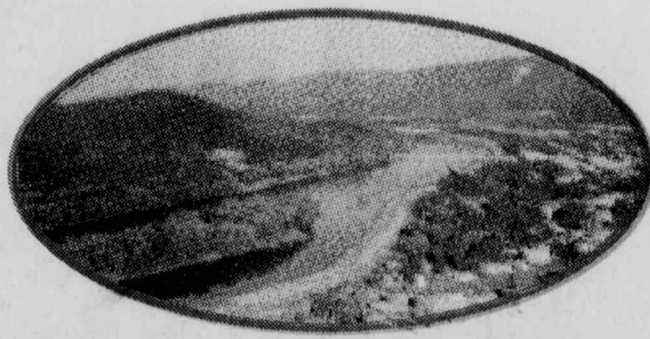


Comedic juggler Jim demonstrates his talent at LHU (Story see pg 6)



Boxers head to Happy Valley (Story see pg 11)

Today's Weather



Partly Cloudy
High 27 Low 10

The Eagle Eye

Friday, January 28, 2000

Issue 13
Volume 52

Newsroom: (570) 893-2334
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LHU celebrates Martin Luther King Jr. with Speaker

Amy Howard
The Eagle Eye

Though classes were not cancelled on the actual date, the celebration of the achievements of Dr. Martin Luther King Jr. were in no way overlooked. Lock Haven University honored his memory by welcoming Juan Williams, a prominent reporter for the Washington Post.

The program began with a spiritual introduction and prayer by Dr. Roosevelt Green that spoke of King's belief in a "personal God who gave the strength to endeavor." The LHU Gospel Choir sang "Lift Every Voice and Sing" the Black National Anthem, urging everyone to join in.

Next in the program was a touching poem written and delivered by Ms. Amy Freeman, Director of The Human and Cultural Diversity Program at LHU. The poem, entitled "Carry the Dream," depicted her hopes and

dreams about how future generations will view the past and carry on the future. The poem ended by saying "we did what we could to propel them into the heavens and mountains yonder."

Williams' opening remark was that he wasn't giving a speech, but rather a talk about how race is a problem in society. The question was posed, what do you do when faced with the issue of race, when you hear racist comments? He strongly encouraged that you "stand up and offer your vision," telling students that they can do more than they think they can to combat racism.

Williams offered his views dealing with the media, specifically the television and music industry. He stated that in movies the popular culture always has one guy or one girl against the world. In other words, he said that one person can't take on the world without mentioning how people need to group together to accomplish their goals.

"Don't believe in the popular culture. Realize that in American History there are examples of people that didn't swallow the sleeping pill but stood up for what they believe in and made a difference," was the main point made by Williams.

His worries that "television shows send messages that tell people to stay with their own group of friends and not go out and meet new people from different backgrounds. Music puts down people of different groups and plays up on violence."

Williams cited many examples from history to support his belief. He said that even in death, people can create social change-

- that is people who care enough to make a change.



He spoke about Nixon and how he struggled for affirmative action, an issue that Williams feels deserves to be defended.

One of the stories he recalled dated back to the 1940s regarding a 16-year-old from Virginia named Barbara Johns.

Jones went to a segregated

school and didn't think that it was fair to be segregated from the rest of the population and decided to do something about it. She wrote a note to distract the principal and Jones rallied the students as they walked out.

The principal caught on and fought with Jones. Jones was suspended from school and the students who once supported her quickly changed their minds. Jones wasn't ready to give in.

She called the NAACP for help and they sent lawyers who were little help. Jones called Thurgood Marshall, President of the NAACP for more help.

Williams ended his speech with, "You are the people who make history!" and a quote from a song, "Keep your eyes on the prize, hold on, hold on. Life isn't about being comfortable, it's about being uncomfortable and standing up...keep your eyes on the prize."

In a question and answer session, Williams noted that the

biggest challenge for this generation is to change America. He said that "we need a sufficient consciousness, will and spirit." He firmly believes that if you work hard you can succeed in society.

According to Williams, we are a more and more class divided society and that will not change until a coalition is formed.

When addressing the tragedy of Columbine High School, Williams said that it left an indelible impression on the parent's and showed their concern for the future of America.

He pointed to popular culture and the media, claiming that the media creates stereotypes that create indifference. He again urged everyone to "become a critical thinker in regard to the media and not succumb to the stereotypical depictions it promotes."

Former LHU professor exposes hoaxes in science

Randy Miller
Eagle Eye News Editor

Since the earliest days of science, people have been eager to disprove any concepts that scientists can conjure up. Some have even gone so far as to create a hoax, a deliberate attempt to undermine the credibility of scientists worldwide.

Although hoaxes in science have been rather uncommon throughout history, there have been enough attempts to warrant a fairly interesting and entertaining study.

Such attempts at fooling the public were displayed and explained Thursday night in the

planetarium in Ulmer Hall, as Professor Emeritus Donald Simanek, a retired Lock Haven University physics professor, presented his lecture, "Hoaxes in Science--An Illustrated Lecture" to a crowd of around 200 students and faculty members.

Simanek began his 35 years at Lock Haven University in 1964, after receiving his doctorate from Penn State University. He did his undergraduate work at a university in his home state of Iowa, and received his Master's in 1962 from the same school.

Since his retirement in 1999, Professor Simanek has been cultivating and polishing his lecture work, focusing mainly on hoaxes in science.

Among the topics covered in his hour-long lecture, Simanek touched on the "Kartiff Giant," one of the most widely recognizable hoaxes in modern history. This particular spoof, according to Simanek, consisted of a granite sculpture of a giant human doctored up to appear ancient and worn. The sculpture was then secretly deposited underground in a spot where it would be resurrected a year later.

After a year's time the sculpture was retrieved and passed off as the petrified remains of a giant dating back to biblical times. The "discovery" caused quite a stir among the nineteenth century public.

The "Kartiff Giant" toured

around the country and was touted as a modern miracle for a number of years, before the originator of the hoax came forward and denounced the giant.

Another fraud mentioned in the lecture had to do with *The New York Sun*, one of the earliest "penny papers" in the country.

Richard Adams Loch, a reporter for *The Sun* in the mid-nineteenth century, wrote an article about some brand new discoveries regarding images of the moon as seen from the telescope of scientist John Herschel.

According to Loch's article, in addition to giant 90-foot amethyst towers, waterfalls, and flowing rivers discovered on the moon, human-like figures with

the wings of bats were also seen on the surface.

Loch attested that he was only attempting to satirize the work of a prominent religious author who mixed biblical fact with fantasies of epic proportions. Regardless of his intentions, the article was eaten up by the *New York City public*, which was known for being a city full of dupes in the mid-1800s.

Professor Simanek's lecture

is the first in a series of six sponsored events by the Geology and Physics departments at LHU. The next speaker in the series, will be Art Rose a professor from Penn State, speaking about Radon in Pennsylvania homes. The lecture is scheduled for Thursday, February 10 in Ulmer.



Professor Emeritus Donald Simanek speaks to the crowd gathered at Ulmer Planetarium about science hoaxes.

Dave Lee/ The Eagle Eye

Welcome Back
to the
Haven!

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Who's Who at LHU

Sean Dooley
Eagle Eye Reporter

Since 1934, *Who's Who Among college students in American Universities and Colleges* has recognized a selected number of exceptional college students from the United States, including the District of Columbia and several foreign countries. More than 2,300 institutions are represented.

Twenty-six students from Lock Haven University will be seen in the 2000 edition of *Who's Who Amongst Students in American Universities and Colleges*.

The nominating committees and editors of the directory select

students who have exemplified achievements in their academics as well as community service, leadership roles in extracurricular activities, and who the desire and capability to continue their success.

Christine Marshall, junior in the coop-engineering program found out that she too was selected to be part of *Who's Who* before leaving for semester break. But at the time, she wasn't aware of what an honor being nominated actually is. "I have know idea who nominated me," Marshall said, "I didn't know what a big deal it was until Carol Latronica was telling me about it."

Christine has been involved with many activities on the LHU

campus such as being an officer



for the Physics Club, a coordinator for Haven Activities Council, and a Resident Assistant in McEntire Hall.

Lock Haven recipients of the *Who's Who* honor are students

who have received the honor of being in this year's edition of *Who's Who* are: Daniel A. Almoney, Heather L. Amirtrone, Scott M. Andrews, Corrine M. Angstadt, Brenda V. Bartlett, Sue E. Breen, Michelle L. Cacek, Barbra A. DiNino, Matt Eisely, Apryle Grimm, Aimee Haines, Erin E. Hvorecny, Kelly A. June, Frank R. Kershner, II, Kristopher Marek, Courtney Myers, Thomas W. Peske, Andrea D. Reichenbach, Karlo X. Ruiz, Raymond L. Smith, Susie Spangle, Michelle Watkins.

These Lock Haven students join many others from the United States and around the world as being top-notch students.

Night sky illuminated by rare lunar eclipse

Anastasia Bannikova
The Eagle Eye

For the first time in the new millenium on January 20, an eclipse of the full moon occurred.

This fascinating astronomical event could be observed from all countries in the Western Hemisphere.

The first slight shading was visible at 9:30 p.m. EST. By 10:00 p.m., the moon was already entering the umbra, or the territory of the Earth's shadow. Within an hour, the shiny round shape of the full moon miraculously started to become a gibbous, and then a crescent moon.

In a matter of one hour, it ful-

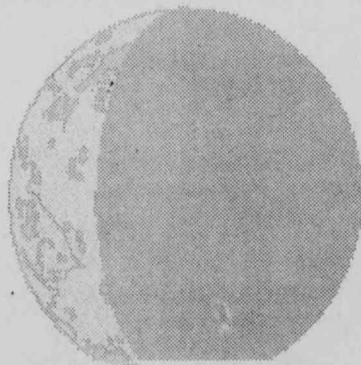
ly entered the umbra and stayed there until 11:30 p.m. The eclipse reached its totality, or the middle of the eclipse, at 11:45 p.m., and then slowly escaped from the Earth's shadow.

According to the January issue of this year's *Sky & Telescope*, this eclipse was one of the brightest seen in the Western Hemisphere in the 20th century.

The brightness of the moon in the shadow can be explained by the clarity of the Earth's atmosphere. The color of the shadowed moon this year varied from dark yellow to misty red; this observation showed that the atmosphere was somewhat clear.

With the occultation (the passage of the celestial body be-

tween and observer and another



celestial body) of the moon, most of the brightest stars and planets on the January night sky, such as Alderban (Taurus), Reg-

ul (Orion), Capella (Auriga) and Saturn, were visible and highlighted.

Thanks in part to a break in the nasty weather, the lunar eclipse could be observed in Lock Haven. After several days of snow showers and thick clouds, the night sky was clear at the right place at the right time.

The unusual, almost sci-fi look of the moon, was sending signs of old superstitions about the end of days or dragons eating the sky. Nevertheless, for modern man, this exciting event could be a special message that, even after reaching the year 2000, the processes of nature and space continue to go on in its particular order.

LHU staff member Helping hand from Uncle Sam honored for service

Randy Miller
Eagle Eye News Editor

Mrs. Cheryl A. Reynolds, president of the local chapter of the AFSCME union, has received the Stevenson Library Distinguished Service Award for the 1999-2000 school year for her contributions to the library's technical services area.

Mrs. Reynolds, who hails from Jersey Shore, Pa., is in charge of the final processing of all library books before they reach the shelves.

She has worked at Lock Haven University for nine years, and has been president of the local AFSCME chapter for four

years. She is up for re-election in August.

In addition to her service in final processing, Mrs. Reynolds is also the director of the Library Services Search Committee.

When asked for a reaction to the honor bestowed on her, she said, "It was a pleasant surprise."

The Stevenson Library Distinguished Service Award was established to honor those individuals who consistently provide levels of service that advance the mission of the university's library.

David J. Bray Jr.
Randy Rohrbaugh
News Editor

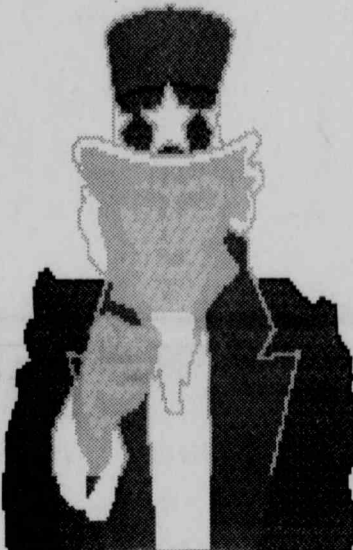
The Reserved Officers Training Corps of Lock Haven University does more than teach cadets how to fire a gun and how to flank the enemy. It also teaches members how teamwork is as important in the classroom as it is on the battlefield.

As the Professor of Military Science, Lieutenant Colonel Alan T. St. Andre knows only too well how ROTC is viewed by the public. "People think we spend a lot of time and money getting kids through college. We watch after them", St. Andre said.

The supervision covers the classroom as much as the firing

range. If an ROTC student fails to make an 8 a.m. class, someone in the unit will try to find out why. If a cadet seems to be getting into trouble, the unit teams together to try to resolve the problem.

When Cadet Captain Ryan Bortnyk enrolled in the Army ROTC military science course, he had little idea of what he was getting into. Bortnyk said, "We did things I never thought I'd be doing-firing weapons, rappelling off cliffs and helicopters, (and) parachuting."





lion dollars a year on scholar-

ships, book allowances and monthly subsidiaries which is why the brochures describes ROTC as "the smartest college course you can take".

The Lieutenant Colonel stressed that the rigorous and time consuming commitment of ROTC is not for everyone. This is the reason that freshmen and sophomores are permitted to try the ROTC program as an obligation-free trial by enrolling in the military science class.

