

Mostly Cloudy

High: 74°F Low: 55°F



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Wednesday, September 27, 2006

www.lhueagleye.com **Vol. 64, Issue 3**

Pigeons pose problem at East Campus

Sara Gerber Staff Reporter

Signs of pigeons in East Campus classrooms are a reason for concern, causing questions of the overall safety of the building, according to occupants of the building.

Pigeons are generally touted as obnoxious vermin, most well-known to be urban dwelling "sky rats."

They're usually poisoned or trapped when people find them to be a problem in public places or when they're found living in human-inhabited buildings.

So what about the pigeons in the East Campus building?

Pigeon droppings and feathers were found in a few of the rooms on the upper floors in the East Campus building so far this semester. Employees in the building have reported hearing them in the ductwork and a dead bird was found somewhere in the structure.

This caused concern for people in the building because pigeons and pigeon droppings have been known to carry diseases, though rarely transmitted to humans. Those most susceptible to illness would be individuals with weakened immune systems who come into contact with the birds and droppings frequently.

Director The Environmental Health and Safety, Paul Altieri, couldn't give any information about most of the maintenance con-

cerns in the building. Altieri did say, however, that meetings have been held about the situation and the building has been thoroughly inspected.

He said the birds have been found entering through the old boiler vents, which are no longer used and haven't been in use since before the university purchased the building in 2003.

"I would imagine that pigeons have always gone up there," he said of the numerous ducts in the building. "It's not like they're living there."

Altieri said that, in of response to the recent attention of the pigeons, screens will be placed on all of the open ductwork in the building and that they are cleaning and sealing all of the boiler

Reportedly, all the ducts have been inspected and no pigeons or any other birds were found in the building.

Altieri said that during the inspection they only found sign's of the birds on the third floor and in parts of the building that are not being

This is contrary, though, to evidence of pigeons in the building - as current as last

Altieri said the droppings that were found have been deerned safe by a lab already and that they've been told that very few of the birds even pose a health threat. He reasisures that there will no longer be birds in the building and that everything will be cleaned and properly sealled as soon as possible.



Sara Gerber/Eagle Eye

Feathers were found in a vent in East Campus last week - evidence of pigeons.

Yearbook to make a comeback

Erin Hipple Staff Reporter

Twenty-six years ago, senions at Lock Haven University were able to commemorate their fellow students, professors, activities, sports and events from the past four years in a memorable yearbook.

After lying dormant for nearly three decades, The Praeco, as it was once called and will still be called today, is making a return.

In the fall of 2005, when a fellow student of SCC member and current President Matthew Wise questioned as to why Lock Haven did not have a yearbook, Wise had no de finite answer.

"We spoke with our advisors and different departments and alumni... we realized that there is nothing to capture the time that any student has spent here. We thought it might be a good idea to bring the year-



Erin Hipple/Eagle Eye

Yearbook editor in chief, William Dowd leafs through yearbook pages.

book back, hopefully to enhance school spirit after graduation," said Wise.

The Praeco was first published by Josten's publishing

company in 1913 and ran for 67 years. After much debate over which publishing company to choose for the new edition, Josten's still came out on

"We looked around at many different companies and

See, Yearbook, A4

Photo Courtesy of William Dowd Fire trucks arrive at the scene of campus fire.

Soda vending machine causes three-alarm fire

Erin Hipple Staff Reporter

Lock Haven fire departments responded to a threealarm fire in Woolridge Hall Friday night after a soda machine caught fire.

Lock Haven City Fire Chief Bob Neff of the Hand In Hand fire department had command of the incident.

Two fire engines, one ladder truck and rescue pulled up to the residence hall within minutes of the call.

"We were dispatched at 7:37 on Friday night and all three city stations, Citizens Hose, Hope Hose and Hand In Harid responded to the call," said Neff.

When Neff arrived, a vending machine that sits in the Woolridge lobby was smoking.

"The machine had an electric short and caught fire. We ven tilated the building to get rid of the smoke and took the machine out back to the patio," said Neff. "When we took: it apart, the insulation was what had caught fire."

The initial call to the fire department was made by a night-time officer from Lock Haven law enforcement.

See, Fire, A4

What's Inside

Campus officers well trained for gun use

Len Mahonski **Staff Reporter**

In light of the recent debate regarding the arming of campus police, the question of proper training of law enforcement officers has risen to the

Law enforcement officials say officers receive more training than is required by law and that all officers must be certified in the use of firearms.

"Every officer is a certified ce officer by the Governor of the Commonwealth and obtains additional traffic, legal and criminal updates yearly," said Richard Hepner, director of law enforcement.

department has The received much criticism as of late while awaiting a decision by the Council of Trustees that could change a policy that would allow officers to carry firearms at all times. The department insists much of the criticism is unfounded, arguing that law enforcement officers are skilled professionals trained in many different facets of criminal investigation and law enforcement.

According to Hepner, university police have a combined total of 15,571 hours of police training. Instructional courses include training in sensitivity, search and seizure, drug task force, rapid deployment, gang awareness and sexual assault including rape and sex crime investigation.

Law enforcement officers also have 2,148 hours of combined firearm training. Hepner said the law requires officers to be certified yearly in the use of firearms and that the college also employs a certified

firearms instructor.

Hepner says many of these instructional training courses have been attended by all officers, while other training courses have only been attended by two or three officers. "Training is based solely upon need and availability. Law enforcement strives to keep officers well-trained in this ever-changing society and decides on what type of training would benefit LHU and the officers the most," said Hepner.

Still, many students on campus are uneasy and against the arming of campus officers, regardless of the amount of training required by state law.

"All of the training and practice in the world can't prevent accidents from happening. It's impossible to truly imitate real life scenarios and someone could be seriously injured by a mistake," said senior Meghan Keely.

Some students on campus disagree with Keely's assessment, arguing that campus officers are fully trained officers, meet all requirements and should be allowed to carry firearms.

"Law enforcement officials need to be given the tools necessary to protect the students and faculty. LHU is not immune to serious crime and restricting qualified police officers from using all the tools necessary to fight or deter crime would be a huge mistake," said Nicole DePaul.

DePaul added that having unarmed police officers on campus may send criminals the wrong message and paint the campus as an easy target.

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The Eagle Eve

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Get 'Crazy for the 80's'

B8



Football gets first win of season

B1



This week in History, 1990:

The magnetic strip on the back of I.D. cards are introducd, allowing students to keep them from year to year.

SCC discusses absence of trays at first senate meeting of the semester

Chris Hoskavich **Guest Writer**

The food service committee report suggested that the issue of the absence of trays in Bentley may soon be resolved the first Student Cooperative Council (SCC) senate meeting of the fall semester last Wednesday.

Jennifer Miller, of the food service committee reported that the unpopular tray removal will be revoked in October if the measure still angers students.

An update of the continuing changes to the Parson's Union Building (PUB) was also given.

Chief among the alterations that have occurred over the past several months is the transfer of control of the Eagle Wing Snack Bar. The Eagle Wing, formerly operated by the SCC, will now be run by the Philadelphia-based catering service Aramark. This is the same company that runs Bentley Dining Hall.

The change is not merely cosmetic, however. Miller stated in her report that students will now be able to use FLEX dollars at the Eagle Wing, a deviation from the snack bar's previous a la carte format.

PUB Administrator Christian Dwyer announced that DirecTV services will no longer be available in the PUB, citing cost and a lack of interest for the change.

"(The DirecTV service) was not getting enough use," said Dwyer.



Marina Tsygankova/Eagle Eye

Kathryn Jump, corresponding secretary, and Leandra Torres, vice president, write down important information during a senate meeting.

The PUB will now receive the more cost-effective campus cable service.

Other changes were also discussed, such as the new carpeting that was laid, over the summer and the addition of new furniture, which is expected to arrive by the end of the year.

In other topics brought up at the meeting, restrictions have been placed on the displaying of posters.

According to Diane Wall of the public relations committee, the placement of posters advertising clubs and events is to be restricted to

designated areas at Bentley and Raub Hall. Wall said that the placing of posters in other locations, such as on benches and garbage cans, is "inappropriate" and offending posters "will be torn down."

New senators were sworn in at Wednesday's meeting and several new officers were elected.

William Baney, who is now in his second year as a senator, was elected speaker of the senate. Baney hopes to receive input from his constituents on the issues that

"I consider myself very personable and easy to talk to," said Baney.

Heather MacMath was elected recording secretary.

The recurring theme among SCC officers at the organization's first meeting was optimism for the months

"I am looking forward to productive year," said President Matthew Wise.

Vice President Leandra Torres agreed.

"We should have an exciting semester in front of us," she said.

lead to bigger biceps **Ashley Grifis** These storage spaces are, **Guest Writer**

In addition to free weights, the SRC also

Small improvements

aguired new exercise machines this year.

This year the Student Recreation Center (SRC) has seen a few new improvements in order to make it a better environment for students and faculty.

Though some aspects of the SRC have stayed the same, there have been a few changes.

There are now more cardio machines, new rims and nets on the basketball court, new sports equipment and new areas to work out at.

When going to the SRC, a student will find that there are a few new areas. Upstairs there are two areas that have new yoga mats, a set of free weights and a rack of yoga balls. Though, at first glance, this may not seem like a huge change, it does make some difference for some students.

"(With the new improvements,) way more people are able to work out at one time," said Ashley Horton.

Students will also find that there is now more storage space than in previous

Horton says, "to make (the SRC) cleaner and more effective." There are also more machines upstairs for cardio fitness, such as treadmills, elliptical machines and bicycles. There is still a weight room located downstairs that has free weights and also weight lifting machinery.

Alana Beightol/Eagle Eye

The aerobics classes will see changes this year due to five new instructors with one returning instructor. These new instructors are expected to introduce new classes to the student body.

Another new development in activities is that this semester the SRC will be reintroducing a self-defense class, which will be held on Sundays at 7:00 p.m.

This year the SRC will also be hosting events such as freshman dances and will be having some of the RHA activities in the building.

Looking ahead, there is also some more equipment that should be arriving before the end of this school

Council of Trustees on hunt for student trustee

Jessica Kramme **Guest Writer**

The University Council of Trustees is searching for a new student trustee this semester to fill the vacant position in the

The current student trustee, Carleigh Wilt, encourages all students who want to represent the student body to consider applying for the position.

Wilt, upon her graduation, will be leaving her position on the council because her term will end.

"I have enjoyed working

with the other 10 members of the council and more importantly, learning from them," said Wilt.

Some of the duties entailed in a student trustee include approving disciplinary standards for students, evaluating charges for room and board, making suggestions for maintenance and construction of student facilities and approving academic programs. The student trustee also represents the student body and offers input on current issues and topics at every meeting.

"The topics discussed at the meetings directly affect the

students and if I can speak on their behalf and know they will benefit from our recommendations then I know I am doing my job," Wilt said.

Serving for four terms or until graduation, the student trustee must meet with the Council of Trustees four times throughout the year. These meetings are held at the university, the Sieg Conference Center and at the Clearfield

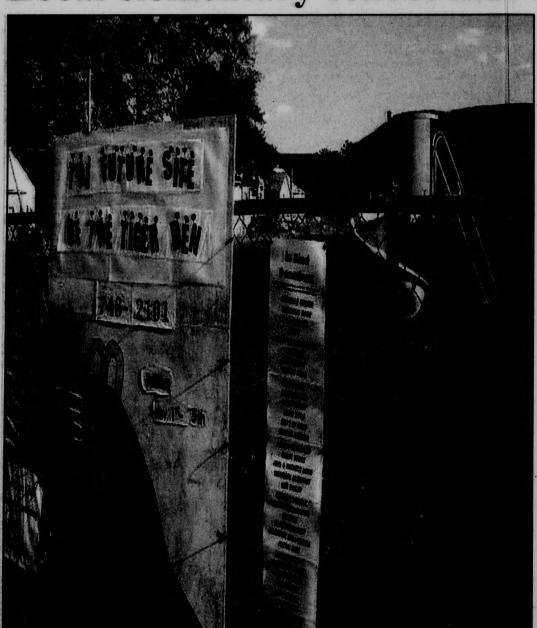
Other benefits to holding the student trustee position include meeting lots of new people, bringing positive changes to campus, learning

more about both the university and state school system and getting more involved with school activities.

"Overall, it is an honor to serve on the Council of Trustees and a wonderful opportunity for anyone who is interested. I highly encourage students to apply for this position" said Wilt.

Interested students can pick up an application in Sullivan 202 or can find it online www.lhuscc.org/trustee.htm. All applications are due Sept.

Local elementary school kids help design dream playground



Alana Beightol/Eagle Eye

Fundraising progress for the new playground is displayed in front of the current site. Student volunteers will lend a hand in its construction.

Kara Wilt Staff Reporter

29 at 4 p.m.

With 10 swings, one slide and 300 students to share it all, the 2005-06 PTO Council at Dickey Elementary, along with students and local organizations around the area, have decided it is time to make a change.

Leathers and Associates, a company that specializes in designing playgrounds, was brought in from New York to help get started with redesigning a playground for the elementary.

The company went straight to the source - the students in grades K-5 - asking them what they would most like to see on their playground. They then took the students' ideas and fit them into a central theme.

This playground is estimated at \$85,000 in cost, with none of this money coming from the school district. The PTO and Joanette SSaba-Sturm are hoping to raise all of the money through fundraising and donations from the community.

They have already gotten off to a good start. Lowes and Wal-Mart have both donated \$1,000 each and the city council has thrown \$2,500 into the mix.

Some supplies and material donations have already come from businesses around the area, including a set of monkey bars, given Lock Haven the University Recreational

They have also brainstormed some ideas for fundraising.

Starting last Monday, they kicked off "30 in 3,". meaning \$30,000 in three

To do this they have set up many promotions, such as a raffle and a "Kiss the Pig" contest, throughout the next couple of weeks, ending on Oct. 7 at Pig Feast. This feast will be held at the playground's soon-to-be location across from Weis Market.

