Field hockey team

awarded the SGI/NFHCA National Academic Team Award

Alyssa Slinger
STAFF WRITER

Cedar Crest’s field hockey team is among some of the most elite schools to earn an award of this nature. More than 400 Penn State student-athletes earned a GPA of at least 3.0, and the classes at Penn State are just as challenging as Cedar Crest’s classes.

“Just think that it is really good that we could get that with all the demand of the college and being able to get the award is a huge accomplishment,” stated field hockey captain Emily Seifert, a sophomore Nursing major.

Big Brother Watches Online

Christine Hickey
STAFF WRITER

You’ve ever watched a video online that someone uploaded to YouTube? Or read books or manga on free website scanners? Or maybe even listened to music that you downloaded off of scanners? Or maybe even one uploaded to LimeWire or gotten from a torrent? The Anti-Coun-

Eat to beat stress

Jesenia Holguin
STAFF WRITER

Who knew eating could be so stress relieving, or that you are already eating things that help with stress reduction? Published articles are suggesting that certain foods can actually help reduce stress in women, and better yet, these foods are healthy for you as well! Most of these stress reducing foods can be found almost anywhere including our very own Cedar Crest campus. Professor of Psychology Dr. Micah Sadigh shares his thoughts and knowledge of stress and its effects on the human body, shining the light on some of myths to alleviating stress.

OutThere shows support for Constance

Alyssa Slinger
STAFF WRITER

OutThere, the campus gay-strait alliance, showed their support in the fight for equal- ity by getting dressed in prom attire, and wearing signs stating “I support Constance in her fight for rights.” OutThere has been getting involved in rallies such as this, where they dress in prom attire, or go to Washing- ton, DC for an equality march as a club, as they did last semester.

Opinion

Christine Hickey
STAFF WRITER

As a senior coming towards her graduation, I reminisce about the graduation I was able to attend as a sophomore in 2008. Being a Madrigal at the time, I was lucky enough to not only be able to attend the graduation of my Big Sis and many of my friends who were seniors at the time, but also sing them off with the rest of the Madrigals.

There were two songs that we sang for the graduation class to which not only moved me, but also filled me with such excitement to sing. The first was a difficult acap-

Pasquale presents at the podium

Alyssa Slinger
STAFF WRITER

Mae Ann Pasquale, Assistant Professor of Nursing, has accomplished many things in her 25 years as a nurse, but one of the more re- cent things that she could add to her list of achievements was presenting at the annual meeting of the Eastern Association for the Sur- gery of Trauma (EAST). Pasquale’s presentation dealt with the presence of family members during trauma re- suscitation. The idea came from three of her nursing research II students, who presented ev- idence related to the effects of having families present during cardiac resuscitation. “I was extremely interested in family re- search and thought it would be very beneficial to perhaps study the impact of having families present during trauma resuscitation. At that time, this practice was unheard of,” Pasquale described her thought process behind the pres- entation ideas.

A pilot study was completed, with evi- dence-based protocol, at Lehigh Valley Health Network in Allentown, PA. A script is used to screen families to see if they can handle the sit- uation, or if they are immobilized or impaired. The families are warned of what may occur in the trauma bay, and if they choose to be present, they are escorted back into the bay with a pastoral care provider. Pasquale presented this information in Phoenix, AZ on Jan. 20-24. She had the honor of being the only nurse selected to give the pres- entation at the podium, and was selected to pro- vide information on the presentation itself.

There were over 300 abstracts submitted for consideration, and “Is Family Presence Dur- ing Trauma Resuscitation Ready for Prime Time?” was one of 30 selected for presentation. The meeting of EAST was attended by over 500 individuals active in the care of the criti- cally injured, ranging in a variety of discipl- ines. A Faculty Development Grant supported attendance at the meeting.

“I love the challenged of being a trauma ICU nurse because you not only had the oppor- tunity to care for the critically injured patient, but for the family as well,” summed up Pasquale as to how this presentation truly hit close to the heart for her.

Cedar Crest College

Youth Safety Month

Campus corner

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Cedar Crest

http://www.flickr.com/photos/spence_sir/2292741026/


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Students travel to California for science conference

Danyla Frazier

PHOTO EDITOR

Four students from Cedar Crest College were recently accepted to attend the 110th General Meeting of the American Society for Microbiology (ASM), in May 2010 along with Dr. Andre Walter, professor of biological sciences. The students included Christina Matika, Molly McQuillen, Sakina Khaku, and Sarah Klein.

Christina Matika and Dr. Walter have also been invited to travel to San Diego, CA to present their collaborative research, which is entitled “Analysis of Replication Protein A phosphorylation in regulating telomere length in the budding yeast Saccharomyces cerevisiae.”

Khalak, Klein, and Dr. Walter have also been invited to travel to San Diego, CA to present their collaborative research entitled “Replication Protein A phosphorylation regulates cell cycle progression in the presence of un-repairable DNA damage in the budding yeast Saccharomyces cerevisiae.”

The ASM general meeting is attended by scientists leading in the field of microbiology from all over the world. To be invited to attend this event, a student and/or faculty member must do research on a specific scientific topic and submit an abstract. A scientific abstract is a basic summary of the objectives of the study, how the study was done, the results obtained, and the significance of the results.

Many of the students and faculty who submitted abstracts also received fellowships from the ASM General Meeting to do their research. Matika, a senior genetic engineering major, was one of the lucky undergraduate students who did receive a fellowship for her research.

“It was a tremendous honor to receive an ASM Fellowship, you get paid a stipend to do your own research; this means that I was at school practically every day last summer doing research. I really enjoyed it because it made me realize that I made the right decision and that I would definitely be happy working in a research laboratory when I graduate,” said Matika.

Matika’s research involved the “analysis of Replication Protein A (RPA) and its effect on telomere length in baker’s yeast.” Telomeres are the ends of the chromosome that are involved in stabilization and replication. They are also involved in protecting our DNA. The replication protein A helps to adhere to the telomeres, however, when cancer cells come in contact with these telomeres, they can cause them to constantly replicate, causing cancerous tumors. Matika’s research helped to explain why this occurs.

Out There rallies for Constance McMillen

Danyla Frazier

PHOTO EDITOR

On Thurs. Apr. 8, the Out-There, an alliance for lesbian, gay, bisexual, and straight individuals, held a cause entitled “Support Constance McMillen and the right for same sex couples to attend prom.”

