team to beat.

Johnson was part of three championship teams including the 1979 Seattle SuperSonics and the 1984 and 1986 Celtics. Johnson was hailed for his big defensive guard play, while in Boston Johnson played alongside legends like Larry Bird, Kevin McHale and Robert Parish.

During his 14 year career, D.J. put up numbers that would usually punch a ticket into history and the hall of fame. But Johnson isn't enshrined in Springfield Mass., and that is arguably because of who he played with. Even casual basketball fans that don't recognize the name Dennis Johnson have probably seen at least one of his highlights.

In game five of the 1987 Eastern Conference finals at the Boston Garden the Celtics were down one to the Detroit Pistons with barely any time on the clock. Larry Bird came to the rescue and stole Isaiah Thomas' inbound pass. That is the part we've all seen. But the part we forget is who Bird dishes the ball to and sinks the game winning lay-up. Well, that was D.J. Now, I remember distinctly that Bird stole the pass, but I never took notice of the man who actually won the game. It is interesting to think who we would remember if the roles were reversed. What if on that

night Johnson swiped Thomas' pass and pitched it to Bird for a lay-up. Would Bird still be the man of the hour? My money is on yes.

Bird realized that D.J. was a phenomenal talent on the hardwood. He even called Johnson "the best I've played with." The most telling sign of Bird's compliment was that it came when the two were still playing together not after his death or even his retirement in 1990. So even though D.J. has the stats and the hardware to be mentioned among the NBA elite his name is only found on the lips of Boston fans and NBA historians.

The passing of Johnson can teach sports fans an important lesson. We watch team sports and often pick a favorite player. After those stars have been identified the other members of that team just become extras in a highlight clip. We need to realize that without players like Johnson who heavily contribute to their team, day in and day out those stars are nothing.

We have seen enough players with more talent in there feet than an entire roster flounder on poor teams while teams with marginal talent win championships. These are team sports for a reason. Idolizing incredible talent and skill isn't necessarily a bad thing, but as fans it is important to give credit to all those who contribute.

So next time you catch a game winning three look to see who set the pick to leave that shooter open. Pay attention to who makes a dunk after a break away to win a game. Give credit to those players who win games without TV commercials and a shoe deal. At the very least you will know the answer that sports trivia question if it ever comes up.

## The English do it better

**Garrett Graziano**  
Sports Editor  
ggrazian@lhup.edu

Did you ever think the way you do something is the pinnacle of excellence only to find out somewhere out there someone(s) is doing it ten times better than you could ever fathom? Yeah, me too.

Take for example, the English and their fanatical, sometimes radical football (that's soccer for you ignorant kids) fans. Those people blow any sports team's fan base out of the water here. I've honestly never seen a loyalty to a club like these people have.

Football, chanting, drinking and fighting seem to be what these people live for and to be honest I'm not too mad about it. I wish we had the passion here to simply hate someone because of their choice in sports teams.

Watch one match and you'll understand what I'm talking about. If the wind changes direction these people have a chant for it. It's an endless sea of drunks screaming their lungs out from the opening whistle to the last seconds an if that's not enough, just understand that somewhere in the stands lurks a violently enraged group of "lads" called a firm.

What's a firm, you ask? Well simply put they are a group of hooligans loyal to a particular team that looks to viciously confront the opposing team's firm or regular fan base. For example, as a BBC report stated, the Millwall firm is by far the most dangerous football firm in England, known to attack anything in opposing apparel.

Could you imagine a bunch of Eagles & Steelers fans having a scrap in a dark alley

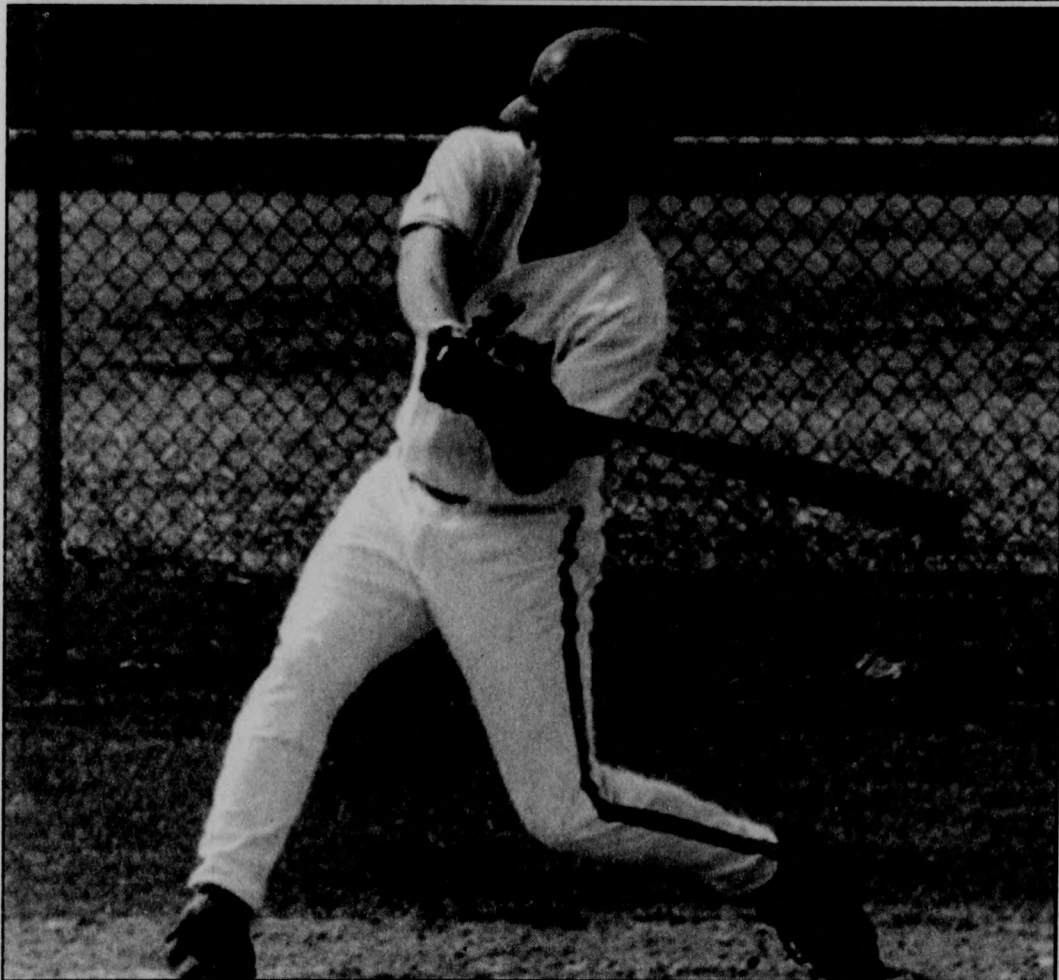
way somewhere in Lock Haven? In no way would I condone it, but it would surely add a certain excitement to every weekend.