The group is also trying to raise money through a "Cub Club Challenge," in which community members donate \$100 and then challenge others to do the same.

"This is one that we are hoping is going to bring in the highest amounts of profits," said SSaba-sturm.

Painted hand tiles are being sold at a student rate of \$12.50 a piece or two for \$20. Whoever purchases the tiles is the designer of that specific tile by painting it.

All the tiles will be displayed as part of the walls in the equipment.

"This would be a good thing for groups like sororities, fraternities and any other group that wants to show that they are involved in the community," said members of the baseball

Also, for \$25 anyone can purchase a picket that will be used in the construction of the fence around the perimeter of the playground. They can have up to 18 characters routed into them with blue pickets meaning "in honor of" and yellow pickets meaning "in memory of."

All of these ideas are what they are hoping will bring in the necessary funds to complete this project.

The erection of this playground is set for Nov. 1-5, from 8 a.m. - 9 p.m. each day.

"It is a barn style build," said SSaba-Sturm. "We are hoping that everyone can do four hour shifts, but we will not turn away any help that comes along."

If you would like to volunteer, even if you cannot work the full four hours, please contact Bobbie Daniels at msrdaniels@sus-



One of the fundraiser creators, Melissa Hanson pitches in for her own cause - raising conservation awareness worldwide.

Fundraiser to boost wildlife fund

Kristen Buonfiglio **Guest Writer**

Even in the small town of Lock Haven one would find people affected by the death of famed conservationist, Steve

Sophomore Sarah Gunsallus and Senior Melissa Hanson are two university honor students who are especially saddened by the loss.

"I still don't believe he's gone. I am still waiting for the news report that his death is a joke," said Gunsallus.

Gunsallus, who is studying to be a veterinarian, shares Irwin's passion for wildlife.

"I would like anyone who cares about wildlife or just loved Steve Irwin to be able to help continue his mission and to show his family that he will be remembered and loved," said Gunsallus.

Because of this, Gunsallus and Hanson will start a campus and community-wide donation fundraiser to the Wildlife Warriors fund, creat-

Mr. John Wilson Sr. spoke

about his life and hardships he

faced while playing sports at

the annual Founder's Day

Convocation last Wednesday

man of all gentlemen" by

President Keith T. Miller,

Wilson is a former member of

the Harlem Globetrotters and

played in baseball's former

that enabled him to work hard

to reach the elite levels of

Wilson described his drive

"I wanted to be the best.

Described as "the gentle-

Kara Wilt

Staff Reporter

in Price Auditorium.

Negro League.

competition.

ed by Irwin.

Hanson and Gunsallus went to the Student Associate Director of Program Development and Leadership for Honors, Nicole Jacobs to suggest the fundraiser.

"When they proposed this idea to me, I thought it would be an excellent way for them to share their enthusiasms with others on campus, while helping a good cause," said Jacobs.

The fundraiser is awaiting approval by the SCC but Gunsallus and Hanson were already at work preparing for the fundraiser last weekend by putting containers in each dorm room for students to donate money. They are also trying to put one in Bentley Dining Hall.

"We are also hoping that some businesses in town will put out containers," said contacting either Hanson or Gunsallus.

Convocation speaker inspires students

Not second best. The best,"

pointers that worked for him

with all of the athletes in the

changed my facial expressions

no matter what happened,"

Some students found

"He was so interesting to

Wilson to be a role model for

listen to, I never got bored. As

a person and as an athlete he is

someone students can really

look up to," said Pat Young,

who plays baseball for the uni-

Provost, Roger Johnson

Wilson even shared a few

"As a player, I never

said Wilson.

audience.

said Wilson.

themselves.

Hanson and Gunsallus do not have a set amount of money and are counting on the generosity of others.

"We are just asking for people's loose change or the lonely penny that is lying on the floor. Any little amount helps and we mean that," said

The fundraiser will continue for three to four weeks after the start date. The length will depend however on the responses Hanson Gunsallus receive.

"We may continue the event longer in the community than campus, or vice versa," said Gunsallus.

Jacobs mentions that she is "excited about this opportunity for students to get involved in an international community service."

"I believe it will help show responses back from his family," said Jacobs.

began the ceremony by

announcing this year's faculty

was given the Outstanding

Outstanding Service Award

was shared by Dr. Karen Kline

and Dr. Joan Whitman-Hoff

while the President's Award

Service went to Diane

Whitaker, the director of Ross

cation helps to reaffirm core

values of the campus, such as

excellent teaching, knowl-

edge, truth, freedom and the

habit of acting responsibly

with that freedom.

Miller said that the convo-

Campus/Community

Dr. Anura Goonewardene

award recipients.

Library.

Scholarship Award.

Clothes can cost you a job

Brandy Rissmiller Staff Reporter

First impressions count especially during an initial interview.

How you dress for that ultra-important interview is as important as the interview itself. You can get away with straggly hair and pajama bottoms for classes, but once you enter the real world, you have to abandon the casual look for a more conservative one.

The first step in that process is to tone down the accessories that you don. Keep the amount of rings and earrings that you wear to a minimum - no more than two rings per hand and no more than one earring per ear.

Any visual peircings, other than earrings, should be covered up or taken out for the interview. Many jobs have dress requirements that prohibit facial peircings.

Purses and briefcases should all be conservative in color and in good condition.

Ladies, while nail salons can do some very beautiful and intricate designs on your finger nails, it is advised to keep your nails groomed and neat. Avoid wild and flashy

"It is a good rule of thumb to always dress one step above the employer's dress code," said Joan Welker, the Director of Career Services.

Welker also said that a lot of what you should wear depends on the industry and particular job you are applying

"Some industries are more conservative and both men and women should wear suits, but other jobs, like in the education field, skirts are okay for women," said Welker. Ladies are also advised to

never go to an interview with bare legs. Regardless of the weather, stockings should be worn. A skirt and nice jacket is a good choice of outfit for women, but make sure the skirt is not too short. Other options for women are nice

pants or a pleasant dress. Men should adorn a suit and tie, although nice pants, a

sports jacket and tie will often

compensate. Jess Lavender is a Peer Career Facilitator at the Career Services Office and she advises to call your mom before going on a shopping spree for an interview.

"Mom's are usually pretty good with choosing clothing that is appropriate for interviews. If your mom approves of your outfit, it should be good to go," said Lavender.

As you dress yourself for that first interview, keep in mind that it is not the time or the place to make a fashion statement. Whatever you choose to wear should accentuate the fact that you are a professional who is ready to work at a new job.

As long as you let common sense guide you, it should be easy to avoid major fashion blunders. Or, if you are still unsure, give your mom a call.

Wrestlers turn to different sport

Nicole Pinto Staff Reporter

The wrestling team will be working along side a completely different sport on Friday, October 6 for their fifth annual LHU Wrestling Classic Golf Tournament.

Entry fees for the tournament range between \$85 for one person and up to \$340 for a group of four.

The fees cover the game and equipment needed, food, and door prizes.

The tournament has raised a total of over \$85,000 since 2002.

The money raised goes towards the wrestlers' scholarships and equipment. Lock Haven Wrestling is NCAA Division 1 and they need scholarships to attract quality wrestlers from across the coun-

"This is a great opportunity

for the wrestler's to meet the people who contribute to the program," said Brian Ellis, a junior who worked the tournament the past two years.

"The event is a tremendous positive to our program. It brings hundreds of former wrestlers and supporters back to the Haven," said Coach Anthony (Rocky) Bonomo.

"It is a great interaction between wrestlers, coaches, and those that support the team, and it keeps us together on and off the mat," said Ellis.

Former head wrestling Coach Carl Poff, Dr. Thane Turner, along with other wrestling staff members brought this tournament to life.

The real start began with the lead gift of \$15,000 from former alum, athlete, coach, and of the Mastec Corporation, Austin Shanfelter. "Austin and his group

always add additional funds to

ROTC cadet completes rigorous

help make the event the most single successful day of fund raising ever at Lock Haven University," said Bonomo.

The nonprofit Lock Haven University Foundation raises money for students, faculty, and programs, and they will be hosting this year's tournament. This tournament is held all

day from 7:30 a.m. through 2:20 p.m. at the Clinton Country Club in Mill Hall. After the tournament there

will be a banquet dinner in honor of five wrestlers being inducted into the Hall of Fame -Mike Guerin, Mike Rogers, Cary Kolat, Terry Showalter, and Ryan Leitzel. Their team had the highest finish ever by a Lock Haven team in 1997.

To attend the dinner, please contact Wally Kocher at (570) 893-2647, or to attend the golf tournament please contact Thane Turner at (570) 748-

schooling in Ft. Cambell, Kentucky some of the good things that Gunsallus, who also adds that any student or staff member the leaders in our program are doing, and it will be a lot of that does not live on-campus ters on the LZ and PZ. can still donate to the fund by fun to see if anyone gets A.J Widmeyer is a Some of the aircrafts that

MSIII and is the first to complete the Air Assault School at Lock Haven in many years. Widmeyer, a junior, is the Cadet Sergeant Major. He hopes to attend LDAC, Leadership Development and Assessment Course, at FT. Lewis Washington

A.J. Widmeyer

Air Assault School is an 11-day course that is held at Ft. Campbell, Kentucky.

this summer.

The course consists of three phases, each with a 50 question exam, and a handson test following each phase.

Phase I consists of helicopter aircraft identification and capabilities, an introduction to Pathfinder operations which is establishing suitable Landing and Pickup Zones for aircraft, as well as aircraft guidance classes which teaches students to guide helicopwere discussed during the sessions were the AH-64 Alpha and Delta model, UH-60 Alpha and Lima model, CH-47 Chinhook, and UH 58 Delta Kiowa Warrior.

Phase II focused on sling load operations. Students had to memorize the maximum payload each aircraft was capable of transporting, while learning how to properly rig and inspect each sling load prior to liftoff.

Some of the sling loads that students had to master were the M998 Humvee, the A-22 Cargo Bag, the 5,000lb and 10,000lb cargo nets, the M998 Humvee in a shotgun configuration (this is when vehicles are transported side by side) and 3 fuel blivets in a 'pilot preferred' configura-

This phase is widely known to be the most mentally challenging phase of the school. If a soldier was to fail the course, odds were that it would be because of the sling load phase.

Upon successful completion of the Phase II, students

rappelling and FRIES (Fast Rope Insertion Extraction System).

Phase III is by far the most enjoyable phase, as students learn to rappel off of 45 foot towers, using several different rappel techniques.

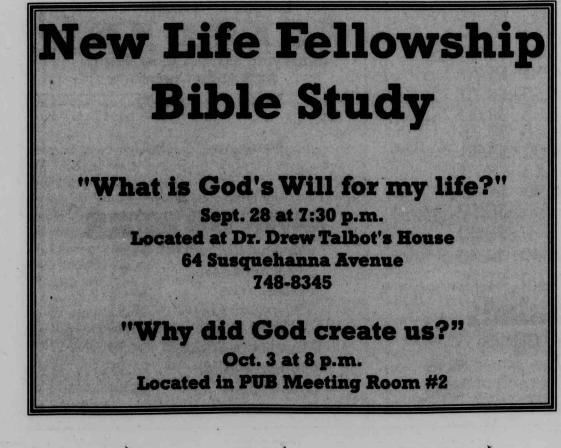
FRIES is nothing more than tossing a heavy duty nylon rope out of the helicopter, and sliding down to the ground at a high rate of speed.

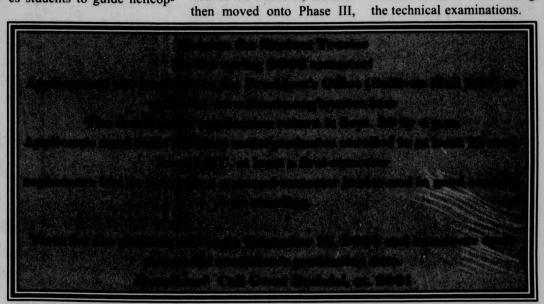
The exam for this phase is only hands on, but is physically demanding, as each student must demonstrate each rappel to near perfection.

If the student has passed each phase and has passed the required 4, 8, and 12-mile road marches, along with each inspection of the students' individual equipment, then he or she will be awarded Air Assault wings.

To put everything in perspective, my class, class 26-06 started the school with around 150 students, and only graduated with close to 75.

As the course's physical demands are only surpassed by its mental demands, it is worth noting that most of the failures resulted from failing the technical examinations.





From, Yearbook, A1

Josten's just had a lot of positives as far as closeness to campus, closeness of sales representatives to campus, package deals and pricing," said Wise. "They had the best deal of what we needed, especially after just starting this up again."

Wise also mentioned that the funding for the new yearbook is to come from advertising, parental support, alumni donations and reimbursements from the photographers.

After the first few steps of resurrecting the yearbook, deciding on funding and a publishing company, the time had come to put together a

Applications for an editorin-chief, junior editor and photo editor, as well as yearbook staff applications were available to all students at the end of the spring semester and the beginning of this year's fall semester.

A yearbook advisor was also needed.

"I chose Professor Shillig because she is so enthusiastic about teaching. I thought that if she was going to put that much effort into teaching our class, she would do the same for our yearbook," said Editorin-chief William Dowd.

"I was approached by the editor-in-chief and photo editor [Lyndsay Jasper], both of whom were former students of mine, and they asked if I would like to be the yearbook advisor, and I was delighted," said Shillig.

Although it is going to be a new adventure for Shillig, Dowd and the staff, they are all very thrilled about this opportunity.

"After not having a yearbook for so long, it is very exciting that they are bringing it back," said Shillig.

Dowd agreed.

"The whole aspect of the yearbook, recording the school's history is so appealing to me. I'm very eager to get started," said Dowd.

As far as a theme for the yearbook, Dowd and the other editors first asked the question, what would students want to see?

