

# The Eagle Eye

Keeping an Eye on the Haven

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Lock Haven University's Student Newspaper

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Christina Shuman/Eagle Eye

## ROTC student receives scholarship for internship in Morocco

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The U.S. Army Cadet Command recently awarded a Cultural and Language Immersion scholarship to sophomore Army ROTC Cadet Brandon Wilson.

On May 9, Wilson will report to the U.S. Military Academy at West Point, N.Y. for some training.

After the extensive training at the academy, he will depart for Morocco and remain in the country until June 4.

Last spring, Wilson had the opportunity through MountainServe

Center for Global Citizenship to visit Morocco.

"Before traveling to Morocco last spring, throughout the year I began to study Arabic under the Fulbright scholar, Basma Mattar, who was from Bahrain. This year I began Arabic lessons with Reem Al Fayed who is the Fulbright Scholar from Jordan," said Wilson.

In Morocco, Wilson enjoyed the hospitality of the people. According to him, the people living there are very nice and they are always willing to help out.

Traveling to new places and meeting new people rank high in Wilson's life.

Brandon is currently a health science pre-physician assistant/pre-med student and has intentions of going to medical school. With his education, he would eventually like to volunteer his specialty in the third-world countries.

"I am studying to be a doctor, so I will be providing health services to those who need or at least that's my plan. I always wanted to help out in third-world countries, and I love traveling to see new places and meet new people," said Wilson.

Each year, MountainServe takes a group of students to a village known as Ait Lekak, located in the Atlas

Mountains.

There is no access to medical care for the people living in the village and if they do, it is rare.

The school system is also lacking in resources. According to Wilson, the best thing about the trip, was that the students realize how simple life can be.

"You ask yourself the question: do they need us as much as we need them? The reason I say this, is the people seemed quite content but enjoyed our company. Food-wise, they are good, but, medically, they need help. It is something you have to experience in order to understand," said Wilson.

## Awareness results from assault

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In lieu of the recent sexual assault of three female students near the Roxy Theater area on Feb. 1 by a black male who was waiting inside their residence wearing a mask, LHU Public Safety encourages the community members to mind the following safety tips to avoid becoming a crime victim.

According to Paul Altieri, director of Public Safety, and Officer Cynthia Merryman, the best advice to students would be not going anywhere alone, especially at night and when it's dark out. Instead, the students should travel in groups, or at least pairs.

If you need to go out alone, make sure to tell someone where you are going and when you are going to be back. This way, in case something happens, the alert can be raised immediately if you don't reach your destination in time.

Your doors, including your bedroom doors, should be locked at all times, even when you are at home.

Never invite a stranger in your house, and try to "keep your personal information personal," as Altieri put it. This means not giving out your telephone number, where you live and with whom, whether or not you are living alone.

All of it might seem like a simple common knowledge, but as Merryman pointed out, there is no absolute guar-

antee that things like that won't happen to you. The best you can do is to think of the measures to avoid dangerous situations and be prepared if case you find yourself in danger.

Thus, she recommends that all LHU students should put Public Safety's number, 484-2278, to their cell phone contacts. Someone will be there to respond 24/7.

In addition, Altieri and Merryman advise students to be aware of their surroundings. If you see a suspicious person loitering, do not hesitate to give a call to the PS office.

"You can never be too safe," said Altieri stating that they don't mind checking out the phone alerts to ensure the community's safety.

When parking, try to choose a well-lit area to avoid unpleasant surprises.

Finally, trust your intuition.

"If the hair on your neck goes up, this is the call from the mother-nature to be careful," said Altieri.

According to Merryman, if you feel that you are being followed, sometimes it's better to turn around and make an eye contact. As a rule, the criminals don't want to be recognized, and there is a good chance they won't pursue their original plans if their faces have been seen.

Public Safety also encourages students to take advantage of their escort services available to both off and on campus residents.

See, Safety, A2

## LHU Alumna volunteers for WorldTeach in Costa Rica

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LHU communication media graduate, Stephanie LaSota is participating in one year of volunteer service as a WorldTeach Volunteer in Costa Rica.

WorldTeach is a non-profit, non-governmental organization that sends volunteer teachers to developing nations.

As a student with a minor in Spanish, LaSota was interested in traveling to Spanish speaking countries; she even completed a semester abroad in Madrid, Spain.

"My motivation to join WorldTeach came from my desire to travel abroad and increase my Spanish fluency. WorldTeach was my chance to live in Costa

Rica for an extended period of time," she said.

LaSota found out that she was chosen as a volunteer about one month before leaving for Costa Rica.

She then quit her job as a newspaper reporter at The Republican and Herald in Pottsville, Pa.

After that, she started to raise the \$7,000 needed for the trip.

With donations from her family and friends, personal savings and a fundraising dinner, LaSota was able to get the money needed within five weeks.

LaSota arrived in Costa Rica on Jan. 7 and is staying with a host family in Orosi for the first month while attending orientation and training with the other 21 volunteers.

After transitioning to

her permanent site placement, LaSota will be moving in with a new host family and parting ways with the other volunteers to teach in separate schools.

"I personally like living with the family and have become very close to them. The best part about living with a family here is that I get a true taste of the local culture, and I get better practice with Spanish. They let me in on local gossip and colloquial expressions that I may not otherwise have learned," she said.

Since previously studying abroad in Spain, LaSota was more familiar than most with experiencing a culture shock upon having arrived to a new country.

See, LaSota, A2



Photo Courtesy of Stephanie LaSota

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# New Year, New Faces: Mr. Curtis Grenoble

**Amber Haeberle**  
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the student regarding their courses," said Grenoble.

The modules Grenoble typically teaches include nearly every organ system, such as rheumatology, which he is in charge of, and orthopedics.

Grenoble is the adviser for students from the Physician Assistant program from the Clearfield campus, while managing the day-to-day activities in the program.

"There are about 500 applications between both campuses for the 46 seats available," he said.

Grenoble encourages students to focus on academics and suggests that students get to know about the Physician Assistant profession and program.

They are able to do this by shadowing to increase one's experience.

According to him, students need to "be persistent to see if you can improve your application if one is not successful in getting into the program the first time around."

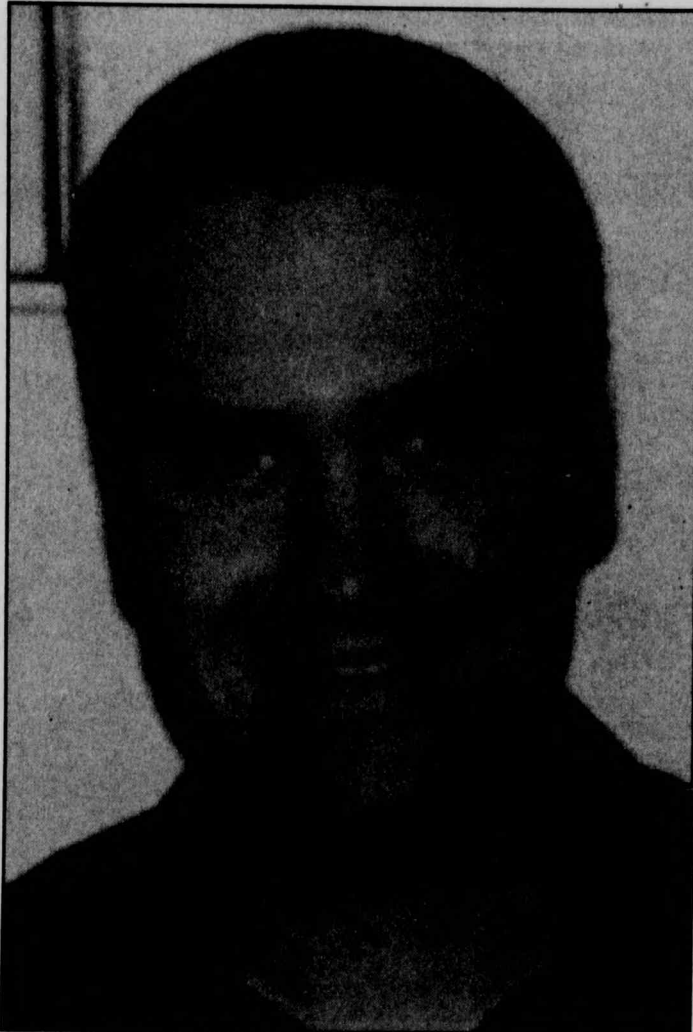


Photo Courtesy of Curtis Grenoble

**Mr. Curtis Grenoble recently joined the PA program at LHU. He encourages students to be persistent when applying for the program.**

Grenoble's interest rests in the health sciences, as well as in helping others.

His education began in 1999 at the Penn State main campus.

This is where, by 2003, he earned his bachelor's degree in biology with a focus in vertebrate physiology.

From 2004 to 2006, he went to Philadelphia College of Osteopathic Medicine (PCOM) for their PA program.

He graduated with a master's in Physician Assistant studies from PCOM.

"Before joining the faculty here, I was a clinically practicing Physician Assistant in orthopedic surgery in DuBois for 18 months. Before that, I had done a few months of general surgery, mainly oncology at Geisinger," said Grenoble.

What mainly drew Grenoble to taking the position at Lock Haven was the focus of the program on providing high quality of care in a rural

area. "It is the only master's level Physician Assistant program in the State System of Higher Education," he said.

Grenoble lives around the Sandy Ridge /Philipsburg area with his wife, a veterinarian technician and their four cats.

He enjoys the natural setting of Lock Haven and doing outdoor activities, such as mountain biking and hiking.

His other hobbies include singing and playing the violin for friends, family and occasionally weddings.

"In the future I would like to travel abroad... I have been on mission trips with my church to an elementary school in Puerto Rico where we did building and maintenance repairs, and I would like to do more with that. I would also like to do more in the future with medical practice in other countries," Grenoble said.

## From, Safety, A1

The service is absolutely free of charge, and everyone who feels unsafe can call Public Safety and ask for an officer to escort him or her to a class or home.

However, since the number of the law enforcement officers is limited, sometimes you will have to wait a little for the officer to arrive.

Additional tips on how to prevent becoming a crime victim can be found on LHU Public Safety Web page under Crime Prevention.

Dr. Linda Koch who found out about the assaults through a call from one of the victims parents advises students to be aware of who is coming and going from their apartment building.

She also recommends students to take free self-defense classes that will be offered Sunday evenings on Feb. 8, Feb. 15, Feb. 22 and March 15 in the SRC Dance Room from 7 p.m. to 8:30p.m. No registration for the class is necessary.

"I just hope that the

police are doing the very best they can to identify this individual," added Koch who also said that her thoughts are with the students involved in the incident.

The city of Lock Haven is also working on safety enhancement for students who need to return from downtown to campus.

According to Mayor Richard Vilello, the city is trying to come up with \$501,000 by March 29 to be able to apply for the state's grant to ensure funding for the pedestrian walkway project.

The walkway, which is supposed to go from Bellefonte Avenue to the Durrwachter Conference Center at LHU along Railroad Street and the construction place for the new hotel, Susquehanna Square's Fairfield Inn, will provide not only a beautiful landscape but a safety enhancement as well, stated Vilello.

"We see it as a safety, too," he said explaining that following the well-lit pedestrian walk to campus would be safer for students returning to their dorms from the downtown area at night.

## From, LaSota, A1

"There is incredible stress being immersed not only in a different culture, but also in a different language," she said.

"I'm away from everything familiar and no one knows where exactly I came from and what I'm about."

Nonetheless, LaSota feels very fortunate to be in Costa Rica and to be involved in the students' lives, "not to mention my site placement is so gorgeous it makes me want to cry; in a good way."

All the volunteers will be teaching first through sixth grades in rural sections of Costa Rica.

The school year officially starts Feb. 16, so LaSota will be in orientation until then.

So far, LaSota completed one week of practicum, teaching the local students in Orosi.

Many students also signed up for free English classes as well, so she can

implement her teacher training while gaining real experience before being relocated.

"I'm hoping this year will help me increase my patience and compassion for other people. I'm hoping I can learn better self discipline, time management and also learn to relax," she said.

LaSota also wanted to share advice for graduating seniors and anyone interested in applying for the WorldTeach program.

"Differentiate yourself from the other applicants out there. Experience speaks for itself, but I believe half the battle is personality and your social skills," she said.

"People want kind, open, team players to work with. But they also want original, internally driven employees. If you can find a way to translate your LHU education into these qualities, you'll probably do well."

## Club promotes eco-friendliness

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With so many things threatening the environment, LHU will join the fight by creating the Sustainability Club.

The group is made up of students and dining service managers

These enthusiastic people gathered together to actively discuss different environmental issues that may be facing the university.

The club will do this by defining important terms that will allow the group to better determine what their outlooks are of the words being discussed.

Examples of the words that the group will look at are 'eco-friendly,' 'local,' 'sustainability' and 'green.'

The group hopes that by looking at these words and the ideas behind them, they can look at different ways that university and its services attempt to become more

"green."

They also hope that this will help to make the dining services to be an eco-friendlier service.

In order to do this, they will need support, they need this help but not just from the students here.

The club urges students and faculty to join them in this battle against environmental issues.

This is students' chance to make the university a better place.

This is also an opportunity to put their imprint on a place that will be home to them for four years.

"This is your opportunity as a student to show that while you spent your time at this institution you did everything in your power to leave it 'greener' than when you arrived," said Kenneth Amspaugh, the food service director at LHU, of the importance of student involvement in the "Green" movement.

Activities for the group will be to better

understand where students, faculty and others stand on the issues that are facing the university and the community when it comes to the environment.

Though they will be doing many other activities, they believe that to start making changes, they must first find out what people think of the issues and what they want or desire out of the changes that are to be made.

The university will be a big player in the change, as they hope that with the changes that are made will help to make the university more of an eco-friendly university.

Sustainability Club members do not want it to get to the point where it is too late for the change to happen.

"As the 'green' push gets stronger, it is imperative to stay ahead of the game and not try and to play catch up," said Amspaugh of why the changes must come quickly.

Students believe that

change is exactly what the university needs.

and that it is good that the members of the club is taking initiative to try and fix environmental problems.

"With the changes and problems in the environment I think it is a good time to keep an eye out for our eco-system," said freshman, Travis Kolovich, on why he believes the club will make a difference.

The club hopes that it will get more people interested in the things that it is trying to do and will have a sign-up sheet for the club and students and faculty can also get more information in Bentley.

"Here is your opportunity as a member of Lock Haven, Central Pennsylvania to do everything in your power to reduce your carbon footprint and make the community a better to live, visit, raise a family or work," Amspaugh concluded.

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# New chef fears no challenge

**Bryn Zeigler**  
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Imagine you are at home and you ask your mom, "What's for dinner?" and she responds by saying, "Whatever you want!"

That is precisely the answer that the new head chef of Lock Haven's dining service, Zach Lorber, is working to give to LHU students.

"Any student can stop me at any time and tell me anything that they would like to see on the menu, and I'm willing to try it," said Lorber.

The 28-year-old chef's career has taken him to a variety of places and has allowed him to work with a vast assortment of cuisines.

The wealth of experience makes Lorber confident in stating that "whatever the students want, pending budget and university guidelines," he will put it on the menu.

Some of his stops include Central Washington University, Cedar Point Amusement Park, Bedford Springs Resort, Miller Park and Lambeau Field.

About working at the

Green Bay Packers' home games, Lorber said, "It was quite a task to make enough food for 55,000 fans on Sunday afternoons."

