Stomach bug plagues campus

Lizz Nagle
SPORTS EDITOR

Viral Gastroenteritis, more commonly known as the stomach flu, has been sweeping Cedar Crest campus, infecting students, faculty and staff. Nausea, vomiting and diarrhoea are the main symptoms of this virus. In an all campus email, Nancy Roberts, the Professor of English, stated Roberts. “Gastroenteritis attacks your intestines,” stated Roberts. Other symptoms include: Abdominal cramps and pain, nausea, vomiting, occasional muscle aches or headache, and a low-grade fever. In most cases, the stomach bug lasts only a day or two. “It is unexpected and you become very dehydrated. After being sick take a day to yourself to get rest and get better. I would say wash your hands, get sleep, and stay hydrated to avoid becoming sick,” said senior Social Work and Psychology Major, Chelsea Toth. Faculty were infected as well. “It got me on a Friday, stayed with me until Saturday night. That was one hell of a fun weekend,” said Henry Marchand, Assistant Professor of English.

To stay comfortable and hydrated if you come down with Viral Gastroenteritis, “Let your stomach settle. Stop eating and drinking for a few hours. Try sucking on ice chips or taking small sips of water. Ease back into eating. Gradually begin to eat bland, easy-to-digest foods such as soda crackers, toast, gelatin, bananas, rice and chicken.” “Stop eating if your nausea returns. Get plenty of rest. Be cautious with medications. Use medications such as ibuprofen (Advil, Motrin, others) sparingly; if at all. Use acetaminophen (Tylenol, others) cautiously. It sometimes can cause liver toxicity, especially in children,” said Roberts.

Peer group discovery to enrich campus experience

Christa Hagan
MANAGING EDITOR

Anyone who has ever said that math is useless clearly needs to spend a day with Director of Institutional Research, Marie Wilde. Currently, she is using basic statistical formulas to determine a group of colleges that are comparable to Cedar Crest in the Peer Determination Project. The process utilizes objective data to find a Peer Group, a selection of about 20 schools similar to Cedar Crest. Or, as Wilde calls the colleges, “schools like us.” Wilde explained that the list of variables that will be used to compare Cedar Crest to other institutions is quantitative. This would be things that can be measured. “Everyone has their own idea of who is like us,” Wilde explained. “This is a mathematical way of finding.” For example, instead of looking at colleges with a good English or Mathematics program, it might look at the enrollment in those programs instead. This would yield concrete results. Currently, there is a list of variables that are being pursued, and more are being added for as well.

The list will be looked at and the data (such as percent of graduates with Arts/Sciences as a first major) will be looked at for all of the schools that have been selected for comparison. Schools that are most similar in the areas will rate higher and make a closer match to Cedar Crest. In the end, 20 schools will be selected. As of now, there are over 240 schools on the list, but everyone “is invited to add a school if they think one is comparable and it is not on the list,” said Wilde.

Just as the administration and faculty members are encouraged to, Wilde said that it is “important for student groups and individual students to know schools like us.” They can use this for planning events and to get an idea if a club, research project or activity would most likely go over well at Cedar Crest.

Acting President Blenda Wilson (who Wilde says is “very excited about the project”) said that “it will help identify colleges that are of similar enrollment and financial resources, with a liberal arts core.” This allows Cedar Crest to take a look at what similar schools are doing and re-evaluate what they are doing. “This is not to allow us to copy from other schools, but to compare our resources,” said Wilde. Having a Peer Group opens up a whole gateway of research for students, faculty and staff. Wilde pointed out that faculty are able to look to see what colleges “like us” are teaching or doing. She explained that while one can compare Cedar Crest to schools such as Penn State, it works out better to compare to schools with similarities, such as size and available programs.

The campus community is encouraged to go onto the Peer Determination Project’s blog, where there are links to the College Board, the SAT’s, AP’s and the common application. This is the information session that will take place on February 28 in Alcovy C.

Wilson explained that it will be a chance for “members of the Cedar Crest community to ask questions, make suggestions and understand how the Peer Determination project will be of use to us.”

Students analyze textbooks

Liz Skoczylas
OPINIONS EDITOR

Everyone needs textbooks, and everyone has to shell out hundreds of dollars in order to obtain them. These are not just any books, but are such a staple item for every college student, it seems only natural that providers of textbooks would be concerned with how well students learn from their books.

Last Thursday, Feb. 7, Prentice Hall, the nation’s leading publisher of academic and reference textbooks, held a focus group directed at Cedar Crest’s Business and Marketing students. There were two different sessions held, one that focused on students from the Principles of Marketing class, and another group that focused on advanced marketing and business students. In the groups, representatives from Prentice Hall strove to gain perspective on how students use their marketing textbook, and things that they find either helpful or irrelevant. They asked students questions about when they used their marketing books, if they used them at all. Several students found that they did not use the book after taking their first test, and therefore did not purchase books for other classes, or, if they did purchase textbooks, rarely used them.

The focus group also aimed to find what is useful to Marketing students within the textbook, such as whether or not the chapter summaries at the close of each chapter were relevant to students. It was found that chapter summaries were indeed useful, as students don’t have time to read entire chapters, and therefore have to expand upon the summaries, and flesh things out, therefore eliminating irrelevant parts, and expanding on what students need to know.

Students were also shown examples of various other styles of textbook, which may be put on the market in the future to help busy students learn better, and also to keep in touch with what students need in their studies. Focus groups are used largely in the marketing world in order for companies to become more in touch with their customers, and when it comes to a product. Prentice Hall has been speaking to college students on the United States in order to find what students need when it comes to learning.
Darwin Day celebrates evolution

Christa Hagan and Melissa Otte
MANAGING EDITOR CONTRIBUTING WRITER

Dodos and tube worms made their way onto the big screen during Cedar Crest’s celebration of Darwin Day. In Randy Olson’s documentary Flock of Dodos: The Evolution-Intelligent Design Circus, he set out to ask the question: which group of scientists truly are the flock of dodos?

The scientific and political communities have long debated this question Olson went to those scientists who believe in the variation and question and answer sessions companies have made in the advertising world. He even said that it had been a great resource for local businesses, the Grounds Department is located behind Lees Hall. Facilities is located in the Physical Plant Building behind Curtis Hall. Facilities includes the custodial department, the maintenance department and the grounds department. The Grounds Department is located behind Lees Hall.

