



Softball team looks to defend National Championship
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University Players "Foolin' Around with Infinity"
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The
Eagle Eye

Lock Haven University's Student Newspaper

Vol. 64, Issue 7

www.lhueagleye.com

Wednesday, March 28, 2007

Voices to be heard

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As the race for the US presidency enters into full stride, LHU students are preparing to cast their ballots in a presidential election of their own.

Voting for the Student Cooperative Council, Inc. (SCC) Executive Board begins 8 a.m. Friday in the PUB business office. Students will have the opportunity to choose between two competing tickets to fill the offices of president and treasurer.

William Dowd and Donald "DJ" Amoriello are running against Christine Bergeski and Karl Thompson for the presidency and office of treasurer, respectively. Keith Haller is running unopposed for the vice presidency.

The president of the SCC is responsible for running the organization's executive board and corporate activities. The battle for this office is marked by the experience and dedication of the two candidates.

Bergeski is the current SCC treasurer and has spent the past year working alongside SCC President Matthew Wise. She says this experience has prepared her for the presidency.



Top photo Erin Hipple / Eagle Eye, bottom photo Alana Beightol / Eagle Eye
William Dowd, Keith Haller and Donald Amoriello, top, are running for SCC executive board positions against Karl Thompson and Christine Bergeski, bottom. See A4 for election days and dates.

"I feel that I learned a lot about the corporate side of our organization," she said. "I feel I have an in here, and I could go forward with that knowl-

edge."
She also says that her organizational skills and work ethic would be assets to her as president. "I look at deadlines

very seriously," she said. "If something needs to be done, it's done."

Dowd, who says he has been preparing to run for president since his fresh-

man year, says that his experience working for numerous organizations has allowed him to cultivate invaluable connections.

"I know the system now," he said.

Dowd is a yearbook editor and has worked with AmeriCorps through the community service office to organize such events as 'Sleep Out for the Homeless.'

"I could use the skills I've learned at the yearbook and at the community service office to effectively run the student government," he said.

Dowd, a senator for four semesters, is also president of the French club, treasurer of the Newman community and has written for the Eagle Eye.

The SCC treasurer is in charge of the organization's finances and works closely with the business manager. Thompson is a founder of the golf club and has experience as a business manager, while Amoriello is a senator who sits on the Student Appropriations and Budget committees.

The SCC vice president is in charge of matters relating to the senate itself, including running elections and increasing the number of senators.

Haller, a senator for three semesters and acting chairman of the

See, Elections, A2

Faculty visit Chinese sister university for spring break

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Many children's imaginations have deduced that if one digs far enough, they'll eventually reach China. Assistant Professor of English Dana Washington was no different.

"One time I really believed I could dig to China," Washington said. But once she came to grips with reality the thought of ever seeing the country first-hand faded with the imagined strategy.

Yet China exactly where her and 25 other university faculty members went for a special spring break trip.

Some of the previous spring break excursions included going to places such as Mexico, Spain, and Italy. According to Daniel Roberts, director of the Institute for International Studies, these trips are funded by

the Lock Haven University Foundation and donations given to the program from people who have gone on previous trips similar to the one this year.

One of the purposes to these trips is to enable new faculty members to familiarize themselves with the school's international mission and to become more involved in the domestic and international programs available. Building stronger relationships with sister universities in other countries has become another purpose for the journey.

Though the trip is usually only opened to new faculty members this year two professors, Dr. Marianne Hazel and Dr. Cathy Rush, who have been here six and 15 years respectively accompanied faculty and acted as mentors.

"We would like to allow all of the faculty to go but we have to control the budget," said Roberts.

President Keith Miller also attended the trip to China.

"President Miller went to provide leadership and provide the new faculty the opportunities to interact with him," said Daniel Roberts.

This excursion provided new faculty the opportunity to expand their horizons. Some of the professors taught lessons within classrooms while other professors gave presentations to large audiences.

Teaching high school students in China about different approaches to pre-writing was one of the lessons that Washington led. In regards to the task she said,

"It was really exciting, the most nervous, incredible experience."

See, China, A4



Photo Courtesy of Dr. Chris Woodworth

A performance at the Laoshe Tea House in Beijing features an excerpt from Peking Opera. Dr. Chris Woodworth attended the performance with Keith Barrows, Margery Krevsky and Melissa Muhlenthaler.

Town and gown bound by trolley

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As early as the fall semester, LHU students will have the opportunity to travel on a trolley system that will connect the main campus, east campus and downtown Lock Haven.

The current shuttle-van transportation between the main and east campuses is only temporary until the university receives two new trolleys that will work to connect the 'town and gown.'

"The trolleys have been ordered," said Vice President of Student Affairs, Dr. Linda Koch. "Now it still has to be contracted with the lowest bidder and awarded and constructed, but we're hoping it will be ready by the fall semester."

Because of the nature of the vehicle, the university was only able to request minor details about the trolleys' appearance, such as the crimson and white color scheme. The trolleys will also seat more students than the current shuttle vans, will be handicap accessible and have a curbside lift.

According to Vice President for Finance, Administration & Technology, Robert Little, the interior of the trolleys will also have the capability of displaying advertisements from downtown businesses.

"This decision, to my knowledge, was part of the 'town/gown' relations that the university is attempting to pursue. With the addition of downtown trolleys, we hope to allow the students access to the downtown storefronts. It was added in as part of the regular stops [to the shuttle]," said SCC President, Matthew Wise.

While the exact stops have not yet been determined, the university is looking at two different routes, an inner and outer loop. One would travel between the main campus and the east campus, while the other would stop at the downtown locations.

Many of the Lock Haven businesses are looking forward to the addition of the trolleys as means of new, potential customers and to give the university students access to supplies they may need.

Unlike some of the other transportation systems available at surrounding colleges, both of the university trolleys will

require no on-the-spot fee for usage. However, a charge of \$15 will be added next semester in the 'fees' section of the student tuition bill to cover trolley expenses such as maintenance and upkeep.

"After a successful free trial of the shuttle in the spring of 2006, the LHU Council of Trustees approved a \$15 per semester transportation fee for LHU students. The students were surveyed electronically and indicated a strong preference for the trolleys over a standard van/bus," said Little.

Maria Boileau, Downtown Manager of Downtown Lock Haven, Inc., feels that this decision will really promote a relationship between students and companies. According to Boileau, businesses such as Bonnie's Hair, Nails & Tanning, Haven Shoes, Hangar 9 and Sovereign Bank were all excited for the new method of transport.

"This is something we've really been looking

forward to. We're very excited about it, and I know the businesses are happy as well," said Boileau.

Paul Fantaskey of Sovereign Bank in downtown Lock Haven is part of one of the many businesses who are awaiting the arrival of the trolleys.

"I think any initiative that would allow students easier access to the downtown area is going to benefit both the business community and the student population," said Fantaskey.

"We benefit as a business from the traffic that a shuttle would provide, and it also makes downtown a convenient destination for students while creating an eventful type of travel."

Fantaskey also commented on the aesthetic value of the trolleys.

"It almost has an old fashioned feeling in that it blends with the Lock Haven's Main Street initiative to preserve the heritage. It resembles a 1950's downtown," said Fantaskey.

Little agreed with Fantaskey's opinion on the importance of reviving downtown Lock Haven's heritage.

"In the old pictures, often published in the Lock Haven Express, there are photos of the trolleys that used to run on Fairview Street from Water Street and to the south. Trolleys are a bona fide part of the history of Lock Haven and the uni-

versity. These two replicas, painted in school colors, recreate some of that history," said Little.

The university is also very optimistic of the potential that the trolleys hold to get the students off campus.

"We have taken a lot of time interviewing students and gathering their input. This has been something that has grown out of a need for more transportation," said Koch.

According to Wise, the best advice for students is to just hold tight until the trolleys are available, and feel free to relay any questions or concerns that may arise to the SCC office.

"As a disclaimer, many people have spoken negatively about the shuttle system that we currently have in place. My advice to them has been to wait until we get the new trolleys... there is a much higher capacity for riders. And, please share any concerns that there may be because the 'committee' that is working on the shuttle schedule, etc. is constantly working to make it better. As with any program in its initial stages, the quirks are still being worked out, as we cannot account for everything right away," said Wise.

The two university employees who were hired to drive the shuttle vans will continue to be employed as the trolley drivers.

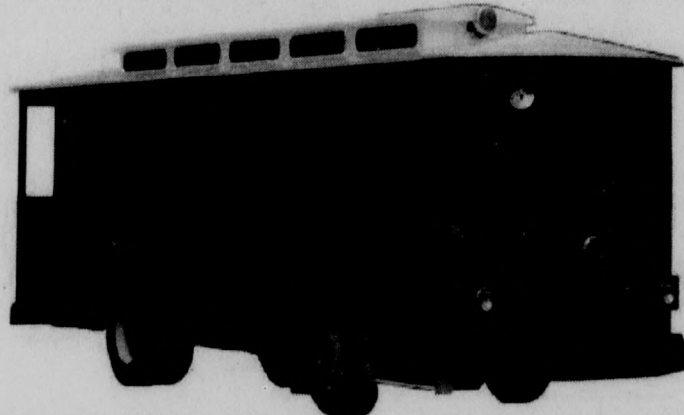


Photo Courtesy of Linda Koch

LHU Police Blotter

3-4-07

Name: Alison Marie Kertis
Age: 20
Charge: Purchase, consumption, possession or transportation of alcohol

3-27-07

Name: Jared A. Bradley
Age: 20
Charge: Theft by unlawful taking of movable property

Name: Nathaniel J. Schneider
Age: 20
Charge: Theft by unlawful taking of movable property

From, Elections, A1

Student Concerns Committee, says that he wants to advance community service among senators, encourage senators to interact more with students and increase the number of senators. He hopes that by educating students on what the SCC is and making senatorial petitions more readily available, students will be interested in becoming senators.

Both groups say that, if elected, they will focus largely on increasing student involvement with the SCC by promoting awareness of the organization. According to Dowd, only one student in five knows what the SCC is.

Dowd says that getting students more involved in the SCC is vital to the success of the organization and central to achieving the promise of his ticket's slogan "Students working for students."

"The only way a student government can work," Dowd said, "is if students are actually participating in it."

Dowd says that his administration would work to accomplish this by

giving presentations to classes and clubs educating them on the SCC and making the Student Concerns Committee a top priority.

The Dowd - Amoriello ticket also has plans to find storage space for clubs, make transportation more accessible for students and clubs and run workshops for club officers. They would also like to form a task force to work on diversity issues.

Haller, who was running on this ticket until his opponent dropped out of the race this weekend, is still campaigning for his former running mates. He says that a Dowd administration would anticipate the challenges of office.

"We are very energized and very excited to help people," Haller said. "That's what we're all about."

The Bergeski - Thompson ticket, running under the slogan "Working towards understanding students," has plans of their own for combating student apathy.

Bergeski says that, once in office, they would work with the Student Concerns Committee, issue weekly or biweekly press releases to the Eagle

Eye on the status of the SCC, work with Havenscope to give students a better understanding of the SCC and provide forums for students to express their concerns. Bergeski hopes to create a situation that is mutually beneficial to the students, SCC and university.

"We know you can't make everyone happy," she said, "but we want to make more people happy."

Her administration would also seek to find storage space for clubs, oversee the completion of PUB renovations and make the business office run more smoothly. Bergeski says she and her running mates are dedicated to meeting these goals.

"We're willing to sacrifice a lot of our time and a lot of our social activities for the SCC," she said.

Both tickets have groups on Facebook.com for students interested in learning more about them or wishing to lend their support. The candidates will also be campaigning around campus through the close of the polls on Tuesday.

From, Club Mac, A8

event.

"We had a plan to have a St. Patrick's Day dance after spring break, but after learning about the success of Club High, McEntire decided to follow the model as a benefit for Russ's scholarship," said Roberts.

Refreshments helped immensely. The menu consisted of slushies, popcorn, birch beer, cupcakes, and more. RHA funded the slushie maker, popcorn machine

and the DJs were a part of RHA. The kegs of birch beer were supplied by Bald Eagle Beer Distributors at a discounted price of \$23, which was paid for entirely by RHA. All other expenses came out of McEntire's program budget.

People decked out in green were in and out of the second floor lounge all night. The good news is, there's much more to come, all in honor of Russ Jameson. The key to raising money is fun fundraising. Coming up

over the next couple months is a benefit concert on April 27, possibly another Club High, a McEntire T-shirt design contest and T-shirts in honor of Jameson sold all over campus.

"It's important for us to remember the impact Russ had on everyone he touched, and keep his memory alive," said Roberts. "The most important thing to me is what he represented and the message he spread: care for those around you and just be a good person."

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Not worth the worry

New daylight saving time adjustment, meant to save energy, caused fears of technological problems and didn't deliver

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The Computing and Instructional Center had been preparing for the early arrival of daylight saving time a couple of months in advance and because of their thorough preparation the effects were minimal.

With daylight saving time having been scheduled for two weeks earlier than it usually is, it created a sense of careful preparation on campus to make sure that all devices were able to be updated with the correct times.

Donald Patterson, Jr., director of computing and instructional technology, said that they had no problems with any of the campus devices. He said they were well prepared for the early arrival of the time change.

According to Patterson patches, which are pieces of software from the computer's company that are downloaded and put into the system, were used. The

patches then automatically update the system with the correct times. Patterson said,

"We put a lot more work into applying fixes and patches to the systems than when we did for Y2K."

Students who live on campus have the advantage of being connected to the university's server, so as long as they have computers on campus they directly receive the automatic updates from the patches that the Computing Center has put into the system.

"For the students on campus we force their machines to get the updates," Patterson said.

Some students had to manually check their devices to be ready for the time adjustment. Ashley Campion, a junior living off-campus, said,

"Since I live off-campus I took my computer home with me, and I didn't have automatic updates on my computer and had to reset the time by myself."

Although the computer system posed no problems,

Patterson said that some other devices produced "minor inconveniences." Some of the devices that had minor difficulties were Smart phones and Personal PDA's, according to Patterson.

Other than some of the faculty's personal devices Patterson said that nothing on campus posed a problem.

Daylight saving time was scheduled two weeks earlier than usual because President Bush thought it would help his energy initiative.

According to Dr. Thomas Wynn, assistant professor in the geology and physics department, there is no hard data to show that it saves energy. Wynn said that they are currently doing a study to see if it could possibly change and that it may take several years to see a change.

In fact Wynn said that rather than using less energy, the time shift could actually be using more in some instances.

Although right now it



Erin Hipple / Eagle Eye

The bell tower stands against a blue sky, reading an hour that might not seem fitting. Daylight saving time has been adjusted to occur earlier.

doesn't seem like the early arrival of daylight saving time is doing much, it does bring some beneficial advantages.

Some of the benefits are that there seems to be a decrease in automobile accidents and increase of outdoor activity, according to Wynn.

Wynn said for example when a working man or woman comes home and wants to play golf during daylight saving time they have enough time to finish 18 holes.