Cadet Bortnyk summed up ROTC by saying, "ROTC has taught me the many aspects of leadership team development and how to delegate authority by using the Chain of Command. The basis of the military is that we're willing to give our lives in defense of this great country."

Police Beat

Jan 2
A faculty member reported the strong smell of gas behind Raub Hall. A bicycle was thrown from the roof of Raub hall and caused the gas pipes to burst.

Jan 19
Possession of marijuana was reported. The matter is still under investigation.

Jan 19
Harassing phone calls were reported in one of the resident halls. The matter is still under investigation.

Jan 22
A minor was cited for underage drinking when an officer reported the strong smell of alcohol. The two minors were cited by the city police for drinking off campus.

Jan 23
A female reported being struck by a male. The matter is currently under investigation.

Jan 24
Several purple parking decal's were reported stolen. The two decal's were found in a car. The car was immobilized and the person was cited for theft.

Jan 24
A Male student was cited for a disorderly conduct. The student entered Bentley dining hall with a damaged meal card and became enraged when he was denied admittance. The male was cited for disorderly conduct.

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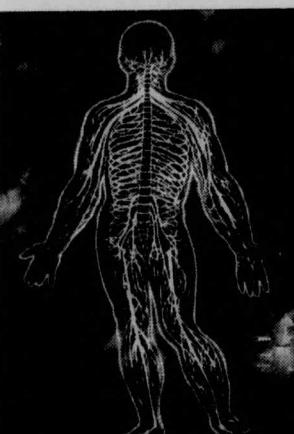
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International Studies

The Institute for International Studies and Phi Beta Delta, Alpha Omega Chapter Chapter at Lock Haven University of Pennsylvania

ANNOUNCE

A public forum lecture by
Dr. Peter Ninnes

Lecturer, School of Education Studies
University of New England,
Armidale, NSW, Australia

US Scientific Achievements:
Complicity and Counter-Hegemony at the Periphery

Hamblin International Hall of Flags, Tuesday, February 8 @ 7:00 p.m.

A small informal reception will be held after his presentation for those who attend

Call For Essays

The Institute for International Studies 1999-2000 Undergraduate International Theme Essay Contest

The International Studies at Lock Haven University is pleased to announce its first International Studies Theme Essay Contest. The contest is open to any undergraduate full or part-time who write an excellent essay on an international theme during this academic year. Preference will be given to those essayists who respond to the International Visiting Lecturer Series speakers who will be presenting addresses on the theme:

US "Exceptionalism" Measured from Abroad: Beacon on the Hill? Overbearing Hegemon? Or Something in Between?

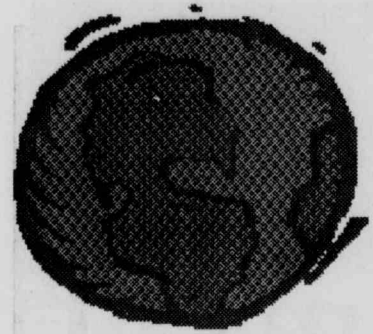
However, essays written this year on any timely international theme will also be considered.

Requirements:

1. Essays must be neatly typed, double spaced and submitted in triplicate
2. Essays must be no less than 1000 and no more than 2000 words
3. Essays must be submitted with a brief cover letter giving the name and address of the essayist, his or her major, and the course (if applicable) for which the essay was written
4. Deadline for submission is April 24, 2000. A faculty panel will evaluate the essays
5. Essays will be submitted to Kendall Broten, Director of the Institute for International Studies. Winners will be announced at the Spring Convocation. Winning essays will be mechanically correct, thoughtful, well-argued, well-organized and timely

Prizes:

1st: \$300.00
2nd: \$200.00
3rd: \$100.00



National News In Brief

Assistant Dean suspended for possession of child pornography

A University of Wisconsin instructor was suspended after an investigation turned up images of child pornography on his university owned computer. Danny Struebing, assistant dean in the school of Human Ecology, was suspended without pay December 23. Campus police began investigating the matter when they received complaints from someone who claimed to have seen the pornography on his computer. The police searched his home, but would not reveal what they found. Possession of porn is a felony in Wisconsin punishable by up to five years in prison.

Empire State Building elevator drops 40 stories

An elevator in the Empire State Building plunged 40 stories Monday, before stopping at the fourth floor when safety systems finally stopped it. The elevator dropped after a cable that adjusts the weight of the car snapped, according to a building spokesman. The two passengers, who were employees in the building, were reportedly unharmed. After the elevator plunged, maintenance workers rode up in an adjacent elevator, wedged open an emergency hatch and guided the pair across a beam to safety.

Mother goes to jail for daughters' truancy

A mother of two teenagers was sent to jail for not sending her children to school, police said. While the mother was in jail her children, 13 and 15 were turned over to the Department of Children and Family Services. Mindy Pearl Viera, 46, was arrested on misdemeanor charges for allowing her daughters to miss a combined 180 days of school, according to school officials. The two daughters also failed grade levels at the Citrus Grove Middle School last year. The girls enrolled for school Sept. 28, nearly a month after school started. The mother is up on charges including contributing to the delinquency of a child, refusal to comply with compulsory school attendance and false official statements. The mother was sentenced to 60 days in jail for allowing her daughters to miss 315 days of school between 1995-1998. Viera claims that she could not avoid the absences because she has asthma and had to be hospitalized three times in one year.

Seton Hall dorm blaze kills 4 and injuries 58

**Christine Tatum
TMS Campus**

CHICAGO (TMS) — The fire alarm that warned of thick, black smoke billowing through-out his Seton Hall University dormitory failed to rouse freshman Pete Tornatore from bed "I actually went back to sleep after I heard the alarm, and my roommate had to wake me up and tell me it was real," he said.

That Tornatore and many of his neighbors didn't immediately spring from bed was of little surprise to several students milling around the burning building, where 18 false alarms had sounded since September — seven of them during December's final exams alone.

This time, there was no prank: The Jan. 19 fire that broke out killed three students and injured 58.

Ah, the old false alarm. College students past and present know it well. Blaring sirens and flashing lights — often in the middle of the night — that force everyone to evacuate their rooms until firefighters allow them to return.

In some dorms the alarms are so frequent many students, much like those at Seton Hall, lock their doors with hopes that no one will discover they didn't leave the building along with everyone else. "I was actually written up last semester for not evacuating for a fire alarm," said Alex Ross, a student at Tulane University. "It was 3 a.m. during finals, and I was sure it was a prank. Lo and behold, it was.

But, ironic as it is, I'm being fined whereas the individual who pulled (the alarm) is getting away."

With the Seton Hall fire still fresh in everyone's minds, housing officials on several campuses say they're making no apologies to students who fail to follow the rules. They're also stepping up reminders about

safety and forging ahead with plans to safeguard dorms against fire.

Painfully aware that the Seton Hall dormitory had no sprinklers, officials at the University of Texas at Austin said they're stepping up plans to install the devices in several residence halls. The project is likely to be finished long before its 2001 deadline.

Stanford University also is

watching the number of false fire alarms on its campus plummet after posting surveillance cameras at each dormitory pull station in 1993.

The University of Cincinnati has reported similar success this year after installing covers on pull stations in every residence hall. When someone lifts the cover, a local alarm sounds, allowing students living nearby to immediately see who tripped it, said UC spokesman Greg Hand. "We really don't have too many problems anymore," he said.

Many institutions press charges against students caught pulling false alarms, and most immediately evict culprits from campus housing. For example, at Indiana University, where housing officials reported 61 false alarms in residence halls between September and October, students are subject to both criminal prosecution and a campus judiciary.

Still other schools pounce on students for seemingly lesser offenses. Students at the University of Missouri are subject to disciplinary action for having candles — lit or unlit — in their rooms.

"They don't mess around here," said IU senior Caryn Rousseau. Nor should they, said Deanna Wesson, the residence hall director at Marylhurst University, a small liberal-arts school in Oregon where a fire broke out last semester in the campus' only residence hall.

Wesson said a student, who was later evicted from campus housing, discarded a still-burning cigarette in a trashcan. None of the 50 students living in the building was hurt.

"But you only have to have something like that happen once to know how scary it can be," Wesson said. "People here are still kind of freaked out about it. They've always been pretty cooperative, but since that happened, they've been especially so."



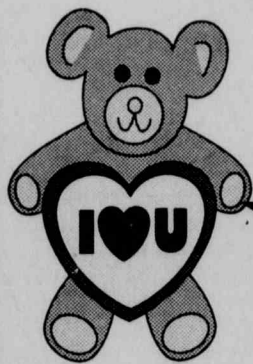
ensuring all of its residence halls have sprinklers by the end of next year. Meanwhile, officials at the University of Cincinnati said they'll continue to run 2,800 students living in campus housing there through monthly fire drills. But the real job, many campus officials say, is getting some students to respect the importance of those fire-prevention efforts.

To combat pranksters and scofflaws who fail to evacuate during alarms, many colleges and universities have resorted to imposing stiffer penalties and installing what many in campus housing call "crime-fighting equipment." George Washing-

LHU Bookstore

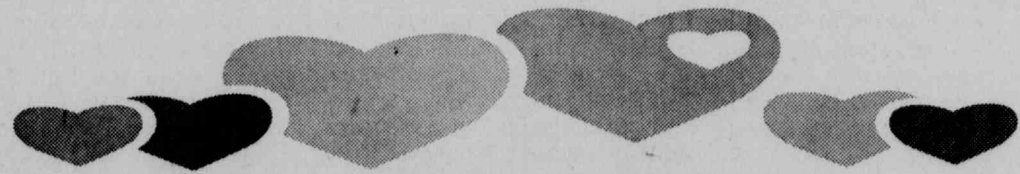


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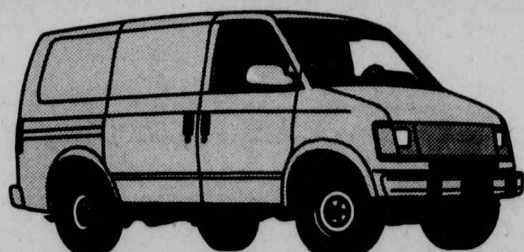


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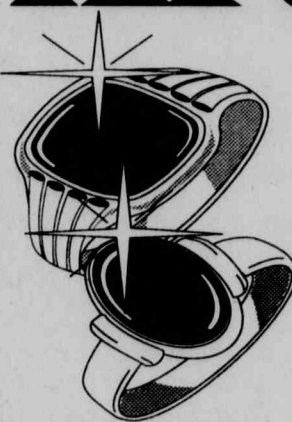


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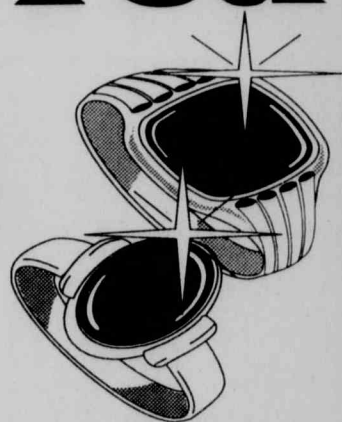
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OPINIONS

To succeed one must believe in himself

Welcome back! To all the lucky transfers and incoming students, welcome to a place that will only be as good as you make it.

I had an interesting break. Spent a lot of time with my family celebrating the holidays. Family gatherings are always times to remember in my unique family. This year, for Christmas, my grandparents bought my sister, two cousins and myself a day pass to Big Boulder and Jack Frost to go skiing. Problem being, none of us had ever been skiing, so included in the deal were skiing lessons. So, the four of us travelled the four hours to the Poconos, following behind a caravan of the rest of the family. After spending what seemed like hours waiting to get our equipment we finally made it outside. Within minutes, I was on the ground. Mind you, this was on flat ground. So after a couple of lessons we decided to try the bunny slope.

My cousins and sister, well, they did well. They made it down the slope. Me, on the other hand, I didn't make it too far before I ended up throwing my body to the ground because I had no idea how to turn or stop. When I finally made it to the bottom I was so relieved that I hadn't severely hurt myself.

Needless to say, I went back to the instructor and spent the rest of the afternoon with him. Where was the rest of the family? In the lodge, drinking Sam Adams and enjoying themselves greatly.

Besides day skiing for the first time, we went night skiing too. While my cousins and little sister went to the intermediate slopes, I found myself walking down the icy bunny slope. (Notice how I threw icy in there to make it seem a little better?) I had a lot of fun and I can't wait until next year, but I will definitely need to spend a little more time with someone who can teach me what I need to be doing.

Well, enough about my break. Here are my ramblings for this week. We're all starting out this semester basically with a clean slate. But the only way any of us will succeed is by believing that the ability to succeed lies within each of us.

I have a friend who exudes a sense of arrogance when you first meet him. When you tell him he looks good, he doesn't say thank you but rather, "I know this." Often times he will begin a conversation and without skipping a beat will announce how good he looks. In fact today, after mentioning how he hadn't

showered in days, he said, "I make being a scumbag look good!"

But there is something different about his cockiness. Not only does it come across as quasi-serious, but he never comes across as being self-righteous. When you call him on his arrogance, he's quick to defend himself as being confident. And you know what? He's absolutely right. He doesn't walk around portraying himself as being the greatest thing on earth, but he believes he is the best he can be.

He is sure of who he is and who he wants to be. And, once he tells you how good he looks, (which, by the way, he usually does) his laid back, humorous and his fun personality shines through. His confidence does not invite negative comments. Rather, it is an attractive quality. It is one that garners laughs and not ridicule. It makes him rather unique in that sense. It makes him who he is.

As I walked around campus the past few days, I saw people who were not sure of why they are here. They walk with their heads buried into the ground, never looking up. Fearing eye contact with a complete stranger they look at nothing but the path they walk upon.

