Campus celebrates “Wear Red Day”

Alex Edgington-Giordano  STAFF WRITER

On Feb. 2 everyone should be seeing red, because Cedar Crest College is having activities on campus in support of “Wear Red Day” and the American Heart Association.

“Wear Red Day” was started to remind Americans about heart disease and to spread awareness about the risks to women. Heart disease is the number one killer of American women and men. Thanks to the “Wear Red Day,” one out of four women knows the risks of heart disease as well as ways to prevent it.

Millions of people across the nation participate in “Go Red for Women,” according to The American Heart Association, who sponsors the event. The color red and the red dress have been linked to the ability of all women to live stronger, healthier and longer lives. “Wear Red Day” takes place on the first Friday of February, during American Heart Month.

This movement celebrates the “passion, energy, and power of women,” said senior Grace Olson, “passion, energy, and power of women.”

Brown University, but knows of other colleges that have similar programs. There is a poster that says “passion, energy, and power of women,” according to The American Heart Association.

The election for the next president of the United States seems far away, but already there are a number of contenders ready for their chance to show America why they are capable of running for their chance to show America why they are capable of running for their chance to show America why they are capable of running for their chance to show America.

The awe-inspiring Jacob Holdt will be on campus Feb. 5 at 6:00 p.m. to present his show that will expose the racism and oppression in the United States of America.

According to the American Pictures website, Holdt came to the United States of America with only $40 in his pocket and hitch-hiked over 100,000 miles. He stayed with over 400 different families from the Rockefeller to the poorest of immigrant workers. Throughout his journey, Holdt sold blood plasma twice a week so that he could purchase film that would one day uncover the harsh reality of many America’s lives.

Holdt followed criminals in the roughest of ghettoes, joined the Indian rebellion in Wounded Knee, worked in Southern slave camps and gained access to secret Ku Klux Klan meetings.

The show, “American Pictures,” was brought to America in 1982 and was presented in more than 500 universities, city councils and churches. The show has since been updated and “Guaranteed to assault the sensibilities of most Americans,” stated Humanity and Society.

Holdt’s travels led him to author an international bestselling book. The book, American Pictures, has sold over 3 million copies and is used by many teachers as a priceless tool “to help bring human life to the teaching of their students,” cited on teacher on a review website.

The book contains over 800 images and descriptions of his experiences with drug addicts and his witness accounts of murder. Holdt also depicts his arrest by the FBI and his relationships with transsexuals, Jay Rockefeller, and Ted Kennedy.

This show is so different from everything else. The images are so powerful and captivating but extremely controversial. This show will challenge our thoughts and force us to notice things we have our blinders on to,” said Katherine McNamara, Residence

Looking into America from the outside

Gas conservation begins in the TCC

Leann Pettit  STAFF WRITER

A new addition to the Tompkins College Center may make traveling around the area, around Lehigh County, or heading home easier for you.

The Share a Ride Board, located on the wall across from the Information Desk, allows students and faculty looking for rides and willing to share a ride to post a message for other students and faculty to see.

The idea came from sophomore biology major Joyce Nowicki. Nowicki said she spends a lot of time trying to find a ride to places; this gives students a central place to find out where people are going.

She originally saw the idea at Brown University, but knows of other colleges that have similar programs. There is a poster that students can tack the matching 3x5 cards to. The cards ask for your name and a phone number to get a hold of you, when (date and time) you are leaving campus and the date and time you are planning to return.

There is also a line for your destination (a very important line) and some space for other information such as “Can return whenever on Sunday,” or “Can detour to other close city.”

If you are looking for a ride or are headed somewhere and are willing to share your trip, post a card. It takes less than two minutes and is helpful to others on campus.

Students who are taking online classes also have the opportunity to share a ride with others. An option on eCollege allows students to post ride requests.
Chewable birth control adds convenience

Sarah Relation STAFF WRITER

Warner Chilcott, the maker of Occon 35 birth control pills, has introduced a new concept to the oral contraceptive market. They have created the first chewable birth control pill. This pill is the same size as previous oral contraceptives; it also comes in the same standard blister pack of 28 pills, with 21 “active pills” and seven brown “reminder pills” inside the pack. This chewable version of oral contraceptive has been in the works for several years and has undergone several name changes. Initially the new pill was to be called Occon 35 Chewable. This name was nullified when test packets of the pill were sent out and the company received reports of confusion from both pharmacists and consumers. The issue being consumers were unsure if they had the chewable contraceptive in the non-chewable form. Occon then changed the name to Femcon Fe, due to the pill’s iron content. Other than that, the new drug has the same functioning ingredients as Warner Chilcot’s primary birth control pill, Occon 35. This new pill is spumiant flavored. It may be chewed or swallowed whole. The company still recommends drinking a full glass of water after every dose. The idea behind the chewable version is to help “women on the go” remember to take their daily dose. The blister pack is the size of a credit card and comes with a velvet carryer. Ideally, this will encourage women to carry the contraceptives with them so they can remember to take their dose at the same time every day.

Oral contraceptive was first released in the 1960s and when used properly it has a 99 percent efficiency rate. In recent years, however, the Food and Drug Administration has approved oral contraceptives that has a 98 percent efficiency rate. The new pill, like other oral contraceptives, carries an increased risk of blood clots, stroke, and heart attack, particularly for smokers. It also does not protect against sexually transmitted infections. The chewable pill sells for about $44 wholesale, and is a bit more at pharmacies. In the near future companies are attempting to produce more oral contraceptives that will shorten or eliminate periods. Those pills are awaiting FDA approval.

Food for the soul

The Shoppes at Cedar Pointe
Cedar Crest & Hamilton Allenport
610-453-7007

In the news...

Navy helicopter crashes

A US Navy helicopter crashed Friday near Saint Clement Island in the Pacific Ocean, killing at least one of the four people aboard. The helicopter was conducting a routine training mission off the USS Bonhomme Richard with four aboard. It crashed at 2:30 p.m. Search and rescue efforts are underway for the other three passengers.

War protests

Tens of thousands of people marched Saturday in an anti-war demonstration linking military families, ordinary people, and an icon of the Vietnam protest movement in a spirited call to get out of Iraq. Celebrities, a half-dozen lawmakers and protesters from distant states rallied in the capital under a sunny sky, seizing an opportunity to press their cause with a Congressrestore on the war and a country that has turned之後 into a political conflict. Marching with them was Jane Fonda, in what she said was her fifth year in 34 years.

Priest sexual assault

Police officers were searching for a Roman Catholic priest they believe may have sexually assaulted and struck a woman at a Las Vegas, Nevada church. Authorities said they were called to Our Lady of Las Vegas Catholic Church on Friday evening after someone heard a woman in the church cry for help. Officers found a church employee who said she had been assaulted and hit in the head with an object by a priest. Investigators consider the Rev. George Chamas a person of interest.

British royals in Philadelphia

Prince Charles and his wife Camilla waved to adoring fans Sunday as they walked to a private church service before they left Philadelphia on an over-American weekend. On an over-cast and chilly day, the Prince of Wales and the Duchess of Cornwall arrived at a block from their downtown hotel to the Arch Street Presbyterian Church. An overflow crowd awaited them, cheering their arrival and crying to catch a glimpse of the royal couple. Afterward, the entourage was to head to a private train for New York City. Traveling guests were to include academics and policymakers who will speak to the couple about urban revitalization, one of the themes of their three-day trip.

Brea Barski

February 1, 2007

January 2007

The Crestiad 2007

www.cedarcrest.edu/crestiad

The Crestiad is a student run newspaper published one section every week throughout the Fall and Spring semesters, available both in print and online. The Crestiad is distributed to bars, cafeterias and residence halls throughout the college.

Editor in Chief

Jennifer Woychik

Managing Editor, Photo Editor

Linda Mikutowski

Features Editor

Tiffany Wanzie

Copy Editor

Lori Gallagher

Chewable birth control

Lori Gallagher | News Editor

Like most oral contraceptives, Femcon Fe contains 21 active and 7 reminder pills.