The effects of the early daylight saving time throw people off, according to Wynn. He said that for the

first week people were feeling out of it and there are more automobile accidents because people are tired.

"It's almost like jet lag," he explained.

Luckily for students daylight saving time fell over spring break, and so the effect of the change was minimized.

Student helps hometown tornado recovery

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Nicole Jacobs' phone would not stop vibrating in class on the afternoon of March 1 and she could not imagine why. When she checked for missed calls after class, she was shocked to see how many she had. And when she noticed one of the calls had been from her brother, who was in school at the time, she was alarmed.

Jacobs called back to ask what was going on and over the phone he relayed the vague but frightening message. Her childhood hometown, Enterprise, Ala., was on the news.

"My heart stopped because it is such a small town and if it was on the national news, the reason had to be something really bad," Jacobs said.

Jacob's brother, Andrew Stout, told her what he knew - a tornado had hit the town, including the high school, and the damage was significant.

As Jacobs would soon discover, that Thursday brought with it severe weather through much of the south, and according to the National Weather Service Forecast Office, a total nine tornados that

ripped through Alabama, Georgia and Florida.

Enterprise was hit with one of the most severe of the outbreak, measuring in as an EF-4 on the enhanced Fujita scale. At its strongest, the 7-mile tornado's path of damage reached 300 yards wide and winds clocked in at a maximum of 170 mph, according to the National Weather Service.

In total nine lives were lost in Enterprise, eight of which occurred at the high school which was, as a result of the storm, devastated.

Jacobs immediately had the urge to revisit her old home and help in any way she could.

In the meantime, all that she could do was wait to hear back from friends and loved ones in the area.

"Not being able to get a hold of people was the most frustrating thing I've gone through," said Jacobs.

But even once friends were contacted, the news was not always good.

Jacobs received word about the state of the high school from her friend Janira Santiago, whose sister Jasmine was inside. The official count for fatalities would not be finalized for days.

Once it was, Jacobs and her family discovered over

the internet that a friend of theirs Mike Thompkins was killed in the disaster at the high school.

"The hardest part about that was that he was in fourth or fifth grade when we moved - he was just a little kid," Jacobs said, "And that's how I will always remember him."

Once spring break arrived, Jacobs began to plan her trip to Enterprise.

"I couldn't sit up here [in Pennsylvania] and do nothing, watching T.V. and knowing that the place that holds all my childhood memories is in such a state," she explained.

Jacobs and her brother drove to Alabama and spent a total of five days in the area. Unfortunately due to weather and safety constraints, they were only able to work during two of those days, but the work that was done was well worth it, according to Jacobs.

While helping to clean out the house of one of the victims, Jacobs recalls how difficult it was to explain to the elderly owner that she could not salvage certain items because of the severity of the damage. Wearing gas masks to protect their lungs against dangerous

debris in the air like asbestos and fiber glass particles, Jacobs and other volunteers sifted through debris to salvage whatever belongings they could.

"Her saying 'thank you' made it all worth it," said Jacobs, remembering the gratitude of the owner, who insisted on being called Miss Helen.

Tornados, notoriously selective in their violence, can often leave debris of scattered severity in their wake.

"It was the craziest thing I ever saw," Jacobs recalled, "One house would be gone, another untouched and then a third with nothing more than roof damage."

"It was fulfilling to help people, most of which I didn't know," Jacobs said.

Long-term help and volunteers will be harder to come by, as is often the case. Jacobs has hopes of returning Enterprise over the summer and pitching in to aid in the long rebuilding process that lay ahead.

Though the community has endured a devastating hardship, Jacobs found their unity inspiring, and explained by saying,

"It really makes you proud to say that you are from that area."



Photo Courtesy of Nicole Jacobs

One house is damaged while another remains standing after a tornado hit Enterprise, Ala.

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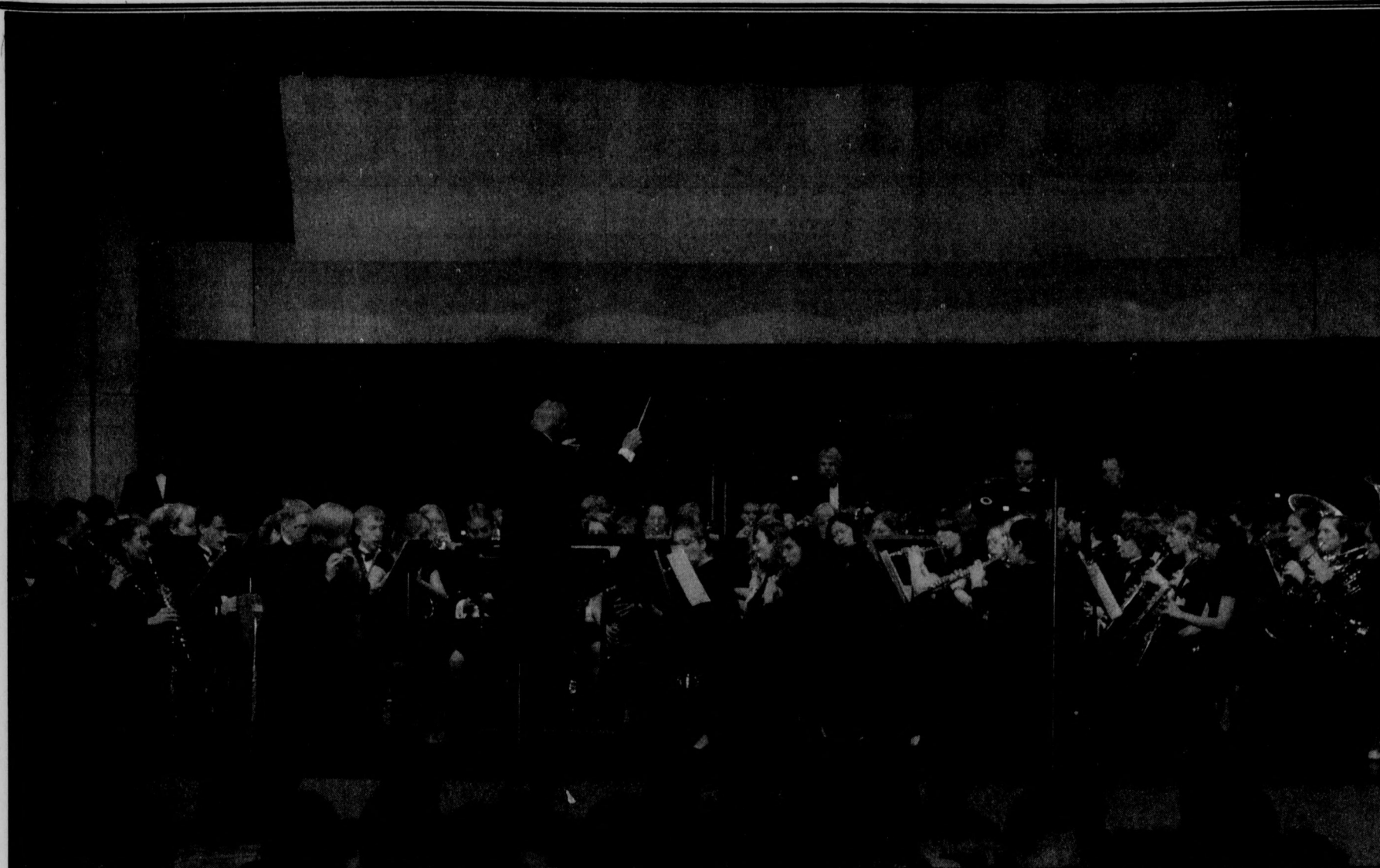
Pre-registration is required by noon, April 27
Questions, contact CCC Project Director Elisabeth Lynch, 893-4123

Bone Marrow Transplant & National Registration Information Session

Tonight at 7 pm in the PUB MPR

*At this session you will learn what a Bone Marrow Drive is, what bone marrow is used for, and how you can be a part of the one at LHU in memory of Russ Jameson being held 4/18/07

Any questions, contact Wendy Walsh 484-2258 or Katie Woodring, kwoodrin@lhup.edu



Sarah Wojcik / Eagle Eye

Encore

Six students play in state-wide band festival with LHU as host

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Sixty years ago an annual tradition unlike anything in the world of college concert bands was born in Price Auditorium. The Annual Pennsylvania Collegiate Band Festival returned to its birthplace for its 60th anniversary held on Sunday, March 4.

This year's performance featured guest conductor Dr. Stanley F. Michalski Jr., distinguished emeritus professor of music and conductor of bands at Clarion University.

In addition to the prestigious guest conductor, composer Andrew Boyson was commissioned by the Pennsylvania College Band Association (PCBA) to write a song for the performance and so "Orpheus and Eurydice" received its world premier within Price Auditorium.

The festival is the only one in the country that reoccurs every year, and features some of the best college musicians in the state. Lock Haven University had six of its students perform in this year's event, including Renee Rosier and Melissa Teller, flute, Brandon Apter, cornet, Jaretta Montgomery and Amanda Pavuk, French horn, David Cantwell, percussion.

Teller and Cantwell were greatly involved in the festival since, in addition to having been selected to perform, they both were co-chairs for the Intercollegiate Band Committee whose duty it was to organize the event. Band fraternity Kappa Kappa Psi and sorority Tau Beta Sigma were also fundamental in helping to make the event a success.

Universities across the state can have students apply to participate within the festival. A committee of various band directors assembled by the PCBA decides on which talented student applicants are most qualified to perform in the

festival.

Professor John R. Schmidt, who was also featured as the host conductor during the concert, and Kathy Ryan, the secretarial supervisor of the fine arts department, were essential leaders in the organization of the event according to Teller and Cantwell.

Schmidt acted as liaison with the selection committee and worked to make the necessary arrangements needed to host the event. Ryan worked hard on other details of the event including the aesthetic, as she helped to design the certificates and the program for the event.

"She was a godsend," Teller said of Ryan.

But the majority of the leg work in organizing the event can be attributed to the students, according to Schmidt.

"Everything that ran on the ground was student-run," he said.

Despite this, once March 2 arrived, Teller and Cantwell's organizational responsibilities gave way to a more immediate undertaking - band practice. In the meantime someone had to take charge.

"During the weekend, we were with the band and so the committee took over," Cantwell explained, "And they did a phenomenal job."

Jesse Barnhart, a brother of the band fraternity Kappa Kappa Psi, was credited by Cantwell as one of the people who stepped up to take over the burden of organization as the performance date neared. Pamela Brungard was another student and member of Tau Beta Sigma who Teller and Cantwell credited with a job well done in assisting with the event.

In fact, according to Schmidt, student involvement in setting up and executing the show was unmistakably important.

"Once students accept the fact that they are going to be a part of this band, they also accept a big chunk of responsibility

to put this music together," he said.

As the committee took control of managing the last few details of coordinating the festival, Cantwell and Teller along with four other classmates, began their intensive training for Sunday's performance.

Despite that it was destined to be a time consuming preparation, Teller said that the difficulty of perfecting the music was lost in the excitement of performing with the select group of musicians.

"It was all so much fun. You didn't feel it until the end of the day when you were really ready to sleep."

Starting early Friday afternoon, band members began practicing with fellow students that were, up to that point, nothing more than strangers.

"You don't know the strengths and weakness of the each person until you play with them for a few days," said Cantwell.

The challenge of playing with unfamiliar musicians was one that all festival members had to overcome before the performance.

The musicians ranged in skill, some having come from schools with large and specialized music programs. But this assort-

ment of majors and skill levels was not intimidating, according to Teller, but was instead, inspiring.

"It's amazing playing with people better than you because you grow a lot from the experience. I feel very honored to have played with them," said Teller.

And with a bigger band comes more opportunities for a wide variety of instruments, something that can prove difficult in a small school like LHU.

When the intercollegiate band festival's members gathered in Price Auditorium, the musical diversity was apparent on the first note, and especially so in the piece composed by Boyson for the occasion.

"Orpheus and Eurydice" featured interesting and unusual percussion choices, the strangest of which was, according to Cantwell, the water gong.

"I heard sounds, I'd never heard before," Teller said of the performance.

Both Teller and Cantwell said they were very happy with their performance and would do it all again, without a moment's hesitation. It was an opportunity that could not be passed up, according to both stu-

dents. And to Cantwell, it was chance to validate his talent.

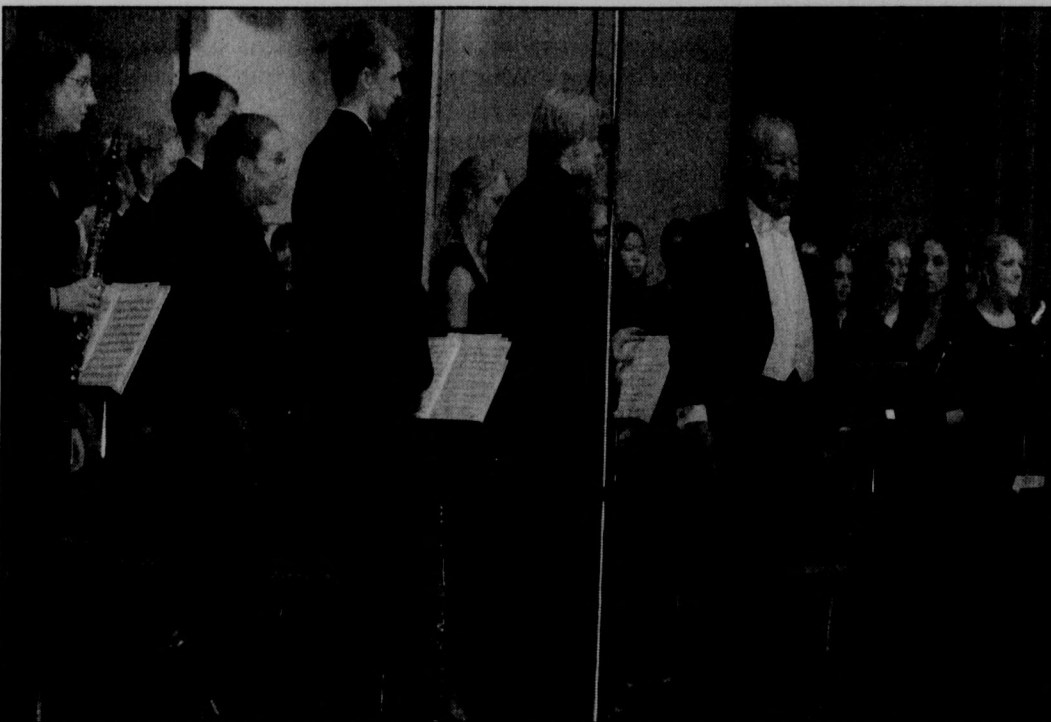
"I felt like I had to prove something. Even though I'm not a music major," said Cantwell, "I wanted to show I could play at the same level, that I have the same ability."

Cantwell was not the only one with the eyes of mentors watching. LHU's own professor Schmidt was in the company of one of his biggest influences as well: guest conductor Dr. Stanley F. Michalski Jr., who had helped refine Schmidt's talent in school.

