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The Lycourier

The student newspaper of Lycoming College

700 College Place · Box 169 · Williamsport, PA 17701

Volume 26, Number 3

<http://lycourier.lycoming.edu>

September 27, 2012



Taylor Kendra attempts to maneuver throughout Lycoming College in a wheelchair

They see me rollin': student attempts to navigate campus in wheelchair

By
Taylor
Kendra

Lycourier Staff

On the morning of Wednesday, September 19, I sat down in a wheelchair and began my day. Although there was no medical reason for me to be wheeling myself around, I had decided that Lycoming College needed to take a look at just how handicap-accessible they really are.

The ramp out of Williams was exhilarating, but I immediately realized that I had underestimated the slope of our campus. The AC is on top of a gradual hill that I had never noticed, or cared about, until I had to slowly roll my way there. With each turn of the wheels, my arms strained and I had to lean forward, or risk pitching backwards.

After ten minutes, I completed the short distance that normally would have taken me only one minute. The thought of doing this multiple times was enough to make me debate calling off the whole experiment. But it was only 9:30a.m., and there was a long day ahead of me.

The most unexpected challenge was the multitude of doors. I managed to propel myself through the first set entering into the AC, but I got my left wheel stuck on the door into Pennington. The lounge was easy enough, but the crowd of people waiting for food at Café 1812 made getting to the door on the opposite end of Pennington a difficult task. I also had 13 different people ask me why I was in a wheelchair, by the time I made it into the small alcove in front of the Theatre offices, to which I replied anything from "pogo-stick accident" to "shark attack" to "assassination attempt". Then I had an additional set of doors, and had finally arrived at the elevator.

I arrived in the theater lobby, where I struggled through another door and came to a ramp. Although not very steep, I picked up speed quickly and ended up running into the door at the immediate end of the ramp.

In all of my classes we had to move desks and rearrange furniture to make room for my wheelchair. There was no way for me to get to the Theatre offices, where I would normally go just about every day. There were always more closed doors.

The library set up worked out quite well for moving a wheelchair around and the computer desks were usable.

Finding books, however, would take some assistance, as it is impossible to turn in the aisles; reaching beyond standard eye level was out of the question.

The Rec Center is fairly accessible if you know what you are looking for. In my attempt to find the athletic trainers' office, I ran into a dozen small stairwells of only 6 or 7 steps. There was an elevator designed to take you up the half floor, but by the time I found my way to the office, I had missed the trainers' office hours and would have to come back another day. I had no trouble with Heim or the Fine Arts Building, and the Clarke Chapel is equipped with a small service elevator for handicapped

guests. Instead of wheeling myself back up the hill to yet another ramp, I backed up a few yards and approached it with a bit more gusto. I slammed into the curb with all the momentum I could gather. The front wheels of the chair popped up into the air and I realized at that moment that it was a bad idea. My arms flailed as the wheelchair flipped over backwards.

Some people walking by rushed over to offer assistance to the poor girl who just tumbled out of her chair, but I was miraculously healed and stood up, much to their confusion. I explained for the thousandth time that I was conducting an experiment. A few grimaced and walked away, several laughed and a couple others offered suggestions on a few other places to try around campus.

I live on the Creative Arts Society floor, directly across from one of the only wheelchair-accessible rooms on campus. Some friends are currently using the room as a triple, so I moved around in there a bit. After knocking over a number of their decorations and messing up their rugs, I realized they would have to rearrange all of their furniture to make the space easy for me to get around in.

I backed into the hallway and rolled on my way.

Dr. Darby Lewes, who lent me the chair, encouraged me to try navigating from the parking lot into Pennington. This is a trip that many faculty take every day, often wheeling large carts or other equipment.

The ramp from the parking lot to the sidewalk was easy enough to find, but the ramp to the building was all the way across Pennington. I climbed that one, but faced another step. I went back to the other end to get up, and then all the way back to get to the ramp into the building. Now finally inside, I needed to go all the way through again to get to the elevator.

Health Services told me that they usually have one injury per year that requires a student to be confined to a wheelchair for a day. The athletic trainers said they usually give out one additional chair a year, though while I waited in their office I was with six young men, of whom four needed crutches.

Arms burning, shoulders aching, I coasted down from the AC that night, looking forward to the ease of walking around campus unhindered the next day. It occurred to me that many people with handicaps don't have that luxury. They aren't changing, so it is the environment that has got to give.

Sophomore Alexis Naugle, a classmate and friend, saw my experiment and heard the reason. Born with cerebral palsy, a disorder that affects muscle tone, movement and motor skills, she has her own share of issues with navigating Lycoming. She approached me in class and offered her own opinion on the subject.

"There are two steps that have no railing going into Wertz. It would be so helpful to me and to many others if there was a little railing to get up those two stairs. The other area I have a hard time with is at the back of Rich," Naugle said.

"When I am walking around campus by myself I have to go around the long way because I cannot get up the stairs. I want to be like everyone else and be able to be as independent as I possibly can. I do not like to have to ask for help from other people to go get dinner or check my mail. But if I am in a hurry to get somewhere I have to ask someone to help me."

Lycoming is a small campus, and it may make the students who need assistance or are handicapped seem like they are a rarity. The fact is that the occasional sports injury or students like Alexis cannot be treated like an exception. We need to make this campus a home to all people, regardless of disability. We just aren't there yet.



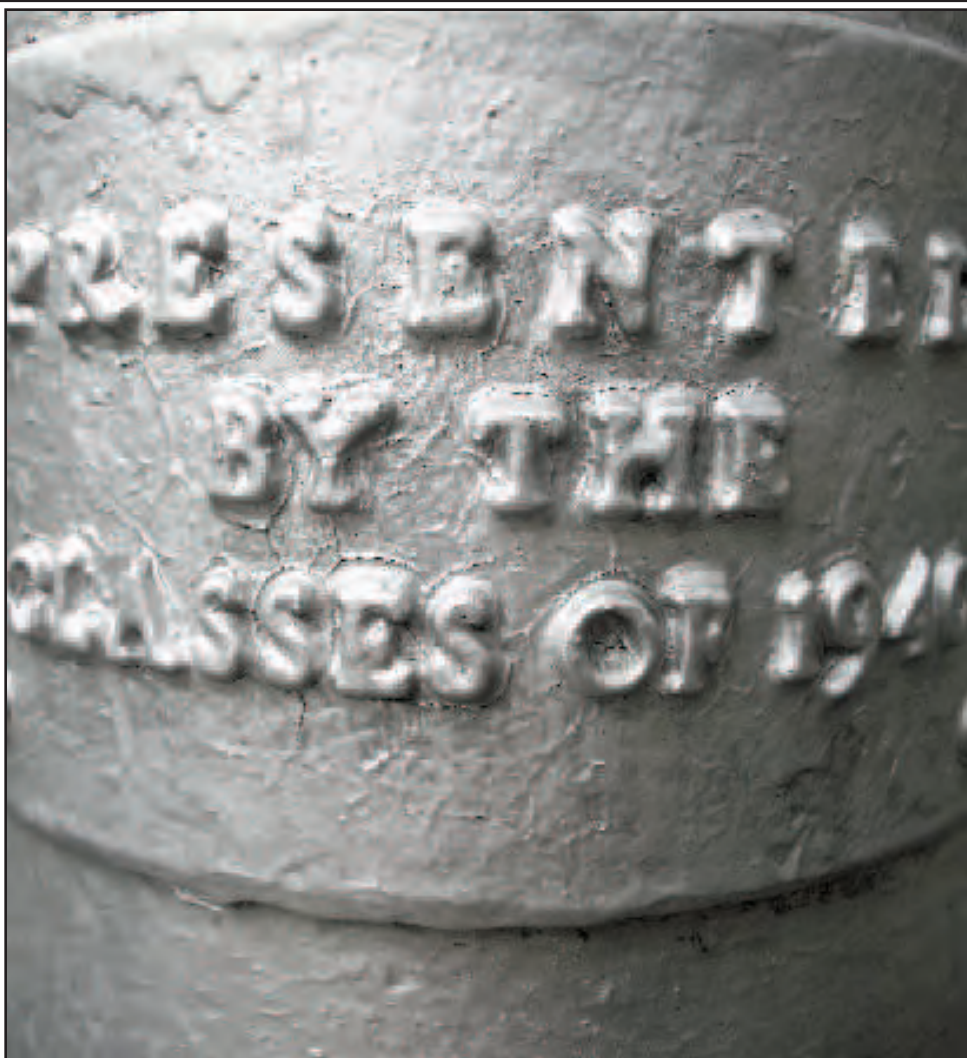
Lost at Lyco

Think you know everything there is to see on campus? Think again!