Presidential hopefuls

The democratic contenders right now are Hillary Rodham Clinton, Barack Obama, John Edwards, Bill Richardson and the republican contenders are Rudy Giuliani, John McCain, and George Pataki. This race is unique because the democrats have three candidates, who will set a first if they win the presidency. Obama would be the first African American president, Clinton would be the first female president, and Richardson would be the first Hispanic president; however, not all of these contenders are definitely running, though most of them have formed exploratory committees.

Following is information about the top candidates for presidency, although more may enter the race as time progresses.

Hillary Rodham Clinton

Clinton has been New York State Senator since 2000. On her video where she announced her plans for an exploratory committee she said that she does not want to start a campaign, but rather a conversation where all of America is involved. She also said that “the conversation in Washington has been just a little one sided lately, don’t you think and we can all see how well that works.”

Barack Obama

This senator from Illinois has also released a video on which he announced his decision to set up an exploratory committee. He said that he has “been struck by how hungry we all are for a different kind of politics.” He talks about issues ranging from healthcare to foreign oil. Obama ran for Senator of Illinois in 2004. He won because of his lower budget.

John Edwards

Edwards ran as vice president with John Kerry in the 2004 presidential election. He was elected in 1998 as senator of North Carolina. According to his website, during the last primaries Edwards focused on “the two Americas that exist in our country today: one for people at the top who have everything they need and one for everybody else who struggle to get by.”

Bill Richardson

Richardson is the current governor of New Mexico. According to his website, “during his first term as governor, Richardson made good on his campaign promises to improve education, cut taxes, build a high-wage economy, improve safety and education, cut taxes, and to provide staff members with an on-campus internship-quality media experiences.”

George Pataki

Pataki first became governor of New York in 1994. Still holding his title, he is the longest serving governor in the U.S. One of Pataki’s main concerns for New York was making it a better state. He created New York’s state office of Homeland Security and has been a strong advocate of the war on terror.

JustRudy2008.com, “Under Mayor Giuliani’s leadership, all crime was cut by 57 percent, murder was cut by nearly 70 percent, and New York -once considered the crime capital of the country- was recognized by the FBI as the safest large city in America.”

Richard Ginna, a candidate for mayor of New York.

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John McCain

McCain started in the Navy, fought in Vietnam, and was a Prisoner of War for five years. In 1994, McCain won the position of Arizona state senator and has served four consecutive terms. He believes in less government intervention in everyday life and less wasteful spending of tax dollars. On his website he discusses an array of issues ranging from Social Security to National Security.

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Jill Purdy, Assistant Professor of Education

From teaching middle school students to students on the college level was a big one that has kept her busy, but also one that has allowed her to “have met so many great people.” Purdy said, “I think I had the goal of teaching teachers in the back of my mind for a while, and when I saw Cedar Crest was hiring, I jumped at the chance. I had been impressed by Cedar Crest because my daughter, Ashley Bechtel, attends the college. Cedar Crest seems like a good fit for me, so I am very happy to have the opportunity to teach here.

As for her decision to become a teacher in the education department, Purdy stated, “I think I was influenced by the Reading Department at East Stroudsburg University; the degree of expertise and caring of the professors there was extraordinary. Dr. Beverly Fuller reached me the most by showing me not only how to become a good teacher, but also how to obtain the goals I set for myself. She was a major influence on my teaching career.”

Purdy taught Adolescent Literature and Curriculum, Field Experience II, and Assessment and Instructional Strategies for Teaching Culturally and Linguistically Different Students. During the spring semester, she will be teaching Educational Planning for both undergraduate and graduate students, as well as Diversity and Critical Pedagogy for graduate students. “I am also teaching a Cultural Diversity course for educators,” Purdy said. “Our freshman participate in a field experience where they observe and participate in classrooms, and I am the advisor for this semester. In addition to this I am the Director of the Graduate Program in the Education Department and this keeps me busy with interviewing prospective candidates and beginning new initiatives such as a possible Masters in Reading Degree.”

Lifelong Learners splash into Valentine’s Day

La Lonnie Moore

STAFF WRITER

Typically, sweethearts give and receive special chocolate treats or some treats that are more forbidden for the Valentine’s Day season.

What better way to dispel Valentine’s Day traditions than to get a little wort? Feb. 11, 2007 candy and lingerie will be the last thing on the minds of students here at Cedar Crest. The Center for Lifelong Learning is hosting a “Make a Splash with Your Sweetheart!” pool party at the Rodale Aquatic Center for Civic Health. Unless mother nature decides to bring in enough snow to close the campus, from 5:00 to 7:00 p.m., on Feb. 11, students, their sweethearts, and their families will be able to relax and enjoy a pool party with pizza, fun activities and games.

The cost is five dollars per family and all students can bring up to five family members total. The Center for Lifelong Learning is taking reservations at 610-740-3770.

Students can also email the Lifelong Learning office at lifelong@cedarcrest.edu. The Rodale Aquatic Center is located on the edge of campus across from the Pool Science Center on the edge of campus and down from the DaVinci Science Center.

All students, traditional and non-traditional, are welcome to dig into their summer clothes, dust off that swimsuit and attend.

Tips from Safety and Facilities

Contributed by: The Safety and Facilities Department

Safety & Security reminds the College Community:

The first Rape Aggression Defense (RAD) class for 2007 began on January 28. The class is restricted to females only and at this time it is open only to Faculty, Staff and Students within the Cedar Crest Community. Please contact Corporal Craig Fisher or Officer Sherryl Flyte for more information.

Maintenance tells all resident students:

On behalf of the maintenance staff, welcome back to Cedar Crest! We hope you had a great winter break. A reminder for submitting work orders on line go to the CCC home page, click on Faculty/Staff then click Plant Services, fill out the form and hit send. Don’t forget, only 5 weeks until Spring Break!!

Grounds reminds everyone:

When snowstorms are in the forecast please watch for inclement weather parking instructions issued by the Safety and Security department and remember to park your car as tight to the curb as possible to allow clearance for snow plows and equipment.

Telecommunications/Transportation reminds everyone:

Beginning January 29, 2007, all motorists must turn on their headlights whenever they use their windshield wipers during inclement weather. The new law is meant to keep you safer when driving in bad weather by giving you visibility of the road. Beginning January 29, 2007, all motorists must turn on their headlights whenever they use their windshield wipers during inclement weather. The new law is meant to keep you safer when driving in bad weather by giving you visibility of the road.

The Safety and Facilities Department

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Life Coordinator and Coordinator of International and Diversity Programs

Feb. 5 at 6:00 p.m., American Pictures will be playing at Cedar Crest in the Alumni Hall Auditorium.

American Pictures is a non-profit organization that supports anti-racism work in the United States. For more information about Jacob Holdt or American Pictures visit www.american-pictures.com or contact Katherine McNamara of Residence Life at 610-606-4650.
Cedar Crest nurses teach hygiene to African communities

Fabiane DeSouza

Dr. Laurie R. Murray, Chair of the Nursing Department and Professor, and Timalonis, R.N., M.S.N., C.N.E., Assistant Professor of Nursing, embarked on a 16-day trip to Ghana and Kenya in November 2006 to teach, train, and deliver school and health care supplies to the natives.

Starting their trip in Kenya, Murray and Timalonis traveled to nearby schools where they worked with the orphanage children, spent time with the people of Kenya, and taught them about health care and hygiene.

Murray and Timalonis delivered 1,000 pencils to the school orphanage and spent some time teaching the children how to properly wash their hands and brush their teeth. They donated 500 toothbrushes to the people in the community. “Oral health is just as important as the overall health,” said Timalonis.

Commenting on the shortage of supplies, Timalonis said, “It is such a small thing we have that we take for granted.”

Murray and Timalonis also spent some time at the home for destitute children in Kenya. Because this home does not have any government sponsorship, many children did not have shoes. Murray, Timalonis, and a group of other individuals on the trip, went to a nearby store and bought a total of 42 pairs of sandals to give to the children. “They were so grateful,” said Timalonis.