"It was interesting to see him work again with the same vitality," said Schmidt.

Michalski offered his admiration for the school's band, administration and president during the afternoon as well, acknowledging and admiring the support awarded to the event.

"It is so great to have a college president who supports the arts like Dr. Miller does," said Michalski. "I had a great time during these three days. The Lock Haven University band has done a magnificent job in organizing."



Sarah Wojcik / Eagle Eye

Guest conductor Dr. Stanley F. Michalski rises with his performers to take a bow for the audience after playing a song for the Annual Collegiate Band Festival sixtieth anniversary concert.

Lock Haven Temperatures

Wed: 58°

Thurs: 56°

Fri: 60°

Sat: 58°

Sun: 58°

Mon: 55°

Tues: 58°

From, China, A1

Washington was also able to observe teachers from China in the classroom, and notice the similarities and differences in techniques as well as other aspects of instruction. She also sat in on a presentation that was given by a Chinese student who had been here at Lock Haven previously and was able to take a glimpse as to how international students view LHU.

"Everyone saw different things," said Washington, citing the photography taken by each faculty as an example of this. One faculty member would capture photos of the statues while another might have captured a photo of a family walking around.

Though the professors went to teach and represent the university they were able to experience different parts of the Chinese culture; the sights, the food, and the hospitality. An experience of a lifetime that will help new professors familiarize themselves with Lock Haven and its programs. Roberts said that one of the reasons these voyages will continue to happen in the future is because it gives the new professors opportunities to "give presentations in other environments and also for professional development."

VOTE!!

Executive Board Election Locations & Times

Friday:
PUB Business
Office: 8 a.m. -- 4 p.m.

Monday:
PUB Business
Office: 2 -- 4 p.m.
SRC: 6 -- 8 p.m.

Tuesday:
Ivy Lane: 8 -- 11 a.m.
Bentley: 11 a.m. -- 2 p.m.
PUB Lobby: 2 -- 4 p.m.

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The Clinton County Children's Festival will be held in Thomas Field House on Saturday, April 28, 2007.

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Who?: Anyone who is interested in OR is a social work major!

What?: A chance to get to meet others in your major!

When?: Thursday, March 23rd 5:00 P.M. - 6:00 P.M.

Where?: Thomas Field House Annex

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Light refreshments will be served at the social

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The Clinton Country Club is now hiring for immediate part-time and seasonal employment.

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Close to Lock Haven University
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Newly Remodeled Spacious Duplex Ready to Show For Fall

Newly remodeled, very spacious duplex with 4 bedrooms and 2 bathrooms on each side - ready to show now for Fall 2007

Located 5 blocks from campus

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Laundromat is just a walk across the street

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Available June 1st

Very close to campus

Very clean and well maintained

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• 4 bedroom apartment on S. Fairview St., includes: heat, water/sewer, and trash removal

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Spacious apartments includes...

*All kitchen appliances, heat, water and sewage.
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Close to Campus Most Utilities Furnished Phone Judy After 4:30 PM 748-6336

Apartment for Rent!!

Four and two bedroom apartment available June 1.

Rent includes:

*Heat
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phone

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Four, Five and Eight Bedroom Houses for Rent!!

*Very close to campus (no walk) and we also have a couple houses a bit further away, for those who enjoy that!

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HAPPY BELATED 21ST BIRTHDAY NICK KAPUSTA!!

You guys are the worst girlfriends ever!!

Sean Bro

<3 Zoran a.k.a. Frank <3

George!!

Friends don't let friends grow rattails.

Love is love.

Can we please have a moment of silence for yellow.

Dance chemistry

It's going 'round

OPINION



From our news room...

Issue of the week: Too much TV is a bad thing

Throw your TV out the window

Too much of anything can potentially be a bad thing, and television is no exception.

According to www.csun.edu, 66 percent of U.S. homes have three or more TV sets. We wouldn't be surprised if the number were 66.6 percent.

The website, citing a study by the A.C. Nielsen Co., says that a person living to 65 years will have spent 9 years staring at the screen. They even got 49 percent of Americans to admit that they watch too much TV.

Do you fall into this

category? Are you wasting your spare hours zoned out in front of the tube or are you spending those rare unused minutes being productive?

We don't mean to say you should be doing work 24 hours a day, seven days a week. But you could use your spare time to do things you always wanted to do or have been meaning to do.

Some students may claim that there is nothing to do but watch TV. When a collegian proclaims they are bored, something is wrong.

There are literally thousands of ways to stay busy or stimulated; you just have to find them. For starters, try doing all of your homework. Catch up on your reading, for classes and for leisure. Send letters to old friends. Make dates with friends. Spending free time socializing is much more productive than watching TV; you are working on maintaining important relationships.

You will be surprised at how much is out there when you turn off the TV and step

outside. There are clubs, sports, hobbies, books, music, crafts — need we say more?

We know not all TV is bad, there are some redeeming channels. We here at the Eagle Eye suggest tuning into Animal Planet, The History Channel, The Learning Channel and The Discovery Channel if you desperately need some tube time.

Okay, and keeping an hour free on a Thursday night for some popular doctors may not be so bad either. *Grey's Anatomy* has some great writers.

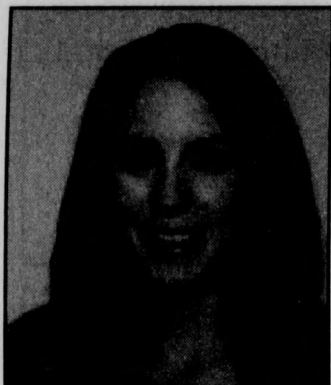
Cross-country journey reveals U.S. history

Stephanie LaSota
Opinion Editor
slasotal@lhup.edu

Year after year I heard tales of memorable spring break adventures from my friends — trips to Florida and Mexico... One of my friends even went to Italy. Yet each year, without fail, I would spend my break at home with family, catching up with friends from high school and doing school work. It was always a nice rest, but never the voyage that other students seemed to be having in mid-March.

I am ecstatic to report that this spring break has made up for my lack of past journeys. Equipped with a suitcase and a video camera, I got into my boyfriend's white VW Jetta to make a cross-country trip that would fill me with unforgettable

sights and take me through a plethora of emotions. Nick had gotten a job in Naches, WA, assisting a graduate student with her wildlife



Stephanie LaSota

research.

We had a week to drive there, but we soon felt like we slipped into a time warp after the first few hours on the road.

We took I-76 W into Ohio. Everything was flat. It seemed that cookie-cutter houses were just plopped into the center of fields with nothing around them. It prompted

me to think about what people in Ohio really do. What is Ohio known for?

Well, according to 50states.com, Ohio senator John Glenn is the oldest man to venture into space and astronaut Neil Armstrong also hails from Ohio. Cleveland claims to have the first traffic light in America. It also became the world's first city to be lighted electrically. Alright Ohio, you may not be beautiful, but you're backed by some great history.

The next state we sailed through was Indiana via I-80 W. Indiana seemed to match Ohio in the lack of scenic opportunities, but then of course, we didn't veer from the interstate. The road stretched into a multiple-lane highway as we ventured into Illinois to catch I-90 W. I saw the outskirts of Chicago and thought of a personal hero (whom I often write

about), Oprah Winfrey.

The Oprah Winfrey Show, taped in Chicago, is the highest rated talk show in television history. Thinking to myself that one day I would spend more time in "the windy city," we found our way to I-90, which would take us through Wisconsin, Minnesota, South Dakota, Wyoming, Montana, Idaho and finally to Washington.

Ah, the land of cheese — and waterparks, we discovered. Every few miles in Wisconsin there was a colorful park featuring water slides and swimming pools. It was a bright and sunny day as we sailed through the state.

Signs advertising cheese were dispersed along the road. Literally, all the signs said were "cheese," as if this were enough to get someone off of that exit. But Wisconsin, America's

Letters to the Editor

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

Do you have something on your mind?

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

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

Write a letter to the editor.

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

Also include your year and major.

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

Do you like to draw?

Do you have a passion for comic books or satirical cartoons?

Draw an editorial cartoon, and submit it to the *Eagle Eye* for the Opinion section.

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

Dairyland, is famous for its cheese and the Dairy Cow was added as the official domestic animal in 1971.

I'm disappointed to say I didn't have the chance to sample any Wisconsin cheese, although Nick and I vowed to come back and spend more time in the cheery state.

As we entered Minnesota, stony mountains stood before us. Nick, a bird enthusiast, was excited to see many

hawks and even bald eagles swooping close to the Mississippi River as we crossed over it.

Bob Dylan, the legendary singer, songwriter, author, musician and poet was born in Duluth, Minnesota. In tribute to him, we played only Bob Dylan CDs in his home state.

Nick, a die-hard Dylan fan who happens to greatly resemble the singer in his youth, seemed like he

See, *Journey*, A7

Reform commission makes lasting impact

Rep. Josh Shapiro
Guest Writer

Good government is government that works for and by the people it seeks to represent and not just for and by the powerful few.

In Pennsylvania, the balance between power and responsibility has become misaligned and the result is that the public has little confidence or trust in their state government. A fundamental realignment is needed today to repair the breach and restore faith in our government.

In his first official act as Speaker, Dennis

O'Brien pledged to change the way business is done in the state House. He asked me, a Democrat, along with Republican Rep. Dave Steil to co-chair a bipartisan panel known as the Speaker's Commission on Legislative Reform. Our task is to recommend reform measures to the Speaker and the full House.

The well-documented abuses of the last decade are a direct result, in part, of House Rules that made these abuses permissible. By recommending significant changes to the House Rules which govern the House's daily operations, we reduce the possibility

for political mischief and establish the conditions that will enable us to pass better legislation.

In Phase I of our deliberations, the Commission, made up of 12 Democrats and 12 Republicans, has laid the foundation for real change in Harrisburg. We recommended 32 substantive and meaningful changes to the House Rules that will shift the power back to all House members, bring more transparency to the legislative process and save taxpayers money.

Openness is an essential component of democracy and protects the integrity of our govern-

ment and the people it was established to serve. The public must have access to information about what their elected representatives are doing and how their tax dollars are being spent. To that end, the Commission has recommended that all bills, votes, employee salary information and expenditures of the House be easily accessible in electronic format to the public.

We committed to ending late night voting sessions, which are susceptible to passage of self-serving or ill-conceived legislation, and will suspend debate at 11 p.m.

See, *Reform*, A7



Charcoal briquettes burn "dirty," producing tiny soot particles that pollute the air and that can aggravate heart and lung problems. The grilling of meat can also form two kinds of potentially carcinogenic compounds.

OPINION

Laziness to blame for fewer revolutionaries

THE EAGLE EYE
Lock Haven University's Student Newspaper
VOLUME 65, ISSUE 7

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From, Journey, A6

found a bit of his heart in this state. As we sailed on down a straight road, the environment began to change from white patched fields and mountains to completely snow covered ground and sky. Literally, it was like the clouds had come down to us.

There was a thick snow fog in the air and we could only see glimpses of dark trees jutting out of the mist. We had to pull over and step outside. The air felt denser from the fog. We began to feel like real travelers, finding the beauty in each place we stopped.

Some may say that what makes America great is our diverse population, but I have found that the diverse land of this country contributes an even greater beauty. When we entered South Dakota everything was golden rolling hills and wide open spaces that took my breath away.

There was literally nothing around us. Tumbleweed rolled across the road casting a permanent picture behind my eyes. The land before us was so vast and I started to feel tiny in comparison. I panned my video camera across the land and tried to take in the enormity of it all.

It was there that we stopped in the Badlands National Park. Our eyes

feasted on the 244,000 acres of buttes, pinnacles and spires. We parked and took a nature trail to the top of a jutting rock formation, passing "beware of rattlesnake" signs. The sun there was baking us and it was hard to believe that only several hours ago we were chilly in the Minnesota snow.

The national grasslands there, which seemed to go on forever, gave us a chance to see wild buffalo, bighorn sheep and hundreds of prairie dogs. It was a humbling experience to see so much of nature, untouched by man.

At one time, the original Americans, Native Americans, lived on this land in harmony with nature until colonists pushed them farther west, needlessly killing thousands of buffalo, and sequestering the people into reservations.

We spent the most time in South Dakota, letting the land and the history that it holds sink into our hearts.

We had the chance to visit Mt. Rushmore, where the faces of four presidents, George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a towering rock.

South Dakota state historian Doane Robinson thought of the idea in 1923 to draw visitors to the Black Hills of South Dakota. From his vision,

Adam Roberts
Staff Reporter
aroberts@lhup.edu

Public Enemy insisted we "Fight the Power." The Beatles told us to have a "Revolution." The Beastie Boys demanded we "Fight For [our] Right (To Party)." Like pharmacists of mutiny, movies have prescribed us heavy doses of characters that challenge authority like Jason Bourne, Forest Gump and the Terminator.

The question that arises is exactly what do Flava Flav, John Lennon and Arnold Schwarzenegger have in common? The answer is in their message. They tell us we need to shake shit up.

As college students we are the ideal people to do such a thing. We have fresh ideas, motivation and most importantly a desire to see change. So even though we are the people to do it and we hear about it all the time why aren't we here at LHU challenging the status

From, Reform, A6

We also made it mandatory that members be on the floor of the House to vote and will no longer permit "ghost voting."

We recognize and condemn the excesses in the House which waste taxpayers' hard earned money. As such, our recommendations do away with private, taxpayer-funded car leases.

We also seek to suspend public service announcements 60 days before the primary and general elections to save tax dollars and minimize the blurring of the lines between campaigning and governing.

Perhaps the most significant change we propose is to severely curtail the power of the Rules Committee. While technically called a "committee," the Rules Committee rarely, if ever, actually met over the past decade, but its actions have had an extraordinary impact on the legislative process.

In the past, the power of the Rules Committee has been misused to change bills at the last minute without notifying House members or seeking their input. The result was legislation written by a handful of leaders who ignored the months of work and careful consideration put into a bill by members of the House. Dozens of bills were remade in the Rules Committee at the whim of

"Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living."

-Miriam Beard, author

the faces were created through decades of work and dozens of workers.

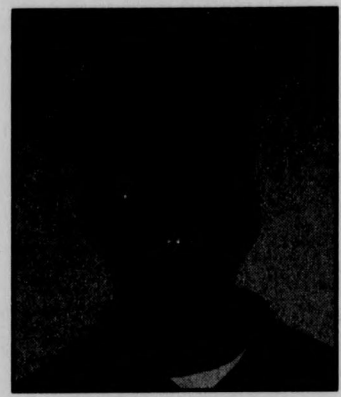
Even as I stood before the massive sculpture, I felt as if I were staring at a page in a tourist's brochure. The carvings are so realistic and permanent, as if to say that the foundation of this country is solid and steadfast.

Soon South Dakota merged into Wyoming, the land of cattle ranchers and cowboys. Signs for towns boasted populations of five hundred and we wondered what education was like in those towns and what did people do for fun?

