



Opinion:
U.S. government needs to make reforms in response to Sandy Hook

(See Page 6)

Entertainment:
Movie Review:
"Skyfall" and "Les Miserables"

(See Page 7)



Mens Wrestling

(See Page 8)

The Lycourier

The student newspaper of Lycoming College

700 College Place · Box 169 · Williamsport, PA 17701

Volume 26, Number 8

<http://lycourier.lycoming.edu>

January 10, 2013

The Hook-Up: Ozzie and Mae's Hacienda

John Piazza and Jehiel Boner
Lycourier Staff

Ozzie and Mae's Hacienda opened in October of 2005 and was Williamsport's first Mexican restaurant at the time. Over the years Ozzie and Mae have built relationships with patrons as well as neighboring businesses and has become a staple in dining in downtown Williamsport.

The authenticity and quality of food Ozzie and Mae serve comes from a combined 28 years of experience preparing Mexican cuisine.

The secret behind Ozzie and Mae's delicious cuisine is their dedication to using only the freshest ingredients and making every meal on their menu exactly the way customers want it. Patrons can customize each dish to be as spicy or mild according to individual preference. This is a big attraction for customers of the restaurant.

One thing is for sure, if a little, or a lot of spice is enjoyable, ask for Ozzie's homemade hot sauce made with fresh habanero.

While dining in at Ozzie and Mae's, John and I were encouraged by our lovely waitress to try the homemade guacamole dip as well as their two signature salsas. The guacamole dip was made with fresh garlic and was bursting with flavor! Mae pointed out that they also use lettuce in their guacamole, which gives it an added texture and flavor.

The salsa came in two different types, medium and hot, and was equally fresh and delicious. Both came with house tortilla chips that were homemade.



Jehiel Boner and John Piazza/ LYCOURIER

The fajitas are unrivaled in the Williamsport area. Staff writers Jehiel Boner and John Piazza checked out Ozzie and Mae's Hacienda to taste some delicious food.

ferent types, medium and hot, and was equally fresh and delicious. Both came with house tortilla chips that were homemade.

For our main course, John and I chose different combinations of the fajitas. They offer many different types of fajitas including steak, chicken, shrimp, veggie, and a variety of combinations of each. The fajita meat was served in a large sizzling skillet with mixed sautéed vegetables.

The homemade tortilla, rice, refried beans, lettuce and tomatoes were served on a separate plate, to prevent the tortilla from getting soggy and the veggies from wilting. This also allows one to con-

struct their own culinary masterpiece by loading on as much or as little of one ingredient according to preference.

Ozzie and Mae's Hacienda also maintain a hopping bar that serves up the best margaritas in Williamsport. If margaritas aren't your style they also offer many types of beers and mixed drinks, prepared in an atmosphere that feels so warm and tropical you may mistake it for Margaritaville!

Next time you are craving authentic Mexican cuisine or drink, think way outside of the bun and stop in to Ozzie and Mae's Hacienda, located on West 3rd Street for a meal you will not forget any time soon.



Jehiel Boner and John Piazza/ LYCOURIER

The Hacienda's homemade guacamole dip is unique due to the fact that they include lettuce-- an interesting addition that adds some additional crunch.

Uptown Music Collective Enrolls for Winter Semester

Photograph credit: The Uptown Music Collective

The Winter Enrollment Open House will continue to run until February 12th.

The Uptown Music Collective, the area's premier nonprofit school of music, held their annual Winter Open House on Saturday, January 5th 2013 from 11-2pm, at their facilities at 848 West Fourth Street in Williamsport. Prospective students were able to tour the facilities, meet with teachers, and register for lessons, classes, and workshops taking place in the upcoming semester. Enrollment week will run until January 12th. Workshops will be going on during the hours of the open house so those in attendance can see what takes place at the school on a daily basis.

As the Uptown Music Collective continues to grow and refine its programs, its students are being afforded more and more amazing educational opportunities. With the new semester, all Uptown Music Collective students will, for the first time, have an opportunity to use the school's new recording project studio, train their ears in its Ear Training Lab and be taught using the school's smart board technology, all courtesy of a grant from the National Endowment for the Arts and through the support of the community.

Students will also have the opportunity to be a part of the school's upcoming performances, on stage or behind the scenes. These performances include a benefit for Meals on Wheels at the Community Arts Center called Hunger Strike (Feb 1), its tribute to MTV Unplugged called UMC Unplugged (Feb 22 & 23) which will take place at the Community Theater League and the school's Spring Performance, Pink Floyd's The Wall (April 25-27) also at the CAC.

Established in April of 2000, the Uptown Music Collective (a 501c3 nonprofit school of music) has developed a reputation as the premier source of music education in the area, with an enrollment of over 130 students. Offering private lessons at all levels on guitar, bass, drums, keyboards and vocals, as well as classes and workshops in music theory, songwriting, and styles such as the Blues, Jazz, Classical and Rock. The primary age range of the Collective is 10-18 yrs old, but is open to all ages and levels.

Along with private lessons, the UMC offer a myriad of programs including its flagship Performance Program. This program educates students about the ins and outs of major and minor performances, including direction, production, preparation and technical aspects of the performances. The program brings outstanding student run performances to the area, including Kille Queen, and most recently, Jagged Little Pill a tribute to Two Decades of Women in Rock.

The Uptown Music Collective is committed to providing comprehensive music education to dedicated music students in the Williamsport community and surrounding areas. The school feels strongly about the role of music in creating well-rounded thoughtful young people, and works to establish characteristics such as self-discipline and personal responsibility in each of its students through healthy habits such as practice and self-control. Uptown Music Collective students consistently perform at high levels not only musically, but also in their respective schools and as valuable members of other community organizations.

During the Winter Open House, prospective students will be able to enroll for the school's 16 week winter semester. The winter semester will run from January 14th and will run until May 4th 2013. There are openings this winter for students of all levels who are looking for private instruction on the guitar, bass, drums, keyboards/piano or voice. There is no previous experience needed to begin enrollment in The Collective. The Uptown Music Collective will also be offering its popular workshop series which includes Jazz, Rock, and Blues Drum Technique, Choir and the popular Tech Monkey workshop. Classes will be in full swing as well, including Music Theory 1 through 3, Harmony and Rhythmic Theory.

For more information about The Collective's upcoming winter semester, and the open houses, call 570-329-0888 or visit them on the web at uptownmusic.org.

Lost at Lyco

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

Where on campus can you find this week's image?

Send your guess to lycourier@lycoming.edu by Thursday, Jan. 17 for a chance to win a \$5 gift card.

Last issue's photo was an image of the film dryer in the photo lab. No answers were submitted for a chance at winning the gift card.

Photo by Cody Marshall

Correction: Last issue's photo was taken by Karen Kaetzel. We apologize for any confusion this may have caused.



"A Night of Spoken Word" to continue in 2013



Photo credit: Converge Gallery
Any individual may step up to the mic at "A Night of Spoken Word" in order to read to the crowd.

Season two of Spoken Word keeps growing and will continue into 2013. Last month's event brought several published authors including E.M. Frear who read from her new book *Black White Shades of Grey*.

We also had New York City artist Jeffrey Allen Price make the trek to Williamsport to do a series of booming and humorous poems and stories. Let's keep the momentum going at our next night of Spoken Word on Friday, January 11 from 7:00 - 9:00.

Spoken word has a simple setup: we turn on the mic and ask those interested in reading poetry, prose, free style verse, dramatic readings, stand up comedy and more keep it under 5 minutes.

The event is open to the public and those interested in participating on stage are asked to arrive at 6:30 p.m. so that a running order can be estab-

lished.