Murray and Timalonis also donated money to the construction of a nearby clinic that is currently being built.

With very few transportation options, some people have to walk as far as five miles or more to get to a nearby hospital said Timalonis. Murray and Timalonis also visited the Nahr-Bita School in Ghana, in which the Cedar Crest nursing program began a partnership with in June 2006. Murray and Timalonis participated in the matriculation ceremony of the Nahr-Bita school as one of the only few government-sponsored schools in that nation.

During the ceremony, Murray delivered a speech following a gift exchange in which they presented the school with nursing textbooks and stethoscopes. Murray and Timalonis were amazed at how much the nurses were able to care for their patients with the little resources they had.

The improvement of health care is rising and Timalonis noticed an increased focus on preventive care and immunization.

“We are excited to continue this partnership and anticipate a visit from them in the coming years,” said Timalonis.

Murray and Timalonis’ time in Africa was very rewarding, said Timalonis. The people of Ghana and Kenya were very thankful for the efforts of the Cedar Crest faculty. “The whole time we were there we were treated like royalty. These people had nothing, but were willing to give us the best of what they had. You come home having a greater appreciation for the things you have,” Timalonis said.
Cedar Crest College students and recent alumni are invited to attend and meet with over 100 employers offering full-time, part-time, summer and internship opportunities.

SPRING CAREER FAIR

Wednesday, February 21, 2007
10:00 am-4:00 pm
Holiday Inn, Fogelsville, PA
(Junction Rte. 100 & I-78)
One Resume Required for Admission
(and many others to distribute to employers!)
Professional Dress Required
Sponsored by 14 Local Colleges & Universities and LVAIC

Visit the Career Planning Office or www.lvcce.org for additional information.

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FEATURES

www.cedarcrest.edu/crestiad

February 1, 2007

ALUMNAE SPOTLIGHT

Shawna Murphy, Class of 1998

Karen Passino
STAFF WRITER

Though the nineties don’t seem that far away, it’s been close to ten years since Shawna Murphy, class of 1998 graduated. Her hard work and dedication to Cedar Crest College’s nursing program has allowed her to travel to other cities but she is back in the Lehigh Valley once again.

Murphy is originally from Port Jefferson, Long Island, New York. She grew up in Pennsburg, PA and is now living in Macungie, PA.

No time was wasted after graduation for Murphy. The day after graduation she traveled to Temple University and started their post baccalaureate. Shortly after that she passed her NCLEX. Her first job was part time at an institute for children while finishing her required classes. In 1999 she began working at the Children’s Hospital of Philadelphia as a pulmonary/med surg nurse.

In Jan. 2000, Murphy found interest in Osteopathic medicine. She knew this was the right path for her. She interviewed and starting in August, worked in the Philadelphia College of Osteopathic Medicine through medical school. She enjoyed her five and a half years of nursing very much.

Come 2004, she was both pleased and upset that she graduated from CCC and was pleased to be back in the forum of Lehigh Valley employees.

She recently was asked to attend a forum of Lehigh Valley employees for the past three years and is now finishing up her final year of training.

Murphy often visits the campus and especially enjoys it when the arboretum is in full bloom. She recently was asked to attend a forum of Lehigh Valley employees and was pleased to be back in the 1867 room. She misses the dorm life and being able to leave the room anytime, day or night and just lounge around with friends. Murphy’s favorite professor was Tina Obenski, RN. Obenski gave Murphy the motivation to make it through the nursing program when she felt she would not be able to succeed.

“Maybe you are not cut out for nursing, it takes a strong person to make it through this program, maybe you should just quit,” said Obenski. It was Murphy’s goal to prove her wrong. After she graduated she told Obenski that it was her comment that made her through. With a smirk, Obenski replied, “I know.”

Acting was a favorite and also the most random class that Murphy took. She took it on a whim to gain some extra credits but in the end found out a lot about herself.

The campus was full of many activities. The ones Murphy chose to be a part of were working in the registrar’s office through work study, RA for three years, Out There, Women’s Concerns Forum, Residential Affairs, and intramural soccer.

When asked what advice she would give she replied, “always aim high, never settle for what you know you can accomplish. Instead, challenge yourself to pursue the impossible, and you’ll go further than you could ever imagine.”

Murphy would not have chosen any other school. She is happy to have graduated from CCC and now truly believes that the onyx ring will keep us together.

She has met many other alumnae by noticing the ring that actually does bind them. She learned how important her voice was and learned she can do anything she sets her mind to. She enjoyed the small classes and the friendships she made so easily while on campus.

“Thanks to Cedar Crest, I know that every part of my life is a success.”

Karen Passino
STAFF WRITER

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STAFF WRITER

The Resident Advisors of today enforce floor and campus rules, create fun events for the floor and building, counsel unhappily roommates, and so much more. If your RA insisted on smelling your date’s breath to check for alcohol or told you to go change, or that you couldn’t leave campus dressed like you are, I suspect most of us would laugh. However, those were common practices for house mothers, women who were in charge of the students before RAs were in use.

House mothers are not a very old concept. The last house mothers to work at Cedar Crest were still here in the 70s, said Susan Seccombe Cox, Executive Director of Alumni Affairs. “House mothers were older women, mostly widows, whom students to the Judicial Board. As punishment students could be expelled in extreme cases or camped. Being camped meant that the student was grounded in a sense, and was not able to leave campus for one or more days. By the end of the 70s, Cedar Crest had completely changed over to RAs. “I don’t know when Cedar Crest officially stopped using house mothers but it started to happen during my years at the college,” said Cox, who graduated in ’73. “When I arrived as a freshman, two seniors had been hired to act as resident assistants in one of the residence halls. This was a first of students in this way. They lived in the hall’s apartment. In the middle of the fall semester, the house mother, Mrs. Flick, in Curtis Hall quit.

Two juniors were hired to serve as Resident Assistants in that dorm. There was an assistant dean living in Moore Hall who served as head of the dorm as well as assistant dean. And, there was one house mother, Mrs. Jackson, left on campus. She was here by my senior year. I don’t know when she retired, but it must have been some time in the 1970s. When she did, she was replaced by student resident assistants. The two RAs were the head of the dorm. Every floor had two floor counselors who worked with the students on those floors.”

Cox recalls that some house mothers were over-protective. If a date arrived with alcohol on his breath, some house mothers wouldn’t let the students leave. Others would be waiting at the door for students to return by curfew (a midnight curfew during the week and 1 a.m. on weekends). Overall, though, she enjoyed having the house mothers. “You had someone who was like a grandmother living with you,” she said.

FLASHBACK: When RAs were more like mothers

resided. She was the only one in the hall responsible for the students.”

Most of the house mothers were widows, but others were single women, too, said Cox. “Luter on, an assistant dean would live in Moore Hall. There was at least one assistant dean who was married and living on campus with her spouse.”

While buildings today have several RAs and an RC, the house mother was the only one in charge of each building. It was her full-time job. Reporting to her were students with building jobs like hall monitors to enforce noise rules, fire marshals to help during fire drills, and phone monitors who answered the hall’s single phone in the evening so that studying was not interrupted.

Cedar Crest had stricter rules at this point, and it was up to the house mothers to enforce them. “They made sure the students signed in and out every day. We could not leave campus, even to walk to the shopping center near

by without signing out. We had to give our name, time of day and when we were expected back on campus,” recalled Cox. “They also made sure we were dressed properly for leaving campus. No one could go off campus unless they were in a coat and hat or a skirt. They also made sure we were dressed properly on weekends – skirts, heels and stockings had to be worn on Sundays till early evening. They made sure we signed out where we were going on our dates and with whom we were going.”

House mothers also needed to approve overnight stays off campus. Parents needed to give specific permission for students to stay off campus with anyone and the house mother had to make sure that all overnight stays were permitted.

These women were also available to talk to, and, though it was not part of their job, they often repaired clothes and hemmed skirts for students.

