

The Main Cheung fire that occured early Thursday morning caused thousands of dollars of damages to the building, but plans are on the way for reconstruction.

Brendon Costello **Staff Reporter**

A fire destroyed the Main Cheung Chinese Restaurant on Hogan Boulevard in Mill Hall early Thursday morning causing thousands of dollars in damages.

The fire began at 3:00 a.m. in the kitchen's barbecue oven, according to the restaurant's

owner, Joe Yip.

It spread for an hour before consuming the entire building. Yip said losses have been estimated at \$350,000. The building was not insured against fire.

"It began here in the barbecue when grease dripped down," said Yip on Monday afternoon while standing in the kitchen beside grease-filmed puddles of hose water left from the fire men

days before. Water damage had claimed what the fire had not.

The grease from a barbecue oven used for cooking duck came in contact with the pilot light and spread throughout the building, charring everything from floor to ceiling.

What remains carries a putrid oder and the only lighting now comes from charred and window-less holes in the ceil-

"I arrived at about 4:00 [a.m.]," said Yip. "I don't know how to say how I felt."

"We will be getting a new roof, ceiling and floor," said Yip. "Everything damaged will be replaced."

On Monday workers were already tearing apart the building in preparation to rebuild it. A dumpster now sits in the front parking lot collecting parts of the building which has been used for only five years by the family-owned business.

Main Cheung receives most of its business from college students.

"In four or five months we will try to re-open," says an optimistic Yip, hopeful and optimistic about the restaurant's future.

Council of Trustees recognized Dr. George A. Durrwachter and his wife, Shirley, who have donated \$1 million to the building project.

announced the name of the

alumni building as the **Durrwachter Alumni**

Conference Center.

upcoming 31,000 square-foot

As previously announced,

The building will serve as a

The Lock Haven University

the center will be constructed at

the intersection of Fairview and

home to not only admission

services, but will also be a place

for alumni to come together and

visit with other alumni.

Water streets in Lock Haven.

Durrwachter, a 1961 health and physical education graduate, is also a university trustee and member of the Lock Haven University Foundation Board of Directors.

"The Durrwachter family is a great example of alumni giving back to the university," said Jerry Updegraff, vice president for university advancement and LHUFoundation executive director.

"Dr. Durrwachter is a graduate who feels strongly about our mission and we couldn't be more pleased to work with him.'

For alumni, features of the center include meeting and conference rooms, areas of recognition of service to the university, several social areas and a library to hold books and other publications written by alumni and faculty.

For the community, there will be a large conference room which can hold up to 400 people and conference areas for meet and greets.

See Alumni, A3

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News		A1-A4
Classifieds	and the second sec	
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Barrows named new LHU director of development Sarah M. Wojcik this new position call him to

Staff Reporter

Students attending Lock Haven University will probably not know much about the position that Keith Barrows has recently filled on campus.

Parents and alumni of LHU, however, will be much more familiar with Barrows, who has been named the university's new director of development.

Barrows has had a colorful and qualifying past that has placed him as an attorney in the U.S. Army Judge Advocate General's Corps, the practice of law in Williamsport, and the beginning of his higher education career at Lycoming College.

He served as Central Pa. Chapter's president for the Committee on Planned Giving and was involved with the Council on Advancement and Support of Education as well as the Association of Fundraising

His new position at Lock Haven as the director of development has come after years of experience. But what then, does

do? As the director of develop-

ment, Barrows is responsible for university fund-raising, which is the source of much of the university's income for new projects and buildings.

The voluntary donation of money to LHU from alumni and friends of the university is key in achieving some very big projects, such as the Alumni Center which is set for construction this spring.

"After you graduate and you understand that in fact, private support actually provides a significant amount of support for the university each year, you sort of become aware of that," Barrows explains, "Private dollars play an important role in the success of a university."

While some may find the idea of a fund-raising job as something less than desirable, Barrows has a different take on

"I love being able to help people support education and fund projects on campus that benefits students," said Barrows.

His enthusiasm for the posi-

tion is reflected in the big task that lay ahead for him during his first term as LHU's director of development which is the Alumni Center.

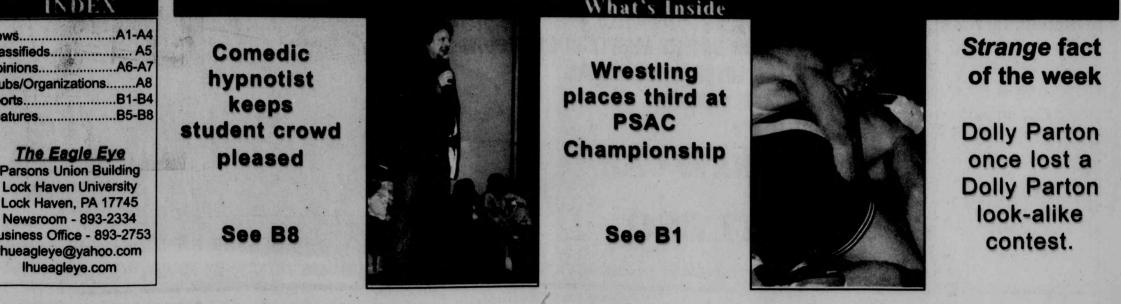
Since the center is now committed to being built it is an extreme priority for the LHU Advancement Division and will be the first major project that Barrows will undertake in his new position.

The director voiced his approval at LHU's rather high alumni participation rate for a state-system school, which rests at around 17% according to Barrows.

During his time as the director of development, Barrows would like to see that number increased and would also like to "refocus staff efforts on priorities of the university" by getting more involved in the development of crucial projects.

Optimistic and qualified, Barrows intends to make the most of his new job, and perhaps as alumni, students will come to be more familiar with the importance of what a combined effort between donor and fund-raiser can do for the university.

National Professionals.





Courtesy of LHU Public Relations Keith Barrows was named the new director of development to help with university fund-raising, alumni donations, and other projects of LHU.

Study shows graduates as unprepared for the workplace

Jenny Charney Guest Writer

A2

According to a national survey done by the American Institute for Research, experts believe that college students are paying to graduate with the same skills they had prior to filling out their first FAFSA.

The survey was presented to students in their final year at 80 randomly selected 2-year and 4year public and private colleges and universities across the United States.

It measured abilities related to three types of skills: prose, document, and quantitative literacy.

Each form was scored on different levels, based on the students' response.

The survey showed 20 per-

cent of U.S. college students completing a 4-year degree, have only basic quantitative literacy skills. Meaning that some students were unable to estimate if their car has enough gas to get to the next gas station, or are unable to balance their own checkbook.

"To be honest, I didn't learn those kinds of skills in school. I learned them at home, from my parents." said Lisa Kiwak, LHU alumni.

The director of the study, Dr. Stephane Baldi responded that the surprisingly weak quantitative literacy ability of many college graduates in troubling.

"A knowledgeable workforce is vital to cope with the increasing demands of the global marketplace," said Baldi.

The results of the study are

intended to help college and university administrators identify specific academic areas where students have literacy gaps that should be addressed.

The study also provides information on how prepared students are to join the labor force.

Another discovery of the survey was that the literacy of college students is directly related to the education of their parents.

Children whose parents graduated college or attended graduate school have higher literacy than students whose parents did not graduate high school.

This kind of disappointment can be partially blamed on curriculum choices made by area high schools as well. In the Clearfield county newspaper, *The Progress*, an article was recently written about the replacement of courses at Moshannon Valley Jr./Sr. High School.

Classes such as administrative and financial applications, keyboarding and Microsoft word, and introduction to computer applications are being cut. These classes are being replaced with advanced art classes and an interpersonal relationship class based on improving the selfesteem of the students.

This could mean a senior's schedule could compose of a math class, an English class, and a class on how to make friends instead of how to balance a checkbook.

The study was funded by The Pew Charitable Trusts.

Diversity grant promotes support programs across campus

Sarah M. Wojcik Staff Reporter

Lock Haven University is newly prepared to support and encourage campus diversity since the arrival of a \$46,900 grant issued by the Pennsylvania State System of Higher Education (PASSHE) office of diversity and equal opportunity.

The grant was issued earlier this month, and the funds received have been divided among five programs at the university.

The grant is the largest that the university has received for this purpose within the last three years, according to Albert Jones, the director social equity at LHU.

"The funding goes to uphold the university's mission to encourage and support diversity throughout the campus, both in and out of the curriculum, and

-...

on a campus-wide scale," Jones stated in a press release concerning the grant.

Dr. Jane Penman, associate professor of special and early childhood education received \$12,312 for a program that has become a mission for her.

The Diversity in Teacher Education program works with high school students at Williamsport Area School District (WASD), in an effort to recruit and encourage minority students to pursue careers in education.

The hope is that these students will come back to the WASD to teach in the future.

Currently minority students make up more than one-third of WASD's student population, however fewer than 20 of the more than 500 teachers in the district are themselves minorities. Such disproportioned figures set perceived racial boundaries and limit the exposure of a diverse workplace to students. In addition to the shortage of minority teachers in WASD, the Diversity in Teacher Edication program also plans to remedy the lack of minority teacher education students at the university.

By exposing the high school students to the campus, Penman hopes to attract them to attend after their senior year in order to put a stop to the "increasing number of minority children and the shortage of minority teachers."

The grant money will pay for transportation, food and tuition for the attending highschoolers and is the general lifeblood of the program.

The program began last year as one of many state-wide programs promoting Dual Enrollment, where high school students take college classes for college credit.

The positive feedback that Penman has received from her program has kept her optimistic about the future of Diversity in Teacher Education.

Students are willing and eager to attend the LHU offered classes and hopefully one day make a difference in the lives of other WASD minority highschoolers. The money, of course, helps as well.

As Penman observed, "Otherwise, this wouldn't be happening."

Additional programs that will be reaping the benefits of the grant include Safe Zone, which is directed by Dr. Fredrick Schulze.

The program received \$3,200, which will aid in combating unsafe homophobic conditions on campus.

According to Schulze, the program will include the training of faculty and students who are interested in serving as support, assistance and referral resources for gay, lesbian, bisexual and trans-gendered (GLBT) students.

Super Bowl Delivery Service Sunday, February 6 from 7pm to 10pm

Student rumors circulate of monitoring online profiles

Daniella De Luca Editor in Chief

Cyber safety and student online profiles such as Facebook or MySpace are issues being looked at a little more closely by the student life committee, resident directors and assistants.

Contrary to campus rumors, no campus authorities are officially monitoring online profiles, but students should keep a few things in mind if they choose to have online profiles.

"The main thing we have to ask ourselves is what kind of image we are portraying as a university," said Dr. Dwayne Allison, Director of Student Affairs.

While officials are not sent out to specifically monitor student profiles, online groups, emails or journals, the last thing they want to do is become a cyber patrol he said.

Ever since the hall meetings at the beginning of the semester, rumors have been circulating on campus.

Some RA's asked their residents to remove any pictures from their online profiles involving drinking, drugs, profanity or other activities that would reflect negatively upon the individual in the picture and the university as a whole.

"We expect students to be appropriate role models for other students and students who want to enroll here," Allison said, stressing the point that the last thing they want to do is restrict communication between students.

Students should keep in mind potentially dangerous individuals like stalkers could be accessing their most personal information at any time, especially if they leave themselves vulnerable.

Online profile generators for college students have become a growing trend for thousands on the Haven campus and all over the world. Facebook's free services allows its subscribers to create a biography section, list their courses, set up birthday reminders, address and contact information, and create photo albums to share with their friends. MySpace and other profile generators all have similar features.

"I think Facebook is a great way to have students express themselves and also a way for students to know each other," Student Cooperative Council President Jason Hackney said.

Many others on campus have credited it as an easy way to waste time. This is apparent with a group, "Procrastinators Unite—Tomorrow" which has over 170 members.

The Facebook albums, however, are what the university has noticed. "They are public domain," said Allison.

"Students should be aware of how much information they are putting out there," he said.

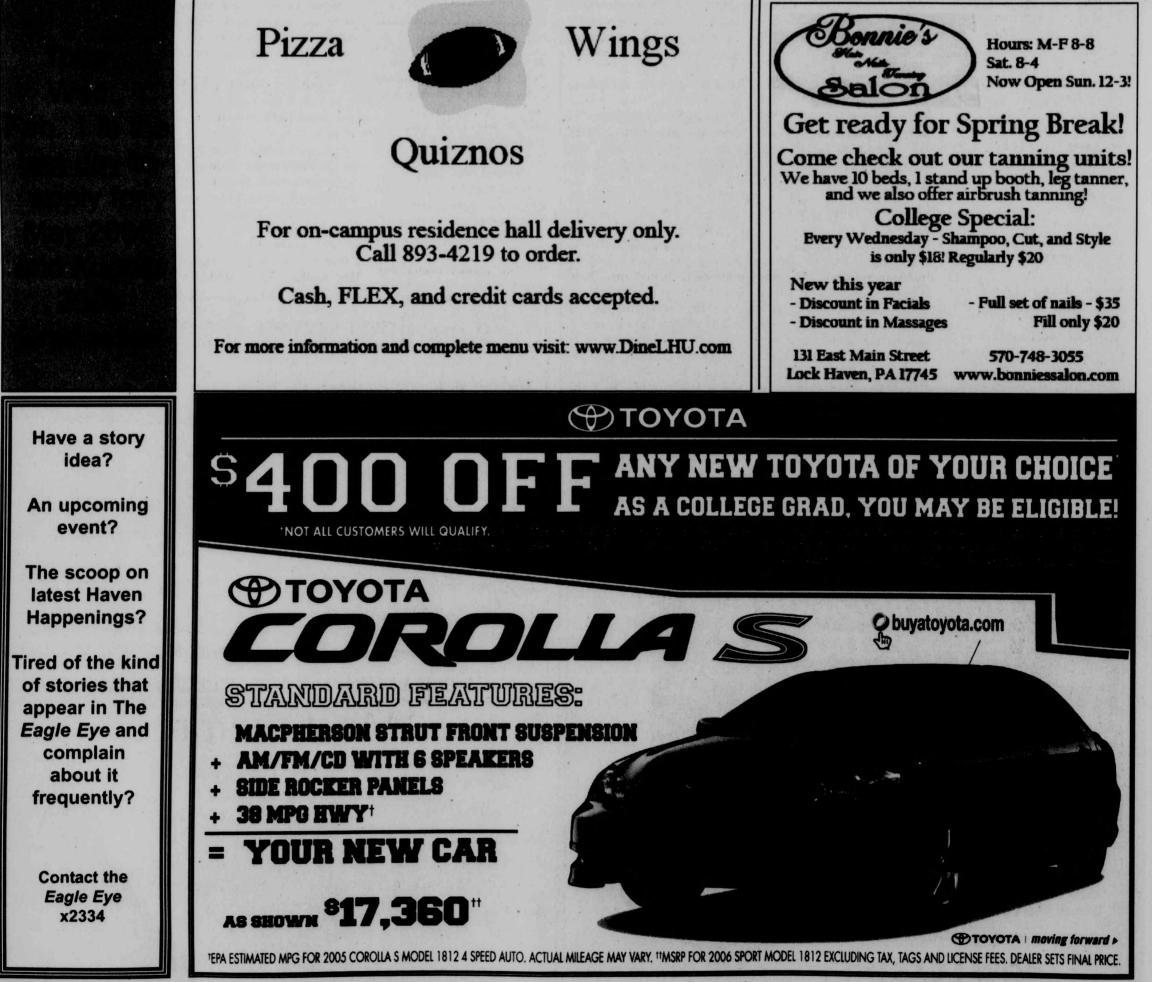
Student opinions are mixed on this issue some saying it is an invasion of privacy while others say posting incriminating pictures are a no-go.

"If you take pictures of yourself drinking, then that's just sad," said freshman Ameer Elkorany, a resident of Gross Hall.

