

# The Eagle Eye

Keeping an Eye on the Haven

lhueagle.com

Lock Haven University's Student Newspaper

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## Graduate stays local, gives back to community

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Charles Bungo, a recent Lock Haven University graduate, has made a decision to stay local and use his experience to benefit others.

Bungo is a May 2009 graduate from Lock Haven with a degree in General Studies. He was very active in the music department the entire time that he was attending the university.

His musical career did not begin when he entered college. He says that he "can't remember a time when [he] didn't do something musical." When he was very young, he attended church with his family where his mother sang in the choir and sometimes encouraged him to join in. This was the part in his life when Bungo learned to read music and became passionate about it. He says that "people overcomplicate music. Anyone can do it."

When it comes to performing he loves being on stage, but it wasn't always that way. For about eight years as a child, Bungo participated in theater camps during the summer where he "was nervous about forgetting lines and being embarrassed."

He enjoys playing music in front of an audience because it gives him the chance to be the thing that makes someone's day

a little more enjoyable.

When he performed at his senior recital last spring, Bungo was more nervous than he'd ever been about performing before.

"When you're in a group, you blend in with everyone else, but this performance was one person on an empty stage, with an entire audience there to see them play an instrument by themselves," Bungo said as he described his feeling of exposure. "When you're performing music it's not about you, it's about how people feel when they leave; about what they experienced."

While taking classes at Lock Haven University, Bungo formed a good relationship with Mark and Jeff Schlesinger, the owners of Music One in downtown Lock Haven. They offered him a position in their family owned and operated store. He is currently working in retail at Music One as well as giving some music lessons there.

"I feel very fortunate to find the job I have now," he said. The job also lets him share his knowledge with his students.

"I tell them, in the end it's supposed to be fun, not work," he said. This could apply to all things people do, not just music.

When Bungo came to Lock Haven University, he was involved in "ensembles of all types" including all four choirs, the jazz band, and marching

band. He was also a member of the Kappa Kappa Psi fraternity. He is still working with the jazz band and men's choir. He also participated in the musical theater.

"My life revolved

around the things that went on in Sloan," he said. "All of these things have contributed to the love and joy that I've found here at school."

When nearing graduation, Bungo's

plans were very much "up in the air." He felt that he had three options: move home and give music lessons, stay at Lock Haven and earn a music education degree, or work in

retail with music.

He gives Lock Haven students the advice "not to let someone tell you what you can do; what you're capable of because only you know what you can do"



Amanda Miner/Eagle Eye

Charles Bungo recently graduated from LHU with a degree in general studies. He focused in music which has always been his passion. Bungo still lives in the Lock Haven area and shares his knowledge of music by giving lessons at Music One.

## Feud continues between townspeople, students

**Lyndsey Hewitt**  
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Recently Lock Haven students have been in the local news more so than usual. A few separate incidents involving LHU students and alcohol have occurred, one being at Evergreen Commons and the other being at the "Wrestling House". Since those incidents have occurred, the Lock Haven police department has dealt with every person involved legally.

After the bust at the Wrestling House, 21 of the 31 students that were cited at the party received fines for drinking under age. They also were sentenced to two days in prison in a move "designed to send a strong message."

While the students are suffering the consequences of their actions,

many of the townspeople are in an uproar and seem to have the misconception that the majority of Lock Haven students are destructive and sloppy.

After a letter to the editor was sent in to the Express by a local woman on September 29th stating that, "I do not live in Lock Haven, but if I did I think I would be contacting the university every day and demanding these 'students' be sent home until they grow up," some students became angry. Those students that have been busted in recent news will most certainly be thinking twice about what they did. After Rita Dershem stated that Evergreen Commons should be labeled a nuisance property and calls LHU students "kids", it caused a whole slew of related articles about the issue.

One man even wrote

a letter in saying that many Lock Haven students use Lock Haven as a personal playground and "vomitorium" while we are here for our four short years. Many students agree that this is all exaggerated and the townspeople should not let a few incidents generalize a whole student body.

When Rachel Degler, a tenant of Evergreen Commons was asked how she would feel if Evergreen Commons should be labeled a 'nuisance property' she looked exasperated.

"Why would they label it that? A few kids got out of control. It was taken care of. It's normally quiet and it's a safe place," said Degler.

Many college towns seem to have this problem of the division of the community and college students. They feel as though they are being targeted and

unfairly thought of as unmannered and out of control. It is something that has gone on for years in the town of Lock Haven. Many are wondering how the students and the townspeople can come to some sort of understanding.

In a time where the media suggests that drinking and partying are part of college life, it is hard for an unknowing and inexperienced college student to enter college and not expect there to be raging parties like they see in the movies to be near by.

Songs like "I Love College" by Asher Roth have lyrics with a chorus line that say, "I love college. I love drinkin'. I love women. I love college," are billboard top 100 songs.

Movies like "National Lampoons: Animal House", "Old School", and all of the "American Pie" movies,

are all movies that much of the youth of today love to watch and those movies strongly suggest that college is largely partying.

It also doesn't help that LHU is located a mere half hour away from Penn State University, which was dubbed the number 1 party school in the nation this year.

Changing what is playing on the radio and what movies students are watching may be impossible, but there are ways to ease the tension between the community and college. Cops are expected to do their job, but many LHU students would like to see the townspeople be a little more understanding with the way things have changed.

The university has grown significantly and incidents are more bound to happen. It is growing especially

because of the current recession the United States is in. Expensive colleges' enrollments are decreasing and more affordable universities, such as LHU, are becoming a better option for prospective students. According to an article published in USA Today, new and prospective college students are abandoning their "dream schools" in favor of more affordable options.

The article also stated that more than 65% of high schools reported an increase in the number of students planning to apply to a state school instead of a private university. These statistics allude to the fact that Lock Haven University will, in fact grow and continue to grow in future years.

See, Feud, A4

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# Hookah lounges popular among students

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Smoking tobacco out of a hookah is becoming an increasingly popular activity for college students across America.

A hookah is a single or multi-stemmed water pipe used for smoking tobacco. Hookahs originated in the Middle East, nearly 3,500 years ago, and have recently grown in popularity in other countries including the U.S.A, the U.K., and elsewhere.

As a result of the hookah growing in popularity, hookah lounges have been established all over the country, most of which are near college towns and in urban areas.

According to an article by Lindsay Lyon titled "the Hazard of Hookah Smoke", from the year 2000 to 2004, over 200 new hookah cafes have opened for business. They usually target the young-adult crowd; as the cafes are usually like the typical coffee shops that offer couches, dim lighting, coffee, and musical acts. It is also usually a very cultural atmosphere. The hookahs and tobacco appeal to a younger crowd largely because the flavors of tobacco that are offered are fruity, unusual flavors. Some popular flavors include the typical fruity flavors like apple and grape, but also other curious concoctions such as Rose, Mint Chocolate Chill, French Vanilla, Blueberry Muffin, and Tutti Fruitti.

The nearest hookah

lounges can be found in State College. Grass Hopper Gifts, and Jamaica Junction are the two most popular lounges. Chronic Town was another very popular hookah lounge at PSU but recently closed down to due a flood in the building.

All lounges are usually filled with students hanging out on the sofas, doing homework, socializing, listening to music and of course enjoying a nicely prepared hookah by the café workers.

"I go to Jamaica Junction whenever I'm in State College," said Kristin Shade, a LHU sophomore. "I really enjoy it. The workers are nice and it's just a great place to chill before you go off and do something else, like see a movie. It would be really cool if Lock Haven had one."

Hookahs themselves can be purchased right in the town of Lock Haven at Ashworx, a popular emporium for students and non-students alike.

Before Caffeine Nation closed down, the previous owners considered offering hookahs to smoke but decided against it because of the process needed to attain a permit to allow smoking inside of a public facility. Also deterring the consideration was the small size of the coffee shop. Offering hookahs would more than likely draw a big crowd, especially on weekends and for under age students who can't go to bars, but of course, are at least 18. If a hookah lounge opened in Lock Haven it would need to be able to hold a decent amount



Lyndsey Hewitt/Eagle Eye

Students enjoy the social scene of a hookah lounge however they have to drive to State College to enjoy the experience.

of people. "I have my own hookah that I got from Ashworx," said sophomore, Matt Miller. "It's cool to have. I usually just invite a few friends over, turn on some tunes, and make a nice hookah. It's something to do, and a great way to just hang out and talk. It's really relaxing." Smoking hookah should be enjoyed occasionally, for there are health risks if it is done too often. Many young people have the misconception that it is healthier than smoking cigarettes because it is water-based. They believe that the water

filters all the "bad stuff" out, but according to many professional sources, these myths are severely wrong.

According to mayoclinic.com, a health guidance website, Edward C. Rosenow III, M.D. states that "It's a myth that hookah smoking is safer than smoking cigarettes. The tobacco is no less toxic. Hookah smokers actually inhale more tobacco smoke than do cigarette smokers because of the massive volume of smoke they inhale."

The World Health Organization also put out an advisory stating that in a typical one-

hour session of hookah smoking, the smoker is exposed from 100 to 200 times the volume of smoked inhaled in a single cigarette.

Because the smoker inhales much more smoke in a single sitting than a cigarette, it also means that the hookah smoker is consuming higher levels of nicotine and carbon monoxide.

Despite these dangers and advisories, college students still continue to smoke out of hookahs whether it's at home or at a hookah lounge.

"As a casual hookah smoker I can happily tell anyone that it's

quite fun," said Jared Day, a LHU sophomore. "It has the allure the cigarettes do with the nicotine buzz along with the social aspects of exchanging conversation in a group of new or old friends. I guess you can take from the dangers what you will, but my personal opinion is who cares? Smoking hookah has existed in Asia for thousands of years. It's like anything else in this country we live in; it's not really bad for you unless it's done in excess. So I say light the coals and hit the hoses but all in good moderation."

## Marcellus Shale presents opportunity, decisions for community

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With the current economic crisis there are a limited amount of opportunities for the people of central Pennsylvania. Natural gas, found in the Marcellus Shale layer, represents one of those opportunities that the region would benefit from greatly. Drilling for this natural gas would be very beneficial for Central Pennsylvanians, but at what price?

It is estimated that Pennsylvania holds up to \$1.8 trillion of recoverable gas according to Jeff Lorson of the Pennsylvania College of Technology. This includes up to \$226 billion in royalty payments to landowners and employment for up to 40 years.

It would have a great economic impact on other local businesses including hotels, restaurants, rentals etc. According to Neal Fogel of Extension Education, for every job due to gas drilling there was one and a half jobs outside the field created in sites like Arkansas and Texas, which would translate to a relative number here also. This could potentially mean thousands of new jobs.

Gas companies like

GFI Oil & Gas in Montoursville, PA are starting up locally to keep more of the wealth in state instead of Texas.

"We try to make the leases more owner friendly, from paying land owners for the lumber from the trees that are cut for access roads, and letting them pick the drill site as long as it is comparable," said Nick Defonte, a Land Man at GFI. As a Land Man, Defonte is in direct contact with customers and explains the leases. "We fully explain the agreement to the customers and give a better price, \$2,150 an acre, and a 16 percent gross royalty."

With new technology, drilling is also more environmentally friendly; however there is still an obvious affect on the land. Now one drilling site could hold multiple wells with the development of horizontal drilling, according to Lorson.

Smaller drilling pads are greatly reducing the amount of deforestation, causing as little change to the forest as possible. They have also developed ways to restore the land as close as possible to its original setting. Water, one of the biggest concerns will not be affected more than brief cloudiness by drilling either.

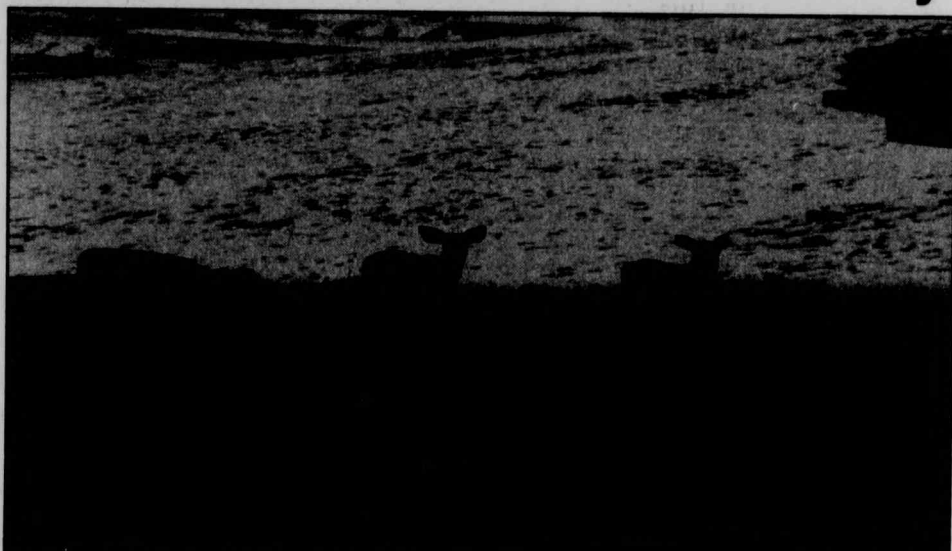
"Clauses in the contract hold our company

and most companies responsible for any damage done to the water supply. We will pay for any damages to livestock or other crops as well as bring in safe drinkable water for the landowner, should a problem arise," said Defonte.

Still many landowners are not willing to take the chance with their safety. Other main issues against drilling are that roads are affected due to the massive amount of weight they handle every day from water trucks and other large equipment.

Even with land restoration being a major concern with the gas companies, many organisms and habitats are still destroyed. With Central Pennsylvania being such a large haven for natural wildlife, many people are concerned.

The economic benefits could cause many local people to prosper greatly and the area would see an economic boom like it has never seen before. Still, like any issue, there are many negative side affects that are a byproduct of drilling. Natural gas drilling is an inevitable topic that will have to be addressed in the area and will have big implications on the surrounding communities, no matter what the outcome.



www.wyotimes.com

Natural gas drilling is a great way to boost the economy but there are also many environmental concerns, including wildlife displacement and loss of habitat

## Writing center great for help

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The on-campus writing center, located in Raub 409, offers services including computers and printers for student use, tutoring for every stage of the writing process, self-instructional manuals, and online tutoring.