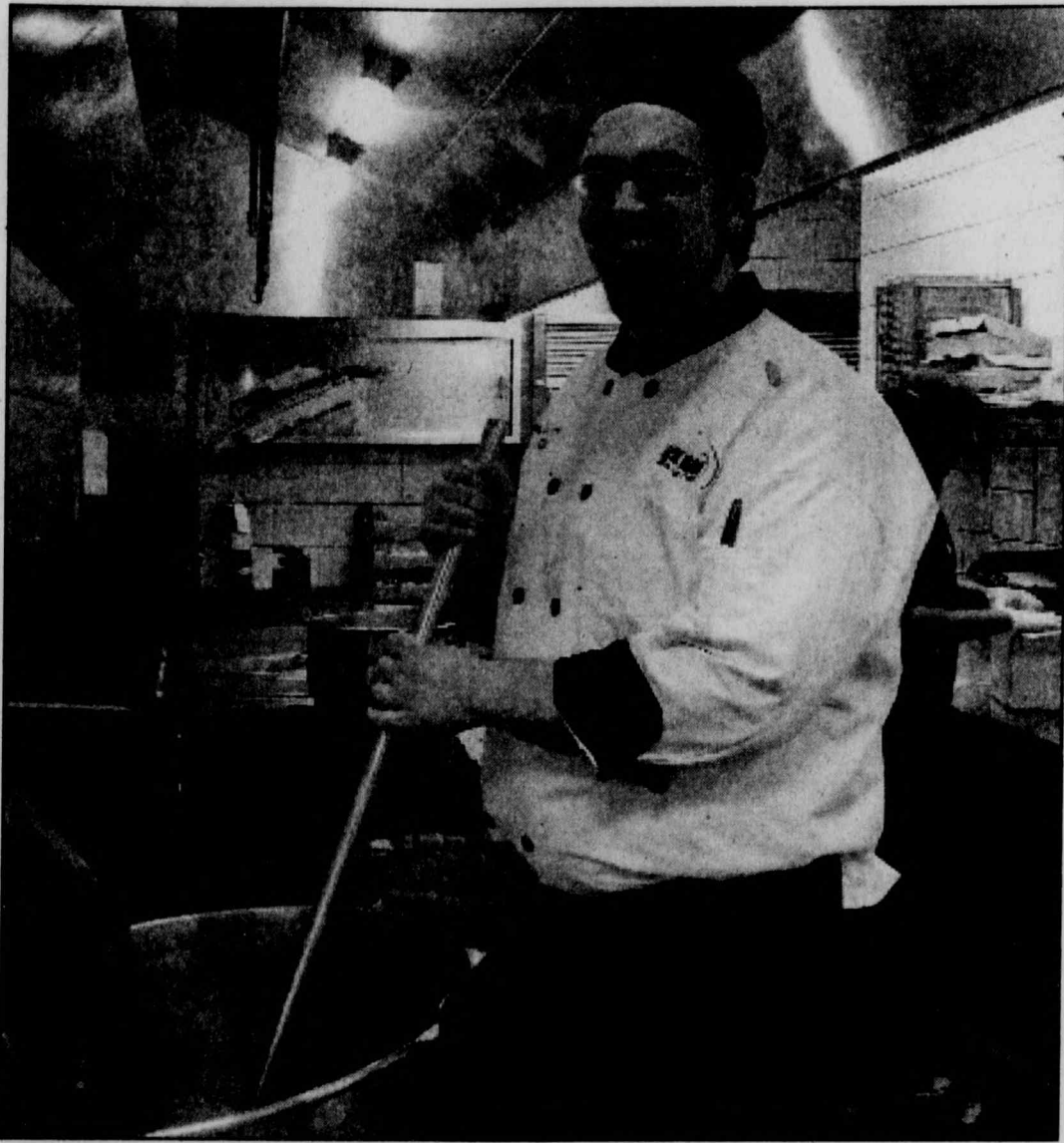
The ambitious Lorber began working with the LHU dining services on Jan. 5 and has already proven his willingness to try student's suggestions.

The first night that students were back on campus, he took the time to speak with some of them about the things they would most like to see served in upper Bentley.

Their requests started showing up in the premium selection within the next week.

The student responsible for the choice got a special surprise.

"I made sure to have the name of the student who made the suggestion included in the name of the entrée posted for that meal. The first student specialty was 'Ashley's Shrimp Alfredo Rigatoni.' It's added to the fun of bringing new choices, as a lot of them have been first in line to get their choice, and then taken the sign with them at the end of the meal," said Lorber.



**Bentley welcomes** new chef, Zach Lorber, who has decided to take requests from students to shake things up a little.

A calendar of the upcoming requested entrées and the dates

they will be served can be found in the lobby in upper Bentley.

Lorber does not plan to end the new measures there.

His intentions for the near future include a contest where students will bring in a family recipe.

The kitchen staff will then choose five finalists from the submissions that come in.

Students will then get to sample the recipes and vote for the winner.

The addition of Lorber to the LHU dining services has not only brought a change in the menu options, but also a more positive attitude to the kitchen atmosphere in upper Bentley.

"Zach is a lot of help to everyone and his changes to the menu have provided some excitement," explained First Cook Christy Kramer, with the dining services.

A welcome addition for students and co-workers alike, the new chefs' willingness to consider everything from lobster to Korean cuisine, has made the options in upper Bentley nearly limitless.

Lorber admitted, "No request is too ridiculous."

## The Eagle Eye

Student Newspaper needs...

- News Writers
- Features Writers
- Opinion Writers
- Sports Writers
- Photographers

**Meetings:**

**Wednesdays at 7 in  
PUB Meeting room 4**

## FROM CAREER SERVICES CORNER: *Opportunities for International Students*

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The National Association of Colleges and Employers (NACE) is offering an International Student Virtual Career Fair for students who may be struggling to find work opportunities due to complications with their visa.

The Virtual Career Fair was created in response to the difficulties that international students face when trying to remain in the United States.

The fair is completely web-based for easier access.

There are; however, stipulations present.

This opportunity is only available to international students who are not citizens or authorized to work in the United States.

Since Lock Haven University is a NACE-

member university, all current international students and alumni are invited to register.

Students who are eligible are international students who wish to return to their home country.

They may want to return home for employment and internships or other reasons.

Students who are pursuing one-year Optional Practical Training (OPT) and those pursuing summer Curricular Practical Training (CPT) internships in the United States are also qualified to register.

Registration is available online through the Career Services Web site under the off-campus events link.

Once registered, students will have the opportunity to apply for jobs and internships until June 1, 2009.

Students participating in the International Virtual Career Fair will

have easy access to employers.

These employers are offering full-time, summer internships, co-ops and temporary or contract opportunities.

NACE offers all students information on employment, internships, graduate programs, career articles, resumé and job search advice, government programs and more through their service site JobWeb.

The link is available through the General Job Search Sites under the Internet Resources link.

This all can be found on the Career Services Web site.

The National Association of Colleges and Employers also publishes a yearly magazine.

This magazine is available to students for free through the Career Services Office, Akeley 114.

**Open your calendar to the following dates to visit the upcoming Career Services events in February:**

**Feb. 9, 7:00pm, Akeley 114:**  
"Making the Most of a Job Fair"

**Feb. 16, 7:00pm, Akeley 114:**  
"How to conduct an Effective Job Search"

**Feb. 17, 7:00pm, Akeley 114:**  
"Interviewing to Win"

**Feb. 24, 7:00pm, Akeley 114:**  
"Beyond the Bachelor's Degree: Is graduate school in your future?"

**Feb. 26, 11:00am, Rogers Gym:**  
"Summer Job and Internship Fair"

## Get Fit - Have Fun!

Join Former Lakergirl Shay May for "Dance Fitness Fusion", a combination of fun dance moves and a calorie-burning workout. For all fitness levels! Also check out "Breathe & Stretch" a class that fuses the Basics of Dance & Yoga!

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# Junco releases volume on engaging students, building communities via modern technology

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Dr. Reynol Junco, the director of Disability Services and an associate professor in the Department of Academic Development and Counseling at LHU, believes that modern technology can help solve many problems that today's society faces, and his ideas found their reflection in his recently published volume, "Using Emerging Technologies to Enhance Student Engagement."

Published online on Dec. 18, 2008 by Jossey-Bass/Wiley with the paper copy following a week after, the volume is a part of the monograph series called "New Directions for Student Services."

Junco reveals that he was approached by Dianne Timm, the assistant dean of students and director of Student Life at Cornell College, after the speech Junco gave at the Joint National Meeting of the American College Personnel Association and the National Association of Student Personnel Administrators on Oct. 14 in Iowa.

Timm had heard about Junco's research on college student technology use and asked him if he wanted to be the lead editor for the entire volume which, as stated in the editor's note, "examines current research on how technology is affecting college student development and explores ways in which institutions are responding to increased demands for using emerging technology in supporting students."

Knowing that many educators, even the ones in higher education settings, have a negative view of emerging technologies, Junco agreed to become a part of the project because of his desire "to show them a different angle to help push their envelope of understanding."

"At heart, I'm a geek," said Junco. "I think that technology can help us solve some of the problems that face us in today's society, specifically, the feeling of disconnection we have as our lives become busier and the opportunities to connect through technology use become overwhelming."

Thus, Junco not only edited the entire volume but also co-authored the editor's notes, the first chapter and the last chapter.

His inspiration comes from his ongoing research of the issue of technology use and student engagement.

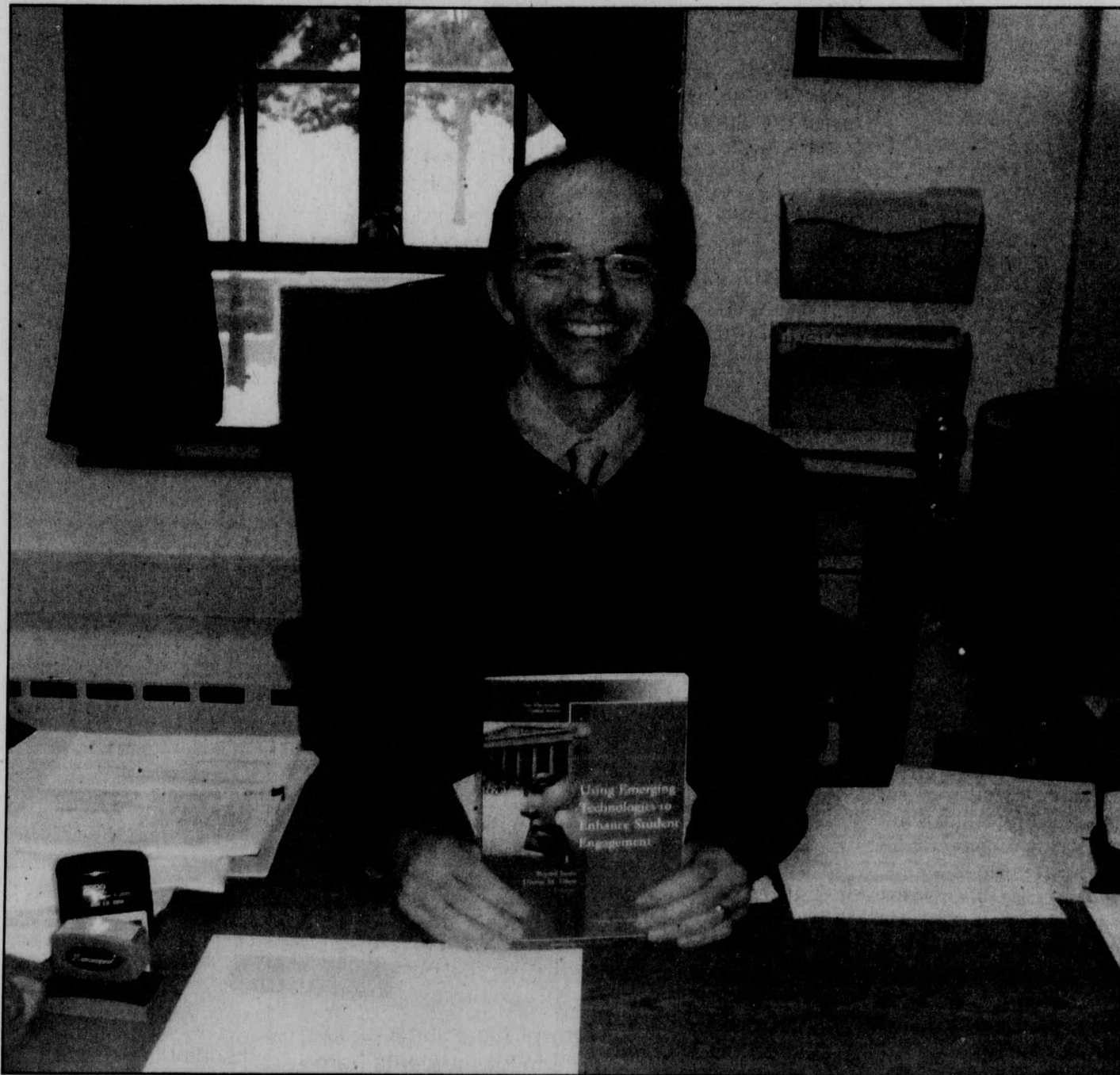
"The inspiring and fun part is that there isn't much research in this field," he said. "So, we are really building a foundation for others to test and extend our theories and findings."

In fact, Junco had already published a book, "Connecting to the Net.Generation," about the unique generational characteristics of today's college students with a focus on how they used technology.

Junco admits that he regards his first book more like a "cultural guide" to nowadays' generation of college students.

"I hoped to create a book that would help those from other generations understand today's students much in the same way that a guidebook might help you understand the culture of a foreign country that you might be visiting," he said.

His second publication develops the idea further by examining how the university administration and staff can use technology to "build a sense of community" in students and engage them in active participating in college life.



Olga Burket/Eagle Eye

Dr. Reynol Junco, director of Disability Services at LHU, demonstrates the volume, "Using Emerging Technologies to Enhance Student Engagement" which was recently published. Being the lead editor for the volume allowed Junco to share his ongoing research of today's generation of students and their use of technology.

"Engagement is a major factor in student success. Building a sense of community can take many forms," Junco said. "It is really about the students feeling like they are part of the university."

One of the examples of how technology can help to integrate students into college community is helping students connect with campus groups and activities through Facebook.

As Junco stated in his article, "An Introduction to Technologies Commonly Used by College Students" published within the volume, multiple studies show that virtual connection is related to real-world engagement.

So, Junco suggests that the more engaged students are in campus groups on Facebook, the more engaged they will be in the real world.

In its turn, real-world engagement may lead to students' achievements in many aspects of college life, as there is a large body of research showing that student engagement is directly related to student persistence and success.

Thus, Facebook, MySpace, instant messaging,

Second Life, cell phones, Campus Alert systems, Blogs, Portals, wikis – all these technologies can really make a difference in student learning and communication if used wisely.

The issue of technology and its effect of students will remain the main topic of Junco's research in his next publications as well.

So far, Junco recently submitted a paper he wrote in collaboration with two other authors on the issue of digital divide in student technology ownership and use.

He also just finished the first draft of his contributions to a textbook by John Gardner, Betsy Barfoot and Jerry Jewler called, "Your College Experience: Strategies for Success."

Those who are interested in Junco's research can buy a copy of the volume on Jossey-Bass/Wiley Web site or access the full text of the volume by using Academic Search Complete through Stevenson Library.

## 'Honor'able mention: fundraising for Relay for Life

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The community service area of the Honors Program, only in its second year of participation with the Relay for Life, is hoping to raise more money than any other organization this year.

"Last semester, we were involved in a series of smaller projects to give back to the community," said Kim Cox, the community service liaison for the Honors Program. "This semester, though, we're putting almost all of our effort into the Relay for Life."

The Honors Program will approach the Relay similar to the same way that it did last year, having Freshmen Discussion Groups compete against the upperclassmen to raise money.

"I believe we raised approximately \$5,000 last year, and most of our effort was just through e-mail communication alone," said Cox, "This year's goal is \$7,000. I'm



Photo Courtesy of Chris Brittain

The Honors Program house is a home for those who focus on academic excellence. With the upcoming Relay for Life event, honors students will also concentrate on community service.

positive we can meet that goal since we've started earlier than ever, and the interest seems to be higher than it has been in the past."

One of the events that have been planned is 'Pie-ing the Po-Po' where students have the chance to throw pies at the officer who frequently leaves

parking tickets on their cars around campus.

"I got the idea after my third parking ticket, and I thought I could actually make something positive

out of it," said Cox.

Although in charge of the fundraising, Cox and the student associate directors of the program will not be able to attend this year's Relay due to scheduling conflicts.

"I'll be in Annapolis, Md. at the Northeast Regional Honors Council Conference the entire weekend, unfortunately, but I have put in charge very capable and dependable upperclassmen for the night of the event," said Cox.

