

Life Lessons Learned in "Eat, Pray, Love"



(See Page 7)



Senior Spotlight shines on Adam Paulhamus

(See Page 8)

Photo Provided by Lycoming College

The Lycourier

The student newspaper of Lycoming College

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Lyco welcomes class of 2014 at 199th freshman convocation



Photo Provided by Craig McKibben/The Williamsport Sun-Gazette

Lycoming College class of 2014 makes the traditional walk through the Sykes Gate during freshman convocation on Friday, August 27th. This year's freshman class is the 199th class to enter Lycoming College, making it one of the oldest colleges in the United States. For more photos, see Page 2.

Lycourier makes campus news an interactive web experience



Davner

Editor-in-Chief/Lycourier

With the Internet and wireless technology becoming ever-more present in the lives of college students, many campus publications are responding by switching the focus of college media from traditional print sources to online publications, Lycoming's The Lycourier included.

This year, The Lycourier is switching its focus from the traditional 8-page print version of the newspaper students commonly find on campus, to online methods of news distribution, including the Lycourier webpage and social networking sites such as Facebook and Twitter.

The print form of the paper will still be available across campus, but the staff of the Lycourier is encouraging students to utilize The Lycourier online.

"It's a vast, expanding media source in which news can constantly be updated, therefore students don't have to wait for the bi-weekly paper," says Sports Editor Stephanie Van Der Wal.

Students can access The Lycourier's Facebook account by "friending" Lycourier Newspaper or by following The Lycourier on Twitter. By becoming a friend and/or follower of The Lycourier's online outlets, students will have access to posts, articles and links from the Lycourier staff, as well as photos and videos of campus events that will not be available in the print editions of The Lycourier.

In addition, by becoming friends with The Lycourier on Facebook, students will be able to access the editing staff's individual blogs, which are linked to the paper's profile on the social network. For example, students interested in the latest information on Lycoming sports can access Van Der Wal's blog, www.svanderwal.blogspot.com.

The students also can access the latest Lyco news on the Lycourier website, www.TheLycourier.com. The Lycourier's website will feature articles that are not included in the latest issue of the bi-weekly paper publication, as well as a portable document format (PDF) version of the latest issue. The website also is linked to the paper's Twitter account and will feature a scroll of the account's last eight "Tweets," keeping visitors to the site up-to-date on campus events.

This year's Social Network and Web Editor is Senior Bethany Herring. Herring is responsible for the upkeep and maintenance of all Lycourier online outlets, as well as the author of a column on Internet tips and recommended websites for students. This column will appear in future editions of the printed paper, as well.

The Lycourier does not just hope to expand its online presence through the written word, however. The staff has established a Livestream TV account online, which will be used by the staff as a forum to display videos of college events and interviews.

It is important to point out that the new features are meant for the student body to get involved with the Lycourier and the news the staff of the paper shares. Student followers of the paper's online sources are encouraged by the editors to comment on posts and to add to the Facebook and Twitter discussions.

There will be a contact sheet available on the website for students to send "Letters to the Editor" in response to items found both in the printed paper and on the web. Several letters will be printed in every issue of the paper.

All comments and letters to the editor are subject to approval, however, and the editorial staff of The Lycourier reserves the right to remove any comments deemed profane and/or slanderous from the Facebook and Twitter pages, as well as the website, and no inappropriate letters will be published.

The Lycourier's new efforts to increase its following amongst the Lyco student body is already creating quite a buzz. Senior Lauren Shambach thinks the Lycourier's expansion is "a great idea. I would be more likely to look through [the paper] in my free time if it was online.'

Juniors Joseph Andrie and Denyse Walters agree, both saying that the increased focus on online news is "a quick, easy way to access [...] the Lycourier."

Megan Frank, also a junior, reported, "I heard from two people that they love that the Lycourier is now on Facebook and I agree with them.'

According to Junior Allyson Blizman, the Lycourier's online outlets will be "easier to access [...] in [her] room' and will allow her "parents to see current issues because they enjoying reading them."

It's safe to say that the Lycourier's move to embrace web technology is a step in the right direction-towards the future of college journalism.

Freshman class of 2014 arrives on Lycoming College campus (cont'd)



Photo Provided by Craig McKibben/ The Williamsport Sun-Gazette

The class of 2014 make their way through campus on their way to convocation. This year's freshman class marks the 199th class to arrive at Lycoming College.



Photo Provided by Craig McKibben/ The Williamsport Sun-Gazette

Members of the freshman class, above, look on as the Lycoming College choir performs at new student convocation on Friday, August 27.

At right, the class of 2014 process through the Sykes Gates.

Spotlight on Greek Life:Tau Kappa Epsilon redefines brotherhood

Nearly 400 incoming freshmen walked through the David B. Sykes Gate on Friday, eager to begin their new lives at Lycoming College.

According to Lycoming College's Relations Office, more than 380 new students settled into the Skeath and Asbury residence halls, aided by the Lyco Move-In Crew. Then, with their families, the students attended the First Weekend activities and the New Student Convocation.

Lycoming faculty and staff participated in the convocation ceremony near the Fine Arts Building, and Judge P. Kevin Brobson, a 1992 Lycoming College graduate, gave the convocation address.

"To the incoming freshman class, I offer my heartfelt congratulations," Brobson said. "This will long be a memorable day for you and your family members. You should be very proud of the accomplishments that have led you here

Visit Lycoming College's website to view photos from the weekend: www.Lycoming.edu.



By Anthony Pilla Lycoming College

The Mu-Theta Chapter of Tau Kappa Epsilon is one of more than 250 TKE chapters throughout the world.

The international organization stands as one of the oldest fraternal orders in existence with its creation dating back to 1899. Tau Kappa Epsilon has grown substantially, undergoing many changes with over 250,000 initiated members across the country. It is also notably the only organization to have chapters in other countries, including Canada and Germany.

Tau Kappa Epsilon received its charter at Lycoming College on April 12, 1969. Since then, the brothers of Tau Kappa Epsilon still stand strong in sharing their goal of "aiding men in mental, moral, and cultural development," as stated in their national mission statement.

Tekes of Lycoming particularly value the growth of their fraternity brothers, being seen through "maturity, awareness, and development in character." Each brother strives to better themselves, not only as a college student, but as a man in the world as well.

The 24 current fraternity brothers are very involved in all aspects of campus life at Lycoming from tutoring programs such as Study Buddies, to various intramural clubs, to choir, band, and athletics, just name a few.

In the surrounding community of Lycoming County, the brothers of Tau Kappa Epsilon never cease in lending a helpful hand. Each year the brothers volunteer their time to work with the Pennsdale Friends Meeting of Quakers. It is a local Quaker residency, where the brothers aid in anything from raking leaves to doing some hands-on archeological surveying at the nearby cemetery.

However, the philanthropic events do not just stop within various communities of Lycoming County. Every year, the brothers volunteer their time to help out major organizations as well. One of these corporations is the popular family friendly chocolate capital of Pennsylvania—Hershey Park. The brothers make a yearly visit to the Pennsylvania chocolate capital, volunteering their time as ride operators.

At the 2001 Conclave in New Orleans, the Grand Chapters of Tau Kappa Epsilon adopted the Alzheimer's Association as an official TKE philanthropy. The Alzheimer's Association is a national network of chapters committed to finding a cure and helping those affected by the disease. The Fraternity has partnered with the Ronald and Nancy Reagan Research Institute, which was established in 1995, one year after Brother Ronald Reagan announced to the world that he had Alzheimer's. As of Spring, 2010 the brothers of Tau Kappa Epsilon-Mu Theta Chapter have



Photo Provided by Tau Kappa Epsilon/ The Lycourier

Several brothers of Tau Kappa Epsilon receive scholarship awards during the 2009-2010 academic year. TKE is one of several fraternities on campus at Lycoming College.

raised approximately \$10,000 towards the fight to finding a cure for this disease.

