Social and feminist activist visits Cedar Crest to support #SayHerName movement

BY MICHELLE CHAVEZ
NEWS EDITOR

Cedar Crest College has a secret powerhouse in its midst outside of the athletic department. The Forensics Speech team, led by Tim Brown, professor of performing arts, went to Gainesville, Florida to compete in the American Forensics Association’s National Tournament. The team consisted of three Cedar Crest Students. Jocelyn Polan, first year English and new media major, competed in Poetry Interpretation. Joanna Sharpe, first year nursing major also competed in Poetry Interpretation.

All three had good rounds, with Polan advancing all the way to the quarter finals, placing her within the top 24 speakers in the country in Informative Speaking. It’s been the first time since 2009 that someone has broken into out-rounds, the rounds after preliminaries.

In addition to competing, students had the chance to listen to other participants of the tournament. “In a matter of ten minutes, I went from laughing until my stomach hurt to bawling my eyes out, like ugly crying,” Alvarez said. “It was just beautiful.”

Forget Speech, take on Nationals

BY MICHELLE CHAVEZ
NEWS EDITOR

On Tuesday, April 5 Cedar Crest College invited well known activist and black feminist theorist Dr. Brittany Cooper to speak about the Black Lives Matter movement and how women of color need to be included in the discussion surrounding black lives and police brutality. “Black women are killed by the police too. Say their names. Remember their faces. The movement is about them too,” Cooper said.

Cooper’s conversation centered on various news stories, her own personal experience, and some statistics to show why it is important for the black lives movement to focus not only on the men, but also the women affected by the system. Cooper talked briefly about what she called disrespectability policies. The idea behind this is to reclaim black lives’ dignity.

As the first person to graduate college in her family and certainly the first to earn a doctorate, she has dedicated her life to speaking up for black people’s rights. According to Cooper, black people are held to a higher standard when interacting with the police, so that they have to remain calm, respectful, and be

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Cedar Crest to host Spring Up Festival

BY MIRANDA ALVAREZ
WEB EDITOR

If you love dance or have always wanted to try a class, get your tights ready because on April 9th, Spring Up the dance festival is coming to Cedar Crest College. Lehigh Valley’s Dance Exchange has partnered with the college in order to host the annual festival which is comprised of several masterclasses and a guest artist concert. The goal of the Spring Up dance festival is to help strengthen the love of dance.

Sarah Carlson returns to the Cedar Crest, after having worked as a choreographer for the Spring Dance concert, to instruct one of the masterclasses. “SpringUP is a fun filled day of dance masterclasses and performance by regional dance specialists presented by the Lehigh Valley Dance Exchange and Cedar Crest College,” Sarah Carlson said. “This is the 4th year of the festival but the first year with Cedar Crest hosting and we couldn’t be more pleased with the partnership.”

See SPRING, page 3
Cedar Crest springs into Belize

BY LISA LIN
CONTRIBUTOR WRITER

This past spring break, the nursing students in the class, Nursing in the Global Community, had the opportunity to visit the country of Belize to experience nursing in a third world country. From March 5th until March 13th 2016, 16 students and two faculty members travelled to Belize, which is located in Central America, to provide basic nursing care in free clinics at three rural villages. For many students on the trip, it was their first time travelling abroad and experiencing a lesser developed country, so many felt a mixture of excitement and anxiety.

Before the trip, class time was provided to prepare the students for the different culture of Belize. Although a variety of topics was introduced to prepare the students, many still felt the culture shock upon actually being in Belize.

The group was welcomed and accompanied by two Internationa l Service Learning (ISL) team members for the entirety of the trip and two Belizean doctors for the clinic days. The first two days included settling in, sorting out donations, orientations, practicing Spanish, and visiting downtown San Ignacio. The following five days included travelling to distant villages and running a free health clinic on alternating days. During the house visits in the villages, students went house to house and asked if there was anyone in the homes that were sick or needed to see a health care provider, and then time slots were provided for them to come to the clinic the following day.

“People were very receptive to us [nursing students],” said Alyssa Narain, senior Nursing student. “Home visits were an eye-opener to some students. Many villagers relied on rainwater for cooking and drinking. Homes often had minimal structures and lacked electricity and plumbing. This reflected the illnesses that were prevalent in the country such as gastrointestinal infections, respiratory issues, and diseases related to sanitation.

The student nurses had the opportunity to provide health care to the villagers during the three clinic days. Intakes, assessments, and figuring out a diagnosis for each individual person was completed by students and then reviewed and explained by the doctors.

Other activities that the students had a chance to complete included learning about prevalent diseases, suturing, visiting a medicinal trail and the Mayan Ruins, a Belizean dance class, and snorkeling and shopping on the island of Caye Caulker.

As many students described, the word “fun” was not the correct terminology for the trip. Our class did not go for a relaxing time in a faraway country, but rather to provide some basic care for those that had limited access to it.

“I’ve learned to give not because I have much but because I know how it feels to have nothing,” said Jessica Rodriguez, a student going for a Masters of Nursing.

No words or pictures could accurately capture the life-changing experience that Belize and its people provided us.

“This trip was a truly humbling experience, and the food was amazing!” said Alyssa Narain, senior Nursing student. “Days were hot, humid, long and tiring, but after looking back at what we were able to provide and the people we connected with, it was worth it and rewarding.

Lisa Lin is a senior Nursing major. Contact her at Lin@cedarcrest.edu

Embrace the rainbow!

BY SHAWNDA JOHNSON
STAFF WRITER

This year Queer Week was brought to you by seniors Elizabeth “Liz” Edwards and Kaiya “Kiki” Primus. Queer week took place during March 28-April 1, 2016. Each day there were different activities to participate in.

To kick off Queer Week there was a work shop called Rainbow at work: Being Queer in the Workforce. Then came the “Coming out of the Closet” photo booth. At the photo booth you could dress up in some costume pieces. They had crowns, really big sunglasses, hats, and so much more. There was even a bake sale called “Taste the Rainbow” which featured rainbow colored treats.