All are welcome even if you just want to listen rather than participate. Coffee will be provided by Alabaster Coffee and will only be \$1 per cup.

Come out and speak your talents! Converge Gallery exhibits a variety of fine contemporary art (photography, paintings, mixed media, sculpture, installations and drawings). The gallery represents the talents of many artists local and non-native, emerging and established. Based in historic downtown Williamsport, PA, Converge Gallery is located at 140 West Fourth Street. Gallery hours are Wednesday-Friday 11am-7pm and Saturday 11am-5pm. For more information, please call: 570-435-7080, or visit: www.convergegalleries.com or email: casey@convergegalleries.com or john@convergegalleries.com.



Photo credit: Converge Gallery
An individual braves the audience and takes hold of the mic to read a piece.

Lycoming professor now featured in Converge Gallery January exhibition

Converge Gallery is pleased to announce their latest exhibitions "In Story" featuring larger than life canvases by Joanne Landis in the main gallery and "Abstractions," a showcase of new abstract work by artists Howard Tran, Hannah Leah Gibbs, and John Nicholson in the upstairs gallery.

The exhibitions will be on display from January 3 - February 23, 2013. An opening reception with refreshments and live entertainment is scheduled for Thursday, January 3, from 6-10pm.

Joanne Landis works on large and small scale paintings and works exclusively with the figure. She attempts to create an environment for each figure that matches its internal geography. Landis' primary interest is in that space between worlds; the internal and external, the physical and mystical. According to the artist, every element in her paintings speak of moments and events which saturates each canvas. Landis has an impressive exhibition record, spanning her twenty year career as a painter.

Howard Tran's Ghe series explores the Vietnamese/Chinese philosophy that is influenced by Buddhism, Confucianism, and Taoism--stressing simplicity, worship of ancestors, the cycles of life and connection with nature. Ghe is a small wooden boat that people along the Mekong river use to travel in. It means the journey of life and death; also transition, moving between East and West.

Hannah Leah Gibbs' Norwegian background has been one of the most influential aspects to her work. She

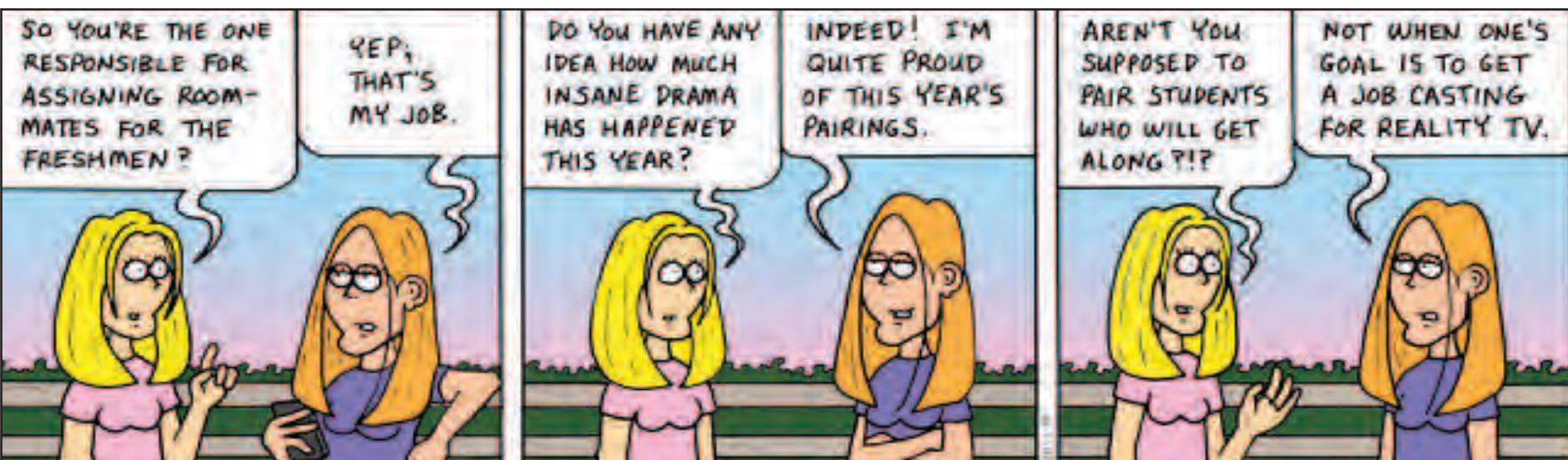
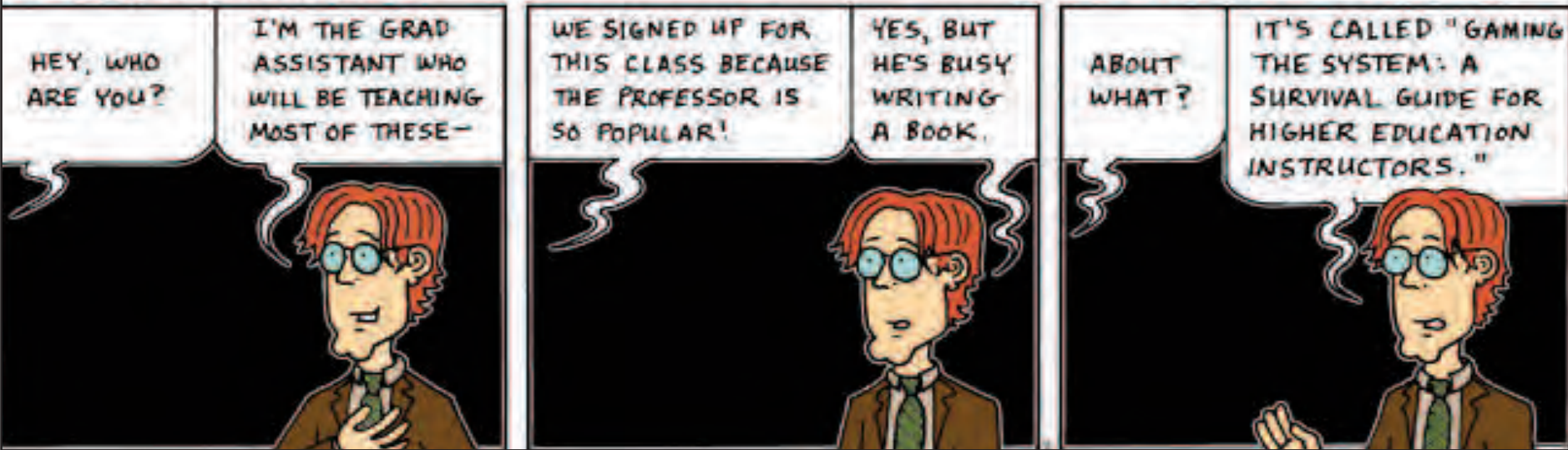
grew up in south-east Norway, and did a lot of traveling and hiking through the country and mountains. Her paintings are abstracted landscapes and what she likes to call lightscapes. There is a lot of darkness in the north and she is intrigued by the refraction of light and the effect that light and the lack of it has on people. She moved to New York for college, and graduated in May of 2011 with a BFA from Parsons The New School for Design.

John Nicholson is committed to manual, touch-oriented media such as analog photography, acrylic painting, printmaking, and super 8mm film. His work conveys themes of environmental degradation, political hierarchy, and social injustice. A Bachelor of Arts graduate from Evergreen State College, Nicholson believes that the fine arts can touch viewers despite our visually over-saturated culture.

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BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



Lycoming College donates more than 1,200 items to Toys for Tots

Greatly surpassing 2011's record 730 donations, Lycoming College's annual Toys for Tots drive brought in more than 1,200 items for the Lycoming County Toys for Tots campaign. For the 13th consecutive year, the College's Office of Admissions and Financial Aid coordinated the event with the support of faculty, staff and students.

