The Health and Wellness Conference at Cedar Crest

On Apr. 27, the seventh annual Health, Wellness and Research Conference consisted of workshops, posters, exhibits, pamphlets and "healthy arts," involving Zumba, massages, and screenings.

Some of the workshops introduced topics that related to everyday life. "Rape: Fact versus Fiction" and "Healthy Bodies, Healthy Choices" were only two of the twelve various workshops offered. The workshops provided hands-on information and knowledge to students.

The conference was located in the Tompkins College Center, during the afternoon. Many Cedar Crest students were able to present research in their areas of study. Andrea Hargrove, a senior English major, was one of the students presenting her research poster.

"It was really exciting working on one of the posters and seeing how everyone's work finally came together today. It's probably one of the biggest events on campus beside Spring Fling and Frolic."

Students were able to walk around freely and view the various activities provided. Tables were assembled to represent different "health stations," relating to the topics available. Some stations even provided visual aids, booklets, pamphlets and free food.

April Conway, freshman Biomedical major with a Nutrition and Psychology minor, was among the many students found touring the conference. Conway sees the importance of the conference for Cedar Crest students.

"I think it's important especially at an all women's college, since image is a big thing. Health and wellness helps women feel more confident in themselves. As an athlete, I think it's also important to have health along with this."

Interactive learning was provided throughout the conference and was strongly encouraged. One of three exhibits provided was "Worthy of happiness: An exploration of self esteem". This allowed students to explore their self esteem and the self criticisms or doubts that may affect it. Arlene Peltola, assistant professor of Business Management and Economics, was impressed by many of the exhibits that were on display.

"If this area was put on a road trip around the world, we would be a lot closer to getting world peace, but this an unbelievable area. People can just come here if they are down and depressed and to really gain balance."

The Health and Wellness conference proved to be a success and will lead to more in the future.

Opinions

"Handicapped" shouldn't mean "hopeless"

Jessica Kuc

While consumers can rest assured that their "fat free" meals are actually free of fat, there is still the difficulty of reading the actual nutritional label. Myfooddata.com put together a list of tips to follow when reading nutrition labels. Here is the list summarized:

Getting the nutrition "facts" straight

Jesenia Holguin

Staff Writer

The Nutrition Program at Cedar Crest is dedicated to providing a broad nutrition background...
Take Back the Night Marches through campus for awareness

Take Back the night is a worldwide event that strives to end sexual assault and abuse against women.

On Thursday Apr. 22, Cedar Crest College held their own “Take Back the Night” ceremony. The opening event was held in the bistro of the Tompkins College Center. A performance by Michele Stas, a local singer/songwriter debuting her new album “All or Nothing,” launched the start of the event.

“A Love and Hate” board allowed students to post ideas or sayings representing emotion. This was later covered by a collaboration of justices and injustices in our world. OutThere an on-campus LGBT awareness club, asked students throughout the week to fill out colored sheets of paper. These sheets of paper later were assembled into a rainbow of justices, surrounded by raindrops of injustices. The image was displayed behind the drum kit of Stas band, during their performance.

Joining in the performance, were representatives from Turning Point, an abuse center for their performance.

The event was planned by the Take Back the Night club located on campus. Gabrielle Buzgo, a member of the Executive board, was one of the students planning the event. Buzgo feels strongly about relieving violence towards women.

“I am a sexual assault survivor and believe that by sharing my story we as women get one step closer to ending violence towards women.”

The performance was later followed by a march through campus and a gathering at Blaney Hall. Students were able to speak out against violence and abuse towards women, by holding signs and yelling for public display. A discussion on the steps of Blaney Hall also provided an opportunity for students to share their thoughts or experiences. Stas then closed the ceremony with her song “Tomorrow” and left with words of encouragement towards women.

“Right now is the time to live; you’ve got to see every moment, as a gift. I love Cedar Crest College! Rock On!” Stas said.

Pennsylvania Academy of Science welcomes students to present

Morgan Keschl
NEWS EDITOR ELECT

During the weekend of April 9 through 11, several science students presented their research at the Pennsylvania Academy of Science in Camp Hill, Pa.

The students came from Dr. Audrey Ettinger, Dr. Andre Walther, and Dr. Amy Reese’s labs. Sarah Klein, junior Genetic Engineering major, believes that the PAS meeting is a way for science majors to intermingle amongst each other.

“Sometimes when I try to explain my research to my friends or family, they don’t understand what I’m talking about, and the lose interest. At PAS, many of the people asking me questions about my poster were able to easily understand what I had done, and even asked questions I didn’t know the answer to, which give me something to continue researching.” Walther feels that meetings are beneficial from the sciences to the arts.

“I think for science and other disciplines, it’s a great thing to attend these conferences. Not only to show what you’ve learned but to learn about what other people are learning. I think it was a great meeting for that,” Walther said.

Kayla Hager, junior Genetic Engineering major and Math minor, is the first to work on her research about RPA’s role in DNA replication, which may attribute to cancer cells. Hager chose her research to search from personal ties.

“I’ve always had a fascination with cancer and I just need a better understanding of it,” Hager said.