While squabbling about the topic over a game of poker, Olson compares his peers to a flock of these silly birds, thus concluding that in the end both groups end up looking like a flock of dodos, because they fail to communicate their ideas in a manner that captivates and inspires others, including the general public.

In the evening, Dr. Richard Lutz, known as an authority on the subject of deep-sea hydrothermal vents showed his film Volcanoes of the Deep Sea. The film features a voyage that lead to going farther than 10,000 feet into the ocean to explore and observe the constantly erupting Azorens, located between North America and Europe. After observing the volcanic eruptions, the film showed the plant life that was sustained by the volcanoes.

Following the film, he opened up the floor for a discussion and question and answer session that had been described by Lutz as “controversial in many” of its other showings. He even said that it had been banned in twelve theaters and museums due to what it indicated about evolution. Associate Professor of Biology Dr. John Cigliano, introduced Lutz and his film by saying that the audience could not get ready for “some of the more bizarre critters and habitats that you’ll ever see.”

Giannini made Member at Large

Hauna Colista
STAFF WRITER

Gaetan Giannini, Assistant Professor of Art, Business, Management & Economics department, has been named a Member at Large for the Lehigh Valley Ad Club, the local chapter of the American Ad Federation. The LVAC is “an outlet for people to get together” in the media and communications community. The LVAC serves to provide to “help students learn about advertising as a career”.

As well as being a great resource for local businesses, the LVAC prides itself in its philanthropy. They give to the “community via pro bono work for non-profit” organizations and also gives to colleges to “help students learn about advertising as a career”.

Giannini is the 5th Member at Large to the LVAC. He set out to ask the question over a game of poker, Olson compares his peers to a flock of dodos, thus concluding that in the end both groups end up looking like a flock of dodos, because they fail to communicate their ideas in a manner that captivates and inspires others, including the general public.

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Giannini’s new found network will also affect things inside the classroom for students. He will be able to bring experienced and knowledgeable professionals into the classroom as a real life example for students. For students this means that they will be able to learn not just from textbooks, but from the mouth of a person who experiences it everyday. It will also give students the opportunity to network with the same professionals he does.

Giannini’s involvement with the club has been an awarding experience and he hopes that it will continue to be that way. He looks forward to the changes it will make in his life inside and outside of the classroom. For any additional information, visit Iadb.org or aol.org.

New Faces in facilities

Since the beginning of the school year, Cedar Crest facilities has made a number of great moves hiring new help. Not only are these new additions experienced and good at what they do, they add some interesting elements to the College community.

Scott Serifus while new to the custodial department, is no less than his first day at here. He has been here before and says it’s even better the second time around. Serifus is originally from Statham, PA. He is “addict- ed to Starbuck’s” and highly recommends the Starbucks Classic Coffee Ice Cream. He has it everyday.

Martin Koboth lives in Whitehall and works in the Cedar Crest facilities department past time. He says he feels very welcome by our community, “People here have been very kind and gracious.” Koboth hunts and lifting weights in his spare time. He stays politically involved and highly supports the Democratic Party.

Roger Borman is Cedar Crest’s new Maintenance Supervisor. Borman is familiar with the Cedar Crest area because he only lives a few blocks away in Sauology. He has been working in maintenance for 20 years and enjoys his job very much. Along with his work, also likes playing poker and riding ATV’s.

Jeff Richards is a resident of North Hampton and has previously worked with dining services here at the Crest, he now works in the maintenance department. Outside of work, he enjoys carpentry and fixing things, maintenance seems to be a perfect fit. Richards is a big sports fan and yes, he rooted for the Giants! Randy Sellers is new to Cedar Crest’s maintenance department and is enjoying it very much. Seller is a resident of vogelstown and “loves” cars. Most of all he likes to work on his hot rod, a 1930 Ford. Shawn Keller isn’t new to our community, working in the grounds department. His fiance, Becky Getz, works in the Business department so he has been on campus several times before but now he is getting paid for it. Keller enjoys to golf and watch movies, preferably drama.

---Compiled by Hauna Colista

2NEWS www.cedarcrest.edu/crestiad

THE CRESTIAD Spring 2008

Editor in Chief Lori Gallagher
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Lifestyles Editor Brea Barski
Art Editor Mike Ufferino
Sports Editor Liz Nagle
Copy Editor Lauren Sanders
Photo Editor Stephanie Basile
Advisor Elizabeth Ort

Giannini can now look for capable students to recommend for internships and other positions that the LVAC is looking for students to fill.

Students participating in the Crestiad may receive academic credit for their participation. The final responsibility for news content and deadlines rests with the editorial staff.

The Crestiad welcomes letters to the Editor on any subject as long as it is tasteful, responsible, and signed with the full name of the writer. The Crestiad reserves the right to edit for content, length, and space.

The Crestiad is the student-run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available in print and online at https://www.cedarcrest.edu/crestiad. In its primary role, the editor provides students informed about events and issues access to the Cedar Crest community, and to provide staff members with an on-campus internship-qualifying media experience.

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The Crestiad is the student-run newspaper of Cedar Crest College and every member of the community is entitled to one copy free of charge. Additional copies of the paper are $1.00.

Questions or concerns
If you have any questions about the Crestiad or concerns regarding content, please call the editorial staff and leave a message at 610-438-8937 or e-mail crestiad@cedarcrest.edu. Cedar Crest College located at 100 College Drive, Allentown, PA 18104. Guest columns and letters to the editor may be submitted for publication by any student, faculty, or staff member of CEC.

Citations should be explained to the Crestiad at 610-438-8937. All attached materials should clearly state the name, address, and phone number of the author(s). Student authors should include major and class standing and faculty staff members should include his or her position and title.
Kiki Peppard speaks on Maternal Profiling in PA

STAFF WRITER

Megan Ammons

On February 9, the Cedar Crest College Student Affiliate of American Association of University Women, AAUW, invited Senior Aubree Welsh, president of the Student Affiliate of AAUW, to speak about maternal profiling. This is a big issue for women, and its ‘home’ is here in Pennsylvania. Peppard talked about her struggle to find a job in Pennsylvania and the rampant job interviews she was always turned down because she was a single parent. She is now on the National Association of Working Women, executive committee of the National Board of 9 to 5, and a volunteer activist with MomsRising.org.