Some of you might be thinking is queer week only for people in the LGBT+ community? If you support the LGBT+ community and you are heterosexual than you can participate in Queer Week as well. The plus in LGBT+ includes allies/ supporters of the community. Queer Week is for everyone! Queer Week is where you can gain more knowledge about the community.

From the workshops at Queer Week you could have learned about different sexualities, proper pronouns for people, rights in the workplace, and how to build up your community. The Crest was able to get a chance to talk to Primus and Edwards about Queer Week.

“Queer week is a tradition that I am proud to continue and help grow. I hope that it can keep getting bigger and more popular each year so people on campus can know they aren’t alone,” said Primus.

“There’s so much work, so much heart and soul that gets put into queer week. I hope the future Queer Week teams and participants alike realize this so they don’t take it for granted. Let’s continue to celebrate ourselves and each other. Our pride can bring generations together,” Edwards said.

COURTESY OF LISA LIN
Nursing students with the two local doctors on the last day of clinics
What does it take to be a nurse at CCC?

BY TANISHA FARBER
STAFF WRITER

Choosing a career path in nursing can be a rigorous and difficult field however, many nursing graduates say it will be a self-rewarding journey at the end of it all. Here at Cedar Crest College, we offer a degree in the Bachelor of Science in Nursing, which can be obtained in a sequence of four years and at different speeds both full and part time.

Did you know here at Cedar Crest that a whopping 43% of students in 2014 were enrolled in a Health Professions and Related Program? That is almost half of our student body! Cedar Crest’s nursing program is widely popular and respected here in the Lehigh Valley for its continuous achievements of high passing rates on the NCLEX exam. NCLEX stands for, National Council Licensure Examination, and is a nationwide examination for the licensing of nurses in the United States. Currently, Cedar Crest’s 2015 graduates proudly hold a passing rate of 96% after completing the program.

Since Cedar Crests’ nursing program is highly ranked, it is recognized to prepare future nurses for real life scenarios focusing on teaching students the knowledge they need to know for a variety of careers available in the area of health care. Did you know that 50 clinical sites are affiliated with Cedar Crest’s nursing program? Also, studying abroad is offered with the nursing program in one-week sessions as this helps making this an achievable option for an adult student.

Gina Neumann, a former nursing graduate, said, “the nursing program at CCC taught me to how to look and think at the overall picture of my patient, not just the diagnosis. I currently work in the woman & children’s float pool - which includes PICU, NICU, Pediatrics and the MBU Nursery.”

Before being accepted into Cedar Crests’ nursing program, a few pre-requisites are needed. First you must declare yourself as a pre-nursing major, which you can contact Cedar Crests’ admissions office, if you are a new student, or your registrar’s office, if you are a current student. The first two years of college are always dedicated towards general education courses. It is important to know that you must have achieved a nursing pre-requisite GPA of at least 2.7.

With the completion of pre-requisite courses a pre-nursing major must have completed and passed a minimum of 62 credits before the start of clinical. Likewise, if you are a transfer student a minimum of six credits must have been taken and passed here at Cedar Crest College.

Additionally, completion is required on a nerve wracking test called the TEAS test (Test of Essential Academic Skills). Did I mention this test can take up to four hours to complete! Furthermore, Report of Health Evaluation and Medical History, Drug and Alcohol Screen, CPR certification, Proof of Health Insurance, FBI Criminal, Child Abuse, and PA Criminal History Clearance and your Annual Flu Shot must be done.

Other than the typical book and uniform purchasing, it does sound like quite a lot. However, it is simply essential with entering such a rewarding nursing program such as Cedar Crest’s! Sometimes all the hard work and preparing that is put into a Nursing Degree makes it what it’s worth!

From NAME, page 1

From SPRING, page 1

Robin Gerchman, director of dance here at Cedar Crest College, is an advocate for the festival and Cedar Crest’s partnership with LVDE.

“The festival offers an opportunity for our students to learn from working artists in the dance field. I am looking forward to sharing dance here at Cedar Crest College,” Gerchman said.

The festival is open to Cedar Crest students and the public. Registration for the entire day is $40. However, Cedar Crest dance majors, minors and company members can participate at no cost to them. Registration includes access to all classes and the guest artist concert at 8pm that night. Anyone above the age of 15 can drop in for a singular class for $20 a class.

Master classes will take place in the Steinbright Hall studios beginning at 8:45 in the morning and throughout the day until 4:45pm. The styles of dance classes range from more traditional styles, like jazz and modern, to African dance.

Visit www.lvdanceexchange.org for more information.

From FORENSIC, page 1

This was Alvarez and Sharpe first time at the national competition. Also on the Forensics Speech team is Irene Mengel, junior conservation biology major, and Jaclyn DeClero, senior dance and English major.

During the season, the team brought home seven team sweepstakes awards and over 60 individual awards between the five members.
PHOTO | “SPRING” BY CRESSMAN LIBRARY ARCHIVES
View of the east entrance to Tompkins College Center in Spring.

PHOTO | COURTESY OF TIM BROWN
Top Right: Miranda Alverez, Joanna Sharpe, and Jocelyn Polan hugging after Polan was recognized for being a quarter finalist at the American Forensics Association National Tournament.

Middle: Alexis Malone and Marissa Deutsch excitedly take a selfie with perspective Cedar Crest students.

Bottom: A group of Cedar Crest students showing their pride during Queer Week.
Find these hidden words below.

CONEFLOWER        LILLY
DAFFODIL          LILAC
FOSYTHIA          RHODODENDRON
GAILLARDIA        TULIP

“Mr. Chemist’s Neighborhood”  
By David Raker

Hi neighbor! I love finding things in my garden. Today I found a deep hole and a broken beaker. I’ve never grown anything in a beaker before, so I was excited. I planted broccoli seeds and waited for them to grow.

Um, Al, did you hear about the broken beaker plant?

Hey, Lewis. So, you know broccoli plants need broccoli fertilizer to grow?

I’m just a dope, so I don’t do that. I only use my own.

Watch this. I have 300 new broccoli plants.

Two weeks later...

Al, it actually worked? Um, why are you sad?