Molly McQuilken, sophomore Genetic Engineering major, presented her research at the PAS meeting on telomere’s involvement with Replication Protein A.

“The main point is to see how RPA works with different main genes so we can figure out how to turn telomeres on and off. That's what will eventually allow us to create cancer drugs and treatments,” McQuilken said.

Kirsten Nole, sophomore Genetic Engineering major, is doing research on the genetic affects of phosphorylation in response to damage caused by UV radiation. Nole chose her research from considering her own phenotype.

“I have always been fascinated by genetics, mostly due to the fact that I have red hair, which is a rare recessive trait. I wanted to study how genetic traits work to control the phenotype of an organism,” Nole said.

Sarah Klein, decided to do her research on yeast's cell cycle and how various proteins control it's regulation. With an interest in microbiology, the cancer research lab was a natural choice.

“I've wanted to be a part of cancer research since I decided to go into Biology as my career in 10th grade. When I discovered Dr. Walther's research was related to cancer, I was immediately interested.”

Questions or concerns?
If you have any questions about The Crestiad or concerns regarding content, please call the editorial staff and leave a message by phone, fax, mail or e-mail.
CAMPUS NEWS

New Global Studies major give students a world view

Michelle Palmisano
ATHLETICS EDITOR ELECT

Two of Cedar Crest’s own soon-to-be-graduates, from the nursing program, Catherine Bradshaw and Brittany Symbol, will be headed to medical school upon graduation in a few weeks.

Both women will be graduating from the Reese research lab and have Dr. Amy Reese as their advisor, whom received credit from Symbol for the amazing mentoring she has done for Symbol personally.

Symbol will also be attending UNMC, The University of Nebraska at Omaha.

ATHLETICS EDITOR ELECT

Nursing students further their education at medical school

Michelle Palmisano

Two of Cedar Crest’s own soon-to-be-graduates, from the nursing program, Catherine Bradshaw and Brittany Symbol, will be headed to medical school upon graduation in a few weeks.

Both women will be graduating from the Reese research lab and have Dr. Amy Reese as their advisor, whom received credit from Symbol for the amazing mentoring she has done for Symbol personally.

Symbol will also be attending UNMC, The University of Nebraska at Omaha.

ATHLETICS EDITOR ELECT

Spring fling gets rained out but not reigned in

Dawnyla Frazier | Photo Editor

Annual Spring Fling was forced inside Lens Hall Gym on Sun. April 25 due to the inclement weather but it did not stop the celebration. Despite the rain, there were dance themed activities and other pre-dance events along with Hall Olympics having hanging braids. From crafts to inflatable slides and games Spring Fling did not reign in Cedar Crest students fun.
Dr. Boland writes on ethics and social work

Sarajane Sein
ASSISTANT OPINIONS EDITOR ELECT

Dr. Kathleen Boland, Professor of Social Work, has published the article “Professional Boundaries in Healthcare” through Gannett Education.

This article discusses boundaries and the role that they play in a social work professional’s goal to have ethical interactions with the clients they serve. Boland stated that this article was born out of a class that she taught, based upon ethics in Social Work, focusing on “the ethical standards that social workers have to adhere to,” she said.

Gannett, she said, is “the largest publisher of online continuing education for health professionals”, and the process to be published by them was a very “rigorous” one. Boland emphasized the importance of peer-reviewed publications, explaining that she is “sensitive to making sure it [the article] gets the full rigor it needs” in order to be the best possible publication.

Ethics is an important topic to be addressed in the social work field. Many pivotal questions may occur in the course of a social worker’s career. For instance, should a social worker accept gifts from a client? Or give a client a ride home? Or, as Boland stated as an example, “Is it appropriate to hug a young cancer survivor who is also a survivor of sexual abuse?”

Addressing that particular question, Boland explained that while a hug can be seen as a friendly gesture, it can also be seen as having sexual overtones. This sort of gesture, therefore, while well-intentioned, can be interpreted as sexual by a client and lead to difficulties in the social worker/client relationship, or even formal consequences such as losing a job or being censured.

The answers to these questions can be found if social workers are “focused on what [their] work is supposed to be,” Boland explained, adding that a social worker should be “friendly, but not [a client’s] friend”, and to avoid anything that may blur the relationship between social worker and client.

---

Dr. Walther publishes article in the Encyclopedia of life sciences

Morgan Keschi
NEWS EDITOR ELECT

Dr. André Walther, professor of the Biological Sciences, has published an article involving DNA replication with the Encyclopedia of Life Sciences (ELS) that he hopes is “the first of many.”

Walther’s research contributes to the study of biology for the viewers from undergraduates to professionals who access the ELS website. His article entitled “Eukaryotic Replication Fork” revisits the fork concept of the replication process in cells.

“My article is a review of the current understanding of replication in DNA in eukaryotic cells and what are the latest findings on the replication fork and what we know about it,” Walther said.

The concept of the fork shape in replication illustrates that DNA splits in two when making a copy. Walther further explains the concept behind the fork’s importance to all cells.

“The fork is the structure the DNA forms as it’s being replicated. It’s called a fork because you have to open the DNA and make a copy,” Walther said. “So, this has to happen from one cell to two cells and quickly because imagine that you have to copy 3 billion base pairs of DNA. It also has to happen accurately because you want the copy as many as possible.”

