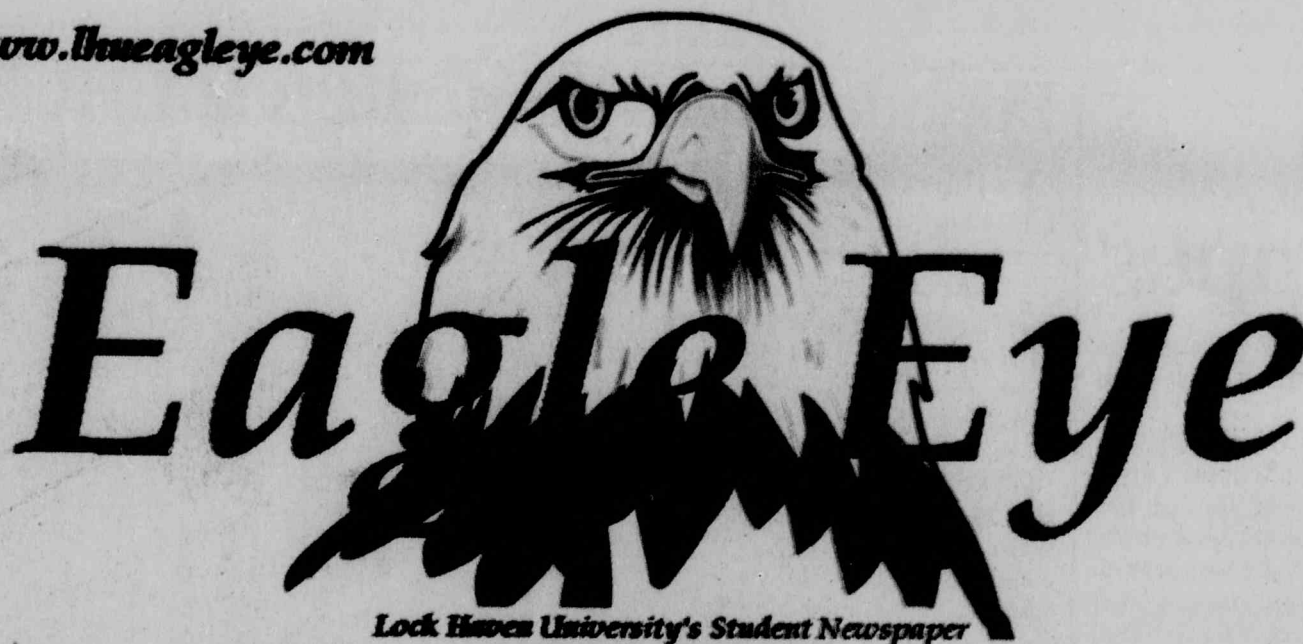


On Thursday there will be an AIDS Awareness Program in Smith Hall featuring free food and drinks.

The program begins at 7 p.m. in the recreation room. Hope to see you there!



Lock Haven University's Student Newspaper  
Lock Haven, Pennsylvania

Wednesday, January 28, 2004

Volume 59 Issue 2

### State system considering higher costs for more credits

Alex Hayes  
Staff Reporter

Students at the Pennsylvania State Universities may be paying more money if they wish to take more credits, under a new plan by the state system of higher education.

Under the plan, the maximum number of credits a student can take without paying more money would drop from 18 to 16. If a student wishes to take any more credits, they must pay \$192 per credit hour on top of their tuition.

Currently, students only have to pay extra if they exceed the maximum courseload of 18 credits.

For example, undergraduate tuition for Pennsylvania residents is set at \$2,299 for students taking between 12 and 18 credits. For each credit over 18 students go, tuition increases \$192, the increase that the State System will still be using when the credit limit drops.

The system's reasoning behind the plan is that they wish to stop what they call course shopping. The system says that they are trying to prevent students from registering for more courses than they need, then dropping the class that they like the least.

Judy Hample, State System Chancellor, told the Pittsburgh Post-Gazette that the plan will be beneficial for students who wish to take a course and complete it by leaving more seats open at registration time.

Some students feel that the new plan is a hindrance for those who complete all 18 credits that they register for.

"I did not do so well my freshman year and I had to retake some classes. I know that I am going to have to take 18 credits at least one semester. I do not think that it is fair for us to pay more just because some students are registering for classes and then dropping them," says sophomore Shane Hook.

The plan, if initiated, will take effect at all 14 of the state universities in the fall 2004 semester.

## Let it snow, let it snow, let it snow



Lindsey Martin/The Eagle Eye

Colin Day scrapes off his windshield during the snowfall on Tuesday afternoon. Lock Haven received 4 inches of snow on Monday. More snow is expected throughout the region Wednesday and over the weekend. By presstime the snow had already caused the cancelation of the celebration of the life of former President Dr. Francis N. Hamblin that was scheduled for Tuesday night at 5:30 p.m. For the full story, see page 2.

### LHU presidential candidate visits campus

Scott Kulah  
Staff Reporter

With President Craig Dean Willis departing, Lock Haven University welcomed Dr. Joseph Danks, as the first of six prospective presidential candidates.

On Jan. 26 and 27, Danks engaged in forums in which he talked of his past experiences and his intentions for the university if he is chosen as the next president.

Danks wishes to be the next president of Lock Haven University because he believes it is the final step in his career.

He mentioned that every six or seven years he has had a major change in the emphasis of his career, and at this point in his life, he has reached the point that he would like to take on different kinds of challenges.

See PRESIDENT page 3

## Member of the 'Little Rock Nine' speaks at MLK Jr. Day celebration: 'We weren't there to desegregate... we just wanted an education'

Heather Frank  
News Editor

Integrating a segregated school may have been difficult for him, but the Lock Haven University community welcomed Terrance J. Roberts, Ph.D. with open arms.

He graced Lock Haven University's annual Martin Luther King Jr. Day Celebration Tuesday afternoon in Price Auditorium.

One of the "Little Rock Nine," Roberts shared his experiences as one of nine black students at Little Rock Central High School during the 1950s with over 100 students and faculty.

Roberts, schooled by King in nonviolence, spoke of the September day when he, along with eight other students, attempted to enter Central High.

Roberts urged the importance that education played in the attempt to integrate the school.

"We weren't there to desegregate, integrate or to provide black bodies to sit beside white bodies," he said. "We just wanted an education."

Roberts spoke of the harassment he received as a black student in a primarily white school.

"It was as if these kids had gone to summer school to learn techniques of harassment," said Roberts.

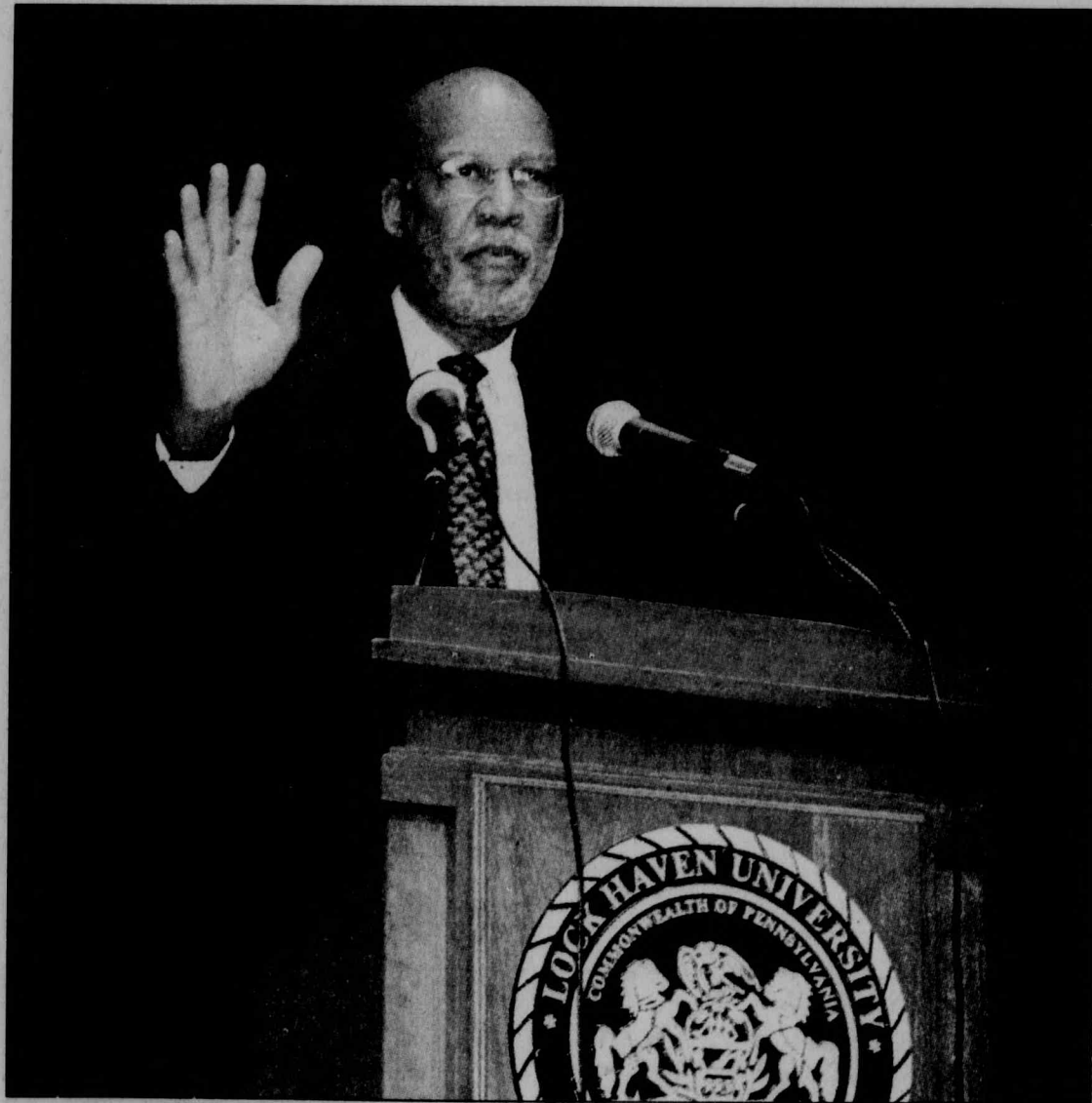
He recalled one situation in particular that he referred to as "the most dramatic" in his life when a boy, had approached him with a baseball bat, ready to swing it at his head, dropped the bat on the ground and walked away.

Roberts spoke not only of the stress the experience caused him, but also the stress the experience caused his parents.

"I had no idea of the psychological cost paid by my parents," he said.

Roberts, who quoted King throughout his speech, urged the importance of King's dream of the beloved community and told students to pledge to make healthy choices and commit to the realization of King's dreams.

"We can do better. We know better," said Roberts.



Lindsey Martin/The Eagle Eye

Dr. Terrance J. Roberts addresses students and faculty at LHU's annual Martin Luther King Jr. Day celebration.

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### The Eagle Eye

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www.lhueagleye.com

### What's Inside



The "cow parade" comes to Harrisburg and two Lock Haven University students have the honor of decorating a cow to be displayed. Read all about the bodacious bovine on:

Page 10



The men's basketball team split their games last week, but picked up their first PSAC win against Shippensburg University in Thomas Field House. Get all the highlights from both games on the:

Back page

### Today's Weather



Snow Showers & Wind  
High - 29  
Low - 16

# Oregon man seized on campus

On Saturday, January 24, 2004 at approximately 12:35 p.m., Lock Haven University Law Enforcement, the Lock Haven City Police, and the Pennsylvania State Police took Kerry C. Hendricks, who was found in the University's Russell Hall, into custody. Hendricks was apprehended without incident.

Hendricks was wanted for several different acts of burglary in Oregon, including theft of a U.S. government vehicle, cash, and computer equipment. Additional criminal charges also are pending.

Hendricks is originally from

Lebanon, Pa. and was serving in the U. S. Army at the time of the burglary.

"The University applauds the due diligence of the various law enforcement agencies that led to the apprehension of Mr. Hendricks. And, we want to assure students, faculty, staff and the community that, although Mr. Hendricks was not affiliated with the University in any way, we are cooperating fully with the federal authorities to provide any additional assistance we can," said Dr. Craig Dean Willis, University President.

# Local Dean supports to meet up, build grassroots campaign

A year ago this month, there were 11 Dean 2004 Meetups nationwide. Now, the Meetups have grown into the backbone of the greatest grassroots campaign presidential politics has ever seen—more than 180,000 Americans have developed a sophisticated network of over 1,071 Meetups across the country and across the globe.

As the Democratic campaign heats up, the Meetup in Lock Haven will prove a crucial grassroots organizing tool for local Dean supporters—both to attract new people to the campaign and to help win the primaries in Wisconsin and Virginia.

On Wednesday, Feb. 4, 2004, local supporters will organize locally and send postcards to undecided voters in Wisconsin and Virginia, urging them to support the candidacy of Governor Howard Dean for

President of the United States.

"We are building the greatest grassroots campaign of the modern era," Dean Campaign Manager Joe Trippi said. "MeetUp allows people nationwide to become involved in the basic grassroots neighbor-to-neighbor organizing that is essential to winning any election."

WHO: Lock Haven Dean Supporters

WHAT: Dean 2004 Meetup

WHEN: Wednesday, Feb. 4, 2004 -- 7:00 p.m.

WHERE: Parson Union Building, Meeting Room #3.

For more information about the Dean for America campaign, visit [www.DeanForAmerica.com](http://www.DeanForAmerica.com), or call the campaign's press office at 802-651-3257.

# Pounded by snow, students at LHU trudge onward

Alex Hayes and Nick Malawskey

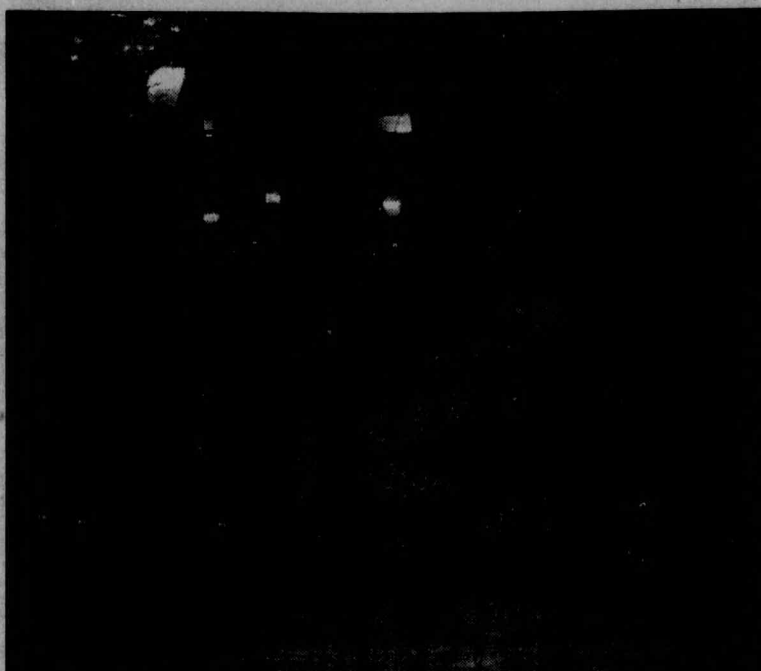
Cold weather and snow have been hitting Lock Haven University hard this week, with the weather to continue throughout the week.

At 5:20 p.m. on Tuesday the National Weather Service out of State College, Pa. issued an urgent winter storm warning for the area, calling for heavy snows until early Wednesday morning.

As of press time, there was already about six inches of snow on the ground, which caused many students to wonder if there would be school the next day.

"I am worried that commuters coming to Lock Haven are going to have to risk getting in an accident just so they do not miss class," said junior Jeff Baney.

Matt Heydt, a senior at Lock Haven also expressed his concerns over the inclement weather saying, "I don't think that there should



Nick Malawskey/The Eagle Eye

Students plod their way through the falling snow to Bentley Dining Hall at dinner time. Five inches of snow had fallen by presstime and another four inches were expected by morning.

be class tomorrow...the student's safety should be the first concern of the administration."

The Lock Haven University administration had already canceled the Hamblin

Memorial Service which was scheduled for 5:30 p.m. in the Hamblin Auditorium but had not released any information regarding classes Wednesday morning.

The National Weather

Service strongly discouraged any travel and advised those with travel plans to take alternate routes.

Carlton Cannon, a PennDot employee, said at press time that Lock Haven has already five inches and are anticipating six to nine inches for the remainder of the evening.

"Right now everything is snow covered," said Cannon, "all we can do now really is plow."

Cannon said that PennDot had 17 trucks operating in Clinton County alone, but was unable to say if roads would be drivable by morning.

Cannon advised students, "The main thing is to slow down, proceed with caution, and leave plenty of distance between yourself and the vehicle in front of you."

Snow showers are expected again on Thursday and Friday, and the Weather Channel is calling for heavy snow again early next week.

# Troubled youth, troubled minds: Students look at youth in America

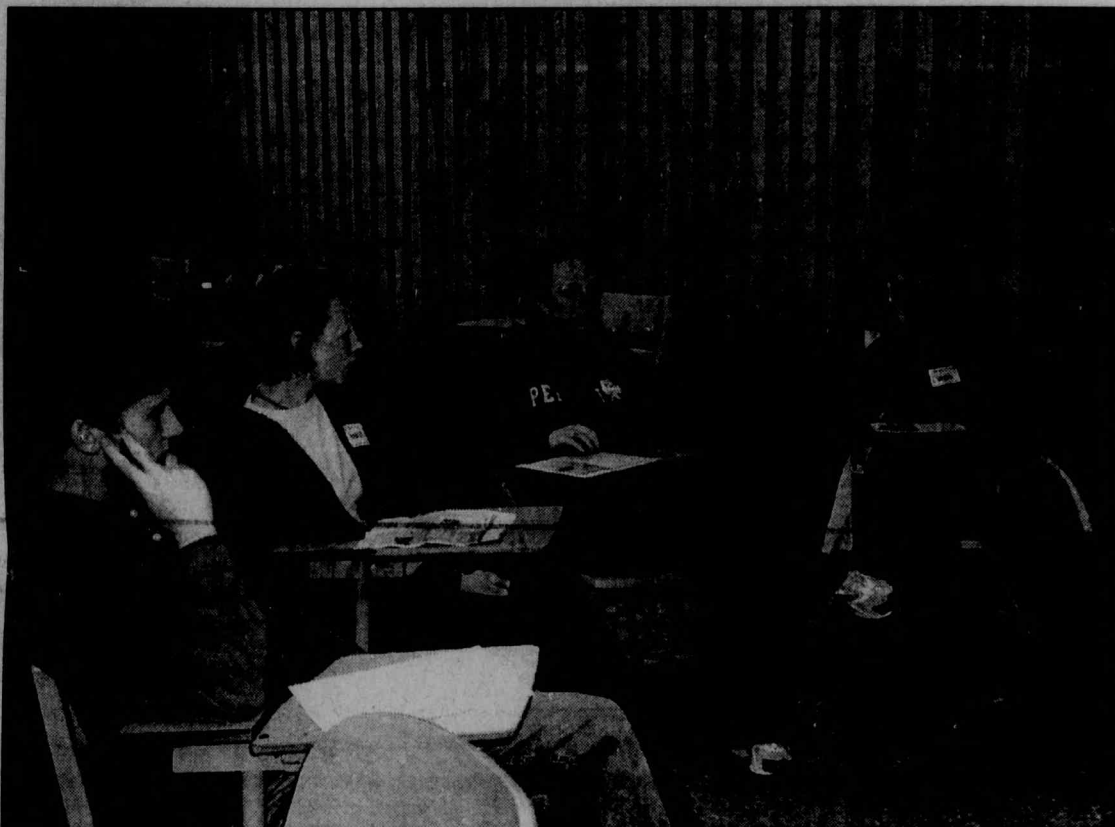
Keri Schmid The Eagle Eye

Even with the poor weather, students came out to attend the first Public Issues Forum of the semester on Monday, Jan. 26, 2004. The topic up for discussion was "Our Nation's Kids: Is Something Wrong?" Three different choices were featured in an introductory video introduced by Public Issues Forum Team leader Keri Schmid.

