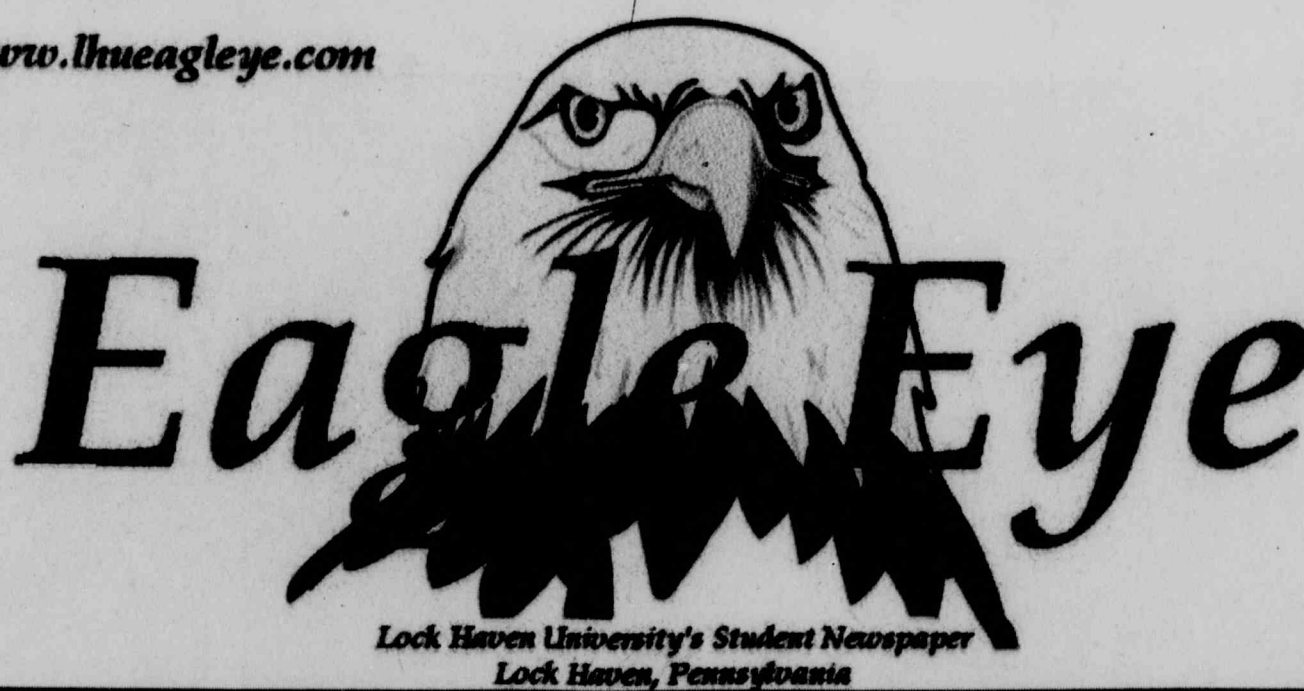


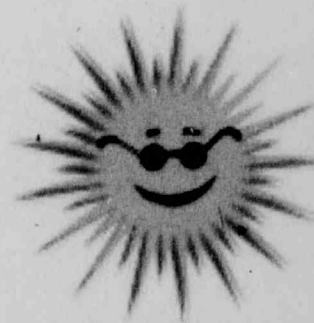
Terrie Williams gave an inspiring speech to LHU students at this year's Founder's Day Convocation

A2

Wednesday, September 22, 2004



Lock Haven University's Student Newspaper
Lock Haven, Pennsylvania



High-81
Low-54

Volume 60 Issue 3

Holy Flood!!

Remnants of Hurricane Ivan pound region, closes many roads



John Reith/ Eagle Eye

The water levels rose this weekend to flood levels, as seen here at the Jay Street Bridge. The bridge was one of the many roads that were closed this weekend because of the flood.

Marissa Brunner
Alex Hayes
The Eagle Eye

As the rain continued to fall for over 24 hours, many people in Clinton County began to wonder if it would ever stop.

Beginning Friday morning, remnants of Hurricane Ivan pounded the city of Lock Haven and surrounding areas,

dumping over six inches of rain.

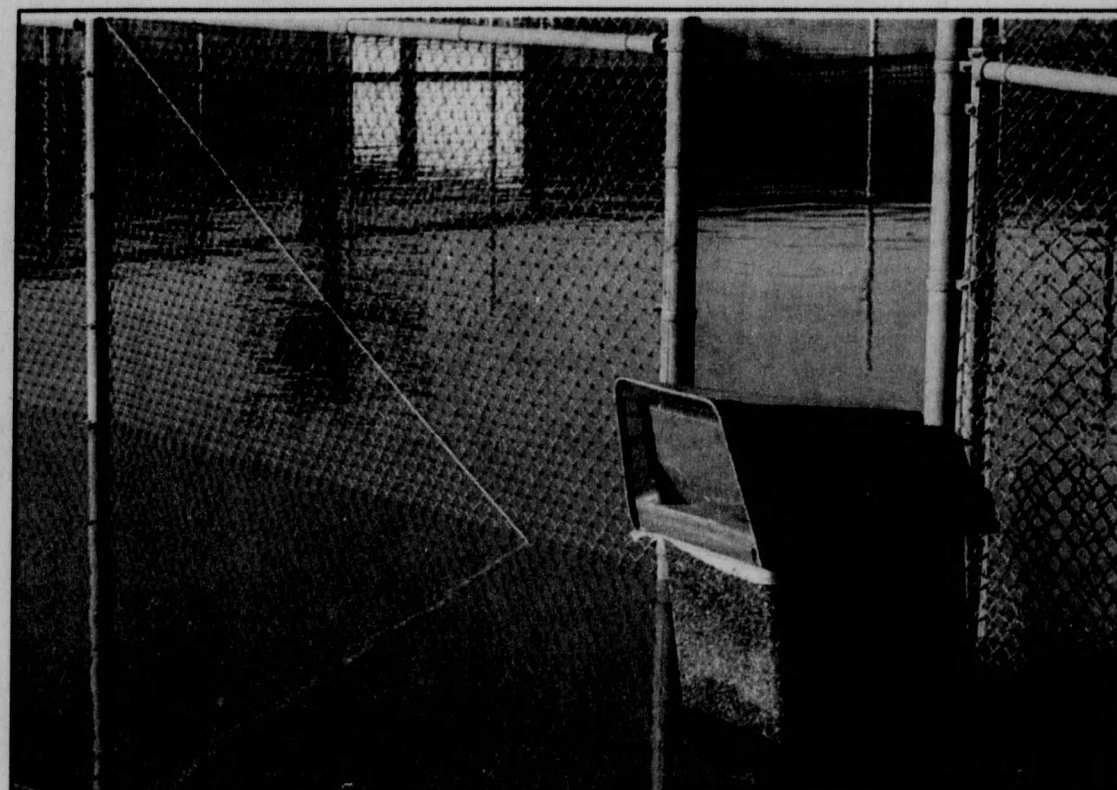
The rain quickly overloaded the Susquehanna River and its tributaries, causing major flooding in the area. This literally turned things upside down for residents of Clinton County.

"We had to cancel the highway clean-up this weekend due to the flooding in Mill Hall," said Jenny Charney, president of the Panhellenic

Council.

With the exception of the tennis courts by the river, the Lock Haven University campus was immune to the flooding. However, this did not mean that students were not directly affected. Closed roads and a mandatory eleven o'clock curfew left many students bored out of their minds on Saturday night.

"It was horrible; I couldn't go out Saturday night, and the



John Reith / The Eagle Eye

The flood did not completely miss the Lock Haven University campus. As seen here, the tennis courts were completely flooded over the weekend.

flooding caused an awful stench," commented sophomore Chad Boyer.

"Nobody knew about the curfew until the last minute, so it ruined a lot of plans," said sophomore Katie Gilger.

As if the flooding did not cause enough problems, a fire at the Sovereign Bank on Bellefonte Avenue caused a power outage in some areas of Lock Haven. Reportedly, two employees were locked in the

bank when they realized the wall was on fire.

"The power was on and off all weekend," said sophomore Jessica Thompson. "Even though this could not be helped, it was still a huge inconvenience for those of us who needed to get work done."

Luckily for students, some professors were understanding of the situation, and extended deadlines for assignments.

Numerous organizations in the area are seeking volunteers to help bring relief to those affected by the flood. MountainServe, the on campus community service group will be hosting a clean-up this Saturday in Woodward Twp. Those who are interested in helping are urged to stop by the office located at 133 Smith Hall, or call x2498. Students should also keep an eye out for other on campus efforts.

Freshmen in Evergreen Commons causes concern

Scott Kulah
Corrine Smith
Staff Reporters

Freshmen students living in Evergreen Commons and their parents faced two very different situations as the semester began.

While the students were being welcomed with all the luxuries they could ask for, their parents were welcomed with all the bills they could handle.

"The students living in Evergreen Commons probably like it," Vice President for Student Affairs, Dr. Linda Koch said of the freshmen forced to live in the new apartment building, "but moms and dads don't like the price."

Some moms and dads, in fact, have been very active in letting Lock Haven University officials know they don't appreciate being forced to foot a bill which could have cost them a lot less if the universi-

ty hadn't made a mistake.

The mistake was failing to save dorm space for many of the freshmen who were conditionally accepted through the Summer Development Program (SDP), which is designed to aid students whose educational background may not have prepared them for higher education. The result - the university had to break its mandatory rule stating that all freshmen must live on campus.

Since the decision to allow these freshmen to live off campus was made so late, Executive Director of the LHU Foundation Jerry Updegraff explained, the freshmen and their parents were unable to find any off-campus housing other than Evergreen Commons.

"A few parents were concerned about the unexpected change in their student's housing assignment," Jen Jerousek, manager of Evergreen Commons noted.

"We referred (them) to the University, and we are confident university officials will do all they can to address those concerns."

However, Updegraff said, "We've certainly tried to respond to (the concerns) but they weren't satisfied with our answer."

At least four disgruntled parents have made unfruitful efforts to set the mistake right.

Steve and Shalane Gee, the parents of a freshman living in Evergreen Commons, have contacted (Evergreen Commons) management as well as officials from the university and the LHU Foundation in search for answers.

"First and foremost," Shalane Gee explained, "we felt like we were being discriminated against because our (SDP) freshmen were the only ones singled out to live in Evergreen Commons."

"My son wanted to live in the dorms with a friend from

high school, but because my son was in the summer development program and his friend was not, they could not live together," she added. That student is now living in a dorm with one other person.

The Gees argue that they were not prepared for their freshman son to live in an apartment with full amenities, where he is responsible for cooking his own meals and cleaning.

Their most recent effort was a letter to the editor in the Lock Haven Express, published on September 6, explaining the situation in attempt to find support from more parents in similar situations.

According to Michael Heck, SDP director, the parents were made aware of the housing concerns on the first day of orientation.

See "Evergreen" page 2

Student Trustee Wanted

Brendon Costello
Staff Reporter

Students looking for a way to become directly involved with how the university is managed now have an opportunity to represent the student body as a member of the Council of Trustees.

The State System of Higher Education bylaws mandates that upon the University's Council of Trustees sits one full-time undergraduate student along with two alumni and eight others appointed by the Governor. With the anticipated graduation of current Student Trustee Kim Yasenchak this December, the Council is actively looking to appoint a new member.

Beth Bechdel, assistant to the President, and Yasenchak both agree that the position is an important one.

"The student, I believe, takes from the meeting and gives back to the student body," said Bechdel.

The all-volunteer Council holds meetings four times annual-

ly, but occasionally gathers for additional meetings.

All interested students are encouraged to apply and pick up necessary materials from Sullivan 202. Requirements for the position are that the student attends classes full-time and be in good academic standing. Additionally, prospects must have earned between 12 and 90 credits. An essay accompanied by two letters of recommendation, one from a member of faculty, the other of the students' choice, must be submitted along with the application. The deadline for all materials is Wednesday September 29 at 4:00p.m.

Reluctant to leave the position, Yasenchak has found that her position on the Council has helped her to form important connections. "It's been great," she says. "I've met a lot of great people."

Yasenchak has been involved in many of the recent important decisions affecting the University, most notably the interview process in the search for a new University President last spring.

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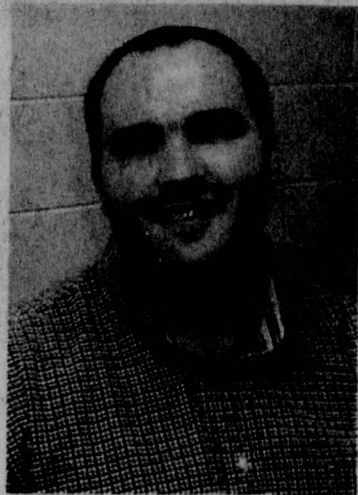
The Eagle Eye

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What's Inside

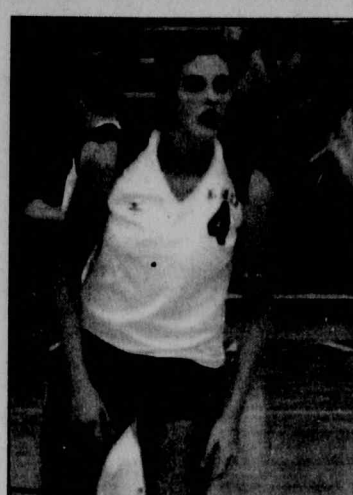
This week begins a three week series on students with visual disabilities

See B8



Read about LHU's Women's Volleyball winning streak

See B1



Week in 1996

voices be on a ref- student A total of student and a total of that group the center. and eventually in spring

"Evergreen" page A1

Dr. Koch confirmed the lack of space was caused by the record number of students the university accepted, combined with an effort to get rid of triples and six-person lounges.

"I want students to live in an environment that they will be successful in," she said.

However, one freshman living in Evergreen Commons expressed concern that she is not getting the "freshmen experience" because she feels more isolated in her apartment.

"This summer, I met so many people while living in the dorms for summer development. Now, I feel really shy here," she said. The student also noted that she knows several freshmen who are financing their own education and were forced to take on an additional job or two to make up for the added expenses at Evergreen Commons.

"It's not the ideal solution," Heck said, "but it definitely beats being placed in triples or other overflow housing."

"I think the University made a correct decision," Updegraff agreed. "The lesser of all evils was not being in triples...students don't perform as well when they're not in a good environment."

"I don't anticipate we'll have these kinds of problems next year," he continued.

Perhaps this is because, according to Dr. Koch, the university may have to reinstate the triples and six-person lounges. The same triples and six-person lounges were previously considered to be hazardous environments, compromising a student's quality of education.

"If we run out of space again, we're going to have to do something," she explained. "The last thing I want to do is tell students they can't come here because we don't have enough room."

"We do realize there is a financial impact to living there but hope that the students find the environment to be of a different quality," said Koch. "We appreciate the moms and dads who were stretched financially."

Red Cross seeks help

Kristina Pestridge
Staff Reporter

Diane Stuempfle and the Red Cross, will be collecting donations for those fellow residents that are suffering from water damage from the past weekend's rain/flood. The donations could be dropped off at the Hope Fire Company on Church St. across from The Salvation Army. City Council spoke of this donation drive at the meeting on Monday night, as well as giving out many thanks for all the help on Saturday with rescue and the project at the Jay Street Bridge.

They will be collecting cleaning supplies, food, baby food and clothes, as well as general supplies for their homes. The collection will be from Wednesday, September 21- Wednesday, September 28.

The Red Cross is also looking for some volunteers for collection and distribution of the supplies donated. Donations can be dropped off at the rear of the Hope Fire Company Hall at any time. Donations will be greatly appreciated by those that are in need of them.

Family Day

September 25

Enjoy a fun-filled day with your parents!



Maggie Herrick/Eagle Eye

Several Freshmen sit in one of the rooms in Evergreen Commons. Although the apartments are nice, some of the freshmen struggle with the inconvenience of living off campus.

Students told to take pride in themselves at convocation



Lindsey Brun/Eagle Eye

Dr. Zak Houssain speaks to students, faculty, and the Lock Haven community at this year's annual convocation. Keynote speaker this year was renowned author Terri Williams

Tim Pratt
Staff Reporter

Take pride in yourself and others is the message author Terrie Williams expressed Wednesday at the annual Lock Haven University Founder's Day Convocation in Thomas Field House.

In front of a packed house of students and faculty, the renowned author Terrie Williams expressed her hope that the world can indeed be a better place.

Try to make sure there's goodness in everything you do," said Williams.

This advice comes from a woman who is trying to make a difference. In 2002 Williams started The Stay Strong Foundation in conjunction

with the release of her book Stay Strong: Simple Life Lessons for Teens. The foundation was designed to help raise awareness of teen issues.