It is a great way to prepare or get help for a class assignment. Many professors on campus encourage their students to seek help from the tutors that are available.

There is also an alternative to visiting the physical writing center. The writing center website,

<http://www.lhup.edu/writingcenter/index.htm>, offers students an opportunity to submit their writing by email, and receive feedback from the tutors. These submissions must be made at least three to four days in advance of the due date.

It is preferred if students come to the writing center with a rough draft to receive the maximum amount of help. Students should give themselves plenty of time to visit the writing center so that they have an ample amount of time to make any corrections to the paper before it is due to the instructor of a course.

If a student is struggling to start a paper, tutors are also

willing to sit down and talk about the prospects before beginning the actual writing process.

"The writing center really helped," said sophomore Jena Meyer. "Not only did I get a better grade on my paper, but I realized what kinds of mistakes I make all the time."

At the writing center, the tutors are not just there to help a student get a better grade on one paper; they are there to help the students see what types of mistakes they make when writing. Their hope is students can improve future papers when they may not have a "writing center" for such assistance.



# Green publication raises environmental awareness

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Just as the Eastern Hemlock is a symbol of Pennsylvania's forests, The Hemlock represents the voice of Lock Haven University's environmentally concerned.

The Hemlock is an online publication of various articles dealing with environmental topics, outdoor activities, green efforts in the community, book reviews and hiking information.

Students and faculty from all fields, as well as staff, alumni and members of the Lock Haven community, are welcomed to contribute their stories.

"One of the things that has been most satisfying about The Hemlock is our wide range of contributors," said Dr. Robert Myers, chair of the English department and The

Hemlock editor. "Our goal of creating a sense of place enables people from every discipline on campus to contribute, not just the disciplines that you would ordinarily associate with environmentalism or outdoor recreation."

Headed by the Environmental Focus Group (EFG), which is chaired by Myers, The Hemlock hopes to raise environmental awareness and promote meaningful outdoor experiences and appreciation for the heritage of Pennsylvania.

In the form of an e-mail newsletter, The Hemlock is published once a month while Lock Haven University is in session.

The Hemlock was started in March 2008 and has produced 13 editions while raising the number of readers to over 300 hits per month.

"One of the surprising things about the

EFG and The Hemlock is that we haven't cost the university a dime," said Myers who has been a professor at Lock Haven for a total of 12 years. "Although we have considered publishing a paper version of The Hemlock that might reach additional readers, we like the environmental aspect of saving trees by doing it electronically."

The October 2009 edition features stories about the changing of the leaves, student reflections, park funding, climate change, and Myer's Marcellus Shale update and hike of the week.

"The articles are meant to be educational and eye-opening in hopes of gaining a student, faculty and staff following in continuing the crusade for a Greener planet," said Danielle Tolton, biology major and student representative of the Environmental Focus Group. "The Hemlock

is just one way we inform the campus and community of issues and topics that concern our environment."

Presently Tolton is creating and organizing an Environmental Club on campus. Students that are passionate about the environment and interested in getting in on the ground floor of an exciting new club should contact Tolton by e-mail.

"It is extremely important for our generation to take a stand in environmental issues," said Tolton. "It means a lot to me as a student to get my fellow peers involved in a national and a worldwide crusade of awareness to make our world the best and healthiest it can be, not only for us but also for future generations."

Other activities the EFG is involved with are tree plantings, discussions and film screenings, and they have worked with the



bio.bd.psu.edu

The Eastern Hemlock is the Pennsylvania state tree. When settlers arrived here, they found hemlocks over a hundred feet tall, a rare site in this area today.

Student Recreation Center as well as Rock, River, and Trails to rent outdoor equipment to students at a discount rate.

Students interested in contributing stories and becoming a part of

The Hemlock or interested in getting involved with the Environment Focus Group are encouraged to contact Bob Myers via e-mail at rmyers3@lhup.edu.

## Safety tip of the week: Fraud and phishing

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Credit fraud, also known as internet phishing scams, prey on the unwary.

The most common form of phishing is by email. Phishing con-artists claim to be from a reputable company and usually ask you to confirm your personal information. This information can then be used by the thieves to order goods and services or obtain credit.

A phishing e-mail can look quite convincing so it's important that you become familiar and aware of this fraud. Phishing attempts may also try to impart a sense of urgency to get recipients to respond before thinking through the situation.

Usually, a phishing

e-mails contain a link to a phony Web site that looks just like the real thing. In fact, the phony web pages can look so similar to the actual web site, even experts will have a tough time distinguishing between the real and the fake web sites.

Creating phony web sites are not the only methods of con artists. Phishers also use the phone to hunt for personal information. Some, posing as employers, call people who have listed themselves on job search web sites or claim to be an employer of a reputable company such as your bank, to collect personal information.

The Public Safety staff at Lock Haven University cares about your safety. They have provided a few tips to help protect you from phishing scams.

### Tips to prevent phishing scams

- Never give out personal financial information in response to an unsolicited phone call, fax or e-mail, no matter how official it may seem.
- Do not respond to e-mails that may warn of dire consequences unless you validate your information immediately. Contact the company to confirm the e-mail's validity using a telephone number or Web address you know to be genuine.
- Check your credit card and bank account statements regularly and look for unauthorized transactions, even small ones. Some thieves hope small transactions will go unnoticed. Report discrepancies immediately.
- When submitting financial information online, look for the padlock or key icon at the bottom of your Internet browser. Also, many secure Internet addresses, though not all use "https" to signify that your information is secure during transmission.
- Report suspicious activity to the Internet Crime Complaint Center, [www.ic3.gov/](http://www.ic3.gov/), a partnership between the FBI and the National White Collar Crime Center.

### Be aware of a potential scam if:

Someone contacts you unexpectedly and asks for your personal information such as your financial institution account number, an account password or PIN, credit card number or Social Security number.

Legitimate companies and agencies will never ask for your personal information over the phone or email.

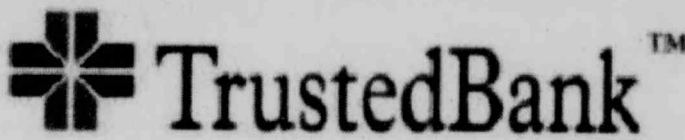
The sender, who is a supposed representative of a company you do business with, asks you to confirm that you have a relationship with the company. This information is on record with the real company.

You are warned that your account will be shut down unless you "reconfirm" your financial information.

Links in an email you receive ask you to provide personal information. To check whether an email or call is really from the company or agency, call it directly or go to the company's Web site.

You're a job seeker who is contacted by someone claiming to be a prospective employer who wants your personal information.

If you ever find yourself a victim of a crime, contact the Department of Public Safety, University Police immediately at 570-484-2278.



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There are many ways to prevent phishing and fraud scams. Questioning unfamiliar bank statements (above) and cutting up old credit and debit cards (left) are ways to help assure your personal security.

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# Other university news: More controversy over AIDS as Ryan White Act set to expire

**Kevin Hoffman**  
The Daily Iowan  
Uwire

Insurance companies won't take her. Her self-esteem has dwindled. Worst of all, she has to deal with the side effects of HIV every day.

Tami Haught has been HIV-positive for 16 years, and she is covered by a federally funded HIV/AIDS program that expires Wednesday.

"I'm very concerned because my life depends on the reauthorization of the Ryan White Act," she said.

But given the reauthorization record of the act—formally known as the Ryan White Comprehensive AIDS Resources Emergency Act—Haught will likely still be covered if Congress OKs the bill.

Officials have approved the legislation three times since enacting the bill in 1990. Former President George W. Bush signed the bill in 2006, continuing its goal to provide financial and medical assistance to 500,000 Americans living with HIV or AIDS.

Without this financial assistance, patients such as Haught wouldn't be able to afford monthly medication costs of \$1,719. She takes three different types of med-

ication for HIV and 16 for side-effects every day.

The average monthly cost for HIV- or AIDS-related medication ranges from \$1,200 to \$1,600 a month, Kris Davis, an advanced nurse practitioner at the UI Hospitals and Clinics' virology clinic, said.

Nearly 2,000 Iowans are living with HIV or AIDS.

The Ryan White Act includes four main parts: A, B, C and D. Iowa receives funding in Part B, which provides money for the state AIDS Drug Assistance Program, and Part C, which provides resources for direct-care clinics.

Holly Hanson, Ryan White Part B program manager, said inadequate funding has forced the assistance program under Part B to close to new enrollees. If the bill is reauthorized, enough funds may be generated to accept new applicants.

Haught knows the frustration and pain of being denied lifesaving medication. In 2005, she was one of 14 people put on a waiting list. More than 100 people are waiting for assistance.

"It's just unacceptable that here in America people don't have access to these medications," Haught said.

The University of Iowa Hospitals and Clinics has a Part C virology clinic, which provided medical services to 457 patients last year.

The program helps cover uninsured patients who are HIV positive or have AIDS. Davis said the clinic receives roughly \$575,000 a year for medical services.

Nationwide, the Ryan White Act dispersed roughly \$2 billion in funding over the past three years. In 2007, Iowa received nearly \$4.5 million in assistance for medication, education, and support services.

The Ryan White Act is a "payer of last resort" program. Funds need to be exhausted from all other coverage resources before patients become eligible for Ryan White funds.

"Without medication, [patients] would get sick and end up in the hospital," Davis said.

For now, Haught will continue traveling across Iowa to educate on HIV/AIDS.

She and her son recently traveled to Washington, D.C., to talk about the Ryan White Act. She also travels to schools, colleges, and churches to help educate people about the deadly disease.

# Columbus Day more than just a vacation

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Columbus Day, the day we celebrate the man that did not discover America. More so celebrated as the day we have an extra day off school or work. However, this year some schools are not allowing a vacation for students.

Columbus Day has been a federal holiday since 1971 when President Nixon declared the second Monday of October to be a federal holiday. Records show that the first celebration of the famous explorer was held in New York City in 1792. It was the 300th anniversary of his landing.

Christopher Columbus has always taken credit for being the first person to land on American soil. Although he never accomplished that, he did uncover some Caribbean Islands. He was a self-taught man that began practicing on the high seas early in his life. Even after

surviving a shipwreck where he had to swim to the nearest shore, he still pursued his dreams of making his livelihood from the ocean. After voyaging to places such as England, Ireland, and possibly Iceland, he returned to Lisbon, married and had a child. After the death of his wife, he had a child with another woman that he never married but still provided for.

Columbus began devising plans for discovery of a westward route to Asia. Some royalty turned him down for support, however Ferdinand and Isabella later gave in. He had traveled four times to the West Indies. Tragically, his health was beginning to decline and he had to deal with arthritis as well as recover from his previous encounter with malaria. After the death of Isabella, Columbus felt that the Spanish monarchs never lived up to their end of the deal which left him feeling depressed. Columbus spent the remainder of his days in Seville and

died in Valladolid in 1506. His remains were placed in the Cathedral of Santo Domingo in Hispaniola next to his son.

The main discoverers of America came before and after Columbus. Some of them include Leif Erickson who may have come upon it with a group of Vikings he commanded. John Cabot is credited with finding the east coast. Evidence also suggests that the Chinese and Irish monks had stepped foot here as early as 600 AD. There were also Native Americans that had settled on the lands that were later taken over by settlers from the Mayflower.

Even though Columbus Day is over, take some time to enjoy a leftover slice of Columbus cake. No matter what you believe about who discovered America, remember all that Columbus had discovered, and reflect on the lives of those that helped to discover this great nation called America.

# Campus crime for September

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Thirty one crimes were reported for the month of September according to Lock Haven University Public Safety. These crimes ranged from alcohol related incidents to theft.

The most common crime committed was larceny/theft. Seven counts of larceny/theft were reported. There were five counts of vandalism, two counts of disorderly conduct, two counts of burglary and one drug charge. Alcohol accounted for six of the charges

including five liquor law citations and one drunk in public. There were also twelve unspecified accounts listed.

The most common scenes for the crimes committed were residence halls. Russell Hall was the site of three crimes. North Hall, Smith Hall and McEntire Hall had two crimes each while High Hall and Woolrich had one each. There were no reported incidents at Gross Hall. Three incidents occurred at Campus Village. Other incidents happened at the Parsons Union Building (PUB), Bentley Dining Hall, East Campus,

Zimmerli and several university parking lots.

The September 2009 crime rate of 31 incidents is six more than the month one year ago, which saw 25 charges. The total of 31 crimes was the second most reports in the past year with only May seeing more charges with 32.

For more information on Lock Haven University crime, stop by the Public Safety Department office in the Glennon Health Building, located at 32 Glenn Road, behind Price Auditorium. They can also be reached by phone by calling 570-484-2278.

## From, Feud, A1

The articles published in the Express by angered townspeople seem to talk in a sense that more college students would mean more trouble.

Most LHU students feel that more facilities should be built in the town for students to do at night. It could prevent a large amount of underage drinking. Students suggest lounges such as the newly built Avenue 209 or clubs like the Cell Block in

State College and Williamsport; especially the underage students since there are quite literally no places for them to hang out late at night, and no one wants to be cooped up in a dorm room.

"If we had maybe a hookah lounge where we could chill, do our homework, like Jamaica Junction in State College, I'd be there all the time," said Kristin Shade, a sophomore at LHU, "especially if it had late hours, 'til like 2 am. I go to the Cell Block as much as I can

since I'm not 21. They have underage nights frequently, it just stinks making the drive and not being able to have that kind of fun in Lock Haven where I actually live."

The college is growing and will continue to grow, and the city and university will hopefully adjust accordingly. It is a continuing hope that the townspeople of Lock Haven and college students can eventually understand each other.

# Feeding Clinton County

giving back to the community...one can at a time!

## October 1st through October 31st

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# Perspectives

## A different perspective

Sarah Cox  
Perspectives Editor  
scox@lhup.edu

In terms of religion, I am not an avid one of practice. I do believe in some form of higher being, but I am unsure of what that means to me.

For me, it is not about the fact that you have an organized religion. It is about finding something that fits your lifestyle and fits who you are. I am a firm believer in finding out what works for you, and being able to have an open mind; especially when it comes to something that people are often so closed minded about.