We weren't in Wyoming long, only driving through a small northeastern sector, but the randomly placed houses and ranches left us feeling more isolated than ever.

quo? The answer is simple, sad and true. We are too lazy. It's easier to accept than to dispute.

Looking at history it is easy to see that without the spirit of innovation and revolution in the air, society wouldn't be much more advanced than a pack of wolves.



Adam Roberts

Gazing into the past we see figures that stand on the mountain top and scream that we must not be satisfied with what we are told. Imagine life in this country without people like Dr. Martin Luther King Jr.

King witnessed the institutionalized oppression of an entire race in

the legislative leaders. We propose to strip the Rules Committee of its authority to change legislation so that abuse of power could no longer happen.

The full House will vote on the Commission's recommendations on March 12. For a complete list of the reforms, please visit www.speakerobrien.com/reform. Phase II of the Commission's work will begin later this month and will focus on broader, institutional reforms that will continue our progressive reform efforts. We welcome your input as to how we can best reform our state government, and I encourage you to e-mail your thoughts to reform@pahouse.net.

land. We wondered how people lived out here with miles of nothing around them. Was it lonely or was it wonderful?

We stopped at a restaurant there to eat and felt all eyes on us as we walked to our booth.

The men there were quiet, most dawning cowboy hats and work boots. The women looked tough, like they knew about hard work.

We grabbed a state brochure on our way out, which proclaimed pig wrestling and folkloric jackalope tales as Wyoming traditions.

Montana was our next destination and it took our breath away. The mountains grew in size and the wide open spaces did not cease to amaze us. We drove and drove with nothing in sight except the

America and took a stand. He and other leaders of the civil rights movement took on the beast of segregation armed with little more than an idea. An idea that Americans need not be separated based on race, but that they be unified under one set of laws.

Eventually King lost his life in the battle for equality. It is fair to say that King would have lived a much longer life had he not challenged the way things were, but without him America would not be America.

The list of historical revolutionaries could go on for days with people like Thomas Jefferson, Susan B. Anthony and Gandhi. By fighting against the powers that held them back, these great citizens made life better for everyone else.

As students at Lock Haven we may not be able to give speeches on the steps of the Lincoln Memorial or march for women's suffrage, but there is no reason for us to lie dormant while the world whizzes by us.

the trip seemed like a blur. We immediately forgot the extensive hours of driving and felt that we had just left Pennsylvania.

We had gone through snow, rain, desert, fog, mountains, valleys, thick forests and sparse spaces to arrive here.

The trip was a journey of a lifetime, one that I suggest everyone take. I'm happy I had the chance to include in my college career such a memorable and enlightening spring break. I hope each of you can do the same, not just on a spring break but anytime in the future.

I will end this with a thoughtful quote (one of my favorites) by author Miriam Beard; "Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living."

May we contemplate these words as we travel the world, whether we go 2,000 miles away or 20 miles away. Let's remember to learn from our experiences, hold them close to our hearts and enact change where it is needed in our lives.

When we finally arrived in Naches, WA.

As we entered Washington, the landscape washed over into a grayish-green. There were bushy blue colored plants and curvaceous hills all around us.

We stopped at a Denny's to eat and realized it was smoke free. Washington joined many other smoke-free states when voters approved Initiative 901 in 2005 which requires all work places to be 100 percent smoke free. Go Washington.

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When we finally arrived in Naches, WA.

Everyday we are forced 'facts' and 'truths' that we are to abide by without question. And like puppies fresh from obedience school graduation, we digest those 'facts' and move on. Sometimes, however, we need ipecac for our brains so we can expel the mystery meat we have been fed. Once our minds are free of the dictionary definition of life, we can draw our own conclusions, make our own decisions and help others to understand we do not need to accept what we are told.

There is a need on this campus and around the world to ask questions. We never reject ideas; we just presume they are correct because it is so easy to conform. If something doesn't make sense there is probably something wrong with it. So fix it.

Often times we assume that if we do nothing, that if we say nothing, someone else will. From this point on, assume you are the only one with the audacity to question the powers that be and go forth to shake shit up.

We are proud of the work we have done to realign our state government to the interests of those it represents, but recognize that it is only the beginning. Each step along the way, each consensus forged, opens the door for further and broader reforms.

The foundation for reform in Pennsylvania has been laid by the historic work of this Commission. A new day is dawning in Harrisburg.

Rep. Shapiro is the Deputy Speaker of the PA House of Representatives and the Co-Chairman of the Speaker's Commission on Legislative Reform. He represents the 153rd Legislative District in Montgomery County.

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Haven Spotlight

The Forensics Team competed in Ocean City, Md. for the Collegiate Forensic Association tournament during the first weekend of March. The trip was thought a success since each individual attendees brought home two awards each. Pictured on the beach are the attendees, from left to right Christian Glotfelty, Jennifer Krystek, Christina Tongyai, and Joshua Miller as well as their instructor Lisa Riede.



Photo Courtesy of Lisa Riede

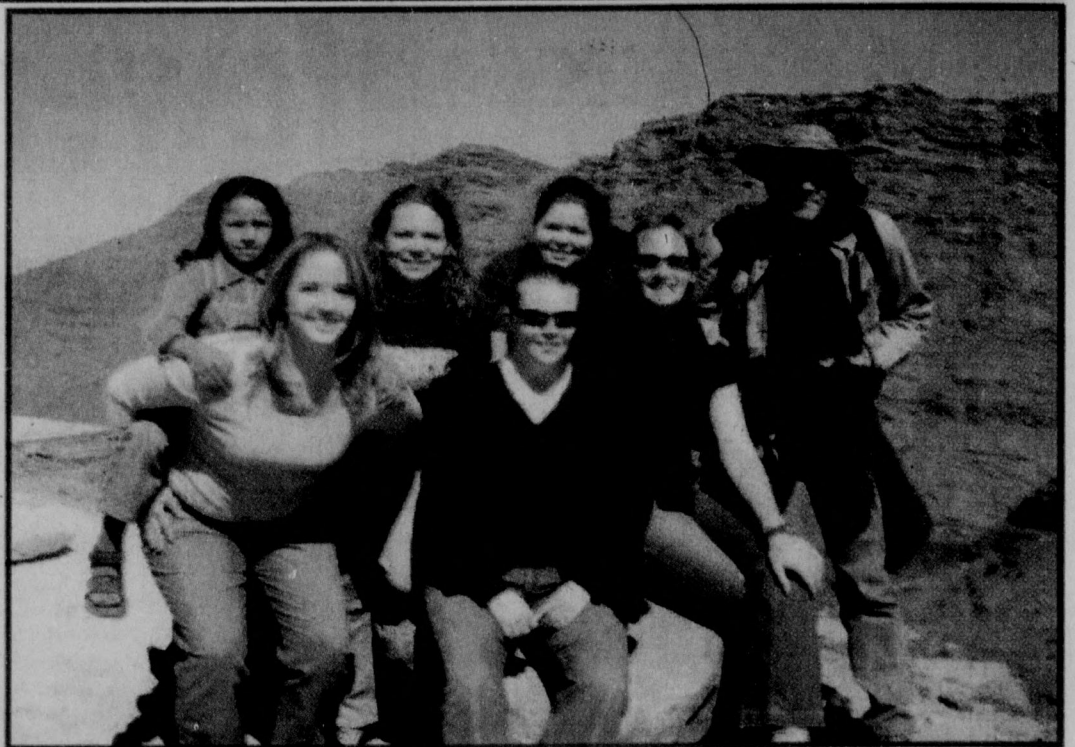


Photo Courtesy of Erin Eisenhardt

Students traveled to Morocco to partake in community service overseas during spring break. Small villages became the temporary homes for the volunteers who had given up normal amenities for the cause. The group above includes Celeste Lindahl, Loren Bellows, Eric Smith, Teri Dolan-Ward, Amy Klinger and Kimber Walters.

Spring break-ing it down



Courtesy of Trachandra Brown

From left to right; Kathryn Hill, Chasity Nieves, Kaamilah Milton, Kasey Carroll (St. Michaels), Yu Gao, and Jessica Asher visited the David School, in David, Ky. The students provided many services that the school could not afford to pay for such as: cleaning gutters, power washing, building maintenance, painting, laying down gravel and waste removal. To further enhance the experiences, the school provided in-depth historical presentations on Kentucky's history, a brief lesson from the David School's founder, Danny Green and served Kentucky-esque foods such as bean porridge and white corn bread.

The ANSWER Coalition, a nation-wide anti-war organization prompted a protest against the war in Iraq. Student Nate Weaver, accompanied by friends from LHU and elsewhere, traveled to Washington D.C. to participate in the protest. Weaver predicted that about 50,000 people attended the march and protest, giving more impact to their voices through the power of numbers.



Photo Courtesy of Nate Weaver

Club Mac Fights Back



Erin Hipple / Eagle Eye

Nichole Ettinger and Kelly Burke, sophomores, dance the night away at the Club Mac event held Wednesday in McEntire Hall. The affair helped to raise over \$200 for the Russ Jameson Scholarship Fund.

From the Eagle Eye News Staff

On the evening of March 21, McEntire Hall through Residence Hall Association (RHA) hosted Club Mac from 9 p.m. to 1 a.m., a 100 percent profit dance to raise money for the Russ Jameson Scholarship Fund.

Jameson, Woolridge RD for the past 17 years recently lost his two year battle with cancer. Everyone who knew Jameson was touched by his caring soul and desire to do good things for others.

The Scholarship Fund is intended to raise \$10,000 for a worthy recipient. Each residence hall has a goal to make at least \$200, and so far, both High and Mac Halls have made more than that. McEntire recently had a "Pie the RA" night which raised \$30. Club

High was held a few months ago, and although it was quite successful, Club Mac surpassed it significantly.

"I'm guessing around 100-150 people showed up to have a good time," said McEntire Hall RA, Adam Roberts.

Together with RHA's Wendy Walsh, the McEntire RA's were responsible for putting it together. Advertising played a huge part in the success of the program.

According to Roberts, there were approximately 120 signs printed up and put all over the residence halls, as well as larger signs posted in Bentley Dining Hall, Raub and Robinson Hall's main lobbies, as well as on the outside of Raub Hall.

McEntire's goal was to attract as many people as possible to show up for the

See, Club Mac, A2

Inside . . .
Billy Arre
receives honors
B2

The Eagle Eye

Lock Haven University's Student Newspaper

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Features . . .
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review
B8

SPORTS AND FEATURES

Volume 65, Issue 7

www.lhueagleye.com

Wednesday, March 28, 2007

What's On Deck

Home &
Away
Spring
Sporting
Events

Today

No Events

Thursday

No Events

Friday

Baseball @ IUP
1:00 & 3:30 p.m.

Softball @
California
3:00 p.m.

Saturday

Baseball vs. IUP
@ Home
1:00 & 3:30 p.m.

Softball @ Clarion
1:00 p.m.

Lacrosse vs.
Shippensburg
@ Home
1:00 p.m.

Track and Field
a Terrapin
Invitational

Sunday

No Events

Monday

No Events

Tuesday

Baseball vs. ESU
@ Home
1:00 & 3:30 p.m.

The Lady Eagles continue to soar

Brandon Apter
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The No.1 Lady Eagles softball team started right where they left off this season. With a current record of 18-1 and a win streak of 16 games, the Haven seems like they haven't missed a beat. Hot bats and consistent pitching has proved to be a big part of the Eagles recent success as they have recorded eight shutouts and have scored eight or more runs on six occasions.

Softball

"We have a very explosive team and almost everyone 1-9 in our lineup can hit the ball out of the park. We started off a little slow in our first two tournaments, but the offense came around this past weekend. Hopefully the offensive production continues throughout the rest of the season," said coach Kelley Green. "The explosive offense is especially nice because our big community service project this year is, 'Knock MS Out of the Park.' Each home run hit this year will raise money for the fight against Multiple Sclerosis. We hope many students, faculty and staff will join us in the fight and submit pledges."

Playing in the West Virginia Wesleyan Tournament, the Lady Eagles looked to extend their win streak to 16 games as they faced Millersville, who came in with a record of 10-6. The Lady Eagles' bats came alive as freshman Amanda Gutmaker had a big day going 3-3 with two homers, including a grand slam. Gutmaker racked up a total of seven RBI's on the day.



Photo Courtesy of Sports Information

Kristen Erb, seen above, is picking up where she left off last year as she continues to dominate the competition. Along with Erb the No. 1 Lady Eagles have produced an 18 -1 thus far.

Sophomore Ilia Lopez also went 2-3 on the day, scoring two runs and knocking in two with a double. Pitching was taken care of by Kristen Erb, striking out seven in four innings to earn her win number 14 of the year.

With a 14-game win streak on the line, the Lady Eagles faced off against Norwood University during the second day of the tournament. The hitting was key in this match as the Lady Eagles prevailed with an 8-3 victory. Ilia Lopez had another impressive game going 2-

3 with two homers. Stephanie Wydra pitched the complete game, striking out one in the process to get her second victory of the year. Earlier that day, the Lady Eagles were squared off against No. 19 Shippensburg University. Kristen Erb pitched another excellent game, striking out seven over seven innings while surrendering only four hits. Lopez contributed with two hits, an RBI and two runs scored. Lock Haven won by a score of 8-3.

"We are coming off a great offensive weekend where we did this, so we

just need to continue having productive bats. We need to continue to work on some defensive fundamentals and situations," said Coach Green.

In the first day of the West Virginia tourney, the Lady Eagles were against #12 Gannon University and #22 USC Upstate. In the game against USC Upstate, sophomore standout Kristen Erb earned another win, pitching six innings with five strikeouts and one run allowed. Ilia Lopez was the star at the plate again, as she hit two more homers in the Haven's 10-1 win. LHU

continued its winning ways against Gannon University, beating them by a 6-4 score. Stephanie Kinch pitched 3 2/3 innings, giving up four runs. Erb came in to closeout the game, striking out three while also belting a two-run homer to help her own cause. Erica Eisenbise also hit a solo homer to help Lock Haven to another victory.

"We have a well balanced team that is based on strong pitching, defense and an explosive offense that can score in a variety of ways," said softball coach Green. "We have 20 student-athletes and coaches who are 100 percent committed to do their best each day on the field and love being a part of LHU Softball."

From March 11-17, the Lady Eagles participated in the Rebel Games Tournament in Orlando, Florida, playing 10 games over a span of five days. That didn't prove to be a challenge, as the Lady Eagles went undefeated, 10-0. The first day of games included matches against No.14 University of Nebraska at Omaha and University of Massachusetts Lowell. Against Nebraska, Kristen Erb earned a win, pitching seven innings in route to a 2-0 victory. She also struck out 12 and allowed only three hits. Sophomore Julia Popovich was 3-4 on the game. University of Massachusetts seemed to be a tougher match as it took the Lady Eagles 11 innings to get the job done as the edged out a 4-3 victory. With the bases loaded in the 11th, the UMass pitcher struggled to hit the strike as the Haven's game winning run came by a walk.