I guess what I'm trying to say is that I'm a little jealous. Watching hooligan movies and the English Premier League for the past few months now has made me realize I need that certain element of danger, like being clubbed to a bloody pulp by a large group of angry men in designer clothing, in order to truly appreciate a sports team.

Just in case you are wondering, my new infatuation with the English Premier League grew from watching Green Street Hooligans (the only movie that makes Elijah Wood look like a man) and Football Factory, not too mention my new favorite channel, the Fox Soccer Channel. It's because of these three that I've decided to bother with American sports until our own brand of football is back.

I'm forever blowing bubbles  
Pretty bubbles in the air  
They fly so high  
Nearly reach the sky  
Then like my dreams  
They fade and die  
Fortune's always hiding  
I've looked everywhere  
I'm forever blowing bubbles  
Pretty bubbles in the air

This is a chant sung in Green Street Hooligans by the West Ham United Firm. The song is also streamed on the West Ham United MySpace fan page.



File Photo Courtesy of Sports Information

**Matt Palko, seen above,** went 3-of-6 with a double and one RBI. The Bald Eagles are off to a rough start but are looking to change their fortunes against Southwest Minnesota State University on March 10.

### From, Baseball, B2

The Haven managed to rack up a team total of 14 RBIs, five multiple base hits and an impressive team average of .447 at the plate while holding their opponent to a .390 average, it was still not enough to stop the late surge of the Apprentice School.

Leading the Bald Eagles was catcher Teddy Stake who went an eye popping 5-for-6 with one homerun and four

RBIs. Sophomore Zach Schuler went 4-for-6 on the day with two runs scored and one RBI, while fellow classmate Nate Roman went 3-for-5 with two runs scored and a solo homerun. Junior transfer Tim Bremen went 3-for-7 with three runs scored and two RBIs.

Freshman Jonathan Miller got the start for the Bald Eagles going 2.1 innings with a strikeout and four walks. The Bald Eagles then went to the bullpen and called in freshman middle reliever Erik

Christensen who went 4.2 innings with a strikeout and four walks. Getting his second loss of the season was junior Justin Miller who went 1.1 innings with a strikeout and two walks.

The Bald Eagles led throughout the game, but a late 3 run bottom of the ninth surge gave host Apprentice School its 19-18 victory. The Bald Eagles will pack their bags and head south to Fort Myers, Fla. to take on Southwest Minnesota State University (0-0) at noon on March 10th.

## Apter Hours

**Brandon Apter**  
Sports Reporter  
bapter@lhup.edu

Let's first see what is going in sports this week, before I do my video game review.

Spring Training games start this week for most teams, so I am sure people are looking forward to that, I know I am. The Phillies are against the Tigers this Thursday.

The NHL trade deadline is here, so teams will be looking to make some last minute improvements. The Flyers got goalie Martin Biron from Buffalo for a second round pick while the Penguins acquired Gary Roberts from Florida and Georges Laraque from Phoenix.

In the NBA, the Dallas Mavericks are on their third 12-game winning streak of the year. The Houston Rockets are now without Tracy McGrady for a few games with a day-to-day injury, which hurts them as Yao Ming has been out with a knee injury. The Sixers are no longer last in the conference as the Celtics have sunk below them.

Matt Kenseth won this week's NASCAR race at the California 500 and Ohio State in #1 in NCAA Hoops for the first time in quite a while.

Now, last week I went over what I thought were the best sports video games from back in the day, and during this segment of Apter Hours, I will do my top five sports games from today. Now, I own an Xbox 360, a PS2, and a Gamecube, so most of the games will either be from that or other systems I have played on. There won't be any repeats of games, so there will not be Madden 2007 for Xbox and PS2 at different positions. Here they are.