The ELS is an online encyclopedia containing between 3,000-4,500 articles about the life sciences commissioned by the website. Considering that the website seeks out those who are passionate in their field, Walther is honored to have been chosen to submit an article.

“My research is related to DNA replication and repair. They asked me if I would write one on the DNA replication fork,” Walther said. “Usually they ask people who are strong in their fields, so I was happy they asked. It was a nice honor.”

While Walther has only published a handful of articles so far, he is hoping that this article will encourage him to continue expressing his expertise.

“I hope it’s the first of many,” Walther said.

With continued research among scientists, the remaining mysteries of DNA replication may one day no longer a fork in the road.
Stay On Track
The perfect way to catch up or get ahead, KU Summer Sessions are now offered on-campus or online.

Stay On Target
KU Summer Sessions are a convenient way to make sure you stay committed to your academic goals!

Stay On Top
Make the most of your summer by earning degree credits from one of Pennsylvania’s most respected universities.

KU SUMMER SESSIONS
ON-CAMPUS OR ONLINE!

Session I:
May 24-June 24
Session II:
July 6-August 6

REGISTER TODAY!
Visit KUsummer.com for a full course schedule and registration form!
Contemporary Art: more than careless child’s play

Molly Bair
STAFF WRITER

As an emerging Artist, I feel concern that the Contemporary Art Movement is underappreciated. The artwork that represents our time is slandered with words like “lazy,” “child-like,” and “careless.” It is important to recognize who we are in art history.

The Contemporary Art Movement began after World War II and is continuing this very moment. The movement includes Abstract Expressionism, Pop Art, Post Modernism, Minimalism, and Feminism. The main problems contemporary artists are questioning are: what is art? Can media be mixed with popular culture, and technology? Does art have boundaries? This movement has a love/hate relationship with the public as artists challenge popular beliefs and broaden the definition of Art.

Contemporary Art discovers identity by challenging art history, diversity, art medium boundaries and popular trends. Without understanding the purpose of art, a person is quick to reject or slander current art. Art can be as subtle as Richards Sierra’s ovarian sculpture or it can be startling as Carolee Schneemann’s Interior Scollol where women uncoil paper from their vaginas. It can be as overt produced as Andy Warhol’s soup Can. These artists reveal our reality to us by persuading us to re-evaluate our ideas and opinions on art. There is more to art than pretty bodies and photo realism. There is depth, real human emotion, and present day interpretation.

A famous Abstract Expressionist artist is Jackson Pollock. Painting is pure emotions as the brush slashes, whips, or graces the canvas with paint. Art turns away from pictorial representation and becomes pure feeling. The large canvases of the abstract expressionists appear to be random but the drips of paint fall with the artist’s internal rhythm. According to Artrlex.com, the audience is seduced by the horror or terrified by the violence of an artist’s unconscious mind.

Andy Warhol and Roy Lichtenstein are famous names in the Pop Art movement. Pop Art is spunky and trendy as the work captures everyday icons. Warhol is famous for repetition of images. The image repeats itself until the meaning is lost and the viewer forgets what they are looking at. Commersialists are a part of our everyday life, and we forget that we need to be critical of the ideas we buy into. Roy Lichtenstein is famous for his comic strip style paintings. He reduces the heroine to blonde hair, bright red lips and nails, his paintings are superficial and void of true emotion.

Ww.com defines Post Modernism as a union of art with technology and modern ideas including installation, performance, video, and multimedia. Post Modern Art is looking to the viewer to have a conscious or knee jerk response. The artists involved in this movement often play with humor, parody, irony and uncertainty. An example of a Post Modern, installation artist is Jenny Holzer. She is a contemporary artist known for her Truisms. She uses billboards or electric signs to display her statements. The viewer looks up at an everyday billboard, and sees not a bite advertisement for hair growth or clothing, but a thoughtful, and primitive truth or stereotype like “Abuse of power comes as no surprise” or “Awful punishment awaits really bad people.” It is starting to read especially when we look to bill boards for everyday slogans.

The Minimalist Movement, according to wwww.com is the most challenging to a lot of people. If you have seen a Minimalist Painting on display at a museum you probably have heard the person standing next to you say, “My kid can do that, how is that art?” The goal of the minimalist artist is to avoid emotion, narrative, and self expression like Pop Art. The minimalists want the viewer to see colors not as emotions like the Abstract Expressionists but in relation to each other. They want the viewer to look at art objectively. Minimalist paintings and sculptures are often very geometric with a limited color palette.

The Feminist Movement is reflection on women’s and women’s lives and experiences. Art History records the work and biographies of mostly male artists. Equality and diversity is a major theme in the Contemporary Art Movement. Our world has expanded and shrunk at the same time. We have an instant access to millions of people around the globe via internet.