House mothers, like RAs, needed to report rule-breaking students to the Judicial Board. As punishment students could be expelled in extreme cases or camped. Being camped meant that the student was grounded in a sense, and was not able to leave campus for one or more days. By the end of the 70s, Cedar Crest had completely changed over to RAs.

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What do ART THERAPY MAJORS do?

Rachel Edgar  
STAFF WRITER

The Art Major at Cedar Crest College offers a vast array of opportunities, including an Art Therapy concentration. According to the American Art Therapy Association’s (AATA) website, “the field of art therapy has gained attention in health-care facilities throughout the United States and within psychiatry, psychology, counseling, education, and the arts.” If you are an empathetic, patient person with an interest in art and people, Art Therapy may be a good career for you.

Art Therapy is a mental health profession that uses the creative process of art as a basis for assessment and treatment of individuals of all ages. The discipline is based upon the belief that through artful expression, individuals can reduce stress, increase self-esteem and manage behavior. Art Therapy is a tool for evaluating and treating anxiety, depression and all types of abuse. Art Therapists work in a variety of settings including hospitals and clinics, homeless shelters, halfway houses and schools. Others begin a private practice to treat clients in need. According to the AATA website, “Art therapy is an expanding field and employment continues to increase. Although earnings for Art Therapists vary geographically, entry level income is approximately $32,000.”

Entry level positions for Art Therapy begin at the Master’s degree level. In order to qualify as a registered Art Therapist, an individual must complete the Master’s degree program and complete a minimum of 1,000 direct client contact hours after graduation. Individuals interested in Art Therapy should develop their interpersonal skills, observation skills, and learn to become flexible in order to adapt to their clients needs and the variety of work settings.

The Art Therapy curriculum at Cedar Crest College combines the disciplines of Art and Psychology. “The Art Therapy concentration at the undergraduate level both introduces the student to issues in psychology and develops the student’s facilities in multiple studio areas,” stated the Cedar Crest College 2005-2006 catalog.

Students interested in the Art Therapy major at Cedar Crest must take a variety of core Art survey courses, including Drawing, Principles of Visual Organization, and Art History. New to the program is the Introduction to Art Therapy course. Students must also take Psychology courses including General Psychology, Abnormal Psychology and Life-Span Development.

Extracurricular activities such as the Cedar Crest Art Society support students interested in pursuing a degree in Art Therapy, and can help improve a resume. Associate Professor of Art Jill Oedgaard stated, “The Art Society has contributed to the Health and Wellness Conference each year and brings some sort of therapeutic group project to campus.” The inspiration to pursue a career in Art Therapy can come from many different places. For Freshman Art Therapy major Lindsay Orlandi, going into Art Therapy means a chance to work with special needs children. “Since eighth grade, I have been babysitting and working with autistic and mentally handicapped kids and I have seen all the therapies they go through, and I love art.”

Although art skills are helpful, “It isn’t about making art, it is more about the process of making the work,” explained Odegaard.

To learn more about careers in Art Therapy, visit the American Art Therapy Association’s website at www.arttherapy.org.
College ski trip can kill

Amanda Rachel Goodman STAFF WRITER

What do 19-year-old Billy Saylor from Campbell University in North Carolina, 22-year-old Joseph LaRosa from the University of Wisconsin-LaCrose, and 21-year-old Jeff Reese from the University of Minnesota have in common? All three were skiers who died while trying to lose weight for college wrestling matches.

Saylor suffered a heart attack while riding a stationary bike, LaRosa, wearing a rubber suit and riding a stationary bike, collapsed and died. Reese, in an attempt to lose 17 pounds, died of rhodomyelitis, when his kidneys failed and he heart malfunctioned.

Reese worked out for six hours a day, six days a week in a 92-degree room. These dangerous methods of trying to lose weight are some of the most common out of the 80 percent that are among the most overlooked sports — wrestling.

Growing up a tomboy, wrestling appealed to me due to the sheer aggressiveness of the sport. I’ve been involved with wrestling for ten years and is something I live for. In high school, the wrestlers were my brothers and the sport was my family. It disheartens me when watching college wrestling, and I see so many male fans attending the matches for the simple fact of seeing usually incredibly fit men compete against each other. It’s so much more to this sport than men in singlets.

Wrestlers spend hours perfecting their bodies, form, and technique. At the Lycoming Duals, held at Lycoming College on Jan. 12-13, I saw wrestlers continue wrestling despite a right knee that kept dislocating, and another wrestler who wrestled one of the top-ranked men in the nation with a 104-degree fever. The drive and dedication that these men and women is what inspires me on a daily basis. That drive and dedication, however, can lead to a path of destruction.

You are going to need skis and poles. The size of these pieces will depend on your height, height of the mountain, and your experience. You are also going to want snow pants, a pair of long Johns and wearing sweater to nowhere. Threw (will suck up sweat and make you colder). Lyra, nylon, span, and wool blends are your other best bet. Layer up, because you can always take layers off — it is harder to add layers once you are on the slopes than to take them off. No matter how cold it is on the mountain, you are going to sweat — a lot — so make sure your base layers wick moisture away from your body.

Stay on the bunny hill for the first couple of runs. Definitely go your first time with someone who has been skiing and join a lift as first, but you appreciate it later. Don’t forget a helmet (this will come in handy when you fall).

Some of us grow to love, others grow to become famous; some want to change the world while others are actually changing it; and so do we. As for me, I found myself wondering those very same things during one of my last years of school. I know this is not the case for most, but since I’ve never been my best weight, I knew what I wanted to study and do with my life. I knew that every where I went, I wanted to make an impact, a difference in someone’s life. I saw the world as a gigantic pool of opportunity but, finally with graduation just four months away I was faced with the famous question: ‘What am I going to do?’

With February already around the corner, the semester already seems too short. Looking over the syllabus you realize the work that is already cut out for you during the next few months. Some say goodbye to a social life while others manage to balance their time with little sleep.

For seniors, final projects have already been chosen and development is underway. This is the time I am in the nightmare searing in Business and Communications I am faced with two senior projects. But these hands on projects on what we feel will finalize all the preparation to get me ready for what’s ahead.

Although the work is hard now I can already tell the end results will be far rewarding. I must say that it was through hav- ing to pick a project topic that helped me decide what I wanted to do once I graduated. Also, some of our best moments are with our friends. While some are prepared and ready to face the world ahead, others are still unsure. Looking back at my almost four years as a college student I realize that throughout my college experience I noticed that the people that have come and gone in my life all important and not only changing me mold my goals and visions for the future.

The thought of graduation opens a new world, but away may scare some, but it marks the end of four or five long years of hard work. This is the step into the next for seniors. As a result, don’t worry, you are sure to enjoy the last bit of your college experience. And to all, have a wonderful semester.
Reclaiming cash (and meals)
Sarah Relation
STAFF WRITER

It is my last semester here at Cedar Crest. I was looking forward to my last semester on a meal plan and the items available at school to help me with my savings plan. I was not thrilled to discover a rise in prices scattered throughout campus.

Now instead of $1.25 for a soda from the vending machines, patrons must scrounge out more for food. I should have access to it. For students trying to save, every nickel counts. Apparently, if I have a late night study session I will have to pump out a bit more for a caffeine rush. While I understand the reason behind the price changes is due to the wage raise and beyond the school’s control, I feel a bit, well, ripped off.

If I walk to King’s I could get a six-pack for the price of these brands for the price of three sodas. If I wanted it chilled, I could still simply will not be enough money on my account to go around. I cannot afford to pump out more cash for food I have already paid for with my meal plan. I feel that since I have already paid for the food, I should have access to it.

Mr. Chemist’s Neighborhood

For hire: Future NFL sideline reporter
Sweaty palms, headaches, and upset stomachs: Anxiety, excitement, and faith. These are typical symptoms and emotions for an Eagles game day at my house. The bond between my brother, my dad and I grows every season as we experience triumphs and heartbreaks while watching the Philadelphia Eagles play football.

We are true fans. You could measure the productivity of our weekends depending on how the Eagles did. If we won, there were high spirits, confidence and motivation all week long. If we lost, we certainly would not be talking. But our new second string quarterback Jeff Garcia, took us farther this season than we ever thought he could. As the Eagles pulled together and made it to the play-offs, my brother, dad and I started believing more in our beloved birds and in each other.