Choice one said to put children ahead of self-satisfaction. Many students saw this option as positive but impractical. This choice leans on one parent being home at all times. The natural assumption, for many, would be that the mother stays home. Students were mostly opposed to this aspect; however, some male attendees noted they would stay home with their children as long as the female could support the family.

Choice two noted responsibility should be shared for children. This choice greatly increases the involvement of society in raising a child. Freshman Jen Koshko voiced her opinion in saying, "Society should have some role in raising children but should not be the sole provider of morals and guidelines."

Choice three concluded that children need moral discipline.



Lindsey Martin/The Eagle Eye

Students taking part in the Public Issues Forum listen as another student discusses his stance on the topic. Public Issues Forums focus on developing a deliberative learning environment so students feel comfortable discussing their opinions and accepting feedback from others.

Boasting teachers and parents instilling values is core to this choice. A great majority of students said it would be far too difficult to have schools teaching values. Matt Fernley, freshman, noted, "maybe we aren't specifically asking schools to teach a

standard set of morals in the form of a religion. We are just asking them to instill right from wrong."

Students came back together in a large group to pose questions to one another and further discuss this issue. In the end,

students came away with a greater understanding of the issue and their feelings toward it.

The next Public Issues Forum will be focused on Crime and Punishment on Monday, Feb. 23, 2004.

## Think before you act



### Binge Drinking on College Campuses

According to a 1997 national study conducted by the Harvard School of Public Health, nearly half of all college students surveyed drank four or five drinks in one sitting within the previous 2 weeks.

Students who live in a fraternity or sorority house are the heaviest drinkers - 86 percent of fraternity residents and 80 percent of sorority residents report binge drinking.

In a recent study, 39 percent of college women binge drank within a 2-week period compared with 50 percent of college men.

Colleges with high binge drinking rates were also much more likely to attract students who were binge drinkers in high school.

Statistics provided by <http://www.health.org/govpubs/rpo995/>

Questions? Comments? We want to know what you think!

Email your thoughts to: [lhueagleeye@hotmail.com](mailto:lhueagleeye@hotmail.com)

Or give us a call at x2334



Or, if you're up to the challenge, you can come and write for us!

Come to a staff meeting, every Wednesday night at 5 p.m. in the EE office in the PUB

### Your extended weekend weather for

### January 29 through February 1

brought to you by the LHU Eagle Eye



Thursday



Partly Cloudy  
High 30  
Low 22

Friday



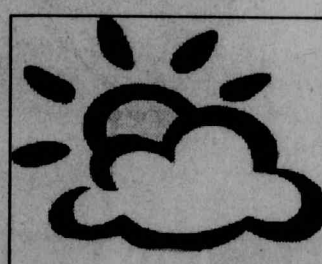
Snow Showers  
High 27  
Low 10

Saturday



Few Snow Showers  
High 20  
Low 9

Sunday

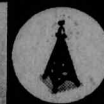


Partly Cloudy  
High 28  
Low 21



If everybody else is listening to WOOHOO on Saturday night, shouldn't you be too?

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# LHU presidential candidate plans on being part of everyday campus life

From PRESIDENT, pg. 1

"In retrospect, I see that every so often I need to do something different. I need to be challenged. I need new opportunities, and having been dean at Kent State for eight years, the time has come for that sort of change," he said.

Danks admitted that he is not very familiar with Lock Haven, or anything on this side of Pennsylvania for that matter, but he said, "The more I learn, the more I am impressed about what the university has to offer the students of Pennsylvania, and the opportunities of this institution."

He looks forward to the opportunity to build on the base that President Willis has created throughout his tenure, and he said that "Lock Haven is really a jewel in the state universities of Pennsylvania."

He believes that the purpose of higher education is not only to prepare students to get a job directly after graduating, but also to prepare them spiritually, culturally and educationally for careers and life. He also emphasized the importance of continuing education even after graduating from college.

Whether making himself available for office hours or going to Bentley to have a cup of coffee with the students, he plans on being part of everyday life on this campus.

"I would hope to be a very visible president to the students. Exactly what form that would take, I'll see when I get there," he said.

He mentioned the importance of athletics in a university

atmosphere. He said that he is an avid supporter of sports at Kent University and a season ticket holder. He said he would likely do the same in Lock Haven. He continued on to say that although athletics are important, it is vital for student athletes to find a relationship between scholastics and athletics.

Danks is currently the Dean of the College of Arts and Sciences at Kent University. There he holds complete responsibility for personnel, general administration, budget issues, academic programs and developmental activities.

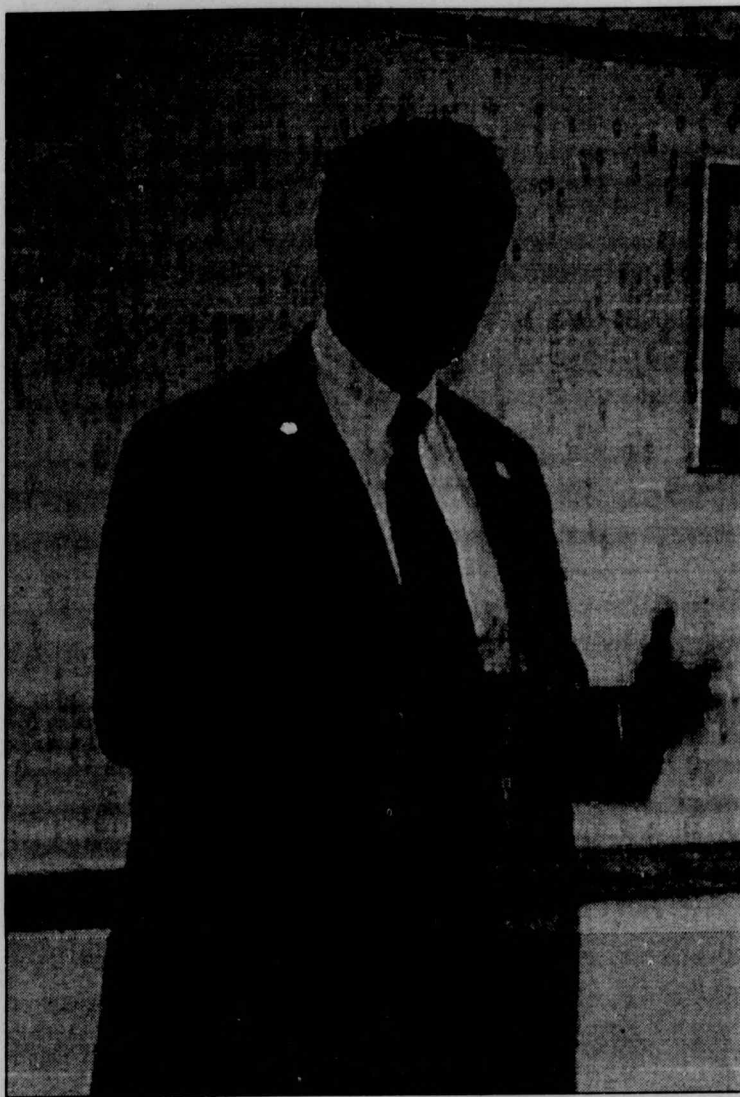
He manages 340 faculty members who facilitate over 5,000 students on seven different campuses. He also manages a budget of approximately \$50 million per year.

He also oversees all the academic programs involved in the College of Arts and Sciences, and serves as a dean for masters and doctoral programs.

He received his Ph.D. in psychology at Princeton University in 1968. Since then, he has worked his way from a research assistant and associate professor at Princeton, to the Dean of the College of Arts and Sciences at Kent University.

In that time he has also worked at the University of Warsaw, Stanford University, and Northeastern Ohio Universities College of Medicine.

He is a member of numerous organizations, including Psi Chi, Sigma Xi, the Psychonomic Society, the Cognitive Science Society, the American Psychological Society and a board member of the Council of Colleges of Arts and Sciences.



Maggie Herrick/The Eagle Eye

Dr. Joseph Danks, the first of six presidential candidates for the Lock Haven University Presidential position, addresses students at the Monday night presidential forum. Said Danks, "The more I learn, the more I am impressed with what the University has to offer."

Five more presidential candidates will be visiting Lock Haven from Jan. 29 to Feb. 12. The candidates were chosen by the Lock Haven University Presidential Search Committee, and their identities are being withheld until the perspective candidate arrives in Lock Haven. To learn more information about the upcoming forums, visit the university website at [www.lhup.edu](http://www.lhup.edu), or contact Donna Barton at the Presidential Search Committee office, between 8 a.m. and 4 p.m., at 893-4436.



January 24, 1992

Lock Haven University student Jennifer Irwin is in satisfactory condition after she fell from a fire escape at the Lamda Chi Alpha fraternity house on Friday, January 17.

Currently listed as an accident, the case is still under investigation according to Detective Sergeant Charles Shoemaker of the Lock Haven Police.

Irwin, who is being treated at Geisinger Medical Center in Danville, sustained a fractured vertebrae.

Police were called to the Lamda Chi Alpha house at East Water and Henderson Streets around 10:45 p.m. after Irwin slipped and fell off the fire escape.

"She got up and slipped and when she tried to get up again, she fell and rolled to the side under the safety bar of the fire escape," said AXA president Mike DeCinti. "She fell about 20 feet to the ground."

"This Week in History" is taken from The Eagle Eye archives. If you are interested in finding out more about this column, call x.2334 and ask for Heather or Nick.

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# Around the World with Page Four

## Local, State, and International News Briefs

Keeping you up-to-date with the past week's headlines.

### 'Opportunity' makes successful landing on Mars' surface

Tom Siegfried  
The Dallas Morning News

NASA scientists raved Sunday over dramatically new views of Mars, transmitted by the rover Opportunity from within a small crater on the Red Planet's surface.

By coming to rest inside a crater, the golf-cart-size rover fulfilled mission scientists' dream of a close-up look at rock layers holding clues to the planet's geologic past.

"We have scored a 300 million-mile interplanetary hole-in-one," chief mission scientist Steve Squyres said at a Sunday afternoon news briefing. "We are actually inside a small impact crater."

Opportunity's flawless landing late Saturday night was followed only hours later by a batch of photos revealing geological features more diverse than those encountered by Opportunity's sister rover, Spirit, three weeks ago.

While images from Spirit and previous Mars landers have offered mundane scenery reminiscent of West Texas, Opportunity's seemed more like postcards from the Martian version of a national park.

Other sites have been littered with pebbles and boulders, but Opportunity encountered a landscape with jagged bedrock formations jutting through a smooth reddish-gray soil.

"It looks like nothing I've ever seen before in my life," Squyres said early Sunday as the first images appeared on screen at the Jet Propulsion Laboratory in Pasadena. "I'm just blown away by this."

Opportunity's successful landing made NASA two-for-two in delivering the twin spacecraft making up the \$820 million Mars exploration mission.

"The NASA team led by JPL really swept the double-header," said Ed Weiler, NASA's associate administrator for space science.

Spirit, launched June 10, arrived Jan. 3 and worked well until Wednesday, when normal communications with the craft were disrupted. NASA engineers said Sunday that the six-wheeled rover's condition, while still serious, was moving toward "guarded."

"I think we have a patient on the way to recovery," rover project manager Pete Theisinger said Sunday.

#### Havenscope needs you!

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### Bush gives last State of the Union address before election

WASHINGTON - In his election year State of the Union address, President George W. Bush tried to convince Americans of his successes over the past three years in the war on terror and the economy, while planting seeds for his own reelection campaign in 2004.

Bush spent the majority of his approximate 50-minute speech talking about the U.S. role in the war on terrorism. He painted a picture of a liberated Iraq, working with the U.S. towards their own bill of rights and a new constitution. He spoke of the children in Afghanistan that are now back in school and the new rights granted to Afghani women. Bush cited ideas for his "forward strategy" of freedom in the Middle East such as providing uncensored news services across the Middle East region. He boasted facts such as two-thirds of the known al Qaeda leaders being imprisoned.

While peoples of the Middle East have been granted freedom and repair in the last year, many were critical of Bush's failure to mention many of the grave problems that still exist in the region and the loss of lives to civilians and U.S. troops overseas.

"He [Bush] made only briefest reference to the casualties and the fact that 500 Americans have been killed. We never heard anything about the weapons of mass destruction that a year ago Bush confidently said Saddam had. A lot of reasoning behind his war policies has proven to be false. He passively admitted that his rational-

ization for war has not proven to be true," said Steven Roberts, former New York Times writer and expert on American government.

In the Democratic response to Bush's speech, House Democratic Leader Nancy Pelosi of California was also critical of Bush's omission of grave problems for the United States, pointing out the U.S. needed more support from foreign allies.

Bush applauded the U.S. economy as being strong, citing that home-ownership rates are the highest ever, taxes were cut for small businesses, and that the death tax is close to being phased out. Bush attributed these successes to tax breaks, which allowed Americans to reinvest their money into the economy.

However, democrats were quick to point out that these tax breaks benefited the wealthiest Americans and that Bush exaggerated the number of new jobs created. Sen. John Kerry explained to voters in Concord, NH on Wednesday that only 1,000 jobs were created last month, a minute portion of the administration's goal of 250,000 new jobs.

While the Democratic candidates were largely critical of Bush's speech, he introduced proposals that are traditionally supported by Democrats. Many proposals were for improving education for young adults with programs such as "Jobs for the 21st Century," to make students stronger in science and math. He also proposed a \$300 million "Prisoner Re-Entry Initiative" to help newly released prisoners re-enter the work force and \$23 million for schools that want to use drug testing "as a tool to save children's lives."

However, Bush failed to mention how the United States, already billions of dollars in debt, would pay for such initiatives, giving Democrats much room to criticize Bush in the campaign for president.

"Bush clearly is paying no attention to the deficit, which allows democrats to say all he is doing is adding to the burden of future generations," said Roberts.

Bush ended his speech by revisiting his conservative values, refuting the need to "defend the sanctity of marriage."

"This was a campaign document, not a State of the Union," said Roberts.

### Website allows users to track Democratic candidates' issue stances

By Dana Hull  
Knight Ridder Newspapers

A new Internet phenomenon is adding a twist to the town hall meetings and candidate shake-and-howdies that have long been the staples of presidential campaigning here: bird-dogging.

To "bird-dog" means to observe, follow, monitor or seek out with persistent attention. In recent weeks, "bird-dogging" activists, mostly liberals, have made their way into numerous Democratic campaign events, asking the candidates about all manner of topics ranging from medical marijuana to U.S. military aid to Colombia.

The citizens - many of them peace activists or supporters of various liberal causes - then file dispatches to [www.birddogger.org](http://www.birddogger.org), a Web site that tracks how the seven candidates vying for the Democratic presidential nomination answer their questions.

Some bird-doggers follow one candidate all the time; others try to see them all. The idea is to press campaigns to address issues outside of mainstream concerns such as jobs, health care and taxes. The hope is that fringe issues will reach critical mass and ultimately gain more mainstream media attention.

"I asked John Edwards about his thoughts on our use of depleted uranium in munitions

in the two Iraq wars and Afghanistan," wrote "Zeke" of Rye Beach, N.H., in a recent posting to the Web site. "I said there was an effort to reopen a GAO investigation into its possible medical effects on veterans. ... He said, 'You know, this is the second time I've been asked about depleted uranium in these town meetings. Has the GAO study been completed? It's the second time I've heard this concern.'"

The bird-dogger Web site allows visitors to search for dispatches by candidate, date or topic, such as "Governor Dean would support a working missile defense" to "Sen. Lieberman on the Patriot Act."

"The Web site used to be more liberal, but now we want it to be more of a free-for-all," said Patrick Carkin, who began bird-dogging during the 2000 election and oversees the Web site. Carkin used to be the director of New Hampshire Peace Action, a liberal activist group, and he's trained other activists on everything from how to phrase their questions to where to sit in the audience.

Among the tips: Arrive early so you get a good seat and are in the candidate's line of sight. Have your question and follow-up question prepared. Raise your hand early so you're more likely to be called on. If possible, work in teams of two: One person can ask a question while the other writes down or records the response.

### Supreme Court rules police can stop motorists for questioning

Amber Ellis  
Daily Egyptian  
(Southern Illinois U.)

The U.S. Supreme Court ruled last week a man's car is not his castle.

In a 6-3 decision, justices made it legal for police officers to put up roadblocks in order to ask motorists if they know anything about crimes that have occurred in the area.

The case spurred from a 1997 incident in Lombard, Ill., when Robert Lidster was stopped for questioning about a hit-and-run fatality, given a citation and later charged with drunken driving.