Modern Art and Contemporary Art are often confused although there is only a fine difference. Contemporary Art is different from Modern Art (1860’s to 1970’s). Modern Art deviates away from academic painting with famous artists like Van Gogh, Manet, Cezanne. The movements involved in Modern Art are impressionism, surrealism, fauvism, sur- realism, cubism, etc. The Modern Art movement came after the invention of cameras because there was no longer a need for exact realism. Artists were freer to explore media and their inner worlds. Contemporary Art pushes Modern Art one step further by incorporating new media that represent our time. We live in a world where we are sold ideas without realization, and contemporary art takes the world away from meaningless advertisements and adds depth, insight, and the present human condition: void, absent or present. (According to Benz, Jim “Contemporary Art 101”: What’s the difference between Modern and Post Modern” Philadelphia Examiner 1 September 2009).

Like anything we need to be critical. Bad Art does exist, but good art can stimulate anger or repulsion. An artist is successful if he/she creates a response or experience with the viewer. Talented youth and adults do draw anime/cartoons very well, but can they share with you an individual philosophy?
Handicapped
continued | page 1

on campus to someone who cannot walk. My professors were all asked to change rooms, and luckily they were all happy to oblige. I was also given a temporary handicap parking pass to be able to park close to my classes before I had the surgery and became unable to drive.

As one could likely tell, the majority of my issues on campus were solved by a few extremely helpful faculty members who honestly cared about helping me through this difficult time in the ways they knew possible. However, despite all the help I have received this experience has not been easy.

It is stated on cedarcrest.edu, “It is the policy of Cedar Crest College to ensure that persons with disabilities are not discriminated against and that all students have equal educational opportunities. The faculty, staff and administration strive to create and maintain an environment in which students may achieve their full potential. There exists no test or condition that may be administered in a way that poses an undue barrier to any student based on physical handicap.”

Based on my personal experience, the statement is true. My education is not limited to my temporary disability and the faculty, staff and administration have been more than helpful.

Still, I cannot help but feel that if I did not have possession of some of the tools I am blessed to have, my last few weeks on campus this semester would have been nearly impossible. For instance, I have a motorized scooter to help me get around campus. If I was left to walk-walking on a walker, I would have to rely on rides from my parents or friends simply to get from class to class, to check my mailbox, or to get a wrap at the Bistro.

It bothers me that some students in a similar situation may not have a useful mode of transportation as honestly, I could not get around without it. Imagine for a second, if you will, trying to go about your daily activities on campus on a walker. For those of you who have never been on a walker, let me tell you that you cannot carry anything except on your back. Textbooks gain a few pounds when you cannot walk, and dining hall food is not made to be carried across campus in a book bag.

Textbooks gain a few pounds when you cannot walk, and dining hall food is not made to be carried across campus in a book bag.

On a scooter, this is no big deal. I can go all the way around the back of the building and enter that way, and it really only takes me a few extra minutes. However, if I only had the walker, it would be nearly impossible to get to class in this case. I am an athlete, and therefore in fairly good shape at the least, and I cannot imagine walking that far on a walker or crutches.

Basically, although my situation is far less than ideal, I am lucky. Despite a few students getting up in arms about switching classes, my professors have been more than helpful and understanding. There are always students around happy to help with anything I may need and no one complains too loudly when I have to back my scooter up outside their classroom, making loud beep-boing noises.

I have opened my eyes, however, to how difficult this could have been. I have thought numerous times, “If only Blaney Hall was handicapped accessible,” or, “what would happen if one of the automatic doors stopped working? Would I be able to even get to my class?” I encourage students, faculty and staff to think for a moment when entering a building or being detoured to another door, “would this be possible for a physically handicapped student?” If the answer is no, speak up. You could be the person affected by it someday.
**8 LIFESTYLES**

**Dannah Hartman**
Editor-in-Chief Elect

**Sustainable Springtime Style**

As the weather becomes consistently warmer, shedding layers of clothing becomes more desirable. For many, this means fewer clothes to worry about. However, there are endless opportunities to dress for the weather and remain eco-friendly at the same time.

Retailer H&M recently released the Garden Collection, a clothing line made from materials such as recycled polyester, organic cotton and organic linen. With its brightly colored fun floral patterns, the Garden Collection is perfect for springtime. It’s hard to choose just one item from the diverse selection, but their simple sundresses are standouts for the collection. Effortlessly chic and affordable, the dresses range from $19.99-$49.99.

There are some benefits to chewing gum that Wrigley’s—the parent company of Extra Gum—has discovered. The Wrigley Science Institute has found that there are benefits in the way of weight management, stress relief, and increased focus. Contestants on the Biggest Loser are actually encouraged to chew Extra gum to avoid extra calorie intake, and to simulate that munching effect that is so desired by people trying to lose weight.

Overall, I would definitely recommend this fruity gum to anyone looking for a new burst of flavors. The gum has beneficial qualities, and tastes pretty awesome.

---

**EXTRA SWEET TROPICAL FRUIT SENSATIONS**

**Katelyn Dubble**
STAFF WRITER

“Chomp, chomp, chomp!”—it’s the sound of someone next to you chewing on their bubble gum. But hey, give them a break, sometimes you just can’t help it.