My broccoli plants died from cancer, benzene, (sniff).

Want more of Mr. Chemist?

There are five compilations of “Mr. Chemist’s Neighborhood” located in the college bookstore for $2.00 each. Each issue is autographed and includes a head sketch of Mr. Chemist.

Last Issue’s Answers

CROSSWORD:

Popular Study Abroad Destinations

Across
4. The capital is Seoul
7. The national symbol is a shamrock
8. One of its major cities is Sydney

Down
1. World’s most populous country
2. Home to the Louvre, the Arc de Triomphe, and the Palace of Versailles
3. Sushi is known as a traditional dish
4. The capital is Barcelona
5. The birthplace of Shakespeare
6. The flag colors consist of black, red, and gold
7. Location of the leaning tower of Pisa

Crossword:

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STUDY BREAK
THURSDAY, APRIL 7, 2016

5
In the last few years, attacks on cities and events around the world have had people gripped by fear. The world was shocked after the Boston marathon bombings, the Brussels attacks, and the Charlie Hebdo attack. Since then, there have been attacks in Nepal, Yemen, and Nigeria, among many others. One of the most recent attacks was in Istanbul's airport, which left 44 people dead.

Therein lies the problem: we cannot let fear dictate and rule over our lives, and more importantly, our travel. With the help of the media, the bigger attacks have been broadcasted all over the world for everyone to see on television, radio, and the internet. They are horrible and shocking, yes, but bad things happen every single day in every single state and country. If people took into account every violent crime, freak accident, and everything else horrible in the world, we would never leave our beds.

The world is an unsafe place, yet there still are people who book vacations and travel for business or have made their entire careers based on travel. There are still people on hot-air balloon safaris in Africa, people strolling the streets of Paris, people walking through the Coliseum, and all over the globe, people are immersing themselves in other cultures.

This is the real talk; we cannot ignore the bad that happens in this world, but we also cannot forget the good. For all the danger and violence, there is ten times as much love and generosity. We cannot forget about humanity’s goodness. It is our responsibility as global citizens to remind people of that goodness.

Travel is a growing personal passion of mine that has been intensifying for the last couple of years. I had the wonderful opportunity to go to Costa Rica for a high school trip and that was when my eyes were opened to the beauty and wonders that travel holds. I am currently planning a trip this summer to Nepal and then to the United Kingdom, and while yes, we did have to be aware of our connecting flights in the Middle Eastern part of the world due to the attacks and threat levels, we still found a route that we believe will work. We still are going and I could not be any more excited, for I know that if I keep an open mind, this will be a life-changing experience.

If the news is the only window you have to the world, then you will live your life believing that what is reported is all it has to offer when in reality, there is so much more. The phrase “You can’t truly understand until you’ve walked a mile in their shoes,” is based upon the idea of cultural immersion, whether it be someone who is in your own culture or someone in another country. We must have the willingness to step outside our comfort zones and immerse ourselves in something new and to learn without prejudice.

The key to travel is having an open mind, but also being smart. So by all means, do research on your destinations. Please, know emergency numbers and locations in case something happens. Have a basic emergency plan. Be prepared and make practical decisions on your journeys, but still go.

We need to travel, despite the fear of terrorism.

BY JULIANA WALL
OPINIONS EDITOR

The current minimum wage for Pennsylvania is $7.25. As of right now, that is not enough for people to live off of in order to pay for everyday expenses.

I have lived in Pennsylvania all my life and I have had this pay at every job so far. The minimum wage should be increased because it would help so many people who have been put into situations where a part-time job or even a full time with minimum wage is their only option.

Some people aren’t able to complete education for various reasons in the United States. This can leave them with only being able to work at facilities that only offer minimum wage. As we all know though, it is extremely hard and stressful for someone to survive only off of minimum wage even with federal assistance sources like Food Stamps and WIC (Women Infants, and Children).

With a higher minimum wage requirement, this would give people an opportunity to move out of poverty. I have personally felt the effects of low minimum wage. I currently work two part-time jobs, both offering minimum wage pay and I do this so I can go to college full-time. However, even with these jobs and scholarships, I still had to take out student loans.

If the minimum wage requirement is increased, this will let college students earn more money, which in turn, will result to less loans and less students in debt after graduation.

One of the main reasons students don’t want to continue their education into college is because they believe they don’t have enough money to afford it.

Currently at Dorney Park if students are under the age of 16 they are not viewed as “old enough” to make the minimum wage requirement. Instead of the normal $7.25 an hour those under the age of 16 are given a meager $5.90 an hour. This is a difference of $1.35 an hour for the same job as someone else and difference of $10.80 for a typical eight hour shift.

By increasing the minimum wage rules that surround places like Dorney Park and other companies will be reviewed and changed to benefit those workers. $5.90 an hour is ridiculous and is against the law to pay someone that low under minimum wage.

But, by giving students the opportunity to make more money, they will be able to afford college and create a better future for themselves. Then, by having students continue their education, it will lead to more of them being successful in their field.

When the rules are changed companies will never be able to pay their workers this measager amount ever again and will be fully responsible for paying the minimum wage.
Celebrity music stars stand up for movements

BY LaShawndalese Johnson
STAFF WRITER

W ith Super Bowl 50 passing a few months ago, there’s still talk around one of the performances. Beyoncé came out at halftime and performed a song called “Formation” which raised controversy. (As many of you know Super Bowl 50 took place this past Feb- ruary. One of the performers for the halftime show was Beyoncé, who released a single called “Formation.”) The song is supposed to be an anthem that showcases that African Americans should love themselves the way they are, supporting a monumental move- ment and being against police brutality.

Many people, however, took off- ense to Beyoncé’s performance and saying that she is racist, anti-All Lives Matter, anti-police and she saluted a terrorist group, the Black Panthers.” As a result of many people viewing Beyoncé’s performance as anti-police, police are boycotting being security for a show/concert. She was also ac- cused of being anti-All Lives Mat- ter because she was promoting the Black Lives Matter movement. However, many people don’t know what the Black Panthers stand for. They were an organi- zation created to help support the African American communi- ties and the people in them. They even started programs so families could eat, they even would try and help other African Americans when they were being brutally at- tacked but other police officers. I honestly felt like there was noth- ing wrong with Beyoncé’s song and it is pretty catchy. In no way is Beyoncé racist because she is supporting a monumental move- ment.