5. **NCAA Football 2007** (Xbox/Playstation 2)—I didn't really play this game that much but when I did, I had a great time. You could create your own player and help the college team that offered you a scholarship, to get to a bowl game or even the National Championship. You would go through IQ tests and workouts to see what schools wanted you the most. Once you pick the school you liked, you practiced everyday and made decisions that affected your campus popularity and GPA. Working hard to get your player to win the Heisman was challenging as well. This game had all of the essentials that Madden has, but it is at number five because I am not the biggest college football fan.

4. **Tiger Woods PGA Tour 2006** (Xbox/Xbox 360)—I never thought I would like this game, but I gave it a chance, and I was thoroughly impressed. I don't necessarily watch golf on TV, I think it is boring to watch, but this game is just very challenging and has a great single and multiplayer gam-

ing modes. You can create your own golfer and improve your skills to play in PGA tournaments and even play against big names like Tiger Woods and Vijay Singh. I know a lot of you will probably not agree with this pick, but the game has long lasting play and never seems to get dull.

3. **NBA 2K6** (Xbox 360)—I haven't gotten the chance to play the latest version of this game, but I really liked this year of the game. It didn't really improve much on the game modes from the Playstation 2, but the graphics blew me away. This was my first sports game for my 360, so I wasn't sure what to expect. I thought all the commercials for players' sweating was dumb until I actually saw the detail. This game has everything except for what NBA Live has, which is the All-Star game festivities. It has the game itself, but no slam dunk contest or three-point shootout. That really didn't bother me because I could play this game for hours and hours on end.

2. **MVP Baseball 2005** (Playstation 2/Xbox)—EA Sports had a very good game produced every year for Major League Baseball, and this was by far the best. They now only make college games every year, since someone else owns the MLB gaming rights. This game had fantasy drafts, owner mode, and home run showdowns. Not much more can be said. It was fun to play a season alone or play a game with a partner. Listening to player complaints and building team chemistry was part of the in-depth franchise mode that MVP offered. I have yet to try a 2K sports baseball game or MLB: The Show, because this game can't be beat in my opinion.

1. **Madden 2007** (Playstation 2)—I have this game for Xbox 360 as well, but is lacking some things that the PS2 version had. The main one was fantasy draft. On the Playstation 2 version, I always enjoyed drafting an all-pro team, and working my way through a number of years in franchise mode. The 360 version also lacks the newspaper, e-mail from the coaches, and EA Sports Radio. The Playstation and regular Xbox had the best version of this game. The Highlight stick was brought in, as you could take control of your halfback. Also, you could be your teams' lead blocker to make a hole for your back. The hit stick never gets old and never will this Madden franchise. I would be very surprised if EA sports did not add fantasy draft and other specs in next years game, but I guess we will have to wait and see.

That's all the time I got for this week, have a good break and keep your eyes for the next edition of Apter Hours.

Campus Village &  
The Wellness Center present:  
International Flirting Week  
February 23-29

Wednesday: Pick up line contest  
Thursday: Speed Dating  
Friday: Date Auction

Proceeds from the biggest flirt contest and the date auction will go towards the Russ Jameson Memorial Scholarship Fund.

If you have any questions about International Flirting Week, please ask an RA or just come down to the lobby to see what it's all about!



# 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		11:30-12:30pm Yoga Heather <i>*every other Friday</i>
5:00 - 5:50pm Step & Toning Lindsey	5:00 - 5:50pm Step & Toning Lindsey	5:00 - 5:50pm Step & Toning Lindsey	5:00 - 5:50pm Step & Toning Lindsey	5:00 - 5:50pm Instructor's Choice Teresina
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	

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

## Bouldering Clinic

Come learn how to boulder!!!!  
For those who are new to climbing or just want to learn something new. Learn basic bouldering techniques, play games and have fun.

**Thursday March 1st, 2007.**

6:30pm at the Student Recreation Center- Climbing Wall

Contact Eric Albitz- Ealbitz@lhup.edu

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

## SELF-DEFENSE CLASSES

JAN 28TH  
FEB 4TH, 11TH, 18TH, 25TH  
MARCH 4TH, 25TH  
APRIL 1ST, 15TH, 22ND, 29TH

SUNDAY 7:00-8:30PM  
SRC DANCE ROOM



Check out the SRC website for schedules, photos, policies and employment opportunities!

[http://www.lhup.edu/rec\\_center](http://www.lhup.edu/rec_center)



Derrick Brooks  
STHM 2000  
Corporate Sales Manager  
Philadelphia 76ers

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To learn more, visit us at [www.temple.edu/STHM](http://www.temple.edu/STHM) or join us for one of our upcoming Monday information sessions on main campus, 1700 N. Broad St., Room 412, at noon or 5 p.m..

March 12 | April 9 | May 7



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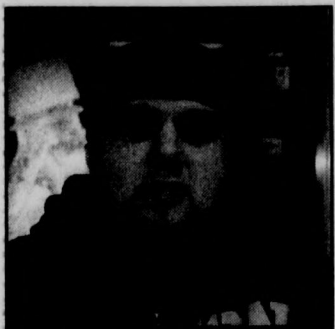
Add some Leadership & Excitement your life today! For more information, contact the Lock Haven Army ROTC at 570-893-2299 or visit <http://www.lhup.edu/ROTC1/>



# HAVEN LIFE

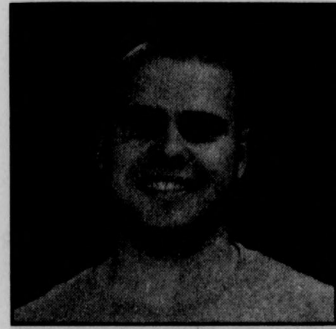
## ? Question of the Week ?