In my opinion, this fear is

due to a lack of confidence. In a class the other day we talked about how if you are raised to believe you are the best, you will become the best. You must believe in yourself, or there will be no chance of you succeeding. You are the creator of you, so why not be the best that you can be? If you aren't the best that's out there, pretend you are.

I'm not the greatest example of someone who is over confident, in fact, the only time I'm really comfortable is when I'm in an academic setting or surrounded by my really close friends. But, the key to my success here is pretending I know what I'm doing. Half the time, it comes across that I am really sure about what's going on, but I

don't.

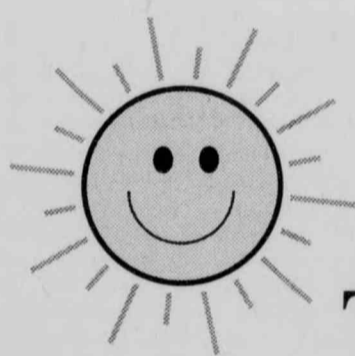
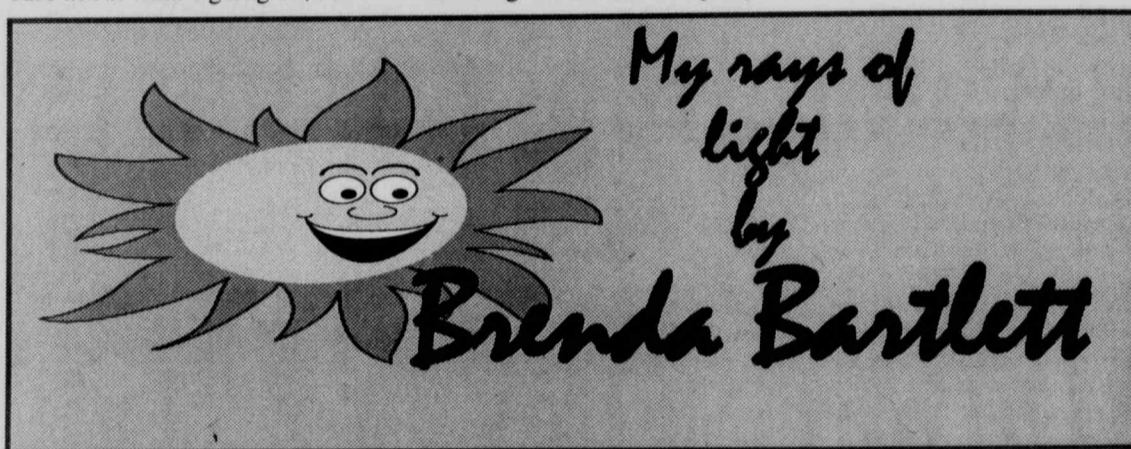
Like I said before, my friend's over confidence is an attractive quality that he possesses. He's one of those guys who's physical attractiveness is complemented so much by his personality. He's lucky he's been blessed with both. And I know I'm just adding fuel to the fire by putting this into print, but that's OK.

Everyone knows someone out there who is beautiful or extremely good looking, but yet, he or she has no personality. And then there are the ones that are semi-cute but have this personality that makes them more attractive than anyone you've ever seen before. It all comes from being sure of and accepting

who one is.

I truly believe that being confident in yourself will make your life better. It will make life much happier. Being able to lift your head up and look the world in the eye is an integral part of succeeding. It's almost as important as getting out of bed in the morning.

My friend, who by the way has been begging me for weeks to write about him, is not afraid to do what he wants. He has even been known to bring a girl a squash instead of flowers--and not be embarrassed, but he is able to do this because he is comfortable within himself. Now, wouldn't that be a nice way to live?



Think Spring!

Letters to the Editor

Dear Editor,

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Have a good one LHU!

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Kelly Bergan
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Send any letters to:

kelee19@hotmail.com OR drop them off at the Eagle Eye office in the PUB

OPINIONS

To succeed one must believe in himself

Welcome back! To all the lucky transfers and incoming students, welcome to a place that will only be as good as you make it.

I had an interesting break. Spent a lot of time with my family celebrating the holidays. Family gatherings are always times to remember in my unique family. This year, for Christmas, my grandparents bought my sister, two cousins and myself a day pass to Big Boulder and Jack Frost to go skiing. Problem being, none of us had ever been skiing, so included in the deal were skiing lessons. So, the four of us travelled the four hours to the Poconos, following behind a caravan of the rest of the family. After spending what seemed like hours waiting to get our equipment we finally made it outside. Within minutes, I was on the ground. Mind you, this was on flat ground. So after a couple of lessons we decided to try the bunny slope.

My cousins and sister, well, they did well. They made it down the slope. Me, on the other hand, I didn't make it too far before I ended up throwing my body to the ground because I had no idea how to turn or stop. When I finally made it to the bottom I was so relieved that I hadn't severely hurt myself.

Needless to say, I went back to the instructor and spent the rest of the afternoon with him. Where was the rest of the family? In the lodge, drinking Sam Adams and enjoying themselves greatly.

Besides day skiing for the first time, we went night skiing too. While my cousins and little sister went to the intermediate slopes, I found myself walking down the icy bunny slope. (Notice how I threw icy in there to make it seem a little better?) I had a lot of fun and I can't wait until next year, but I will definitely need to spend a little more time with someone who can teach me what I need to be doing.

Well, enough about my break. Here are my ramblings for this week. We're all starting out this semester basically with a clean slate. But the only way any of us will succeed is by believing that the ability to succeed lies within each of us.

I have a friend who exudes a sense of arrogance when you first meet him. When you tell him he looks good, he doesn't say thank you but rather, "I know this." Often times he will begin a conversation and without skipping a beat will announce how good he looks. In fact today, after mentioning how he hadn't

showered in days, he said, "I make being a scumbag look good!"

But there is something different about his cockiness. Not only does it come across as quasi-serious, but he never comes across as being self-righteous. When you call him on his arrogance, he's quick to defend himself as being confident. And you know what? He's absolutely right. He doesn't walk around portraying himself as being the greatest thing on earth, but he believes he is the best he can be.

He is sure of who he is and who he wants to be. And, once he tells you how good he looks, (which, by the way, he usually does) his laid back, humorous and his fun personality shines through. His confidence does not invite negative comments. Rather, it is an attractive quality. It is one that garners laughs and not ridicule. It makes him rather unique in that sense. It makes him who he is.

As I walked around campus the past few days, I saw people who were not sure of why they are here. They walk with their heads buried into the ground, never looking up. Fearing eye contact with a complete stranger they look at nothing but the path they walk upon.

In my opinion, this fear is

due to a lack of confidence. In a class the other day we talked about how if you are raised to believe you are the best, you will become the best. You must believe in yourself, or there will be no chance of you succeeding. You are the creator of you, so why not be the best that you can be? If you aren't the best that's out there, pretend you are.

I'm not the greatest example of someone who is over confident, in fact, the only time I'm really comfortable is when I'm in an academic setting or surrounded by my really close friends. But, the key to my success here is pretending I know what I'm doing. Half the time, it comes across that I am really sure about what's going on, but I

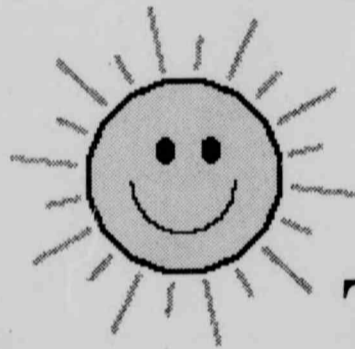
don't. Like I said before, my friend's over confidence is an attractive quality that he possesses. He's one of those guys who's physical attractiveness is complemented so much by his personality. He's lucky he's been blessed with both. And I know I'm just adding fuel to the fire by putting this into print, but that's OK.

Everyone knows someone out there who is beautiful or extremely good looking, but yet, he or she has no personality. And then there are the ones that are semi-cute but have this personality that makes them more attractive than anyone you've ever seen before. It all comes from being sure of and accepting

who one is.

I truly believe that being confident in yourself will make your life better. It will make life much happier. Being able to lift your head up and look the world in the eye is an integral part of succeeding. It's almost as important as getting out of bed in the morning.

My friend, who by the way has been begging me for weeks to write about him, is not afraid to do what he wants. He has even been known to bring a girl a squash instead of flowers--and not be embarrassed, but he is able to do this because he is comfortable within himself. Now, wouldn't that be a nice way to live?



Think Spring!

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Features

Poet ignites passions

Kristin White
Eagle Eye Features Editor

Despite having the appearance of a small, meek woman, poet Glenis Redmond has an immensely powerful stage presence. Her passionate voice and rhythmically, soulful expressions filled the PUB Multipurpose Room last Wednesday night the way a spiritual sermon from a gospel choir fills the boughs of the church steeple.

The performance inspired strength and self worth while providing an entertaining evening of poetry.

The 36-year-old performance poet was raised in North Carolina and shared with her large, Christian family a love for music. Despite this love, she didn't boast the talent or ability to devote herself to singing or instrumental performance.

In her poetry she recalls Sundays spent admiring her aunts in the church choir and their ability to arouse her emotions with what she refers to as "the beat that frees my soul."

Infused with music and culture from her childhood and nourished with the growth of personal experience, Redmond

discovered her own unique style of freeing her soul and in 1993 she quit her job as a counselor to become a professional poet.

Redmond's strength in performance poetry extends not only to her inspirational compositions, but to her rhythmically animated presentations as well. Energetically revealing the story of her life, Redmond alludes to a range of autobiographical topics, from hats and basketball to her family, friends and femininity.

Having involuntarily memorized most of her poems, she delivers them effortlessly with musical overtones and a decisive beat, often characterized by grunting, stomping or snapping. Listening to her poetry is as natural as listening to a song. Her words are vivid yet understandable and the messages, conveyed with attitude and charisma, are enlightening.

Although the majority of Redmond's works communicate elements of African American culture, she claims that it is unintentional. The purely autobiographical nature of her poetry lends itself to her culture, yet her poems have deeper meanings that go beyond the influence of ethnicity and investigate the strength and determination of the

inner-self.

"I'm dealing with what's going on in my life," said Redmond. "Hopefully what I do transcends me being a black female, but it's who I am."

The content of her poems may evoke varied interpretations and responses among different races; however, Redmond feels that her poetry is "just as appreciated by Whites as it is by Blacks." Redmond feels that Blacks probably regard her work as an "affirmation" while to Whites she feels it may be educational.

Regardless of audience composition, Redmond's poetry and her means of expressing it are entertaining and encouraging. She is often incorporated into the movement referred to as spoken-word or performance poetry, a type of poetry that is thought to have an increased effect when heard rather than read.

Redmond admits that her poems need to be heard in order for the audience to understand her rhythm and words, but she does not discourage the reading of it. While reading poetry does take the energy out of the delivery, it allows the reader to interpret a work without external influence.

Jim the Juggler jumps, jokes and jives at LHU

Chrissy Meehan
Eagle Eye Staff Reporter

Useless skills and lots of laughter sum up Sunday night's performance of the Jim Show held in Price Auditorium.

A one man show, Jim can act and juggle simultaneously without breaking a sweat. His red socks, crazy, curly hair, and fantastic use of sarcasm only added to the extremely witty performance.

The show opened with Jim introducing himself to the audience and doing some basic juggling routines. Soon after, however, Jim was juggling ping pong balls with his mouth and balancing a pole on his chin all while still juggling.

For the grand finale Jim balanced on a board placed upon a cylinder, and atop a platform and juggled.

But juggling isn't the only thing this University of Massachusetts' graduate can do. Jim travels coast to coast performing his act at schools, corporate events, trade shows, art festivals, and even birthday parties.

Jim's show has also allowed him to travel to Singapore and even make a few television appearances.

According to Jim, what started out as a hobby in 1988 is now his fascinating career, however, there are some drawbacks to his stardom.

"I don't get to see my best friends from college a lot," said Jim. He usually keeps in contact with those close friends through e-mails and postcards. On the family level, Jim said his mother gets so excited when she sees him on television or doing one of his shows. On the other hand, Jim's dad wasn't always too supportive of his career.

"He didn't think I could make a career out of juggling," said Jim. Despite his dad's opinion, Jim's work has nearly tripled since 1992 and his show has grown in size.

"I can't believe people pay me to do this," he said.

One probable reason for the show's success is Jim's zany personality. It is almost impossible not to laugh when he is dropping pins, falling over, doing the moon walk, and repeatedly "Oh God, I suck," when making a mistake.

Jim knows his success is not all luck though. "I didn't win my job in a raffle," he said, "I worked hard and followed my bliss."



Horoscopes

For the week of January 31 - February 6

Aries (March 21-April 19). Be careful traveling on Monday. Watch the fluid levels in your vehicle, especially. From Tuesday through Thursday, you're pressed to accept more responsibility. You can handle it, especially with the help of your friends. On Friday and Saturday, group activities and parties are quite successful. Save Sunday for quiet contemplation.

Taurus (April 20-May 20). Hold onto your money on Monday, no matter how good a sob story you hear. From Tuesday through Thursday, your more apt to make good financial decisions. Friday and Saturday could be tough, but if you accept a challenge, you'll grow much stronger. On Sunday, relax in the company of friends with whom you can talk freely.

Gemini (May 21-June 21). Hold off on your travel plans the first part of the week. On Monday, confer with your partner in private. From Tuesday through Thursday, get your money together. On Friday and Saturday, launch new enterprises, journeys and scholastic adventures. On Sunday, the lesson is subtle. Watch and listen carefully, or you'll miss it.

Cancer (June 22-July 22). Work hard for your money on Monday, even if it means you have to do something different. From Tuesday through Thursday, confer with your partner. The two of you need to make up your minds on a big purchase. Friday through Saturday is your best time to make the decision and to sign the contract for appliances, computers or any kind of machinery. Take Sunday off and relax. Travel's OK then, too.