Caroline Sweeney, the student associate director of Admissions, will also be unable to attend this year's Relay as well.

"It's a shame that we won't be there considering how much fun it was last year," said Sweeney.

"I have a lot of faith in the leaders that we put in charge, though," she added.

Kathy Richards, the interim director for the program, explains the importance of the project to the Honors Program.

"What we try to emphasize is that the Honors Program should not just

be known for academic excellence, but for our ever-growing social and community service opportunities," said Richards. "I don't think most people have a clue about the service aspect of our program. We try to maintain the whole package: higher learning, making connections and serving the community."

One of the more prominent projects last year was the Honors Program's participation in the Hunger Bowl.

It lasted the entire month of October and ended at the Sleep Out for Hunger, where students slept outside in cardboard boxes.

"We won the Hunger Bowl because not only did we raise over 3,000 canned goods, but we put in over 400 hours collectively," said Cox, "Although we've been successful with every organization we've helped so far, I don't see any reason why we can't keep getting bigger and better year after year."

# Classifieds

## Rentals

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

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

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

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

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

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

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

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

Affordable Rentals 2009-2010 School Year. N. Fairview Street across from Laundry 101. 2 Bedroom Heat, Water, Trash Pickup & Parking Included. Call (570) 748-6336 After 5:00 PM

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

## Personals

Congratulations to the Pittsburgh Steelers on their Superbowl Victory and their sixth franchise superbowl win in NFL history! What a game it was!!!

Happy 22nd Birthday Allie Lane!  
 Hope you have an awesome birthday!

Tired of boring meetings of just sitting around and talking?  
 The Film Club understands that! Instead of sitting around a classroom, why not get out there and get hands on experience filming! The Film Club this semester will be filming short movies that hopefully we can proudly show to our fellow students here on campus!  
 Please contact James Blankenfeld at jblanken@lhup.edu or Kelly Monks at kmonks@lhup.edu if this is something you'd be interested in!

Have a funny, embarrassing story about one of your friends?  
 Have a secret crush you would like to write love notes to?  
 Have a friend that you would like to make a birthday wish to or just want to say hi to someone?

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

Good luck girls swimming in your last meet of the season at Edinboro!  
 Congrats Shannon Samanka on finishing 4 successful years with the Lady Eagles! Great Job!

This day in history.  
 February 5, 1934:  
 Legendary baseball great, Hank Aaron is born.  
 February 5, 1971:  
 Alan Shepard is the first person to golf on the moon and the fifth man to walk on the moon, spending a record 33.5 hours on the moon's surface.

Dear Kelly Burke,  
 Your white noise is our light in August.  
 From,  
 Anonymous

Mikey!  
 Happy birthday man! Can't wait to go out and celebrate this weekend! It's going to be an awesome time!  
 Oh, and congrats on the Steeler Victory last night! This will make your birthday so much better!  
 -Steve

RUSH  
 Sigma Sigma Sigma!  
 Questions Contact:  
 Kristina Schindler  
 kschindl@lhup.edu  
 717-350-1140

Happy Belated 22st Birthday Marcus Miller!  
 Glad you had a good birthday! Hope you have many more to come buddy!

During the filming of the movie "Scream", director Wes Craven kept telling Drew Barrymore real life stories about animal cruelty in order to keep her looking scared and crying. She is a keen animal lover in real life and this technique, although mean, really worked on bringing out her true emotion in the scenes.

Live your life to the fullest day in and day out, because if you do that, you will be happy in the end. And just remember, it's not about the years in the life; it's about the life in the years that matters the most.

"To achieve greatness, one can not be scared to fail. Failure is the greatest stepping stone to success. Without failure how do you know if you are right or wrong? If you are doing something correct or incorrect. Sometimes in life you need to go for it and not be afraid to learn from the outcome."  
 -Winston Churchill

Jen,  
 Just remember that if you are walking in front of the REC and you slip on ice and fall...chances are someone saw you and is now laughing. Really really hard.

English Club is meeting every Tuesday at 5:30 pm in Starbucks.  
 Even if you are not an English major, everyone is welcome and all submissions will remain anonymous. For further information please contact kmonks@lhup.edu.

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

Michelle,  
 How did the Fallon floor taste? Haha.  
 -Your best friends

Opening in 2 weeks, Avenue 209, located right next to Wendy's and across from Hangar 9!  
 With a wide variety of coffee and teas, as well as daily pastries and sandwiches, Avenue 209 is a nice place to "get away" and relax.  
 There will be all forms of entertainment and laughs to be had. Please come check out Avenue 209 opening in downtown Lock Haven!

If he's giving you all the signs, especially the "pocket" one, chances are that means something. Just a tip for next time!

There are lots of new clubs and organizations this semester! Check out the clubs such as Ski and Snowboard Club, The Film Club, The Magic Club, The Gaming Club, many of the band and choir clubs.  
 Get involved this semester because these clubs really have a lot to offer you!

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

Sometimes in life the answers to some of the most simple questions are hard to find. But with time, everything will work itself out the way it should and in the end you will be happy and you will finally find the answer that you've been searching for.

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

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

For all you hip-hop fans out there: The world record for the fastest rapping MC goes to Rebel XD from Illinois who rapped an incredible 852 syllables in a total of 42 seconds. Many people have since tried to out do his all time rapping record but they have all failed making him the record holder for 12 years now!

Freshman and Sophomores, there is never a better time to start thinking about your future and career than to jump start yourself with an internship!  
 To find out how you can obtain an internship that will give you the experience and then motivation that you need for the real life work world, stop by Career Services in Ackley 114.  
 Help is there and will help you to obtain the internships to help better yourself and to help with your future endeavors after graduating from Lock Haven University!

# Perspectives

## NFL drops the ball

Joe Stender  
Perspectives Editor  
jstender@lhup.edu

As a football fan, there is nothing better than the first Sunday in February, when the last two NFL teams battle for the Lombardi Trophy. I love the whole idea of the Super Bowl; it does not guarantee that the best team will win, but the best team on that given day.

It is not like baseball or hockey where if you lose one game it is OK because there is still six more games. The Super Bowl says to the two teams, "This is the date, show up and play," no ifs, ands or buts about it.

The Super Bowl is a pure game, there are no second chances and anything could happen. A perfect example was last year's game where the unlikely sixth seed, known as the New York Giants, took out the, then, undefeated New England Patriots.

There are only a few things that could take away from such a great tradition from the millions of viewers that tune into it every year.

There are things such as blowouts and a horrible selection of commercials that could ruin the "Big Game" for casual viewers and hardcore fans alike. These things are risks you take when you put an unscripted sporting event on national television, but there is one thing that can ruin any game at any point in the season that really gets on my nerves: Referees.

This year's game had the ingredients for either an epic game or a total blowout; the Pittsburgh Steelers came into the game with the number one defense in the league and heavy favorites and the Arizona Cardinals came in as the underdog

and possibly the worst team to get into the playoffs in a long time.

But surprisingly, the game did not disappoint, this past Sunday's game started off as a blowout, but ended in a way that people only prayed for when the matchup was set.

After being down by 13 points, the Cardinals defense stepped-up and the Cardinals were soon up by three points. But as was typical for this past season, Ben Roethlisberger marched his team down the field and threw the game-winning touchdown to the game's "Most Valuable Player," Antonio Holmes.

Though the team that was favored to win did win in the end, it was still a great game because it was a bit harder for them than was expected to be.

In a perfect world, the Steelers players, coaches and fans would celebrate the championship and the media would talk about how great the game was.

The Cardinals players and coaches would be upset, but would be proud of their effort against a powerhouse of an opponent and the fans would see this as the start of a promising future.

This is not how the game ended. As I woke up the day after the game, the sports analysts said the expected things about a well fought battle and such, but there was one thing that is not supposed to happen if it was truly a great game, they talked about the referees.

I have heard it on many football games and I am guessing that you have also, "If you don't notice the referees or do not know who the head official is then they did their jobs." Well, let's just say the head official might have had as much airtime as Troy Polamalu.

Now, I am not going to sit here and say that the referees cheated the Cardinals or suggest that there is a conspiracy going on, as some have suggested, but I do believe that referees



Joe Stender

should not be part of the post-game analysis. What I believe is that the referees cheated both teams in the game and therefore cheated both sets of fans.

The Cardinals' players and fans were not cheated out of a championship because who knows what would have happened if certain things were changed, but what they were cheated of was the chance.

The Cardinals' season ended when Kurt Warner "fumbled" the ball and Pittsburgh recovered. After watching the replay of that play I am not sure that the ball was fumbled or if it was an incomplete pass, but the fact that the play was not even reviewed is still troubling to me.

If they would not have over-ruled it at least they would have given the time to make sure the call was correct, but they just ignored it. There were other calls that were questionable against the Cardinals but this I think is the one that made a lot of people begin to question the rest of the calls made.

This call took away the chance for the Cardinals to throw one last "Hail Mary" pass to possibly the best leaper in the NFL, Larry Fitzgerald. So, once again, the referees did not take away the championship, but the chance for one.

Now you may ask how the referees cheated Steelers' players and fans since they won the championship. I believe that the referees took something away from the celebration of the players and fans of the Steelers.

The referees placed doubt into all fans and so therefore did not allow the fans to enjoy the victory as they were constantly told that their win was fixed or part of a conspiracy.

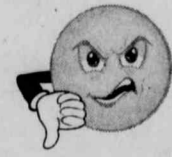
So, what should have been a time where all fans were celebrating the Pittsburgh Steelers' league-leading sixth Superbowl victory is now tarnished by a few miscalls by the referees during the game.

It is troubling to me that at a time when we should be congratulating the winning team and their fans; we are actually questioning how true their victory is. Though I am not a fan of either team, I am a football fan and I believe that while it was a great game, things like this should never happen.

I know that mistakes happen and I am not blaming the referees for the way the game turned out. I just think it is a sad day, as a sports fan, when we question if a team actually won a game because like many of you know, both teams put their best effort out there and Pittsburgh won.

So, allow me to congratulate Pittsburgh fans and players on a great season and victory.

Thumbs Up . . .



or



Thumbs Down . . .

Thumbs Up . . .

to Milard Fuller, the founder of Habitat for Humanity International. Fuller died on Tuesday at the age of 74, but his legacy will live on with the change that he brought through his organization.

The organization that Fuller created with his wife, Linda, continues to build homes for those who need them.

CNN.com reports that Fuller had the idea to help people after he lost the joy in material things that he once had. Fuller is a true example of how one person can make a difference.

Thumbs Down . . .

to Michael Phelps, who was caught in a picture using what looked like a pipe used for smoking marijuana.

USA Today reports that the photo was taken by a British tabloid and was taken during a house party at the University of South Carolina.

This is just another instance when Phelps was in the news for breaking the law; Phelps was in the news for underage drinking and drunken driving. Phelps is an American sports hero and though he may not like it, he is held to a higher standard and is a role model to many.

## 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

**lhueagleye@yahoo.com**  
with "Opinion Letter"  
in the subject line.

Do you like to draw?

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

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

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

## One-way street causes problems for drivers and pedestrians

Adam Howard  
Photography Editor  
ahoward@lhup.edu

Look left, turn right; slam on the brakes. Where did he come from, I thought this was a one-way street now.

The change of Railroad Street from a two-way traffic street to a one-way traffic street occurred in the summer of 2008 causing some students to ignore the change and cause other drivers to be put in harm's way.

According to the 2005 Comprehensive Plan

Update for the City of Lock Haven, the change was to eliminate through traffic in order to make Railroad Street a "pedestrian walkway that would link the Main Campus with other newly acquired/constructed facilities." Also stating that, "there are currently no sidewalks in this area except in front of the Vo-Tech complex."

Not only is it a problem for traffic, but also a problem for pedestrians. All the traffic is now being funneled in one direction from Water Street, which clogs up

traffic turning left into Railroad Street; and pedestrians might only look one direction instead of both before crossing the street.

Also, now if you cannot find a spot in the first set of parking spaces and you drive to the next set closer to the Vo-Tech complex, then you cannot go back to the first set without going another block east and north to circle back onto Railroad Street.

Now commuters are forced to waste a little more gas and a lot more time on each pass by

being re-routed with the new traffic pattern.

Instead of alleviating a problem of two-way traffic that was once problematic due to pedestrian traffic and obstruction from foliage, the new traffic pattern only causes more problems. One solution would be to change it back to a two-way traffic street and add sidewalks and crosswalks. The through traffic wasn't a big problem for pedestrians as much as traffic in general for that area on Railroad Street.

"This is an important time for family to help, the way the housing market is going. Our story is a testament to how families should come together to help with a mortgage,"

-Kanessa Tixe, in USA Today on how her family was forced to move in together after some members lost their jobs.

## THE EAGLE EYE

Lock Haven University's Student Newspaper  
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## THIS DAY IN HISTORY

### February 5:

-- 1846, "Oregon Spectator" publishes its first edition. the "Oregon Spectator" was the first newspaper published on the West Coast of the U.S.

-- 1942, Roger Staubach of the Dallas Cowboys was born. Staubach, who was known as "Roger the Dodger", was drafted by the Dallas Cowboys but never stepped on the field until 1969 because of his commitment to the Navy. Staubach retired in 1980 after leading Dallas to two Superbowl victories.

-- 1989, Kareem Abdul-Jabar becomes the first player in the NBA to score 38,000 points in a career. Abdul-Jabar would retire after that season with a total of 38,387 points. Abdul-Jabar ended his career with six NBA MVP awards and was the NBA Finals MVP twice.

## Students need speech class earlier

Tyler Kegolis  
Guest Writer  
tkegolis@lhup.edu

Due to the unavailability of a fundamentals of public speaking course early, student's grades for non-speech classes suffer because of public speaking assignments during them.

Speech classes give students confidence early

on and help reduce their fear when they must get up in front of different crowds later in their college career.

Throughout the last four years of my college career I have had about ten assignments which required me to speak in front of the class or another group of people, normally for a grade.

Until last semester I had not had a public

speaking class, even after attempting to get one several times. It is understood that this is a big problem for many students at the university.

"I have tried to get a speech class for the last two semesters and was not able to before they were filled" said Junior John Dietz, an environmental biology major. "I have also had similar instances where a speak-

ing class would have helped me tremendously."

After personal experience, several student accounts, and professors sincerely apologizing because they too realize this is a problem, arrangements should be made for students to receive speech 101 or something similar earlier in college.

## Bentley should have recycling bins

Christina Shuman  
News Editor  
cshuman@lhup.edu

You are sitting in Bentley and you have just finished drinking your bottle of water, soda, or whatever the drink of your choice is in plastic and you proceed to throw it in the trash.

Walk into any building here on campus and you will find that there are blue and green colored bins, in which you are able to recycle paper and plastics in. The

Clinton County recycling program provided the university with these collection boxes. Whether students choose to use them for their intended purpose or not, they are there.

However, the one building here on campus that you will not be able to find these bins is Bentley dining hall. Considering there are not any classrooms in the dining hall, one would think that there would not be too much paper to actually recycle.

What about plastic?

Students are drinking out of plastic bottles all of the time. According to www.earth911.com, eight out of 10 plastic water bottles become landfill waste and these plastic bottles take 700 years before they even begin to decompose in a landfill.

Students should be recycling these bottles, not throwing them into the nearest trash bin.

Also, there should be recycling bins available to students because they are able to pick up newspapers here. If one would decide to dispose of this

paper, they would have nowhere to put it.

According to the American Forest & Paper Association, more paper, if measured by weight, is recovered for recycling than all glass, plastic and aluminum combined. By 2012, the AF&PA has set a goal of 60 percent recovery.

Placing recycling bins in Bentley along with the other facilities on campus will help this effort, as well as ensuring less amounts of plastic bottles going into our local landfill.

## Obama's first television interview a good move

Munim Deen  
U. Oklahoma  
Oklahoma Daily  
UWIRE

President Barack Obama's first formal television interview came just days after his inauguration. The lucky network was Dubai-based Arabic news channel Al-Arabiya. This was a most unexpected move, and caught most everyone completely aback.