"The yearbook's theme this year is "What Defines Me?" We will have definitions of words throughout the yearbook and corresponding pictures that will depict the different aspects of student life on campus," said Dowd. "The final product will hopefully bring everyone together."

As far as the rest of the staff for the yearbook, Carolyn Adkins is in charge of the student life section; Jenny Courtney Dubich and Shepherd will work on the section entitled Greek life; Elizabeth Pursel, Courtney Meyer and Ashley Griffis will be covering clubs and organizations; Christina Vallez and Lindsay Kelley have the academics section; and Amanda Klein, Katelyn Haneman and Corey Rolls have been chosen for the section devoted to athletics.

"I worked on my high

school's yearbook and really enjoyed being a part of something so memorable" said Shepherd. "I'm working on the Greek section, because I'm involved with ZTA and am familiar with the members of different fraternities and sororities."

The Praeco will be given as a present to all graduating students of the current year, the first one in May 2007. If a student is graduating in December, he or she will receive a yearbook during the summer. Yearbooks will be mailed to the student after the graduation ceremonies, as to be able to include them in the yearbook of the current year.

Other non-graduating students will be able to purchase a yearbook for a fee if desired. This information will be released later in the year when a final price has been agreed upon and more details become available.

The vearbook office is located on the ground floor of the PUB in room number 121.

From, Fire, A1

"We have fire alarms in every wing of our office. We are so high-tech that if an alarm goes off, it tells us which residence hall the potential fire is located in, also which room, and what type of fire, whether it be from heat, smoke, infrared or something else," said officer Judy Keim.

As soon as a fire alarm goes off in the law enforcement office, the first call is made on the radio to all fire stations, even before the fire is

investigated by

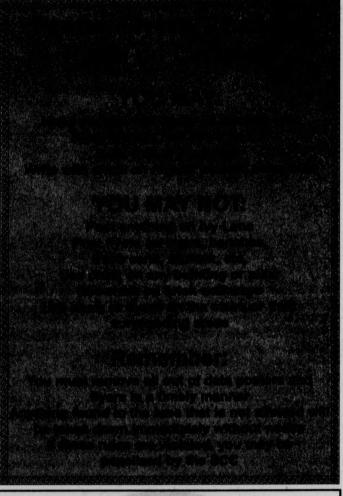
police. "The university police were the first to contact me,"

As quick as the fire started, it was put to rest by Neff and

"We probably had the residence hall cleared of smoke

within a half hour," said Neff. As to whether or not this is

an unusual occurrence, Neff commented that even though it is a normal cause to fire, it does not happen regularly. "A piece of electric in the machine just happened to malfunction," said Neff.





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Presidents Council Meeting

Attention Presidents & Executive Board Members of Clubs and Organizations:

September Presidents Council Meeting will be held on Wed., Sept. 27 at 5 p.m. in the PUB MPR. This meeting is mandatory for all Club Presidents and Ex. Board Members. Pizza and Soda will be served.

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Sausage Parm		\$6.30
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Ivy Lane:
8:00 A.M. - 11:00 A.M.
Bentley:
11:00 A.M. - 2:00 P.M.
PUB Business Office:
2:00 P.M. - 4:00 P.M.
Rec Center:
4:00 P.M. - 6:00 P.M.

Must present your LHU Student I.D. to vote

HOMECOMING PARADE APPLICATIONS

Does your club or organization want to have a float in the 2006 Homecoming Parade?

Pick up your registration form today in the PUB Business Office: 8:00 A.M. - 4:00 P.M.

Applications are due October 1st by 4:00 P.M. in the PUB Business Office

Remember to come out to the Homecoming Parade on Friday, October 13th at 6:00 P.M.

Do You...

Need a roommate, need to sell something, or just want to send a special message to someone?!

Please contact the editor at Ihueagleye (Evahoo.com, write in the subject line "Classifieds.".
See your message in the next edition of the Eagle Eye!!

Submissions must be in by Monday at 4:00 P.M.

Roommate Needed!!

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New Life Fellowship

Meets every
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P.M. in PUB
Meeting Room #2.
Bible Study will be
held every
Thursday at 7:30
P.M. at Drew
Talbot's House...

Address: 64 Susquehanna Ave. Phone Number: (570) 748-8345

Topic on
Thursday,
September 27th:
"What is God's
will for my life?"

Topic for Tuesday, October 3rd: "Why did God create us?"

Please contact Jessica at (570) 760-7286 if you have questions

Attention Presidents & Executive Board Members of Clubs & Organizations!!

September
Presidents Council
Meeting will be
held on
Wednesday,
September 27th at
5:00 P.M. in the
PUB MPR. This
meeting is
mandatory for all
Club Presidents
and Executive
Board Members.

Pizza and soda will be served.

The English Department presents...

Tawni O'Dell

On Wednesday,
October 4 at 7:30
P.M. in the PUB
Multipurpose
Room.

The event is free and open to the public. Books will be available for purchase and signing.

HAPPY
BIRTHDAY TO
OUR NEWS
EDITOR, JESS
THOMPSON!!
--THE EE
STAFF

HAPPY
BIRTHDAY TO
OUR SPORTS
PHOTOGRAPHER,
JOHN REITH!!
--THE EE
STAFF

HAPPY 22ND
BIRTHDAY
VIKKI!!
HOPE YA HAD
A GREAT
WEEKEND!

VICTORIA,
HAPPY
BIRTHDAY
GIRL!!!
<3

Your Favs!!

HAPPY
BIRTHDAY
JEN THORP!!

Elizabeth,
We are out of
hand! We
should not be
allowed to go
anywhere
together!
ZLAM,
Nicole

RUGBY BOYS--Mmmm Mmmm... GOOD!

Knock, knock
neighbors.

"I suck at scissors."
--William Dowd

Funky Fresh
Four! I LOVE
YOU
--NM

Collin,
Next time I
want bacon
too.
--Your
roommate

"David, STOP, it's not funny anymore."

<3 Yellow
 Palace
Princesses <3</pre>

"Nobody likes Mondays" --Ler

Thanks Big Squirrel!!

Hey Sachmo,
Sorry about
the shaving
cream, but I
love the beef
jerky.
--Your roomie

Kaytee, Kacie & Amanda,
Carrie
Underwood
concert
tonight. Are
you fired up?

Lover,
Good luck with
the yearbook.
I missed your
beautiful face
tonight.

Collin,
I miss my hat.
--Your
roommate

Congrats ZTA new members: We Love You!

Awesome tights Melanie!!

Zeta, Have a great week!

YAY Zeta babies!!!!

ZLAM Court

Vote Athens and Giancarlo for Homecoming court

Little Sam,
I love you.
ZLAM,
Big Court

Kaytee and
Amanda,
Good luck on
the practice
GREs this
weekend!!
Love you
girls.
--Sarah

Little
Squirrel,
Your amazing!
I love you

Dear Raquel,
I can't wait
to meet Cindy.
I know she'll
be everything
I've ever
dreamt of.

One week until Garrett meets Cindy!!

Dear Zippy,
I love Brenda,
but Cindy is
where it's at.

One week until Fall Break!!

I know you all have friends or someone you would like to say something to. Why not leave them a message on the Classifieds page? Contact the editor at lhueagleye@yah oo.com, write

in the subject
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"Classifieds"
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students and
students love
free stuff,
right?!

OPINION

Conservative's ideas come out of the 'red'

This is a reaction letter to a guest columnist article, 'Disease of liberalism on national defense,' in the Sept. 20 edition of the Eagle Eye.

Dear Editor,

Conservatives never cease to amaze me by what comes out of their mouths. Sorry, but that line was too good not to tweak and use. Jason Hackney seems to have a few ideas about liberalism that must have come straight out of the blue, or red in

Despite the fact that what he wrote was incredibly insulting, it was also extremely biased and factually skewed. You cannot judge [a group of people] based on what came out of one person's mouth.

If that was the case, what would people think of President Bush when he said, "I know the human being and fish can coexist peacefully" or "the war on terror involves Saddam Hussein because of the nature of Saddam Hussein, the history of Saddam Hussein and his willingness to terrorize himself"? Yeah, let's not all go by what one person says.

I quote from Hackney's article: "He [Ed Rendell] said, "... We came here with the best of intentions and wanted to create freedom and democracy for all...I'm going to ask the international community to develop a peacekeeping force and reduce our presence. We're going to help you build houses,

provide aid and economic opportunity for your people.' Yay! Then we can all go home and eat Lucky Charms on fluffy pillows..."

Didn't Bush enter Iraq with the best of intentions? Didn't he want to create freedom and a democracy? Don't bash Rendell for wanting to do something the president has already done.

According to MSNBC, Hackney? He used a cable news channel as a source? Is it because cable news is so unbiased and so bipartisan that it makes it a great source to cite? He may also want to add that while we are rebuilding infrastructure, firehouses, police stations and schools; there are very few Iraqi civilians that want to work in those fields.

They are afraid of being targeted by the insurgents for "working with the Americans." Who cares if they have access to cell phones when they don't even have a stable supply of electricity to fully charge the batteries for those phones?

Most cities and towns in Iraq do have public services (water, fuel, electricity, etc.) and they have their building intact, but those same towns and cities didn't see any fighting and if they did it was minimal. The only places being rebuilt are the ones that still

contain fighting or have seen heavy combat.

I guess I'm the "lefty loon" to all the right-wing whackos here, huh?

Germany did indeed take many, many long years to rebuild - but guess what? Germany had help doing it. They got assistance from the ally powers and neutral countries as well, unlike Iraq, which only has the United States and Britain as its main sources of reconstruction aid.

Hackney and I do agree on at least two things: "The problem is the extremist strain in the Islamic religion" and "Almost every religion has extremists." I went to a Roman Catholic grammar school from kindergarten to 8th grade. I went to a Catholic high school, Notre Dame High School of Lawrenceville, NJ. I've seen my share of Bible-thumping preachers and heard all about fire and brimstone. I've also seen my share of moderates and everything else in between.

To me, it is the moderates who seem the most happy. They live a good life - not too much and not too little. They may not go to church as often but the phrase "Do unto others as you would have them do unto you," plays well in their life.

The extremists are the ones

nosing their way into people's lives to make sure they abide by the word of God, Allah or whomever. That is where the trouble starts.

Okay, so much for things in common. I'm from New Jersey, so forgive me if I don't know Ed Rendell as well as people from Pennsylvania, but if you don't think he should represent us, who should? What I'm trying to get at is one nut-job is as good as another.

Democrat, Republican, liberal, conservative, 3rd party, Green party, Communist party; It doesn't matter because nothing one person says will fix this

Here is where I have a major issue with Hackney's letter. We cannot export a "different, fresh idea of self government to the region in order to provide an alternative for all people there to see," if the region and its people do not accept or respect who brings the "new" government.

Who are we to say, "The Coalition just toppled Saddam, his reign of terror is over, the government you've had for the past twenty-four years is finished, do things our way now?" We should have let the Iraqis decide how they run their own country. If they want a theocracy, great. If they want a democracy, kudos to them.

There is no doubt the US has ingrained itself in many aspects of Iraq now. Instead of using that power to push our own ideals and agendas on a region that is an almost polar opposite (in terms of law, government, religious views and customs) to our own, we should give aid, support and guidance to the style of government chosen by the people who actually have to live with it. (We should only show the strong-arm if things get out of hand i.e. a radical militant take-over.)

We shouldn't go by some suits who think the best thing to do is conform the world to our cultural value systems.

It was in poor merit for Hackney to use Ed Rendell as an excuse to peddle his own right-wing views on the readers.

He used something "stupid" he said as an opening to bring up issues he felt strongly about and then used him again to bring his rant to a close. He acted as if the whole time he was talking about Gov. Rendell and not the "disease of liberalism."

> Mark Burylo **Criminal Justice** Senior

Reverse in progression sparked by Hitler

Joseph Melber **Guest Columnist**

If I were to list the top ten historical tragedies of the world, the Holocaust of World War II would be number one

with a bullet. However, this series of articles is about how each historical event negatively affects today. Thus, Adolf Hitler comes in at number eight. His biggest err against humanity was not, in my opinion, the Holocaust, but the destruction caused by his grand military

strategy - the blitzkrieg. This tactic reversed the progression of war-making strategy from the new realm of industrial complex targeting, back to clean sweep Norsestyle looting, pillaging and fire-starting of earlier times. This wouldn't be a problem if it weren't for that one thing that makes all wars more destructive now, way more collateral damage.

At the end of WWII, the majority of Western Europe and even much of Eastern Europe and North Africa looked like the liver of a Lock Haven super senior. With so much destruction all over Europe it's not hard to understand why I consider this a

detrimental event in history.

Although a reverse shift in research and development is typical in all wars, there is a reason that World War I ranks nowhere near the devastation of WWII. WWII resulted also in reestablishing longstanding political systems as well as causing an enormous tripping up of culture as the plight of the Jewish has become a taboo all over the world as a result, though this plight existed far before the Holocaust began.

In terms of the results of shifting political systems, every single political system invaded by a country had to rediscover its roots after WWII. As a result, those left to satellite the United States and the Soviet Union in the Cold War which included virtually all of the industrialized world and pre-industrial world.

The results of such a broad reestablishment caused a certain level, not only of discontent in the countries, but also in many cases, of revolution.

Indeed, the incredible loss of human lives was not limited to Hitler's atrocities during the Holocaust. The number of people who died in the Holocaust is far outweighed by those lost during the war all over the planet. These deaths

as well as the deaths during the Cold War and the numerous revolutions just outlined, produced far-reaching results

all over the world. This is not a tragedy because of the fact that people were killed in history; but because the best and brightest people died during this period of high-end wartime technology. Those lives that were lost were of an obvious greater value to society.

Finally, this war was not only detrimental to political systems in terms of dislocation, but also to those countries which came under the control of despots during the time and were apt to bring forth new political systems which were inferior to their previous ones.

Take, for example, Germany; Hitler's result for its political system is now one of the most convoluted systems in existence, combining America's Republican system as well as the British Parliamentary system.

