Students to showcase health, wellness research at upcoming conference

Stacey Solt  
Lifestyles Editor

There are several “obvious” fields on campus that have an interest in health and wellness, like nursing and biology. But Cedar Crest has taken the search for wellness to a new level, involving many different fields of study. Some not so obvious majors that will be represented at the conference include chemistry, psychology, dance and art.

“You don’t think of art as wellness – but here it certainly is,” Weaver said, motioning to one of last year’s posters about art therapy. This year’s theme is Mind-Body-Spirit Integration: Theoretical and Empirical Perspectives, and emphasizes the fact that we must take care of all parts of our life before we can be whole and well.

The features of the conference are extremely varied in both topic and format. “Some are more formal than others,” said Weaver, referencing a workshop by Nursing professors Lisa Lacko and Joan Timalonis on Stomping Out Syndrome X.

There are also informal workshops, such as Empowerment Living through Energy, a workshop with Reiki by Education professor Dr. Stephen Slechtman.

“It is almost time for the Third Annual Conference on Health and Wellness. On April 26 and 27, our campus will once again demonstrate that Cedar Crest contains a diverse body of student and faculty interested in health and wellness. “This conference showcases all of the research that relates to health and wellness on campus,” said Suzanna Weaver, a co-chair of the conference and Social Work Professor. “There has been an enormous amount of quality research generated by students and faculty in the last year, she said.

This conference is a good way for many students on campus to get experience with presentations. “They’ve already done the work. Let’s showcase it,” she said. “They can use it for their resumes as well. The conference consists of many dimensions, including posters, exhibits, workshops and paper presentations.

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Professor urges students to separate fact, fiction: Dan Brown novel mixes history with legend, stirring up controversy

Janette Brunstetter  
Staff Writer

On Wednesday, April 12, Dr. Allen Richardson, Professor of Religion, made a presentation on the truth behind The Da Vinci Code. The presentation was about author Dan Brown’s book, The Da Vinci Code. This novel sold 100,000 copies in its first week out on the shelves. It was and still remains on the best sellers list, currently in the 3rd position. There has even been a deck of cards made for the book. In fact, the book has become so popular that U.S. World News and Report made its story the front page. “They’ve already done the student’s focus” she said. “There has been an enormous amount of quality research” generated by Professor. “There has been an enormous amount of quality research” generated by Professor.

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Route 22: Friend or foe?

Janette Brunstetter
Staff Writer

Mention Route 22 to anyone and watch their faces cringe. I have been using Route 22 to get to Cedar Crest College since I started here last year. On the very first day of my freshman year, I was hit going home at the MacArthur road on ramp. Imagine my joy to have to travel that main strip everyday after that. I still move into the left lane every time I get close to that entrance.

With mile-long traffic builds ups and accidents fairly often, it's no wonder people cringe at the thought of this highway. Anyone who has ever tried to travel 22 at 9:00 a.m knows the horror of rush hour traffic. Cars are bumper to bumper for as far as the eye can see. According to an article in the Morning Call, written back in February, Route 22 plays host to nearly 100,000 vehicles a day. That makes for one busy route.

The volume of vehicles is not the only problem that Route 22 has; the fact that the on and off ramps are too short doesn't help either, I can attest to that.

The highway's biggest problem lies with the people who drive on it. From my many travels on 22, I have seen cars pull out just seconds before a tractor trailer reaches their bumper. Many people jump lanes without using their blinkers, or decide at the last moment that they would like to use the exit ramp from the left lane.

The biggest issue I have is with those drivers who think it is okay to be on a cell phone instead of watching the road like they should be. I have seen more terrible crashes than I care to remember involving reckless drivers and their bad cell phone using habits.

Though there is nothing much anyone can do about the drivers themselves, Penndot has a project underway called “Renew 22.” The project is split into small sections that are slowly being worked on one at a time. If you care to know more about what the project entails, you can find the information at renew22.com.

Route 22, friend or foe? Well you know where I stand... and for all those brave enough to travel this “adventurous” route, be safe and be smart.

Anyone who has ever tried to travel 22 at 9:00 a.m. or 5:00 p.m. knows the horror of rush hour traffic. Cars are bumper to bumper for as far as the eye can see.
Immigration: The broken program

Greetings all,

The topic of immigration is a sensitive one, and I will attempt to address it in a sensitive manner. There are heightened passions on all sides, yet, I believe the majority of Americans are somewhere in the middle, unsure what to think.