More than 30 years ago, Tau Kappa Epsilon Fraternity joined the fight against childhood cancer when Danny Thomas, founder of St. Jude Children's Research Hospital and fraternity member from the Gamma-Nu chapter at the University of Toledo, asked his fraternity to help him with his cause. Chapters across the country raised money for St. Jude during the 1970s and 80s, before the organization partnered with another charity. In 2008, TKE renewed the partnership with St. Jude in the fight against childhood cancer, sickle cell and other catastrophic illnesses. TKE chapters across the country are raising funds and awareness to support the dream of Danny Thomas that no child should die in the dawn of life.

Brotherhood is a special and considered the most im-

portant aspect that TKE Mu-Theta offers all of its members. If you ask any member of Tau Kappa Epsilon-Mu Theta chapter, they can agree that, "friendships can come and go, but brotherhood lasts forever."

Memories are made, bonds are formed and these gifts never leave. The friendships made here last forever, and this is why the brothers say that "TKE is for life." If you have an interest in Tau Kappa Epsilon or the fraternity Community at Lycoming College please contact the president of Tau Kappa Epsilon-Mu Theta Chapter Nicholas Tomaskovic, tomnich@lycoming.edu, a member of Tau Kappa Epsilon, or Scott Reed- President of The Inter-Fraternal Council, for further information.

More information can also be found online at http://www.tke.org, or http://student1.lycoming.edu/orgs/tke/Welcome.html



Member-Associated Collegiate Press

News

Slow Down and Save a Life

Student raises money for suicide prevention



Bethany Herring

The Lycourier Staff

More than 33,000 Americans commit suicide each year, according to the American Foundation for Suicide Prevention (AF-SP). Fortunately, a group, led by sophomore Jenna Miller, is raising money to help that number decline.

Miller's team is raising money in memory of classmate Brittany Helton, who passed away in early August. The team, nicknamed "In Memory of Brittany Helton," will join other local teams in October for the Out of the Darkness Community Walk at Pennsylvania College of Technology to remember Helton and others who have lost their lives to suicide.

Miller said she got the idea for starting her own team from a post on Helton's Facebook page from a family member who also started a walk team.

"My team wants to walk in Brittany's memory. We also want to spread the word that suicide is not the answer. The walk is raising money so the AFSP can educate students on how to get help and find alternatives to suicide," Miller said.

The team is inspired by the saying, "Slow Down and Save a Life," which was the theme of Helton's funeral.

"At Brittany's funeral, her grandmother told her family and

friends that they should always talk to someone about their feelings because there are people who care about them. She also stated that no family should be put through losing a child," Miller said.

So far, the team has four members, including Miller, and is more than half way to reaching its monetary goal of \$500. Miller said she would like to sell T-shirts honoring Helton to help raise money for the team.

Miller said that Helton, a psychology and Spanish major, was well-liked during her Lycoming career.

'Brittany was nice to everyone," Miller said. "She went out of her way to make everyone feel welcome. Her smile was contagious, and she never wanted anyone to be sad."

Miller and Helton met at summer orientation before their freshman vear.

"Brittany was my first friend at Lycoming. She was in my orientation group because we had the same adviser. I will never forget our memories from orientation like eating ice cream at 2 a.m., singing karaoke and playing volleyball."

Miller's memories of Helton aren't limited to orientation, though.

Tremember coming to see Brittany in the library (the location of Helton's campus job), where we would get yelled at for talking too loud, and I would 'steal' her computer. I also remember having Jonestown psychology class together, passing notes, sharing cookies and having random talks with Brittany," she said. "We even walked through the gates together during First Weekend

"Brittany, I will never forget your hugs, your laugh, your smile or any of our inside jokes," Miller said. "You are one of my best friends.

A Celebration of Life: Brittany R. Helton

A celebration of life and reflection service will be held in memory of Brittany R. Helton, class of 2013 at 7 p.m. Thursday, Sept. 2 in Honors Hall, Lycoming College.

This will be a time of prayer, song and reflection in celebration of Brittany's life as well as a time for the Lycoming community to mourn her passing. All students are invited to attend.

Those with questions should contact Jeff LeCrone, campus minister at lecrone@lycoming.edu.

Out of the Darkness Walk Set

The Great Lycoming Area Out of the Darkness Walk will be held from 2-4 p.m. Oct. 17 in the Bush Campus Center at Pennsylvania College of Technology. All members of the Lycoming community are invited to join the team "In Memory of Brittany Helton" or start their own team in memory of a loved one. There is no minimum donation required to walk, but every participant who raises at least \$150 will receive an event T-shirt. Those wishing to donate to or join Brittany's team should contact Jenna Miller at miljenn@lycoming.edu. Anyone who is interested in forming a team or who has general questions about the walk should visit http://www.outofthedarkness.org/ or contact Joe Miller at joesmiller@verizon.net.

Tour de Jersey Shore: Riding and Walking Along Pine Creek

By Megan Frank Lycourier Staff

The Pine Creek Rail Trail was voted as one of the "10 greatest places to take a bike tour" by USA Today and I am lucky enough to have the 62mile bike trail begin right in my hometown, Jersey Shore. My friend, Alicia Thompson, and I travel up and down the trail quite often, but just recently we began considering turning our 5-mile bike rides into 30-mile bike rides.

Alicia and I decided that on June 27 we would ride exactly half of the trail, 31 miles. I woke up early and began packing my backpack making sure I had a first aid kit, bug spray, sunscreen, and most importantly, water. I had checked the weather the night before and was expecting a nice, warm, cloudy day, but I was wrong.

Our bike ride began in Cedar Run at mile marker 137, exactly 31 miles from the Jersey Shore parking area, mile marker 168. As soon as we began we saw a turtle and a deer. We thought to ourselves, "This is going to be one exciting trip" and it was. As we passed through Hillborn and Slate Run we felt great. We kept up a pretty good speed and rarely stopped except to see two more deer and tiny graveyard.

After biking approximately 13 miles, Alicia and I stopped in Cammal to eat lunch. We had packed granola bars, watermelon, and apples, but the apples had gone bad. We sat on a bench and were able to see people kayaking and swimming in Pine Creek. At this point, I was ready to give up and get in the water with them because it was so hot out. Clearly, the forecast was wrong.

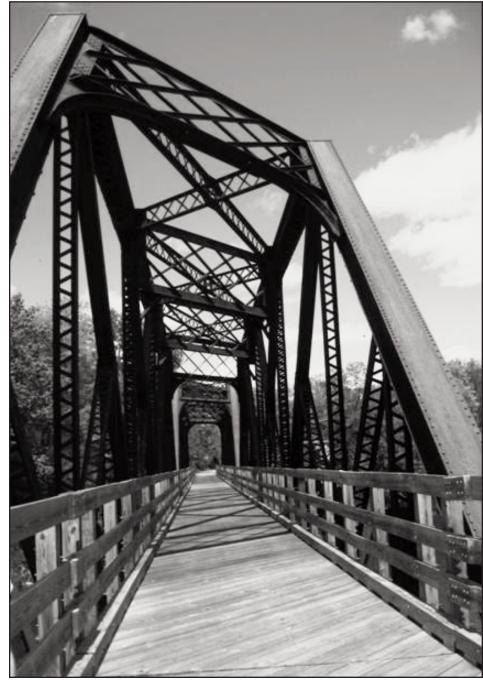
After sitting for awhile we took off at full speed and only stopped once in Jersey Mills to take a photo of the post office and drink some water. We counted the trail markers left by the railroad as we continued down the trail and waited impatiently as the numbers got closer to 168.

