

# Eagle Eye

## Vandalism May Destroy Library

by Joe Savrock

You find yourself with fifteen free minutes before a class and decide to spend it reading the sports page of *The Philadelphia Inquirer*. You go to the periodical section of the library, unfold the newspaper, and find that half a page has been ripped from the publication.

This is one of the small discouraging matters that mar the otherwise smooth services of the library. Small acts of vandalism, such as the newspaper article pilfering, are common.

Stevenson Library is regarded as one of the most credible structures on Pennsylvania campuses, and only proper care of its resources will allow it to remain so.

Destruction and theft of periodicals is a disturbing hindrance to library operations. Magazines have been disappearing at an occasional

rate as well as newspaper articles. These acts are inconsiderate and senseless. Any magazine article can be duplicated on the copying machine located in the library basement.

"If anyone would like to have a newspaper, all he has to do is ask," says Robert S. Bravard, Head Librarian, explaining that most papers are thrown out after several weeks.

Destruction of reference books represents a serious loss. Bravard cited an instance in which four pages from the *Book Review Digest* were torn loose. The cost of replacing the volume, said Bravard, was \$30.

Book theft is no longer the weighty problem it once was. The installation of the Check-Point spotting system, says Bravard, "cut losses by 60%. Books on abortion, for example, had vanished before we installed Check-Point."

While the loss of books was reduced, it has not been eliminated. "If a person is a compulsive or professional thief," says Bravard, "no library in the world can stop him. We have cut down on the casual thievery." Windows were recently bolted shut to eliminate one possible means of book-swiping.

Book theft has almost been terminated, but its consequences remain for the future. The empty space in the bookshelf still exists. A book is not known to be missing until a borrower inquires about it. Hence it is impossible to determine how long a book has been missing.

(Vandalism involving library material is serious. But the destruction of the library itself--and of its more permanent contents--will cause the building to age quickly. The situation will be discussed in a follow-up article.)

Due to Thanksgiving Vacation, there will be no paper on Monday, November 26th.

## Co-ed Dorm Debate

### Nov. 26-28

On November 26-28 an open debate will be held for all full time students at 8:00 P.M. in Raub Hall. The topic chosen for this debate is, "Resolved: All dormitories at Lock Haven State College should be co-educational."

The debate team will consist of four students, two debating the affirmative view and two the negative. If a student wishes to enter but does not have a team, he will be assigned to one. Coaches will be provided for each team.

Cash awards will be given to the top three placing teams. First place will receive \$25.00, second place \$15.00 and third \$10.00.

If you are interested in the debate please fill out the entry blank below and return it to:

Deb Muratore  
Box 430  
McEntire Hall

## Is VD a Problem?

by Betsy Woolridge

Is VD a problem at LHS? Students seem to be asking that question alot this week.

According to Miss Crisman, at Glennon Infirmary, VD doesn't seem to be on the rise at LHS. In the last six years there were only eight cases diagnosed through the infirmary.

Those cases which prove negative (10 to 15 years) are non-specific mab urethritic. Only about five women a year are tested through the infirmary.

"We are here to help,"

stated Miss Crisman. She explained that VD is treated like any other student health problem.

Miss Crisman outlined the procedure for suspected cases of VD, the student is examined by the doctor and treatment may be started immediately if there is an infection of some sort present, VD or not. The student will be sent that day to the hospital for tests and the following day the results will be sent back to the infirmary. The student will then be informed of the resulates and treatment will begin immediately.



Affirmative			
(1) Name _____	Hall _____	Room No. _____	
(2) Name _____	Hall _____	Room No. _____	
Negative			
(1) Name _____	Hall _____	Room No. _____	
(2) Name _____	Hall _____	Room No. _____	

# Meditation Brings Inner Peace

Students on the campus of LHS have probably noticed the numerous signs posted dealing with lectures on Transcendental Meditation. These lectures are given by the Students International Meditation Society and are open to anyone. They are the introductory lectures to a course in learning the technique of Transcendental Meditation (T.M.). The lectures provide a general knowledge of what T.M. is, how it works, and the benefits one receives from T.M.

Transcendental Meditation cannot be entirely explained, it is something one must experience. "Both knowledge and experience are necessary to bring fulfillment," explains Maharishi Mahesh Yogi founder of Transcendental Meditation. T.M. is not a religion and does not interfere with one's religious beliefs. The Transcendental Meditator does not sit in the form of a "pretzel" and eat only rice. T.M. is practiced twice a day

for 15-20 minutes. Meditators claim to be more alert, have less anxiety, and to experience inner peace.