Leo (July 23-Aug. 22). Monday's good for getting married or for making another romantic commitment. Evening's better than morning. From Tuesday through Thursday, you'll have plenty of work. Don't plan anything else those days. On Friday and Saturday, do whatever your partner wants. Arguing is pointless. Sunday's good for buying gifts. You and your mate would have a lot of fun doing that together.

Virgo (Aug. 23-Sept. 22). Watch out for accidents involving liquids on Monday morning. Use the plastic cups then. From Tuesday through Thursday, you're way too busy. Romance is compelling, but your work has to get done, too. Don't worry; you'll find a way, especially on Wednesday. Friday and Saturday are better for work than for play. On Sunday, listen to your mate. He or she has a great idea that's still in the development stage. Be supportive.

Libra (Sept. 23-Oct. 23). On Monday, get together with friends or close relatives to learn something interesting. Don't let it interfere with your work, however. From Tuesday through Thursday, your attention is required at home. Making your place more beautiful will actually help you think more clearly. Romantic commitments are apt to happen on Friday and Saturday, so be in the right place with the right person then. Your creativity is likely to flourish on Sunday. Make the most of it.

Scorpio (Oct. 24-Nov. 21). Take care of your money on Monday. Spend in haste and repent at your leisure. From Tuesday through Thursday, you'll learn best by practicing. Get somebody who already knows to show you how. Stick close to home on Friday and Saturday. Those are also good days to buy domestic appliances or computers. Let your sweetheart or the kids push you around on Sunday. You'll love it, and so will they.

Sagittarius (Nov. 22-Dec. 21). You feel great on Monday, but take care. Haste could make waste or cause an accident at home. From Tuesday through Thursday, focus on finances. Draw up a budget that you can live with. On Friday and Saturday, you're absolutely brilliant. Tackle your most difficult assignment then. On Sunday, relax at home with somebody who pushes you to be more sensitive. It'll be good for both of you.

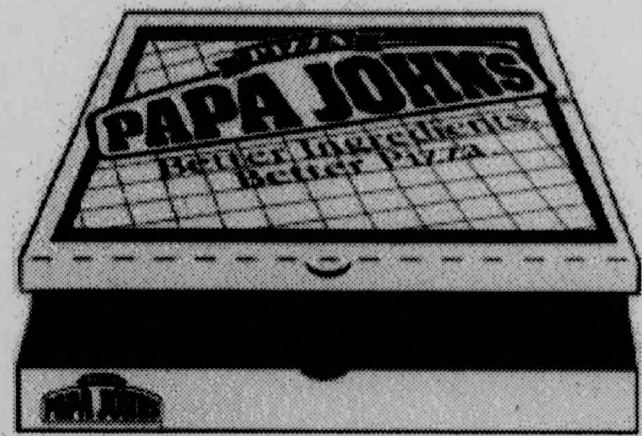
Capricorn (Dec. 22-Jan. 19). You could discover a buried treasure on Monday. Hunt for it. From Tuesday through Thursday, the moon's in your sign. That always makes you more confident, so do something that will bring in more money. Count it on Friday and Saturday. You'll be in the mood to make financial decisions then, too. On Sunday, a visit with neighbors could be interesting, if somewhat confrontational. All in good humor, right?

Aquarius (Jan. 20-Feb 18). Don't waste your money on Monday, even if your friend has fallen on hard times. Don't let somebody else's mistake get you into trouble. From Tuesday through Wednesday, keep your own counsel. You have a few things to think over in private. Then, on Friday and Saturday, you can make your big decisions, knowing you've done the homework. Buy yourself a special treat on Sunday.

Pisces (Feb. 19-March 20). Entertain an unexpected request on Sunday. Don't do it until you've thought it over carefully, though. From Tuesday through Thursday, a social outing could lead to a lasting friendship, especially Wednesday. Practice your affirmations on Friday and Saturday and convince yourself they're true. If you can do that, you'll take off like a rocket, creatively, on Sunday.

If You're Having a Birthday This Week:
Jan. 31: Playing with a new team works well this year. You're an idea-generating machine.
Feb. 1: A secret passion could become public this year. Persevere, even when things look hazy.
Feb. 2: Some work is required, but most of it's already been done. Listen to the voices in your head.
Feb. 3: You're full of new ideas this year, but it's your experience that really pays.
Feb. 4: You may think you know it all this year, and you may be right! Put the puzzle together, for starters.
Feb. 5: You have all the facts you need to be right. Add compassion, and you'll be perfect.
Feb. 6: Logic is important, of course, but this year it's your intuition that leads you best. Put your dreams into words.
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Media Madness: News from around the world that you won't normally read

HE MUST REALLY BE ANGRY NOW

A bandit pulled a gun out of a large envelope, pointed the weapon at the teller of the First Utah Bank, and made a large withdrawal of other people's money. In his haste to exit the scene, he left the envelope behind. Inside was his graduation certificate — with his name, of course — from an anger-management course he had taken at the behest of the State's Department of Corrections. He has been arrested.

COUGARS, YES; BUT NO STRAY DOGS

The homeowner in remote Abron Valley, Idaho, has very different concerns than does the average suburbanite regarding pest control. Here's an example: As Donald and Nelda Williams sat in their house, a cougar leapt up on their porch and ate the family dog.

MAYDAY! RUBBER DUCKY DEAD AHEAD!

A 52-year-old heavily intoxicated man was playing with toy boats in the bathtub of his Copenhagen home, when one of them started to sink. It was rescue time. But instead of making a pretend distress call to himself, he radioed

Denmark's Maritime Sea Rescue Command and claimed he was on a freighter which was listing 45 degrees and was about to sink into the Baltic Sea near the island of Bornholm. After two rescue vessels searched the area in vain for an hour and a half, police traced the call to the guy's home and arrested him.

DOES NOT PLAY WELL WITH OTHERS

Brenda Smith arranged a meeting with her 12-year-old daughter's teacher, Jamina Clay, to express parental concern that the teacher saw fit to give the girl a bad report card. During the course of a rather spirited discussion at the child's New York school, mom hauled off and slugged the teacher. She should be out of jail by February.

I THINK HE'S LEARNED HIS LESSON

Because he made controversial comments about Rev. Jesse Jackson on the radio, WSPD-AM's Scott Sloan was ordered to attend a seminar aimed at increasing his sensitivity to others. On the way out of a recent session, he greeted a newspaper photographer with an obscene gesture.

HEY, WE GOTTA SPECIAL DELIVERY HERE

A gang of robbers, who wanted to take down a post office in Casilina, Italy, mailed in one of their cohorts to get the drop on the guards. (Italian post offices are used as banks.) Since the carton they wrapped him in wouldn't fit in the post office's mailslot, accommodating workers allowed the robbers to carry it in through a service door. Once inside the restricted area, the packaged bandit burst out. Guns were drawn, orders shouted, and \$75,000 removed from the premises.

A STARK DISAGREEMENT

Actress Julia Stiles was thrilled when Madonna took a shine to her until things started getting kinky. Madonna's production company wanted Stiles to play a call girl in the movie "Going Down," based on the Jennifer Bell novel about an NYU student who works as a hooker to cover her tuition. But Stiles, who starred in "10 Things I Hate About You," balked at taking off her clothes for some of the sex scenes in the film. "I ended up deciding not to do it," Stiles told us at Monday night's premiere party at Chaos for her new film, "Down to You." "There were a lot of raunchy

scenes that they weren't willing to take out." Just as well. Two "Down" movies could be a downer.

BITS AND PIECES

Brad Pitt may go on a killing spree. The hunky "Fight Club" star has expressed some interest in starring as Jack the Ripper in a movie called "From Hell."

"It's something he has talked about, but it's nowhere near a deal," Pitt's rep confirmed to us. The movie about the infamous Victorian-era prostitute-killer will be directed by Albert and Allen Hughes, who helmed "Dead Presidents."

The first draft of the screenplay was written by Terry Hayes, famous for his work on the "Mad Max" movies. Production is set to start this spring in the Czech Republic.

Matt Damon shouldn't worry yet about girlfriend Winona Ryder's reuniting with her past obsession, Johnny Depp. Britain's *Express* claims Ryder and Depp have signed on to star as lovers in Italian director Michelangelo Antonioni's "Just To Be Together."

Reps for the actors deny they're even flirting with the project.

Mick Jagger and Jerry Hall reportedly are trying to work things out Madonna-style.

Like the Material Mom, the ex-spouses have immersed themselves in the ancient Jewish mystical study of the Kabbalah. Jagger and Hall have been meeting weekly with female rabbi Elijah Yardeni at London's Kabbalah Learning Centre for sessions on family and fidelity, reports the Scottish Daily Record.

Classes have been going so well, they led to the entire family's spending New Year's on the island of Mustique.

Gloria Estefan may record for Sony, but that didn't stop Arista honcho, Clive Davis from toasting the songstress Monday.

Estefan celebrated her Award of Merit at Davis' post-American Music Awards bash at his Beverly Wilshire Hotel penthouse, along with Sony's Mariah Carey.

Also there were Melissa Etheridge, Annie Lennox, Eminem, Dr. Dre, Kelsey Grammer and Jordan Knight.

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Chicko picks his hits for '99

If you're reading this, then you obviously escaped the great harm that was scheduled to befall us when the clock struck midnight on January 1, 2000. Congratulations on making it safely to a new decade and a new millennium.

I'm not big on New Year's resolutions, but I have made one that concerns all of you. Since this is the last semester I will be writing for the Eagle Eye, I have made it my goal to step up my game and continue to bring you quality film criticism and commentary.

So this week I am offering a list of what may or may not have been the ten best films of 1999. As with any such list, not everyone will agree with me. In fact, no one may agree with me. If that's the case, think of this simply as ten examples of outstanding cinema.

10. "Summer of Sam": Despite the controversial subject matter, audiences stayed away from Spike Lee's period piece about the summer of 1977, when New York City was under the spell of the Yankees and the grip of Son of Sam killer, David Berkowitz. While the film is ambitious almost to a fault, Lee directs his actors with an assurance he has not displayed since 1988's incendiary "Do the Right Thing," wrangling an exceptional performance from Adrien Brody. More than anything, "Summer of Sam" is a definitive Spike Lee film, proving once again why he remains one of the most influential contemporary American filmmakers.

9. "Run Lola Run": A German film that won the Audience Prize at the Sundance Film Festival, "Run Lola Run" explodes onto the screen with a sense of urgency and chaos that few films can successfully match. Fueled by a pounding techno soundtrack and a riveting performance by Franka Potente as the lead, this feature transcends the language barrier to fully capture the attention and emotions of its audience.

8. "Lock, Stock, and Two Smoking Barrels": Another Sundance smash, this British import wasn't quite able to match the success it had in Britain on this side of the pond. It's a shame, because this comic caper (think

of Monty Python doing "Reservoir Dogs") came as close as any movie has to matching the dizzying style of the groundbreaking "Trainspotting" in 1996.

7. "The Iron Giant": It was only a blip on the box-office radar, but Brad Bird's debut animated feature packed more raw emotion into 85 minutes than most live-action features do in two hours. The story of a boy's friendship with a 50-foot-tall alien robot pokes fun at Cold War-era cynicism and paranoia. It also manages to avoid the treacherous sentimentalism that plagues animated films.



6. "Bringing Out the Dead": America's greatest contemporary director (my humble opinion), Martin Scorsese, returns to harrowing urban sprawl of "Mean Streets" with this nightmarish look at the life of a falling-apart-at-the-seams paramedic. Re-teaming with writer Paul Schrader, the combination that made "Raging Bull" such a knockout relied on expert performances from the likes of Nicolas Cage, Ving Rhames, and Tom Sizemore, as well as, tripped out cinematography, to create another sordid masterpiece.

5. "The Matrix": This is a Hollywood oxymoron - a smart-effects film. Capitalizing on the current cyber-hype, the Wachowski brothers wrote and directed an entertaining and thought provoking meditation on man and technology. Audiences followed the white rabbit in droves, making this one of the year's most profitable films.

4. "Fight Club": David Fincher combined the grit of "Blade Runner" and the poetic brutality of John Woo's "The Killer" to create this visually stunning metaphor of human frustration. It didn't hurt that Edward Norton continued to be nothing short of sublime and Brad Pitt turned in what is arguably his best performance ever. It's too bad the Academy generally frowns on such morbid matters -- "Fight Club" is the kind of revolutionary film that deserves recognition.

3. "The Talented Mr. Ripley": Based on a novel by Patricia Highsmith, Anthony Minghella's latest film improves on the 1960 version, "Purple Noon," by leaving the lead character, Matt Damon, completely uncompromised. The result is an antihero who is a pathological liar and may or may not be gay. These traits are considered a risk by Hollywood standards.

"Ripley" follows strongly in the film noir tradition, with its twisting plot, lack of likeable characters and, in the end, "Ripley" is as close to being an Alfred Hitchcock film as any Hitchcock ever made.

2. "Toy Story 2": Resonating with unbelievably deep feeling and characters, this sequel to the 1995 smash actually improves on its predecessor. The feature had more vivid animation and more fluid characterization than the first "Toy Story". I don't care if it is a cartoon; the fact remains that this film is a dazzling masterpiece that Hollywood duplicates all too rarely. An Oscar nomination for Best Picture would greatly restore my faith in the Academy Awards. In fact, the only film that was better last year was...

1. "American Beauty": This portrait of American familial dysfunction manages to transcend satire to become something much more poignant and striking. Theater Director Sam Mendes helms what was probably the best cast of the year to create what should become the next modern classic. The critics loved this film, and it struck a chord in audiences too. The Academy could make up for naming "Titanic" over "L.A. Confidential" in 1997 by crowning "American Beauty" the best film of 1999.