Constance McMillen is a high school senior attending Itawamba Agricultural High School in Mississippi. She asked to attend her senior prom with her girlfriend and wear a tuxedo. However, she was immediately turned down. McMillen decided to go altogether to the Itawamba County school board, which later decided to cancel the senior prom. This was later followed by interviews with members of CBS and an appearance on the Ellen DeGeneres Show to continue her fight for equal rights.

The original date of the prom was on Apr. 2. After the prom was cancelled, parents of the school organizing a separate prom. However, McMillen was sent to a “fake prom” that occurred at a country club in Fulton, Mississippi. With McMillen, only seven other students, including two students with learning disabilities, attended the “fake” prom.

Bryanne Hornung, a freshman English major, sympathizes with McMillen. “Prom is one of my best memories from high school. I can’t imagine not having that.”

Many students from Cedar Crest College showed their support for McMillen by dressing up in their prom attire. Signs were also worn stating “I Support Constance in her Fight for Rights.”

Michelle Zerkich, a freshman biology major, believes in equality no matter the age. “Everyone deserves one night to celebrate all of their high school accomplishments with the people they care about, no matter their race, gender, or sexual orientation.” This was clearly evident by the support that the cause received throughout campus and from the members of the Out There organization.

The Constance McMillen story that has definitely marked my nation wide and the Out There organization will continue its efforts to support this cause. The fight for equal rights is a continuing battle that affects millions. Much support and praise is being shown to McMillen for her continuing bravery.

CAMPUS NEWS

The Crestiad

Hauna Colista, Editor

What’s happening?

Thursday 1
12:00 pm – 1:00 pm | Zumba-Lees Hall Gym
4:00pm | Promotion and Tenure Ceremony
5:00pm | BSLS: Water Ice Party

Friday 2
11:00am-12:00pm | Plates- Lees Hall Gym
4:00pm | Beta Beta Beta Induction Ceremony

Saturday 3
9:00 am – 10:00 pm | Road Trip: Broadway Show - "The Lion King"
10:00 am - 11:00 am | Zumba-Lees Hall Gym
10:00am | Community Service – LAUCH-IT PROJECT

Sunday 4
Accepted Students Day
1:30 pm – 2:30 pm | Zumba-Lees Hall Gym
3:00 pm - 5:00 pm | Community Service: Second Mile Friends

Monday 5
12:00 pm | Hall Olympics Event
9:45 pm | Game Show “Price Fins”

Tuesday 6
11:00 am - 1:00 pm | Alternative Spring Break Pie in the Face Fundraiser

Wednesday 7
12:00 pm – 1:00 pm | Core and More- Lees Hall Gym

SUBMIT YOUR EVENT

Events can be dropped off in the box outside of The Crestiad office in the basement of Butz Hall marked “What’s Happening?” or email the News Editor, Hauna Colista at hcolista@cedarcrest.edu. For an event to be included in a specific issue of The Crestiad, it must be submitted by 5 p.m. on Monday the week of the issue.

The Crestiad is a student-run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available both in print and online at www.cedarcrest.edu/crestiad.

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

The Crestiad is student-run newspaper of Cedar Crest College and every member of the community is entitled to one copy free of charge. Additional copies of this 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 by phone, fax, mail or e-mail.

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CAMPUS NEWS

CAMPUS NEWS
Senior Seminar has students looking back

Morgan Keschl

A group working on their Senior Seminar project from the Business Department is proposing plans for a private bank or third party lender. For example, third party lenders who could have control of student loans were M&T Bank, Lafayette Bank, and Sovereign Bank.

According to Lori Williams, Financial Aid Director at Cedar Crest, each college or university had the choice to either participate in the FFELP or the direct loan program. FFELP stands for the Federal Family Education Loan Program, which involves the student as the borrower; the college as the facilitator, and the private banks as the third party lender. The direct loan program takes out the third party lender and only involves the student, college, and department of education.

Cedar Crest made the choice to stop participating in the FFELP two years ago, being way ahead of the times and began to participate in the direct loan program. Therefore Cedar Crest students do not need to worry about their loans and the status of them or their future because they are already being handled in the new way long ago, said Williams.

As for other colleges and universities that used the FFELP, July 1, 2010 every school will be participating in the direct loan program. It’s important for students to know that they do not have to do anything new on their ends but fill out the FAFSA and regular financial aid.

In section 2206 of the Summary of Parts of the Healthcare and Education Affordability Reconciliation Bill it is stated that, “for a one year period, borrowers who have loans under both the Direct Loan Program and the FFELP program, or who have loans under either program as well as loans that have been sold to the secondary market, may consolidate such loans under the Direct Loan Program and must be afforded full discretion of whether such borrowers have entered repayment of such loans”.

The proposed law for students who will be graduating soon and beginning to repay their student loans, because there is still the status of them or their future being snuck into the backside of the original bill, Obama, it was found that student financial aid would also be affected, being snuck into the backside of the original bill.

For any students who receive financial aid this article concerns them and their families.

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New bill to assist those suffering with eating disorders

Sarajane Sein
ASSISTANT OPINIONS EDITOR

State Senator Daylin Leach, of the 17th District of Pennsylvania, has introduced a bill to the state senate that will improve access to eating disorder treatment for those affected.

This bill, Senate Bill 1138, if passed, require health insurers within the state of Pennsylvania to cover “non-hospital, inpatient treatment” for eating disorders, as well as other factors which may contribute to causing them.

Too many victims never receive the care they deserve because of the costs of eating disorders and effectively treat them. Without addressing these causes and maintaining factors, most patients will quickly lose weight and relapse,” Leach stated in a press release on his Senate website. “It is my goal, with this legislation, to ensure that no Pennsylvania suffering from these diseases will go untreated and face the risk of recidivism again.”

Nancy Johnston, Assistant Professor of Family Health Promotion, explained that eating disorders “are very complex. In my experience as a health educator, the core of the issue is ‘What is EATING you instead of what you are eating?’” She quoted from a book by Lezzet Huseyin called “Heal Your Body, stating that eating disorders are, “denying the self life.” She also added that, “The treatment of eating disorders must be holistic therapy as well as individual therapy.”

In the spirit of this quote is Leach’s description, “in his press release, for insurers to cover treatment for ‘underlying issues’ that factor into eating disorders, pointing out one of the most proven treatment for eating disorders is 24-hour care within a ‘structured program’, which is more often offered within residential programs.