The benefits from T.M. fall into basically two categories, social and physiological. The social benefits from Transcendental Meditation usually must be experienced by the meditator before he fully believes them. The physiological body changes have been tested and proven in universities around the world. Some of these physiological changes are listed here. Oxygen consumption and metabolic rate decrease during meditation indicating a deep state of rest. Skin resistance increases, showing a reduction of anxiety. Cardiac output decreases, indicating a reduced work load on the heart. Blood Lactate concentration is reduced, indicating a reduction of anxiety. A faster reaction time in meditators after meditation shows a more alert state of mind. Transcendental Med-

itation is a simple and natural technique that brings one's mind to subtler levels of thought, until he is within a fourth state of consciousness, restful alertness.

Presently on campus there are ten students and two professors practicing Transcendental Meditation daily. Meditators around the world do not consist of just a bunch of "hippies". Among the meditators are Major General Franklin M. Davis, Commandant of the United States Army War College; Apollo IX Astronaut, Rusty Schweickart; and believe it or not, Joe Namath of the New York Jets.

The next time a lecture comes to campus, go and listen to it. All who attend will learn about Transcendental Meditation, some will go on to experience T.M., it is the latter who will gain fulfillment from Transcendental Meditation.

## NCTE Meet in Phila.

### May Ireland Presides

By Sherri Lazear

Monday, November 19 marks the beginning of the National Council Teachers of English Convention. This year the convention is held in Philadelphia, Penna. and Lock Haven State College's Ms. May Ireland has the honor of presiding over the event.

The annual convention is designed to aid teachers of English from kindergarten through the university level. Various workshop programs will introduce new teaching techniques and allow the different state representatives to exchange their teaching ideas.

Ms. Ireland will greet the department chairmen at the convention opening and will speak at two sessions concerning competency of the English program for vocational students. Ms. Ireland plans to head various business meetings at the convention. The finale of the convention is the Saturday evening banquet at which nationally known author Mary McCathy will speak.

When asked what she thinks of the convention Ms. Ireland replied, "It's wonderful, yet utterly exhausting, I must be up and shining at 6:45 all ready to go!"

## Dear Editor... Use Your Directory, Please

To the Editor:

How many times have you dialed the campus operator, after four, and found that the phone keeps ringing and ringing? Well, you figure, she's busy, so in a couple of minutes you dial again. However, she still doesn't answer the phone. What in the world could be occupying all of her time? Is she dialing the hospital or the police? Chances are that she is searching for an address.

I am employed as a student switchboard operator. I am hired to provide a for the faculty, staff and students of the Lock Haven State College community. Even though the offices of the staff and administration close at four o'clock, I am usually busy until well after seven o'clock. I am supposed to help with any problems that should come up and help the communications system on the campus run as smooth-

ly as possible.

However, this is not always possible. Most of my unimportant and time-consuming calls involve student addresses and faculty extension numbers. Granted, I do have access to these numbers, but my student directory is not as accurate as the directories that were printed by the student publications board. These directories not only include student addresses, but the numbers of all the extension phones on the campus!!

If you have a directory, PLEASE use it. If you don't have one, someone in the near vicinity should. Using these directories will not only speed the communications system, but you will be helping out the person with a problem who can't reach me because I'm paging through an incomplete computer print-out directory.

Student Switchboard operator  
trying to do her job

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# Varsity Grapplers Beat Alumni, 24-12

by Gary Brubaker

Powered by the strength of their middle weights the LHS Bald Eagle wrestlers defeated the Alumni 24-12 Saturday night in Thomas Fieldhouse.

The House of Norse saw the Eagles lose the first 2 matches of the night but then win the next 4, two by falls, giving them a lead too great for the Alumni to overcome.

At 126, Jim Rupp went against Eagle senior Brian Kuntz to open the meet. A fireman's carry with 3 seconds to go in the first period gave Rupp a 2-0 lead, Rupp then took top position at the start of the second period. Kuntz escaped quickly but Rupp took him down again. Kuntz then escaped and the score read 4-2 Rupp, after 2 periods. Third period action found Rupp escaping in 11 seconds and then taking Kuntz down. Kuntz scored his third point on an escape and the final score read 7-3 in favor of Rupp, giving the Alumni a 3-0 lead.