*What are your plans for spring break?*



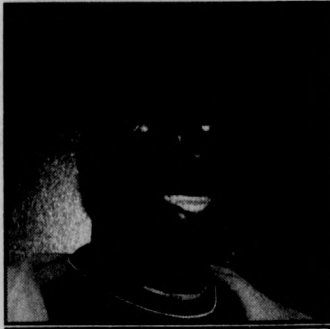
"To work and make money because I'm a poor college student."

Kyle Barna  
Junior  
History



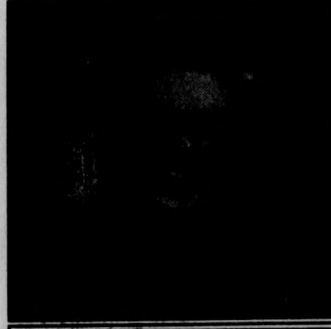
"Going to the Poconos to ski."

Nick Miller  
Senior  
Accounting



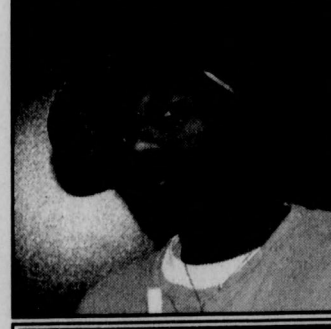
"Playing in an Extreme Scrabble Tournament."

Osafo Hamilton  
Freshman  
Psychology



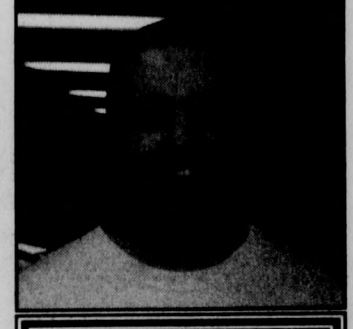
"Work a lot and relax."

CJ Martini  
Sophomore  
Management



"Hang out with friends and play video games on XBOX 360."

Vincent Goodwin  
Sophomore  
Psychology

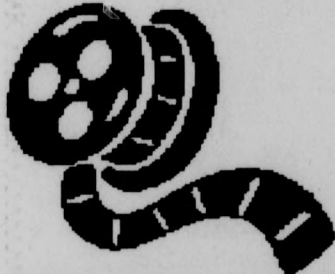


"Relax and hang out with friends."

Adam Fuller  
Junior  
Recreation Management

Compiled by

Campus Cable Channel 10 Movies 7:00 p.m. Wednesday, Feb. 28, 2007 - Tuesday, March 6, 2007



Feb. 28  
Employee of the Month

Mar. 1  
The Covenant

Mar. 2  
Running with Scissors

Mar. 5  
School for Scoundrels

Mar. 6  
Babel

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**Questions?**

**Contact William Dowd, [wdowd@lhup.edu](mailto:wdowd@lhup.edu), or Lyndsay Jasper, [ljasper@lhup.edu](mailto:ljasper@lhup.edu).**

From Celebrities, B6

Parents need to impress upon their children that this is not a lifestyle that they need to follow. These girls they admire have talent, that is understandable, but the way they live their lives is disgraceful.

Girls do not need to flaunt their too-skinny bodies to achieve recognition. Think of the talented young actresses and music artists who do not parade around, getting themselves pasted onto the cover of every tabloid each week: Rachel McAdams, Kirsten Dunst, Amanda Bynes, Aly&AJ and Cameron Diaz all fall into this category.

Or aim lower; think of Dakota Fanning, an adorable and talented girl who is actually the same age as the fans of the actresses who are continuing down a destructive path of setting the wrong examples for the next generation.

The media is obsessed with catching every wrong move these women make, and making sure the entire world

is privy to seeing it. All this is doing is saying that these are acts to be watched.

Does anyone ever consider that these women only act this way to gain the very attention they desire? Just once, I'd like to see someone noteworthy on the cover of a magazine or tabloid newspaper.

Who actually cares about what party so-and-so attended, or who created a little chaos by falling down drunk somewhere? I, for one, don't, and I find it highly doubtful that anyone else does, either.

Too often is this ridiculous celebrity behavior shoved in our face. Not only is it not necessary, but it also gives the impression that this is something to be watched or maybe even admired.

Little girls want to be these women, but for what reason?

Because they're pretty with make-up layered so thick, we don't know their natural skin tone? Because their glamorous clothing leaves practically nothing to the imagination?

Because they play funny

roles in a movie? Well, maybe that's our answer ... let the girls admire the characters, not the actual women. Hopefully, that way, the rich and famous of the future will keep a sense of decency.



Photos Courtesy of Google Images

**Hilton and Lohan pose for paparazzi in scantily clad clothing convincing many that skeleton-like figures are always in.**

## ANASTOS BROTHERS SERVICE CENTER

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- HAND WASH & VACUUM.....\$9.95
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- 4 WHEEL ROTATION.....\$10.00
- 4 WHEEL COMPUTER SPIN BALANCE.....\$19.95
- WINTERIZATION- Check Tires, Anti freeze, Hoses, Battery, Fluids.....\$14.95
- TRANSMISSION SERVICE.....\$75.00 & Up

- Computer Diagnostic Service • Full Engine Service
- Full Exhaust Systems • Full Line of Brake Service
- Tires- Sales & Service

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# HAVEN LIFE

## Oscars, bash of year

## Celebrities outlandish lifestyles leaving teen America in shambles

**Jenny Charney**  
Guest Writer  
jcharney@lhup.edu

Since the first Oscar was given on May 16, 1929, the Academy Awards have made us laugh, cry, love, hate, learn a lesson about life and be thankful for something. They've also given us the chance to appreciate talent and beauty in films, as well as on the red carpet.

