How will the economy affect CCC?

Rachel Morgandale
STAFF WRITER

“The Board of Trustees has approved the educational costs for the 2010-2011 academic year. In response to the current economic climate, the College announces the lowest tuition increase in over a decade,” so begins the letter from Student Financial Services sent to Cedar Crest parents this month. The economic downturn has put many colleges and universities in danger. Kutztown University is seeing a number of lay-offs and other cuts in operation. The enrollment at Kutztown is at an all time high and so is their debt, they expect to have over a four million dollar deficiency during the 2010-2011 school year (Reading Eagle). What does that mean for Cedar Crest students? First, it’s important to recognize the difference between publicly and privately funded colleges. The biggest difference is the source of income: public colleges depend on the state for much of their funding, whereas private colleges depend on tuition and private donors (careersandcolleges.com). That may make it seem like a private college would be impervious to economic challenges because they don’t depend on the state government, but private donors may be less inclined to donate as much as they have previously with tighter budgets than before. There may also be more competition for scholarships and grants as more students try to offset the costs for themselves and their families.

Students protest video

Nicole Magloire
ADVERTISING MANAGER

On March 28, Gym Class Heroes and the local, Bethlehem based band, Sandlot Heroes, graced Muhlenberg college with their presence. Sandlot Heroes opened for Gym Class belting out songs from their album, “Pretend That We’re Famous,” ending with their highly requested song “Out of my hands.” The band consists of members Dan Kastelnik (Lead vocals, guitar), Chris Morrison (Lead guitar), Ans Gibson (drums, keys), Jake Lare (bass). Sandlot Heroes, priding themselves on their connection with their fans was a perfect opening for the main event, Gym Class Heroes. Gym Class Heroes, which consists of members Matt McGinley (drums), Eric Roberts (bass), Disashi Lumumba-Kasongo (Guitar), Travis McCoy (vocals). “The Quilt,” which is the bands newest album, consists of songs that show how the group has matured and grown in their talents. McCoy also adds a quirky and eclectic personality to the band, that makes him stand out from any other lead singer in the industry. To learn more about Sandlot Heroes and Gym Class Heroes refer to page 13 to read their interview.

A night of heroes

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We want to persevere in the face of adversity.

Kelly Oakes, Junior

A protest takes place on the steps of Blaney Hall to express dissatisfaction with “Where are the boys?” video

Rachel Morgandale, Staff Writer

On Mar. 30, 32 students braved the cold and rain to protest at 12:52 p.m. on the steps of Blaney Hall over the hotly debated “Where Are the Boys?” admission video that appeared on YouTube in February.

Though classes and the weather kept many students that have shown displeasure away from the protest, those that were there felt that their time was well spent. Kelly Oakes said, junior Business Administration major, wants Cedar Crest to press on despite this issue. “We want to persevere in the face of adversity,” Oakes said.

Oakes feels the video does not accurately represent what the students and campus life are like at Cedar Crest. “I know a lot of students come here and then they transfer out, I want someone to come here because they know what they’re getting into. When I stepped on campus it just felt right and my choice.

Along with the student demonstrators was staff member Guy Gray, a Communications technician, was present. Gray feels that despite the opposition, this was something we should pursue a constructive resolution to the problem.

“I actually was the videographer,” Gray said. “I thought it was a pretty good video, but if there’s this much student opposition to it, I think we should learn from this and maybe run it by students first, maybe have a focus group so we don’t offend anyone’s sensibilities.”

Maureen Manning, junior BCU major, believes that the video does not portray college life correctly.

“What offends me most about the video is that the beginning of the video is dedicated to a subject that has nothing to do with being in college because college is for education… you want to be with somebody, but that’s not the reason for going to school,” Manning said.

Other students echoed Manning’s concerns about the possibility of Cedar Crest.

“Education” is about maintaining yourself and building yourself up… not relying on somebody else in a relationship,” Laura Krompasick said, senior Communications major.

Although the protest had a smaller turnout than many students hoped, Kim Owens, vice president of Enrollment Management and Student Affairs, stopped by to see what the students were saying. “I’m here to listen to the students’ voices,” said Owens. She hopes that the student reaction to the video will encourage them to get involved in future activities of this nature, such as a possible contest to create their own video for prospective students. While she says the “Where Are the Boys?” video is staying up on YouTube, it will not be the only video representing Cedar Crest once these other projects get underway.

Many students are in favor of new videos, but still wish “Where Are the Boys?” to be taken down first.

“I think it was a bad decision on the college’s part to make this video without consulting us. A friend of mine even said it makes us look like ‘hunting husbands hasseis’… I would say pull the video and create a new one with more student input, that the student body as a whole ratifies and the faculty too because it looks bad on them… none of them showed up because there was an emergency faculty meeting for exactly the same time [as the protest].” Andrea Hargrove, senior English major, said.

Julia Baecher | Crestiad Special

Students made a variety of signs and T-shirts. One sign had described that having boys on campus did not help obtain a GPA over 3.8. Other students began to write their own GPAs to strengthen her argument. Above is freshman Joshlyn Susanen that made her own T-shirt saying “I thought college was about an education.”

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.
The H2L2 community meeting on Wed. Mar. 24 brought new considerations, most notably revamping the Cressman Library, extending the arboretum up to Blaney Hall, and changing the way prospective students first view the college physically.

More people attended this spring meeting than in fall, including more faculty, staff and community members. Dr. Diane Moyer, professor of Psychology and the co-chair of the Campus Master Planning gave a brief introduction to the presentation.

The hot topic was the idea of making the Cressman Library more technologically sound. Donna Zalecky and David Bisbee of H2L2 Architects added new ideas to the master plan based on feedback from the community at their meeting during Fall 2009 and presented the new ideas to the community. Their plan was to make the library’s terrace level, or bottom level, into an information commons and a “genius bar” where tutoring would occur as well as housing the Information Technology Department (IT). Along with IT offices, the terrace level would be renovated to hold 50 computer stations, while the books that are not frequently used on that level would be stored in a warehouse until further notice.

The question and answer session of the meeting brought about concerns regarding the Terrace level of the Library. One community member feels that the books on the Terrace level are primarily used by English and History majors, majors which rely heavily on books. If the books would be warehoused, those majors would lose a part of their learning experience. The cost of storing books in a warehouse is also very costly and would cause inconvenience to Lifelong Learners and Traditional students alike.

Another concern regarding the library that was brought up in the meeting was the art gallery being disturbed on the main level, where Lee Leecey and Constance M. Simon have discussed their art this year. The Art Department is involved with the library as well as English and History majors.

The H2L2 representatives explained that the reason they chose the Terrace level for renovation was because it would be the easiest level to access during the reconstruction process. Furthermore, the two levels above it would remain the book-oriented parts of the library, as putting IT on the first level may cause confusion for people entering and expecting the traditional library look. Likewise, if the IT level would be on the second level, it would break up the flow of the traditional library setting as well.