Donations were accepted through December 17.

Lycoming senior Justin Ossont donates to Toys for Tots every year. "This year, I donated a Transformers toy," he said.

When the office began collecting donations in 1999, it received a total of 33 toys. This year's donations increased by more than 500 toys over any previous year.

"I've donated since my junior year of high school and continued all the way through college because I really want to help kids who are less fortunate than me and have each child have as much fun as I did Christmas morning," Ossont said.

"I really didn't care how much it was. I just cared that someone would open up that Transformer Christmas morning and feel the way I did when I opened my first Transformer, and that's the best feeling in the world."

All of the toys from the College have been sent to local charities, which will distribute them to less fortunate children in the Williamsport area.

Now in its 65th year, Toys for Tots is a program of the U.S. Marine Corps Reserve and collects new, unwrapped toys in October, November and December each year, according to the Toys for Tots website. The gifts are then distributed as holiday gifts to less fortunate children in the community in which the campaign is conducted.



The admissions office surpassed last year's record, bringing in over 1,200 donations for Toys for Tots.

Contributed photo



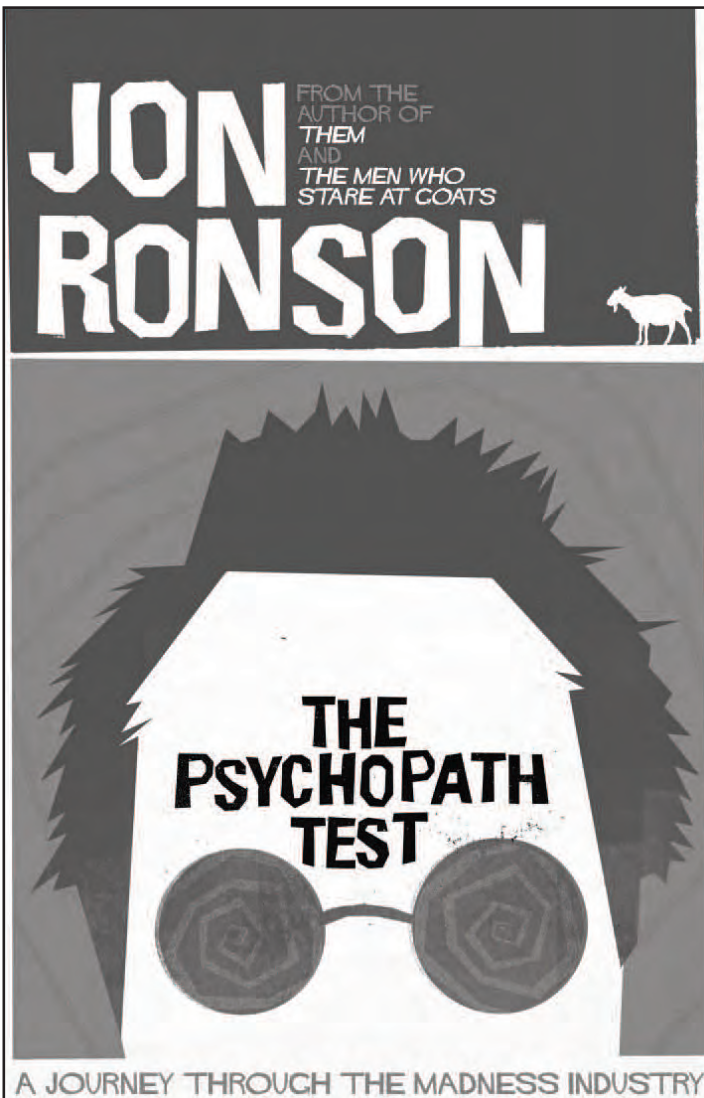
Book review: Author shares how to spot a 'Psychopath'

Katie Jones
Staff Writer

The term 'psychopath' is sometimes carelessly used as slang word everyday when observing the eccentric behavior of human beings. The word can be sputtered in the heat of an argument or a woman who dresses unusually at upscale events can be titled psychopathic. Although the actions of many people may appear strange, the mind of a real psychopath is more cunning than what meets the eye.

"The Psychopath Test: A Journey Through the Madness Industry", written by Jon Ronson, is the fictional tale about how his interest in investigating a scam targeted at the world's most skilled neuroscientists inspired him to become a psychopath spotter. After the unveiling of his first hoax, he realizes that some of the most highly respected social figures have psychopathic traits. Driven by his new knowledge, Jon learns to detect attributes in suspected psychopaths like that of superficial charm, need for stimulation, and manipulation listed on the registered PCL-R psychopath test to strengthen his insanity instincts.

Throughout the novel, he meets multiple people with varying levels of psychopathic behavior. He travels behind bars to meet and question people who have led mass massacres or who have simply faked their way into mental hospitals to avoid punishment by the law. Some of his encounters lead him into dangerous situations,



face to face with people who could ultimately change his life if they had any suspicion of his studies.

Ronson's description of the madness normally perceived as psychotic and the actual insanity that lies out of our control in

the hands of some of the most powerful people in the world is truly mind boggling. Jon Ronson's witty behavior creates an enjoyable novel that can guide anyone in the path to becoming a psychopath hunter.

Have you signed up for the biggest student run event on campus yet?

Sign up for a Relay For Life team to support the Relay For Life of Lycoming College.

Has cancer touched your family or you personally? Do you want to end this terrible disease?

Form a team to help the movement.



How to sign up a team:

1. Visit www.relayforlife.org/palycomingcollege
2. Click the purple SIGN UP button on the right hand side of the page
3. Click START A TEAM
4. Then type in the team name that you want (it can be anything, as long as it's tasteful)
5. Then hit NEXT STEP
6. Then from there you will be prompted to put in your credit card information for you as a team captain it will be \$10. (Don't worry the website is secure and protected.)
7. Continue filling out your personal information you only need to complete the boxes with * to complete your registration if you're a new participant.
8. Then send the link to your team page to your team members so they can join as well.

**Please note that all team members will have to pay \$10 to join your team. It is a standard set by the American Cancer Society, not Lycoming College Relay For Life.

If you have any questions, please feel free to contact me (Briana Wingrove, Relay For Life Chair) and I will help you along with the process. winbria@lycoming.edu

Thank you for helping us Celebrate the Survivors, Remember the lost loved ones, and Fight Back against this terrible disease.

'Fiscal cliff' bill has minimal effect on Lycoming payroll taxes

Last week, Lycoming College Controller & CFO/Treasurer Jeff Bennett sent out an email with the following information.

Recently, the U.S. Congress and the Obama Administration passed legislation related to the "fiscal cliff".

The result of these negotiations kept many of the existing tax rates and regulations unchanged.

One area that will be changing in 2013 relates to the employee share of Social

Security taxes. In 2011, the government had temporarily lowered the employee portion of the Social Security tax rate from 6.2% to 4.2%.

This reduction was not extended in the recent legislation therefore the employee share of Social Security tax will revert from 4.2 percent to the historical 6.2 percent tax rate for 2013.

For student workers, the first direct deposit of 2013 will reflect this change.

For your information, listed

below is a review of the payroll taxes required to be withheld from your pay along with a brief description of each:

The Federal Income Tax (FIT/FITM) is the tax amount based on gross earnings (reduced by any elective deferrals such as retirement contributions, health insurance premiums and flexible benefit deductions) and the number of withholding allowances claimed.

Social Security tax (FICA)

is the tax amount based on gross earnings (reduced by elective deferrals for health insurance premiums and flexible benefits) calculated at the new 2013 rate of 6.2%.