Recently Wrigley’s unveiled a new bubble gum, called Hubba Bubba Ouch! In past years, Wrigley’s has been famous for their Orbit and Extra gum, which were the first to be accepted by the American Dental Association. These are more noted for their minty taste and lasting flavor. While you’re chewing these, you can remember it’s not only a breath freshener, but it’s also healthy! It’s been proven by Wrigley’s Health Institute study that chewing gum doesn’t only benefit your oral health, but can also be a factor for relieving stress, focusing, and losing weight.

Their new gum, Hubba Bubba Ouch, comes in a convenient package, holding 15 pieces of gum. It’s not one of those gum packages that have you searching all over in your purse, but it’s perfectly geometrically spaced package helps keep all of your gum in one place; that way, you can get it on demand.

If you’re the kind of gum chewer that likes a tasty, chomp-on-it-all-the-flavor-is-gone type of gum—this is for you. This gum holds a flavor like you wouldn’t believe and it’s plus side is that it’s sugar free! Now, you can chomp all day long without the worries of a dentist visit! The only flavor available in “Hubba Bubba Ouch!” is Bubbly Gum. It’s sweet, bubble-gum flavor that lets you chew away your stress won’t stop you from blowing bubbles.

The texture of this gum is perfectly designed for chewing and blowing bubbles. It’s also soft and smooth, which makes it a lot more enjoyable to chew, you won’t feel exhausted after chewing it. It’s not like other bubble gums’ in that it doesn’t become a hard ball rolling around your mouth after ten minutes.

It’s a healthy, tasty flavor, and perfect texture will have you chewing all day! It can be found in local grocery stores, gas stations, and any aisle full of Wrigley’s famous candies. So next time you’re next to a person chewing gum, just join in on the fun with your “Hubba Bubba Ouch!” Bubble Gum!

---

**FRESH OFF THE SHELF**

**Dannah Hartman**
Editor-in-Chief Elect

**EXTRA SWEET TROPICAL FRUIT SENSATIONS**

**Alyssa Slinger**
COPY EDITOR ELECT

With fruity gums gaining in popularity, it is no surprise that Extra has made a new flavor of Fruit Sensations gum: Sweet Tropical. Upon first biting into a stick of the gum, my mouth was taken over by a variety of flavors. Citrus and pineapple were the most, however there were some other flavors thrown in that I just could not recognize.

The gum’s flavor lasted about an hour, which to me, seems like a substantial amount of time, especially in comparison to other gums. One of the nicest things about Extra’s Sweet Tropical was the texture. The gum was soft and easy to chew, unlike other gums that get hard after ten minutes.

Each pack of gum contains fifteen sticks, and the cute design of the pack draws the attention of others. Within ten minutes of opening the gum, I went down to about eight pieces. People could smell the fruity flavors from across the room. It was intriguing by the smell alone.

Typically, Extra gum can be found in any store with a candy and gum section, like most checkout counters. Have Extra expanded their Fruit Sensations line and have other interesting flavors such as Mango Smoothie, Strawberry Banana, Island Cooler, and a few others. The Fruit Sensations line was actually launched in 2008 and has expanded to include smoothie flavors.

There are some benefits to chewing gum that Wrigley’s—the parent company of Extra Gum—has discovered. The Wrigley Science Institute has found that there are benefits in the way of weight management, stress relief, and increased focus. Contestants on the Biggest Loser are actually encouraged to chew Extra gum to avoid extra calorie intake, and to simulate that munching effect that is so desired by people trying to lose weight.

Overall, I would definitely recommend this fruity gum to anyone looking for a new burst of flavors. The gum has beneficial qualities, and tastes pretty awesome.

---

**PLANTER’S NUT-RITION MIX**

**Rachel Zarazyko**
STAFF WRITER

Planters has recently come out with a new healthy snack, Nut-rition Antioxidant Mix. It claims on the container to be a “good source of 5 Vitamins and minerals” and it is sodium free with 3g trans fat.

Planters makes several other Nutrition mixes, including the South Beach Diet recommended mix, the Heart Healthy mix, the Energy mix, and the Digestive Health mix.

The Antioxidant mix contains almonds, cashews, dried bananas, prunes, blueberries, and cranberries. There seem to be an excess of cashews and almonds. When the container is opened, it almost appears that there is little else. The nuts were okay, but definitely not my favorite part of the mix, which made it disappointing that there were so many of them. I often feel myself digging through them to get to the other things.

There also seemed to be a lot of dried bananas in the mix, but not as many as there were nuts. There were especially delicious and full of flavor. There were also not nearly as many blueberries and cranberries as I would have liked, especially because of how great they tasted. The dried peaches were my favorite in the mix, but there were very few.

I discovered that the best way to eat the mix is to eat the nuts by themselves. With the rest: one piece of banana, one blueberry, one cranberry, and one peach at the same time is a delicious combination. However, I suddenly found myself quickly running out of peaches, blueberries, cranberries. In the end, there were only bananas and nuts left, but mixing the nuts with a banana piece did not seem to be a very good combination.

According to the Planters website, nutrition.com, the mix is “baked to provide antioxidant vitamins C & E” and “Antioxidant mix is delicious and nutritious way to get antioxidant.” This snack is a healthy one that Wrigley’s would definitely recommend to anyone.