Finally, the weekly moral of this column involves a taboo subject I have not yet mentioned in this article: human value. The largest effect of Hitler's rule is the genocide of the Jewish.

What many fail to remem-

ber is that Jews are not the only group of people to face violent genocide. Virtually every group on the planet has faced genocide at a point in time. It is insincere to consider the Jewish people a group to look at with pity as many

tend to do.

that many were lost during the triangle trade with African slaves. Still, individuals find it necessary to oppose equal opportunity employment operations despite that many Jewish people have benefited from programs such as these due to the political incorrectness of criticizing anyone of Jewish origin.

No matter what we have been taught in life, it is impossible to judge how to treat someone because of their race, color, creed, background and family roots. The best way to deal with people is as individuals, observing their actions towards yourself and others and mirroring those actions to give them the only true justice, equality.

***This is the third in a series of ten columns concerning the top ten historic events that have the greatest negative impact on life today, according to this writer.

Letters Editor

It is important to also see Letters to the editor are the opinion of the author and do not

Do you have something on your mind?

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

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

Write a letter to the editor.

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

Also include your year and major.

Send it to lhueagleye@yahoo.com with "Opinion Letter"

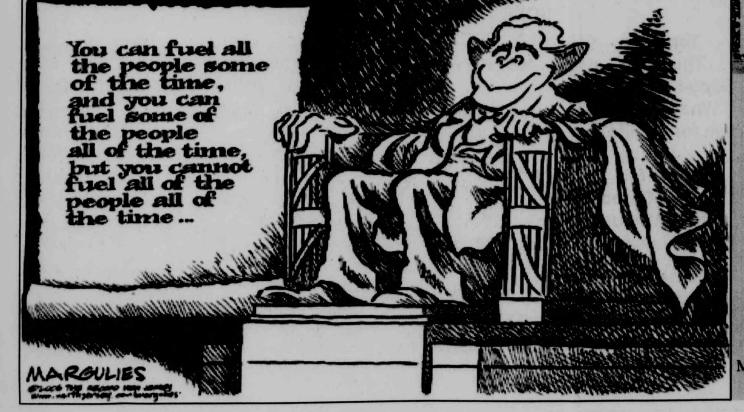
in the subject line.

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

Draw an editorial cartoon or comic strip and submit it to the Eagle Eye for the Opinions section.

Send it to lhueagleye@yahoo.com with "Editorial Cartoon" in the subject line.

Make sure to include your full name, class year, major and a phone number where you can be reached.



OPINION

THE EAGLE BYE

Lock Haven University's Student Newspaper **VOLUME 64, ISSUE 3**

Parsons Union

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Immigration vital to economic development

Haley Paul Daily Evergreen Washington State University

(U-WIRE) PULLMAN, Wash. - As a native of Phoenix, Ariz., I am used to the cultural adaptations that take place in a border state. Whether it is driving through the Mexican community of Guadalupe, Ariz., scanning the radio waves and hearing countless Spanish stations, or seeing English and Spanish on just about every building, Phoenix - and Arizona as a whole - is inundated with immigrants.

This inundation is the natural result of a long history of immigration of people from Mexico and Central and South America into the U.S. The diversity the immigrants bring only enriches the culture of the U.S. Increasingly, however, problems are arising because of our past encouragement of people to come to the U.S. and work. The problems we face today are associated with the vast numbers of people attempting to get in and the strain they put on our city, state and national resources once they do.

On Sept. 19, The Daily Evergreen printed an article from The Washington Post that discussed a national competition - promoted by the U.S. government - to develop the best and most technologically advanced way to patrol our southern border. Boeing Co. won the bid, with the expectation that its technology will create the best border fence. However, the issue lies not with how we are going to cut off any illegal means of entering our country, but with whether we should be trying to keep people out at all.

Eastern Washington is no stranger to the issues associated with immigration. It is impossible to say "keep them out" when - as many farmers will attest - the cheap, productive labor is vital to agricultural industries. Unlike what many proponents of stricter immigration laws claim, these workers do not take jobs away from Americans; Americans refuse to do the jobs immigrants take. This year alone, due to the increased awareness after the spring immigration rallies, border patrol in the Southwest was sufficiently stepped up so farmers in the Northwest could feel its effects: loss of labor and loss of profits. Without enough workers to pick their pears, farmers all across Washington are finding it hard to make their bottom line.

We must stop debating whether we should allow immi-

Feminism needs rethinking

Matthew White Daily Kent Stater Kent State University

(U-WIRE) KENT, Ohio - It might be my boorish Midwestern roots speaking, but the theories espoused by feminists seem to miss the point of male-female equali-

Some of these theories bring to mind images of rogue-citizen vigilantes rising up and instituting "equality" through force. For example, Mary Daly, a self-proclaimed radical feminist, used the power of her position to do just that.

In 1998, Daly refused to admit male students into her Boston College classes. When challenged, she took the position that she would rather resign than admit the

students. Later, after her employment was terminated, she filed a lawsuit.

Judge Martha Sosman, who presided over the case, said. "Indeed there is no question that the school has adequate cause to terminate Daly if for some reason her promise to resign turns out to be unenforceable."

In short, Daly's actions, a result of her flawed notion of equality, were enough of a reason to fire her.

Not all theories of feminism require such separatebut-equal tactics, but they are equally troublesome. For instance, other feminists largely view the criminalization of prostitution to be an act of male dominance.

Now, sensible people realize that prostitution is illegal because it's harmful to society and to the individuals who engage in the practice.

However, these feminists believe someone in high office wants to keep women down. This is an example of ignoring the best interests for society in pursuit of a narrow, misguided agenda.

those Theories like espoused by Daly and other feminists simply miss the point that true male-female equality comes from a sexneutral society. Overly intellectual feminist theories are great for academic settings, but are largely impractical and fail when held up to objective standards of justice.

A better definition of feminism would be equal rights for equal responsibilities, such as what exists now under the law.

Women deserve equal treatment in the social, professional and academic worlds. But, they also deserve equal responsibilities. Women pay the same taxes and have the same Constitutional rights as men, and because of that, they deserve exactly the same circumstances.

For example, women serving our nation in the military are given a defacto, secondclass status because there are activities they're not allowed to do, such as serving on the front lines.

If the true spirit of equality were carried forth from our Constitution, then this practice would be ended.

To end sexist discrimination, we need to change opinions, and the best way to do that is to remind one another of the sensible approach already adopted into law.

Information provided by a University Wire service, www.uwire.com.

Burning leaves causes pollution

From the Editors of E/The Environmental Magazine

Dear EarthTalk: Now that autumn is here the leaves are going to pile up in my yard again. Is it really that bad to burn them? Why is it illegal to burn leaves in so many places now?

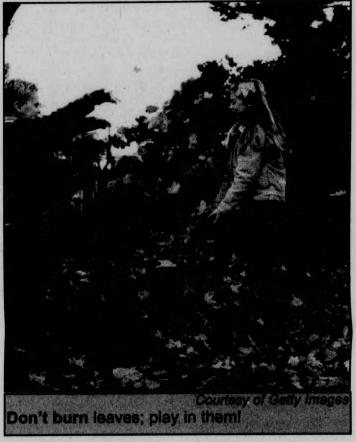
-- Jeffrey Edwards, Westport, CT

Burning fallen leaves used to be standard practice across North America, but most municipalities now ban or discourage the incendiary practice due to the air pollution it causes. The good news is that many towns and cities now offer curbside pickup of leaves and other yard waste, which they then turn into compost for park maintenance or for sale commercially. And there are other burn-free options as well.

Because of the moisture that is usually trapped within leaves, they tend to burn slowly and thus generate large amounts of airborne particulates--fine bits of dust, soot and other solid materials. According to Wisconsin's Department of Natural Resources, these particulates can reach deep into lung tissue and cause coughing, wheezing, chest pain, shortness of breath and sometimes longterm respiratory problems.

Leaf smoke may also contain hazardous chemicals such as carbon monoxide, which can bind with the hemoglobin in the bloodstream and reduce the amount of oxygen in the blood and lungs accordingly.

Another noxious chemical



commonly present in leaf smoke is benzo(a)pyrene, which has been shown to cause cancer in animals and is believed to be a major factor in lung cancer caused by cigarette smoke. And while breathing in leaf smoke can irritate the eyes, nose and throat of healthy adults, it can really wreak havoc on small children, the elderly and people with asthma or other lung or heart diseases.

Sporadic individual leaf fires usually don't cause any major pollution, but multiple fires in one geographic area can cause concentrations of air pollutants that exceed federal air quality standards.

According to the U.S.

Environmental Protection Agency (EPA), several leaf and yard waste fires burning simultaneously in a particular locale can cause air pollution rivaling that from factories, motor vehicles and lawn equipment.

Purdue University consumer horticulture specialist Rosie Lerner says that composting leaves is the most ecofriendly alternative to burning. Dry leaves alone will take a long time to break down, she says, but mixing in green plant materials, such as grass trimmings, will speed up the process. Sources of nitrogen, such as livestock manure or commercial fertilizer, will also help. "Mix the pile occasionally to keep a good supply of air in the compost," she says, adding that a compost pile should be a minimum of three cubic feet and will generate soil conditioner within weeks or a few months, depending on conditions.

Another option is to shred leaves for use as mulch for your lawn or to help protect garden and landscape plants. Lerner suggests adding no more than a two-to-three-inch layer of leaves around actively growing plants, chopping or shredding the leaves first so they don't matt down and prevent air from reaching roots.

As to using leaves as mulch for your lawn, it is just a simple matter of mowing right over the leaves with the lawnmower and leaving them there. As with leaves used for garden mulch, this will provide many benefits, including weed suppression, moisture conservation and moderation of soil temperature.

CONTACTS: U.S. EPA Residential Leaf Burning Facts, http://es.epa.gov/techinfo/facts/leafburn.html; "Composting for Beginners," www.plowhearth.com/magazine/compost how to.asp.

GOT AN ENVIRON-**MENTAL QUESTION?** Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek/, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.



grants into our country or grant amnesty to the illegal ones already here, for they have proven themselves a vital aspect to our economy. Rather, we must discuss the conditions of

their stays. There must be some sort of incentive for illegal immigrants to come out into the open and get documented so they can start becoming contributing members of our society.

With a greater understanding and acceptance that immigrants are here to stay and will continue to come - no matter what new technologies stand in

their way - perhaps our lawmakers can be more proactive and find practical ways to deal with illegal immigration that do not entail building a stronger cement wall. Farmers and other Americans are fed up with Congress' inaction. It is time for our lawmakers to tackle the dif-

ficult issues rather than dismissing them, because the task of coming up with solutions seems just too great.

Information provided by a University Wire service, www.uwire.com.

Greek Smotlig



Photo courtesy of Zeta Tau Alpha

Zeta Tau Alpha

Zeta Tau Alpha (ZTA) women's fraternity was established in 1898 and has grown to become the third largest Greek organization in the nation. This social sofority has over 187,000 initiated members and 236 chapters.

Zeta Nu, the Lock Haven University chapter, has initiated over 662 members since

Our open motto is "Seek the Noblest." Zetas colors are turquoise blue and steel grey, with the national symbols being the strawberry, white violet, and five-pointed crown.

The Hallmark trademark is a five-point crown because the creator's wife was a Zeta. Our national philanthropy is breast cancer awareness.

· Zetas THINK PINK!® by distributing hundreds of thousands of pink ribbons, breast cancer reminder stickers, and shower cards during National Breast Cancer Awareness Month. In partnership with the NFL, we give out thousands of pink ribbon stickers to football

Zeta Tau Alpha also partners with the Susan G. Komen Breast Cancer Foundation at more than 115 "Race for the Cure" events providing the pink caps and T-shirts that survivors wear on race day and the back signs.

This year Zeta Nu will be distributing boxes to local elementary schools and community businesses, as well as on campus, to save Yoplait lids for the "Save Lids to Save

Lives" campaign.

In addition to philanthropy activities, ZTA volunteers for the SPCA and at university football games, helps build playgrounds, helps Project Coffeehouse, along with participating in many other community and university service activities.

In ZTA, members strongly believe in enhancing the college experience through educational programs, social activities and service projects.

Zeta will be holding Continuous Open Bidding for the next two weeks for any girls who would like to join this semester but could not attend rushes.

Courtesy of the Zeta Tau Alpha Sorority

Sigma Sigma



Photo courtesy of Sigma Sigma Sigma

Sigma Sigma Sigma was founded on April 20, 1898 at Longwood College

in Farmville, VA.

The sorority came to the Lock Haven campus in 1935 and is still going strong 71

We currently have 13 initi-

ated members with 9 new members this semester.

The philanthropy of the organization is the Robbie Page Memorial Foundation, which helps critically ill children in 2 locations: Chapel Hill, North Carolina and Dallas, Texas.

Our foundation also helps to provide academic scholarships for women in our organ-

Courtesy of the Sigma Sigma Sigma Sorority

r fraternity or sorority was not contacted by the Eagle Eye and would like to be featured in the next issue, please e-mail us at hueagleye@yahoo.com

Alpha Sigma Tau

Alpha Sigma Tau (AST) was founded at Lock Haven University on April 7, 1921. Last semester, AST celebrated 85 years at Lock Haven longer than any other sorority on campus.

The local philanthropy is the Clinton County Hilton Safe House and our national philanthropies are Pine Mountain Settlement School in Kentucky and Habitat for Humanity.

The sisters also perform

"Adopt-a-Highway" and go into the community to help out. Recently, they served spaghetti at a dinner to raise money for a new playground built in the surrounding area of

As well as helping out for the community, the sorority also works with the Residence Hall Association by helping them out with events. Recently, they served food and beverages at a hall dance.

On Fri., Sept. 29 - Sat., community service such as Sept. 30, they will hold their

annual Rock-a-thon by the bell tower to raise money for both Clinton County Hilton Safe House and Pine Mountain Settlement School, a school for underprivileged children. which is located in Harlem County, Kentucky.