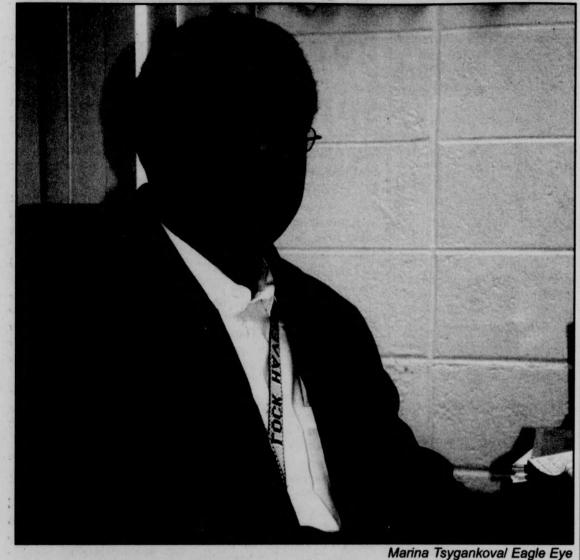
Allison said that there is no way that the university could possibly keep track of all profiles at all times, but Facebook has been used as an aid to solve crimes and identify specific people in the past by universities like Penn State.

If the university happens to see online photos or gets a tip from an outside source alerting them to some questionable pictures, they will take the necessary actions which could send the profile's owner through the judiciary system.

The student life committee will be discussing the possibility of incorporating hall meetings, creating websites about cyber safety and distributing pamphlets at summer orientation.



lhueagleye.com



Professor Dwayne Marshall shares with students about his life as a professor of sociology/criminal justice and as a volunteer of the reconstruction of New Orleans.

Moshe Jenkins Staff Reporter

Moshe Staff reporter Jenkins sat down with Professor Dwayne Marshall, assistant professor of the sociology/criminal justice department at LHU and interviewed him about his background and his job.

Moshe: Where did you spend your childhood?

Professor Marshall: "I spent my childhood in New Orleans."

Moshe: Who/What were your influences growing up? Professor Marshall: "My main influence was my uncle, he was a businessman, and he invested in real estate and became a millionaire. He always talked about education and opportunity."

you for general advice concerning their college education what would you probably tell them? Professor Marshall: "First and foremost I would say learn time management. This is where you make the transition form being with your parents to being on your own, try your best. Make

future plans and do anything within legal ramifications to best achieve your goals."

Moshe: What made you interested in Law Enforcement? Sociology?

Professor Marshall: "While on my way to law school, a friend of mine and took the test to become a police officer, I passed and I used that as a stepping stone to learn the criminal justice system. I spent 12 years in that field. After getting into policing I began to be interested in studying the way people think, that's what my interest in sociology was."

Orleans Police Department for 13 years and as a trainer."

Moshe: Being that you specialize in sociology, how would you analyze Lock Haven University as a social institution? Professor Marshall: "I see Lock Haven University as a good place to learn and acquire a good education. Professors display a fine interest in students and their education. I've seen

many instructors go the extra mile for their students. That impressed me very much."

Moshe: What types of courses do you normally teach?

Professor Marshall: "I have a balance between the two. I go half-and-half. For sociology I normally teach racial and ethnic relations, social problems and rural studies. For criminal justice I teach introduction to criminal justice as well as all classes pertaining to law enforcement."

vious place to start out."

Professor discusses background and campus | Multicultural career fair will help students network in the future

Brandy Rissmiller Staff Reporter

Penn State University will be holding their Steppin' Up Multicultural Career Fair & Conference on Sunday and Monday, Feb. 5 and 6.

Lock Haven University will co-sponsor the event.

On Sunday the Career Planning Conference will be held at the Penn State University Park Nittany Lion Inn from 1 p.m. to 6 p.m.

Students interested need to sign up ASAP in either Career Services or the Human & Cultural Diversity Office.

There will be workshops offered on many topics including the following: Making Solid Career Decisions, Interviewing, Resume Writing, Making the Most of an Internship, Graduate School and Surviving the Real World.

"The conference is a good opportunity to meet with professionals to discuss elements of career planning and job searches," said Joan Welker, Director of Career Services. "It gives the opportunity to meet with other diverse students, as well."

On Monday from 1 p.m. to p.m. students will have the chance to meet with more than 80 employers who are looking to diversify their workforce.

The Multicultural Career Day will be held in the HUB Alumni Hall.

Interested students have the chance to find out about fulltime, summer and internship opportunities in various career areas

Abercrombie & Fitch, Erie Insurance Group, Omega Bank, and PPL PENNDOT Corporation are just a few of the employers participating in the fair

"It is a great way to network with employers who are looking to diversify their workforce," said Welker of Monday's event.

No pre-registration is necessary, but students should dress professionally and bring copies of their resumes with them.

Transportation is provided, but today, is the last day to sign up

Students in need of a ride can sign up in either Career Services or the Human & Cultural Diversity Office.

The Multicultural Career Fair website offers valuable tips to make the Fair work to the benefit of the students.

Students should identify and prioritize the organizations they would like to speak to before the fair. They should also determine which organizations are seeking individuals in their career interest areas, as well as those that are simply general interests.

After arriving at the fair students should indicate to recruiters why they are interested in their organization.

Career Servises advises students to try not to spend too much time in line. Students should try to meet with as many of the recruiters on their lists as possible.

Displaying confidence and enthusiasm when conversing with the recruiters is an important suggestion. As always, students should offer a firm handshake and make good eye contact.

After introducing themselves, students should remember to incorporate their majors and dates of graduation. They should offer the recruiter a copy of their resumes and in return ask for their business card. Before moving on to the next table, thank the recruiter for their time.

After attending the fair and obtaining a vast amount of information, Career Services workers said that it never hurts to send a thank you note to each recruiter you talked to, especially if students are considering future opportunities within the organization.

ROTC cadets emphasize first aid

Emily Carey Staff Reporter

The ROTC held their first lab of the semester on Jan. 26 in Rogers Gymnasium. Cadet Nate Hamm said

approximately 40 people participated in the lab, which focused on first aid.

The cadets had several tasks to complete, such as evaluating a casualty, splinting broken limbs, applying a pressure dress-

From Alumni, Al

"This building will be an

ing to prevent bleeding, calling for a medical evacuation, and what to do if an injured person is in shock.

After learning all of the appropriate procedures, the cadets ran through a 15-minute practical exercise where they applied their new knowledge.

Hamm said one of the most challenging assignments was crafting a makeshift stretcher out of one-by-one boards, a jacket and a pair of pants.

The boards were to be insert-

ates to congregate when they return to campus. Special programs and social events immediately come to my mind as I think of the usefulness of this

ed into the arms of the jacket and the legs of the pants. After it was assembled, the cadets had to carry a person on the stretcher from one end of the gym to the other.

Additionally, awards were presented to students who were named to the Dean's list. Awards were also given to those who maintained a 4.0 grade point average in ROTC courses and those who have a grade point average of 2.9 to 3.1.

when it was the Central State Normal School in 1916.

He attended in the late fifties and early sixties, collecting enough credits to

Moshe: How has your childhood influenced you now as an adult?

Professor Marshall: "When I was young I got a chance to see both spectrums, meaning that I saw fortunate people as well as less fortunate people, witnessing their trials and tribulations, which influenced me to make a decision about what I wanted to do at a young age."

Moshe: Here at Lock Haven University, how have you grown?

Professor Marshall:"I saw a growth in myself while making the transaction from city life to suburban life. I learned patience, and getting used to the way of life here in Lock Haven. I'd have to say that I learn something new everyday living in Lock Haven."

Moshe: If a student were to ask

Moshe: What would you like students to know about you that they probably don't?

Professor Marshall: "I am very goal oriented and I strive to win in anything I do, but I do not cheat."

Moshe: Diversity is somewhat of a huge issue on this campus, have you noticed a change? If so what changes have you seen? Professor Marshall: "I know diversity is needed, as far as changes go I do see Kappa's being more diverse. Diversity is good for the institution as well as the society as a whole, we should continue where we are going as far as the international program."

Moshe: What types of positions have you held in law enforcement?

Professor Marshall: "I worked as an officer for the New

Your Haven at Lock Haven

570-893-1833

Moshe: If you could change something at Lock Haven University, what would it be? Professor Marshall: "Well, with the steps that we've been taking I think I would leave it as is."

Moshe: With respect to Hurricane Katrina, do you feel like organizing a trip for aid in the tragedy was sort of a slight obligation, being that New Orleans is your hometown? **Professor Marshall:**"Katrina was devastating in all avenues. I watched my family and other families as well lose everything. It was an eye opener for me, I wanted to help. You never know how difficult things could be until they hit home. By talking to people I learned their experience. I dread something of the same or a larger magnitude happening in another major city."

said Updegraff. "The building is like a welcome center, with parking around the outside. Visitors will know where to start when they visit the university."

Dr. Rose Ann Neff, a professor at Lock Haven and the chair of the Recreation Management Department, is excited about the new building.

"An alumni center will provide a place for our gradubuilding," said Neff.

"Speaking strictly as an alum, I think an Alumni Center is a terrific venture. It definitely will make a difference in the 'welcome back' messages we can send to our graduates. I certainly look forward to interacting with my old classmates and teammates in such a facility,"added Neff.

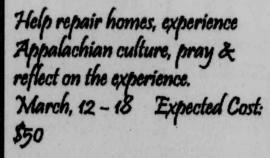
Durrwachter himself has a rich history with the university. His mother attended LHU

attend dental school.

"My confidence was cultivated here at Lock Haven," Durrwachter said. "It gave me my ability to go on with my career. Lock Haven is a small university, but it truly has a big heart. My experience helped me develop to my full potential."

Scheduled to break ground on June 9, workers should complete the project by fall 2007.

Spring Break Service Trip to Appalachia



Organizational Meeting: 6:30 pm, Feb. 1st, at the Newman Center - 445 W. Main St.



ered by the Newman Community: try for LHU Cath

For More Info, Contact Jeff at: ischaffe@lhup.edu -748-8592

Have problems? Suggestions? **Comments? Concerns?** our university president Dr. Keith T. Miller du ullivan 202 between the hours of 2:00 to

> February 9 ich 2

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February 1, 2006

Research shows how heat can help fight cancer

Christina Patsiokas The Chronicle (Duke)

A4

DURHAM, N.C. - Turns out that microwaves on campus can do more than make Easy Mac -- and the National Cancer Institute agrees.

Researchers at the Duke University Medical Center recently received an additional \$19 million grant to continue studying the efficacy of treating cancer with heat.

The program represents the only federally funded hyperthermia research program in the United States. The research aims to refine the methods of delivering heat to cancer tissue.

Dr. Mark Dewhirst, professor of radiation oncology and director of the hyperthermia program, initiated the research program 19 years ago. His experiments and results show that heat, combined with other treatments such as chemotherapy, can shrink and destroy tumors.

"Hyperthermia has the potential for helping patients with many kinds of locally advanced diseases," Dewhirst said.

Experiments have shown

Texas

released

Carlos Bergfeld

LUBBOCK,

modern parents.

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games.

Tech)

Daily Toreador (Texas

Family game night may take

on a whole new meaning for

Thursday by the Entertainment

Software Association and con-

ducted by Peter D. Hart

Research Associates found

more than one-third of

American parents play video

cent said they play video

games with their children, and

66 percent said video games

have provided a way for their

family to grow closer together.

"The stigma that once was

Of these parents, 80 per-

survey

that the application of heat to a tumor in addition to conventional treatments can increase drug uptake and help shrink tumors.

The heating of tissue is accomplished by using directed microwaves, Dewhirst said. It both inhibits the ability of cells to repair damage and impairs the oxygenation of the tumor -- a protective feature.

One of the most promising applications that Dewhirst and his team have designed is a heat-sensitive liposome that delivers a drug to a targeted, heated region of the body. The liposome, a biological locket of sorts, melts when exposed to a certain temperature and becomes leaky, delivering the drug it contains.

"We can deliver about 30 times more drug to a tumor than a free drug can," Dewhirst said.

In a preclinical trial, cancer-afflicted mice that were administered the free drug showed no effect, but mice that were treated with the liposome and hyperthermia were cured, Dewhirst said. He added that ultimately the liposome, which is currently in National Institutes of Health human trials, might be used to

cancer in which tumors have developed on the chest wall and are inoperable.

Another area in which hyperthermia has shown promise is the treatment of melanomas, said Dr. Doug Tyler, a clinician who has been participating in the research.

Tyler explained that when a melanoma that has been treated comes back, it returns in the form of multiple tumors -- a situation that impedes surgical treatment and necessitates the use of a different treatment such as chemotherapy and hyperthermia.

"When it works, it works beautifully," Tyler said. "It can make these multiple tumors go away impressively."

But one of the major challenges researchers have faced is predicting when hyperthermia will help. "We have to be able to quantify the treatment," Dewhirst said.

To do so, the researchers have been developing noninvasive thermometry that measures the temperature of an area while it is being heated.

One procedure uses heat-

treat locally advanced breast ing devices within a magnetic resonance imaging apparatus, which allows the doctors to extrapolate a measure of temperature from the movement of water.

> "The biggest challenge is to make it a type of therapy that can be given relatively easily," Dewhirst said.

Ideally, the researchers want to make hyperthermia a treatment that can be prescribed in conjunction with others.

For now, however, the medical center remains one of the few places in the world where patients can receive the promising treatment -- a circumstance that will continue thanks to the NCI's vote of confidence in granting the funds.

"For most diseases, this would be the only place you can get it in the United States," Dewhirst said.

Diseases that are being targeted for hyperthermia treatment trials include soft tissue sarcomas, locally advanced cervical cancer, locally advanced breast cancer and melanomas.

Courtesv of U-WIRE Services

Students to repair houses during spring break

Olga Malyavskaya **Staff Reporter**

A group of LHU participants will be traveling to Appalachia in March, 12-18, to repair homes for people in need.

The students will stay and serve as volunteers at Nazareth Farm, a Catholic community which serves Doddridge County in rural West Virginia.

The focus of the trip will be fixing leaking roofs and winterizing houses for the people who live in the local community.

The Newman Community sponsors the trip and provides the transportation.

The expected cost of the trip will be \$50 per person.

Catholic Campus Minister, Jeff Schaffer is in charge of the trip. He plans to have seven participants from LHU including students, faculty and staff.

If more than seven people apply, the Newman Center will hold a lottery for the slots.

The participants don't have to be Catholic, but should be open minded about other religions.

The organizational meeting will take place at 6:30 p.m. today at the Newman Center, located at 445 W. Main St.

Potential volunteers can learn more about Nazareth Farm, register and pay for the trip at this time.

"We'll have opportunities to experience Appalachian culture and learn why poverty is an issue there," Schaffer said. "As I understand it, just 7,500 people live there and about 20 percent of them live below poverty level."

Schaffer has gone on similar trips while serving campuses at Kent State University and University of Minnesota.

"It's always been an enriching and rewarding experience," he said. "Part of what makes this kind of trip so awesome is that when the week is done, there are new friends to remember, new stories to cherish and a new or improved house that you can point to and say, 'I did that!""

According to Schaffer, the idea behind the trip is "to help make the world a better place to live."

He hopes that in the process of serving other people, the participants too will be changed for the better by such an experience.

"This is really important to make sense of the experience and to grow from it," Schaffer said.

For those who have to work their community hours, the service trip will be a good chance to complete their community service at once, according to Anne-Marie Turnage, director of the Office of Community Service on campus.

"I think it's really great idea," she said. "Good luck to them."

As stated on its homepage, Nazareth Farm is "a Catholic community of volunteers inspired by the gospels and Social Teachings of the Church and focused on prayer, community, simplicity and service."

Their mission is to develop relationships with the local community and to eliminate substandard housing through home repair.

people who were once the early adopters of games like "Super Mario Bros." in the 1980s have now reached the stages of adulthood and parenthood, bringing with them their game-playing habits.

"As they become adults, it simply is becoming a natural part of the family life," he said.

Parents' taking an active role in their children's gaming habits makes game-playing more beneficial as a social activity, especially if the parents talk to their children about the game, Jenkins said.

Close collaboration between parents and children in playing games may sidestep the issue of violence in games, as parents who play games with their children will know exactly what type of media a claim of aggression caused

lence in video games.

Study shows family game night taking a technological spin

Jenkins says it is too easy to label video games as the source of aggression in children.

A commonly used correlation the media draws between video game violence and real world aggression can be found in the Columbine High School shootings of 1999.

Video games became one of the many sources of blame in the case, although it would be more of an anomaly if these high school-aged males did not play video games, Jenkins said.

game players," he said.

Differing methods of research can correlate to different criteria on which to base play leads to real-world violence," he said.

to video game violence and then measure their aggression through interaction with a toy or punching bag, which does not say whether the child would exhibit violence or aggression toward another child, Jenkins said.