By the time we reached to the town of Waterville, I was starving, Alicia was out of water, and the temperature reached approximately 90 degrees. We knew that Bonnell Flats Comfort Station was only 4.3 miles away and we could fill up on water there so we sped off.

the time we arrived at Bonnell Flats, I was just about exhausted. I felt like I was going to get sick and could not get enough water. Alicia was ready to continue, but we sat for a while and waited to get some more energy.

The sign at Bonnell Flats reads "Jersey Shore 7.3 Miles." Once again, this doesn't seem like that far unless you just rode 23 miles. We rode on at a relatively slow speed and eventually reached the Whitetail parking area. We were 2.7 miles from Jersey Shore and I gave up. It was 93 degrees and I was incredibly overheated. Alicia went on and finished the next 3 miles so technically only one of us completed our goal, but we can both say we went the farthest we ever have on our bikes.

At the end of the day, I felt like I bit off more than I could chew, but I also felt accomplished. Alicia and I have decided to continue our long distance trail rides and eventually plan to complete all 62 miles of the Pine Creek Rail Trail. My advice to anyone who wanted to ride on the trail is to get out there and do it, just make sure you're prepared and have lots of water. It's a beautiful area and there is so much to see.



A usual bike ride for us ranged from 3 to 6 miles so 4.3 miles did not seem that difficult, but after riding 19 miles, 4.3 seem like an eternity. By

Get Ready to Ride, Walk with the 'Y'

By Megan Frank

Lycourier Staff

The Jersey Shore Branch YMCA will be hosting their 7th annual Ride/Walk with the "Y" on Sunday, October 3.

Community members interested in the ride/walk, which takes place on the Pine Creek Rail Trail, will be able to choose from three different courses including short, average, and advanced. At 12:30 p.m. the advanced course will depart from the Jersey Shore Rail Trail Lot. This course is 25 miles long and runs from Slate Run to Whitetail.

The short and average courses both depart at 1 p.m. from the Venture Inn, just outside of Jer-

sey Shore. The short course is 5 miles long and runs from Ramsey to Whitetail. The average course is 9 miles long and runs from Waterville to Whitetail.

Transportation is provided from all departure locations.

Registration forms are now available. The cost for the event is \$10 for an individual and \$25 for a family. The forms can be returned by mail or walk-in to the Jersey Shore YMCA located at 826 Allegheny Street in Jersey Shore.

Those participants registered by September 20 will receive a free t-shirt (limit 2 per family). Additional t-shirts may be purchased for \$10 each. For more information please contact the YMCA at (570) 398-2150.

Interested in being a writer, photographer, cartoon artist or editor?

If so, the Lycourier wants you!

The Lycourier's weekly meeting is at 9 p.m. Thursdays in the Mass Communications building

> Everyone is welcome! No experience necessary!

Come and see what the paper is all about!

Contact Aliza Davner for more information davaliz@lycoming.edu

This railroad bridge along Pine Creek has been converted into the Rails to Trails.

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News



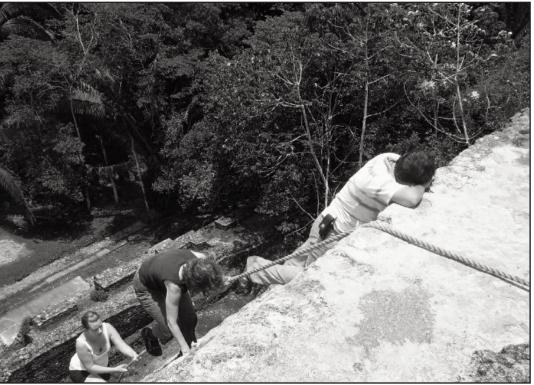


Photo Provided by Lauren Shambach/ The Lycourier

Students complete a treacherous climb in the jungles of Central America.



Photo Provided by Lauren Shambach/ The Lycourier

Lyco students take a break during their travels. The Art department sponsored a May Term trip through Central America this past summer.



Photo Provided by Lauren Shambach/ The Lycourier

Students from the At Department also visit ruins in Costa Rica, Central America.

Campus Scrapbook

Where I Spent My Summer Vacation...

Lycoming Students Go Abroad

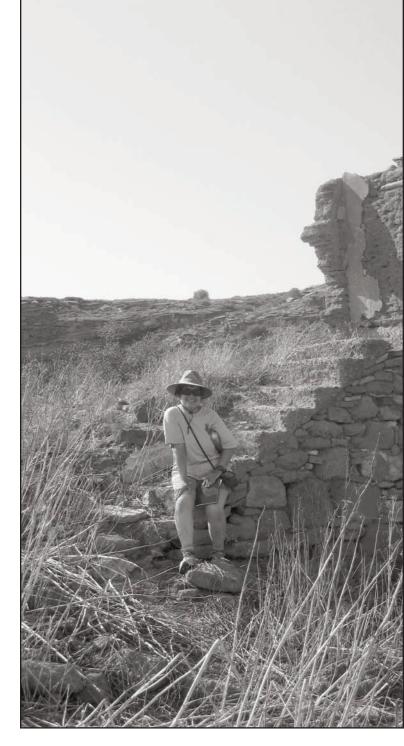


Photo Provided by Samantha Silverberg/ The Lycourier

Lycoming Junior Samantha Silverberg cleans artifacts on a dig site in Idalion, Cyprus. Archeology students were given the opportunity to practice in their field of study on the Lyco expedition this summer.



Photos Provided by Samantha Silverberg/ The Lycourier



Silverberg spent seven weeks on in Cyprus perusing her passion for archaeology on one of many Lycoming-sponsored digs.

Silverberg poses next to a ruin at the archeological dig site in Cyprus.

September 2, 2010

College Life

The Lycourier 5 Cultural Perspective: What is culture?



College Life Editor

What is culture? Culture can be many different things, but to sociologists, psychologists, anthropologists and other social scientists it can be defined as "a shared, learned, symbolic system of values, beliefs and attitudes that shapes and influences perception and behavior."

Essentially, culture is a full range of learned behavior patterns that a person exhibits in accordance to the society in which he or she lives. It includes such elements as myths, religion, food, language, rituals, celebrations, attitudes, values and the list goes on.

Last spring, I was afforded the opportunity to study abroad in Nicosia, Cyprus, that last remaining divided capital in the world. During my four months abroad I had the invaluable opportunity to travel to 15 different countries and 33 cities across Europe and parts of the Middle East.

I can't even begin to explain the overwhelming excitement of visiting Cairo, Egypt or the splendor of seeing the beautiful coastline of the Maltese Islands, the unprecedented architecture of Prague or the overpowering feeling standing on the Mount of Olives in Jerusalem. The plethora of languages and cultures that encapsulates Europe and parts of the Middle East provides an incredible journey.

All too often as Americans, we shelter ourselves from travel to these exciting lands because of the ocean that divides us. Travel between countries is a normal routine for Europeans who are lucky enough to be in close proximity to their neighboring countries, but in the United States we are not so fortunate; however, in an ever-changing world we are afforded opportunities that our parents and grandparents never had before us and travel opportunities for students are becoming plentiful.

Our generation is going to be continually affected by some of the largest growing cultures in the world, particularly those of Muslim nations, and we are going to be linked directly to the economic progress (or current failure) of projects such as the European Union. India and China are continuing to change the world with economic growth and technology and Africa continues to face its problems of economic strife and political upheavals.

In order for us to not only be successful in this fast-changing world, but to also help shape its future, we must first educate ourselves about the world and its people.

Today we face the problem of prejudice and misconceptions about the world's people, politics, religions, etc. With this new column, "Cultural Perspective," which will feature a new cultural piece in accordance to my observations throughout my travels, I hope to help correct stereotypes that are all too often held by American society and fueled by the American media.