Blaney Hall may also be facing a new look. The road facing the garden would be closed to traffic and turned into an extension of the garden, so traffic could be rerouted into less of a labyrinth.

Zalecky and Bisbee also suggested a way of “beautifying the campus at a little expense.” By simply changing the directions to campuses on the Cedar Crest website after renovations, prospective students could view the campus from the park from Cedar Crest Boulevard. This change may give first-time visitors a better first impression of the campus, as they could see Blaney Hall lighted at night as they drove behind the college.

Attendees at the meeting expressed their praise for the Athletic Department getting revamped, even though the collegewould be without a gym for a year during reconstruction and the roads would be rerouted in front of Lees Hall.

“We’ve talked with the Athletic Department about it and they felt it was a small price to pay for what they’ll get” Bisbee said.

The fitness center, as the H2L2 representatives explained, would still remain while the gym was being reconstructed.

As expressed in the meeting in Fall 2009, the residence halls are still being heavily considered for renovation, primarily Moore Hall and Blutzz Hall, as they may affect what students attend Cedar Crest.

“Your residence halls are a tough sell, so that would have to be at the top of the list. When freshmen see your residence halls, they think ‘This is where I’m going to be spending my next four years’” Bisbee said.

What is still left unquestioned from the meeting in fall is that the Performing Arts and Communication Departments should get their own building, the Tompkins College Center (TCC) should be renovated, and the Nursing students should be brought back onto campus instead of being in the Hamilton Boulevard Building. This building may be considered to house Lifelong Learning programs in the future. Further, the walking distance to the campus will be kept to a five minute walk as it is now.

H2L2 discuss possible plans for campus facilities

Morgan Keschi

NEWS EDITOR

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Dr. Lawrence Sein paper published

A Pennsylvania man was charged with public drunkenness after trying to resecure an opossum. State police officer Jamie Levier reported to the Associated Press that many witnesses saw 55-year-old Donald Wolfe, of Brookeville, near the opossum along Route 36 in Oliver Town- ship. The trooper says that one wit- ness saw Wolfe fleeing beside the animal and gesturing as though he were conducting a seance. Levier reports that the an- imal had already been dead for quite awhile.

Source: associatedpress.com

Calif. Woman receives 6 months in jail due to breast implants

Vonne Jean Pampelonne was sentenced Monday in West- minster California for using a fraudulent line of credit to obtain $12,000 worth of cosmetic sur- gery. Prosecutors said that Pampel- lone received include breast augmentation and liposuction. Seemingly, the charges against Pampel- lone receiving six months of jail time. The 30 year old woman pleaded guilty to burglary, grand theft, and identity theft. Pampel- lone was sentenced to 180 days in jail and was placed on three years probation.

Source: Philly.com

Zookeeper is hospitalized after being head butted by animal

A Rhode Island zookeeper was hospitalized after being head butted by a giraffe. A spokesperson for the Roger Williams Park Zoo spoke to MSNBC and re- ported that the 18 foot tall giraffe was just being playful. After butting heads with the giraffe the zookeeper remained conscious and was able to walk safely out of the cage. A spokesperson for the zoo said that the giraffe has no history of being violent, but en- joys getting close people and en- joys having his head patted.

Source: MSNBC.com

Dr. Lawrence Sein paper published

Man Fleeing police, jumps into prison yard

A police officer reported that a man abandoned his car and hopped over a fence into a prison yard. Police reports state that a race through several communities, the driver was able to hopped over a fence and headed for the fence. The fleeing criminals did not re- alize that the fence they were hop- ping over secured a woman's prison. The criminals were ar- rested along with two other pas- sengers who also tried to flee.

Source: MSNBC.com

In the News

NEWS

Oh boy, what do I now do?

Have you ever found yourself in a hopeless situation? You’ve stud- ied for an important exam and have lost your confidence, you’ve done something wrong and you’re dreading the consequences, you’re losing a friend who’s very important to you. Perhaps you’ve thought, “Oh, boy— what do I now do, how successful?”

John Adams, a member of the Christian Science Board of Lecturer- ship, comes to the Cedar Crest Campus April 11 to address just those kinds of circumstances. His free lecture will be held at 2 pm in Oberkot- ter Hall. He will explain how one’s commitment to Christ wakens one to his/her spiritual dominion and delivers one from the harmful effects of sin, disease, and death.

And Adams, a teenager, Adams moved to New York City and began pursuing an acting career, studying with Lee Strasberg and Herbert Berghoff. In his mid-twenties, he was healed of a serious drug habit while studying the book Science and Health with Key to the Scriptures by the discoverer of Christian Science, Mary Baker Eddy. After his healing, he de- scribes as “life-altering,” Adams devoted his life to spiritual healing. In the fall of 2015, after his last business, he became a full-time Christian science practitioner. Practitioners are self-employed profes- sionals who help people through prayer with whatever problems they are facing. Adams is also a teacher of Christian Science, and has given talks at treatment centers, medical schools, religious study classes, and prison facilities.

Alyssa Slinger

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Source: associatedpress.com

Dr. Lawrence Sein’s newest manuscript, “Dynamic Paper Con- structions for Easier Visualization of Molecular Symmetry,” will be published in the Journal of Chemical Education. The work was his second paper with the Journal and the 30th manuscript of his career. Sein, professor of chemistry in the Chemical and Physical Sci- ences Department, has taken his innovative teaching concept to a new level with this paper. The course is based heavily in group theory, which is about the symme- try of molecules and their shapes. The manuscript discusses manipulating geometric shapes in order to better understand the re- flection and symmetry, it can help chemistry students understand the use of molecules and how their shape is an important as- pect of their use.

Source: Cedarcrest.edu

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Source: associatedpress.com
A plea for the voiceless

Nicole Maglioire
ADVERTISING MANAGER

Abortion is defined by Dictionary.com as being “termination of a pregnancy by removal or expulsion of a fetus or embryo.” The debate on abortion is fueled by passion, religion and a woman’s right to choose what happens to her body. But one must allow themselves to think about the one person that has no say in the matter, and that’s the child.

Many scientists argue that life starts at the point of conception. Princeton.edu states that “human development begins after the union of male and female gametes or germ cells during a process known as conception.” If that is the case, then one must wonder how abortion is legal at all, if one’s life begins at conception it’s fair to assume that abortion is murder.

For those unfamiliar with the way that certain abortions are performed, a look at the different types of abortions should help to enlighten you.