In his article, Anderson asserts that some of his own research has shown that variables affecting real-world aggression have similar effects when used to measure aggression in the lab.

Whatever the case, 85 percent of all parents surveyed, whether they played games or not, said they should have the most responsibility in regulating their children's consumption of "inappropriate" content in video games.

Labs may expose children

"I knew right away that those boys would be video

attached to video games as a recreational activity is falling aside," said Henry Jenkins, director of the Comparative Media Studies Program at the Massachusetts Institute of Technology. "It is a family activity. It is a social activity."

To be counted as one of these "gamer parents" who make up 35 percent of the U.S. population, the survey participant had to play games other than desktop card or children's games

Jenkins said the young

their children consume.

This issue is not a clear-cut one, however, as research from professors like Iowa State University's Craig Anderson focuses on the effects video game violence may have on youth aggression.

Anderson wrote an article for American the Psychological Association "Violent entitled Video Games: Myths, Facts, and Unanswered Questions," highlighting 11 "myths" about vioby video-game violence.

Laboratory experiments testing for the effects of game violence may remove the context of the violence within the game and present only the violent act, Jenkins said.

Although Anderson's article argues otherwise, Jenkins said studies have failed at measuring real-world aggression.

"What you're actually saying is violent play leads to more violent play, not violent

Sixty percent said the government should not attempt to regulate game sales to protect their children from harmful material.

This goes against recent actions politicians' in California, Massachusetts, Illinois and elsewhere in writing legislation for government regulation of these games.

Courtesy of U-WIRE Services



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Have something Love- Susan along!

Susan- Finally, the editing project is done for now! Now we know what to expect for the rest of our lives!

There's something in the air, and it smells just like

to sell? Advertise it here! Lock Haven students can post anything for free by e-mailing the ad to LHUeagleye@ yahoo.com, subject line Classifieds. Beads and crochet!

Jess and Sarah-Uncle Al's soon? We miss you girls! -Susan and Sarah

Alyssa- I loved the movie! It was so much fun. Don't worry, we'll make a trip to AC Moore again soon, and we'll make sure that Jess is

Jess- We need your jewelry-making expertise!

You are my sunshine, my only sunshine ...

> I wonder what having a life feels like?

I think an idiot set up the room.

RUSH ZTA! Thursday @ 7p.m. Rides leave PUB, Evergreen, and North Hall at 6:45.

7up ladies- Have a fantastic week! Pier, a session will be held at your convenience on learning the alphabet. ZLAM- Kristy

ZTA ladies-Here's to a great semester! Have a good week! ZLAM- Eliza

RUSH ZTA!!! Thursday @ 7p.m. Rides leave PUB, Evergreen, and North Hall at 6:45.

Good luck with all rushes this week ladies!!

Jenny- Thanks for a great weekend! I haven't had that much fun in a long time. ZLAM- Eliza

Seven Sins- Best pledge class ever!! Missing the ones who

Ladies of Zeta Tau Alpha, Zeta Nu- Here is to a great semester and an even better Rush Week! Love you ladies!

RUSH ZTA Thursday @ 7p.m. Rides leave PUB, Evergreen, and North Hall at 6:45.

Have something to say to your friends? Want to advertise for a new roommate or apartment? Post your ad here! Email submissions to LHUeagleye@ yahoo.com, subject line Classifieds. Submissions are free for LHU students!

Susan- I hope Mikey and Ellie will learn to be friends! Or maybe we'll have to learn to deal with hissing and low, guttural sounds!

Somewhere, over the rainbow, cheese in a block doesn't exist.

"Hello dating

world! In my

free time, I

like to crochet

and read books

about turtles."

Taco Night! All

right! It's

about time! Can

we maybe have

nacho cheese?

I think an

executive order

just wrote me

out.

3

Have something to shout out to your friends? Need a fast, easy way to advertise? Want the whole campus to see your ad? Send it to LHUeagleye@ yahoo.com, subject line Classifieds, and

see it here next week! RUSH ZTA Thursday @ 7p.m.

Rides leave PUB, Evergreen, and North Hall at 6:45.

Black sheep is about to get a little worked up, can't you tell?

... and then you drink it all up.

"You can't take away my cheese! It's cruel and unusual punishment, or corporal punishment, or something like that!"

It's 4:00. Do you know where your logs are?

Twisted, dude.

I'm so domestic!

A5

I think I'm going to be a cat lady, and I'm going to live with my cat and only my cat for the rest of my life. And that's depressing.

Send one-liners, ads, or messages to help the Classified section fill up to LHUeagleye@ yahoo.com! All "Personals" are free for LHU students! Don't forget a subject line of "Classifieds"!

RUSH ZTA Thursday @ 7p.m. Rides leave PUB, Evergreen, and North Hall at 6:45.

Jess- I almost never see you, and that makes me sad! Ellie misses you!

... you make me happy when skies are gray!

George- You make me the luckiest girl on campus.

cheese.

Good luck Haven Sports!

Tired of this page being so incredibly boring? Then help us out! Send your one-liners, messages, or ads to LHUeagleye@ yahoo.com, subject line Classifieds!

Chrissy Marie-Sometime soon, I promise. I just need to find some time to breathe first.

The surprise is always there, you just have to know where to look for it.

Sometimes I wonder what ever happened to My Little Ponies. Why don't kids play with them anymore? They used to be huge!

Jillian- Thanks for the bracelets!

Susan- They were so good! They stopped hissing at each other half an hour ago. *Hissssss*

The Classifieds need you! Send your ads to LHUeagleye@ yahoo.com, subject line Classifieds! Do it today!

Jil- I promise I'll clean something around the house soon, I'm such a bad roommate! Love you!

Jil and Jess-Thanks for turning me on to yet another obsession! Love- Susan I own a dog in

a cat's body.

Even the greatest experience brain blocks. Like right now.

Say you want it!

have left :(

Hey Pier- What does your shirt say? ZLAM, Mom

Carren and Steff- You girls are doing a great job! Keep it up! ZLAM- Cynthia

RUSH ZTA Thursday @ 7p.m. Rides leave PUB, Evergreen, and North Hall at 6:45.

Little 2-Raccoons stand tall and independent! ZLAM- Big 2

Wifey- Zoomie, Zoomie ... at the bar. Love you- Wifey

RUSH ZTA Thursday @ 7p.m. Rides leave PUB, Evergreen, and North Hall at 6:45.

Cody- I'll donate my liver to you if I have to! Love you sweetheart! -Cynthia

Just twisted.

Susan and Alyssa- Que sera sera!

So, you're sure you want to stick with me?

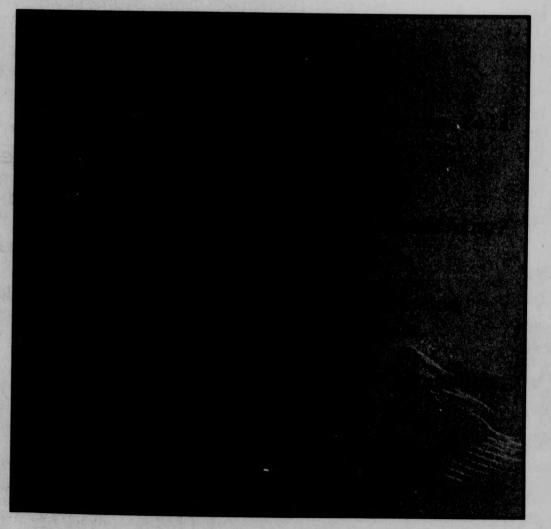
J- Did you get all of these? Every single message? I'm writing a million just for you! Don't you love me?!

I love you!

Lyd and Di-Thanks for a great beginning of the semester! You girls are soooo much fun!

Jil- Maybe we should start trying to beat our own records for amount of dirty dishes in the sink?

Mamma, ooooooh.



www.lhueagleye.com

February 1, 2006

.because deep down you care

OPINION The Editor's Notebook William



A6

A few days ago, just when I thought my day was going halfway okay and I was getting ready for bed, I got a late night call from law enforcement telling me that I needed to report to parking lot area seven immediately; and bring my keys.

- "Your car has just been hit."
- Terrific.
- Wonderful.
- Marvelous.
- Grand.

I had so many questions as I put on my jacket and boots. I thought to myself, how bad is it? How did it happen? Was anyone hurt? How much will it cost to fix? I had only one destination in mind: The On-

TALK

Daniella De Luca Editor in Chief

Accidents happen. But they don't always have to.

Campus Resident lot.

This lot sits at the base of "The Hill" where the upper dormitories are located. Seeing sunlight only in glimpses, it's no wonder that all the snow and ice storms we've had over the past week have accumulated up there in our little blacktop valley.

As I approached the accident, I slipped a few times on the ice and imagined all the horrible things that might have happened to my car. The campus law enforcement officers were very calm while explaining the situation. That was very reassuring, but when I saw the massive dent in my bumper, I was devastated.

"Is this your car?" I looked and then breathed out a long, hot breath into the frigid winter night and said, "Yes...that one's mine."

I would like to thank the officers and people involved for being so patient with me and helping me out since this was the first time anything like this has happened to my car.

It was a freak accident with really no one to blame.

When the driver who hit me was leaving the parking lot he began to slide downhill on some black ice and as he did so, he ran into the corner of my bumper. My car in turn, slid into the truck parked next to me causing a small dent and scratch. Thankfully no one was hurt.

Still, this situation could have been avoided. And, someone would be facing an estimated \$896.76 bill in their face.

College students are busy people and we don't have the time or money to deal with getting estimates on repairs for our vehicles or worry if our insurance will cover our fender benders because let's face it; winter is pretty brutal on a car.

Damage was done that never should have happened in the first place if maintenance would have just salted the lot over the weekend.

We all have access to weather channels, websites and the news so we can have a good idea when the next storm will be or when the temperatures are going to go below freezing. It rained on and off again all Sunday as the temperatures changed just enough to create puddles that then froze over.

Most drivers move their cars from that parking lot over the weekend to go home, they might park somewhere else or head out for a weekend destination. There was plenty of time to plow and salt the lot with most of the cars removed. Why is it such a big deal?

Plowing through to clear the roadway is one thing, but what about cleaning in between the cars too? We must keep in mind that there are many cars that make use of that lot.

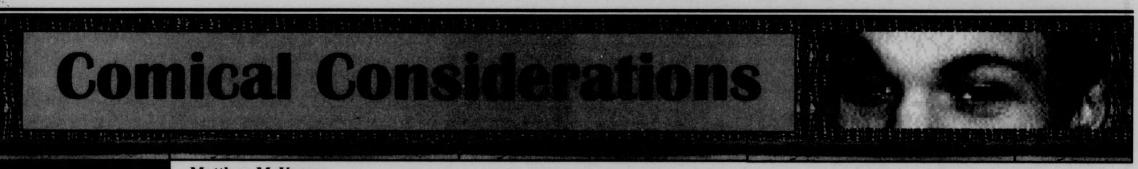
Everyone keeps telling me to be thankful that I wasn't in the car. They also say that it could have been worse. A car is a piece of metal, and it's not a big deal.

Thanks everyone for telling me all these things, but that still doesn't solve the safety issue.

I'm supposed to just deal with it and move on. These things happen. No big deal.

That doesn't work for me.

Plow the lot and do a better job of keeping it ice free to prevent things like this from happening in the future.



Matthew McKeague News Editor

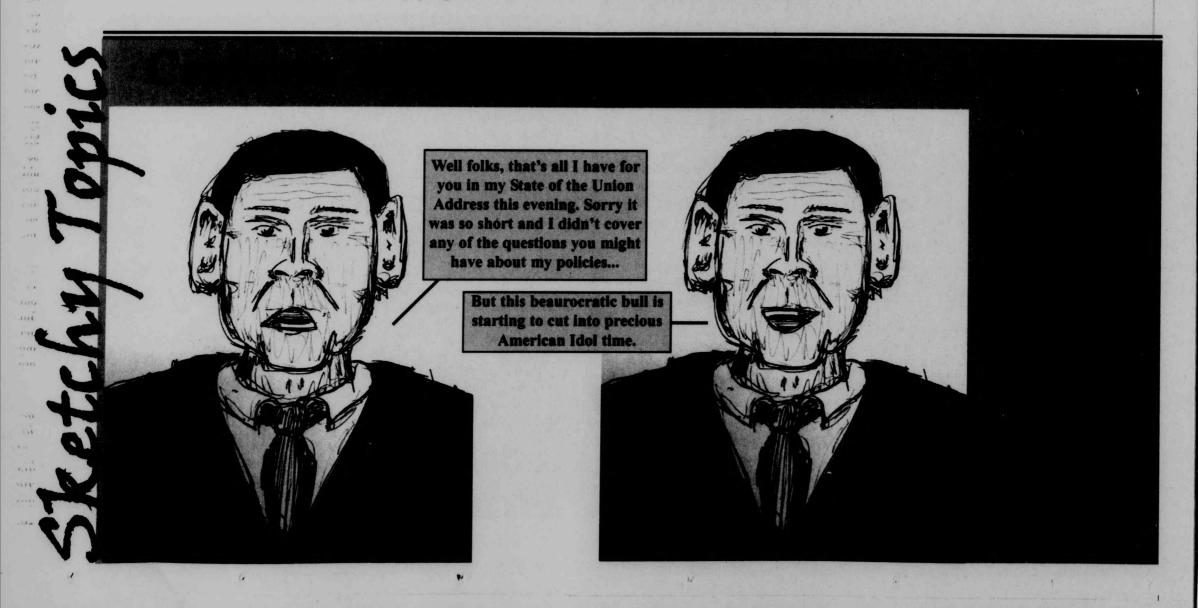
Put those nooses away everyone and rejoice, for this column has returned. That's right, after months of not knowing how to function without these few paragraphs, there is now a meaning and purpose in life. Warning: The following may cause an uncontrollable craving to consume hummingbirds. Now it's time for some comical considerations.

According to the definition of sexual harassment my cat owes me \$10 million for rubbing against my leg. Do you want to know the best way to feel full of energy in the morning? - By jamming a fork in the toaster, of course.

After a break up, people often say there are plenty of fish in the sea, but after you subtract the fish that are not legal, the fish that like their fellow breed and sex, and the fish that that have bitten the hooks of far too many fishermen... there are none left. If you ever feel like getting in trouble with your spouse when they're having trouble sleeping, then say,

"Maybe you should listen to yourself telling me about your day."

In conclusion, indentured slaves lived horrible lives while having to fulfill obligations to their land masters. Hmmm, that conclusion doesn't seem to fit very well now does it? Eh, oh well, if only there was a way I could go back and fix that. I'll quickly start to develop the technology to do so. Come back in two weeks to check my progress and read some more comical considerations.



www.lhueagleye.com

OPINION

The IQ of Football

Dear Editor:

I don't watch football on television. I don't watch football in person, I don't throw footballs, I don't play the game of football in videogames, I don't twitch in my sleep and beat my girlfriend because of the drugs I take to be better at football.

I don't refer to my biceps as "guns" or have raging testosterone boiling inside me that I have to release by drinking so much I forget my own name, and then challenge a potted plant that I have mistaken for a person to a fight. I don't get kicked out of places or break things because someone has "dissed" me. I don't have fourteen underage's that are going to get expunged because I can tackle players on opposing teams better than others can.

You say the game has strategy, but how many of you know how the pawns move in the game of chess? How many of you could beat me? But chess is for nerds and football is for all the cool people right? Isn't that how it works today? I can't throw a football and I can't bong a beer in under 10 seconds, and I don't laugh at your jokes that aren't funny and so why would you want to know me?

For all of you players or fans out there slowly pronouncing these words out loud phonically, squinting, almost understanding what I'm saying, I'll just be candid; I am bias against football and people's fascination with it.

I consider most people who watch it more than occasionally a lower species that grunts and eats food with their fingers instead of utensils. I consider most people that play it prime candidates for the perpetuation of a backwards evolution where we will turn back into apes again eventually.

A friend of mine once mentioned the name Joe Paterno and I remember the face he made when I said: "Who's that?"

It's the same face the majority of you would make if I would ask that same thing, or ask you what two teams are playing in the Superbowl or on what Sunday. The faces I get are implying that I'm the one that should be ashamed for not knowing these things. Well I'm not and I shouldn't be. Maybe we should do an experiment before you get another concussion tackling something, or from crushing a beer can on your forehead; how about I ask you what David Foster Wallace, Joseph Heller, and Thomas Harris do?