Prior to my travels (and probably still because I haven't yet traveled the world per se), I was guilty of believing the same stereotypes. Although stereotypes derive from pieces of the whole picture, they can provide an unrealistic depiction of the norm because they are not the

whole picture. Ignorance and misconceptions about the world's cultures are what fuels fear and animosity among the world's people.

For example, while in Cyprus, one of my assignments for a sociology project was to discover the perceptions of America held by Cypriots. Part of the project was to engage in conversations with Cypriots and also to present surveys to uncover what the general perception of America was.

In essence, the stereotypical American is loud, eats McDonald's on a daily basis, and is very uneducated in international affairs and current events. They find Americans to be very self-absorbed, ethnocentric individuals (i.e. they

believe Americans hold their culture and society superior to the rest of the world) who are consumed in materialistic values. To say that this stereotype describes the majority of Americans is a false perception.

It is believed that through education we can break through the stereotypes and move from tolerance to acceptance. Whether this is an impossible dream or not, I hope that the cultural pieces featured here will spark student interest in pursuing a study, travel or possible work experience abroad. If not, I at least hope you find them interesting and entertaining.

There is a beautiful and exciting world out there. Go see for yourself.



A sign written in Hebrew outside of a kosher restaurant in Tel Aviv, Israel.



Young lovers in Prague, Czech Republic place locks with their names and anniversary dates on a gate to signify lifelong love



.Traditional Cyprus meze is the most popular Cypriot dish and is a mix of 8-10 dishes of dips, meats, and vegetables.

Life Changes: Transitioning to College

By Diane Langley

Lycoming College

August is the month where most families are transitioning with their sons and daughters as new college freshmen. All members of the family are affected by this change. There's no perfect map for this journey, yet the following column offers some thoughts to consider.

To give a more collective perspective, today's column is written with the assistance of several Lycoming College students, credited in the authors' note at the end of the column.

Today we'll focus on the "traditional" student out of high school, with thoughts for parents-guardians, family members and the new freshmen.

I understand that some parents are footing the bill, while other students are responsible for 100 percent of their expenses - or a combination. Also understood, is that every institution is different, yet all have transition processes.

First, all parents and family members want to continually feel needed, just as freshmen need to find their way through this new experience. It's a balancing act, and a major transition with many unknowns.

Students want to make their families proud, while not feeling underestimated that they can't make wise decisions on their own. They will make mistakes, just as we do, and learn from them. Being supportive and nonjudgmental always keeps communication flowing.

Students do not necessarily recognize the tremendous changes that parents and siblings are going through at home. They may honestly believe that "home life" goes on naturally. Yet, just ask a parent about a child moving out, and their feelings about it.

As far as worrying, I don't see that ending on anyone's part. It's natural. Yet think about what you've taught your child over the years.

6Yet you may not feel that way when talking with them. I just wanted to remind you that they take you and their siblings with them. They often worry about family members, as they are connected and that's part of the "away" process.

Freshmen may want to make an initial "agreement of sorts" on

how many times they will be in touch with home. Many of my students text or call their parents regularly, if not daily.

Other students become concerned about "helicopter parents"; meaning those who hover constantly, as it creates a sense of frustration and lack of trust.

My students and I can't highlight "communication" enough. Not only with parents and family members, but also roommates, teachers, coaches, advisers and other students - along with the numerous service providers at educational institutions.

Whether an only child, or from a large family, all students need to learn how to live together at school. They will all experience diversity of thought and background. Again, trust in what you've taught them to date. Their openness to the "possibles," versus their past life experiences, are an education in itself.

Know that some will meet best friends for life, while others will need a roommate change for a healthy experience. Both happen.

Little things can add up to big confrontations when living together. Whether it's sharing (or not) what's in the refrigerator, a difference in study and visitation hours, noise, the television remote, open windows, cleanliness - it's all relevant for conversations

Many confrontations can be headed off if discussed when first living together. My students suggest learning flexibility in letting the little things go.

And should freshmen room with someone they already know? That is certainly up to them, however many students prefer to meet more people by rooming with someone previously unknown. It's not a negative statement about a relationship if the latter is chosen.

Commuter students make a special effort at new friendships, since they are not meeting people in the residence halls. They need to ask about what happens if a class is cancelled with a professor, or in the case of a school closing because of weather.

Car maintenance, travel time and off-campus jobs also need to be considered in scheduling. Residential students can reach out to them as well, and make a great friend.

Getting actively involved is a consistent suggestion from all of my students. Know that your teenager may not want to continue an activity they did all through elementary and high school.

While some are frustrated that they are not "known" as they were in high school, others are relieved to get a fresh start. Finding out their "true self" as an identity is important, and a work in progress. Conflicted feelings - versus a conflict - happen all the time

Many students will not pick a major (study focus) until later in school. It is also not unusual they might change their major several times during their schooling.

The goal is for an education, while the pressure is already in the back of their minds of getting into the right job upon gradua-

tion; especially for this investment. Some students are quite

As a teacher, I often hear about the wisdom of a parent from my students. Almost every reflective essay I've had students write on communication, they focus on their families in a positive way.

> Both scenarios end up working out. Learning about

career opportunities with various majors is important to research. One of the biggest challenges I see, and listen to from my students, is called "re-entry."

When students return home after beginning college, they are different people. They are reentering a place that is perceived to have remained somewhat the same, while they have changed. The independence they've worked so hard to create (maybe internally), can "feel" challenged when returning home.

My best suggestion comes from my students. Welcome them home and ask about their experiences. This does not mean foregoing home rules or responsibilities; yet you will probably see them transitioning and having some difficulty in the process. They may also be confused about their high school relationships as well.

Some will want to come home almost immediately, as they feel school "away" is not what they want. Encourage their independence, wherever they go to school.

Many of my students worry about their younger siblings, divorced parents, friendships from home or someone with a health problem.

Parents and freshmen should know the school's handbook. Most schools post it on their website. You also can access and share the academic calendar with important dates (i.e. class registration times, residence hall closings, holidays, final exams, etc.)

Textbook costs add up quickly. Many students find out what books they need for their courses, and then order them on half.com, amazon.com or book rental sites.

College bookstores have the information on these texts. Bookstores can sell these textbooks and many other amenities. Note: There is a difference between "required texts" and "recommended texts.

My students suggest you start with the required texts, and see if the recommended materials can be found in the library (or through inter-library loan).

Check if the school is MAC- or PC-based with wireless access, and what software packages they need.

If your teenager doesn't have a computer and-or printer, check to see where labs are located on campus - and what the maximum number of printing and copying may be. This is often a number that students exceed and ends up being a surprise on the bill. Also know that bills must be paid before students can register for any semester.

Students should carry their ID card everywhere, and many admissions departments have worked hard to get them discounts locally by simply showing their card.

Check ahead of time where commuters and other students park - and if students living on campus are allowed to have a car. Also check for transit opportunities near the school.

Many students-parents create a checking account at home where the student can use their debit cards for purchases or withdrawals. Knowing what banks offer fee-free MAC transactions (both on campus and in town) may make a difference in where you bank.

Checks from out-of-town are not always cashable, yet debit cards can do the trick. Adding to their account (when needed) also makes it easier for both of you. An additional local account allows them to deposit-cash their paychecks.

Health insurance cards are important to bring to school, along with a record of vaccinations and medications. Plan ahead for medication refills by considering the transfer of prescriptions to a local pharmacy near the school.

Consider when medical appointments are at home, and think about getting them a doctor in the college town. Emergency room costs can become a major unexpected expense.

Plan to not just "drop them off" and leave. Many students have stated they would have appreciated a little time together.