Williams was already an accomplished business woman prior to the formation of The Stay Strong Foundation. In 1988 Williams officially started the Terrie Williams Agency, a public relations firm based out of New York that has served stars such as Eddie Murphy, Janet Jackson and Sean "P. Diddy" Combs.

The author of multiple books, including best-seller The Personal Touch: What You Really Need to Succeed in Today's Fast-Paced Business World, Williams is a much sought after public speaker and community activist.

"Success is determined by the quality of your life," said Williams who said that she considers her own life a work in progress.

Williams couldn't emphasize enough that material possessions are not going to bring happiness and that it is the little things that make you stand out.

"Do not compare yourself to anybody else," said Williams.

Williams also urged those in attendance to read everything they could get their hands on and not to be afraid to take risks.

At the conclusion of the convocation, Williams signed copies of her book and joined the ice cream social on the lawn of Russell Hall.

Greek News

Basket Bingo to be held

Kristina Pestridge
Staff Reporter

The Panhellenic Council of Lock Haven University will be sponsoring a Longaberger Basket Bingo as a Family Day event, Saturday, September 25, 2004 at three p.m. in the PUB Multi Purpose Room.

The other family day events will also be taken place in the Parsons Union Building, which is a convenience to the families that wish to participate in more than one activity. Longaberger Baskets are the prizes that will be given away, and filled with gifts that were donated from businesses in

town the sisters collected. "I love watching the families playing bingo, some get so into the game it's so much fun!" Kristin Grove said. "This will be a great day for Greek unity within Panhellenic while we show our support on campus as one."

The cost is twenty-five dollars per person, with a percentage of the proceeds going towards the American Breast Cancer Society. Each person will be allowed to play three cards per game and extra cards will be available to purchase. Any donations please send to Basket Bingo, 308 Sullivan Hall, Lock Haven University, Lock Haven, Pa, 17745, Attn:Clatronica.

Student remembered for her spirit

Nicole Pinto
Staff Reporter

For those who knew April Shuey she was an active member in the social work club. She was in Phi Alpha the social work honor society, and Phi

Kappa Phi. According to Dr. Lynette Reitz, "April was the most outstanding social work student." She even attended social work conferences throughout the state. Although she did not live on campus, she still made a difference commuting from home. Paying for her schooling, April had a full time job. She was a senior and had just started her for-



exchange to Australia where this tragedy occurred. April was scheduled to graduate this spring

in May. She was very involved with social work because it was her major. Dr. Lynette Reitz knew her personally and had also

said, "She was a strong vibrant person to be around." The social work department will be having a remembrance in her honor on campus

on Monday the twenty-seventh of September. If there are any questions

you may contact anyone in the social work department or Linda Koch.

Think we are missing something??
Think we can do better??
Don't complain to someone sitting next to you in class!
Tell us!
Call Emily or Alex at x2334

Thursday Night Bowling!

Where: Clinton Lanes

When: Every Thursday

Time: 9 p.m.- 11 p.m.

Cost: \$3

Sponsored by RHA

Come out and enjoy the fun!
We hope to see you there this Thursday!



Daniella De Luca/Eagle Eye

Last Saturday's flood created serious damage across the state. This truck is one of the many motor vehicles that was damaged by excessive amounts of water. Damages extended to Camelot Estates, numerous homes, boat docks, and several trash receptacles.

Ever wonder why everyone can
sing along to Copacabana?

Ever wonder why your
mother named you Mandy?

Ever wonder where your parents had been
the night you were conceived?

WONDER NO MORE

BARRY MANILOW
In Concert

Wilkes-Barre - October 4 - Wachovia Arena
10 bucks a ticket with student ID

Go to ticketmaster.com or call (570) 693-4100 for tickets

Students neglect to use free shuttle bus

Kim Kniffen
Staff Reporter

For two weeks now Lock Haven University students have had access to a shuttle service for transportation downtown.

Although the shuttle has been running consistently most students are not utilizing it. It could be that students are not aware of the times of the shuttle or that students have no interest in downtown Lock Haven.

"Students don't want to come downtown because there is nothing here, but stores can't provide what they want because they have no customers. That's why we came up with the idea of providing free transportation to the students. Now they can come down here and shop and go right back to campus," says the founder of the shuttle bus service, Joe Haynes.

The service is absolutely free to the students, but not to

the venues that are currently involved. For Sovereign Bank, Dunkin Donuts, Puff Six Pack, Fox's Restaurant, Dutch Haven Restaurant, Fiesta, Bonnie's Hair Nails, Trimming, Checker's Pizza, Greatest Hits Music, Shakespeare's Friend and CVS Pharmacy, it is one hundred dollars per month. The problem with the service for Haynes is that he pays two thousand dollars per month to keep it running but only receives nine hundred from venues.

The service is not allowed to charge making it an investment risk for Haynes and the participating shops. The hope is that more revenue will come to the downtown stores.

The shuttle bus runs every weekday 3 p.m. to 9 p.m. and on Saturday 11 a.m. to 3 p.m. The bus picks up right outside Bentley Dining Hall and proceeds onto a twenty-minute loop through downtown.



Maggie Herrick/Eagle Eye

The downtown shuttle is a service offered for students to use for free in to go downtown.

Family Day being held this Saturday

Kristina Petridge
Staff Reporter

The campus wide family day events will be held on Saturday, September 25, 2004 beginning at 10 a.m. in the Residence Halls and the following events will be in the Parsons Union Building until 10 p.m.

The events of the day will be sponsored by the Residence Hall Association and also other clubs on campus. The families of residents received an agenda of events by mail as well as the agendas being available in the halls and around campus.

"I'm so excited that so many groups on campus want

to get involved. It shows our parents what a strong community we are," Carrie Lindner commented.

The welcome reception will be held at 10 a.m. in the residence halls. Hot and cold beverages and some snacks will be provided for the guests in the lobbies.

The agenda of events begins with a fashion show at one, as well as family photo key chains at the same time. At two o'clock the Interfraternal Council will be hosting children's games and some prizes for the children to win and take home.

Also at two, there will be a Family Casino in the PUB, where you can win prizes as big as televisions and DVD

players. Russ Jameson the Residence Hall Association advisor commented, "The casino always seems to be a big favorite of families. The RHA does a great job!"

The Longaberger Basket Bingo will be sponsored by Panhellenic Council at three, as well as the Big Screen Movie feature: Shrek 2 in PUB TV Lounge.

To close the night there will be a Recycled Percussion Performance in Price Auditorium at eight p.m. This will be a relaxing performance to attend at the end of the busy day.

"This is the best day of the fall semester, family, friends and lots to do on campus!" Lindner said.

Web site links voting and sex

Becky Moseley
Daily Texan

AUSTIN, Texas - Michelle Collins thinks voting is hot and that young voters are hot for each other.

That's the message she preaches on Votergasm.com, a nonprofit group encouraging young voters to fulfill their activist "wet dreams." Young people can register to vote on the group's Web site, pledging to have sex only with fellow voters on election night. But to gain the group's highest honor, "American Hero," one must pledge to withhold sex from non-voters until the next presidential election.

"We want to make voting and voters sexy and have people look at them in a different way," said spokeswoman Michelle Collins.

The group wants to curb two trends in American society: low rates of youth voting and low rates of youth sexual activity,

Collins said.

"Politics and sex are so closely related, but they usually are linked in a bad way, with taboos and scandals," she said. "Politics can be clean, invigorating and beautiful -- like sex."

Internet visitors are encouraged to plan election-night sex parties and guess others' political orientation by their pictures. They can also find information about absentee voting and contacting election officials.

Since the site began two weeks ago, Votergasm has received more than 4,000 pledges.

"We hope to send 100,000 first-time voters to the polls and help them hook up afterward," Collins said.

Some University of Texas-Austin students had mixed opinions about the idea.

"I think it's a great idea," said sophomore Scott Maxson. "Screwing someone and screwing Bush at the same time."

Biology freshman Jacob Ambalathunkal said he liked the

idea, but is not sure if females will be as excited.

"I have a girlfriend, and I don't think she would like that very much," he said.

Votergasm was founded by recent Columbia University and Harvard University graduates, who wanted to channel patriotism into sexual freedom.

"Freedom to vote in election booths and freedom to love in the bedroom -- or in the bathroom or kitchen or wherever," Collins said.

Collins works as a paralegal at a New York law firm during the day. Her co-workers don't yet know about her after-hours campaign, and she was too nervous at first to tell her parents what she was doing.

"I was really uncomfortable because of the whole 'don't ask, don't tell' policy for the entire department south of the border," she said. "But when I told them, they were so proud of me. It was like they were converting back to their hippie days."

Bored on campus?
Join in on the fun!

Check out our clubs and organization page!

LHU Bookstore

Saturday, September 25th
Campus Visitation
&
Family Day

The Bookstore will be **OPEN**
from 9 a.m. to 4 p.m.

Stop by the Bookstore and pick up a discount certificate for your parents to use Saturday!

3 Carnations for \$1.50
Friday, Sept. 24th through Friday, Oct. 1st



Fashion Show

Saturday, September, 25
12 noon
PUB Lobby

Fullington Trailways
&
Susquehanna Trailways
Now departing from the Bookstore!



CLASSIFIEDS

Spring Break

Spring Break 2005.
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Acapulco, Bahamas
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female in our home
the second Tuesday of
every month from
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or a little after.*
All depending when
our meeting is over.
*Some weekends
and/or special events.*

Must be good with
children.
References required.

If interested, please
call Deb @ 570-660-
2898

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ICT!**

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paid training, incen-
tives, and a schedule
that fits your needs.

If you're interested,
come and see
or call **769-0255**

Personals

Rush Sigma Kappa
Thursday outside of
Russel @ 6:45!!!

Rush Sigma Kappa, the
best!

If you know of a
STOLEN white coach
purse give it back!!
Contact me at 3296,
Reward

If you know of a
STOLEN Fujifilm digital
camera, Contact me at
3296, Reward

Rush Sigma Kappa

Is there a cat in your
pants

It's time to party

Happy 21st Birthday on
Monday Jess
Thompson!
-SLAM Kim

Get well soon Cynthia,
we're thinking of you!
-SLAM

Happy Birthday Jill
-SLAM Kim

Eat Mor Chikin

Hooray for old creepy
men out in their under-
wear trying to pick up
hot college girls on a
Thursday night, he gets
a SHOUT OUT!!

Marissa, great flood
story, it was absolutely
amazing
-SLAM Kim

Kellie Kulina for Queen!

Kyle,
I hope you have a great
semester. We need to
hang out soon, I miss
you!
Love, Kim

Candace,
I wish you the best this
semester. I know it's
stressful, but remember
I love you and I'm
always here for you!
Love, Kim

Sigmas,
Lets have an awesome
semester ladies!
Love, Kim M.

Heather & Crystal,
You girls are awesome!
Fun times on the week-
ends already...I love it!
SLAM, Katie

Go GREEK...Go TRI-
SIGMA

Alpha Sigma Phi,
Thanks for a great cou-
ple of weekends, you
guys are great. I'm
looking forward
to more great nites in
the future.
(Sigma Sigma Sigma)
-Katie

Sigmas,
Thanks for being there
for me.
-SLAM, Crystal

Heather & Katie,
Thanks for being there
through tough times
and for your support.
Love, Crystal

ONE LETTER...THREE
TIMES
BETTER...RUSH
SIGMA SIGMA SIGMA!

My Sigmas,
This is our semester!
Let's make the best of
it. Love you girls!
SLAM, Candace

Kimmy Brendle,
Thanks for being an
awesome sister and
friend and for being so
understanding!
H.O.T.!!!
SLAM, Candace

Kim Maxon,
You are an awesome
Big and sister. Hope
your semester isn't too
stressful!
Love ya Hun!
SLAM, Candace

Katie,
You are the best
roomie ever! If you
ever need me I'll be
here.
SLAM, Heather

Filled with Angels but
one HELL of a sister-
hood...come see what
it's all about.
Rush Tri-Sigma!

Crystal,
I'm here for you girl!
SLAM, Heather

Go Greek!
Rush Tri-Sigma!!!

Big Moo! I love you!
Love,
Your Little Calf

Sigma Gals,
I love all of you, with
everyone's help we can
make this semester
awesome!
Sigma Love, Alli

To My Littles-
Always remember I'm
here for you!
Sigma Love, Jamie

Kim M.
Good Luck Running for
Home Coming Queen!
SLAM, Ky

I would do anything for
love... but I won't do
that.

Everything's dirtier in
the south.

It's peanut butter- jelly
time!

Rush KDR

Thom-
I love you...Happy 5
months <3
Ky

Congratulations Heather
on VP,
Love,
Tri-Sigma

Jess, Sara, Chelsea,
Lindz, Kellie, Brett, Jen
and Stubbs,
I love you girls...you
girls make me can't
wait for the weekends!
Love Ya,
Kyle

LHU FIELD HOCKEY
RULES...especially #19
and #00
Love,
Ky

Out-Break Monkey
Strikes Again...leave it
to CRAZY GIRL.
I yub u

ZTA TOPLESS car
wash 12-4 @ Papa
John's Sunday,
September 26th.

Boo,
Go get some pierogies-
RUN!!!!
ZLAM, Tristan

Sam - You are a true
Champ! You'll always
be the guy who never
dropped the beer pong
ball even with the cops
on the way. Way to go.

Jamie - You're a filthy
liberal but you're one of
my best friends and I
love ya! Go W!!!

Mollie - Welcome to the
412! Hope you enjoyed
porno night - Sorry for
my outburst

Holly - How you doing
Girl, you wanna come
over later Boo

Tammi - One word will
define this year -
VEGAS!!!

Emille - I am so glad
you are in my life!
Things wouldn't be the
same without ya kid,
and YOU'RE voting for
BUSH!

B - Bringing the
WHOOOOO to LHU

Valerie - We gotta get
to the bar - SOON! She
really did have a big
forehead

Leigha - I hope you put
the picture right next to
your bed!

Nick - E-A-G-L-E-S &
FLYERS - Maybe next
year for Denver and the
Devils. Now me, you, &
Sam have double shot
glasses, gotta put them
to good use my friend.

VOTE FOR W ON
NOVEMBER 2nd

Ross - ONLY you could
find old pornos and
love letters of our land-
lords! Thanks for giving
us something to laugh
about - SMB2 Kicks
Ass

Andrea - Thanks for my
b-day cupcakes! They
went really well with the
beer - I'm glad things
are back to normal -
Remember I'm a magi-
cal unicorn

Josh - I gave you the
wrong lottery ticket, I'm
sorry but you have to
return your winnings.
Just drop them at my
House! BIGEMS!!!!!!

Homer Simpson is my
muse.

Mmmm! Free goo!

Sell crazy someplace
else. We're all stocked
up here.

Our pets' heads are
falling off!

Carry on my wayward
son.

It's like she didn't
understand that she
couldn't borrow my
crayons!

Be quiet, brain, or I'll
stab you with a Q-tip!

Aaah... donuts... what
can't they do?

I gave my love a chick-
en... it had no bones.

Want some grapes?

Give me back my
stumpy-legged, one-
eyed pink dog!

Wanted: Sanity.

Does it come with an
air pump?

Last I heard, Prohibition
wasn't coming back.

Pour some sugar on
me

Jillian- Thanks for being
there for me. You're the
best!
-Sarah

106 Commerce, love
those dinner nights!

Whoa.

What does a fish say
when it hits a brick
wall?
-Dam!

What do you get when
you cross an owl and a
rooster?
-A cock that stays up all
night.

What did one saggy
boob say to the other
saggy boob?
-If we don't get some
support soon, people
are going to think we're
nuts.

Erin, Jeff, and Steve-
Thanks for a great
weekend, gang! All the
love.
-Dani

Check out the
Havenscope broadcast
Thursday at 6 on
Channel 10.

Happy birthday, Joe!

That big fuzzy cen-
tipede-looking thing the
size of a gerbil is going
to eat me someday.

106 Commerce- Let's
hope the squeaky van
will park on the other
side of the street.

Bethany and Kim- What
happened to the dead
mouse?

I think the rabbit in the
basement drowned in
the flood.

Heeeeeeeey baby

You can observe a lot
just by watching.

At my age, flowers
scare me.

If I only had a little
humility, I'd be perfect.

If you play New Kids on
the Block albums back-
wards, they sound bet-
ter.

Rock.

That's the way, uh huh,
uh huh, I like it.

I think, therefore I'm
single.

Cheese is good for
you.

Vote W!

**Student
Employment
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- * Want to make extra money without selling your blood?