The 134 pound class found Ben Shipman going against Tim Rupp, Jim's twin brother. The only scoring in the first period came on a barrel roll take-

down by Rupp. Shipman took the top in the second period making it 5-1 in favor of Rupp. Shipman escaped at the onset of the third period and both boys battled on their feet the remainder of the match. Rupp won the match 5-2 and upped the Alumni's lead to 6-0.

At that point the Eagles came alive. At 142, Rob Johnson defeated Gary Yoder 5-1. After a scoreless first period Johnson reversed Yoder 5 seconds into the second period and led 2-0. Yoder escaped and the score read 2-1 going into the final 2 minutes of wrestling. Johnson in the third period scored a 2 point near fall and garnered 1 point riding time for his 5-1 win.

With the score 6-3 in favor of the Alumni Larry Rippey faced freshman George Way. This was the turning point of the match for the Eagles. Leading Rippey by the score of 7-4 in the third period. Way took down the former LHS great, clamped him in a headlock and pinned him with just 0:34 remaining in the match. This gave the Eagles a team score lead 9-6, a lead they would not give up the rest of the night.

The 158 pound weight

class saw Eagle Dave Crowell completely dominate Alumni member Jack Hopkins. Leading 2-0 after the first period, Crowell upped his lead to 5-0 in the second before he clamped Hopkins in double arm bar. Hopkins couldn't budge and the fall came at 2:11.

Carrying a 15-6 lead into the 167 pound match it seemed as though the 1-2-2 minute periods were a little too much for a few of the Alumni members. Don Eichenlaub took on Willie Vokes and they wrestled a scoreless first period. Vokes escaped in 0:18 of the second stanza but Eichenlaub scored a takedown with 0:39 seconds remaining in that period to hold a slim 2-1 lead. The third period was all Eichenlaub and the final score was 6-2 in favor of the Eagle junior. This upped the match score to 18-6, Eagles.

The 177 pound class found Hank Hawkins defeating Don Adams 5-3. Down after 2 periods Adams escaped only to be taken down for the second time by Hawkins. Adams reversed Hawkins with a Gramby roll and had the Alumni wrestler in trouble but could not get any near fall points.

At 190 with the Alumni behind 18-9 Eagle Dave Wasson took on Alumnus Bob Metz. After a scoreless first period Metz scored 6 points in the second to just 1 for Wasson and went on to defeat the Eagle junior 9-2.

The 210 pound class found another freshman, Art Baker take to the mats for the Eagles. Baker won, defeating Tom Zimmerman 1-0 on an escape in the third period, wrapping up the meet for the Eagles, 21-12.

The heavyweight match found Jim Schuster defeating Scott Brooks 9-3, scoring 5 and 4 points in the second and third periods. Final score read the Eagles-24, Alumni-12.

The crowd enjoying the match was the largest in the short 4 year history of the Alumni-Varsity classic. Congratulations should be given to the Varsity Club in making the fund-raising encounter a success.

Coach Cox received many praises from the Alumni members and LHS wrestling fans alike on this year's Eagle squad. Let's hope this year's team keeps up the winning wrestling tradition that has been a part of "the Haven" the past 3 decades.

## Men Swimmers at Millersville

by Mike Farren

Over the weekend, the Lock Haven State Men's Swimming Team participated in the 2nd annual Millersville Relay Carnival. LHS swam against teams from Gettysburg, Shippensburg, York, Kutztown, West Chester, Elizabethtown, Franklin and Marshall, 2nd year champion Bloomsburg, and the host school.

Although the Eagles placed last in the 10 team field, Head Coach Harold Hacker was pleased with the times turned in by his proteges. "We're ahead of where we were last year, the boys are in much better condition than last year at this stage. They seem to have gotten a lot out of the pre-season workouts," Hacker continued, "when I was unable to be

with the team due to football practice."

The swimming mentor points out that lack of depth will be the Bald Eagles major weakness this year. Hacker has only 12 swimmers on hand, where he had hoped for at least 15. "There will be some events where we will be able to put only one swimmer in, and that will hurt us."