The move, however, is an enlightened one. Al-Arabiya was set up specifically to compete with Al-Jazeera, whose reporting many consider biased and slanted. While Al-Jazeera seeks to actively counter what it perceives as anti-Arab bias in Western media, Al-Arabiya's goal is to be an impartial moderate voice.

Thus, if Al-Jazeera is the Arab World's Fox News, Al-Arabiya, boasting 40 million viewers, is its CNN. By simply granting this exclusive interview to Al-Arabiya, Obama showed he is serious about reaching out to the Arab World and also that he values measured journalistic fairness and will not associate himself with sensationalism.

His interview message built on his inaugural address, which was the first ever to mention the Muslim world, and contributed to his already high standing in the Middle East. In the sit-down interview with Al-Arabiya Washington Bureau Chief Hisham Melhem, Obama highlighted his goal to have a personal role in Middle Eastern peace.

He mentioned sending George Mitchell as special envoy to the region, a move which has already been met with almost

universal praise. Former Sen. Mitchell was instrumental in bringing peace to northern Ireland, and is respected worldwide as a fair, capable, and judicious architect of peace.

Particularly noteworthy was the president's description of Mitchell's mission.

"We cannot tell [the Israelis and Palestinians] what's best," he said.

This will be a marked departure from some of his predecessors, who sought to persuade both sides to simply agree with U.S.-devised or supported plans. Obama instead seeks to, amazingly, listen to the concerns of both sides, and not road test any proposed plan with Israel first.

This does not mean Israel's importance will be diminished, as it's "security will be paramount," but that the legitimate Palestinian government and the Israeli government will each have its fair say. Characteristic of his visionary optimism, the president also mentioned the importance of looking to the future and not the past.

In a region and process fraught with a legacy of violence and betrayals, the idea of looking forward might be the most crucial directive of all in the quest for lasting peace.

The language used in the interview also highlighted a new direction for the United States in the region. Instead of using terms like "Islamofascism" and "War on Terror" so favored by his predecessor, Obama described the United State's current actions rightly as a war on Al-Qaeda and its allies.

He also described Al-

Qaeda as "nervous," highlighting the group's verbal attacks on him before he became president. Careful to give everyday Arabs credit for largely disregarding Al-Qaeda's violent message, he likened the group's so-called nervousness as indication that their ideas were "bankrupt." The change of language is no trivial matter.

It is true that the actions of the previous administration kept the country safe from terror attacks after Sept. 11, 2001.

However, its charged rhetoric that associated the whole of a religion with the violence born of a few twisted minds alienated and offended many in the Arab World. It also contributed to the dislike of America that was already fomenting after the invasion of Iraq. Obama's new foreign policy diction is not changing America's actions against terrorists - they will still, in his words, be hunted down.

But the softening and correction of U.S. rhetoric to more accurately reflect what its actions intend to be, will go a long way to improve the reputation of this country and its government in the eyes of millions of peaceful Arabs who, as the president said, simply want to live a good life and have their children live a better life.

The interview also touched on what may be the most ambitious short-term goal of the new president - to address the Muslim world from a Muslim Capitol. While the exact capitol is still a tightly guarded secret, Obama did elucidate where the speaker would fall in his greater plan to reach out to the Middle East.

He highlighted his

experience of living in Indonesia, the world's most populous Muslim nation, saying that regardless of faith, people everywhere have common dreams. In a very candid moment unimaginable at times from his predecessor, Obama described America as "imperfect" and that our government has made mistakes in the past.

Regardless, he stressed that America is not the enemy. It is the only Western power with no colonial legacy in the Middle East, a fact that won the U. S. much respect in the Arab world. While the recent invasions and their fallout have undone much of that high standing, Obama believes it can be restored.

"I will be judged by my actions," he said.

To that end, the future speech is part of a series of actions that includes the already-announced closure of the prison at Guantanamo Bay and the eventual drawdown of U.S. troops in Iraq to give that country more control over its internal affairs.

Overall, this was a phenomenal interview. Eschewing the everyman image and "our country, right or wrong" attitude of his predecessor, Obama discussed the complicated events of the Middle East like a learned scholar and a natural diplomat.

Many of his plans in the region have already been implemented with good feedback at home and abroad. If the whole of his vision for the Middle East can be fulfilled, it will undoubtedly be one of the greatest achievements of any American president.

# Bingo game raises funds to fight cancer

**Brianna Rodia**  
Staff Reporter  
brodia@lhup.edu

People of all ages packed into the Parsons Union Building on Thursday, Jan. 29.

No, it was not a rock concert.

Instead, it was the latest bingo night organized in efforts to raise money for Lock Haven's Relay for Life.

With the fall semester's bingo night being named "boobie bingo," organizers used Vera Bradley as their hook to get an even better turn-out this semester.

Prizes were not limited to the well-known Vera Bradley accessory collection, however.

The first few games included DVD prizes including all five of the American Pie movies and John Tucker Must Die.

The DVDs were prizes handed out to winners of the regular bingo rounds.

As the games differed, the prizes increased in "Vera value," ranging from a coin purse by forming an X or a laptop case if the entire card was covered.

"The game was getting so intense by the end because there were so many people who wanted to win," said freshman, Krystina Armstrong. "It was definitely a lot of fun and for such a great cause."

Breast and testicular cancers are on the rise, and success rates are getting even higher each year.

Colleges Against Cancer is an organization that holds events and fundraisers in support of those going through the horrific battle against cancer.

The events and fundraisers help with the dedication of the younger generation, in order to make a difference, and HAC made that happen.

Donations were not limited to entrance and game boards though.

There were also T-shirts and bracelets on sale, as well as raffles.

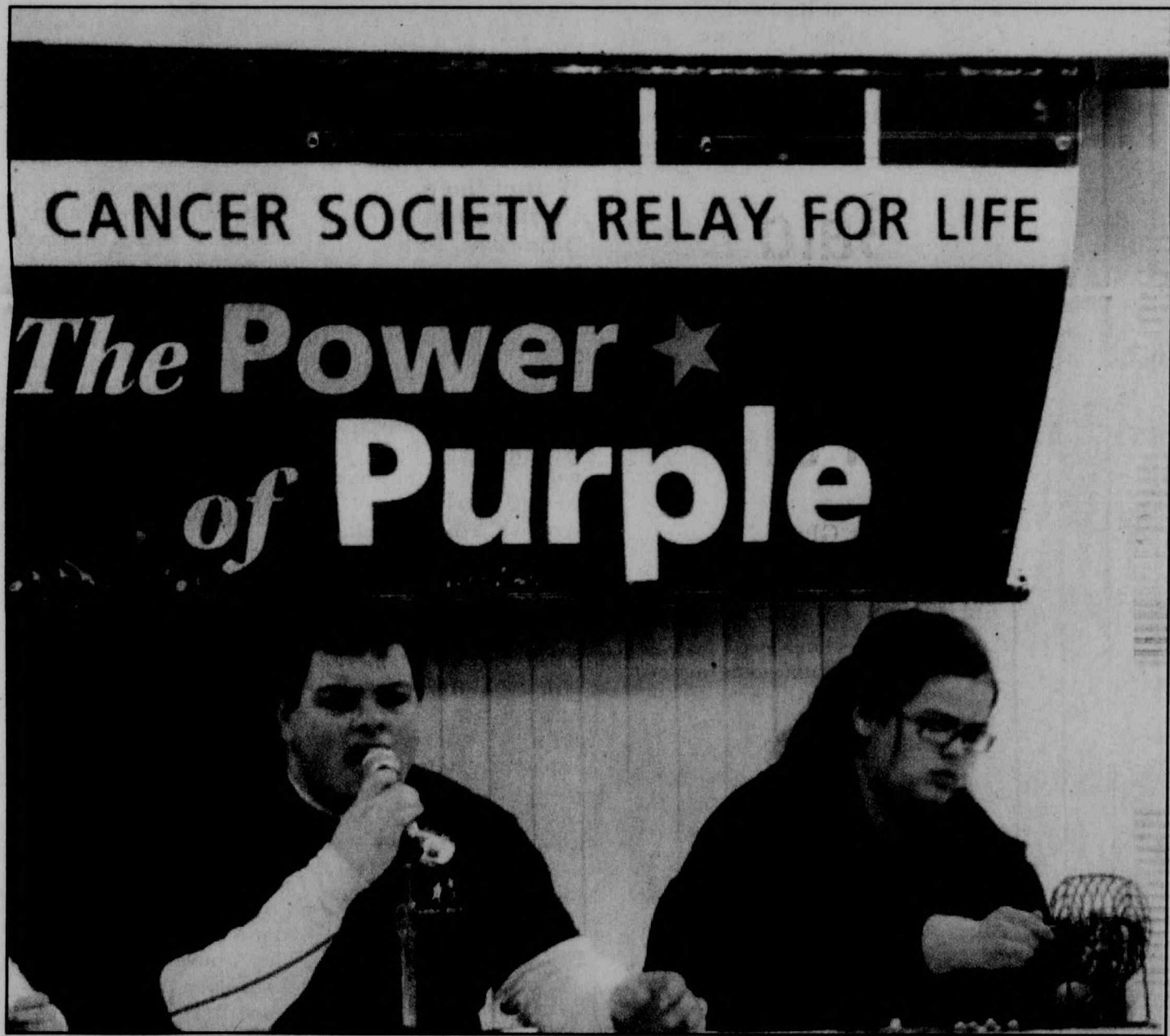
Participants could also purchase extra game boards for \$5.

Everyone came ready to play; some even came sporting their Vera Bradley accessories.

The bingo night was held in order to raise funds for Lock Haven University's Relay for Life being held on March 27, 2009.

Relay for Life is being held at 7 p.m. at the Student REC Center.

Teams can sign-up or make donations at relayfor-life.org/palhu.

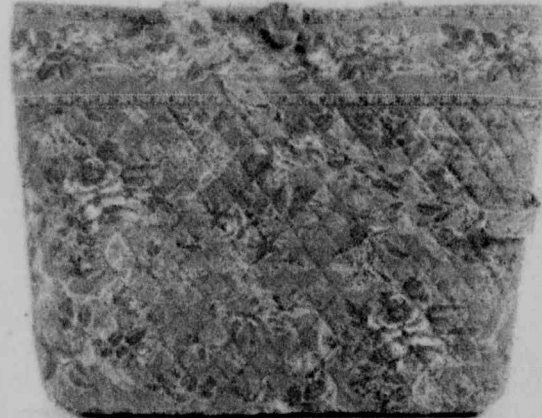


Brianna Rodia/Eagle Eye

(Top) Students take part in Vera Bradley bingo in order to raise money for the upcoming Relay for Life.

Some came to the event sporting their Vera Bradley accessories.

(Bottom) Chris Tague calls out the bingo numbers as Jen Black assists him by preparing the numbers from the bingo spinner.


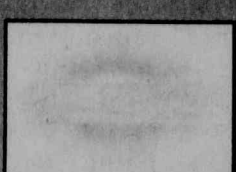








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THERAPY**

Melanie Greene, LMT  
16 Bellefonte Ave., Lock Haven, PA  
inside of Tropical Tanning  
AMTA MEMBER

**From Thursday to Thursday Haven Forecast**

 Thursday 21°/18°	 Friday 35°/27°	 Saturday 47°/39°	 Sunday 45°/29°
 Monday 44°/28°	 Tuesday 39°/32°	 Wednesday 41°/30°	 Thursday 34°/29°

Courtesy of Weather.com



# Sports

## What's On Deck

Schedule of Bald Eagle home and away games

### Today

No Events

### Friday

No Events

### Saturday

Swimming @ Fighting Scot Invite  
Edinboro University  
2:00 p.m.

Track and Field @ Susquehanna Invitational  
Susquehanna University  
9:00 a.m.

Women's Basketball vs. Edinboro University  
1:00 p.m.

Men's Basketball vs. Edinboro University  
3:00 p.m.

### Sunday

No Events

### Monday

No Events

### Tuesday

No Events

### Wednesday

Women's Basketball vs. Indiana University (Pa.)  
6:00 p.m.

Men's Basketball vs. Indiana University (Pa.)  
8:00 p.m.

## More track and field records fall in two meets

Kris Glad  
Sports Editor  
kglad@lhup.edu

Being in two places at once is near impossible, but with the men's and women's track and field teams being split on Friday and Saturday, they were not only able to have more students qualify for the PSAC and NCAA Championships.

### Track and Field

During the two events, five school records were set at the Penn State National Invitation and the Bucknell Open, one for the Bald Eagles and four for the Lady Eagles.

All four of the Lady Eagles records that were set this weekend were at Penn State, two of the events earned NCAA qualifying times.

"Having the team set five new school records is great. I feel honored to be a part of such a hard and dedicated team. Now we know that we need to work even harder to go and break these five or even five new ones," said Christina Ohmott, who tied for third in the pole-vault at Bucknell.

Alyssa Douma and Shala Simms not only did well individually but were part of two record-setting



Kris Glad/ Eagle Eye

Shala Simms runs by competition in the 800 meter dash. Simms qualified for the NCAA championship and broke an LHU school record in the 800 meter dash.

relay teams.

Simms took seventh in the 800 meter dash with her time of 2:14.51, which set the LHU record for the 800 meter and qualified for the NCAA competition. Simms also qualified for

nationals as well as set a school record in the distance medley relay.

Simms along with Megean Wolf, Alyssa Douma and Lindsey Lambert ran a time of 12:04.34.

Douma and Lambert each set individual school records. Douma placed fifth in the 1000 meter dash 3:01:48, while Lambert took 11th place in the 3000 meter for a school record 10:16.50.

"My 3K went very well for my first time racing it, there was a lot of competition," said Lambert.

At the Bucknell open there were good performances by some of the Lady Eagles.

Vanita Moses qualified for the PSAC championships in two events. Moses took third in the weight throw with a distance of 49' 4-1/2" and eighth place in the shot put with a distance of 38' 2-2/4".

On the men's side, Chris Edelman had a stellar performance at the Penn State meet as he not only broke an LHU record, but was part of two NCAA qualifying relay teams. Edelman set the school record for the men's 400 meter dash with a speedy 48.91, enough to earn fourth place in the event and earn a spot in the PSAC championships.

Edelman joined Brandon Pomerantz, Ben McConnell and Nick Hilton to take eighth place in the Distance Medley Relay. Their time of 10:05.05 beat the NCAA national qualifying time as well as the PSAC qualifying time. Their time was also fourth fastest in LHU history.

See, T & F, B4

## Bald Eagles fall to West Virginia in the final match

Kris Glad  
Sports Editor  
kglad@lhup.edu

Seeking to keep their momentum going against their Eastern Wrestling League opponents the Bald Eagles (6-8-1, 1-3 EWL) hosted the West Virginia Mountaineers (6-4, 3-0 EWL) Saturday.

### Wrestling

The match was a continuous back and forth with the final match determining the winner; unfortunately for LHU the Mountaineers won the last contest and the match 20-16.

The final bout to determine the winner of the match was in the heavy-weight class. LHU's Gabe Murtoff took on No. 18 Dustin Rogers. Murtoff was only able to score one point in the match as Roger's was given the major decision, 9-1.

"It's always great for the fans to see a match come down to the final bout of a dual. WVU Heavyweight (Rogers) was nationally ranked, so we knew it would be a big challenge for our red shirt freshman, Gabe Murtoff. It was a very exciting and competitive dual meet," said Coach Rocky Bonomo.

Both teams took five bouts during the match, but the most exciting match of the night came as Matt Fittery upset No.19 David Jauregui in the 149 weight class. With

40 seconds left in the opening period Fittery scored first with a take-down putting him up 2-0.

Fittery continued with his aggressive ways throughout the second period by not allowing Jauregui to score any points. Fittery scored with two escapes in the final period, the first one coming early in the third period and the second coming shortly after Jauergui's lone takedown. The escapes were enough to give him the 4-2 victory.

"I was happy with my match. He (Jauregui) is a tough wrestler, and I knew it would be a close match. I just stuck to my game plan and kept hand fighting and attacking and was able to come away with the victory," said Fittery.

At the beginning of the match Lock Haven looked strong as they were able to capture the first two bouts, first in the 125 and then in the 133.