- 10 Summer of Sam
- 9 Run Lola Run
- 8 Lock, Stock, and Two Smoking Barrels
- 7 The Iron Giant
- 6 Bringing Out the Dead
- 5 The Matrix
- 4 Fight Club
- 3 The Talented Mr. Ripley
- 2 Toy Story 2
- 1 American Beauty

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Personals

Kerri: Keep your head up. You will do fine. I know how it feels to be thrown into something. I love ya and you will be fine. If you need anything you know where I live.
 Tau love & all mine,
 Kelli

Becky H.: Thanks for hanging out with me. Sorry that he is not 21. Ha. Ha. I am always here for ya. Love ya.
 Tau love & all mine,
 Kelli

Becky H., Kerri, & Chrissie: Thanks for always being there for me. I love you guys. Keep smiles on your faces.
 Tau love & all mine,
 Kelli

Chrissie: Keep your head up. This weekend we'll all work out. Everything will be great. If you ever need anything just call.
 Tau love & all mine,
 Kelli

David: I love you! Have a great week. Keep your head up this semester. You will do fine.
 Love ya,
 Kelli

ΣΣΣ new exec. board: Best of luck this semester. I know all of you will do great!
 Σ love, old school

AXA: No hot water again!

Bubba: Nice outfit! Don't worry there will be rush signs! By the way, where's our new rush sheet sweetheart?
 Love, the Mecca girls

Jen: Next time we'll just walk!
 Σ love, Debbie

Kim: 36 more days till Cancun!
 Debbie

Connell: We'll always have our Mondays?!
 Jill

Debbie: I really missed you last weekend. We'll have to make up for it this weekend.
 Love, Your Roomie

Jess: Little let's have some fun this semester. You, me, Lambda Chi!
 Love, Your Big

Sandra: I'm so glad you're back! We need to have that dinner together!
 Love, Jena

Jess & Kim Z: Thanks for a kickin' weekend out! I missed hanging out with "the girls."
 Love you guys!
 Σ love, Melissa "Rocky"

Cupo: Thanks for the sex talk!
 Σ love, Latch

Connell: I miss you! Ditch that boy for your lil' gator.
 Σ love, Melissa

Cheryl: "DLC"

Durmont: Can't I hit it in the morning?

Sisters of ΣΣΣ: Have a great semester!

Kendra: Good luck in block!
 Σ love, Erica

Lil brown bunny: Good luck student teaching!
 Σ love, your big

Sigma Sigma Sigma Sister: Welcome Back! Good Luck This Semester- Let's make it the best ever!

Erica: May 13th!

Big: Thanks for the cool stuff. I missed you over break.
 Σ love, Lil Cub

Melissa & Kim Z: I had a great time this weekend. I missed you all. I love you guys!
 Jess

Melissa: Thanks for getting used to my new room! I won't leave things on anymore!
 Σ love, Megan

Kendra: Relax and have a good semester.
 Σ love, Megan

Jill: I can't wait for this weekend!
 Love, Connell

Missy: I had fun on Monday! Relax and have fun copying books!
 Σ love, Your GKW Friend

Kim: We only have 13 weeks left!! It will go fast, hopefully!!
 Kendra

Cheryl: STOP and breathe once in awhile!! You are too good of a person to let stress eat away at you.
 Love, Kendra

Andrea: Good Luck with the rushes. You'll do fine.
 ΦΣΠ Love Little Karen

K: How about those wrestlers?
 F

Brennan: Back that thang up!
 Love, the Mecca Girls

Kino: Dance team Exotica!
 Σ love, Debbie

Jena: Thanks for taking care of me Saturday night.
 Σ love, Debbie

Baby Skunk: I'm so glad you came out this weekend. Now you just need to do it more often.
 Σ love, mama skunk

Good Luck Lady Eagle Basketball

Good Luck Bald Eagle Basketball

Sara: Congratulations Rachel

Hey Karen: I love you! Bob

Good Luck Wrestlers at PSACs this weekend.

Stacie: How is the weather?
 Gretchen

Christi: You are not always correct. Check your email.
 Sandi

To all my sisters: Have a great semester. Keep your head up.
 Tau love & all mine,
 Kelli

Attention LHU Students:

The PA State Civil Service Commission will hold information sessions in the PUB, Room #2 on Tuesday, February 8, 2000. Learn about entry-level positions, the application process, testing, employee benefits and more. Each session will last approximately one hour. To attend, register in Career Services, Akeley 114 or call 893-2181.

- 9:00 a.m. **General Presentation** - all majors
- 11:00 a.m. **Personal Analyst Trainee** - all majors
- 1:00 p.m. **Information Technology Associate** - Any degree that includes 6 credits in information systems, microcomputer technology, information technology, desktop technology or a closely related field.
- 3:00 p.m. **Revenue Field Auditor Trainee/Accountant** - any degree that includes 15 credits in accounting.
- Financial Programs Trainee** - any degree that includes 12 credits in accounting.
- Audit Specialist 1** - any degree that includes 18 credits in accounting and auditing.

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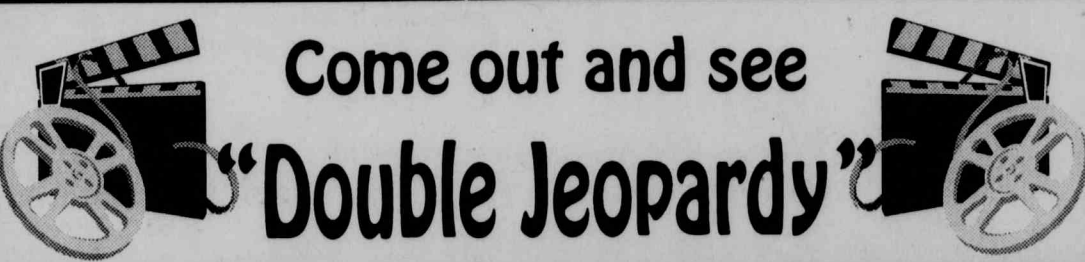
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The office of Community Service is currently seeking a male student to serve as a mentor for an 11 year old boy. For more information, please contact the Office at x2498.

LHU AHPERD meeting on Monday, January 31, 2000 in Zimmerli gym 1 at 7:30. Come dressed for activity.



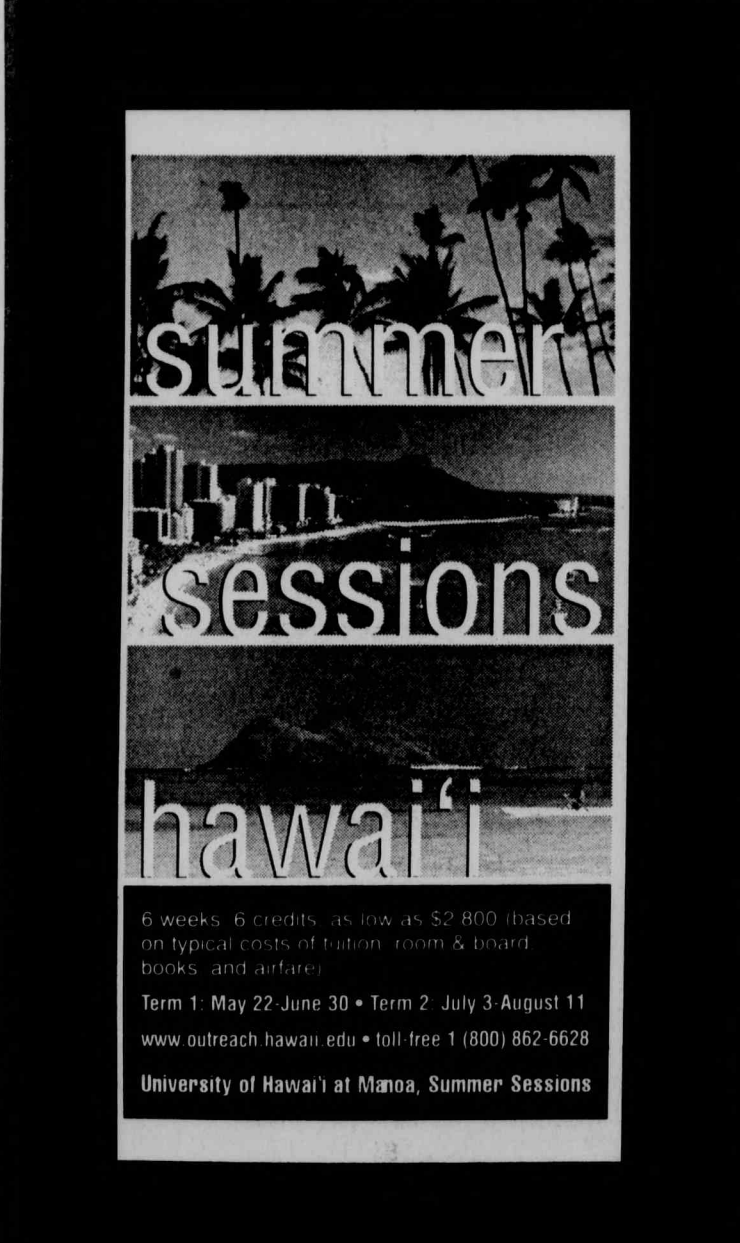
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Lifestyles

The Adventure's Just Beginning!

If you didn't get a chance to look at the last copy of the Eagle Eye, you may be saying to yourself, "What happened to the Outdoors page?"

Well, Matt has headed to State College to make one of his dreams come true, so his shoes had to be filled by someone, and I am that someone!

You may not recognize my name; you may not even recognize my face if you don't hang out in Zimmerli or the Writing Center! So let me take this opportunity to tell you a little bit about myself.

I am what everyone calls a "non-traditional student". When I was in school the first time around, I thought the non-traditional students must be in a whole different world than I was. They had grown-up lives and they often had husbands or wives and families to go home to.

Now that I am one of them, I can tell you that some of those things are true. I have been lucky enough to meet a handful of other students in the same boat as I am, some a little older, some quite a bit older, and in most cases we do have different things on our minds.

Most of us have outgrown the "crazy" phase, and are here because we genuinely want to dedicate a good part of our lives to whatever degree we're going for. I do anyway.

As for my background, I'm from East Stroudsburg, Pa. I graduated from Dickinson College in 1997 with an English degree. The question I've been asked most often since I've come back to school is "Why did you want to come back to school when you already have a degree?"

I could be dramatic and say that I had a life-altering experience that made me realize what my true calling was, but that isn't really true. The truth is, I just changed my mind.

I don't regret for a minute spending four years of my life studying a subject that I had no intention of making a career out of. I can tell you, without a doubt, that the things I learned in my classes those four years gave me invaluable skills that I use every day when I talk to people, and also when I think. The time was by no means wasted.

So let me tell you what I learned... I learned how to speak up and to speak my mind (two different but equally important things in my opinion).

I learned how to form my thoughts and communicate them on paper and in conversation. I also learned, and I emphasize learned, how to be unselfish with my thoughts.

I hope that by this point in our lives we all have at least one thing we care about enough to

have some really strong and passionate opinions. For me, the hardest part of writing and speaking my mind was that I was so proud of having these great ideas that I didn't want to give them up.

I learned during those four years that the good things are worth sharing more than the bad, and lots of people can benefit from one person's good idea.

I also went to England for a year and learned to look at everything from someone else's point of view. But I will tell you about that some other time.

One of the best things I have done in my life so far, and the thing that really made me think that I wanted to be a teacher, was the job I had the fall after I graduated from Dickinson.

During the spring semester of my senior year, a guy had a table set up in our union building and was handing out information about an organization called the SCA (Student Conservation Association). He was telling me how he and his girlfriend applied for the program when they were in school and ended up going somewhere out West for three months to work as outdoor guides at a National Park.

He gave me an application booklet and I decided I might as well send it in. I, like 97 percent of the people I know, thought that the best thing in the world would be to go to Glacier National Park and live under the big sky in Montana. I saw the required "Bear Defense Training" as an added bonus and was ready to brave the wilderness as soon as they called my name.

Only, they never called. I sort of had a feeling I wouldn't be their top pick, since their main requirements were Environmental Science and heavy-duty outdoor experience, of which I had exactly none. But I did get an interview with a wildlife refuge in the San Francisco Bay area.

It was the first real interview I had ever had, and it was a phone interview that lasted almost an hour. It came complete with questions such as, "If you had to rate yourself on a scale from one to ten on your ability to work with a variety of people, what number would you be, and why?" Yikes!

I didn't end up getting the job, because it was a cooperative school program and they wanted someone with some solid teaching experience. They said they

were impressed with what I had to say and with how I said it, and they asked if they could keep my information on file. I chalked it up to experience and settled into a summer job in East Stroudsburg. (They actually ended up calling me to work at the summer camp the following summer, but at that point I had plans to move down south.)

By this time my boyfriend had moved to Charlotte, N.C. so I was really trying to figure out where I wanted to be and what I wanted to do. One night, around September 8, 1997 I was just getting out of the shower and my

mom came to tell me the phone was for me. I figured it would be my boyfriend, but when I answered the phone I heard the voice of a total stranger.

She identified herself as "Cat" and told me she worked for the Park Service at Lincoln Home National Historic Site in Springfield, Illinois. She got right to the point and asked if I'd want to come out there for three months to be a historical tour guide, giving tours to seniors, Lincoln scholars, tourists, and school groups. She said I would need to be out there by September 19, so I had less than two weeks to decide if I wanted to do it.

I told her "sure" as soon as she asked me, without even thinking what I was getting myself into. She told me they'd pay a stipend for my rent and groceries but I had to find a way out there. I called my uncle, who had some frequent flyer miles to spare, and then I called and found myself my first ever semi-sketchy apartment, complete with a bed that was bolted to the closet door and wall to wall brown shag carpeting!