I'm sure you could tell me after searching on Yahoo, but let me just tell you so you have more time to check football scores and watch Varsity Blues. These people are authors, they write books; books are things you read for entertainment value when an odd shaped ball going back and forth down a fake field doesn't cut it for you.

Do you people know how much it says about you when when you put "reading is overrated" beside favorite books on Facebook? Football is the thing that's overrated and you want to know how I know, because of how upset you are right now.

So what if I don't like football. Why don't I just shut up and keep my opinions to myself? Well I could if football wasn't all you people talked about. Walk around campus and count the number of football hats and jerseys you see (especially a team that just won and is going to the big game). Count how many conversations you hear about someone being loyal to their team, as if all the players were personal friends of theirs

and they have to defend their honor when in reality they have never met a single person on the team.

Count the number of professors you see mentioning football to try and relate more to their classroom. Count the number of TV's turned to ESPN watching a replay of a football game they have already seen. Count the number of freshman you see sitting three feet from the T.V. playing the newest Madden game without blinking. Then count those same number of freshman that haven't flunked out that or the next semester.

Football is a staple in this culture that is not going to go away, and even if people did petition to try and get rid of it (which people should be doing) those of you that get scholarships to the college of your choice playing it, and the ones that get fame and millions of dollars in the NFL are bigger than us and you would bully us into stopping. You would beat us up and take our lunch money right because you're all big and tough and macho and manly and think you are Scarface or Emitt Smith or something.

Talk about something else, or just stop talking. And imagine what you would do without football.

Here is the average discussion I hear on campus by college students daily.

"Man did you see that play last night in the fourth quarter; they came back from out of nowhere and scored with 13 seconds left?"

"Oh dude that was f*n ridiculous, those referees should be shot, Harrison was clearly out of bounds when he caught that prayer."

"Clearly he wasn't, the Eagles are going to go all the way baby, E-A-G-L-E-S."

*Turns around and points at a last name of the back of his jersey, while other person lifts their shirt up and shows a tattoo of his team, pointing to them like they are insignias that mean something.

A7

"The Eagles don't have a chance, their quarterback is blah blah blah, and there's no way their going to be able to stop the Turkeys impenetrable defense."

"Want to go play Madden?" "I have class but sure why

not, I don't learn anything in class anyway."

"Man I can't wait till the Superbowl; it's going to be awesome."

"Yeah my professor even told us that he's not going to give us any homework that weekend because he's going to be watching it too."

"Dude like who isn't going to watch it, you'd have to be crazy not to want to see it."

"Literally insane, you would have to be in like a coma."

"You would have to be like mentally retarded and without access to a T.V."

So then why is football so popular then if it's so stupid? Didn't the Romans used to watch people being eaten by lions, and scream much like the fans in the stands of football stadiums scream today? Half of you don't even like football; you just watch it so you have something to talk about with other people, because you want to be seen as normal.

There are more important things than football, like the ancient language of Sanskrit, the game of Boggle, and tuna fish sandwiches.

I will not be watching the Superbowl.

> Ian Taylor Sophomore **English Major**

in the heading. LISTEN TALK and the second DENCED

Lock Haven University's Student Newspaper

VOLUME 63, ISSUE 2

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Letters

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Clear the streets! It's snowplow hockey.

Dave Barry Knight Ridder Newspapers

The problem with winter sports is that _ follow me closely here _ they generally take place in winter. Winter is both cold AND slippery, which means that if you engage in a typical winter sport, such as skiing, you could easily wind up freezing in some godforsaken snowbank, unable to move because one or more of your knees have been converted into ligament gumbo.

FACT: Last year, 17 percent of all recreational skiers were eaten by wolves. This is why leading health experts recommend that you spend the entire winter in a heated, TVequipped environment eating Cheez-Its directly from the box. But for those of you who insist on leading an active lifestyle all year, I'm pleased to report that there is a new winter sport on the scene _ a winter sport that lets you stay warm, yet at the same time enables you to potentially get arrested.

I found out about this sport from Judy Schneck, an alert reader who lives in a Wisconsin city called "Oconomowoc" (a Native American word meaning "Word that even Native Americans cannot pronounce"). Judy wrote to me in response to a column I'd written about a sport called "car bowling," in which guys try to hit junk cars with bowling balls dropped from airplanes. She said this reminded her of a sport invented by her husband,

Mark, and a buddy of his named Bob Thelen.

It seems that some winters ago, Mark and Bob were sitting around a gas station with not much to do. I certainly do not wish to make gender-based generalizations, but if Mark and Bob had been women, they probably would have passed the time in some non-productive manner, such as nurturing their friendship, exploring their innermost feelings, or helping each other gain significant insights into the important relationships in their lives. But fortunately for humanity in general, Mark and Bob are not women. Mark and Bob are guys, and what they did is invent snowplow hockey.

According to Mark, three factors led to this invention:

1. Mark and Bob each had a vehicle equipped with a snowplow.

2. Both sides of the street were lined by steep, hard snowbanks.

3. Mark's vehicle also contained (no motorist should ever be without one) a bowling ball.

As Mark recalls the moment, he and Bob realized that if they shoved the bowling ball with a snowplow, it would be prevented by the snowbanks from leaving the street; it would just bounce off and keep going.

"We realized that it would basically roll forever," Mark says.

Which is why you need the other snowplow to play defense. And that's how snowplow hockey works. You have your two opposing snowplows facing each other. The player on offense drives forward and gives the bowling ball a hearty shove with his plow; the player on defense then tries to block the ball. The trick on offense is to angle the ball ("It's just like pool," Mark says) so that it caroms off a snowbank and rockets past the defender into the intersection behind him, where it knocks over an elderly woman.

No, seriously, Mark says they play this sport only on deserted streets, and nobody has been injured so far, although there obviously is a certain amount of hazard involved in having guy-operated snowplows lunging toward each other in a competitive manner.

"How close do you come to hitting each other?" I asked.

"Too close," replied Mark. He said there are rules about how far forward each snowplow is supposed to go, but "we can't get anybody to come out and referee."

Mark, who in real life is a restaurant manager, says that he and some other guys still play snowplow hockey on a semi-regular basis.

"Fortunately, the police have never seen us," he said. "They would probably take our bowling ball away."

I don't know about you, but I think this sounds like a WAY more entertaining brand of hockey than the kind where you have a bunch of stick-waving Canadians skittering frantically around trying to hit a

semi-invisible puck roughly the size of a breath mint. Just think, as a sports fan, what it would mean if we had a National Snowplow Hockey League with franchises in all major U.S. cities! It would mean hundreds of pedestrian deaths. So we probably should limit the franchises to places that are the size of Oconomowoc or (if this is possible) smaller.

Nevertheless, this is clearly a major "ground-floor" opportunity for the type of wealthy stupid businessman who likes to own sports teams. Also you large corporations should be aware that Mark Schneck told me that, as one of the top three or four snowplow-hockey players in the world, he is available for lucrative product endorsements. For example, you could have a commercial wherein snowplows Mark into McDonald's for a hearty meal, taking down most of the building in the process.

My point is that there's plenty of opportunity for everyone who sincerely cares about sports as a way to get rich. But if you're interested, you'd better act fast. Because if this thing gets any more popular, there will definitely be a strike.

Dave Barry is a columnist for the Miami Herald. He is continuing a leave of absence from writing his weekly humor column. Write to him c/o The Miami Herald, One Herald Plaza, Miami, Fla. 33132.

February 1, 2005



Mathematics professor adds fantasy novel to accomplishments Signs book at local store



Courtesy of LHU Public Relations Professor Palmatier signs the book of one of his fans at D. Dashem books in Lock Haven. This was one of his many locations he will be appearing at in 2006 to promote his new book trilogy.

Matthew McKeague News Editor

magic is quiet, but powerful, and I should write more," Palmatier appear at conventions and signsaid "This was the first time the

sonal and subtle. All of the ment that it was well written and gy, Palmatier is scheduled to ings throughout 2006 including the Binghamton University campus bookstore in N.Y. on Jan. 27, Boskone in Boston, Mass., on 17-18, Lunacon in Feb. Hasbrouck Heights, N.J., on March 17-19, NorWesCon in Seattle, Wash., on April 13-16, the and World Fantasy Convention in Austin, Texas, on Nov. 2-5, 2006, he said, "I want to establish myself as a fantasy

Distinguished Gentlemen turn spare change into charity contribution

Carren O'Keefe **Guest Writer**

Distinguished The Gentlemen plan to launch their "Power of the Penny" program, beginning the first week of February, to raise money for the local homeless shelter, Horizon House

The "Power of the Penny" program was created to take local community members and university students' spare change and turn it into a significant contribution for the Horizon House.

"We are collecting spare change, but that includes dollars of any amount too," said Eli Valentin, member of Distinguished Gentlemen.

Once permited, the members also plan to distribute donation cans to local businesses and various locations of campus.

"I think it's a great because the city should support," said Councilman Rick Harvey. "It's a good way to join the community and the university students together by mutually helping a local cause."

The goal of \$2,000 is set by the Distinguished Gentlemen to be reached during this semester.

"We are confident that we will be able to make and surpass this goal with the help of the community," said Valentin. "We haven't set a specific end date for the reason that if we make our goal in a week we are willing to continue collecting for them."

Distinguished Gentlemen is an organization designed to produce brotherhood and leaders among young men at Lock Haven University.

Each semester they create service projects and help the oncampus community service group MountainServe. "Power of the Penny" stemmed from an old service project entitled "Feed the Needy." "Feed the Needy" was a program where students could donate unused meals from breaks to local organizations. Because of a change in food service providers at the university, this program is no longer possible. This prompted the creation of "Power of the Penny."



Dr. Joshua Palmatier signed copies of his recently-released, epic, fantasy novel "The Skewed Throne" Jan. 24 at D. Dashem Books in Lock Haven. "The Skewed Throne" is the

first part of the LHU Department of Mathematics professor's fantasy trilogy and his first published novel that he has already promoted in Albany and Binghamton, N.Y.

While he wasn't overrun with fans in the Lock Haven bookstore at 109 E. Main St., Palmatier still was happy about those who came.

"I was extremely happy with the book signing. We sold almost all of the stock of 12 books, which for the area and size of the bookstore was very good, especially since it was hardcover," he said.

Palmatier, who started teaching at LHU last fall, described the book like "Lord of The Rings" with some Steven King subtlety thrown in.

"The idea of a throne storing the personalities of the people who rule from it was unique enough to catch an editor's attention," he said.

"What I think makes 'The Skewed Throne' stand out is that the magic involved is very perseen mostly through the main character's eyes," he added.

Just as "The Skewed Throne" released, Palmatier sent in his second book in the trilogy "The Cracked Throne" to Daw Publishing. The sequel should be released a year from now with the final book "The Vacant Throne" a year after that, according to Palmatier.

The fantasy realm is no uncharted experience for Palmatier who was born in Coudersport, Pa.; he's been enjoying the enchanting topic since he was a child.

"I've always been interested in fantasy. I've attended some Renaissance fairs here and there, played D&D, but mostly it came back to reading," he said. "I read a lot of science fiction and fantasy, and always have a book readily available."

When he's not teaching his students or reading science fiction, he's writing science fiction and has been since the eighth grade.

"We were assigned to write a 'Twilight Zone' story and I wrote a story about Atlantis from the perspective of one of the inhabitants as he escaped in a spaceship, watching his world being destroyed by water . . . the teacher sent it back with a comidea that I could actually write the books that I was reading crossed my mind and I started writing from that point on."

Palmatier earned a Bachelor of Arts and a Master of Science degree in mathematics from Penn State University, taught at Bloomsburg University for three years, and then acquired a Ph.D. at Binghamtom University in New York state before coming to Lock Haven, according to his website.

"I started writing novels seriously when I started graduate school at Penn State," he said.

This is where he wrote three still-to-be-published novels including "Sorrow," which inspired him to write "The Skewed Throne.'

"As part of that book, I had the main characters walking through a museum, so of course needed to fill the museum will cool-sounding artifacts. One of those artifacts was a throne, and when someone walked by it, they heard voices," Palmatier said. "That idea nagged at my brain while writing until it became a full-fledged idea."

Continuing his promotional book tour to introduce his trilo-

"So far I've been happy with the response from the readers at all of my signings. The science fiction community in general is very supportive of new authors and new novels," he said, and that he's glad he can write in a genre he loves.

writer.

"I like the sense of wonder, the thought that anything can happen and yet it still must be within reason and make sense for the world you've created," he said. "I think that freedom allows you to explore more about the way people think and how people think about the world in general. It's also just good clean fun."

More information about the author and his book trilogy can be obtained through Jason Palmatier's website http://www.sff.net/people/jpalm atier/.

staff Reporter

You see their letters all over campus, but who are they?

This past week, the Pan Hellenic council gave Lock Haven women the opportunity to see what being in a sorority and being Greek on campus is really about.

On Wednesday, the women of the Pan Hellenic Council, which consist of the sisters from the sororities, Alpha Sigma Tau, Sigma Kappa Sigma Sigma Sigma, and Zeta Tau Alpha, held an informational "Go Greek Night" which was open to all university women.

The program was developed so women would not only have the chance to meet the Greek women on campus, but learn more about the benefits of going Greek, what it means to be Greek and to clear up some of the myths and rumors about being a Greek.

The following evening, the Pan Hellenic women held a round robin' night, which is to Lock Haven lew University's Recruitment program.

It allowed each sorority to be placed in their own room, while potential Greek women were allowed to visit each room and learn about each sorority.

While doing this, the women all made Valentine's Day cards which will be donated to Hospice.

Pan Carren O'Keefe. Hellenic Recruitment Chair, was responsible for all the activities that took place.

"I think it's important for ootential Greek women to know what all their options are and what makes each sorority unique," said O'Keefe. "That is why I decided to do the round obin night."

O'Kcefe, who became a siser last semester, went Greek rom Pittsbi

She felt that by going Greek; she would have the chance to meet new people, and involved in campus.

"It was when a sister sat down with me and actually explained to me what being Greek on campus is about, and the opportunities and lesson you learn from it. It was then I realized that I wanted to Greek," O'Keefe said.

This semester, the Pan Hellenic Council's main goal to strengthen and promote Greek unity, educate the university as a whole about Greek life and what it means.

"We have four really great sororities at Lock Haven, and while they are all sororities, it is important to realize that they a all different," said O'Kee "The round robin gave the gi a chance to meet some of the sisters and a chance to ha knowledge about all four sore ities, so they can see what th options are and where they be fit."

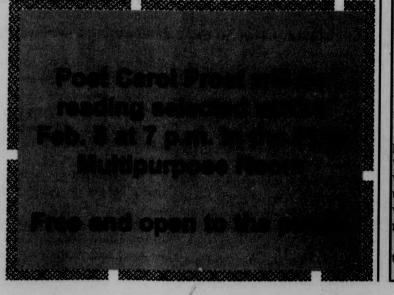
O'Keefe also continued say how empowering it could for a woman to go Greek.

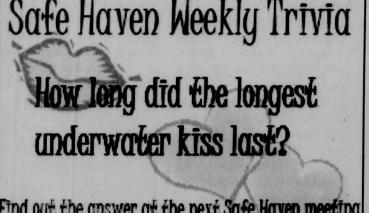
"It's empowering women to allow them to hold eadership positions, and learn life skills. Greek women in LHU stand for higher standard it's about enriching the colleg experience and gaining mor then just what you get from your classes," O'Keefe said. no

Since the media displaysna lot of negative connotations p stigmatisms associated with Greek life; the Pan Hellenie Council is hoping to have the fellow peers look past what the think to be true.

They found out the truth of what being Greek really means When you join a sorority, you don't just gain your sisters, bu you become part of a whole Greek community," O'Keefe said.

1181





Find out the answer at the next Safe Haven meeting Wellness Center (Woolridge 622) @ 9.15pm

Inside . . . Boxers to compete in Red Raider Invitational B2



Check out Features . . . Spring Break Travel Plans B8



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Wednesday, February 1, 2006

What's On Wrestlers pin down a successful week

Deck Home & Away Fall Sporting Events

Volume 63, Issue 2

Today

No Events

Thursday

No Events

Friday

Track and Field (a-NYC Armory

Wrestling vs. Edinboro University 7:30 (a. home

Saturday

Pier Salamone Sports Reporter

This past weekend the wrestling team competed in the Pennsylvania State Athletic Conference (PSAC) Championships at Slippery Rock University.