In the first contest of the night, Nick Hyatt took on West Virginia's Kyle Turnbull in the 125 pound bout. Hyatt won his match over Turnbull 9-4, to give LHU the early 3-0 lead.

Billy Ashnault helped the Bald Eagles jump to a 7-0 lead against the Mountaineers. Ashnault picked up the 13-2 major decision over Tyler Oravec.

See, Wrestling, B4



Adam Roberts/ Eagle Eye

Warren Christian drives through a Slippy Rock player. Christian scored 10 points and a game high eight rebounds against the Rock.

## Bald Eagles drop two games despite strong efforts

Adam Roberts  
Editor in Chief  
aroberts@lhup.edu

The men's basketball team (3-16, 1-5 PSAC West) suffered two crushing losses to PSAC West foes last week.

### Men's Basketball

The Bald Eagles fell to Slippy Rock University (12-7, 3-3 PSAC West) 67-51 at Thomas Fieldhouse on Wednesday night before losing to No. 6 Gannon University (16-2, 5-1 PSAC West) 90-53 on Saturday.

The losses toppled the surging squad from the

high they received after their last-second win against Mercyhurst College last week.

Their most recent defeat came on the road, primarily because of a high number of turnovers. The Haven turned the ball over 28 times in the contest against Gannon.

Coach John Wilson says he was impressed with his team's performance, especially defensively, in the first 15 minutes.

With 6:26 left in the first half, however, the Bald Eagles seemed to fall apart, allowing Gannon to go on an 18-4 run. The run also featured six of Lock Haven's nine turnovers in

the first half.

In the second half the Bald Eagles improved their shooting percentage, but they were never able to close the gap.

Senior Billy Arre lead the Haven with 12 points and five steals. Warren Christian, Kelvin McLean and David Blackwell also netted double figures, scoring 10 each.

Christian posted a game-high eight rebounds in the contest.

Though several player had a solid performances, Gannon proved to be too much for the Bald Eagles.

See, Basketball, B2

# Lost but not forgotten: Five sports that have disappeared from campus

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

Just outside the Durrwachter Alumni Center there are several tennis courts that when the weather is warm you are likely to find students playing on them. What most students may not realize is that when those courts were first set up they were the home to both the men's and women's varsity tennis teams.

Throughout the history of Lock Haven University there have been five varsity sports removed. Aside from both men's and women's tennis, LHU used to have a men's golf team, a men's swimming team and women's gymnastics team.

While the programs were very different they all experienced similar problems that ultimately led to them being removed.

The biggest issue for each was inconsistency, both in the number of students as well as the coaching staff.

"If you don't have the stability of a coach to help recruit, you have a hard time keeping the program," said LHU Director of Athletics Sharon Taylor.

Taylor, who coached the tennis program in its first year, 1972, has seen the effect this can have on a sport.

When the number of students that want to be part of a team continuously changes it can have an effect on the coaching staff. This often creates a problem keeping coaches.

At times the role of coach was filled on a part-time basis by faculty or people outside of the university.

The decision to end the programs wasn't something that happened in one day, the process took time.

The first program to go was the men's swimming program. The last full season it experienced was in 1973-1974.

While the competition for the Bald Eagles was tough to come by at

times they did experience some success.

"Men's swimming back in the day did something on the conference level," said Taylor.

It wasn't enough to keep the program going.

It wouldn't be until the 1989-1990 school year that another program would be dropped, which was women's gymnastics.

The program experienced its share of problems. There was a liability issue with equipment and the team didn't have a full-time coach.

By that time, most of the schools in the PSAC had dropped their gymnastics program, and competition was becoming scarce.

The Lady Eagles would have had to compete with Division III schools around the Philadelphia area. Eventually the decision was made to dissolve the program.

The remaining programs, men's and women's tennis and men's golf, all ended after the 1992-1993 school year.

The tennis teams had been around since the early 1970's. The program was plagued with inconsistencies. There were some years in which both teams had a lot of interest and others where there was almost no interest from the students.

Despite the consistency problems they did show signs of success.

"The women were very competitive in the conference," said Carol Lugg.

Lugg, a former tennis coach and current Assistant to the Director of Athletics for Facilities and Events saw the potential of the program.

On the men's side, Lugg noticed that they displayed a desire to play and began to develop leadership skills and respect for the program.

The LHU golf team didn't seem to suffer from the same inconsistencies that bothered the other programs.

It had a dedicated coach, former head football Coach Bob Weller,

and competed at other schools.

The program existed on campus as long as Weller wanted to coach it and after he decided to stop coaching, the program couldn't find a replacement.

The biggest problem that faced the golf program was the fact that there was no place on campus for the students to practice. The team ended up practicing at local golf courses.

Weller didn't seem bothered by any problems that came along; he was more focused on the students.

"It was a good break for some of the kids," said Weller. "It was for young men who enjoyed playing the game of golf."

The only success that Weller remembers the team having was when David Petruzzi was invited to take part in an annual golf tournament hosted by a state legislator. Petruzzi finished third in the tournament and his winnings were given to Lock Haven's general scholarship fund.

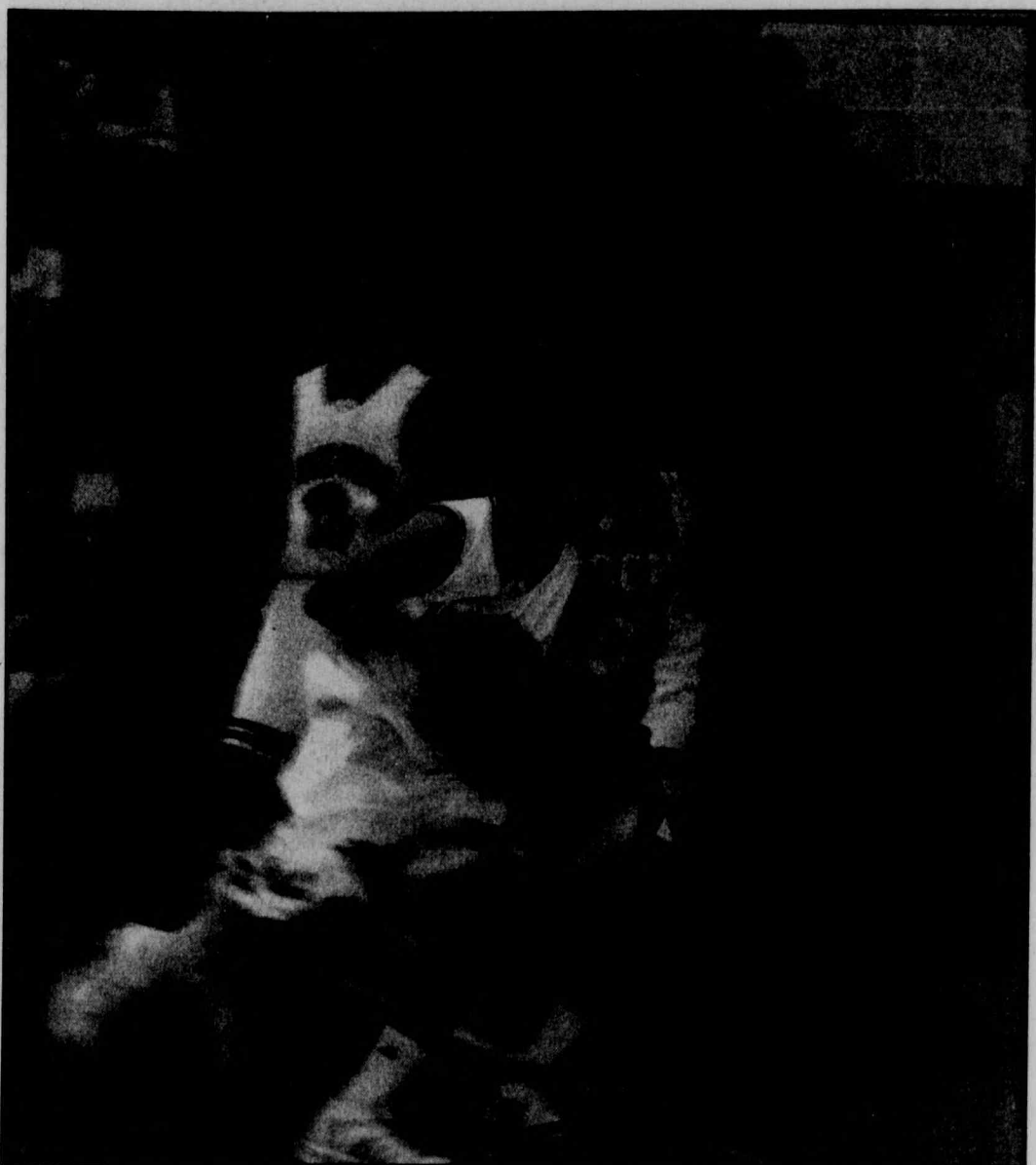
Because a sport gets eliminated doesn't mean that something won't take its place. When the gymnastics team was dissolved, it was replaced with volleyball the next year.

When the tennis and golf teams dissolved, the space they left went to create the women's soccer team and add more events for the track and field team.

The women's soccer team started out as a club and because of the interest it drew it was the best fit to become a varsity sport.

There isn't much left of these sports, despite how long they were part of the university. The tennis courts still stand and there are currently clubs for gymnastics and golf.

There is a chance that someday we might see these sports come back. Most sports that are at the university now started out as clubs.



Adam Roberts/ Eagle Eye

Billy Arre runs past a Slippery Rock defender during last Wed. home game.

## From, Basketball, B1

"They are a very good team," Wilson said. "We needed to play a near perfect game to beat them."

The Slippery Rock game was a similar story of a low scoring percentage and a decent showing from Christian.

Though he put away 17 points, five rebounds and four blocks Christian says he plays for "the 'W' not individual stats."

"We weren't able to match Slippery Rock's intensity," said Wilson

who added that his team "came out flat."

The Rock's intensity came in the form of a staggering inside attack, as they slammed home several high-impact dunks.

Offensively, the Haven also struggled with a field goal percentage under 40. Wilson noted that while scoring chances were available the Bald Eagles were unable to capitalize.

"We need to see opportunities better on the offensive side," Wilson said. "We missed opportunities to take advantage of teams over-playing Billy

Arre." Wilson emphasized that his team is making a bid for the PSAC West post-season though they are still dealing with their depth issues.

Both Wilson and Christian believe the key to a turn around will be tempo control. A return to a slow, concise game of "Lock Haven basketball" will give the Bald Eagles a chance to notch more conference wins.

"We need to play tough, grind-it-out basketball with lots of intensity and defense," said Christian.

## Student Events Calendar Spring 2009

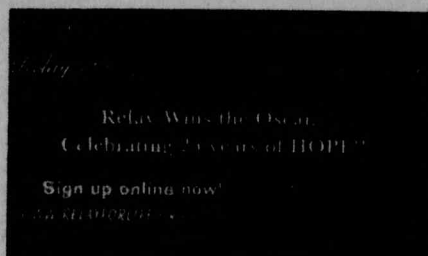
DATE:	EVENT:	LOCATION:	TIME:
Thursday February 5	HAC Drug Awareness Program Featuring Lynn Marie Smith	Price Auditorium	7pm
Friday February 6	HAC Nigh of Comedy Featuring Myq Kaplan & Amy Anderson	Price Auditorium	7pm
Sunday February 8	Distinguished Gentlemen: Apollo A Night in Living Color	Price Auditorium Doors Open 6pm	7pm
Saturday February 14	HAC Big Screen Movie Twilight	Price Auditorium	7pm
Wednesday February 18	Presidents Council Meeting	PUB MPR	5pm
Friday February 20	Colleges Against Cancer: Dodge Ball Tournament	REC Center	7-10p
Saturday February 21	Psychology Club: Gift Auction	PUB MPR	2-6p
Monday February 23	SCC Executive Board Petitions AVAILABLE	Student Activities Office	All Day
Wednesday February 25	SCC Senate Meeting	PUB 2	630p
Friday February 27	SCC Club & Organization Budgets DUE	PUB	4pm



Are you interested in what is going on with clubs and organizations? Then visit [www.havenconnection.com](http://www.havenconnection.com)



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



Any Club or Organization wishing to add their information to this weekly calendar should contact the Student Activities Office at [jredfem@lhup.edu](mailto:jredfem@lhup.edu)



Photo Courtesy of Travis Prebble from the April 24, 1992 Eagle Eye

**Bob Murdock serves** in a double's match against East Stroudsburg. The Bald Eagles tennis team dropped their match against the warriors almost 17 years ago. The tennis team would go on for one more season before being disbanded by the university. The men's tennis team is one of the five sports that has been dissolved at Lock Haven. Currently tennis is offered as an co-ed intramural sport. The other dissolved sports are now either clubs or intramurals with the exception of men's swimming which no longer exists.

If you have any OPINION here at the university DOES NOT MATTER. Well not until you VOICE IT. Visit [www.lhup.edu](http://www.lhup.edu) see "find out how"



**Nikki Wasserman**  
Sports Editor  
nwasserm@lhup.edu

**Favorites**

**Movie:** *Snatch*

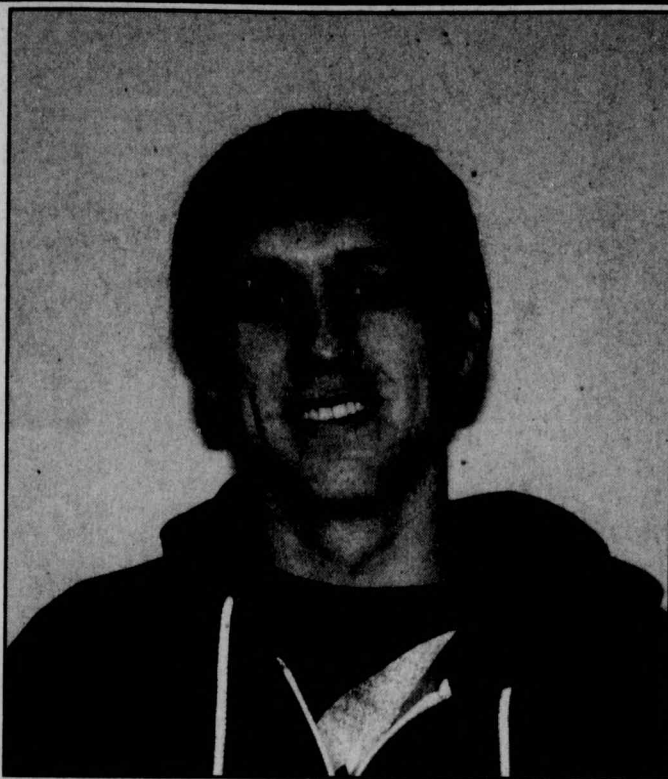
**Music Artist:** AC/DC

**Food:** Bananas

**Professor and why:** Dr. Sharon Stringer because she's down to earth and an enjoyable person to be around.

**Sports Team:** The Philadelphia Phillies

**Quote:** "We would accomplish more things if we did not think of them as impossible."



Nikki Wasserman/Eagle Eye

**Dave Harper is a member of the boxing team.**

**What is the best part about boxing here at Lock Haven?** The relationships between the team. You learn from the older guys and at some point you have to be the one to teach the younger guys coming in.

**What is your biggest accomplishment?** Winning at the New York Athletic Club.

**What is your biggest fear?** Being unsuccessful.

**If you won the lottery what would you do with the money?** Buy a house and invest the rest.

**Describe one of your favorite vacations.**

Going to Mexico because it was the first time I was ever out of the country.

**The best part about Lock Haven?** It's a small enough campus that wherever you go you know someone.

**Who is your role model and why?** My dad because he's always a hard worker, and a successful person. Through his hard work he's had a lot of sacrifices for me, my brother and my sister.

**What is something not many people know about you?** I read two newspapers a day. I am addicted to news.

**What is one of your most embarrassing moments?** Probably falling up the stairs to McEntire.

**If you were invisible where would you go?** The White House because it would be interesting to see what goes on when you're on a tour.