As his defense, Lidster said his Fourth Amendment rights were violated. After the Illinois Supreme Court ruled in his favor, Attorney General Lisa Madigan appealed to the U.S. Supreme Court and said the public should have the right to

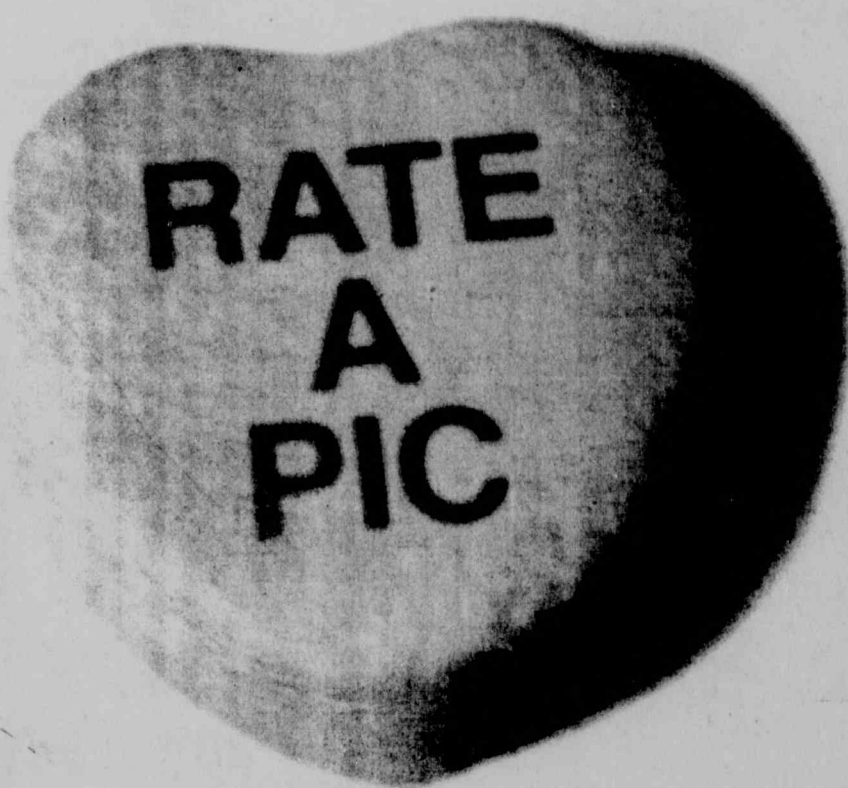
volunteer information to help police solve crimes.

Tim Capps, a leading defense lawyer in Southern Illinois, said Lidster was subjected to unreasonable search and seizure.

"There is nothing voluntary about uniformed police turning the lights on their squad car so they can talk to you and the whole line of people behind you," Capps said.

### Elephants face alcohol-related death

INDIA -- A group of four wild elephants that ran amok after becoming intoxicated on bootleg rice beer in northeastern India's Meghalaya state were electrocuted when they brought down high-voltage power lines during a drunken rampage.



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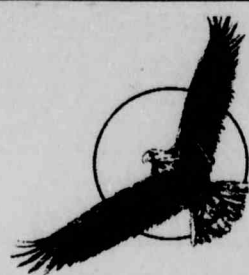
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# What's Happening?

## News from LHU clubs and organizations

### Club & Organization Briefs

#### HAC

Help needed for Spring Concert Committee. Hac is requesting help from individuals, clubs, fraternities, sororities and Residence Hall floors to help with the Spring Concert in April. All those interested should stop by the PUB Business Office from 8 a.m. to 4 p.m. or email jharper@lhup.edu to sign up.

#### Havenscope

Interested in photography or broadcasting? Havenscope could use you. If you're interested, stop by a meeting on Tuesdays and Thursdays at 1:10 in the Television Studio on the 6th floor of Robinson.

#### Intramural Sports Department

Rosters for intramural sports teams are due on the following dates:

February 2 - Dodgeball  
February 4 - Women's 3x3 Basketball and Men's 3x3 Basketball

February 9 - Badminton (singles) and 6x6 Co-Ed Indoor Volleyball

Any individuals who wish to play but do not have a team may be put on the free agent list by emailing Slong1@lhup.edu. The list will be made available to teams who may need extra players. The Intramural Office cannot guarantee participation.

#### Protestant Campus Ministries

Morning Devotions are held Monday to Friday, 7 a.m. with prayer and devotional conversation, in Jazzman's Cafe in Lower Bentley.

Weekly Bible Study is held Wednesday nights at 7 PM in Russell Hall lobby. Bible Study includes informal conversations on Bible topics.

#### Society of Collegiate Journalists

The Society of Collegiate Journalists will be holding an informational meeting Thursday, January 29 at 7 PM in the lobby of the PUB.

#### Sophisticated Ladies

There will be a Valentine's Day Formal on Saturday, February 14 in the PUB MPR from 7 PM until 12 AM. Dinner will be served and a photographer will be present. The cost is \$15 for couples or \$8 for singles.

Formal attire.

#### Stevenson Library

Stevenson Library is now scheduling the Exhibit Area for the Spring 2004 semester. The exhibit space, which includes 3 large glass display cases and three double-sided, cloth display boards, is available to University faculty, staff, departments, and programs for the display of educational, cultural, intellectual, and aesthetic materials. Please contact Bernadette Heiney at x2545 or bheiney@lhup.edu for additional information or for scheduling the area.

#### SRC

The SRC is accepting sign-ups for a CPR/First Aid class. The class begins January 30 and will be held in Zimmerli 8 at 9 a.m. There is a \$5 fee per component that is due the day of the class. For an application, visit [http://www.lhup.edu/rec\\_center/cpr.htm](http://www.lhup.edu/rec_center/cpr.htm).

The SRC will be hosting the Boulder Bash on February 14. Registration begins at 9 a.m. and first flight starts at 10 a.m. There is an entry fee of \$10. For more information, contact Jason Erdman, Special Events Coordinator, at [jerdman@lhup.edu](mailto:jerdman@lhup.edu)

#### Scholarship Opportunities

The Mary Ann Fox Scholarship applications are available in 202 Sullivan Hall. You must be a graduate of a Clinton or Lycoming County (PA) high school, and plan to attend LHUP, Penn State (including PA College of Technology), Lycoming College, Bucknell University, or their branch campuses, for 2004/2005. Applications are due April 9, 2004, in the President's Office.

Morris Udall Scholarship Applications are available for current Sophomores and Juniors for next year. Scholarships of up to \$5000 for those studying in fields related to the environment and for Native Americans or Alaska Natives studying in the fields of health care or tribal public policy will be awarded by the Udall Foundation. The LHU campus representative is Dr. Ralph Harnishfeger, Ulmer 205. Application forms are available, the campus deadline to apply is February 15, 2004.

#### Other Campus News

There will be an Aids

### Presidential Search Committee & Council of Trustees



The Lock Haven University Presidential Search Committee and the Council of Trustees announce that six prospective presidential candidates will be visiting the Lock Haven and Clearfield campuses January 25 through February 13, 2004.

Candidate #2 - January 29, 3:00-4:15 PM in Ulmer Planetarium and January 30, 9:00-10:00 AM in Parsons Union Building #2;  
Candidate #3 - February 2, 3:00-4:15 PM in Ulmer Planetarium and February 3, 9:00-10:00 AM in Parsons Union Building #2;

Candidate #4 - February 5, 3:00-4:15 PM in Ulmer Planetarium and February 6, 9:00-10:00 AM in Parsons Union Building #2;  
Candidate #5 - February 10, 3:00-4:15 PM in Ulmer Planetarium and February 11, 9:00-10:00 AM in Parsons Union Building #2; and  
Candidate #6 - February 12, 3:00-4:15 PM in Ulmer Planetarium and February 13, 9:00-10:00 AM in Parsons Union Building #2.

An evaluation form will be available at each forum for your use. The search committee invites each of you to attend one of the two forums for each of the six candidates. If you have any questions about these open forums, please call Donna Barton at the Presidential Search Committee Office 893-4436 between the hours of 8:00 AM and 4:00 PM.



### ROTC Brief

### ROTC Looks for Scholar Athlete Leaders.

Lock Haven University Army ROTC program is looking for Scholar Athlete Leaders. Army ROTC is a college elective that teaches the decision-making, management skills, leadership, and discipline that will enhance the student's future success in either the military or a civilian career.

Awareness Program on Thursday, February 5 from 7-8 p.m. in the Smith Hall rec room. Dr. Schulze will be the speaker. There will be free food and drinks provided and two prizes will be awarded as well.

Zimmerli Pool is now open for recreational swimming. The pool is open Monday, Tuesday, Wednesday, and Thursday from 6:30-9 p.m. with the first hour lap swim only. It's also open from 12:30-2 p.m. on Tuesday and Thursday for lap swim only. The pool is also open on Sunday from 2-5 p.m.

Support the fight against wussy whiny pop bands!  
Listen to W L H U TOXIC RADIO [www.lhup.edu/radio](http://www.lhup.edu/radio)

**ABSOLUTE TOXIC RADIO Smooth Till The Bottom Of The Glass**

Faculty, staff, and families are welcome 2-3 p.m. and students are welcome 3-5 p.m.

### Career Services News you can use!



Waddell and Reed will conduct on-campus interviews for Financial Advisors on Thursday, February 19th. Resumes must be submitted to Career Services no later than Thursday, February 12th. If you need assistance with your resume or any other career related matter, please stop by Career Services, Akeley 114 or visit our website at [www.lhup.edu/career](http://www.lhup.edu/career).

Camp Jewell YMCA will have an information table in Bentley Dining Hall on Thursday, February 5th from 10:00 a.m. - 7:00 p.m. and Friday, February 6th from 10:00 a.m. - 2:00 p.m. to recruit for summer employment. Spending a summer at Camp Jewell YMCA is an opportunity to gain practical experience in leadership and creative development. Stop by to learn more and/or visit their website: <http://www.ghymca.org/branches/jewell/jewel-com.htm>.

Steppin-Up Multicultural Career Fair & Conference : Friday, February 6th - 1:00 - 6:00 p.m. - Multicultural Career Day, Penn State University Park, HUB Alumni Hall - Interested in meeting nearly 80 employers who are looking to diversify their workforce?

Plan to attend this Career Fair to discuss full-time, internship and summer opportunities in various career areas. Dress professionally; bring resumes; plan to arrive early.

You do not need to pre-register for the Multicultural Career Day on February 6th. Saturday, February 7th - 8:00 a.m. - 2:30 p.m. - Penn State University Park, Nittany Lion Inn.

Workshops will be offered on many career related topics including: Making Solid Career Decisions; Resume Writing; Interviewing; Making the Most of an Internship; Graduate school; Surviving the Real World.

A professional etiquette luncheon will be provided. Students MUST PRE-REGISTER for the conference.

Contact Joan Welker, Career Services, Akeley 114, 893-2181 or Kenneth Hall, Human & Cultural Diversity Office, Woolridge Hall, 893-2598. Registration Deadline: Monday, February 2, 2004. Transportation provided to both events. Sign-up by Monday, February 2nd. Check event details and employers attending at [www.fairs.sa.psu.edu/SteppinUp/](http://www.fairs.sa.psu.edu/SteppinUp/). Questions: contact: [nje109@sa.psu.edu](mailto:nje109@sa.psu.edu) or call 814-865-5131.

### The Wellness Center

"Making an impact on the health and well-being of the students at Lock Haven University"



Located on the ground floor of Woolridge Hall  
Office Hours are:  
Monday 11-3  
Tuesday 11:30-3  
Wednesday 9-3  
Thursday 11:30-3  
Friday 11-3

Phone: 893-2379

**Does your club or organization have an upcoming event? Do you want people to come and have fun?**

**Then send us a press release! It's free!**

# OPINION

## The Eagle Eye

LHU's student newspaper

ISSUE 2, VOLUME 59

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THE EAGLE EYE, THE OFFICIAL STUDENT NEWSPAPER OF LOCK HAVEN UNIVERSITY, IS PUBLISHED WEEKLY IN ACCORDANCE WITH THE UNIVERSITY CALENDAR. THE ARTICLES, OPINIONS, PICTURES AND LAYOUT OF THE EAGLE EYE ARE THE RESPONSIBILITY OF THE STAFF AND DO NOT REFLECT THE VIEWS OF THE STUDENTS, THE FACULTY OR ADMINISTRATION, UNLESS SPECIFIED. THE EAGLE EYE IS FUNDED BY THE STUDENT ACTIVITY FEE AND PRINTED BY THE LOCK HAVEN EXPRESS.

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## The Sunday Drive

# "Alt 80"



Nick Malawskey  
News Editor

If you drive to State College on anything approaching a regular basis, then I do not need to tell you about the glazed look that my eyes seem to acquire every time I merge onto 80 for another trip to Happy Valley. After driving 80 several times, I began to wonder "is this really the only way to get there?" So one day, I decided that instead of making a left I would go straight and thus, I discovered what I like to call "Alt 80," a combination of back roads that allow you to mirror route 80's passage through the valleys that mark this area of North Central Pennsylvania.

While these back roads will not take you all the way into State College, they will allow you to bypass the dull mind-numbing cruise controlled trip that is route 80 and will place you at the Bellefonte exit of 80, ready to pick up 220 and complete your journey in no time flat. To begin our trip, we do not head for route 80, but rather for Wal-Mart, picking up 150 in Lock Haven and following it past Wal-Mart until we come to a large bridge (about a half mile past Wal-Mart) here we will make a left onto 64 South, which runs through Mill Hall, past the fine establishment that is "Benji's" - which on Wednesday nights has Karaoke and a drink special. If you've



never been to Benji's on a Wednesday night you honestly don't know what you are missing. It may be something to only experience once in your life, but you owe it to yourself to go that one time, if only to see a drunken Mill Hall resident singing "I touch myself."

Eventually, after making your way through Mill Hall and after winding your way through the hills and out of town, you will see a John Deer dealership off to the left and a road peeling off from 64 on the right at a 45

degree angle. Take the road that peels to the right at the John Deer dealership onto Jacksonville road. This is where this short little side-cut really comes to life, winding its way through some hills and cutting through some picturesque Amish countryside. The speed limit on this little backcountry road is a steady 45 mph, but if you choose to move faster, the straight sections allow you to with great ease, because despite their rolling nature, there are very few blind curves waiting on this other side of the hill for the unsuspecting driver. This road is to me, the essence of north-central Pennsylvania, slicing through wooded lots, and then serenely drifting past farm houses, on a good day, you can still see an Amish worker turning over the fields with his horse drawn plow, farms that seem to be cut from both the woods and the mountains, or woods that are always lurking just at the edge of the fields, ready to reclaim the land that man has worked so hard to make fertile should the farm fail. It is this conflict of man and nature, the idea of carving an existence out from an area where the dominate life form is trees that I find so amazing. But I digress and will now turn my attention back to the drive itself. For a few miles, Jacksonville runs through wooded areas and is paralleled by a small stream on the left hand side of the road, which adds a bit of atmosphere and beauty to the trip.

There are plenty of rolling/straight sections of road that wind through farmland where you can literally see route 80 across the cornfields. After 14 miles of driving, you should reach a stop sign, where you will go straight and merge onto route 26 South - which itself eventually becomes paired to route 220 South at the Bellefonte exit of 80, and together they take you straight into State College. While this little side-cut will not shorten your trip to State College, it will hopefully give the driver some relief from the otherwise boring and uninteresting drives that are routes 80 and 220. So the next time you find yourself getting ready to head to State College to go to the mall or catch a game, do yourself and your riders a favor and take a road that has at least some character - take "alt 80." Till next week, buckle up, drive safe, and have fun.

## If only dads planned birthday parties



Things are tense in our house. Our daughter is about to turn 4, which means we have to hold a birthday party, which means my wife is, at the moment, insane. Like many moms, my wife believes that a child's birthday party requires as much planning as a lunar landing - more, actually, because you have to hire a clown. Serious moms plan birthday parties months in advance, choosing a theme - Bob the Builder, Disney Princesses, Snoop Doggy Dogg, etc. - and relentlessly incorporating this theme in every element of the party, including invitations, decorations, music, games, craft projects, snacks, cake, entertainment, favors, little gift bags for the favors, ribbons for the little gift bags for the favors, name tags for the ribbons for the little gift bags for the favors, and on and on until the mom has lost all touch with human reality. If you want proof, go to one of the Internet sites devoted to birthday planning, such as birthdaypartyideas.com, where moms report, in detail, the deranged lengths to which they have gone to stage birthday parties for small children. They sound like this:

"Our theme for Meghan's third birthday was 'The Enchanted Fairy Forest.' To create a 'forest' in the family room, I made full-size 'trees' out of fiberglass, which I painted brown and festooned with 17,000 'leaves' I cut by hand

from green felt, accented with live squirrels that I caught using a galvanized-steel trap baited with Peter Pan creamy peanut butter. For the 'forest floor,' I brought in four tons of mulch with a Lawn Boy yard tractor. For the 'sky,' I used the actual sky, which was visible because I removed the ceiling and roof with a chainsaw, which is when my husband, Ed, left me, but the overall effect was well worth it. "You think I'm exaggerating, but that's only because you haven't browsed "birthdaypartyideas.com." It would be different if dads planned birthday parties. First off, the party would be about a month after the child's actual birthday, which is when dad would remember it. Dad's party theme would be "delivery pizza," which would also serve as the cake, the craft project and the party favor. The entertainment would be pulling dad's finger. The kids would have just as much fun.

But of course dad is not entrusted with birthday-party planning, at least not in our house, where the entire massive burden falls on my wife, causing her to become increasingly unbalanced. Last year, our theme was "The Wizard of Oz," and my wife decided that, among many other touches, we needed to transform our front walkway into a Yellow Brick Road by covering it with a roll of yellow plastic that she bought from the House of Really Slippery Surfaces. On the day of the party, it was raining, so I suggested that maybe, for safety, we should not do the Yellow Brick Road. Do you remember "The Exorcist," the part where Linda Blair's eyes get really weird and her head rotates 360 degrees? That's a mild version of how my wife reacted to

the suggestion that we would not have a Yellow Brick Road. Her feeling was, yes, there could be injuries, even deaths, BUT WE WILL HAVE A YELLOW BRICK ROAD. And so we did.

Our theme this year is "The Little Mermaid." My wife was happy about this until she found out that another girl in our daughter's preschool class was having a birthday party two months before our daughter's, and her theme was ALSO "The Little Mermaid." It's the kind of nightmare you think always happens to other people, but never to you.

The other girl's parents are very nice people, but because they used my wife's theme, she viewed them as the enemy. She feared that their party would be better than ours, and these fears worsened when we got to the enemy house and discovered

"A sea goddess!" my wife said, and the despair in her voice was real."

that the enemy mom had used a professional party planner, who had not only done serious undersea decorations involving gauze, but had also provided, for entertainment, a mermaid, a pirate AND a sea goddess.