I have grown up in a family that is Catholic, and although I do not practice this religion, I have adapted to the fact that my family does. Now, my family is okay with the fact that I do not follow them. They have accepted the fact that I strongly believe in finding my own way of expression. I am thankful because in some families, others are not as lucky.

My Grandmother and Grandfather were very involved in the church, and would attend services every Sunday and on holidays. Also, they did a lot for the church in terms of donations and service time. With their deaths, my family, in honor of them, started doing more for the church because we felt that this is what they would have wanted.

I, too, help in these efforts. Though it may not seem right, I feel

that even though I do not follow this path, I am closer to them because I am continuing the work as they would have wanted. This makes the experience much more rewarding for me.

Though I am not a religious person, one prayer that has much impact on me is, "God grant me the serenity to accept the things I can not change, courage to change the things I can, and the wisdom to know the difference. Living one day at a time. Enjoying one moment at a time. Accepting hardships as the pathway to peace.

"Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His Will. That I may be reasonably happy in this life and supremely happy with Him. Forever in the next. Amen," (Serenity Prayer).

Honestly, I never heard this before arriving at Lock Haven. I was never exposed to these elements, thus, I never put them into my actions in life. Now, I turn to the Serenity Prayer when I am down, when I feel as if I cannot find certainty, when the road as I see cannot go any further.

I often feel that when you are in college, you find a point when you cannot decide. Where you can see the options both roads offer you, and choosing is merely impossible. But with this saying in mind, I feel as if the right decision is made easi-

er to see.

I understand that there is a method to our lives, that we all follow a plan. Whether we want to admit it or not, we are all on the same path, just experiencing different obstacles as we continue. I do believe in a higher being, and with this we find an inner peace that cannot be found anywhere else.

For me, this saying talks of acceptance, courage, and wisdom. These are three things we all ask for out of life. We ask for acceptance of the people we know and those we don't; we ask for courage, to face whatever our days hold. Whether it be trying or not, each morning we awake with the understanding that the day might bring heartache, sorrow, pain, etc. We all need courage to make it through life. Finally, we ask for wisdom, the knowledge of how this life works and how to make it through.

All of these factors are interlocked, and without all three we lack a necessary link to survive what is being thrown at us. We need acceptance and courage to meet new people, and to bring ourselves to open up to those we do not know - even to those we wish to never connect with. Additionally, we need the courage to learn and the wisdom to apply what is learned.

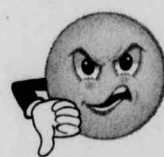
There are times though, when even with an abundance of acceptance, courage, and wisdom, we simply cannot make it

through. There comes a time when we reach our limits. We reach a place where we are helpless, where no matter which path we decide, we cannot simply find our way. In this case, a higher authority is needed. When we reach our wits end, we must rely on another.

So whenever you find yourself standing at one of many crossroads, think to yourself what will be gained from this experience and how you will ultimately be bettered by it. We cannot come to a crossroad and simply choose without thinking. Following a well thought-out process to make choices and decisions can help to ensure that the outcome is what we need and/or want.

So whenever you find yourself standing at one of many crossroads, think to yourself what will be gained from this experience and how you will ultimately be bettered by it. We cannot come to a crossroad and simply choose without thinking. We can fall back on religion, which is a comforting, reliable source of advice for many people. For me, who doesn't practice organized religion, the Serenity Prayer has helped me make many decisions that I was struggling with. For me, following a well thought-out, dependable process to make choices and decisions can help to ensure that the outcome is what I need and/or want.

Thumbs Up . . .



or



Thumbs Down . . .

Thumbs Up . . .

Fingerprints were found recently on a painting dated in the early 19th century.

The fingerprints are believed to belong Leonardo da Vinci.

The painting is called "Young Girl in Profile in Renaissance Dress."

Thumbs Down . . .

A mountain in central Washington state suffered from a massive landslide this weekend.

The residents of the Nile Valley awoke to nearly a quarter-mile to half-mile of State Route 410 covered.

The damage caused by this landslide is estimated at \$20 million.

## Letters to the Editor

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

Do you have something on your mind?

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

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

**Write a letter to the editor.**

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

Also include your year and major.

Send it to  
**lhueagle@yahoo.com**  
with "Opinion Letter" in the subject line.

Do you like to draw?  
Do you have a passion for comic books or satirical cartoons?  
Draw an editorial cartoon, and submit it to the *Eagle Eye* for the Opinion section.

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

## A Disrupting Change

Caitlin Chciuk  
Guest Writer  
cchciuk@lhup.edu

It truly baffles me how things can completely turn around over the course of one year. Some of the changes are good, some are not so good. And I often found myself wondering if it is me that has changed, or if it is the people around me who have changed.

I think back to where I was this time last year: six weeks into my freshman year, establishing friendships with people who I now consider my closest friends, and simply trying to make it through my classes. Now I find myself six weeks into my sophomore year, still hanging out with my closest friends, and still simply trying to make it through my classes.

Looking at it that way, it doesn't seem like much has changed. But looking back on everything that has happened in the past year, I realize just how much is different.

This time last year, I remember what my weekends were like: my two best friends and my roommate would all go home, and I spent an embarrassing amount of time sitting in my room watching the first six seasons of "Degrassi" on DVD.

Finally, one of my friends who stuck around on the weekends realized that I had been spending many weekends on my own, and he invited me down to his dorm to watch movies one Friday night. We ended up going to dinner with a group of his friends that night, and before I knew it, I had a new group of friends.

This group of people became a huge part of my life for the following five months. I spent almost every day hanging out with the same group of people until all hours of the night watching movies, playing video games that I barely knew anything about, and just having a good time.

I became so close with this group that I

could not imagine my life without them. I was also convinced that they would always be there. But people change. Things change. And within the matter of a week, everything that I had gained in those five months was gone. I've constantly heard the saying, "you don't know what you've got 'til it's gone," but I had never actually felt that way until that point.

It took me a while to get over everything. After what had happened, I thought that everyone hated me. Slowly, each of my former friends came to me and told me that they didn't hold anything against me, and that they weren't mad at me.

Over the past seven months or so, I have been trying to reconstruct the bridges that were broken in that one week. And over the past seven months, I have finally learned the meaning behind something I have heard all of my life: "you don't need people in your life who don't need you in theirs."



# THE EAGLE EYE

Lock Haven University's Student  
Newspaper

Keeping an Eye on the Haven

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## THIS DAY IN HISTORY

### October 15

-- 1860, Eleven-year-old Grace Bedell, wrote a letter to presidential candidate Abraham Lincoln, suggesting he should grow a beard.

-- I Love Lucy, starring Lucille Ball and Desi Arnaz, had its television debut in 1951.

-- In 1966, The U.S. Department of Transportation was created.

-- China became the third country to launch a staffed space mission in 2003.

## New guidelines to help combat spread of H1N1

Lauren Clason  
Freelance  
Contributor  
U-WIRE

The Department of Health and Human Services has released guidelines to combat the spread of the H1N1 flu in preparation for the upcoming flu season.

The guidelines are targeted specifically at college campuses and mostly call for maintaining hygiene and facilitating isolation when a person falls ill with the virus.

The guidelines suggest universities relax absentee rules to make it easier for sick students to stay home and also to suspend classes in the event of a serious outbreak.

"We released it now, in August, to allow schools to prepare for the flu season," said Candice Burns, spokeswoman for the Centers for Disease Control and Prevention. "They present action they can take now and strategies they can use if the flu is more severe than the spring and summer."

University Provost and Executive Vice President Karen Hanson

also suggested reviewing grading procedures to accommodate any illnesses.

"You will also want to consider a range of alternatives (depending on the circumstances) for evaluating students' performance in the event of widespread absenteeism or a significant interruption," she said in an e-mail to faculty.

Although cases on IU's campus have been limited, Hanson encouraged faculty and students in research and creative activity groups to develop "contingency plans" for absences caused by an outbreak.

"The federal Centers for Disease Control and the Indiana State Department of Health now expect that the H1N1 flu will be more widespread this fall and will have a significantly greater effect on normal activities during the upcoming regular flu season (and possibly earlier)," Hanson said in the e-mail.

The guidelines suggest several ways to isolate the spread of an H1N1 case, including instituting a "flu buddy scheme" in which an infected person limits

interaction to only one other person.

"The guidance put a menu of strategies to keep facilities open while reducing spread of flu to faculty and staff," Burns said.

IU spokesman Larry MacIntyre has yet to read the guidelines, but said the University has a committee in place that monitors the situation daily. The University already handled two cases of H1N1 in late May.

"President McRobbie and especially our health staff and risk management staff have been carefully following guidance that is coming from our federal government and state health officials, and we're pretty confident that we've got a system in place here in Bloomington to stay on top of this situation and quickly identify any H1N1 cases that might arise," MacIntyre said.

He also mentioned that all residence halls, staff and students have been given careful instructions on what to do if a case surfaces.

Regular flu vaccines are available at the IU Health Center, and MacIntyre said the

H1N1 vaccine will be available as soon as it comes in.

Burns said the virus spreads the quickest among people six months to 24 years old, which is why the CDC's Advisory Committee on Immunization Practices is recommending that people younger than 25 be one of the first groups to receive the vaccine when it becomes available in October.

Other groups at risk include the elderly, pregnant women and people with children, especially children under six months of age because they are unable to receive vaccinations themselves.

MacIntyre said that in the event of an outbreak, any decisions affecting the University, including suspending classes, would have to be carefully weighed.

"These are judgment calls, and there is a lot of guidance now from HHS," MacIntyre said. "That committee will be monitoring the situation daily and will make a recommendation to President McRobbie any time there's a question."

## Funds for domestic violence shelters are a must

Danielle Ohlemacher  
Daily Bruin  
UCLA  
U-WIRE

The 20 percent cut in state funding to the University of California system is not trivial and will substantially affect the lives of many students and faculty members. Education is a quality-of-life issue - a momentous, protest-and-rally-worthy one. It's inspiring to see the students and faculty passionately take on an issue important to the UC community.

However, it would be more inspiring if we advocated for those whose issues are so often unheard.

In 2004, 186,439 Californians made calls for assistance related to domestic violence and 163 people in Calif. were killed by an intimate partner.

In August, Gov. Schwarzenegger abdicated his responsibility to these people when he line-item vetoed 100 percent of state funding to domestic shelters and centers.

For the average center, this is a 40 percent budget cut, leaving only non-state funding. But for other centers, the cut

is devastating enough to close their doors. Six of the 94 centers that support survivors of domestic violence have been closed in just two months.

Other centers and shelters are cutting services and closing remote offices, meaning that domestic-violence survivors may have less access to essential services, and what services they can access will be limited. Many centers are only able to keep the most basic services - those that provide temporary safety - and have to cut those that most effectively empower survivors to leave their abusers. Programs that provide legal services, counseling and transitional funding have been cut in order to keep emergency services.

In September, the state Senate had a chance to reinstate this funding after the state Assembly unanimously passed the bill. However, Republican senators blocked the bill to refund the programs.

According to the Los Angeles Times, Senate Republicans blocked the bill that would reinstate domestic-violence-shelter funding because the state Democrats would-

n't eliminate a state program that helps low-income families prepare their tax returns for free.

While the state tax-return program may be distasteful to the Republican small-government ethos, it's difficult to believe that tax returns alone are enough to make Republican senators cut vital funding to the shelters and centers that provide life-changing, even life-saving resources to domestic violence survivors.

Unsurprisingly, this political tragedy has more to do with money than morals. Intuit, the maker of TurboTax, a private tax-preparation software, has donated to the campaigns of 29 of 40 state senators and has lobbied for the dissolution of the state tax return program.

Even if these campaign donations are not the Republican's motivating factor, they are still putting the lives of Californians on the line for the sake of a state tax program.

When contacted for comment, Senate Minority Leader Dennis Hollingsworth could not be reached. He did comment to the Los Angeles Times that the issue was whether Democrats

"abide(d) by agreements," and not necessarily any specific program. The Democrats had promised to consider cutting the tax program.

Cutting domestic violence shelter funding is surely never popular, but it's also not the type of issue that has a majority of the population upset enough to say something.

Where are the rallies? Where are the protests? Where are the swarms of volunteers uniting to make up for the state's neglect?

Domestic violence is so pernicious in part because of people's unwillingness to talk about it.

There are several shelters and centers in the Los Angeles area that accept the help of volunteers on a regular basis.

Hopefully, the tremendous success of UCLA's Volunteer Day and the activist spirit of protests on campus will spill over to help the many people in Los Angeles affected by domestic violence.

Domestic violence prevention advocates hope to bring the bill up when the legislature reconvenes Oct. 13.

## Fighting to protect community colleges

Editorial Board  
Daily Californian  
UC-Berkeley  
U-WIRE

A day after the largest University of California systemwide protest in recent memory, with students united across campuses, we must remember our fellow students in public higher education. While the California State University and UC systems have sustained the deepest cuts in state funding, the California Community Colleges face an unprecedented need in the wake of enrollment cuts at other state universities.

And just last week, state legislators found out that the community

colleges will receive \$90 million less in stimulus funds than they expected. The funds will be enough to cover the budget cuts from 2008-09 budget, but are a drop in the bucket compared to the \$520 million reduction in state funds in the current budget.

The majority of UC students may not have much interest in the fate of community colleges, especially with our own university in such dire straits, but these institutions represent the closest thing to truly public higher education and it's imperative that we recognize the valuable service they provide. And with the constant fee hikes in the California State University and UC

systems, they are one of the last affordable options for Californians.

As of 2008, transfer students composed roughly 25 percent of UC undergraduates, and on the Berkeley campus, they made up more than one-fifth of the undergraduate student body. For students who can't afford four years of UC tuition or meet the requirements out of high school, the transfer route is an affordable, achievable alternative to the traditional four-year path. And especially because so many UC Berkeley students make their way to this campus as transfers, it's critical that we maintain and adequately fund the community colleges that

make this conduit possible.

Forcing community colleges to turn away needy students and eliminate courses required to transfer is extremely detrimental to the future of the state, economically and otherwise. Thousands of underrepresented students rely on community colleges to acquire advanced degrees and, as we fight to advocate for a fully funded University of California, let us not forget the important role community colleges play in maintaining the diversity and quality characteristic of the UC system.