Even though no one in our family was put on the disabled roster this season, we had obstacles of our own to overcome. Having the Eagles to care about strengthens our family unit even when life feels like you’re in overtime and every effort counts.

As a woman, the older I get the more I notice that football players are men, their coaching staff is men and the commercials on during games are primarily geared towards men. I think the NFL sponsors and networks are really missing out, because I know there are tons of women who are just as passionate about football as I am.

It feels great to know that as a woman, my opinions, understanding and passion for this game are accepted equally by my brother and my dad. My brother rags on me about being a “girl” sometimes, telling me I don’t know anything, but at the end of the day I know this is all in jest and that he values me and my love for the Eagles the same as his.

Being such a big football fan has also altered some of my future aspirations. A dream of mine now is to become a sideline reporter for the NFL. I will keep working hard to achieve my goals and maybe even have the chance to make a mark in this predominantly male industry.
Will Phil’s sixth sense predict six weeks?

Debbie Berezansky
CONTRIBUTING WRITER

Some people have a natural ability to fight off every disease that goes around the school. If you know anyone who always looks on the bright side, it is possible that that person rarely becomes ill and recovers rapidly. According to Dr. Michal Sadigh, Assistant Professor of Psychology at Cedar Crest College, people who are usually optimistic tend to have stronger immune systems, thus resulting in a greater ability to fight off disease.

The study of how the immune system and the brain are connected is called psychoneuroimmunology. Sadigh said we can see an empha-

sis being placed on a peaceful mind in relation to the body in the Bible in Proverbs 14:30: “The tranquil mind gives life to the flesh.” Sadigh also noted that the ancient religious philosophy of Zoroastrianism promotes healthier living, resulting from an emphasis on good thoughts, words and deeds.

When a person is optimistic, the limbic system, the brain’s cen-
ter for emotions, is activated. This activation is crucial for mental health function, but it is cortical, a hormone used in stress response, which greatly affects the immune system. Cortisol suppresses the immune system when produced in large amounts. When people are undergoing chronic stress, they tend to be in a poor mood and have a negative attitude, therefore increasing cortisol levels.

Several studies have been conducted to support the notion that the immune system is affected by emotions. One such study was conducted at the University of California by Dr. Suzanne Segerstrom and colleagues with first-year law students. They com-
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mism to those who were more negative in outlook. The results: Those who were optimistic had a greater immune response to stress. They were also better able to fight off disease.

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Stacy Seltz / Lifestyles Editor

Stacey Seltz | Lifestyles Editor

During her Activ Trax routine, Johnston warms up on the rowing machine. Through a healthy diet and exercise, she has lost 40 pounds. She continues to strive to lose weight, having lost 40 pounds since the spring semester of Healthy U, with hopes of reaching her healthy weight of 125 pounds by June.

Recipes to go...

Peanut butter honey snacks

Submitted by Rachel Edgar
STAFF WRITER

This snack is delicious and healthy, making it the perfect combination for a late-night snack. Try adding your favorite dried fruit such as dried apricots, cranberries, or raisins to the recipe to make it even more yummy.

Ingredients:
¾ cup oatmeal (about 1 individual package of instant oatmeal)
1 cup shredded carrots
2 T honey
1 cup peanut butter

Combine all of the ingredients except for the peanut butter. Heat the peanut butter in the microwave for 45 seconds. Add to the carrot mixture, and stir gently. Let cool, roll into balls and chill in the refrigerato-

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African American History Month:
It’s all about diversity

La Lonnie Moore
STAFF WRITER

From the Civil War to the Civil Rights era, African American women and men throughout the world have been making contributions to our history. It is important to mention here that the term “our” is not biased toward one race or another - history is history, and it involves all races, creeds and colors.

Dr. Carter G. Woodson began an annual Negro History Week in February 1926. However, this historical week did not become a month-long celebration until fifty years later. The African American history movement produced a core of people that we frequently hear about this time of year.

These people include Malcolm X, the Reverend Dr. Martin Luther King Jr., Harriet Tubman, Rosa Parks and many more. Recent icons include Tiger Woods and Ella N. P. Stewart, the first African American woman to become a licensed pharmacist.

Last year at Cedar Crest College, the Black Awareness Student Union (BASU) held a Cultural Extravaganza with a guest speaker, Reverend Gregory Edwards of the Resurrected Life Community Church in Allentown. Brittany Walker, the new president of BASU, is busy preparing for this year’s upcoming Cultural Extravaganza.

“The preparations for the Extravaganza, which will be held on Thursday, Feb. 22 at 7 p.m. in Alumnae Theater, are going well so far. We’re still looking for a couple more acts. So far we have Lehgh's Step Team, LaShansa Grant is doing a Hip Hop dance, Chelsea Anagnoson is doing a tap dance, BASU is doing a tribute to the African Americans who have died over the past year or two, and other performances.” Walker encouraged all students to come to the BASU meetings and get involved with events. Walker said, “BASU is open to anyone who wants to join. We meet on Mondays at 7:30 p.m. in Alcove A of the TCC.”

For Walker, spreading information about African American culture is very important, and is inspirations on others. It really is by African Americans and their belongings to our history. It is important to acknowledge the contributions of our African and African-American culture while we learn about others.

Further encourage the seed of knowledge, Walker and BASU have yet another surprise in store. “We’re doing our Black History Flex dollars contest. We’ll send out 28 questions, and whichever two people respond with the most correct answers will receive $10 on Bistro Flex, plus the first prize winner will get a small gift basket.”

There are a number of activities that Cedar Crest students can get involved in for African American History Month. There will be a Broadway road trip to see “The Color Purple” on Feb. 2, 2007; there is also a presentation of the movie American Pictures including a speaker and multimedia presentation on Feb. 5, 2007 at 6 p.m. in Alumnae Theater. This is being sponsored by Cultural Programs Committee and International Diversity Programs.

A HIP HOP 101 program is also planned for Feb. 6 at 8 p.m. in the Alumnae Theatre. Finally, a soul food lunch will be served in the cafeteria on the third floor of the TCC. This lunch will be served at 11:15 a.m. on Feb. 1, 2007.

Also on the third floor of the TCC, there will also be a display showcasing a theme that Walker is calling, “Empowered Black Women.”

Students should watch for other events that might be planned for the month of February, and all students are invited to attend and celebrate regardless of their race. Even Dean Denise O’Neill celebrates on campus. “Personally, I try to attend as many events as possible as a way of celebrating Black History Month.”

Students can also attend programs such as Sister’s Inn’s Coffee House events, which are typically held in the TCC’s Bistro. The next Coffee House event during African American History month will be Feb. 27, 2007 at 7:00 p.m.

With the events on campus and throughout the community, there are plenty of opportunities for everyone to enjoy and celebrate the many achievements made by African Americans and their inspirations on others. It really is all about diversity.

DO YOU LIKE VIDEO GAMES?

By Eleanor Robinson, Cedar Crest class of ’96, for the Cedar Crest community.

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ADVERTISEMENT
New York bans trans fats from restaurants
Artificial fats to be replaced by July 2007

Stacey Solt
LIFESTYLES EDITOR

On Dec. 5, 2006, the New York City Board of Health voted unanimously to ban trans fat from its restaurants and other food establishments. The Big Apple has one of the highest rates of heart disease in the nation, and board members are enthusiastic about the removal of trans fat from their city. But what are these fats, and how do they affect your health?

“Trans fats are a type of fat that, for the most part, are created in a laboratory,” said Martine Scannavino, an Assistant Professor of Nutrition at Cedar Crest. While these fats are present in small amounts in animal fat and butter, they are predominately found in man-made foods such as shortening and fried and baked goods.

The process of creating a trans fat is called hydrogenation. By adding hydrogen to a liquid fat such as vegetable oil, laboratories form a fat that is solid at room temperature. There are several benefits to trans fats, including a longer product shelf life.