Where on campus can you find this image?
Send your guess to
lycourier@lycoming.edu by Thursday, Oct. 4
for a chance to win a gift card.

Last weeks winner is Jack Stockdale.
Last week's picture was an image on the
bell behind the flagpole by the Fine Arts
building.

Photo by Karen Kaetzel



Have a research
question?
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Text a librarian!
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**Snowden Library's Research Help Librarians
are now available by text messaging.**

Monday-Thursday: 1:00-4:00 p.m. & 6:30-9:30 p.m.
Friday: 1:00-4:00 p.m.
Sunday: 1:00-4:30 p.m.

Lycoming College launches mobile website

WILLIAMSPORT, Pa. – Lycoming College announces the launch of a new mobile website. Smart phone and smart device users who visit www.lycoming.edu will be redirected to m.lycoming.edu, which features some of the most popular links from the College's full website.

Visitors of the mobile site will be able to access admissions, academic, athletic and directory information; browse the College's latest news releases; view upcoming alumni events; and quickly obtain directions to campus, among other tasks, through

content purposed for mobile devices. Links are also available to mobile versions of Lycoming's social media sites.

"We are excited to provide this platform for alumni, prospective and current students, and friends of the College to connect with all the great things happening at Lycoming," says Robert Krepshaw, College web designer. "We hope the new site makes it easier for them to access information and take Lycoming with them wherever they go."

Sallie Mae offers tips for wise use of tuition refunds

NEWARK, Del., Sept. 24, 2012— This fall, tens of thousands of college students will receive refunds from grants or loans intended to pay for out-of-pocket educational expenses. Sallie Mae, the nation's no. 1 financial services company specializing in education, offers tips to help students manage these tuition refunds wisely.

Sallie Mae recommends students keep the following considerations in mind to best manage their tuition refund:

Consider all options for receiving your money. Choose the refund method—check, automatic ACH deposit or debit card—that works for you and your banking habits and closely review all the details.

Avoid unnecessary fees. Understand any fees associated with your chosen refund method and steps you can take to avoid them. If opting for a check be sure to have a free or low-cost way to cash it. Students without a bank account who opt for a check often pay high check cashing fees. If choosing ACH into an existing checking account, be mindful of possible fees to transfer your money and fees associated with the account, especially ATM, non sufficient funds (NSF) and monthly fees. If you want the convenience of a debit card, study up on how to avoid unnecessary charges.

If selecting debit, choose one that doesn't allow overdrafts and has access to convenient fee-free ATMs. Ensure you'll avoid costly ATM charges as well as NSF and penalty fees with an account that doesn't allow spending more than you have.

Use financial aid refunds only for college costs. Keep careful track of your budget and be sure to use funds only for the intended educational purpose. For example, if your money is for an off-campus apartment, put it aside so it's available when the rent is due.

Follow a budget. Plan what you'll need for housing, groceries, books and supplies for the semester.

Return extra funds. If you received more than you need, immediately return the extra to reduce your borrowing and avoid unnecessary interest expense. Your future self will thank you.

Bank on the go. Mobile banking apps can help you check your balance before making a purchase, find a fee-free ATM, and some even offer text alerts so you know when your refund has been deposited.

Sallie Mae (NASDAQ: SLM) is the nation's No. 1 financial services company specializing in education. Whether college is a long way off or just around the corner, Sallie Mae turns education dreams into reality for its 25 million customers. With products and services that include 529 college savings plans, Upromise rewards, scholarship search tools, education loans, insurance, and online banking, Sallie Mae offers solutions that help families save, plan, and pay for college. Sallie Mae also provides financial services to hundreds of college campuses as well as to federal and state governments. Learn more at SallieMae.com. Commonly known as Sallie Mae, SLM Corporation and its subsidiaries are not sponsored by or agencies of the United States of America.



Lycoming College Republicans remember 9/11

By Jehiel Boner

Lycourier Staff and Advertising Manager

On September 11, 2012, Lycoming College faculty, staff and students woke up to find a section of campus covered in American flags. This memorial was created late Monday night by the Lycoming College Republicans.

The memorial was created by placing 2,977 American flags in the ground on the Lycoming College quad. The flags commemorate each and every one of the lives lost and serve as a reminder of the people who lost friends and relatives on that day eleven years ago.

"The purpose of the 9/11 flag memorial is to honor the 2,977 men and women who lost their lives in the tragic September 11th terrorist attacks," President Nicholas Grimes said, "It is our chance as a community, regardless of political affiliation, to honor those who died on September 11th and those who continue to risk their lives every day in our

United States Military, police and fire departments; and to remind the many families and friends effected by this tragedy that we will never forget and our thoughts and prayers will always be with them."

The United Campus Ministries helped host the candlelight service with the Lycoming College Republicans on the steps of Long Hall.

Rev. Jeff LeCrone welcomed everyone who came to show their respects to the people who perished as a result of the terrorist attacks on 9/11. The service consisted of student-read Bible verses and quotes of peace and hope from the likes of Martin Luther King Jr., Ronald Reagan, and Jimmy Carter. Some of the students involved in the service were Mike Kane, Cori Mancuso, Margaret Daubert, Victoria Yuskaitis, Cassidy Coveleski, and Allison Hurley.

Lycoming College Republican Treasurer, Kaitlin Marsden stated, "We chose to do the memorial as a non-partisan tribute to the men, women, and workers who lost their lives eleven years ago. We wanted to do something to remind all the students and staff of this tragic event that changed every Amer-

ican's life."

Near the end of the service, there was a moment of silence and candles provided by the United Campus Ministries were passed out to the people in the crowd. Attendees were encouraged to reflect on that awful day when innocent men and women, mothers and fathers, businessmen and emergency responders – Americans lost their lives.

Finally, "Let There be Peace on Earth" was sang as the last few candles were blown out, leaving all in attendance with a sense of hope for the future and a great feeling of pride for America.

The Lycoming College Republicans are just getting back on their feet at Lycoming. The Lycoming College Republicans meet bi-weekly in Pennington Lounge at 7:00 PM and welcome any students who are looking to become politically involved. For more information on the organization, please contact President Nicholas Grimes at grinich@lycoming.edu.

Pictures courtesy of Lycoming College Republicans.



Lycoming College student organizations host Alzheimer's speaker

WILLIAMSPORT- Pa. – Lycoming College student organizations Circle K and Tau Kappa Epsilon fraternity hosted speaker Clayton Jacobs, vice president of programs and services for the Greater Pennsylvania Chapter of the Alzheimer's Association, on Wednesday, Sept. 12.

Jacobs discussed the memory loss, aging and dementia associated with the disease, and how students can make a difference in the fight against Alzheimer's.