The team placed third, an improvement from their fourth place finish last season, and had eight wrestlers place.

"The guys started slow but

Wrestling

finished strong. Eight out of the 10 guys wrestled to their seed or above," says head coach Rocky Bonomo.

Sophomore Obenson Blanc started off at 125 pounds, defeating his opponent, Chris Clarke of Slippery Rock University 11-3. After suffering a tough loss to Edinboro University's Mike Sees, Blanc came back at the end of the day for a victory over East Stroudsburg's Matt Swallow 18-8.

Blanc's third place finish earned him All-PSAC honors.

Casey Moore, 133 pounds, was dealt a difficult line up. Moore's first match was with No. 1 Shawn Bunch of Edinboro, where he suffered an 8-4 loss. Moore then had another tough match with Brandon Clemmer of Kutztown University, Josing 9-6.

At 141 pounds, Brian Ellis earned fifth place. Ellis started his day with a loss to Rick Josh Medina, the Haven's 149-pounder began with a 13-2 win over Chris Chambers of Kutztown. Following that was a win over Slippery Rock's Shawn Baglio 14-6, and a tough loss to number eight Gregor Gillespie of Edinboro, 9-4.

Medina's efforts earned him runner-up honors.

Rory McCoy, 165 started his day with a loss to East Stroudsburg University's Keith Smith 7-2. McCoy then beat opponent Josh Evans of Millersville University 15-5, however lost his next match 7-4 to Bloomsburg's Frank Beasley. In his final match of the day, for fifth place McCoy had a victory over Logan Downes of Clarion by a score of 8-3.

Junior Carlos Ponce received All-PSAC Honors.

Wrestling at 174 pounds, Ponce won by a score of 7-2 against Jerimiah Frederick of Slippery Rock, then fell 4-2 to Eric Ring of Edinboro. However, Ponce then came back with a 4-1 win against East Stroudsburg's Dave Sullivan, and another win against Jerimiah Frederick by a score of 7-4.

Derrick Morgan had a tough start, losing to Brett Wade of Kutztown 3-2. He then came back to win with a first tech fall over Dave Williams of East Stroudsburg by 17-2. Morgan beat Bloomsburg's Nate Shirk by a score of 7-3, then took a 7-2 win over Shippensburg's Mark Murphy, for third place and All-PSAC Honors.

6-5.

In his first ever PSAC Championships, senior Tim Meyers lost his first match of the day 10-4 to East Stroudsburg's Adam Karacevicz. In his next match, Meyers received his 10th win of the season by topping Mike Davidowich of Millersville 2-1. Meyers lost his next match by a score of 9-4 to Clarion's **Richard Brooks**, however beat Matt Burkholder of Slippery Rock 3-1 in overtime for fifth place.

Junior Seth Martin was recently named Eastern Wrestling League (EWL) wrestler of the week after he won the PSAC title at 157 pounds. This is the second time Martin has earned this honor.

SPORTS

Martin also earned his 70th career win this weekend at Championships.

"Seth has been getting better every match. He wrestled a solid tournament and was clearly the best competitor at his weight. He is very motivated and has top 8 finish potential at the NCAA's," says Bonomo. Martin started with a fall in the second period over Shippensburg's Chris Murray, and followed that with a 7-5 win over Bloomsburg's Aric Furhman. In his win over Matt Hill of Edinboro by a score of 9-2, Martin secured his title and win.

The Lock Haven wrestling team will be in action again February 3, at 7:30 when they take on Edinboro in the Thomas Fieldhouse.



Track and Field (a NYC Armory

Track and Field (a) DeSchriver Invitational

Women's Basketball (a) California University

Men`s Basketball *a* California University

Wrestling vs. Cleveland State University 7:30 (*a* home

Sunday

No Events

Monday

Women's Basketball vs. IUP 6 p.m. *a* home

Men's Basketball vs. IUP 8 p.m. *a* home

Tuesday

No Events

McLaughlin of Edinboro. by a score of 12-4. Ellis then followed up with a victory over Greg Lewis of Clarion University, 9-1, and an 11-2 major decision victory over Kutztown's Brett Martinez.

Lock Haven freshman Tom Kocher had two tough matches at the 197 weight class. Kocher put up a good fight in his match with Jesse Hasseman of Bloomsburg, but came up short 11-5, and again against Kutztown's Curtis Beardsell,

Photo courtesy of LHU Sports Information

Seth Martin, who captured the Pennsylvania State Athletic Conference Championship at 157 pounds, competes in action earlier this season.

Women's basketball falls to Edinboro

Bill Buckenmeyer Sports Reporter

The women's basketball team is off to its best start since the 1989-90 season when they started off the season 13-2.

This year's squad has posted an impressive 13-5 overall record and 2-3 mark in Pennsylvania State Athletic Conference (PSAC) West play after going .500 during this past week's action.

Women's Basketball

The Eagles started off the week by traveling to Shippensburg University defeating the Red Raiders by a score of 67-59.

The win gave the Haven its 13th win of the season and snapped its 22 game losing streak to Shippensburg.

The story of the game was the 26 turnovers forced by the Eagles.

"The team takes pride in its defense and they challenge themselves to get better on defense every game," said head coach Valerie Curtis.

Ilia Lopez led the team in scoring with 18 points while Shameka Lee led the squad with 10 rebounds. A key stat for the Haven was their plus 12 differential in points off turnovers (20-8).

The team hosted Edinboro University who is currently ranked No.7 in the NCAA East Region, this past weekend at the Thomas Fieldhouse.



Garrett Grazianol Eagle Eye Ilia Lopez drives to the basket during the Haven's loss at home to Edinboro.

The Eagles fell short in their upset bid 69-59. The Haven kept the game tight for the entire 40 minutes, but the Fighting Scots got to the free throw line 35 times, converting 30 of those attempts.

Elizabeth Gabrielle led the team with 21 points and four assists, while Shameka Lee added a double-double netting 13 points, nabbing 11 boards, and blocking four shots.

"We need to learn from our mistakes and play more focused,"

r said Curtis

The Haven has a tough stretch of games coming up as they travel to California University (Pa.) this weekend where they will face off against the No. 5 ranked team in the region. Their next game isn't any easier as they host IUP next Monday. IUP is currently ranked No. 3 in the East region.

"We probably play in one of the toughest conferences in country and to be successful we must continue to play good defense and

rebound" said Coach Curtis about the upcoming schedule.

Coach Curtis has been very pleased with the team this season and has seen major improvements in the team going from 4-23 last season to 13 wins, so far, this season.

"The biggest differences I see, said Curtis, are they are more focused, and they are ready to put it on the line every night. Their work ethic is also, second to none."

Keeping Track

Women's Basketball 13-5 2-3 PSAC West

Wrestling 4-9 0-0 EWL

Swimming 4-2 2-2 PSAC

Men's Basketball 3-15 1-3 PSAC West

Swimmers defeat Millersville in last home meet

Laura Faust **Sports Reporter**

The women's swim team had their final home meet of the 2005-2006 swimming season on Saturday, leaving Millersville University in their wake, 116-89. It was a tough meet for the Haven women, but proved once again that hard work and dedication make winners.

The stands were crowded with adoring fans of the fastest women in the pool. Professors, students and staff members all came out to support their favorite swimmer.

Saturday's meet was the last home meet of Tatiana Patakyova's swimming career. Patakyova is a senior who ended her final races with astonishing marks. Head Coach Andy Waeger was eager for a win so that Patakyova could have a memorable win for her final home meet.

Patakyova has come a long way this season after dealing with an injury in the fall. She came away with two first-place swims and lead off in the 400-yard freestyle relay also earning a first place. Her two first-place swims were in the 200-yard individual medley with a time of 2:13.26 and in the 100-yard breaststroke with a time of 1:01.65.

"The team did great, we had some of our best times of the season and I think for some of the girls it was a great end of the season," said Patakyova. "As an individual, I did very well and I think it is not only my merit, but most of this merit belongs to Coach Andy. Thanks Andy."

Gerda Smirnova made the most of this final home meet, placing first for the 100 freestyle and 100 breaststroke and second in the 50 freestyle, just behind Diane Sujansky. Smirnova also established a pool record time of 1:08.41 in the 100 breaststroke.

"Everyone did their best times and I am really impressed with everyone's success," said a confident Smirnova. "I was impressed with my 100 breaststroke, setting a pool record...it felt really fast and 99 percent of my success today was our coach."

Sujansky had some great swims against Millersville. She placed first in the 50 freestyle with a time of 25.02. In addition, Sujansky had a second place in the 100 breaststroke and helped the 'A' relay team place first in the 400 freestyle.

Kelly Grieneisen won the 200 Katie Grieneisen earned a first freestyle with a time of 2:03.12.

they do," said Waeger.

The women's team is made up of six freshman, one sophomore, six juniors, and one senior (Patakyova). The Haven women are a fairly young team, leaving room for improvements and successes for next year.

"With the successes each individual has had this year, it should

two weeks until the competition, Waeger has a few more intense workouts designed to break down just a little bit more, and then they will spend about 10 days building back up so they are in 'prime racing condition.'

The team's number one goal is to have 100 percent season best times, with their number two goal being to have 100 percent lifetime best swims, according to Waeger.

"As a team, we know that we don't have the depth of some of the other teams in the conference. So, we are going to go into each preliminary race with the goal to make it back at night for the finals," said Waeger.

Smirnova is eager to attend the PSAC Championships. She said that she wants to improve her times and is hopeful that those times will be the best of the season and in her swimming career.

For Patakyova, she said that she is excited to attend because she did not think that she would swim at all this season.

"Things changed, and I am very happy about it," said Patakyova.

Patakyova also had some words of encouragement for her fellow teammates.

"For the girls, they have an awesome future in front of them for this team with this coach. I believe that next year will be even better, so come back and show everybody how great you all are," said Patakyova with best wishes for the rest of the women.

Waeger has seen a turnaround in the success of the swim team. With their hard work and dedication to performing their best, the team has the fundamentals to end this season with fulfillment, and rightfully so.

The coach has a very positive attitude for how these women will perform for the PSAC Championships. He said, "If we get up and race the people around us, the best times will take care of themselves"

February 1, 2006

Tracksters split up to bring home victories

Kim Moerschbacher Sports Reporter

The men's and women's track and field squads split to two different meets this past Friday and Saturday, heading to either the Bison Open or the National Penn State Invitational.

Both the men and women had a very successful weekend, with each team adding to the list of those who are eligible for the Pennsylvania State Athletic Conference (PSAC) championships held at the end of February.

For the women at the Bison Open hosted by Bucknell University, the Bald Eagles were led by sophomore Angela Kramer, who broke her own LHU record with an 11-foot-3 3/4 vault.

Junior Laura Phillips earned a second place in the long jump with a distance of 16-feet-9 3/4, while freshman Chelsea Moore also garnered a runner-up finish in the high jump at a height of 5-feet-1.

Freshman Alyssa Douma recorded a third place finish in the 800 meters with a time of 2:28.77, and also ran a leg of the third place finishing 4x400 relay team along with Maggie Borden, Katiera Carey, and Ashley Hartman.

For the men at Bucknell, junior Ryan Blood came away with the lone Bald Eagle title, winning the 5000-meters in 15:05.6. Teammate Shawn Clancy 4617 points in the heptathlon, good enough for a second place finish and an LHU record.

Also garnering a second place finish was the distance medley relay team of Chris Robson, Wayne Demore, Christian Pates, and Shawn Moore, finishing in 10:36.52. Paul Martin collected a third place finish in the pentathlon with 4345 points. "These meets provided us with a good opportunity to see where we're at with our training," commented assistant coach Aaron Russell. "We've got some work to do, but the fact that we're healthy bodes well. Our plan is to keep everyone working hard, and have them coming around by the conference championships at the end of the month." At the Penn State Invitational, junior Jim Dempsey marked a fifth place finish in the high jump, clearing 6-feet-9, an NCAA Provisional Mark. Teammate Ashley Hartman ran her way onto the PSAC qualifying list in the 60 meters, finish in 7.92. The Bald Eagles will be back in action Friday, Feb. 3 at either the NYC Armory or the **DeSchriver Invitational hosted** East by Stroudsburg University.

Arre scores 20 plus points for fifth straight game Men's basketball drops hard fought game at home against Edinboro Fighting Scots

James Cooney orts Reporter minutes of the game was back and said Coach Wilson. forth. Both teams traded leads

Wednesday night the Bald

even more next season," said a proud Waeger. "For those who had their season end with the Millersville meet, I think we are going to make it our goal for the 2006-2007 season to make it to the PSAC Championships."

The PSAC Championships will be held on Feb. 15-18 at Clarion University. The 2006 PSAC team will include Sujansky, Isabel Carneiro, Smirnova, Katie Grieneisen, Kelly Grieneisen, Rhoades, and Patakyova. With

Garrett Graziano/ Eagle Eye Jenn Sine competes in Lock Havens final meet for the conference

championship. place in the 1000 freestyle with a Becca Rhoades who placed second final time of 11:43.50. Becca

with 2:05.00 followed Grieneisen. Waeger said, "We have come a

really long way as a team. We had some pretty drastic time drops all across the board." Waeger also said that when the season first started it was made clear to him that this team wanted to get back to the point where swimming was fun again.

"I think we proved that you can work really hard and still have fun. don't think I have ever worked with a group that works as hard as give them the desire to improve



The men's basketball team dropped two divisional games this week, but continued to see great play from its young players.

Freshman Billy Arre extended his streak to five games with 20 points or more.



"Billy Arre continues to play at a high level with a lot of consistency," commented Coach Wilson on his star freshman.

On Saturday the Bald Eagles dropped to Edinboro 91-82. Arre's 27 points and freshman Toby Gamble's double-double were not enough to overcome the power of first place Edinboro's forward Daren Tielsch. Tielsch finished with a double-double of his own grabbing ten rebounds and scoring 37 points.

"Tielsch is a very strong, experienced player. He was able to get his position on the post. His approach and demeanor was more of a veteran player. I think that was the difference in the game. Our post defense is something we need to work on," said Coach Wilson.

It did not help that sophomore Rodney Armstrong was sidelined with a wrist injury. The first five

multiple times. The Fighting Scots would go on a 25-13 over the next 10 minutes putting the score at 34-24 Edinboro with 6:30 left to play. The teams traded buckets for the remaining minutes and Lock Haven trailed at the half 45-36. Nine of Gamble's 15 rebounds came in the first half.

Baumgardner took third in this race

with a time of 12:15.65. In addi-

tion, Grieneisen had a second place

in the 500 freestyle with a time of

5:39.57, just seconds behind

Following Grieneisen was Lock

Haven's Shannon Samanka, plac-

ing third with a time of 5:54.00.

Samanka had her own cheering

section in the stands on Saturday,

shouting for her through each of

Kara

Rapp.

Millersville's

her races.

"Toby Gamble continues to come along quite well," said Coach Wilson about his talented forward.

Half way through the second half the Bald Eagles got the once 14 point lead narrowed down to just two. A 15-3 scoring run sparked by seven points from Arre got the score to 64-62.

Just as fast as Lock Haven heated up, they cooled right down, missing five of their next six shots. This would give Edinboro the opportunity they needed and got their lead back to 10 with four minutes left to play. That would be all Edinboro needed as they maintained that lead until the final buzzer as the Bald Eagles dropped to the Fighting Scots, 91-82. Freshman Bruce Kennedy added 16 points of his own in Lock Haven's losing efforts.

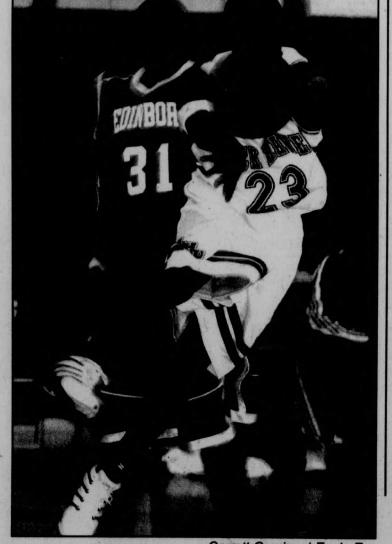
"Our younger players continue to get better and better each game. They are able to accomplish what we need to get done,"

Eagles were also in divisional play Shippensburg. against Shippensburg and Edinboro are currently tied for first in the PSAC West. Again a 20 point performance from Billy Arre was not enough to overcome Shippensburg as Lock Haven lost 83-60. The Shippensburg Red Raiders grabbed the lead with about 18 minutes left to play and never let go of it. Their attack was fueled by the second best leading scorer in the conference, Chuck Davis, who put up 25 points. Seth Scott added 17 points, and junior James Chappelle contributed 11 points.