Ironically, trans fat was created as a solution to the nation’s dependence on saturated fat. It was believed that the negative impact of saturated fat could be negated by substituting hydrogenated vegetable oil for animal fat, and researchers expected to see reduced cholesterol levels and heart disease across the country.

Unfortunately, this drop in heart disease never happened. “It turns out that the structure of trans fat… is more atherosclerotic than saturated fat,” said Scannavino.

Trans fats are more likely to block arteries, which can lead to heart disease and other coronary problems.

Regardless of its health effects, food manufacturers continue to use trans fats for several reasons. It is inexpensive and creates a better, although less healthy, food product in comparison to non-trans fat ingredients. For example, french fries fried in trans fat oil are crispier and dryer, while cakes and pastries are more moist.

It does wonderful things to the food, but it doesn’t do such wonderful things to your health,” said Scannavino.

In June 2006, the Food and Drug Administration (FDA) began to include trans fat information on nutrition labels. This was an important first step, said Scannavino, because it made consumers aware of what they were buying and eating. However, most take-out food and restaurant menus are not labeled with nutrition information – and most trans fats are consumed out of the home.

Scannavino emphasized that there are inexpensive and more healthful alternatives to trans fats; but hoped that the new rules will not backfire by encouraging widespread consumption of trans fat-free foods. As a general rule, all fats should be used in moderation.

“How people understand the information is part of the problem,” she said. The new fats will not be “healthy,” but they will be somewhat healthier than artificial trans fats.

Because many restaurants in New York are part of national chains, there is some talk that the trans fat-free trend will eventually spread through the country.

Several cities including Philadelphia, Chicago and Los Angeles are considering a ban on voluntary reduction of trans fat within restaurants. “A lot will have to do with customer acceptance,” said Scannavino. If consumers accept the new food products in New York, chains may decide to take the trend to a national level.

Even if a trans fat-free policy does not make its way through the nation, New York’s newest rule allows. Limit your use of fat products that are solid at room temperature, such as shortening and stick margarine.

And until your favorite restaurant announces a fat-free French fry, limit your intake of processed and fried foods. While they may taste good, keep these indulgences for special treats. Your heart will thank you for it.

To reduce your intake of trans fat outside of New York City, read nutrition labels and ask questions about your food’s preparation. Many food that traditionally contain trans fats, such as potato chips, cookies and baked goods, now come in trans fat-free varieties. The term “hydrogenated oil” is a red flag for trans fat.

If you are preparing food yourself, opt for natural fats such as olive or canola oil if the recipes allow. Limit your use of fat products that are solid at room temperature.

The American Heart Association has been promoting awareness of heart disease and the risks of conditions that kill over 500,000 women each year. On campus, students will find everything from how to prevent heart disease to the warning signs of a heart attack.

If New York can ban trans fats, so can you! Read package labels and ask questions to limit your everyday intake of trans fat and reduce your risk for heart disease.

WEAR RED DAY
continued | page 1

You asked for it...

Gillian Maffeo
CRESTIAD ADVICE COLUMNIST

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And until your favorite restaurant announces a fat-free French fry, limit your intake of processed and fried foods. While they may taste good, keep these indulgences for special treats. Your heart will thank you for it.

I have been with my girlfriend for two years, but recently I have been seeing this other girl and am really starting to like her. I still love my girlfriend, but I don’t want to lose the one I still love. What do you think I should do?

This seems like a complicated situation you’ve gotten yourself into! It’s hard to break it off with someone that you have been with for two years. But you should grow to love them more and more each day and become attached to them emotionally and physically.

What you have to decide is if your girlfriend of two years is the love of your life. Sometimes in relationships, people get tired of their current boyfriend or girlfriend and want to see what other options are out there.

Maybe this is how you are feeling. If this is so, then hang on with the new girl and see if that works. But if you keep thinking about your two-year girlfriend, and still have those feelings for her, then you probably should tell the new girl you can’t see her any more.

One thing you shouldn’t do is date both girls at the same time. I know people who have done this before, and it’s not a good thing. People know people, and word gets around. You need to pick and choose who you want to be with; it’s not fair for both of those girls. My suggestion is that you tell this new girl you’re attracted to that you should remain friends. Try and work things out with your two-year girlfriend and tell her how you feel. Maybe you can come to an agreement, and maybe she feels the same way as you do; you can compromise.

Relationships are all about communication and trust, and if you don’t have that, then clearly you don’t have a relationship. Think about what you really want and think about your options before you go out and cheat on your current girlfriend.

Good luck and hope everything works out for you!
Bet You Didn’t Know...

Dive Huber in Printing Services

Lizz Nagle
STAFF WRITER

Dave Huber grew up in Allentown, Pennsylvania with his parents. He attended Penn State Technical School in Williamsport and received a certificate in graphic communication.

The Crestiad: How long have you been working at Cedar Crest?

TC: I've been working in the print shop for eight years. A friend of mine used to work security here and told me about an opening in printing services. I had worked in various commercial printing businesses before, was ready for a change and well, the rest is history. I really like the atmosphere here so I stayed.

TC: So what exactly do you do here?

DH: I always like to say, 'What don’t I do?' Well, I copy tests and exams for faculty, print the lab manuals for the bookstore, print envelope and letter heads for the campus, paper shipments for the campus. I also sort and distribute bulk mailing for prospective students and alumni.

TC: What does a typical day for you consist of?

TC: My work day starts at 8:30. I work from 8:30 until 2:00. In between the day before, and start working on jobs that weren't finished. In the morning, I check my e-mail for jobs that came in over night. Then I work on jobs that weren't finished the day before, and start new ones. This usually takes me until 2:00 p.m. Then I’ll check my e-mail again and do another page that came in from 8:30 until 2:00. In between all of this I will be fixing people’s copiers, helping people design projects and bringing in paper shipments for the campus.

TC: Do you recycle?

DH: (laughs) We do, but there is not much waste from this department on campus.

TC: What do you do in your free time?

DH: I volunteer at Han-le-co (where I am the assistant chief fire fighter). I handle all of the fire fighter training as well as our grant writing and funding. I also do truck maintenance and minor repairs. I’ve been there thirteen years.

TC: That sounds time consuming. Is there anything else you find time for?

DH: Yeah, I work as a part time EMT for the Northampton Regional EMS every other weekend. I also am the assistant chief of Valley Search and Rescue where we go out into the wilderness and use K-9 dogs to search for lost hikers, hunters or pretty much anyone lost in the woods.

TC: Wow! After all of that do you have any personal time for family?

DH: Honestly, not much. My wife Marcie (of ten years) likes that I’m not home all of the time because then we don’t have time to argue. We also have two kids, well dogs named Daisy and Dixie. In my real spare time, Marcie and I like to go skiing, indoor rock climbing, repelling and ride our motorcycles.

TC: What’s something not a lot of people know about you?

DH: I enjoy giving away my free time to help other people and organizations. I learned this selflessness from my dad who died when I was thirteen. He volunteered a lot of his time at our church and youth centers. He worked in a print shop too, so I guess I’m following in his footsteps.

TC: What do you want to say to the Cedar Crest Campus?

DH: Don’t hesitate to give up some of your free time to community service projects or to volunteer organizations. Get involved in your community.

GADGET:

Is the Video iPod worth the bucks?

Kelly O’Donnell
ASSISTANT EDITOR

iTunes has made a few exciting changes over the last few months. You might wonder whether or not it is worth it to buy an iPod or what the benefits are for a video capable iPod. The iPod and newly upgraded iTunes is definitely worth the money, especially if you’re a TV, movie, or music buff. There are a few disadvantages to the whole iPod and iTunes system, but in the long run, it’s worth the bucks.

There are two different size iPods available to purchase from Apple: the 30GB and 80 GB iPods. They are the same style wise (both being offered in black and white) and only differ in the memory size. The 30 GB can hold 7,500 songs and only differ in the memory size. The 80 GB can hold 20,000 songs. Also if you’re still not sure iPods are also capable of being accessorized. There are skins that can be bought for your iPod in different colors and socks to cover your iPod. These can be bought at the apple website but can be found cheaper at other stores such as Radar Shack, Best Buy, or even Wal-mart.