See, Softball, B2

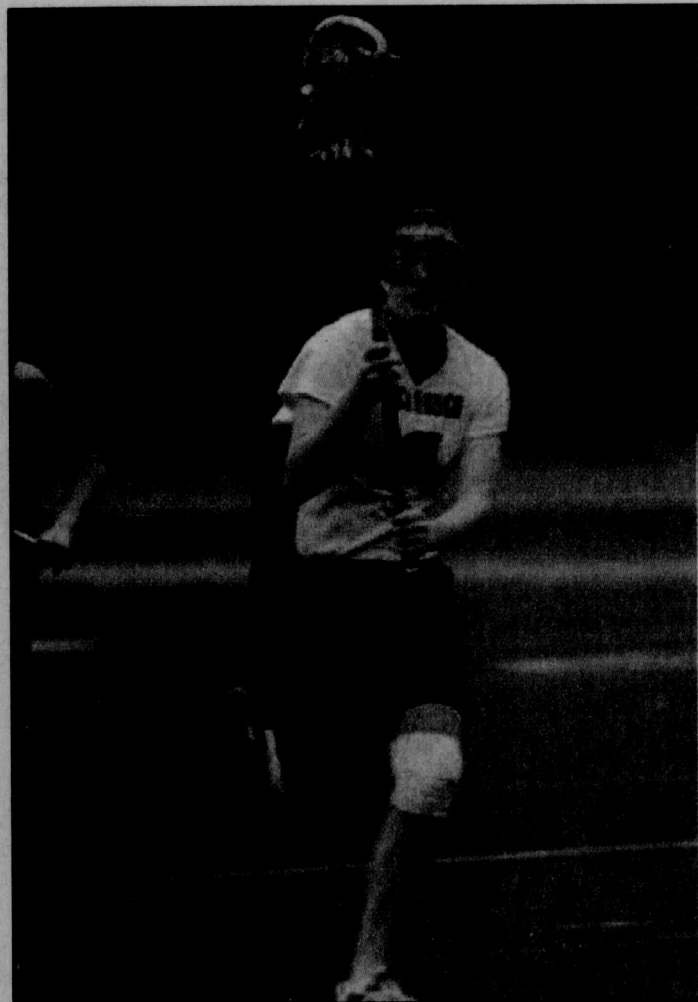


Photo Courtesy of Sports Information

Jenna Richter, seen above, was one of three Lady Eagles to post three scores against WCU this past weekend.

Lacrosse faces an old foe in West Chester

Kris Glad
Sports Reporter
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When a team goes 2-1 to start a season, some people would say that's not a bad way to kick things off. They may even say it could be worse; they could have gone 1-2.

Well a 2-1 record is not what the Lady Eagles Lacrosse team had hoped for to start out this season.

Lacrosse

Especially when your first loss comes at the hands of the team that beat you in the Championship the year before, which is what unfortunately happened when the Lady Eagles fell to West Chester

University this past Saturday, March 24, 18-11.

Lock Haven seemed to have the game in their control as they led 7-6 at the end of the first half. West Chester, however, then came out to take control of the game from there.

Despite having lost the Lady Eagles gave some good performances and Coach Kristen Selvage couldn't agree more.

"Goalkeeper Kira Nuttall stepped in and has done well," said Coach Selvage. This was shown by Nuttall's 11 saves in the game, including several that came from point blank range.

The offense also turned out several strong performances. Seniors Jenna Richter and Lindsay Rentel scored

three goals, while sophomore Jessica Blickenstaff also scored three goals.

"She is good getting the ball in the net," said Coach Selvage of Blickenstaff. All three girls each had one assist in the game.

Despite the loss, the Lady Eagles shouldn't dwell on it, rather learn from it. So far the Lady Eagles have gotten off to a great start.

"They have done well, but have not touched on their potential," said Coach Selvage. The Lady Eagles will get the chance to recover, as they will travel to Millersville University on Tuesday March 27. LHU will then host East Stroudsburg University on Thursday March 29 and Shippensburg University on March 31.



Photo Courtesy of Sports Information

Paul Martin, seen above, took first place in the 110m high hurdles during the Fred Hardy Invitational this past weekend. Along with Martin, Logan Wolfe took home first in the discus while Chelsea Morse took second in the long jump.

Track and Field look impressive in opening outdoor competition

Garrett Graziano
Sports Editor
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This past weekend both the men's and women's track and field teams began their outdoor season at Richmond University for the Fred Hardy Invitational.

Track & Field

Sophomore, Paul Martin, made the most of the competition by placing first in the 110m high hurdles with a time of 14.65. Martin also placed second with a time of 48.74 in the

400m. Along with Martin, sophomore teammate, Justin Lockley, took home third in the 100m while capturing a fourth place finish in the 200m.

Brandon Pomerantz and Logan Wolfe also turned out strong performances for the Bald Eagles. Pomerantz earned the second fastest time in school history for the 3000m. Coming in at a time of 8:41.95, Pomerantz also took second in the event. Wolfe took home first place in the discus and placed eighth in the shot put.

Chelsea Morse led the

women's team on the day with a leap of 5'3" in the long jump. Morse's performance was good enough to earn her a second place finish.

Teammates Jess Kratzer and Ginger Williams also made the most of their opportunities. Kratzer took third in the javelin, while Williams earned a fifth place finish in the discus and eighth in the shot put.

The men's and women's teams will be in action this upcoming Saturday as they travel to the University of Maryland for the Terrapin Invitational.

Arre named to NABC Second Team All-East Region squad

Garrett Graziano
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Sophomore standout Billy Arre recently earned a spot on the National Association of Basketball Coaches Second Team All-East Region squad for his work on the basketball court this past season.

Men's Basketball

Among the honor, the Bald Eagle was also

named the PSAC West player of the year and earned a spot on the Daktronics Division II All-East Region Second Team.

Arre helped the Bald Eagles rack up 12 wins the past season, the most since 1995-96 squad.

Through out the season Arre shot 48 percent from the field while averaging about 21 points a game. Arre also shot 38 percent from three point range which ranks 12th best in the conference. This past season also saw Arre post

an 80 percent average from the free throw line which was fourth best in the conference.

Averaging a little more than 35 minutes a game Arre has put up 1,079 points in just two seasons. This season alone, Arre was the leading scorer in 20 of the Bald Eagles games, while scoring over 20 points 16 times.

Arre also recorded five double-doubles this season while producing a season-high 35 points against Kutztown.

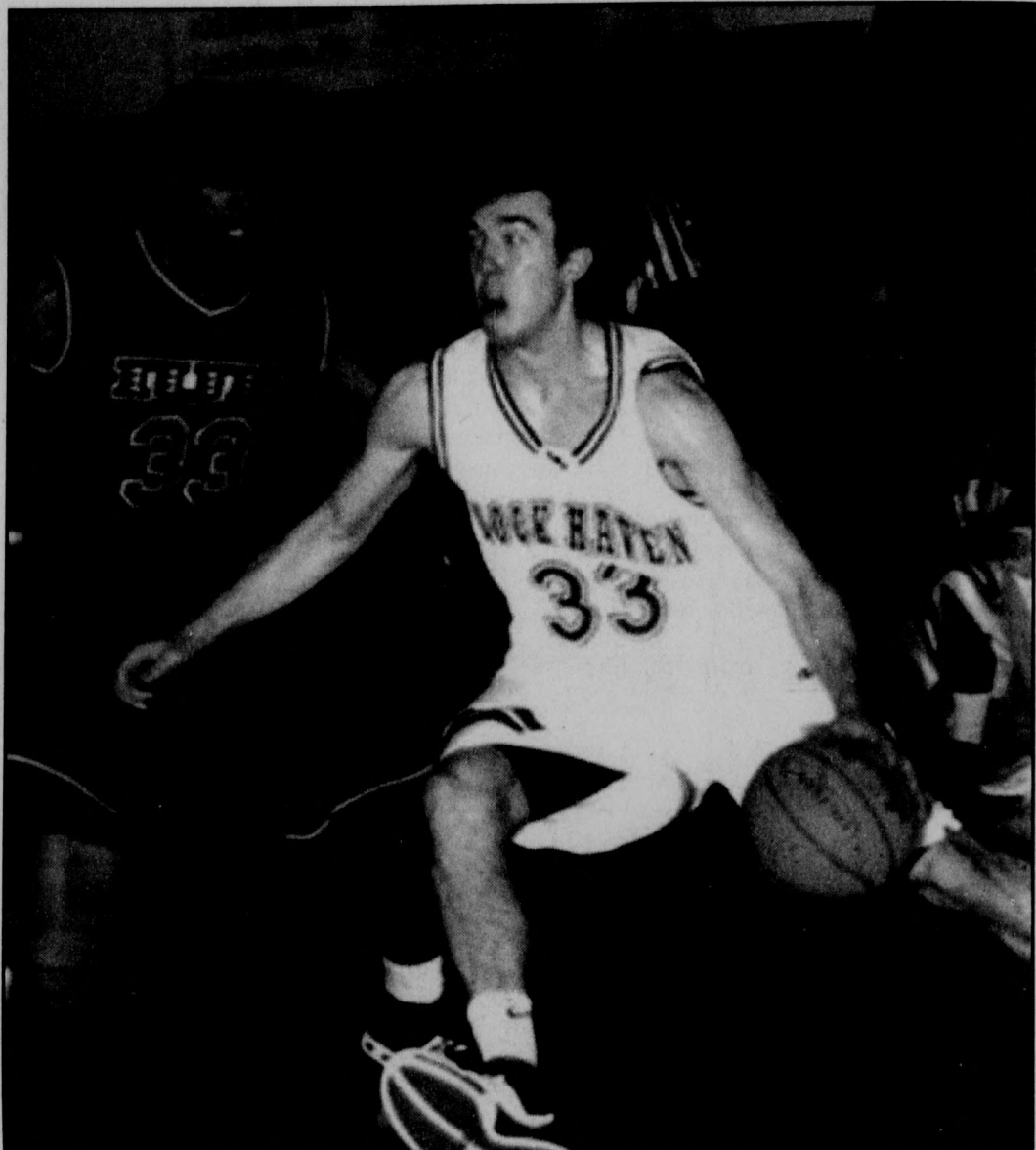


Photo Courtesy of Sports Information

Billy Arre, seen above, has been a standout for the Bald Eagles since he first stepped foot on the court. This past season his hard work has been recognized by the PSAC, NABC and others. Arre will return next season to help the Bald Eagles pave the way to a playoff birth.

From, Softball, B1

"We need to keep improving on many of the 'little things'. We need 1-9 in our lineup able to get bunts down every time the situation calls for it. We also need 1-9 to put the ball in play more consistently and cut down on our strikeouts," said Coach Green.

Saint Xavier and Tiffin University stood in the way of the Haven in day two of the tournament. Stephanie Wydra was on the mound for the Haven against Xavier, as she had an impressive performance, pitch 4 1/3 innings while striking out eight in the process. Two runs did get by, but the Haven managed to squeeze past with a 3-2 win. Sophomore Sarah Norris contributed with a solo homer. In game two, Kristen Erb was on her game, pitching

a no-hitter. She struck out twelve and also scored two runs on the offensive side.

The next opponents for the Haven were Minnesota State University Mankato and C.W. Post. The Lady Eagles continued their winning streak, picking up a 2-1 win over Minnesota and a 2-0 shutout over C.W. Post. Kristen Erb picked up both wins, pitching a complete-game against Minnesota, striking out nine. Steph Wydra started the second game for Lock Haven pitching four innings, striking out one and drawing a few walks. Offensively, Junior Devin Glazen hit an RBI triple in game one to start the scoring. In game two, Amanda Roosa and Sarah Norris knocked in two RBIs.

The next two days, the Haven faced against Queen's College, Minnesota State University Moorhead,

University of Minnesota Duluth and Eckerd College. The Haven picked up wins in all four games by scores of 9-5, 1-0, 1-0, and 8-3. Kristen Erb pitched another complete game against Moorhead.

The Lady Eagles participated in a tourney hosted by Catawba College at the beginning of the season. They picked up victories against Georgia College and State University, Wingate University and Francis Marion University. The won by scores of 2-0, 5-1, and 3-1 The Haven lost their only game of the year against Ashland University by a score of 5-2.

The Lady Eagles look to win their 17th straight as they travel to East Stroudsburg University on Tuesday, March 27. The Bald Eagles return home on April 4 for a match against Millersville.

The Eagle Eye will be looking for new sports reporters for the Fall 2007 semester, if you're interested please contact:

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ggrazian@lhup.edu
mbrunner@lhup.edu
lhueagleye@yahoo.com

Fall sports: Football, men's soccer, women's soccer, field hockey, volleyball, and cross country

On The Bench

That's Japanese for Boston

Adam Roberts
Staff Writer
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After anteing up \$51 million and raising the bet an additional \$52 million over 6 years the Boston Red Sox are ready to roll the Dice-K.

Daisuke Matsuzaka, the Japanese hurler from the Seibu Lions has faced barriers, criticism and success in this year's Grapefruit League. With his final start in spring training this week against the Cincinnati Reds Dice-K pitched five hitless innings. His 2.04 ERA this spring is better than any of his eight seasons in Japan. That is compared to an entire season, but it is fair to say that Matsuzaka is off to a good start with the Sox.

Even though his five innings against the Reds brought in no runs Matsuzaka was criticized by Boston's often pessimistic baseball writers. Dice-K even got down on himself after the outing by declining interview requests from both Japanese and American writers. Matsuzaka walked five batters out of his 102 pitches. In his four starts thus far Dice-K racked up 19 strikeouts compared to eight walks.

Matsuzaka has been heralded for his

variety of pitches, but his varied approach has led to many wild balls. His control issues sometimes cause higher pitch counts, and by throwing so many pitches in his starts cynics contend Dice-K won't last very long in the high powered majors.

One of the greatest issues the Japanese star has faced coming to the states has been the language barrier. For Matsuzaka's catcher Jason Varitek the hurdle of language has been a difficult one to jump. In the Bo Sox's last contest Varitek donned a wristband with English to Japanese translations of baseball terms. There is no doubt that the communication needed for a successful pitcher-catcher relationship is great; when the two players don't speak the same language that necessary communication is hampered. As time passes and the Varitek and Dice-K spend more time together the issue should diminish.

With one more start to go in the Grapefruit League before the lights are turned up on the biggest stage in the baseball world, Matsuzaka has some tightening up to do. But with stats and honors that show he is worth the money Theo and the boys in Fenway's front office should be happy with their wager.

Buffalo Redskins, 49ers and Eagles

James Cooney
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Well just when I thought things in Buffalo were turning for the good, the Bills have to go and screw everything up. I can understand building for the future, but Buffalo has been doing that since losing Jim Kelly and four straight Super Bowls.

The first thing they did this offseason was let their two best defensive players go to free agency. Nate Clements went to San Fransico for 80 million dollars and London Fletcher went to the Redskins. I could see letting Clements go, he is definitely not worth 80 million. Fletcher was the center and leader of the defense and now that Buffalo traded their other best linebacker, Takeo Spikes, to the Eagles they will have to start the season with a brand new linebacking core, only two of them have starting experience.