"We are going about the best we can right now with our young team. Our weakness is our defense. We are scoring more points than we have ever, but we are unable to stop teams. Our goal is to still make the playoffs. I think a 6-6 record can get us in," said Coach Wilson.

Lock Haven is 1-4 in divisional play, with seven divisional games left in the season.

The Bald Eagles will be in action again Saturday afternoon as they travel to California University of Pa. and then again Monday night as they host Indiana University at Thomas Fieldhouse.



Garrett Grazianol Eagle Eye James Chappell makes a no look pass against Edinboro University.

Boxers to compete in Red Raider Invitational on Saturday

Clayton Desmond Sports Reporter

Five Bald Eagles will travel to Shippensburg University this Saturday Feb. 4, 2006 to compete on the 12-bout Red Raider Invitational at the Henderson Gym.

The bout begins at 7:00 p.m. Boxers from the Univ. of Kentucky, Mansfield, U-Maryland, U-Buffalo, LHU, and host, Shippensburg will compete.

The Bald Eagles All-American, Josh Mercado, 139, will box tough Robbie Browning (U of Kentucky) in the evenings co-feature event. Mercado, a junior from Rio-Grande, NJ, has a 13-5 career record.

Also scheduled to box are senior Ryan Falgowski, 175 (5-5, Kennett Square, PA) a 2005 All-American who will hometown favorite battle

Terrance Williams of Shipp. Williams was a 2005 National **Oualifier**.

In addition, newcomers, Anthony Robinson (132) and Kareem Kobeissi (152), and Greg Stratton (205) will make collegiate their debut. Robinson, a promising 132freshman pound from Philadelphia will box Shipp's veteran Nil Shah. Kareem Kobeissi, freshman, from

Stowe, PA will box Jon Harrihan, Shipp, while promising freshman heavyweight, Greg Stratton (Litiz, PA) will tackle Shipp's Tim Driscoll.

The sixteen-member Bald Eagle team has completed a tough week of training, including sparring with Middle Atlantic amateur boxfrom The Center ers (Williamsport) and Mid-Penn (Shamokin).

"We got a lot of great ring work and my Assistant

Coaches, Ken Cooper and John Stout have been very pleased with the team's progress", stated Head Coach. Dr. Ken Cox.

The Bald Eagles popular home invitational will be on Saturday, Feb. 11th when they host the 27th Annual LHU Collegiate / Amateur Invitational in the TFH. The 10-12-bout card begins at 3:00 p.m. and 12-bout main card commences at 7:30 p.m.

Garen Amirian Pat Bower Bill Buckenmeyer James Cooney **Clayton Desinon** Laura Faust Matt Fedyniak m Moerschbac

Reporters

Pat and Spat

So, Super Bowl XL is upon us. The Seattle Seahawks make their Super Bowl debut against the Pittsburgh Steelers in what is shaping up to be a pretty good game.

This highly publicized game is receiving the proper amount of hype as it deserves. However, there are some storylines that the media can just get rid of. More specifically, I'm talking of the Jerome Bettis finally makes a Super Bowl on what supposedly will be his last game ever, and it will also be in his hometown of Detroit.

This is getting really annoying and overly discussed.

There are so many things about this storyline, and Bettis himself, that make it irritating enough for me to not want to hear mention of it anymore.

First off, the most annoying aspect of this whole ongoing saga is how over ten times a game the camera is focused on Bettis' parents in the stands. I know it is real cute that his parents go to all his games and they are devoted to their son, but no one cares to see them on television.

Bettis' parents are even making guest appearances on talk shows, such as Cold Pizza on ESPN. There have been so many other great players who have accomplished way more than Bettis whose parents never get recognized.

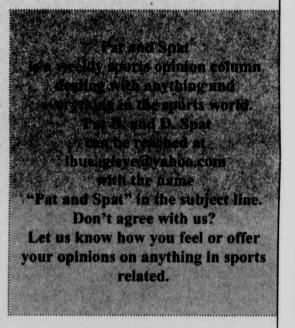
As a football fan, all I care about is who is playing and the game itself, not their family members clapping in the stands after every play.

Over his career, Bettis has been a good, consistent running back, but he is not one of the greatest. Throughout his career, he had only rushed over 1,500 yards once and until now, has never even made the Super Bowl. He has not rushed for over 1,000 yards since 2001, when he ran for a not strikingly impressive 1,072 yards, and has not been the starting running back for the team for a few years. If Bettis somehow would have accidentally lost some weight, he would have been as useless as Duce Staley has been for the Steelers. carry this season. That is not too impressive. He does not rank up there among the great running backs, such as Walter Payton, Emmitt Smith, and Barry Sanders. People tend to think Bettis is a touchdown scoring machine, however, players such as LaDainian Tomlinson and Shaun Alexander will pass Bettis' career touchdown total of 91 in the next season or two, and they only started playing in 2000 and 2001, whereas Bettis was a rookie in 1993.

Also, Bettis is very overdramatic. The Steelers could have the ball on the 45 yard line, hand it off to Bettis, he will gain only two yards, but he will start celebrating as if he had just scored the winning touchdown with no time remaining. Bettis should be thanking his quarterback Ben Roethlisberger for making the game saving tackle after his lost fumble on the goal line at the end of their playoff game versus the Colts. If Big Ben did not make the tackle, Bettis' career may have been tarnished and been labeled a disappointment.

I am not saying Bettis is not a good player or a good person, but just that he is not a great running back and does not deserve this much personal attention. There should be more focus on the Steelers because their playoff run has been very impressive. Either way, Super Bowl XL has the potential to go down as one of the greatest games in Super Bowl history.

Pat B.



Something was missing on Sunday that I had grown accustomed to for the last 20 weeks.

For the past 20 Sundays, I have been able to enjoy football, and with the exception of one bye week on that pointless first Sunday in October, I have been able to enjoy Pittsburgh Steelers football.

The last seven weekends and the games that made them worth having the day off from classes were even more exciting.

For the last seven weekends Steelers fans, like myself have enjoyed some of the best football we have seen all year from our beloved black and gold.

Entering week 13 with a disappointing 7-5 record, Steelers fans were left scratching their heads. Last year at this time the team strolled into week 13 with a 10-1 record.

What a difference a year makes?

Needing to win the last four games of the regular season to insure a playoff spot, something special happened and they did just that.

Against all odds they went on the road to win not one, not two, but three playoff games against the top three seeded teams.

Eight weeks ago the Steelers were a team far from perfection, but the past seven times they've hit the field perfect is exactly what they've been.

A sophomore slump for Ben Roethlisberger?

Not quite, as over the last seven games and even more so in the three-playoff games Roethlisberger has earned his nickname as "Big Ben," for he too has been close to perfect.

But looking closely at this Steelers team it is not a seven game streak they're riding, or the play of Big Ben.

It's something deeply embedded in Pittsburgh Steelers football. It hasn't been there as long as the Rooney's or head coach Bill Cowher and it's not Heinz Field, but it still means a lot.

What the Steelers are riding on is their black and gold. heart and soul for the past 13 seasons. After all that

They are riding a bus that stands at

Throw away the rushing yards, rushing averages, the numbers, all the stats and all the touchdowns.

They don't mean anything when you talk about "The Bus."

He is more than just a football player and more than just a star running back.

He is the heart and soul of today's Pittsburgh Steelers and one of the main reasons the Steelers are where they are today, heading to Superbowl XL.

His tough, run right at you attitude and mentally inspires his teammates and echoes what Steelers football has, is and will always be about.

It's the headshake after a hard fought five yards up the middle that has meant so much to this proud franchise over years and brought fans to their feet time and time again in.

After all there is no better scene than when the Steelers have the ball on the seven-yard line and you know exactly where the ball is going.

Picture perfect blocks and another short Jerome Bettis touchdown.

Thousands of fans jump to their feet and sea of gold erupts in the stands as Terrible Towels are waved with enthusiasm.

Time after time, this scene will never get old.

Last year after the season as we saw how much Bettis meant to the team when Hines Ward teared up talking about his teammate that means so much to him, Big Ben made Bettis a promise that if he returned for another season he would take him to the Superbowl.

Bettis returned and Big Ben held his end of the deal.

A team of destiny?

I don't know, I can only hope, but we'll find out Sunday.

Regardless of the outcome in the game or whether its his last game or not, Bettis will be looking to gain a few more hard fought yards right up the middle just like he has been doing for 13 seasons in the black and gold.

After all that's still Pittsburgh football and Steelers fans wouldn't have it any

Another downfall of Bettis' is the fact his yards per carry average is only 3.9 over his career, and only 3.3 yards per 5'11" inches, weights 255 pounds, is all other way. heart and comes in the form of number 36 Jerome Bettis.

D. Spat

Climbers rock the wall at Bouldering Series



Brandy Rissmiller/ Eagle Eye

Two female climbers scale the wall at the Student Recreation Center during the second competition in the University's Bouldering Series.

Brandy Rissmiller Sports Reporter

On Saturday, 13 competitors showed up at the Student Rec Center to partake in the University Bouldering Series, the second in a series of six.

"The University Bouldering Series is for students who are interested in climbing," explained the SRC Director Brad Dally. "Every weekend for six weeks they compete against students from different universities, such as Slippery Rock. Students can come to have fun and friendly competition." Friendly competition is the perfect word for the atmosphere in the REC on Saturday. The fellow competitors, judges and spectators consumed Subway sandwiches and Red Bull as they rooted for and cheered on the competitors.

Chris McCarty won the men's division with 1637.5 points. Shawn Tom and Bill Reese tied for second with 1400 points. Even after the 6th and 7th scores, Tom and Reese were still even.

In the women's division Mitzi Di Martino earned 1510 points and claimed the top spot. Lindsey Bowman's 1140 points placed her in second followed closely by the Nicole Munz. Munz had a total of 1135 points.

"I think that climbing is a good sport for everyone," said sophomore Heather Kramer. "No matter what you height or strength is each route can be challenging and different for everyone."

The competitors climb to the top of their route before jumping down to the blue mats to go conquer the next route. They must complete five different routes.

"Each route is different and worth a different value." explained Andy Cappello before the competition began. The top three placers from Saturday's competition will transfer over to the final series. The competitors must compete in at least three of the six competitions to place overall. Prizes are awarded at individual competitions, however. There is a men and women's top three. The next competition in the series will be held at the University of Pittsburgh next week.

Jason Stubbeman is the Special Events Coordinator at the Student Rec Center. He plans and runs logistics for the bouldering competition. In the past he has also set the routes as well, but because of an injured ankle he could not do that for this competition.

Stubbeman says there is no experience necessary to participate.

"That's the best part about bouldering," said Stubbeman. "You can learn as you go just by watching others. We set routes that range from super easy to super hard, so all skill levels may participate. People should come because bouldering competitions are always a great time! There is friendly competition, fun on the wall, free food and great prizes for everyone."

Stubbeman said the goal for this event was to get as many students interested in bouldering as possible.

If students are interested in climbing or bouldering there are various clinics held throughout the semester. They can sign up at the Student Rec Center's front desk to receive e-mails announcing upcoming events. Students can also call 570-893-6251 for more information.

STUDENT BOOKSTORE

Book give away of old editions--good for reference library <u>FOR STUDENTS ONLY</u> Thursday, Feb. 2, 2006 8:30 a.m. outside of bookstore

Odds and Ends table of clothing--35% off--<u>NO RETURNS</u> Also available: Calling Cards Fresh flowers daily New jewelry, purses and other items

Also taking valentine orders--buy a plush and receive a free valentine up to \$3.00 <u>Free delivery on campus and city!</u>

Hours: Mon. - Fri. 8:00 a.m. to 4:00 p.m. Sat. 11:00 a.m. to 3:00 p.m.

Attention Students: Scholarships Available!

Do you plan on attending LHUP, Penn State (including PA College of Technology), Lycoming College, Bucknell University or any of their branch campuses for the Academic Year 2006-2007?

Are you a graduate of a Clinton or Lycoming County high school in PA?

If so, you are eligible to submit an application for a Mary Ann Fox Scholarship. Applications are available in the Office of the President in 202 Sullivan Hall. Deadline for the return of applications is April 7, 2006.

February 1, 2006

Intramural Sports News

Wednesday, February 1, 2006

Spring 2006 Sports

	SPORT	TEAMMATES	DAYS PLAYED	TJMES PLAYED	START DATE	LOCATION	DEPOSIT	
		3 minimum 6 maximum		8:00pm - 10:00pm		SRC Court #2		7
		8 minimum 16 maximum		4:30pm - 8:00pm		SRC Court #2	C	
\bigcirc		6 minimum 12 maximum		4:00pm - 10:00pm		SRC Court #3	S	Ì
		3 minimum 6 maximum		8:00pm - 10:00pm		SRC Court #2	C	
X		5 minimum 10 maximum	Marcollie Diversity	10:00pm - 11:00pm		Zimmerli Court #1	N N	/

Tuesday, February 7, 2006

All registrations and deposits must be turned in by Tuesday, February 7, 2006 by 12:00pm. No exceptions! Register online at www.lhup.edu/intramurals as soon as possible as spaces are limited! Once a team is registered and the deposit collected, the captain will receive a confirmation e-mail with the date and time of the captain's meeting.

Pick me!

Interested in participating in Intramural Sports this semester but can't find a team? Become a free agent! Send an e-mail with your name, phone number, e-mail address, and sports interested in playing to Anita at acharles@lhup.edu with "Free Agent" in the subject line. The free agents will then be made available for teams that need extra players. Note: signing up as a free agent does not guarantee a spot on a team.

What's COED?

This semester dodgeball, indoor volleyball, and floor hockey are all coed sports. Coed means that in order to participate, you must have two (2) members of the opposite sex playing at all time.

Team Deposits

After registering online via the Intramural website, all teams must submit their team deposit to the front desk of the Student Recreation Center. The deposit must be enclosed in an envelope with the captain's name, team name, and sport written on the front. Please note that teams are not officially registered until both online registration and team deposits are received.

Referee Meeting

Welcome back, Referees! There will be a mandatory referee meeting on Thursday, February 2, 2006 at 7:00pm in the Thomas Field House classroom. Information pertaining to the spring 2006 Intramural season will be discussed. It is important that you all attend. If you have any problems or questions, please contact Anita at 570-893-6204 or acharles@lhup.edu. See you there!

GET INVOLVED! http://www.lhup.edu/intramurals

Student Recreation Center News

Student Recreation Center Hours of Operation

Wednesday	7:00am	to 11:00pm
Thursday	7:00am	to 11:00pm
Friday	7:00am	to 9:00pm
Saturday	10:00am	to 9:00pm
Sunday	12:00pm	to 11:00pm
Monday	7:00am	to 11:00pm
Tuesday	7:00am	to 11:00pm

Climbing Wall Hours of Operation

	Wednesday	1:00pm	to	9:30pm
	Thursday	1:00pm	to	9:30pm
	Friday	1:00pm	to	7:30pm
	Saturday	1:00pm	to	7:30pm
	Sunday	1:00pm	to	9:30pm
	Monday	1:00pm	to	9:30pm
	Tuesday	1:00pm	to	9:30pm
L. M.				

Spring 2006 Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	7:45 – 8:45am Wake Up Yoga Ashley		7:45 - 8:45am Wake Up Yoga Ashley	
	4:10 – 5:10pm Strength Training Jen	4:10 - 5:10pm Svengh Training dan	4:10 – 5:10pm Strength Training Jen	
	5:15 – 6:15pm Cardio Sculpt Vanessa	Still-BillEam Star & Tone Victoria	5:15 – 6:15pm Cardio Sculpt Vanessa	500-051
	6:20 – 7:20pm Kickboxing Ashley	6:20 - 7:20pm Klasbooting Ashtey	6:30 – 7:30pm Pilates Ashley	
		7:30 - 8:30pm Yope Adhley		
in the second				

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



Check out the SRC website for schedules, photos, policies and employment opportunities! http://www.lhup.edu/rec_center

Upcoming Events

Bouldering Clinic

Thursday, February 9th 10:00am - 12:00pm

Come visit the rock wall in the SRC for instructional climbing. You can take advantage of our experienced climbers who are willing to help you to reach the top. Plus, choose from an array of readings related to bouldering and find out where to boulder.