The sisters will also be attending the candlelight vigil held by the Hilton Safe House on Oct. 5, accepting all dona-

Courtesy of the Alpha Sigma Tau Sorority

Pi Lambda Phi



Photo courtesy of Pi Lambda Phi

Pi Lambda Phi is a diverse fraternity on-campus. Founded at Yale University in 1895. Pi Lambda Phi was the first non-sectarian fraternity in the United States, accepting men of good character without

regard to race or religion. With that said, a group of friends decided last year that it would be best to help Greek

life and expand its number of fraternities on campus.

Today, Pi Lambda Phi has established itself as a profound brotherly environment and works to build lifelong fraternal bonds.

Pi Lambda Phi men build skills that will help them succeed in their post-graduate endeavors in an environment

free from hazing and drug and alcohol abuse. The motto is. "Not four years, but a lifetime."

The governor Pennsylvania, Ed Rendell is a Pi Lambda Phi brother.

Courtesy of the Pi Lambda Phi Fraternity

Kappa Kappa Psi

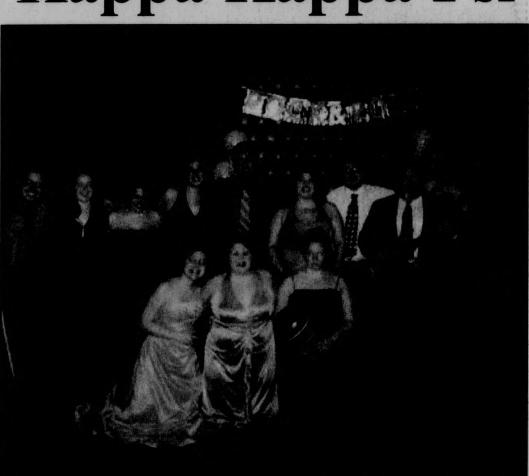


Photo courtesy of Kappa Kappa Psi

Kappa Kappa Psi, National Honorary Fraternity, is an organization that serves the Lock Haven University band as well as other musical organizations.

The brotherhood currently has 11 active brothers and is sponsored by band director,

Professor Jack Schmidt. Kappa Kappa Psi has over 200 chapters nationwide and

continues to expand and draw a lot of interest.

Courtesy of the Kappa Kappa Psi fraternity

HAVEN

Volume 64, Issue 3



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Check out Features . . . How to avoid the common

cold, B8

SPORTS

Wednesday, September 27, 2006

What's On Deck

Home & Away Fall Sporting Events

Today

Women's Soccer @ Adelphi 4 p.m.

Men's Soccer (a) Millersville 7 p.m.

Thursday No Events

Friday

Volleyball (a) Shippensburg Tournament 1:30 p.m.

Cross Country a **Paul Short** Invitational 2 p.m.

Field Hockey v. Towson (a) home 6:30 p.m.

Volleyball v. Alderson -**Broaddus College** 6:30 p.m.

Saturday

Volleyball (a) Shippensburg Tournament 12:30 p.m.

Women's Soccer v. Clarion (a home 2 p.m.

Men's Soccer v. East Stroudsburg a home 4 p.m.

Football (a California 6 p.m.

Sunday

Field Hockey v. **Robert Morris** a home 1 p.m.

Monday

Tuesday

Men's Soccer (a West Chester 5:30 p.m.

Volleyball v. IUP (a) home 7 p.m.

Fourth quarter comeback sparks win

Brandon Apter Sports Reporter

In a game filled with trickery, turnovers, and fourth down conversions, the LHU Bald Eagle Football team spoiled Mansfield's homecoming game by coming back to win 24-21.

Football

"We had talked about competing for 60 minutes," said LHU head coach John Klacik. "Just give 60 minutes of effort and we'll see if you're better than the other team. I don't know if we played fundamentally for 60 minutes today, but never gave up for the full time, and it was enough to win today."

A 69-yard heave from freshman Ilio DiPaolo to senior Troy Wile, Jr. with 1:52 left was the final momentum swing the Bald Eagles needed. Faced with fourth-andgoal later that drive, Perry Smith went over the top for the one-yard touchdown and the game's final score.

A bit of trickery set up the game's first score, as Mansfield ran a fake punt pass caught by C.J. Okojeri for 26 yards, picking up a first down inside the LHU 20. Five plays later, tailback Kevin Calhoun found the end zone for the 7-0 lead.

On the next Lock Haven drive, quarterback Ilio DiPaolo went 8-for-12, finding Neil Herman for three straight catches. The drive would eventually stall ending in a 26-yard Lock Haven field

Early in the third quarter, after a Brendon Pickel punt and an excellent open-field tackle by Tortorice pinned



Photo Courtesy of Sports Information

Perry Smith runs hard against Mansfield in a Lock Haven victory

Mansfield deep in its own territory. Safety David Show stepped in front of another Blakeslee pass at the 26-yard line, speeding to the left cor- Turner returned the favor on

ner for a defensive touchdown and the 10-7 lead with 10 minutes left in the third.

Senior linebacker Andre

the next drive but had a tougher job to reach the goal line, running 85 yards and breaking a pair of tackles on an outstanding play. With that score Mansfield led at the end of the third 14-10.

Mansfield tacked on seven more on its next possession, but almost came away with nothing. Looking at a fourth and seven on the LHU 25 yard line and 8:30 left, Blakeslee hit **Tyrone** Robinson on a slant for the first down. Blakeslee capped the 15-play 80-yard drive with a one-yard touchdown run.

Another swing of the game toward LHU followed with a blocked punt, as senior Derek Harsch swatted the kick and Jonathan Nalewak returned it for 43 yards, cutting the Mansfield lead to 21-

The blocked punt for a touchdown was the first by LHU since 2002 against Edinboro University, when Nathan Eck (2003) scooped up a kick blocked by Jarrod Hendricks (2004).

The tough LHU defense held Mansfield to another three-and-out, giving DiPaolo and the offense 76 yards and 1:52 to work with, down four. After the TD, DiPaolo faked the hold on the kick and ran for two points and the final 24-21.

Freshman quarterback Ilio DiPaolo finished 19-of-37 for a career high of 226 yards spite two interceptions. Those impressive numbers were enough to earn him the Pennsylvania State Athletic Conference Offensive Player of the Week for the western division.

The Bald Eagles are back in action next week as they travel to #25 California University (2-2) at 1 p.m. Cal U is coming off a loss in the hands of East Stroudsburg 41-

Volleyball team remains dominant in competition

Brandy Rissmiller Sports Reporter

Prior to hosting a tournament featuring many top-notch teams, the women's volleyball coach said the winner would have bragging rights to the entire east coast. Head coach Tom Justice hoped that it would be Lock Haven prevailing. His wish was granted.

Volleyball

The Lady Eagles competed in four matches in the LHU Crossover Tournament and walked away triumphant in all, 4-0. They improve their record to 11-3 (3-0 PSAC West).

Senior Li YiZhi and junior Inga Kurgonaite both had a team high of 13 kills against Kutztown University on Friday night. YiZhi also had six digs and five blocks, while Kurgonaite recorded two digs. Senior Maggie Borden was prominent in the victory with eight kills, five digs, and a team high three service aces, while freshman Christina Laury had eight kills, three digs, a block, and a service

The first game played on Saturday was against Millersville University. The Lady Eagles held their opponent under 20 points twice. Laury tallied 11 kills for an attack percentage of .611 and recorded nine digs and two blocks. Kurgonaite once again helped lead the team with 15 ' kills and five digs.

Next up was Cheyney University and the freshmen had a chance to shine. Christie Naumann led the team with eight kills and Kim Windstein tallied six kills and four service aces.

The third match of the day for Lock Haven was against Dowling College. YiZhi hit .556 with a team high 11 kills and also tallied five digs and six blocks. Kurgonaite posted seven kills, three service aces, three digs and two blocks. The Lady Eagles' attack percentage was .471 and the team totaled 23 blocks in the match-

Fabiana Gomez and Caroline Acosta, both freshman setters, combined for 115 assists throughout the tourna-

Coach Justice is happy the team won, but stresses that it is not just winning that is impor-

"It is really how you play the game," he said. "So we will continue to be focused on the how part of the equation."

Windstein and YiZhi are content with the outcome of the tournament. "It brought us together a

a middle hitter. "We competed against pretty good teams and I think we performed quite

"Most of the team got a chance to play at the tournament, including the freshmen," said YiZhi. "We prepared very well, that's why were able to come back from behind when we made mistakes."

Lock Haven traveled to Clarion University earlier in the week and won the match 3-1. YiZhi and Kurgonaite led lot as a team," said Windstein,

Photo Courtesy of Sports Information Christina Laury volleys the ball back against Kutztown University the team in kills with 13 each. YiZhi also had nine digs and posted a .611 attack percentage. Gomez had 30 assists and hit .500. Sophomore Stacey

> the match. Windstein obviously hopes the team wins the upcoming matches, but also hopes that they keep improving their game. "It's a long season, and we've got to be on the top the entire time."

Borgia recorded 12 kills for

"Volleyball is like a cir-

cle," said YiZhi. "Anything could happen during the game, we have to prepare well for every game and be aggressive and then we will see the results."

This weekend the team will compete at the Shippensburg Tournament. On Friday, Sept. 29 they will take on Davis & Elkins College and on Saturday, Sept. 30 they will compete against Alderson-Broaddus College and West Virginia State University.

Women's soccer smashes the Rock

Kris Glad **Sports Reporter**

The LHU women's soccer team, 7-4, extended their winning streak to three this week when they defeated Slippery Rock University, 7-2-1, in overtime 1-0. This was the Lady Eagles first victory against SRU since

Vomen's Soccer

"It was a great overall performance and an exciting victory for our team," said Coach Heather Kendra.

The lone goal in the game

came with the assist of LHU junior, Colleen Kafka, as she fed it to freshman, Kellie Wieger, who put it past SRU goalkeeper Jen McCormick just 1:36 into the overtime

The Lady Eagles had a chance for more points as LHU had eight players try for goals. Colleen Kafka led the team with four shots and two on goal.

"We have a lot of new players this year and the leadership from our upperclassmen has been tremendous," said Coach Kendra.

Junior goalkeeper Emily Wagner is doing a good job as a leader on defense as she

recorded eight saves in the game. This was also her seventh victory and her fifth shutout of the year.

With her eight saves Wagner moved to second, as she passed Takiyah Thomas, in all time saves at LHU now with 162 career saves. This game was Wagner's 13th career shutout and is now 3rd in LHU history of women's soccer shutouts.

The Lady Eagles will travel to Adelphi University for a game and will play their final home game of the seaagainst Clarion University Saturday at 2 p.m. at McCollum Field.

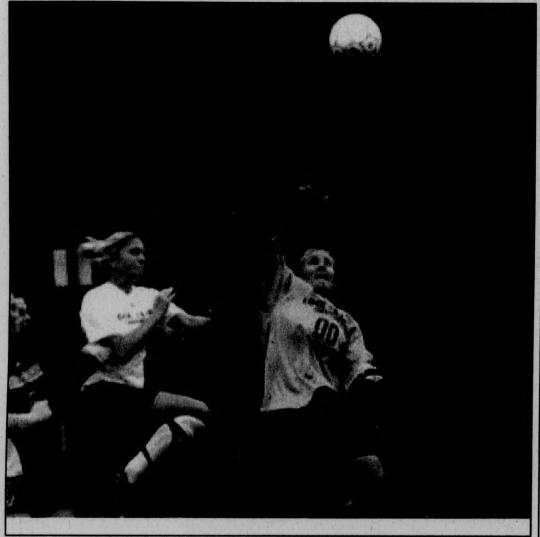


Photo Courtesy of Sports Information

Emily Wagner defends her net during a women's soccer match





File Photo Courtesy of John Rieth /Eagle Eye

Men's soccer team celebrates their win

Men's soccer comes away with two wins

Pier Salamone **Sports Reporter**

The men's soccer team battled through three tough games this past week, coming out with two wins and one loss.

Men's Soccer

Sunday, the Bald Eagles traveled to Slippery Rock University. Lock Haven dominated the game with 23 shots to Slippery Rock's seven shots. The first goal of the game came from Lock Haven's Ashley Rosindale in the fourth minute with Patrick Long logging another assist. Freshman Colin Callaghan received his second career goal as a Bald Eagle with his goal against Slippery Rock in the 49th minute of the contest. Ashley

Rosindale appeared again in the game scoring the third and final goal for Lock Haven.

California Against University this past Thursday, the Bald Eagles prevailed with a 2-1 win. With an aggressive game in the works, the first goal of the game was scored by the California Vulcan's Sheldon Graham. Lock Haven responded promptly, following the Vulcan's goal with one of their own 13 minutes later. LHU sophomore Paul Huckett tallied his sixth goal this season after receiving the ball from a corner kick by Patrick Long. Huckett tied the game after heading the ball into the net. The game swiftly moved into overtime as regulation time ended with a score of 1-1. The winning goal went to freshman Colin Callaghan, who received his first career goal as a Bald Eagle. Sophomore William Trimble III stood strong in goal for Lock Haven, stopping all shots except one.

Earlier in the week the men challenged the West Chester Golden Rams. Tuesday's game was extremely physical, with both teams battling for the first goal. With both teams putting forth extreme effort, limited opportunities to score were given to either Regulation time came to an end with a 0-0 tie. In overtime, the Golden Rams received their fourth penalty corner. Ricky Mucelli took the ball off a pass from teammate Dymtro Hnatkowsky to head it into the net for the winning goal. Catch the Bald Eagles in action throughout the week.

Field hockey continues winning streak

Garrett Graziano Sports Editor

The field hockey team's winning streak stands at six after two victories on the road this past week against Columbia University and Siena College.

Field Hockey

Siena became the newest victim to fall to the Lady Eagles this past Sunday.