Medicare Tax (FMDC) is the same as Social Security except calculated at 1.45%.

State Income tax (SIT) is the tax amount based on gross earnings (reduced by elective deferrals for health insurance premiums and flexible benefits) calculated at 3.07%.

School Income Tax (MSIT)

is the tax amount based on gross earnings (reduced by elective deferrals for health insurance premiums and flexible benefits) calculated at a rate based on your school district of residence.

State Unemployment Tax (SUCT) is the tax amount based on gross earnings calculated at .08%.

Local Service Tax (LSTM/LSTB) is the tax amount is fixed rate at an annual rate of \$52.00.

**Do you have a
Facebook account?
Do you like pizza?**



facebook 

**“Like” Snowden Library
on Facebook before
January 18th**

and be entered in a drawing
for a pizza from Old School.

It's that easy!

Lycourier meeting times and information

Meeting Time

Editors: 7:30 p.m. on Thursday
Staff: 8:00 p.m. on Thursday

Location:

Mass Communication Building
Room 108

Interested in writing for *The Lycourier*?

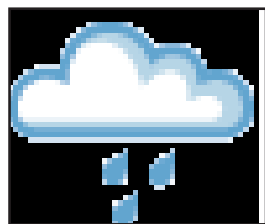
Email lycourier@lycoming.edu and let us
know!

We are always looking for new staff
writers and photographers.

Williamsport Weekly Weather

Friday

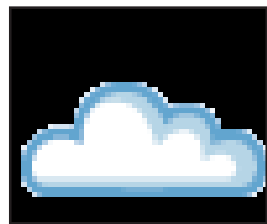
Chance of Rain



High: 46°
Low: 39°

Saturday

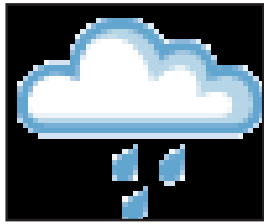
Overcast



High: 52°
Low: 46°

Sunday

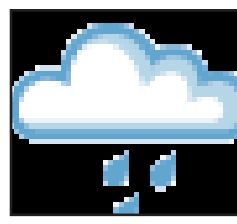
Chance of Rain



High: 50°
Low: 41°

Monday

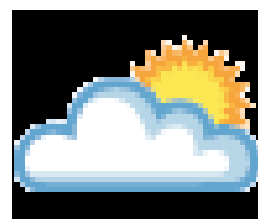
Chance of Rain



High: 50°
Low: 39°

Tuesday

Mostly Cloudy



High: 46°
Low: 30°

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Opinion: media influences the college woman



Photo by Flickr user Charlotte Astrid

Studies show many college-aged women feel pressured to be thin because magazines and television show unrealistic depictions of "ideal" women.

By **Kayley Eshenaur**
Staff Writer

Growing up in today's society can be strenuous on a woman considering the ideology of unrealistic female body types. Everywhere she looks there are magazines with bold headlines shouting the same recurring words: "lose twenty pounds in two weeks," or "achieve radiant and perfect hair by using this product!"

The television does not offer an escape from this call to "perfection" either: specials like the E-Entertainment "30 best and worst beach bodies" pinpoint all the rights and wrongs of the female body.

The messages that the media is sending out to girls today is that they need to have the perfect hair, clothing, and body; overall they should be gorgeous. The media coverage on the female body puts a lot of stress on a woman's appearance which deflates her self-confidence and leads some to self-destruction.

The media's constant scrutiny of the female body causes stress on a woman's self-image. According to the article "Eating Disorders: Body Image and Advertising" reviewed by psychiatrist Harry Croft, a study found that 47% of the girls involved in the study wanted to lose weight because of what they saw in magazine pictures, but only 29% of these girls were actually overweight. This statistic shows that 20% of the females who participated in the study were healthy but wanted to change their bodies because of the magazine's distorted and unrealistic representation of the female body.

I remember while growing up I felt suffocated by the magazine headlines and TV specials. I was 14 years old and my body wasn't nearly done maturing, but I hated it

already. My cheeks were too chubby, my feet were too big, my hair was too flat, and my waist not quite small enough. Of course, the majority of the flaws I saw in my body were aggravated by my paranoid feeling of inadequacy; however, as a freshman in high school, body image felt like it was everything.

The media depicted women as life-size Barbie dolls rather than average females. This distorted portrayal of women emphasized the problems I saw in my body and augmented the perception of my flaws. I was young and easily influenced. I felt like it was normal to look as appealing as the girls in the magazines, and that my natural appearance would never compare.

I became paranoid and felt that whenever someone passed me the first thing they saw was my weight. Many young women find themselves in this dilemma, and by the time they are in college, the media's affects are internalized.

In an article and study, "Depleting Body Image: The effects of female magazine models on the self-esteem and body image of college-age women," authors Mary-Signe Chojnacki, Christina Grant, Kathryn Maguire and Katie Regan found that "[t]he message being sent to women is that they are not pretty or skinny enough.

The average American woman is 5'4" and weighs 140 pounds, while the average American model is 5'11" and weighs 117 pounds. Annually, magazine companies spend billions of dollars on diet and exercise advertisements to put in their magazines. Magazines sell body dissatisfaction to their readers through unrealistic images of women, as well as dieting and exercise information."

The article also said that "as the beauty ideal continues to get smaller in our society, body image within American women

continues to plummet. Magazines portray and compare happiness with being thin; therefore some feel if they are not thin, then they are not happy. As with women of all ages, many college-age women are believed to hold unrealistic ideals of body shape and size, ideals that can be both physically and emotionally unhealthy."

Women in college are in a delicate situation when influenced by society's perception of what women should look like. When in college, especially as an upper classman, students are bombarded with heavy amounts of homework, time-consuming readings, extracurricular activities, internships, and part-time jobs. If students do not have time to work out they are living a relative sedentary lifestyle, which would lead to their metabolisms slowing down.

Now let's answer the question of how healthy and appetizing is the campus cafeteria? Although Lycoming charges a small fortune for the food to be made available to students, there are not many options for healthy meals. How many days does one want to eat cantaloupe or honeydew? How many days can you happily eat the same salad because you are granted the same choices?

Striving to look like the type of women that the media presents is not an easy accomplishment when living the college lifestyle, and it should not be a priority. However, breaking free of the societal pressures that some women feel can be inescapable.

College students should be rewarded for making the monetary and time sacrifices to better their lives by achieving a college education. They should not be singled out and made to feel like they are not physically good enough in society based on the choices of marketing teams trying to play

off the insecurities of females for the benefits of a corporation.

Due to the pressures created by the media, many females suffer from a depletion of their self-confidence. Another study done by "Eating Disorders: Body Image and Advertising" revealed that 68% of women felt worse about their body after looking through popular fashion magazines. The psychological impact of the media's presentation of the "perfect woman" resulted in a diminished self-confidence for many women.

The media's impact can be so influential on women that they walk down the path of self-destruction. The feeling of inadequacy and the desire to fill the expectations of society lead some individuals to try to mold themselves to the media's image. Some women diet and exercise to the point of starvation while others self-mutilate to feel better. Others may attempt to fill the media's mold by picking up smoking to kill their appetites in hopes of losing weight.

The media has a way of storing values into body image and setting unreachable standards for female's bodies. These standards can make women feel inadequate and devalue their self-worth based on magazines featuring over-the-top photo-shopped gorgeous models as the social norm.

The stress and depletion of self-confidence can cause some individuals to harm themselves, and it is time for the media to stop. It is not fair for women to feel bad about themselves based on the media's ideologies of what a female should look like, nor should any woman feel that they are being compared to unrealistic edited models. The media needs to place value on healthy, educated women and stop encouraging underweight women as the social norm.