In the past 79 years, it hasn't changed.

sisted of many predictable wins as well as a few upsets. The most anticipated categories provided edge-of-your-seat excitement as the envelopes were opened and the winners announced.

Writer William Monahan received an Oscar for Best Adapted Screenplay for his contribution to the film "The Departed."

Thelma Schoonmaker was also awarded an Oscar for her role in Film Editing for "The Departed."

honor tonight tells me that it's possible," Whitaker said. "It is possible for a kid from east Texas, raised in South Central L.A. in Carson, who believes in his dreams, commits himself to them with his heart, to touch them, and to have them happen."

Alan Arkin took home the Oscar for Best Actor in a Supporting Role for his performance in "Little Miss Sunshine."

Abigail Breslin was nominated for her performance for Best Female in a Supporting Role but lost to former American Idol participant, Jennifer Hudson, for her role in "Dreamgirls." Hudson, a first time attendant and nominee, took a moment to let her dream become reality during her acceptance speech.

"Oh my God. I have to just take this moment in. I cannot believe this. Look what God can do. I can't believe this. Wow, I don't

know what to say but I thank you all for helping me keep the faith even when I didn't believe. Thank you and God bless you all," said Hudson.

A "Dreamgirls" medley, sung by Hudson and co-stars Beyonce Knowles and Anika Noni Rose, as well as musical performances by James Taylor and Celine Dion, gave the Oscars a more modern edge and provided a nice break in the four hour ceremony, of which only three were televised.



Diversity in the film industry was an ongoing theme throughout the ceremony on Sunday night, displayed by the cultural representation in the nominated films as well as in the audience.

Host Ellen DeGeneres had the opportunity to live her childhood dream of hosting the Oscars and gave a light-hearted performance that filled the Kodak Theatre with bursts of laughter.

Another first for the Academy was its decision to "GO GREEN." Oscar telecast producer Laura Ziskin and the entire production team attempted to select supplies and services with sensitivity toward reducing the threats of global warming.

Former Vice President, Al Gore, was present to further advocate Global Warming awareness, which he has been involved with for the past 30 years.

The timeless night con-

But the honors for "The Departed" didn't stop there. Martin Scorsese was given an Oscar for his skills as Director of the film and Graham King, Producer, took home the Oscar for Best Picture.

The Nominees for Best Picture included the films: "The Departed," "Letters from Iwo Jima," "The Queen," "Babel" and "Little Miss Sunshine."

The Oscar for Actor in a Leading Role was given to Forest Whitaker for his role in the film "The Last King of Scotland." Whitaker gave an emotional acceptance speech that had the crowd on their feet as he exited the stage with the infamous statue.

"When I was a kid, the only way that I saw movies was from the backseat of my family's car at the drive-in. And, it wasn't my reality to think I would be acting in movies, so receiving this



Photos Courtesy of Oscar.com

Ellen Degeneres, Forest Whitaker and the gals of "Dreamgirls" all were present for the 79th annual Academy Awards.

**Danielle Tepper**  
Staff Reporter  
dtepper@lhup.edu

In the wake of the Grammy and Academy Awards, the ever-popular issue of celebrity influence on today's youth has risen once again. Too often lately, we see famous females strutting the Red Carpet wearing little besides scraps of cloth covering their bodies.

These sex icons are supposed to be the role models for little girls ages ten through sixteen, and it seems apparent that these women do not realize the effect their life choices have on their young fans.

Today's teen idols include Britney Spears, the Olsen twins, Paris Hilton, Lindsay Lohan and Hilary Duff, among others.

Most, if not all, of the above, have checked themselves in and out of rehab, have had an eating disorder or have been guilty of one misdemeanor or another. With that being the case, what message are they sending their fans?

Lindsay Lohan grew from a freckled, fun kid in "The Parent Trap" to a pole-dancing party girl. Britney Spears transformed her Louisiana innocence into scantily clad, lip-syncing antics.

Christina Aguilera, who, although is looking more respectable lately, still has lyrics like, "Sweet sugar

candy man/He's a one stop, gotcha hot, making all the panties drop/Sweet sugar candy man/He's a one stop, got me hot, making my cherry pop/Sweet sugar candy man/He's a one stop, get it while it's hot, baby don't stop!"

Adolescent girls listening to these words are being taught about sex from women who consider sex a main component in their daily lives. When was the last time any of them had a steady relationship?

Britney was married for all of a day her first time around and another ex-husband and two babies later, she still isn't doing so well.

Lindsay Lohan and Hilary Duff have a history of fighting over the same men and who ever wins usually doesn't stick around long.

What is it about life in the spotlight that creates such careless sex-driven idiots? Perhaps the question here isn't so much, 'why do they act the way they do,' but 'how can we prevent today's youth from copying what they see?'

This is, of course, up to the parents.

Adults are panicking, hoping their children do not pick up on the lifestyles of our society's rich and famous. (Although perhaps a better catch-phrase would be "society's conceited and skanky.")