The program was a kick-off to a campaign for the local Alzheimer's Association Walk to End Alzheimer's, co-sponsored by the two organizations, to be held on Saturday, Sept. 29, at 11 a.m. at Indian Park in Montoursville. Student and community groups will participate as teams to raise support for Alzheimer's research.

For more information on the Alzheimer's Walk, to sign up a team or to donate, visit www.alz.org.

English Society hosts PDR

On Monday, September 24, 2012 Lycoming College's English Society held its first PDR of the semester. Over twenty club members attended.

Dr. Hawkes led the night's discussion as the guest speaker. The PDR was situated in the Jonas room, which helped facilitate group discussions because everyone was seated at the same table. The English Society talked about everything from upcoming book club meetings, to cookie recipes, to politics, to short stories due tomorrow.

The meal began with chili as an appetizer and plenty of crackers for vegetarians. Then came the main entrée of chicken pot-pie. Instead of the traditional thick crust, food services decided to place a puffed-pastry on top. The puffed-pastry was delicious, thin and airy as promised. Underneath was very flavorful blend of chicken, peas and carrots smothered by thick gravy. On the side were green beans, which helped break up the heaviness of the main dish. In addition to pot-pie, the English Society requested the ever popular vanilla ice cream with peanut butter sauce. Almost everyone took second helpings of the sauce, especially those who had never tried it before.

Students who are interested in reading or writing at English Society upcoming meetings may contact Vice President Amber Schuettrumpf at schambe@lycoming.edu for more information on meeting times, or more information about the club.

Lycoming ranked among nation's best by U.S. News & World Report

WILLIAMSPORT, Pa. - Lycoming College has been recognized as a Tier 1 institution by U.S. News & World Report in its 2013 edition of "America's Best Colleges." According to U.S. News, the nation's 251 liberal arts colleges focus almost exclusively on undergraduate education and award at least 50 percent of their degrees in the arts and sciences. Bucknell, Dickinson, Gettysburg and Swarthmore are among other Pennsylvania institutions in the Tier 1 group.

The review ranks Lycoming 20th in the nation among liberal arts and sciences institutions in graduation rate when comparing actual graduation rate with the predicted rate. Most Lycoming's students graduate in four years, and data from the U.S. Department of Education confirms the College's six-year graduation rate of 70 percent to be

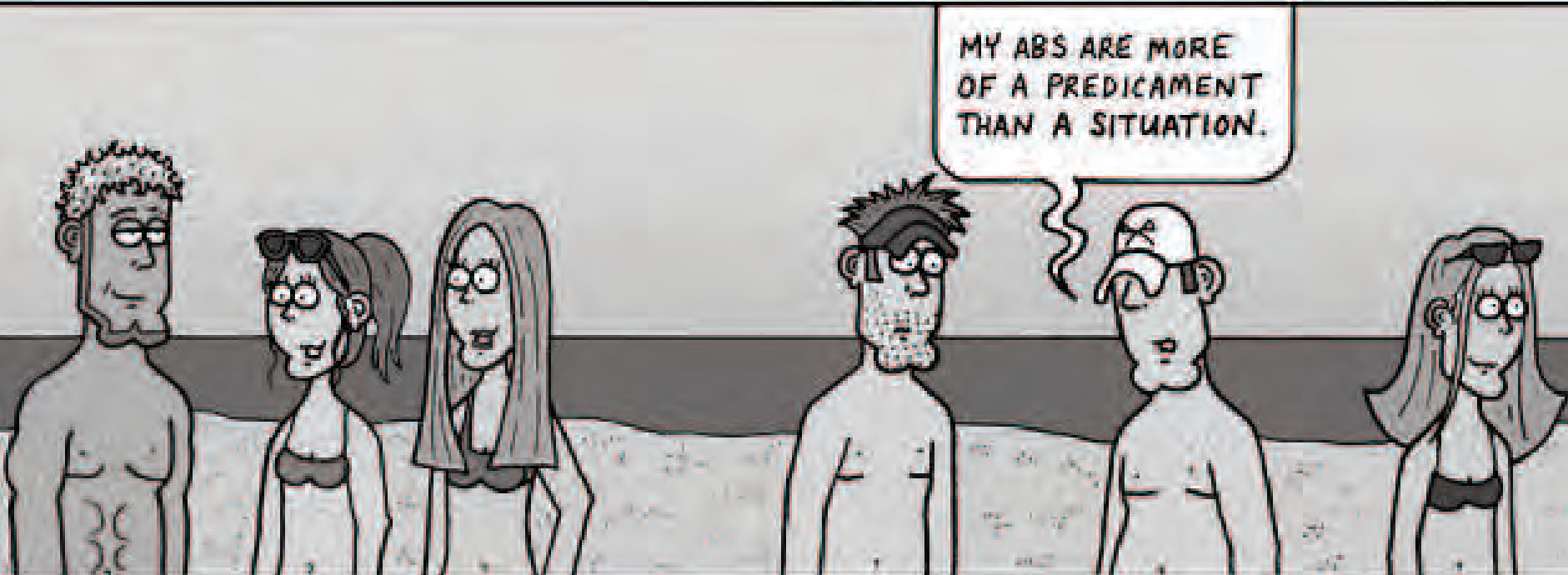
very strong when compared to other schools. Nationally, the average six-year graduation rate at all private non-profit colleges and universities is nearly 65 percent.

"The fact that Lycoming excels in placing students into the workforce and into graduate schools keeps our students focused on earning their Lycoming degree," said James Spencer, Lycoming's vice president for admissions and financial aid. "The high graduation rate is a testament to the good work of the faculty and staff members who see that our students get the attention and resources they need to succeed in the classroom."

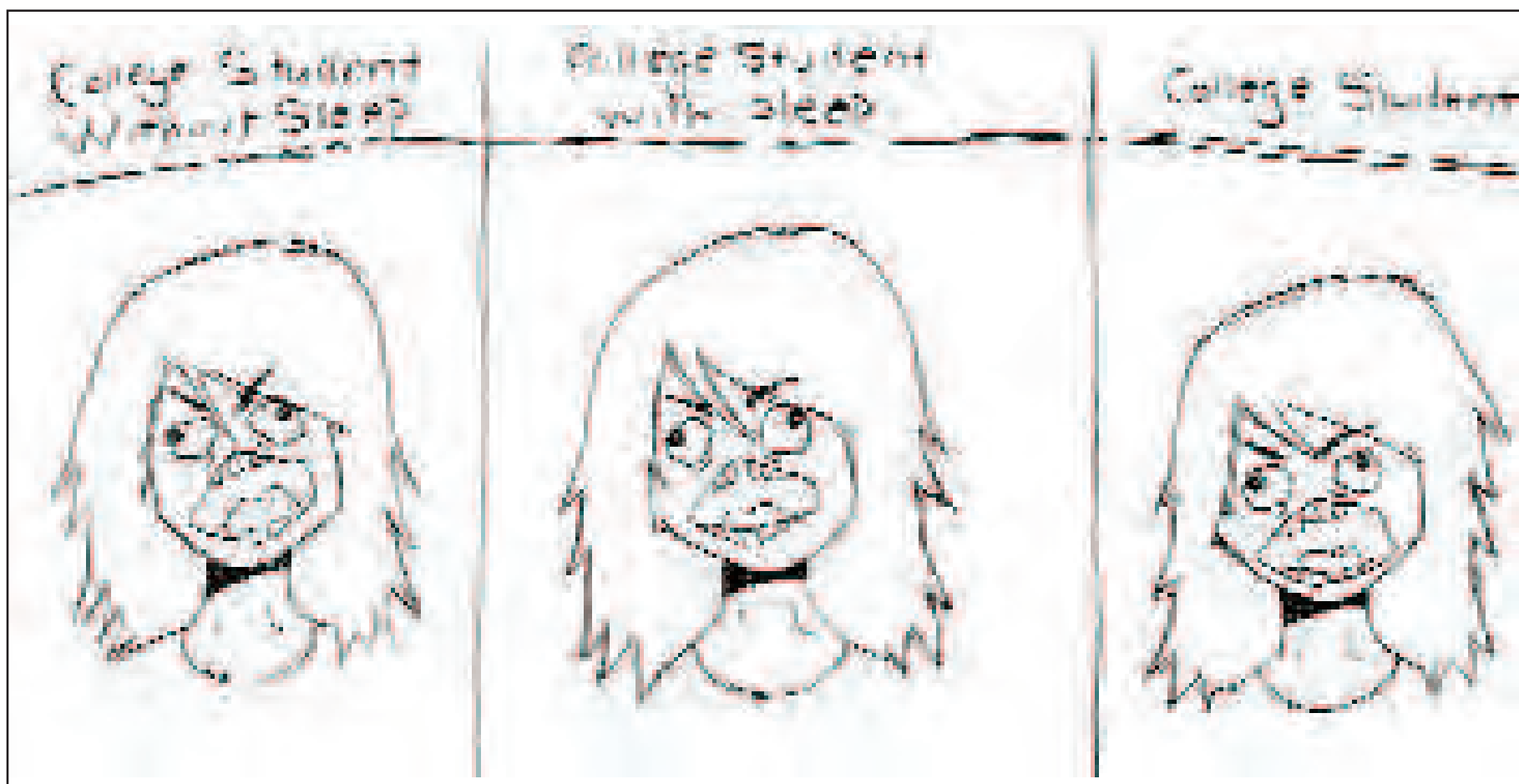
The College was also recently recognized as one of "America's Best College's" by Forbes.com and as one of the "Best in the Northeast" by The Princeton Review.