According to the website for the South Carolina Department of Mental Health, these estimations that 8 million Americans suffer from some form of an eating disorder. This statistic includes 7 million women, as well as 1 million men. Also, eating disorders have the highest mortality rate of any mental illness.

When it comes to treatment, the statistics show that those suffering from eating disorders often do not find the help that they need. Without having a relative with eating disorders receive treatment,” the South Carolina Department of Mental Health website said, “About 80% of girls/women who have accessed care for their eating disorders do not get the intention of treatment they need to stay in recovery; they are often sent home earlier than the recommended time. Also, according to the website for Student Against Dieting, 50% of women in college suffer from bulimia.

Leach’s bill, therefore, seems to be targeted at reversing this trend and helping those who suffer from eating disorders to be able to get the treatment that they require. Without having to worry about expense, whether their insurance will cover their treatment.

The bill is currently being considered by the Senate Banking and Insurance Committee, according to Leach’s press release.

AmeriHealth Caritas has so far been cloaked and dazzled... We know this bill, we've asked for an Access to Information request for this but all it provided us with was the title. All the rest of the info has been blacked out as that is the truth. Many of these worries include the ability for your Internet Service Provider (ISP) to be able to watch the activities of its users, and be able to provide your information without a warrant to the authorities. ISPs will also be forced into network-level filtering – the ability to terminate citizens’ internet connections on repeat offenses of copyright infringement in the form of a three-strike policy. And since the act will make this kind of offenses borderless, border guards and other authorities may be given the right to inspect laptops, cameras, iPods and other electronic devices for illegal digital content, being able to make the decision on what is and what is not is not clear and also gives the power to confiscate or destroy the illegal material.

Common internet users are very worried about these acts changing the way they see the internet. People who use illegal material or attempt to make safe harbors for these files will feel insecure, and the world of images, movies, and other data will be completely changed. People who use certain web layouts, make backgrounds out of copy-ripped pictures, icons, screen caps, fan videos or mixes may all be caught for offense and have their items taken down. The fear that even those who do not participate in activities non-profit, like making fan art or fan fictions might fall on bad grounds, and the grey area in Anti-Cyberlaw芳 will be reformed if ACTA wills it.

Current users are also not settling down with-out one, and several letters have been sent to President Obama, a supporter of ACTA, in the hopes of getting it out in the open so that the public can really learn what is being debated behind these closed doors.

Molly Wood, a writer for news.cnet.com asked the president, “if we were going to move forward on ACTA it’s first move forward on negotiating ACTA in public... Because ACTA has so far been negotiated in secret, we don’t know exactly what’s in the treaty. But leaked versions raise very specific concerns.” For more information, publicknowledge.org and Electronic Frontier Foundation (eff.org) have been working hard to gather what is coming out of ACTA through official leaks in their battle to stop the act. Members of Congress are also waiting to read the ACTA’s decisions. Canada Research Chair in Internet E-Commerce Law, Michael Geist has also become a key watcher of the ACTA movements, and has a 20-minute video posted on his website michaelgeist.ca on the ‘threat of the ACTA’. If ACTA does come to fruition, the internet, which we have come to know as our borderless and our greatest places of free-dom, could be changed forever.

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Rachel Morgandale
COLUMNIST

In many ways I was like every girl I knew. I had my hair and nails done, wearing dresses and playing with my mother’s jewelry. However, while my mother tried to instill in me lady like behavior, my brothers had another set of activities in mind for me: watching Star Wars, fixing bicycles and receiving “Indian red burns.”

All my four older brothers certainly introduced me to a world of interests and entertainments. Being a young age, I decided to make starting school and interacting with more than one girl my own age at once a bit of a shock. At that time, I didn’t want to play Dinosaurs vs. Barbies, they wanted to have Barbie weddings. Most of them saw all boys as either being yucky or being your boyfriend. With this rule in mind, I had several “boyfriends” throughout kindergarten so I would have boys to play with. Another startling realization was that girls just behaved differently, in general, much differently than boys. I discovered that with girls I could play many games that boys would scoff at, as much fun as they could be, their anger and fighting tactics were much harder to take.

Before starting school I had never given or been given the silent treatment. If you were fighting with a boy, you would yell about how much would punch each other, and the problem would be more or less solved. I would have taken a dust-up with any of my brothers any day over the silent self-righteous anger of a school girl. Of course, I never advocate violence, but girls seemed to have a lot of things stew, to talk about you being your color. “I’m not the only one who felt extremely unformed, because they too, went through the same process that I did while becoming acclimated to the campus and its differences from their school or school.”

As a transfer student to Cedar Crest... you have to rely on the acquaintances you meet at the school.

Cedar Crest is such a good school and we are all here for one reason it would not have been nicer to be informed, because without a student ID number or generic password until two weeks before the semester how was I going to get those important forms and information?

I won’t lie; I’ve never been one to protect my skin from the sun. I distinctly recall peeling shoulders as a part of my childhood. I was forgetful—sunscreen wasn’t my priority. Later, I decided I didn’t like putting on the silly stuff. As I got older, I decided I would lay out and intentionally expose my pale skin to the sun’s rays in order to get a tan. Why? Because that’s what my friends did. Their skin looked so warm and tanned. I wanted to look like that too! Also, having a tan covered up the blemishes on my knees and any other flaws I was insecure about. Skin tone is like an accessory anyway. More if you’re planning on wearing head to toe white, you plan to be tan, just like you plan to wear those shoes. Let’s face it—it’s vanity is the only reason people expose themselves to harmful UV rays. Yet, those rays will cause wrinkling, aging and, ultimately, skin cancer. According to the American Academy of Dermatology, “More than 90 percent of all skin cancers occur on sun-exposed skin.” So much for that “healthy glow.”

On the bright side, pale skin is growing in popularity thanks to stars such as Nicole Kidman and Scarlett Johansson and the vampires of Twilight. Nicole Roberts of British Pop fame, is a former fake tanner who has now launched a new line of beauty products specifically for the pale. Roberts explained to Mail Online that “My message to women is stop hiding behind the bronzer and just embrace your skin color.” It’s true. If you are naturally pale, embrace it! You’ll be healthier and when you stop hating your natural color, you can begin to appreciate it.

I’m not saying to lock yourself inside. As mentioned before, the sun has great benefits; however, it is important to protect your skin when you know you will be out in the sun for an extended period of time. Sara Brown of Vogue recommends the use of a 30 SPF or higher along with SPF lip balms and a hat. See, skin care isn’t “in.”
Submit your opinions!