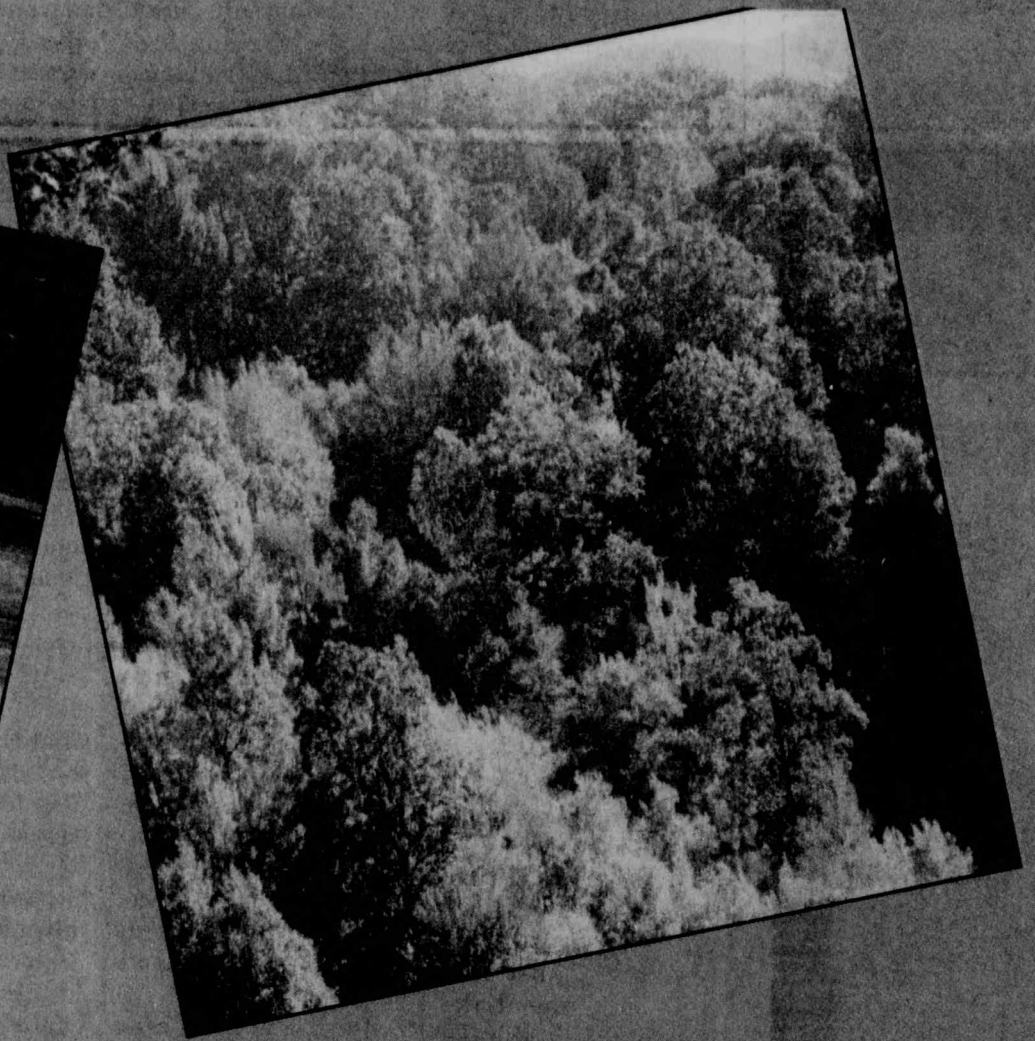
NEWS

# Fall in Lock Haven



Brian Shultz & Jason Seyler/Eagle Eye

Lock Haven is a great place to experience all four seasons including the fall. The Central Pennsylvania countryside is among the most beautiful places to witness the majestic cycles of nature. Wildlife, hiking, and even going to class are great ways to experience some of the best scenery the nation has to offer.



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## Evergreen Commons





# Sports

## What's On Deck

Schedule of Bald Eagle home and away games

### Today

No Events Scheduled

### Friday

Field Hockey vs. Robert Morris 4 p.m.

Cross Country @ Penn State National Invitational 10 a.m.

Volleyball Bob Chu Invitational All Day 1st game - 1 p.m. vs. Cheyney

### Saturday

Football vs. Indiana (Pa.) University 1 p.m.

Men's Soccer @ Gannon 7 p.m.

Women's Soccer @ Gannon 5 p.m.

Volleyball Bob Chu Invitational All Day 1st Game - 10 a.m. vs. Seton Hill

Rugby Club vs. Bucknell

### Sunday

Field Hockey vs. St. Francis 2 p.m.

### Monday

No Events Scheduled

### Tuesday

Women's Soccer vs. Indiana (Pa.) 3 p.m.

### Wednesday

Men's Soccer vs. Wilmington (Del.) 2 p.m.

## Field Hockey won't quit with nine straight wins

Cain Chamberlin  
Sports Editor  
cchamber@lhup.edu

The Lady Eagle field hockey team (12-3, 3-0 NEC) is now on a nine-win streak after taking down Bryant University (4-8, 1-2 NEC) on Sunday 2-0, and are not showing any sign of stopping.

### Field Hockey

The Haven women have an unstoppable defense shutting out their opponents in the last five matches. The defense performed so well, LHU goalie Erin Terreson only had to make one save in the game after Bryant only took six shots compared to Lock Haven's 16.

This win was the 27th straight for LHU against NEC teams. Just over seven minutes in the game, The Haven already had a point on the board



Photo Courtesy of Sports Information

Amy Hordendorf fights to get a shot off.

after junior forward Amy Hordendorf took a successful shot on goal, who now leads the team in goals with 18.

After a great defensive battle, the game went into halftime with LHU still on top,

1-0. Only four minutes into the second half Hordendorf put in the second and final goal of the game after getting an assist from senior defender Alanna Lewis. This 2-0 victory marks the sixth shut-out of the

year for the Lady Eagles.

The field hockey team also had a game Friday when they showed little mercy on Siena College (2-9, 2-0 NEC) shutting them out 5-0.

Hordendorf had a

phenomenal game, scoring four goals against Siena. The first goal of the game was scored in the ninth minute by Kristi Shepps after an assist from senior Suzann Hobart. Hordendorf then started her rampage scoring her first goal of the game just a few minutes before the half.

In the second 35 minutes of the game, Hordendorf came out swinging when Lewis set-up a nice shot for the junior forward in the second half. Hordendorf's other two goals were assists from senior Emma Wessner and Hobart.

Terreson once again kept LHU on their win-streak and also shut-out streak making two saves in the game.

LHU will be returning to the field tomorrow when they play at home against Robert Morris at 4 p.m.

## Men's Soccer gets 3-1 win against Lake Erie College



Photo Courtesy of Sports Information

Lyndell Pompey dribbles the ball keeping it from a Lake Erie defender in Monday's game.

Matt Ferrenchick  
Sports Writer  
mferench@lhup.edu

The Lock Haven men's soccer team (5-7-2) picked up a 3-1 away win against non-conference foe Lake Erie College, thanks to two goals from Billy Pasukinas.

### Soccer

Lake Erie's Scott Stucky opened the scoring as he put home a 17th minute penalty kick. Lock Haven evened up the score when David Qaisi scored on a redirected corner kick in the 29th minute.

The Eagles would eventually grab the lead in the 62nd minute, as Pasukinas would score off a cross. Pasukinas put the game away in the 82nd minute as he sent home another cross to give the Eagles the away win.

Lock Haven was the dominate team taking 14 shots, nine on target, to Lake Erie's nine, five of

which were put on target. The corner kick tally was even with both teams taking five. LHU could have had more goals, as they got caught off-sides seven times.

Lake Erie's Jared Daly made six saves for the home team. The Eagles' Chris Custer had four saves of his own in goal.

The team rebounded well from earlier in the week, when they lost a heartbreaker to conference rival East Stroudsburg 1-0.

Both teams put on an impressive defensive display, as the game went on for nearly ninety minutes before East Stroudsburg's Trevor Kelly gave the visitors the win right before the end of regulation. Kelly would send home a Torric Robinson free kick to take the lead while Lock Haven couldn't get an equalizer in the remaining time.

As the score line indicated the game was a fairly even match. Lock Haven

slightly outshot ESU 9-8. ESU also had a slight lead in corner kicks 6-4.

Lock Haven was caught off-sides once while East Stroudsburg didn't have any fouls in that department. Chad Bardorf had three saves in goal for Lock Haven, but East Stroudsburg's Larry Pokrwyra answered with three saves of his own.

LHU's record now sits at 5-7-1, 1-5 in conference, as they remain fifth in the PSAC Western Division. The team will now hit the road as they take on Gannon in a crucial conference game, whom they beat 3-1 at home earlier in the season.

After that, they will return home to take on Wilmington in a non-conference game, before taking on California (PA) in another crucial PSAC Western Division game, as the season continues to wind down.



Photo Courtesy of Sports Information

## Lady Eagles set to "Dig Pink"

Doug Spatafore  
Sports Information  
dspatafo@lhup.edu

The Lock Haven University volleyball team invites the campus and local community to its "Dig Pink" event on Friday, October 30.

The Lady Eagles have teamed up with The Side-Out Foundation to promote breast cancer awareness by participating in the "Dig Pink" National Breast Cancer Awareness Rally during the month of October.

The Lady Eagles host their Dig Pink match on Friday, October 30, during their home contest against Pennsylvania State Athletic Conference (PSAC) Eastern Division rival Millersville University.

The match is slated to begin at 6 p.m. in Lock Haven's Thomas Fieldhouse, and as always, entrance to the match is free.

The Lady Eagles invite attendees to join in the awareness efforts by wearing pink to the match that evening. The Haven will be selling Dig Pink t-shirts and raffling off pink and white volleyballs autographed by the 2009 Lady Eagle squad. Proceeds generated through the Lady Eagles' Dig Pink event will be donated to The Side-Out Foundation and to the local American Cancer

Society.

The Side-Out Foundation, a charitable organization that uses its resources to conduct research, education, and promote awareness of breast cancer, annually coordinates the Dig Pink events across the country. A national 501(c)(3) located in the Washington DC Metropolitan Area, the Side-Out Foundation has raised hundreds of thousands of dollars for Breast Cancer research nationally through volleyball tournaments, clinics, and rallies. Funds are currently devoted to targeted therapies and molecular profiling which is where there is a hot bed of research activity. Side-Out also devotes a portion of the funds to local and national "Life with Cancer" support organizations.

Their name underscores the purpose of the organization - "Side-Out" in volleyball occurs when one team wins a point while its opponent is serving, thereby regaining serve or control of play. Likewise in the war against breast cancer, the Side-Out Foundation will support health care professionals in their pursuit of practical solutions for women and men with this dreaded disease thus enabling those affected to regain control of their lives and living them to the fullest.



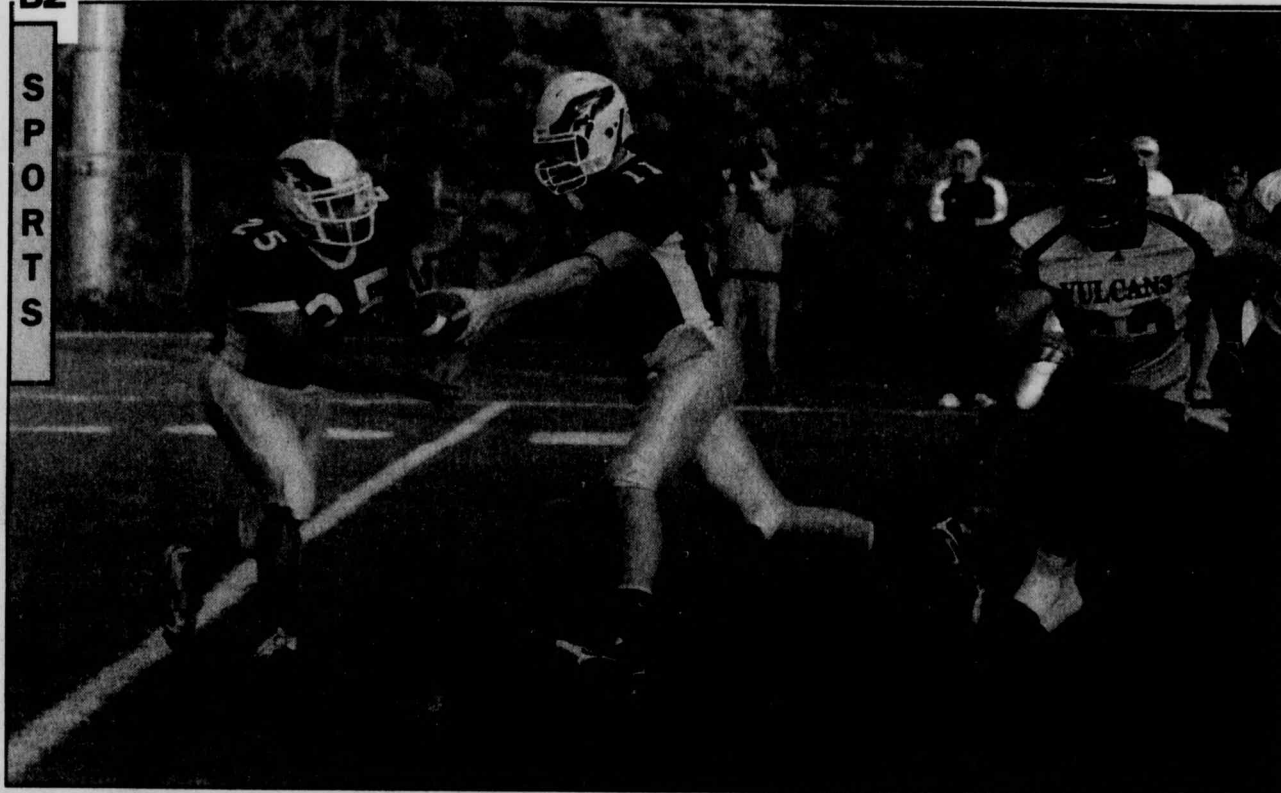


Photo Courtesy of Sports Information

Jarrett Kratzer hands the ball off to Jeremiah Dunchack in Saturday's game against California (Pa.).