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



Lycourier life by Melanie Harcum



Lycourier meeting times and information

Meeting Time Thursdays:

Editors: 7:30 p.m.

Staff: 8:00 p.m.

Interested in writing for the *Lycourier*?

Email lycourier@lycoming.edu and let us know!

Location:

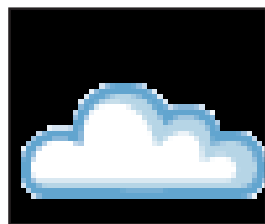
Mass Communication Building
Room 108

We are currently looking for staff
writers and photographers.

Williamsport Weekly Weather

Friday

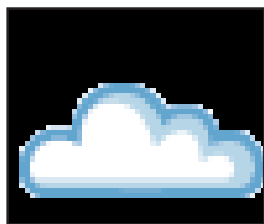
Overcast



High: 68°
Low: 50°

Saturday

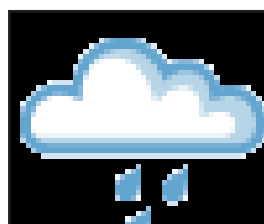
Overcast



High: 68°
Low: 48°

Sunday

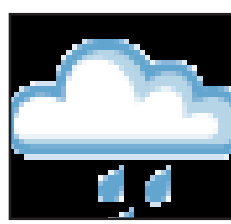
Chance of Rain



High: 66°
Low: 45°

Monday

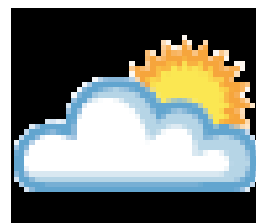
Chance of Rain



High: 66°
Low: 46°

Tuesday

Partly Cloudy



High: 66°
Low: 48°

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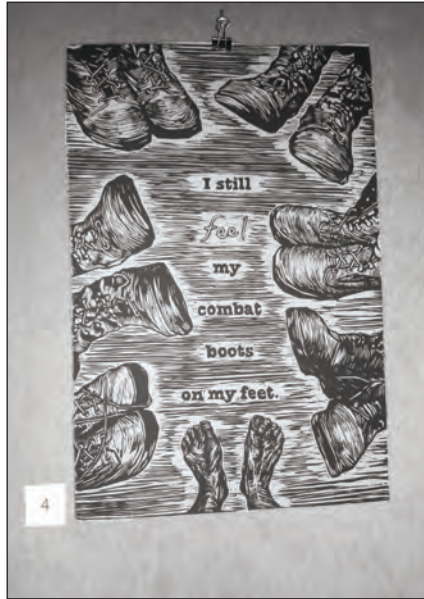
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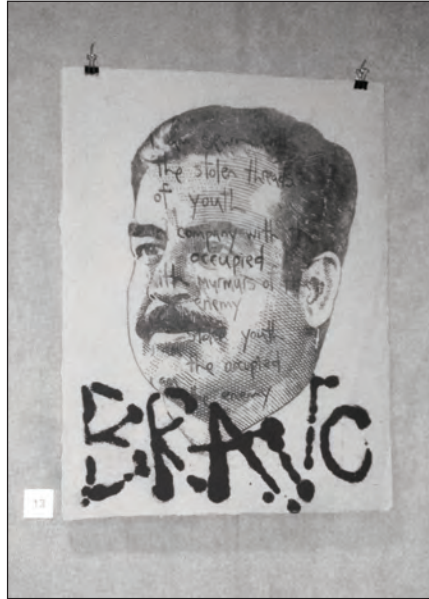
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Kimberly Dreesel/The Lycourier
 "I Still Feel My Combat Boots on My Feet" was created by Hyeyoung Shin and Anne Mungtes during a Combat Paper Project workshop.



Kimberly Dreesel/The Lycourier
 "Bravo Battery 6/27th FA" by Drew Cameron is one of the many pieces of art on display in Snowden Library.

Lycoming hosts "Combat Paper" exhibit in Snowden

By Kimberly Dreesel

College Life Editor

for viewing in Snowden Library during normal operational hours until October 11th. This exhibit features works from various veterans who participated in workshops run by Combat Paper, an organization which encourages former military personnel to take their uniforms and memories and transform them into something artistic.

According to the Combat Paper Project website, the organization sponsors workshops throughout the country in which veterans are encouraged to write the story of their own military experience through the artistic reclamation of their service uniforms. The veterans take part in a labor-intensive and historically-rooted method of making

paper by hand. They cut their uniforms up into strips, mash them into a pulp, and submerge a mould and deckle into the "slurry" of water-suspended fibers to form sheets of paper, which are then pressed and dried. The workshop participants then embrace their memories of their time in the service and use this inspiration to create some form of art on the sheets of paper they have created. By encouraging the veterans to confront these memories and bring out their uniforms rather than keeping them shut away in a box, the organization hopes to induce a personal catharsis for each veteran. The organization also hopes that the works will serve as talking points to generate conversation between civilians and veterans in order to enhance an understanding of the military and warfare experience and discuss society's responsibilities to former military personnel.

The Combat Paper Project, a non-profit organization, was founded in 2007 by artist Drew Matott and Drew Cameron, a former field artillery soldier who served in Iraq and later was one of the earliest participants to transform his uniform from a reminder of his time in the serv-

ice to meaningful, cathartic art. Since their original workshop together, the two have gathered grants and garnered institutional support in order to sponsor workshops all across the country in addition to various exhibits, artist talks, and paper-making demonstrations. They have also extended their reach to Canada and the United Kingdom.

"The story of the fiber, the blood, sweat and tears, the months of hardship and brutal violence are held within those old uniforms," founder Drew Cameron said. "The uniforms often become inhabitants of closets or boxes in the attic. Reshaping that association of subordination, of warfare and service, into something collective and beautiful is our inspiration."