Memories of winters past: frozen cats



Photo credit Flickr user gammprat

In my lifetime, I have encountered not one, but two cats who have had unfortunate run-ins with freezing temperatures.

By **Kimberly Dreese**
College Life Editor

Although the amount of snowfall I receive at home in central PA is unsubstantial compared to more northern latitudes, in previous years we have had our fair share.

In the early nineties, several blizzards blanketed the area with more snow than anything I have seen since. I was only four during the worst one, but I remember leaning against the back of the couch in my Disney princess nightgown and watching the snow slide off the roof to cover our entire picture window—over nine feet high.

Our mailboxes disappeared beneath a drift, and my parents shoveled so much out of our driveway that the piles stretched too high to throw any more on top. Our pickup truck was an amorphous blob under a vast snowy mass. We cleared narrow paths to our lumber pile and driveway, and waited for hours for a

state plow to uncover our road.

At the time this massive snowfall transpired, we had a cat, Lynx. She was our only pet, and she was so exasperated by my constant childish badgering that she spent most of her time outside, even, as it turns out, during blizzards.

At some point during this shoveling, Lynx apparently decided that the lure of a warm house was worth dealing with my shenanigans and approached the front door. Unfortunately for Lynx, my dad chose this moment to force over two feet of snow off the roof directly above her.

The snow rained down on Lynx and trapped her against our outer glass door. My family had no idea that she was trapped until my sister chose to film the snowy landscape and throw open our inner front door to illustrate how high the drifts had risen, revealing a frantically mewling Lynx plastered against the glass.

My mom quickly cut across our yard and dug a hole to the door, where she triumphantly seized Lynx

with one hand and plucked her out of the snow. The clumps of snow that had frozen to her fur and whiskers melted slowly in front of the heat of our coal stove. After a brief thaw and a can of wet food, Lynx made a full recovery.

Sadly, this wasn't the last frozen cat that I would encounter in my life. My family had another cat, Norbert, for most of my high school and early college years. Although Norbert only liked me when I fed him, and most of the time I wished he was a dog, I still enjoyed his company.

During my freshman year at Lycoming, I came home briefly at the end of January to celebrate my sister's birthday. In the middle of a nice dinner at the Lewisburg Hotel, my father announced nonchalantly that Norbert had died the previous week.

This revelation put an abrupt stop to the passage of the forkful of fettuccine alfredo I held in front of my lips. As if that wasn't bad enough,

he chuckled and quickly added that because the ground was frozen from the recent snowfall, he and my mom had placed Norbert in a Tupperware container and stored him in the bottom of our freezer. I had been home earlier that day and opened the same freezer to reach for a tub of ice cream, unknowingly coming within inches of my dead and frozen cat.

My cat ownership has been marked by a series of unfortunate occurrences. While Lynx was buried in the snow and Norbert's body was stored in some Tupperware and frozen, I had another cat that met an even worse fate. Dexter, who was named after the iconic cartoon Dexter's Laboratory, spent most of his early days being paraded around in my Cinderella carriage and dressed up in various frilly outfits. One day, however, he was snatched up and carried off by a barn owl.

In retrospect, maybe I should stick with owning dogs in the future.

Rich Hall residents lose toilets

By **Kimberly Dreese**
College Life Editor

After returning to their residences for spring semester on Sunday, Jan 7, Rich residents were informed by security officers that they were not permitted to use their toilets or showers because of flooding in the basement.

Although the exact cause of the flooding was not provided to residents at that time, one resident assistant from Rich tweeted "Main water line just busted in Rich. We cannot shower or use our toilets for the time being" shortly after the incident occurred.

Students were not given an approximate timeframe in which they could expect toilets to be working again and were not told whether anyone was already working on the problem. This prohibition lasted several hours and was fixed by late evening.

Want to write for college life? Email Kim at drekimb@lycoming.edu

Senseless Tragedy

U.S. government needs to make reforms in response to Sandy Hook shooting



This makeshift memorial was put together to honor the children who were murdered during the Sandy Hook massacre on December 14, 2012. The shooting at Sandy Hook was just one in a string of tragedies that unfolded in 2012.

Tory Irwin
Opinion Editor

In the aftermath of a tragedy like the Sandy Hook shooting, it's hard to know what direction is the right one to take. In a situation like this, we find ourselves asking, "why", and often getting no answer.

How do we go on after this? Should there be a change in national legislation? Increased security at schools? How do we ensure that America's children can go to school without fear of another massacre like this one happening?

We hear liberals crying for harsher gun control, while conservatives protest at this limits their constitutional rights. Some call for God in schools, others claim that's nonsense. How do we respond?

It's impossible to know what one cause happened for this one event, so we try to come up with some sort of blanket reasoning behind all tragedies of this type, and that's worse than just trying to figure out the issue with this one shooter.

The cold, hard truth is that every person is different, and the background of this shooter is different than the one who opened fire in a movie theater in Aurora, or the teens behind Columbine, and so on and so forth. There isn't a coverall explanation for any of it.

So how exactly do we respond? Is there even a way to prevent shootings like this from becoming normal occurrences?

I wish I could say that I had some perfect resolution that would solve all our problems, but the truth is, I don't. No one does. But I have my own ideas that could possibly limit the number of tears we shed for shooting victims.

I'm not one who thinks that stricter gun laws would fix everything, but that isn't to say that I don't think they could help. Having a system where you have to jump through hoops to acquire a gun may be

annoying to some, but wouldn't you rather have stringent regulations than risk a firearm falling into the wrong hands?

And certainly, we don't need teachers equipped with guns in schools. Do we really want to bring up our kids in a culture of violence? Instead of saying, "here, take this gun to defend yourself," shouldn't we be teaching that violence in any capacity, even as defense, should be avoided?

Honestly, though, I don't think guns are the only issue here. What I really think needs

to be addressed is how we view mental illness, and how illness is found and treated. We have such a stigma against those who may be struggling with an illness of this type, either treating them like pariahs or insisting that they should just be able to pull themselves out of their "funk", making them embarrassed and ashamed to seek help. When you have a cold, you take medicine. What makes this type of illness any different?

Personally, I think that school psychologists should be on the lookout for symptoms of mental illness in children, and kids should be encouraged to



A display of angels was put together, each representing a child who was killed in the Sandy Hook massacre.

reform is how we view mental illness, and how illness is found and treated. We have such a stigma against those who may be struggling with an illness of this type, either treating them like pariahs or insisting that they should just be able to pull themselves out of their "funk", making them embarrassed and ashamed to seek help. When you have a cold, you take medicine. What makes this type of illness any different?

Personally, I think that school psychologists should be on the lookout for symptoms of mental illness in children, and kids should be encouraged to

away their God-like status. In a world like ours where some people would do almost anything to be famous, I think it's important that we take a firm stand against violent acts like this and show that these people will not be overexposed. They don't need 15 minutes of fame.

I'm not an expert on matters such as this, but I don't think you need to be one to understand that something needs to be done. Maybe my ideas wouldn't work, but we need people putting ideas like this out there and sending them to Congress. It's time to get serious about putting a stop to gun violence.

Starting fresh: Five resolutions for a successful spring semester

Tory Irwin
Opinion Editor

Another year, another semester, another attempt to not end up irretrievably behind and barely escape finals week alive. If you're like me, sometimes homework slips to the back burner, and then the back burner, and then you just stick it back in the refrigerator and claim it will get done eventually. And it does. But by that time, you have another 5 assignments waiting to get done.