One point that many people fail to realize is that for all lives to matter everyone has to care about everyone. While on Facebook I saw a status about the Black Lives Matter vs. All Lives Matter. This example is rough “The status read “My personal interpretation of Black Lives Matter vs. All Lives Matter. Bob is sitting at the dinner table. Everyone else gets a plate of food except Bob. Bob say “Bob deserves food.” Everyone at the table responds with ‘Every- one deserves Food’ and continues eating. While ‘Everyone deserves Food’ is a true state- ment, it does nothing to actual- ly rectify the fact that BOB HAS NO FOOD!” In my opinion that is one of the biggest points that the African American commu- nity is trying to make. How can anyone sit there and say all lives matter when black lives don’t mat- ter? Yes, it sucks that there is still so much black on black crime and the media always wants to bring that up. In reality, ever race commits crimes against their own race, but it doesn’t take away from the fact that people want the Black Lives Matter and All Lives Matter movements to continue, grow, and create a change in the world. Actually in the case of the Black Lives Matter movement it has been brought up that the black on black crime is just as high as that of white on white. This is because during the protest that was going on in Baltimore I attend- ed them and was a part of some of the walks that took place before the protest.

Another controversial perfor- mance would have to be Kendrick Lamar’s performance at The Gram- my Award show. Kendrick took the stage to perform songs from his album entitled “To Pimp a Butter- fly.” His performance included the songs “The Blacker the Berry,” and “Alright.” Both artists are only try- ing to shed some light on issues that African Americans have been facing over the years. I felt like both artists made very good points with their performances but Kendrick’s stood out to me the most. I love how at the end of his performance he had the lights go out, and behind him was a picture of Africa with Compton across Africa.

I felt that was very powerful be- cause Kendrick is acknowledging where he was born and raised, but I worry about happening with his roots and ancestors. I can re- late to that because it’s always hard to stick to your roots and be proud of where you came from. It used to be hard for me to be proud of myself because of the way that the media portrays African Americans. I was taught to hate myself because my family was not from America. I grew to love myself because of inspira- tional artist and people that showed me it was ok to love myself for being African American and still ac- knowledge my roots and where my family came from.

This summer’s Motto: “Me”

BY JAMES HICKSON
GUEST WRITER

M ake your summer mantra, “me.” It is important for each of you to make this your goal for the sum- mer. Whether you are graduating and going off to college or you are just going home for another summer break; your mantra should be, “me.” As you go about your daily life, start asking yourself the question, “Am I leading the life I want to, am I being true to my nature?” If you can- not satisfactorily answer this ques- tion, change something. Whether it is doing your hair or makeup differ- ently, you should spices things up. So come, they have all been through the motions and not fully living life. Once you make the con- scious decision to live for yourself, life will become full of excitement and possibilities. I challenge each and every one of you to do some- thing monumental in your life this summer. Some suggestions would be to do three things:

1.) Something that involves others.
2.) Doing something that makes you happy.
3.) Changing your life for the better through a decision or commit- ment.

The third suggestion is the one that may present the most anxiety or fear. This fear is because it may be something that involves you hid- ing your true, authentic self. If this is the case, once you build the cour- age to face that fear of rejection or judgement and realize that this is your life and you have control, you can start living your life in happi- ness without those crippling fears.

Personally, when I came out to my mom, I was afraid of what she would say and the response she might give, to say the least. However, from the moment I had said I was gay, I was FREE. I could then live the life I wanted for myself free of that fear. I no longer worry about hiding my true self. With that being said, when one worries about these triv- ial fears, they cannot focus on who they are and what they are meant to do in life. This can only hold you back and hinder your true potential.

So leave you with this challenge: Do something monumental with your summer! Make the summer of 2016 one that is a turning point in your life!

Look for the next installment of this article in the April 21 issue!

James Hickson is a senior psychology major. Contact him at Jchicks@cedarcrest.edu

The Living Legend Sez

BY PROFESSOR MAYNARD
CONTRIBUTOR WRITER

As promised, today’s installment is a follow-up on my previous in- stallment. So, if time doesn’t exist then why does the eternal moment, what are the implications of that for our daily lives?

The Great Masters suggest that our moment is a turning point in the way we always are or always will be in the now moment. Why? Because that’s the reality of time! But is this how our minds are? However, the only way to find out is to think, think, and think some more. Today, I will be reviewing past events in our lives. More often, our atten- tion is on the future, so much so that there’s an expression: “Life happens while we are constantly focused on the future!”, notice how difficult it is to fo- cus our awareness on the present moment. Our minds effortlessly and unconsciously stay focused on the future, about the future, the lives of others, the things that are going to happen in the future. Many of those thoughts are worries about what might happen in the future.

Worrying means we feel anxiety and stress. We feel fear, hardly a pleasant feeling. Constant stress compromises our immune sys- tem, as well, so there is nothing positive about stress.

Let’s go back to the source of thoughts. Nothing is in and of itself causes stress; it’s only what we think about that event that results in stress. Why? Because through our be- cause emotions. We choose to focus on thoughts that suggest a negative outcome about a future event, and thus feel anxiety and stress. We could just as easily fo- cus on thoughts that suggest a positive outcome about that same future event, and thus feel happy instead of anxious. Besides, it’s estimated that 90 percent of what we fear is never going to happen, and it is feel happy instead of anxious. Besides, it’s estimated that 90 percent of what we fear is never going to happen, and this fear is the result of worry. Here is a follow-up on my previous installment and an associate professor and an assistant professor of the social science depart- ment, what are the implications of that for our daily lives?

Remember the time, what are the implications...
Misconceptions of a Commuter Life

BY Tanish Farber
STAFF WRITER

Commuter (noun) “defined as those students whose place of residence while attending college is not in a campus residence hall or in a fraternity or sorority house.”