Peppard is telling her story to try to put an end to the discrimination of mothers in job interviews. She has been trying to pass a bill for 12 years making it illegal for employers to ask about the marital status or number of children of potential employees during the interview process. She is a native of New York, where it is illegal to ask a person if they are a parent or married in an interview. Peppard said that, “These invasive questions are legal to ask in Pennsylvania due to a PA Human Relations Act that has not been amended since its inception in 1955.” These questions are illegal in 22 states and Puerto Rico. Peppard has been telling her story to anyone who will listen, she has been on/ in TV, Radio, Newspaper/Magazine coverage, and even a documentary film.

She had about 18 interviews which all said no to her because she was a mother. Employers can ask if you are single, married, divorced, have children, or are planning to have children. They can also use that information to decide if they will hire you or not. In one interview Peppard had, the interviewer asked if she had children and if she was married. He said he needed to know, because if she had a husband he would pay her less, but if she didn’t, he would have to pay more for their benefits. She answered honestly; she had two kids and was divorced. When she told him that was illegal, he said “I’m an attorney, and this isn’t illegal.”

He switched to asking how she fed her kids if she had been out of work for so long. She replied that she had to go on welfare. The interviewer got angry and said he wouldn’t hire ‘her kind,’ a single mother on welfare. She told him that in paying a woman $6.50 an hour, he made people like her. Women have told Peppard that they lie about having children to get jobs, but then they can’t put their children down on their health insurance. Their kids can’t call them at work, and they can’t display pictures of their children on their desks. Some women even wore wedding rings to create a facade.

Peppard wrote letters to representatives of Pennsylvania for six years and no one wrote back. She never gave up; with the help of MomsRising.org, she was able to get over 6,000 signatures for her cause, but was still ignored. The legislators continue to ignore the e-mails, blogs, petitions, and pleas to move the bill.

Senior Aubree Welsh, President of the Student Affiliate of AAUW, said, “I love what she is doing, so many people are being discriminated and it is important for women our age to know about it when we go out in the work force.” She intends to do a photo campaign and to get others to do it as well.

Linda Robbins, President of AAUW Allentown Chapter and State Board member for AAUW, greed, “I’m 100 percent behind her. I thought the interview problem was quite pleases that students came to the talk, as she feels the issue affects everyone directly.” Elizabeth Horahan, an Engineer in Coopersville, said, “I think it’s great. I haven’t personally experienced it, I just moved to Pennsylvania. I’m surprised any state allows this discrimination to continue.” She also said she would be passing the photo campaign along to the Society of Women Engineers in the Lehigh Valley.

Faces of PA Campaign

Kiki Peppard’s new campaign is called “Faces of PA Campaign.” This is where she needs your help, she wants you to put a copy of your favorite pictures in an envelope and mail them to the committee chairs that are holding up HB280 and SR280. She asks that you include a small note: “Dear Senator Gardner or Representative Josephs, this picture of a job applicant and my family. I am a resident of Pennsylvania. It is 2008 and we can’t wait for equality for families. Please bring HB280 and SR280 to your committee today. Please look at the faces of those who are directly affected and be sure that you have taken no action on these bills. Families deserve freedom and opportunities too!”

Send Photo Campaigns to: 
Senator John Gardner
457 Main Capitol
Harrisburg, PA 17120

Representative Babette Josephs
House of Representatives
Room 300
P.O. Box 202182
Harrisburg, PA 17121-2182

Russia calls for a new arms race

Rachael Murray

STAFF WRITER

If you haven’t checked your campus e-mail lately, you may have missed the call for the campus-wide survey hosted by the National Survey of Student Engagement. The survey can be completed at www nsse. org; Marie Wilde found under the site links tab on cedarcrest.edu; a blog photo campaign and will be hand- ing out flyers at AAUW meetings and the AAUW state convention to get them circulating. Robbins was quite pleased that students came to the talk, as she feels the issue affects everyone directly.”

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Russia calls for a new arms race

As Russia faces an upcoming election, it also faces serious issues in its foreign relations. Since 2007, the United States has been proposing to implement a defense program that would detect and knock out oncoming missiles. The proposed program would employ radar systems in locations such as California, Alaska, Greenland, and the United Kingdom. Russia's main protests have come from the proposal to implement missiles within Poland and the Czech Republic as preventative measures. The United States insists that the proposed missile program is not intended to target Russia and that the United States will continue to keep Russia informed of its plans, but Russian President Vladimir Putin is still skeptical. Putin said “Russia is aware of the program and will absolutely oppose it.”

Putin announced in June that he will point missiles at Europe if the plan goes through. This strategic announcement was most likely meant to increase pressure on Poland and the Czech Republic to reconsider their offers from the United States regarding these proposals. As reported by the British Broadcasting Company (BBC) on Feb. 8, Putin spoke regarding the plans, first criticizing the United States' plans for the missile defense shield and then again expressing that, “It is already clear that a new phase in the arms race is underway in the world.” Whether or not this is true, it is still a powerful statement and Putin’s expectation of the missile program seems to be grim.

Putin could be alarmed for a bit of self-interest – the more alarmed the Russian public becomes, the more likely they are to elect a successor with the same ideals as Putin.

Russia may also be wary of the United States after the Mutual Deterrence Theory was presented by Secretary of State Robert McNamara in 1967. McNamara stated, “The United States must not and will not permit itself ever to get into a position in which another nation, or combination of nations, would possess a first-strike capability against it.” The new buildup of missile systems could be a signal to Russia that the United States is indeed, keeping its word.

CORRECTION

In the February 7 issue of The Crestiad, “Financial department moves into new ‘convenience’ was credited to Megan Ammons, this was actually written by Christa Hagan with additional reporting by Megan Ammons. Ed Richardson was said to have left his position for a partner at a law firm when he was actually a public accounting firm.
Undisclosed Locations: REVEALED

Liz Nagle
SPORTS EDITOR

Last week, The Crestiad highlighted an area on campus unknown to most of the community. This area was featured through small close-up photos of its significant parts. As promised, this week, The Crestiad will reveal that undisclosed location as the WCCC radio station, located on the second floor of Hartzel Hall.

Big things are happening with WCCC Radio. This semester alone, this campus club is hosting its annual Battle of the Bands on March 14 as well sponsoring a coffee house later in the semester featuring Cedar Crest student and musical artist Nadine Brosnan.