Become a tutor for Student Support Services! We are looking for tutors for all subject areas. Just bring an unofficial transcript and a list of courses you would like to tutor to Mrs. Judy Robb 113 Russell Hall, ext. 2345 or Dr. Nicole Chartas (Thierry) 107 Russell Hall, ext. 2324. Stop by and join the fun today!

OPINION

You Name It!

Ivan made the mess, or did we?

Daniella De Luca
Opinion Editor

Ever hear the expression, "Don't wash your dirty laundry in public"? What about, "Don't throw your trash in the river"?

What was left of Hurricane Ivan sure had its way with the northeastern region of the United States this past weekend. The power went out multiple times, areas were flooded or under constant flood watches and warnings, bridges and roads were closed, traffic was backed up because of detours. A curfew was even set up from 11 p.m. to 6 a.m. as a safety precaution. Yet, the town all came out on Saturday to marvel at the high waters and try to help manage the water levels.

Lock Haven, Pennsylvania went to sleep Friday night only to wake up Saturday morning with the dyke-levee brimming with muddy water and several side roads including the one behind the PUB parking lot that were blocked by water. Honestly, I didn't think that it had rained that much overnight. Apparently, it had.

Perhaps what worried me the most was not the incessant rain or the wet cuffs of my jeans but instead it was all the trash and debris that I saw floating in the water the next morning. I noticed plastic bottles, tin cans, tennis and softballs and various

other items that don't belong in the water floating downstream.

Had people thrown trash in the water or had the trash somehow made its way from the proper receptacles into the water? Any way you look at it, it's definitely not good for the environment.

I took a drive with friends on Saturday to go to the Lycoming Mall where they detoured us back the way we originally came, which took us at least an hour and a half longer than it should have to get there. Road delays and the parked cars on the side of the road made for a lot of angry drivers that day.

People were pulling over to the shoulder to peer over the guardrails at the farms and things that were underwater. Vehicles were lined up with flashers on as crowds of people swarmed the edges of the banks taking pictures and shooting home videos. Something newsworthy happened and they wanted to get a first-hand glimpse of the natural disaster that swept our area. It was devastating, but a time that will be remembered for a long time.

As I was standing on the dyke-levee walkway, a woman from the town grabbed my arm as I too snapped a picture. After all, a flood isn't something that you see everyday, and there is good reason for that. Otherwise, we'd all be commuting everywhere in canoes or kayaks. And,

although that sounds quite appealing to those adventurous types, it isn't very practical.

Anyway, this woman grabbed my arm and said, "Look over there. The water is almost covering those flags." Sure enough, the water level was so high that the United States and Pennsylvania flags that a community resident had displayed were almost totally submerged underwater.

We then stood there for awhile, her with her family and I with my friends all gazing out at the water. There wasn't much else to do unless you wanted to take the long way around the mountain to get anywhere.

Ivan made a fine mess of things, but I can't help but think that things were already messy enough, even before Ivan was involved. This explains my thoughts on the trash. We're filthy people and we throw everything away. Bottles and cans that could have been recycled somehow made their way into the river. I just don't see how that is possible without some sort of human contact being involved.

We should be aware of the cleanliness of the community in which we live. In order to make it more livable and beautify it, we must take care of it. So, take that extra second to tie off your garbage bags, at least so your trash doesn't end up floating down the Susquehanna River.



Daniella De Luca Eagle Eye

The remnants of Hurricane Ivan flooded many areas of Lock Haven this past weekend. The flood surfaced massive amounts of litter in the process.



Daniella De Luca Eagle Eye

Barrels floated close to the shore Saturday morning on the levee surface.

THE EAGLE EYE

Lock Haven University's Student Newspaper
VOLUME 60, ISSUE 3

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Letters to the Editor

Vote for Kerry to defend U.S.

Dear Editor,

Your fellow classmates may not realize it, but they may have the power to determine the results of this presidential election.

In the 2004 election, there are about a dozen states that pollsters have declared "too close to call." The 537-vote margin of victory in Florida in the 2000 election is evidence that every vote does count. In 2004, the election may be determined by the 18-24 year old vote, the group that traditionally has the lowest voter turnout in elections, but also has the most at stake in the results of an election. And Pennsylvania may turn out to be the deciding state in this election.

My advice to your classmates is this. If you have not already done so, register to vote, now. If you come from out of state (especially if it is not a battleground state), make sure you register to vote using your college address. By registering and voting in a battleground state, your vote is actually more important than it would be at home. Your vote can help sway all of the electoral votes of the state to one of the two candidates.

I plan to vote for Senator John Kerry and urge you to do likewise. I have met Mr. Kerry a dozen times, and he is a thoughtful, intelligent man, who deeply loves his country. There is no doubt that John Kerry as president will defend us from threats, both domestic and abroad, while defending our rights as American citizens.

I am troubled by the war in Iraq, a war that we were told was begun because of the clear and present danger that Iraq posed to us, because of their possession of weapons of mass destruction and their ties to terrorist organizations.

We were even told that the US knew exactly where these weapons

were. Well, more than a year later, we have found no weapons of mass destruction, nor have we found evidence of any links between Saddam Hussein and Al-Qaeda. I am troubled by the corruption in our current administration, in that it allows vice-president Dick Cheney to continue to make millions of dollars in profit because his former company, Halliburton, receives billions of dollars of no-bid contracts from the government. I am also troubled, as I have seen George Bush and Dick Cheney dismantle much of the environmental protection that both republicans and democrats have constructed over the past fifty years. John Kerry, on the other hand, has worked tirelessly for nearly 20 years to protect our air, water, and natural resources. He knows that our economy, environment, and quality of life cannot and should not be sacrificed for the sake of some corporate polluter.

If you can find time in your schedules, I urge you to volunteer for the Kerry-Edwards campaign. They are looking for anyone who can put in a few hours here and there. If you can't volunteer, you can still make sure that you vote. Don't let any papers or projects or tests get in the way of your constitutional right to determine who will lead this country.

Remember, if only 538 more college students in Florida had voted for Al Gore in 2000, there would be no Patriot Act, we would not have the largest deficits in history, and we would not have lost over 1,000 men and women in a needless war in Iraq. This year, fewer than that could make the difference in Pennsylvania.

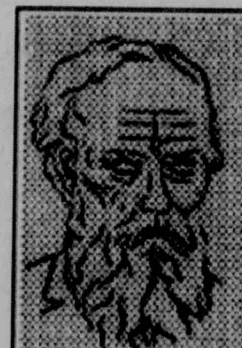
Sincerely,
Dan Bouvier
Boston College '86
Pittsfield, MA

Send a Letter to the Editor!!!

lhueagleye@yahoo.com

Or...send electronically via our new online letter exchange at www.lhueagleye.com
Click on the sidebar category titled "Letter to the Editor"

Deadline for submissions is 3 p.m. Tuesday, and you must include your name, major and phone number to guarantee publication, please.



Uncle Albert's
Live Music

This Friday:
Ken Volz

"We haven't done a bloody thing all day"

OPINION

Start Something

Early Thanksgiving

Lindsay Johnson
Co-editor in Chief

Happy Thanksgiving. Yeah, I know it's only late September. But I'm just as thankful now, if not more so, as I will be in two months.

I'm thankful because I wasn't hurt by the flooding that Hurricane Ivan brought this past weekend, and no one I care about was hurt by it, either. I'm thankful because even though I didn't have the sense and foresight to stay home this past weekend instead of traveling all over the state, I still got everywhere I needed to go safely.

A lot of other people weren't so lucky. Many people in this area were devastated by the heavy rains and flooding that we saw from Ivan.

Cars were destroyed as the water took over the streets. Some were not able to make it off the roads before they were shut down, and were forced to abandon their vehicles and wade through the water to dry land.

Lives were interrupted as people were forced to leave their homes, or at the very least, detour their travel plans. Not only was it tough for residents to evacuate their houses, but it was also hard for officials to ask them to do that. As the Jersey Shore police chief, Martin Jeirles, was quoted as saying in Monday's Express, "The things we do to uproot people, we don't do because we want to uproot people. I really feel for people."

Homes were lost, and with them people's most treasured belongings, family heirlooms, and their memories.

What happened this weekend made me think of a question that you see on all those e-mail surveys that people pass around to their friends - the one that asks what three material possessions you would take with you if your house caught fire. Being caught in a flood is a similar situation. I used to blankly answer that question with whatever came to mind first. But this weekend I found myself wondering, if it were me, what would I take?

I also found myself wondering what I will take with me, emotionally speaking, when this is all over.

I decided that first and foremost I will take thankfulness. I will be thankful not only that my life and belongings were spared, not just that those of my loved ones were also spared, but also that we're all still here to talk about it. Lives could have been lost, but instead, all that was lost was some material things that can be replaced a whole lot more easily than a life.

I'm also taking with me the idea that we, as a human race and as an American society, can still get together and take care of each other. Locally, communities are banding together to help bail each other out and clean up. Those not directly affected are also pitching in. And on the road, kind strangers are offering directions over the CB radio to avoid blocked off sections of flooded road. It gives me hope that if we can do it in times of trouble and strife, that we can do it in normal times, too. I was reminded this weekend that there are still good people out there.

Share the good. Share the thanks.

Pocket protectors: Strike Back!

Adam Himmelberger
The Daily Campus (U. Connecticut)

STORRS, Conn. - We as a pop culture entertainment-driven society have accidentally let "those we do not speak of" back onto the media main stage and I for one could not be happier. Whether we acknowledge it or not, geekdom has returned in all its understated and overlooked glory.

Movies, books, music, clothing, technology -- I have seen it everywhere. My friends, not since the early 1990s when 12-sided die and Kitty Pryde were glorified on Weezer's debut "Blue Album," computer geeks made millions and Urkel graced our television sets have nerds been so embraced and talked about in our schools and homes.

First off, let me say that while there are some who would argue that a nerd is not the same as a geek, for clarity purposes both terms will be used interchangeably. Now then, how many of you sat through at least one of the "Lord of the Rings" films? Shelled out nine bucks to see "Spider-Man 2" or even opened up a Harry Potter book? Do you play more than one hour a week of video games? Beware, for these are all subject matter classically associated with nerds -- that and social ineptitude.

Honestly, though, talking about comic book superheroes in public hasn't been this acceptable and fun since elementary school, thank you "X-men" the movie. And the funniest movie of the summer, nay the year, is "Napoleon Dynamite," an indie flick about a complete and unapologetic geek with no redeeming qualities. Unlike the "Revenge of the Nerds" films, he doesn't win school-wide popularity, doesn't save the day and the movie ends with him playing tetherball (you really need to do yourself a favor and see this movie). Much like how gay has become the new straight on television, nerd

is now the new cool.

In English classes across the nation when teachers ask what books students read over the summer, the most common answer is Harry Potter. A book containing magic, wizards and centaurs is the best selling book and it isn't read just by little nerdy children who have mock sword fights in their spare time with paper towel rolls. It is also read by their parents, cool kids and 30 year-old nerds.

"Doom 3" received so much critical and media attention that

rock). However, it's not just for geeks anymore -- everyone is jumping on the bandwagon.

A while back, I was listening in on a conversation between two rather attractive girls sporting the blonde highlights, Hollister shirts and manufactured tans. One girl says to the other, "No, see Gollum is, like, his name when he turned evil. Smeegol was his original name before he found the ring."

To which was replied, "Oh, so the one ring, like, corrupted him?"

I immediately turned around

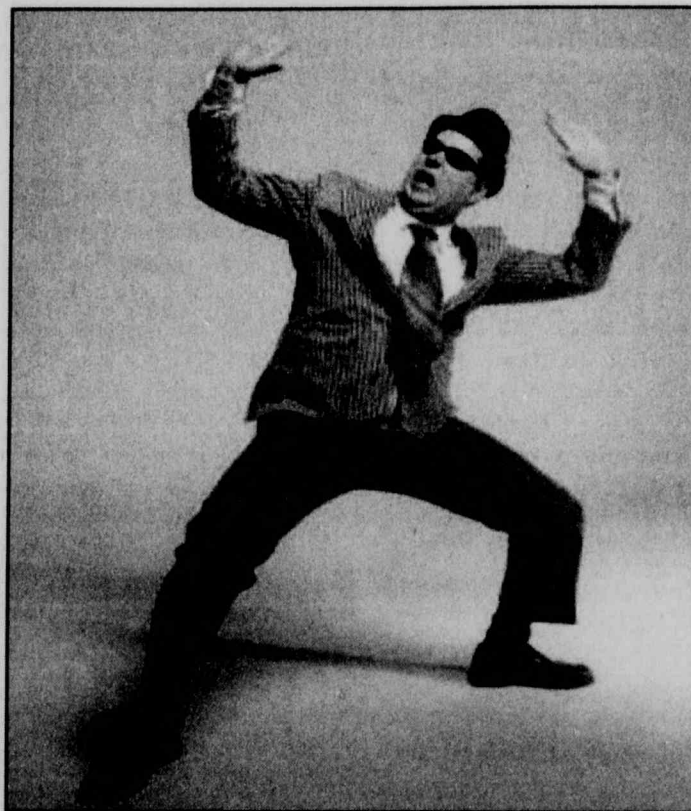
When was the last time someone came up to you, aside from some wonderful dream, and said, "I admire your superior intellect and your first-person shooting skills are remarkable?" If your answer is "the other day," I'm sorry, that person was playing a cruel joke on you. I have also noticed some girls sporting the "I Love Nerds" shirts and buttons. Give me a break, what they should really wear is, "I Love Jocko Frat Boy Meatheads" apparel. At least it would be more accurate and not lead anyone into thinking that they would actually date a real nerd.

The fact of the matter is life doesn't always imitate the fiction that is film and television. Characters like Napoleon, Carlton Banks and Screech Powers may seem funny when they are perceived to be just what they are -- characters.

However, the real-life Napoleons, even those who may appear to be a nerd of some sort, are still the target of wedgies, social neglect and side jokes. I'll be the first to admit, there are supergeeks out there, the ones who don't even recognize they may be geeks, who certainly deserve it. You know, the kind who dress up as a Jedi or a hobbit opening night at the movies and clap at every pivotal action scene. It's people like that who make me not want to go see those kind of movies opening night.

But to the moderate nerds out there, stay strong my brothers -- keep the faith. As long as pop culture embraces, embellishes and makes fun of your lifestyle, it shall live on in all our hearts and geekdom will never die out as a passing fad. I leave you with a quote from none other than Bill Gates, "Be nice to nerds, you may end up working for one someday."

Unless you are a business major in a frat, then you'll probably get a job working for some middle aged republican who dated a cheerleader and was president of his respected fraternity -- then you won't have to be nice to nerds.



there was even a three-page article about it in Time magazine. And who are all these thousands of people paying \$15 a month playing MMORPG'S ("massive multi-player online role playing games" for the laymen)?

On the music scene, there has never been a better time to start posing as a scenester, acting like you know of all these obscure indie bands no one has ever heard of, going to shows and talking about how cool it is to be a non-conformist and writing songs by mathematically analyzing old Nirvana tunes (this is the standard for what has been dubbed geek

and shouted, "Do you hear yourselves? What you are talking about? You sound like nerds!"

They walked away before I could get a number, but I was satisfied I had pointed out the ironic hilarity of the situation. These were not stereotypical geeks with thick glasses, funny voices and pocket protectors. These were hot girls talking about a book I read when I was 11. I began to wonder -- since geekdom is now about as mainstream as it can be in our pop-culture, does that mean that real life nerds are to be equally revered? The answer is, of course, no.

Eagle Wing Snack Bar

The Eagle Wing would like to thank everyone who participated in the food fair and to the vendors who helped make the fair possible.



To find out how you can save 10% call: 893-2336

The Eagle Wing Snack Bar is located upstairs in the Parson's Union Building

Listen to WLHU Toxic Radio

www.lhup.edu/radio
Student-run shows from 3 p.m. to 1 a.m. weekly.

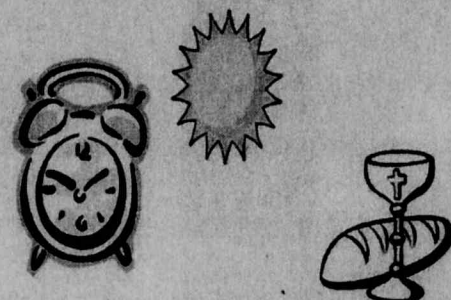
Online Poll Results

How often do you use stimulants (coffee, soda, drugs) to aid your studying or partying habits?

1. Hardly Ever or Never ~ 69%
2. A Few Times a Week ~ 13%
3. Almost Every Day ~ 13%
4. Once a Week ~ 5%
5. Once a Month ~ 0%
6. Only During Finals Week ~ 0%

Check out www.lhueagleye.com to vote for this week's question.

SLEEP IN REALLY LATE...