So in the spirit of New Year's traditions, I'm proposing some new semester resolutions to have a successful semester, and I thought I'd share them with you and we can take on our workloads together.

•Do homework the day it's assigned, right after class if possible.

I know sometimes the last thing I want to do after I get out of class is more work, but doing assignments directly after class is a good general rule for a few reasons. First off, it doesn't allow time to for the assignment. Also, the information from class is still fresh in your brain, so it makes doing the assignment easier, plus instant review will help you retain the information you just learned. And I know for me once I turn my brain off of class, it's hard to get it to go back to learning mode, so doing work right after class doesn't give my mind time to go on cruise control.

•Find a study environment with fewer distractions. Try the library, a computer lab or floor study lounge. If I'm in my room, chances are a friend will come knocking and I'll welcome the distraction with open arms, putting off the work I'm trying to do. And even if no such visitation occurs, the internet holds so many wonders that I'll often click away from an assignment and get lost for hours. Going to the library or study lounge will eliminate friendly diversions and help to discourage the temptation to seek out distraction. I don't know about you, but if I'm on a computer in a public place where people are more likely to see what I'm do-

ing, I stay away from websites like Facebook or YouTube and focus more on the task at hand.

Added bonus: doing homework right after class can lead you to the library if you're already in the AC. Killing two resolutions with one stone!

•Stay away from the computer, if possible.

Remember that problem I have with the internet? It is almost ten times worse if I'm reading for a class and my computer is just casually sitting next to me. It calls to me, like Sauron's ring. I'm a modern day Gollum. To avoid murmuring "my precious" to myself as I scroll, I think it's a good idea for me (and you too!) to stay away from the computer if work does not absolutely demand it. And if it does, like for a paper, try writing it out with a pencil before transferring it to an acceptable word document. Or, work in public and maybe that stigma will keep your wandering eyes away from the web. It's worth a shot, right?

•If you need a break, take one.

No use stressing over something that you just can't focus on! Sometimes, try as I might, I just can't seem to get through a particular assignment. If we encounter moments like that this semester (as I'm sure we will) I think that it's best for us to take a break, get our mind off of it, and come back in a half hour or so with renewed focus. Maybe do a little exercise, and work out some other muscles before flexing your brain again.

•Be Happy. Be Healthy.

What's the point of doing something if you're miserable? Go out on the weekends, have fun with your friends, and do what makes you happy. You don't want to look back on college and regret having your nose in the books all the time. With these timely habits I've proposed, you should have enough time to go out and have fun—without the stress of a last minute deadline.

So there you have it! I plan to put these new semester resolutions into practice, and I hope you will too. Let's start 2013 out right.

Letters to the editor

The Lycourier accepts letters under 300 words. Remember to sign your name. We can't print anything without it. The Lycourier staff reserves the right to edit submissions for length and content.

Question of the week: What was your favorite part of winter break?

Answers collected via Facebook



Kabongo Bukasa Junior
"None it sucked. lol just worked. At least I have money now!"



Sarah Fetherolf Junior
"Sleeping in a comfortable bed"



Dom Giordano Junior
"Home cooked meals."



Jenna Zimmer Junior
"Not having to study or go to class!!...and the food"



Jenn Harbora Senior
"Being able to take a shower without shoes on... And seeing family"

Lycourier reviewers test out holiday box office hits

Tearing up for 'Les Misérables' 'James Bond' aims to please

Alycia Lucio
Staff Writer

"Les Misérables" the musical was released to theaters on Dec. 25, 2012. Many may remember the 1998 adaptation of Victor Hugo's classic novel, *Les Misérables*, but in this new film, Director Tom Hooper brings Broadway to the movies. The posters say it all—this musical is definitely all about dreams, hope, love, and the fight to keep each.

Hugh Jackman plays Jean Valjean, a man who breaks his parole to find a better life. But just as Valjean settles into his new persona his past catches up to him. Ruthless Policeman Javert (played by Russell Crowe) is determined to capture the prisoner that slipped through his hands years ago. It is after meeting one of his former factory workers, Fantine (played by Anne Hathaway), that Valjean feels obligated to save her daughter Cosette from the terrible Thenardier couple (played by Sacha Baron Cohen and Helena Bonham Carter). But instead of his journey being simple, Javert is always only a step behind, sending Valjean into hiding with Cosette in order to maintain their freedom. But when Cosette (played by Amanda Seyfried) blooms into a woman and finds love, Valjean must figure out what freedom really means.

Set in 19th-century France during the French Revolution, Hooper's musical is a lyrical masterpiece. Anne Hathaway's performance of "I Dreamed a Dream" was simply breathtaking. Bring your tissues because it was impossible for me not to cry. Not only is she vocally talented but once again she blew me away with her acting. She embraced her character to her fullest as did Hugh Jackman.

Hugh surprised me by his ability to sing. Unlike most musicals that record their songs in a studio, Hooper's actors were recorded live during production, showing their true singing abilities. When



Photo credit: Flicker user erjkprunczyk

The poster illustrates the main cast of the 2012 movie adaptation "Les Misérables." The play follows the life of Jean Valjean, played by Hugh Jackman (upper right). Russell Crowe (upper left) plays Javert, the policeman who follows Valjean. Anne Hathaway (lower left) plays Fantine the mother of Cosette, the girl featured on the original playbills and played by Amanda Seyfried.

Hugh sang "Who am I?", he completely embodied his character as Jean Valjean—a man taking on so many identities that he often forgets his original. I could both feel his confusion and see it in his expression, but the wardrobes alone were superb. They visual represented the ups and downs that the actors face and added to the overall understanding of their character.

But the real shocker was the young actor, Daniel Huttlestone, who played Gavroche—the youngest of the revolutionists. He was both witty and adorable with an amazing voice. He begins the song "Little People" and shows that little people can truly make a difference. This is one actor you won't be able to get enough of along with the comedic relief of Sacha Baron Cohen, who you may remember from "Borat," and Helena Bonham Carter, who starred in the

"Harry Potter" series and "Sweeney Todd."

My only disappointment was the performance of Russell Crowe as Javert. His singing, while not completely terrible, wasn't as moving as all the other actors and actresses. Instead, he sang very quietly and didn't come off as almost out of place in his role. He presented his character as more timid than terrifying, making him appear weak. I expected him to be more like the Geoffrey Rush in the 1998 version which may have clouded my judgment, but Crowe definitely did not even come close to comparing to Rush's acting.

Despite this slight drawback, the film was still remarkably moving and one of the best I have seen in all of 2012. It was a great film to end the year. If you haven't already seen it, be sure you get a chance to catch it on the big screen.

Qiana Hill
Staff Writer

From Sean Connery to the most recent established star Daniel Craig, the Bond franchise celebrates 50 years. With 23 movies to date, the Bond character has had his fair share of adventures based on Ian Fleming's character of the same name. The most recent movie, "Skyfall," released this past November, features Daniel Craig in his third reprisal of the fictional British Secret Service agent also known as 007.

The Bond franchise has become famous for many characteristics, one being the introductory theme. For "Skyfall," a special score was done by Adele. The song can be purchased on the iTunes store.

In "Skyfall," Bond has to stop a former British Secret Service agent after an attack on MI6 (Military Intelligence, Section 6). As usual, he has a love interest, even if only for a

few steamy moments, played by Bérénice Marlohe. As Bond's love interest Sévérine, Marlohe did a good job playing to Bond's strengths. For her short time on screen, she gave the audience something to look at. Her boldness complimented Bond's subtlety and I was a little surprised when Bond did nothing to stop her death. But she was just an interest and wasn't really someone Bond could trust. After all, she still worked for the guy who was trying to kill Bond in the first place.