Suction aspiration is a type of abortion that is usually performed during the first twelve weeks of pregnancy. The mother receives a dose of local anesthesia and is escorted to a suction machine, 29 times stronger than the average vacuum, which works to tear the fetus from the womb. A pair of scissors is then inserted into the child’s skull and opened. The scissors are removed and a suction catheter is inserted, the child’s brain is then sucked out. The removal of the brain causing the head to collapse, then the dead child is removed from the mother.

Gargaro.com a website dedicated to women who have had abortions and wish to tell their stories, lists the stories of over 30 women that regret having abortions, and this is only on the first page. One writer, in a letter received in January of 1997 “The baby you rid yourself of is so light in comparison to the stone you will carry in your heart.”

How would you feel if you knew that your mother had considered aborting you? Some may say that is a farfetched question but just think about it. You would think about everything you’ve done in your time on this earth, all the friends you’ve made, and relationships you’ve built, and imagine one decision could have made it all impossible.

Babies can’t make decision for themselves, they can’t promise that they won’t be a pain or that they won’t cry when you’re tired. They can’t pick their case or tell you that they’ll “be good, they promise.” All they can do is kick to show their affection, kick and tell you “hey I’m here,” and for some people that’s not enough. Abortion is a loaded topic that leads many to make a decision that haunts them for the rest of their life.

Life begins at conception, the first thing to form in a child is their heart, a little heart that beats and desires to live. Don’t take away that child’s one chance at life, they may not be able to tell you that they want to live, but just sit and listen and you’ll hear the cry of the voiceless, a cry that desires life.

Submit your opinions!

Phoebe Prince—bullied to death?

Sarajane Sein
OPINIONS ASSISTANT EDITOR

“Sticks and stones will break my bones, but names will never hurt me.” This is a common adage that parents tell their children to try and get them to ignore bullies who may come their way, as well as “ignore it, and they’ll leave you alone.”

However, in recent years, there have been many cases that have begun to show that bullying can result in dire consequences for those children that find themselves on the receiving end of the abuse.

Most recently, 15-year-old Phoebe Prince of South Hadley, Mass., committed suicide by hanging after being bullied by nine students, two of whom have now been expelled from the school, according to the Boston Herald. This is just one of many similar cases that have been reported, and yet schools have shown exceedingly minimal progress in stopping this behavior from happening.

A Boston Globe article explains that investigators are laying blame for Prince’s death at the fault of school officials, stating that the harassment of Prince was “common knowledge” at the school. “Why is it only when a young girl ends up dead that people begin to be concerned about the fact students are continually harassed at high schools?”

Instead, students tend to field a number of different responses, none of them particularly helpful: “transfer schools” (often impractical or impossible), “ignore it” (impossible), or “don’t fight back” (and if the students do fight back, they find themselves faulted more for ending the harassment than for helping themselves). Something needs to be done.

Schools need to stop laying the blame for bullying at the feet of the victims, and telling them that they are responsible for ending the harassment.

Phoebe Prince—bullied to death?
6 LIFESTYLES

Love doesn’t hurt

Abusive relationships: how to foresee and avoid them

Nicole Magloire
ADVERTISING MANAGER

In every relationship there are ups and downs, but sometimes those normal fights turn into verbal, physical, and emotional abuse.

Dr. Steven Stosny a psychology specialist, writes in his journal entitled "emotional abuse- verbal abuse- the very early detection" that by simply being observant, one can easily spot an abusive individual. "There are obvious red signs to avoid in a prospective partner such as persons controlling, or violent behavior," Stosny writes "Unfortunately most abusers are able to mask their tendencies in dating."

When approaching a new relationship, it's always an intelligent idea to observe a person's tendencies and the way they react to certain situations. For instance if your significant other is usually angry towards their family members and friends, you're not supposed to when that anger is targeted you. "During the early stages of your relationship, your partner is not likely to do any of these things to you, but witnessing these attitudes and behaviors towards others is a sure sign that they will turn on you, sooner, or later-" says Stosny.

Not all of the signs of abuse are as easily detectable as anger; some are more subtle, such as resentment and entitlement. Resentment, which is a negative mood about the possessions or exceptions of unfairness, leads a person to believe that they are not receiving something that is due to them.

People who are suffering from a resentful mindset focus all of their attention on the things in their life that they believe aren’t fair. Instead of moving on and past the situation, they dwell on it, which causes strife not only in their own life, but relationships. "If you fall in love with a personful with a resentful person, you will eventually feel the heart of that resentment and almost certainly shut out of the relationship," Stosny continues.

Entitlement, which is the belief that you deserve special attention or special treatment, is a person feeling that they deserve special consideration and special treatment. Entitlement will lead a person to be selfish and focus on only their needs, and not the people around them. People like this don't understand why you don't see them the way that they see themselves, as superior human beings that deserve to have the world at their fingertips. "After the glow of infatuation wears off," said Stosny "the entitled individual will regard their feelings as being more important than yours. If you agree, you'll get depressed. If you disagree, you get abused."

Women that have been abused in their past relationships have higher risks of ending up in a abusive relationship. "A woman who has been abused is only as a child, she still has a very high risk of entering into an abusive relationship-" Stosny says.

When women have been victimized continuously they come to believe that there is something wrong with them, but that is not the case. These victims have to eventually come to the understanding that they are just victims, and what happened to them is not their fault.

Feminist.com, a website dedicated to the wellbeing of woman, listed that 64% of woman have been physically raped, 20% have been stalked, and since age 18 were victimized by a current or former husband, boyfriend, or date. In addition, RAINN, the rape, abuse and incest national network, reports that college-age women are times more likely to be sexually assaulted.

It is imperative that women recognize and adhere to the signs of abuse so that they will not become another statistic. Abuse is real and leaves lasting effects: you cannot save yourself the pain of being another victim.
When it comes to hair and makeup products, it can be hard for vegans to find products that suit their personal standards. L’Oreal Paris Hair Expertise has recently come out with an entire line of vegan products called Ever Pure and Ever Strong.

For people that are not familiar with the term vegan, a vegan is a person that omits all animal products from their diet. But a vegan often omits all animal products from their lifestyle. That is including fur, leather or any beauty products that contain animal products.

So when a product is considered Vegan, it means that it contains no animal products. L’Oreal’s Ever Strong shampoo and conditioner is not only vegan but it is completely sulfate-free. Sulfates in shampoo have been thought to fade hair color, and cause long term damage.

For people out there that take their hair care seriously, are interested in trying sulfate free products or are looking for something Vegan L’Oreal’s Ever Strong and Ever Pure line might be a good match for them.

L’Oreal’s Ever Strong shampoo and conditioner claim to be “gentle” and “strengthening”. The shampoo is scented after Rosemary and Juniper and the conditioner is Rosemary and Mint. I really enjoy milder more natural scents and absolutely loved the smell. I found myself just holding the bottle to my nose.