At Cedar Crest College more than half of the current students are commuters, this includes undeclared, associate degree, and SAPE students. To be honest commuting to college has been a common thing for students who live meaningfully close to their own college or even to save as means for financial reasons. In reality there are some common misconceptions commuter students have faced that need to be addressed.

For example Eden Yandivistsiu, a freshmen Art Therapy Major has been attending by campus residents often being asked on why commuting students have never thought about on campus, “one has asked me why I haven’t thought about living on campus and usually the cause why would I give up time that I could spend with my family, my cat, and being free from college and where I want. I can only live in Whitehall, so it’s not really like I live that far away.”

Eden brings up a good point and represents a large population of the commuter community, a lot of us do live close to campus and find it easier just to live at home to save money and be a lot less stressful. It can be too much of a hassle to spend that time with others while living here on campus.

Another example from Jillian Shaffer a freshmen Art Therapy Major was “When I order food on campus, some of the staff assume I have a meal plan when in actuality I don’t. They seem to get annoyed when I hand them cash because they already put the food on the system as a $5 dinner. Jillian states this important detail about paying for the dining services that “I know a lot of commuting students have often faced themselves as well.”

When people find out that I am a commuter they automatically assume that I live at home because I am home, I have been living at home for years, and my life is nothing like that. I have a meal plan when in actuality I have none. Jillian states “I know many other commuters have had this same experience.”

New life saving equipment

BY Jillian Shaffer
LIFE AND CULTURE EDITOR

Something the difference between life and death on an operating table is just a few seconds. A new medical device has just been introduced and will help give doctors and their patients a second chance. This new device is called XStat 30 and was developed by campus resident Chitosan.

Chitosan also has the ability to deliver drugs to the body, so in the future it could be possible for these XStat 30 syringes to not only stop the bleeding, but to also administer antibiotics to relieve pain or even begin the healing process until, you are able to see a doctor.

Chitosan also has the ability to trigger clot formation which will apply pressure to help stop arterial bleeding and all still stem blood flow. Because of the material that these syringes are made out of, it lets x-rays point directly at the syringe that is outside the body does a great job emailing us with what’s going on. However, I feel as though a lot of information is spread through the college by word of mouth through the student body, leaving commuters out of the picture.

Although these common misconceptions and scenarios have happened to commuters across Cedar Crest College it doesn’t mean we love Cedar Crest any less. These misconceptions are reality to commuting students nationwide while attending colleges. At the end of the day resident and commuter students alike are trying to get one thing accomplished and that is to earn their degrees and enjoy their time doing it.
There’s more elections to worry about

BY Michelle Chavez
News Editor

In the midst of the presidential election, many other elected positions are not covered as widely, such as federal congress members, state legislatures, and local mayors and elected officials.

While the presidential election is important to keep up with and to vote in, it’s just as important to elect in congress members and officials that align with what the people want.

The blame often falls onto the president’s shoulder, when it’s the congress and local governments that cause those problems in the first place and are the only mechanism to solve it. The president can only veto on approve legislation, and even then, the president’s veto can be overturned by the congress if there are enough votes.

If you want to create real change, it’s important to investigate and elect congress members and officials that push for those legislations and issues.

In the federal House of Representatives, all 435 positions are up for election. This means that there is a huge potential to realign and reform the legislative body. In the US Senate, there is one position to reelect and reform the legislative body. In the PA Senate, Allentown does not have any senator up for election this election year. For the PA House, District 132 for Allentown residents is up for an election. These legislatures are responsible for any state issue, including issues of taxes, budgets, and state roads.

Also happening on the state level, three executive position are up for election. Our attorney general, or the lawyer for any legal action against Pennsylvania, is up for election, our treasurer, the financial officer and banker of the state, and the state auditor general, a position that helps to ensure our state money is used legally and ethically.

Of course, there is much more to cover, such as who is running and what their stance is, but not enough space in a newspaper to explain it all. The best way to start doing research is to go to ballotpedia.com and search Pennsylvania 2016 election in the search bar on the site.

Under that, there is a banner that has links to each election happening this election cycle. Those links will show who is running and what party they are. Some candidates might have links on the website to bios on them, but others might have official websites.

Now that you know a little more about what the current situation is for other elections this season, you can vote beyond straight ballot.

Slimmer than a piece of paper

BY Jillian Shaffer
LIFE AND CULTURE EDITOR

The world has had its fair share of body shaming challenges throughout history, but it has become a hot topic in the past two years.

Two of the most talked about challenges were #UnderBoob-Challenge and #WaistChallenge, in which people, especially girls, were told to reach for their belly button with their arms behind their back. If you were unable to do so you were seen as someone with an unattractive waist size.

However, the world has created a new challenge with someone we would have never thought about, a sized paper.

The challenge was started in China back in February and has spread around the world.

The A4 Waist challenge is a challenge in which people, particularly girls will hold the short end of a standard piece of A4 paper up to themselves. If the paper is bigger than their waist, it means the person is considered to have the “right size” or “perfect.”

The short side of a standard piece of A4 paper is only 8.3 inches in length. That is less than a quarter of the average American’s waist of 35 inches. The average waist size of those deemed the “right size” is 25 inches if not smaller.

However, being able to be skinnier than a piece of paper doesn’t mean that you are healthy. Waist sizes aren’t supposed to be the same size as a piece of paper because they are relative to your height, such as a taller person may be slightly wider than a shorter person because of their height.

Body shaming challenges such as these have led people to commit acts of anorexia and bulimia since they are trying to obtain the “perfect body.” Some people however, are challenging the stigma revolving around body shaming and are using this challenge to do so.

Since people have seen what this challenge is really about the hashtag, #A4waist has been used to show how upset people are about this challenge and how they are fighting back against it. It was originally being used only by people who were successful at the challenge, and now over 75% of the people who use the hashtag are saying how horrible it is and some of the negative effects of it.

Freelance writer Stevie Martin had one of the best responses by holding up a sheet of poster board and commenting “women in China are A4 paper up to show how tiny their waists are. I gave it a go #A4waist #Awaistgoals.”