## Football topped by Cal (Pa.)

Doug Spatafore  
Sports Information  
dspatafo@lhup.edu

The Lock Haven University football team (0-6, 0-4 PSAC West) fell to perennial power California (Pa.) University (5-2, 4-0 PSAC West) 48-14 tonight at Hubert Jack Stadium in Pennsylvania State Athletic Conference (PSAC) West action.

### Football

Cal opened up a 17-0 lead after the opening quarter and led 31-0 at halftime. The Bald Eagles

tacked on touchdowns in third and fourth quarters.

With 6:13 left in the third quarter Ian Smith scored on a one-yard TD run. Smith's first career touchdown capped off an 11-play, 68-yard drive that took 5:09.

Smith's touchdown made it 38-7 in favor of the Vulcans.

With 13:55 left in the fourth quarter Devin Sims caught a 10-yard touchdown pass from Jarry Burkett. Sims second TD reception of the year capped off an eight-play, 68-yard drive.

Jarret Kratzer got the start under center and was 10-for-13 for 46 yards.

Burkett came in and went 10-for-14 with the one TD. He passed for 110 total yards.

Ryan Poorman (H o w a r d , Pa./Bellefonte) led Lock Haven with five receptions.

Defensively, Lock Haven was led by Luke Ellison (Montoursville, Pa./Montoursville) and Shane Barrie (Export, Pa./Franklin Regional), who each had a game-high seven tackles.

Six of Ellison's seven stops were solo efforts and he added one tackle for a loss.

Barie had four solo tackles.

Seven different players made five or more tackles for LHU.

Cal quarterback Josh Portis went 17-for-23 passing for 274 yards and four TDs to lead the Vulcans to victory.

Cal has won five straight games after starting the year 0-2.

The Bald Eagles are back in action next Saturday, October 17 at 1 p.m. when they host IUP.

## Hordendorf named NEC Player of the Week

Doug Spatafore  
Sports Information  
dspatafo@lhup.edu

Junior Amy Hordendorf (Topton, Pa./Brandywine Heights) of the Lock Haven University field hockey team was named Northeast Conference (NEC) Player of the Week after scoring seven goals in the Lady Eagles last three matches, all of which were wins.

Hordendorf picked up NEC Player of the Week honors for the second time this season after a week-high seven goals. She scored in all three matches, as LHU extended its win streak to nine matches.

LHU opened the week with a 1-0 win over local-rival Bucknell and Hordendorf scored the contest's only goal just 3:11 in.

In a 5-0 win over Siena, Hordendorf continued her torrid offensive pace and knocked home four goals.

She closed the weekend with a goal in each half to lead LHU past Bryant 2-0 in NEC action yesterday.

This is the third time this season that a Lady Eagle has been named NEC Player of the Week.

The Lady Eagles are back in action on Friday, October 16 at 4 p.m. when they play host to Robert Morris in NEC action.



Photo Courtesy of Sports Information

## LHU Volleyball keeps the win-streak going to ten

Cain Chamberlin  
Sports Editor  
cchamber@lhup.edu

The Haven volleyball team (18-4, 5-0 PSAC East) is now on a 10-win streak after sweeping East Stroudsburg on the road Tuesday 3-0 (25-15, 25-18 and 25-13).

### Volleyball

PSAC East Player of the Week, Christie Nauman, had 13 kills in the game along with 14 digs and seven aces. Sophomore Haley Gribler put up solid numbers, hitting a .526 with 11 kills and digs.

Senior setter Fabiana Gomez didn't go unnoticed with 34 assists, 18 digs and two block assists. Senior Christina Laury had 11 digs in the match while junior Kim Windstein and freshman Xuan Gao had a combined total of nine kills.

The volleyball team was busy this past week having three

matches in two days on Friday and Saturday.

LHU took on Edinboro Saturday, taking them down 3-1 (17-25, 25-23, 25-16, and 25-18) at Shippensburg University, marking the ninth win in a row for the Lady Eagles.

Naumann led the team in kills with 11, hitting a .454 with three aces and 10 digs. Gao also had a good performance with nine kills and 21 digs followed up by Gribler who had seven kills and three aces.

Gomez was a definite contribution to the team with her 20 digs, a solo block and three block assists.

On Friday, The Haven women matched up against Gannon and Mercyhurst at Shippensburg as well. The Lady Eagles started off with Gannon, shutting them out 3-0 (25-18, 25-15 and 25-18). Gao hit a solid .588 with 11 kills, but nothing could compare to the

phenomenal performance by Gomez. She put up 24 assists with seven aces and digs, two solo blocks and one block assist.

Windstein was also a good contributor hitting a .625 with six kills.

In the battle against Mercyhurst, The Haven was at it again coming out on top 3-1 (25-18, 22-25, 25-15, and 25-18).

Naumann hit a .521 with 13 kills and just one error while Gao had a team-high 14 kills.

Gribler wasn't letting her self go unnoticed, having nine kills and three aces. Gomez was still putting up exceptionally strong numbers with 38 assists, 17 digs and two block assists.

The Lady Eagles will be looking to add more wins to an already impressive record tomorrow when they host the Bob Chu Invitational Tournament, starting off with Cheyney at 1 p.m.



Cain Chamberlin/ Eagle Eye

LHU Boxing Club members (Top L to R): Nate Weatherbie, Josh McDannell, Aurica Hurst, Donnie Brady (Bottom L to R): William Goss, Chris Barber

## LHU Boxing Club is ready to go another round

Cain Chamberlin  
Sports Editor  
cchamber@lhup.edu

And in the red corner! The LHU Boxing Club is ready for several upcoming matches this winter.

Coach Ken Cox is working with the team almost every night on the 2nd floor of Zimmerly from 4:30 to 6:30 p.m. to get them ready for the rest of the long season. In fact, boxing goes through both semesters, September to April where they compete in the National Collegiate Boxing Association (NCBA).

There are only around 30 schools in the country to have boxing as a program, so these privileged young athletes are certainly grateful for the opportunity. Junior criminal justice major, Donnie Brady, who fights at the 172 lb. weight class, was very excited to come to

LHU and box.

"I started boxing when I was 14," said Brady. "It was great to find a school with the program." Brady competed in amateur fights at his hometown gym and plans to possibly continue boxing after college. "I love this sport," he said.

The team has a designated area to practice in Zimmerly, with a home-made boxing ring for sparring and a practice room on the other side of the men's locker room. "It's the perfect size for our group," said Coach Cox, "the school has always been supportive of the program."

The boxing program had been at LHU until 1940, and was dropped around the time of WWII. Then in 1978, Cox brought it back and it's been here ever since. Cox had coached wrestling for

around 25 years, but always had a passion for boxing and the students he worked with. "I come in here every night with one goal," Cox continued, "to make these kids champions."

Cox has a good reputation to back that statement up. LHU won the National Team Title two years ago in the 06-07 season; where LHU alum-nus Josh Mercado was also national champion, now fighting professionally. In fact, 22 NCBA national champs have come from LHU since the program was started back up in the late 70's.

The season is quite long; boxing goes through both semesters, September to April.

See, Boxing, B3

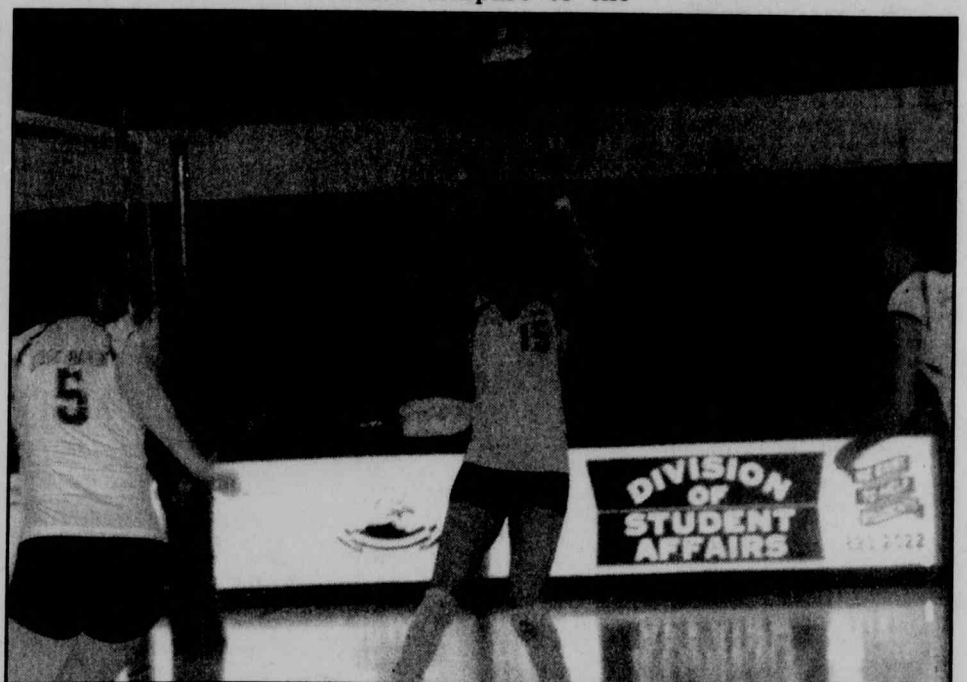


Photo Courtesy of Sports Information

Fabiana Gomez readies to make a set in LHU's tenth straight win.



# Women's soccer downed by Mercyhurst



Photo Courtesy of Sports Information

Midfielder Amy Wittman dribbles the ball downfield.

**Cain Chamberlin**  
Sports Editor  
cchamber@lhup.edu

The LHU women's soccer team (3-9-1, 2-6-1 PSAC West) took a tough division home loss on Wednesday to Mercyhurst (9-4-1, 7-2-1 PSAC West) 4-1.

## Volleyball

In the first half of the game, Mercyhurst put in two goals with only one being answered by LHU junior-forward Arielle Gordon. Gordon took a nice shot on goal in the 34th minute to put The Haven on the board. Gordon now leads

the team in goals with five. Soon after, Mercyhurst took the lead making a goal in the 41st minute. The game went into half-time 2-1.

Unfortunately, the Lady Eagles would not score for the rest of the game while Mercyhurst put up two more points in the second half.

LHU sophomore goalies Haley Zinn and Kim Bentley both had playing time in the game putting up a good defensive effort. Zinn made three saves while Bentley, the starter, made two.

Earlier in the week, the Lady Eagles had another heartbreaker when they lost in over-

time to Lake Erie College (6-5-2) 2-1.

Carly D'Orsaneo made the first LHU goal in the 18th minute of the game with credited assists from Amy Wittman and Gordon.

The Haven held the lead into halftime, but in the 64th minute of play, Lake Erie tied it up to take it into overtime. Just over five minutes into overtime Kaitlyn Holland scored to win it for Lake Erie. Zinn had a good performance in goal making three stops.

The Lady Eagles will be looking to get a win Oct. 17 when they travel to play division team Gannon University at 5 p.m.

# College sports confronts danger of sickle cell trait

**Mike Mullen**  
Minnesota Daily  
U. Minnesota  
UWIRE

Sickle cell trait was long thought to be common but relatively benign in its carrier's body. Now, the trait's connection to a number of mysterious deaths has brought it to the center of a complex debate in college athletics.

In this decade, 11 young men have died suddenly and inexplicably during football practice with the only unifying factor being that each had sickle cell trait.

In the wake of this evidence, the NCAA has recommended that schools screen athletes for sickle cell trait, so as to know which students might be at risk for a similar sudden tragedy.

The trait, which when carried by two parents can result in a child with sickle cell disease, is present in an estimated one in 12 black Americans. Only four percent of Americans with the

trait are non-black.

But the science on sickle cell trait's effect on the body is inconclusive, and experts are uncertain whether it actually caused all — or any — of these deaths. Others have raised concerns of test results being used for a discriminatory purpose.

The debate is complicated by elements of race, medical uncertainty, bioethics and tragedy. Like the sickle cell itself, the issue takes a shape which will not pass smoothly.

"There's a body count"

In 2001, 18-year-old Devaughn Darling collapsed and died during an off-season workout at Florida State University. Three years later, his family received a \$2 million settlement from the university.

In 2005, 19-year-old Aaron O'Neal collapsed during a voluntary July workout at the University of Missouri and died that day in an emergency room. In March of this year, the university reached an

undisclosed settlement with O'Neal's family.

Two days after the O'Neals settled with the University of Missouri, the family of Ereck Plancher, who died during a spring 2008 workout at the University of Central Florida, announced that it was suing the school.

Each of these three young men had sickle cell trait. So did Dale Lloyd II, who died at the age of 19 during a June 2006 practice at Rice University. Lloyd's family sued both Rice and the NCAA, and three months ago the family settled with the two institutions. Though no monetary compensation was made public, another aspect of that settlement was meant to change the way colleges and their athletes view sickle cell trait.

As a result of that lawsuit, the NCAA has recommended that all of its member schools begin testing athletes for sickle cell trait.

Sec, Cell, B4

# This day in sports...

October 15

1912 - Red Sox Tris Speaker's makes only World Series unassisted double play, from the outfield

1933 - Philadelphia Eagles play 1st NFL game, losing to the New York Giants 56-0

1945 - Baseball attendance record hits 10.28 million (Tigers 1.28 is the highest)

1956 - Yankees Enos Slaughter scores from 1st base on a single in the World Series

1969 - Oriole Earl Weaver is the first manager to ever be ejected in a World Series game

1972 - The 61st Davis Cup - USA beats Romania in Bucharest (3-2)

1983 - Black Hawks and Maple Leafs combine for fastest five goals in hockey (84 seconds)

1995 - Carolina Panthers win 1st game ever beating the New York Jets 26-15

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Taco Tuesday

\*3 Tacos w/ Drink  
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Friday/Saturday

\*Dinner Specials

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# Cain's

Week 5 Schedule

Picks

Hou @ Cin	Bengals
Det @ GB	Packers
STL @ Jac	Jaguars
Bal @ Min	Vikings
NYG @ NO	Saints
Cle @ Pit	Steelers
Car @ TB	Panthers
KC @ Was	Redskins
Phi @ Oak	Eagles
Ari @ Sea	Cardinals
Ten @ NE	Patriots
Buf @ NYJ	Jets
Chi @ Atl	Bears
Den @ SD	Broncos

# NFL

# Picks

el by van to the match.