Let us begin with an agreement that America’s immigration program is broken. I know several legal immigrants who spent years and thousands of dollars in order to become permanent workers with a chance for citizenship.

However, the thought of buying citizenship is contrary to the words on the Statue of Liberty: “Give me your tired, your poor, your huddled masses yearning to be free.” There is nothing about having an overflowing well in this welcome.

Out of many One

My family arrived in this country in 1614, so I do not have the immigrant experience to draw from. I do however have an understanding of this country, as envisioned by these earliest settlers of what this nation would become.

We all should know the phrase E Pluribus Unum, out of many, one America, from the beginning, was never meant to be a homogenous society consisting of many cultures. The inherent multi-culturalism has created the rich texture of our history, and the fabric of our society.

Societal homogeneity is possible because immigrants agreed to keep their culture in their private life and assimilate into the agreed upon society; a society based on the Anglo-Saxon norm.

Additionally, how can someone who does not understand English possibly make an informed vote? By 1614, some political campaigns are held in English. If someone cannot speak or read English, they must rely on translation, which may be bias in one way or another.

One of the saddest images I saw on the recent “Day of Action” marches by immigrants was a young man who spoke no English wearing a t-shirt that read, “I’m illegal, but I am not a criminal.” It was said because he did not know enough English to understand that both words meant unlawful.

Teach them English

As I began, let us agree that the immigration program is broken. That is no reason to sanction the emerging sub-class of non-English speaking wage slaves. When you have a group of non-assimilating people who are willing to work for pennies while living ten to a room, you have a sub-class.

The bills before Congress do not address this issue. It is a potential law that will legalize near slavery of the Hispanics.

They will not be owned by anyone, but they will be delegated to doing only the jobs that “Americans won’t do,” for pennies on the dollar. In my mind, that makes them little better than slaves.

I grew up thinking America was open to those who wanted to enrich the fabric of our nation—not those who only are meant to clean up after us.

I do not know a solution for the millions of Hispanics marching in the streets except: Teach them English so they have a fair shot at becoming full, legal citizens, and let us get the immigration program fixed so we do not have this debate in another 20 years.

Until next time,
Peace,
Beth
Contact Beth at beth@voicenet.com and see more thoughts at www.bethcoulter.com

To cheat or not to cheat:

That’s my dear Hamlet, is the question

Take for example the other day “Owen” and I both got out of work early, so we went off to the pub to watch a soccer game on TV… and I felt attracted to him, and was looking forward to seeing him again. (Keep in mind that said “office crush” has no feelings towards me, but that’s irrelevant—it’s why I’m attracted and what I’m going to do about that is at stake here.) I almost hoped that when I told Andrew where I had been that afternoon, and who I’d be with, that he’d have a typical “jealous partner” reaction and get angry with me—I suppose I was almost hoping he would get angry, so I could feel vindicated about being a sneaky girlfriend.

But he got mad at all, I mentioned that I went to a pub to watch a soccer game with a guy from work and Andrew just asked what I thought of the second goal.

Um, hold on a minute, aren’t you supposed to be annoyed? And then the kicker: he laughed and said “no, of course not, I trust you.”

Oh.

Here’s the thing—he meant it. And not in those “I tell her this I’ll make her feel so bad for me that even just thinking of cheating just sucks to a new low, that of puppy-kicking and nut-throbbing and she’ll be so racked with guilt she can’t do it.” Kind of ways, he just honestly meant he wasn’t worried because he trusted me.

Do other people go through this? Please someone tell me they do.

I’m sure this isn’t unique to myself and my relationship, it’s something every dinner on the table honey-housewife, every competitive woman, everyone at some point, has to overcome the threat of the office affair.

OPINIONS

Beth Coulter
Columnist

Emily Pulim
Columnist

www.2.cedarcrest.org/crestiad

The Crestiad - April 20, 2006 - Page 3
Sarah Magnier  
Opinions Editor

As an art student, I must consider carefully both positive shapes and negative spaces before handing in an assignment. I urge you to consider these concepts before overlooking the importance of today.

To easily understand positive and negative spaces within images (and in general), think about a child’s drawing of flowers. The flowers are the positive shapes, and the space behind and around them forms the negative shapes. As we progress as art students, we learn that both spaces are vital to any image’s success. Herein also lies the problem of “process vs. product.”

I apply this idea of positive and negative shapes to my current situation at Cedar Crest (i.e. 130 credits on my transcript, cap and gown in the closet, and 23 days until graduation). I have spent the past four years writing papers, paintings images, making friends, and dining in the Bistro. I would not have a graduation countdown on my mind; there would be no graduation!