Do you feel strongly about something that is happening on Cedar Crest Campus? Maybe you have a world issue you would like to bring to campus attention. Voice your thoughts and passions through a letter to the editor.

Crestiad Editor:

I am extremely disgusted by the “A Plea for the Voiceless” article. The facts were skewed to meet the purpose of the author and it offered no counter-arguments or rebuttals as to why one would be pro-choice.

Most disturbing was the fact that this article was written and published in a paper at a women’s college.

Abortion is a right that every woman has, as it involves her body, her health, and her life.

The definition of “abortion” as used in the article is generally accepted as true, and human development does begin after a sperm and egg join, but until the cutting of the umbilical cord the fetus is a parasite to the mother. It cannot live on its own without its mother’s oxygen or nutrient supply, cannot feed itself, think for itself, or survive outside of the mother alone.

Many would call pregnancy a symbiotic relationship where the fetus takes everything from the mother and the mother is drained and forever changed because of the potential lifeform that is feeding off of her.

Sure, some forms of abortion are brutal and difficult to imagine. But would you rather have the mother—a meaningful, purposeful, loved member of society—die because the parasite inside of her is killing her?

Would people prefer to outlaw abortion so they can instead pay even more taxes to help the poor, homeless, sick mothers that were forced to have a child they couldn’t take care of? Would it make more sense to take care of thousands of women that go to street “butchers” for an abortion and almost die?

With that, maybe they’d like the adoption centers and foster care system to be over-loaded with mentally and physically challenged babies of those mothers who were on medication or drank prior to learning about their pregnancy.

If my mother had medically-necessary disease or health issue when she became pregnant with me, I’d prefer that she abort me instead of limit my life opportunities and put a stress on her life and financial situation. Put simply, if my life would put my family out on the street or risk the death of my mother I would hope to be terminated during pregnancy.

The heart may begin to develop early on, but the nervous system is one of the last to be completed. Cognition and awareness of self doesn’t even begin until about age 2. There is no plea to be heard.

Kelli Blauth
Senior 2010

Letter to the Editor

Response to A Plea for the voiceless

Above are the Madrigal singers of 1981. The group which traditionally performs at Commencement was recently renamed the Cedar Crest Singers.

O P I N I O N S

April, 15 2010 | 7

Crestiad welcomes Letters to the Editor on any subject. To get your letter into the paper is to be published.

Submit letters to the editor or the Crestiad e-mail account at crestiad@cedar-crest.edu to get your letter into the paper by midnight on the Sunday before the date the paper is to be published.
LIFESTYLES

Dannah Hartman
Managing Editor

Green your gadgets

When it comes to being en-
ergy-efficient, most electronics
are not. However, with technol-
ogy improving it’s also easier for
companies to make eco-conscious
decisions that will green their
gadgets.

The Solio Classic Solar
Charger, available for $74.96
at greenfeet.com, is a compact
carger for your cell phone, iPod,
GPS, gaming system and other
handheld devices that stores
power from the sun. The intern-
ning battery can store energy for up to
a year; if you charge your Solio in
the sun a few hours it will last
about 40 minutes of MP3 music and 15
minutes talk time on your phone.

The solar charger comes with many adapter
cables for Nokia, Sony, Samsung,
LG, and USB ports for iPhones and iPads.
Not only does this charger generate clean energy im-
mEDIATELY, it lets you charge de-
vice at the same rate as the
average wall charger so it’s an
easy and affordable way to re-
place your old gadgets.

Mukury Innovations offers
speakers so you can love the en-
vironment as much as you love
music with its mix of designs
made primarily from post-con-
sumer recycled material. You
choose from different colors
and patterns, including Skittles,
Starburst and M&M designs for
$14.99. If you can’t find some-
thing you like there’s always the
option of the “Design it yourself”
eco-speakers that are plain and
can be decorated.

Eco speakers aren’t the only
way to green your music, the Ego-
Max Solar Wind-up Radio
Radio & LED Flashlight can be charged
from solar power and by winding
it up hand. Ecogeeklive-
ing.com sells these gadgets for
$49.99.

Printing a paper and no sta-
pler in sight? No problem! The
Paperfix Stapleless Stapler is your
solution. This gadget binds together small amounts of
paper without the use of staples or paper clips. The
Paperfix reduces the need to use processed metal.

The Paperfix binds the paper through paper folding and
forming, causing the sheets to in-
terlock. Using this compact, con-
venient gadget is used just like a
stapler—is by applying pressure
to the device—however, you’ll
never run out of staples! This
little eco helper is available for only

For more green gadgets,
check out ecogadgets.com
and ecotechdaily.com.

Nicole Magmoire
ADVERTISING MANAGER

Recently, there seems to be no such thing as
new candy, it seems like everything has already
been invented. But one company that always
seems to be one step above the rest is Willy
Wonka. Wonka, the creator of Spree’s, Nerds
and Sweet Tarts, has struck again with its new candy
Whipped Wingers Gummies.

Wingers Gummies comes in four different
flavors—watermelon, orange, pineapple, and trop-
ical punch. The new candy is an addition to
Wonka’s new Edible Garden line and is made
with natural ingredients and 25% real fruit juice.

This candy is unique because it’s definitely
not like any other candy out on the market. The
candy pieces, which are shaped like flying insects
to go along with the edible garden theme, are
smooth on one side and fluffy on the other side.
The fact that the ingredients were whipped adds
different flake to the texture of the candy which is
automatically intriguing.

The orange flavor, which is more like a cit-
rus mix rather than just one plain flavor, is a
mouth full of juicy delicately. Unlike many other
orange flavored candies, it doesn’t leave
you with an after-taste resembling orange peels.

After a while the taste may become slightly monotonous, but after
another flavor is mixed in, the flavor becomes new again, and will easily be-
come a fan favorite. The water-
melon flavor certainly
tastes like watermelon, but
lacks the sour
after taste that
sometimes fol-
lows most
watermelon candies is in-
credible.

This particular fla-
vor, which seemed to be few and far between in the
bag, was a surprise treat sent especially from
Wonka to all the buyers of his new candy. It’s the
kind of flavor that whenever you eat it, you for-
get how delicious it was before and your taste buds are
stimulated once again by the taste it sur-
prises you.