**Plans after graduation?** Become a news anchor.

*"Dave is one of the hardest working kids on the team and honestly I think he is one of the best, if not the best, boxer on the team. He is a great captain and he always goes 100 percent and is the man," said teammate Greg Stratton.*

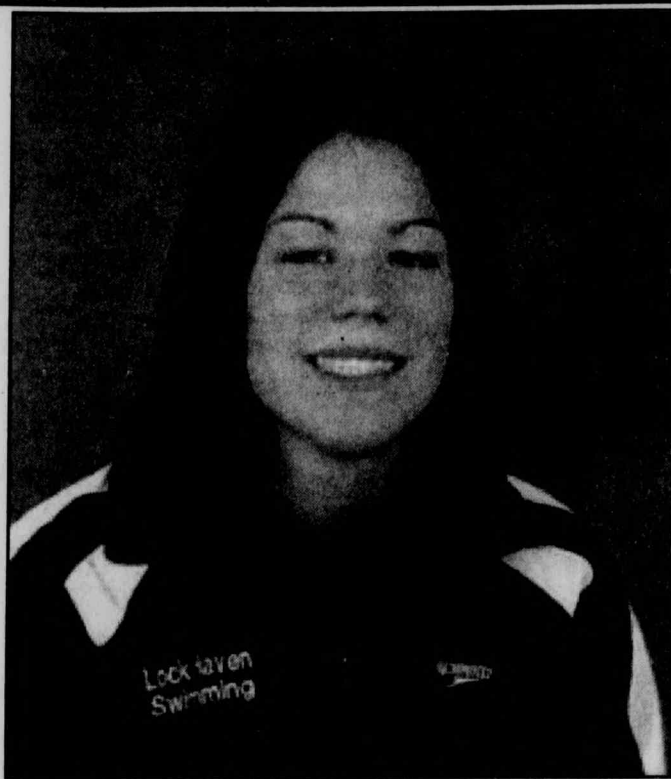


Photo Courtesy of Sports Information

**Amanda Terray is on the swimming team.**

**Favorites**

**Movie:** *Talladega Nights*

**Music Artist:** Rascal Flatts

**Food:** Anything Italian

**Professor and why:** Mrs. Eaton, I love how enthusiastic she is about swim classes.

**Sports Team:** Flyers

**Quote:** "Oh Snap"

**What is the best part about swimming here at Lock Haven?** I love the team and how much we bond, we are a great team and even better when we all work together.

**What is your biggest Accomplishment?**

Going to nationals last year as a freshman, and actually placing.

**What is your biggest fear?**

Ironically, drowning.

**If you won the lottery what would you do with the money?**

Give my mom some and invest the rest.

**Describe one of your favorite vacations**

I love the ocean and being on the beach, I hate being cold so usually anywhere that is warm satisfies me.

**Best part about Lock Haven?**

Student life, there is

always something going on

**Who is your role model and why?**

My dad, he showed me how to forgive, forget and get over it. You need to forgive someone or something in your life before you can get over it. Swimming wise, if I had a bad race; I had to forgive myself for thinking it was bad, forget it happened, and move on with the next race.

**What is something not many people know about you?**

I love to ride ATVs and act like a tomboy

**What is one of your most embarrassing moments?**

Getting pulled over for running a "stop sign" which was really a yield and I argued with the officer about it to find out it was really a yield. I felt like an idiot.

**Plans after graduation?**

Find a job doing something related to sports, either coaching or becoming an athletic director or doing something related to swimming.

*"I would say that Amanda is a strong competitor. I would say that she has a very self-disciplined work habit and is a team player. She would do anything to help out a teammate," said teammate, Sarah Navarro.*



Photo Courtesy of Sports Information

**Sharay Hall looks for an opening in a home game.** Hall scored 12 points and had two steals against Gannon University

## Lady Eagles drop two against PSAC foes

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

The women's basketball team suffered another two losses this week to drop their season record to 3-16, (0-6 PSAC West). The two losses extended the Lady Eagles losing streak to 11 games with eight games remaining in the season.

**Women's Basketball**

"We are a very young and inexperienced team, we need to just focus on getting better each day and players gaining more game time experience," said Coach Jennifer Smith.

The Lady Eagles went through their most recent loss Saturday at by conference rival,

Gannon University (16-3, 4-2 PSAC West).

The Golden Knights came out of the gates shooting and dismantling the Haven defense at the same time. The Lady Eagles found themselves down by as many as 17 in the first half but clawed away to trim the lead down to 11.

The second half was worse as Gannon never skipped a beat and they put LHU down thirty early, eventually leading to their 91-57 rout.

Lauren Kelshaw led the efforts for the Haven with 14 points while Katie Kendall chipped in 13.

Earlier in the week, the team faced off against Slippery Rock University (7-12, 2-4 PSAC West) who came in with a record of 6-12.

The Rock was one spot above the Lady Eagles in the PSAC West and it was a tough fought game by both sides.

SRU led the game at half 36-17 but the Haven wouldn't go down without a fight. A 15-0 scoring run by LHU brought them within nine with just over 10 minutes left to play.

Lock Haven would get within six with 2:40 left but clutch shots down the stretch led to the eventual LHU rally falling short, in a 79-69 loss.

Casi Donelan led the LHU charge with 24 points while Sharay Hall added 17.

The Lady Eagles will return home on Saturday to face off against Edinboro. Tip-off is set for 1 p.m.

## Softball ranked No. 1 in preseason polls

**Sports Information**

The Lock Haven University softball team will enter the upcoming season in a familiar place as the Lady Eagles have been tabbed as the nation's top team heading into the 2009 campaign.

The Lady Eagles are ranked No. 1 in the National Fastpitch Coaches Association (NFCA) Division II Preseason Poll, which was released today (Wednesday, Jan. 28). Lock Haven received six of 16 first place votes

and 388 of 400 possible points.

Behind Lock Haven sits Humbolt State (374 pts.), who received the other 10 first-place votes and St. Edwards (358 pts.) rounds out the top three.

Two other Pennsylvania State Athletic Conference (PSAC) schools are in the top-20 with Kutztown ranked 12th and Bloomsburg sitting at No. 15.

LHU head coach Kelley Green is pleased with the honor of the No. 1 ranking and excited to begin the new season "We certainly appreci-

ate the recognition, but all 23 of our student-athletes and coaches know it's not where we are at the beginning of the year, but at the end of the year that truly matters," Green said. "Our players are committed to the process of improving each day and we are looking forward to putting our best out on the field each day."

The Lady Eagles will travel to the Aloha State to kick off the 2009 season. LHU is set to take on the University of Hawaii at Hilo on Saturday, Feb. 28.

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**Softball**

SPORTS

# Goss defeats Army's 2008 National semi-finalist boxer

**Michaela Muthler**  
Guest Writer  
mmuthler@lhup.edu

In one of the featured bouts last Saturday at the Shippensburg University Boxing Invitational, LHU's 147 pound, William Goss, scored a victory over Army's veteran Deonte Dawson 2-1.

## Boxing

The Burnham, PA boxer and Dawson, a 2008 National semi-finalist, cruised through the first two rounds. Goss came on strong in the third round to pull out a sound victory.

Goss, a sophomore, now sports an 8-6 career record.

Teammate and promising freshman, Sean Zimmerman remained undefeated defeating Shippensburg's veteran Lorenzo Varisaro, 3-0 in an action packed 139 pound bout.

The rangy Zimmerman used his height advantage and spindling ability to frustrate Varisaro and won the bout easily.

Bald Eagle freshman Mike Pastore, 185, dropped a 3-0 decision in a crossover bout to amateur USAB boxer Terrance Williams, Hanover PA. It was Pastore's first loss this season after two K.O.'s earlier this season.

The fourth Bald Eagle boxer, Dave Harper, 156 lost a split decision to Army's Tom Hartman. Harper easily won the third round after a close

first two rounds.

"The hard working Harper needs to learn to box using his slick ability," said Coach Ken Cooper.

The judges scored the bout 59-58, 57-56, and 59-58.

Saturday the Bald Eagle boxers will travel to West Point, NY to participate in the annual West Point Collegiate

International. The following week LHU boxing club will host the 30th Annual LHU

Collegiate Invitational on Saturday Feb.14. Boxers will travel from 12 U.S. colleges to Thomas Fieldhouse for the event. The open division bouts will begin at 7:30 p.m. with selected bouts scheduled to start at 3:00 p.m.

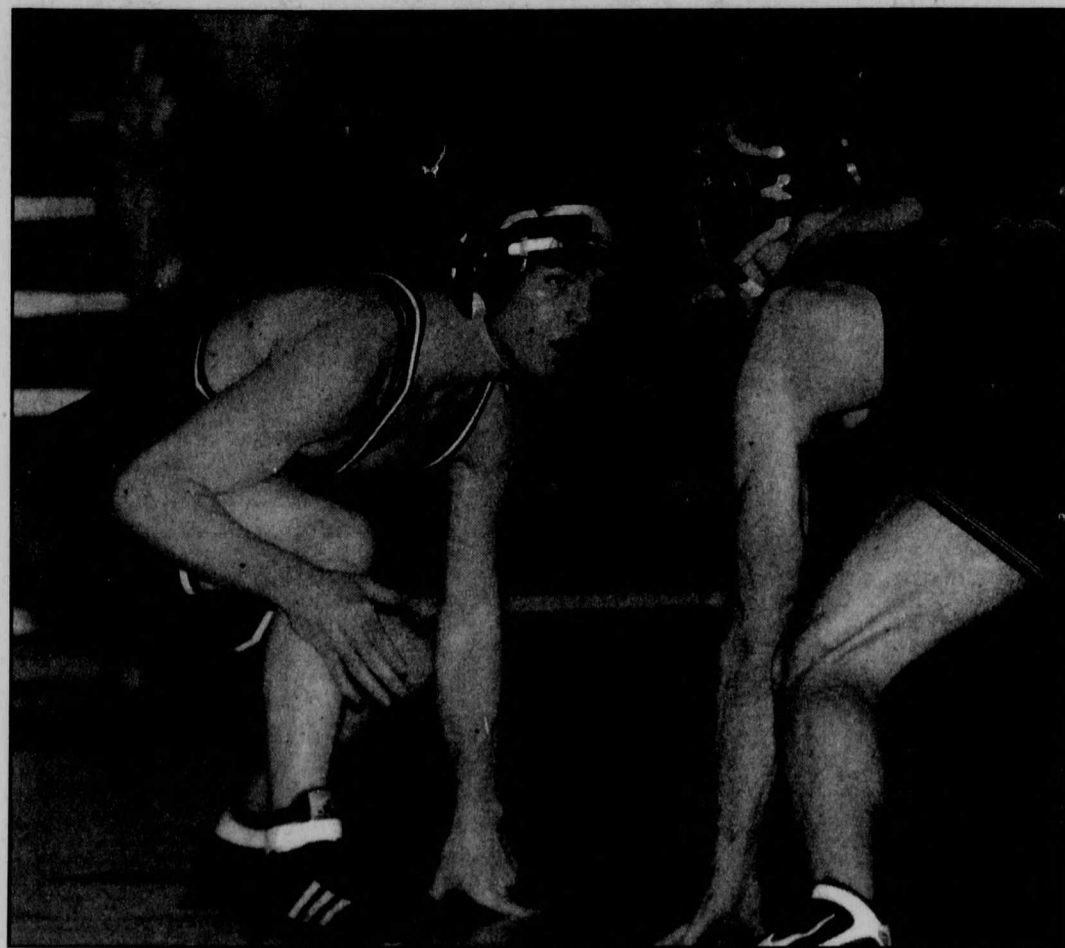


Photo Courtesy of Sports Information

**Billy Ashnault prepares to lock up in the 133 pound bout. Ashnault won by major decision.**

## From, Wrestling, B1

With Fittery, Hyatt and Ashnault all winning three of the first four bouts of the night Lock Haven had a firm 10-4 lead.

West Virginia would get right back into the match as they took the next three bouts, the 157, 165, and 174. In order for LHU to stay in the match they would need to get victories in the next two bouts, which they got.

In the 184 bout Tom Kocher picked up the essential victory for Lock Haven. Kocher took on WVU's Lance Bryson. The match was close but Kocher was able to keep Bryson at bay and take the 5-3 victory.

In the 197 contest, Ben

Hepburn narrowly escaped with the victory. He took on Kyle Rooney. The match was the closest of all the bouts with Hepburn winning 3-2 and forcing the match to be decided by the heavy-weight contest.

The Bald Eagles only have two regular season matches left before the EWL championships and the NCAA Championships in March.

Bonomo said that both meets are very important for the Bald Eagles, especially when it comes to the EWL championships and determining who is seeded where.

"These are probably the most important matches of the year coming up. Bloomsburg has always kind of been our rival and they have another tough team this year so

it would be great to beat them. And Clarion is our last home dual meet and that is another toss up so they are both huge matches for us," said Fittery.

Their next match will be their last road match of the season as they travel to Bloomsburg (7-6, 2-2 EWL) and the final match will be at home against Clarion (7-12, 0-3 EWL). LHU's meeting last season against BU resulted in a 22-16 victory for the Huskies.

"These next two are matches that are very big rivals for us. Bloomsburg especially since their program is comparable to ours in many ways. We just have to be ready and willing to meet the challenge ahead," said Ollie Cooperwood.

## From, T & F, B1

Edelman and McConnell also qualified for the NCAA in the 4x400 meter relay, this time with Chris Jones and Steve Roberts. The quartet ran time of 3:17.90, second fastest for Lock Haven in this event.

McConnell's third event of the day was the 500 meter dash which he ran a 1:05.73. The time earned him 15th place in the event but third in the LHU record books.

While the Bald Eagles experienced success at the Penn State meet, those who went to the Bucknell open fared well also. The men's team placed in 11

events.

Greg Mock took first place in the 60 meter dash as he ran 6.92.

Other place winners at Bucknell included Tim Getz taking second in the 3000 meter with a time of 8:42.76. Nathan Zondlo and Justin Amy took second and third in the 1000 meter dash and Chad Yurchick placed third in the weight throw, throwing for 51'11".

All track and field team members will come back together for competition Saturday as they compete in the Susquehanna invitational at Susquehanna University. After that some of the team will travel to the St. Valentine's

Invitational at Boston University.

"We're resting a lot of people this weekend, and really making a run at some great performances up in Boston in two weeks. It's one of the fastest indoor tracks in the nation, so we hope to keep everyone healthy and have them ready to roll. At Susquehanna this weekend a number of people will be competing to see where they're at and get a chance at some events they haven't had a chance to compete in yet. I think we'll see a number of strong performances at both meets," said Co-head coach Aaron Russell.