But these are not the only things WCCC Radio has planned. The radio station will be moving to Butz basement in a couple of weeks along with The Crestiad and a new student lounge. “I’m really looking forward to the added space and accessibility of the station. Also for better sound and sound equipment,” said Radio club president, Kari Cave.

The move will give the radio station much needed and much deserved space. “I believe that the move to the new Butz space will be a good move for us, even though I will be sad to leave my little hole in the wall station that I have come to love and pretty much call home, but I am proud to know that I helped contribute to the growth of the radio station and Radio Club,” said Program Director Julie Reitz.

In preparation for their big move, the Radio Club has been completely technology updated. Last semester, radio club purchased a new mixing board, professional microphones and started streaming online, which means anyone on campus can listen to WCCC radio over the internet. “It’s the dawn of a new era. We really have the ability now to make it sound good and the facilities for people to be comfortable in,” said Dr. James Brancato, Radio Club advisor.

The most recent and final purchase for the radio station was the TuneTracker, a touch-screen radio automation system. This new, automated software will allow radio DJ to keep track of the music they play, to re-play their radio shows during scheduled time slots, insert ads to be run automatically and have scroll scripts to be read live. “It’s going to allow us to schedule air time without DJ with pre-programmed music shows and re-played shows. We will have a lot more control over what is played while,” said Cave. This equipment replaces cart machines and i-Tunes, and can sort music by genre.

With TuneTracker, the radio station will be completely up to date technologically. In March, WCCC radio will be streaming world-wide over the Internet.

Starting in fall 2008, Radio Club will be available to students as a credit-based experience. This means students will be able to take radio for one, two or three credits which will be earned by doing on-air work and for being part of the organization. By being available for credit, the radio station hopes to expand in numbers. “We would love to get more people involved. Staff and faculty are welcome to do a show, or use the radio station for course work,” said Brancato.

In preparation for world-wide streaming, WCCC Radio DJ are in the process of setting up individual MySpace pages to promote their shows and the station in general. “My page has my Youtube picks, a link to my blog, my radio show schedule and a link to the station (www.cedarcrest.edu/cccradio.com). It also has information regarding how to request songs and call in to the station, things about me and the music I play, promotions and events going on,” said Cave.

“I encourage everyone in the campus community to contribute requests for music and to become a DJ and/or a member of Radio Club,” said Reitz. Radio club meets at 4:00 p.m. on Thursdays on the second floor of Hartzel Hall.
Where can you find hundreds of CAREER and internship opportunities in one spot?

...at the 2008 Lehigh Valley Collegiate Career Expo!

Check out the companies attending at www.lvcce.net!

Do Not Miss This Amazing Event!

When? February 20, 2008
10:00 A.M. – 4:00 P.M.

Where? Holiday Inn
Fogelsville, PA
Junction Routes 100 & I-78

- Network with employers one-on-one!
- Research over 100 companies!
- Apply for full-time, part-time jobs and internships!

Bring 30+ resumes!
Professional dress required!
The Evolution of dating

Valentine’s day is approach- ing, and so is the stigma of finding the perfect, non-chic, gift. In previous years this holiday was collectively loathed by both Jess and Betsy… but since this column is about the evolution of dating, we thought it was about time that we evolved from eating chocolates alone, while watching sappy romantic films to sharing this special day with our significant others (while eating chocolates and watching sappy romantic films).

This seemed like a plausible idea until hard times fell on both relationships recently. Betsy and Bob are not on speaking terms, and Jess and Jordan had issues a couple months ago. Seems trivial, but when Cupid and box of heart shaped chocolate candies, couples magically solved their problems and transformed those problems into finding that perfect gift.

Unless you’re Betsy. You see, Betsy got married this weekend, so Betsy decided to buy Bob the perfect Valentine’s present, while still mad at him. The great live-in lesion that she bore. Standing in line at Build-a-Bear, around all of those screaming little children and happy couples that spawned them, Betsy got more and more upset over the stupid fight that she was in. This resulted in a long conver- sation with the woman who was working at the checkout counter over how Bob is lucky that he’s even getting a Valentine’s Day present at this point. As it is, she has cancelled their Valentine’s Day plans, and will not let Bob come out to visit on the actual day as punishment.

Jess, however, forgave Jordan regardless of his unsap- pily nature, and bought him a gift for this special holiday. Last year, Jess was determined to spend Valentine’s Day with Jordan because in her head that meant that they would date soon after. Of course hell over and back, literally, and was reduced to shoveling her car out of the snow storm in three inch heels and an adorable dress. Suffice to say, when she made it to dinner that night she was so happy that she spilled Miso soup all over his lap. This year, Jess was determined to step it up—by surprising her boy in the city on Valentine’s day, but leading him to believe that she would be there late Friday. She will be making him food, despite her inability to cook, but will accompany it with champagne so if nothing else he can be too drunk to notice her lack of cooking skills.

In the end, Betsy has made up her mind (Bob for the most part), and will hopefully have a semi-romantic Valentine’s Day this fri- day. Jess, on the other hand, has dated herself. The same Mark Hallmark Holiday, in a very different way. Overall, we have learned that the ostrich theory of sticking your head in the sand applies best to the lack of imagination. “Think big,” he always said. So I thought, and stenciling became a new outlet for my expression.

After I moved back to the Lehigh Valley, I had to seek out that art again and began looking on the Internet. What I found was some of the most impressive pho- tographs that I have seen from all over the world. One of my favorite books is Graffiti World: Street Art from Five Continents by Nicholas Ganz. Ganz highlights each com- nent by alphabetically listing each artist name because to the lack of imagination. “Think big,” he always said. So I thought, and stenciling became a new outlet for my expression.

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Another great book is from one of my favorite artists, Shepard Fairy, Obey: Supply and Demand. The Art of Shepard Fairy. This book is on the top of my to-buy list when I come across some loose change, but until now I can’t help but sit down at my friend’s house and read through it. I feel, though, that with the mention of Fairy I also need to shout out, “I AM RICH HEAR ME ROAR.” So obviously that ring is a sign that the husband can make those dollars.

I come back to my question on, is the engagement ring all about money and nothing to do with love? Well, sure, some of us think that way but others take it to heart. Cedar Crest Assistant Professor of Art, Casey McDonough, who recently popped the question said that he was happy with whatever and that rings are just a token. “I find the context for the biggest ring annoying.” The ring that he gave to his fiancé is a 4 generation dia- mond.