The iPod is really worth getting especially if you travel a lot. Many people get travel DVD players, but for the money why not get an iPod that will allow you to also play games and music and can keep a schedule of your vacation on it. I recommend getting the 30 GB (that’s the one I have) because you can put a lot on there and end up saving $100 dollars over the 80 GB. Also if you’re still not hooked, Cedar Crest College gives a discount if you go through the Information Technology website. So if your heistating on whether to buy one, you’ll love it.

Mark Your Calendars

On Campus

Thursday, February 1
Black History Month Theme Meal
11:15AM

Friday, February 2
Road Trip: Broadway Show: The Color Purple
4:30PM

Sunday, February 4
Superbowl Party
6:00PM

Monday, February 5
American Pictures
Alumnae Auditorium
6:00PM

Tuesday, February 6
Hip Hop 101
Alumnae Auditorium
9:30PM

Off Campus

Concert & Events
Wednesday, February 7
Rusted Root
Crocodile Rock 7:00PM
Allentown, PA
The Alchemist by Paulo Coelho is a magical tale about adventure, dreams, and the determination to fulfill those dreams. The novel, exotic as its Egyptian desert setting, offers a fresh perspective to old wisdom. Coelho blends classical simplicity with medieval mysticism to create an original, inspiring voice. The Alchemist is short enough to read in one day, but powerful enough to read over and over again without losing its magic.

The fable begins when Santiago, an Andalusian shepherd boy, employs the help of a gypsy young professor, and the legendary alchemist, whose profession of turning base metals into gold and finding an elixir of life is one of mystery to the outside world. Santiago must learn to follow the omens sent by God in order to overcome obstacles, including his fear of failure. Then he must choose between the love of his life and finding his treasure. Santiago stumbles along the way, but as his adventure continues, he grows wise to the ways of the universe, and learns how to understand the Language of the World and the treasure he is to find.

Along the way, Santiago meets memorable characters – including a crystal merchant, an Egyptian pharaoh, the omens sent by God and to treasure is to learn how to interpret his recurring dream. His only way of finding his home to lands in search of treasure and heading from his adventure, dreams, and the determination to find his treasure. Santiago conjures the wind and fire to read over and over again with the help of the secret words.

The movie is based around three orphans that each find a Golden Ticket to experience an epic adventure at Willy’s chocolate factory. This leads them to many of the recent Hollywood blockbusters sets, characters, catch phrases. Nothing is left untouched—everything from Pirates of the Caribbean to Star Wars is used and manipulated, badly. Also, I think I have had more coherent thoughts while dreaming, or intoxicated, or, well, any time. The character Also (Fred Willard) is a magical tale about adventure, dreams, and the determination to fulfill those dreams. This made my brain explode – on numerous levels. This happens frequently, the stunt double looks nothing like the actor and they are shown blatantly on screen, long to notice a difference. The scenes go on very much like a road-runner cartoon, where no matter how many times someone is stabbed or shot, they always come back a few scenes later with no injuries. While it would be hard to have a movie when you kill your main characters in the first couple of scenes, it is also very unbelievable when they easily come back without scars, bruises or even an injury.

Probably the best part of the movie was watching and seeing characters from other movies show up randomly. Oh, and when the four main characters die—all four times. If you have the opportunity to see Epic Movie, don’t. It is not worth the nine backs the ticket costs. Wait until it’s out on DVD… and is in the clearance bins at Blockbuster…and even then, you might be spending too much on it. Find a different movie to go see, unless you hate yourself.

Don’t take sharp objects with you to see this movie! I went into this movie knowing that it was written by the same people as Date Movie and the Scary Movie collection – but I was hoping that it would be a little better. I over estimated them. The movie is exotic as its Egyptian setting, offers a fresh perspective to old wisdom. Coelho is a magical tale about adventure, dreams, and the determination to fulfill those dreams.

In recognition of Black History Month, the Cultural Programs Committee and the Office of International and Diversity Programs at Cedar Crest College present American Pictures: An outsider looking in Monday, February 5, 2007 6:00 PM Alumnae Hall Auditorium Cedar Crest College “American Pictures” is a multi-media presentation about the trials of the American underclass and an unforgiving examination of how racism continues to plague our country.

For more information about the show, visit www.american-pictures.com/english or call Katherine McNamara at 610-609-4603.

This event is FREE and open to the public.

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Eminem created Shady Records in 1999, which rose to fame and notoriety in 2000, with Eminem Presents: The Re-Up, where Eminem is the primary artist, was created to help established artists, such as Stat Quo, Bobby Creekwater, Obie Trice, and Ca$his. The CD, unbeknownst to me at the time, was created to help launch the careers of those Shady Records artists, where Eminem took a larger role as a producer rather than an artist on the album. Eminem rose to fame in 1999 with The Slim Shady LP release, which was followed by The Marshall Mathers LP in 2000, The Eminem Show in 2002, and Encore in 2004. Known for his raw, some-times scandalous lyrics and a natural talent for freestyling, Eminem’s rise to fame and notoriety was quick and long lasting. After receiving his own success, Eminem created Shady Records in 2000, a record label that has artists such as G-Unit, 50 Cent and D-12 on it. Some artists who are signed with Shady Records really have a chance to shine on The Re-Up, such as The Alchemist (who is Eminem’s official DJ), Obie Trice and the artists behind D-12, such as Bizarre. RapReviews.com said that “This one won’t disappoint Eminem, Shady or G-Unit fans, it also isn’t going to blow them away,” while Rolling Stone said of the album that, “It’s a crew album—of course it sucks. The depressing thing is how much.” These reviews may have come about due to the monotonous seemingly redundant melodies of the songs, where they seem to just blend into one large song. The few standout tracks include “The Re-Up” and “Jimmy Crack Corn,” both of which are primarily done by Eminem. When talking about the new album, Eminem was quoted as saying, “But what happened is that the material was so good and the tracks were getting produced like a regular album. Instead of putting it out there rough and unfinished, I thought we should add some other new tracks, make it a real album, and put it in the record stores to give these new artists a real boost.” While Eminem is a master at rap and freestyle, and I am not fluent in either, I still don’t get the overall feeling that “the material was so good.” If you’re a hardcore Eminem, G-Unit, D-12 and overall “gangsta rap” fan, this album will not dissatisfy. If you’re a fan of Eminem’s raw lyrics and how he can master freestyling, prepare to be slightly disappointed since the other Shady Records artists dominate the album. However, in buying the album you knew it was a mix-tape, then you won’t be so disappointed. The artists of Shady records could have really dominated this album not just in quantity but in quality as well had they only taken some of the aspects that made Eminem who he is today. C-

Good Eats

Spice up your life Nawab style

Rachel Edgar

Looking for a great way to beat the winter blues? If you’re feeling adventurous, try spicing things up and visit the Nawab Indian Restaurant located on 13 East Fourth Street in downtown Bethlehem.

The Nawab Indian Restaurant has received Lehigh Valley Magazine’s “Best in the Valley Indian Restaurant Award” three years in a row, and it’s easy to see why. The atmosphere is warm and cheerful, from the brightly painted walls to the friendly wait staff. Peaceful Indian instrumental music and exotic wall decorations add to the relaxing, cozy environment of the restaurant.

The Nawab Indian Restaurant serves authentic Indian cuisine, which features tandoori (traditional clay oven) cooking, a vast array of exotic spices including cumin and tamarind, and dishes featuring lentils, chick peas, basmati rice, or yogurt.

Just like a Mexican restaurant offers tortilla chips and salsa, the Nawab Indian Restaurant serves complimentary Papadum, crispy lentil wafers flavored with spices and served with three flavorful dippings sauces.