People are also making fun of this challenge by putting pieces of A4 paper against their pets and their stuffed animals. There is something a bit satisfying about you stuffed teddy bear being bigger than a standard piece of paper that people are fighting waist size about.

However, the real advocates for people against this challenge are the men and women who are showing off their brains.

Sasha Plymouth posted on her Instagram account “This kind of stuff is ridiculous. Essential-ly measuring your worth based on whether your waist is smaller than a piece of paper. I used my graduation certificate because actually I’m worth more than a measurement against a piece of paper, that piece of paper is an achievement in itself” while holding up her diploma.

Because of people like Sasha and Stevie more people every day are standing up to the rights to have a beautiful body no matter how big or small it is. As more people stand up against challenges like this we may one day put body shaming to a stop and love everyone for all their shapes and sizes.

GRIDDLE 145: 1146 MacArthur Rd, Whitehall, PA 18052 | Mami’s om- elet - spinach, tomato, mushroom, and provolone cheese & pancake of the day: sweet potato (under $11)

RICE’ N’ BEANS: 6 S Broad St, Naz- areth, PA 18064 | beef pastelillos, chicken tacos, maduros (fried sweet plantains) (under $11)

KIM-LYNN TRAN is an art thera- py major with a psychology minor. Contact her at ktran@cedarcrest.edu

BLUE SKY: 22 W 4th St, Bethlehem, PA 18015 | Huevos Rancheros- 2 corn tortilla with fried eggs, black bean salsa and sour cream & cin- namon roll pancake & potatoes (under $15)
**Moda with Miranda**

I have had an obsession with fashion and style since I knew what clothes were. I remember stumbling around in my mother’s high heels so young that I hadn’t even traded in my Velcro sketchers for ones with laces.

One of my biggest pet peeves is seeing people wear pajamas in public, the wrong way. I say wrong because it is completely possible to look fabulous while donning sleepwear in public.

As a college student I completely understand the appeal of wearing pajamas out. Most days even leggings seem like a burden to put on. My favorite pajamas to wear to bed consist of my own ratty flannel pants which are honestly two sizes too big and have a hole at the ins seams. Jeans, skirts and dresses will never compare in comfort. I, however, have gotten away with wearing my jammies in public before. In fact, you have probably seen me do it.

Sleepwear, especially the dresses or button up styles, are perfect for going from bedhead to head ed out the door. I own a black and white t-shirt dress style pajama dress that I am guilty of wearing for my father’s 50th birthday dinner. The trick is to add accessories, like a pair of ballet flats, to lessen the oversized shapeless form that pajama dresses often present. I also normally ditch pants and wear the top button on my pajama jeans closure, if they have one. For this particular look I added a belt around the waist, which hides the usual pajama features.

For this particular look I added a belt to lessen the oversized shapeless form that pajama dresses often present. I also normally ditch pants and wear the top button on my pajama jeans closure, if they have one. For this particular look I added a belt around the waist, which hides the usual pajama features.

Another great way to stay in pajamas is if you like the ones which almost look like button up shirts. They are more comfortably cut than a standard button up shirt and also softer. I will usually pair it with a pair of boyfriend jeans and ballet flats. By tucking it into the boyfriend jeans I can hide the length which would give away that I normally ditch pants and wear the top to bed.

Do not be afraid to play around with the look, why not wear something super fashionable and comfortable. If you are anything like me, it will probably even feel like you’re hiding a little fashion secret.

Miranda Alvarez is a first year new media and English double major. Email her at mnalvare@cedarcrest.edu.

**Students use dance and poetry in Holocaust remembrance event**

**BY REBEKAH PARSONS EDITOR-IN-CHIEF**

- **I Never Saw Another Butterfly** is a book composed of children’s poems from the Terezin Concentration Camp in 1942-1944. In remembrance of the Holocaust, the Lutz Center for Community Service and the Performing Arts Department wanted to join dance and poetry together.

“I wanted to use poetry and dance to remember the Holocaust because beautiful things can come out of horrible situations. Remembering the Holocaust is so important because without remembrance, it could happen again,” said junior social work major Marisa Deutsch about why she wanted to collaborate with dance and poetry.

Marisa Deutsch, Special Projects Coordinator for the Lutz Center and Laura Jane Moser, Artist Director collaborated to create a way of remembering the Holocaust in a unique way.

“I think it is incredible that there is such a strong relationship between programs and offices on campus. When I was asked to be part of this project, I was thrilled that I was able to share stories of these children through dance. Dance is a universal language and it shows the story that words cannot describe,” said junior new media and dance double major, Laura Jane Moser about the experience of joining the Performing Arts with other offices on campus.

There are 18 students that will be participating in this remembrance. The cast includes: Caity Bell, Reinys Beriquete-Flores, Bri Boyd, Ashley Cole, Marisa Deutsch, Alissa Johans, Sarah Slaw Kiewe, Janajah Lawson, Thalia Mendez, Laura Jane Moser, Jessyca Thompson-Morgan, Jocelyn Polan, Winter Romero, Victoria Scovens, Francisco Sepulveda, Amelia Sherwood, Shannon Taylor, and Tyrin Thomson.

This free performance will take place on Sunday, April 10th at 6 PM in Steinbright Dance Studio 2.

**Artist spotlight: Troye Sivan**

**BY MIRANDA ALVAREZ WEB EDITOR**

Troye Sivan, once a young and lonely boy who talked to a camera in his room, is now taking the pop world by storm. You may better know him for his single, “Youth” which has been buzzing on the radio for weeks now. Sivan seems, almost destined for the fame he is receiving, and it is no matter what time of day he looks to the sky. He started as a child actor, found wild success as a YouTube, and in 2016 he surprised his subscribers with his extended play “TRXYE.”

Sivan was born in South Africa and raised in Australia. If you are familiar with his YouTube channel, which today has over 4 million subscribers, you can recall his endearing little accent as he raved about his dreams, shared his stories, and covered popular hits while sitting in a swivel chair. You may have even shipped (right for: endorsing a relationship) him with the queen of YouTube, Tyler Oakley.