The last two flavors—pineapple and tropical
punch—were the most delicious of the four fla-
vors, believe it or not. It seemed as
if their flavors changed every
time I ate them, or rather I dis-
covered a differ-
ent hidden aspect of the flavors that I
wasn’t aware of before. The pineapple flavor was
surprising because it seemed to have more
of the whipped aspect than any of the other flavors.
The whipped side seemed to extend into the middle of
this flavor instead of just resonating on the one side
like with all of the other fla-
ers. Tropical punch, which I found myself searching through
the bag for, is the flavor that
should be saved for the very last bite because its
consumption mouth waterfall flavor is more than
memorable.

All in all, I would give this candy two
thumbs up and hats off to the Wonka Company for
once again creating an incredible new treat
for the world to enjoy.

Katey Dauble
STAFF WRITER

You’re getting ready for your
workout, open your bag, and find
out you forgot your sneakers. Well,
what now? No sneakers, no running,
right?

That doesn’t always have to be
the case. Although many people be-
lieve running barefoot is a bad idea,
recent studies show the benefits
of running without shoes, but also
made sure to mention some risks.

While you may be used to running in
comfortable, cushioned shoes, it
might not be beneficial to your
health. According to Daniel Lieber-
man, a professor of human biology
at Harvard University, running with
shoes, and adolescent Kenyans who
were able to find that in every mile,
with shoes, and adolescent Kenyans who
wore shoes for most of their life.

Interestingly enough, research
has been done by analyzing some
runners. The researchers in-
cluded U.S. adult athletes who al-
ways wore shoes, Kenyan adult
runners who grew up without
shoes, but now run with shoes, U.S.
adult runners who used to run with
shoes, but now run without shoes,
and Kenyan athletes that never wore
shoes, and adolescent Kenyans who
wore shoes for most of their life.

While this study, researchers were
able to find that in every mile, a
sudden collision force occurs on
an average of 960 times a day.
That’s a lot of force put into your
feet in a mile.

There might be some runners
who have had success with barefoot
running, but the risks are always
something to consider before you
ditch your Nike’s. Donohue
hasn’t used them out with his knowledge of bare-
foot running. “There have been re-
ported cases of barefoot runners who have sustained small lacera-
tions on the soles of their feet which subsequently became in-
fected through contact with God-
knows-what substances on the
ground,” says Donohue.

Although health officials are
recognizing the convenience of
running without shoes, they also
advise the public that it’s not some-
thing you should jump right into.
While you might be interested in
letting go of sneakers for your run,
you might want to gradually step
into it. Make sure that you’re aware
of the surface you plan on working
out on. Beth Oudin, the Athletics
Trainer for Cedar Crest College,
is aware of the research but agrees
with health officials who say it’s
not so easy to begin doing. “I
would not recommend it for our
cross country runners because the
courses they run on are sometimes
rough terrain and they could get in-
jured,” suggests Oudin.

Barefoot running might not be
such a bad idea, but just remember
to start out slow! Also, keep in
mind that barefoot running shoes
are available in sporting goods
stores to help you get started.
A study by Virginia Mobile in 2016 found that cell phones are the cause of 3.8 million cases of strain injuries per year. The average teenager sends about 100 text messages a day, or about 3000 text messages in one month. Are you aware of your texting habits?

The repetitive gesture of text messaging puts pressure on the median nerve, which runs from your forearm to your hand. This can cause carpal tunnel syndrome. According to Webmd.com “carpal tunnel syndrome is pain, tingling and other problems in your hand because of pressure on the median nerve and some tendons [that] run from your forearm to your hand through a small space in your wrist called the carpal tunnel. The median nerve controls movement and feeling in your thumb and first three fingers.”

Those being diagnosed with carpal tunnel syndrome are getting younger and younger due to excessive texting messaging. A Chicago teen was diagnosed at 16, and sends a whopping 100 text messages a day, so by doctors orders she has scaled down to 20-30 text messages a day. Even with the possible dangers to hand and wrist health, many do not want to give up text messaging. Elise Rubens, sophomore Forensic Psychology major, said “I text every single day, some months over 1500 total.” When asked if she knew that it could cause carpal tunnel, Rubens said “I would say yes, but honestly, that’s not going to stop me from texting.”

When asked the same question Naomi Wantz, sophomore Computer Information Systems major said, “Doesn’t surprise me, I’m probably not going to stop text messaging because of that. There are a lot of other things I do that could also cause it, like typing.”

There is some hope, however. Danielle Mulligan, senior Psychology major, averages 100 text messages a day. When told about the possibility of text messaging causing carpal tunnel she was shocked. “Wow, I didn’t know that. I do prefer text messaging over calling. I’ll probably limit how much I text message now.”

Be aware of spending long periods of time text messaging, and give your hands a break, especially if you experience any pain or discomfort in your hands and wrists.

The American Society of Hand Therapist (ASHT) Past President Donna Bregerson Stanton advises in the ASHT’s consumer alert to “Watch your posture, and do not hold your arms and wrists in the same position for too long. This is the main cause of carpal tunnel syndrome.”

Dr. Michah Sadig, professor of Psychology, elaborates on stress and its effect on the body while giving tips to quell weight gain related to stress.

“As anyone you’re under stress, your resources are being used up. Every activity uses up your resources. We often have the opportunity to replenish our resources and the idea is not to avoid stress but to replenish frequently,” Sadig said.

Sadig explains the reason why people go for simple carbs, which does not yield prolonged results in energy and can lead to weight gain.

“Since stress uses up our resources, when we go under high levels of stress we tend to look for things to replenish quickly. Many people may strain their elbows and wrists by leaning on cell phones and not understanding that you may be depriving of water, which is in association with Ro- dale Health and Wellness magazine. One of the many reasons is that your body has a cause of that. There are a lot of other things I do that could also cause it, like typing.”

Sadig said. “Tell your brain ‘This isn’t a desert experience, you can let go of water’” Sadig said.

As female students, we have a natural way to deal with stress that leads us to form bonds with others by creating a support system. Sadig stresses that this is a bodily function that should be continued during stress.

“Women produce higher levels of oxytocin, a bonding hormone. Generally speaking, women may have a tendency to bond with someone, which is a wonderful form of dealing with stress by building social support.”

Sadig said.

The given information regarding foods may reduce stress, but has not been proven by the Food and Drug Administration (FDA).
Happy Birthday: Hannah E. Walters

Hope you have a great day!!!!

Contact: Nicole Magloire
Nrmagloi@cedarcrest.edu

Word Ladder

Directions:
Start at the top word, and change only one letter of the word to make a new word each step down the “ladder” until the final word is made. The puzzle can be completed in the designated amount of steps, although there may be more than one solution.