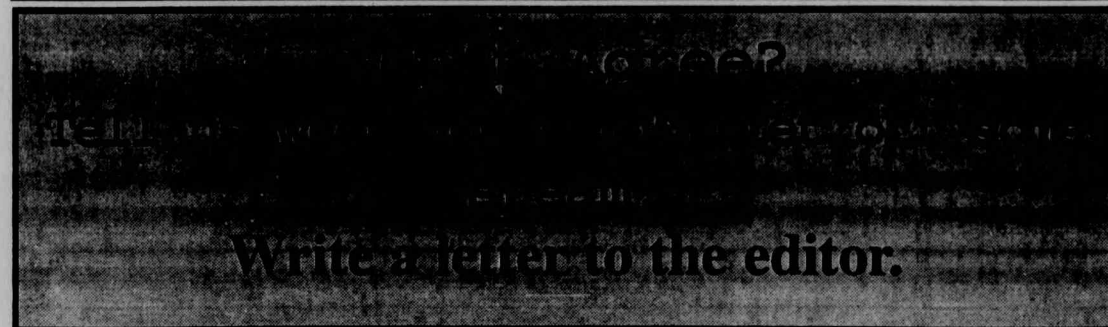
"A sea goddess!" my wife said, and the despair in her voice was real.

But she is not giving up. She spotted some weaknesses in the enemy party's game plan: For example, there was no clown. If you can imagine. My wife has located a clown that she believes will kick the sea goddess's butt. My wife has other plans, which I will not reveal here, because you never know who could be reading this. Suffice it to say that when the day comes, we'll be ready. For my part, I will do exactly as I am told.

But if I hear a chainsaw, I'm gone.

## LISTEN UP!

WLHU 90.3, campus radio can be accessed by using Real Player.  
<http://www.lhup.edu/radio>



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# Insights and Outbursts

**How is technology, such as cell phones, the Internet and instant messaging services, changing how we communicate?**

**By Lindsay Johnson  
Co-Editor in Chief**

Technology is great. No one in his right mind would argue with that. Thanks to technology, we can live, learn and communicate faster. However, just like any advancement that makes life easier, some of today's most popular forms of technology have their downsides, too.

Cell phones - everybody has one and there's a phone for every personality. From changeable face plates to downloadable ring tones, phones that play games to ones that take pictures, checking your e-mail on your phone to checking your stock quotes, there's a phone out there for everyone. And some people would be lost without theirs. A friend of mine, who is a student at Penn State, mentioned to me that he has noticed that no one looks at each other anymore as they walk down the streets because they're all talking on cell phones. It's an incredible irony - they're all talking to someone, but there's no true personal connection happening between two people simply passing each other on the sidewalk.

Another form of technology that has a major impact on our lives is the Internet. Though no one seems to know who invented it, it's become a staple in our daily routine. E-mail is the obvious attraction, but there's a whole other world out there of information, just waiting to be accessed via the Internet. With technology at the advanced point that it's at now, the easiest way to access information is to search for it on the net, rather than use the "old-fashioned" methods, such as books and the telephone. What happens, then, to libraries and the Yellow Pages? They're becoming archaic and out of date, and we're losing the treasures that can be found in libraries and in one-on-one conversations over the phone. But getting back to e-mail, my sister's high school keyboarding class now teaches "e-mail etiquette" - the do's and don'ts of writing e-mails, and the proper format for a business e-mail. I wonder if they still teach how to write a regular business letter and if they happen to mention how much better an impression that makes on someone in our parents' generation (news

flash: those are the people who are hiring us, so it helps to make a good impression on them).

Yet another wonder of technology: losing your connection. Living in the dorms, I've witnessed this happen plenty of times, and let me tell you, it's an amazing thing to observe if you're able to step out of the catastrophic aspect of the moment. People actually come out of their rooms. Sometimes they even start wandering around the halls aimlessly, lost without the net. This just happened to those of us living in Woolridge Hall recently, a few times over the course of a few days, and I suddenly found several of my neighbors, some of whom I hadn't seen in days (literally), gathering in my room. The topic of our conversation: the lack of an Internet connection. Amazing.

Another facet of the net, instant messaging, has become a crutch for communication among college students. Without leaving your room, you can talk to multiple people at one time (though I can't seem to make it over that five-person limit without confusing conversations) and check up on many others. Displayed conveniently for you in one list is a wealth of information about everyone whose username you know - call it a "cheat sheet" for getting to know someone better. You have their username, which tells you something about who they are, and a profile to give you many other tasty tidbits of who they are, from favorite quotes and inside jokes to links to favorite websites and sub profiles that go so much further in-depth. Who needs to talk to each other anymore to get to know each other? Just check them out online.

I've noticed that the messaging service used varies from group to group. That makes me wonder how that's limiting our social expansion. If you're only talking to people on one messaging service, how many people are you missing out on meeting because they're using another messaging service? For example, if one group uses AOL Instant Messenger (AIM) and another group uses ICQ, and yet another group uses Yahoo! Messenger, how does one person from the AIM group talk to

someone in either the ICQ group or the Yahoo! group? However, I'm not saying that you're limited to one messaging service; I know plenty of people who are on all three, often at the same time. But then, that makes me wonder how much time they're spending chatting on multiple messaging services and not coming into contact with other living, breathing human beings.

And how about that lingo? I think it's more than just lingo; I think we've created an entirely new language. From abbreviating words, such as "cuz" (originally "because") and "prolly" (originally "probably"), to shortening entire phrases, such as "lol" (meaning "laughing out loud") to "dunno" ("I don't know"), this jargon is yet another way to speed up communication, as if we're trying to keep up with the technology that we've created. And how's this to show you how much that "lingo" has become a part of our lives: A friend of mine has caught herself saying "brb" to her roommate as she leaves the room to go elsewhere for a moment, rather than actually saying "I'll be right back." Funny how it's the same amount of syllables, yet the net lingo is what ended up coming out. I've also heard some reports about elementary and secondary teachers having to re-teach basic grammar and spelling to students because the students are using net lingo on tests and in papers. I wonder if eventually that will just become a part of the curriculum.

Now don't get me wrong here - like I said at the beginning of this rant, technology is a wonderful thing. I personally rely on it probably just as much as the next person - as I sit here to write this, I'm signed on to AIM, talking to a few friends. But I think that, as a society, we need to put it in perspective and remember that there is life outside of your computer screen. I'd hate to see us lose contact with each other and miss out on some of the best times life has to offer, better than any AIM inside joke or cell phone conversation. Not to be corny or anything, but like AT&T used to say, "Reach out and touch someone."

there." The possibilities are endless.

The accessories and functions for these programs seem to be endless too. There are profiles that tell a bit about us or quote some inside joke, and then there are sub profiles which give enough space to post an entire family tree complete with bios. There is a way to post links to your favorite sites, so that everyone else in your life can share the things that you are interested in and therefore, have more to talk about.

Because we talk so much, we have become accustomed to talking faster and shortening whole sentences to mere letters. In fact, Internet lingo has created so much impact that there are many websites like BigBlueBall.com that are devoted entirely to educating people on how to read what is said in chat rooms.

Though our vocabulary is becoming smaller and we type in contractions, I think that without technology, our lives would be less enlightened and we would get less done in a day. That or we would be able to get more done because we would not spend so much time checking away messages or aimlessly gossiping with people late into the night.

# Oooo, Babybabybaby, I want you, I need you; but first, just sign this little legal document



**Leonard Pitts Jr.  
Knight Ridder**

You knew this was coming.

It followed as naturally as broken promises follow elections, the inevitable byproduct of Kobe Bryant's arrest last summer on charges of raping a 19-year-old hotel worker. She says he forced himself on her, he says the sex was consensual. A jury will decide. But a Los Angeles-based sex therapist says there's a way to avoid the next case of he-said, she-said altogether.

You've heard of prenuptial agreements? Well, consider this a pre-sexual agreement.

Ava Cadell, the sex therapist, and Nelson Baner, a Colorado condom maker (you couldn't make this stuff up!), are said to have each independently come up with the idea: a contract you hand out to people you're planning to have sex with. It asks them to stipulate precisely which sexual activities they are consenting to perform with (or upon) the party of the first part, i.e., you. Additionally, the form requires the prospective sex partner to confirm that the intimacies are consensual, that he or she is not under the influence of drugs or alcohol (yeah, right!) and that there will be no change

of heart once festivities commence.

Wouldn't you like to be a fly on the wall when some guy in the throes of passion whips out his document?

"Ooh, baby, I go crazy when you touch me there. You've got me so hot I'm going to explode. I want you. I want you NOW."

"But first, you need to sign this contract. Read it over and initial here and here. Oh, and you'll need to have it notarized. I'll be waiting on satin sheets with a rose in my teeth. Hurry."

There are, in other words, serious questions about the practicality of all this. And for that matter, the legality. Court TV anchor Lisa Bloom told ABC News she doubts the contracts would provide much protection in a court of law. Bloom was particularly skeptical about the clause requiring the prospective partner to promise not to change his or her mind. As a legal matter, one retains the right to say no even during the act. And anything that comes after "no" is rape.

So a pre-sexual agreement is, to put it kindly, a dubious idea.

Which is not to say it won't catch on. I expect it to be a major hit among the sexually industrious. Indeed, Sports Illustrated polled a few athletes and the consensus among the jock-ocracy was that this is the best idea since the three-point line. Stephen Jackson of the Atlanta Hawks saw it as a matter of, well ... playing defense. "You have to," he said. "People look at us as targets and try to get what they can out of us."

He has a point, I suppose. Certainly, I can appreciate a man's need to protect himself from false accusations of rape. If it is a nightmare to be sexually assaulted, it's also no picnic to be charged with that crime, particularly if you didn't commit it. He said, she said.

Still, the moralist in me can't resist observing that the danger of being wrongly arrested would be diminished if only the sexually industrious were a little less so.

No, I won't hold my breath.

"I contend that sex is sex and love is love," wrote Marvin Gaye in the liner notes of "Let's Get It On," his landmark 1973 album. This was during the sexual revolution, back when repression was being cast off like a musty old robe and people were gleefully learning that "it" didn't make hair grow on your palms or adversely affect your eyesight. As a child of that era, I believed the sexual revolution was a necessary liberation of the human body and spirit. I still do.

But it's not entirely contradictory, I think, to be chagrined at some of the places to which liberation has delivered us. One of which is apparently a bedroom where two naked people sit squinting at the fine print of a legal prophylactic device.

Seems less than sexy to me. We live in cynical, litigious and libidinous times, though, so maybe Stephen Jackson is right, maybe this is a necessary evil. Which makes me feel way out of touch with modern sexual mores.

And glad of it.

**Mike Porcenasluk  
Co-Editor in Chief**

Have you ever stopped to think about how much time you spend sitting in front of your computer talking to people online? I have noticed that the first thing that I do when I get up in the morning, after that initial trip to the bathroom, is sit down and check my e-mails and go through my AIM Buddy list reading everyone's away messages.

Not that this is really an imperative thing to do for survival, but it makes me feel more enlightened to know what everyone else has been doing all night. It gives me something to talk to them about when I see them rather than just the obligatory, "Hey, how's it going?"

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With our extensive buddy lists, we can keep tabs on what 100 or so people are doing at any given time. We can also talk to a whole group of them in private conversations at the same time, while doing other work on the computer. This improves not only our typing skills, but our abilities to multitask as well.

With our cell phones, we can be available to anyone who

knows our number at any time that we have our phone with us. Even anyone with a buddy list can get our cell phone number if we put it in our info. We can now even send instant messages from our phones! Though sometimes annoying, having a cell phone makes it easy to get a hold of people who are not currently sitting in front of their computers talking to us.

Together, these devices

**"Call me when you get to the exit and I will talk you in from there."**

allow us to get our schoolwork done much more easily. Group projects are now a breeze because we can throw ideas around with each other without ever leaving our rooms. We can also send files and pictures to each other online or call each other even if we are not in our rooms or apartments and therefore, we can get our work done with less effort.


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# CLASSIFIEDS

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## Personals

See this space? Help us fill it! Send in Personal ads to the Eagle Eye by Wednesday at 5 to guarantee publication.

Kate is great!! Love, the girls of 2nd back and Penn State buddies.

Have you hugged your roommate yet today?

Everything's overrated.

Can't wait to party again...giggles! Juice all around!

Allie, Thanks for the help. Your ex-world politics buddie. Hehe.

Props to Big Kahoona, that was a blast. Let's do it again. -Lil Nez

To all the girls back in the valley, good times!  
 -Allie

Lish, Shake that salt shaker and the Polaroid. Oh baby! Haha. I'm not the only one who laughs at your jokes.  
 -Dani

To good times and Hot Cops! Cheers! -Lil Nez

I love you Allie! -Ash

More whipped cream and more fun. Can't wait for our next break!  
 -Lil Nez

"For liking bubble baths so much, I'm really not too clean, am I?" -Allie

Congrats on the asm gig Big Mama. -Little Nezzie

Jason, What's up?

Laura is real!!

Allie, Thanx for the joyride, 'Girls dont like boys girls like cars n money!!' Lil Nez

Amy, Thanks for helping out. You're the best R.A. ever! You're awesome. -203

Laura, Hubba Hubba Hobbitz! ;) CC- Sorry for all the LOTR. haha.

Run circles around her? Might take awhile! -B

## Just a Reminder...

**Eagle Eye personals are due Wednesday at 5 p.m.**  
 Type or email your personals to  
**lhueagleye@hotmail.com**

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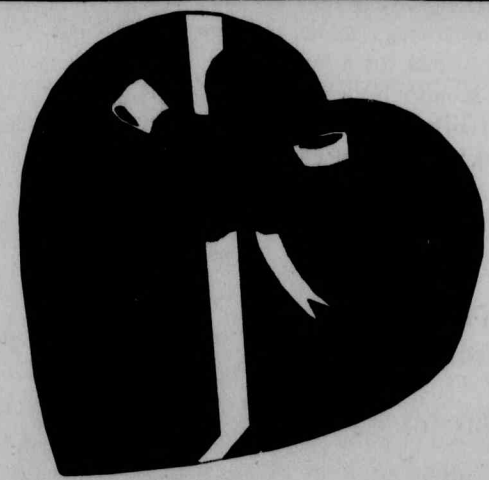
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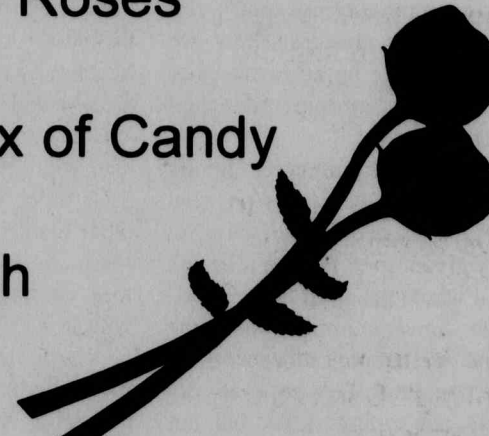
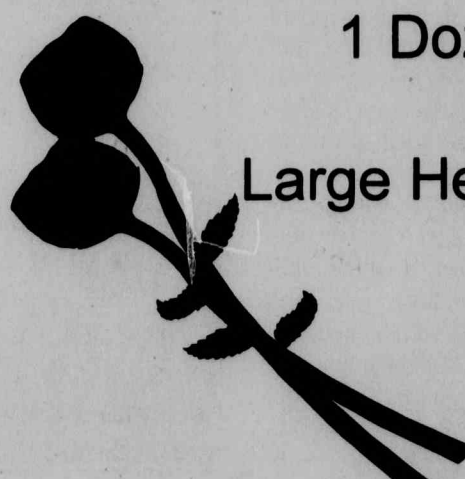
1 Dozen Long Stem Roses

### 2nd Prize:

Large Heart-shaped Box of Candy

### 3rd Prize:

Valentine Plush





# CLASSIFIEDS

## Personals (cont.)

Katie, Feel free to vent to me anytime. It's what I'm here for. -me

Lizzie, Jason loves you!

Smile Lydia!! Your pal, Christopher

Laura, I'm so proud of you! You're a skier now. Love, Dani

To the girls of 212. You rock my socks! Aww yeah.

Samantha, Welcome to our hall!

Greg, You are a musical genius. Will you play piano for me sometime? -Lee

M seeking attractive F in LOFS for SWEVJFJO

Your shoes are dirty...does that mean you don't shower?!

Danielle, Where ARE you this semester? Give me a call sometime. How are Nathan and Dakota? I miss you. -Dani

"My milkshake brings all the boys to the yard..."

Erin, Yeah "crape." lol. That's how I feel too sometimes.

Visit the Two-ton block of cheese!

Rub-a-dub-dub...I wish she would scrub...

Just hog-tie her and throw her in! You've got enough of people to do it.

Kristina, You want your "schlippers?" hehe.

Stacy, I'll get you back one day for leaving me!! Love, Erin

Thanks for the fun time, Bertha. Love you always, Franklin

Hey Bethany K. Have a nice trip? -Jenn

Franky, I miss you! Stop playing with the answering machine. -Dana

Congrats to all who tried out for Grease. Can't wait to see the production. :)

Who puts an away message up when they have to get a tissue? That's just silly! :-P

Billy, What were you thinking? Don't ever go to Vermont again. Later, Jessica

G.G., Stop singing Ricky Martin's "Cup of Life" in the stairwell, would you? Haha. -D.D.

Kara, I miss you! Sorry you had to transfer.

I love you, Chrissy! Your Secret Admirer

CC and Laura, Thanks for showing me that AIM Expressions website. It's so cool.

Dorothy, Find the one who makes your heart smile. I'll be here if you need me, girl. -Sammy

And there was baby powder everywhere...

Jeff, Keep up the good work with that police thing that you're doing. You'll be great. -Dani

Laura, I can hear you whee-ing when I'm in the shower! lol. You're so silly.

Brad, WHAT were you thinking?! We're so over. -Liz

Lisa, Hang in there. Thing will get better. Your friend, Molly

Hooray for the spicy chipmunk!

Charles, Have you found a name for your band yet? You should call it the Rubber Band. Get it? Hah. -Jess

Catherine, What a wild party! You were on fire. Love from your George

That's subprofile-worthy.

Ash, I hope things work out with you and your boyfriend. You two are so cute together! -Megan

Phil, Good to know you're still waiting. Your Sweetheart.

Mary, Keep up the good work. You're doing great this semester. I'm so proud of you. -Your neighbor :)

Courtney, That was a fun time we had the other night. That's what I'm talking about. :) -Michi

Tell me, Debra. Did it hurt when you fell from heaven? -Vincent

Trevor, Too bad we don't have any classes together this semester. Maybe one day we'll have lunch. Haha! -Dani

Beverly, Simon says hi. -Simon

Jen, We need to hang out soon! I miss not seeing you every day in music! -Dee

Dawn, You're great! -Sean

Back seat, windows up...