It was the first time I was going into something without having a clue about what was going to happen, and it was pretty exciting. My life was starting to take some of those cliched "turns" we always hear about, and I just had to go for the ride.

The job was only for three months, so right before Christmas I headed home to earn a little money, and ended up working at an Irish Pub and hotel in town, doing reservations. Not the most exciting job, but I enjoyed talk-

ing with the people and got to do some children's activities and see people come in for their wedding receptions. I even got to dress up as the Easter bunny and wave at cars alongside the road as people drove by. You may think it'd be pretty awful to get stuck doing something like that, but if you had seen some of those kids' faces, you'd have realized it was worth it!

I did get restless though, and decided that maybe I should make my way down to North Carolina. I started checking the Internet for jobs, and found an ad for

an activities coordinator at a place called Wilora Lake Lodge. I thought it was some sort of camp, and called to check it out. It ended up being a retirement community.

They needed someone to plan in-house activities as well as day trips and overnight trips. They also needed someone who wanted to actually do the activities, since the woman in the activities department at the time was not feeling very well and was not too psyched about travelling.

I talked with the director for quite a while on the phone, and she asked me if I was going to be in the area for an interview. I decided it would be a good time to go visit my boyfriend, so my sister and I headed down to Charlotte and enjoyed some southern summer weather.

"Enjoyed" is probably not the most appropriate word here. Charlotte has at least 97 percent humidity for about 4 months out of the year, and we were there for the worst of it!

Anyway, I ended up getting the job, so about a week and a half later I packed up my car and moved down there. It was the first real road trip my '86 Jetta (my "brave Jedi Knight" as I like to call it) had made. I just told myself that if I made it down there, then that's where I was meant to be.

I could write a whole book about all the amazing times I had while I was there. I was a little nervous about working at a retirement home, and in some ways it was honestly the hardest thing I've ever done.

It was the first time I really felt the effects of a loved one dying, and it was the first time I saw just how many scary things might happen to us when we get older. Most importantly, though, I made a dozen or so true friends there, all of them over 70 years old.

I called Bingo, I took ballroom dancing lessons at the senior center (and got hit on by the 89-year-old instructor), I got my commercial driver's license and learned how to drive a bus. I pulled the bumper off that bus on the way to the philharmonic one night because I didn't quite have the sharp turns mastered yet.

I took the residents gambling in Cherokee and drove the Blue Ridge Parkway. (Those of you who have driven the Parkway know that it is an accomplishment to maneuver a bus on those windy, high roads!) I dressed up as a man and acted in a play, I built props, I lead exercises, I had a book club... I could go on and on.

The point is, I was blessed to have ended up there, but I had no idea I would ever do anything like it.

After a year down there I decided I really wanted to go back to school to become a health and physical education teacher (sorry Dr. Black, but I still referred to it as gym teacher back then!), and the school in Charlotte didn't have a program. I also missed my family, especially my sister, who had a new baby I had never even seen.

I decided it was time to head back up north and be closer to them. I also missed the cold weather, and liked the thought of not having to drive a half-hour to work every day in "race car country!"

So I found my way to Lock Haven. Lucky, again, because I really didn't check into the program at all. I just picked this school because it was close enough to home, but not right there, and it had a health and physical education program. So here I am.

You may be wondering why I'm telling you all of this. A few of you already know some of my story, and I'm sure many of you don't really care. The point is, the more I think about it, (and trust me, I've been thinking about it a lot lately), the more I realize that I didn't have a clue who I really was or what was truly important to me until the past couple years.

Sometimes it scares me to see people here with so much direction and so many set plans about how they want their lives to be as soon as they get out of

here. Don't get me wrong, I'm by no means a slacker, but I didn't have a plan when I was 19 or 20 years old. In many ways I still don't. I'm only 24 though, so that's okay.

So here is my advice to everyone. If you have dreams right now, go for them with all your heart. But also accept the fact that the dreams you have now may not be the same dreams you have for your whole life. You will change, and your priorities will change.

If you don't know what you want to do with your life, try not to worry about it. I can tell you from experience that things usually work themselves out, even if it takes a while. I still think you have to prove you deserve the good things, but I think if you live your life right things will be okay.

If you get anything out of reading this, just know that there is more to life than making money or impressing people or having a "grown up" life when you are 22 years old. You learn a lot about yourself and what really matters to you by experiencing things you never would have expected.

Sometimes I'm still confused about what I want to be when I "grow up", but I am working hard and living life and trusting that I'll end up somewhere where I'm happy.

I told you all this because it has a whole lot to do with what brought me back to school and what made me want to write this page for the newspaper. Healthy living, to me, involves taking care of myself, enjoying the little things, and appreciating what is out there for me. It means helping myself physically, mentally, spiritually, and helping others along the way. It also means getting out there and taking a few chances.

I am not the bravest person in the world; I am not the strongest, or the fittest, but I really do value the "healthy" things that are out there for us to grow from.

So I want to use this page to fill you in on some of that good stuff. Occasionally I'll give you more of my words of wisdom, but I'll also give you plenty of bona-fide information. I'll tell you about things that have happened on campus or nearby, things that are going to happen, and also fill you in on some topics that I think everyone should know about. Don't worry, there will still be plenty of news from the outdoors, but there'll be other stuff too. Hopefully by the time we all leave here we'll feel more informed, and more inspired to make some good decisions about all sorts of things that just make our lives better. Good luck with the new semester, and stay tuned!



mom came to tell me the phone was for me. I figured it would be my boyfriend, but when I answered the phone I heard the voice of a total stranger.

She identified herself as "Cat" and told me she worked for the Park Service at Lincoln Home National Historic Site in Springfield, Illinois. She got right to the point and asked if I'd want to come out there for three months to be a historical tour guide, giving tours to seniors, Lincoln scholars, tourists, and school groups. She said I would need to be out there by September 19, so I had less than two weeks to decide if I wanted to do it.

I told her "sure" as soon as she asked me, without even thinking what I was getting myself into. She told me they'd pay a stipend for my rent and groceries but I had to find a way out there. I called my uncle, who had some frequent flyer miles to spare, and then I called and found myself my first ever semi-sketchy apartment, complete with a bed that was bolted to the closet door and wall to wall brown shag carpeting!

It was the first time I was going into something without having a clue about what was going to happen, and it was pretty exciting. My life was starting to take some of those cliched "turns" we always hear about, and I just had to go for the ride.

The job was only for three months, so right before Christmas I headed home to earn a little money, and ended up working at an Irish Pub and hotel in town, doing reservations. Not the most exciting job, but I enjoyed talk-

ing with the people and got to do some children's activities and see people come in for their wedding receptions. I even got to dress up as the Easter bunny and wave at cars alongside the road as people drove by. You may think it'd be pretty awful to get stuck doing something like that, but if you had seen some of those kids' faces, you'd have realized it was worth it!

I did get restless though, and decided that maybe I should make my way down to North Carolina. I started checking the Internet for jobs, and found an ad for

an activities coordinator at a place called Wilora Lake Lodge. I thought it was some sort of camp, and called to check it out. It ended up being a retirement community.

They needed someone to plan in-house activities as well as day trips and overnight trips. They also needed someone who wanted to actually do the activities, since the woman in the activities department at the time was not feeling very well and was not too psyched about travelling.

I talked with the director for quite a while on the phone, and she asked me if I was going to be in the area for an interview. I decided it would be a good time to go visit my boyfriend, so my sister and I headed down to Charlotte and enjoyed some southern summer weather.

"Enjoyed" is probably not the most appropriate word here. Charlotte has at least 97 percent humidity for about 4 months out of the year, and we were there for the worst of it!

Anyway, I ended up getting the job, so about a week and a half later I packed up my car and moved down there. It was the first real road trip my '86 Jetta (my "brave Jedi Knight" as I like to call it) had made. I just told myself that if I made it down there, then that's where I was meant to be.

I could write a whole book about all the amazing times I had while I was there. I was a little nervous about working at a retirement home, and in some ways it was honestly the hardest thing I've ever done.

It was the first time I really felt the effects of a loved one dying, and it was the first time I saw just how many scary things might happen to us when we get older. Most importantly, though, I made a dozen or so true friends there, all of them over 70 years old.

I called Bingo, I took ballroom dancing lessons at the senior center (and got hit on by the 89-year-old instructor), I got my commercial driver's license and learned how to drive a bus. I pulled the bumper off that bus on the way to the philharmonic one night because I didn't quite have the sharp turns mastered yet.

I took the residents gambling in Cherokee and drove the Blue Ridge Parkway. (Those of you who have driven the Parkway know that it is an accomplishment to maneuver a bus on those windy, high roads!) I dressed up as a man and acted in a play, I built props, I lead exercises, I had a book club... I could go on and on.

The point is, I was blessed to have ended up there, but I had no idea I would ever do anything like it.

After a year down there I decided I really wanted to go back to school to become a health and physical education teacher (sorry Dr. Black, but I still referred to it as gym teacher back then!), and the school in Charlotte didn't have a program. I also missed my family, especially my sister, who had a new baby I had never even seen.

I decided it was time to head back up north and be closer to them. I also missed the cold weather, and liked the thought of not having to drive a half-hour to work every day in "race car country!"

So I found my way to Lock Haven. Lucky, again, because I really didn't check into the program at all. I just picked this school because it was close enough to home, but not right there, and it had a health and physical education program. So here I am.

Striking a balance, accepting change

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Members of Alcoholics Anonymous have enthusiastically embraced this prayer—known as the Serenity Prayer—almost from the moment they discovered it. In fact, these 25 words are widely taken as a succinct statement of a path to sanity and sobriety.

The Serenity Prayer meshes perfectly with the spirituality of AA's Twelve Steps. In her book "The Kitchen Mystic: Spiritual Lessons Hidden in Everyday Life," author Mary Hayes-Grieco notes that this prayer "contains the sum total of what spiritual life is: a series of lessons about when to accept life as it is, and when to make changes for the better."

There are several versions of the Serenity Prayer, each with slightly different wording. Also, there are conflicting accounts of the prayer's origin. It has been variously attributed to an ancient Sanskrit text, Aristotle, St. Au-

gustine, St. Francis of Assisi, and others.

Many AA members were first exposed to the prayer in 1948, when it was quoted in the "Grapevine", an AA periodical.

There it was credited to theologian Reinhold Niebuhr. It's been a fixture at AA meetings and in the "Grapevine" ever since.

Despite its brevity, the Serenity Prayer accurately expresses a central problem of addiction and prescribes a timeless solution. In its message about acceptance, it echoes insights from Bill W., co-founder of AA.

In the book "Alcoholics Anonymous" (AA World Services, \$5), Bill described the core trait of alcoholics as self-centeredness—something he called "self will run riot."

He further described the alcoholic as "an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way." Bill's solution: "First of all, we had to quit playing God."

What some alcoholics seek to achieve is a sense of absolute

control—one that is simply not possible for human beings. This hankering for control has two aspects.

First is an attempt to control the behavior of others, a strategy that addicts cling to despite its repeated failure.

Second is an attempt to control feelings by medicating them with mood-altering chemicals. This strategy, too, is doomed to failure.

Ironically, the quest for absolute control leads to misery, which may contribute to substance abuse problems.

On the other hand, for some alcoholics the need to control may be a response to the unmanageability caused by their out-of-control use of drugs. Either way, the Serenity Prayer speaks wisdom to addicts and non-addicts alike.

On one level, the prayer is about learning to accept external circumstances that we cannot change. But on a deeper level, the prayer points to a fact about our inner life: We cannot directly control our feelings.

However, we can influence our feelings through two other

factors we can control—our thinking and our actions. Doing this moves us on to another quality described in the Serenity Prayer: courage.

This is the quality that psychiatrist Viktor Frankl displayed during his incarceration in Nazi concentration camps.

Frankl concluded that everything can be taken from us except one thing: "the last of human freedoms—to choose one's own attitude in any given set of circumstances, to choose one's own way," he wrote in "Man's Search for Meaning" (Beacon Press, \$16).

Frankl noted that the prisoners most likely to survive were those who had a vivid sense of purpose in life. Moreover, even in the humiliation of the camps, prisoners still had choices about how to act.

Some betrayed their fellow inmates and secretly allied with German guards. Others committed acts of daily heroism, everything from sharing a last crust of bread to caring for the sick.

If Frankl could make choices in the desolation of a concentration camp, then we can start

making them in our daily lives. Ultimately courage is about this willingness and capacity to choose. And even in the most arduous circumstances, two choices are almost always available to us: where to place our attention and what action to take next.

The Serenity Prayer is a wide door, one that's open to people of all faiths and backgrounds. People who live this prayer discover how to strike a dynamic balance

between acceptance and change. This gift is precious, and it's one that we can enjoy for a lifetime.

Alive and Free is a chemical health column created by Hazelden, a nonprofit agency that provides a wide range of information and services relating to alcohol and drug dependence. Address questions to Alive and Free Editor, P.O. Box 11, BC 10, Center City, MN 55012-0011 or email to mduda@hazelden.org. For more resources on substance abuse, see www.hazelden.org.

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Attention: Off Campus Residents

The next curbside recycling collection will be:

Zone 1 Friday Feb. 4
Zone 2 Tuesday Feb. 1
Zone 3 Wednesday Feb. 2

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The Eagle Eye
Sports

The Honor Roll

Flint named PSAC Player of the Week

Bald Eagle women's basketball student-athlete Kelly Flint has been named the Pennsylvania State Athletic Conference Western Division Player of the Week for the week ending January 23.