Submitted by: Dani Frazier

Learn Hindi!

Pronounce it, and you’ll figure it out!

Submitted by: Christine Hickey
STUDY BREAK

Answer Key

1.) Top Secret
2.) Peace on Earth
3.) Too funny for words
4.) A cut above the rest
5.) The wrong end of the stick
6.) Painful operation
7.) Scrambled eggs
8.) Jack in the box
9.) Robin Hood
10.) Half-hearted
11.) Skate on thin ice
12.) H2O (water)

submitted by Alyssa Slinger
Justin Bieber, the 16 year old Canadian sensation, has once again stolen the hearts of woman all over the world with his new hit CD My World 2.0. Bieber's album My World, which went platinum, was released in 2009 and made him the first artist to have seven songs from one album on the Billboard 100. Now Bieber's new CD is expected to receive the same type of success.

My World 2.0 begins with Bieber's new single “Baby” featuring Ludacris. With lyrics like “Are we items? Girl quit playin, we’re just friends? What are you saying?” one could see how easy it is for this song to become number one on your iTunes most played songs list.

Bieber, who co-wrote all of the songs on his album, has a more mature tone in this CD compared to his first album. His song “That should be me” takes the CD off of the level of just being a pop album and add an R&B feel to it. One can tell that Bieber tried to show his maturity in this album by singing about more mature topics. Though the majority of the songs are about love, and different aspects of the topic. One of my favorite tracks on the album “Runaway Love” has a very descriptive Michael Jackson feel to it. With lyrics like “You see my baby up and hit the road, where she’s going that’s what nobody knows, I need to find her before another man does, wouldn’t want him to steal my love.” Bieber uses high notes and musical transitions to show how his tastes in music and singing abilities have improved.

One interesting part about the album is that all of the tracks that feature guest artist are sung mostly by the featured artist instead of Bieber. It was oddly refreshing to hear a track that featured a not as well known artist, but still allowed that artist to have most of the spotlight.

There are songs on Bieber’s album that can appeal to all types of people, you can find a subtle techno sound in his track “Somebody to love,” and a pop sound in his song “B a b y.” For those of you who enjoy R & B sound there are surprisingly a lot of songs on this album that will reach out to that audience as well.

The album debuted on the Billboard 100 at the number 1 spot after selling 283,000 copies in its first week. The charting made Bieber the youngest solo male artist to top the chart since 1963, when Stevie Wonder had the same Spotted after his album “The 12 Year Old Genius” was released. Bieber was also named the first artist to rest in top two five spots since Nelly in 2004. I would recommend My World 2.0 to any music fan that would like to listen to pure youthful talent that reminds you of all of the reasons that you love music so much.

For those 

Justin Bieber takes you to his world

Nicolle Magloire

ADVERTISING MANAGER

Justin Bieber is still dancing with his two left feet, the man-skafer broke two toes and Pam Anderson is still molesting the camera. No new news to us, but what is new is Jimmy Falcon’s “dance interpretation” of Kate Gosselin’s paparazzi tango from a week ago. The late night talk host dressed in red, wore a crooked long blonde hair extension, and mocked the dancing mom of eight in a hilarious parody that had the potential to make viewers vault their pants, it was that funny.

If you may remember a certain New York Governor and his scandal that involved a certain call girl, well that little lady has been making quite a name for herself, literally. Ashley Dupre, the call girl who made mucho money from her services is now an established columnist for the New York Times. She writes a weekly relationship column for the paper.

I feel that the only time you should go to a call girl for relationship advice is when you’re at a last resort and Dear Abby and Dr. Phil aren’t returning your phone calls. Dupre also is gracing the cover of Rolling Stone this month. Yep, that’s what I want to see representing a prestigious publication. Even though she is naked apparently is the new way to establish a name for yourself.

As everything comes to an end, so does Brett Michaels appendix. The “performer” was set to ring in Sea World in Florida when he hit with “severe stomach pains.” Michaels was rushed to the emergency room where he was treated with appendicitis, which as you may know, could be fatal. Here’s the upside to this down, Good thing bandana boy didn’t mistake his appendicitis for constipation because if he went to the bathroom instead of the hospital, he may not have been alive for Rock of Love season 6.

Justin Bieber takes you to his world

12 ARTS

S U M M E R S O U N D T R A C K S

NEW RELEASES YOU DON’T WANT TO MISS

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In its first two seasons, “Breaking Bad,” presented and explored a question: what happens when a man who no longer has anything to lose uncovers an opportunity to make millions of dollars to support his family?

Enter Walter White, a high school chemistry teacher in Albuquerque, N.M., who works part-time at a car wash to help support his pregnant wife, Skyler, and his physically-disabled son, Walt Jr. How-ever, Walt “goes on a ‘ride-a-long’ with his brother-in-law, Hank, who works for the Drug Enforcement Agency. He comes face to face to face with one of two pivotal truths: methamphetamine dealers make massive amounts in profits. This comes on the heels of the sec-ond pivotal truth: he has terminal lung cancer, and at most a few years left to live.

Enter Jesse Pinkman, Walt’s former student and a low-level meth dealer narrowly escapes Hank on the day of the “ride-a-long.” Walt and Jesse team up to become the most profitable methamphetamine manu-facturer-dealer team in the Albuquer-que area. In Season Two, the rabbit hole deepens as Walt begins to experiment with various forms of violence and control to maintain this new level of power. The Albuquerque area also struggles to deal with the tragedy of the plane crash, and only Walt and Jesse can acknowledge to each other how intertwined they are with the fact that it happened.

It’s not clear in what direction the rest of the season will proceed, but Walt would rather head to Texas to start a new life and Jesse would rather head to Europe to seek out the family he never knew existed. No matter where Walt goes, though the US and UK are still divided, but only into three, regions. Discs purchased from the UK won’t play on many US DVD players. In the spirits

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For more information.

CAMPUS CORNER
What summer concerts are you looking forward to?

“I’m excited to attend the Keith Urban Concert at the Great Allentown Fair” with my family” - Robin Gerchman, Dance Faculty

“I’m looking forward to Thursday May 20. I’m going to New York to see the Pearl Jam concert and they rock so it’s going to be awesome!” -Lauren Nagy, Junior

Nearby Concert Venuers

Crocodile Rock Cafe
453 Northampton Street
Easton, PA

Theatre of the Living Arts
34 South Street
Philadelphia, PA

Tower Theatre
69th & Ludlow Street
Upper Darby, PA

The Hershey Theatre
15 E. Caracas Avenue
Hershey, PA

State Theatre Center for the Arts
453 Northampton Street
Easton, PA

Sovereign Center

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Sovereign Center
Event Calendar compiled by Rachel Zarayko, Staff Writer

Thursday, April 15
The faculty members who have received promotion and tenure will be giving short presentations in Samuels Theater at 4 PM. The Cedar Crest community is invited to join them for this ceremony.