Broken record!

Paul, Now you're in the doghouse. I'm waiting for an apology. You know where to find me.

T.J. Why are you so shy?

David, Your eyes are insanely blue. Be mine? Love, Sally

Wanted: Someone to cuddle with in this cold weather. Call Zach for more info.

Lauren, So glad we're together. I'll always be your Marky!

Carlos, Look, brains! You should get some.

I'm gonna pick my butt, are you looking?

Congratulations Linz! You'll do great at The Express. -little sis

Great photos, Steve! Success at The Express! :) -little sis

Dee Dee, U R A Hottie! -Deewezel

Linz, Happy 21st bday from NJ.

Happy 21st Lindsay Johnson! I hope this coming year will be the best yet. Have a drink for me. Love, Aaron

DDD, my love, you take my breath away...I await the day when I reveal myself to you, but your beauty is just too much to bear...wait for me!! -your secret passionator

Erin, Aren't you glad that the poster fell on you while you were sleeping? You are so cool! It's too bad you're graduating and leaving me. -Your neighbor whose name begins with a D.

Bruce, All the times we've spent together under the moonlight meant nothing to you? Don't call. -Stuart

Stacy, I miss you!

Spontaniety! Thanks hon! Love, Steve

Linz, Please return my staple gun. People are starting to talk. -Brendon

Jeff, I promise I'll say "hi," to you from now on. -Your Buddie

We ARE all just being friends. Sigh.

Dani, If I can't have you, I don't see why you deserve a cat. Say bye. -Brendon

Ryan & Joey, Stop driving by my house. Don't you have better things to do with your time? -Sally

Patches, What's your story? You're kinda cute. -Buttons

Dirk, I can't take this snow! Give me a ride in your 4x4! Julia

I love my wool friends! WLAM

Stewart, do your homework! Jimmy Crack Corn

Becky, Thanks for the ads. You rock! -D-Dawg

How about Happy 21st Birthday Linz! Were you surprised? Love, 2nd Back

Hey hun, I cant wait to get together with you in March. Love, Jeff

Find the one who makes your heart smile. :)

Chris, Thanks for listening and caring. -Dani Girl

Jill, Will you be my special friend? Bill

Richard, Sometimes, you smell. I want you to move out. -Your Roommate

Hope you feel better soon!!

Sergeant Spoonie, You and your underwear and towel cape are hilarious! How silly. -Your friends

Justin, "Nothing shocks me. I'm a scientist." -Harrison Ford

Kate, I'm here for ya. Let's do lunch.

Jeff, Say my name, say my name. -S

Justin, The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Ew, it's snowing! Where am I going? Where else? to class! I wish I could pass!

My milkshake brings all the boys to the yard...coming over yet??

George, You have about as much personality as a tic tac. Grow up and get over yourself. Later. -Wilma

"Just keep swimming..."

"Never frown even when you are sad, for you never know who is falling in love with your smile." -Anonymous

Jill, Lets make a U-turn...Wait, that's sidewalk not a road! Haha look at the people run.

Erin, Please thank your sister for me for the Dashboard Poster! I love it, and it's a nice addition to my closet door. Love, Dani

I looove you, pooompkin!!! Call me & wake me up!!!

Laura, I can't wait until our wedding. Love forever, Billy B. xoxo

Hubbah Hubbah Hobbits!!

Lost Dog: named Foo Foo, also responds to 'dog' and 'cat.' Brown with white spot over left eye. If found, please call 863-1942. (also, for a good time call...)

This one's for you, Bo! You're always in my thoughts.

Help fill space in the Personals section of The Eagle Eye. Deadline: Wednesdays at 5.

DANGEROUSLY IMPROV! First meeting: Thursday Jan. 29th 5:30 in Sloan 321

Save a horse, ride a cowboy!

Kat, Thinking of you, and remembering the fun times we had in Vermont. I love you, baby! -Bernard

Tired of waiting for cupid's arrow? Send a message to your valentine in The Eagle Eye personals.

Linz, Continue to draw boxes on your computer screen instead of studying. It's such fun! -YKW

Ashley, Swim away! -Bob

Chris C. is oh so sexy!

Smile because I said so. :) :)

Have you "Wheee-d yet today?"

Laura, Shh don't tell, Billy. :) Love, Orlando xoxo

HELP TO FILL THIS SPACE! Come up with your own crazy shout outs, items to sell, etc. E-mail them in to the Eagle Eye by Wednesday at 5.

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# Features

## Credit card debt... are you at risk?

Alex Hayes  
Staff Reporter

You are at the mall with your parents, you get to the register and they see you pull out your credit card to pay for the jacket you want to buy. Concerned, the cashier may tell you that he does not think that it was such a good idea for you to get a card. He tells you how credit cards can drive you into financial ruin, damage your credit history and cause you to suffer for years to come. All of his arguments are true about credit cards when used haphazardly, but when used responsibly they can actually be very beneficial.

In 2001, the average college student graduated with more than just a diploma - but also \$2327 in credit card debt, according to Nellie May, a student load agency. Adding on student loans, that brings that average to a grand total of

\$18,900. However, there are some students who are responsible with their cards and reap the benefits from their responsibility.

Most credit companies offer a special card for college students. These cards usually come with a high interest rate and a low credit limit. These cards are easy to obtain, usually not requiring previous credit history or a job. However, if you decide to wait until you graduate to apply for a card, it is usually not that easy.

Having a credit card in college, and using it responsibly, helps you build your credit history so that you can begin your life after college. Electric, cell phones and other companies often require a credit check before signing up for service. Not having a credit history, or having a poor one, requires that the customer place a deposit before they begin service. Good credit is also required for all types of loans, car rentals, some hotel

rooms, as well as many other things.

While it is extremely easy to use your credit card to pay for beer, pizza, video games and other things that we could live without, students must remember that the key to avoiding all of the negative aspects of credit cards is to use them responsibly.

Nellie May offers the following tips to students for good card usage:

Be aware of low introductory rates that swell after a couple months.

Pay the balance off in full each month.

Never purchase anything that you would not purchase if cash was your only option.

Be aware of special charges for such things as cash advances.

So the next time that you grab your card to pay for something, stop and think if you honestly believe that you will have the money to pay it off in full when the bill comes.

## LHU 'has a cow' over the new art decor



Steven A. Beatty & Neil Davis strike a pose with the newest addition to the Sloan Fine Arts building.

Maggie Herrick/Eagle Eye

Lisa Schropp  
Staff Reporter

The participants in this parade will be coming from all over the state. In the past, some were dressed up as Uncle Sam, a waiter, an astronaut, and a firefighter. Others were covered in crystals, stamps, gumdrops, bottle caps, hand prints, sticks, and flowers. There was even a Superman. Or I should say "Super Cow." This isn't an ordinary parade; this is "Cows on Parade."

Neil Davis and Steven Beatty, senior art majors, designed the winning cow from Lock Haven University. One side of the cow will be collaged with 1" by 1 1/2" pictures of Lock Haven students, faculty and buildings, while the other side will be painted automotive black. The artists wanted the cow to represent the Lock Haven community, but they were afraid that years from now, the pictures would seem dated. However, the one side being black, you will be able to see your reflection in it. Ideally, the cow will symbolize the past, as well as the present and future of Lock Haven.

"It's a wonderful idea to have your picture on this cow and be able to show it to your kids, years from now," said Philip Huber, associate professor of the art department. "You could revisit that moment forever."

Huber was on the committee that chose the winning design, along with Scott Eldredge, public relations director, Kate Rounsley, university relations division, and Jerry Updegraff, vice president of university relations and executive director of LHU Foundation.

"The Foundation has been supportive from the beginning," Huber said.

Since this is the first attempt at covering a cow with pictures of such a small size, Neil and Steven will need everyone's help and cooperation. In order to get the cow ready to send by March 15, they only have two to three weeks to take all the pictures. Whether they are in Bentley, the PUB, or the dorms, they want to encourage everyone to come up to them and get their picture taken. It's not formal and they'll even do group shots. Neil and Steven want to include as many people as possible, but of course, it is impossible to get everyone.

"It's not often that the general public has the chance to get involved in a project like this," Neil said. "That's something worth getting excited about."

"We want to make it as fun as possible," Steve added. "It's great that we get to represent Lock Haven with our design."

Not only is this the first time that this kind of design will be attempted, but it is also the first time that Lock Haven will participate in "Cows on Parade."

With past locations like Zurich, Switzerland and Chicago, Harrisburg will be the smallest city that the parade will take place at. There will be one cow from each of the 14 state schools.

Winning this contest has given Neil and Steven an opportunity to show their talent and represent the art department, which most young artists don't have. They also received a scholarship from the state system, who is paying for the cow and materials. At the revealing ceremony in April, they will get to meet the governor and display their work in the Whitaker Center for Science and the Arts. When the cow comes back home, it will belong to the university, but there are no definite plans for it yet.

Now you're probably wondering, why cows? Chicago businessman Peter Hanig, who first had the idea to have the cow parade in Chicago, thinks the appeal of cows has something to do with what they represent. They are friendly, nurturing, and non-threatening animals. He also believes that the surprise element of cows in a city is the key to the parade's success.

"Art is about breaking down barriers. It gets people to feel, to think, to react," Hanig said. "Suddenly people see that art can be fun and that art can be interesting to everyone..."

## AROUND THE FILM WORLD

### MOVIE REVIEW: "Cold Mountain"

Ed Savoy  
Staff Reporter  
Four Stars

"Cold Mountain" is a God-given blessing of a movie to the critic in me and a succession of centerpieces of horror to the sense of humanity in me. It is a film of uncommon beauty, literacy and tragedy, much like its original source material (the book "Cold Mountain", on which this movie was based, drew much of its inspiration from Homer's "The Odyssey.") An odyssey it is; "Cold Mountain" is a trek through the Civil War era South, a journey through the eye and the gale of the storm, and a ride through all the different black edges of war.

Nicole Kidman and Jude Law, actors both raised on islands far removed from the clime of "Cold Mountain's" North Carolina setting, pull off credible Southern accents and deliver shattering performances in the roles of Ada and Inman, two people ensnared in a love of brief duration that they can't explain, don't understand, and don't completely believe. We see their ever brief period of acquaintance in a series of flashbacks that are interspersed with scenes of the Battle of Petersburg, scenes which are the most beautifully heinous sequences that I have ever seen. If indeed there is a Hell (and all indications point to the fact

there is), then I have little doubt that it resembles the fire, dirt, and screams of the Battle of Petersburg as depicted in the film. Conversely, if there is a Heaven (and, if there is a Hell, then why not?), then I think it may well resemble Cold Mountain. I can not think of any scenes in "Cold Mountain"



Nicole Kidman and actor Jude Law play Inman and Ada in the epic saga of a civil war story about two lovers torn by being taken away from each other by battle.

that ring with anything less than beauty and praise.

In fact, there is very little, if anything, that I cannot praise in "Cold Mountain" (those who have read my reviews frequently may find themselves in shock at that statement). Phillip Seymour Hoffman provides welcome comic relief early on as a Southern preacher with concerns that are all too much of the flesh, Natalie Portman does excellently as a war widow who has the war brought to her door step again, and Renee Zellweger, much to my surprise, gave a commendable performance as Ruby, who

can be best described as a hick with muscles and a heart of gold. Though it took me a while to get used to Ms. Zellweger as a country girl rather than a Cosmo girl, once I made the transition, I was happy to suspend my disbelief and see her as another rich thread in "Cold Mountain's" tapestry.

Most importantly, "Cold Mountain" has many trenchant things to say about a society engaged in a long and weary war. Whether the character is a soldier, a mother, or a wife, all of the characters in "Cold Mountain" cry out against their war. As Renee Zellweger's character says "They call this war a cloud, but they (men) brought the cloud and when it

starts to rain, they say "s\*\*t, it's raining!" In any case, I hope there are people in the city on the (Capitol) hill who pay heed to Nicole Kidman's words, saying "When this war is over, there will be a reckoning." I hope heed is well paid there indeed.

As much as I adored Cold Mountain, I pray it doesn't win the Oscar; it is my belief that "Return of the King" deserves recognition from the Academy at last. However, if my prayers in this matter are not answered, my disappointment, I think, could be quickly overcome.

## Roxy Movie Theater Tickets

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# Music Review

## "Elephunk"

### The Black Eyed Peas



The Black Eyed Peas, LA's very own hip-hop group, known for performing "alternative rap" are the hottest new group on the music scene.

**Edward Savoy**  
Staff Reporter  
Three Stars

The composer Gioacchino Rossini is supposed to have said of famed opera composer Richard Wagner, "Herr Wagner is a composer who has beautiful moments but awful quarter hours". Wagner's operas typically lasted around four hours, so I suppose that Rossini had good and ample reason to speak as he did. However, to have to speak the same of the Black Eyed Peas album "Elephunk" is quite a bit sadder; that album is only an hour. There is excellence in the Black Eyed Peas, but that excellence is not always put to the best of uses. Having only previously heard the song "Where Is the Love?",

I came to "Elephunk" with a completely different view of what to expect. I considered (and still consider) "Where Is the Love?" to be an absolutely fabulous song; it is so rare in this day and age to hear a "protest song" gain such wide air-play that even if the song

were completely horrible, I felt I would have reason to commend the Black Eyed Peas for their gutsiness and craft, if nothing else. To say that the rest of the album differs quite heavily from that song would be an understatement. As indicated by its title, "Elephunk" is a celebration built for the party and dance floors and almost every song on the album has a danceable beat and engaging melody that is hard to shake from your cerebrum.

The eclecticism of The Black Eyed Peas is also quite intriguing and inviting, including the brass band riffs on "Hands Up," the exotic sounding percussion of "Hey Mama," the gentle sounding acoustic guitar of "The APL Song," and the almost Alicia Keyes-like vocal intro (by Fergie) to "Let's Get Retarded" (most certainly a heavy favorite for the "Least Politically Correct Song Title of the Year" award). Such things keep "Elephunk" consistently fascinating.

However, things get considerably less interesting when the catchy heavy beats

get repeated for minutes on end with little variation and, oftentimes, the lyrics provide very little respite. Often they're either tedious repetitions of the title (I lost count of how many times I heard the words "shut up" repeated in the song of the same title) or with lyrics that are simply dull and embarrassing (such as "Sexy"s attempt to rhyme "ecstasy" with "Ecstasy" and "next to me"). The Black Eyed Peas would be well advised to either find personnel who can do more than one beat within the same song or hire better lyricists.

Despite my quibbles with it, "Elephunk" is a most worthwhile album, so long as you don't listen to any of the songs after the one minute mark (two minutes max). Once the Black Eyed Peas produce something worthwhile past the two minute mark or come up with something as inspired as "Where Is the Love?", then a group with beautiful quarter hours is sure to emerge.

# 4-THOR-T-BUS Kids



## Sloan gallery features work by Pennsylvania artist

**Mike Porcenaluk**  
Co-Editor in Chief

A small crowd of students, faculty and friends milled about in the gallery of the Sloan Fine Arts Building last Thursday night, awaiting artist Chet Davis' explanation of his paintings.

Davis said that he gets many mixed reactions to his works, but the expression, "well that's interesting," is quite common. He paints situations that he has experienced, and portrays the emotions and actions in a very modernistic and gestured style.

Davis, a native of Pennsylvania, spoke to students about the importance of learning art history, and emphasizing the fact that painting is not a dying media.

His speech was informational and moving, and I am inspired by his drive and his cause, but his paintings themselves actually do not evoke much emotion in me.

If I had not attended the opening to hear him speak about his work and why he does it this way, I would feel no connection at all to his paintings.

He claims that most of his works are things that he has



Chet Davis talks to students about his art work. He explains how he concentrates on the human figure. *Maggie Herrick/Eagle Eye*

experienced and he is trying to portray those events as he saw them at the time. I feel that in order for the public to enjoy the works at their full potential, they must be able to connect to the work in some way as well.

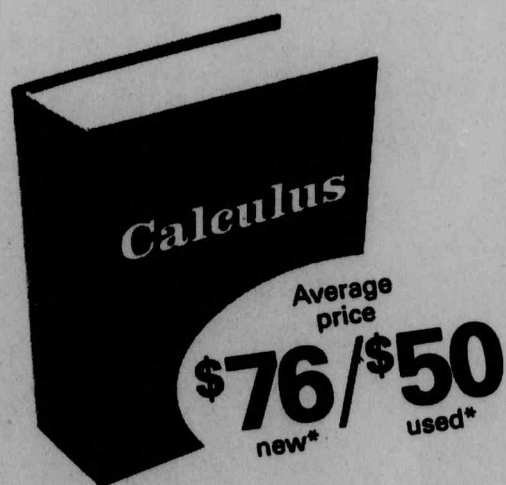
This is something that I was not entirely able to do. I can see the look that he was going for, but I cannot relate to them because he has portrayed them in such a personal way that it blocks some of the meaning, and it is hard for me to bring in my own views and experiences.

I give him credit for his style, it is interesting and differ-

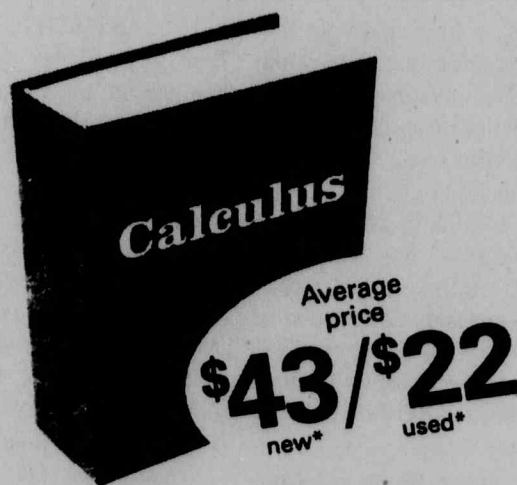
ent. The way that the figures seem to melt into their surroundings and the backgrounds seem to shape the figure in an interesting look; though the loose brush strokes and blurred details somewhat distance me from them. The motion and emotion seem to both be vying for my attention, and I lose interest in them quickly.

If you feel that you can look at them longer, they will be displayed until February 13, so feel free to stop by Sloan and form your own opinions on these interesting paintings.