See Celebrities, B5

## DO YOU WANT TO HELP BEHIND THE SCENES AT THIS YEAR'S SPRING CONCERT?

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AND  
TEAR DOWN



# HAVEN LIFE

## Mother's meddling leads to love

**Nicole Pinto**  
Staff Reporter  
npinto@lhup.edu

I highly recommend that you watch this movie, girls, "Because I Said So."

However, this movie may not be one you may want to take your guy to. Out of the 20 or so people in the movie theater at Penn State last Saturday, there was not one guy in the whole theater.

It was the perfect way to spend a girls' night out. You may especially enjoy this film if you go to school far away from your mother, or I guess, if your mother is close by, you may appreciate watching Daphne Wilder (Diane Keaton) smother her daughter Millie (Mandy Moore) even more.

The plot of this story is simple and very easy to follow, with a great cast of women in Hollywood. Daphne is a mother who cares a little too much for her youngest daughter, Millie.

Millie's two older sisters, Maggie and Mae, played by Gilmore Girls' Lauren Graham and Coyote Ugly's Piper Perabo, get married and pregnant while Millie focuses on her career and has no love life at all.

Millie has a wonderful catering business and is not too worried about finding someone at this moment in her life. While having her own business in her early twenties is a huge accomplishment, her mother is worried that Millie will end up alone like herself. Daphne had to raise all three girls on her own, which has made her more than protective.

Daphne pushes the limits to mother daughter love and creates a personal ad online, seeking a partner for her daughter. She coincidentally meets a jazz singer, Johnny (Gabriel Macht), in her search. Then, after giving up hope, she meets a guy named Jason (Tom Everett Scott), who matches her ad descrip-

tion perfectly.

Millie winds up dating both of the men her mother intentionally and unintentionally set her up with. Daphne is scolded by the oldest sister, Maggie, who is a psychiatrist, but she proceeds to meddle in Millie's life.

This back and forth between the men and Millie's mother creates a whirlwind and comedic feud in every scene. It even starts to seem like Daphne is dating Jason herself.

This is a must see that any woman on this planet who wanted to ring her mothers neck for snooping around in her business should watch. I almost wanted to punch Daphne in the face myself and scream at the screen in the theater, "WHAT are you doing?"

Diane Keaton does an excellent job at portraying an overbearing mother, which really makes you get into the movie. It is funny, heart-



Photo Courtesy of Google Images

**Overprotective mom, Daphne Wilder (Diane Keaton), sits with indecisive daughter, Millie (Mandy Moore) in the movie "Because I Said So."**

warming, lusty, frustrating, and even sad at some points in the movie. This really is a roller-coaster-of-emotions type of movie, which could explain why men don't go to see it. It is everything a

young woman in love truly goes through.

I'm not going to give away the ending, but it teaches you to love your mother no matter how much she pushes you. It is the truth that moth-

ers are sometimes overbearing and very protective, but are truly only trying to help because they love you. I know I called my mom right away after watching this movie.

From Break, B8

erties have since served as a stagecoach tavern, professional offices, a primary school, and now a distinctive bed and breakfast," states the website of the Grape Arbor Bed and Breakfast in North East, PA.

The inn consists of two side-by-side mansions with affordable rates and there is plenty of local shopping and sight-seeing. The inn is only 15 minutes from Erie, PA.

If you're staying in Lock Haven over break, VisitPA.com also has a Central Pennsylvania road trip guide which covers area from Altoona to Hershey. There is a whole page dedicated to State College attrac-



tions from the Bryce Jordan Center to the Penn State Creamery.

VisitPA.com offers a plethora of ideas for easy and affordable Pennsylvania travel. The site has a lot of options geared toward college-aged travelers. This site is great for getting travel ideas and finding hotels, restaurants, and other attractions during a trip.

They even have a discounts page, which they offer to "save you time and money by delivering goodies that are related to your interests — stop researching and start enjoying the State of Independence!"

Get the most out of this spring break by taking a trip that you normally wouldn't. Research Pennsylvania attractions and you may be surprised by what you find.

Even if you just spend the day skiing in a new place, touring a museum, seeking out the less traveled Pennsylvania areas, or go spend a night at an interesting place, you'll have a spring break well spent.

There are lots of places to travel in Pennsylvania which lead to other adventures. Like the VisitPA.com homepage states, "You can't take a wrong turn in the State of Independence."



Photos Courtesy of Google Images

**East End Brewery and Grape Arbor Bed and Breakfast both serve** as excellent local, inexpensive excursions for spring break to take into consideration this year.

## 2007 Spring Concert

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# HAVEN LIFE

## Season opens with splash

**Adam Roberts**  
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Caution- You may get wet watching "Beyond Therapy" and/or reading this article.

Even though it is more likely you will get wet at one

of the four showings of Christopher Durang's "Beyond Therapy," be advised before you read on. And if you are wondering how exactly will you get wet, you'll just have to go to the performance to find out.

"Beyond Therapy" kicks

off the Spring theatre season today at 8 p.m. in the Countdown Theatre (Sloan 321). There will also be shows March 1, 2 and 3 at 8 p.m. Doors open at 7:30. Admission is free and seats are limited, so theatre fans are encouraged to arrive early.

A Curtain Talk will follow the March 1 performance, moderated by Dr. Dale Young of the Theatre Department. Those in attendance are invited to a discussion with the cast, director and designers.