And if I did not take the time to recognize that each and every experience I have had has led up to May 13, then that day would not be half as special as I imagine it to be.

In “What Teachers Make,” slam poet Taylor Mali writes, “I make them show all their work in math. And hide it on their face/made you who you are unique set of values. “Every laugh, every line on your face/made you who you are today,” sings country music artist Martina McBride in her 2005 hit, “This One’s For The Girls.” However, that doesn’t merely apply to “all you girls about forty-two”; it applies to everyone who desires to feel fulfilled in life.

So keep on counting until the end of school, your 20th year, or graduation; just please remember that there will never be another day 23 in that particular countdown ever again.

In his book The Power of Now, spirituality author Eckhart Tolle states that we would do well to notice the silence between music notes to understand that without it, we would not experience music at all. This is the same idea that I would like to see more people apply to their daily lives. For example, if I had not spent the past four years writing papers, paintings images, making friends, and dining in the Bistro, I would not have a graduation countdown on my mind; there would be no graduation!

And if I did not take the time to recognize that each and every experience I have had has led up to May 13, then that day would not be half as special as I imagine it to be.
Self-esteem would not “magically” increase. Patients die. In fact, one out of fifty thousand liposuction procedures a year. Not only is it sometimes addictive; it has been known to be addictive. Interestingly, the repercussions that follow can result in physical and emotional scars. Plastic surgery has been linked to self-destructive behavior, and the consequences can be long-lasting. The desire to wear, it requires far more than that. The issues such as how to do your hair and what you wear is a complex process that involves much more than just physical appearance.

We here at Cedar Crest are extremely lucky to live in a mostly wonderful and wel- coming community which allows every stu- dent to accurately represent themselves and their lifestyles and cultures. But, however ignorantly and irresponsibly Mariani phrased his article, it is, above all, (1) an opinion piece, and (2) meant to respond only to PDA’s.

On the first point, an opinion is not fact, nor is it meant to represent the ideas of either the Cedar Crest or the Cedar community at large. Our college community has shown their mature behavior by responding in kind to Mariani’s article. Writing a letter to the editor is the correct response and I applaud those of you who didn’t just verbal- ly complain, but took a stand and submitted your complaints in writing. However, to ask the Crestiad, or any paper for that matter, to censor writers is just as judgmental and dismissive as what might have been printed in the first place. Everyone is entitled to their opinion and everyone is entitled to share that opinion, no matter how ignorant and prejudiced that opinion might be. If you wish more GLBT issues would be treated accurately and sensitively, join the paper. I’m a feminist, and if I saw that the Crestiad was under representing or minimizing my concerns I would take steps to contribute my time and knowledge to the paper. As a culture, we need to know how to put our money where our mouth is.

As far as the second point is concerned, Mariani (I believe) meant to respond only to the issue of PDAs between women. As far as I’m concerned, I agree with him. PDAs can be upsetting and can become obnoxious. However, this is, of course, not in any way limited to same sex PDAs. Seeing anyone tongue kiss someone else while walking to the Hoston is upsetting, regardless of who is taking part in that kiss. DeMuldner writes in her response to Mariani that PDAs are a “form of love, whether gay, straight or otherwise and when done tastefully, it can be completely appropriate no matter what lifestyle you choose.” I completely concur. I don’t believe that Mariani was suggesting that no women should kiss in public or that women or that women should not kiss other women in public. However, I do think that the main issue here is the “when done taste- fully” clause.

Too often on this campus, students (both GLBT and straight) take advantage of the welcoming and nurturing environment. Too often I have seen couples tongue kissing in front of the TCC or necking on the quad or in the TCC or lounge-areas. Hold hands all you want. Hug tastefully until your heart’s con- tent. Kiss on the cheek or give a quick peck on the lips until the cows come home. But tonsil hockey is off limits, no matter who you are. I appreciate the idea that people should not censor who they are to “shelter” the community. But I believe that the freshman who wrote to Mariani should follow some of the advice printed and accept the GLBT couples on campus with an open mind and an open heart. When you couples (any and all couples) are alone in your rooms, look all you want. Please, please, when you’re in public, keep your tongue in your own mouth...all of you!

Brenna O’Keefe ’04 MA student

Editor, The Crestiad

In a recent Crestiad article about PDAs, Mariani wrote, controversially, that some- one’s “culture” and “lifestyle” should not be “forced” on the community at large. While I do agree with critics of this article that Mariani inadequately represented both himself and his opinions, I do not, however, agree with those critics who say that Mariani is being unfair.