Kelly Holcomb was included in the Spikes deal. He was the best quarterback that Buffalo had. I say quarterback because J.P. Losman is an athlete that plays QB. If he goes down Buffalo is screwed, the only other back up they have is Craig Nall. Nall was a long time back up of Brett Favre.

Buffalo did help out there defensive line out with the acquisition Darwin Walker in the Spikes deal. He has started all 16 games in four out of the five past seasons. The defensive line was one of the week points that Buffalo had past season.

The trade that will really hurt them, but had to happen was the Willis McGahee trade. Without McGahee, Anthony Thomas is the only other running back that Buffalo can

rely on. Thomas did well in the absence of McGahee last season, but I don't think he can carry the load of this young offense.

Buffalo did address their offensive line problem this offseason, signing three linemen within the first couple days of free agency. In the McGahee trade they acquired some draft picks which I can only assume will be used to move up in the draft. With all the departures this offseason they have many holes in their lineup. Hopefully all the picks they have acquired will do this. If not, Buffalo is going to go back to their 5-11 status.

Switching gears a little bit, this is my favorite time of the year. The weather is getting warmer, March Madness is happening and we are less than one week away from Opening Day in Major League Baseball.

With the loss of North Carolina, my bracket is completely screwed up, but there is still lots of great basketball to be played. I really hope that UCLA will shut up those punks in Florida. I also hope that Georgetown will defeat Ohio State so we can have a two vs. two matchup.

Baseball season is right around the corner. The team here on campus has already played some games down south, all the high school teams are ready to start their seasons; and I am ready to watch the Cubs dominate in the opening part of the season just to end up blowing it at the end and not make it to the playoffs. Maybe this year will be different. Maybe this year the 99 year course will be broken. If it isn't the Cubs will have gone 100 years, 1908-2008 without a World Series ring, and 63 years without an appearance in the fall classic.

Baseball wins last four-of-seven as the bats come alive

Terrance Green
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The baseball team looked to have a great performance as they traveled to Fort Myers, Florida over spring break to participate in the Gene Cusic Classic. The team headed into the tournament with a record of 0-7. The Bald Eagles were looking to claim their first win of the season. With a ton of games scheduled for the week, the team looked to revenge some of their tough losses.

The Bald Eagles faced the University of Minnesota-Duluth in a doubleheader, and would split the decision 1-1. In game one, the Haven was down early but fought back and claimed game one with a 5-3 victory. Highlighting game one was junior pitcher Patrick Young, who pitched a complete game while sitting down seven and walking five.

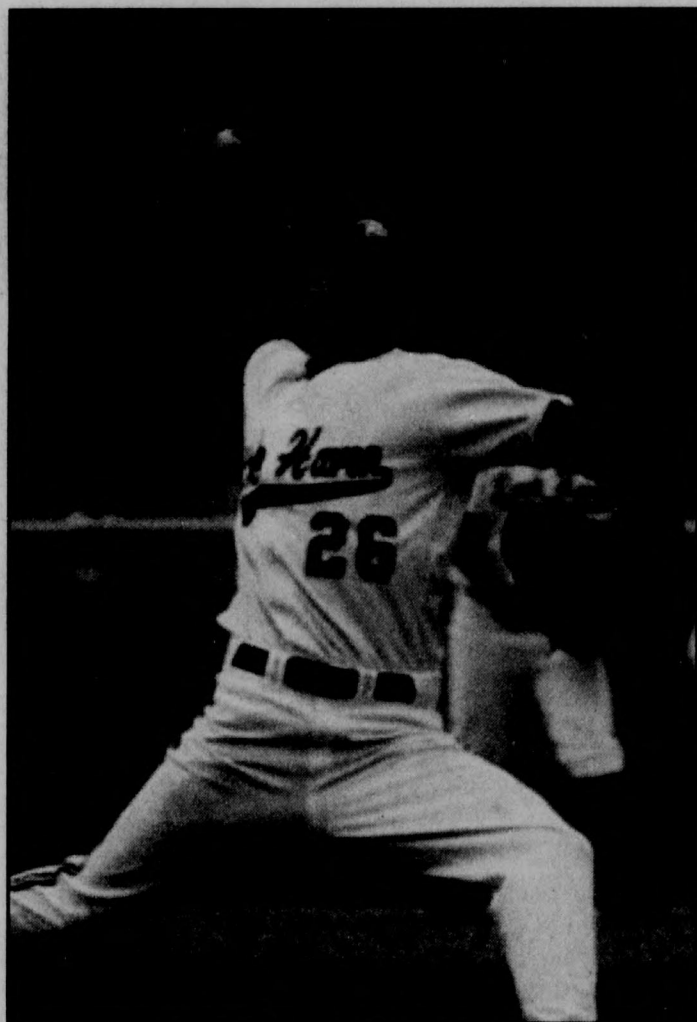


Photo Courtesy of Sports Information

Patrick Young recently threw a complete game for Lock Haven, picking up the win and fanning seven.

from getting the job done. Senior Ian Whinnery got the start and the win going four innings with two strikeouts and a walk. In relief was freshman Kevin Gordon who went three innings striking out one and claimed no walks.

The Haven's offense came out to play, as they kept the bats ringing all night long. Senior Travis Ruane, red shirt freshman Evan Petro, and sophomore Matt Palko, all went 2-4 on the day including, a triple by Ruane, and a double by Petro. The Haven left off were they started in game one, as they defeated the Purple Knights in game two, 6-0.

Freshman Liel Karstetter pitched a seven inning shutout with five strikeouts and holding the Knights to only four hits. The bats were exploding again, as the Haven racked up nine hits on the evening. Evan Petro went 1 for 3 with a triple and two RBIs. Teddy Stake contributed

his own going 2 for 4 with a triple. Freshman Brandon Varnecky contributed his bat going 2 for 3 on the night.

The No. 22 ranked Golden Rams of West Chester University (6-1) were the next target on the Bald Eagles radar as they were looking to pull the upset. The Rams came out hitting and they never looked back as they clipped the Eagles wings and fell 7-2.

The pitching staff would have to use a variety of players to round out the night. Justin Miller got the start and the lost, but only managed to go one inning sitting down two and walking two. In relief was Liel Karstetter who went two innings and sat down one. Freshman Jonathan Miller went two innings with a walk and rounding out the four headed monster was freshman Josh Rote who managed three innings and sat down two.

See, Baseball, B4

Two Ceremonies for 2007 May Graduates

In order to better accommodate LHU graduates, the University will hold separate ceremonies on Sat., May 12. The colleges (along with their designated majors) will participate in the following ceremonies:

LHU College of Arts & Science
Sat., May 12, 2007 in Thomas Fieldhouse*

10 a.m.

Graduate
Master of Liberal Arts-Liberal Arts

Undergraduate
Accounting
Applied Geology
Art
Biology
Biology-Chemistry
Business Administration
Chemistry
Communication Media
Communication Studies
Computer Info Science
Computer Science
Cooperative Engineering
Criminal Justice
Economics
English
Environmental Geology
French
General Studies
Geography
German

History
International Studies
Management
Management Info Systems
Mathematics
Music
Nanotechnology
Natural Science
Paralegal Studies
Philosophy
Physics
Political Science
Psychology
Secondary Education (all concentrations)
Social Sciences
Social Work
Sociology
Spanish
Studio Arts
Theatre

LHU College of Education & Human Services
Sat., May 12, 2007 in Thomas Fieldhouse*

2 p.m.

Graduate
Master of Education-Alternative Education
Master of Education-Teaching & Learning
Master of Health Science-Physician Assistant

Undergraduate
Early Child/Special Education
Early Childhood Education
Elementary Education
Health & Physical Education
Health Sciences
Healthcare Professions

Nursing
Recreation Management
Special Education
Sport Administration
Surgical Technology

Note: A rehearsal for all graduation candidates participating in either ceremony will be held on Fri., May 11 at 1 p.m. in Thomas Fieldhouse. Each graduate will receive six guest tickets for seating in Thomas Fieldhouse for the ceremony they will participate in at the rehearsal.

Three wrestlers compete in National Championship

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While most students were enjoying their Spring Break three wrestlers were competing at the NCAA Division I National Championship at Auburn Hills, Michigan. Junior Obenson Blanc, senior Seth Martin, and freshman Jeremie Cook represented Lock Haven at the March 15-17th tournament.

Nationally ranked Blanc finished the highest out of the three, placing sixth. Obe won both matches on the first day and was in good position going into day two. On day two Blanc lost his first match, but finished the day strong with a win. On the final day of the tournament Blanc fought hard but lost both matches.

Martin finished the tournament at .500, going 2-2. On day one Martin dropped his first match but won the second. The same would happen on day two as the senior won his first and lost his

second match. Martin will graduate this fall leaving the Bald Eagles without their senior leader.

"Seth is a type of guy you don't replace. He has been a team player on and off the mat," said Assistant Coach Mike Rodgers.

Jeremie Cook lost his opening two matches but gain some good experience wrestling at the national level.

"Cook is a true freshman and being exposed to that competition will raise the level of all the wrestlers next season," said Assistant Coach Rodgers.

Martin will be one of three seniors departing for Lock Haven. The Bald Eagles will have a lot of young wrestlers coming back next season.

"Next season is looking really positive. We will have five or six starting true freshman this season coming back," said Rodgers. "This season was a very good building block for LHU. It is pretty exciting to have that amount of young guys coming back."

From, Baseball, B3

The pitching staff would have to use a variety of players to round out the night. Justin Miller got the start and the lost, but only managed to go one inning sitting down two and walking two. In relief was Liel Karstetter who went two innings and sat down one. Freshman, Jonathan Miller went two innings with a walk and rounding out the four headed monster was freshman Josh Rote who managed three innings and sat down two.

The offense would not give up, as they got great performances from Freshman Bobby Fiala who had two hits, Travis Ruane who had a double and a RBI and Zach Schuler who contributed with an RBI.

The Bald Eagles were looking for revenge as they faced the Warriors of East Stroudsburg University in a double header. Game two came down to the wire and the freshmen would shine on the day, as the Haven pulled out a 5-4 thriller.

Freshman Bobby Fiala got the start and the win, as he battled through six innings sitting down six and walking four. If his performance on the mound wasn't enough, he also contributed at the plate with a solo homerun. Relieving him was Kevin Gordon

who got his first save of the season. Transfer freshman Nate Hill rounded out the freshman trio as he came in to pinch hit and slammed a three-run homerun to give the Haven the lead for good.

In game one the team was down going into the last inning by one 5-4, but the Warriors bats exploded and the Eagles fell to the Warriors 13-5. Patrick Young picked up his first lost of the season in game one, going six innings while sitting down three and walking one. In relief was freshman Joe Fischer who went one inning with one walk.

The Haven had solid offensive performances. Teddy Stakes racked a double in both games, Brandon Varnecky contributed a double, Evan Petro knocked a triple and Travis Ruane hit a solo homerun, his first on the season.

The Eagles would face the Mustangs of Southwest Minnesota State University (4-2) in a doubleheader to opening up the Gene Cusic Classic in Fort Meyers, Florida. Southwest Minnesota State would be too much to handle as the Eagles would fall and lose both games 8-7 and 11-4.

In game one, Justin Miller got the start and got his third lost of the season going one inning with one strikeout and walked four.

In relief was senior Ian Whinnery as he finished out the last five innings, with one walk and one strikeout.

The offense kept bringing the bats but they weren't enough. Matt Palko went 2-3 on the day with a homerun and three RBIs. Travis Raune and Bobby Fiala each contributed with a double. Teddy Stake went 2 for 4 and freshman Mark Strouse made an impression going 2-2.

In game two the Mustangs would be too much to tame, as they exploded for seven runs in the second inning and never looked back. Jonathon Miller got the nod and picked up his first loss of the season going one inning, as he sat down one and walked two. In relief was Liel Karstetter who also went one inning distributing a strikeout. Freshman Joshua Szelong went four innings as he sat down three and walked three.

This past weekend the team's games were cancelled. They were to face Bloomsburg University in a doubleheader on Saturday and East Stroudsburg University in a doubleheader on Sunday. The Bald Eagles will have their first home game of the season as they take on Mansfield University on March 27, and Friday they will take on IUP at 1 p.m.

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

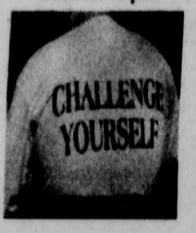
SPRING 2007 Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	8:40-10:40am Yoga Heather		8:40-10:40am Yoga Heather	
		12:00-1:00pm Step & Tone Lindsey		11:30-12:30pm Yoga Heather <small>*every other Friday</small>
	5:00-5:50pm Step & Tone Lindsey	5:00-5:50pm Step & Tone Lindsey	5:00-5:50pm Step & Tone Lindsey	5:00-5:50pm Step & Tone Lindsey
	6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step & Tone Johanna	
	7:00-7:50pm Basic Pilates Teresina	7:00-7:50pm Basic Pilates Teresina	7:00-7:50pm Basic Pilates Teresina	
	8:00-10:00pm Hip-Hop Dance Club		8:00-10:00pm Hip-Hop Dance Club	

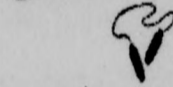
Leadership Workshop

Saturday, March 31, 2007

10am - 3pm



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http://www.lhup.edu/rec_center



Clayton Desmond
Boxing Writer

Photo Courtesy of Josh Wisniewski

The nationally ranked LHU Boxing Team invaded Arvin Gym on the campus of the U.S. Military Academy at West Point, NY, this past weekend and crowned four Eastern Collegiate Boxing Association champions.

Winning titles for the Bald Eagles were Josh Wisniewski, 125; Addy Pizarro, 132; Josh Mercado, 139; and Jason Sanchez, 147. Earning silver medals were Jarrett Peak, 119; Danny Marrero, 156; Nate Van Tassel, 185; and Aaron Lynch, 195. LHU's ninth qualifier, Greg Stratton, Hwt, lost in Friday's semi-finals. The Bald Eagles won eleven bouts and lost five during the two-day event.

"We had as good a regional tournament as could be expected. Our boxers competed really great all season," said head coach Dr. Ken Cox. "We are sending eight highly motivated and dedicated young men to Reno for the National Championships on April 12-14."

The championships will be held at the El Dorado Hotel and Convention Center.

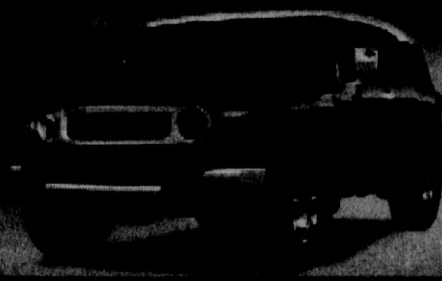
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Graziano

James
The Instigator
Cooney

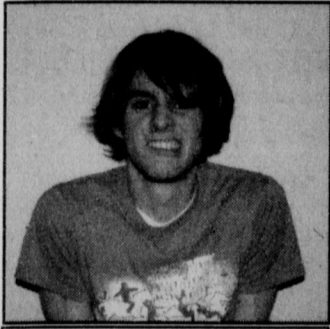
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HAVEN LIFE

? Question of the Week ?