The restaurant serves an assortment of tantalizing appetizers, from samosas (pastry turnovers containing meat and/or vegetables) to delicious breads baked to order. The restaurant is well known for their naan, unleavened flavored breads baked in the tandoori oven. Try sampling the Chef’s Special Assorted Platter, which includes cubes of chicken tikka, tandoori shrimp, and sheekh kabab (minced lamb with herbs and spices served on skewers). Appetizers range from $2.95 for single servings and $7.95 for appetizer samplers.

Entrées include a wide variety of chicken dishes, lamb delights, seafood specials, and vegetarian options. Don’t be afraid to try something new! If you’re looking for mild spices, look for tandoori or tikka in the title, or if you’d like to spice things up try foods with malai or vindaloo in the title. Vegetarian options include mixed vegetable dishes, hommade cheeses, and lentils cooked with spices. Expect entrée prices to range from $7.95 to $14.95, or try the Nawab Chef’s Special Dinner for $2 which includes choice of soup, entrée, rice, naan, and dessert with tea or coffee for $33.95.

The dessert menu offers items such as Kaffir (authentic Indian ice cream) and Khair (Indian rice pudding). Be sure to try the delicious Masala Tea, a Darjeeling blended flavored with cardamom, cinnamon, and cloves, which is the perfect ending to an enjoyable Indian meal. Dessert prices range from $2.50 to $2.75.

The servers at the Nawab Indian Restaurant are affable and attentive. Your water glass will never be empty, and you won’t be waiting long for your food. The Nawab Indian Restaurant is the perfect place to melt away the winter snow and be transported to a warm and cozy place—at least for an hour or so.

The Nawab Indian Restaurant is open 6 days a week, Tuesday through Sunday, and offers an “All You Can Eat” lunch buffet from 11:30-3:00 for $6.95. For a 15% discount off lunch or dinner, show your Student ID. To make reservations at the Nawab Indian Restaurant, call 610-691-0388.

Chitter Chat

Kelly O’Donnell

ARŒ EDITOR

Brandy may be charged with misdemeanor vehicular manslaughter. Last month Brandy was on the highway when traffic started slowing and she hit the driver of the car in front of her. A police report (Abudnihaj) then hit the car in front of her, slid into the divider in the middle of the road and was then hit by another car. Abudnihaj died at the hospital and if charged, Brandy could face up to a year in prison and fines of up to $1,000. There is no decision on whether or not she will be charged yet.

Miss USA 2006, after 31 days in rehab, admits that she was an alcoholic and that she feels like a “completely different person now.” When going into rehab, Tara Connor said that she didn’t have a problem but now realizes that she “suffer[s] from the disease of alcoholism and addiction.” Connor believes that she entered a major feud between Rosie O’Donnell and Donald Trump because Trump allowed her to keep her crown, but O’Donnell felt that was an unwarranted decision. Please feel free to insert Rosie vs. Donald joke here if you’re not sick to death of hearing them all.

Dakota Fanning is sticking up for her recent film, Houndog about a 12 year old girl who gets raped. A Christian film critic has said that the movie is child abuse and others have asked for a federal investigation. Fanning is upset saying that it angers her when people attack her friends and family. She says that it was acting and according to CNN.com, only her hands were shown. Poor kid, first War of the Worlds, now this.

And in a last train of thought, yet to be said, I now know that Orland Bloom and Kate Bosworth had broken up? They broke up shortly after and I just found out about this a few days ago. I am left sitting here wondering why their relationship wasn’t splashed on the front of every tabloid in America. I find America’s media strange because America can’t get enough of one relationship (Brangelina) but could care less about the other (Orante). It’s strange what we’ll read about, but for now I will cherish the fact that Mr. Bloom is now available.
Thomas starts, scores AOW

Jennifer Woytach
SPORTS EDITOR

Freshman Courtney Thomas (Owings, MD/Queene Anne) was named Cedar Crest College’s Athlete of the Week for her performance during the Cabrini game on Jan. 22. Thomas had 10 points, 2 rebounds, and 1 steal in 23 minutes during the Falcons 66-23 loss to the PAC Southern Division leader. ‘I was very happy with the team for playing a good game,’” Thomas said about the Cabrini game. ‘I gave it my all that game and I think it showed, so I was happy about that as well.’

A biochemistry major, Thomas is also a member of the Earthquake step team. ‘The transition has been very smooth for me, academically, as well as athletically,’ Thomas said of her first year of college. ‘Since I played sports in high school, I have an idea of how to manage homework and practices and games.’

Having only played basketball since her sophomore year of high school, Thomas considers herself “a beginner with a lot still to learn.” She also ran cross country in high school to condition for basketball and played lacrosse for eight years.

“We have become very close which has helped us to learn how to play with one another. We are all friends, with inside jokes with one another, which makes the practices and games and time we spend together more interesting and fun,” Thomas said about her teammates. ‘Individually, I hope to continue to be and asset to work hard and grow as a player. I think as a team we need to continue to work together and play the best game of our lives, at every game,’ she added.

Thomas said her most memorable moment this season was when she became a starter. ‘That was my goal for myself. I wanted to show the team and myself that I accomplished my goal, I was very happy.’

‘The coaches are good,” Thomas added, of Head Coach Val Donohue and Assistant Todd Greb. ‘Their high expectations are what drives me to be better and work harder because I want to meet their expectations.”

‘On being named Cedar Crest’s Athlete of the Week, Thomas was more than modest: “It is very exciting because like I said before, I don’t see myself as a skilled player, just someone who is still learning the game.”

On January 26, Pennsylvania Athletic Conference (PAC) Commissioner Amy Frankenstein announced the 2006 Fall All-Academic Team. Cedar Crest College had 33 student-athletes named to the All-Academic Team, including one All-PAC Second Team selection* and three Push The Rock Sportmanshhip Team members**.

To earn the PAC All-Academic award, each student-athlete must meet NCAA Division III eligibility requirements, earns varsity status in their respective sport and earn a minimum semester grade point average (GPA) of 3.20.

Tennis

Maria Mallery, Nursing, Fr, Vestal, NY
Hilary Prescott, Neuroscience, Sr, Milford, NH
Gwen Rogers**, Elem. Ed., Sr, Levittown, PA
Laura Shively, Biology, Fr, Allenstown, NH

Volleyball

Amanda Dombroski, Biology, Fr, Orleans, PA
Michelle Durning, Psychology, Sr, Pipersville, PA
Mackenzie Lee, Art, Fr, Bar Harbor, ME
Helen Luu, Neuroscience, Sr, Upper Darby, PA
Kristina Schwarz, Nutrition, Fr, Blandon, PA
Devin Ursini, Forensics, Fr, Downingtown, PA

Cross Country

Molly Bair, Nursing, Fr, Lancaster, PA

Field Hockey

Tara Bath, Biochemistry, Sr, Dallas, PA
Nicole Cunningham, Elem. Ed., Jr, Fleetwood, PA
Brittany Fikes, Gen. Engng, Fr, Boothwyn, PA

Soccer

Ashley Herzog*, Biology, Sr, Hellertown, PA
Rachel Orlen, Gen. Engng, Fr, East Windsor, NJ
Heather Rice, Nursing, Fr, Thurnmont, MD
Jennifer Woytach**, Communication, Sr, Dayea, PA

Big Sis / Lil Sis Super Bowl party
Sunday, Feb. 4
Miller 33
6:00 p.m.- 12:00 a.m.
Food and drinks available!

ONLINE
Read all your favorite college sports stories right here. Cedar Crest College Falcon sports action right at your fingertips.

Linda Mison | Photo Editor
PAGE 16
February 1, 2007
www.cedarcrest.edu/crestiad

Basketball Results & Schedule

Results
1/25 @ Misericordia
66-23
1/27 @ Alvernia
84-29

Upcoming games
2/1 vs. Marywood
Lees Gym
7:00
2/3 @ Wesley
Dover, DE
2:00
2/5 @ Eastern
St. David's, PA
7:00

Fitness classes at the Rodale Aquatic Center are now being offered FREE!

Classes available include:
- aquatics
- deep water running
- hydrobiking
- aqua pilates

Contact the Rodale Aquatic Center
(610-606-4670) for details or questions