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I come back to my question on, is the engagement ring all about money and nothing to do with love? Well, sure, some of us think that way but others take it to heart. Cedar Crest Assistant Professor of Art, Casey McDonough, who recently popped the question said that he was happy with whatever and that rings are just a token. “I find the context for the biggest ring annoying.” The ring that he gave to his fiancé is a 4 generation dia- mond.

Senior Communication and English major, Leann Pettit said, “I don’t believe that size or price is important about a ring. I think that the sentimentality into that goes is important, especially if it is passed down through family.”

Pettit’s engagement ring is pearl and blue topaz, which are the birthstones of her fiancé’s and her.

Apparently I do not agree with the 3 month salary rule and have high standards, but I try to blame our society for warping my views. So, for Valentines Day, maybe cupid will just shoot my boyfriend and I in the bun with the love arrow instead of the 4 carat dia- mond arrow, and I will continue to wear my fake cubic zirconia and play pretend.

The process of saving your art- work shown in the magazine is not receive, the more successful a little too of yourself, but even if the spray can’t isn’t your medium, art- works and pictures of every day life will also be shown.

According to the website, “[their] goal is to document the entire world, but [they] need your pictures to make it complete. [they] are also looking for pictures of body and digital art, canvases, drawings, paintings, drunk people, hot chicks, stories, photos of your friends, and even a basic medium of art that you might have. Nothing is too bizarre for us; we appreciate creativity of all kinds.”

If this sounds interesting to you, go to daythelfast.com and send them something awesome. With all the great artists here on campus, I’m sure they will have to dedicate an entire magazine just to the Crest.

Grazie, Ganz.

Grazie, Ganz.

Grazie, Ganz.

Grazie, Ganz.
Megan Ammons
STAFF WRITER

According to Mental Health: A Report of the Surgeon General, “Diagnosis is essential in all areas of health for shaping treatment and supportive care, establishing a prognosis, and preventing related disability. Diagnosis also serves as shorthand to enhance communication, research, surveillance, and reimbursement.” What happens when doctors are trying to get patients to take medication so quickly that they give the wrong diagnosis? Nowadays it is all about reimbursement, for the doctor; it is about money.

I was misdiagnosed and I’m still paying for the doctor’s mistake. Last year, I had to leave Cedar Crest College. At the beginning of the fall semester, I went to see my psychiatrist for medication. I told him that the pills he had prescribed were not working for me. Usually this doctor would listen and try something new, but that didn’t happen. The doctor denied my dose of an antidepressant, and because of his refusal to try something new, I wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. Anti-depressants can wound up in the hospital just a few weeks later. 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Eating your way to a better bedroom experience

Leann Pettit
NEWS EDITOR

Up until recently, there was little distinction between sexual desire and sexual function. Therefore, aphrodisiacs were regarded more as a form of “placebo effect” or lack of desire, whereas today aphrodisiacs are something to inspire lust.

Everything we eat was, at one time or another thought to be an aphrodisiac. Many of the theories about aphrodisiacs were originally based on one of the theories of Roman physician Galen. He wrote that foods were aphrodisiacs if they were “warm and moist” or “windy,” meaning they produced flatulence. Galen thought that flatulence inflated the penis to cause an erection, therefore anything that made a person gassy would also make them erect.

“Some aphrodisiacs came out of mythology,” says Martin F. Downs in his WebMD feature “Aphrodisiacs Through the Ages.” Aphrodisiac, the Greek goddess of love, was thought to hold sparrows sacred and because of this association, Europeans were inclined to eat sparrows as aphrodisiacs, particularly their brains.

Throughout history, the only food that has remained an aphrodisiac is alcohol. Alcohol can lower inhibitions and get you “in the mood,” however, overindulgence can have the opposite effect on performance.

Many foods have been thought to be aphrodisiacs for one of two reasons: if the food is new to a region or the rarity of a food sometimes leads to people giving it the magical powers of an aphrodisiac. The other way foods can become aphrodisiacs is their resemblance to the male or female sexual organ, this was called the “law of similarity.” For example, avocados were thought to be aphrodisiacs because they grow in pairs on the tree, and resemble testicles.

The sexual organs of animals were once used for sexual augment. The more promiscuous the animal was thought to be; the better its sexual experience held it to be. After consuming the animal’s sexual organs, Rabbis’ and goats’ organs were prized as aphrodisiacs because this became the custom named after the Greek goddess of love, Aphrodite, and she was said to be born from the sea, many types of sea foods were thought to be aphrodisiacs. Oysters have been thought to be aphrodisiacs because of their resemblance to the vagina. However, according to the FDA, oysters are high in zinc which can improve overall health and therefore an increased sex drive.

Spicy foods that create physiological effects like those experienced during intercourse have also been prized as aphrodisiacs. Chilies, curries and other spicy foods induce sweating and an increased heart rate. Since 90% of taste is smell, it is not uncommon for some foods to be so huge because of their similarity to Jennifer Warner in a WebMD feature entitled, “Eat your way to a spicer sex life,” she writes, “In a study that looked at how scents stimulated sexual arousal, [Alan A.] Hirsch [neurological director of the Smell and Taste Treatment and Research Foundation in Chicago] found every food aroma they tested triggered a sexual response in men, and some foods had more dramatic effects than others.” In his study he found that the smell of cheese pizza increased blood flow to the penis by 5%, buttered popcorn increased it by 9% in men, and pumpkin pie by 40%. “In comparison, floral perfume only prompted a 3% increase in blood flow to the penis among women,” she writes.

While pumpkin pie had similar effects to women, Hirsch thought that the combined smell of Good & Plenty and cucumber was “the most aphrodisiac-sounding scent” for women. “Unlike with men, the study found that some food smells actually inhibited sexual desire in women, such as cherries and the odor of barbeque or roasting meat.”

However, the Food and Drug Administration (FDA) has deemed all of these mythical libido boosters ineffective. In 1989, the FDA declared that “there is no scientific proof that any over-the-counter aphrodisiacs work to treat sexual dysfunction.” However, these findings clash with the 5,000-year-old tradition of using herbs, foods and scents to achieve a better bedroom experience.