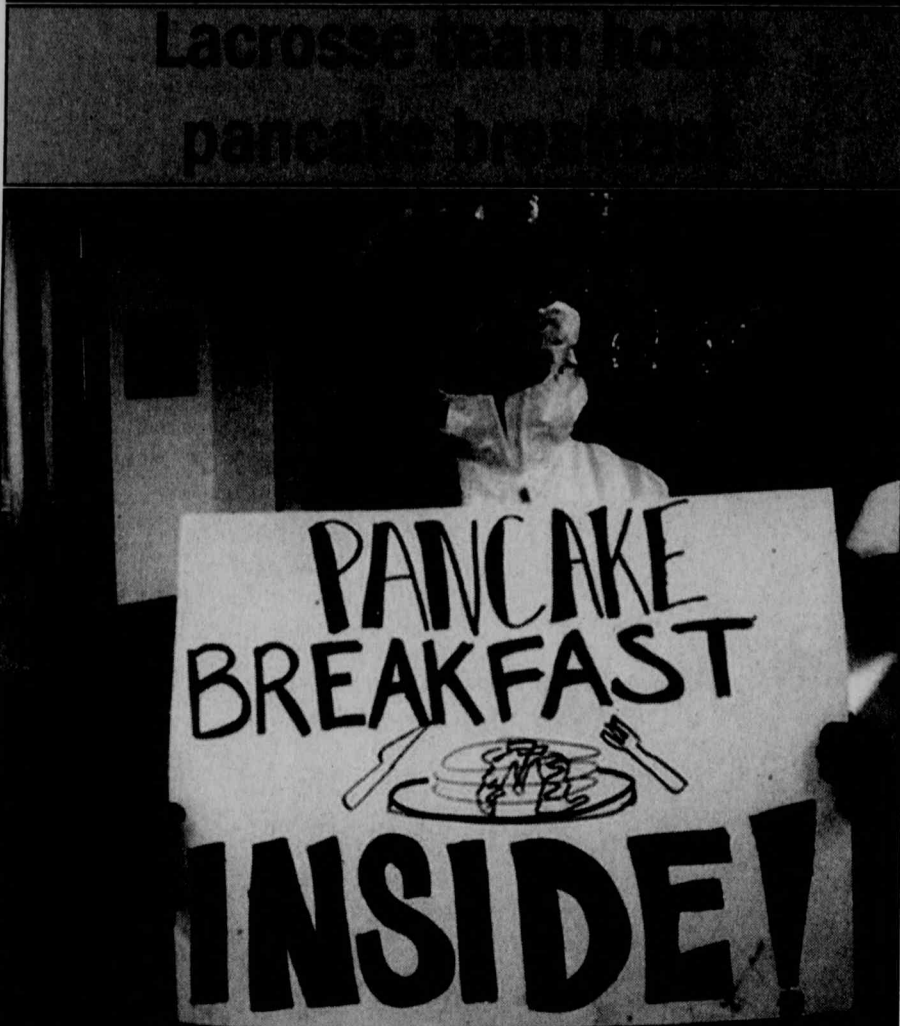
Photos Courtesy of Kari Sielski

**Top: Clare Gaeng, Alexandra Crosse, and Kari Sielski cook pancakes during the lacrosse pancake breakfast, Saturday.**

**Left: Clare Gaeng happily greets customers.**

The pancake breakfast is a fundraiser for the women's lacrosse team in order to raise money for their spring break trip. Players sold tickets ahead of time and about 100 others were welcomed at the door.

"This year at pancake breakfast we had an unbelievable turnout. Even though we were running all over the place trying to get everyone their pancakes as fast as possible we had an awesome time as a team. We rotated in shifts of who were cooks, waitresses, ticket collectors, and who stood on the corner attracting more costumers," said Kari Sielski, sophomore lacrosse player.



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- + Tart Bumpers and Tarts

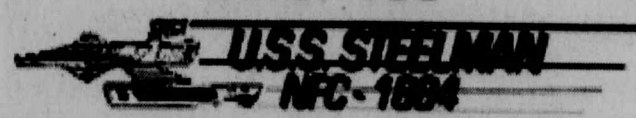
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# Arts & Entertainment

## Therapeutic recreation club offers experience

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

When a university like Lock Haven offers over 100 clubs and organizations to choose from, it's not easy for students to decide which ones will best suit their personalities and preferences. In addition to special interest clubs that offer something for everyone, there are also clubs for almost every major. Some have been around for years and years, while others are just getting started. One of these new clubs is the Therapeutic Recreation Club.

A concentration in the recreation management major, therapeutic recreation (TR) focuses specifically on "uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life." (For more info visit <http://www.recreation-therapy.com>)

In other words, recreational therapists use activities such as drama, art, music, movement, writing, and verbal processing as their tools to aid healing and growth of the client, rather than strict physical therapy.

Recreational therapists work in a variety of community and clinical settings for people of all ages with physical and/or psychological disabilities, including, but not limited to: psychiatric and rehabilitation hospitals, substance abuse and addiction treatment facilities, skilled nursing facilities, residential and day treatment programs for children, adolescents, and seniors, schools, camps, community senior cen-

ters, community recreation centers, medical hospitals, forensic facilities such as prisons, juvenile halls, etc, and private practices.

It is the responsibility of recreational therapists to assess each client, formulate treatment plans

bers, all of which are TR majors. Rodland said they have been slowly trying to recruit members and to establish a budget, since the SCC still has them on contingency. They have also put together their constitution and are in the

hands-on experience would also be great for us," said Rodland.

Vice president Stacy Bowman also commented, "I love being a part of the TR club because I am an advocate for therapeutic recreation. I feel that it is important for TR majors to be a part of the club too, because as a club, and as friends, we are able to spread awareness and create a new kind of atmosphere."

Their biggest event as an organization will take place this spring. Darius Weems is a teenager with Duchenne muscular dystrophy, who, because of his disease, had never left his hometown of Athens, Georgia.

Therefore, in the summer of 2005, with the help of eleven of his friends, 15-year-old Darius set off on a road trip across the U.S. with the ultimate goal of reaching Los Angeles in the hopes of appearing on the MTV show "Pimp My Ride."

The group traveled in an RV and tested wheelchair-accessibility in

America during the course of their trip. They hoped to get Darius's old and worn-out wheelchair customized on the hit show. The documentary, "Darius Goes West", won 24 awards in 2007. Darius also recently appeared on the Ellen Degeneres Show, where she gave 12 tickets to Darius, now 19 years old, and his friends to go on a seven-day Caribbean cruise. This spring, the TR Club is hosting "Darius Rolls into the Haven" on Tuesday, March 31 at 6:30 p.m. in Price Auditorium.

Darius will be coming to speak to LHU students about his life and the journey he has taken with his friends. DVDs will be sold for \$20. From each sale, \$17 will go to DMD research. Orange wristbands will also be sold as a TR Club fundraiser, which will directly profit Darius.

"It's a big deal to us, and I couldn't be more excited," said Bowman. "It is important to spread the awareness across

*"As a club, and as friends, we are able to spread awareness and create a new kind of atmosphere."*

-club vice president Stacy Bowman

that address the areas for intervention, implement the treatment plan, document progress on the client and evaluate the efficacy of the interventions being provided.

Haley Rodland, current president, explained, "We can go to Veteran hospitals, work with kids who have disabilities and go to nursing homes or aquatic facilities where we use pools with exercise equipment in the water for therapy. We recently learned about Watsu, which was really interesting."

Watsu (Water Shiatsu) began in 1980 "in the warm pool at Harbin Hot Springs when Harold Dull started floating people while applying the stretches and principles of the Zen Shiatsu he had studied in Japan," according to [watsu.com](http://watsu.com). This movement through water is still used today as a relaxation technique.

The Therapeutic Recreation Club was started last fall. So far, there are only 13 mem-

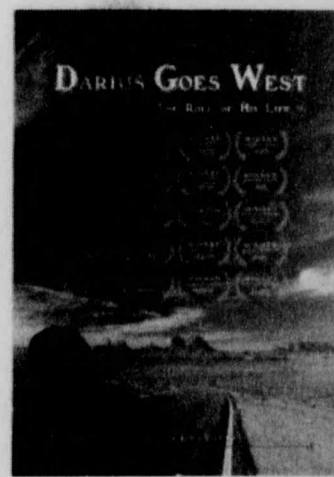
bers, all of which are TR majors. Rodland said they have been slowly trying to recruit members and to establish a budget, since the SCC still has them on contingency. They have also put together their constitution and are in the

process of electing a treasurer. So far, they have spent their time as a club attending conferences, where they learned more about their chosen career path.

They recently had a speaker, Wendy Jo, visit from the Pennsylvania Recreation and Parks Society (PRPS). PRPS was founded in 1935, and it is "the principal organization promoting quality recreation and park opportunities for all citizens of the Commonwealth through education, training, technical assistance and other support to local, county, state and federal recreation and park providers," according to its official Web site.

Rodland plans to further organize the TR Club and get them involved in community service. She'd also like to bring them to facilities where LHU alumni are currently employed.

"I'd really like to get us more involved on campus and in the community. More networking and



Google Images

The film "Darius Goes West" documents Darius Weems's road trip across the U.S.

campus and to other universities that as TR students we can make a difference and we are more than just playing games with the elderly. We find a way for our clientele to gain back or increase their independence."

If you are a therapeutic recreation member interested in joining this club, you may contact Haley Rodland at [hrodland@lhup.edu](mailto:hrodland@lhup.edu).



Photo courtesy of Google Images

The Therapeutic Recreation club will host "Darius Rolls Into the Haven" March 31, allowing students to hear from Darius Weems, star of "Darius Goes West."

## Internship profile: A new 'Force' on the field

**Amanda Alexander**  
Features Editor  
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It is many a sports fan's dream to get behind the scenes, talk to the players one-on-one, discuss the team with the owners, or keep a game-winning ball.

Senior Kate Chorney got to experience all of this and more during her summer 2008 internship with the Philadelphia Force, a fast-pitch softball team with games based in Allentown.

Chorney, a communication media major with concentrations in advertising and public relations as well as a minor in communication studies, worked 40-hour weeks with the team all summer, earning a total of nine credits.

She received help from Dr. Matthew Girton of the communication studies department in finding an internship. Girton recommended the program and Chorney, an athlete herself, was very enthusiastic about using her communi-

cation skills to work in a sports environment.

One of the perks of Chorney's job was spend-



Kate Chorney

ing time with the team members. "We really got to know them. We actually got to hang out with them and go out with them after practice. The owners were fantastic, too," she said. Chorney enjoyed getting to know the team's general manager and owners and finding out about things that go on behind the scenes.

"You really don't understand what goes into one softball game," she said.

Chorney also enjoyed

working with the four other interns who shared her job. "Anything they really threw at us, we really helped each other out with," she said.

One aspect of the internship that really stuck with her was the help she received from the program's intern coordinator, Barry Eisenburg, who Chorney described as an outgoing, friendly man.

"He knew we were all new to this," she said. "He showed us what really goes on."

A typical day for the interns included a variety of promotional activities such as playing games with the fans, coordinating autograph sessions and setting up meetings between fans and their favorite players. They were also responsible for watching the weather, helping field maintenance workers, streaming the games to the internet from the cameras that were set up at baselines, and setting up people to sing the national anthem.

Chorney enjoyed the way her internship con-

stantly integrated aspects of public relations and advertising. She said that while she learned the basics of advertising and PR in her classes at LHU,

"I think my internship really helped me out with my classes," she said. "I would really recommend having an internship."

The only downside to

*"I love just seeing the end result of all that hard work and preparation."*

-Kate Chorney

she was really able to apply these things and take them to the next level with her internship by giving out free tickets to games, going to different places to advertise the games, and doing the live streams.

"Everything just all coming together was awesome," she said. "I love just seeing the end result of all your hard work and preparation."

Bringing the knowledge from her internship into the classroom has really helped Chorney to be able to understand the material.

the internship was the daily commute.

"Driving was the worst," Chorney said, adding that she had to make the hour each morning, work until 10 or 11 p.m. and then come back early the next day. However, she found the job "really rewarding" overall.

One of Chorney's best memories from the summer is the day one of the team members hit a game-winning home run.

"I got the winning ball," Chorney said. She was able to have all the team members sign the

ball. "That was kind of special," she said.

Thanks to her internship, Chorney has a much clearer idea of the career path she would like to pursue when she graduates in May.

"I debated between PR and advertising," she said. "I now know I want to do PR."

Chorney said the most important thing for a student who'd like to do well in their internship is to keep an open mind.

"Really be open to anything they give to you," she advised. Thanks to her willingness to do any task that was assigned to her, Chorney was able to do different things every day and learn aspects of the business that she never knew about before.

If you're unsure about where to begin looking for an internship, contact Anita Casper, Internship Coordinator for Career Services, at 570-484-2247 or [acasper@lhup.edu](mailto:acasper@lhup.edu), or visit her office in the Career Services Office at Akeley 114.

A & E

# Long-anticipated album falls short

Chris Hoskavich  
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It's been said that waiting is the hardest part, and for Guns N' Roses fans this could not be truer.

To say the band's latest album, "Chinese Democracy," was long anticipated would be the understatement of the century and, frankly, last century as well.

Aside from an odd single here and there, this is the first release of original material from G N' R since 1991's "Use Your Illusion" albums.

Time wasn't the only resource spent by Geffen Records on this project; in 2005, a New York Times article reported that \$13 million had been spent on "Chinese Democracy" and labeled it "the most expensive album ever made."

The hefty price tag and continual delays weren't the only controversy surrounding the production of the album.

The band itself is hardly recognizable from their classic debut, "Appetite for Destruction."

Singer Axl Rose is the only band member from that album to appear on "Chinese Democracy," begging the question of whether this current incarnation can even truly be called Guns N' Roses.

In fact, Rose hired and fired another slew of members throughout the recording of the album, so the songs on "Chinese Democracy" include work from a rotating cast of 12 band members, including members with names like Buckethead (who wears a KFC bucket on his dome) and Bumblefoot.

With all of the hype and controversy surrounding "Chinese Democracy," one would expect the album to be either an instant classic or a colossal embarrassment.

The truth is that the album is just average.

While there are some decent songs and even a couple of really good ones, Rose mostly fails to display the ferocity that defined earlier G N' R releases.

What we are left with is a more mature, smoother Axl Rose, which sounds great at first, until



Photos courtesy of Google Images



one realizes that it comes at the expense of the wild, unpredictable, raw sound that propelled Guns N' Roses to fame and glorious infamy.

Several tracks stand out above the others, though, and really save the album.

"Better" is probably the best song on the album. The chorus has a tremendously catchy hook and through most of the song, Rose sounds like the screeching, swaggering Axl of old.

"Street of Dreams" slows things down a bit and is a very respectable effort, even if at times it sounds like it's trying a bit too hard to be "November Rain."

"If the World" is another good song that is interesting because of its use of Arabic-sounding music.

There are 14 tracks on "Chinese Democracy" and none of them are bad, but

only a few are very good.

If you are a Guns N' Roses fan, you simply must buy this album and draw your own conclusions.

If you're still upset about the loss of Slash, Duff, Izzy and Matt/Steven, put those feelings aside. Just think of all the other great bands that have made massive personnel changes over the years, like Iron Maiden and Jethro Tull.

If you're not already a Guns N' Roses fan, don't bother with "Chinese Democracy. Go pick up "Appetite for Destruction" and become a fan.

If you do decide to purchase "Chinese Democracy," remember that it is only being sold at Best Buy. Otherwise you'll end up like me and waste an inordinate amount of time hunting it down.



Photos courtesy of LHU website

(Left): Alyssa Phillips and (Right): Emilie Simcox spend their afternoons and evenings teaching LHU students how to perform basic yoga poses and breathing techniques to help them unwind after a stressful week of classes.



## Students center themselves with yoga

Kara Wilt  
A&E Editor  
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Between classes, clubs and group meetings students may find themselves pushing far beyond their mental limits.

When it comes to the deadlines of homework and fitting in time to study there's little downtime in most people's schedules to just relax.

However, relaxation is essential to making it through the stresses of college without having a complete breakdown.

Along with the classes offered at the Student Rec Center like kickboxing and fit-n-firm, to help students stay in shape physically, yoga is offered to keep the mind refreshed as well.

Yoga is a great way to clear your mind of the unnecessary clutter and can help you to stay better focused on the more important tasks.

To many times we let the insignificant details or the things in our lives we can't control take over our thoughts, rather than staying centered on stuff we do have control over.

"I find that the morning following my Yoga class I am able to wake up

with a better outlook on the day," said junior Laura Lingle. "I know exactly what I want to get accomplished and I just go to it."

According to holistic-resonance.com yoga originates from India and is a type of meditation that is meant to control the breathing, clear the mind and relax the body.

The classes offered here on campus are led by Alyssa Phillips, a first year graduate student in the Physicians Assistant Masters program and Emilie Simcox, a senior English major.

Phillips has been practicing yoga for more than two years, however, this is the first time she has led a class of her own. The same goes for Simcox.

"This is my first year teaching yoga and I'm really excited for the upcoming year of classes," said Simcox.

After acquiring a soft yoga mat from the front counter of the SRC, students enter the small room and are greeted by the aroma of incense and the lights are dimmed to set a relaxing mood.

Yoga is performed on the mats without shoes, so upon entering participants deposit their footwear near the edge of

the room. The instructor then leads the class through a few positions that will help everyone get into the right mindset.

It starts with a few breathing techniques in which you inhale and exhale very deeply through the nose.

Breathing techniques are key to getting the full experience. If you're not fully breathing then the relaxation you are trying to achieve will not have the same affect.