The first is on Nov. 9 in Richmond, Va. where six of the students will be selected to go. On Nov. 13, five boxers will go to Pittsburgh; and on Nov. 23, four will go and fight at the New York City Athletic Center.

Coach Cox has high

hopes for all the club members. "They are a great group of kids," he said "it should be a great season."

LHU students can look forward to the one and only home boxing match on Feb. 14 when the boxing club hosts the Lock Haven Invitational match.

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## From, Boxing, B2

Cox makes it very clear that if you don't have the desire for boxing, you won't last long in the program.

This year, it started out with 35 to 40 students but is now down to 12. "We don't cut people from the team," explained the coach. "They always leave on their own if the desire isn't there." The boxing club has been working hard for their three upcoming events.

Each event, a selected few will trav-



SPORTS

**From Cell, B3**

The recommendation is now working its way through committees and in January 2010 may be enacted as an NCAA-wide mandate.

Oklahoma team physician Scott Anderson has become an outspoken advocate of sickle cell tests. Anderson became aware of the potential complications of sickle cell about 10 years ago when one of his players was suffering from back spasms during the first day of football conditioning. Anderson and the doctors who treated the player assumed the August heat had caused the pain, but the doctors also made note that the athlete had sickle cell trait.

Anderson changed his opinion after Dr. Randy Eichner joined the Oklahoma staff and told him the player had been experiencing exertional sickling: the process of blood cells changing shape from physical activity and lack of oxygen. This possibility was something that had not occurred to Anderson, and, he knew it had not occurred to most college trainers across the country.

From that point, Anderson began screening all athletes who came to the University of Oklahoma. But at that time, Anderson recalls, early in this decade, the NCAA did

not even mandate a pre-participation physical examination.

"So how are they going to require or even recommend a component of something that 'doesn't even exist?'" Anderson said.

Anderson and his staff had these revelations about eight or nine years ago. Since then, Devaughn Darling, Aaron O'Neal, Ereck Plancher, Dale Lloyd II and seven other healthy-looking young men have laid down in front of their teammates and friends, dying.

Scott Anderson wants more experimentation done on sickle cell trait and its role in these deaths. But he refuses to wait for definitive test results.

"There certainly is more research to be done," Anderson said. "But in the meantime, there's a body count that's growing."

"A lot not known" Dr. Sophie Lanzkron, director of the Sickle Cell Center for Adults at Johns Hopkins University, said it is conceivable that sickle cell trait carriers could be at risk for a catastrophic event during physical exertion. But it has not yet been proven.

Lanzkron said that to even study sickle cells is tricky. The cells take their abnormal shape when deprived of oxygen. When a doctor attempts to perform a biopsy on those blood cells, they will begin to sickle the moment

they are removed from the body and lose oxygen. The same would be true of sickle cells in the body of someone who has taken his last breath.

Because of this, Lanzkron said some coroners may have diagnosed a sickle-related death because they observed blood cells which actually changed shape after the athlete had died.

"Really, honestly it hasn't even been studied enough to know whether it's true," Lanzkron said. "There's a lot not known."

"A potentially stigmatizing fact"

Kansas City Chiefs wide receiver Bobby Engram, 36, has sickle cell trait and is three games into his 14th NFL season. Engram caught six passes in a Super Bowl and in the early 90s rewrote the Penn State University record books, including a four-touchdown performance against Minnesota.

Engram says he has experienced cramping a few times during practices and games, but he does not know whether his sickle cell trait caused it. He said he would support testing college athletes, so long as the results did not lead to discrimination.

"My only concern is that, whenever they gather the information, that it's used in a positive way," Engram said. "I just don't want it to affect any young kid coming into college and having a chance to go get a scholarship." Carlton Haywood is

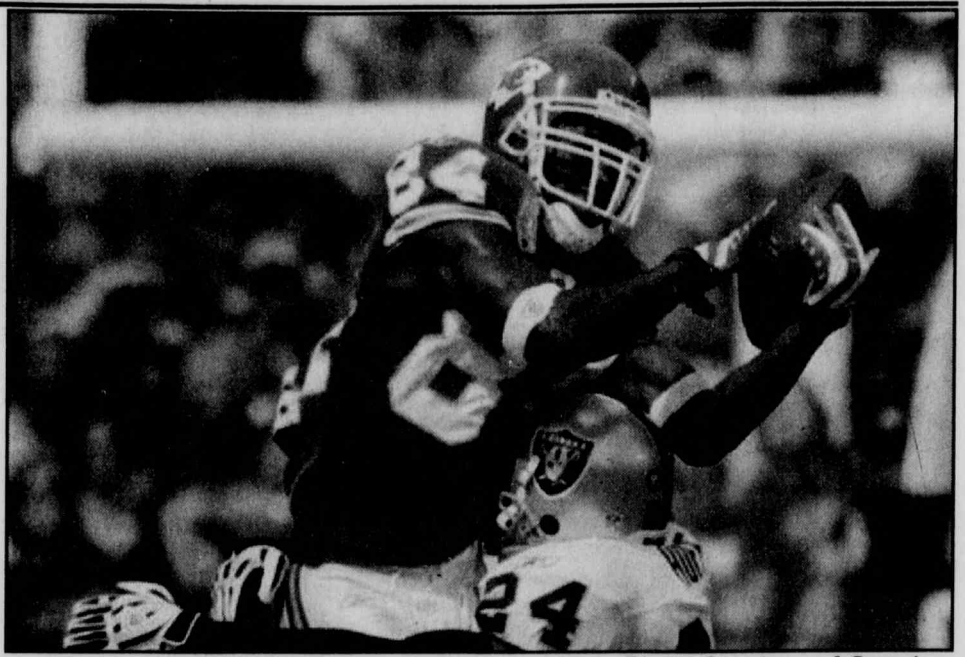


Photo Courtesy of Google

**Bobby Engram of the Chiefs found that he had sickle cell trait.**

a bioethicist at Johns Hopkins. Haywood is black. And Haywood has sickle cell disease.

Haywood said the issue of screening athletes for sickle cell trait is full of complexities. He is concerned about the protection of athletes' privacy.

"That is a potentially stigmatizing fact about them," Haywood said. "How are they going to protect that information?"

He is concerned about the possibility of athletes finding out that they are carriers of trait, but not being told what exactly that means.

Haywood is also worried trait testing would be done only on black athletes.

"Ethically, if you're going to do screening

answer to that is 'No,' " Anderson said. "So if we were relying merely upon an answer on a questionnaire, there would be ample room for nervousness with that."

Anderson said that of 19 Oklahoma players who have tested positive for the trait, only two had any prior knowledge.

In the years since this method of education and voluntary testing has gone on, Olson said that not a single University of Minnesota athlete he has come across has refused a test. "We haven't felt that we've missed anybody," Olson said.

After an athlete tests positive for the trait, privacy laws dictate the physician

issue and have been responsive to physicians' warnings and athletes' complaints.

Indeed, simply having knowledge of an athlete's status has not prevented tragedy. Ereck Plancher was known by Central Florida trainers and coaches to have the trait, and Devaughn Darling only found out that he was a carrier through the school physical.

Olson said one aspect which may explain why football players are stricken with sickling more often is their outsized body types. But Aaron O'Neal and Devaughn Darling, both linebackers, were tall and lean. Ereck Plancher and Dale Lloyd II, both wide receivers, were downright small by football standards.

Former University of Toledo coach Tom Amstutz coached tailback William Bratton for four years and knew that Bratton was a carrier from the time he recruited him. Amstutz allowed Bratton to skip drills and sometimes entire practices.

It paid off: as a freshman Bratton struggled to make it through a practice, but his senior season was his best, with 639 yards on 114 carries.

When he talks about sickle cell trait and its effects, Amstutz said, repeatedly, that it is a real occurrence.

"You have to, as a coach, understand that that's a situation, and that's not made up," Amstutz said. "We knew Will Bratton was a very tough football player and loved the game. He was not going to try to take himself out."

In his years at Oklahoma, Scott Anderson has never seen what he would consider an emergency case with his players. He credits this to open communication and the willingness of head coach Bob Stoops to not look at a struggling athlete and urge him to push through pain.

"It goes against the natural grain of coaching, which is pushing players, and taking them past the point that they would take themselves," Amstutz said. "But I would not feel comfortable coaching a young man that was not screened."



Photo Courtesy of Google

**Missouri players say a prayer for their lost teammate Aaron O'Neal.**

for sickle cell trait, you should screen all your athletes," Haywood said.

"Against the natural grain of coaching"

The high-profile deaths blamed on sickle cell trait have brought about drastic change in the University of Minnesota's policy. Physician David Olson works with basketball players, but treats all kinds of athletes at Bierman Field Athletic Building.

Olson said in the past he observed athletes struggling with cramps in practice and counseled them to get testing. But in recent years, all incoming athletes have had the risks of sickle cell explained to them, and then been asked whether they know or want to know their status. If an athlete states that he or she knows his status, Olson said a physician will ask them to find documentation to prove it.

Similarly, Scott Anderson said incoming Oklahoma football players fill out a form that asks for their medical history, including whether the athlete has sickle cell trait.

"Invariably the

must first ask the player's permission before telling a coach. Again, when the potential risks are made apparent to the athlete, Olson said he can't remember an athlete refusing to share the information with a coach.

Olson confirmed that there are several athletes with sickle cell trait on campus, and says that, anecdotally, he has seen a slightly higher incidence of sickle cell carriers experiencing cramping, which may spell the onset of a problem. Olson first saw evidence of this when he served his fellowship at the University of Notre Dame, where he worked with a black athlete who experienced an inordinate amount of cramping. The athlete was tested and confirmed to have sickle trait.

But Olson said the trait does not impede achievement.

"You can have kids that have sickle cell trait that are just extremely amazing," Olson said. "And they have absolutely no problem, ever, with cramping."

Olson said Minnesota's coaches are educated on the

## Student Recreation Center News

### Monday

- 12:00pm Aerobics
- 1:00pm Aerobics
- 3:00pm Yoga
- 4:00pm Yoga
- 5:00pm Aerobics
- 6:00pm Fit and Firm
- 7:00pm Cardio Mix

### Tuesday

- 12:00pm Pilates
- 1:00pm Yoga
- 4:00pm Step & Toning
- 5:00pm Step
- 6:00pm Cardio Strength
- 7:00pm Yoga

### Wednesday

- 12:00pm Aerobics
- 1:00pm Yoga
- 3:30pm Butts and Gutts
- 4:00pm Yoga
- 5:00pm Aerobics
- 6:00pm Fit & Firm
- 7:00pm Cardio Mix

### Thursday

- 12:00pm Pilates
- 1:00pm & 3:00pm Yoga
- 4:00pm Step & Toning
- 5:00pm Step
- 6:00pm Cardio Strength
- 7:00pm Yoga

### Friday

- 1:00pm Yoga

All classes are held in the SRC Aerobics room, come early to get a spot!

### Self Defense Class

Begins:

Sunday October 18th  
Time: 7:00pm-8:30pm  
SRC Dance Room



### Bouldering Clinic

Wednesday October 14th  
6:00pm- The Rock Wall  
Student Rec. Center



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# Arts & Entertainment

## Lock Haven: Then and Now Piper Aviation Museum

Vickie Frantz  
Staff Reporter  
vfrantz@lhup.edu

William T. Piper's story is one of a man with great determination and a dream. His dream was to make the possibility of flying available to anyone who wanted to experience it. His goal was to make a small and inexpensive plane that could be purchased by families.

He was a man who was well-liked and respected by everyone he happened to meet. My tour guide, Russ Nelson, told the story of Mr. Piper's legacy with passion and emotion. It was apparent that he has a deep respect and genuine affection for the man. As we went through the exhibits, he recounted the tale of a man who started out with a humble beginning and went on to achieve great things.

Mr. Piper's story starts in a one-room school in his hometown

of Knapp Creek, New York. After his early education, he went on to attend Harvard. After graduation, he chased his dream of airplane building.

In 1929, with the idea of family flying in his head, he joined forces with the Taylor Brothers Aircraft Corporation. The company was based out of Rochester, New York. With the Taylor's knowledge of aircraft building and Piper's financial backing, they began making planes.

The company suffered a devastating fire in which the entire factory was destroyed. Not to be discouraged, Mr. Piper began looking for an alternate location.

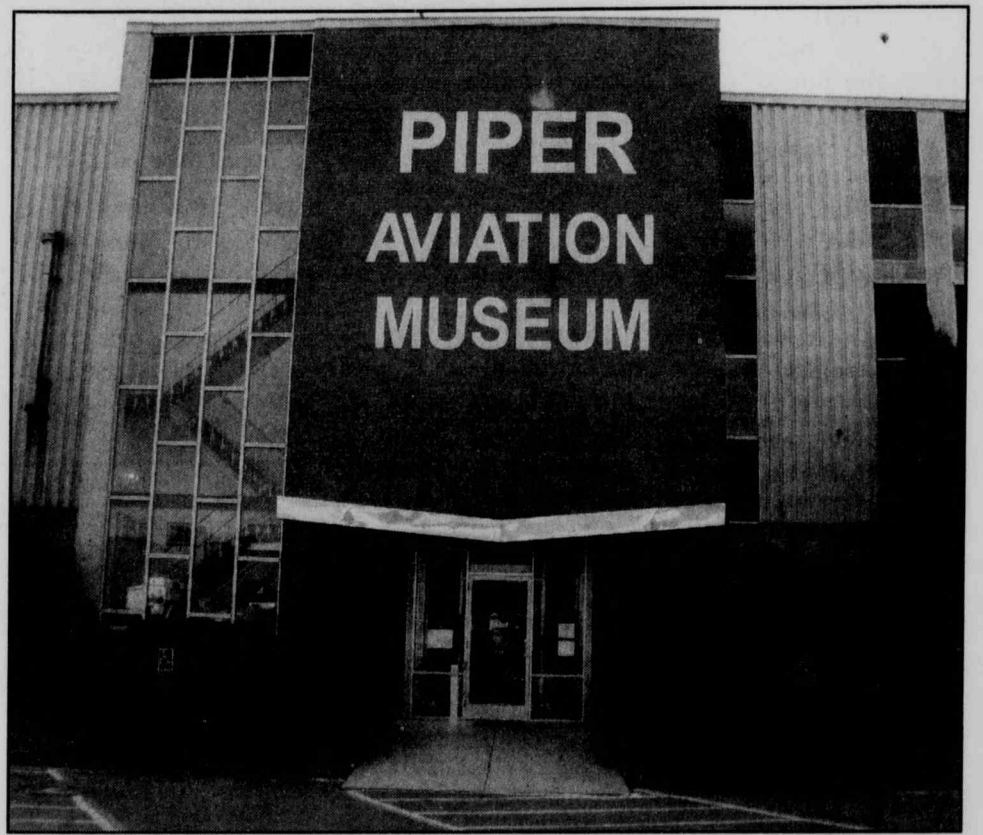
He received letters from many towns seeking to have the company moved there. He finally settled on a location in Lock Haven. The decision was based on the fact that he could build a much larger factory and the location was ideal.