Senior goalkeeper, Becca Yerkes, is working on a little winning streak of her own. As of late as she has won her fourth straight start in goal.

The Lady Eagles scored their first point at the 56 minute mark to tie the Saints at one; the goal came at the hands of senior Mandy Daschbach.

Daschbach also scored help of midfielder Blair Wynn to wipe out any chance of a Saints come-

Senior Sarah Huber also scored in the 3-1 victory

Sunday afternoon. The game marked the first time this season that the

team who scored first lost.

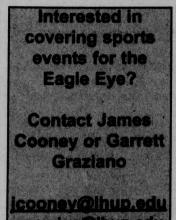
In the Lady Eagles match against Columbia, star midfielder, Blair Wynn, scored the lone goal in a hard fought match last Friday. It was the fourth goal in which Wynn found the back of the. opponent's net. In a 1-0 viclate in the game with the tory, LHU set the tone on defense for most of the

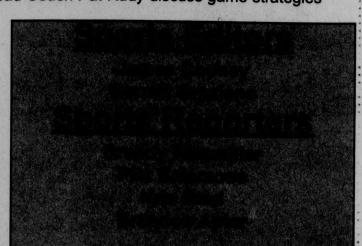
> The field hockey team will see action once again on Friday when Towson University comes to town. The match starts at 6:30



Photo Courtesy of Sports Information

Suzann Hobart and Head Coach Pat Rudy discuss game strategies





Week three in the NFL

Pat Bower Staff Writer

Week three in the NFL was filled with many jaw-dropping plays, surprises, disappointments, and even one play you will only see maybe once or twice every few years. Whether or not your team came out on top in week three, there was still a good reason to watch the games on TV, or at least watch the highlights that are re-aired over and over again. Listed below, in no specific order, are the top five reasons you should have followed week three in the NFL.

Number one. The Tampa Bay Buccaneers finally scored their first touchdown of the season. After being shut out in week one by Baltimore, and scoring only three points last week against Atlanta, the Bucs finally reached the end zone in the second quarter of their game against Carolina Sunday.

With about eight minutes to go until halftime, quarterback Chris Simms connected with wide receiver Joey Galloway for a touchdown. Tampa Bay actually led the game 24-23, until Carolina kicker Jon Kasay hit a game-winning 46-yard field goal with two seconds remaining. Not only did Tampa Bay lose the game, but Simms also lost his spleen. After apparently rupturing his spleen during the game, they had to immediately perform an emergency procedure ito remove it.

Number two. The Cincinnati Bengals got some sense of revenge on the Pittsburgh Steelers, defeating them 28-20 at Heinz Field. Not only did the Steelers drop their record to 1-2, but "Big Ben" Roethlisberger completed less than 50% of his passes, going 18-for-39, and threw three interceptions, along with no touchdowns. I am not sure if he came back too soon from his injury, or if he is just not that good of a quarterback. I will let you decide that. So far, through two games, he has completed 35 of 71 passes for 349 yards with zero touchdowns and five interceptions.

NFC NORTH

Chicago (3-0)

Minnesota (2-1)

Green Bay (1-2)

Detroit (0-3)

NFC SOUTH

Atlanta (2-1)

Carolina (1-2)

New Orleans (3-0)

Philadelphia (2-1)

N.Y. Giants (1-2)

Washington (1-2)

Dallas (1-1)

Number three. Brett Favre and the Packers get their first victory of the season. Although the fact that the Packers got a victory is no ground-breaking event, though they may not have many more this season, Favre did get his 400th career passing touchdown. He became only the second player in NFL history, the other being Dan Marino, to reach that milestone.

Favre also tacked on 2 more touchdowns after that and finished the day with 340 passing yards, three touchdowns and zero interceptions.

Number four. On Monday night, the NFL and the Saints return to New Orleans. For the first time since before Hurricane Katrina, there was an NFL game held in New Orleans. Although the game itself may not have lived up to expectations, it was still a night no one will forget, at least for fans in New Orleans.

Not only was there football to be played, there were also live performances by Green Day and U2.

Number five. Defensive tackle Mike Patterson of the Philadelphia Eagles scored a touchdown on a 98-yard fumble recovery

After the San Francisco 49ers failed to cross the goal line on both 1st and 2nd goal, running back Frank Gore was stuffed yet again. At first, it appeared as if the play was over and the 49ers would soon be lining up for a field goal attempt, however, seconds later, you could see the 292-pound Patterson running down the field carrying the football. About five minutes later, Patterson crossed the goal line and put the Eagles up 31-3.

"I didn't hear a whistle, so I just picked it up and ran with it," said Patterson. "I felt it on the 40, started breathing real hard. I just tried to remember my form.'

With this 98-yard fumble recovery return, he broke the previous record of 96-yards, set in 1974.

Hopefully, these five plays, along with others not mentioned, will be enough to hold us-NFL fans over until week four.

AFC EAST

N.Y. Jets (2-1)

Buffalo (1-2)

Miami (1-2)

AFC WEST

Denver (2-1)

San Diego (2-0)

Kansas City (0-2)

Information courtesy

of NFL.com

New England (2-1)

Detroits' new heroes

Garrett Graziano **Sports Editor**

It's filthy, it's cold, it's dangerous, its poverstricken, it's Detroit. Just as New York is the ity that never sleeps, Detroit is the city that ever cleans, and just as depressing as any day goes in Detroit, their sports teams can take that lepression to a whole new unprecedented

Ok, so I understand the Pistons and the Red Wings are legit franchises, which will have some of you saying not all Detroit sports teams are bad. I know this already. However, hockey is all but disappeared. Tell me the last time you ctually sat down and watched a hockey game; Honestly, you're a liar if you know the last time ou watched a hockey game, no one watches hockey anymore, which is a terrible shame considering it's more entertaining to watch than basketball and baseball combined.

Speaking of basketball, did you know that the NBA suffered its worst viewer ratings ever last year? College basketball is still popular, but it seems like no one cares about slumping pro league anymore. If the NBA isn't careful, I ee them heading into the same type of mess that the NHL suffered from two years ago.

So what have we established? Like the dead hnology of VCR's and cassette tapes, the NHL and NBA are quickly fading into the

shadows of the NFL and MLB. Now the two teams that have brought most of the success to Detroit in recent memory are all but forgotten.

This brings me to what could be the two worst sports franchises in the entire world. The Detroit Lions and Tigers have courageously displayed for as long as I can remember how not to be a winning franchise.

Watching a Lions game is like watching the opposing team have practice. No one can really tell if the Lions are there or not. When scores end up being 45-3 I often wonder who scored the three points. Then I remember that Detroit does have a football team, but maybe they would be more suitable for a powder puff

The Tigers on the other hand seem to be righting the ship. For the first time in 18 years the Tigers have clinched a playoff birth. However, for 18 long years the Tigers have been the laughing stock of the entire sports world. My high school football team had better season records than the Tigers and we only played 14 games at the most each season.

I hope to the highest of powers that this isn't a fluke for the Tigers. First off, I admit that I'm partial to the underdogs, so I would like to see them have a little sustained success and secondly, Detroit and its fans deserve a winning team in a sport that people still want to watch.

I'm jumping on the bandwagon. GO

Baseball playoff race

UF title hopes hinge on four games

James Cooney Sports Editor

As the 2006 Major League Baseball season comes to an end, the playoff picture begins to unfold. As of Tuesday only 13 teams were still mathematically in the playoff hunt, with only eight available spots - you do the math.

In the National League, the more competitive league, eight teams remain in it, but it would take a miracle for the Florida Marlins and the Cincinnati Reds to make it. The Reds sit five games back with only six games left to play while the Marlins sit six games back with six games left to play. The Los Angeles Dodgers and the Philadelphia Philles, who are currently tied atop the Wild Card, would have to lose out for either team to have a chance.

The Florida Marlins basically dumped their whole team into the hands of the New York Mets. I give a lot of credit to manager Joe Giradi, who took a payroll of less than what 13 current Major League players are making, and turning them into a .500 ball club.

Atop the NL West is the San Diego Padres who have a slim two game lead over the Dodgers. The NL Central could be the division with six games left to play. The Astros are far

back in the Wild Card so this may be their only chance to make the playoffs. The six games that the Astros have left are against the Pittsburgh Pirates and the Atlanta Braves who haven't fared well this year. Meanwhile the Cardinals have to play two games against the Padres and four against the Milwaukee Brewers. Of course the New York Mets have dominated the NL East, which is a big change from the 14 years the Braves dominated that

The American League playoff picture isn't so bright. With so many large market teams in the AL, very few teams have a chance of making the playoffs. Only five teams have a chance to make the playoffs and the Los Angeles Angels of Anaheim trail the Oakland Athletics by five games, in the AL West, with only six games left to play. So in order for the Angels to make the playoffs, the A's must lose out and the Angels must win out. The AL Central is the only league with competition left as the Minnesota Twins and the Detroit Tigers fight over first place. The loser, however, still gets a playoff birth as no one else is even close to the Wild Card. The Yankees beat up the AL East to take yet another division title.

So with all this turmoil and only one week left to play my World Series prediction is this: The L.A. Dodgers vs. the Minnesota Twins, with the Dodgers, on the back of Greg Maddux, winning in six.

Tampa Bay (0-3) Cleveland (0-3) Oakland (0-2) to watch. The Houston Astros sit two and a half games behind the first place St. Louis Cardinals NFC EAST **AFC SOUTH**

Antonio Gonzalez

Independent Florida Alligator

A Southeastern Conference championship. A national championship. A season better than 9-3. None will be achieved if the Gators don't succeed during their next four games -- one of the toughest stretches in their 100-year history.

UF will clash with Alabama, No. 2 Auburn, No. 9 LSU and No. 10 Georgia, respectively, during the upcoming weeks.

These games will likely define UF's season. The only other ranked opponent the Gators' play is Florida State, and that game has no bearing on an SEC championship.

However, despite the daunting task at hand, the Gators have downplayed the harrowing stretch. When asked Monday how important it will be to their season, players and coaches alike produced the same answer: "You have to take it one game at a time."

The answers came in different forms. Center Steve Rissler said: "It's not our focus. We're just taking it game-by-game. Right now we're just preparing for Alabama. We're not even thinking about the next three."

Linebacker Brandon Siler said: "We can't do anything but think about Alabama."

Wide receiver Jemalle Cornelius added: "Win. You play to win the game. So, I mean, that's our mentality."

Coach Urban Meyer got in on the action as

When a reporter asked Monday about the stretch's bearing on national title hopes, Meyer responded by saying, "That's not one of our

The coach later repeated, "We play Alabama. We play Alabama."

Ironically, only quarterback Tim Tebow answered the question with a semi-honest

"It's everything," Tebow said. "It's huge. You got to win.'

If the Gators have any hopes of making the trip to Atlanta for the SEC Championship Game, not to mention a shot at that elusive national title, they will have to perform well during the next month.

No other team in the nation will face as many ranked opponents in as short of span.

And given UF's recent history against them, it's a grim task.

The Gators lost to Alabama and LSU last season. Auburn has now become a national championship contender. And Georgia is

always a tough rivalry. So the task at hand doesn't appear light.

The focus the Gators have at least appeared to show toward this week's game was absent last season. But just like last year, UF entered the 2005 Alabama game 4-0 and with momentum on their side.

However, they were dominated 31-3 in Tuscaloosa, Ala.

The memory of Alabama players and fans doing the Gator Chomp and throat-slashing gestures in Tuscaloosa is one the Gators won't soon forget.

"It was real bitter," Cornelius said about the taunting. "It's definitely motivation."

Motivation has now led to concentration. That is, only on UF's next opponent each week.

However, any success the Gators attain this season will likely come from their play during the next four games. But no matter how intimidating this portion of the schedule may be, the Gators, at least for now, are just taking it "one game at a time."



NFL Standings

NFC WEST

Seattle (3-0)

St.Louis (2-1)

Arizona (1-2)

AFC NORTH

Baltimore (3-0)

Cincinnati (3-0)

Pittsburgh (1-2)

Indianapolis (3-0)

Jacksonville (2-1)

Houston (0-3)

Tennessee (0-3)

San Francisco (1-2)

FREE Medium Iced Coffee

With Purchase of a Sandwich* (Breakfast or Large Sandwich**)

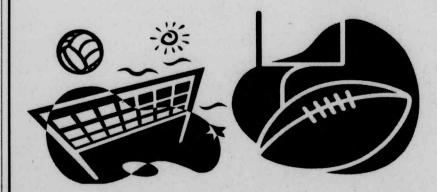
*Excludes Dollar Menu and Snack Wrap *** **Large Menu Sandwiches include: Big Mac*, Quarter Pounder*† with Cheese, Ranch BLT, Club, Classic Premium Chicken Sandwich and Filet-O-Fish* Valid only at participating McDonald's in Southeastern and Northeastern Pennsylvania, Southern New Jersey and Kent & New Castle counties. Delaware. Current prices and participation based on independent operator decision, Void where prohibited. Valid when product served and may not be valid for custom orders. Limit one coupon per customer per visit. One free item per

coupon. Cash value 1/20 of one cent. Price of required purchase vary. Plus tax if applicable. Not valid in conjunction with any of meal. Coupon may not be transferred, copied or duplemedia. †Weight before cooking 4 oz. (113.4 grams). ©

Expiration Date: October 31, 2006

Intramural Sports News

Composition Degins Nathball



Racquetball registration has been extended! Sign up online or at the SRC by Monday, Oct. 2nd

Email Mike Hanna for more details! mhanna@lhup.edu





FALL 2006 SPORTS

Flag Football

8 versus 8 Football at Hubert Jack Stadium Maximum of 15 players per team

Indoor Soccer

6 versus 6 soccer at the SRC Maximum 12 players per team

5 on 5 Basketball

5 versus 5 full court basketball at the SRC Maximum 12 players per team

Volleyball

6 versus 6 volleyball (indoor/outdoor: weather permitting) Maximum 12 players per team

Racquetball

Singles Racquetball League at the SRC Record will determine seeding for the tournament at the end of the season

Fall Teams:

Check your email for captain's meetings this week! www.lhup.edu/intramurals/



Student Recreation Center News

Student Recreation Center Hours of Operation

7:00am	to 11:00pm
7:00am	to 11:00pm
7:00am	to 9:00pm
10:00am	to 9:00pm
12:00pm	to 11:00pm
7:00am	to 11:00pm
7:00am	to 11:00pm
	7:00am 7:00am 10:00am 12:00pm 7:00am

Climbing Wall Hours of Operation

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

Fall 2006 Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Weekend
4:00-4:50pm Strength Training Jen			4:00-4:50pm Strength Training Jen	FRIDAY 5:00-5;50pm Instructor's Choice Teresins
5:00 - 5:50pm Step & Toning Lindsey	5:00 – 5:50pm Step & Toning Lindsey	5:00 - 5:50pm Step & Toning Lindsey	5:00 – 5:50pm Step & Toning Lindsey	SATURDAY 5:00-5:50pm Total Cardio Kick Teresina
6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step Johanna	6:00-6:50pm Step & Tone Johanna	6:00-6:50pm Step Ashley
7:00-7:50pm Yoga Heather	7:00-7:50pm Yoga Heather	7:00-7:50pm Yoga Heather	7:00-7:50pm Yoga Heather	SUNDAY 6:00-8:50pm Step Ashley
8:00-8:50pm Fotal Cardio Kick Teresina	8:00-8:50pm Cardio w/ Toning Teresina	8:00-8:50pm Total Cardio Kick Teresina	8:00-8:50pm Cardio w/ Toning Teresina	7:00-8:00pm Self-Defense Class

All classes are held in the SRC aerobics room.