This year, that young closeted boy who was just posting videos on the internet began his very first world tour, the Blue Neighborhood Tour. He is now a pop star and some see him as a voice for the LGBT community. This year he has won the GLAAD Media Award for Outstanding Music Artist, and is nominated for the iHeartRadio’s Biggest Triple Threat Award. With the endless support from his longtime subscribers and those who have fallen in love with his music, Troye Sivan is a name to keep on your radar.

You can listen to his album, Blue Neighborhood, for free on Spotify or purchase his music on ITunes. If you are interested in seeing him in concert you will have to head over to Europe, but current and future tour dates can be found at his site TroyeSivan.com.

If his music isn’t enough and you want to see the man behind the music take over check him out on YouTube.
Jimmy Fallon always outdoes himself with his playful and consequently hilarious segments which push our favorite celebrities to the limits of ridiculousness. Recently on the Tonight Show, Fallon challenged Melissa McCarthy to a lip sync battle. While Fallon’s attempt was cute, he failed to outperform McCarthy. Fallon’s performance of Pillow Talk by Zayn Malik could not live up to McCarthy’s hysterically dramatic rendition of Colors of the Wind from Disney’s Pocahontas. If you have not seen the performance, indulge yourself with image of stuffed animals, glitter, plastic leaves and water flying at McCarthy’s undaunted face.

April 16th will commemorate the 9th annual Record Store day. This day is meant to convene all those individuals who make up the record store community, from consumers to artists, in order to celebrate their mutual love for vinyls. Across America participating record stores will host varied activities and celebrate the day.

Some stores will host cookouts others will release featured artist’s new music or even hold a parade. Record stores like Double Decker in Allentown, Play It Again Records in Bethlehem, and Used Grooves in Easton will participate. For a full list of participating stores and more information visit: www.recordstoreday.com

Kayla Itsines is an Australian fitness icon, best known for her Bikini Body Guide. On her Instagram you can find inspiring before and after photos, delicious healthy food, and adorable pictures of her husky. Her Instagram captures an overall healthy lifestyle that anyone would want to emulate.

Jessamyn is a yoga instructor who on her Instagram shares awe inducing images of her practice throughout the world. The best part though is that Jessamyn is plus size. She with every image dismantles ideas and stigmas surrounding larger women and health. So even if you feel like a potato this Instagram will remind you that your body is beautiful.

Miranda Hardbridge a college student majoring in dietetics with a minor in chemistry at he Indiana University of Pennsylvania heads an Instagram dedicated to healthy and delicious foods. Hardbridge is from the Lehigh Valley and posts colorful images of her favorite health conscious snacks and meals. Hardbridge makes health look yummy with each post.

Beyonce has announced her athletic/leisure clothing line, Ivy Park 2. The line will be available in select stores and online beginning on April 14th.

This Is What the Truth Feels Like is Gwen Stefani’s first number one on the Billboard 200 as a solo artist!
The politics of performing arts

BY NICOLE MAGLOIRE CONTRIBUTING WRITER

BY ALLIE RITTLE STAFF WRITER

DC heroes are bold on screen in Batman vs. Superman: Dawn of Justice

New & Noteworthy

Compiled by Kristina Litonjua, Study Break Editor

Interested in writing for the Arts & Entertainment section?

Email editor Miranda Alvarez at mnalvare@cedarcrest.edu
1: Cast members perform in Elizabeth Edwards’ senior project, Emerge, during UNEARTHING: A Senior Dance Concert. Edwards’ choreography was inspired by the thoughts and emotions of LGBT+ individuals and was accompanied by poetry written and read by senior new media and media studies double major, Kaiya Primus.

2. Dancers in the midst of senior Jaclyn DeCarlos’s choreography for her senior project Inganno Umano during UNEARTHING: A Senior Dance Concert. DeCarlos’s piece was influenced by her own book about a young woman facing a rebellion.

3. Alissa Johann’s senior project, Fuse, being performed during UNEARTHING: A Senior Dance Concert. Fuse is an exploration of dance on camera incorporating four different styles of dance; modern, jazz, tap and ballet. The camera shows the dancers from all different angles and with different camera movements.

4: Dance majors, minors, and Dance Company members participated in a masterclass with Sarah Parker of Continuum Dance Theater (CDT). CTD is an all female professional dance company, fearlessly integrating genres of dance, theater and performance art. Their work provides new perspective on subjects of social and personal examination, delving into stereotypes of the human character and analyzing, through movement, alternative views of our contemporary generation.


6: Who am I... Who are you..., choreographed by Sarah Parker, from Spring Dances. The performance featured Continuum Dance Theater members Sarah Parker and Stephanie Frey Anderson.

Compiled by Miranda Alvarez, Web Editor.
All photos by Juliana Wall, Opinions Editor.
1977

After entering the game in the fifth inning for RF Steve Bowling, Alvis ‘Al’ Wood becomes the first player to pinch-hit a home run on Opening Day in his first major league at-bat.

Wood connected with the homerun on the fifth pitch from Chicago White Sox Pitcher, Francisco Barrios. The round-tripper contributed to the Toronto Blue Jays win over the White Sox, giving the team its first victory in franchise history.

Girls got GAME

Four years ago, we were introduced to a girl who possessed out of this world football skills, Sam Gordon from Salt Lake City, Utah. Despite being the only female on the field, Gordon never let that slow her down and earned the nickname “Sweet Feet” from her teammates. She was the first girl to complete University of Michigan’s football training camp. She was on the cover of her very own Wheaties box and even earned the honor to be Roger Goodell’s, NFL Commissioner, guest at the super bowl.

Her talents go further than the football field as she is a well-developed soccer player who aspires to play in the World Cup and looks up to Abby Wambach, according to Huffington Post.

“Running the ball and scoring a touchdown... that is always just awesome” said 13-year-old running back Sam Gordon about her favorite part of playing football, in an interview with amysmartgirls.com.

In Her Words

“But then I realized that you really have to learn to accept who you are and love who you are. I’m really happy with my body type, and I’m really proud of it. Obviously it works out for me. I talk about it all the time, how it was uncomfortable for someone like me to be in my body.”