"Skyfall" also marks the end of Judi Dench's run as M, Bond's boss and head of MI6. She had played M in the last six movies. The role of M was turned over to Gareth Mallory, played by Ralph Fiennes, the Intelligence and Security Committee Chairman.

Another one of the distinguishing features of the Bond series is the gadgets that the Q branch supplies. In this movie, Bond is given a handgun designed

specifically for his fingerprints so that only he can fire the weapon and a simple radio transmitter that acts as a GPS system.

Despite all the fancy gadgets seen in previous movies, simplicity was the key for "Skyfall." Not many high-tech gadgets were used in this movie, save for the specialized hand gun, the radio transmitter, and Bond's car which shot bullets and missiles. During the big showdown, the makeshift weapons also show a simplistic take on the gadgetry. As part of his reinstatement, Bond, due to his self-enacted retirement (after being shot and presumed dead), has to pass a series of psychological and physical tests. M, seeming to believe that Bond still has what it takes after proving to be slightly off, sends him into the field anyway. Of course being smooth and charming comes second nature to Bond, but his inattentiveness cause some moments for him to be near misses. Upon being debriefed, while being given a test of associations, he associates murder with employment but when he is asked to associate the word Skyfall, he falls silent at first. Then he says "done" and walks out.

"Skyfall" starts off a little slow at first but quickly picks up with a fighting scene on top of a train and an interesting turn of events. The movie moves along fairly well and just when you think it's going to be over, the story line snaps you back with a whole new set of questions. Even though things look like they might be coming to an end, audiences know better. No one can resist making another movie even if it just to hear the famous theme music one more time, or just to give Bond one more girl; maybe she will be the one he finally settles down with.

"Skyfall" is a wonderful movie and a great addition to the franchise. Daniel Craig's acting is charming and seductive. I would give this movie 4.5 out of 5 stars.



Photo credit: Empire Design

The latest James Bond movie, "Skyfall," stars Daniel Craig, Judi Dench and Ralph Fiennes.

Searching for shed antlers: A cure to cabin fever

Cory Trego
Staff Writer

For the outdoor enthusiast, the latter months of winter can be a time of restlessness. Snow no longer blankets the ground across much of the state, but bitterly cold temperatures and the bland colors of a barren, frozen wasteland do not yet hint of spring. Outdoor activities no longer possess the excitement that accompanied the first few snowfalls. Always seeking new reasons to hit the woods and fields, outdoor enthusiasts have found yet another excuse to pry themselves away from mundanities of everyday life. Once only used by hunters as a scouting tactic, shed antler hunting is quickly gaining popularity across the country.

Whitetail deer can be found throughout the eastern half of the nation. Their mating season runs from late October through mid December across the Northeast. Levels of testosterone peak during mating season, but once mating is over, testosterone levels drop sharply. This drop in hormone levels stimulates the activation of osteoclasts, which are cells that absorb calcium and degrade bone. This weakened state usually occurs from January through March. During this time period, any slight jarring could result in the painless loss of a buck's headgear.

Heading into the woods to search for a small stick-like object could appear to be a daunting task, but with a few pointers and some time in the field,



Photo credit: Flicker user bogdog Dan

An old scouting tactic, shed antler hunting, has become a recreational sport. Whitetail deer lose their antlers easily after mating season. Towards the end of February into early March, "shed hunters" plan trips in search of shed antlers where deer are plentiful, such as areas full of food and water.

anyone could become an expert shed hunter. When looking for antlers, don't head into the field until you are sure that most of the buck in your area have shed. Traipsing through the woods before deer have lost their antlers would likely force deer to relocate and could cause unnecessary stress on them. Once you are fairly certain most of the deer have shed (usually around the end of February to early March), begin searching in the ar-

eads where deer would likely spend most of their time. In late winter, deer spend most of their time close to a significant food source. In agricultural areas, they usually bed in thickets that boarder unharvested crop fields. Thick cover allows deer to conserve energy because it shields them from the wind, and it provides protection from predators. These thickets are usually the most productive areas when shed hunting. Trails leading to and from food

sources are also highly productive. Be sure to keep an eye out for unique features in the terrain. Small gullies, lone cedar trees, or small aspen thickets are favored travel corridors used by deer throughout the year.

Large wooded areas often contain numerous deer but can be difficult to search simply because of their sheer size. Wandering through the open woods aimlessly rarely produces results. Use topographic maps to scout

out draws and ridgelines. These are often used as travel corridors by many deer. In areas that receive significant snowfall, deer usually congregate around pine groves. The thick canopy of evergreen needles shields the ground from snowfall and dampens the wind. Once again, thickets near any kind of food source also prove to be reliable places to search for sheds. Trails that cross under large logs and intersect creeks and roadways are often over-

looked, but can also prove to be quite fruitful. Because the antlers are weakly held on to the deer, they can be knocked free by even the slightest agitation. Travel slowly and scan the ground deliberately. Leaves and other brush can easily obscure even the largest antlers.

Antlers found by shed hunters can be used from a variety of purposes. Knife handles, buttons and dresser drawer handles can all be carved from antlers. Craftsmen also organize sheds into elaborate chandeliers and lamps, and some simply use them to give a cozy den a more rustic feel. Antlers can also be sold at market for various crafts. Today, the going rate for a fresh antler is ten to twelve dollars per pound.

Larger antlers with unique characteristics are often sold to collectors for considerable sums. An antler weighing three to four pounds with four to six points can easily sell for several hundred dollars. Record class sheds are highly sought after by buyers like Cabela's and Bass Pro Shops. State record class shed antlers can often sell for tens of thousands of dollars. While sheds like these are exceptionally rare, the lure of a substantial cash reward is enough to drive some to invest significant time searching for large antlers. For most shed hunting enthusiasts though, being able to spend some time enveloped by the silence of the forest and surrounded by nature's endless display of art is more than an ample reward.

Wrestling picks up two huge wins over break

Cunningham and Wetzel help Warriors gain victories over New York schools

Justin Ossont
Sports Editor

While the rest of the Lycoming College campus was home dreaming of gumdrops and Santa Claus to bring amazing gifts, the wrestling team was a little busy. The Warriors were working towards improving their skills as well as their overall record. Heading into this past weekend, the Warriors were 1-2 overall. That all changed as the Warriors swept both SUNY Oswego and RIT in the annual PA/NY Duals tournament held in Rochester, New York.

The Warriors were led by Senior Tyler Cunningham and Junior Greg Wetzel. Cunningham, who wrestles in the 184 weight bracket, had two pins in the tournament to help propel the Warriors.

Wetzel, 165, notched two victories for the Warriors as well. His two wins were a 3-0 victory over RIT's Tyler Brooks-Lambert and a 4-3

overtime win of SUNY Oswego's Blake Fisher.

The Warriors victory over RIT sets the overall record against the Tigers at 26-2. Last season the Tigers beat the Warriors for the first time since 1960. It was a bitter sweet victory for the Warriors.

The victories over both SUNY Oswego and RIT helps the Warriors improve to 3-2 overall on the season.

During the match between the Tigers and the Warriors, RIT took an early 6-0 lead but sophomore Caleb Willey gained a crucial victory to put the Warriors on the right track. After wins by Wetzel and junior Johnathan Secor, 174, the Warriors were down by only three with a score to 12-9. Then a spark went off with the Warriors as they won the final five matches to knock off the Tigers 21-12.

The match between Oswego and Lycoming was much of the same. The Warriors started off with a victory from sophomore Cody Barbiche, 125. The

Warriors would also have another five weight class win streak during the match. The final in that meet was in favor of Lycoming 22-17.