Research on what foods are true aphrodisiacs and which are not is very difficult because of the placebo effect they have on people. “The mind is the most powerful aphrodisiac there is,” says John Renner, founder of the Consumer Health Information Research Institute in an article entitled, “Looking for a libido lift? The facts about aphrodisiacs” for the FDA. “It is very difficult to evaluate something someone is taking because if you tell them it is an aphrodisiac, the hope of a certain response might actually lead to an additional sexual reaction.”

Experiments to test the effectiveness of aphrodisiacs on the mating habits of animals have been performed and the results have been found to be what the FDA calls “encouraging.” However, animal studies cannot be relied upon to show the effectiveness of the drug in humans. However, aphrodisiacs can be detrimental to one’s health, many of the commonly known aphrodisiacs can be deadly if consumed in large quantities. Spanish fly, for instance, is toxic. It can cause an erection by inflaming the urethra. It can also cause priapism, which is a painful erection that will not stop and requires immediate medical attention.

There are many reasons why certain foods and herbs are considered aphrodisiacs: from the shape of the food, the scientific reasoning behind why it makes you feel good or even the gashiness of the food. However, the only real determinant of what is an aphrodisiac is to find out what works for you.

The idea of aphrodisiacs dates back to long before science could prove or disprove such notions. For that reason, the list of believed aphrodisiacs is almost as extensive as the modern ones that have been scientifically documented today. Some of these supposed aphrodisiacs were thought to enhance sex drive because of historic significance, while others had to do with history or imagery.

• Almonds
• Avocado – tree once called the “testicle tree” for the way avocados grow
• Bull and Sheep testicles
• Carrots – phallic shape
• Figs – look similar to the female sex organ
• Garbanzo Beans – male aphrodisiac according to the Kama Sutra
• Mandrake root – resembled a man with a penis
• Meat – produced good nutrition and the “vital spirit”
• Mustard
• Nuts
• Oka
• Pepper – in the Kama Sutra
• Pineapple
• Potatoes – a rarity in Europe when they were first transplanted from the Americas
• Rabbits
• Raspberries
• Rhubarb – resemblance to an erect penis
• Skink
• Squid bones – Aphrodis fields sparnows sacred
• Strawberries
• Sweet peas
• Wine – produced the “vital spirit”
Studies show obesity can be contagious to friends

Julianna Armstrong
STAFF WRITER

Everyone has heard about the dangers of obesity, but according to a recent study released by Harvard Medical University, many of these problems can be the result of an individual’s immediate family and friends.

The Trust for American’s Health, a nonprofit organization that works to stop America’s “epidemics,” including cancer, asthma and obesity, released a report titled “As In Fat: How Obesity Policies Are Failing in America.” In this report, obesity is described as “having an excessive amount of adipose tissue in relation to lean body mass.” Obesity is also a factor in other health problems, such as heightened risk of heart disease and stroke, heart attack, stroke, diabetes, and cancer, just to name a few.

In the study, obesity was found to spread through friends, spouses, and even family. This study began in 1971 through the Framingham Heart Study group. Initially, this test group was comprised of around 5,000 children, who were examined. Relatives of these kids were also examined in order to distinguish ties between relationships and obesity. According to the New England Journal of Medicine, though, “results suggest that social distance plays a stronger role than geographic distance.”

So, though your best friend is across the country, she will have a larger influence on your eating habits than, say, the acquaintances that are around you.

A thought contradicting this comes from Barry M. Popkin, who studies obesity at University of North Carolina at Chapel Hill. According to the Washington Post, Popkin believes in the “birds of a feather” effect when it comes to obesity. If a person has a set way of eating, then they will tend to end up sitting with people that eat similar amounts, similar foods, etc.

Unfortunately, things are not that simple. Veronica O’Neill, a freshman intending to major in biopsychology, stated that obesity is “becoming an epidemic,” but does not think that environmental factors are the only contributors to obesity. Being uneducated about healthy eating at a young age and hectic work schedules and lives were among some of the factors that contribute to obesity, explained O’Neill.

Looking across the nation, this rise in obesity is clear. According to the “F is In Fat” report, obesity rates have risen in 31 states, and 0 (yes, that’s right, zero) states have decreased! Pennsylvania stands as the 23rd most obese state. Who came in first? Mississippi, believe it or not, is considered the most obese state out of the United States, while Colorado is the leanest.

So, what is being done to combat obesity? Allen Town is the recipient of an $80,000 grant that will be put towards fighting obesity in the city. Grant money has been awarded to ten cities nationwide. Allen Town is the only city in Pennsylvania that has received it. The grant is being presented to states as varied in size and atmosphere as Washington, Iowa, Maine, and Texas.

This was the first time this grant was offered.

This money has the potential to be used to make restaurants remove trans-fats from menus, add more parks in residential areas, and require fast food restaurants to post nutritional information. Schools would also receive money that would be put to use by installing better playgrounds and implementing a physical fitness program. The YMCA and YWCA of Allentown will also benefit from this obesity-fighting grant.

Fajita Rita Mondays

If you’re looking for a tasty dessert to help keep your mind away from school, cheesecake might be on that list, but with this recipe, cheesecake can also be a fun, quick and cost-effective dessert.

1 Container Philadelphia Ready-to-Go Cheesecake Filling
1 Bag Frozen Fruit (of choice)
1 Box Mini Nabisco Nilla Wafers

Place two or three of the wafers at the bottom of a small disposable cup, followed by layers of cheese filling and frozen fruit. Top off the connection with two more wafers. Make several cups and store them in your mini-fridge or make them as you go.

COST: Cheesecake Filling: $3.79
Nilla Wafers: $3.39
Frozen Fruit: $2.49
Total: $9.67

Editors’ EATS is a recipe column featuring fun recipes that can easily be made within a dorm. Each recipe will cost no more than $10 to make and will use easy-to-find items to create timely and wholesome preparations. These recipes are created and tested by the editors of The Crestiad.
A Good Year is worth reviewing two years later

Gillian Maffeo
ASSISTANT EDITOR

Russell Crowe half-naked in Russell Crowe playing a smart business man? I cannot decide which I like better.

Or, how about, Russell Crowe and the gorgeous French actress Marion Cotillard? This duo teams up to play in this romantic, sweet film. Besides there only being one scene where you get a glimpse of Crowe’s chiseled, muscular body (the sex scene), Cotillard does a great job of stealing the film as well.