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**LOCKHAVEN**

# Just for Fun

## Top of the charts for the week

### Top 10 Pop Singles

1. OutKast No. 1 "Hey Ya!" (Arista)
2. OutKast feat. Sleepy Brown No. 2 "The Way You Move" (Arista)
3. Kelis No. 3 "Milkshake" (Star Trak)
4. Alicia Keys No. 4 "You Don't Know My Name" (J)
5. Ludacris feat. Shawnna No. 5 "Stand Up" (Disturbing Tha Peace/Def Jam South)
6. Jagged Edge No. 6 "Walked Outta Heaven" (Columbia)
7. 3 Doors Down No. 8 "Here Without You" (Republic/Universal)
8. Twista feat. Kanye West and Jamie Foxx No. 9 "Slow Jamz" (Atlantic)
9. Baby Bash feat. Frankie J No. 7 "Suga Suga" (Universal)
10. Beyonce No. 10 "Me, Myself & I" (Columbia)

### Top 10 Albums

1. OutKast No. 1 "Speakerboxxx/The Love Below" (Arista)
2. Alicia Keys No. 2 "The Diary of Alicia Keys" (J)
3. Various Artists No. 4 "Now 14" (Columbia/Universal/EMI/Zomba)
4. Sheryl Crow No. 5 "The Very Best of Sheryl Crow" (A&M)
5. No Doubt No. 8 "The Singles 1992-2003" (Interscope)
6. Jay-Z No. 12 "The Black Album" (Roc-A-Fella/Def Jam)
7. Evanescence No. 16 "Fallen" (Wind-Up)
8. G-Unit No. 11 "Beg for Mercy" (G-Unit)
9. Toby Keith No. 3 "Shock 'n' Y'all" (Dreamworks-Nashville)
10. Ruben Studdard No. 9 "Soulful" (J)

### Top 10 Hot Country Singles

1. Kenny Chesney No. 1 "There Goes My Life" (BNA)
2. Alan Jackson No. 2 "Remember When" (Arista Nashville)
3. Brooks & Dunn No. 3 "You Can't Take the Honky Tonk Out of the Girl" (Arista Nashville)
4. Toby Keith No. 5 "I Love This Bar" (DreamWorks)
5. Terri Clark No. 6 "I Wanna Do It All" (Mercury)
6. Rodney Atkins No. 4 "Honesty (Write Me a List)" (Curb)
7. Tracy Byrd No. 7 "Drinkin' Bone" (RCA)
8. Toby Keith No. 12 "American Soldier" (DreamWorks)
9. Tim McGraw No. 8 "Watch the Wind Blow By" (Curb)
10. Brad Paisley No. 11 "Little Moments" (Arista Nashville)

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## From Start To Fitness

### Finding the Right Fitness Program

**Q:** Information on exercise programs is available everywhere -- at fitness centers, on video, in magazines, etc. I don't want to join the million others who start a trendy program just because it is the beginning of a new year. How can I sift through the glut of fitness information and find a program that's right for me? -- S.W., Atlanta

**A:** You are correct -- countless fitness programs are out there shouting that they have the answer to your fitness needs. The start of a new year is the perfect time for marketers to score a big profit off so many resolutions to "get in shape."

Understanding your needs and developing specific goals can help you filter through those fitness trends and find what works best for you. Here's a quick survey of some of the better ideas out there:

**Mind-body classes** -- Although not new, Tai Chi, Qi Gong and yoga have become more available recently through video, fitness facilities and private studios.

**Functional training** -- This program, which uses machines, stability ball, medicine balls, resistance bands and other exercise tools, can aid in training your body to respond to stresses placed on it in your everyday life and/or improve sports performance.

**Fitness tools for home use** -- Stability balls, resistance bands, medicine balls, balance boards and other exercise equipment are now readily available at sporting goods and department stores, and home gyms have become more affordable for almost anyone. With help from videos, television shows, books and magazines, exercising at home is becoming more popular.

**Group personal training** -- Although many of the exercise tools you see in fitness facilities can be purchased at stores for home use, developing safe and effective programs with them can be tricky. The use of a personal trainer is nothing new, but group personal training is becoming more available. You and two or three friends can utilize a trainer at the same time, reducing the rate for each individual.

Although trends can change over the years, it's important to stay on track with realistic and attainable goals. Whether you choose a new fitness trend or a tried-and-true one, be sure that it fits into your lifestyle -- and have fun!



Always consult a physician before beginning an exercise program. If you have a fitness or training question, e-mail Andrea at letters.kfws@hearstsc.com or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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## HOROSCOPES

**Today's Birthday** (Jan. 28). Wrap up the material you've discovered and take it back to the lab. The coming year is partly about digging but mostly about sorting and sifting. You don't even know what you have yet, so this certainly won't be boring.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries** (March 21-April 19) \_ Today is a 7 \_ Toss out the anchor, put on the brakes, or do whatever you must do to bring yourself back to reality. Then, when your craft is secured, tally up your winnings.

**Taurus** (April 20-May 20) \_ Today is an 8 \_ Things should start getting noticeably better pretty soon. You still can't have everything you want, but you're getting more decisive. You can weed out the unnecessary and go for what's most important.

**Gemini** (May 21-June 21) \_ Today is a 6 \_ It may take a little while to come down from your recent adrenaline rush. If you can, find yourself a private place where you can hide out for a while.

**Cancer** (June 22-July 22) \_ Today is a 7 \_ The worst of it

will soon be over, and your fate will be decided one way or the other. Schedule some relaxation time with your friends. Entertain them with this latest story. Make them promise not to tell.

**Leo** (July 23-Aug. 22) \_ Today is an 8 \_ You'll soon get the chance to report to the people in command. You'll have to explain what you've done and accept responsibility, whether that means taking the credit or the blame.

**Virgo** (Aug. 23-Sept. 22) \_ Today is a 7 \_ Once the challenge has been met and mastered, you'll feel good about yourself. If you haven't reached that level yet, don't worry. Odds are good that you will.

**Libra** (Sept. 23-Oct. 22) \_ Today is a 6 \_ You love to be swept away by love. Who doesn't? But be practical. You need to decide how much you can afford before you spend more than you have.

**Scorpio** (Oct. 23-Nov. 21) \_ Today is an 8 \_ Part of your job now is to teach somebody else how to do your job. They won't have the same level of proficiency, of course. That's the idea, though \_ get someone who can do the job even better.

**Sagittarius** (Nov. 22-Dec. 21) \_ Today is a 7 \_ After the vision comes all the hard work \_ both the old tasks and the new ones you're inventing. Some of it requires improvisation.

**Capricorn** (Dec. 22-Jan. 19) \_ Today is an 8 \_ You still have to work, but with any luck, you won't need to spend all of your time on the job. Delegate as much work as you can so that you have more time for games.

**Aquarius** (Jan. 20-Feb. 18) \_ Today is a 6 \_ To everything there is a season, and a time for every purpose under heaven. You've had a time for quick action, now take this excuse to rest. Get back to basics and relax.

**Pisces** (Feb. 19-March 20) \_ Today is a 7 \_ The most dangerous time is almost past. From here on, things look pretty good. You'll now be in the mood to search out the best bargains. Nothing wrong with that.

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# ...More Fun!

## "What is the least or most favorite class you are going to have this semester and why?"

Photos by: Lindsey Martin/Eagle Eye



**Bob Sharples**  
Senior  
History



**Lindsey Palmatier**  
Freshman  
Elementary Education



**Kevin Mowry**  
Junior  
Health Science/Pre-physical Therapy Major

**Least Favorite**

"Bio-ethical Environmental Issues, because it has a huge workload."

**Favorite**

"Philosophy of Religion. It's really interesting, the different view points of it."

**Favorite**

"Advanced Anatomy, because you get to cut up dead people."

## TRIVIA TEST

By Fifi Rodriguez

1. PRESIDENTS: What was President Martin Van Buren's home state?
2. MOVIES: Who won a best director Oscar for the movie "Terms of Endearment"?
3. ENTERTAINERS: What entertainer's original name was David Kotkin?
4. LITERATURE: When did Joseph Conrad publish "Heart of Darkness"?
5. MUSIC: What jazz artist was nicknamed "Pinetop"?
6. GEOGRAPHY: Where is the U.S. Continental Divide?
7. LANGUAGE: A place called Grubstreet is generally considered the home of what?
8. ASTRONOMY: What is the diameter, in miles, of the planet Earth?
9. HISTORY: The Battle of Hastings was fought to control what kingdom?
10. RELIGION: About when was the Hindu religion founded?

Answers at bottom of page!

# What the heck is it?!



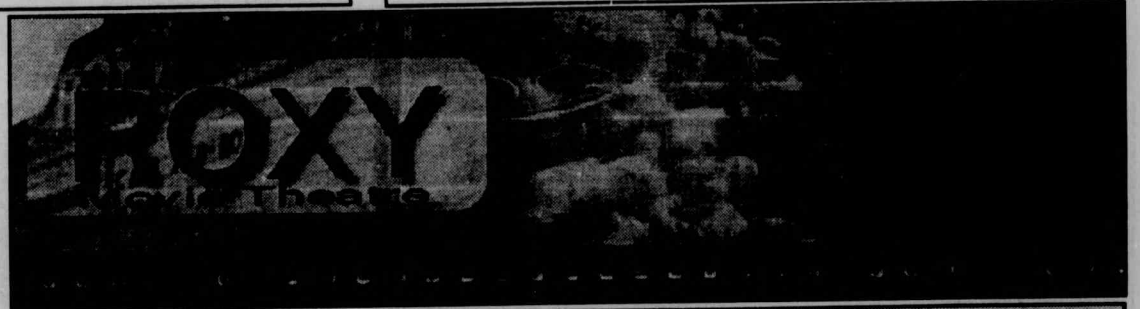
This is a contest folks!

Photo by: Maggie Herrick/Eagle Eye

The first 5 to respond will win this week's prize!

Every week the prize will be different to meet our different readers!

Simply E-mail an answer to what the heck you think this picture is to [lhueagleye@hotmail.com](mailto:lhueagleye@hotmail.com)  
(We want an answer to what the up close metal thing is...)



**Now Showing:**

**Cold Mountain (R)**  
Evenings Now thru Jan. 29, 2004 7:00pm  
Late Nights Friday & Sat. 9:30pm  
Matinees Sat & Sunday 2:00pm

**The Last Samurai (R)**  
Evenings Friday thru Thursday 7:00pm  
Late Nights Friday & Sat. 10:00pm

**Along Came Polly (PG-13)**  
Evenings Friday thru Thursday 7:00pm  
Late Nights Friday & Sat. 9:30pm  
Matinees Sat. & Sunday 2:00pm

**Ticket Pricing:**

Adults: \$5.00  
Students (with valid ID): \$4.00  
Matinees: \$4.00

**THIS WEEKS PRIZE!!!**

**"Burger King Prize Pack!!!"**

**First 5 correct responses will win!!!**

What would you like to see in the "Just For Fun" and "...More Fun" page?  
Let us know!!!

- Answers
1. New York
  2. James L. Brooks
  3. David Copperfield
  4. 1902
  5. Clarence Smith
  6. Rocky Mountains
  7. Literary hacks
  8. 7,900
  9. England
  10. 1500 B.C.

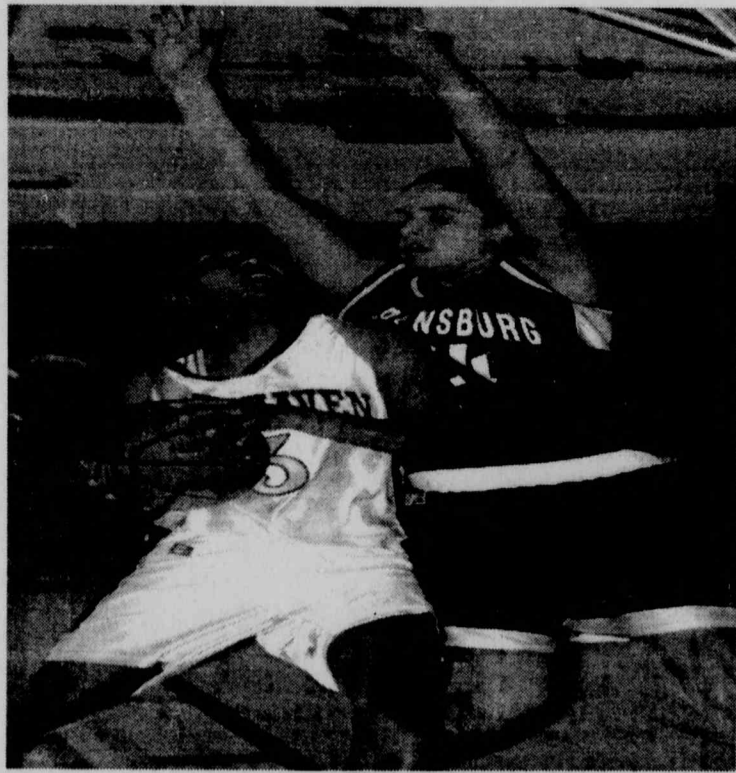


Photo courtesy of Lindsey Martin  
**Freshman Liz Gabrielle** looks for an open pass in the game on Wednesday.

## Womens basketball suffers losses this week

**Mann Cannon**  
**Sports Reporter**

The women's basketball team had a tough week with two big early season conference game losses.

The Haven (7-10, 1-3 PSAC West) squared off against the no. 1 team in the nation, California (Pa.) University, (18-0, 3-0 PSAC West) at Thomas Fieldhouse Saturday afternoon and fell 83-49.

California held the Bald Eagles to just 20 first-half points, trailing by 17 points at the half, 37-20.

The Vulcan lead stuck in the second half as they got up to a high of 36 points before the final 83-49 score.

California shot just over 50

percent on the game while holding Lock Haven to 38 percent shooting.

The Vulcans also picked up the advantage on the boards by coming away with 44 rebounds to the Haven's 27 total.

Four California players totaled double figures as they spread the ball around.

Cyndi Crowl led the Lady Eagles with 16 points, leaving the senior guard just 12 shy of reaching the 1,000 point milestone.

Melissa Picarsic added nine points and seven rebounds, while point guard Elizabeth Gabrielle had eight points and five assists.

On Wednesday, the Bald Eagles played Shippensburg University (11-5, 2-0 PSAC

West). The Haven lost 75-44.

The Red Raiders opened up a 10-point lead midway through the first half, 20-10, and they took control of the game from then on.

Following the early lead, the Red Raiders put together a big 10-point run to close out the first half in good fashion to the advantage to 36-15, and went into halftime with a 43-22 lead.

In the second half, the Red Raiders did not let up, putting the Bald Eagles behind in the second half by as much as 37 points.

The Bald Eagles had no quit in them either, battling back to within 27 points, 70-43, before the 75-44 final.

Shippensburg shot an outstanding 65.5 percent from the

floor in the first half and held the Haven to only 21.9 percent shooting in the second half to secure the victory. Lock Haven was out-rebounded by Shippensburg, 49-34.

LHU's Amanda Jones had 11 points and five rebounds. Kendra Tribue added nine points and five boards along with four steals.

Shippensburg spread the ball around as four players had double figures, led by Katie Bray with 15 points.

Kim Strickland had 13 points, Casey Reath collected a double-double with 11 points and 12 boards and Emily Swinger added 10 points.

LHU begins a three-game road stint at Clarion University tonight at 6 p.m.

## Need help with your workouts? Online trainers available for 2004

**Mary Robb Farley**  
**St. Louis Post-Dispatch**

Are you interested in working with a personal trainer but don't feel you have the time, or money, or nerve to wear Spandex in public?

An Internet trend that's growing rapidly lets you exercise at home at your own pace, but still have some professional guidance.

Online personal training has been gaining momentum during the past few years, with Web sites sprouting up all over the Internet, touting personal-training services.

The services vary, but most sites offer exercise programs and some have additional motivators such as e-mail consultations with a personal trainer, buddy workouts via e-mail and online fitness forums.

Some sites revise the exer-

cise programs week to week (for members) and offer different workouts to do at home, in the gym or during pregnancy.

The sites do not replace one-on-one training, but may be an option for those who think they need some direction, but not necessarily personal contact with a trainer.

Steve McKinney, of Madison, Ill., is a personal trainer with his own gym who started offering an online personal-training service last year.

From his Web site, [www.fitnessandmore.net](http://www.fitnessandmore.net), clients can download his e-manual, "Fitness and More," for \$29.99.

The manual shows workouts that can be done at home with dumbbells; illustrations show how to advance from one routine to the next. The Web site also advertises a

one-half-hour personal-training phone consultation for \$50.

McKinney says customers can e-mail, call or visit for personal advice. Clients get in touch when they need motivation or have a question, he said, and can also sign up for e-mails with fitness tips that McKinney prepares.

McKinney said he has had about 200 online clients. He is certified by the National Federation of Professional Trainers and also is a certified post-rehabilitation specialist with the American Academy of Health and Fitness Professionals.

He preaches high-intensity, low-force training, with workouts that take about 10 to 15 minutes.

"The goal is to get the most effect for the least dose (of exercise). Too much exercise can cause joint pain and

other problems," McKinney said.

Jason Rulo, a personal trainer for the Wellbridge health club chain who works at the health club's Monsanto corporate location, launched an online personal-training site just weeks ago, and already has four clients.

He's been testing the site, at [www.pinnaclepersonaltraining.com](http://www.pinnaclepersonaltraining.com), for a year, and is based in St. Charles, Mo.

Rulo said online training can be a good choice, because it allows for easy availability of a quality personal trainer, it's more affordable - his program is \$30 a month -and it's more flexible, allowing clients to make their own schedule and not have to meet trainers at certain times.

A one-time fee of \$20 covers a book, "Strength Training Anatomy" by Frederic Delavier, that "breaks down

every exercise, how to do it, how they work," Rulo said.

Clients begin by filling out an evaluation about body weight, previous injuries, sports background, goals, nutrition and any conditions that might require a doctor's clearance.

Rulo then sets up a workout card for the client to follow, including resistance training, stretching, diet tips and eventually, cardio programs.

"I try to follow up once or twice a week with every single client," he said, "using e-mail, Web chats and instant messaging."

The American Council on Exercise cautions that novice exercisers who haven't worked with weights or exercise machines in the past should begin with a hands-on trainer before using an online service.

ACE advises checking the qualifications of the staff that will be training you and making sure they're certified by a reputable organization.