More information on the Combat Paper Project organization and the paper-making process can be found at www.combatpaper.org. Information on future Snowden gallery showings, including Joyce Michaud's "Nuances" and a faculty show, can be found at <http://www.lycoming.edu/art/CurrentGalleryShows.html>.

Living the college life with cystic fibrosis: Genetically challenged

By Jamie Pawlick

Lycourier Staff

handled my pills, assembled and cleaned my own nebulizer treatments, and made calls to doctors and pharmacies. I researched more about the disease to figure out why all these things mattered, and though I understood it in words, I didn't realize how it would affect my life when I lived on my own. Even as a senior in college, I don't think I've got it quite figured out.

Cystic fibrosis causes excess mucous to build in my lungs and pancreas, which makes breathing very difficult and proper digestion impossible. I combat this by doing saline and antibiotic nebulizer treatments and taking digestive enzyme pills. I have to consume lots of calories every day because I lose weight much faster than others, especially if I get sick. My body is very fickle and high-maintenance, but I never noticed when I was living at home. There was always plenty of time to do my half-hours of treatment, lots of food to keep my weight up, and a big kitchen where I could clean and disinfect my inhalers and mouthpieces. It was a lifestyle where treating my condition took minimum effort.

Living at college changed everything. I had to keep very close track of all my medications because mom wasn't there to remind me when I'm running low. I started carrying a little bag of enzyme pills in my pocket at all times because there was no more dining room table with an ever-present bottle, and I never knew exactly when I'd end up eating. As a freshman I had to clean my mouthpieces in the community bathroom sink, and I never felt like I did a good job. I had trouble fitting my blocks of treatments into my class schedule and social life, but if I ever missed one I knew I'd have that much more difficulty getting up the stairs the next day.

For a long time I didn't know about the elevator in the Academic Center. After I found out, it took even longer for me to realize that no one cared if I used it. Most of my freshman year classes were on the third floor, and I often shuffled into class wheezing, coughing, and terribly embarrassed. I still avoid the stairs in the morning, even though I do my treatments before leaving the dorm, because my lungs don't feel at peak clearance until around noon. Every so often I have to share the elevator with someone. When I start to cough they inevitably ask if I'm sick, and even though I've been getting this question all my life, I still don't know how to respond.

Yes, I'm sick. I have been sick since birth and I will probably always be sick. But no, I'm not sick. I don't have "what's been going around" and I can't be helped by cough syrup or resting in bed. I want to tell everyone what it's like to have a disease without being sick, to have a puzzle for a body, to have something frightening and intriguing and unique and completely internal. On the outside, I'm not very different from any other student, but I'd like to use this column to share the little quirks, the moments in life that twist and slant because of what's going on in my head, my heart, my lungs.

Find more information on cystic fibrosis at www.cff.org.
 If you have any questions about cystic fibrosis, you can email Jamie at pawjami@lycoming.edu.

Make long-lasting memories at this year's Family Weekend

By Kayley Eshenaur

Lycourier Staff

on Friday from 8a.m.-8p.m. According to the Lycoming College website, complimentary football tickets will be available to those who are interested, and the Class of 2016 picture will be available for sale. On Friday, the weekend begins with a sculpture and stained glass walking tour in the Fine Arts Building lobby at 1p.m. Neo-classical sculptures and stained glass by Lamb and Tiffany will be on display, and following the Fine Arts building portion of the tour, groups will go to the James V. Brown library and the Christ Episcopal Church.

Another event taking place on Friday is the Lycoming volleyball tournament, which begins at 5:00pm in the Lamade Gymnasium. After this event, the Lycoming College band and Chamber choir will play a concert in Clarke Chapel at 7:00pm. For those who prefer drama to music, there will also be a showing of Florida Girls in the Mary L. Welch Theatre at 8:00pm Friday as well as Saturday. This one-woman play was written and performed by Nancy Hasty and tells a story about 15 characters who live in a small town in Crestview, Florida in 1965.

Various enriching Family Weekend events are also offered on Saturday. From 10-11:00am there will be a faculty open house in Pennington Lounge in the Academic Center. For those who have already purchased tickets, the Hiawatha Riverboat Tour will be a spectacular afternoon get away from 11a.m.-2p.m. The tour will be a great chance to mingle with professors and to see the town of Williamsport from the river.

For those who did not get tickets for the river tour, at 11am you can root your classmates on at either the women's soccer game at the Shangraw Athletic Complex or the Lycoming volleyball tournament at the Lamade Gymnasium. At 1:30p.m., you can watch the football game at David Person Field or the men's soccer team at the Shangraw Athletic Complex.

For those who have a knack for history, the Lycoming County Historical Society will be at the Thomas H. Taber Museum on Fourth Street for some indoor and outdoor family fun from 12-5pm. There will be food, face painting, log splitting, a mock archaeological dig, soap and candle making, and other interesting events. During the evening, hypnotist Keith Karkut will make an appearance at Clarke Chapel from 7:30-8:30pm. Participants can also end the day on a sweet note at the ice cream sundae social in the East Hall Coffeehouse from 8:30-10pm. A \$5 charge per person grants the ticket holder access to an ice cream sundae bar and the opportunity to talk to other Lycoming families and staff members.

The final event for family weekend will be a Sunday Mass held at St. Boniface Catholic Church at 9am.

Want to write for College Life?
 Contact Kim at drekimb@lycoming.edu

Students crave healthier dining options in cafeteria

By Bethany Richardson

Lycourier Staff

Coming into college, the freshmen received plenty of advice from upperclassmen, friends and family about what to expect during our first year on our own. Although different groups of people gave different advice, one theme that all parties had in common was to warn us about the infamous “freshman 15”.

My first week at Lycoming, I took careful measures to watch what I ate and made sure I didn’t start my journey on the way to the freshman 15” too early. However, about a week or two after I didn’t have any of my mother’s homecooking, I realized that this was going to be a challenge. I quickly realized that although the cafeteria offered different choices, which differed from the experience most of us had in high school, not all of the choices were healthy alternatives.

I found myself eating the same meal at breakfast, lunch, and dinner and pining over healthier foods that I was used to eating at home. Fruits and vegetables, which had never really been my favorite food groups, now sounded more appetizing than my usual bowl of pasta or piece of pizza.

I am not the only freshman that seemed to be having these opinions about the cafeteria.

“I expected the food to be better before I got here,” freshman Olivia Manges said. “Now that I’ve been here for a month, my views have definitely changed.”

On September 19, we were finally given a fresh fruit bar at dinner. You could see how excited everyone was

to be offered this alternative, and the fruit was practically gone as soon as it was put down. So why can’t we have that enjoyment all the time? The school should be overjoyed at their student’s love for healthy food, and be pleased to continuously give us that option, especially when it reflects so positively back on the school and their food services.

There are also other steps the cafeteria could take in order to satisfy the demands of the student population.

Junior Kendra Bitner said she would like a take-out option for breakfast. “I also think that bigger to-go coffee cups would be beneficial,” she said.

However, not all students are struggling to acclimate to the cafeteria food. They find the options offered to be plenty and the cookies to be delicious.

“I expected the food here to be bad because of all the things I’ve heard about college food,” freshman Nicole Vaughn said.

“Now I have learned that it’s not that bad and I can make tons of different meals by combining food options.”

Personally, I can’t deny that I eat the occasional hamburger or cookie in the cafeteria. But all I’m saying is that it might be nice to have a healthier option, other than the salad bar every now and again. This would benefit certain students at the school that are trying to watch what they eat or even those who are vegetarians or vegan. And of course, there’s the fact that it can only be looked back positively on Lycoming College as a whole.

So please, give the students a fresh fruit bar all the time, or at least more often. That way, students won’t pine after their mother’s home-cooking like I have, and we can avoid the “freshman 15” or eliminate it altogether.