Once I ran the shampoo through my hair I could notice the lightness that the bottle described. It was not heavy in my hair. I was tempted to use more than usual because of how light it felt in my hair, as if there was not enough, but the temptation should be resisted. After massaging into a lather and rinsing I followed by the conditioner. The conditioner had a similar feeling to the shampoo and I did end up using more than normal. It was just running right off my hair. I followed the bottles directions and left it in my hair for a minute or two then rinsed.

After washing my hair and letting it dry naturally I saw and immediate difference in my hair. Frizziness was reduced and it had a healthier glow. I continued to use the shampoo and conditioner for two weeks, and at the end my hair feels stronger, the color looks better and smells amazing.

Over all I would recommend this product to people that are looking to try something new or for an animal friendly hair product (it is not tested on animals). It can be found at CVS/Pharmacy, Giant, Wegmans, Target, Wal-Mart and other grocery and drug stores. The prices range around four to five dollars. Coupons for the product can be found online.

The first thing I noticed about the product was the smell. It has a very natural scent. The shampoo is scented after Rosemary and Juniper and the conditioner is Rosemary and Mint. I really enjoy milder more natural scents and absolutely loved the smell. I found myself just holding the bottle to my nose.

When it comes to hair and makeup products, it can be hard for vegans to find products that suit their personal standards. L’Oreal Paris Hair Expertise has recently come out with an entire line of vegan products called Ever Pure and Ever Strong.

For people that are not familiar with the term vegan, a vegan is a person that omits all animal products from their diet. But a vegan often omits all animal products from their lifestyle. That is including fur, leather or any beauty products that contain animal products.

So when a product is considered Vegan, it means that it contains no animal products. L’Oreal’s Ever Strong shampoo and conditioner is not only vegan but it is completely sulfate-free. Sulfates in shampoo have been thought to fade hair color, and cause long term damage.

When I decided to try Ever Strong I was looking for something to strengthen my hair and rehydrate it after the harsh dry winter weather. I tried the Hydrate line for normal to dry hair. They also carry one for body called Bodify, and one to repair damage and tame frizz called Reverbed. They also carry one for body called Bodify, and one to repair damage and tame frizz called Reverbed.

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Astrological Meditations

Aries
Mar. 21 – Apr. 20
You have sensed something is going on behind your back. Before you lose it, make sure you know exactly what’s going on.

Taurus
Apr. 21 – May 21
The semester’s end is coming fast. Don’t let the spring fever go to your head or you’ll get behind in the final dash.

Gemini
May 22 – June 21
You feel yourself being pulled in two different directions. Follow your heart and you’ll know where to go.

Cancer
June 22 – July 22
With a new season brings renewed relationships. Welcome them with open arms.

Leo
July 23 – Aug. 22
Spring has you feeling spunky. Go out and enjoy the season and put that energy to good use.

Virgo
Aug. 23 – Sept. 21
You’re experiencing some difficult things. It’s putting stress on you and your loved ones. Take time to sort it all out before things blow up.

Libra
Sept. 22 – Oct. 21
Your pessimistic attitude and fear of telling someone something they do not want to hear is getting you in trouble. Be conscious of these things and you will see a positive change.

Scorpio
Oct. 22 – Nov. 21
The feelings you have been experiencing are more intense than you know how to handle. But that’s the magic in it. Savor it and learn.

Sagittarius
Nov. 22 – Dec. 21
Whatever the issue, you’re medicating it with some risky behaviors. You need to get a grip before you lose control.

Capricorn
Dec. 22 – Jan. 20
Your ambition is going slightly overboard. Ease up just a little and enjoy life a little.

Aquarius
Jan. 21 – Feb. 10
Things have been good and comfortable. But it’s time to spice things up. Try to get out and try something new.

Pisces
Feb. 20 – Mar. 20
This has been a crazy semester for you and your friends but your support is appreciated and it will be rewarded.

Submitted by: Hauna Colista

Spring
from Shakespeare’s Love’s Labors Lost

When daisies pied, and (flower) blue,
And lady-smocks all silver-(color),
And cuckoo-buds of (color) hue
Do (verb) the meadows with (adjective),
The cuckoo then, on every tree,
Mocked married men, for thus sings he:
“Cuckoo!
Cuckoo, cuckoo!” O word of fear,
Unpleasing to a (adjective) ear.

When (noun) pipe on (adjective) straws,
And merry larks are ploughmen’s clocks,
When (animal) tread, and rooks, and daws,
And maidens (verb) their summer smocks,
The cuckoo then, on every tree,
Mocked (adjective) men, for thus sings he:
“Cuckoo!
Cuckoo, cuckoo!” O word of fear,
Unpleasing to a (adjective) ear.

Submitted by: Alyssa Slinger

Numbrix

Starting anywhere, fill in the blank squares with the missing numbers so they make a path in numerical order, 1 through 81. You can work horizontally or vertically in any direction. Diagonal paths are not allowed.

Submitted by: Hauna Colista

Mad Libs

Fill in the missing words of the poem!

Flower: ____________
Color: ____________
Color: ____________
Verb: ____________
Adjective: ____________
Adjective: ____________
Noun: ____________
Adjective: ____________
Adjective: ____________
Animal: ____________
Verb: ____________
Adjective: ____________
Adjective: ____________

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Nmagloi@cedarcrest.edu
STUDY BREAK

WORD SEARCH

STUDENT ORGANIZATION

Ways to celebrate National Poetry Month

2. Recite poetry in public places, such as park, the mall, or in the cafeteria.
3. Poem in your pocket day April 29. Keep a copy of your favorite poem in your pocket to share with friends and family.
4. Sign up for “poem-a-day” on poets.org, and receive a new poem to your email each day
5. Look for Preterite’s literacy magazine, coming out April 25.

submitted by Christine Hickey

Alpha Kappa Delta
Alpha Mu Gamma
Alpha Phi Omega
Alpha Psi Omega
American Association of University Women (AAUW)
Amnesty International
Art Society
Best Buddies
Beta Beta Beta
Biology
Buskin Society
Campus Girl Scout
Campus Radio Club
CCC Entrepreneurs
Chemistry
Christian Fellowship
Conservation Club
Crestiad
Delphi
Genetic Engineering Club
Great Outdoors Women
Espejio
Hillel
Honor and Judicial Board
International Student Organization (ISO)
Investment Club
Islamic Awareness
Kappa Delta Pi
Lehigh Valley Vocalworks
Lifelong Student Union
Neuroscience Club
Out There
Phi Alpha Theta
Political Society
Pre Medical Society
Preterite
Psi Chi
Sigma Tau Delta
Sigma Theta Tau
Sisters Inc
Society for Asian Animation
Social Work Club
Students Activities Board
Students Against Drunk Driving
Student Athlete Advisory Committee (SAAC)
Student Dietetic Association
Student Government Association (SGA)
Student’s Nursing Association
Student Penn. State Education Association (SPSEA)
THE LACHAISE GALLERY FEATURES

THEME AND CORRESPONDENCE

BY REMY MILLER

Molly Bair
CRESTIAD SPECIAL

The latest exhibition in the Lachaise Gallery is Theme and Correspondence by Remy Miller. Miller is a pure painter; he is not influenced by trends of contemporary art. His purpose is to create paintings and drawings with only the intentions of meeting the needs of his ideas. Potential critics and “fine art” rules do not apply when he steps back and reads his work. Miller states, “Our job as painters is to communicate our ideas, our emotions, and our view of the world as honestly and as directly as possible.”