"Beyond Therapy" is a comedy that takes place in the 1980s. That means patrons will get to enjoy the full effect of 1980s goodness that includes a geometric and abstract set as well as 1980s gear like bright bold colors and even shoulder pads.

It features a cast of six outlandish and over-the-top characters that are sure to keep the audience laughing throughout.

The story centers around the relationship of Prudence, played by Taylor Gary, and Bruce, played by Jared A. Bassette. The uptight and neurotic woman and the brash, impulsive man meet through a personal ad placed by Bruce. After their

blind meeting ends with both feeling far from in love, they go to their therapists. Fate and the advice of those therapists Charlotte (Erin Salvati) and Stuart (Mike LaFuria) lead to the two loony lovers to meet again.

Junior Theatre Major Jaime Torley, who is directing the production, calls the characters both true to life and ridiculous.

"It's an absurd comedy, but it's realistically absurd," said Torley. "You know these people. You are these people. You've been on that bad date."

Taylor Gary who plays Prudence, the lead female role that Torley describes as "a paralytically insecure girl," has found both difficulty and joy in the role.

"I can sympathize with her and I really enjoy her dialog with everyone," said Gary. "I'm a fairly confident person, I can look at people in the eyes; I'm secure with who I am and she's not that way. So to pull on things that I don't really know exactly how to do, that's always difficult, but since I feel like there is a part of me in her or a part of her in me, I can make that connection."

Prudence is certainly not

the only character in "Beyond Therapy" who is a bit on the ridiculous side. The six person cast is rounded out by Andrew (Tucker Gordner) and Bob (Matt Frank), who both help add laughs to the show. To find the people who would eventually become the kooky characters in the script, Torley saw 60 auditions.

"You see what people are going to give you when you tell them to go over the top. [Those I chose to cast] were more than willing to give me 120 percent," said Torley.

After first reading the script last year in the library, Torley has been able to watch Prudence, Bruce, and the other characters miraculously come to life each step of the way. And as that journey continues, the characters become even more comical.

From the original reading to watching others read it and now seeing it live, Torley has come to enjoy the play even more.

"Beyond Therapy" will give its viewers a chance to see what happens when humanity swirls with absurdity and produces side-splitting laughs that will make everyone say 'hey I know her - that's me!'



Photo Courtesy of Christine Woodworth

**Prudence (Taylor Gary) threatens a waiter (Tucker Gordner) in front of her date, Bruce (Jared Bassette) in "Beyond Therapy," opening today, Feb. 28, 2007.**

## Spring break destinations are merely a hop, skip, jump away

**Sara Gerber**  
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If you haven't made any spring break plans by now, you're probably out of luck if you wanted to travel internationally or sprawl out under the hot sun on a beach for a week.

But don't worry! That doesn't mean your spring break has to be a bore, and it doesn't have to break your bank, either. Consider your travel options right here in Pennsylvania.

For those winter weather enthusiasts, skiing may be an appealing spring break option. The Pocono Mountains offer lots of ski resorts for every skill level. Most offer skiing and snowboarding as well as tubing, for those who aren't so talented.

To make the most of any skiing trip, stay in one of the many spas in the area like the Mountain Laurel Resort & Spa, which offers student-

friendly prices during this time of the year as well as other recreation options.

Also a good option worth checking out is one of Pennsylvania's many state parks, where summer hiking trails become winter cross-country skiing trails. Well known for its flat cross-country skiing trails is Presque Isle in Erie.

"As Pennsylvania's only 'seashore,' Presque Isle offers its visitors a beautiful coastline and many recreational activities," the parks website says. "Popular winter activities include ice fishing, iceboating and ice skating which occur on Presque Isle Bay, Misery Bay and in the Marina area."

If you're more of a beer enthusiast than the winter sport type, or just itching to catch up on the drinking you're missing out on at the beach, take a weekend to sample the brews produced in Pittsburgh and the surrounding area.

The city hosts a handful of

unique breweries that are worth taking a look at. Search around and find which ones would work best with your traveling plans. Some offer weekend specials and free beer on certain days.