Strong points for the Eagles will be the long distance freestyle, breaststroke, and individual medley events. "Joe Barnes, Dave Woods, and Mark Wingert will be interchanged in the 1000 and 500yd. freestyle, and Wingert may also go the 200 fly. Jack Weaver, Mike Farren, and Woods can be used in the IM, and Weaver will probably be swimming the 200 yd.

breaststroke, as well." The medley relay, consisting of Farren, Woods, Weaver, and either Brad Zuber or Tom Burns as anchorman, will be another plus for the Eagles. This unit turned in a time of 4:15 at the relay carnival, only 7 seconds off the varsity record of 4:08.58, set in 1970.

Diving, A Bald Eagle

strong suit in the past, will be tough once again this year. Al Rice, who broke Larry Brigg's team records in both the 3 meter and 1 meter diving competition, and Bill Edwards, will return for their second year of action. Joining them are freshmen hopefuls Ed Fritz and Steve Harkins.

## Women's Swim Team Practices

By Karen Greene

Lock Haven State will have a Women's Swim Team for the 1973-74 season. There are fifteen girls on the team coached by Miss Jean Lundholm. Practices are being held two nights a week, Tues. and Thurs. from 7-9. Miss Lundholm stated that after the Thanksgiving vacation, at least four practices a week

will be held.

Though it is young and small, Lock Haven State's Women's Swim Team will compete in four meets against Bloomsburg, Mansfield and two against Lycoming. If anyone is interested and willing to put forth some effort to make the team a success, come to any one of the practices or see Miss Lundholm.

## Goodling Roundball Captain

Warren Goodling LHS senior will serve as captain of the 1973-74 Lock Haven State College varsity basketball team according to an announcement made by the Bald Eagles head coach Dick Taylor.

Goodling, from York, Pa. led the Eagles in scoring last year with 297 points in 21 games for a 14.1 point average per game. The 5'9" guard hit on 130 field goals of 265 at tempts last year and went 37 for 43 at the foul line.

## Eight Eaglettes Tryout for US Field Hockey Team

by Abe Stauffer

Eight members of the Women's Field Hockey Team will represent Lock Haven State at the United States Field Hockey Association National Tournament being held at Winchester, Mass. November 22 through the 25th. This tournament is held to select players for a United States Field Hockey Team.

The players from Lock Haven are as follows: Ronnie Lawson, Kelly Cromer, Jackie "Jake" Crowell, Nadine Grove, Bev Garman, Pat Rudy, Suzanne O'Conner, Cindy Karl. Kelly Cromer was a member of the U.S. squad last year.

The United States is divided into ten geographical sections. These are broken down into smaller divisions. Lock Haven belongs to the Susquehanna Association. Players who make this team try out for the Mid East team. Players who make the Mid East team then try out for the National team.

Teams from Pennsylvania, Western New York, and West Virginia are in the Mid-East Association. There is a total of 33 teams competing at Winchester, near Boston, Mass., with 363 players participating. This style of tournament is similar to the Olympic selection. The players may not necessarily be college players. There are many women competing who belong to field hockey clubs. It is quite an honor for 8 girls

Commenting on the selection Coach Taylor stated: "Warren has the type of qualities that most coaches would like passed on to the other members of the team. He is a completely dedicated player always the first one on the court and the last to leave at practice. He has made improvement of his basketball game a year-round project."

His older brother Rodger played basketball at Lock Haven State and now is the head cage coach at Shippensburg State College.

from the "Haven" to be among only 363 other girls competing for a national team.

There will be a U.S. first team, a second team (reserves), and honorable mention team picked. This adds up to about 45 girls. A touring team from Scotland will be at Winchester and will be playing exhibition games.

We wish all our girls "Good Luck".

**There will be an important meeting of the Computer Science Club on Monday, November 19, 1973 at 7:30 PM in Raub 407.**

## CLASSIFIEDS

One 1966 Datsun SPL 311 Roadster for sale-\$500.00. Contact "Night Owl" from 12 midnight to 6 am, WBPZ.

Biology Club Meeting, Mon., Nov. 19 8:00 p.m. in Ulmer 311.

Anyone Student teaching at BEN 1st nine weeks of spring semester, please contact Cindy Schenck, 203 Gross, ext. 468, 748-9941.

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## Dance Tonight

by Sandy Richart

The Womans Dorm Council will sponsor a dance Monday from 9:00-12:00 p.m. in Rogers Gym. The funds from the dance will go to a Christmas party at Susquehanna, a home for elderly people. Homer, a new group from Sunbury will be playing at Lock Haven for the first time.

Admission is 25 cents with a student ID and a dollar without.

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