In a side-by-side comparison, Apple’s iPhone 5 doesn’t seem to offer any strong benefits over its previous iPhone 4 model.

Needless improvements: Is the iPhone 5 worth it?



By Tory Irwin

Opinion Editor

So last week Apple’s big release of the iPhone 5 happened. I’m sure you know, because Apple is slowly taking over the minds of those in the 18-24 demographic. If you don’t believe me, let’s think for a moment. When you ask someone what music they have on a portable device, are you more likely to say, “Hey, what do you have on your MP3 player?” or “Hey, what do you have on your iPod?” I rest my case.

After seeing a spot on the evening news about a local Verizon store where people camped out from the wee hours of the morning to ensure they were one of the first recipients of the iPhone 5, I was intrigued to see what all the hubbub was about. Operating off the 4 (I never said I was excluded from their mind control), I wanted to see what exactly the benefits of upgrading to the new model were.

So I checked out the Verizon website, where they have a side-by-side phone comparison. The differences between my model and the iPhone 5 are as follows: mine is about an ounce heavier, has a slightly worse quality camera (which, if I had the 4S, wouldn’t be a difference), mine saves MORE battery life in

standby mode, but has about an hour less talk time and finally, mine does not come equipped with 4G.

The faster internet capabilities of the 4G may entice some to upgrade to the new iPhone, but really, is it enough to justify spending the \$200 plus contract on the 16GB phone? The retail price of this model, as listed on the Verizon, is \$649.99. Right now, Verizon is even offering my version of the iPhone for free with a two-year contract.

To me, these minor upgrades don’t seem worth it. Sure, faster internet speeds would be nice, but the claim that the operating system is so much better isn’t really that impressive, considering every time Apple updates the operating system you can update it on your own phone. I don’t get the concept of buying every little update that they make.

Aesthetics are the biggest change in this new phone. I’m okay if my screen is a tiny bit smaller or if my phone doesn’t take the best pictures in the world because it’s a phone. If I wanted a great camera, I’d buy an actual camera.

One of my favorite things about this campaign, though, is the slogan for the iPhone 5. “The biggest thing to happen to iPhone since iPhone”. Really? That’s what you’re going to go with?

It’s actually really funny, because the people at the Apple Corporation know that

they can say anything and there will still be morons lining up to buy their new product. Brand obsession is something I’ll save for another time, but you can see where it’s getting us and how ultimately, that’s the driving force of sales for things like this.

When a company comes out with a new model, they promise us as the customer that it’s the best thing they’ve ever invented. Meanwhile, they’re busy making small adjustments to make their next minimally changed “best product ever”. It’s a vicious cycle, but I guarantee you whenever the iPhone 6 is announced within the next two years with a slightly better screen resolution, people will be camped out all night to make sure they are the first to get it.

As one of my favorite daytime television personas, Ellen DeGeneres, said upon the release of the iPhone 5, “Here’s a question: do we all have to buy a new phone every time there is a little change? No. Why don’t they give us things we can actually use? I don’t need a thinner phone. I need a tortilla chip that can support the weight of guacamole.”

While Ellen’s joke may be a little lighthearted, she hits the mark in that technology updates are often just trivial achievements that aren’t really helping anyone. What we need are brilliant minds working on solutions to real issues, not trying to cram more features into smartphones.

Romney’s budget plan right path for economic success

By Nicholas Grimes

President of the Lycoming College Republicans

When Barack Obama was inaugurated, the biggest concern for Americans was the state of the economy. Four years later, the concerns have not changed. Going into this presidential election, Americans want a president who can fix the continual decline of the U.S. economy.

From the time President Obama’s administration took office in 2009, 745,000 more American’s are unemployed with the unemployment rate at 8.3%. Middle class income is down \$4,017. Gas prices have risen over 100% from \$1.85 to \$3.95, and insurance costs are up 23%. College tuition is up 25% and America received its first ever S&P credit downgrade.

Is this enough to convince voters to try something completely different? And will the Republican’s economic plan implemented through Romney/Ryan work?

Romney has a five-point economic plan.

1. **Energy independence.** Romney hopes to increase access to domestic energy resources, approve the Keystone XL pipeline and stop destroying the American coal industries through unnecessary regulations – creating American energy jobs.

2. **The skills to succeed.** This step will provide affordable access to superior schools and job training programs, while attracting the best and brightest from around the world.

3. **Trade that works for America.** This point restricts unfair trade practices from countries like China, opens new markets for America’s goods and services and strengthens free enterprise around the world.

4. **Cut the deficit.** In order to complete this step, Romney promises to

cap federal spending, consolidate government agencies, give states control of agencies they can implement better and match compensation of federal jobs with their private sector equivalents.

5. **Champion small business.** By doing this, Romney hopes to reduce taxes on job creation, protect businesses from “strong-arm” labor unions, create real healthcare reform that lowers costs and improves health care.

For those wondering if the Republican candidate is fit to make these changes, they need look no further than Romney’s business record, which speaks for itself. He helped start Staples, Bain Capital, Sports Authority and many more multi-million dollar businesses with hundreds of thousands of Americans employed. In his time as governor, he lowered Massachusetts’ unemployment rate to 4.6%.

Most notably, in the 2002 Winter Olympics, Romney went in as president and CEO with a \$379 Million deficit. When he left, the Olympics gained over \$100 million in profit. What’s more, he donated his entire \$1.5 million salary to charity and an additional \$1 million of his own money to the Olympics.

“I will be held accountable... if I don’t have this done in 3 years, then this is going to be a one term proposition.” This was said by President Obama, promising to cut the deficit in half in his first term.

In February 2009 our total national debt was around \$10 trillion; our national debt today has surpassed \$16 trillion. As the numbers show, Obama hasn’t gotten it done. His jobs were admittedly not as “shovel ready” as he expected, and our economy has not made a turnaround since he took office.

I ask you: why not instead put our trust into a man who has had a proven record of economic success?

Overheard at Lyco

I have a girlfriend. I don’t need to shower. -AC

My uncle is hotter than he is. -Caf

My foot is stripping. I have to make the noise. -Williams

What were you doing? Reading with your mouth? -College Place

I want you. I’ll put you in my wig. -College Place

I can’t run to you because of an ocean. I’m not Jesus. -Williams

Question of the week: What should the caf serve more often?

Answers compiled by Alycia Lucio



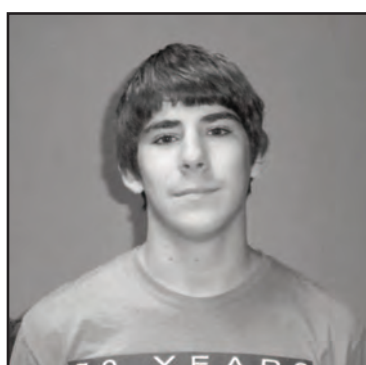
Jeff Andrews
Sophomore

“Mac & Cheese.”



Ariel Gold
Junior

“Chicken Noodle Soup.”



Owen Bradley
Freshman

“Pulled Pork.”



Sarah Honhold
Senior

“More Italian Food.”

'The Avengers' saves the day

By Alycia Lucio

The Lycourier Staff

The first time I saw The Avengers, lines of people extended outside multiple theatre doors, and fanatics dressed up in their favorite Avengers outfits.

When Loki's (Tom Hiddleston) world gets combined with ours after a portal is accidentally opened with the Tesseract, the government organization, S.H.I.E.L.D., brings together everyone's favorite Marvel characters to form The Avengers.

Writer/Director Joss Whedon does not leave his audience with a dull moment. He fills each scene with explosions, fighting and superb special effects as the Avengers try to overcome Loki and his evil cohorts in their search for the Tesseract.