-Serena Williams on body image in an interview with New York Times.

PHOTO FINISH!
VILLANOVA BECOMES NCA
VILLANOVA BECOMES NCAA CHAMPION!

In an intense championship game, the Wildcats of Villanova University (NOVA) defeated the Tar Heels of the University of North Carolina (UNC) in a close 77-74 game.

With 4.7 seconds left in the game, and a score tied at 74-74, NOVA had one final shot at winning this game.

Senior Ryan Arcidiacono set up the final play as he passed the ball to teammate, Kris Jenkins.

Jenkins then hit one of the most exciting shots of the game, a buzzer winning three-point shot.

“He was born to make that shot,” Felicia Jenkins said.

“It’s all about the follow through. When I saw that follow through, I knew it was going in,” said his mother, according to the New York Times.

YANKEES PROTEST OPENING DAY GAME

Houston Astros’ Carlos Correa hit a weak ball to the pitcher in the opening day game against the New York Yankees. After being ruled safe at first, the Yankees disputed the call. Turns out, Correa ran on the field to avoid being tagged out by right-hander, Dellin Betances.

The play resulted in the ball being thrown over the head of Yankees first baseman, Mark Teixeira, allowing Jose Altuve to score from second base giving the Astros a 3-2 lead.

Joe Girardi is protesting the controversial play.
**THURSDAY, APRIL 7, 2016**

### Sports Talk with Becks

One of the most talked about athletes in the world, Steph Curry is everywhere. Even for those who are not fans of the NBA, you have probably heard his name. For those who still have no idea who he is, Steph Curry is a point guard for the Golden State Warriors and he’s breaking records like it’s no one’s business.

After helping his team win the NBA Championships last season, he’s back at it again. He was selected to the NBA All-star team for the second year in a row. He was All-NBA First team for his first time. He leads the NBA in three-point field goals (since 2013) and free-throw percentage.

If I had to use one word to describe this player, it would be perfect.

**He’s talented.**
Cute and very very good. He has a playing style like no other. Portrays hard work, determination, and a player that makes him incredible.

**He’s attractive.**
Hardcore cutie. 100 times yes. He tears at my heartstrings and I can’t even deal with it. I mean, have you seen him?

His dance moves.

If that’s what we can call those adorable, awkward moves he does.

**He’s cute.**
Let’s face it, you can’t talk about Steph without mentioning his adorable little daughter who steals the show. She’s the cutest on the planet. Riley, is the cutest, saintly little girl and the love for her daughter is enough to warm hearts. When she steals that spotlight, my heart melts once again.

**He loves his family.**
He loves his family more than anything. It’s true. He offers endless support to his wife Ayesha as she pursues her own dreams. He brings Riley into the press conferences even though she steals the show. Let’s face it #familygoals.

**He’s the best in the league.**
No debate needed, just accept it.

From his ball handling skills, to singing in the thirds, as well as rebounding Curry does it all. Literally. #Relationshipgoals.

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**Farewell, Seniors.**

“You can’t put a limit on anything. The more you dream, the farther you get.” -Michael Phelps

It’s not just about what you did in your sport that makes you special. It’s who you are that does.

You’re all great women and will accomplish so much!

Best of luck seniors.

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**VIVIANNA SAMITE**  
Sport: Field Hockey and Lacrosse  
Major: New Media  
Hometown: Oakridge, NJ  
Favorite Athlete: Stephen Curry  
Pump-Up Jam: Waitin For You-Demi Lovato

“My best memory as a Cedar Crest College falcon in Field Hockey is the first game I ever played away at Sweet Briar and we won, it was a game, a season and a team I will never forget. In lacrosse, my best memory has to be in my junior year. Playing at Centenary where I set a school record for goals in a game. I scored 11 goals that day.”

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**COURTNEY LONG**  
Sport: Soccer  
Major: Biology with a minor in Health and Wellness  
Hometown: Coopersburg, PA  
Favorite Athlete: Abby Wambach  
Favorite thing about Cedar Crest: The small, friendly campus is inviting.

Up next: Courtney will be attending Arcadia University’s Doctor of Physical Therapy program.

“My best memory as a falcon would be setting 5 school records for the Cedar Crest College Soccer Team.”

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**ERICKA CLAYTON**  
Sport: Volleyball  
Major: Biology with a minor in Psychology  
Hometown: Zionsville, PA  
Favorite Athlete: Zach Ertz  
Pump-Up Jam: My House by Flo Rida

“Best memories are freshman year having sleepovers and hanging out with my friends. In 2015, I got my first block as a middle on a girl who was taller than me in basketball.”

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**KRYSTEN SPENCER**  
Sport: Soccer  
Major: Nursing  
Hometown: Pen Argyl, PA. Currently lives in Bangor, PA  
Favorite Athlete: Mia Hamm

“I will miss playing soccer the most at Cedar Crest. It was a great experience that I’m so thankful to have had.”

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**LASHAWNDALESE JOHNSON**  
Sport: Volleyball  
Major: Public Health with a minor in Communications  
Hometown: Baltimore, MD  
Favorite Athlete(s): Steph Curry and Gabby Douglas  
Favorite thing about Cedar Crest: Being part of an athletic team and the friends she made here.

What she’ll miss most: Seeing her wonderful friends everyday, playing volleyball and being surrounded by a group of strong women who encourage her to be all she can every day.

Up Next: Get her MPH and go to school to be a epidemiologist.

“My best memories are freshman year having sleepovers and hanging out with my friends. In 2015, I got my first block as a middle on a girl who was taller than me in basketball.”

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**KYLEEN SISSON**  
Sport: Tennis  
Major: Neuroscience  
Hometown: Laceyville, PA  
Favorite Athlete: Novak Djokovic  
Favorite thing about Cedar Crest: Small class sizes and the wonderful professors.

What she’ll miss most: Her friends that she made and her tennis girls.

Up next: Applying for Medical School

“I don’t think I have just one great memory. I really have loved my experience here with my team and my classes.”