Lastly yet equally important for parents, are the people in your home. Everyone may be confused as they are transitioning too. Just a little reminder about remembering there are new needs in front of you; be it other children, your spouse - or taking care of yourself. For freshmen, the student authors and I wish you well with your new world of school. Always believe in yourself.

Langley is a communication instructor at Lycoming College Student contributors include Myles Biggs, Justine Bush, Bethany Herring, Kaitlin Isennock, Alison Lubold and Kelly Prendergast.

truthful about saying they don't know what they want to do until the later years. While others will have a track they stay on from day one while

schooling.

cameras don't face the parking lot. 'It's a good thing the security

-Skeath Parking Lot

"sons I can pick my wedgy in peace"

water and drink it because I've Ym ni regus sint tut kning m'l'' -

before?" - "Haven't you had kool-aid

never had sugar water before."

-Rich Hall

Email lykalli@lycoming.edu for more info. Have any funny quotes you want to see in the paper?

Broke or Slacking: A look at unemployment with College Students

good thing after all.

Lycoming College.

and Sunday mornings.

worse, paying an enormous fine.

with feedback at lykalli@lycoming.edu.

its website, www.TheLycourier.com. Email me

continue to investigate and update this story on

your thoughts. Meanwhile, The Lycourier will

Are these LBCs real or fake? Let me know

ty's recent effort to stop underage drinking?

How do you feel about the LBCs and Securi-

Wait a minute-these LBCs just might be a

caps of the night before in the cafe on Saturday

more will we have outrageously embarrassing re-

windows as a result of drunken disputes, and no

ademic Center. No longer will we see broken door

the shrubbery along the sides of Heim and the Ac-

at Lycoming. No longer will we see beer cans in

dorms for fear of getting in trouble, and even

going to cut back on the parties they throw in their

initely put a damper on the weekend night life at

he also said that if we were to contact them, they

Control Board has officials on campus; however,

partment says that he has no idea if the Liquor

ing white button-ups with name tags and note

LBCs are real and are not hiding it at all-wear-

rity to reduce underage drinking. Others say the

ple think it is just a scare tactic by Campus Secu-

community and here is what I believe: Some peo-

I've gotten mixed reviews from the college

The real question is, do these LBCs really ex-

semester, because the LBCs might be here to stay.

gally inebriated. Say good bye to Halloween, Black 'n' White and Pimps 'n' Hoes parties this

with the intent of catching everyone who is ille-The LBCs plan on being on campus for a while,

these LBCs will ask them to take a breathalyzer

student is suspected of being under the influence,

random concoctions of alcohol. If an underage

and on the walk with their water bottles filled with

Cpl. K. Moore of the Williamsport Police De-

would neither confirm nor deny their activity.

pads (some undercover, scare tactic).

Talk about laying down the law, right.

Whether the LBCs are real or not, this will def-

Students, especially Greek organizations, are

It will definitely alter college life as we know it

like myself.

As of March, 18.8 percent of unemployment in the Unitwilling to pay for temporary employees as they used to. the No. I reason is the recession. Companies are not as and even after, school. If you haven't already guessed it, factors affecting college students in getting jobs during, After researching the topic, I have come up with two When I went home

senior year, hang out save money for my mer. I would get a job, -mus of the spend the sum-I won of as not as to how I mester, I had an intriat the end of spring se-

Opinion Editor/Lycourier nozillA

with friends and enjoy

first because nothing in the world is free. plans, however, couldn't be done without getting a job the last summer before I reach full adulthood. All of these

derage students in their rooms, at house parties

is placing undercover cops on campus to catch un-

40 underage drinkers at the party and the fine was

a party a few weeks before. There were more than

ridiculous fine after fostering alcohol to minors at College of Technology student had to pay a

has it (don't quote me on this), a Pennsylvania

down on underage drinking on campus. Rumor

LBCs-and Lycoming's newest tactic to crack

It is a member of the Liquor Board Control-

LBC: 'I've never seen you before. Are you an

for directions, they would ask if you were an

time. The only problem is, before they even asked

man walking around campus looking for a good

only thing available to do was misguide the fresh-

on Saturday night, it was ridiculously quiet. The

on a Wednesday while venturing to the cafe. But

Lil' Wayne thumping from Crever Hall at 2 p.m.

ment, the campus was as dead as a wooden door.

bumping music and pong tables. To your amaze-

Ross Street dorms was having a party with loud,

campus hoping someone in the Commons, East or

for those who are not 21, you wandered around

There once was a time where you would hear

What the heck is an LBC you ask?

Since then, the Williamsport Police Department

have had since high school. could find. Some even were let go from summer Jobs they end of the break, but it was better than other students porary agency; it was only for a two-month period at the tunately, I was able to find an assignment through a tempermanent employees, people with five or more years of experience in the field, or they were not hiring at all. Forhard to find summer work. Most places were looking for the rest of college students in America, it was extremely en ticket for the job market. But to my surprise, as well as six years of work experience was supposed to be my goldget a decent summer Job-a beautiful resume with almost At the same time, I thought it would be a cake-walk to

something we are doing wrong? Hearing stories like this just makes me wonder, is it

γλγ

\$1,000 per minor.

LBC?

Witty Observations of the Week

slander based on foolish opinions and bad experiences.

ring managers from selecting us because of rumors and

marketplace." Essentially, we, as a generation, are deter-

basements because we can't adapt to the reality of the

entitlement and a bad economy to living in our parents'

them, we are "a generation doomed by our own sense of

labeling us as the "Generation Y Slackers." According to

ees, are concerned with the work ethic of young people,

bracket. Nowadays, companies, as well as older employ-

companies back from hiring new employees in our age

when you are a senior preparing to enter the real world,

That's an extremely hard concept to grasp, especially

money to end up not having a job when they graduate?

between 18 and 29, 37 percent have either been unem-ployed or underemployed at some point during the reces-

ed States were Americans younger than 25. Of Americans

.(moz.masineanicandribamericandream.com).

So college students waste their time and their parents'

On the other hand, it's not solely the recession holding

First of all, slackers come in all ages, shapes and sizes.

j stoj Suiding of the parking *solumbo γiinuos* әңі қиор бүм

i pəipdisiiup nok ipym i uspm ii əsnps -əq pətuioddpsip ə.v nok məyt uədo nok nshw bap tosidus sht ni TNATAOAMI vo emails that say GREAT OPPORTUNITY əsoyi 198 no ℓ uəhw ti ətbh no ℓ tno D

give me your feedback at lykalli@lycoming.edu

fact we are slacking off? Send me and email and

rate in generation Y due to the recession or the

phones, and updatin our statuses. Sounds like a decent life

take our time getting degrees, playing with our smart

parents and grandparents. But, for now, we are going to

and rock n roll. They turned out to be the leaders and

eration, who lived their lives solely based on sex, drugs

spoiled brats. Especially not after the Baby Boomer gen-

generation to be considered the generation of slackers and

eration after them; it's in their nature. We are not the first

book.com, which has changed the way the world commu-

have Mark Zuckerberg, the founder/creator of Face-

Serena Williams, Beyonce', and Kobe Bryant. We even

and influential people belong to Generation Y, such as

we are slacking off? Some of the most popular, innovative

and extreme laziness. Secondly, where is the evidence that

born into but rather determined by a lack of work ethic

A slacker is not determined by the generation he or she is

.səibəin

Thirdly, all older people have a problem with the gen-

CEO's of large corporations and government affairs.

I believe, with time, we can do the same thing as our

What do you guys think? Is the unemployment

vigarette but stind beer ent apid of sacid arom әлру әм ssən8 І ¿sшлор әңі fo әріstno (ләqqnлүs won oht thode woh

·sudd

. Nominat look like an upperclassman who hangs out with just freshmen. ${}_{\rm J}$ λου ακε α ${}_{\rm J}$ κευμαυ' μου ${}_{\rm J}$ μου (μου ${}_{\rm J}$

Question of the Week: What do you want to remember most from Lyco?

noiniqO



Junior Ariel Burton

"Studying with my friends. Those were the best moments ever!"