Yes, saying that heterosexuals and GLBT’s are “up against” each other is both irresponsible and flat out wrong. Furthermore, suggesting that just because “nobody is holding a cross to your door” that you should therefore not fight vehe- mently for equality is so ridiculous that if it wasn’t so offensive it would be comical. That comment minimizes the political and cultural struggle that GLBT groups are going through just to live their lives the way they want. In a culture that is seeking (most success- fully) to limit the social and legal rights of a minority group, more people should be sensitive to the civil rights fight of the disenfranchised.

The disenfranchised.

We do not print anonymous letters. If you submit an anonymous letter, we reserve the right to edit or delete it.
And, especially for my friends that are against anyone who is in a relationship. I would much rather talk about it. I'm not in love in the typical sense of the word right now. I dated all through high school, and when I wasn't dating someone, I was plotting who my next boyfriend would be. Yes, plotting. I was somewhat boy crazy. But then, I took a step back, and realized I really am happy just being myself, and being single.

The last single one

Liz Skoczylas

Okay, number one. I'm nineteen years old, and most of these friends that I'm talking about are ranging from eighteen to twenty. When I think of friends setting me up, I had always imagined that I'd be the last single one in her thirties, not the last single one at nineteen. It makes me laugh.

And, number two, right now I'm in my first year of college. I would much rather spend my time working toward my dream of becoming a New York City downtown scenester, than worry about whether or not I'll have a date sometime.

Don't get me wrong, I have nothing against anyone who is in a relationship. And, especially for my friends that are engaged or have promise rings, I know that they're happy and excited, and I'm happy and excited for them.

But, for the girls out there that are single and desperately searching for their Prince or Princess, I ask...what's the point? Why not just enjoy who you are right now, and love the fact that you don't have to go out looking for the perfect birthday or Christmas gift, and relish in knowing that you have more free time to yourself?

I didn't always use to be like this. I dated all through high school, and when I wasn't dating someone, I was plotting who my next boyfriend would be. Yes, plotting. I was somewhat boy crazy. But then, I took a step back, and realized I really am happy just being myself, and being single.

My older sister and I were talking about this. She had dated someone for most of her high school years, and then, upon breaking up with him, immediately began dating someone else, whom she eventually began discussing marriage with. This was now twenty five, and in the first month of another new relationship, although it is not labeled as such. And, you know what she told me?

"I'm still young, and I really don't need to be in a serious relationship. But, that's how I feel today. Next month, I may feel something else."

So, I said in the beginning of this article that I am not in love in the typical sense of the word. I love me. I love the person that I am right now, and how much I have changed from the person that I was. I love how happily I am right now. And, I encourage others to do the same-love yourself.

And, as my sister said, you never know what will happen a month from now.

So, in the Polish words of my mother, "co ma yce twroje vedzie twroje"-what's meant to be, will.

WANT TO BE A PART OF HISTORY?

Like to read, write, or take photos? Interested in selling ads? Looking for 1,2, or 3 credits?

Then The Crestiad is perfect for you!

Contact Liz Ortiz or the Registrar for more details!
Creativity workshop encourages students to expand thinking

What is creativity really about? This past Thursday in the Little Theater in Alumnae Hall William Childs, Executive Creative Director of Forge Marketing Communications located in Emmaus, and Pat Lincoln, Director of Sales for Nassau Broadcasting’s radio cluster in Easton, attempted to answer just that.

Childs and Lincoln, both members of the Lehigh Valley Ad Club in correlation with their education committee, presented Creativity-A workshop that took a look at what makes people creative from a marketing and advertising perspective.

Gaetan Giannini, Assistant Professor and Chair of the Business Department, introduced the two men. Giannini stated in his introduction that “creativity is so important for us not only for business, but in our lives everyday.”

This was the overall theme of the presentation, along with how creativity can be useful in all aspects of our lives. Childs and Lincoln touched on many things in the lecture, but their first thought was the question “what is one half of 13?” The question was asked to get a response from the audience.

“Contact someone who has helped you in your life, been an influence in your life, and tell them. Take a different route, shake things up, talk to someone you wouldn’t normally talk to. You know what kind of music you like, try something different and listen to it. Order something completely different off the menu the next time you go to a restaurant that you don’t normally order. Watch foreign movies or subtitled movies. Basically the point is anything you are currently not doing or currently not comfortable doing that’s where you need to go, because you get your mind into that place and creativity is right there for you and now you are tuning into it.”