Miller paints on grand, non-traditional canvases. The irregularly shaped canvases unarm a person’s sense of a traditional painting and force her to really inspect the work. The scale allows the viewer to become a part of his landscapes. His abstract paintings of the shore lines share a unique rhythm with the viewer and she feels the peaceful reverberation of the water. Red rings extend outward and pull the viewer deeper into the environment. The red rings reveal an invisible frequency of energy that rides above the waves. Miller’s forests are jugged. There is an ominous lemon yellow light showing behind clusters of dark trees. There is a feeling of a predator lurking in the fog or moving in-between the shadows. The fog moves upward as if there is a predator lurking or a cause branches extend and reach everywhere. The viewer stands in awe as she tries to locate herself in space. His paintings have a strong narrative which allows an incredible dialog between the viewer and painting.

Miller’s main concern is application of color. His paints are laid thick for strong texture and definitive color. His applications of color pull the viewer into dentures of paint that he dug out or pushes her back with areas that are piled thick. His work plays with contractions of light and dark, and his paintings are bold and bright. Miller’s paintings stretch across great horizons and his drawings are contained under glass. His landscape drawings are simplistic, elegant, reflective and quiet.

The show is up in the Miller Building from now until April 16. The gallery hours are Mon. through Fri. 11 A.M. to 6 P.M. and on the weekends 12 P.M. to 5 P.M.
Selena Gomez & the scene

STAFF WRITER

After seeing Selena Gomez’s first music video, “Naturally,” on television, one cannot help but fall in love with the song. Normally a star-child Disney princess, “Wizards of Waverly Place,” Selena Gomez is taking her career to the next level by entering the music scene with a band called The Scene. Her first single’s funky techno/dance/electronic sound will draw anyone in, and after seeing that her whole album “Kiss & Tell” is available on AmazonMP3 for $2.99, most will feel compelled to give the rest of her album a try. Afterwards all, the album did go gold within its first few weeks of sales.

Her song “Naturally” as I have said is a refreshing new style coming from a typical “sweet” Disney star. Another song that was refreshing was “As a Blonde.” This is an Avril Lavigne-esque punk rock song. She talks about the “out of place” teenage girl’s dilemma – “Watch me take the road, less traveled in, a different direction.” Make some new mistakes; forget the ones I’ve made. Cry some tears of joy, dress more like a boy. (And come back as a blonde, try a different lipstick on) “As a blonde, I will get whatever I want!“ I’ll be ever so enticing. “Cage a lot of icing, never have to watch my weight. Yeah when I’m gone, I’m gonna come back as a blonde.”

Many of the other songs have juvenile and predictable lyrics such as those, however Selena Gomez’s voice makes up for this. Almost if there is one thing that can be found with Disney’s actresses-turned-singers, it is that they have a few hit singles, and the rest of the songs on their albums are what could be called “duds.”

Hannah Montana’s star, Miley Cyrus, was not the first Disney star to create many hit singles, and certainly will not be the last. However, right now she is the leading Disney star when it comes to being successful in the business. This probably will not happen for Selena Gomez, unless she finds a sound that suits her and sticks with it. Her songs skip all over the place – there are techno songs, love ballads, pop punk, and even hip-hop. The album made me believe that she does not know who she is as an artist yet, and this can leave her audience wondering what the message behind her music is. After listening to the entirety of the album, one may feel indifferent. I would recommend her music to young girls who are fans of Miley Cyrus, Emily Osment, Hillary Duff, or Miranda Cosgrove. Selena Gomez has a very natural and feminine voice and sound to her music, but I would like to see even more come from her instead of just a generic cookie-cutter image of a record. Not to quote Simon Cowell, but for me, this album was “So what?”

Jesenia Holguin

STAFF WRITER

Nightlight is a parody of the ever popular, you guessed it, Twilight. While it is only one book, Nightlight goes through almost the entire Twilight series or at least touches upon the big points in the four book series. Nightlight is about a young girl, Belle. Gomez, who has just moved from Phoenix to, get this, Switch-blade, Oregon leaving her mother and her stepdad behind. While in Switch-blade, Belle stays with her father, Jim Goose, who is the town’s widow washer. Belle, who drives a Uhaul truck to school and wherever else she needs to go, makes some friends at her new school and thinks that all of the boys in the school are attracted to her, none of which is she is interested in. However, she is drawn to a strange young man in her class named Edwart Mullan. Edwart is a computer geek and keeps to himself, rarely talking to anyone. Belle is looking for adventure and more specifically, vampires. As she gets closer to Edwart, she believes him to be a vampire and therefore, aims to make him the object of her affection. Believing that he is a vampire, Belle does everything she can to get Edward’s attention and love.

The book takes you through a strange series of events that lead to Edward and Belle falling in love, very similar to the actual Twilight books. Belle and Edward find themselves in some very dangerous and odd situations, but always seem to find a way out of them. Throughout the book, references that mimic the Twilight books are made and joked about. One of the more recognizable scenes in the Twilight book, the meadow, is used, but paints a completely different picture of the odd couple. The only thing missing from the story were the were-wolves, which were only mentioned in Nightlight, but never actually part of the story.

Being a fan of the Twilight series myself, I was really interested in reading Nightlight to see how they portrayed the characters. I found myself laughing quite a bit in the beginning as I became accustomed to Belle’s humor. Her quirkiness and absentmindedness was similar to Bella from Twilight. The one thing that I did not like was how long the jokes went on. Initially, they were very funny, but after awhile, they become rather bothersome and really take away from the storyline. Most of the events that take place in the story really make no sense and would, in all actuality, not happen in the real world, but then again, we are talking about vampires. Nightlight is a great, quick read for Twilight lovers and non-lovers alike. If you are looking for an easy, fun read, Nightlight is the book for you.
Women, Culture and Fashion dress up Cedar Crest

Morgan Keschi  STAFF WRITER

The Women, Culture, and Fashion event on Thurs. Mar. 25 empowered the Cedar Crest community with its poetry, Goddesses, and Fashion Designer and former Project Runway Season Two contestant Maria Duran. Alumnae Museum intern, Gabrielle Bugno, put together boxes of “then and now” items that were displayed in the commons area by the Dining Hall. The boxes included nylons, “dinks,” and shoes from over the years. Barbara Carlsson, Instructor of Nutrition, set up an artistic display outside of the Dining Hall, including a poster to guess what faculty member was once a model (Carol Pulham). Along with the Goddesses’ presence, the TCC was full of aesthetic appeal.