Off Campus Event: 100 Monkeys, Jackson Rathbone, Ben Graupner, Jerad Anderson, Ben Johnson, and Uncle Larry will be playing at the Crocodile Rock in Allentown. Doors open at 7 PM and tickets are $10.

Friday, April 16
The Biology Olympics for high school students will be held around campus from 9 AM until 1:30 PM.

The Miller Keystone Blood Drive will be in the TCC room 1867 from 10 AM until 5 PM.

Off Campus Event: The Resse Johnson album release party will be at the Crocodile Rock in Allentown. Doors open at 6 PM and tickets are $10. Also at 6 PM is the East Coast Indie Stage Battle of the Bands featuring Oh Rabbit, Burden My Surrender, Hiccup Hellen, The Gentleman’s Club, The Feens, Lateral, Reality Stricken, and A Dawn Becoming.

Saturday, April 17
Road Trip: “The Lion King” Broadway show. Busses leave Blanev Hall circle at 9 AM. The show is at 2 PM and the bussed will leave NYC at 7 PM. Sign up by contacting SAB.

Off Campus Event: At the Crocodile Rock in Allentown, Epic Harvest, The Vinyl Plane, Degeneration, The Things They Carried, Spare Not the Villagers, Severed, Tainted Paradise, and Once and For All will be playing at 5:30 PM and Endwell will be playing at 6 PM. All tickets are $10.

Sunday, April 18
The Hall Olympics kick off at the Spring Fling.

Off Campus Event: The April Fools Cancer Benefit Concert will be held featuring Sweet Hollow Drive, Survive This City, Curtis, Deezle Church, and Suaka.

Monday, April 19
There will be Hall Olympics events at noon and 7 PM.

STAFF WRITER
Rachel Zarayko

The new version of Lewis Carroll’s Alice in Wonderland, an acclaimed children’s book, was first made popular by the animated film by Disney in 1951. This new Alice, also by Disney, is more contemporary and action-filled than those before it. It has pieces of the book that no other film version has.

Also, Carroll’s original novel in taboot the difficulty of growing up, and Burton brings that aspect back into the story. Burton said, according to saccrcrave.com, “It’s a story about somebody using this kind of imagery and this kind of wordplay to figure out problems and things in their own life, and what’s fantasy and reality and dreams and reality — how they are not separate things, that they’re one thing.

It’s how we use those things to deal with the issues in life.”

In the beginning, 19-year-old Alice Kingsley is proposed to by a rich but awkward man who her mother and sister hope she will marry. In a panic, she runs away and falls down a rabbit hole into a place that she remembers dreaming about as a child, which she called Wonderland. Only she wasn’t dreaming. She really was there as a child, and the place is called Underland, not Wonderland.

The citizens of Underland are no longer the carefree people Alice remembers. The Red Queen has taken over, and is making everyone miserable. However, according to a prophecy, Alice will defeat the Red Queen’s evil “pet”, a monster called the Jabberwocky, and restore power to the gracious White Queen. Alice is reluctant to believe she is the Alice from the prophecy at first, and she believes for awhile what she is dreaming. But eventually she discovers that the danger is real and that she must help the people of Underland.

Throughout Alice’s journey, we meet quite an all-star cast. Johnny Depp plays the Mad Hatter, and truly steals the show with his scenes. Some of the characters are funny and some of which are heart-breaking. Burton’s Mad Hatter is a much more developed character than in previous versions, which adds a great deal to story.

The Red Queen is played by Helena Bonham Carter, who is known for her portrayal of Bellatrix Lestrange in the Harry Potter movies and Mrs. Lovett in Sweeney Todd. The Red Queen is eccentric and gluttonous, and her over-sized head sparks a lot of funny moments. The peaceful but odd White Queen is played by Anne Hathaway, the star of many movies including Get Smart, Bride Wars, and The Princess Diaries. Alan Rickman, also from Harry Potter and Sweeney Todd, plays the role of the blue hookah-smoking catapiller. While Alice is played by a less known actress, Mia Wasikowska, she also does a wonderful job. Wasikowska is a fresh new face, and being the lead actress in this movie will hopefully result in her appearance in many more films.

The cast does a great job at giving the characters depth and personality, and really brings them to life. Claudia Puig from USA Today said “Alice in Wonderland’s menagerry of characters range from mildly loopy to certifiably insane. But they’re immensely fun, and what they have to say has charm and verve.”

IMDB gave the movie a 7/10 and Rotten Tomatoes only a 52%. The visuals in the movie though truly made up for anything that the storyline may have lacked. The scenery was beautiful. The entire movie was incredibly detailed and full of vivid colors. Seeing it in 3D was quite an experience.

Overall, the new Alice in Wonderland did not have as great a plot as expected, but it was still enjoyable to watch and the acting was wonderful. The visuals make the movie, and even for the non Alice-enthusiast it’s definitely worth the $9 to see it in 3D in the theaters.
McNabb traded to Washington Redskins

Philadelphia quarterback Donovan McNabb has been traded to the Washington Redskins in the 2010 NFL draft. He has been with the Philadelphia Eagles since 1999, where he was selected as a first-round draft pick. Rumors had been floating around about the possibility of McNabb being traded, with many suggesting the Oakland Raiders as a possible new home for Mc

Rogers arrested for possession in airport

Shaun Rogers, who is believed to be finally on a path towards getting along with all of his teammates.

Rogers, who is referred to by his teammates as being the “big baby,” was said to have showcased high intensity throughout his career. He made an impact on the team by continuing to commit his time and dedication throughout the years, and now—

He is gone.

A very large part, it isn’t everything.

I am a competitive person, that I will still be able to continue riding made the entire ordeal almost too much not worth it in my mind. When push came to shove, obviously, I made the decision to have the surgeries involved in not having them. Before this begins to sound like just a few hundred words of self pity, the student part of the little “student athlete” makes this all much more bearable. A different look at the idea that if you have more you can lose more is worthwhile.