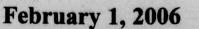
For more information, visit the SRC website or contact Andy Cappello directly at acappell@lhup.edu.

CPR/ First Aid Hike/ **Snowshoe Hike** Certification Saturday, February 11, 2006 9:00am - 12:00pm Zimmerli 8 \$5 per component Sign up at the Student **Recreation Center website at** www.lhup.edu/rec_center *Limited sports available*



Saturday, February 18, 2006 9:00am - 5:00pm **Sproul State Forrest** \$10 refundable deposit Join the SRC for our first adventure as we trek across the

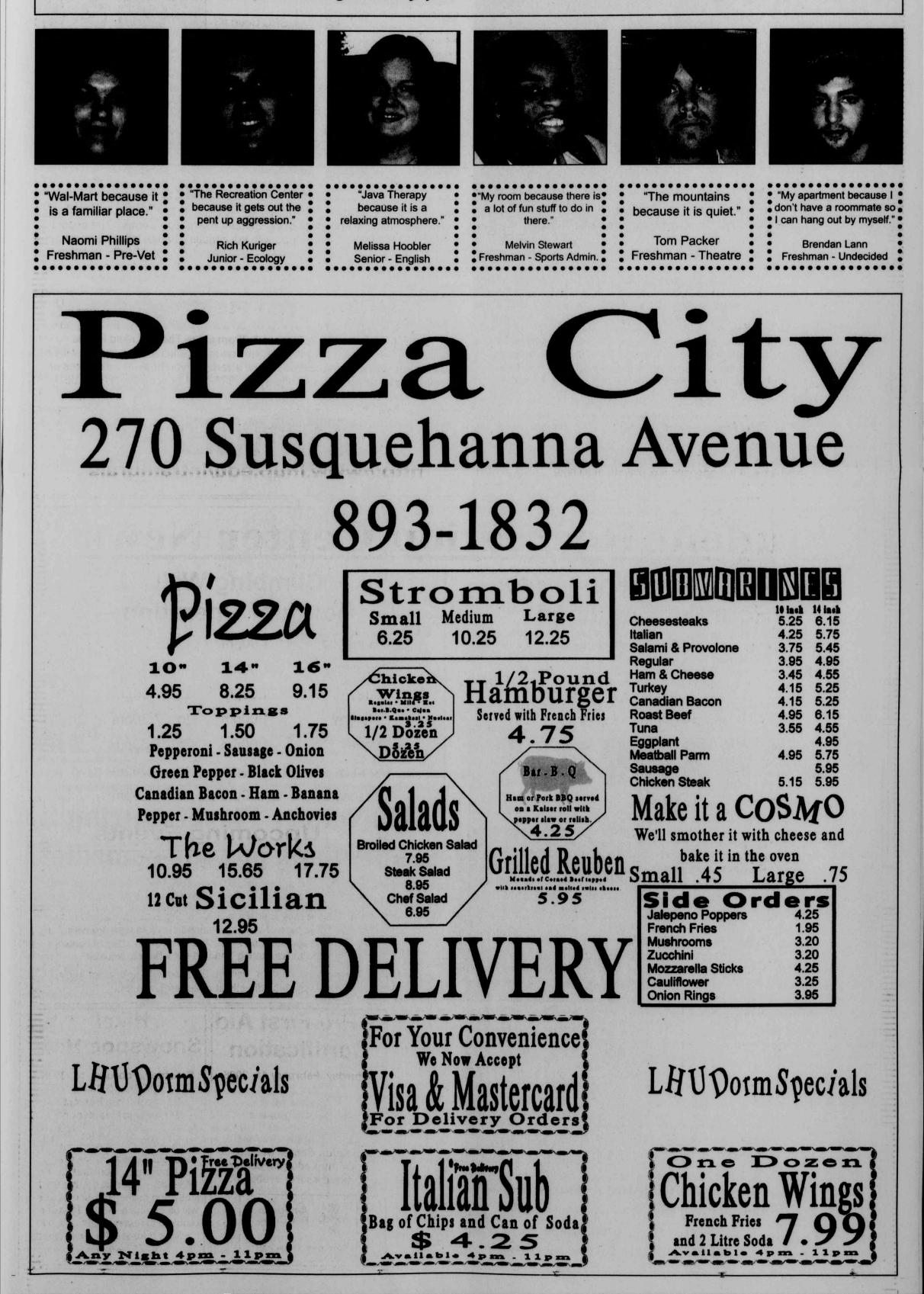
beautiful Central Pennsylvania landscape. Registration information is located in the SRC lobby and online. The snowshoes will be provided. A \$10 deposit is required to reserve your spot and will be returned the day of the hike.





B5

Where is your favorite place to get away from all the stresses that college brings and why?



February 1, 2006





Cory Messinger Guest Writer

B6

Many movie goers may have recently been interested in the four time Golden Globe Award winning movie, "Brokeback Mountain," this season.

Mountain," "Brokeback directed by Ang Lee, is the dramatic love story about two young cowboys who meet one summer while herding sheep through the beautiful mountains of Wyoming. Throughout the film their love for one another must be kept secret in order to avoid the scrutiny of their families and the degradation of society.

Ennis Del Mar (Heath Ledger) and Jack Twist (Jake Gyllenhaal) both seem to be set on the lifestyles they wish to pursue until they meet one another and fall into an uncontrollable relationship full of unpronounced love and intima-CY.

al lifestyles they are expected to live.

Ennis is eventually married to his girlfriend Alma (Michelle Williams) with whom he has two daughters. Jack falls for a cowgirl, Lureen Newsome (Anne Hathaway), marries her and fathers a son.

As Jack is gravitated towards a seemingly happy lifestyle working for the Newsome family business, he feels there is still something missing. Four years after the lovers meet, Ennis receives a postcard from Jack saying that he is on his way to Wyoming. When Jack finally arrives, the reunion between them is heartfelt and soon becomes a great controversy spiraling through the lives of all who surround them.

For twenty more years, Ennis and Jack meet in the hills

Yahoo! Movie Database

written by Annie Proulx, is quite short, director Lee takes this film to new heights by utilizing his resources in order to showcase breathtaking cinematography of the vast Wyoming countryside.

Lee also achieves recognition with this outstanding accomplishment by successfully depicting a non-stereotypical love story and relating it to the lives of many unspoken relationships worldwide.

The cast, evident by their many Golden Globe nominations and impressive past film experience, are sensational while portraying Proulx's original characters.

Anne Hathaway, recently starring in "The Princess Diaries," delivers a phenomenal and surprisingly bitter performance, proving her versatility as a

Staff Reporter

With the resurgence of the singer-songwriter amongst today's most prized musicians, the poetic reflections of artists through their music are once again appreciated.

There has always been a genuine feel to stripped down music thriving solely on the explorations an artist is willing to take.

Combining an old school flavor of blues, jazz, soul, folk and rock with his own modern personal twist is Amos Lee.

Hailing from Philadelphia where the culture is rich with musical diversity, Lee seems to have used the assorted mix of sounds as a start to his own personal artistic journey. Never overstepping his vocals or letting any instrument overpower another on his self-titled album, Lee creates a balanced progression among all of the melodic signatures.

The album sounds as if it should be spouting from the speakers of an old record player,

His voice reminds you of a man who has experienced much beyond his years. Surprisingly enough, at only 27, Lee has many more years ahead of him, but his music has an unspoken wisdom to it, like a grandfather of sorts.

Contradicting that wisdom is the innocence of the material written by Lee. He leaves no stone left unturned and feeds upon experiences and emotions of both his own life and the lives around him. His voice glides into each note, the way hands move across bare skin, with some reservation, but also with confidence and ease. He knows that his songs are relatable, but delicate and therefore must be approached accordingly.

The arrangements are never outlandish or overzealous, but sincere and simplistic. Lee makes music look very easy to undertake, but his styling is only secured by the artists willing to put forth the effort. The album isn't glamorous, but instead it is raw and true. Such talent nowadays is generally found on small

signed Lee; and for good reason.

Much like fellow singersongwriter, John Mayer, Lee constructed a song about the glories of the female body. However, Lee felt it necessary to focus on a particular body part with his debut single, "Arms of a Woman."

Granted, Lee's approach is not nearly as pop worthy or the mainstream radio sound, such as Mayer's, but generally that's the cycle music follows. It all starts with an artist who is obscure, until someone actually takes the time to listen. When the money men are clued in, and suddenly the music is everywhere. Finally, the artist is recognized for the talent that they had always held, but had yet to be acknowledged for.

Well here's the chance to relish some quality music. Amos Lee has found his niche, delivering songs full of melodic passion as if ripped from the very souls of all who take the time to listen.

Music worthy of such praise should be not go unnoticed.



Ennis and Jack meet in Wyoming as they are looking for summer work. When both are hired as sheep herders on Brokeback Mountain they get more than just a seasonal job.

At the end of the summer Ennis and Jack must part ways in order to start the conventionof "Brokeback," as their secret lives are never spoken of. Through trials and tribulations the one thing bonding them together is true love, even until the bitter end.

"Brokeback Mountain," although slow and boring at times, is a movie that I would recommend to anyone interested in a story of commitment and true love.

Although the original story,

rising new actress. Upon leaving the theatre I witnessed an array of reactions. Some did not know what to think due to the bewilderment of an unconventional love story.

Others were sincerely touched by the commitment and everlasting love between Ennis and Jack.

"Brokeback Overall, Mountain" soars through the eyes of love and into the hearts of many.



by Linda C. Black, Tribune Media Services

Aries March 21-April 19

There's a nagging suspicion that you'd better fix something now, before it breaks. You know what it is, too.

Taurus April 20-May 20

At first it seems like the task you're facing is impossible. As you get into it, however, you will find a way.

Gemini May 21-June 21

Don't make assumptions, or rely on others, especialearly. Too many ly changes are going on.

Cancer June 22-July 22

An unexpected development related to your work disrupts your travel plans. Watch out for that.

Leo July 23-Aug. 22 Not a good time to travel,

not a good time to gamble. Wait until tomorrow.

Virgo

Aug. 23-Sept. 22

Conditions are unstable now. Others seem to be in control. It's up to you to keep things going in the right direction.

Libra

Sept. 23-Oct. 23 Creative work pays especially well now. Crank out as much as you can, while the market is in your favor.

Scorpio Oct. 23-Nov. 21

You're feeling lucky, but take care. Just the opposite is more likely. Don't gamble, shop or lead a loved one to think you're made of money.

Sagittarius Nov. 22-Dec. 21

You've been stirring things up lately, so don't be surprised if you get a lively reaction. You asked for it.

Capricorn Dec. 22-Jan. 19

Don't believe everything you hear today. Even reliable sources could have the facts wrong. Don't gossip, either.

Aquarius Jan. 20-Feb. 18

There's something unusual about the money in your pocket. Check your change for rarities, and your pockets for holes.

Pisces

Feb. 19-March 20 You're very imaginative now, but try not to start any trouble. Don't ask for money either, until tomorrow.

Yahoo! Image Database

Musician Amos Lee combines blues, jazz, soul, folk and rock for a unique sound. His current single, "Arms of an Woman" is yet to hit mainstream.

University Players spring productions include comedies

Leona Livingston **Staff Reporter**

Two comedies and a famous musical are set to take the stage this spring, all produced and directed by The University Players, in association with the Student Cooperative Council and the Lock Haven University Department of Performing Arts.

Auditions are in the process of being held this week for the performances, which include the main stage production, "Little Shop of Horrors" and two Countdown Theatre productions, "Nickel and Dimed" "Rosencrantz and and Guildenstern are Dead."

The season will kick off with "Nickel and Dimed", Joan Holden's adaptation of the book by Barbara Ehrenreich titled "Nickel and Dimed: On (Not) Getting by in America." The play addresses issues faced by Barbara, a woman who is part of the "working poor" in America. The show, a comedy, looks at Barbara as she fills positions at

many low-wage jobs throughout the U.S. Dr. Christine Woodworth, visiting assistant professor of performing arts, will be directing the show, which is scheduled to start March 1 at 8 p.m. in the Countdown Theatre and will continue through March 4.

"Little Shop of Horrors", Howard Ashman and Alan Menken's successful musical comedy, focuses on Seymour, a mere floral assistant in Mushnik's shop and his discovery of a strange plant which turns him into an overnight sensation. The plant poses a threat because of its appetite for blood.

The musical will be this semester's main stage production which will be directed by Stephen E. Haynes, assistant professor in the performing arts department.

"I thought the campus would have fun with it," said Haynes. "I wanted to expose our students to different types of theatre; it was time for a musical."

"Little Shop of Horrors" is scheduled to be performed on

March 30 and 31 and April 6, 7 and 8 in the 300-seat Sloan Theatre located in the Sloan Fine Arts Center.

The final play of the semes-"Rosencrantz ter. and Guildenstern are Dead", focuses on two characters in William Shakespeare's "Hamlet."

The two are childhood friends of Hamlet and their comedic tale touches on the confusing philosophy of life and the nature of theatre. This play contains adult language.

"I look forward to 'Little Shop of Horrors' and 'Rosencrantz and Guildenstern are Dead' the most," said senfor, James P. Reagan.

Two of the three plays were selected by the University Players. Students and faculty submitted a list of desired shows and then the executive board chose the top plays to be performed. "Little Shop of Horrors" was chosen by Stephen E. Haynes.

With a busy spring semester, the University Players have a lot to offer.

lhueagleye.com



Art Council to hold Ball

Erin Hipple Staff Reporter

The Clinton County Arts Council will be hosting a Mardi Gras Masquerade Ball from 8-11 p.m. at the old Lock Haven High School gymnasium located at the East Campus on Feb. 11.

This costume dance will feature live music, portrait photos taken by Bill Raco, a 50/50 drawing, light refreshments, and enough flair to dance the entire night away.

Tickets are available for \$15 single or \$30 per couple, and are welcome to the community, university students, or anyone wishing to have a night out.

"The Arts Council is affiliated with Lock Haven University, and especially since the Ball will be held at the old gym, we're hoping that this will increase the attendance. We would love for students to come out and support all of the genres of art such as theater. fine art, and music," said Jeannine Lipez, who is working to make the dance a possibility.

"The Masquerade Ball is being presented as a fund-raiser for the Arts Council. We will be using the money for operating expenses, art supplies, and to hire teachers for our art classes," said Lipez.

One aspect that the Arts Council is truly excited for is the selection of the Ball's Royal Court. A panel of judges will select winners for the most extravagant and alluring masked guests.

Masks may be humorous, tragic, sparkling, handmade, or purchased from the Arts Council located at 7 W. Main St. downtown. Select masks may also be purchased at the Ball or from web-sites such as www.anytimecostumes.com.

For the more creative side of those planning to attend, the Clinton County Arts Council is entertaining a workshop that will allow one to create his or her own mask. The workshop will be run by Rebecca Forbes of the Arts Council on Feb. 4 from 10 a.m.-1 p.m. Participants are asked to bring a plain mask and fun accessories to decorate with. In order to sign up for the limited spaces,

one may call the Art Council or stop by to register.

Along with an elegant mask, attendees are encouraged to dress in Mardi Gras attire, including colorful beads, glitter make up, or even a fabulous ball gown.

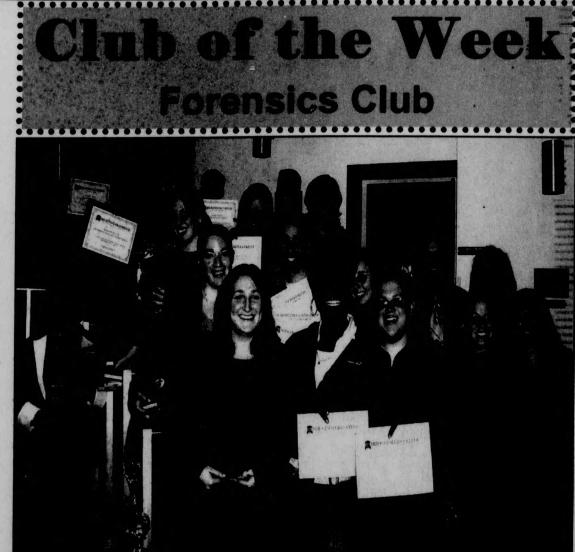
The Millbrook Playhouse located on Hogan Blvd. has generously set up a selection of costumes at the Arts Council office in which participants can rent the attire for the night or just get a few ideas for a costume of their own. The office is open daily from 9 a.m.-5 p.m.