AND STILL MAKE IT TO MASS!

Join us for our On-Campus Mass
Sundays at 6:00 PM in the PUB TV Lounge

NEWMAN COMMUNITY: Campus Ministry for LHU Catholics and Friends
748-8592 • jschaffe@lhup.edu

What's Happening at The Haven????

Student Trustees Wanted

Applications for the position of Student Trustee are available in the President's Office (Sullivan Hall 202). Applications will also be e-mailed to students and will be available on the LHU website. The deadline for application return is September 29, 2004. Student applicants need to be full-time undergraduates enrolled in at least 12 credit hours at LHUP, at least a first-semester sophomore but no more than a second-semester junior, and in good academic standing. All eligible students are encouraged to apply. The term of this position will begin December 12, 2004 and terminate upon the successful candidate's graduation date.

Questions can be directed to Gwen Bechdel x2001.

Rotaract Club

Interested in making new friends? Earning EE credits? Doing something for your community? Are you in another club or frat/sorority interested in working with other clubs? Then Check out the The Rotaract Club, phoenix.lhup.edu/~rotaract, or e-mail us at lhuprotaract@yahoo.com for meeting times and more info.

ROTC

What if there was a class you could register for this semester that could end up paying your way through college? Or one where you could learn invaluable skills that'll get you a job right after graduation? Or

one that requires no commitment if you just want to check it out? Well you can do all of those things when you take an Army ROTC class. In addition to new skills, you'll be learning things like leadership, self-confidence, and overcoming challenges along the way. Plus you'll be building the kind of resume that'll make future employers sit up and take notice. Check out an Army ROTC class.

You'll be surprised at what a great experience building your future can be. Call (570) 893-2299 to find out about an Army ROTC class. Or just stop by the Army ROTC house at 242 N. Fairview Street and learn why the best leadership program on campus is also the most lucrative.

S.A.L.S.A

(STUDENT ASSOCIATION of LATINOS CON SABOR AMERICANO)

The Latino culture: (Music, people, food.....)

Don't know about it: Come Learn

Know about it: Come Teach

Think you know about it: Come MAKE sure what you know is TRUE!

OR JUST COME and HAVE FUN!!!

Meetings held WEDNESDAY at 6:00 P.M. in the PUB meeting room 3.....

ALL LHU students WELCOME

Earth Club

Ecology & Spirituality if interested in forming this group or, Group Meditation

contact: viajedelacabeza@yahoo.com

Intramurals

Sign-ups for Intramurals are going on now!

This Fall Semester you have the chance to do the following sports:

- Flag Football
- Indoor Soccer
- Volleyball
- Tennis
- Racquetball

- Men's Basketball 5 X 5
- Women's Basketball 5 X 5

Stop by the Recreation Center to sign up your team. There are deadlines to sign up and limited amount of space for each sport so go as soon as possible. Don't miss your chance to make new friends or catch up with old ones, get in shape, and win a Championship t-shirt! Any questions, call Anita at 893-6204 or e-mail acharles@lhup.edu

Havenscope

Interested in becoming a part of LHU's own television station? Come to the TV studio every Tuesday and Thursday at 1:10 p.m.

Family Day

Give your parents a tour around campus and bond with them in a series of fulfilled activities. On September 25 your parents and siblings are welcome to come up and enjoy Lock Haven University's Family Day. Activities include a Kids Carnival, a casino, BINGO, a big screen movie, and much more! Share this day with your family and let them know that your LHU experi-

English Club

Do you have a passion for the printed word? Do you enjoy expressing your thoughts through writing? Well, if you do, come an join us for our English club meeting!

Twice a month on Mondays, meetings will be held for those interested. They take place in Raub 306 from 6:00 p.m. until 7:00 p.m.

This year the English Club will be taking trips to New York City and possibly San Francisco! Last year the group went to New Orleans and had a spectacular time!

Come and meet the head of the English Department, Bob Myers. He is one cool cat.

The next meeting is on September 27! All are welcome.

Fine Arts Society

The Fine Arts Society meets every Tuesday at 4:30 p.m. in Sloan 242. Come and discuss group projects and get access to arts supplies. Go on exciting trips! All majors are welcome!

Walt Disney Presentation

Walt Disney World Presentation - Wednesday, September 29 - PUB Room #1; Interviews that evening and next day. Please note: You must attend the presentation to obtain an interview.

On-Campus and Local Employment Opportunities - www.lhup.edu/career - click on "On-campus/local employment".

The Second Mile Friend Program

Picnics ... Holiday Parties ... Swimming ... Games Fun and Educational Large-Group Activities Collegians Register to be a role model to a Young Friend.

Participate in our monthly activities (Oct-Apr).

Learn skills that you can use professionally.

Student Groups Help us make this program a success.

Sponsor an activity...provide supplies, decorations, ideas, volunteer support.

Adult Volunteers Lend a hand at the monthly activities.

You can help by making nametags, distributing snacks, being a bus chaperone, providing some extra eyes and ears during the activities.

Danielle Rogers, Clinton County Program Coordinator (570) 748-7001, daniellerogers@adelphia.net

Job Search For International Students

A 90 minute nationwide satellite videoconference will be broadcast on Wednesday, September 29th at 5:00 at Penn State University. LHU students are invited to attend. Topics will include: Identifying & Contacting Potential Employers, Networking, Understanding Visa Issues,

Practical Training and H-1B Visas ... and more.

Transportation will be provided. Please sign up in Career

Services, Akeley 114, by Monday, Sept. 27th.

Fall Fun Get Away

Coming up on October 1-2, Newman Community Campus Ministry is sponsoring a Friday-Saturday Get Away at Sinnemahoning State Park. This is a great chance to relax and make new friends in a Christian atmosphere in the mountains! For registration info, contact Carol Schaffer at <cschaffe@lhup.edu> Register soon as space is limited.

Newman Community Campus Ministry

We offer free weekly dinners at 5:30 pm on Wednesdays at the Newman Center, 445 West Main Street. Enjoy a home-cooked meal prepared by students. Bring a friend and enjoy the good food and good company. Open to all interested. Also, Newman sponsors an on-campus Mass on Sundays at 5:00 pm in the PUB while classes are in session. Other social and service activities to be announced. Phone 748-8592 for info.

Frisbee Club

Come on out on Tuesdays, Thursdays, and Sundays to play ultimate frisbee! No experience is necessary and just come when you can. Practices are 3 p.m. to 6 p.m. on Tuesdays and Thursdays. On Sundays 1p.m. to 4 p.m. Come on out! This year we are going all out and traveling to tournaments! We want you to join our fun and exciting team.

Family Day Saturday

Kathryn Bauer Staff Reporter

Every semester the university sponsors a Family Day where family and friends of students can come and spend a day full of activities and fun.

On Saturday, September 25, we will be celebrating again. There is a full itinerary with a fashion show in the pub, a kids carnival, with fun activities for kids and fami-

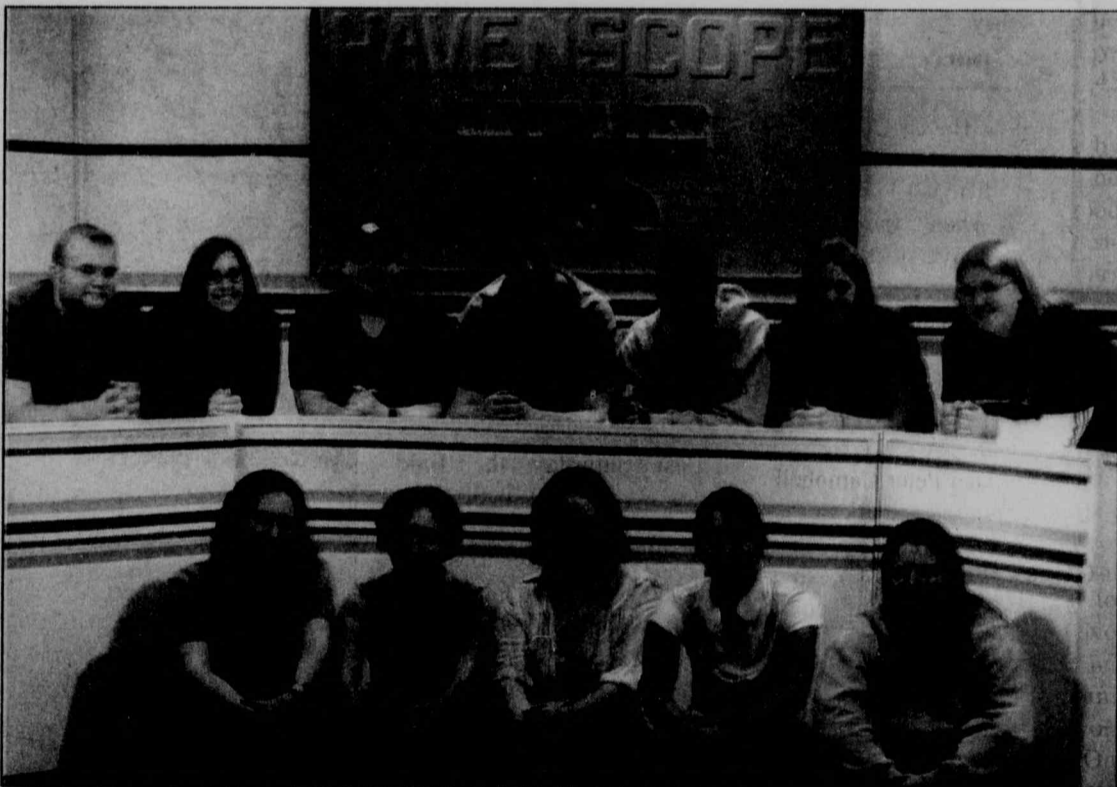
lies, Family day Casino in the Pub Lobby,

Longaburger Basket Bingo, a showing of Shrek 2, a performance of Recycled Percussion, and much more. For more information, contact the Office of Student Activities or just go online to www.lhup.edu/family

Come by, bring the family, and have fun. Activities will begin at 9am starting with an open house for family members and going on through 8pm.

Interested in Photography? The Eagle Eye needs a photographer! Contact Lindsey or Jeff at x2753

Havenscope ready for new semester



John Reith Eagle Eye

Members of the Havenscope news team are ready to present campus news to the Lock Haven community. The fairly new staff is looking for ways to revamp the show and attract more viewers. The show airs every other Thursday at 6 p.m. on campus channel 10.

Marissa Brunner Staff Reporter

For those of you on campus who are tired of reading to get your news, or just plain don't enjoy reading at all, LHU in Review is the information source for you.

Meeting on the 6th floor of Robinson at 1:10 p.m. every Tuesday and Thursday, the Havenscope news staff is dedicated to bringing the student body up to date on current events around the University.

On every other Wednesday night, Havenscope's staff produces a show, which is then aired on campus channel 10 Thursdays at 6p.m.

The staff is under the direction of Dr. Anita Fleming-Rife,

and student executive producers Alex Hayes and Brandon Coleman. With only seven members returning this year, the executive producers were initially a bit worried about how the creation of the show would work out. But the producer's became optimistic after the excellent turnout of newcomers at the first meeting

"We lost a lot of staff this year due to people graduating, but I'm excited about the enthusiasm that the newcomers have," says co-executive producer Alex Hayes. "Everyone seems to be working very hard to contribute to the production."

Hayes also wants to let students know that Havenscope is not just for journalism and mass communications majors.

"Anyone who is interested in participating should stop by the T.V studio when we have meetings".

The club is a great opportunity to gain experience in the broadcast area of communications. The staff learns about the technical aspects of television, is coached in editing, and can receive on and off camera experience.

"I joined Havenscope this year so I could become more involved in media related activities on campus," says sophomore Dani Deluca.

So whether you are interested in joining, or are simply just interested in watching the program from time to time, check out Havenscope, and see what they have to offer.

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From one Lock Haven University alumna to the rest, we support Lock Haven University Alumni.

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WLHU Toxic Radio
www.lhup.edu/radio

Check it out...

Men's Soccer earns National ranking, Page B2

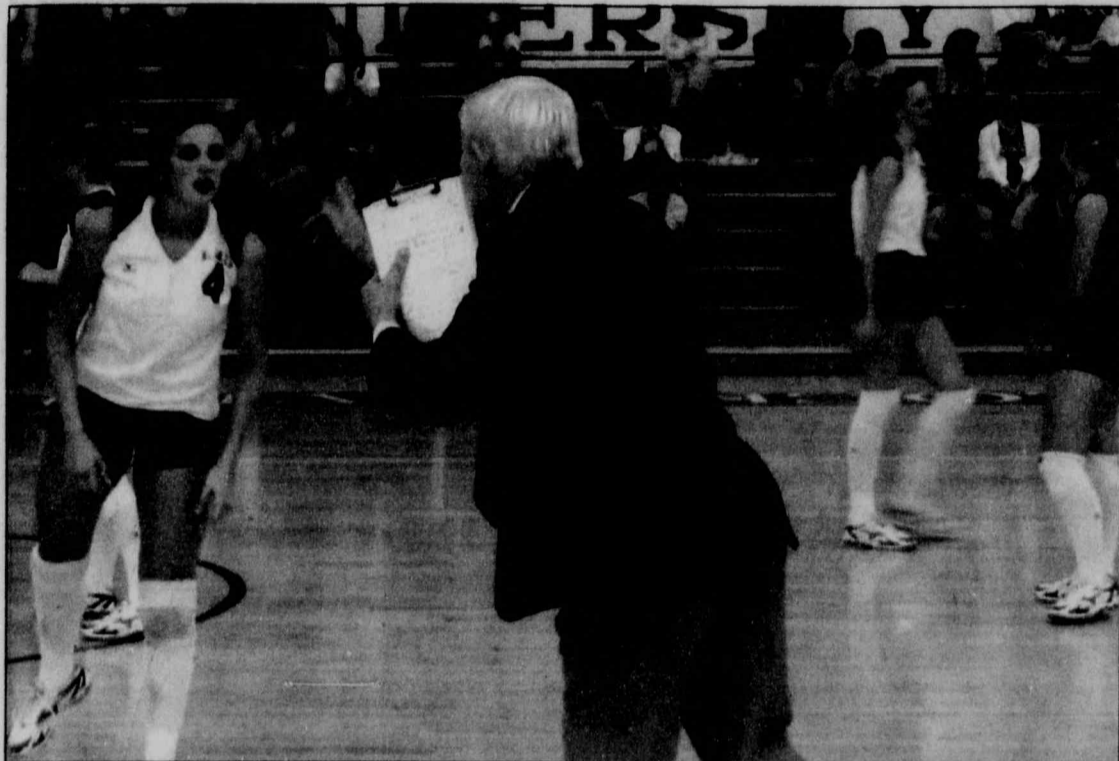
On the Inside

Mann & Sapp tackle innocence and the 'Chair-Thrower', Page B3



HAVEN SPORTS

Volleyball extends win streak to eight in shutout of Edinboro



John Reith/Eagle Eye

Coach Tom Justice instructs Michelle Deehan during the Haven's 3-0 win.

Jill Weaver
Sports Reporter

The Lock Haven volleyball team shutout the Fighting Scots of Edinboro University extending their winning streak to a season high eight games.

In posting scores of 30-27, 30-27, and 30-21, the Eagles wasted no time in stifling their challenging competitors. Li Yizhi was the main key to the team, denying Edinboro's shots with one block after another. Her strong teamwork with Inga Kurgonaitis earned the Eagles more points as they double blocked numerous oncoming

shots.

"All around we've been strong at the net, blockwise and attackwise," Head Coach Tom Justice said.

Kristi Kauffman also was key to the victory, posting a team high 18 digs.

The second set of the night opened with a 9-2 rally for Lock Haven, complete with aces, kills and a beautiful shot from Li placed directly in the middle of the court. The Fighting Scots could do nothing but watch.

Despite a late Edinboro rally, Lock Haven was able to take the second set, and continue that momentum through to the final

set.

Dominating the third set were Michelle Deehan, Kurgonaitis and Lillian Bortoto.

"We've been having problems with staying focused the whole way through, but we are going to work on it before play-offs," explained Justice. "Our main thing is to be consistent, we get stronger with consistency each week."

The Bald Eagles are ready to continue their quest for the PSAC title as they travel to IUP for the PSAC East Crossovers. They will face Cheney, East Stroudsburg and Millersville this weekend.

Haven rebounds after first D-I defeat in a thrilling overtime victory at LaSalle

Rebecca Merrell
Sports Reporter

in the contest.

First year collegiate athletes sometimes have a little trouble adjusting to a different level of play, but freshman Samantha Stoyer has needed no such adjustment period.

As the Eagles traveled to LaSalle Tuesday night, both teams seemed to struggle on the offensive side of the ball. Opening the second half of play, Lock Haven seemed to come out with a new resurgence.