Tale of two worlds

Donovan McNabb was a quarterback for the Philadelphia Eagles for longer than many others—10 years. That’s a long time to stay with one team. He was their leader and clutch player, but also one to be hurt at many times of his prime play. He led the Philadelphia Eagles to four of the NFC East division championships and one 11-5 record as a starting quarterback of the Super Bowl once. He was an MVP and won many other awards throughout his time as a Eagle.

Donovan McNabb was traded from the Philadelphia Eagles just needs a step into high gear and pick his game and it seems like all of their questions have been answered. Now, younger players will reserve any further comments to this article on his official website, perhaps an indication that he would like to lay this particular allegation to rest as he begins his new tenure with the Red

To me, this is not even a problem. If you can walk and you hurt your leg, you lose walking. If you can hold on and still compete in a sport and you hurt your leg, you lose both. Those are the risks I take. Due to a much needed knee surgery - three actually - I won’t be able to walk, for over the next fifteen months. Fifteen months is still un-thinkable to me, even though I am already in the midst of it, and honestly take much more time off of riding made the entire ordeal almost too much not worth it in my mind. When push came to shove, obviously, I made the decision to have the surgeries involved in not having them. Before this begins to sound like just a few hundred words of self pity, the student part of the little “student athlete” makes this all much more bearable. A different look at the idea that if you have more you can lose more is worthwhile.

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Shaun Rogers was arrested for possession in airport

Nicole Magloire

STUDY BREAK EDITOR

Shaun Rogers, nose tackle for the Cleveland Browns was arrested at Hopkins International Airport after a loaded gun was found in his luggage.

Police said in a statement to the Associated Press that Rogers was stopped at a security check-point at concourse C when officials spotted a loaded .45 Caliber in his luggage. Rogers was arrested “without incident” once the firearm was spotted.

According to www.espn.com, Rogers was “arrested, transferred to a downtown processing center and booked for carrying a concealed weapon, a third-degree felony.”

Philosophically, Sammy Morris of the Cleveland Police Department released a statement saying, “Rogers was held in the city’s jail overnight Thursday and remained there Friday morning.”

Though no official charges have been filed against Rogers at this point the football player could still face federal fines for having the weapon.

Reports also state that it is unclear whether Rogers told the officials that he was carrying a loaded gun into the airport or not, whether he had a license to carry it, and also whether he was traveling with anyone else during this time.

Rogers was at the team’s suburban training facility taking part in a voluntary training session days before the incident occurred. Browns president Mike Holmgren released a statement in regards to the current situation saying “We will continue to gather additional information, and until the legal process has taken its course, we will reserve any further comments.”

Rogers, who is believed to be one of the best players on the Browns’ team, may not only face legal issues but also problems with the NFL if it is determined that he failed to adhere to the NFL code of conduct.

Along with his current legal issues, Rogers also has a fault-free record with the NFL. Rogers received a four game suspension from the NFL in 2006 for taking a banned substance to control his weight. Also in 2007 an exotic dancer accused Rogers of touching her inappropriately, this allegation was found to be false after a thorough investigation.

Rogers a three time bowl pick spent two seasons with the Browns though he missed the final five games of his season after a leg injury. The Browns received Rogers after a trade with the Detroit Lions in 2008, the exchanged ended with Rogers going to the Browns and cornerstone LeBron Giddon going to the Lions.

Rogers who started his time with the Browns on a rough note after conflicts with the coach was expected to be finally on a path where he was getting along with all of the players and the coach. Rogers, who is referred to by his classmates as being the “big baby,” was said to have showcased high levels of leadership skills amongst his teammates.

Rogers now is waiting to find out if he will either receive criminal charges and if not criminal charges then charges of misconduct and breach of the code of conduct agreement from the NFL.
ATHLETICS

THE CRESTIAD

Upcoming Falcon Games

Lacrosse
Thursday, April 15
vs. Wilkes
HOME
4:00 p.m.

Softball
Friday, April 16
vs. Marywood
HOME
3:00 p.m.

Lacrosse
Saturday, April 17
@ Immaculata
11:00 a.m.

Softball
Saturday, April 17
@ PBU
1:00 p.m.

Lacrosse
Tuesday, April 20
vs. Neumann
HOME
4:00 p.m.

Lacrosse
Thursday, April 22
@ Rosemont
4:00 p.m.

Softball
Friday, April 23
vs. Centenary
HOME
3:00 p.m.

Softball
Saturday, April 24
vs. Baptist Bible
HOME
1:00 p.m.

Lacrosse
Saturday, April 24
@ GCU
4:00 p.m.

Softball
Wednesday, April 28
vs. Scranton
HOME
3:00 p.m.

April is the month to celebrate youth safety

Rachel Morgandale
STAFF WRITER

In 1993 National Youth Sports Safety Foundation Inc. was founded to promote healthy precautions for athletes. April was declared National Youth Sport Safety Month. The campaign has the support of many sports organizations including The United States Olympic Committee. Their site has good information for athletes of all ages, not just children and emotional safety as well as physical is emphasized.

According to the website, sports activities are the second most frequent cause of injury for both male and female adolescents. Keep your little brothers and sisters safe this summer and make sure you aren’t sidelined by a preventable injury either. The NYSSF is the only organization solely dedicated to preventing youth sports injuries and promoting fitness by educating the adults in their lives. The organization is dependent on donations to keep running and they hold many events throughout the year. According to www.nyssf.org, “Past campaigns have addressed: the emergency plan, preparticipation physicals, individual risk factors, coaching education, eating disorders, the recognition of sports injuries, and safety equipment. Resources are available on http://www.nyssf.org/campaign.html and they can always be contacted with questions by writing to NYSSF, 1 Beacon Street, Suite 3333, Boston, MA 02108.”

-Emotional Injuries
Fact Sheet: the sheet outlines the kinds of emotional abuse and how parents and coaches can affect children involved in sports.

-Tips for Kids: great for any little athletes you know, this sheet encourages kids to have fun and respect their fellow players.

-How to be a Good Coach and The Golden Rule of Coaching: both sheets have great reminders if you’re coaching a local youth league this summer.

-Sport Parent Code of Conduct: an agreement for parents to sign to remind them that they have a code to honor as well.

-Suggested Events and Events Guidelines: ways for you to promote Youth Sports Safety in your community.

-Ways to Promote Sports Safety: ideas for keeping young athletes safe all year round.

Come support your favorite team at the Hall Olympics!

Games start April 18th and end April 22nd