He was credited with starting the first

full airplane assembly line. One interesting fact was that he hired women to work alongside the men. This was before WWII, when many women worked in such jobs as the men were away with the war.

Mr Nelson said, "A young lady may have come into the company looking for a job. She would be all dressed up in her skirt and heels, hoping to get a job as a secretary. Mr. Piper would offer employment as a welder. Although he paid the women a small wage, many ladies would take him up on his offer because he included flying lessons as part of their pay."

By 1938, the company began production of the now famous J-3 "Piper Cub". It was a small, fairly inexpensive, and easy-to-fly plane. It quickly became popular. At the onset of WWII, the plane caught the attention of the Army. They contracted with Mr. Piper to purchase 1500 planes for use in the military. The planes



Vickie Frantz / Eagle Eye

The Piper Aviation Museum is located at 1 Piper Way in downtown Lock Haven.

were used for flight training, artillery spotting, reconnaissance, and even medical evacuation.

After the war, Mr. Piper and his two sons were able to turn the company into the world's leading aircraft producer in terms of aircraft build. He was able to sell his planes all over the world. Some even called him the "Henry Ford of Aviation".

Mr Piper passed away in 1970 in Lock Haven. His family, friends, and employees wanted to share the story of their friend. To honor him, they began the Piper Aviation Museum in 1994. It stands today in the 56,000 square foot building that was the engineering building of the Piper Corporation. It is run by a small paid staff and many volunteers.

Both groups are very knowledgeable of the company's history, as well as a general understanding of American Aviation. They are always in need of more

volunteers.

The museum is open for visitors Monday through Friday from 9 a.m. to 4 p.m., Saturday from 10 a.m. to 4 p.m., and Sunday from 12 p.m. to 4 p.m. They charge a small admittance fee. The fee is \$6 for adults, \$5 for senior citizens, and \$3 for children age 7-15; children six and under are free. There is also a discounted rate of \$12 for families.

Piper's Aviation Museum counts on income from the admission fees, sales of gift shop items, and private donations to help defray the costs. The largest source of funding however, comes from the rental of vacant space in the building.

They see approximately 2,500 visitors annually. People come to hear the history and see the planes that are on display in the airport hangar. Currently, there are eight planes on display, as well as one being restored.

Many visitors are

able to try their hand at flying with the help of their flight simulator. There is a small additional fee for this exhibit. They also maintain an archive room to house many old books on aviation, company records, and photos of the early planes. Many people find the area useful to do research on the subject of early aviation. Their records go back as far as the 1930's.

I found the museum a fun place to visit; I stayed for an hour or so. If you get the chance to visit, there are a lot of things to see. The museum is constantly changing and adding new exhibits to keep visitors interested and to encourage them to visit again.

The Piper Aviation Museum is a wonderful tribute to William T. Piper. He is one of the true innovators in the history of the town of Lock Haven.



Vickie Frantz / Eagle Eye

Airplanes like these are on display for all to view in the museum.

## Spice up your life with "the best salsa in Lock Haven" An inside look at Casa de Lobo's award-winning salsa

Alyssa Lanich  
Guest Writer  
alanich@lhup.edu

Casa de Lobo is what I like to call the "Mexican gem of Lock Haven". The quaint restaurant prepares mouth-watering platters of authentic Mexican food daily. Ranging from the "Fat-Boy" burrito to wings prepared in Mark Wolfe's own secret recipe sauce.

Few people are aware of the delicious appetizer of tortilla chips and 'au natural' salsa that is more than just a before your meal treat.

Mark and Tiffany Wolfe already sell their great tasting

authentic salsa at their restaurant, but while competing and selling salsa at the annual Black Forest Chili Cook Off this year, they had the idea that this could possibly lead to other outside sales.

Everyone commented about how the fresh and natural salsa was so much better than conventional bottled salsas, so why not broaden their market?

As of now, Lucky 7 Meat Market in Lock Haven and McConnells in Waterville sell the authentic salsa, as well as the local BiLo grocery store.

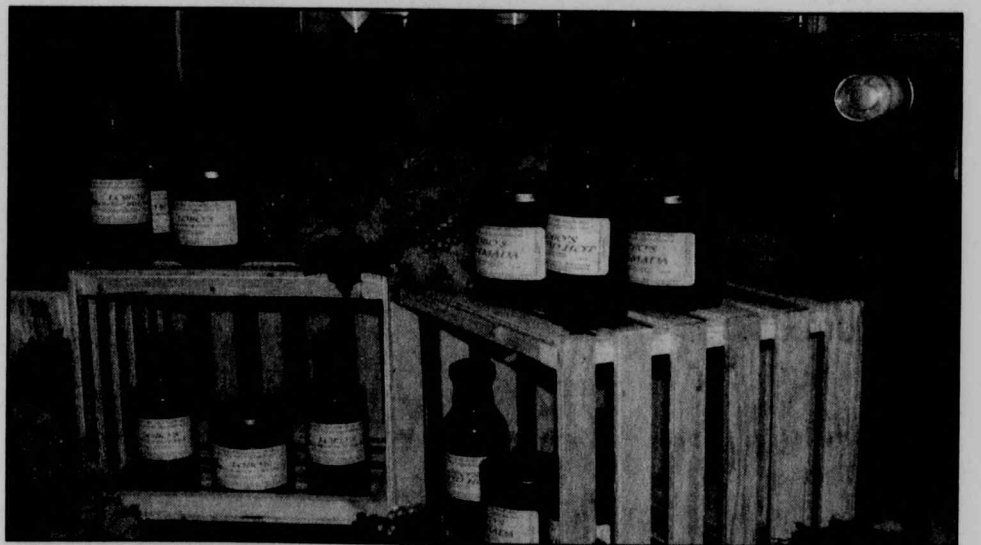
Tiffany and Mark hope to be selling in many other stores soon. They will be taking their product on the road again for

the annual Flaming Foliage Festival in Renovo this month, hoping to generate even more interest in their products among visitors and retailers.

"All-natural differentiates us from all the others, because 99.5 percent of the salsa companies in America use preservatives, and no one likes the idea of eating preservatives," said Mark.

"All we really need to do is get people to try it, and once they do they're hooked," said Tiffany.

There are four kinds of salsa available at different degrees of "heat". Quemada, Black Bean, and Corn salsa are mild. Howln' Hot Sauce and Stupid Hot,



Joe Stender / Eagle Eye

Visit Casa de Lobo to take home your own jar of this tasty salsa. are much spicier.

If you would like to try any or all of the flavors feel free to ask at the restaurant or join Mark and Tiffany at many of the local events.

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# Enrich your life with historic culture in Spain:

## Students share their experiences abroad and encourage others to do the same

**Jose Soto**  
Staff Reporter  
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Spain is a country rich with historic culture and traditions. Whether it's enjoying the genuine Spanish art of flamenco in the streets of Madrid, witnessing the intensive soccer games in Barcelona, or going around hunting for the best "Tapas" (finger

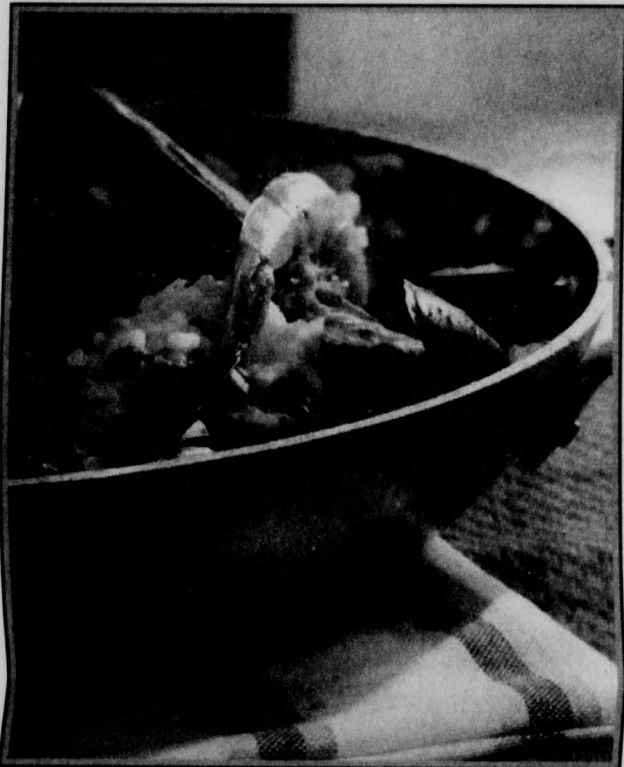


Photo courtesy of Google Images

**Paella is a colorful mixture of saffron-flavored rice and various meats.**

foods), this is a place where there is always something to look forward to.

Surrender yourself to the Spaniards, and you will find yourself spending timeless days and nights in the city streets and town squares of one of the most historically guided countries of this planet. Spain is a land filled with warm-hearted people who make sure that having a blast is an understatement.

One of our students here at Lock Haven, Corinna Irizarri, has had the opportunity to study abroad in Spain during the spring 2009 semester. She had the privilege to attend Antonio de Nebrija University in Madrid. She speaks highly of the trip, claiming it was the best choice she has ever made. "I absolutely

loved the whole experience," she says. "I just wish it hadn't ended so quickly."

The country's capital, Madrid, is a city located in the heart of the peninsula with a population of over 3 million.

"Retiro Park and Sol (center city). Retiro Park was a great place to go and see some nature as well as hang out with friends, do some homework, and lay out in the sun. There was also Sol,

inside the store that sells mostly ham. I didn't go out to eat a lot but tapas bars were nice because you got to try a little bit of everything. A tapas bar that I would recommend is El Tigre, you buy a drink and you get free tapas to go with."

Spain is also known for its delicious wine, Mediterranean foods: olive oil, legumes, cereals (rice pasta and bread); fruits, vegetables and nuts; cheese, honey, milk and fish, and of course, the Paella.

Paella is a traditional dish of Spain. According to the people at StudySpanish.com, "Its home is Valencia, a city along the coast east of Madrid, but variations exist in the different Spanish provinces. A colorful mixture of saffron-flavored rice and various meats, paella's name comes from the paellera, the flat, round pan in which it is cooked.

"Traditionally, the paella is cooked out of doors, over a wood fire. To make a paella, first sauté meats, such as chicken, pork, rabbit, or seafood, such as clams, shrimps, mussels, crayfish, or squid. Use olive oil and season with onions, garlic and herbs. Next, cook rice, tomatoes, and saffron, simmering over a low heat. Finally, mix in the meats and garnish with peas, pimientos, and other vegetables."

When in Spain, don't just stay in one town, go out there and travel. Enjoy the sites and experience the culture to its fullest. Irizarri took the opportunity to journey around Spain, and to some neighboring countries as well.

"In Spain, I went to Barcelona, Valencia, Alicante, Toledo, Segovia, Salamanca, and Granada. In Portugal I went to Lisbon, Cascais, Sintra, Belem, Cabo Raso. And in Greece I went to Athens, the island of Santorini and the island of Mykonos. Barcelona was by far my favorite city. It was antique



Photo courtesy of Google Images

**Madrid, Spain is a city full of culturally rich architecture.**

blend of modern architecture and Goude's buildings. As well as the feel of the city and that is was along the beach. The ocean was awesome," Irizarri says.

Her suggestion for those who are interested in studying abroad for a semester; "when you study abroad, defi-

nately take every opportunity you can to go out and experience the city that you're staying in. Go out with friends, and also, be willing to make new friends because if you stay homesick, and don't go out, you won't enjoy your experience."

Interested in going to Spain? Well it is defi-

nately within your reach. Stop by the Institute for International Studies office in 126 Akeley Hall, where they'll introduce you to our partner schools in Madrid, Ronda, and Valencia.

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**This Barcelona palace is just one of many attractions in the area.**



# Gaga fans, get ready!

**Kyle Driscole**  
Guest Writer  
kdriscol@lhup.edu

Lady Gaga will release a deluxe edition of the album *The Fame*. On November 24, 2009 Lady Gaga will re-release "The Fame Monster" edition. This album will be a two disc set and will include all the tracks from her last album, plus eight new tracks. One of the tracks did leak out and it is called "Bad Romance."

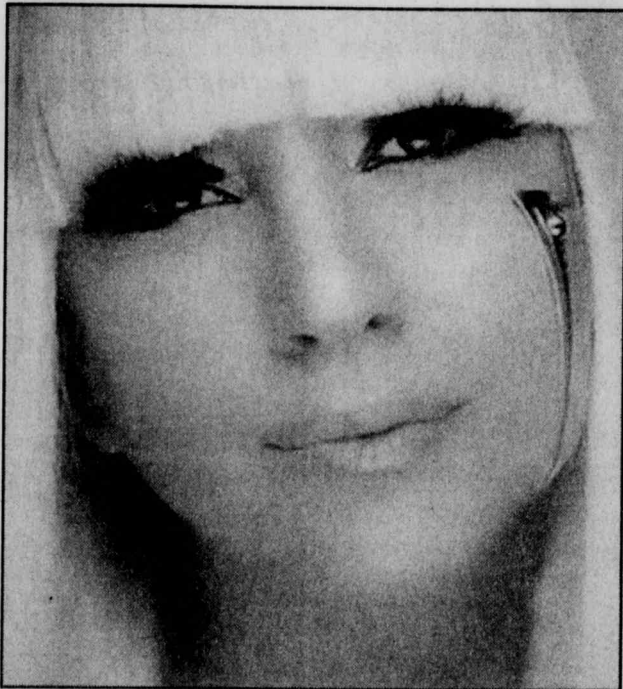


Photo courtesy of Google Images

"Fame Monster" is produced by RedOne and it has a pop/techno sound and is very upbeat like all of her other songs.