A Good Year does not seem to be the typical movie you would expect Crowe to be the protagonist in. He is not fighting barbarians, smuggling drugs or playing the good/bad cop. Instead, he is a sophisticated, money hungry stockbroker who is complete jerk. This may possibly remind you of A Beautiful Mind, where he plays John Nash, a brilliant but asocial mathematician.

In a Good Year, which takes place in London, England, Crowe plays the intelligent, sexy million- aire Max Skinner, who is a talent- ed genius at his job, leading a busi- ness team to make hundreds of dollars. During his triumphs of making his earnings, with his love- ly personal assistant, Genna, watching his every move. Once Skinner retreats to the vineyard in Provence, France. This leads Skinner to think about two things: the beginning the audience sees Lit- tle Max Skinner playing chess with Uncle Henry. This is why Skinner should pay his thanks to Uncle Henry because he taught him maxims and how to win and lose, while he gained knowledge in playing chess, which helped him with his finance in later years.

Then the scene changes into the rushed, chaotic “many vintages later” portion of the film, where we see Skinner stressed out and making his earnings, with his love- ly personal assistant, Genna, watching his every move. Once Skinner retreats to the vineyard in France, we see a character change. He suddenly keeps getting all Taylor Swift and hismillions different colors and adver- tises his place named Pickles. I loved pickles then, as do I now, so it always caught my eye. I never knew that it was an actual place that served actual pickles until about three years ago.

Although Pickles boasts the title of “Steak House”, it is much more than a place to go for a good steak (although their Black Diamond is the MOST delicious thing I have ever tasted). It is reminiscent of Applebees in the way you can eat wings. They have a ridiculous amount of beer on tap (even one that’s blueberry flavored), and the inventory of liquor is wonderful as well, with tons of top shelf choices for those of us who have expensive taste buds. The root beer is served in the bottle, which kids love almost as much as the touch screen machines. This reality is a place for families as well as people looking for a good place to go on a Friday night. And their menu holds true, as “You will never leave hun- gry”.

from the time I was a kid, my Mom and I used to drive past this huge billboard on the ramp from the airport every single day of the week. Located on Chestnut Street in Emmanuel, it is a family style restaurant on one side, with a youthful bar on the other. The walls are covered from the entrance on with every type of “artwork” imaginable. My personal favorite is the Cedar Crest col- lage in the bar area. The personal- ity of the staff members matches the warm welcoming environment, especially the owner (who should not be confused with his twin who works on Sundays and also owns Bull and Bear) and the bartenders.

There is at least one special every single day of the week. Among the daily specials, Monday through Thursday is all you can eat crab legs for $18.99 and Sunday is all you can eat wings for $7.99. Saturday and Sunday brunch is served from 11:00 to 2:00. Also, Monday through Friday their happy hour is from 5:00 until 7:00 (with tons of drinks specials start- ing at $1.00), and on Friday there is a free food buffet (and no, it is not the leftovers from lunch, it is actually really good food). Every other Friday they have love music and the seven TV’s the surround the bar are always tuned into some sort of sporting event.

The prices range from $5.99 for a HUGE serving of yummy onion rings to $26.99 for steamed king crab legs. And yes, pickles come with everything if you so desire. My personal favorites are

For a little change of pace, I’ve decided that I’m sick of the tactics of Britney Spears and Lindsay Lohan, and so I’m not going to mention them at all this week. Other than that first sen- tence, obviously. They’re old news, and I’m tired of seeing their names in the headlines.

Seventeen year old Emma Watson, known for her relationship with Harry Potter, seems to have a new boyfriend. Lately she’s been “hanging out” with 27 year old Johnny Borrell, lead singer of the band Razorlight. His last girlfriend was Kirsten Dunst. How do you go from Dunst to Watson? That’s a pretty significant difference.

But, I completely support this relationship; a genius knows that the true way to find love is to find it through a sugar daddy. She knows cuz I told her it’s so.

Speaking of corruption, remember watching Full House when you were a kid? Well, Stephanie’s all grown up! The for- mer coke addict got married last July, and is now pregnant with her first child, and is just about ready to pop. Hopefully this ex-child star won’t pull a Britney once she has the kid. Haiz, I forgot, no mention of Britney this issue.

Speaking of issues, Paris Hilton’s little brother, Barron, got a DUI the other night, because apparently he didn’t learn from his big sister’s bit of jail time. I mean, really, I kind of expect my little brother to learn from my mistakes, but I guess Barron is no different.

Mr. DiCaprio Leonardo DiCaprio is being sued by a neigh- bor, because apparently the basket- ball court that is on the property that he rents with his cousin is destabilizing their Hollywood Hills property.

In turn, DiCaprio is suing the contractors that worked on the court. Aren’t the Hollywood Hills known for mudslides anyway? Is one basketball court really going to change all that?

So, in turn, I think that it’s the million dollar homes that are mak- ing the hills unstable. And I know just solutions. If they just direct- ly deposit their money into my banking account, they won’t have any money left to spend.

I’m a great breath, then, my checking account number is 623...

www.textually.org

www.cedarcrest.edu/crestiad February 14, 2008

www.picklesmaine.com

Morgan Stiller
STAFF WRITER

Genre: Romance/Comedy/Drama
Ratings: Rated PG-13 for language and some sexual content.
Duration: 118 Minutes

TINSELTOWN

LIZ SKOCZYLAS

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Question? Comments? Gossip info? enskoczy@cedarcrest.edu
leisurely reading:

World War Z: An Oral History of the Zombie War

Christa Hagan
MANAGING EDITOR

Picture an apocalyptic, present-day catastrophe. The government fails, the military and its resources are squandered for the sake of media attention, innocents are slaughtered by one another and an unstoppable army; even worse are the pockets of humanity that saw the disaster and attempted to warn the rest of the world, but were ignored for superficial, economic reasons. So these pockets of humanity shut back, struggle and fortify their defenses, all the while staring out at the crumbling world and thinking grimly, “Well, we tried to warn you.”

Imagine if that unstoppable army ended up being a horde of zombies. Max Brooks takes the tired, old concept of a global zombie pandemic and sprinkles political commentary, realism, and a testament to the strengths and follies of humanity in World War Z: An Oral History of the Zombie War.