What classes are you willing to skip to enjoy the nice weather?



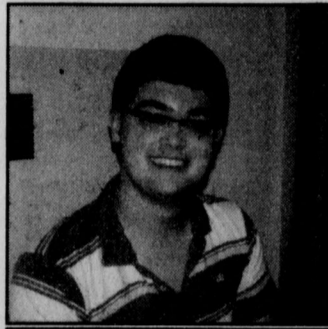
"Statistics because it's math!"

Casey Roberts
Sophomore
Secondary Ed.
Social Science



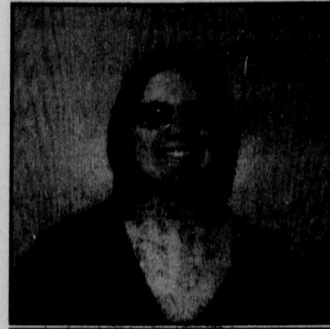
"All of them!"

Sarah Devitt
Freshman
Secondary Ed.
Math



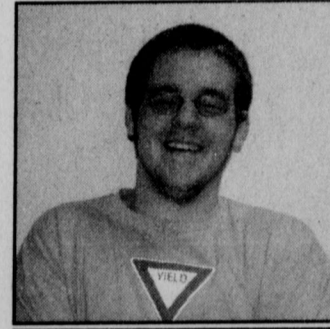
"Intro to Literature because it just isn't worth being woken up for."

Chris Miller
Freshman
International Business



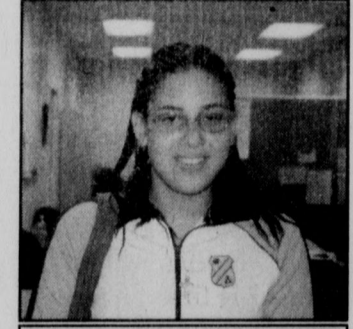
"Any of the ones that are not for my major."

Jessica Rood
Senior
Psychology



"Chemistry."

Nate Schneider
Sophomore
Athletic Training

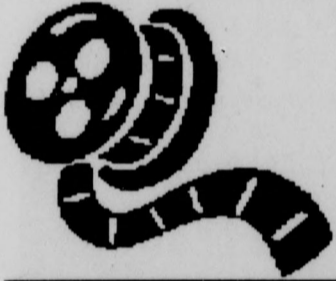


"Government and math."

Lindsay Roper
Freshman
Secondary Ed.
English

Compiled by

Campus Cable Channel 10 Movies 7:00 p.m. Wednesday, Feb. 28, 2007 - Tuesday, March 6, 2007



Mar. 28
Babel

Mar. 29
Flags of Our Fathers

Mar. 30
The Covenant

Apr. 2
TBA

Apr. 3
TBA



Executive Board Elections March 30th, April 2nd & 3rd

For more information about the candidates feel free to drop them and email at

Christine Bergeski: cbergesk@lhup.edu
Karl Thompson: kthomps2@lhup.edu

Friday, March 30 th	
PUB Business Office	8:00 AM - 4:00 PM
Monday, April 2 nd	
Ivy Lane	8 AM - 11 AM
Bentley	11 AM - 2 PM
PUB Bus. Office	2 PM - 4 PM
Rec Center	6 PM - 8 PM
Tuesday, April 3 rd	
Ivy Lane	8 AM - 11 AM
Bentley	11 AM - 2 PM
PUB Lobby	2 PM - 4 PM

The Eagle Eye is accepting applications for the '07 - '08 academic year

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Get online and submit your application before Friday, April 6, 2007

Any questions about the jobs available contact the Eagle Eye at lhueagleye@yahoo.com

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A Note from William Dowd:

Please feel free to stop by Ivy Lane on Thursday, March 29 and Friday, March 30 during the hours of 11am - 2pm.

We will be answering students' questions and facilitating discussions.

One member of our campaign will be present at all times.

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HAVEN LIFE

What's on Melanie's? Playlist?

Melanie Shellhammer
Features Editor
mshellha@lhup.edu

Lately, sitting through commercials doesn't seem so unbearable. It may be due to laziness, because sometimes the need for food isn't overwhelming enough to pull you off of the couch or out of bed, but that isn't necessarily always the case.

Commercials aren't merely just space fillers during the breaks in a television show, but also a means for those who lack the motivation to attempt to try and discover new artists without having to do much but remember some lyrics, so they can look up the songs later.

Apple has created impeccable commercials for their iPod gadgetry that have continually featured quirky and very addictive songs. Most recently the high energy and vibrantly colored iPod commercial features the shadowed dancers, like all the others before it, but also a refreshing song entitled "Flathead," performed by The Fratellis.

With their album "Costello Music" released here in the states March 13, 2007, The Fratellis have certainly gained plenty of attention from fans who seem to have heard their music long before the album made its way overseas from Glasgow, where the band hails from.

Album reviews on iTunes, Amazon and a few scattered blogs all reflect a consistent trend; The Fratellis have been bouncing around for far longer

than most would believe. Their recent success and U.S. release could be thanks to the iPod commercials that are hard to ignore. "Flathead" is spastic enough to make even the dance-impaired want to move their feet.

The Fratellis continue to enrapture listeners throughout the rest of the album with the vigorous compilation of songs that make up "Costello Music."

Aside from the upbeat tempos of The Fratellis, two other commercial soundtracks have seemed to catch the ears of many. Both Sia's "Breathe Me" and Forever



Thursday, which seems to be a clever side project for the both musicians. The Forever Thursday website boasts "He's from the city, she's from out of town. She's the voice of his murmuring ideas, and they play Forever Thursday."

"How Can It Be" is so poignant because of its simplicity. The lyrics are minimal, as well as the instrumentation, but Horsnell's endearing voice is encouraging. What the song lacks in dramatics it makes up for in sincerity.

Sia's "Breathe Me" is hard to listen to, along with the rest of her album "Colour the Small One," simply because it's incredibly introspective. You feel as if you've found your way to her inner thoughts without her knowing.

Not only has "Breathe Me" been featured on a handful of commercials recently, but also "The Victoria's Secret Fashion Show," which aired this past December.

Other than her innocent voice, the song showcases a rolling piano orchestration that sounds as if it was ripped from the most climactic scenes of any drama, whether on television or movie theatre screens.

So now when you're stuck on the couch late at night watching the television because you can't bear to look at another lab report or critical analysis, make sure you've got a piece of paper and pen handy.

That way when the next song floats through the speakers you can jot down the few lyrics you catch and discover a new artist to quench your musical thirst.

Thursday's "How Can It Be" have managed to enthrall unsuspecting couch potatoes.

"How Can It Be," featured on the JC Penney commercial that has been running for the past month, is a dainty number featuring the vocals of Melanie Horsnell, a Sydney, Australia songstress.

Although Horsnell is a solo performer with an album ("The Adventures of...") under her belt, she skillfully contributed her voice to "How Can It Be," with Elliott Wheeler alongside her as lyricist and producer. The two make up



Photos Courtesy of Google Images

The Fratellis, Forever Thursday and Sia are just a few of the artists popping up on recent commercials.

From Caffeine, B8

In a recent study conducted by the University of New Orleans, it was found that four out of every five college students consume caffeine daily.

"Students use the drug to keep up with the rigorous schedule of college life, from maintaining a job to cramming the night before a major exam," said Jill Noren, author of "Caffeine: College Students' Drug of Choice."

Many students do not only use the drug to stay awake when they have an exam or assignment due at 8 a.m., but they tend to also use it in order to just be active during the day, for things like classes and social activities, because of lack of sleep from the previous night.

"We use caffeine to make up for a sleep deficit that is largely the result of caffeine," says neuroscientist and sleep expert Charles Czeisler.

What students do not

realize, however, is that even though they are getting their work done and enjoying the activities that they are participating in, it may not be the same quality performance that they would be able to achieve if they did not have such a high intake of caffeine. Not to mention the effects that going without sleep can have on your body, as well as the withdrawal symptoms many experience when they try to stop using caffeine.

"I know when I decided to stop drinking as much soda, for a while I felt like I had no energy," said junior Brian Young. "But after some time I got used to it and my energy levels returned to normal."

Other symptoms of caffeine withdrawal are headaches, fatigue or drowsiness, irritability or even flu-like feelings.

These feelings can be so bad that students frequently miss class or are late for work, defeating the purpose of cutting sleep time to begin with.



Photo Courtesy of Google Images

Caffeine's addictive properties, although seemingly harmless, can threaten a student's mental well being.

ANASTOS BROTHERS SERVICE CENTER

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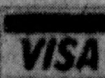
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- HAND WASH, WAX, CLEAN TIRES & WHEELS.....\$39.95
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- 4 WHEEL COMPUTER SPIN BALANCE.....\$19.95
- WINTERIZATION- Check Tires, Anti freeze,
Hoses, Battery, Fluids.....\$14.95
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CLEAN TIRES & WHEELS.....\$49.95
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HAVEN LIFE

'300' brutalizes box-office, fans thrilled

Laura Theis
Staff Reporter
ltheis@lhup.edu

From the first preview, "300" was anticipated with high expectations.

Since "Troy" and "The Lord of the Rings," cinemas have been without a thrilling, epic action/drama. However, "300" has filled the void with phenomenal fight scenes and even better drama.

Unlike other movies in this genre, "300" did not need big name actors to boost ratings. Though Brad Pitt in "Troy" delivered an exceptional portrayal of Achilles, Orlando Bloom's performance was well under par. Although "300's" absence of such super stars could have been risky, it was ultimately an outstanding casting decision.

It was refreshing to see a movie with such a good plotline and such great action that major stars were unnecessary. But just because the actors were not mega stars does not mean the acting was not superb, because it was. I think this was one of the most

perfectly cast movies ever to hit the theaters; every actor was perfect for his or her role and delivered a memorable performance.

The plotline of "300" was very simple, yet entertaining. The movie follows King Leonidas (Gerard Butler) of Sparta and his 300 men through the Battle of Thermopylae against Xerxes of Persia. The Persian army is massive and the Spartans are dramatically outnumbered, however, with no support from the rest of Spartan government, King Leonidas and his men are left alone to fight for the freedom of their country.

The actors in "300" deserve praise for the excellent action scenes. These were far superior to the usual sword fights in movies of a similar time period.

Spartans were taught to fight from the time they could walk and the movie portrayed the 300 men as fighting machines. They fought as a single unit and, though they were surpassed by the Persians in number, in skill and strategy they were in another league. For action lovers, this

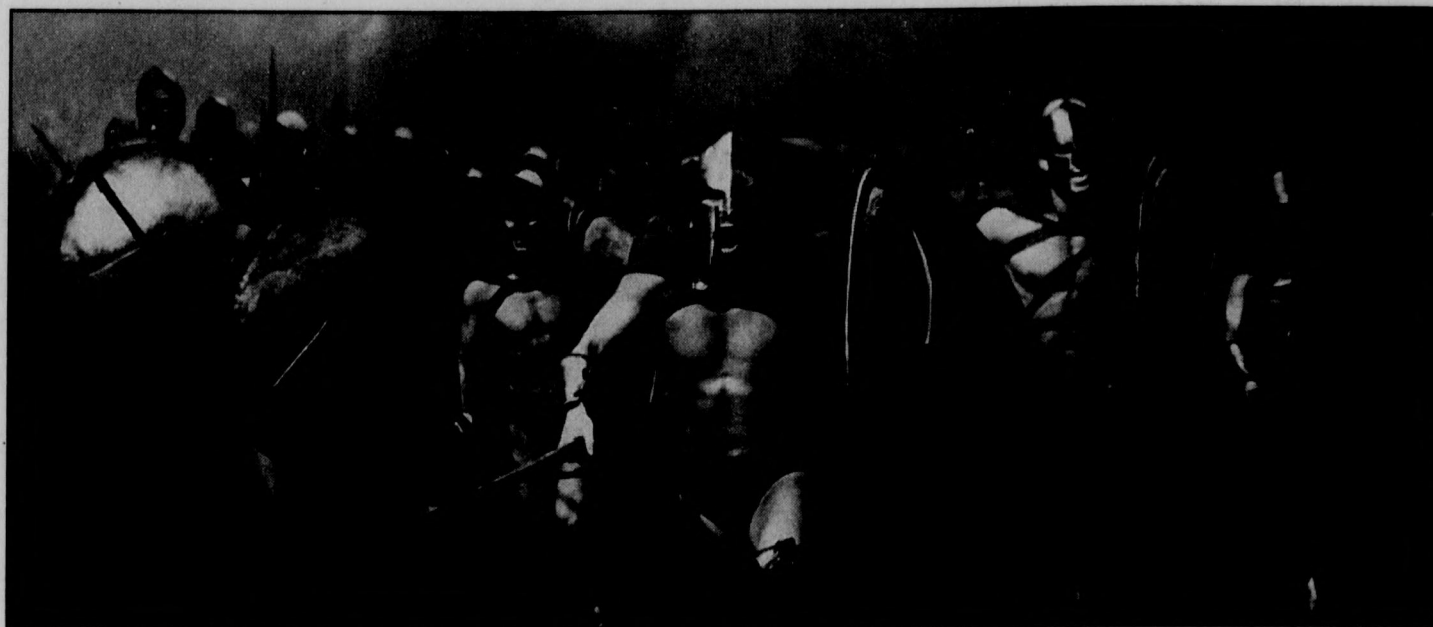


Photo Courtesy of Google Images

Although it boasts no big stars like previous movies of its kind, "300" has delighted moviegoers by providing an impressive plotline based in historic fact, a captivating love story and fantastic action scenes.

movie is one of the great ones.

Viewers should be cautioned that the action scenes are extremely graphic. After defeating wave after wave of the Persian army, the Spartans get a break and use it to build a wall to protect them. They do not, however, use wood or stone; they use the bodies of fallen Persians. The Spartans lure the Persians to the wall and, when they are close enough, push the bodies over, smothering the

Persians.

The drama of "300" was also first-class. The movie brilliantly joined an amazing action thriller with an epic love story. The relationship between King Leonidas and Queen Gorgo (Lena Headey) was incredibly heartwarming, yet not overdone. The two actors complemented each other perfectly and exhibited wonderful onscreen chemistry that brought their relationship to life.

However, their devotion to each other was

subtly intertwined with the action of the movie, making it the perfect love story without bombarding the audience with love scenes.

In one "love" scene, Leonidas is visited by two Persian messengers forcing him to choose either slavery or war. Outraged, Leonidas backs the two men to the edge of an immense well, threatening to send them in. They plead for their lives and Leonidas turns to look at Gorgo for approval. She simply gives him one nod

and he kicks them over the edge.