The event, sponsored by the Cultural Advisory Committee, kicked off at 11:30 a.m. with Diana Catron, senior Nutrition and Psychology major, opening with a description created by co-chair Dr. Micah Sadigh. The introduction described fashion and its influence, and as she explained “Fashion can be a powerful way of shifting the ordinary to extraordinary…” This certainly set the stage for the fashion-themed presentations, which included Dr. Carolyn Segal, professor of English, reading her original poetry “Summer List Poem” and “My Mother’s Hats.” During Segal’s reading, she reminisced about her early experiences with fashion and explained “While fashion does change, when you’re working with people. I would listen to them and the mother was always satisfying. I felt that as the Bat Mitvah thing was a success. The people in the Philly store were very nurturing to me. I think the mother really understood me as an artist, nurturing to me. I think how I went about designing.”

Duran describes her clothing as “elegant, edgy, feminine, sophisticated, playful, and modern” among a long list of other words. She feels that she has survived so far in the industry, despite not formally attended an art school, because of her instinct.

“I make clothing that I like and I'm business-savvy enough to make it profitable. I've been at it long enough to know what I need to do to survive.” Further, her designs are true to what real women need.

“I know how to make clothing that fit real women, and [my women customers] are all shapes and sizes. [My clothes] are unique but they are not crazy, very wearable in wardrobe and travel well.” As for Project Runway, Duran feels that it has helped her relate to others, as with the dress shop in Philadelphia, and to see what the stress was like outside of her own comfort zone.

“It was such a rich experience and when I watch reality shows I feel kind of banded to other contestants because you know what they go through.”

The Women, Culture, and Fashion event was a success, and with such successful women involved, nothing less could be expected. The Cultural Advisory Committee hopes to make this an annual event.

BRING YOUR BOTTLES TO PLASTIC BEACH

Christine Hickey  STAFF WRITER

Ever since high school, I have been a fan of the Gorillaz band. Their strange combination of techno, hip-hop, punk, and other active website became a favorite of fans. But as time went on, it seemed that the band had died, until the revival through Plastic Beach. Featuring such artists like Snoop Dogg, Kano baya, miss def., boomy woman, Gruff Rhys, De La Soul, Little Dragon, Mark E. Smith, Lou Reed, Mick Jones, Paul Simonon, sinofia VVA, the Hypnotic Brass Ensemble and the National Orchestra for Arabic Music, the music takes a strange twist from the more classical instruments used in Demon Days and back to the strange techno sounds of their original Gorillaz album. If purchased off of iTunes, the Deluxe version includes the interactive iTurns LP, which moves very similarly to their old website with Lyrics, videos of the characters, the story line of Plastic Beach, and more. Their music videos, which are as trippy as their music are just as interesting to watch. The only video actually featuring the band in Stylo, which features Murdoc, Noodle and 2D driving in their car Stylo, attempting to escape Bruce Willis. Even the video quality changed for Stylo, featuring the three characters as more 3-D characters animated in a real world environment, in stead of their usual 2-D forms.

Sadly enough, I was not impressed with this album. As happy as I was to have closure story line wise from Demon Days, and finally learn that Noodle had in fact died in the El Madina music video, the music itself didn't thrill me as much as Demon Days. There were too many features of rappers or artists instead of using the interesting singing voice of 2D, and many of the songs sometimes feel they have similar beats. There weren't any songs in which set off my urge to randomly dance or I found wanting to set to my repeat button like Clint Eastwood or Feel Good Inc. did in their earlier albums. Their songs still hold that rather strange, out -of-this-world, illogical quality that makes your eyes twitch and question what you're listening to, like Superfast Jellyfish; the lyrics are about quick microwave food or fast food orders. But sadly, this album was a bit of a letdown from the long wait from Demon Days.

As a Gorillaz fan, I'm still happy to finally have another album and something new to listen to, and although the music isn't bad, it didn't blow me away like their last album. For iTunes buyers, the only differences between the Deluxe Version and the regular is the added iTurns LP, the Stylo music video, and two songs which were used for small video clips of the characters.
Sandlot and Gym class come together: Heroes unite

Nicole Maploire

ADVERTISING MANAGER

Dan Kastelnik, lead singer of Sandlot Heroes, sat down with us to talk about bucket lists, family, and goals he has for his band. On March 28, Sandlot Heroes opened for Gym Class Heroes at Muhlenberg College. “I’m excited to see them play, I’ve been a fan for awhile, and they seemed pretty excited for us to be opening for them,” said Kastelnik.

Sandlot Heroes, the Bethesda-based band, has large plans for the future that will hopefully launch them to an even greater level of success. “We plan to be receiving more airplay, getting a level of fame that puts us on tour opening for a bigger band, but we definitely want to be touring,” said Kastelnik. When asked about a bucket list, Kastelnik was fully prepared to list goals that he wants to accomplish with his band. “If we had to write a bucket list, it would probably include touring around the country, get a number one song on the billboard top ten, and just go out of the country touring as well.”

Sandlot Heroes is a prime example of how, even as a local band, it’s sometimes difficult to maintain family and personal relationships. “It’s already hard because we’re either working, practicing, rehearsing, or writing,” said Kastelnik. “It’s hard to have a real strong personal life. The only way it’ll work is if both people in the relationship are open to accepting that one person is away for months at a time.”

It’s also difficult to maintain a relationship as a band, with the future being unknown, it’s sometimes difficult to think about what your future could hold. “I hope that in five years we’re still together, hopefully touring nationally in large clubs and arenas,” said Kastelnik. “We hope to build a strong fan base, and have a shit load of people come see us all the time.”

When asked about their “defining moment”, Kastelnik knew right away what had helped launch them to the level of success they have currently. “When our single ‘So’ started being played on the radio, that’s when we started getting attention from labels and managers, after that it became all about writing songs and getting more of our tracks on air. ‘So’ is just one of Sandlot Heroes’ songs that is being played on air, ‘Out of My Hands’ is also receiving a lot of air time from the local station B104.

To learn more about Sandlot Heroes and their upcoming shows, you can visit their myspace page, myspace.com/sandlotheroes. Disashi Lumumba Kasongo and Matt McGinley, from the prestigious band Gym Class Heroes, took a break from their busy schedule to sit down with us and talk about life and crazy moments that make them who they are.