Space is limited, be sure to come early to reserve your spot!

SRC Bouldering Clinic



Wednesday, October 4, 2006 @ 7PM Sign up at the SRC!

Self Defense Class



Sundays @

@ 7PM Learn How-To
Ballroom

Dance

Sundays @ 5PM & Wednesdays @ 9PM

Bring a Partner and Have some Fun!



Check out the SRC website for schedules, photos, policies and employment opportunities!

http://www.lhup.edu/rec_center



HAVENI

Question of the Week? What is your favorite song from a movie?



Courtney Williamson Senior Secondary Education and English "Summer Nights' from 'Grease'."



Jen Alles Freshman Social Work "Hakuna Matata from 'The Lion Kirg'.'



Justin Miller Senior **Business Administration** "Shout' from 'Animal House'."



Jenn Shabe Freshman International Studies "A Whole New World' from 'Aladdin'."



Ashley Jesse Senior Social Work 'Say A Little Prayer For You' from 'My Best Friend's Wedding'."



Zach Smith Freshman Secondary Education and English 'Dirty Little Secret' from 'She's The Man'."

Compiled by Alana Beightol / Eagle Eye

Campus Cable Channel 1 Movies 7:00 p.m. Wednesday, September 27 - Tuesday, October 3, 2006



Wednesday Sept. 27

Scary Move 4

Thursday Sept. 28

RV

Friday Sept. 29

Monday Oct. 2

Tuesday Oct. 3

Larry the Cable Guy: **Health Inspector**

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GRE, MCAT, LSAT and GMAT

Practice Exams

THIS SATURDAY

September 30th, Begins at 9 am. in Raub Hall, 4th Floor.



Last Day to Register: Thurs., Sept. 28.

Career Services Office (Akeley 114) by 4:00

HAVENLIFE

Keeping busy in the Haven into wee hours of morning

Jaime DeAngelis **Guest Writer**

Lock Haven's website says it best: "Downtown Lock Haven is not far from the heart of the Pennsylvania Wilds and offers a nice mix of shopping, dining, cultural and recreational experiences for area residents and visitors in a historic community with a Susquehanna River."

There are countless things to do in Lock Haven during the course of the day. On top of attending classes, we as students have many obligations and responsibilities that aren't always so fun to look forward to. The luckier students here might have a day or two off of classes during

scenic setting along the the week, but most likely that have the uncanny ability time will be spent catching up on work or doing other tasks. So what does one do when they find themselves in the situation of sitting in their dorm room in the wee hours of the night, unable to sleep or not even really wanting to rest? What is there to do in Lock Haven at one in the morning?

First off, there are the most obvious choices: tossing and turning in your bed, flipping through channels on television, watching a DVD or playing video games or cards. If you find yourself feeling antsy, you could always get up and stretch your legs and walk Jaime DeAngelis / Eagle Eye around campus. Lock Haven's many staircases

to tire you out, just make sure you take safety precautions and travel a buddy. Depending on whom you find yourself up with, either a roommate or a friend, determines what you actually end up doing.

Then there are the not so obvious options. The third floor girls in Russell Hall find themselves playing with an Ouija board, most often staying up until daybreak. If that doesn't games would make due.

But what if you start to feel that familiar growling in the pit of your stomach? Bentley Dining Hall is obviously not open; so many students find themselves searching for places, most often fast food restaurants, to satiate their hunger. A drive down Lock Haven's Bellefonte Ave. will offer you a myriad of choices: Kentucky Fried

Jaime DeAngelis / Eagle Eye

A night indoors can be a blast with a few games tickle your fancy, other and friends to keep the energy going.

Chicken, McDonalds.

For those of you students who are above the legal drinking age, places like Hangar 9, Uncle Albert's, The Fallon and Town Tavern are the hot spots on Thursday and weekend nights.

Despite the many options of night life Lock Haven has, nothing beats taking a stroll down the Susquehanna River.

Wendy's and Sometimes natural beauties become the perfect remedy for sleeplessness. But if you find yourself tossing and turning at night, know that you have many options to keep you busy. And sometimes, nights like that progress to become the most eventful and most entertaining nights you will spend at Lock Haven University.

Time flies when working with the mystical Ouiji board.

Sex talk educates, excites many

Patrick Bower Staff Reporter

Do you think you know everything about sex?

Educator Sex Jay Friedman told a Price Auditorium full of students on Thursday night everything you need to know when it comes to sex.

At the event, entitled "The J-Spot: A Sex Educator Tells All," Friedman stressed on our society's inability to talk about sex openly and positive-

"We live in a society that is not open to talk about sex," said Friedman. "We live in such a sex-negative nation, and I fear it is only getting worse.'

Friedman also discussed methods to having more pleasurable sex, three conditions to meet before you are ready to have sex, and three reasons males always want

"Before you and your partner have sex for the first time, you should meet these three conditions: Affirm, Accept, and Assure," said Friedman. "You must be able to perform with the lights on, use disease and birth control, and know

the pleasure is mutual." He stated the three reasons guys are always wanting sex is due to "locker-room talk," homophobia, and the myth of

"blue-balls." Friedman also revealed how he has received death threats due to his lectures, however, he claims they do not bother him. He shared many stories from the road, some personal and some humorous.



being a Sex Educator through the unexpected pregnancy of my girlfriend as a teen," said Friedman. "I have been doing this for 22 years now."

His lectures on sex education are primarily just for college students and he performs at approximately 40 schools per year. The National Association for Campus Activities has nominated him for the honor of "Lecturer of the Year" multiple times.

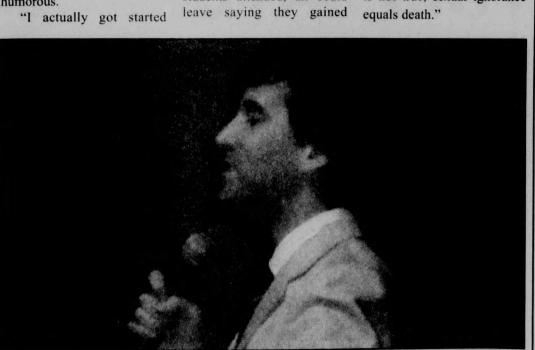
Regardless of the reason students attended, all could leave saying they gained

knowledge on sex.

"I came out because it sounded interesting," said sophomore Julie Fisher. "I wanted to learn something new about sex and that is exactly what I did."

emphasized Friedman many key messages throughout his lecture.

"It's all about communication, both mental and physical," said Friedman. "Because of diseases, people believe sex equals death. That is not true, sexual ignorance



Photos Courtesy of Lyndsay Jasper and Patrick Bower

Sex educator, Jay Friedman, comically informs Lock Haven students on the plights of sexual activity without sounding like a stiff middle school health teacher.



From 80's, B8

The female sex symbols and icons were big in the 80's. Cyndi Lauper with her pink hair and rocker outfits changed female performers' looks. She had hits like "Girls Just Wanna Have Fun," and "Time after Time:"

Madonna sung "Holiday," "Borderline," "Material Girl," "Papa Don't Preach," "Lucky Star," "Virgin," and "Like a Prayer.". The list of her songs that hit the top of the charts in the 80's is endless, but every song's lyrics pushed the envelope a little further, along with her sexy outfits and sexy actions.

These women paved the way for many stars like Tiffany, who sung "I Think We're Alone Now," which was released in 1987, and for stars like Britney Spears today.

Who can forget a talented man like Stevie Wonder who had two huge hits, "I Just Called to Say I Love You," (1984) and "Part-Time Lover" (1985).

In the 80's you could definitely try some funky moves with music like "Walk like an Egyptian" by The Bangles, "Busta Move" by Young M.C., "La Bamba" by Los Lobos and "The Loco-Motion" by Kylie Minogue.

The patriotic side of the 80's brought songs like "Born in the U.S.A." by Bruce Springsteen and "We are the World" by U.S.A. for Africa.

Who could forget all the sappy love songs like "Say You Say Me" by Lionel Richie, "Somewhere Out There" by Linda Ronstadt and James Ingram and "If You Don't Know Me by Now" by Simply Red.

Whitney Houston showed her strong vocals in songs like "The Greatest Love of All," "I Wanna Dance with Somebody," and "Saving all my Love for You."

What's Rock and Roll without "Wild Thing" by Tones Loe, "Sweet Child O'Mine" by Guns N'Roses, "Livin' on a Prayer" by Bon Jovi and "Pour some Sugar on Me" by Def Leppard. The Best Sing-a-Long Award definitely goes to the "Love Shack" by B-52, with its tongue twist-

ing lyrics. The ultimate college party song for not only the 80's but every decade would be "(You gotta) Fight

for Your Right (to party)" by The Beastie Boys.

The chill side of the 80's could be found in songs like "Kokomo" by the Beach Boys or "Red Red Wine" by UB40.

If you are an 80's child, you know the abbreviation NKOTB. In 1989 the group New Kids on the Block released their first hit "You Got It (The Right Stuff)." Oh, this group led us into the 90's and paved the way for Back Street Boys and N'SYNC. How can we be blamed for obsessing over boy bands when we grew up on New Kits on the Block?

Now, children of the 80's, snap your fingers and sing your favorite tunes all the way to homecoming.

HAVENLIFE

"Jackass" hooligans still entertain with crude, unusual stunts

Kara Wilt **Staff Reporter**

Johnny Knoxville, Steve-O, Bam Margera, Chris Pontius and the rest of the Jackass crew are back in the spotlight, as they push the envelope to the max yet again.

As the movie opens, viewers see the obnoxious, crazy bunch running just ahead of a cloud of dust. Behind them, a rip-roaring herd of bulls tear down the street after them,; sending them sprawling in all directions, just barely getting out of harm's way.

As they crash through house windows and tuck and roll into trash cans to avoid the charging bulls, the boys establish that they are back in town and up to their old antics.

Bodily harm seems to be the reoccuring theme throughout the entire movie. With stunts that leave the audience constantly asking, "What were they thinking?" and cringing at the sight of Knoxville and his gang willingly allowing themselves to be beaten, bruised, battered and abused, it's no wonder this crew draws so much attention.

Not knowing what these daredevils have up their sleeves, the audience is left on the edge of their seats from the opening credits to the eagerly anticipated bloopers that seem to accompany any comedic movie nowadays.

"I never knew what they were going to come up with next," said senior Travis Rechel.

Each scene of the movie introduces a new prank or idiotic stunt enacted entirely by the cast, with a few celebrity guests, including director Spike Jonze.

A prime prankster scene takes place in a hotel hallway where the Jackass cast is staying for a segment of filming.

Hanging on the wall is a "letter from a fan" addressed to the cast. The writing on the letter gets smaller and smaller as it goes on. In order to read it, Bam and the other guys have to get extremely close to the letter.

What he does not realize, is that Knoxville is just on the other side of the wall planning to pull a hilarious yet extremely painful practical joke. As Margera and the others get closer to the letter, Knoxville pulls a lever and the guy who is directly in front of the letter gets socked in the face by a boxing glove.

Although mundane compared to the life-threatening stunts the Jackass gang is accustomed to getting themselves into, this trick was somehow shocking to the audience. They seemed to feel pain for the unsuspecting victim. When he was knocked senseless, the theater errupted into sympathetic awes followed by bursts of laughter.

"When they did something stupid, I kind of felt their pain with them," said sophomore Ted Stake. "But it was still some of the funniest things I have ever seen."

The Jackass gang did a lot of things that caused audience members to laugh themselves almost to tears and some things that almost made them lose their dinners.

In order to avoid a more painful skit later on in the movie, Pontius decided to drink fresh semen from a stallion in the skit "Milking a Horse."

With stunts that range anywhere from launching themselves with rockets to tampering with a bull's temper to eating and smelling the unimaginable, "Jackass 2" is almost as if the audience is viewing twenty movies for the price of

This movie was jaw-dropping, awe-enticing, side-splitting comedy that never ceased to entertain.