As a whole, "300" was incredible. It was the kind of movie that draws the audience in and makes them feel a part of the battle of 300 men against thousands. Viewers will find themselves desperately rooting for the Spartans in this battle and wholeheartedly admiring the courage and valor of the 300.

From Foolin', B8

Manager and Technical Director. The design team consists of Shawn Ergler (Costume Design), Jaime Torley (Lighting Design), Melinda Richner (Hair/Makeup Design), Jaimie Monahan (Prop Design) and Tucker Gardner (Scenic Design).

Junior Amanda Updegraff is looking forward to seeing "Foolin'

Around With Infinity."

"I enjoy the productions that the University Players put on," said Updegraff. "They always make for a fun and entertaining evening."

Wilson confirmed Updegraff's expectation.

"I think students will enjoy the play because it will grab their attention and really make them laugh. It should be a great show," said Wilson.

Following the Thursday, March 29 per-

formance, there will be a curtain talk moderated by Dr. Christine Woodworth. Audience members who attend the March 29 performance are invited to stay after the show for a discussion with the cast, director and designers.

"Foolin' Around With Infinity" was written by Steven Dietz. Other plays on his resume are: "Fiction," "Lonely Planet," "Private Eyes" and "Last of the Boys."

From McGee, B8

McGee's list of success does not stop with "Beyond Words." This year, McGee signed numerous songs to Dreambird Publishing, such as "Old Teardrops," "The Right Flame" and "Love To Go."

In 2005, McGee was runner-up in the Song of the Year Contest for his song "For All The Times." He also received Honorable Mention in the Unisong Song Competition and a second-place award in the Dallas Songwriters Association contest in 2001 for his song, "There's A New Man

in Your Moon."

McGee admits that he gets the majority of his lyric inspiration from the students themselves. By simply listening to students rant about their significant others, or laugh about funny situations they encountered on campus, McGee can conjure up a theme and squeeze a story into three minutes that almost everyone can relate to.

"Songwriters really try to mirror the world around them," said McGee. "If I can capture feelings of the way people interact, and if I can make someone laugh, cry, reminisce, or just tap a foot, then I've done my job."

The John Lennon

Songwriting Contest originated in 1997, and is open to amateur and professional lyricists around the world. The contest filters 72 finalists down to 24 Grand Prize Winners, then to 12 Lennon Award Winners, and finally 1 Maxell Song of the Year Winner. The panel of judges includes famous artists like Fergie of the Black Eyed Peas, John Legend, Robin Gibb of the Bee Gees and Bob Weir, a founding member of the Grateful Dead.

Lennon Award Winners will be announced on May 1, 2007, and the Maxell Song of the Year Winner will be announced in July, 2007.

New trends spring into fashion

Ashley Griffis
Staff Reporter
agriffis@lhup.edu

The sun has finally come out, the snow has melted and it is time to put those big clunky snow boots away. Finally, spring is here and that means a new bunch of clothes. Its time to get rid of those outfits that cover every single inch of your skin and instead allow for you skin to get a little sun.

This spring, go for some deep bold colors; don't be afraid of those colors like turquoise, purple, red, or yellow. Add some color in your life and do it by spicing up your wardrobe.

However, if you're not a fan of those bold, eye popping colors, then contrasting black and white in your outfits it will still allow you to stay fashionable, but with colors you like and feel comfortable with.

As for fabrics, it is okay to do light layers. For women, tops are light, frilly, and simple. When the day comes when you aren't feeling frilly and instead want to go for that sporty look, try a simple, straight line dress or pair capris with a light shirt and jacket - no frills in sight.

Asymmetrical cuts are new and hot. Try that top on the rack that is cut off the shoulder, and you might just find you love it. Don't be afraid to show off a little shoulder; it is simple and dazzling.

If you're wanting something a little different for your night outfit, try some garments in metallic. A metallic dress with simple accessories will make you all the rage wherever you go.

Does spring put you in the mood for some flow-ers, but you're afraid that having an overload of

flowers on your outfit may be a bit tacky? Try just a few classy flowers on your outfit; it can really pull together your look and add just a touch of fun.

Shorts can also be dressed down or dressed

up this year.

"Shorts are making the move from casual day to everyday with tailored designs in textiles with sheen," says InStyle.com.

You can make an outfit casual by pairing long shorts with a simple shirt or by dressing it up a little by doing a longer pair of shorts with a dressy shirt.

Short-sleeved dresses are also a new option, giving girls a simple, innocent way of looking stunning.

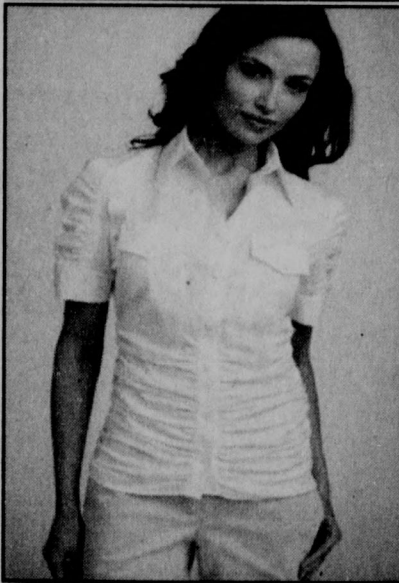
Jeans also have a new look this season. The 'skinny' jeans that were all the rage in the fall are slowly fading. InStyle.com recommends trying the roomy jeans that have a "boyish appeal."

Okay, guys, we haven't forgot about you. Khakis seem to be what is hot for the men. Simple khaki pants and a classic cotton crewneck shirt are just for the casual day. Add a suit jacket with a simple button up shirt, and you've got yourself a nice, out-of-the-town outfit.

Of course, we need not look any further than New York for all of our fashion needs.

"New York is always the backdrop for DKNY. The inspiration for spring summer '07 comes from the iconic city with its melting pot of style and cultural diversity. For him, it's about modern suiting for work, and for play, it's about vibrant shirts that pop against chino and fatigue," says about.com.

Whether you are up for the simple, casual look, or the classy, sophisticated look, have some fun with your wardrobe this spring and add a little something to it. More great ideas can be found on InStyle.com and DKNY.com.



Photos Courtesy of Google Images

Students stay fashionable with spring 2007 trends.

Max McGee's Accomplishments

2007
Signed 10 songs to Dreambird Publishings in Nashville, Tenn.

2006
"Kiss My Doublewide"
Top 4 - John Lennon Song Competition
Top 5 - Song of the Year Contest
Finalist - USA Song Competition
"I Want to Own the Restaurant"
Top 20 - Unisong Songwriting Competition

2005
"Autumn Leaves"
Honorable Mention - Song of the Year Contest
"For All the Times"
Runner-up - Song of the Year Contest
*Considered by artists Robert Lee, Phil Vasser, Ronnie Milsap, George Strait, Trace Adkins and James Otto.
"Last Teardrop"
Quarterfinalist - American Song Festival Lyric Contest
Considered by artists Tracy Lawrence, Tim McGraw, Alan Jackson, Lee Brice, Cole Degges, Hal Ketchum and Seth James.

HAVEN LIFE

Faculty songwriter urges support for competition

Marissa Brunner
Editor-in-Chief
Mbrunner@lhup.edu

When a member of a small university gains national recognition for his accomplishments, it's only natural that the community rallies around him with support.

That's what long-time lyricist Michael "Max" McGee is hoping will happen. McGee, the Resident Director of Smith Hall, has recently been selected as a Grand Prize winner in the John Lennon Songwriters Contest for his song "Beyond Words," which was co-written with Rolf Schnyder.

In this phase of the contest, McGee is competing in the country category against Samantha King, a recording artist from Alberta, Canada. If McGee accumulates

enough votes for "Beyond Words," than he will go on to compete against 12 artists from categories such as Rock, Pop and Jazz and Instrumental.

With his recent recognition, McGee has one simple request of the Lock Haven University community.

"Vote, vote and vote," said McGee. "I'm up against someone who is a recording artist, so she already has a fan base. There are 5,000 people on this campus. If everyone votes once a day, that could mean 35,000 votes, and maybe that will neutralize her fan base."

McGee wants students and faculty to realize that they can vote for "Beyond Words" more than once.

At the contest website, www.jlsc.com/vote, everyone with access to an e-mail account has the

opportunity to vote up to once a day until April 6, 2007. Doing so could significantly increase McGee's chances of making it to the Final 12, and in turn bring recognition to Lock Haven University. He also hopes that his accomplishments will trigger students to realize that their dreams are never too far from reach.

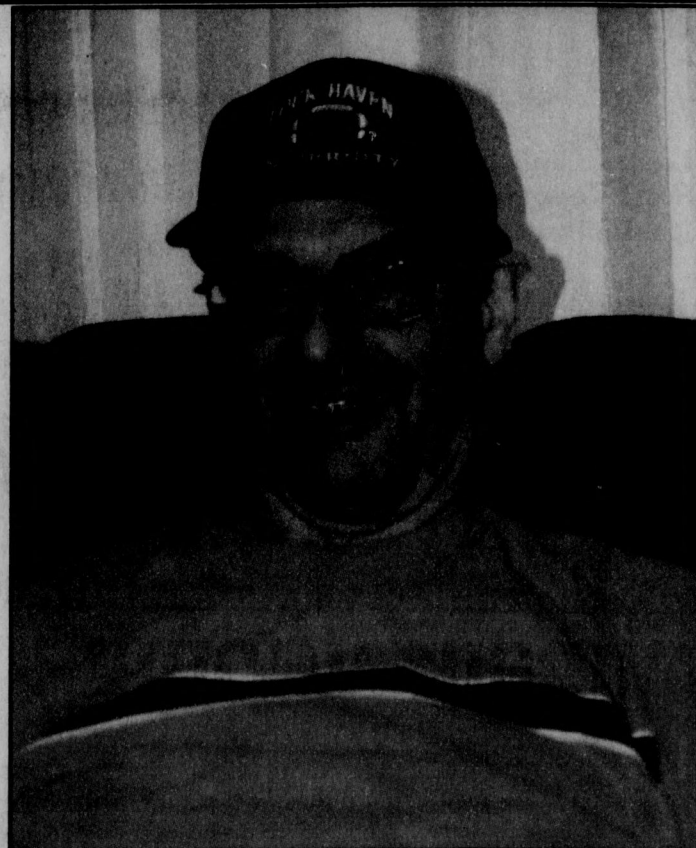
"Winning this award might make some people realize that they have the ability to do anything," said McGee. "It may take you 30 years, but you can do it. Never give up on what you believe you want to do."

This is not the first time McGee has entered the John Lennon Songwriters Contest. In 2006, his song "Kiss My Doublewide" made it to the Top 4 in the Country Category. Just this year,

**Help
Max McGee
win!
Visit
www.jlsc.com/vote
once a day until
April 6, 2007
and vote for
"Beyond Words"
in the Country
Category.**

"Kiss My Doublewide" was signed to Dreambird Publishing in Nashville, Tennessee.

McGee is not new to the songwriting scene. He's been writing lyrics since the 1970s, and has written with six different people in many places around the world, including Switzerland, Canada and Colorado.



Marissa Brunner / Eagle Eye

Michael "Max" McGee, Resident Director and accomplished lyricist, is merely votes away from winning the John Lennon Songwriters Contest.

A number of McGee's songs have been considered by famous recording artists like Tim McGraw, Alan Jackson, George Strait and Randy Travis.

"I've written with gospel recording artists and artists with singles in the top 10," said McGee.

"It's a natural inclination, I've just always written. I used to write poetry, and then I saw a lyric competition and I thought, maybe I can do this."

See McGee, B7

Picture of the Week



Photo Courtesy of Jared Adolf-Bryfogle

If you would like to submit your picture of the week, send it to lhueagle@yahoo.com
Please include "Picture of the Week" in the subject line

Caffeine fuels sleep deficit

Kara Wilt
Staff Reporter
kwilt@lhup.edu

As college courses get more and more time consuming, students are trying to find ways to get more hours out of their day. Many wish they had just a few more hours to complete assignments, study for tests and have a few moments to themselves. Cutting sleep time often seems like the easiest way to have a longer day, even if it robs time away from recharging your mind and body.

The easiest, most inexpensive way students have found for staying awake is caffeine.

"I know that if I have a huge assignment due, all I have to do is brew a good strong cup of joe and I am good to go for at least a few more hours," said senior Travis Rechel.

Although 75 percent of people in the U.S. get

their daily intake of caffeine from coffee, it is not the only drug that students, as well as busy people worldwide, consume. Beverages like various colas, hot and iced teas and energy drinks all contain varying amounts of caffeine. Along with the different beverage drinks, there are pills that doctors can prescribe for people who have trouble staying awake, as well as ones that are not exactly recommended by the family physician.

"Caffeine is a drug that interferes with adenosine, a chemical in the body that acts as a natural sleeping pill. It blocks the hypnotic effect of adenosine and keeps our eyes stuck in the open position," said T.R. Reid in his article "Caffeine, It's the World's Most Popular Psychoactive Drug."

See Caffeine, B6

Players caught 'Foolin' Around' in Countdown Theatre

Brandy Rissmiller
Staff Reporter
brissmil@lhup.edu

Lock Haven University students have four chances to catch the latest University Players performance, "Foolin' Around With Infinity." Beginning on Wednesday, March 28 and running through Saturday, March 31, the play will start at 8:00 p.m. in the Countdown Theater. Admission is free, but seating is limited.

Sophomore Rob Bergenstock stars as Mac, an Air Force commander who controls a part of the U.S. nuclear arsenal. That big responsibility wrecks havoc on his psyche. You is Mac's psychiatrist and played by Jessica Reitz, a sophomore. You presents Mac's case evaluation to a

military board, saying that maintaining the delicate balance of the world takes a toll on American Serviceman.

Throughout You's lecture the audience follows Mac's recollection of his final night in the missile silo. The question is are these memories real, or are they purely fabrications of his mind? This constant fluctuation between reality and illusion makes Mac teeter on the brink of insanity.

Melinda Richner, a senior, plays Jesse, Mac's Partner. Classmate Erin McDonald is L.U.K.E., Mac's daughter. Mr. Anderson (Andrew Wilson) is the embodiment of Mac's conscience, and along with Jesse and L.U.K.E., are the supporting characters. They all

provoke Mac, trying to offset his unstable balance.

"My favorite part of being Mr. Anderson is by far being nuts on stage," said Wilson, a sophomore Business Administration and Accounting major, who is also, along with Reitz, making his Lock Haven University stage debut. "I am there to drive the other characters crazy."

Ray Sturdevant will make his directional debut at Lock Haven University with Foolin' Around With Infinity. The senior Theatre major also serves as Sound Designer.

Timothy Moyer is the Production Stage

See Foolin', B7



Photo Courtesy of Christine Woodworth

Mac (Rob Bergenstock) and L.U.K.E. (Erin McDonald) look on as Mr. Anderson (Andrew Wilson) inquires about renting the two bedroom missile silo in "Foolin' Around with Infinity," which runs from March 28-31 in the Countdown Theatre, located in Sloan 321.