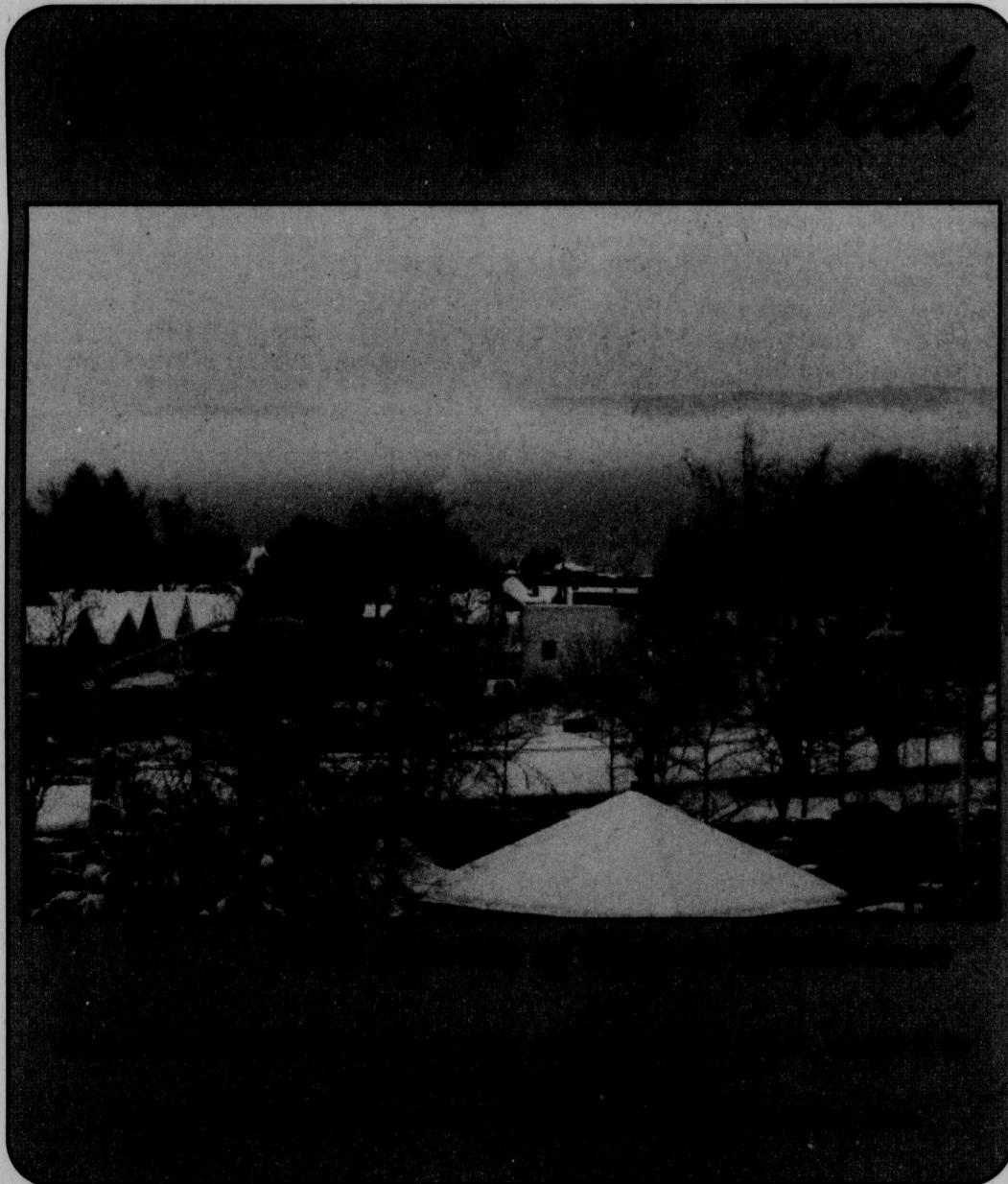
Beerexpedition.com offers reviews and ratings for some of the breweries from site visitors. VisitPA.com has a Pittsburgh brewery trip guide where they include other things to do and see in the city during your beer-venture.

Be sure to check out Pennsylvania wineries for tours, too. There are wineries scattered throughout the state and just like breweries, and they offer upscale specials and promos that appeal even to a student's wallet.

There are also winery/inn combos to be found throughout the state. These could be a great opportunity for a girls' weekend away.

"First designed as private homes, these historical prop-

See Break, B7



## Quasi Saint possesses no real Irish luck

**Adam Guerra**  
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Saint Patrick's Day is celebrated a variety of ways all over the globe. Those of Irish descent are proud of their cultural heritage, and many who are not Irish declare themselves Irish for a day and head out to the local pub for a pint of green beer anyway. For these reasons, March 17th is associated with wearing green, talking with bad accents and of course, drinking.

With all of this festivity in the air, few people consider what exactly they're drinking for.

"Maybe I'm watching too much Simpsons," said computer information science major Carl Rosa, "but doesn't [the drinking tradition]



Photo Courtesy of Google Images

**Chicago plans to dye the Chicago River green for yet another year using 40 pounds of dye, coloring the water for four to five hours.**

have something to do with ebrate.

Others were unsure why exactly the Irish drink to cel-

"I don't know. I guess because they're Irish," said English major Tony

Lindenmuth.

Some felt the reason may be a little more universal than that.

"Because drinking green beer is fun," said psychology major Jennifer Sobel.

These answers were very common among the students of Lock Haven. Most were shocked to learn the facts of St. Patrick.

First, Saint Patrick is not officially a saint. The Roman Catholic church has never canonized him, though he is still recognized as the patron saint of Ireland. At times throughout history, local diocese had the power

to grant someone sainthood on a local level.

The irony of this is that St. Patrick was not Irish. He was actually born in England and captured by Irish raiders at the age of 16. After six years in captivity, he escaped and joined the church. He then returned to Ireland as a missionary to teach Christianity. By the 7th century, he had become recognized as the patron saint of Ireland.

Over the years, St. Patrick's Day has become more about the Irish culture in general and less about the man whose name is attached to the day. The culture has been celebrated with wearing green, drinking and just enjoying the company of friends. Some cities have parades, such as New York City, which enjoy national attention. For 2005, the City

of Chicago dyed the Chicago River green.

This year, St. Patrick's Day will fall during spring break. That won't stop most students from celebrating enthusiastically. Trevor Scheld, 21, a DNA forensics major quoted a song by the group Flogging Molly when asked what he was planning for St. Patrick's Day.

"Drink and drink and drink and drink and drink and drink and fight."

Jen Huff, a Lock Haven student, summed up the feeling of celebration for most students.

"Ultimately, it doesn't matter why everyone is partying," said Huff. "The fact that they're enjoying a good day with friends would probably make St. Patrick happy anyway."