Mary Claussen Senior

students and faculty" relationships with "Fun times and close



Freshman Christine Gillogly

":ebsm I sbneinf "Remember all the



Freshman Andrea Eagle

".vilisnoziaq and stay true to my "Remember my friends

Overheard

staff members ο λειμε αλ γλοοιμεία sndwes uo satoup tead adT

Gamma Delt like I got milk" 'I love Gamma Delt. I got

-East Hall Parking Lot

JJ 941 ni sJBJ

?12i



Opinion Editor/Lycourier

.guinnom enjoy ourselves before classes started Monday back at Lycoming College. After all, we wanted to day afternoon, we made plans for the first night the campus community. After we moved in Saturpare to establish ourselves as active members of reminisce about previous years at Lyco, and prebest time of our lives. We reunite with old friends, back to school with the intention of having the So it's a new year, and we upperclassmen come

Williamsport hot spots for young adults; however, went to the Cell Block or Marrone's Pub, the If you are 21 years and older, you probably

September 2, 2010

Entertainment

Read between the lines to learn lessons of 'Eat, Pray, Love'



Entertainment Editor/Lycourier

Travel writers and those longing to escape everyday doldrums will be the ones most likely to place "Eat, Pray, Love" on their must-see movie list.

The film, an adaptation of author Liz Gilbert's memoir of the same name, features Julia Roberts as Gilbert, who travels to three different locales (Italy, India and Bali) over the course of one year, living for four months in each one.

After feeling broken from her decision to divorce her husband (Billy Crudup), Gilbert set off to rediscover herself after realizing that she could not, nor wanted to be, the kind of wife her (somewhat clingy) husband wanted her to be.

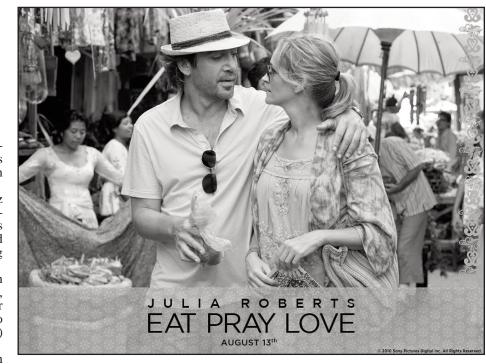
She had a personal connection to each of the countries she chose: Italy came from her desire to learn the language, an Indian ashram was the home of a guru her post-divorce boyfriend (James Franco) had mentioned, and Bali was the home of a helpful spiritual guide named Ketut whom Gilbert had met years earlier while visiting the island for a writing assignment.

Gilbert found the most success on her return trip to Bali. While there, she had met a Brazilian man who related to her story of heartbreak (he was also divorced) and they fell in love. Gilbert's follow-up book, "Committed," says the two later married.

The story sounds simple, right? Breakups are common enough to relate to, as is the need to be whole again after sharing life with someone else. The film's visual representation of Gilbert's three overseas homes (shot on-location) is stunning, and Roberts continues to have a knack for portraying warm, friendly characters. What's not to like?

The film seems enjoyable, but reading its reviews online will tell a different story. Despite coming from a best-selling novel, Gilbert's story has some detractors. The negative consensus is that her journey is totally unrelatable. What average woman would have enough money to travel the world for an entire year? How many women would feel comfortable leaving responsibilities, such as children or a husband, to make such a decision? One could say that Gilbert's purpose for sharing her story was to be a guru (not unlike the ones she sought out in her travels) for women who have experienced similar situations. Considering what she left behind (friends, a successful writing career and a younger lover), though, her story seems more a fantasy of many than a reality of few.

While "Eat, Pray, Love's" naysayers make a valid point in that Gilbert's story



Javier Bardem and Julia Roberts star in "Eat, Pray, Love," an adaptation of Liz Gilbert's bestselling memoir of the same name

could be modeled exactly by only a small niche of women, many of its overall messages are something that can inspire women.

Gandhi said that "you should be the change you seek in the world." Gilbert knew she needed to change the unhappiness she had in her life and did so by learning from three different cultures. Though leaving may have been a difficult situation, she decided to consider her own happiness. This is something women often take for granted, as they are too consumed trying to make others happy first.

While she did at times stop to reflect on

Would she worry about gaining weight from a slice of pizza she ate in Naples? No. She would buy a bigger pair of jeans and continue on, focusing instead on the architecture and learning new Italian words.

what happened with her husband back home, Gilbert still took her journey with an open mind and tried to quell the negative thoughts that popped into her head. Would she worry about gaining weight from a slice of pizza she ate in Naples? No. She would buy a bigger pair of jeans and continue on, focusing instead on the architecture and learning new Italian words.

Director Ryan Murphy told Entertainment Weekly magazine that "there are so many rites-of-passage movies for men, but not a lot for women." Murphy is right about this, and "Eat, Pray, Love" should be celebrated as that type of film. What may be the ultimate turn-off, though, is the idea of seeing Gilbert as some kind of guru for women.

Though Gilbert is not the first person put in this position, it still does not change the fact that women are told they need gurus to help better their lives. Oprah, the most popular self-help guru, has advice on dieting, exercise, raising a family and sex. The problem with these gurus is that they are often wealthy and can afford the fivestar restaurants and personal trainers they suggest to audiences. If the gurus are so well revered, isn't what they are saying is that women should live beyond their means? By Gilbert having the ability to afford overseas airfare, expensive restaurants and a place to stay for months in each new country, she seems to offer no more of a helpful solution to women in similar situations than any other guru has.

The intentions of these gurus are good, though, once you look beyond the price tag. If anyone has the ability that Gilbert did to travel the world should go for it. For the rest of us, it is important to remember that you don't have to be rich financially to experience the same riches that Gilbert took in from her trip. Save money to occasionally eat at a nice restaurant. Volunteer in a homeless shelter or soup kitchen to get the same fulfillment Gilbert had in her Indian ashram. Take a cue from her Balinese love story by strengthening the relationships that are most important to you. By practicing such simple acts to gain personal happiness or just to escape the routine blues, all you have to emulate is Gilbert's openness to adventure.



Feathers No.3 by Lindsay Stern

Art Gallery Opening

May Term Exhibit: Central America

Valerie Caswell, Tara Clark Venessa Lechler, Bill Mauro Joanna Pallas, Lauren Shambach Lindsay Stern

Sept. 2 - Sept. 10, 2010 **Reception & Gallery Talk** Sept. 2, 4:00-5:00 PM Lycoming College Art Gallery

New York Times Best-Seller List

Hardcover Fiction

- 1. "The Postcard Killers," by James Patterson and Liza Marklund
- 2.. "The Girl who Kicked the Hornet's Nest", by Stieg Larsson
- 3. "The Help, by Kathryn Stockett
- 4. "The Cobra," by Frederick Forsyth
- 5. "Star Island," by Carl Hiaasen

Hardcover Nonfiction

- 1. "____My Dad Says", by Justin Halpern 2. "Committed," by Elizabeth Gilbert
- 3. "Outliers," by Malcolm Gladwell
- 4. "Empire of the Summer Moon," by S. C Gwynne
- 5. "The Obama Diaries," by Laura Ingraham

Graphic Books

- 1. "The Adventures of Ook and Duk," by George Beard and Harold Hutchins
- "Kick-Ass," by Mark Millar and John Romita Jr.
- 3. "Dark Tower: The Battle of Jericho Hill," by Peter
- David, Robin Furth and Jae Lee
 - 4. "Blackest Night," by Geoff Johns and Ivan Reis
- 5. "Blackest Night: Black Lantern Corps. Vol.1", by various

'Juliet': Not quite letter-perfect, but still worth a view



Erica Smithson

Entertainment Editor/Lycourier

"Letters to Juliet" begins to almost every girl's showcase of an ideal romance: the main character, Sophie (Amanda Seyfried), is about to be married and sets off to beautiful Verona, Italy, to spend some time with her fiancé, Victor (Gael Garcia Bernal) before their marriage. The couple must take this "pre-honeymoon," as Sophie calls it, because Victor will be too busy opening his restaurant after their wedding. A "pre-honeymoon" seems a fair enough compromise if the destination is Italy with a gorgeous man at your side, right? That's what Sophie is hoping for as she traverses the Italian city, but Victor has his restaurant on his mind. He is too consumed with going to wine auctions and cheese tastings, and other cities that are too far from fair Verona for Sophie to be interested in. So, he goes to them and she stavs.