Gaga's first album made over \$4 million, but Gaga is more about the music than the money.

"On my re-release *The Fame Monster*, I wrote about everything I didn't write on *The Fame*. While traveling the world for two years, I've encountered several monsters, each represented by a different song on the new record: My Fear of Sex Monster; My Fear of Alcohol Monster; My Fear of Death Monster; My Fear of Loneliness Monster; and many

others," said Gaga in a released statement about the new songs on her album.

Gaga always puts in a lot of hard work and effort with her

song-writing and stage performances, so lets see if her re-release does as well as her first album that has sky-rocketed her to super-stardom.



Photo courtesy of Google Images

Gaga's new album will be released Nov. 24.



Photo courtesy of Google Images

"The Stepfather" comes to theatres October 16, 2009.

## Movie Preview: October has something for everyone

**Kyle Driscole**  
Guest Writer  
kdriscol@lhup.edu

This October movie lovers of all ages and various interests should keep an eye out for upcoming movies that are to be released within the next few weeks.

On October 16th Screen Gem will release its new thriller, "Stepfather", starring Penn Badgley and David Walsh. The movie begins with Michael Harding (Badgley) who comes home from military school to find that his mother has a new boyfriend (Walsh). As time goes by, Michael gets more and more suspicious of the new man of the house. As the story unfolds audience members are bound to be on the edge of their seats, wondering: is he truly a nice man or is he a cold-blooded killer?

Also to be released on October 16th is a Warner Bros. Entertainment, Inc. film that brings to life the children's book, "Where the Wild Things Are." This magical movie features the talents of Catharine Keener and a fairly new face to the big screen, Max Records. This movie takes a young boy (Records) to a magical island full of imagina-



Photo courtesy of Google Images

Saw VI hits theatres October 23, 2009.

tion, adventure, and friendly monsters.

Twisted Pictures are back again with the "SAW" series to premiere October 23rd with "SAW VI", which stars Tobin Bell and Costas Mandylor. "SAW VI" is sure to be as suspenseful and gruesome as the previous "SAW". If you can handle blood and love the thrill of being scared, this is the perfect movie for you this October. "SAW VI" will be playing at the Roxy Theatre on the 22nd.

October 23rd will also be the debut of a new comedy that is

sure to make all mothers laugh. Brought to audiences by John Wells Productions is a film called "Motherhood", which stars Uma Thurman and Minni Driver.

"Motherhood" is about Eliza Welsh (Thurman) and how her daughter's sixth birthday party turns into a day that she will never forget.

On October 28th Michael Jackson's "This is it" will be released in conventional and digital IMAX theaters. This movie will provide audiences with a behind the scenes look at the rehearsals of Michael Jackson's last tour, which never got to actually happen because of his passing. This film is one that all the Michael Jackson fans are sure to enjoy.



Photo courtesy of Google Images

Everyone's favorite childhood story comes to life this Friday.



Photo courtesy of Google Images

An inside look at Michael Jackson's final rehearsals.



# Bald Eagle

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# From the Bookshelf:

Sharing our love of literature with yours

Jared Conti is a non-traditional senior majoring in English with an emphasis in writing. He will be interviewing readers around campus to find out who, what, and why they read, so that fellow book lovers can discover new material to enjoy.

Megan Grunthaler is a senior majoring in Secondary Education: English. She already has a Bachelor of Fine Arts. She is currently the secretary of the English Club, which meets every other Thursday at 5:15 in Raub 211.

Q. So, what are you reading right now?

A. "The Other" by David Guterson, but that's for school, so it's like a cop out.

Q. But are you enjoying it?

A. I LOVE IT! It reminds me a bit of myself and others I've known throughout my life. It also has a lot of adventures in the wilderness; climbing, which I can't do, but which I could.

Q. So, if it weren't for class, what would you like to be digging into?

A. "Naked Lunch" by Charles Bukowski. I heard an interview on NPR with the author [before he died] and his friend Jack Kerouac told him to write a book with the title "Naked Lunch". I found it really interesting. It's about his addiction to heroin. Also had some teachers complain about how choppy [throwing in chopping motion here, honest] the writing is, so I'm interested to see how it works.

Q. You have a favorite book?

A. "Electric Kool-Aid Acid Test" by Tom Wolfe, because the time in my life that I read it, I really loved it. It has this connection between musical artists and visual artists that I really love and how I ended up starting out in visual arts and moved to literary arts.

Q. And you just got done ordering a book on the internet?

A. Yes, "Armageddon in Retrospect" by Vonnegut. I've liked his more recent stuff because it's more of a depiction of him and his own thoughts as he's nearing death.

Q. So, why do you want to teach?

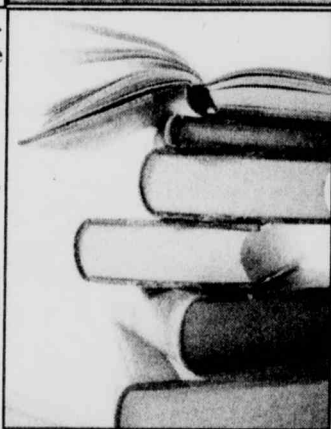
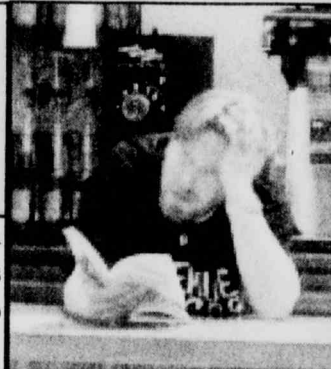
A. My theory teacher won't like this, but I want to teach because I think kids are dumbing down because adults aren't expecting much of them. I think they would get a lot more respect if they presented themselves in a more educated way. When I started reading books, my vocabulary strengthened and my ability to speak increased and I feel people take me more seriously now. I'm going to be the bitch teacher that everyone hates, but they'll look back in twenty years and understand what I was going for. Plus, I get to yell at them and there's nothing they can do about it.

Q. Do you have a favorite class this semester?

A. My independent study with Myers. Some of the books are ones you would read in the class anyway, but others are books that he's really excited to talk about. Like, I want kids to read books that they want to talk to me about them. Less about a history lesson, more about making a connection.

Q. Finally, can you tell us a little about what the English Club is doing now?

A. Well, we meet every other Thursday at 5:15 in Raub 211, reading submissions of students' work. We're collecting cans for Feed Clinton County food drive and have a collection box at Avenue 209. We're hosting a ghost story walk Friday, October 23rd. We're also planning a trip to NYC later in November.



## Photo of the Week:

Each week there will be a picture of a place on campus that you may not recognize: we challenge you to guess what or where you think it is! The first person to email us the correct answer at lhueagle @yahoo.com will win a free Eagle Eye mousepad!

Last Week

Congrats to Cassidy Charles!

This Week

What/where is it?



## Now Showing at the Roxy:

Zombieland (Rated R | Running Time: 1 hr 28 mins)  
Showing:  
Thurs Oct 15 7 PM  
Fri Oct 16 7 PM, 9:20 PM  
Sat Oct 17 2 PM, 7 PM, 9:20 PM  
Sun Oct 18 2 PM, 7 PM  
Mon Oct 19 7 PM  
Tues Oct 20 7 PM  
Wed Oct 21 7 PM

Couples Retreat (Rated PG-13 | Running Time: 1 hr 44 mins)  
Showing:  
Thurs Oct 15 7 PM  
Fri Oct 16 7 PM, 9:20 PM  
Sat Oct 17 2 PM, 7 PM, 9:20 PM  
Sun Oct 18 2 PM, 7 PM  
Mon Oct 19 7 PM  
Tues Oct 20 7 PM

Wed Oct 21 7 PM  
Cloudy With a Chance of Meatballs (Rated PG | Running Time: 1 hr 30 mins)  
Showing:  
Thurs Oct 15 7 PM  
Fri Oct 16 7 PM, 9:20 PM  
Sat Oct 17 2 PM, 7 PM, 9:20 PM  
Sun Oct 18 2 PM, 7 PM  
Mon Oct 19 7 PM  
Tues Oct 20 7 PM  
Wed Oct 21 7 PM

Coming Soon:  
Where the Wild Things Are (Rated PG | Running Time: 1 hr 41 mins)  
Saw VI (Rated R | Running Time: Unknown)  
Showtimes coming soon. You can view them at [www.roxy-movies.com](http://www.roxy-movies.com).

# Tepper's Top Ten

Your weekly source for all things entertainment!

Danielle Tepper  
A&E Editor  
dtepper@lhup.edu

### 1. Movies:

Check the Roxy listings for something playing nearby!



### 2. TV:

This week's season premieres:  
October 15  
30 Rock (NBC), 9:30 PM/ET  
October 16  
Supernanny (ABC), 8:00 PM/ET  
Ugly Betty (ABC), 8:00 PM/ET  
October 18  
Storm Chasers (Discovery), 10:00 PM/ET



### 3. Music:

Download this - Britney Spears released her new single, "3," on September 29. The song will be featured on her greatest-hits album, The Singles Collection, due out on

November 24, 2009. She's releasing the collection to celebrate her 10 years in the business since the release of her very first single, "... Baby One More Time."

Britney Spears has become the first artist in over three years to debut at No. 1 on the Billboard Hot 100, to be released tomorrow (Oct. 15), as "3" opens at the pinnacle of the chart.



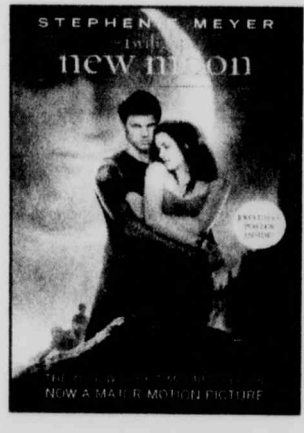
### 4. Books:

Check out the "New Moon" movie companion by Mark Cotta Vaz. From Amazon.com: "Explore the making of the film New Moon in this ultimate visual companion, lavishly illustrated with full-color photos of the cast, locations, and sets.

This beautiful paperback edition celebrates the onscreen creation of Stephenie Meyer's fascinating world, brought to life by Academy Award-nominated director Chris Weitz.

With never-before-seen images, exclusive interviews and personal stories, renowned author Mark Cotta Vaz takes you behind the scenes with cast and crew, uncovering intimate details of the filmmaking process. Also check out the re-

release of the original book, with Taylor Lautner (Jacob) and (Kristin Stewart) Bella gracing the new cover!



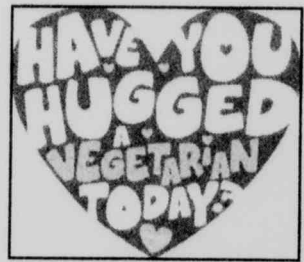
### 5. Food:

Lately, there are more options for meatless lifestyles than ever. There are more menu options and more restaurants specializing in vegetarian cuisine overall. Even carnivores who crave variety are enjoying a chance to choose lighter and healthier fare.

If you have ever been curious about what it really means to be a vegetarian, or what makes the distinction between a vegetarian and a vegan lifestyle, look no further. Now when someone mentions they are a vegan at lunch, you can do more than politely smile and nod.

**Vegetarian:** A blanket term used to describe a person who does not consume meat, poultry, fish, or seafood. This grouping includes vegetarians and the various sub-categories of vegetarian; however, it generally implies someone who has less dietary restrictions than a vegan.  
**Semi-vegetarian:** Usually describes some-

one who consumes dairy products, eggs, chicken, and fish, but does not consume other animal flesh.  
**Ovo-lacto-vegetarian:** Vegetarians who do not consume meat, poultry, fish, and seafood, but do consume eggs and milk. This accounts for the largest group of vegetarians.  
**Ovo-vegetarian:** Describes someone who would be a vegan if they did not consume eggs.  
**Lacto-vegetarian:** Describes someone who would be a vegan if they did not consume milk.  
**Vegan:** The strictest sub-category of vegetarians. Vegans do not consume any animal products or by-products. Some go as far as not even consuming honey and yeast. Others do not wear any clothing made from animal products.



### 6. Quote:

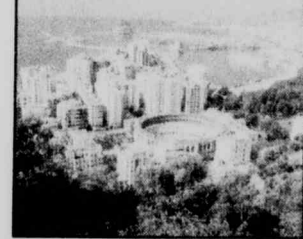
"The other night I ordered take-out and when I looked in the bag, saw they had included four sets of plastic cutlery. In other words, someone at the restaurant packed my order, took a second to think about it, and then estimated that there must be at least four people eating to require such a large amount of food. Too bad I was eating by myself. There's nothing like being made to feel like a fat

bastard before dinner."



### 7. Travel:

LHU students are always taking amazing trips to foreign countries through our study abroad program. Read about them in our section, and also be sure to go down to the study abroad office for information if you are interested in doing this yourself!



### 8. DIY:

Have you started thinking about your Halloween costume yet? If not, you should probably start brainstorming soon! There are a ton of easy ways to create a fun costume without spending too much money, so get online and start looking for ideas! Halloween is only a little over 2 weeks away!



### 9. Internet:

If you haven't heard, Pandora is quickly growing into a widespread music addiction. About it: "In January of 2000, a group of musicians and music-loving technologists came together with the idea of creating the most comprehensive analysis of music ever. Together we set out to capture the essence of music at the most fundamental level. We ended up assembling literally hundreds of musical attributes or "genes" into a very large Music Genome." Read more at <http://www.pandora.com>



### 10. Free Time:

As the weather gets chillier, it's the perfect time to take your friends and spend the weekend doing fun fall things! Get lost in a corn maze or take a haunted hayride, then pick your own pumpkins at a local patch so you can attempt to make your very own jack-o-lanterns! Or check out Spook Haven, the local haunted house. Learn more at <http://www.spookhaven.com>.