Gym Class Heroes, a band from upstate New York, was started over a decade ago by childhood friends Matt McGinley and Travis McCoy. Though the band has a very strong hip hop feel they find that it’s easy for them to transcend into new genres and record will all different types of bands. “In the past year we’ve toured with the Roots and Lil Wayne, I think that’s the big thing about our band,” said McGinley. “the fact that we can hop onto a rock feel and have it feel natural and not out of place, but then go perform with a hip hop group. I think it’s just a reflection of our sound and our style.”

Gym Class Heroes has toured and worked with many different artists, including Daryl Hall, Dream and Fall Out Boy. When asked about what items would be on a Gym Class Heroes bucket list, Kasongo was at a loss for words. “I really don’t know what would be on that list,” Kasongo said. “We’ve already achieved so many things.”

“I think if we had to write a bucket list, it would go just say die happy,” McGinley interjects, “I guess help starving children,” he ended with a laugh.

Bucket lists are not the only thing the band had a hard time answering. When asked about the origins of their group’s name, the members found themselves admitting confusion. “It’s really just closed in mystery, the last time we got asked that, me and Travis had a huge debate over where it came from,” said McGinley. “We couldn’t even tell you, it was just one big gray area when we were searching for a name, it popped up and that was the one we stuck with.”

Though Gym Class Heroes has reached a level of fame that puts them a step above many other bands, they still remember the small moments that helped them achieve their success. When asked about a defining moment in their career, Kasongo knew exactly which moment changed the way he thought about his band. “I think when we won the MTV Music Award, it’s one of those things that you want to win, and you hope you win,” said Kasongo. “but when we actually win it, it’s like life changing.”

“Not even just that, I think it’s always an amazing feeling to put together a tour, and have it actually be successful,” said McGinley. “When Cupid’s Chokehold took off...and we saw that every show was filling up, it was just an incredible feeling.”

Gym Class Heroes has been together since 1997 and with consistent tours and shows, it has to put a strain on personal relationships and also on the band dynamic. “A good way that we avoid conflict between us is always to take space and time for yourself,” said Kasongo. “I think humor plays a big part in it as well,” said McGinley. “Humor is not something that is lacking from the interesting dynamic which is the Gym Class Heroes, when asked to tell a crazy tour McGinley blew us away with a story about a drunken Mexico night. “I decided to take a partial nights rest on a strangers couch in Mexico,” said McGinley. “I remember waking up to people yelling ‘policia’, I spent two nights in jail and missed the show, Travis would come in during the day and grill and intimidate all my cell mates. I was just like stop Travis they’re gonna beat me up.”

Gym Class Heroes is a band that transcends across genre lines and maintains a down to earth attitude that makes them approachable. With a sound that appeals to many different crowds it’s not hard for one to become addicted to their music. To learn more about Gym Class Heroes and their upcoming shows, you can visit their website, gymclassheroes.com or their myspace, myspace.com/gym-classheroes.
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Get pumped up for Hall Olympics!

Katelyn Dauble
STAFF WRITER

Put your game face on because the Hall Olympics are on their way! With the semester flying by quickly and Spring Fever in the air, it’s time to get your hall in gear and pump it up for one of the most exciting events on campus all year!

With a bit of a change to the Olympics this year, the competition will begin before Spring Fling. This years Olympics are getting kicked off on April 16th and landing its end on the 22nd.

Instead of the opening series taking place at Spring Fling, the closing of the event will now take place during that time. It’s also exciting because this year the class of 2013 will make their debut at the 2010 Hall Olympics!

If you’ve never taken part in the Hall Olympics, now is the perfect time to start thinking about it. It’s actually a really easy process and all you have to do is sign up with your Hall Captains. They will be around campus up until the time of the Olympics, so you’re bound to run into them at some point.

Team names are Butz Bears, Mooret Toor- tisees (Moore and Curtis), and the Stemwright Stallions. If you’re not living on campus, don’t worry, you have it even better…you get to pick which hall you want to become a part of!

Once you get on a team you can look forward to events such as tug of war and relays, banner-making, dodge ball, hot shot basketball, swimming relays, indoor soccer, obstacle course, floor hockey, flag football, volleyball, wacky games, and badminton. You’re not an athlete? WHO CARES?

That’s why this is the perfect event for you. Get involved with students that are enthusiastic and ready to have fun competition. If you don’t want to participate in the activities, you can still help make the banner for your hall! This will take place the week prior to events. Banners are judged by faculty and staff on creativity, school spirit, and overall best banner.

It’s something that everyone can look forward to—even faculty and staff. If you get facul- ty members to come and participate in an event, your team will earn bonus points. Also, even if you lose you still get to help make the banner for them to come support you—you’ll earn points for that too! Everyone should show their pride and spirit for their residence hall, no matter how you make that happen.

Students have had fun at Hall Olympics participating in many games, including Tag of War and Floor Hockey.

NFL changes postseason overtime regulations

Alyssa Slinger
STAFF WRITER

Imagine being Brett Favre, standing in a Minnesota Vikings jersey back on Jan. 24, 2009 when it has come down to overtime to decide who will make it into the Super Bowl. The New Orleans Saints won the NFC Championship Game after winning the coin toss, and driving the ball downfield before kicking a game-win- ning field goal.

In the NFL, sudden death overtime rules used to mean that the first team to put points on the board in overtime won the game. After the NFC Championship Game, and taking a look at statistics from past seasons, NFL owners voted to change those rules.

There were 24 votes needed for the rule change to take place, and the rule passed with a vote of 28-4. The only teams to vote against the change were the Buffalo Bills, Baltimore Ravens, Cincinnati Bengals, and the Minnesota Vikings.

The rule change applies to postseason games only, for now. It may be looked into ex- panding into the regular season, but that issue won’t come up until the next owners’ meeting in May.

The new rule states that the only time the receiving team, in overtime, can win outright is if they score a touchdown on that first posses- sion. If a field goal is made, the opponent will have a chance to tie with a field goal, or win with a touchdown. This differs from the past, where the opponent would not have gotten the chance to answer to that score.

If the receiving team turns the ball over, or gives the ball up on downs, the opponent has the chance to win with a field goal, or a touch- down. If both teams are tied after each has had one possession, sudden death rules apply.

NFL Commissioner Roger Goodell cited statistics from past seasons as a way of validating the need for change. From 1973 to 1993 the winner of the coin flip has won 46.8% of the overtime games. Since 1994, however, the coin flip winner has been triumphant 59.8% of the time. This is because of the increased skill in kickers over time, and in 1994 the kick-off point was moved back from the 35-yard line to the 30- yard line.

There have been a total of 27 postseason games since 1958 that have gone into overtime. In all but five of those 27 games the team that won the coin flip has gone on to win at least one possession. In the last 10 years there have been 10 overtime playoff games. Three of them ended on a first-posses- sion field goal.