Many tourists, including Sophie, come to Verona to see Juliet's house-Juliet, of course, being the tragic heroine of Shakespeare's "Romeo and Juliet." Once she arrives at the house, Sophie sees many women in the courtyard who are crying and heartbroken and writing letters to Juliet asking her advice to restore their hope of true love again. At the end of the day, Sophie sees a woman collecting the letters that have been pasted on the courtyard's wall. She follows the woman and finds that she, along with three others, are a collective known as the "Secretaries of Juliet," the people who write responses to the women's letters. The idea of the secretaries is appealing to Sophie; not only do these women provide solid and experience-backed responses to the love woes of the letter-writers (with the distance Victor ignorantly creates between the two, Sophie could definitely use some of this advice), but also that the secretaries write such moving responses that the women who receive them could totally change their perspectives of love based upon them. Using words as influence is what Sophie had been striving for in her career before she left for Verona-she was an employee of the New Yorker who wanted a promotion from being a fact checker to a certified published reporter.

The next day, when Victor leaves Sophie for this dealing or that, she once again visits the secretaries and helps them collect the letters from the wall. Doing so, she accidentally knocks a brick out of the wall and finds a letter that a girl had written to Juliet over 50 years ago. Later, we find that the girl is an Englishwoman named Claire who had studied in Italy and fell in love an Italian man named Lorenzo Bartolini. When she returned to England, she regretfully never told Lorenzo her true feelings. Sophie is inspired by the letter, and believes it deserves an answer, though she realizes that responding would be taking a leap of

faith that Claire and Lorenzo are still around and are still interested in each other.

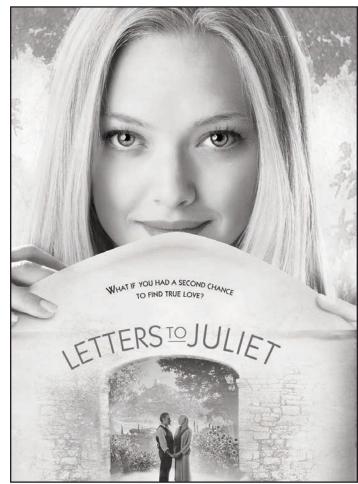
Lo and behold, the letter does reach Claire (Vanessa Redgrave) and she comes to Verona almost immediately with her grandson, Charlie (Christopher Egan). Charlie is none too happy that Sophie has dug up his grandmother's fifty-year old past and love: he believes that her true soul mate was his grandfather. However, Claire is receptive to finding Lorenzo again and thanks Sophie for rekindling her old feelings of him. After doing a search and finding over fifty Lorenzo Bartolinis spread across the Italian countryside, Claire, Charlie, and Sophie (who tags along after Victor leaves her for business dealings yet again), set off to find which Lorenzo still has Claire's heart. While Claire and Sophie are optimistic that Lorenzo can be located, Charlie grumbles at every Bartolini house they visit that turns out not to be the 'one," fearing that Claire will be heartbroken again not only from Lorenzo, but because she had already had to deal with the death of her husband.

Predictably (and happily), Claire is able to locate the right Lorenzo (Franco Nero, Redgrave's real-life husband) just as the group was about to give up and head back to Verona, and then home. The two fall back into their old feelings for each other, immediately loving the feeling that they had been transported back fifty years. In a vow not to let another fifty years pass them apart, the two marry a few months after their reunion.

The film places an interesting role reversal in terms of romance and relationships. Upon receiving the letter, the elder Claire instantly transforms back into a teenager in puppy love, remembering how handsome Lorenzo was, and undoubtedly how he caused her heart to skip a beat. Though she realizes that with such an amount of time that Lorenzo may not be located again, she certainly does not seem to let this bother her through most of their excursion (when they reach the place that she is almost certain he lives, she at first balks nervously, but then falls right into his arms). Meanwhile, the younger Sophie, who herself is supposed to be exploring the beginnings of romance on her own, is forced to contend (and bicker) with the men in her life, the negligent Victor and the disagreeable Charlie. However, watching Claire's reunion-in-progress is a happy diversion from the uncertainty of what Sophie's fate will be at the end of the film

However, though Sophie may seem downtrodden while interacting with these frustrating men, she still believed in the beauty of romance and conveyed that so well in her letter that Claire was inspired to feel the same, even after she had experienced the loss of her husband, and as we find out later in the film, her son (Charlie's father, to a car accident). The perspectives on love from both the young and the old-the feelings of puppy love, and the time that is needed to foster a romance-is truly one of the heartwarming parts of this film.

Though it may seem odd that women are entrusting Juliet, whose fate was suicide after she learned that she could not be with her lover, to help them with matters of the heart, this device requires a bit of suspension of disbelief. Yes, Juliet had a tragic fate, but what she and Claire knew is that it is devastating to be



Amanda Seyfried stars in "Letters to Juliet"

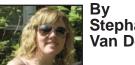
in love with someone, but not be able to be with them because of time, distance, or other factors. But Claire never gave up on being with Lorenzo again. The fact that she could wait for him all of those years, and they fall in love again so deeply that they want to spend the rest of their lives together shows that she had much deeper feelings for him than the initial lust she might have felt as a teenager. This is also what Claire tries to teach Sophie: it's not just a matter of being with the one you love, but having them appreciate you for who you are, and what each person can add to the relationship.

Overall, "Letters" is a lightweight and agreeable slice of cinematic romance. The only thing you'll really hate about it is not being in the middle of the lush Italian scenery yourself (the cinematography gives you such an envy-inducing view).

To watch: "Letters" is on DVD Sept. 14.

Sports

Lyco loses coach, SID during summer



Stephanie Van Der Wal

Sports Editor/The Lycourier

During the summer several important members of the Lycoming College athletic department staff have left the program. The head men's lacrosse coach, as well as the

colleges' sports information director has left Lycoming. In 2007, Brian Anken joined Lycoming's athletics program as the head coach for the men's lacrosse team. After several successful seasons as head coach at Mars Hill College in North Carolina, Anken was ready for a new challenge

During the next four years, Anken and the Warriors set records for the program, as well as for themselves.

In his 2007 season at Lycoming, Anken coached two national leaders: Dan Cannon led the nation in points per game and Mike Doherty led the country in ground balls per game. In 2008, Anken was named Mid-Atlantic Conference (MAC) Coach of the Year.

The 2008 and 2009 seasons found Anken and the Warriors as contenders in the Mid-Atlantic Conference, with the team earning first-round byes in the conference playoffs.

The 2010 season was yet again another successful season. With an overall record of 11-6-0 and a conference record of 9-2-0, the Warriors once again were contenders for the MAC title. The season ended with the team's third straight loss to the Widener Pride in the MAC playoffs, losing in the MAC quarterfinals 10-14.