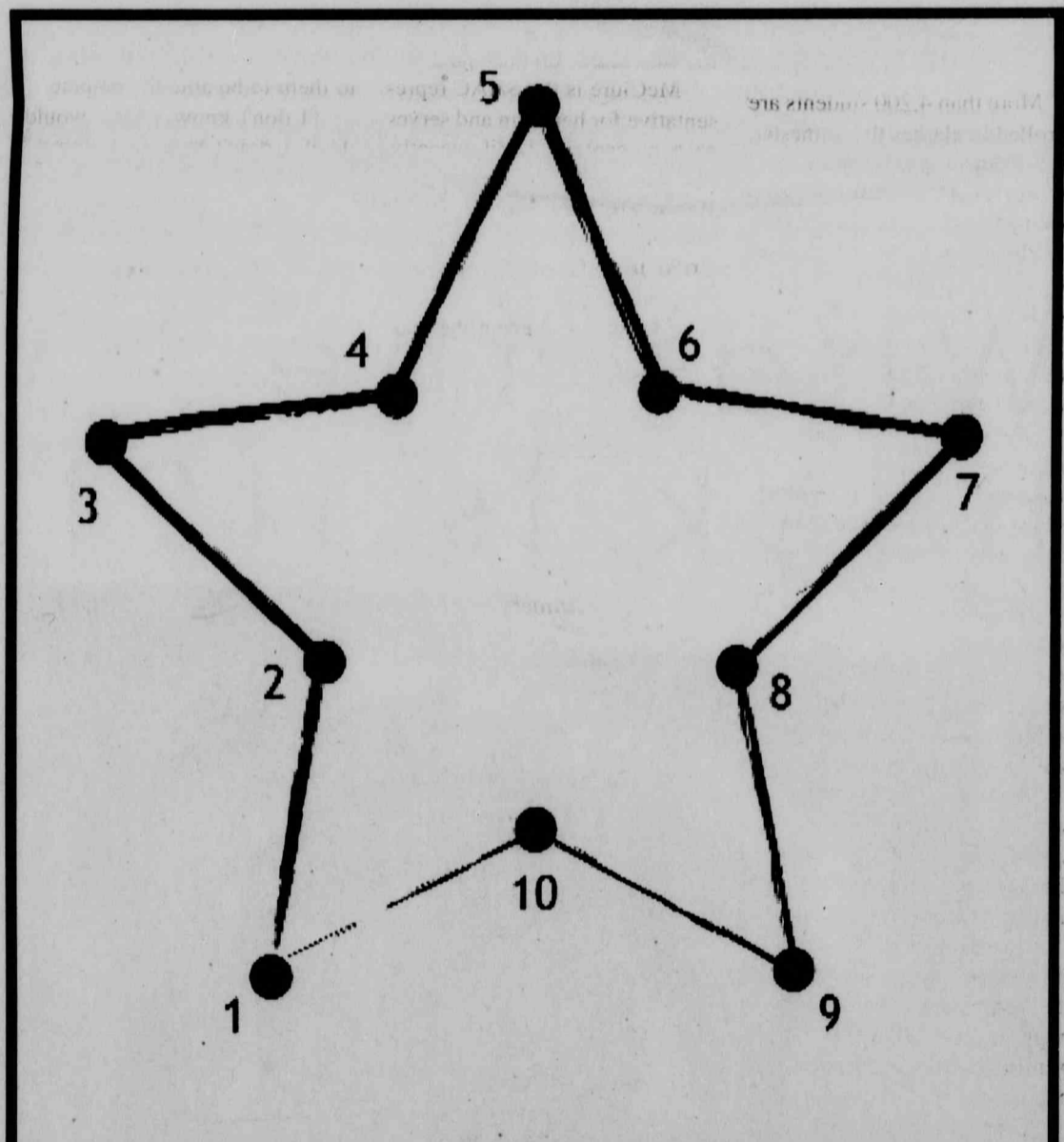
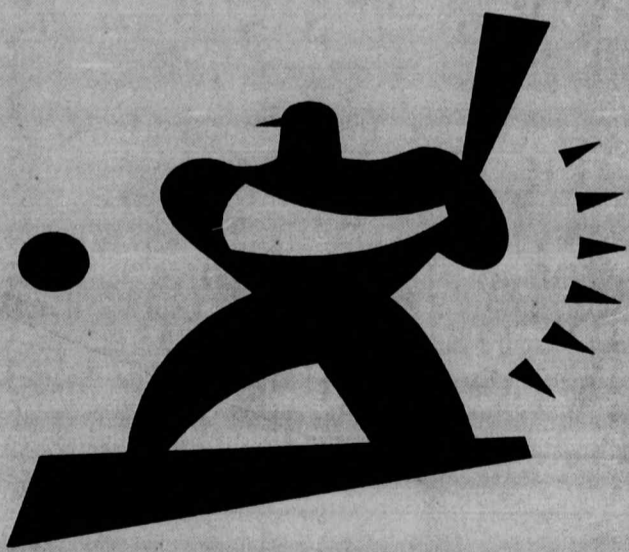
Look for an online site that's easy to navigate, and sample workout plans to make sure you understand the exercises and have enough information to be able to do them on your own.

Sites should make it easy to contact a trainer by e-mail, but it's even better if they also offer a phone number for those times when a cyber-connection just won't cut it.

And if you decide to sign up, be sure that the site requires a detailed evaluation of your health history, workout goals and current fitness level.

Those that don't may simply be handing out stock workouts that aren't really personalized to specific needs.

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**Good luck this weekend Bald Eagle Sports!!!**

# No big names in superbowl, just big hearts

Don Pierson  
Chicago Tribune

Two ultimate teams in the ultimate game, at least until next year. So why does Super Bowl XXXVIII have the personality of a beige sweat-shirt?

The Super Bowl is about glitter and glamour; the best football teams are about grime and grit.

The top runners and receivers on the Carolina Panthers and New England Patriots are guys named Smith and Davis and Brown. The names on the jerseys ring no bells.

"For fans who are a little bitter their teams didn't make it, hey, watch the game," Panthers receiver Muhsin Muhammad said Monday. "I'm pretty sure you're going to find somebody you like."

It won't be someone pulling out a cell phone from a goal post or a pen from his sock.

It might be someone who's not even playing, like Carolina linebacker Mark Fields or linebackers coach Sam Mills, both incredibly afflicted with cancer as this season started and now buoying the spirits of the Panthers as they undergo chemotherapy.

Fields watches from a luxury box, and Mills is on the sidelines coaching. Fields spoke to the team before last week's NFC championship game.

"He kind of said, just go out there and get it because you may never have this opportunity again," linebacker Dan Morgan said. "We're going to go out there and win this thing

for them." Nobody has demonstrated more toughness than Fields and Mills. Fields has Hodgkin's disease and hopes to come back next season. Mills has intestinal cancer and hopes to be back too.

"If these guys can battle for their lives, then we can go out there and battle for 60 minutes," safety Mike Minter said.

"We wear shirts under our uniforms on game day with their numbers on it, just to carry a little of the weight off of them, and at the same time we look to them as our strength," linebacker Will Witherspoon said.

Team strength allowed the Panthers to win four of five overtime games and go 10-3 in games decided by a touchdown or less.

The same kind of togetherness made the Patriots 8-1 in games decided by a touchdown or less.

Yet the teams are labeled boring.

"It's kind of an oxymoron," Panthers kicker John Kasay said. "We may be boring, but 14 out of our 16 games ended on the last drive or the last play. There have been a lot of people that had heart problems in the Carolinas over the last four months."

Moments after the Patriots beat the Colts in the AFC title game, the first name Belichick mentioned in his postgame news conference was backup quarterback Damon Huard.

He had not played a down, but Belichick praised the job he had done in practice emulating Manning.

The most famous player on

the Panthers might be Rod Smart, but nobody recognizes that name.

They recognize him as the player from the XFL who wore "He Hate Me" on the back of his jersey. That's the defunct XFL, by the way.

Team building has become a more intricate annual exercise than ever in the NFL. The teams that can fit new players into their systems fastest prevail.

Not only are the Patriots especially a team of role players, they are a team of versatile role players.

They coveted Bears linebacker Roosevelt Colvin in free agency because of his ability to play linebacker and rush the passer. He's injured, but Willie McGinest and Mike Vrabel are similar players. The Patriots never rely on one guy.

"We want players who are sincere, and football is important to them. The games are great, but to play well you have to practice well, you have to prepare well, you have to work hard in the off-season program.

If you really don't enjoy football and you just want to be a football player and reap the rewards of being a professional athlete, then probably the New England Patriots isn't the right team for that player."

If you want to see players celebrating with cell phones or pompoms, then probably this Super Bowl won't be right to watch either.

For one thing, the game might be 10-7, minimizing the chances for end-zone antics. For another, the Panthers and Patriots aren't built that way.

# SPOTLIGHT



## Athlete Of The Week



Photo Courtesy of LHU Sports Information

Cyndi Crowl, captain of the women's basketball team, is this week's Spotlight Athlete of the Week.

Crowl is the leading scorer for the 2003-2004 Bald Eagles, averaging 12.4 points per game. She currently sits just 12 points shy of the prestigious 1,000 career point total.

Crowl, a senior from

Stroudsburg, Pa., is a Recreation Management major, with a minor in Business. She is a two-time PSAC Scholar-Athlete, receiving the honor in her sophomore and junior campaigns.

A Preseason All-PSAC West Team member this year, Crowl earned a Second Team nod last season after averaging 13.2 points per game and leading the Haven with 82 assists and 33 steals.

## Chappell claims Rookie of the Week Honors

LOCK HAVEN - James Chappell, a freshman guard on the men's basketball team, earned PSAC Western Division Rookie of the Week for games ending Jan. 25.

Chappell helped lift Lock Haven to its first Western Division win of the season by turning in 16 points, five steals and two blocks against Shippensburg University.

The rookie guard led all scorers in a loss to California (Pa.) University, pouring in 19 points, six rebounds and three

steals. Chappell shot 52.2 percent (12-23) from the floor and 41.7 percent (5-12) from behind the three-point line for the week.

On the season, Chappell leads Lock Haven, averaging 10.6 points per game. He leads the Bald Eagles with 28 steals (1.75 spg) and is shooting 35.3 percent (24-68) from long range.

The Bald Eagle basketball team is currently 2-15 overall and 1-3 in the PSAC West and will next be on the road at Clarion University on Jan. 28.



James Chappell

No plans for Saturday? Go out and support LHU's teams!! Watch women's basketball play Slippery Rock at 1 p.m., followed by men's basketball versus SRU at 3 p.m. Or, support our swimmers as they face Millersville in their last home meet of the season, beginning at 1 p.m!

# A Day in the Life... of a Swimmer

Brandie Kessler  
Eagle Eye Reporter

More than 4,200 students are enrolled in classes this semester, and we have a swim team comprised of less than a dozen young women. So, it is safe to say that the majority of students here at LHU do not know what it is like to live a day in the life of a Haven swimmer. And yes, in case you didn't get it yet, we do have a swim team.

The members of the LHU women's swim team work very hard and deal with the same things that other student-athletes must deal with, but they rarely get the credit they deserve.

In addition to the two practice sessions that they have every day, one from 6-8 a.m. and one from 4-6 p.m., their lives, while in season, revolve around the sport they are involved in.

Although balancing their academic and athletic schedules can be difficult at times, some of the swimmers feel that the more hectic schedule has its benefits.

"I know that I have to get (my work) done because I have to be at practice from 4-6 every night," said Sara McClure, a senior health and physical education major on the team.

Like many other seniors in her major, she is in her professional semester. However, unlike most of her peers, she

juggles swimming and all of the responsibilities she has being the sole senior on the squad.

McClure is the SAAC representative for her team and serves as a co-captain. Until recently, she was also the only member of the team who had a car at school, so often times she would drive her teammates to places they might need to go.

Every swimmer on the team makes sacrifices for the sport that they love.

Most swimmers cannot go home on the weekends because of swim meets, and if they do have the opportunity to go home, it is scheduled around their swim calendar.

Most of the swimmers were physically prepared for a vigorous practice schedule because they trained in the off-season.

"We would swim in the river when we first got here, and a lot of us trained over the summer, so it wasn't that big of an adjustment when we first got here," said freshman Diane Sujansky.

However, morning practices during the season are the biggest adjustment for most of the team.

"I definitely had a problem with that (6 a.m. practices). I'm still having a problem with that," said freshman Becca Rhoades.

"By 8 o'clock you're ready to go to bed, and then you have to get up at ten to six the next morning to do it all over," said Rhoades.

Even though most of the team experiences some stress during the season, it is worth it to them to be able to compete.

"I don't know what I would do if I didn't have swimming," said freshman Danielle Kreiger.

The swimmers on the team also have the opportunity to build strong friendships with

one another because they spend a lot of time together.

"We eat meals together and we hang out together, but it's not like we're together 24/7," said Sujansky.

The team said that if they could let their classmates know one thing about their sport it would be to not tease them about

their team jackets.

"Don't bash the parka," said Rhoades playfully.

But seriously, they just want their classmates to know that they have a program that deserves as much support from the students as the other sports receive.

"Swimming is a sport too.

Come support us," said McClure.

If you're interested in checking out the women's swim team, they will host Millersville University for their final home meet, which will also serve as their senior day, this Saturday, January 31 at 1 p.m. in the Zimmerli swimming pool.

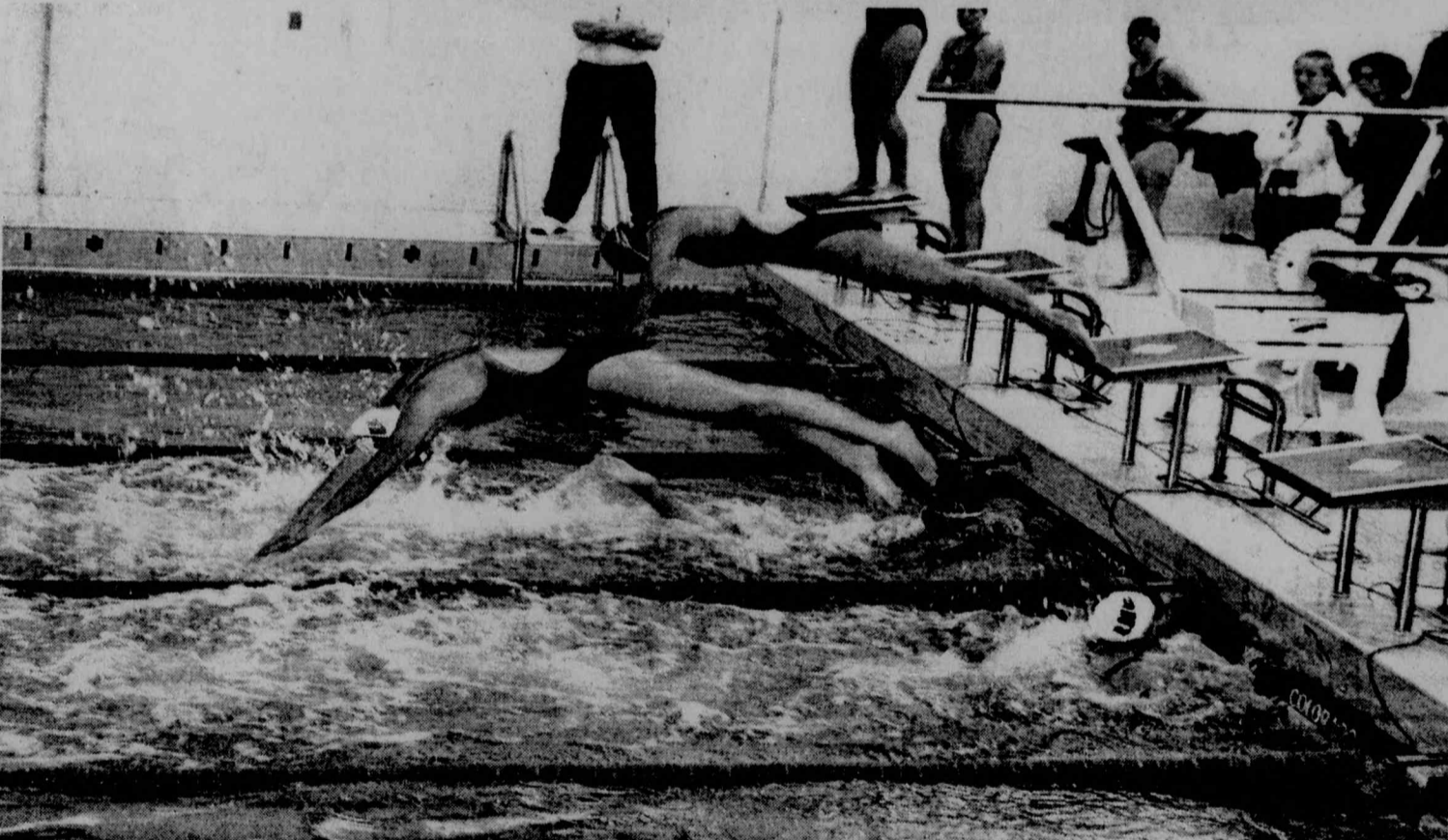


Photo courtesy of Lindsey Martin

Swimmers dive in during the meet last week. The Haven's swim team practices twice a day and has meets every weekend from January to March.

## TRACK

Continued from back page

The Haven ladies had 13 other conference championship qualifying performances that did not earn team points. Freshman Maggie Borden and senior Melissa Namey both recorded times among the conference leaders in the 400 meters. Borden clocked in at 1:01.23, and Namey finished in 1:01.94.

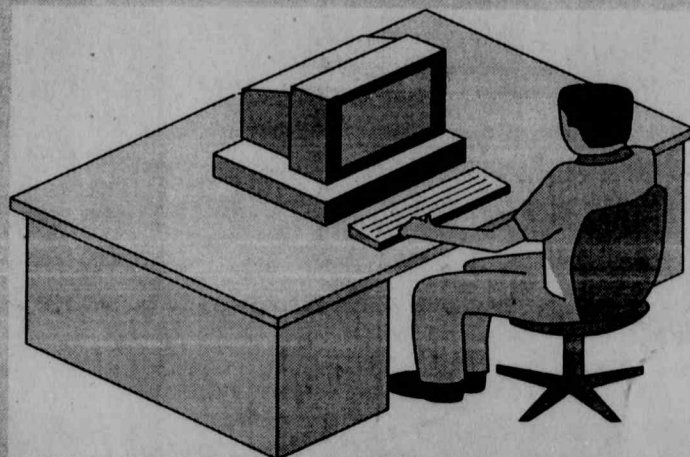
Those on the list of LHU qualifiers were Brooke Rang, junior, in the 55 meter hurdles (8.69), Arlinda Levy, junior, in the 20-pound weight throw (35' 10-1/2") and the shot put

(36' 7-3/4"). Also, Stephanie Scheibel, freshman, and Maura Ruckert, freshman, in the pole vault with heights of 9' 4-1/4" and 8' 10-1/4".