They had a majority of the possessions in the second half, recording four shots, but they could not connect on any scoring chances. As regulation ended with neither team scoring, pressure lingered over both teams as the extra stanza started.

The Eagles gained control and spent their time driving the ball at LaSalle's cage, where LaSalle allowed the Haven three penalty corners and the chance to end the game.

On the last corner, the ball was deflected off the goalie's pads. Amanda Alderfer was in the right place at the right time, and she was able to pass the ball off to Stoyer.

Stoyer took advantage and hammered the ball to the back of the cage, notching the game winner for the Bald Eagles.

The Haven's defense stayed stingy, as back-up goalie Megan Barclay posted six saves



Freshman Samantha Stoyer netted the Haven's first D-I OT game winner Tuesday.

Colgate 2, LHU 1

LHU experienced their first D-I loss Saturday in their match-up against Colgate University. Although the Eagles

But soon after, Haven sophomore Mandy Daschbach scored the Eagles only goal, tying up the score and putting the Eagles back in the game. It just seemed as if Colgate was having a better day, because shortly after, a penalty corner made the score 2-1, securing the win for Colgate.

LHU 4, Albany 0

The Haven dominated the University at Albany with a 4-0 shutout last Thursday.

Just ten minutes into the game Daschbach started the Haven's scoring barrage, putting one in the back of the Great Danes cage.

Rebecca Steffen would score early into the second half, and senior Kellie Kulina came out like a firecracker and exploded, posting two goals, to increase her team best goal total to six. Senior goalkeeper Melissa Stubblefield made two saves in the game, marking her third shutout of the season.

Team Leaders	
Goals	Assists
Kulina 6	Katie Stewart 4
Sweger 5	Nikki Sweger 4
Megan Barclay - 23 saves .636 Goals Against	

took the upper hand, out-shooting the Raiders, 22-11, they were unable to get the victory over Colgate.

In the first six minutes of the contest, the Raiders were able to put a point on the board.

Stubblefield is currently 3rd in the nation with a .636 goals against average in Division I.

The ladies will be in action on Friday at 4 p.m. against the Colonials of Robert Morris University.

Haven Soccer kicks it up a notch, posting a 1-0 win against non-conference foe

Allie Sulley
Sports Reporter

The Lock Haven University women's soccer team upped their record to 3-5 Tuesday afternoon when they beat Bridgeport University's Purple Knights, 1-0.

Lock Haven came out strong in the first half, but continued their season-long scoring woes, ending the first 45 minute stanza in a scoreless tie.

Head Coach Peter Campbell must have ignited a spark in the Haven's offensive attack at half-time, as the Bald Eagles came out in the second half on a mission.

Early in the second half, Diane Wall drew the Knight defenders to the near post, leaving leading scorer Brooke Rangi open on the other side of the net. Wall perfectly placed the pass on Rangi's left foot as Rangi was able to fire it past the keeper, breaking the scoreless tie.

The Haven defense and goalie Heather Ireland played a strong game, shutting down all of Bridgeport's attempts on goal.

"This was Bridgeport's second loss so it was good to

come away with a win after losing to Slippery Rock last Saturday," Rangi said. "It's going to be a good weekend playing California University on Saturday and West Chester University on Sunday."

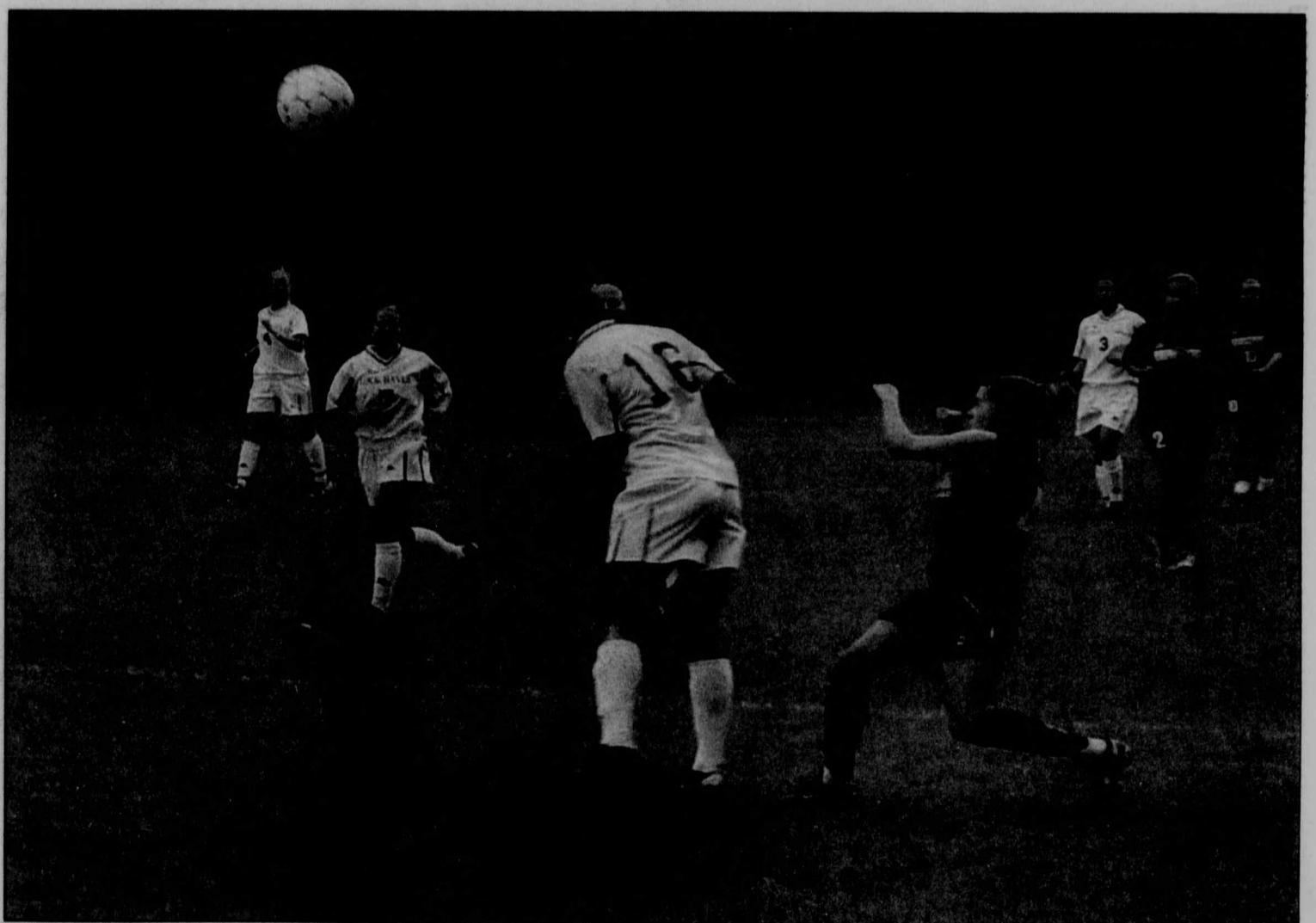
Sophomore defender Liz Beattie played an excellent game, clearing the ball past midfield consistently.

"It felt good to get another win under our belts," said Beattie.

Last Saturday the Bald Eagles went against Slippery Rock University, losing 2-1. They took sixteen shots throughout the game however, Slippery Rock goalie Karrine Riggins turned away most of the scoring chances, recording five saves.

The Haven's lone goal was scored by Rangi and assisted by Danielle Smith, in the second half. Heather Ireland recorded five saves off twelve SRU shots.

Lock Haven will travel to California University of Pennsylvania Saturday for a 4p.m. start. On Sunday, the Bald Eagles will return home for a home contest against West Chester University. Both games are PSAC West tilts.



John Reith/Eagle Eye

Brooke Rangi heads the ball past Bridgeport defenders during LHU's 1-0 win Tuesday. Rangi, the Haven's leading scorer, netted the winning goal. She has scored 4 of the team's 6 goals this season.

Hockey 3-1 Football 1-3 (0-0) Men's Soccer 4-3-1 (0-1)
Women's Soccer 3-5 (1-1) Volleyball 9-1 (3-0)

Upcoming Home Events

Today	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
No Events Scheduled	No Events Scheduled	Field Hockey vs. Robert Morris @ 5 p.m.	Football vs. Slippery Rock @ 1 p.m.	Women's Soccer vs. West Chester @ 1 p.m.	No Events Scheduled	Men's Soccer vs. MercyCollege @ 4 p.m. Volleyball vs. IUP @ 7 p.m.

SPOTLIGHT Athlete of the Week



Patrick Long is this week's Spotlight Athlete of the Week.

Long, a sophomore from Lock Haven, is a midfielder on the Men's Soccer team.

As a freshman last season, Long saw action in 13 games, scoring the game winner in a non-conference tilt against Nyack College.

This season, Long is off to a fast start, tallying one goal and two assists.

Off the field, Long earned PSAC Scholar-Athlete honors last season.

He is a Secondary Education major with a concentration in history.

Men's Soccer breaks into D-II national rankings at 16

Information Courtesy of LHU Sports Information

The Lock Haven University men's soccer team (4-2-1) is ranked No. 16 in all of the NCAA Division II, according to the National Soccer Coaches Association of America (NSCAA)/adidas National Rankings, released Sept. 14.

Powered by a streak of four games with no losses, including taking the title in their own Lock Haven Tournament, the Bald Eagles are poised to enter Pennsylvania State Athletic

Conference (PSAC) action.

"Lock Haven has historically been a powerhouse, not only in the PSAC, but in the nation as well," head coach Doug Moore said. "The players in particular have worked hard to restore themselves in that national spotlight. It's nice for them to have that recognition."

The University of the Incarnate Word (5-0) took top ranking, with East Stroudsburg University (2-1) the only other PSAC team garnering top-25 recognition.

Moore and the rest of the



Bald Eagles are back in action at Kutztown University on Saturday, Sept. 25 at 11 a.m.

Cowan Named PSAC Runner of the Week

Information Courtesy of LHU Sports Information

Chris Cowan (Horseheads, N.Y./Thomas A. Edison), a senior on the Lock Haven University of Pennsylvania men's cross country squad, has been named the Pennsylvania State Athletic Conference (PSAC) Runner of the Week for all meets through Sept. 14.

Cowan, the defending PSAC Meet champion, led a group of

LHU runners that posted a perfect score in winning the Kutztown University Maroon and Gold Invitational. Cowan's top time of 26:06 on the 8K course was eight seconds better than the second-place finisher.

Cowan and the rest of the Bald Eagles are back in action at the NCAA Division II Pre-Nationals, hosted by Southern Indiana University Saturday, Sept. 25 at 11 a.m.



??? Q & A ... ???

with Senior Field Hockey player Katie Stewart

Do you have any pre-game superstitions?

I have to do everything the same every game; warm-up and stretch with the same people, hit the sticks with the same people.

What band would you like to see in concert?

I feel like a dork... "The Eagles".

Who do you look to for inspiration?

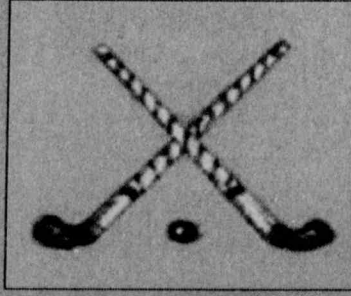
My parents.

What's your favorite movie?

It's a tie. "Little Monsters" & "The Goonies".

What's your biggest fear?

Worms. I hate worms.



The Haven drops their first PSAC match to Slippery Rock, falling 2-1



John Reith/Eagle Eye

The Bald Eagles huddle up before a recent contest in the PSAC.

Marissa Brunner
Sports Reporter

The Lock Haven men's soccer team experienced a disappointing loss against Slippery Rock University on Saturday afternoon. The final score between the two competing teams was 2-1.

The Bald Eagles got off to a rough start at Slippery Rock, and were unable to gain a lead

after the Rock score twice in the first 30 minutes.

Andrew Meehan was the only player to find pay-dirt against Slippery Rock. Freshman forward Ashley Rosindale assisted Meehan in his goal, which was scored in the 34th minute.

"It was disappointing to say the least," commented sophomore midfielder Chris Spinks on the loss. "We were beaten by a

team that we haven't lost to in years. The loss was a turning point in our season. We had to evaluate ourselves, and are now ready to get back to business, which is winning the PSAC conference."

The Bald Eagles will have a chance to redeem themselves this weekend, when they travel to Kutztown University to compete against the Golden Bears at 11 a.m on Saturday.

Gridders suffer embarrassing defeat at hands of Huskies, 54-0

Bill Buckenmeyer
Sports Reporter

The Bald Eagles suffered a rough loss to Bloomsburg on Saturday, 54-0. The Huskies from Bloomsburg out gained the Haven, 498-65. The Haven just couldn't seem to get on track, only garnering three first downs throughout the game.

On the other side of the ball, the Bald Eagles defense could not stop the powerful rushing attack of the Huskies. For the second time this season, Lock Haven has allowed two 100 yard rushers in the same game.

Bloomsburg scored early in the game with a two-yard touchdown run by freshman Jamar Brittingham. The ensuing extra point was missed by the Huskies giving them a 6-0 lead. The Bald Eagles played tough throughout the rest of the first quarter, trailing by the

Bloom	Haven
54	0

same margin.

The second quarter is where

the Huskies started to dominate, scoring 28 points. Brittingham scored on another short run, while Mike Ceroli

Maurice Walker giving him a season total of 358 yards through four games played. On the other side of the ball,

Football Players of the Week		
Offense	Defense	Special Teams
Maurice Walker 14 car., 47 Yds.	Matt Shealy 2 Int.	Danny Hagerman 10 punts 351 Yds.

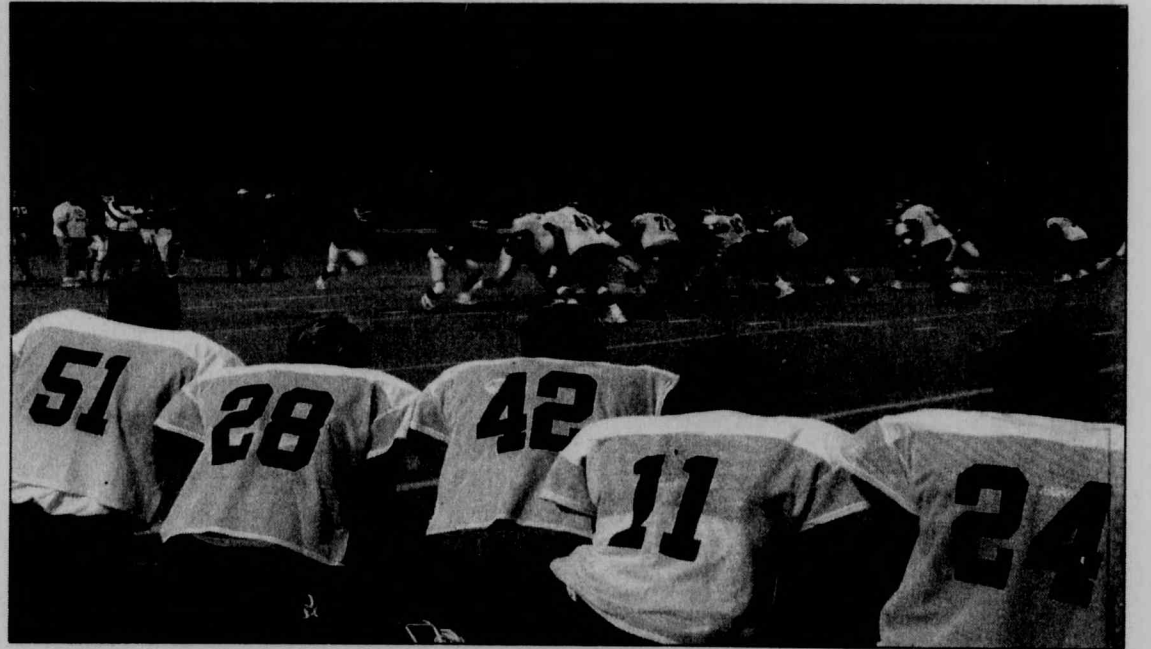
scored on touchdown runs from 15 and 2 yards out. Bloomsburg scored their final touchdown of the quarter when Luke Kuklick caught on 8 yard pass from quarterback Jack Lydic, giving the Huskies a formidable 34-0 lead at the half.

The Huskies scored two rushing touchdowns and one interception return for a touchdown in the third quarter to give them the lead of 54-0 after three periods of play.