After everyone has mastered the breathing the instructor gets into more difficult positions.

Through the whole experience she side coaches and reminds the participants to continue taking long deep inhalations and exhalations to intensify the stance.

Girls and guys alike are encouraged to participate in these classes.

"I couldn't believe how many guys were taking the yoga class," said Lingle. "There were more girls, of course, but the number of guys was crazy."

Yoga is offered Mon. through Thurs. 1 p.m. - 2 p.m. with Simcox and Tues. and Thurs. 5 p.m. - 6 p.m. with Phillips.

### Looking for the perfect gift for your Valentine?

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### Student Recreation Center News

#### Spring 2009 Aerobics Schedule

1:00pm-2:00pm Yoga Emilie	1:00pm-2:00pm Yoga Emilie	1:00pm-2:00pm Yoga Emilie	1:00pm-2:00pm Yoga Emilie
4:00pm-5:00pm Step & Toning Jocile	4:00pm-5:00pm Step & Toning Jocile	4:00pm-5:00pm Step & Toning Jocile	4:00pm-5:00pm Step & Toning Jocile
6:00-6:30pm Cardio Mix Michaela	6:00-6:30pm Cardio Mix Michaela	6:00-6:30pm Cardio Mix Michaela	6:00-6:30pm Cardio Mix Michaela

#### Intramurals Spring 09

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

#### SPRING 2009 IM Sports

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

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

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

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



Check out the SRC website for schedules, photos, policies and employment opportunities!  
[http://www.lhup.edu/rec\\_center](http://www.lhup.edu/rec_center)



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

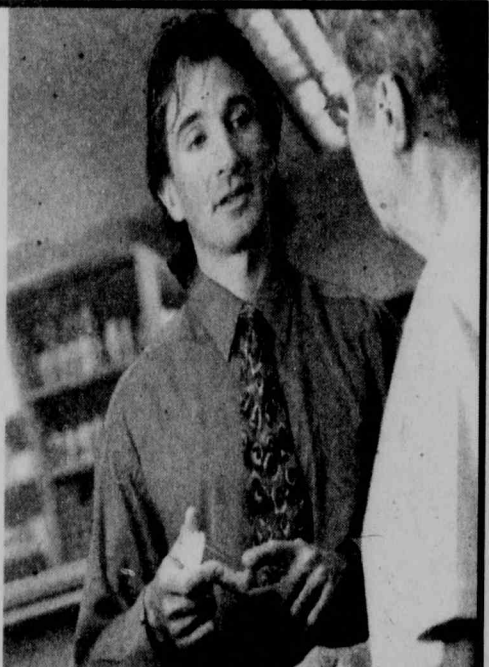
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# HOPE center provides education and resources for students

**William Dowd**  
Staff Reporter  
wdowd@lhup.edu

Lock Haven University will soon join the ranks of other Pennsylvania State System of Higher Education (PASSHE) schools with a functioning crisis/support center.

The center will serve the university community through empowerment, outreach, programming and most importantly - giving HOPE.

The center has been dubbed Haven Outreach Program for Empowerment (HOPE) Center, an appropriate name which reveals a lot about its purpose.

A grand opening celebration will occur Feb. 17 at 5:30 p.m., the celebration is in East Campus room G-204. Light refreshments will be served while students from the Lyrically Speaking club perform.

Cheney University of Pa. and LHU were the only two state schools without a crisis center; and many felt it was time to make a change.

A team of seven women spread across a number of different departments came together for one purpose.

The committee is comprised of five English professors, a sociology professor, and a psychology professor, who've all been avidly working toward acquiring a crisis center.

ter's top priorities.

It's devoted to creating awareness within the campus community, especially about healthy gender relations on campus, sexual harassment, dating violence, relationship violence, partner violence, the trauma suffered by assault, and many more issues.

The board will help facilitate discussion of these issues with students through a variety of programs. In late fall of 2006 the advisory board began their mission. It started out as a simple branch to

Joan Whitman Hoff professor of philosophy, and a number of other faculty members. However, due to a change in leadership, the functioning of the resource center ceased in the fall of 2006.

At the beginning of the 2007 spring semester, a crisis center subcommittee was formed with the intention of re-establishing.

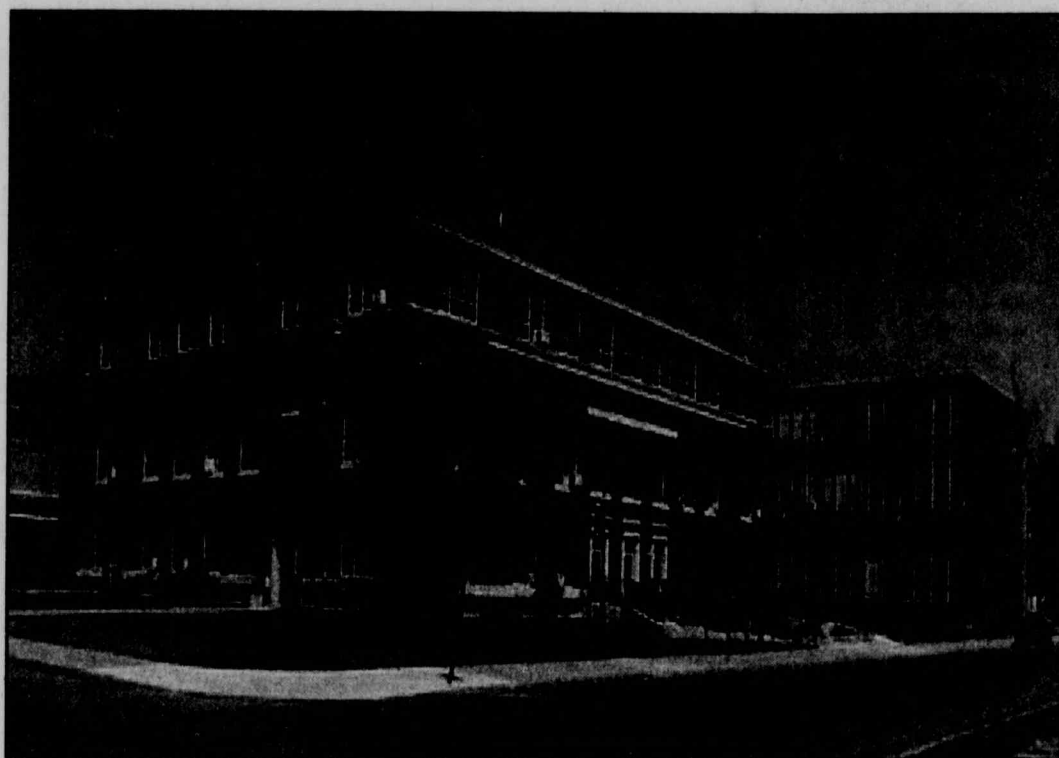
According to board member Dr. Gayatri Devi, assistant professor of English, members of the subcommittee met with President Keith Miller

as the chair.

"My own sense of the urgency of the HOPE center derives both from personal experience and a decade of teaching and research on issues connected with gender and identity," said Gruber, English professor.

The group began meeting in East Campus of fall 2008.

Board member Dr. Nicole Burkholder-Mosco, an assistant professor of English, believes that the entire process of acquiring the center was a collective effort.



Photos courtesy of LHU website

The HOPE center is located at East Campus in room G-204. Doors open Feb. 11.

the women's studies committee for the purpose of examining the old

and interim provost Dr. Roger Johnson to discuss the center.

During the meeting board members brought specific requests for space as well as funding for staff, including a director or coordinator. The committee also presented letters written by student groups endorsing the establishment.

"We received overwhelming support from several student groups on campus in articulating a need for the HOPE center," said Devi.

These groups included the Gay-Straight Alliance, Distinguished Gentlemen, Lyrically Speaking and University Players.

In spring of 2008 the crisis center subcommittee was officially designated HOPE advisory committee with Dr. Elizabeth Gruber

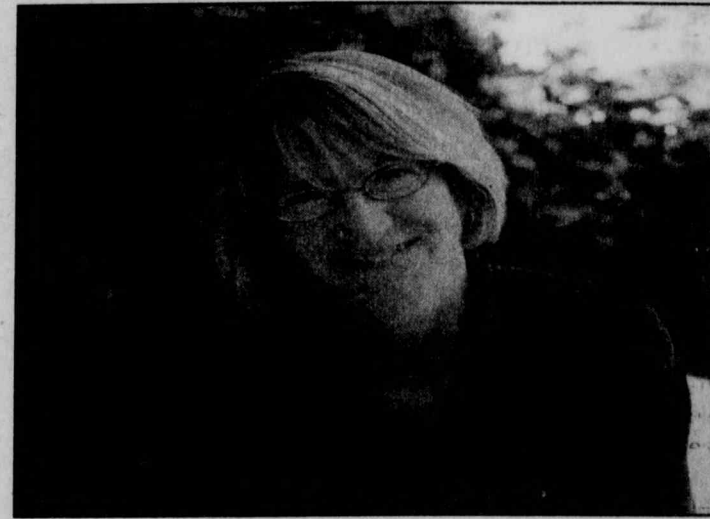
"Each member of this committee feels passionate about the HOPE center and what it can accomplish," said Burkholder-Mosco.

Devi said the board plans for the center to serve the community with a two-fold mission; through educational programming and as a resource center for victims and survivors of sexual violence.

Its educational value will be attained through various programs including poetry readings, lectures, film screenings and brown bag discussions of issues pertaining to gender and social equality.

The center will also be a good resource for victims of sexual assault or domestic violence.

"The center is an outreach to anyone who



Dr. Lisette Schillig is a member of the HOPE advisory board.

desires to come and share the common goal of "empowerment," said Burkholder-Mosco.

As part of the center's commitment to inclusiveness it welcomes participation by male students, faculty and staff.

Dr. Lisette Schillig, assistant professor of English and member of the advisory board, has given insight about students who will work in the center.

According to Schillig, Courtney Meyer and Chasity Nieves have been chosen as student workers. Meyer and Nieves are qualified for their positions, both being psychology majors and having undergone training and served as volunteers at the Clinton County women's center.

"The training will give them the tools necessary when handling situations that may arise," said Dr. Tara Mitchell, assistant professor of psychology and member of the advisory board.

Schillig added, "We feel very fortunate to have such capable and dedicated students in helping run the center."

The HOPE board has requested LHU management to fund the position of director for the center

with credentials in counseling and/or social services.

Everyone is encouraged to participate in the workings of the center.

"It will also be a place for learning and growing, a place of support, a place that will provide advocacy for those who feel isolated or alone," said Burkholder-Mosco.

Is the center ready for its debut on Feb. 17?

"We're getting there," said Burkholder-Mosco. "At this point, we're working to make the space warm and welcome."

Burkholder-Mosco elaborated on the significance of the center to her on a personal level.

"If there is one person who comes through the doors of our center and benefits from our existence, than all the work has been worthwhile, sometimes just being there is the most important thing an organization can offer," she said.

Beginning Feb. 18 following the grand opening, the center will have regular hours from 10 a.m. - 4 p.m. Mon., Wed., and Fri. The center is open Tues. and Thurs. from 8 a.m. - 12 p.m., and in the evenings from 6 p.m. - 8 p.m.



Dr. Joan Whitman Hoff established the original Women's Research Center.

Their hard work has now become a reality.

The HOPE advisory board is to make gender and social equity the cen-

Women's Resource Center.

Women's Resource Center was established thanks to the efforts of Dr.

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Dr. Nicole Burkholder-Mosco feels a personal tie to the opening of the HOPE center.

from Magician, B8

Kent not only performs for schools, but has also made appearances at church youth groups, corporate events, and even bar and restaurant promotions.

"My favorite part about magic is the way my heart skips faster each time I am about to reveal my trick," said Kent, "I love the audience's reaction; that's what inspires me most."

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E

# Cards and laughs fly with Kent

**Brianna Rodia**  
Staff Reporter  
brodia@lhup.edu

On Friday, Jan. 30, invisible cards were flying around Price Auditorium, and wine bottles were multiplying by the second. OK, so that might be a little bit of an exaggeration. Truth is, LHU students were provided with humorous entertainment and magic by magician, Michael

Kent. Invited and hosted by HAC, Kent intrigued everyone in the audience during his show.

The recently voted "Newest Rising Star" by College Magazine made his debut at Lock Haven a memorable one for everyone in the audience. He started his routine by telling the future in ways the audience would have never expected, but that definitely caught their eye. And the audience wasn't made up of just

students either; there were families there, ready to laugh for the evening, and that they did.

Kent did everything from "predicting the future" with a little bit of humor attached, to moving a knot up and down a piece of rope. The most amusing trick, based on the audience's reaction, seemed to be when Kent had a student come up on stage and write his name on a \$20 bill, and then



Brianna Rodia / Eagle Eye

**Kent performs his final trick after telling a story about the creation of stars.**

shredded it. After a few humorous comments, he made the bill reappear from a box that had been placed in an audience member's care earlier in the show.

The other trick of great amusement seemed to be when Kent threw an invisible deck of cards out into the audience and passed it along through three audience members, cutting the deck each time. As the deck was passed through the audience, Kent predicted the

single card that would be chosen on a white board that was on the stage. After the last card was chosen, Kent revealed his correct prediction which sent the audience into a stage of astonishment.

From card tricks to the deceptive "ripped wallpaper" trick, Kent impressed the audience in many ways.

Kent brought audience members up on stage to dig cards out of a rubber chicken, blow up condoms, and mix up

paper bags, while he also interacted with members in their seats each time, pushing the wow factor just a little more.

Kent grew up in Ohio and developed an interest in magic at the age of six. His interest has continued to grow ever since. He has traveled to over 20 states, performing at over 40 colleges across the country.

see **Magician**, B7



Brianna Rodia / Eagle Eye

**Michael Kent signs autographs and chats with fans of his performance after the show.**

# Students welcome the Year of the Ox

**Amanda Alexander**  
A&E Editor  
aalexan3@lhup.edu

Students and professors gathered at the Institute for International Studies (IIS) on Tuesday, Feb. 3 to celebrate Setsubun, a Japanese festival. The event was held from 11 a.m. - 1 p.m.

Setsubun is a celebration of the beginning of spring that takes place one day before spring begins on the Japanese lunar calendar.

"The word 'setsubun' literally means a division of the seasons, since it is traditionally held that this time of year marks the beginning of the 'eve of spring,'" according to the Japanese Holiday Traditions website.

In order to have a prosperous New Year, the tradition is for attendees to throw roasted soy beans, shouting 'oni wa soto' (get out demons) and 'fuku wa uchi' (come in happiness.)"

The purpose of this is to chase away the demons of misfortune and welcome prosperity into one's life. This is similar to the Western concept of New Year's Eve, the time in which we try to get rid of



Photo courtesy of Jennifer Creamer

**Brian McIlwee and Brian Hwang enjoy Setsubun activities.**

bad habits and start the year off with a clean slate.

At Setsubun people can be seen wearing masks representing the demons of bad luck or the cherubs of fortune, often

acting out scenarios in which demons are driven away so that good luck can take their place.

"Zak Hossain, sociology professor, played the part of the demon to help

the IIS have a prosperous 2009," said Jennifer Creamer, dean of the IIS.

It is common for people who were born under the same Chinese zodiac sign as the current year to throw beans, and 2009 is the year of the Ox. According to about.com, the years 1997, 1985, 1973, 1961, 1949, 1937,

1925, 1913 are all years of the Ox. It adds that "people born in the year of the Ox are patient, mentally alert and when required to speak are skillful. They have a gift for inspiring confidence in others. This allows them to achieve a great deal of success."

All students are welcome to enjoy the next IIS

event, a Brazilian carnival on Feb. 24.

For more information on cultural events on campus, visit the IIS office in Akeley Hall rooms 126-131 and is open Mon-Fri. 8 a.m. - 4 p.m., or call (570) 484-2140.




Photo courtesy of Jennifer Creamer

**Mayumi Ishihara, Keisuke Kumano, Juliana Nasciemento lend a hand making traditional Japanese food.**



Photo courtesy of Jennifer Creamer

**Professor Zak Hossain played the part of the demon in the Setsubun festival.**



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