---

**NUTRITION**

Serving size: more than a single serving, and you consume the entire container, you must multiply the nutrient figures by the number of servings to know exactly what you consumed.

- Pay attention to calories: look at the total number of calories and then the number of calories from fat.
- Myfooddiary.com also recommended limiting the consumption of, “…saturated fats, trans fats, cholesterol, sodium, and sugar,” while trying to, “…meet your daily requirements for good fats, carbohydrates, fiber, protein, and vitamins & minerals.”

Senior Nutrition major Tonya Cooper offered some advice on what to look for on a nutrition label. “The most important item on the nutrition label for consumers to pay attention to are calories from fat,” said Cooper.

Cooper went on to say that, “Consumers should pay attention to serving sizes on nutrition label so they do not over consume foods. Consumers should also take notice to % DV of Vitamin A, Vitamin C, Calcium, and Iron to make sure they are getting adequate amounts of these nutrients.”

The biggest piece of advice Cooper could offer in regards to nutrition labels is, “…not to feel overwhelmed. Read the label carefully but thoroughly.” She also directed people to the following website if they have any questions: http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm787889.htm
STUDY BREAK
Nicole Magloire, Lauren Panepinto, Editors

Astrological Meditations

Taurus
April 21-May 21
Life may be overwhelming right now with finals just around the corner. Fret not, summer is right around the corner.

Virgo
Aug 23-Sept. 21
Recent events have caused you to do questionable things. Remember your character is all that you have, try to maintain it.

Scorpio
Oct. 23-Nov. 21
You’ve been feeling like your current situation is overwhelming. Keep your chin up, things will change soon.

Libra
Sept. 22-Oct. 21
Congratulations you’ve finally found that special someone. Let go of past hurts and allow yourself to enjoy these new feelings.

Sagittarius
Nov. 22-Dec 21
Your life is starting to change for the better and everyone can see it. Bask in this new found happiness and be prepared because it’s only get better from here.

Capricorn
Dec. 22-Jan. 20
Everything you’ve ever dreamed for is starting to materialize in your life. Congratulations, situations like yours are rare and far between.

Aquarius
Jan. 21-Feb. 19
You’ve discovered something new that you just can’t get enough of. Tell your friends about it, they may love it just as much as you.

Pisces
Feb. 20-Mar. 20
Recently a new found appreciation for life. May is right around the corner, leave the aprilia showers behind you and enjoy the sunny weather.

Aries
Mar. 21-April 20.
With a new month comes a new found appreciation for life. Enjoy this new sense of self love and never let it go away.

Word Search

Submitted by: Sara Jane Sein

Music Version

Submitted by: Nicole R. Magloire

Lydia, thank you for everything.
We will all miss you so much!!!
With Love,
Crestiad Staff 2010
Enticing Summer Treats at Rita’s

Jesenia Holguin
STAFF WRITER

With the spring weather finally here and summer weather just months away, consumers find themselves searching for that refreshing snack that will satisfy their palate and not destroy their beach figures. What better place to go then Rita’s?

Now Rita is not some great aunt you forgot you had, and Rita’s is not her house; it is “ice-creamusted happiness” according to their website. The Crestiad recently had an opportunity to talk with a local owner of Rita’s, Mike Stambaugh, to get some information on what his establishment has to offer this season.

Right now we are offering “Florida Orange and Peeps,” flavored water ice along with other popular favorites Stambaugh discussed. Stambaugh let us in on some delicious information about what to expect this summer.

Pink grapefruit, green tea, pink lemonade and peach mango were some of the sugar free options Stambaugh said are being offered at Rita’s this summer. The sugar free options as Rita’s are now being made with Splenda which is a change from previous seasons, Stambaugh shared. He also told The Crestiad to look out for “Coffee, strawberry and orange cream flavored custard,” some of which have already been featured at his Rita’s located at 41 Liberty Bell Plaza across from Kids’ Peace. Choosing what flavors to sell at his Rita’s is a difficult decision Stambaugh shared as there are 40 flavors and each Rita’s is only allowed to feature 16 at a time. Stambaugh has his regulars however so that customers know where they can get it as each Rita’s can sell different ice at different times.

Stambaugh also told The Crestiad what to look out for throughout the season. “Carmel Apple and Pumpkin ice.” Rita’s will also be having a Fourth of July promotion where the colors of the flag will be represented in a Red, White and Blue gelati featuring cherry and blue raspberry water ice with vanilla custard,” shared Stambaugh.

Rita’s also offers the following creations: “Mistok shakes delicious Blendedins, frozen coffee drink, the Ritacock,” and the “...creamy delicious Slobberita fat-free soft serve,” according to their website. Next time you’re in the mood for a delicious and refreshing snack, look no further than Rita’s! 

When presented with the opportunity for a senior project, Chelsea Anagnoson wanted to combine her variety of studies – given her background within the context of the show. Traditional Greek music underlies the entire show, there’s not a minute of the piece that doesn’t have background music. My other majors seemed harder to fit, but they’re there. The set design is my own and all the art that you’ll see was created by yours truly. There will be a sculpture representative of an altar to Artemis, and eight foot tall contemporary column, seven different masks, and I also painted the binders that the Chorus will be using.