The characters who give their stories are human; they admit to mistakes, have witnessed great horror, and kindness at the hands of humanity. T. Sean Collins’s account is among the most striking commentaries, when the zombie pandemic is recognized in America, Hollywood’s stars band together in one giant house and fill it with hidden cameras, effectively recreating a reality television show until reality pounds upon their gates.

There are battles in the fictional Zombie War that reflect human errors; the accounts concerning the Battle of Yonkers, a suburb of infected New York City, demonstrate a shift in strategy. In this alternate universe, apparently, George Romero never existed; tactics that worked against human enemies ultimately failed against the zombie pestilence, and it takes time and effort to formulate new attack plans, real trial-and-error periods during the war.

What was also impressive was that Max Brooks considered environmental and social consequences during and after the war. Angles with the typical zombie story do not examine. Children who lost their parents and survived alone are discussed, fetal children who have reverted to an animalistic state to avoid the zombie invasion. House cats underwent a rapid change to better evade their hunters; dogs reverted to pack structures for their mutual survival. Several of the accounts mention weather changes, including the increase of winter.

And following the official conclusion of the Zombie War, the battle has not been completely won. Brooks does not fall into a pattern of clear-cuts; humanity is never safe, the zombie scourge has not squashed humanity. The novel is ultimately a testament to the resourcefulness of the human spirit and its ability to adapt and survive.

Booklist named World War Z as “another milestone in the zombie mythology”, I recommend it to any Romero fans or horror buffs out there. The carnage is gruesome but not overblown for the sake of gore, as some imagery is worth the good tingle-down-the-spine effect. Max Brooks proved in The Zombie Survival Guide his creativity; World War Z shows the depth of his insight and his imagination. Tuck in with your nearest sledghammer and enjoy the ride World War Z will deliver.

Taking awareness to the whole new level: Vagina Monologues

Rachael Murray
STAFF WRITER

While every woman involved in Vagina Monologues needs to be recognized, Seniors Elizabeth Steimel and Grace Olson (as well as their cast and crew) need to be recognized for the work they have poured into this tradition. These women have worked to bring Cedar Crest’s Vagina Monologues to a whole new level. And from the looks of it, it is at a level where it is going to stay.

Christa Hagan
MANAGING EDITOR

“Why have a handgun when you can have a semi-automatic?” “Bob lost himself there… and we asked to stand.”

While everyone involved in Vagina Monologues needs to be recognized, Seniors Elizabeth Steimel and Grace Olson (as well as their cast and crew) need to be recognized for the work they have poured into this tradition. These women have worked to bring Cedar Crest’s Vagina Monologues to a whole new level. And from the looks of it, it is at a level where it is going to stay.
SPORTS

AWO scores big, defends big

Theresa Ault
STAFF WRITER

If you could look Leann Wallower up in the dictionary, her definition would read “silent but deadly.” As the Cedar Crest Falcons pulled through with a 57-45 victory against Immaculata this past Saturday, Wallower quietly scored 25 of those points.

Head coach Val Donohue said that while recruiting, she was told that Wallower was strictly a defensive player. Who would have thought that she would have been the Falcon’s leading scorer?

“When she came to Cedar Crest, it gave her an opportunity to grow as a player both offensive-ly and defensively,” Donohue said. “She has really stepped up since her senior year. She said that she enjoys playing at Cedar Crest a lot more than in high school because there is ‘more team chemistry.’” Some of her closest friends here are on the team, which makes practicing and playing even more exciting and worthwhile.

For the start of the spring semester, students, faculty and staff can come together to root for their favorite teams, or form a team of their own in the quarterly intramural volleyball tournament held by Valerie Donohue, Assistant Director of Athletics and Wellness. “I think it is great that people take the time to come out to enjoy some time with friends. Win or lose, they get to have a good time and take a break from work - a great way to de-stress!” And stu-
dents did just that on February 6 at 9 p.m., starting with three teams that met in Lees Gym to face off for the first of three tournaments.

The rules are simple, starting with each team playing three-game sets. Winners are determined by a best of three series. The teams switch between games, and, as in traditional volleyball, there are six players per team on the court. Substitutions may be made during a stop in play or between games. Substitutions may be made during a stop in play or between games. Winners are determined by a best of three series. The teams switch between games, and, as in traditional volleyball, there are six players per team on the court. Substitutions may be made during a stop in play or between games. Winners are determined by a best of three series.

The first set started with the teams Crash and Burn versus Brick House, and the two-cheeseburgers-a-day diet she is on. Wallower is always ready for some action. “In addi-
tion to the support, there are numerous people at Cedar Crest, coaches, friends, and her family who believe in her,” said Coach Donohue. “It is known that a little bit of faith goes a long way!” “Leann is definitely one of the support structures of the team,” said Coach Donohue. “She is very coachable and is always looking to improve.” “We are a young team, with plenty of room for improvement,” Wallower said. “For one thing, we could always talk more, especially me!”

The Falcon’s record may not show all the talent that is on Cedar Crest’s basketball team, but Wallower knows it’s there. “I am looking forward to the next three years, as we grow stronger as a team, and start win-
ing the games we deserve to,” said Wallower.

The Immortal volleyball tournament brings together students, faculty and staff for competition, fun and good sportsmanship.

Courtney Clements | Staff Writer

The 2008 falcon Lacrosse team is getting back to the basics. Practices began for the team at the end of January in order to prepare for their season opener on March 7 at Moravian College. “I know players have been working hard this past fall and over winter break to prepare themselves for the 2008 season,” said Jennifer Woytach, Assistant coach for Cedar Crest’s Lacrosse team. This is Woytach’s fifth year of involvement with the Lacrosse team. She was a player from 2004 to 2007 and this is her first year as assistant coach. “Coach Kaufman and those who were my teammates in past years have been great in helping me transition my role from player to coach. I will

Lizz Nagle
SPORTS EDITOR

Think Pink

Join the Falcon’s basketball team as they play Alvernia College tonight, February 14th at 7:00 pm in Lees Hall. Fans are asked to wear the color pink to support the awareness of breast cancer. All fans wearing the color pink will be entered into a drawing to win great pink prizes donated from the book store. The Cedar Crest Nursing Department will be at the game handing out information about breast cancer and early detection.

Lacrosse team conditions for 2008 season

The 2008 Falcon Lacrosse team has no wins, so they hope to improve their record. “We want to play our hardest this year and play as a team,” said Bell.

www.cedarcrest.edu/crestiad
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