As they talked of the process they referred to a variety of advertisements that have expertly used these methods. Looking on at the advertisements Childs and Lincoln focused on the idea that most advertisements should be quick and simple in getting their message across. After viewing a few of the ads Lincoln said, “Everything you are seeing here it is just people who come up with these ideas, just like you, just like me. Just people who are open to concepts allowing things in.”

They went on to discuss that the best way to learn how to be creative is to expand your comfort zones. They offered a few pointers to start getting out of this zone.

“Watch foreign movies or subtitled movies. Basically the point is anything you are currently not doing or currently not comfortable doing that’s where you need to go, because you get your mind into that place and creativity is right there for you and now you are tuning into it.”

Contact someone who has helped you in your life, been an influence in your life, and tell them. Take a different route, shake things up, talk to someone you wouldn’t normally talk to. You know what kind of music you like, try something different and listen to it. Order something completely different off the menu the next time you go to a restaurant that you don’t normally order. Watch foreign movies or subtitled movies. Basically the point is anything you are currently not doing or currently not comfortable doing that’s where you need to go, because you get your mind into that place and creativity is right there for you and now you are tuning into it.”

Vanessa DiNapoli, sophomore Business Major, enjoyed the presentation and had a lot to comment about. “I liked how they were real people, being funny and they were all about simplicity,” DiNapoli said referring to Childs and Lincoln.
but because we live in a time where we like
support the claims of Brown in his novel,
Mary’s name is seldomly mentioned.
people are mentioned repeatedly throughout
read the Bible, they know that important
union is the fact that for anyone who has
beyond companionship was formed, there is
it has now.
It is suggested that everyone read this
novel; Richardson states that the novel “is a
great read, just full of errors.” It’s thought
provoking, fun and is well written as a fic-
tional novel. It is due to be on the big screen
sometime very shortly. People should enjoy
the novel, but keep in mind that it is after all just
a novel.

The results are in...

Class of 2006
Commencement Speaker
Amanda Swartz
Alumnae Class President
Melissa Bodnar
Class Agent
Rebecca Kennedy
Reunion Chairperson
Dina Angstadt

Class of 2007
President
Hilary Prescott
Vice President
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Megan Schroeder
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Seangy Renninger
SGA Resident Senators
Ebony Pardo
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SGA Commuter Senator
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SGA Resident Senators
Rachael Diffenderfer
Dawn Schpak
HJB Representatives
Gwendolyn Mayhew
Carrie Olson

Student Government Recording Secretary

Congratulations Class Officers and Representatives for the 2006-2007 school year!

Linda Misura
Managing Editor

Student earns award for dedication to her on-campus job

Senior Jen Heim was presented with the Student Employee of the Year award last Tuesday, April 11 for her dedication and hard work in Printing Services. Her boss, Dave Huber, also the coach of the volleyball team for which Heim played, described Heim’s work as “flawless,” also commenting that she is always on time and often arrives early to work.

“Jen is hardworking, conscien-
tious, and diligent in all the proj-
ects she works on,” said Huber.
“She is an independent worker
needing no supervision.”

The award originated with NEASEA, the Northeast Association of S t u d e n t E m p l o y m e n t A d m in i s t r a t o r s , which sponsor the state and regional contests each year. As the win-
ner on the Cedar Crest campus, Heim will be entered in the statewide competi-
tion. The award has been given at Cedar Crest for the past four years. Each spring, all faculty are asked to submit a nomination form for those students who present exem-
plary qualities. The nomination forms are then read over by a team assembled by Chrys Farkaras in the Financial Aid office, and a winner is chosen based on their nom-
ination forms. The four readers this year were Maynard Cressman, Judy neyhart, Lynn Ritter, and Jame Ward, representing many factions of the CCC community. Anyone can be nominated, and employ-
ers should look at an employee’s reliability, initiative, quality of work, disposition, and contribution when nominating a student for the award.

“I have never nominated anyone before for this honor because I did not feel anyone contributed enough to get the award,” Huber wrote on the nomina-
tion form. “But Jen takes this job very seriously and deserves this award, showing her dedication to the job and commitment to produce quality work.”

Send a senior off in style
Tell your roommate to have a great summer
Let your club president know you appreciate her

Personalize The Crestiad by submitting a photo and message of you and your friends to make this year's last issue an invaluable keepsake.

$5/photo and
30 word message
$2/30 word message

Photos and messages are due by
Friday, April 28, 2006 to The Crestiad.

Submissions can be sent via e-mail to
crestiad@cedarcrest.edu or through
campus mail.