The Haven's offense got 47 yards on the ground from

the LHU defensive backs had a big day, picking off three Bloom passes. Matt Shealy grabbed two interceptions while Will Jones snared one from the Huskies. The tackle leader for the Haven was Jon Nalewak with nine, while Mike Slatcoff and Brian Lumpkin both recorded eight stops for the Bald Eagles.

The Haven's next game will be Saturday at Hubert Jack Stadium against the Rockets of Slippery Rock. This will be the start of the PSAC West season for both teams.



John Reith/Eagle Eye

Lock Haven defenders look on during Tuesday's night practice on the turf.

FULLINGTON TRAILWAYS

will now have pickup and discharge service on campus every Friday and Sunday effective September 3, 2004. See agent for details. Daily service is still available at the Lock Haven News Agency on 226 E. Main Street at 748-2124.

FULLINGTON TRAILWAYS is located inside the PUB at the SCC Bookstore.

Passenger pickup and discharge in front of the PUB.
~ Inexpensive Package Express service available ~

For fare and schedule information call the SCC Bookstore in the PUB at 893-2460 or Fullington Trailways at 1-800-942-8287. Daily service and tickets are also available at the Lock Haven News Agency on 226 E. Main Street at 748-2124.

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Expires 11-30-04

- Service at 11:00 a.m. east to Williamsport and Wilkes-Barre with connections to New York City*, Scranton, Binghamton, NY, Syracuse, NY* and other points.
- Service at 4:15 p.m. west to State College*, Philipsburg, Clearfield, DuBois, Punxsutawney, Indiana, Apollo, Vandergrift, Monroeville and Pittsburgh*. Connections to points west.
- * Other connections available.

Good Luck Bald Eagles

THE EAGLE EYE

Haven Sports Staff Writers

<ul style="list-style-type: none"> Marissa Brunner Bill Buckenmeyer Charles Cannon Clayton Desmond Laura Faust Matt Fedyniak Rebecca Merrell 	<ul style="list-style-type: none"> Brandy Rissmiller Kristin Sease Doug Spatafore Allie Sulley Jill Weaver Warren Whitaker
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MANN & SAPP

Guilty until proven innocent

In sports today the rules on criminal activity have changed due to media exposure. Anytime a professional athlete is in the judicial system, the media gives them so much coverage that no matter what will happen, they appear guilty. We show them in anguish and in pain over a trail that could send them to jail, rip up their family, and ruin their lives.

During the summer of 2003, I was in Los Angeles when the Kobe Bryant Scandal broke. Every new station out there interrupted regularly scheduled programming to say that they "brought it to you first." Kobe was giving a news conference after the allegations, and one reporter kept commenting on if his tears were real or for the camera. From that point until last month, Kobe was claiming he was innocent, but he was facing a life sentence. I hope he did not commit this crime. Not because of what he was facing, but for the victim involved in the incident. The more I followed the story, I would read on the internet and in the newspapers about the female's past history that would come into play during the trial. It began to feel like something with the trial was going to happen. Then the news broke that she had dropped the case because of personal reasons.

After the case was dropped Kobe made a statement apologizing to the female involved, and then more rumors began. I have heard people say he forced her to drop it; that her parents wanted to just go after the civil case. The thing that I heard that made me want to write this article was made by a male in my class, stating that "he just admitted that he did it" by apologizing.

Maybe some people feel that way. At least in Kobe's situation McDonald's agreed with that person as he saw a 50 million dollar deal go down the drain. But what happens now to Kobe's life? He was proven guilty in a lot of peoples minds, but not in the court room.

...And I'm out like the trash on a Thursday!!!

Mann

Behind every great athlete is a great trainer. Trainers are often overlooked and unappreciated, yet they hold a vital position on all athletic teams. Besides treating an athlete for injury related purposes, they help make the rehabilitation process as comfortable as possible for the individual. Unknown to most people is the counseling aspect of training. Trainers use certain counseling techniques to develop reasonable time tables to put the athlete back into their athletic environment and to also motivate them to achieve certain goals they make. The Lock Haven University athletic training department and Chair Yvette Ingram should be commended for the job they do with LHU athletics. Since this is my last year of participating in varsity sports at Lock Haven, I would like to give special thanks to football trainers Yvette Ingram, Alex, Andrea, Becky, Beth, Colleen, Kayla, and Mark.

...I know many of you have seen the Major League Baseball incident between a fan and Frank Francisco of the Texas Rangers. Plenty of people are outraged by what he did and can't believe a professional athlete would throw a chair in the stands. While I don't condone what he did, I empathize with him. Every professional athlete is a human being like you and I. They eat, sleep, and use the bathroom like everyone else does. If a fan or any person for that matter taunts and talks about you, eventually you will get fed up with that person and handle your business. I do blame baseball for this happening. They place the pitcher's bullpens so close to the stands that it is easy for fans to yell and shout at opposing pitchers. I think they need to either move the bullpens or have more security personnel near that part of the stadium. Remember just because a person is professional athlete doesn't mean that they will not make mistakes like everyone else does.

...Grudge matches of this week include father and son Bowden going head to head as Clemson travels to Florida State and a early Big Ten Conference clash in Ann Arbor between #18 Michigan and #24 Iowa.

...Love, peace, and hairgrease

Sapp

Feel like challenging the ruling on the field? Send us an e-mail, titled 'Mann & Sapp' with your ideas on these topics to lhueagle@yahoo.com. Maybe you'll make the paper!

Sports Quiz

1. How many pitchers have won three games in a single World Series?
2. Who was the first pitcher to start an All-Star Game for each league?
3. Three players have rushed for 1,000-plus yards in each of their first seven NFL seasons. Name them.
4. The 1997 Arizona Wildcats, NCAA men's basketball champions, had four future NBA players in their backcourt rotation. Who were they?
5. In 2003-04, Florida goaltender Roberto Luongo set a mark with 2,303 saves. Whose record did he break?
6. Name the five NASCAR drivers to win both races in a single season at Pocono International Raceway in Pennsylvania.
7. Who was the last English-born male to win a singles title at Wimbledon?

Answers:

1. Thirteen, the last being Arizona's Randy Johnson in 2001. 2. Vida Blue started the 1971 and 1975 games for the American League and the 1978 contest for the National League. 3. Curtis Martin, Eric Dickerson and Barry Sanders. 4. Mike Bibby, Michael Dickerson, Miles Simon and Jason Terry. 5. Toronto's Felix Potvin had 2,214 saves in 1996-97. 6. Bobby Allison, Bill Elliott, Jimmie Johnson, Bobby Labonte and Tim Richmond. 7. Fred Perry in 1936.

The Men's Basketball Team will be holding Open Try-Outs inside Thomas Field House, Wednesday, October 6th at 8:00

Be There!

Wanna travel with the guys? Interested in helping out the Basketball team?

Well, here's your chance!

The Men's Basketball team is looking for a manager for the upcoming season. Anyone interested can contact Assistant Coach Doug Wingard at x2575

LHU Wrestling to Hold Third Annual Golf Classic

Information Courtesy of LHU Sports Information

On Friday, October 15th, at the Clinton Country Club, Lock Haven University Wrestling will host their third annual "Mastec/LHU Wrestling Golf Classic." The scramble tournament will kick-off at 10:00 a.m. with a shotgun start. The event kicks off an exciting University Homecoming Weekend.

Prizes will be awarded to the top ten teams, par three holes-in-one, closest to the pin, longest drive and much more. The cost to participate is

\$75 per person or \$300 per foursome. The registration fee includes greens fees, a cart, door prizes, a continental breakfast, beverages and an awards luncheon. Proceeds will benefit University wrestling scholarships and programs.

Enjoy the sport you love and contribute to a good cause all at the same time! To register, please contact Wally Kocher at 570-893-2647. Or, registration forms are available on the website at www.lhup.edu/wrestling/Golf/golf1.htm and can be printed

out and mailed to the University. Registrations will be accepted on a first-come-first-served basis.

Lock Haven University of Pennsylvania is a member of Pennsylvania's State System of Higher Education. The State System of Higher Education is the largest provider of higher education in the Commonwealth. Its 14 universities offer more than 250 degree and certificate programs in more than 250 areas of study. Nearly 375,000 System alumni live and work in Pennsylvania.

Need \$200

Design a Logo for the Athletic Department's "Choices for Life", a new alcohol awareness program, and the \$200 is YOURS!

The program calls for student-athletes to speak to the community about alcohol choices.

The logo must include the name of the program, "CHOICES for Life : Alcohol Education Program" and must be submitted to Peter Campbell at pcampbell@lhup.edu or Kris Holtzer at kholtzer@lhup.edu no later than September 30.

OU's Perkins needs one punt return for touchdown to break NCAA record

Jack Beesley
Oklahoma Daily

NORMAN, Okla. - From now on, each time he returns a punt, Antonio Perkins will be looking to make history.

With his NCAA record-tying eighth punt return for a touchdown last Saturday against Houston, the Oklahoma faithful will be on pins and needles every time the Oregon Ducks go three-and-out.

Perkins' next punt return for a touchdown will set a new NCAA record.

Perkins, who along with returning punts for the Sooners, starts at cornerback for Oklahoma, said he feels that every time he touches the ball there is an opportunity to score.

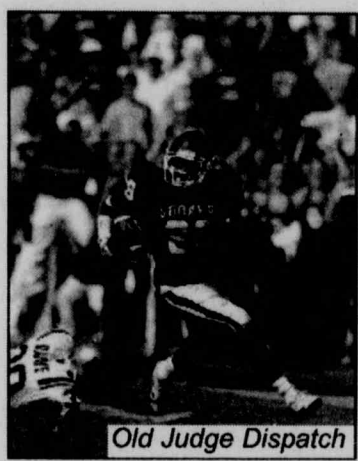
"I feel like with my blockers, they go out there and give their hearts out for me every play," Perkins said. "I feel so confident and comfortable back there catching the punts right now, I feel like every time we touch one it's going to be a touchdown."

Perkins has done well returning punts for the Sooners, as he returned four punts for touchdowns last season. Now, after returning for a touchdown last Saturday, he needs only one more to break the record.

Oklahoma defensive ends and special teams coach Bobby Jack Wright said Perkins is a key player for the Sooners' special teams because of the threat he poses every time the opposing team punts.

"He means a great deal to us, especially from the standpoint of field position," Wright said. "Give him time and he has the ability to take it to the house."

Wright talked of how important Perkins is because of how often he gives the Sooner offense good field position. He said that when the other teams



Old Judge Dispatch

kick away from Perkins, they often end up being short and bad kicks, which is good for the Sooners.

Perkins said the other team is hurting themselves when they kick away from him.

"It's their loss if they kick away from me," Perkins said. "They're losing more field position."

Perkins said that he does not like to fair catch punts, especially when he gets in trouble with the coaches.

"I really don't like fair catches. Coach Wright kind of got to me a couple weeks ago about fair catching, so I've been being smart about that," Perkins said. "If I have three dudes in my face, I have to fair catch instead of getting a zero-yard gain or a negative gain. I'm trying to be smarter on my returns."

Perkins has been an impact player in his three previous years at OU. After redshirting in 2000, he played in every game in his first season in 2001 and earned all-conference recognition for his punt returns his

sophomore year.

Perkins said his best memories from past seasons have been playing in the Sugar Bowl last year and getting to go to the Orange Bowl with the team as a redshirt freshman. He said those two games have given him motivation for this season because he wants to get back there.

With all of his accomplishments as a punt returner, Perkins poses another threat to opposing teams while in the defensive backfield.

Perkins said he enjoys playing the different aspects of the game, but his defensive play gives him more of an opportunity to showcase his ability.

"I like both of them," Perkins said. "I take great pride in my defensive play. I worked extremely hard this summer to get stronger so I could be more physical and be a better player."

Perkins has six tackles from the two games this season, with five of them being unassisted.

Perkins has always been a double threat on the field, but it was not until his Oklahoma career began that he began making an impact on defense.

He said that at Lawton High School he was a receiver and a punt returner, but he has enjoyed his time in the defensive backfield at Oklahoma.

The defensive side of the ball has been the area that Perkins wants to emphasize as he prepares to move on to the next level.

"Mainly, I'm trying to showcase my ability on defense. I want to be known as a defender," Perkins said.

On Saturday, it will be interesting to see if people will be focusing on more than Perkins' defense.

Pair of nail-biters keeps No. 1 Irish undefeated in Women's Soccer

Matt Mooney
The Observer

After establishing itself as the team to beat through the first six games of its non-conference schedule, No. 1 Notre Dame carried that reputation through its first two games of Big East conference play as well.

The Irish (8-0-0) emerged unscathed from their first weekend as the top team in the nation, posting a pair of narrow one-goal victories on the road by blanking Connecticut 1-0 on Friday and closing out Syracuse 2-1 on Sunday.

Both games were very close, and it took a clutch goal with under eight minutes to play in each contest to decide the game. Freshman Amanda Cinalli buried her fourth goal of the year in the upper right corner of the net with 6:26 to play against Connecticut to give the Irish their only goal of the game Friday.

On Sunday, Katie Thorlakson continued her torrid offensive pace by notching her team-high sixth goal in the 83rd minute to give the Irish the lead over Syracuse. The goal was Thorlakson's third game-winning goal this season.

Meanwhile, the Notre Dame defense, led by Big East Defensive Player of the Week Melissa Tancredi, continued to suffocate opposing offenses, limiting both the Huskies and the Orange to only two shots on

goal. The Irish have barely allowed any of their opponents to shoot, much less to score.

Their defense has allowed just 21 shots on goal in eight games.

It didn't take long for the Irish to face a stiff challenge from a conference opponent as the Huskies gave Notre Dame a dogfight in the Big East opener Friday night. In what turned out to be a defensive struggle, the Huskies did everything to keep the Irish out of the net. UConn goalkeeper Megan Jessee was solid and often spectacular, making six saves and also received some help when her defenders cleared two other Irish shots off the goal line. Notre Dame didn't help its own cause either, hitting the crossbar twice.

But the Irish roster seems to get deeper every game. Senior defender Kate Tulisak scored the first point of her career when she intercepted a pass and then assisted on Cinalli's game-winning goal.

Tulisak missed much of the 2003 season with a back injury but is making the most of her senior-year comeback.

"It's an awesome feeling to be able to contribute to the team like I was able to do

tonight," she told und.com. "Last spring, I gained a lot of confidence just playing in games and the same goes with this summer"

"Our depth was a key tonight because of the tempo of the game," Waldrum said. "It was end-to-end, like an NBA game."

Syracuse gave the Irish a scare as well. After sophomore Jen Buczkowski's fourth goal of the season gave the Irish a 1-0 lead early in the first half, Notre Dame held the lead until Syracuse's Kelly Bailey sailed a crossing pass into the Irish net to even the score at one. The feat was a rare one as only two other schools in the last 37 games have come from behind to tie the Irish. But with 7:11 to play, Thorlakson took a pass from Candace Chapman and knocked the ball past Orange goalkeeper Shannon Myers to provide the difference in the game.

Despite the win, Waldrum wants his players to remain sharp with a lead.

"We basically stopped playing until they tied it up," he said. "It was frustrating not to put them away when we had the chance."

Notre Dame is now one of only five teams remaining in the 308-team pool of Division I collegiate soccer with an undefeated record. This marks the ninth time in the last 13 years the Irish have been perfect through eight games.

Lions' front seven stifles ground game

Derek Levarse
Daily Collegian

There wasn't much of a question what George O'Leary's game plan was heading into Saturday's game. When you're forced to use three quarterbacks because none of them are effective, it's a bit of a tip-off.

The University of Central Florida coach was relying on Alex Haynes and the run game, but it doesn't help when you still can't settle on a quarterback after the game.

down the run. And other than some limited success early on in finding holes up the middle, Haynes had trouble breaking off anything.

Often the gaps that did exist were sealed up quickly and Haynes wasn't able to hit them in time. To the four-year starting running back, however, he didn't see any holes at all.

"I never had a free gap," Haynes said. "I always had to run up against a secondary player or even a linebacker. They really held me up with the stunt-

for another field goal.

Both stands gave the Lions a 21-6 lead at the half, rather than a 21-14 margin.

"Our mindset is that we're gonna stop 'em, no matter where they get the ball at, no matter how far they are inside our 20," defensive tackle Ed Johnson said. "Our mindset is always that they're not gonna get in the end zone, they're not gonna score on us. That's the kind of mindset we try to keep."

Throughout the game, the Lions showed a far more aggres-



Photo Courtesy of GoPSUSports

The Nittany Lion defense brings down a Golden Knight rusher.

"If I told you," O'Leary said of his quarterback situation, "then I wouldn't have any surprises for [today]."

Most of UCF's ineptness came from the play of Penn State's front seven, which had some problems last week containing Boston College's Andre Callender, but held strong against an overmatched Knights offensive line.