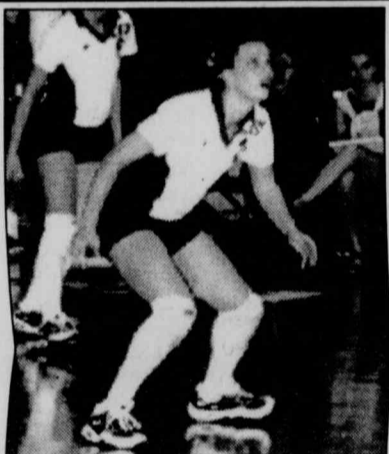
The Lady Eagles' high scorer in two of their three wins last week, Flint posted 19 points in a 62-55 victory against Mansfield University and 24 points in LHU's 78-69 overtime win over California University of Pennsylvania. The junior put up four crucial points in the overtime period against California and sank 3 of 4 free throws in the final 20 seconds of the Mansfield win.

In LHU's three games last week, Flint shot 50 percent (9-18) from the three-point arc and 84.6 percent from the free throw line (11-13). In addition, she averaged 8.7 rebounds, two assists and two steals per game.

With last week's victories, the Lady Eagles improved their record to 6-9 overall and 2-1 in the PSAC Western Division. They return to action tomorrow when they travel to Edinboro to take on the Fighting Scots at 3 p.m.



Kelly Flint



Schall honored with PSAC Top Ten Award

Lady Eagle volleyball student-athlete Sarah Schall was selected as the recipient of one of the Pennsylvania State Athletic Conference's Fall Top Ten Awards. The Top Ten awards recognize five male and five female student-athletes from the PSAC who distinguish themselves in the classroom, as well as in the arena of competition. The conference designates Top Ten Award winners after each of the competitive sports' seasons; fall, winter and spring.

Schall is a four-time All-Region player and was selected to the NCAA Division II Elite Eight All-Tournament team this past season after leading the Lady Eagles to their second PSAC Tournament and Atlantic Region title. A three-time PSAC West Player of the Year ('97, '98, '99) and the 1996 PSAC West Rookie of the Year, Schall is Lock Haven's record holder for career kills (1900), career digs (1563), and single season digs (439; 1997). This season she tallied 440 kills, 363 digs, 54 service aces and 67 blocks, helping the team to a 32-6 overall record. A three-time PSAC Scholar-Athlete, Schall has a cumulative grade point average of 3.6/4.0 as a Health and Physical Education major at the University.

To be a candidate for the Top Ten Awards, a student-athlete must have achieved a minimum of a 3.25 cumulative grade point average and be a starter or key reserve with legitimate athletic credentials. Only student-athletes from the fall sports season are eligible for the Fall Top Ten Awards. Those sports include men's and women's cross country, field hockey, football, men's and women's soccer, women's tennis and volleyball.

The Top Ten Awards provide the PSAC an extra tier in the recognition of the top student-athletes on all PSAC squads with 3.25 cumulative GPAs or better. Additionally, the PSAC names the top Male and Female Scholar-Athlete of the Year.

Running backs spotlight Super Bowl

Matt Maiocco
Knight-Ridder Tribune

ATLANTA — Running back Marshall Faulk really had no idea what kind of team he was joining when the Indianapolis Colts swung a draft-day trade to send him to St. Louis.

Well, he thought he knew. But, luckily for him, it turned out he was wrong.

"I understood that I was coming to a 4-12 team, but I didn't understand exactly what they had," Faulk said. "I wanted to go to the mini-camp and see my teammates and get a feel for these guys. After the first mini-camp, I had a feeling of what we could be."

Although he was coming off a sensational 1998 season, Faulk proved even better than advertised. He became a key component in the Rams' run to Super Bowl XXXIV against the Tennessee Titans.

In his sixth season in the league and first with the Rams, Faulk accounted for more yards from scrimmage than any player in NFL history with 2,429 — surpassing 1,000 yards in both rushing and receiving.

The Rams have plenty of offensive weapons, but Titans coach Jeff Fisher doesn't hesitate when asked who worries him most.

"Marshall Faulk," he said. "He's my biggest concern. He was our concern during the regular season. He's the guy you have to stop. I'm not lessening the importance of the other players on their offense, but to have a chance, you have to minimize his big plays. If you don't stop him, you are very vulnerable."

As much of a problem as Faulk presents for the Titans, St. Louis is equally determined to limit the effectiveness of Tennessee running back Eddie George, who this season earned his third straight trip to the Pro Bowl.

The Rams often use their passing game — with a sizable portion going to Faulk — to set up the run. The Titans try a different approach. They would rather use George's running to soften a defense for more of his rushing.

And that can make a quarterback's job much easier, which is just fine with Steve McNair.

"When you have a great running back like Eddie George, you don't have to put up great numbers as a quarterback," McNair said. "You don't have to take it all upon your shoulders."

George is a powerful and explosive runner, as he showed in his 199-yard performance against the Raiders on Dec. 9. This season, he added an element of Faulk to his game with career-highs of 47 catches for 458 yards to go along with his 1,304 yards rushing.

But there should be no confusing the two backs Sunday.

"He's obviously the closest thing to Barry Sanders, if not better," George said of Faulk. "He brings so much to the game. He's not only a run threat to take it 80 (yards), but he can also catch it out of the backfield and be a great receiver. Myself, I'm

just a power back who tries to make a move here or there. But I more or less rely on my power and speed."

The Rams owned the No. 1 run defense in the league when they held George to 68 yards on 17 carries on Oct. 31 in a game the host Titans won 24-21. In the same game, Faulk rushed 16 times for 90 yards and had six receptions for 94.

George is accustomed to the attention he attracts. "We face eight- and nine-man fronts every time we play," he said. "We just deal with it. There's not much more we can do to prepare for them. For me, I just have to be disciplined in how I approach the hole and read the defense."

The Rams have more options on offense, but that does not dilute the importance of Faulk's contributions. St. Louis was a two-touchdown favorite in the NFC Championship game against the Tampa Bay Buccaneers. Faulk was held to 49 yards

total offense in a game the Rams won 11-6.

"You can't let him get going," Tennessee defensive end Jevon Kearse said. "You have to keep an eye on him at all times. He comes out of the backfield and makes things happen."

To some defensive players, Faulk's appearance on the field actually represents an opportunity to take a rest. Granted, those players are Faulk's teammates.

"Marshall has meant a full cup of Gatorade," Rams defensive tackle D'Marco Farr said. "It seemed like before he got here, our offense usually went three-and-out and we were back on the field. He can get first downs running the ball or catching the ball and that keeps us on the sideline longer and keeps us rested."

The Rams just might need all the rest they can get to deal with George.

Buzzer-beaters subject to review by NCAA referees

Dick Jerardi
Knight-Ridder Tribune

PHILADELPHIA — It came eight days too late for Villanova, but, Tuesday, the NCAA announced that it has changed a rule to allow men's and women's basketball officials to look at a replay to determine if a game-determining shot was before or after the buzzer.

You will remember that on Jan. 17 Miami's Johnny Hemsley hit a late three-pointer to beat the Wildcats, 67-66, at the Ski Lodge. Replays indicated the shot was released too late.

A similar controversy had erupted two days earlier when Texas A & M played at Texas Tech. Apparently, two major problems in 48 hours convinced the powers that be to act now rather than later.

"That's unbelievable," Villanova coach Steve Lappas said Tuesday night. "It's a day late and a dollar short."

And it's a bit strange.

"It's a good change," Lappas said. "Don't get me wrong. How can you have two different sets of rules? Somebody else is going to benefit from something that we should have benefited from. I don't understand it."

But he's not opposed to it. And if that game determines whether Villanova is in or out of the NCAA Tournament, Lappas hopes the committee will give the Wildcats the benefit of the doubt.

"I've got to hope so," Lappas said.

Before the change, replay equipment could be used only in certain situations. For some reason, game-deciding shots were not among them.

The new rule, which will go into effect Friday, states: "At the end of the second half or at the end of any overtime, the officials shall use replay equipment, if available . . . to ascertain whether a try for field goal that will determine the outcome of a game

(win, lose, tie) . . . was released before the sounding of the period-ending horn."

The officials will make a call on the floor. Then, they will look at the monitor. First, they will try to see if it's possible to hear the horn. Failing that, they will try to check out the red light on the backboard support. If that doesn't help, they will use the game clock.

If none of that is conclusive, the original call will stand.

"Obviously, there is not a call that is more important and it's the one call that's remembered longer than any other," said Reggie Minton, chair of the men's rules committee and coach at Air Force. "If we have the technology available to help us, we want to make sure we use it to get the call right."

Big East commissioner Mike Tranchese has told anybody who has asked that he thinks Villanova should have won the game. The records, however, won't change. The rule will.

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The Eagle Eye
Sports

Boxing

Garcia leads LHU brawlers to Nittany Lion Invitational

Karlo X. Ruiz
Eagle Eye Editor in Chief

After a month-long hiatus, the fifth ranked Bald Eagle boxers will be back in action tomorrow night when they travel to Happy Valley to partake in the Annual Nittany Lion Invitational.

Second ranked Penn State will be hard pressed to defend the main gym of the White Building against the onslaught of national talent that will be in attendance, representing such schools as The United States Military Academy, The U.S. Naval Academy along with Lock Haven and host PSU.

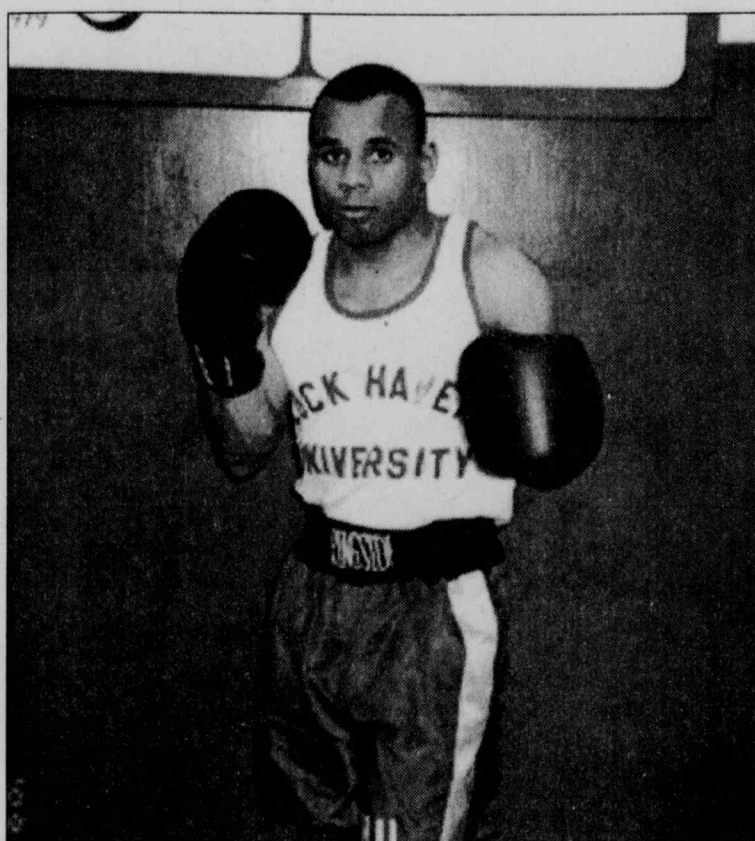
The Virginia Military Institute was scheduled to participate but surprisingly dropped from the competition Wednesday night. Army has since taken up their bout assignments and the card will go on as otherwise scheduled.

Taking center stage for The Haven will be freshmen John Stout (125 lbs.) as well as sophomores Commanche Garcia (147 lbs.), 185-pound National runner-up Chuck Mussachio and John Parrish (156 lbs.), who replaces an injured Steve Eppley.

"We've been training seriously since we returned from break," said long-time Head Coach Dr. Ken "Doc" Cox. "Eppley's injury is a loss to the team but he should be back in action in time for The Home Show."

The evening's bouts will also mark the long-awaited debut of LHU's Jason Elmer at 139 pounds.

Stout, a promising southpaw from Lock Haven had been



147-pound Commanche Garcia will test his skills against Penn State's Doug Diggs tomorrow.

-Photo courtesy of boxing club

scheduled to box VMI's Tri Tang but due to their withdrawal, he will face a yet-to-be-named Army opponent.

Former Marine Commanche Garcia will put his five bouts worth of experience against untested Nittany Lion Doug Diggs, while Elmer is set to take on PSU newcomer Bill Bair.

Parrish, a newcomer to the Haven program, will have his hands full taking on Penn State's National Semi-finalist Alex Komlev.

In the night's featured bout, Mussachio, a native of Wildwood, New Jersey, will attempt to duplicate his first-year success against 195 pound Brianna Cooper (PSU).

Following the PSU Invitational, Mussachio will join three-time National Runner-up Dave Fields and a handful of other East Coast boxers who were selected to participate in the University of Nevada - Reno Invitational.

Scoreboard

Basketball

Men

Wednesday			
Period	1	2	Final
Shippensburg	34	30	64
Lock Haven	35	35	70

LHU (6-11, 1-3)--Tyrell 2-7 0-0 6, Holtzer 5-7 0-0 12, Hameed 6-8 3-6 15, Porrata 3-8 3-4 11, Abbondanza 5-10 2-6 12, Hanna 1-3 2-2 5, DeVan 2-6 0-0 4, Seitz 2-9 1-4 5, Gamble 0-1 0-2 0. Team totals: 26-59 11-24 70.

Ship (6-11, 0-5)--Team totals: 24-54 10-12 64.

Women

Wednesday			
Period	1	2	Final
Shippensburg	36	48	84
Lock Haven	28	35	63

LHU (6-10, 2-2)--Ward 2-7 0-0 4, Charles 0-1 0-0 0, Brown 1-5 2-2 4, Flint 9-14 4-5 23, Boyd 2-7 1-3 5, Herlocher 4-7 0-1 8, Crouch 0-0 0-0 0, Bair 2-2 0-0 4, Schimelfenig 6-13 3-4 15. Team totals: 26-56 10-15 63.