Her varied majors helped Anagnoson to bring a diverse and broad range to all of the work that went into the project. “Last, I managed to include my background in education. Although Iphigenia at Aulis is a myth, it is also a part of Ancient Greek History. I wanted to tell the story in an educational, yet enjoyable way,” she added.

Anagnoson is excited about the chance to see her play performed on May 1, in the Greek Theatre, behind the TCC. “This is a very ambitious project and I chose to complete almost every element on my own, and even though it’s been quite stressful I have enjoyed the entire process and can’t wait to see the end result of all the work myself and others have put into it. I’d like to thank everyone involved and encourage everyone to come see it.”
Rachel Morgandale
ASSISTANT ARTS EDITOR ELECT

A summer reading list was often looked upon with dread during the years of primary education. Summer was for playing, not sitting inside with a book. Yet, as one grows older, the benefits of creating your own summer reading list may become apparent. Time to read everything you haven’t had time for while trying to balance school work, jobs and extracurricular activities. How can you build a summer reading list if you don’t have an overflowing “To Be Read” shelf? Perhaps pick a theme, choose a genre or era you’d like to be more familiar with, make yourself better acquainted with non-fiction, the writers of the Victorian era, or even the New York Times bestseller list. Another idea is to simply ask for suggestions. Friends, family, and professor can offer ideas for books you’ve probably never even heard of. To whet your appetite and give you inspiration, here are some of the English and professors who will be reading this summer:

Dr. Robert Wilson:
Don DeLillo, Point Omega
J. Courtney Sullivan, Commencement

Rachel Morgandale | Staff Writer

The premiere of the new season of Doctor Who has been met with sighs of relief as the young Matt Smith gracefully stepped into the role of the Doctor. Though the UK is two episodes ahead of American television, many clips and even complete episodes are available for viewing online. Interviews with the cast and production team are also available on the BBC America website. Now that Masterpiece Classic is at the end of its season, you may wonder what other British imports there are to watch over the summer months while you eagerly wait between episodes of Who.

BBC America has a list of shows returning this summer starting in May with the second season of the sci-fi crime drama Luther on May 11 and the third season of the comedies, Not Going Out and Gavin and Stacy on May 14. Later this summer the second season of Being Human, the supernatural drama that hit screens last year, is also anticipated, though a date has not yet been confirmed.

For those of you that are going to be slaving over your summer reading lists as I will be, consider adding The Anglo Files: A Field Guide to the British by Sarah Lyall. Speaking from the perspective of an American journalist who married a British man and moved overseas, she explores many cultural quirks and eccentricities of the UK. She tackles subjects such as politics, education, and most importantly—cricket. Though some may find her writings a bit culturally biased, it may prove an indispensable guide to any planning a trip across the pond.

Also, the RSC’s new production of Hamlet starring David Tennant of Doctor Who and Patrick Stewart of Star Trek aired on the PBS program, Great Performances this Wednesday. The DVD is now available on BBC America’s website for $19.98 and on PBS.org, but for $19.99. Tennant is reprising the title role and Stewart is playing Claudius. I’ve always known that when The Doctor and Captain Picard met, no one would escape alive. Fans of Shakespeare and sci-fi alike will enjoy the production.

If that is not enough to sate your desire for British pop-culture this summer, then feel free to visit my blog at thebookcaterpillar.blogspot.com, where I will post updates about the programming of BBCA and PBS along with musings about books and tv.

Faculty recommendations for summer reading

Rachel Morgandale
ASSISTANT ARTS EDITOR ELECT

Vladimir Nabokov, The Original of Laura
Michael Chabon, Manhood for Amateurs: The Pleasures and Regrets of a Husband, Father, and Son
Jon Krakauer, When Men Win Glory: The Odyssey of Pat Tillman
Armin Buott and Jennifer Ash, Father Knows Best
Barbara Kingsolver, Holding the Line: Women in the Great Arizona Mine Strike of 1983
Barbara Kingsolver, The Lacuna
Sylvia Beach, Letters (ed. by Ken Walsh)
Thomas Pynchon, Inherent Vice

Dr. Carolyn Segal:
Don DeLillo, Point Omega
Paul Harding, Tinker
Mary Karr, Lit: A Memoir

Henry David Thoreau, Walden
Margaret Wise Brown, Good Night Moon
Sandra Boynton, But Not the Hippopotamus

Dr. Luann Fletcher:
Kate Walbert, A Short History of Women
Erik Larson, Thunderstruck
Matthew Pearl, The Last Dickens
Jane Austen, Emma
Ann Bronte, The Tenant of Wildfell Hall
Charles Dickens, David Copperfield
Elizabeth Gaskell, Mary Barton
Oscar Wilde, The Picture of Dorian Gray
A. S. Byant, The Children’s Book

All photos sourced from www.cedarcrest.edu

SAVE THE DATE!

Fri April 30 - Senior Art Exhibition and reception 6-7:30 P.M.
Wed May 5 - Nu Delta Apha is hosting Makura, look out for emails for time and location.
Wed May 5 - Essayist Richard Rodriguez is presenting at Muhlenberg, “Borderlands: What hispanics mean for America” at 7:30-9 P.M.