Iron Man introduces us to a whole new set of nifty gadgets, and Thor, of course, makes use of his godly strength and wit, and let's not forget about Hawkeye's archery skills.

Unlike some of the previous Marvel films, Whedon incorporates a great amount of comedic relief throughout. However, the humor actually adds to the progress of the movie if the action isn't enough to absorb your attention.

For all the females that think "The Avengers" is just for the guys, do not be mistaken. Black Widow takes the lead as she is able to distract the truth from just about anyone and stand her ground right next to the men.

If you have not seen the previous Marvel movies, you may seem lost at first, but this film does give a brief overview of each character in the beginning. We see Captain America as he copes with the adjustment of time after being frozen asleep since WWII.



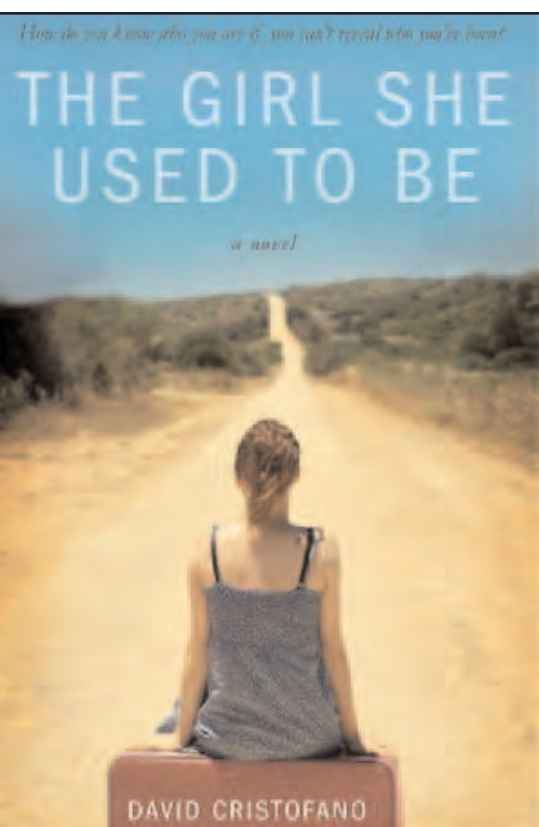
Iron Man's growing relationship with Pepper Potts (Gwyneth Paltrow), and The Hulk's reason for hiding away in India. After seeing "The Avengers," you'll most likely want to go out and watch the rest of the series.

The ending scene where the entire team is captured together is marvelous, the perfect way to end the film and definitely worth the wait. For those of you who have not already heard, stay after the credits for an extra clip.

By Qiana Hill

The Lycourier Staff

Review: 'The Girl She Used To Be'



Hey Lyco bookworms, have you just finished reading a book? Are you itching for a new one? Why not make your next rental or purchase of "The Girl She Used To Be" by David Cristofano.

The main character is Melody Grace McCartney, who has been in WITSEC witness protection since she was six-years-old after she and her parents witnessed a murder committed by the infamous mob-boss Tony Bovaro.

All Melody longs for is her freedom back, and she just wants to be herself again and to live a normal life. For as long as she could remember, the Marshalls kept telling her that they were there to protect her.

But will gaining her freedom, even if just for a few days, be enough to change her bias against her situation to decide if she will continue the rest of her life running? And what of this stranger, this person who has so much in common with her and yet is part of the reason she is even in WITSEC to begin with?

Fishing with Flyco

By Cory Trego

The Lycourier Staff

As October nears, thoughts of hayrides, pumpkin patches, apple cider and changing foliage may linger on the minds of college students. For some on campus, however, fall brings about an opportunity to hit the local streams for a chance to unwind and enjoy the stunning fall scenery.

Members of Flyco spend most of their time on the waterways north and west of town in the Pine Creek, Lycoming Creek and Loyalsock Creek watersheds. Some of the best fishing in the area is found in three tributaries of Pine Creek. Pine Creek enters the Susquehanna River at Jersey Shore, about 15 miles west of town.

Another dozen miles upstream flows another favorite tributary of the club. Cedar Run is a hidden gem tucked away in a secluded side canyon. Famous for its enormous natural brown trout, this stream cascades from atop the Allegheny Plateau into Pine Creek across from the quaint village that shares its name.

This year, Flyco is led by President Lauren Reitnouer and Vice-President Chris Liefeld. Students who have a passion for fishing, or who simply have the urge to get outdoors, are encouraged to come to the club meetings which are usually held on Thursdays at 9:00PM in B205 in the Academic Center.

Theatre Presents One Acts

By Taylor Kendra

The Lycourier Staff

Sunday, September 23 were the auditions for this year's Directing II showcases. The directors are Toby Anderson, Hanah Eyler, and Krista Peterson.

The showcases are a requirement for theater majors in the directing track and are also another opportunity for students to get more experience on stage, directed by their peers. They are a great experience for all involved and really give everyone a chance to shine.

Toby Anderson is directing "The Author's Voice" by Richard Greenberg. This twisted comedy will keep you curious and slightly confused, but promises to be fantastic.

Hannah Eyler's show is "Dolores" by Allan Baker and deals with the relationship between two very different sisters and just what it means to be a family.

Krista Peterson, director of "Sorry" by Timothy Mason said, "It is a comedy with a lot of hilarious, biting sarcasm. Although it is a comedy, it also examines how loneliness brings people together in strange ways.

"My goal as a director is to really focus on character work, getting to the core of the characters, since each of them needs to be very dynamic. I believe rehearsals should be a lot of work and also a lot of fun, with a very tightly-knit ensemble."

The directors hope to showcase new faces and new talent and put together an awesome show with everyone involved.

Warrior Word Search: Clubs and Organizations on Campus



CAMPUS ACTIVITIES BOARD, BLACK STUDENT UNION, STUDENT SENATE, BOARD AND GAMES, BIG BROTHERS BIG SISTERS, CAMPUS GIRL SCOUTS, CIRCLE K, COLLEGES AGAINST CANCER, CREATIVE ARTS SOCIETY, EQUESTRIAN CLUB, GLOBAL (GAYS, LESBIANS OR BISEXUALS AND ALLIES AT LYCOMING), HABITAT FOR HUMANITY, JAPANESE CULTURE CLUB, JUDAIC CULTURE SOCIETY, LAUGH OUT LYCO, LEAP, DANCE CLUB, FLYCO, CRU, LEAF, LYCOURIER, ULTIMATE FRISBEE, WATER POLO, UCM, FENCING, WRLC, YOUTH LEADERS (FOR LYCO), SMART, BADMINTON, SILENT RANKS, REAL, RAGING STITCHES, PLAY BY FAITH, MAG, MTG, KARATE, ROLLER HOCKEY, DEMOCRATS, REPUBLICANS, JUGGLING, LYCOMING BUDDIES, CSO, COLLEGES AGAINST CANCER, CHEERLEADING, ARROW, DODGEBALL

Callbacks for Directing II Showcases will be October 1, in the Dragon's Lair. The performances will be held December 7 & 8.

College mourns loss of Dutch Burtch



By Justin Ossont

Lycourier Sports Editor

On the morning of September 8, 2012, Lycoming College lost former men's basketball coach and dear friend Clarence "Dutch" Burch the school's basketball all-time wins leader. He was 80 years old.

"It (Lycoming) has also lost a true gentleman," President James Douthat said in an interview with the college's webpage. "Lycoming College has lost one of its most storied coaches of all time."

Burch was the head coach for the Warriors from 1962 to 1994 for a total of 32 seasons. His first season was not one for the record books. He guided the Warriors to a dismal 5-15 season. He did not expect the school to keep him on board for another 31 seasons.