UCF managed just 60 yards on the ground and Haynes had only 55.

"I think we did a pretty good job," defensive end Matthew Rice said. "I noticed every position flying to the ball. As long as all the hats are around the ball, taking off the ball is difficult for them."

Coming into the week, the Nittany Lions defensive front talked about the importance of containing Haynes and shutting

ing from hitting the hole how I wanted to in the first place. So they did a pretty good job of holding up. I felt like they did what they wanted to, controlled the running game."

But the Lions held strongest with their backs against the wall, coming up with two big stops after two offensive miscues set the Knights up inside the Lions' 30-yard line.

With the game still scoreless in the first quarter, Lions punter Jeremy Kapinos took a bad snap and then shanked a 6-yard punt, setting the Knights up on the Penn State 26.

But the defense held, coming up with a sack and a pass defense to force a field goal.

Then, with time running out in the first half, Mike Walker took an interception back to the Lions nine, but Penn State forced a three and out and held

sive scheme on defense, compared to the first two games of the season. Apart from getting to the run, cornerbacks like Alan Zemaitis played up closer to the line, not being made to give the large cushion that was evident against Boston College.

That aggressiveness was a welcome change for Zemaitis, particularly in some of the tight situations the defense was placed in against the Knights.

"Whenever our backs were against the wall, we could fight like dogs again to get it straight again and get the offense back out there," Zemaitis said. "And either them coming off with zero points or three points is always a plus, so that's one thing I came off the field knowing, that we can fight back when our backs were against the wall, defensively."

Missed opportunities blamed for Gator's last second loss in Knoxville

Andrew Abramson
Independent Florida
Alligator (U. Florida)

The foot of James Wilhoit ended Florida's night in Neyland Stadium after it almost cost Tennessee the game.

After leading most of the night, the Gators blew an opportunity to defeat rival Tennessee on the road and start the season 2-0, falling to Tennessee 30-28 after Wilhoit hit a 50-yard field goal with six seconds left -- the same player who had missed an extra point late in the fourth quarter that seemingly put a dagger in the Volunteers.

It didn't, and the game-winning kick will not soon be forgotten by the Gators or their fans.

"We said last night the kicking game would be one of those things that could win or lose a game," UF coach Ron Zook said. "It ended up happening that way."

Leading 28-27 in the closing minute, UF tried to run out the clock.

But after DeShawn Wynn was stopped on third-and-four, the Gators were forced to punt.

A controversial personal foul call on receiver Dallas Baker pushed the Gators back even further to their own 22-yard line, stopping the clock and giving Tennessee a final shot to drive downfield.

"We can't retaliate and they always get the second guy," said Zook of the personal foul call.

The Gators are now forced to begin a stretch of four consecutive home games after suffering a heartbreaking loss.

UF was led by tailback Ciatrick Fason, who paced all rushers with 81 yards while DeShawn Wynn added 59.

UF quarterback Chris Leak looked sharp most of the night, going 22-of-31 for 286 yards, three touchdowns and an interception.

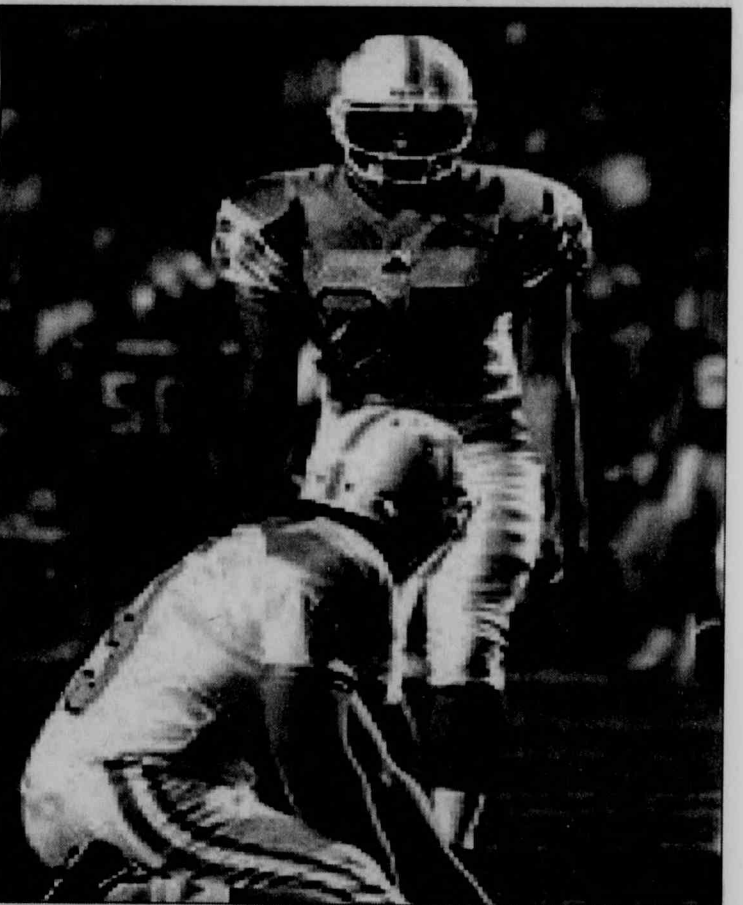
For Tennessee, freshman quarterback Erik Ainge led the way by going 16-of-24 for 192 yards and three touchdowns.

Starter Brent Schaeffer threw for 40 yards and ran for 38, but it was Ainge who ran the team most of the second half.

Gerald Riggs led the Tennessee running game with 63 yards rushing.

But it's Wilhoit whose name is now embroidered in the UF-Tennessee rivalry.

O.J. Small's second touchdown in as many weeks gave UF the early 7-0 lead. Both teams



"When I came here to visit, they asked me if I ever had to kick a game-winning field goal, where would it be? Would it be in the Swamp?" Wilhoit said. "I said no, I'd rather do it here to get to see everybody rush the field."

Now, Tennessee has an opportunity to take the early lead for the SEC East regular season title and make the trip to Atlanta for the SEC Championship game.

When asked after the game if the team would have trouble recovering from the loss, a frustrated Zook responded.

"No, are you kidding me?" Zook said. "With what we've been through. No."

The game was a shootout from the start.

Sophomore cornerback Dee Webb, who was the subject of discussion during the last week because of his dropped interceptions and missed tackles in the season opener against Eastern Michigan, redeemed himself in the opening drive, recovering a fumble dropped by Tennessee receiver Derrick Tinsley.

The Gators took over possession on the Tennessee 34-yard line and needed just 1:15 to score.

would soon get very cozy in the red zone.

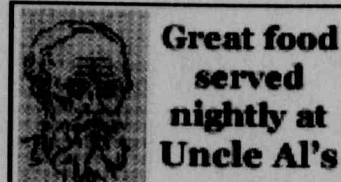
Tennessee tied the game on the ensuing drive, after Jabari Davis' reverse-flip into the end zone.

After Leak threw an interception in the next drive, Tennessee took the early 14-7 lead behind a 16-yard touchdown pass from Ainge to tight end Justin Reed. Tennessee's lead wouldn't last long.

UF drove 97 yards in 16 plays to respond, and the Gators would end up tying the game after Jemelle Cornelius caught a 9-yard pass for the first touchdown of his career.

Neither team scored in the third quarter, and in the fourth the game went back and forth until Tennessee finally put the Gators away in the final seconds.

"It's tough," linebacker Travis Harris said. "We thought we could come with a different play here and there and we would have won it -- it hurts."



Features

...More Fun

Question of the Week

“If you could have one super power, what would it be?”



Invisibility, because it would be nice for spying and such.

Ashley Horton
sophomore-psychology



X-Ray vision... for obvious reasons.

Matt Adams
senior-criminal justice



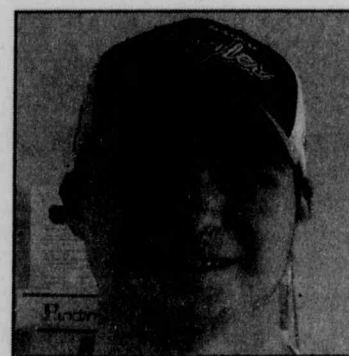
To be a mind-reader, to know what people are thinking.

Megan Snyder
-biology/chemistry



I don't need one, I am invincible already.

Hector Villanueva
sophomore-sports administration



I wish I could be the iceman, because then I would be so cool.

Mike Furey
freshman-health studies



ESP, so I would be able to know the future.

Kristin Grove
senior-special education

Top 10 Things... NOT TO TELL YOUR PARENTS

Nicole Jacobs and Nicole Pinto
The Eagle Eye

10. Somehow my account is in the negative and I still need groceries. Could you send another \$300?
9. You know that \$1,000 you spent on my meals, well I only eat at Bentley once a day. Is that a problem?
8. I accidentally threw my computer out the window. It's ok, though, it kept getting sick with viruses.
7. I changed my major...again. I think I finally got it right this time though, so it should only come out to seven years of tuition. Isn't that great?
6. Dad didn't get the new Girls Gone Wild College Edition...did he?!
5. Man, you should've seen how wasted I was last night...

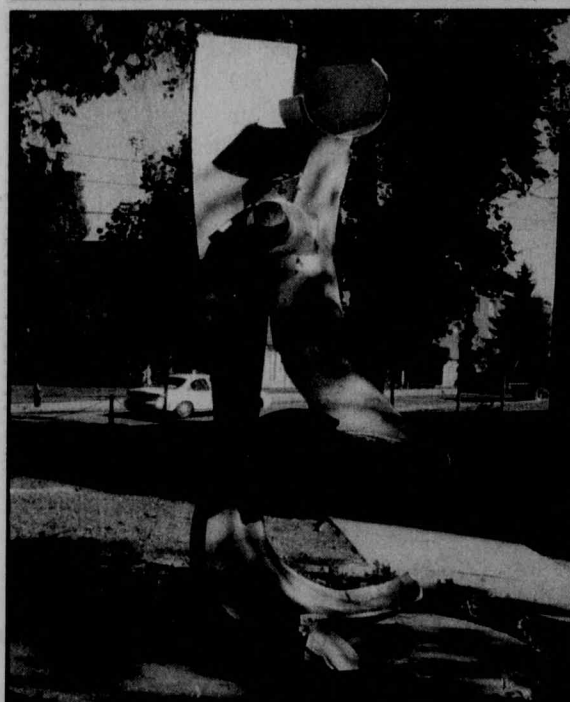
4. Hey mom, can you believe some people actually wake up to go to their 8 a.m. classes. Who does that?
 3. You know how you have to pay money if you lock yourself out three times? Well, I wanted to save you some cash and now everything in our room is gone. It's the thought that counts, right?
 2. Could you come bail me out? This was my only phone call.
- And the #1 thing not to tell your parents is...

1. Guess what? You guys are going to be seeing a lot of me. I got kicked out, dropped out, or flunked out of college!

Haiku Circus by Ken Sakamoto "Bonus Level" ©2004

www.haikucircus.com

Based on the traditional form of Japanese poetry -- count the syllables. www.haikucircus.com



What does this do for you?

In an attempt to better understand our campus, The Eagle Eye is featuring the random sculptures we find strewn on our lawns, and asking you, our readers, to try and explain them to us.

The most interesting and insightful answers will be posted next week, along with some professional opinions from the professors in our Art Department.

Please email your answers to lhueagleye@lhueagleye.com and put "Features" in the subject line.

The name of the statue "Sumo IV" accurately describes the statue outside of the Sloan Fine Arts building. A massive block tops it off and appears to be suspended in air. It is a solid and strong piece of modern art that is intriguing to look at.

-Dani De Luca

Are you ...
 Due for your annual PAP test?
 Searching for low cost contraceptives?
 Wondering if you are pregnant?
 Worrying about an STI?
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Confidential, caring, affordable services by our nurse practitioners. Questions? For information and to make an appointment call the office most convenient to you.
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Features

Just for Fun

TRIVIA TEST

By Fifi Rodriguez

- GEOGRAPHY:** On what continent is the nation of Tunisia?
- RELIGION:** The Maronites are a part of which larger religious group?
- THEATER:** When did "The Phantom of the Opera" debut on Broadway?
- LANGUAGE:** Something that is "sanative" has the power to do what?
- HISTORY:** When did Russia's Romanov dynasty end?
- ASTRONOMY:** Who formulated a theory of planetary movement?
- ANIMAL KINGDOM:** The Rhodesian Ridgeback is a type of what?
- LITERATURE:** What mystery writer created the character called Lord Peter Wimsey?
- GENERAL KNOWLEDGE:** Where is the main campus of the University of Alabama?
- PRESIDENTS:** What was the name of Abraham Lincoln's assassin?

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1. Africa 2. Christianity 3. 1988 4. Cure or restore 5. 1917 6. Robert Hooke
7. Dog 8. Dorothy Sayers 9. Tuscaloosa 10. John Wilkes Booth

HOROSCOPES

ARIES

(Mar. 21- April 20)

Against the advice of your heart, your mouth is totally out of control. That means you may need to do some apologizing. Fortunately, with the look you'll be wearing, no one will hold a grudge.

TAURUS

(Apr. 21- may 21)

You've always been famous for willpower -- but something unbelievably scrumptious crosses your path. Don't worry -- everyone needs to indulge once in a while. Go whole hog.

GEMINI

(May 22-June 21)

Keep one thing in mind now, no matter what happens: Nature abhors a vacuum. So if something leaves your life, all you have to do is prepare for what comes next. Sure it sounds easy -- it is.

CANCER

(June 22-July 22)

You're set up for enjoying all the best in life -- a taste and talent you've already spent considerable time developing. Expect suitable and equally experienced companions to appear. Not bad, huh?

LEO

(July 23-Aug 22)

Your taste for nothing but the best -- always one of your most famous traits -- is definitely heightened. Someone who appreciates quality just as much is due to come along soon -- maybe via work.

VIRGO

(Aug. 23 -Sept. 23)

You're about to receive a holiday bonus early. Prepare yourself to enjoy the best of everything -- especially when it comes to companions. Oh, stop worrying about work. Relax and enjoy it.

LIBRA

(Sept. 24 -Oct. 23)

You may be just about ready to leave home -- but don't take off just yet. Have Plan B ready to rock before you pull up stakes. If you don't, start brainstorming. If you do -- well, what's the holdup?

SCORPIO

(Oct. 24 - Nov. 22)

You're in the mood for a formal -- a formal chat, a formal introduction and if all goes well, a formal dinner. Don't worry. Formal doesn't necessarily mean 'stuffy.' It does mean 'elegant,' though.

SAGITTARIUS

(Nov. 23 -Dec. 21)

You may start reconsidering the virtues of security -- financial security in particular. Does this mean you won't be having any fun for a while? Hardly. You'll just be able to party without worrying about an empty wallet the next day.

CAPRICORN

(Dec 22.- Jan. 20)

Relationships, relationships and -- oh, yeah -- relationships. It's all about the personal touch these days, whether that means friends, sweeties or coworkers. Focus on getting to know them -- all about them.

AQUARIUS

(Jan. 21 -Feb. 19)

Some earthy energies are ready to lend you their ear -- so if you have a request on your mind, this wouldn't be a bad time to send it out. That includes raises, promotions or relationships.

PISCES

(Feb. 20-Mar. 20)

There's both an ending and a beginning on the agenda. Which comes first is entirely up to you, but if you're smart, you'll do things in order, patiently. And no one's ever accused you of not being smart.

What the heck is it?



Mike Porcena/Eagle Eye

This is a contest!

So as soon as you think you know what this random picture actually is... email us your answer!

lhueagle@yahoo.com

Put "What the heck is it answer" in the subject line and be sure to include your name and phone number in the email.

We will post the winner's name next week in recognition of their sharp "Eagle Eyes"

STRANGE BUT TRUE

By Samantha Weaver

Polish burglar Torge Czar came up with an elaborate plan to rob a jewelry store: He planned to tunnel through a wall into the safe, thereby retrieving the valuables stored there. He made a slight miscalculation, though; when he had tunneled through the wall, he found himself in a food factory. In fact, he fell into a vat of spinach, where he drowned.

Famed author and adventurer Jack London claimed, "You can't wait for inspiration. You have to go after it with a club."

It's been estimated (although it's not entirely clear by whom) that during Colonial times, a male in America who was more than 15 years old would consume the equivalent of 60 six-packs of beer every year.

The land on which the headquarters of the CIA is located was once the family estate of Robert E. Lee.

It's still not known who made this pithy observation: "If you don't have an education, you've got to use your brain."

The word "pizza" first appeared in the year 997. It was contained in a text written in Latin.

Weather watchers say that at any given moment, there are approximately 2,000 thunderstorms occurring around the world.