Besides the on-field success, Anken strongly valued the importance of academics. In the 2010 season, five of the Men's lacrosse players were named on the MAC Spring Academic Honor Roll.

On July 30, it was announced the Brian Anken was the



Former Men's Lacrosse Coach Brian Anken

newly appointed head coach for the men's lacrosse team Virginia Military Institute. at

Anken leaves Lycoming with an overall record of 36-27 during four seasons.

As of now, the position of the men's head coach for Lacrosse has yet to be filled.

The position of Sports Information Director at Lycoming seems to be that of a revolving door. SIDs have a habit of leaving the program frequently, and John Stark is no exception.

The 2008 Lycoming graduate of Lycoming College and former Warriors Lacrosse Player, Stark left Lycoming's SID position this summer.

Stark, a German major, took the SID position in January of 2009, after a nine-month internship under Kings College SID Bob Ziadie. After just a year as SID at Ly-



New Sports Information Director Joe Guistina

coming, Stark resigned.

Stark is now employed as an athletics media relations intern at the University of Delaware in Newark, Del.

In June, Lycoming College hired Joe Guistina, a 2004 graduate of Susquehanna University in Selinsgrove as the new sports information director. [Read more about Gustina on Page 2.]

After receiving his masters of arts in informatics from the University at Buffalo in 2006, Guistina served as an intern at Michigan State from 2006-2007.

After his internship at MSU, Guistina worked at USC Upstate, where he was in charge of public relations for five of the school's athletic programs.

Guistina was a three-year letter-winner as a pitcher in baseball at Susquehanna, as well as an editor of the school's newspaper for three years, and a worker in the Sports Information Office for four years.

Senior spotlight: Tight End Adam Paulhamus



Stephanie Van Der Wal

Sports Editor/The Lycourier

Adam Paulhamus, a tight end from Watsontown, PA., was not always a football player. When he was younger, and smaller in stature, he played soccer.

Through the years, Paulhamus played many sports including soccer, football, basketball, baseball, and volleyball.

"I played a lot of sports. I think I played everything," said Paulhamus.

His football career started in the eighth grade. "My dad gave me the option to play soccer or football, and I chose football," Paulhamus said.

After continuing his football career in high school, Paulhamus was recruited by both Lycoming and Albright colleges.

When making a decision on which college to attend, Paulhamus was encouraged by the fact that his cousin, Glen Smith ('07), attended Lycoming and played for the Warrior's football team. Another factor in Lycoming's favor was the short commute from home and the tradition of the football program.

During his freshman year, despite the Warriors' rough season (3-7), Paulhamus got to take the field for several games



During his junior year, Adam Paulhamus ran for 184 yards scoring three touchdowns.

Paulhamus saw more field time in his sophomore season after making a switch from wide receiver to tight end. He ran for 146 yards in 11 games in the Warrior's (7-4) 2008 season.

Junior year proved to be Paulhamus' best year by far. In

2009, he ran for 184 yards scoring three touchdowns. He received conference honors after the 2009 season, being named to the All MAC conference second team.

The Warrior's football team is looking forward to Paulhamus' senior year and the 2010 season.

When he's not on the field, Paulhamus can be found at

World Watches, Spain Prevails



Stephanie Van Der Wal

Sports Editor/The Lycourier

Four years in the making, and four years of waiting. It's the month-long event that "futbol" fans around the world wait for. It's the World Cup.

This summer, 32 national teams converged in South Africa for the 2010 World Cup.

Futbol fans are some of the most dedicated fans; attending every game in costume, donning flags, face paint, team colors, scarves and this year vuvuzelas.

This summer, the vuvuzela made its mark on the world of soccer. Traditionally, a vuvuzela is an antelope horn that was used in Africa by tribes to call citizens to meetings. The modern day vuvuzela is made of plastic in a variety of colors. The horn makes a very distinct sound.

The vuvuzela made its first major appearance at the 2009 FIFA Confederations Cup. After the horn's success at the Confederations Cup, South Africa started producing the horn for use in the World Cup.

The online video tycoon, YouTube, even got in on the vuvuzela action allowing viewers to click on a button to overlay the vuvuzela horns audio over any video.

Since the World Cup, vuvuzelas have been showing up everywhere from Florida Marlins Baseball games, to high school graduations and protests.

Commentators and spectators alike complained about the noise of the horns, making it very hard to hear the whistles of referees and the commentator's comments. As the use of the horns became more and more prominent, the World Cup looked into banning the use of the horns, and since the World Cup Wimbledon, Melbourne Cricket Ground, Yankee Stadium, Fuji Rock Festival, Ultimate Fighting Championship, and the Rugby World Cup, all have banned the use of vuvuzelas at events.

Musical instruments weren't the only things catching

attention at the 2010 World Cup -- the officials and their calls caught the eyes of spectators.

Many spectators and commentators, alike, were disappointed with the referees at the World Cup. Some of the calls were questioned by spectators, and with the use of TV replay people felt that there was a need for instant replay on the field to review plays and possibly overturn calls.

The debate of whether instant replay should or should not be used in soccer has been an ongoing battle for years. Many argue that instant replay would nearly eliminate hu-

man error, but on the other hand the use of instant replay would lengthen the game of soccer.

This year, World Cup history was made when both teams in the final had never before won the title. The Netherlands had been in the 1974 and 1978 World Cup finals in which they were the runners up, losing to West Germany (2-1) in 1974 and Argentina (3-1) in 1978

This year, the Netherlands Oranje ended the runner up once again, losing to Spain (1-0) in extra time. Andrés Iniesta scored in the 116th minute to win the game for Spain. An estimated 24.3 million Ameri-

cans watched Spain defeat the Netherlands on television, making the 2010 World Cup the most-watched soccer game in U.S. history.

Many businesses in South America and Europe changed employees' work schedules to allow them to view the games. In some businesses, televisions were brought into workspaces so that the employees would stay at work rather than take the day off to watch the games.

Paul the octopus, a German celebrity so to say, has predicted the past five World Cup winners. Flags of the two nations were placed in a tank with Paul and he picked Spain as the winner. After five successful World Cup predictions. Paul is retiring.

It will be another four, long years before soccer fans around the world can once again enjoy the month long event. Until June 2014, Spain is the champion.

choir practice and at other campus sporting events.

"I like showing support to the other teams," he said. Paulhamus added that he is looking forward to graduating in the spring, with hopes of getting a job as an elementary school teacher and sports coach. His overall goal is to become a school superintendent.

In Memoriam: Dick Zimmerman, 'The Voice' of the Lycoming Warriors

Richard D. Zimmerman, 73, of 1610 Elliott St., died Saturday, August 28, 2010, at the Williamsport Regional Medical Center.

He was born September 8, 1936, in Sunbury. He was the son of Arthur E. and Mildred E. Long Zimmerman.

Dick was a 1954 graduate of Williamsport Area High School and a graduate of Lycoming College. He then went on to receive a master's degree in counseling from Bucknell University. He retired in 1993 from the Williamsport Area School District as a guidance counselor. Dick was the public address announcer for the Williamsport Millionaires and has been the announcer for the Lycoming College Warriors for the past 37 years. He served his country in the Air National Guard.

Surviving is a son, Rick (Tina) Zimmerman of Williamsport; his long-time companion, Sally LaRue, with whom he lived; her children, Joe (Michelle) LaRue of Conway, N.H. and Kristia Griggs of Minot, N.D.

Funeral services will be private and at the convenience of the family. Burial will be in Montoursville Cemetery. Family will provide flowers. The family suggests that memorial contributions in Richard's name be made to the Lycoming County SPCA, 2801 Reach Rd., Williamsport, PA 17701 or to a charity of one's choice. Obituary courtesy of Kaufman Funeral Home and Cremation Service.



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