The day he retired he said, "When I first got here, my goal was to stay five years. The place turned out to be so great, the school and the community, that we decided to stay and that this would be home."

The 1965-66 season, a mere three years later after the 5-15 season, Burch led the Warriors to their first Middle At-

lantic Conference regular-season championship. He guided the Warriors to MAC championships in back to back season from 1983-1985.

The 1984-85 seasons was Burch's favorite as head coach. During that season the school compiled a then record 19 wins to achieve a berth in the NCAA Division III Tournament. The Warriors would lose in the first round of the tournament to Widener University in a heartbreaking 54-52 loss.

Burch and the Warriors never backed down from a good battle. During his tenure he would coach against Division I teams such as Army, Bucknell, Lehigh, and Navy. He also had the privilege to coach two of his three sons: Sam Burch (1982-86) and Seth (1985-89).

Both sons were guards and led Lycoming to a 92-75 record with three MAC playoff appearances during their playing careers. Burch's daughter Sue was a student at Lycoming College herself and was a part of the women's tennis team.

Burch won MAC Coach of the Year in the 1983-84 seasons. He also coached 17 first team all-conference picks, two MVP players of the MAC and 11 of the school's 25 1,000 point scorers. Burch also had the privilege to coach the school's all-time leading scorer, Rich Henninger who scored a total of 2,184 points in his career from 1970-74. Burch is also inducted into the school's hall of fame.

Burch graduated from the University of Pittsburgh in 1954. He earned the Na-



Clarence "Dutch" Burch severed as the men's basketball coach for 32 seasons.

Photo provided by Lycoming College

tional Association of Basketball Coaches All-Region honors as a senior and his 13.1 career points-per-game average is still in the school's top 25. He was drafted in the fifth round of the 1954 NBA draft by the Fort Wayne Pistons. He entered the U.S Army in 1956 where he was a basketball player-coach until 1958. Burch served as the school's baseball coach from 1962-1972 and the athletic director from 1976-84. He oversaw the addition of women's bas-

Interested in writing sports articles? Please contact Lycourier Sports Editor Justin Ossont (os-sjust@lycoming.edu) for details on how you could join the *Lycourier* staff!

Yoga each day keeps the doctor away



Left: Photo provided by Google. Right: Flickr asteix611r (right)

Join Lycoming College Recreation as they host yoga year round on Mondays at 4:15 and Saturdays at 10:30 in the East Hall Coffee House.

By Kendra Bitner

Lycourier

For the second year in a row Lycoming has utilized local yoga professional Trudy Fritts to teach free yoga classes for students and faculty on campus. Fritts is owner and founder of Trudy's Barefoot Yoga Studio on 1131 Washington Street. She has studied and taught forms of yoga for over 30 years obtaining many yoga certifications along the way. With intense training throughout the United States, as well as India, Fritts is extremely knowledgeable in the field.

What separates Fritts apart from other professionals is her

personal approach to the art which attracts many of her customers.

Fritts incorporates many types of yoga including Vinyasa, Kundalini, Yi, and Yong in her classes. Kundalini is the oldest form of yoga, started over 70,000 years ago, with a focus on breathing and meditation.

Vinyasa is an athletic yoga style using many different series of postures. Yin focuses on connective tissue and recovering degenerated bodies. Yong is very active, and when mixed with Yin creates a perfect balance of purification.

Most recently, yoga is starting to be used in the medical profession as physical and psychological therapy.

"A lot of therapists are using yoga now, even psychologists and psychiatrists. Instead of

using antidepressants they use yoga therapy. Even medical society has recognized that our cells have memory," says Fritts.

More specifically, this is referred to as Phoenix Rising Yoga Therapy.

These individual sessions are geared specifically for the client's specific physical and mental needs. During each session, the instructor physically moves the patient's body into assisted postures. Each session has a theme such as truth, awareness or discernment. Along with the yoga, journaling and counseling is also used as therapy with dialogue and feedback.

"The therapy has lots of emotion from laughing to crying. You never know what comes up," says Fritts about her experiences in yoga therapy.

Fritts has also studied yoga philosophy. She explains that yoga began as a means of meditation, focusing solely on breathing. Later on positions were added to compliment the meditation. In western society, people expect body improvement from yoga and don't want the mind-body connection.

"You will notice a bit of spirituality in my yoga because I have studied with all gurus from India. I don't do the yoga-fitness where you do it just to workout. I always bring some type of spiritual element into my practice," explains Fritts.

As for Fritts' classes here at Lycoming, she holds two one hour classes each week: Monday from 4:15-5:15PM and Saturday from 10:30-11:30AM in the East Hall Coffeehouse. Each class is designed to be in-

formative and beneficial while still staying at a moderate skill level. Fritts is very pleased with the turnout so far this semester and is excited to work with the students and faculty at Lycoming.

"Oh I love it here!" Fritts exclaims when asked how she feels about her classes at Lycoming.

Because of the limited classes on campus Fritts invites at Lycoming students and staff to visit her studio for more classes at a discounted rate of \$2 per class! To check out a full class schedule visit the studio online at www.trudysbarefootyoga.vpweb.com

Men's soccer season sprints into full stride



By Justin Ossont

Lycourier Sports Editor

The soccer season for the men's team is in full swing. The Warriors are looking good at keeping a record of 18 straight post season appearances. The Warriors have a record of 3-3-1 after 7 games of a 15 game season.

Recently the Warriors fell to nationally recognized Rochester 4-1. It was the last non-conference game for the Warriors. Now that non-league play is over, the Warriors now have the challenge of taking on the 9 team gauntlet of conference opponents.

Earlier in the season, the Warriors had lost in a tough one to rival Susquehanna losing the "Battle of the Boot" game which is fought over the coveted "Golden Boot".

The last performance was a very tough battle with Rochester University. They lost the contest 4-1.

The only goal for the Warriors came in the 72nd minute when freshman Nick Neverman found the back of the net. The game took place on Saturday, September 22.

Now with that game under the rug, the Warriors now have a full week to prepare for MAC action. Their first game of in-conference play will be played this Saturday, September 29, during family weekend, as your Warriors take on Alvernia at home.

The gauntlet will not be easy and that is why the Warriors, who are pretty well-experienced, will rely on the biggest group of seniors the program has ever seen.

It starts off with senior captain Matt Snively, who at the beginning of the season was 15 points shy of becoming the college's 13th player to reach 50 ca-

reer points, and 5 goals shy of becoming the 15th player to reach 20 goals.

Charlie Vess will add to the senior depth as well.

Vess earned second-team all-conference honors as junior with 7 goals and 2 assists to the team with 16 goals. Vess' biggest goal came only a season ago with the golden goal to win the "Battle of the Boot".

Pat Marion will lead the midfield slot. He started 11 games for the Warriors in 2011. His big moment last season was when he scored merely 16 seconds into the Warriors bout against Juniata.

Vincent Marinucci, senior, will also see plenty of time this year. Defensively, the Warriors are led by none other than senior captain Will Reiber. He has played in over 39 career

games as a Lycoming College Warrior. Senior Kory Barto returns this season after a tough season last year where he received an injury after seven games.

The net-minder this season will be Senior James Quinn who last year was plagued by injuries. But before he was removed from injury last season, Quinn posted a 5-2-1 record, a .90 goal-against-average and a .848 save percentage. Not too shabby for a 5' 8" goalkeeper.

With all the attention on the players we should not to forget to mention the second year head coach Doug Stahl. Last season he posted a 9-8 season and became the first rookie coach to take the Warriors to post season play. He hopes to make it into the post season again.



Photo Provided by Lycoming College

Will Reiber and the rest of the men's soccer team begin conference play this Saturday during the family weekend events