Genre: Comedy **Distributors: MTV Films and Paramount Pictures** Rated: Reviewer's

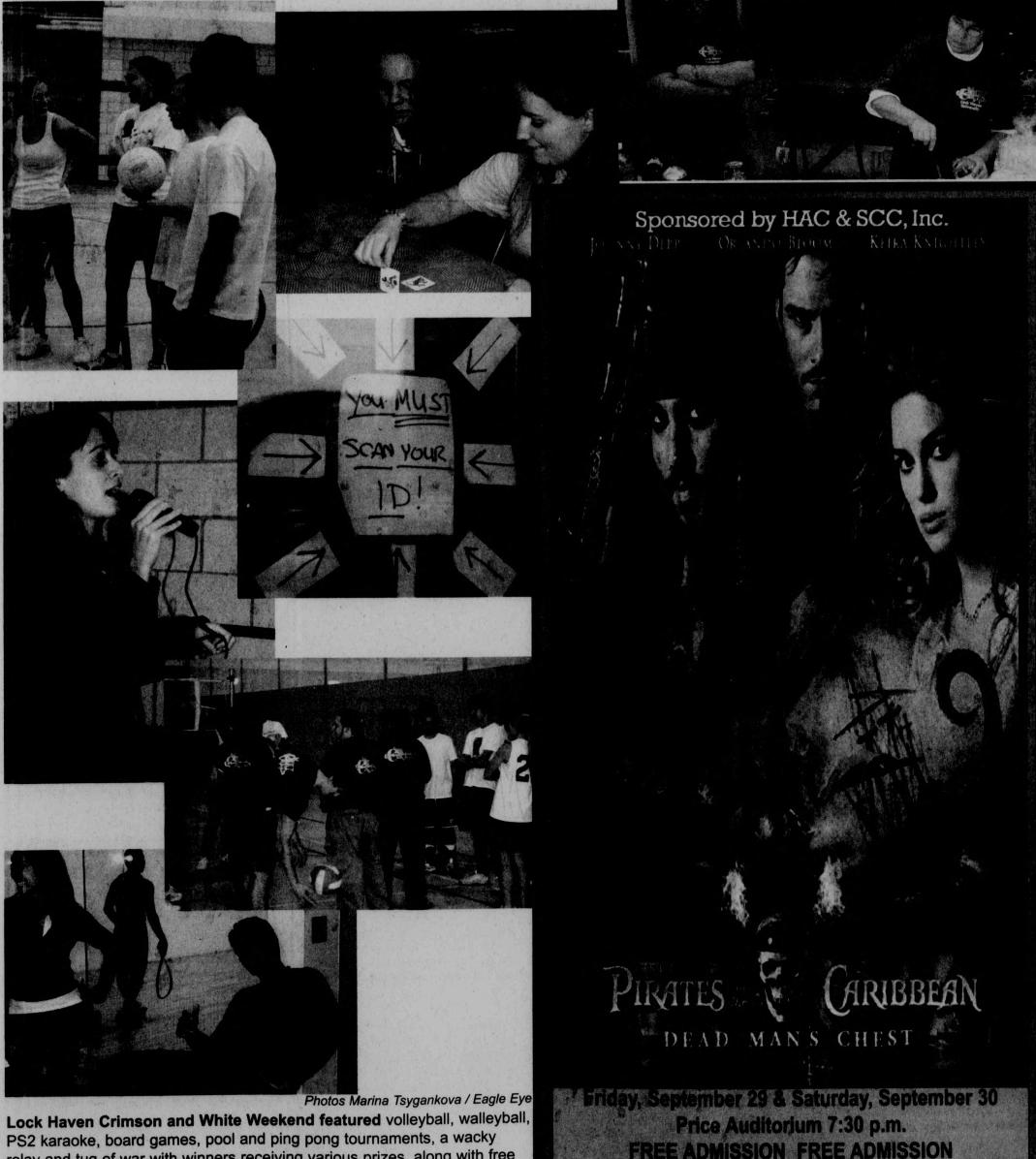
Rating:

10 out of 10



The Jackass gang is at it again in their second movie installment with stunts that are both amusing and idiotic.

Crimson and White weekend memorable for all in attendance



relay and tug of war with winners receiving various prizes, along with free food, music and fun!

HAVEN LIFE University Players gear up for fiery season

Jessa Hoover **Features Editor**

Shows have been selected, casts have been chosen and begun. rehearsals have University Players and the Department Performing Arts have kicked

off their provocative 2006-2007 production season, featuring romance, murder, and comedy skillfully laced through a diverse list of challenging social issues.

The first show to take the stage is "Stop Kiss," by Diana Son, which features two women whose first kiss provokes a violent hate crime. Through a series of flashbacks, the story of Callie and Sara unfolds, revealing the events that lead to the climax of the final scene.

Senior Kaite Woodring, who is directing "Stop Kiss," came across the script in one of her classes last year and fell in love with it.

"Since the show is set in New York City, I tried to have a diverse cast, in effort to stay true to the script," said Woodring. "I'm really excited about this cast; they will play it fantastic."

Senior Melissa Hanson, playing the role of Callie, is just as excited to be part of the

"Out of all of the shows that I've been a part of, this is probably my favorite," said Hanson. "It is a very rich script. In a way, it resembles a Quentin Tarantino movie because it jumps all over the place, but you get it."

"Stop Kiss" runs Oct. 18, 19, 20, and 21 at 8:00 p.m. in the Countdown Theatre.

The second performance of the fall is Sophie Treadwell's 1928 expressionistic masterpiece, "Machinal," which is based on the real-life Snyder-Gray murder trial. Treadwell, a journalist herself, was critical of sensational journalism and was interested in writing about what may have driven Snyder to murdering her husband, which she explores in the drama through a series of nine episodes in the woman's life.

"The language for this show is difficult for the performers," said Dr. Christine Woodworth, director of "Machinal." "It is telegraphic writing, the hallmark of American Expressionism, and is more rhythmic to the ear. Fortunately, our cast has a lot of rhythm."

Woodworth, along with Assistant Professor Stephen Haynes and former department chair, Dr. Gino Chelkis, decided to propose this show to the UP Executive Board in part because of its contrast to the main stage performance last spring, "The Little Shop of Horrors."

"We want both the students involved in the performance and the students in the audience to have an eclectic experience here at the University," said Woodworth. It appears that this mission has been accomplished; the maneating plant in "Little Shop of Horrors" is quite different from the man-killing woman featured in "Machinal."

"Directors have to be passionate about their script in order to get the UP board to vote for their show," said This passion Haynes. inevitably carries over into their vision and commitment to their show.

"Machinal" also offers a lot of possibilities in scenic

"It will be challenging because there are nine scenes to' create, but the show is expressionistic, so it definitely doesn't need to be taken literally," said Haynes, overseer of costume and scenic design.

"Machinal" runs Nov. 2, 3, 4, and 9, 10, 11 at 8:00 p.m. with an additional Saturday matinee Nov. 11 at 2:00 p.m. in Sloan Theatre.

The Pulitzer-prize winning "How I Learned to Drive" by Paula Vogel closes this dramatic season. Seven years of driving lessons from Li'l Bit's Uncle Peck turn disastrous when Uncle Peck sexually abuses his niece. Similar to "Stop Kiss," many comedic moments help offset the heartbreaking realities presented in this show.

"When I first picked up 'How I Learned To Drive' I was hooked," said director Jenny Casalenuovo. "I want the audience to feel uncomfortable and question what is going on in the play like I did the first few times I read it. It really makes you think about both people involved in sexual abuse, and question who is right and who is wrong."

"How I Learned to Drive" runs Nov. 15, 16, 17, and 18 at 8:00 p.m. in the Countdown Theatre.

For the first time, the UP members have planned their whole season in advance and have announced the spring shows as well.

commitment [from UP]," said Woodworth. "They are really a remarkable group of stu-

Opening with Christopher Durang's "Beyond Therapy," the spring season promises to be a bit more light-hearted. Directed by junior Jamie Torley, "Beyond Therapy" throws an insecure girl and a crazy boy into the hands of a questionable therapist, who

very hilariously with other characters, proves to the couple just how beyond therapy they truly are.

"Beyond Therapy" runs Feb. 28 and March 1, 2, 3 at 8:00 p.m. in the Countdown Theatre.

"Foolin' Around with Infinity," by Steven Dietz and directed by senior Ray Sturdevant, departs from the comical when two military men go through one routine night of work in a missile silo, which turns out to be not so normal after all.

"Foolin' Around with Infinity" runs March 28, 29, 30, and 31 at 8:00 p.m. in the Countdown Theatre.

The year's season ends with the main stage production of Moliere's "Tartuffe," which is one of the French dramatist's most popular comedies. When Orgon and his family get tricked by a con-man, they must escape from this religious phony before they lose all of their money. Directed by Haynes, this production of "Tartuffe" is set in the 1970s and has an unexpected twist.

Student Dennis Berfield will be designing the set for "Tartuffe," which means he will be in charge of researching, sketching, and designing the model for the set months before anything is even built.

"I'm always excited to have a student designer," said Haynes. "Designing a set is great because it's almost like playing God; you get to create a world for people to live in."

Although it takes a lot of man hours to create a world almost 20 a week until the opening of a show - Haynes is convinced it is worth it. "It definitely beats not having to memorize any lines," said Haynes.

The UP season has begun, "This really shows a lot of and the productions are guaranteed to be entertaining.

"The reputation of UP continues to grow as they reliably do good work. They are a fun group to be a part of," said Woodworth. "I hope that everyone who watches the shows is impressed with the professional level of work our students are capable of, becomes inspired, and considers getting involved."

Alana Beightol / Eagle Eye

Jenny Casalenuovo, Katie Woodring, Dr. Christine Woodworth (left to right) are directing the upcoming fall theatre productions.

Crazy for the 80's: Cherishing the music

Nicole Pinto Staff Reporter

Most of us here at Lock Haven University were born in the wonderful years of the 80's. Even students here at the university who were not born in the 80's have sung along, danced, and loved the

Therefore, in honor of this year's 80's homcoming theme, it bears reminicing about our favorite

We 80's children were actually born into Rock and Roll, as the song "I Love Rock N' Roll," by Joan Jett and the Blackhearts hit the charts in 1982. In 1985, Rock and Roll became a city, according to Starship in their song, "We Built this City." When it comes to sportsmanship you can't forget the 1982 song "Eye of the Tiger" by Survivor. Songs like "Jenny/867-5309," Tommy Tutone, was probably the first phone number you ever learned. Of course, you still may not know who exactly "Jack and Diane" are, but everytime you hear John Cougar sing about them, you feel like they're old friends.

Who could forget the Michael Jackson songs and music videos that made him known world wide? "Beat It," "Billie Jean" and "Smooth Criminal" were just a few hits that took him to the top. Donna Summers knew what she was talking about in 1983 with "She Works Hard for the Money." and who hasn't seen a reference in a movie or television show to Marvin Gaye's "Sexual Healing" during a love scene?

When you went roller skating, not roller blading, you can't forget tunes like Bonnie Tyler's "Total Eclipse of the Heart," Lisa Lisa and Cult Jam with Full Force's "All Cried Out," or the Cutting Crew's "(I Just) Died in your Arms."

If you were born in the 80's, you probably know who you're gonna call, right? Of course "Ghostbusters," by Ray Parker Jr.

Tina Turner asked, "What's love got to do with it?" She didn't have to worry about love with those

See 80's, B6

season

Marissa Brunner Co-Editor in Chief

And so it has begun once again, another semester of homework, tests and, of course, the ever so dreaded common cold. It's lurking in every dorm hallway and

think inescapable, and that the only solution is to hunker down with the latest cold meds and a box of extra soft tissues, but with a few simple adjustments to one's diet and lifestyle, it just may be possible to beat the sickness.

Making sure you get

immune system, but there are certain foods that can lower your white blood cell count, making your body more susceptible to getting sick.

Consuming foods with high sugar and fat contents will cause white blood cells to decrease their multiplication, which, in turn, diminishes

basis can be extremely detrimental to your short-term

"Alcohol dehydrates your body and weakens your immune system," said Louis. "Also, when you drink alcohol heavily, it keeps you from eating properly."

The second most important way to avoid getting sick is to block germs from entering your system.

"The best thing to do is to wash your hands and use antibacterial hand sanitizers," said Kim Wetzel, RN at Glennon Infirmary. Wetzel also advised that it's possible to prevent the spread of germs through hand to hand contact by sneezing or coughing into your arm instead of your hands.

Of course it would be impossible to stop every germ, but by washing your hands on a regular basis throughout the day you can significantly lessen your chances of contracting the cold.

Germs can live outside the body for up to 48 hours, which means that it's more than likely that germs are loitering on everything from desktops to doorknobs. By simply indulging your hands in a little warm soapy water periodically throughout the day, you can greatly decrease the number of

germs that enter your system.

On top of a healthy diet and good hygiene, there are also effective over-the-counter medications that can be taken during the earliest signs of cold symptoms.

"I advocate Airborne, which is a pill that boosts your immune system when you feel like you're getting sick," said Angel Anderson, a senior at the university. "I also drink a lot of water, whether I'm feeling sick or not."

Of course, there's no dietary or hygiene plan that guarantees a 100% safeguard

from getting sick. By eating the right foods and taking care of yourself, you not only decrease your chances of getting sick tomorrow, but you increase your overall health for the rest of your life.

So while you are browsing the aisles of the grocery store this week, choose the celery over the candy bar, and then wash your hands before you eat it. Not only will you be making yourself healthier, but you'll be saving money by excluding Kleenex and Sudafed from your grocery list next week. ランショック 一種 ショックラリンと 動きになり



Marissa Brunner / Eagle Eye

Marilynne Louis, PA-C, examines Crystal Warren at the Glennon Infirmary.

infecting every doorknob on campus. Everywhere you go you hear the "cough, sniffle sniffle, cough" that inevitably goes hand in hand with the first few weeks of school.

enough of the essential vitamins on a day to day basis is the most efficient way to avoid the cold. Obviously, fruits and vegetables will boost your your body's defense system.

According to Marilynne Louis, PA-C at Glennon Infirmary, ingesting an excess amount of alcohol on a regular

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