Goodell, and many of the NFL owners are hoping that the new rule will encourage receiv- ing teams to take more risks in overtime, and in- stead of shooting for a long range field goal, that they will go for it on 4th and 2. Rich McKay, co-chairman of the competition committee com- mented in a recent conference call that, “...I would say to you that there are more advocates who will say that we’re trying to put in a system that emphasizes more skill and more strategy in overtime as opposed to the randomness of the coin flip.”

Others, including fans and players, feel that there are even better ways of changing the overtime rules. Brian Burke, an avid fan and math enthusiast, who writes for advanced- nflstats.com states, “The NFL could eliminate the OT coin flip and assign first possession to the home team…Knowing ahead of time who would start OT with the ball would indirectly mitigate the advantage of first possession.”

If the NFL were to go by Brian Burke’s proposed rules, coaches would be able to plan a strategy in advance, knowing in advance whether they would start the overtime period with the ball or not, and would be able to use this strategy to their advantage, even late in the fourth period.

No matter what an owner’s, player’s, or fan’s stance on the change is, it is here for good. This was not a vote for a year-long probation trial period, or anything like that. This rule to change the overtime regulation in the postseason is here for good, and very well may be here during the regular season, so it may be time to get used to it, and hope for the best.

Assistant Director of Athletics and Well- ness, Valerie Donohue, hopes for a large num- ber of participants as she states that the overall outcome is, “up to the students! The enthusiasm of the students is key to the success of the event. Generally we have really great turnout and fun competition between the halls. The more people who participate, the more fun the games are!”

When compared to previous years, Dono- hue mentions, “From the first year that we started Hall Olympics again, it has grown every year.”

Each year this is something that students from the Student Athlete Advisory Committee (SAAC) look forward to making a memorable experience for students on campus. They can’t do it without your involvement, so sign up today!

Look for events in Lees Gym, the soccer field, or the Rodale Aquatic Center during the week of the Olympics. If you have any questions there are plenty of people to contact. To name a few are Health & Well-ness Co-coordinators—Diana Catron and Keri Laskey, Healthy U Workers— Brooke Bidholmoski and Emily Borgy, or any of the Student Athlete Advisory Committee.

Tale of two worlds

Jessica Kuc COLUMNIST

At the risk of sounding com- pletely pessimistic, the more im- portant aspects you have to your life, the more you have the ability to lose. Now, I try very hard to be optimistic in every situation, but the above statement is true some- times. For instance, if you can walk and you hurt your leg, you lose walking. If you can walk and compete in a sport and you hurt your leg, you lose both.

That happens to be my case. Due to a much needed knee sur- gery - three actually - I wasn’t able to be at the back seat in my mind when I was told about the “no return” rule. That made the entire ordeal almost not worth it in my mind, though in the end I knew it was necessary. Before this begins to sound like just a few hundred words of self pity, the student part of the title “student athlete” makes this all much more bearable. A differ- ent look at the idea that if you have more you can lose more is that each piece makes up a smaller percentage. Riding is part of my life, and although it is a very large part, it isn’t everything. I am so thankful that I am going to college, especially with the fact that I love so much, and that I have allowed myself to commit to my education as much as I com- mit to my passion.

If I made riding my entire life, I would have nothing to work for over the next fifteen months. Instead I have found other pas- sions, such as writing, that I will still have for the next fifteen months. This column is usually about the trials and tribulations student athletes face, however I have cer- tainly found the silver lining. Working equally hard in school and in a sport is worth the time and stress as doing so allows for a backup plan if nothing else.
Healthy lifestyles are right around the corner

There has always been a fight to get healthy among this society. Whether the challenge is to research the ultimate diet or score the best workout regimen, or possibly rack up the lowest points by cooking and eating the healthiest meals. Americans, along with many other cultures, have become engrossed in the realization of living with a healthy lifestyle in mind.

However, there are many obstacles that pose risk for determined healthy enthusiasts. Maybe it’s that devilsish vending machine right next to their cubicle that calls their name, or possibly the excuse of many other commitments that keep their day busy and their diet at bay. To defend these obstacles people tend to frivolously throw money away at personal trainers, miracle diet pills, expensive gym memberships and private chefs, to obtain a somewhat luxurious healthy lifestyle.

College students all hope for the same goals of being fit and healthy, however there are many more road blocks that hold them back. For instance, it is very unlikely for a college student to obtain a personal trainer and private chef to visit their dorm room on a daily basis. Even though, many students have their own transportation, it is also unlikely that they will have money to dispense on expensive diet pills and gym memberships.

So how do students seek a worthy education while balancing a healthy, well-rounded lifestyle? Cedar Crest has the answer with the Healthy U department!

Healthy U offers many (mostly free!) ways for students to lead a healthy lifestyle, both mentally and physically. The Fitness Center offers various programs such as, “ActivTrax that is like a virtual personal fitness trainer. You specify what you want your workout out to focus on, how frequently you want to do it, and it will provide a print-out of workouts for you to do during each session. No two workouts are ever the same!” states Valerie Donohue, Assistant Director of Athletics and Wellness. The fitness center also has a great amount of flexible, with hours of 6am-1am every day.

The 30-Day Fitness Challenge is another event held to help students stay in shape, which has just ended. The challenge covered all of the obstacles related to the Iron Man Triathlon (2.4 mile swim, 112 mile bike, and 26 mile run), but adds two twists to make this challenge slightly easier for participants. “Rather than just one day, you are given thirty days to complete [the challenge which] started on February 1 and ended March 2...and there are cross training workouts that you can use to help complete your swimming, running and biking distances,” states Donohue. This challenge proved successful, with 76 participants all striving for the same healthy goals.

If students choose not to participate in lengthy work-out regimens, there are many other alternatives Healthy U offers for students, such as the Biathlon and Triathlon, the Healthy U program, Wellness Wednesdays, FitQuest, intramurals, and mini health fairs.

Besides using work out techniques to stay healthy, Donohue states, “Students should, of course, try to eat healthy and exercise regularly, but being healthy is also more than that. It is also about finding balance in life. It is important to balance academics with having fun. When you take care of your body, mind, and spirit, you will be more successful in the classroom and in life.”

Class schedules, along with jobs, extracurricular activities, sports, and prior commitments, leave students with very little time to take care of themselves, physically and mentally. However, the time spent in college can be effective or detrimental to living a healthy life after college, depending on the student’s health habits that are formed throughout those very important four years.

All though it might be hard for students to live a healthy lifestyle on campus, Donohue states, “Healthy eating is something that students find difficult, but we have presentations about how to eat healthy on campus and dining services is very open to student suggestions. If students make time to de-stress and engage in physical activity through sports, fitness classes, working out at the Fitness Center or around our beautiful campus, or special events like intramurals, Biathlon, Triathlon,or Hall Olympics then students, faculty, and staff alike can develop healthy habits for life!”