The English language adopted the word "ketchup" from Malaysia. Oddly, in Malay it means "fish sauce."

Shelters are supposed to be surrounded by 4 inches of concrete in order to protect the inhabitants from fallout. If you don't have that much concrete, though, the Federal Emergency Management Agency has offered suggestions for alternatives that provide the same amount of protection: 14 inches of books or magazines, 6 inches of sand, 7 inches of dirt or 10 inches of water.

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Features

Arts and Entertainment

Music Review

It all sounds the same...

Crossfade-Crossfade

Two Stars

Edward Savoy
Staff Reporter

There are very few songs on Crossfade's self titled album that couldn't fit into the flow of top-40 radio; in this case, that's not a good thing. It would be more or less impossible for the average listener to discern between Crossfade and any other contemporary rock/grunge/nu-metal group. In an odd way, the group Crossfade is appropriately named because the group title is as non-descript as their music; after all, it would just have been too obvious if the group was named The Stained System of a Linkin Bizkit. As Led Zeppelin put it, in this case, the song most decidedly has stayed the same.

Crossfade is an emerging band from Columbia, South Carolina. The only lesson or moral that I can take from this

piece of information is that Crossfade is part of the South's undying revenge for the Civil War. You would think that, after 139 years, they'd give it up, but the aural punishment that Crossfade provides might nearly match Gettysburg in its



destructiveness (in this case, to good music and taste in it).

For all of the wisecracks that I'm employing at Crossfade's expense, it must be said that they are not horren-

dous musicians or songwriters; what they are is terribly, horribly competent. If the CD hadn't had a track listing, I wouldn't have been able to distinguish one song from the other. Nothing really distinctive ever rose from the murk or at least nothing interesting enough to comment on.

So why give the album even two stars, you might very well ask. You might subscribe to my good nature, but I rather feel it a bit of good sense because this is Crossfade's first album; good things have arisen from such blandness. That doesn't mean I'm actually optimistic about it, but stranger things have happened; if George W. Bush can get elected, I suppose anything can happen in America. Think of it as charity on my part, but a charity that will not occur again; in other words, get a little better before next time.

AROUND THE FILM WORLD

Time Schlock

Sky Captain and the World of Tomorrow

Two and a half stars

Edward Savoy
Staff Reporter

The film Sky Captain and the World of Tomorrow wants to recreate the 1930's and instead proves that schlock is timeless. With its impressive visual style, the film makes itself very hard to dislike, but it

Captain and the World of Tomorrow would be the terrific guinea pig for the experiment because it displays the style of a great film while only rarely approaching the plot and script of one.

At heart, what Sky Captain wants to be is another Indiana Jones and the Raiders of the

ly) charismatic, daring hero (Sky Captain, played by Jude Law), a former flame who plays a pivotal role (Polly Perkins, played by Gwyneth Paltrow), and a scenario that deals with world domination/destruction. The problem is that, where Indiana Jones kept with the spirit of the old film serials that it was emulating, Sky Captain excellently recreates the look of the era while displaying only the barest hint of a soul.

The CGI effects of Sky Captain are indeed captivating and lovely to look at; if only one could say the same about the actors' acting ability, in this particular film at least. Part of this may be due to the fact that the only frame of reference the actors had for the whole film was a blue screen. Another factor may be that the plot, even with its horrendous implications, wasn't particularly interesting. The final part of it may be that the script for the film was hardly the most inspiring thing ever written; as horrid as it may sound, this was one of the few instances where I could have supported plagiarism for the sake of making the script better.

Perhaps the best way to watch the film would have been with the sound off; visually, the film was as captivating and interesting as any film that I've ever seen. If you watch Sky Captain and the World of Tomorrow to be visually dazzled, you won't leave disappointed. If you actually want to be satisfyingly entertained, then I suppose the world of tomorrow is what you'll have to wait for.



Though visually amazing, our resident movie critic found this movie lacking in overall entertainment.

doesn't make itself much easier to like either. Were there some formula where we could combine two average films together and create one great film, Sky

Lost Ark, for all of the ingredients are there to recreate it: a 1930's setting (and a desire to recreate the world of 1930's adventure films), a (supposed-

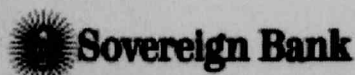
Can I afford to live off campus? Plain cheese pizza or splurge for pepperoni? **\$25 just for opening an account? Sweet!** I can order a couple of pizzas with that. I can't believe how much I'm paying in credit card interest. Maybe I should get a part-time job. **Totally FREE Student Checking.** And quarterly... I wish I could check my account online. **Easier to pay my bills, too.**



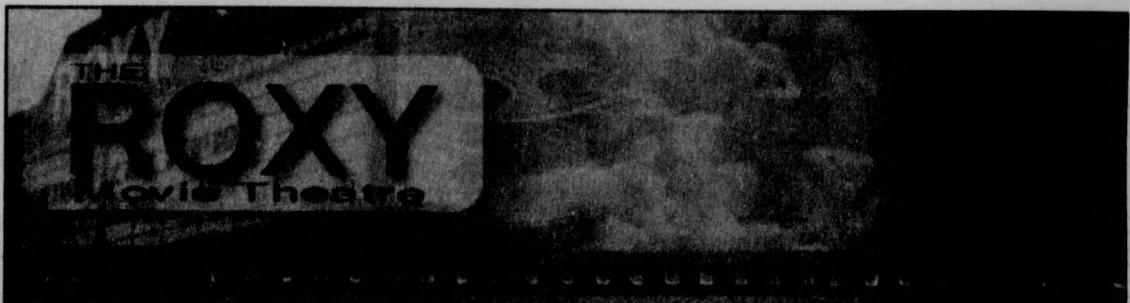
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Now Showing:

Without a Paddle (PG-13)	Nightly now thru Thurs Sept 23	7 p.m.
	Late nights Fri & Sat	9:30 p.m.
	Matinees Sat & Sunday	2 p.m.
Resident Evil: Apocalypse (R)	Nightly now thru Thurs Sept 23	7 p.m.
	Late nights Fri & Sat	9:30 p.m.
	Matinees Sat & Sunday	2 p.m.
Sky Captain and the World of Tomorrow	Nightly Now thru Thurs. Sept 30	7 p.m.

Ticket Pricing:
Adults: \$5.00
Students (with valid ID): \$4.00
Matinees: \$4.00

Features

Lock Haven Life
Campus and Downtown

Visually impaired student doesn't see anything wrong with making a difference

Timothy Lyter
Staff Reporter

You see them, but they don't see you. It is a very simple riddle. What is the answer? Well, the answer is a blind person. To be politically correct, they are called the seeing-impaired. Lock Haven students have probably seen three of their fellow students who are blind, maneuver around campus without a problem. Those students, Bill, Molly, and Jess are very similar in ways, but they are totally different from each other. They all have overcome their disability but they all have a different story to tell.

William Defibaugh, who likes to be called Bill, is a senior majoring in mass communications. The question that most people ask is why did he choose this major? Bill chose this major because he wanted to learn about being on radio and showing the world that he can do it. He chose this because it is his life; it is his passion.

Bill was born totally blind. His mother had a virus when she was pregnant with him that attacked and destroyed his nerves that ran from the pupils and eyes to the brain. As a child growing up in Bedford, Pa., Bill couldn't play with the other kids like he might have wanted to, but that didn't stop him from finding other ways of playing. After school, Bill would come home and make radio broadcasts with his radio. He would pretend to make news broadcasts, recording and playing them for fun.

Unlike many similarly disabled children Bill didn't go to a school for the blind; he went to a public school. Bill had a student aid from second grade through middle school. This aid would

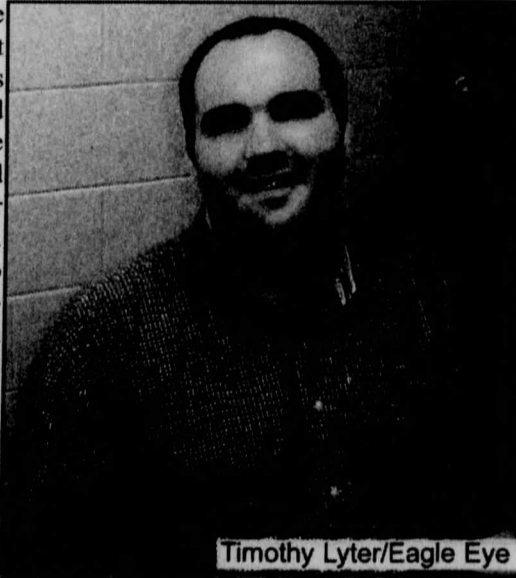
help him visualize and describe what the teacher was talking about, and help him translate his books and exams in Braille or onto cassette tape. They would also help him familiarize himself with the hallways and classrooms.

Bill did great in his classes. Most teachers were kind and helped him with his disability. Most teachers that is, except for one. This teacher told him that he should have a great memory. He was told to memorize everything that was said in class.

"The teacher said that I should be more like the Greek philosopher, Homer," said Bill, "Homer was totally blind and didn't have the technology, so he memorized everything."

Along with another blind person, Bill works for WJSM, a Christian radio station, in Martinsburgh, Pa. He began working there in his sophomore year of high school and still works there part-time. He hopes that when he graduates from Lock Haven, he will work there full-time. The radio station is behind in technology, so he uses CDs with Braille writing on the covers to help him select tracks of music. He also uses a narrator that helps pick the right track using key-commands.

Bill chose to come to Lock Haven because he heard that it had one of the best journalism and mass communication departments in Pennsylvania. Lock Haven also has one of the best student disability depart-



Timothy Lyter/Eagle Eye

Bill Defibaugh is an involved student and radio celebrity, despite his physical impairment.

ments as well. For class work, Bill also uses a Braille 'N Speak. It helps him record what is said and by using a Braille keyboard to type and retrieve the records files. To walk on campus, Bill uses his white cane to walk and get to classes, using what he learned from the orientation aid about using landmarks to find his way.

When he has to cross the street, he will gladly accept help from others because that is his Christian nature. His experience here in Lock Haven hasn't changed his perception of people in the world. The people in Lock Haven are very accepting and are very nice to Bill, not because he is blind, but because he is a great person. You can hear his Christian music and news commentary show every Wednesday from 3 p.m. to 5 p.m. on WJHU.

This is the first in a three part series featuring the visually impaired students at LHU and their various ways that they incorporate Disability Services into their schedules.

Before you quit, ask for help

Nicole Pinto
Staff Reporter

Are you feeling like you don't fit in? Are you having trouble keeping up with homework or class work? Do you have a problem at home? Do you feel like no one is there for you? If you answered yes to any of these questions, you are not alone.

In fact, many people feel the same way you do, and there are plenty of people on this campus who would love to help you. Shannon Hnosko, a freshman, left after only staying here one week.

She didn't even give it a chance and said, "It was too far away from home; I don't think it was the place for me."

Instead of feeling trapped and withdrawing from the campus, do something about it. In the fall of 2003, 1,085 first time, full time, degree-seeking students entered the campus. The retention rate for fall 2003 was 71%. This means that 764 of those students returned for fall 2004 this year. What could have happened to the rest of that 29% to make them feel they had no other option but to give up?

It is common that most students drop out their first year. I am going to shed some light on you all. You are not alone and there are plenty of people all around you who care to help and I am one of them.

I will tell you about Patrick Guerriero, a man who can help in more ways than one. Most of

you probably know him as Mr. G. He wants students to feel unthreatened by receiving help. Mr. G. can help set a student up with the RAP Program (Rise Above Probation). This program helps students every two weeks with a follow up of progress reports. A form is to be filled out with questions about the student's grades, classes missed and why, tutorial sessions, and papers due. It is not like babysitting but just an extra push in the right direction.

As Mr. G. would say, "This program is like a seatbelt."

If a teacher refers a student's name, a letter is sent to the student telling him to contact Mr. G. if he needs help. The student may then join RAP and attend at least one study session on a Tuesday, Wednesday, or Thursday. The student may also attend five sessions, or as they are called, "Academic Workshops." The sessions include Time Management, Study Skills, Coping w/ College Pressure, Writing Center, and Library Research.

Besides the RAP program, students can seek counseling for anything besides grades. Sometimes, a student can just go to Mr. G. to talk without joining the program.

"There are a lot of emotional problems that never seemed to exist before," Mr. G. said.

There are other programs for students seeking help in other areas. Among those are: Student Support Services in Russell,

Writing Center in Raub, Math Center in Robinson, Tutorial Services in Russell, Disability Services in Russell, Counseling Services in Russell, Career Services in Akeley, Human and Cultural Diversity in Woolridge, Financial Aid in Russell, Student Athlete Support Services in Thomas, Exploratory Studies Advising in Russell, and Student Retention in Russell. There are many people in these departments who can be of assistance.

Mr. G. said, "Cindy Heaten in financial aid is just amazing. I have heard many good things about her, like she can find money where other people can't."

Mr. G. has graduated from Lock Haven University himself and knows people around the area well. He likes to think of himself as "connected to the people at Lock Haven." In his letter to students in need of help, he writes, "Remember I work for you. Please put me to work."

There are roommates and friends I am sure you can talk to as well. You also have professors in each class and all you need to do is ask them for help. They have office hours posted, phone numbers, and email addresses you can reach them at.

Don't feel afraid to ask for help. You will lose out on an excellent education and that is hurting yourself even more. If you wish to seek help now, please contact Patrick Guerriero at pguerrie@lhup.edu or in Russell Hall room 101.

Convocation speaker and author; Terrie Williams

Timothy Pratt
Staff Reporter

There is more to author Terrie Williams than best-selling books, a premier public relations agency and a foundation for troubled teens. The real Terrie Williams is the story of a philanthropist who is making a difference in the lives of millions.

The charismatic business woman who spoke at the Lock Haven University Founder's Day Convocation on Sept. 15 officially started The Terrie Williams Agency in 1988 as a public relations and communications firm. The agency signed Eddie Murphy and Miles Davis as their first two clients and the rest is history. Stars from Janet Jackson to Chris Rock have also signed with the agency that has helped propel the careers of hundreds.

In 1994, Williams released her best-selling book *The Personal Touch: What You Really Need to Succeed in Today's Fast-Paced Business*

World. In 2001, *Stay Strong: Simple Life Lessons for Teens* was released and Williams formed The Stay Strong Foundation to help troubled teens. But Terrie Williams had to work to get where she is today.

"Adversity is the breakfast of champions," said Williams. Born in Mt. Vernon, NY,

in social work from Columbia University. Williams also has an adopted son of 26 and is an avid basketball fan.

When not spending time at the agency, Williams enjoys reading and learning more about herself. Calling herself "painfully shy," Williams also enjoys driving her convertible and the serenity of water.

Stories of people overcoming challenges are also a favorite of Ms. Williams. Williams especially enjoyed the Denzel Washington movie "Man on Fire." Not just because she went to the same elementary school as Washington, but because of the way the character changes in the movie.

"The little girl makes him feel again," said Williams.

Williams told all those in attendance to try to make sure there's good in everything they do.

"Success is determined by the quality of your life," said Williams. And by that account, she has had a very successful life.



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Williams completed her undergraduate work at Brandeis University in Waltham, Mass. before earning a Masters Degree

You actually can eat healthy in college: Bentley offers alternate food options

Laurie Neyhard
Online Editor

With free reign and no parents to watch over you, going to college can be a total change, including what and when you eat. One a.m. pizza deliveries and Sheetz runs between late night cram sessions are some of the eating habits that students become accustomed to during their college years.

But Bentley hopes to change these habits. Starting tomorrow, the Balance Mind, Body and Soul program will be in place.

The goal of this program, created by the Sodexo Corporation, is to not only change how students eat, but to also incorporate knowledge and fitness tips to create a well balanced life style.

When it comes time to choose what to eat, Bentley General Manager Richard King hopes to help LHU students make good decisions.

"We can't police what students eat, only offer them balanced diets," said King.

And that is just what the program is about.

Labels such as "Vegetarian" and "Carb Friendly" will be placed with foods to allow students to better follow any special diets they are on. "Well Balanced" will also be posted for those who just want to eat healthy.

Handouts, posters, and recipes will be made available to

students who are interested in achieving a balanced life style.

Students with questions or in need of help to meet special dietary needs or dealing with eating disorders can see Bentley's Dining Room Manager, Mary Breon. She also can help students with food allergies to make appropriate

choices. As always, vegetables will be steamed, no butter or salt added and sugar free desserts will be available.

"All we can do is offer education and healthy eating alternatives. It is up to the students to take advantage of them," said King.

Bentley Dining Hall is offering a new meal program that helps students eat healthier. Called Balance Mind, Body and Soul, it outlines balanced meal options from food available in the cafeteria.



Great food served nightly at Uncle Al's