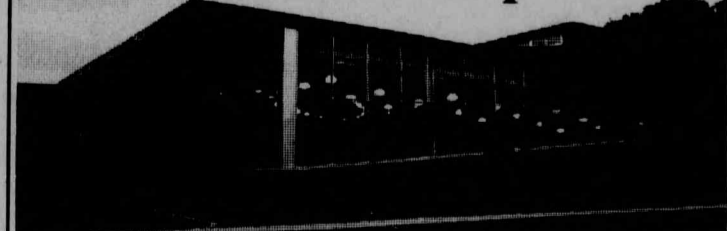
Namey, freshman Laura Phillips, freshman Mary Ewanich, and Borden competed together in the 4x400 meter relay, and recorded their best time of the season in 4:14.24.

The Bald Eagles will be back at Bucknell University on Friday, Jan. 30, for the Bucknell Pentathlon. The track and field team will also be competing in the Bucknell Open on Saturday, Jan. 31.

For more sports info visit our website at [www.LHUeagleye.com](http://www.LHUeagleye.com)



## "Get A Grip"



### What's Happening at the SRC

- \* Jan. 31 - First Aid/CPR Class \$5 fee per certification
- \* Feb. 14 - University Bouldering Competition Series \$10 entry fee

For more information on SRC events and registration, please visit us online @ [www.lhup.edu/rec\\_center/get\\_a\\_grip.htm](http://www.lhup.edu/rec_center/get_a_grip.htm)



INSIDE:

**Spotlight**  
Athlete of the Week:  
Cyndi Crowl

Wednesday, January 28, 2004



## Swimmers edge past California; earn eight first place finishes

**Brandy Rissmiller**  
Sports Reporter

The women's swim team won a dual meet against undefeated California University of Pennsylvania on Saturday.

It was a close meet, but Lock Haven prevailed with a score of 118.5-108.5. The team now has a record of 3-1 in dual meet action.

The Bald Eagles competed in 14 events and won first place finishes in eight of them.

Katie Greiniesen won the 1000 freestyle event with an impressive time of 11:35.90. Greiniesen won by almost 47 seconds.

Diane Kreiger placed first in both the 100 backstroke and 200 backstroke with times of 1:03.50 and

2:20.58 respectively.

Tatiana Patakyova also scored first place finishes in two events- the 100 freestyle (55.20) and the 200 individual medley (2:14.71).

Diane Sujansky continued her dominance in the breaststroke races, winning both the 100 and 200 with times of 1:09.33 and 2:30.83.

Kreiger, Sujansky, Patakyova, and Sara McClure won the 200 medley relay with a time of 1:53.53.

Coach Bart Garlick was very happy with the effort that was put forth from the team. "I am always proud of this group of women. They were tired, and some of them were sick. California was rested as well. They really put out everything they had to win the meet."

Assistant Coach Sarah

Duttera felt the same way.

"Bart and I were proud of the way our woman stepped up to the plate. A couple of the women were sick and they stated that they would do whatever to get a few extra points-which allowed us to win the meet. It shows tremendous maturity of a team when a sick athlete says that to a coach."

Senior Co-Captain McClure was extremely proud of the team. "For the low numbers we have as a team, we pulled together and a couple of girls really stepped up to the plate today. We've really come together as a team. Hopefully, our next home meet will be as strong as our first two."

The next home meet is on Saturday, Jan. 31 at 1 p.m. against Millersville University.

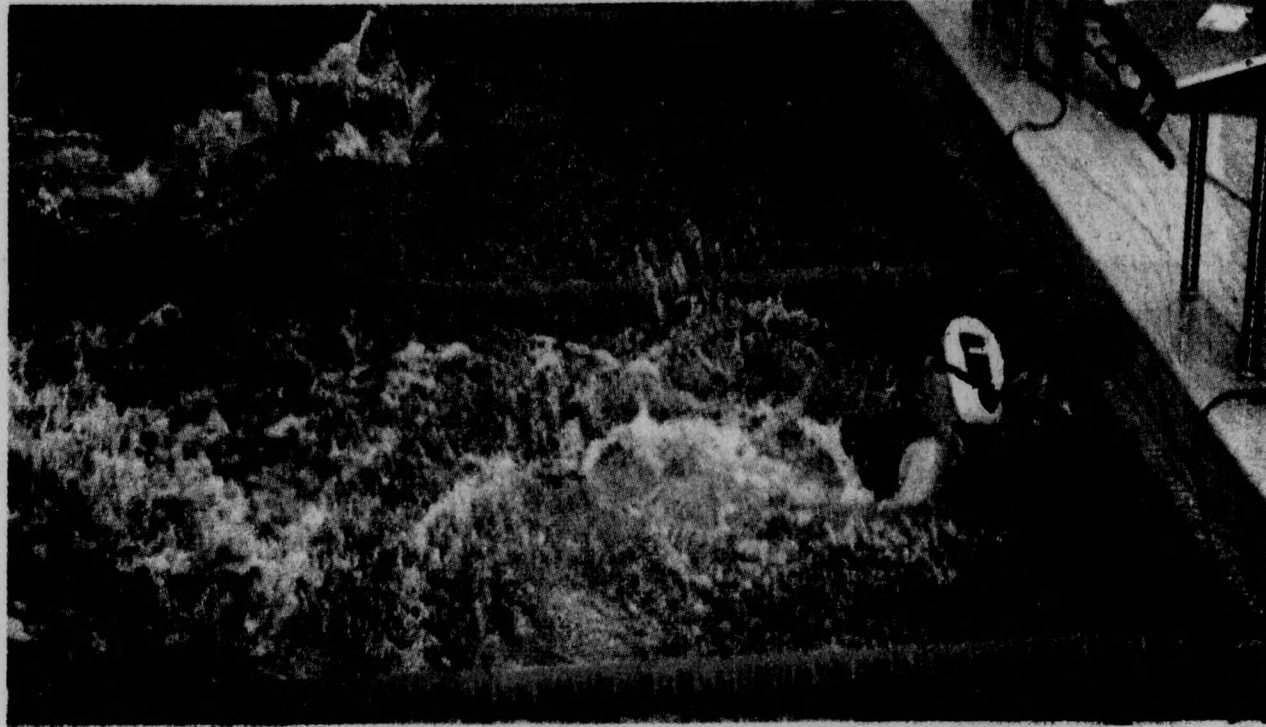


Photo Courtesy of Lindsey Martin

**Freshman Becca Rhoades** turns at the wall during the backstroke in Saturday's meet against California University. The Haven gave the Vulcans their first loss of the season.

## Mens basketball splits games; claims first conference win against Shipp

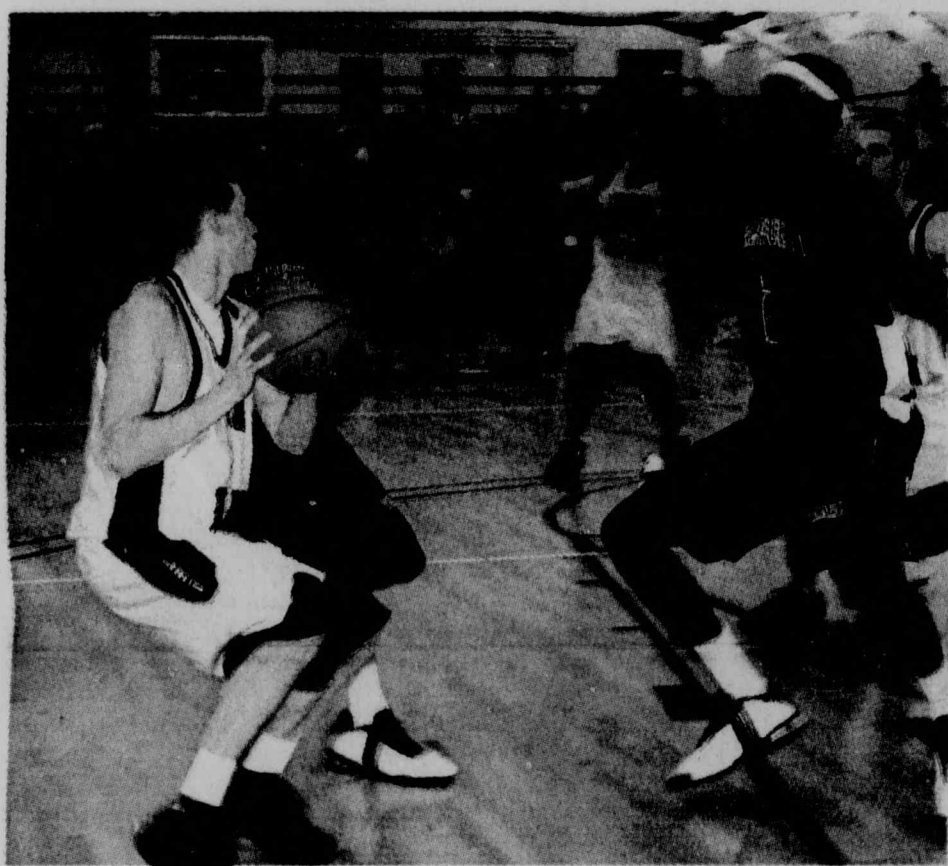


Photo courtesy of Maggie Herrick

**Freshman Corky McMullen** looks to pass against the Vulcans on Saturday.

**Kevin Carver**  
Sports Reporter

The men's basketball team climbed out of the cellar in the PSAC West division with an impressive week of play. They recorded their first conference win against Shippensburg, 60-57, last Wednesday before falling to the best team in their division, the Vulcans of California, on Saturday evening, finishing the week at 1-1.

The Haven was physically overmatched in its 69-57 loss to CalU. LHU was out rebounded 34-26 and simply outplayed in the paint, getting seven shots blocked by the Vulcans.

California (Pa.) is currently ranked 5th in the NCAA East Regional, with a 14-4 record. They sit atop the PSAC West with a 3-0 conference mark.

LHU was led off the

bench once again by red-shirt freshman guard James Chappell. "Jimmy Jam" led the Eagles with 19 points, six rebounds, and three steals in the contest. He connected on four long-range bombs, none bigger than a contested trey in the corner that pulled the Haven within five points with five minutes remaining, 55-50.

From that point on, Cal went on a 12-0 run to seal the deal, silencing the largest crowd of the year and Haven's shot at back-to-back wins for the first time this season.

Eddie Christiano added 13 points and three assists as Brian Rieben chipped in 10 tallies and two blocked shots for LHU in the losing effort.

**LHU 60 Shippensburg 57**

Lock Haven finally put a mark in the conference win column last Wednesday

against Ship, but it did not come easy by any means.

Trailing a majority of the contest, the Bald Eagles used a change of pace from Chappell along with another powerful performance by Junior forward Joe Walker to pull off the comeback victory.

Walker led the Haven with his second double-double of the season, pouring in 17 points and pulling down 11 rebounds. He also contributed to the win with three steals, three blocks, and as always, the most heart and leadership on the floor.

Chappell's quick play off the bench turned everything around for LHU, as he added 16 points, a team best five steals, and two crucial blocks. One swat came against the tallest man on the floor, sending the crowd to its feet, and starting a fast-break that seemed to change the momentum in

the first half.

Whatever advantage the Haven felt it might have going into the half, however, was erased, as Ship jumped all over LHU and built a 15 point lead in the beginning of the second stanza. But the Bald Eagles never gave up, using a great mix of bench players and starters to claw back into the fight.

Ryan Carson came off the bench to play key minutes in the Haven's first conference win, pulling down four rebounds and playing tenacious defense throughout the contest. Carson was guarding the opponents' best player near the end of the game, forcing turnovers and poor shot selection, as LHU held on for the three point victory.

LHU hits the road for its next PSAC contests, traveling to Clarion tonight and Slippery Rock Saturday afternoon.

## Grapplers fall to Fighting Scots, 23-12

**Jill Weaver**  
Sports Reporter

The Lock Haven Bald Eagles (3-5, 0-2 EWL) had another loss this past Friday in their match against the Edinboro Fighting Scots (5-3, 2-0 EWL), with a final score of 23-12 in a EWL match held in Thomas Field House.

The Eagles started off promising with the 125-pound match against the Haven's Jim Collins and Edinboro's Chris Pruden. Collins pinned Pruden in the first period with only 1:32 expired.

Coach Rocky Bonomo commented, "I am pleased with Collins in that he is starting to wrestle to his full

potential."

A loss from Haven's Dave Predko against Edinboro's Jacob Gray in the 133-pound match as well as a 5-2 decision for Edinboro's Ron Doppelheuer over Haven's Ian McGoldrick at 141 pounds, helped the Fighting Scots to tie up the match 6-6.

With help from Haven's Mike Maney and Charlie Brenneman, the Bald Eagles were able to get back their lead with a score of 12-6. Maney posted a take down less than a minute in to the first period, gaining the 4-1 lead, and then finished in the second period with the 6-1 win at 149-pounds over Deonte Penn of Edinboro.

Brenneman exploded

with a 4-0 lead in the first three minutes of the 157-pound match over Edinboro's Eric Ring. Brenneman earned the 5-1 win in the third period, giving the Haven a 12-6 lead.

Bonomo said, "I was happy with Mike Maney's consistency. He has been a top performer his whole career and I'm just as pleased with Charlie Brenneman. He's having a great senior year and excels on and off the mat."

Unfortunately the Bald Eagles couldn't hold the lead for long. Haven's Jason Gilligan lost to No. 3 ranked Matt King of Edinboro at 165 pounds.

Edinboro took over the lead for good when No. 7

ranked Nate Yetzger defeated Haven's Dan Riggs in the 174-pound match up.

"Dan Riggs fought well to the end to avoid a major decision," commented Bonomo.

The Haven's Mike Greenberg, Carlos Ponce, and Steve Iterly were also unable to finish with wins, making the final score 23-12 in favor of Edinboro.

Bonomo says, "We have a good ways to go and we, as the coaching staff, continue to see improvement. The guys take it one day at a time and continue to be a work in progress."

The Bald Eagles will compete next at the PSAC Championship this Friday and Saturday at Edinboro.

## Tracksters compete at Bucknell Octagonal

**Marissa Brunner**  
Sports Reporter

On Saturday, Lock Haven's track and field teams competed at the Bucknell Octagonal in Lewisburg, Pa. The men's team came in fourth place, and the women's team finished in eighth place.

The men's team competed against eight other teams, and acquired a total of 57 points.

The Bald Eagles had twelve place winners but ended up with only one first place finish.

Anesu Mushonga was the fastest runner in the 400-meter dash, with a time of

50.59. Mushonga also finished third with a time of 7.05 in the 60-meter dash.

Billy Buckenmeyer, a sophomore, earned second place in the 5000-meters, with a finish of 15:26.79. This moved him to the top of the PSAC performance list in the event.

Also placing second was Andy Pollison. Pollison, a senior pole-vaulter, went 14'9" in his best attempt.

Other placewinners included Jim Dempsey, Jacob Merrill, and Joe Smolenski. Dempsey, a freshman, placed fourth in the high jump, clearing 6' 3-1/4". Merrill, a senior, came in fourth place in the triple

jump, with a leap of 45' 9-3/4". Smolenski, a sophomore, finished in fourth place in the 500-meters with a time of 1:07.95.

Junior Chris Cowan finished the mile in 4:19.86, which was good enough to position him in fifth place for the event.

Sophomore Keith Veldhuis came in fifth in the long jump with a leap of 22' 2-1/4", and Julius Magrino's throw of 48' 8-3/4" placed him in sixth for the 35 pound weight throw.

Lock Haven's Jacob Merrill, Keith Veldhuis, Mike Brito and Anesu Mushonga worked together to finish the 4x400 meter

relay in 3:26.24. This time put them in third place for the event.

Paul Hallman, Doug Spatafore, Joe Wiegner and Rick Clendaniel placed fifth in the 4x800-meter relay with a time of 8:05.29.

The Haven women's team placed eighth overall, with two points coming from the fifth place 4x800-meter relay team.

Kat Davey, freshman, Jodi White, sophomore, Heather Thomas, freshman, and Katrina Brown, senior, all worked together to finish 10:59.58 for fifth place in the 4x800 meter relay.

see TRACK on page 15

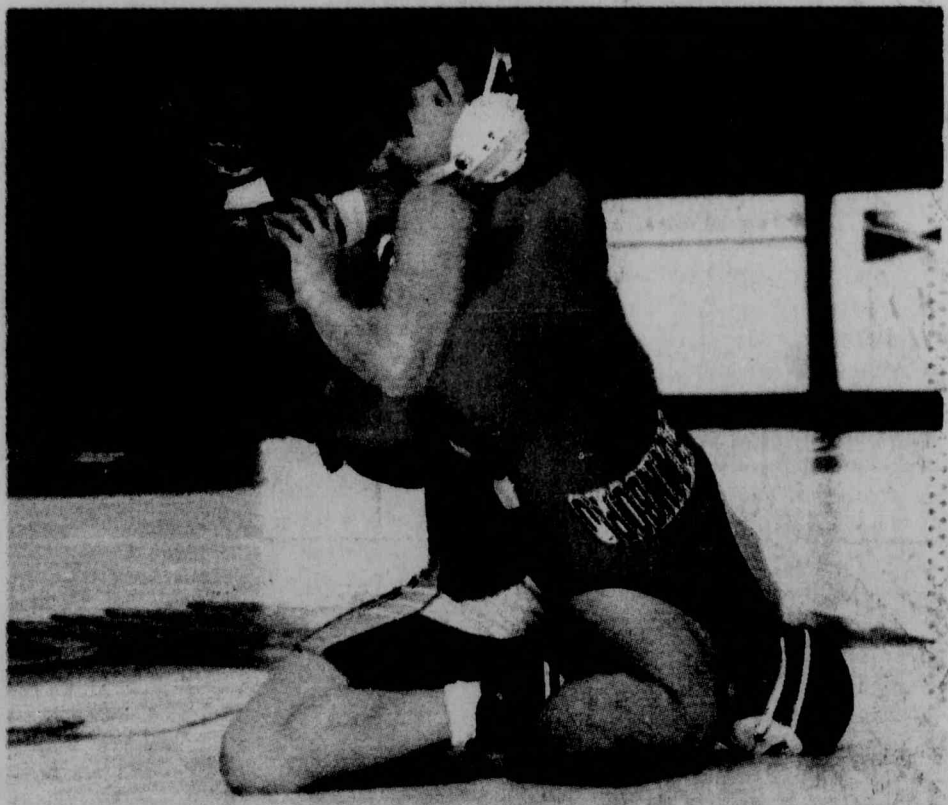


Photo Courtesy of Lindsey Martin

**Senior John Holsinger** tries to get out of a leg hold in Friday's match against Edinboro.