This upcoming weekend the Warriors will host the annual Budd Whitehill tournament. The tournament consists of 20 teams within the nation and is a national duals tournament. The tournament is in the name of Hall of Fame coach and former Warriors coach Budd Whitehill. Whitehill led the Warriors to over 300 wins as the head coach. Whitehill was coaching the Warriors when the tournament was called the Division III National Duals.

In 1996 a coaches meeting declared the tournament would remain in Williamsport and at the same meeting the name of the Tournament was changed to the Budd Whitehill National Duals Tournament to honor Whitehill.

The tournament will take place Friday, Jan. 11 and will wrap up Saturday Jan. 12 in Lamade Gymnasium.

IF YOU GO

• **WHAT:**
Budd Whitehill National Duals

• **WHERE:**
Lamade Gym

• **WHEN:**
Fri. Jan 11-Sat. Jan 12



Photo Provided by College Athletics Page
Wetzel and Cunningham (above left), Jan 6. Warrior of the Week, helped the Warriors during the PA/NY Duals that took place over winter break.

Budd Whitehill National Duals (below) is this coming weekend, Jan.11-12.



Outlaws pushing for second cup

After a long December Outlaws pushing towards home ice



Photo Provided by Williamsport Outlaws

The Outlaws are aiming for their second league championship in as many years. The Outlaws are the first hockey team to ever come to Williamsport.

Justin Ossont
Sports Editor

The Williamsport Outlaws have played 37 games so far this season and they are sitting in second place with 61 points. The Dayton Demonz are in first place with 75. The season is half way over and with North America's first ever All-Star game in the books, the chase is on to finish strong and clinch home ice advantage in the playoffs.

If the season were to end

today the playoff tree would look like this: the Demonz would play the 1000 Island Privateers and the Outlaws would play their arch foes, the Danbury Whalers. But the Outlaws have played seven more game than The Demonz. Actually the Outlaws have played The most games out of any FHL team.

The reason for this would be the fact that The Outlaws have played every single home game outside and have had constant back to back games

for the more part of the season. For example from Dec. 26 to Jan. 6 the Outlaws played 10 games in 11 days. That also included the All-Star game. The Outlaws, during the game, played three members of the other five teams in the league. The game consisted of a skills competition in which the Outlaws won 3 games to 1 for the All-Stars. The game on the other hand did not favor the Outlaws one bit as the as the All-Stars won 18-13. But both teams were only playing in fun and a fight of rock, paper, and scissors broke out. No one was hurt but a spectator won \$1000 for the Blue Line Challenge.

Once the All-Star game was over the Outlaws went 2-2 with victories over Danbury and Dayton, but also lost to those teams as well. The next home game is Friday Jan.11 at 7:05 pm.

The Outlaws record is 20-14-3 and is getting better with every game. That is a very scary concept for the fact that it's getting closer to the playoffs. Also the team is gaining some its best players based upon the fact that most players in the FHL have other jobs.

Williamsport also has the league's top scorers of the FHL as well. The Outlaws captain, Trevor Karasiewicz has 77 points this season. He has racked up 14 goals and a franchise record of 63 assists. He has been the backbone of helping the Outlaws reach second place.

In the beginning of the season the Outlaws were in last place after the first five games of the season and now they are one of the best teams.

When playoffs come around the team will not be playing in Williamsport, they will head to Elmira, the team's ECHL affiliate. The reason behind this is due to the fact that Historic Bowman Field, the baseball field for the Williamsport Crosscutters, is going to need to some renovations from the hockey rink sitting on top of natural grass. Grass does not grow overnight.

The final home game for the Outlaws is Jan. 21 at 1:05pm and after that they will be on the road for the entire month of February. For all Outlaws updates and other information visit their website at www.williamsportoutlaws.com.

Sports Briefs

NHL Lockout is Over

It only took the league half the season to realize a deal needed to be put in place. As of Sunday Jan. 6, the NHL and the NHLPA had reached the agreement to a new Collective Bargaining Agreement. The contract is to last 10 years. The season will begin in two weeks and will consist of a 48-50 game season for teams.

Outlaws host first ever outdoor All-Star Game

While the NHL was busy figuring things out, the Federal Hockey League had its first ever All-Star game on Jan.2 at Historic Bowman Field. The Outlaws hosted the event. The game was played outdoors and was the first ever All-Star game in North America to be held outside.

No Head Coach or GM is Safe

The Monday after the the regular NFL season, seven head coaches and five General Managers were asked to pack their bags and look for work elsewhere. The seven teams who fired head coaches were Buffalo, Chicago, Kansas City, Cleveland, Philadelphia, San Diango, and Arizona. Two of the teams have hired new head coaches and they are Kansas City and Buffalo.

Warriors of the Week

For the Week of Jan 6. 2013 the schools athletic page released Sunday the Warriors of the Week. This week the schools' athletic department recognizes Olivia Manges (Women's basketball) and Tyler Cunningham (Wrestling) for their outstanding achievements within sports. Congratulations Warriors. The Athletics page releases Warriors of the Week every Sunday afternoon.

Mens Hoops makes ESPN Top 10 List

While the college community was home, the Men's basketball team was making headlines as Freshman William Wingate's dunk during the Dec. 14 game against Messiah gained the attention of ESPN. Wingate's dunk was the #3 play of the coveted Top 10 list. The Warriors beat Messiah that night 70-54.

Men's Basketball #1 in Commonwealth

The men are 11-2 overall and 4-1 in the Commonwealth Conference. The Warriors hosted Lebanon Valley on Wednesday. The score was unavailable.

Helping you reach your New Year's goals

Store across the street from campus is a good start

Justin Ossont
Sports Editor

A lot of people in America aim to become much healthier. Most of the time people do not reach these goals. Now if you're a common person who feels they want to lose weight as a New Year's resolution, let me give you a little hint to a place that is literally 25 yards across the street from campus.

Maximum Nutrition is a new fitness store across the street from campus. The store looks like a small house but you can't miss the neon green "Tanning" light in the window.

When you first walk in you are greeted by the owner. A nice lady who happens to be the owner is waiting to help meet your goals. They have everything from meal replacement bars to everyone's personal favorite protein shakes money could buy.

The first time I walked into Maximum Nutrition I was kind of taken aback because I had never shopped in a store like this before. But I was trying to keep on my healthy spree once we came back to



school.

The owner knew a lot, ten times more than ever did. The prices were actually pretty reasonable. When I returned from shopping I compared prices online and Maximum was much cheaper.

Now they did include a smoothie bar and tanning booths in the back of the building the smoothies are a very nice addition. They are very tasty and pretty cheap.

Changing your diet is also a huge key in helping your new year's goal. We all love junk food, we are college students. Just a little bit of help pizza or a nice salad, pick the salad. Your motivation and willpow-

er are going to be the best thing for you to reach your goal.

Exercise is another huge player. Going to the gym is also a huge stress relief for when classes start to drive you crazy. Remember anything even just walking a couple laps on the track will start to build up and help you get in better shape. Join an intermural league with the school or even try the personal trainers to help get you going. It's all free on campus.

This next piece of advice is a little bit of an opinion. Surround yourself with people who are going to motivate you and keep you going on your goals. It

sounds silly but it could be the best thing to help stay on track as well keep you going when times get tough. My example was this summer I was going through a total health change and my two brothers kept on me the entire time. They complemented me when I stayed the course but when I slipped up they were right there push back on track.

To keep you healthy in 2013, stay motivated, surround yourself with good people, eat right, and keep going to the gym. Next thing you know, it will be beach season and you will be happy you made the resolution on Jan. 1, 2013.