THE SPANISH CLUB MEETS PICASSO

After April 10, the Spanish Club sponsored a trip to the Philadelphia Museum of Art to see the Exhibitions “Picasso and the Avant-Garde in Paris”.

This exhibition follows the trajectory of Pablo Picasso (Span- ish, 1881-1973) from his early ex- periments with abstraction to his pioneering role in the development of Cubism, as well as his dialogue with Surrealism and other impor- tant art movements in the ensuing decades.

Afterward, CCC students enjoyed a traditional Mexican Dinner at the Mocetum Restaurant in Philadelphia.

L O C A L A R T I S T S P O T L I G H T

TROY DEAN

Troy Dean, 24 year old local musician is on his way to the top. With an upcoming show on May 7 at “Celebrations” on Union Blvd in Allentown, he’s on his way to the top and coming a household name in eastern Pennsylvania.

From a young age Dean knew that music was something that he wanted to do,” I started playing at 16. I had turn tables and I was into music because of my mom. She always sang,” said Dean. For some artists it takes a certain level of success to realize that music is something you would like to do as a career, but not for Dean. “When I started going to open mic’s and getting a good response from the audience,” said Dean in response to when he knew that he wanted to pursue music as a career. Dean’s music is soulful and his smooth vocals adds a level of sophistication to all of his songs. With his guitar skills and acoustic sounds, he’s often referred to as an up and coming John Mayer. “If I had to compare myself [to any- one], I would say John Mayer or anyone that is into blues because that’s what I’m into right now.” “I want people to know how much time I put into this and how serious this is to me. This is what I do. I write all my own songs,” said Dean. With a music industry filled with artists that don’t write their own music, this talent that Dean possesses makes him stand out from the crowd. “My ultimate goal is to go on tour and play around the world, even if I did it just once,” said Dean.

Deans songs will be available on iTunes May 8, the day after his “Celebrations” performance. To learn more about Troy Dean and his upcoming shows visit his my- space, www.myspace.com/troy- dean20.

From left to right: Back: Gloriae Lunae, Dels Vicente, Crystal Marinosa, Tabitha King, Amanda Long, Prof. Amelia Moreno, Jenna Beidleman, Shani Martin. Front: Laura Werner, Katie Brown, Lourdes Vargas

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO

PHOTO | AMELIA MORENO
ATHLETICS

LACROSSE TEAM PUTS THE BALL TO REST WITH A FINAL CRADLE

Jesenia Holguin
STAFF WRITER

With the end of the spring semester on the horizon, the lacrosse team looks back on a season well played. “Though a very short season, the lacrosse team got a lot accomplished,” said senior Biochemistry major Mackenzie Lee. “There were a lot of new players to the team and the seniors stepped up to help teach them how to play. This not only helped the team dynamics but also our communication skills between each other. Overall I feel like our team stepped up.”

Head coach Marci Lippert, also new to the game of lacrosse, shared some thoughts, “I felt that this season has some really high points, especially when we beat Bryn Mawr for the first time in school history!”

Having been a first-time coach, Lippert works hard, like her players, to learn and excel in the sport. “It really is a true test of what kind of coach you are to coach a sport you have never played. For valentine’s day, my boyfriend got me coaching lacrosse books and I also attended other school’s practices.”

The team finished the season 5-9 overall and 1-7 in CSAC. “It wasn’t exactly the season that I wanted but life never really happens the way we expect it,” said Lee. Lippert went on to say that team “...had some rough times, but we bounced back and never gave up.”

The team is losing nine seniors which Lippert is sad to see go, “They are an outstanding group of athletes and Cedar Crest will really miss them.”

Lee expressed one wish for her teammates returning next season, “I just hope that I was able to pass on the love of the game...”

Congratulations to all of the graduating lacrosse players.

Softball brings it home!

While the college campus is getting busy preparing for the quickly approaching end of the semester, the softball team is starting to calm down. The team is currently 9-22 overall and 4-14 in the CSAC with six more games to go. “I think the season was a lot of fun,” said junior Nursing major and co-captain Amy Stumpff, “We all bonded and had a great time playing together!”

The team traveled to Florida at the beginning of their season which allowed for team bonding as well as some non-conference play before returning for an intense game schedule. While the team’s record may not show it, the team did well this season and excelled in areas they had trouble with last season. “Last season we struggled with hitting, this season out hitting was awesome!” said Stumpff.

While the team excelled in hitting, Stumpff sees room for improvement, “…we struggled with defense, hopefully next season we can pull it all together for a lot more W’s!”

The softball team still has six games left in their season, Stumpff is looking optimistically to next season, “…I am looking forward to gaining more players to help fill some holes in our lineup, and improving with the current players and having fun! Congratulations to all of the graduating softball players!

Come support your Falcons at their last two games!

Friday April 30 @ Keystone College 3:00 p.m.

Saturday May 1 @ Gwynedd-Mercy College 12:00 p.m.

Final Results:
Butz Bears (top left): 1st place
Moortis Toortis (bottom left): 2nd place
Steinbright Stallions (above): 3rd place

Photos courtesy of: CCC Wellness and Recreation