Ship (13-3, 4-1)--Team totals: 32-72 15-23 84.



Monday			
Period	1	2	Final
West Chester	37	53	90
Lock Haven	29	37	66

Saturday			
Period	1	2	Final
California	28	47	75
Lock Haven	31	33	64

January 19
Clarion 88 LHU 71

January 15
Slippery Rock 67 LHU 63

Wrestling

Saturday		
#24 Lock Haven	9	
#8 Edinboro	22	

Individual Champions:
133--#9 Scott Bair (LHU) dec. Chad Caros (EU), 12-5
149--Robbie Weikel (LHU) dec. Kevin Maier (EU), 9-4
157--Brian Olenek (LHU) dec. #14 Ben Boozer (EU), 15-8

Saturday			
Period	1	2	Final
California	30	37	69
Lock Haven	36	31	78

****Kelly Flint (24 pts., 7 reb.)** named PSAC Player of the Week for the week ending 1/23. (see article, page 10)

January 19
LHU 69 Clarion 61

January 17
LHU 62 Mansfield 55

January 15
Slippery Rock 84 LHU 61

Swimming

Bloomsburg Tri-Meet
Saturday

Lock Haven 34
Bloomsburg 88

Individual Champions: (none)

Lock Haven 45
East Stroudsburg 77

Individual Champions: Beth Cheryl (100-yard Backstroke, 1:04.56), Erin March (500-yard Freestyle, 5:56.18), Stacey Lebo (200-yard Individual Medley, 2:30.99).

2 minute warning

Men's Basketball

Jan. 29 - The Bald Eagles will take to the road fresh off of snapping a four game losing streak as they travel to Edinboro for a 5 p.m. game.

Feb. 2 - The Bald Eagles will continue their road trip as they travel to Indiana University for an 8:00 p.m. tip-off.

Women's Basketball

Jan. 29 - The Lady Eagles start the first of a two game road trip as they travel to Edinboro for a 3 p.m. game.

Feb. 2 - The Lady Eagles will finish off their small road trip with a 6 p.m. game with Indiana University.

Swimming

Jan. 29 - The Lady Eagles will host their final meet of the season as York College comes in for a 1 p.m. meet.

Indoor Track

Jan. 28-29 - The Bald Eagles will travel to the Penn State National Open for two days of competition.

Wrestling

Jan. 28-29 - The Bald Eagles will play host to the nine team PSAC Championships at the Thomas Fieldhouse. Matches start tonight at 6 p.m. and at 11 a.m. tomorrow.

Feb. 4 - The Bald Eagles take to the road as they travel to the University of Pittsburgh for a 7:30 p.m. match.

You have been warned!



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Men's Basketball

Ship goes Titanic as ballers finish strong

Jared Guest
The Eagle Eye

Cedric Hameed poured in a double-double Wednesday night to lead Lock Haven to their first conference win of the year, 70-64 over Shippensburg University.

Hameed had 15 points and 12 rebounds along with four blocked shots.

"Cedric was a man on the boards tonight," said first-year Head Coach John Wilson, Jr.

Early in the game, Ship went into a 2-3 zone, which they stayed in until the end. The teams battled back and forth for

the lead throughout the first half, trying to gain control.

Hameed scored underneath off an assist from Tony Tyrell, with 45 seconds left in the opening half to pull Lock Haven to within two. After a Shippensburg turnover, Joaquin Porrata nailed an NBA-range three-pointer just before the buzzer to give Lock Haven a 35-34 lead at the half.

The Bald Eagles continued to soar in the second half as they capped an 8-2 run and never looked back. Lock Haven held the Red Raiders scoreless for the first four minutes of the second half. Shippensburg cut the lead to two points before Tyrell

drained a three to give Lock Haven a five-point lead (51-46) at the 10-minute mark.

Next time down court, Justin Seitz leaped out of nowhere, grabbed the offensive rebound and somehow put the ball up from down near his knees and was fouled. Seitz finished the night with five points and three assists.

"We finally pulled together. It was good to get this win and build our confidence," Seitz said. "We can play with any team in our league, we know we are a good team."

Brian Hanna iced the game for The Haven with a pair of free throws with 39 seconds left to make it 69-64. Hanna provided a spark off the bench with five points and two steals in 10 minutes of play. Kris Holtzer shot two of four from three point land and added 12 points. Rico Abbondanza put in a solid night, shooting 5 of 10 from the field, scoring 12 points and pulling down nine rebounds.

"We played better in the second half, having a lot of different guys step it up," said Abbondanza. "Our record does not show our playing, but the guys are becoming more confident."

"I'm happy for the players, the students who have supported us and the community," said coach Wilson. "We were able to play smart basketball at the end of the game and come away with the win."

The Bald Eagles upped their record to 6-11 overall and 1-3 in PSAC West play. Lock Haven is still in the running to make the conference playoffs when they travel to play Edinboro tomorrow at 5 p.m.

"We need to play our 'A' game in order to survive," coach



Senior Guard Tony Tyrell cuts through a trio of defenders in a previous game earlier this season.

-Photo courtesy of sports information

Wilson noted.

West Chester 90 Lock Haven 66

West Chester University came into Thomas Fieldhouse on Monday and walked back out with a 90-66 win over host Lock Haven.

West Chester took off to a 4-0 lead before Terrance Gamble answered with four straight points of his own, including an alley-o

pp pass from Rico Abbondanza. The Golden Rams set the tempo of the game early, going on a 17-5 run to pull out to a 21-9 lead with 11:18 to go in the half. Lock Haven shot back at

the 10 minute mark when Cedric Hameed scored underneath and Justin Seitz dropped a trey to cut the deficit to seven.

Kris Holtzer nailed a couple of free throws and Seitz scored on a spinning base line lay-up for a 27-24 game.

Kevin DeVan's three pointer capped the rally as Lock Haven tied the game 27-27 with 4:01 to go in the half.

West Chester ended the half on a 10-2 run to take control of the game and lead 37-29 at the half.

"We expended a lot of energy to get back in (the game)," said Lock Haven coach John Wilson, Jr.

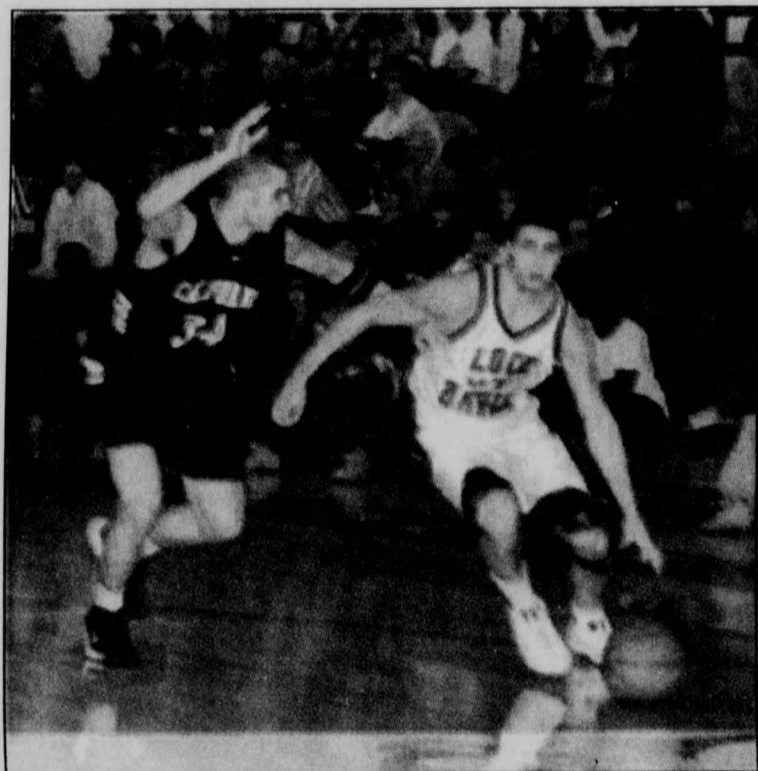
The second half was not as

pretty to the crowd. Lock Haven cut the lead to 10 on a pair of free throws from Hameed and a ten foot jumper by DeVan.

But the Golden Rams exploded and put more and more points on the board.

West Chester outscored the host Bald Eagles 53-37 in the second half to pull away with the win. Seitz led Lock Haven with 21 points and six rebounds. Abbondanza chipped in with 10 points and seven boards.

"Bottom line is we did not execute our offense. They kept scoring and we could not answer," said Wilson. "We are a much better team than tonight. We are a young team still learning to fight through adversity."



Rico Abbondanza drives to the basket past a California defender in a previous game.

-Photo courtesy of sports information

Women's Basketball

The game just isn't short enough

Peter Sinnott
The Eagle Eye

The Lady Eagles went into Wednesday's basketball game against Shippensburg with a three game winning-streak, and one hot hand of Pennsylvania

State Athletic Conference West Player of the Week, Kelly Flint.

They faced a Shippensburg squad who had their own three game winning streak, a 12-3 record, the seventh leading scorer in the conference, and four straight conference titles. Add

all that up and what you have is a grueling 84-63 loss for the Lady Eagles.

The game started out well for Haven. In the first five minutes, the Lady Eagles outscored the Red Raiders 5-4, but unfortunately games are forty minutes,

not five.

The Raiders quickly jumped out to a 6-5 lead and never looked back.

With five minutes remaining in the first half, Shippensburg had claimed a 27-15 lead. The Haven women showed some determination and shaved the lead down to eight when Kelly Flint laid the ball in, ending the half down 28-36.

The second half held more of the same for the Lady Eagles. They would try to make a run but Shippensburg would quickly answer. In the opening minutes of the second half, Lady Eagle Stacey Herlocher nailed a jumper to cut the lead to single digits. Twenty-four seconds later, Ship's Janette Pieczynskie sunk a three to take a double figure lead for good.

With only four minutes gone by in the second, Ship jumped to a 17-point lead. The Lady Eagles staged a late game drive with a 7-0 run but Shippensburg would not relinquish their momentum and won the game by a 21 point margin.

The Haven simply could not contain the talented Raider offense which shot 48 percent from the field and an astounding 50 percent from behind the arc in the second half. They gave up too many good looks at the basket. Conversely, Ship allowed only two Lady Eagles to reach double digits.

LHU shot well from the floor, but only grabbed eight offensive rebounds during the entire game.

That, combined with twenty-four turn-overs, meant fewer second chances and more possessions for the Lady Raiders.

The lone bright spot for the Lady Eagles was the play of Flint. Even the Staunch Raider defense could not cool her down. She was a fiery 9-14 from the floor, grabbed four boards and led all players with 23 points.

The Lady Eagles could not gain any momentum during the game, falling to a talented and experienced Raider squad.

The Haven is now 6-10 on the season and 2-2 in the PSAC-West.

Wrestling

Grapplers slammed by eighth ranked Edinboro

P.J. Harmer
Eagle Eye Sports Editor

The Lock Haven wrestling squad took to the mats this past weekend as they played host to the eighth ranked team in the country, Edinboro. The matches featured a lot of close action, but Edinboro took home the win, 22-9.

Scott Bair, ranked ninth in the country, beat Chad Cross at 133 12-5 for one of Lock Haven's three wins. Bair opened up a 7-1 lead after one period with a pair of takedowns and a near fall. Caros made it 7-4 in the second period, but Bair hit a reversal with 14 seconds left in the second period to stay on top.

At 149 Rob Weikel picked up a win over Kevin Maier 9-4. Weikel led just 2-1 after a period and increased his lead to 4-1 in the second period. Weikel holding on for the slim win.

Brian Olenek won the only other match for Lock Haven, a 15-8 win over Ben Boozer at 157. Boozer came into the match ranked 14th in the country.

Trailing 4-3 in the first period, Olenek scored on a reversal with 38 seconds left and earned a pair of back points finishing the period 7-3. Boozer cut it to 7-5, but Olenek responded with a reversal and three back points taking a 12-5 lead. Olenek then held on in the third period for the win.

Trap McCormack, who was 18th ranked, fell to 11th ranked Jason Gabrielson 6-1.

Lock Haven is 8-5 and 2-2 in the EWL, while Edinboro stayed undefeated at 10-0 and 3-0.

Lock Haven 31 Virginia Tech 14

Bair led the way in LHU's meet with the Hokies scoring a tech fall over Jeremy Gaysek at 133 in 2:46.

Weikel also picked up a win

beating Brian Wilson by a major decision 18-6. Back in the winning ways was McCormack, who knocked off Mike Akers 8-4 at 125.

At 157, Olenek picked up a forfeit win for the Bald Eagles, while Dave Murray pinned 19th ranked Scott Justus, 184, in 1:23.

Mike Greenberg won by a 9-0 major decision over Christian Basnight at 197 pounds. Avery Zerkle won at heavyweight, beating Doug Easlick 3-1.



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Lock Haven's first win came at 197 pounds when Zerkle won a decision over Martius Harding, 4-2. At 125 pounds, McCormack, 20th in the country, knocked off 16th ranked Angelo Zegarelli 6-4. An upset occurred at 133 pounds when 13th ranked Bob Patnesky stopped past Bair 3-2. Bair entered the match ranked sixth.

James LaValle picked up a win at 141 pounds for Lock Haven, beating Michah Kahn 5-2.

LHU's only other win came at 174 pounds, when John Milard won by pin-fall over Junior Schwartz in 4:21.

Weikel, ranked 20th at 149 for Lock Haven, lost to Billy Smith 4-3.



Junior Forward Shawna Boyd pulls up for a jumper in a previous game against Edinboro. The Lady Eagles travel to Edinboro tomorrow for a 3 p.m. match-up.

-Photo courtesy of Dan French