"I think we chose the Mardi Gras Masquerade theme as a result of the influence of Hurricane Katrina earlier this year. It will be sort of a Cajun-Louisiana effect with the combination of arts," Lipez said.

With this event being the first venture of its kind, the Arts Council is nervous and excited to see how the Ball will fall into place.

Questions about the Ball or about the workshop are to be directed to the Clinton County Arts Council via telephone at (570)- 748- 0940 or by calling (866)- 403- ARTS.

Listen to WLHU **Toxic Radio!** 24 hours a day, 7 days a week www.lhup.edu/radio "Remember, if it's not toxic, it's not good for you." - Weekly SUDOKU -Answer 8 4 6 1 9 7 5 3 2



front of a g 's Forensics Team

t and other forms of The Forensies team, adv

y Dr. Liss Riede, was founded 2002

the states and the states e 22 students ever very few of them were

en we first started on ampus, there were majors from It over, but very few were com-numication modia majors. We ad analents majoring in politi-al actence, pre-law, history and pumalism," Riede said.

There are currently 42 mem-is involved in the Forensics in on campus, and 24 of in participated in tournacipating students were an ring back to Lock Have bring back to Lock Haven 49 bersonal awards as well as three ream awards, and 12 students gualified for nationals, which will take place this spring. "I love the Forensics Team to much, it's so awavens." sen-or, Yatu Aliskamenin suid. "I im a speach major, so by join-ing the Forensies Team it is a distionts for use to show off my hills."

for children with c mouth, who cannot a

This spring, the Fo team hopes to get involved wi a Reader's Theat Performance, the LHU Dane Company and they have also been invited to do readings from the book. 'Contemporary Poet in Pennsylvania,' which was edited by Lock Haven University English profes Marjorie Maddox-Hafes

We love to do service proj help other organizations, it's illy so great and so reward ing," Riede said. "Being advisor for th Forensics Team is a lot of work," Riede said, "But having work," Riede said. "But having the opportunity to watch these students grow and achieve such wonderful things for working so hard, is very satisfying." "I always tell the students involved that the Forensics Team is very educational, and coming home with an award is only a fringe benefit. Their per-sonal growth is what is more important and satisfying," Riede continued.

Weekly SUDOKU by Linda Thistle 3 5 7 3 8 9 6 1 3 2 5 7 8 4 7 2 6 1 8 7 1 9 4 8 1 7 7 9 3 2 4 8 9 Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the DIFFICULTY THIS WEEK: * *

* Moderate ** Challenging * * * HOO BOY!

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From Hynotist, B8

Johnson got the volunteers in a deep hypnotic state, while he encouraged people in the audience to try, too.

From frying bacon to participants in a dating game, the volunteers took on many identities as directed by Johnson. He led the volunteers through many humorous skits, lasting almost two hours.

"I would absolutely recommend it!" said Sheala Simms, a Sports Admin. major, who was one of the volunteers on stage. Johnson told the participants

that they would not remember much until about five minutes after being off-stage.

As Sheala remembered what she had done on stage, including acting like a ninja, all she could do was laugh.

Sarah Lenig, and Elementary Ed. major, said that she did not really remember anything except being really sensitive to Johnson's voice while she was on stage. The

7	6	1	5	2		3	4	8	
9	8	4	7	3	8	1	2	5	
1	9	2	6	4	8	7	5	3	
6	3	7	9	5	2	4	8	1	
4	5	8	3	7	1	2	6	9	

7 5 4 8 3 9 1 6

3 1 9 2 6 5 8 7 4

other volunteers agreed that they did not even notice the audience, but instead just remembered Johnson and heard everything that was going on, but that they just were not aware enough to care.

Johnson concluded by saying that he has discs for sale on his website. www.sleepwithcj.com and that if you're at all interested, he encourages you to buy a CD and make copies for your friends and try hypnosis out for yourself.

President Willis had asked Riede to develop a debate club; cowever Riede found that by orming a Forensice Team, su-lents would have more variety and options of speaking styles, herefore allowing for more fun and more experience in particu-ar speaking situations. The Forensics team consists of morelying styles such as any sion, extention

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the tab Tonnics team is the tab Tonnics team is the table test merby cases the table test merby cases the table test merby the table table test and the table table test also works with

other various

the Forensics

Riede continued. The Forensics Team meets every Thursday at 5p.m. is Sloan 214. All students and majors are encouraged to join!



Nicole Pinte Staff Reporter

10) Financial Aid. Not every student qualifies for financial aid, so if you have it, use it wisely. It's aice to not have to worry about the expenses of school right now, but use your judgment because you will have to pay back your loans later.

9) Friends. When something goes wrong these people are always there to pick you up when you fall. If you live far from home, friends can be the ost important when you need someone. Friends re what make your college memories so much

8) LHU Activities. Make sure you check out all e events that are being covered by many differ-

ent clubs and organizations. HAC and SCC plan take space at home for granted. Your closets, many events for every month, and have a schedule of those things in their office in the PUB, so get a schedule to see what activities on campus you would enjoy attending.

7) Safety: Even though our campus has fairly good lighting and great campus police no one should ever feel too safe to be precautious.

6) Insurance. As a student you are given privileges that allow student's to be on certain benefit pro-grams of parents or guardians. Prescription's can cost as low as \$5 for someone with healthcare, while people without it can pay more that \$200 in prescriptions.

1

5) Space. This may sound odd at first, but don't If you thought crunching to get schoolwork done

drawers, and living room are very valuable, especially when you have to share with someone else.

4) Cars. Even if you have a "clunker," it might be better than your friends "clunker." Everyone always thinks they have a bad car, but be grateful if you have one. Not having a car at all is worse than having a car that isn't brand new. Hey, at ast it gets you places!

3) Parents. Grocery shopping, taking out the garbage, cooking, laundry, dusting, vacuuming, hes, and cleaning was a lot easier when your parents did it.

2) Time. The value of time sky rockets in college.

12

in high school was bad, you were in for a surpris when you got here. The time to get done projects papers, studying, and homework assignments is hard enough without all the clubs, meetings and jobs. Juggling those things leaves no free time.

And the #1 Thing College Students Shouldn't Take for Granted is....

1) Knowledge. This is something students simply can not take for granted. Complaining about get ting up for class to get an education is ridiculous Going to school to learn and better yourself as a person is a privilege, not a right. Not everyone has a chance to be here. After you receive your degree many doors of opportunity will open to you, se soak up as much knowledge as you can because it may be the difference of where you end up in life.

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Spring break has students planning

Melissa Trentadue **Staff Reporter**

It is time to put away your books, forget about midterms, take out your sunscreen and head down to some of the warmest places our world has to offer.

It is time to have a blast with some of your best friends, and for college seniors, it could even be your last vacation before you take the dramatic step into the real world.

It is Spring break.

It is 10 days of pure bliss.

With so many beautiful places to go and countless numbers of resorts to choose from, the idea of even planning the perfect spring break getaway can be stressful for many college students.

Not only do you have to choose a suitable location where everyone wants to go, but you have to consider the price of accommodations, cost of airfare and then all the extra spending money you might need to make your spring break destination a memory to last a lifetime.

"Planning our spring break trip for this year was so stressful," said Erin Salvati, junior, holding up brochures of numerous beach resorts located in Florida. "Luckily, I was able to get in contact with a spring break representative who helped me plan the whole trip. It really made things easier for me and my friends."

Salvati was just one of the many college students who took advantage of using a spring representative to help her plan her spring break destination. Spring break representatives are available through websites such as SpringBreakDiscounts.com. They help students travel to a

a low price. Spring break representatives promote, sell and service the sales of successful spring break voyages for college students.

"The more friends you have going on spring break with you, the cheaper it is. And the sooner you book it, the cheaper it is also. It really works out in the end and saves you a lot of money," Salvati continued.

So now that you have a spring break representative or a friend to take control of the whole vacation, where do you want to spend your 10 days off? The Sunshine State has been

a hotspot for young people and student travelers for quite some time, and it is easy to see why.

With miles and miles of beachfront hotels in places like Fort Lauderdale, Daytona and Panama City, there is sure to be plenty of college-aged company. You can enjoy all sorts of activities from windsurfing to deepsea fishing, shopping to soaking up the rays by the Atlantic Ocean or on the Gulf of Mexico.

"We're going to Daytona for the reputation it has during spring break," said Mazie Fairchild, senior. "It's not the Caribbean or somewhere exotic, but it's still warm and somewhere away from Lock Haven. It's our last semester here, my friends and I all felt the need to splurge and go somewhere nice."

If leaving the country is an option for you, you can always take an exotic Spring Break trip to the Bahamas to sample Caribbean culture, eat native delicacies and make new friends.

There's plenty to do in the Caribbean, and with more than 700 islands to choose from, there are plenty choices. During

breathtaking shores and colorful reefs, play a round of golf or swim with dolphins. After dark, you can have a first hand experience and listen to live, soulful Caribbean music, dance in packed nightclubs and place your bets in exciting casinos.

If the Caribbean islands are not your thing, you can enjoy the history, water sports and amazing nightlife in Cancun during your spring break.

This popular spring break hotspot in Mexico is famous for white-sand beaches and sapphire-blue waters, which is perfect for snorkeling, jet-skiing and parasailing, among many other activities.

You can take side trips to

local crafts markets, or just sit by the pool and work on your tan.

However, when the sun goes down just remember that Cancun heats up with great parties and fun, student-oriented events that spring breakers keep going until the break of dawn.

For some students at Lock Haven, although the idea of spring break sounds like it would be a lot of fun and a chance to relieve some school related stress, the idea of going away almost seems impossible because of the lack of money in their wallet.

"I'm graduating in May, and I really don't have money to waste on spring break this year.

to start saving money for an apartment for when I leave here, and although I would rather be on the beach getting tan, I might just head to New York City to shop for a few days."

Michele Reed, senior, does not even have the time off from her job to go away on spring break.

"All my friends are going places, such as Cabo or Ocean City, but I have to stay here and work during the break," Reed said. "It really stinks, but it pays the bills and that's what I have to worry about."

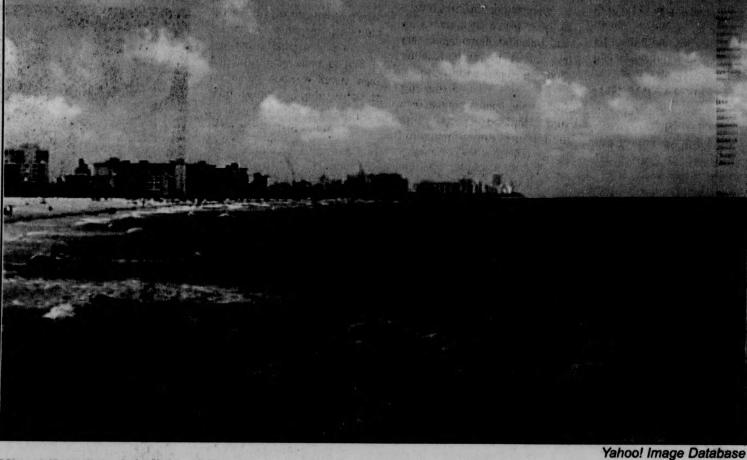
Some Lock Haven students are even saving more money and are just traveling to nearby states, such as South Carolina.

Miami Beach is just one of the many spring break destinations that students visit each year.

week. It's much more affordable then leaving the country and it really is better then sitting at home, doing nothing," said Scott Kemps, junior.

With spring break rapidly approaching, it's not too late to make a final decision about where your travels will take you. Take advantage of using a student representative if you want to travel far in order to save money for yourself. When purchasing your airfare, make sure you check and see if they offer discounts for students. Or gather up your friends and take a road trip to visit parks and beaches surrounding Pennsylvania.

Whatever you decide to do, just remember, its 10 days you on't have to



vacation spot of their choice, for

Hypnotist ties comedy into act



Hypnotist C.J. Johnson entertains audience by putting students to sleep.

Sara Gerber **Staff Reporter**

Well-known comedian-hypnotist C.J. Johnson entertained a crowd Friday night at Price Auditorium with his hypnotic talent.

Johnson, who has traveled with big country music acts such as Racal Flatts, first went over some guidelines as to who could not be hypnotized.

Pointing out with a laugh that it was only 7 p.m., he said that drunken people could not

be hypnotized. Stupid people, he said, with an IQ less than seven could also not be hypnotized because they cannot pay attention long enough to be effected. Smart people were the last category of people that could not be hypnotized because they would be trying to prove that it could not happen.

After that, there was a frantic stampede as Johnson asked for volunteers to come up on stage.

After the chairs were filled, he asked that participants spit out their gum. He then asked

who knew the people sitting beside them, and asked that they move next to someone they did not know so they could better concentrate.

"It's always embarrassing when only one person raises their hand when I ask that," said Johnson, referring to people that knew others around them.

After being asked to concentrate and take deep breaths,

See Hypnotist, B7

THE DWD RA

1. PL - S

The Benny Hill Show - The Hill's Angels Years: Set 4

The Pink Panther Show -

Volume 1, 2, and 3

*The X-Files Rc-release --

Season 1, 2, and 3

Benny Hill is right up there

with Monty Python when it

omes to comedy greats who

will most likely never be forgot-

en. He is labeled as the most

accessful comedian of all time

ecause of his popularity across

His show was of the variety

ype, featuring musical guests

and many zany and crazy

sketches, with the majority of

the programs ending with a

faster than normal, running and

chase scene to the tune of

'Yakety Sax." The DVDs con-

ain footage mostly unseen to

American viewers because when

he show was brought to the

states, his hour-long programs

were trimmed down to 30 min-

utes, so at least half of the shows

should be new material to we

Yankees. No British Comedy

collection can be considered

complete without this DVD set.

Picks of the week:

he globe.

The Benny Hill Show.

e Mutant Ninja Turtles -Volume 20

there are plenty choices. During your stay, you can explore the explore Cancun's rich Mexican The cost can be so expensive," "My housemates and I are culture, do some shopping at said Jill Weaver, senior. "I have just going to Hilton Head for the

Movies on DVD Rel

ALL STREET

Jan. 31.

In Her Shoe Inspector Clouseau Love's Long Journey Revenge of the Pink Pan A Shot in the Dark Son of the Pink Panth Supercross: The Movie *Tim Burton's Corpse Bride The Good Earth The Legend of Zorro (Special **Edition**)

*Pick of the week:

Tim Burton's Corpse Bride. Here's a mathematical proof that I follow: Tim Burton, plus dead people, plus Claymation, equals one mighty fine movie.

Mr. Burton makes his longanticipated return to morbid, clay, cinematography and produces another world with its own mystifying atmosphere.

The movie wasn't nearly as good as The Nightmare Before Christmas, but that's like comparing apples to apple pie or Star Wars Episodes IV, V, and VI with I, II, and III; it's just not fair. Main character Victor Van Dort is set to marry a woman he does not wish to be with and when time comes for the two to be wed, Dort disappears only to wind up in the not-so-usual circumstance of having to marry a corpse.

If that wasn't enough to make you go out and purchase it, Johnny Depp provides the voice for the main character.

to Gamecube and P **Curious** Georg

Nintendo DS Greg Hastinge" Tor Hastings' Tourne Paintball Max'd Rotchi Co Comi Ultimate Brain Ga

Mega Man Maverick Hunter >

110

Xbox **Curious** George The King of Fighters '934 Rebout

*Pick of the week:

Personally, I believe the release list this week is weak, so all I can do is make some statements. Mega Man fans will no doubt be excited about Mega Man Maverick Hunter X on th PSP.

Those who are interested in online games such as checkers, chess, and other puzzle-game via a touch screen will enjoy Ultimate Brain Games for th Nintendo DS. Better games are on the way, so you may want to save some money for upcoming must-have items lik Nintendo's upcoming next generation videogame system codenamed the Nintendo Revolution which will be released before Thanksgiving 2006, according to Nintendo President Saturo Iwata.