Please include payment in a secure envelope.
This summer two Cedar Crest science majors will be partaking in an adventure, being part of a two-year internship at the Virginia Commonwealth University in Richmond, Virginia. The internship is part of VCU’s Bioinformatics and Bioengineering Summer Institute. Sophomores Melanie Smith, a Genetic Engineering major with a Forensic Science Concentration and Samantha Gonyea, a Biology major were both selected to participate in ten weeks of research with their research advisors at the institute. Sophomores Melanie Smith, a Genetic Engineering major with a Forensic Science Concentration and Samantha Gonyea, a Biology major were both selected to participate in ten weeks of research with their research advisors at the institute. Sophomores Melanie Smith, a Genetic Engineering major with a Forensic Science Concentration and Samantha Gonyea, a Biology major were both selected to participate in ten weeks of research with their research advisors at the institute. Sophomores Melanie Smith, a Genetic Engineering major with a Forensic Science Concentration and Samantha Gonyea, a Biology major were both selected to participate in ten weeks of research with their research advisors at the institute.

Smith said, “For each summer, I spend ten weeks at the Virginia Commonwealth University in Richmond Virginia doing research at the institute with my research advisor there. During the school year, I’ll be working with my research advisor here, Dr. Kliman. I don’t know yet what I’m researching, because I don’t pick an advisor in Virginia until I’m there. But, it should relate to what Dr. Kliman’s Lab researches, so something about evolution.”

Every year, twenty students go into the program - ten from the year before and ten new students. The program usually picks people from different colleges to have a diverse mix, but this year they bent the rules, since three of the twenty students are from Cedar Crest College (Megan Feltcher is returning for her second year of the internship)." The institute is truly impressed with the excellence of the Cedar Crest College undergraduate Science programs and the emphasis that Cedar Crest has on research.

The following is a portion of the acceptance letter that was sent to all of the candidates and professors who wrote letters of recommendation: “I just think it’s excellent that three women from an all girl’s college were accepted into a science internship and that the Institute even paid a compliment to Cedar Crest College and how impressive the science undergraduate program is here. I’m also excited about the opportunity to be able to do such an extensive amount of research at the undergraduate level.”

The opportunities that could come from this internship highly interested both students, since the research at VCU ranges from characterizing DNA and its behaviors and comparing among different species, finding vaccines, studying virus/host relationships, HIV, the mechanistic response of cells to drugs, and developing artificial tiss...

Smith stated that she was “interested in this internship because it is carried out over two years so that you can answer more questions about what you are studying, and you can get more out of it. I also like that the program is about learning the entire process of research and you’re not just cleaning glassware.”

She continued, “the Institute also gives the students the opportunity to hear about all of the research that is done there by the presentatio...

The opportunity to work with these people from different colleges to have a diverse mix, but this year they bent the rules, since three of the twenty students are from Cedar Crest College (Megan Feltcher is returning for her second year of the internship). The institute is truly impressed with the excellence of the Cedar Crest College undergraduate Science programs and the emphasis that Cedar Crest has on research.

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Christa Hagan
Staff Writer

Though the year is winding down for the Student Government Association, responsibilities are still present. The organization has been urging clubs to remember their end of semester duties. E-mails have been sent out reminding clubs of deadlines, activities, and binders. On May 1, each club will receive a sheet which will have their budget and all transactions made throughout the year. SGA is adamant about all clubs double checking to make sure that the print out matches their ledgers.

Clubs are also reminded to make all transactions they need to make before the end of the school year now. On Wednesday May 3 at 1:00pm, the deadline is set for all transactions. All transactions must be finished by that date. Later that week, on Friday, May 5, the club binders are due to be turned in to the mailroom by 4:00pm.

The binder needs more than just the ledger, however, and SGA reminded all students of the items that need to be included. An updated copy of the constitution must be in the binder. A list of all of the officers for the year with their class years also must be included. All clubs must include a signed copy of the responsibility contract. A summary of what was done throughout the year is to be included and must not be any shorter than one half of a page. Typed copies of the minutes for each meeting held throughout the school year also must be included. All of the minutes should follow the template which was given to each club in the beginning of the year. Lastly, the names of all the officers who have been elected to fulfill the 2006-2007 school year must be included in the binder.

The Student Government Association will be having their final meeting on Wednesday April 26. All students are urged to come to this very important meeting. Certain financial decisions will be discussed and students will have a chance to speak about items, such as whether or not they feel SGA should cover the fees for students to attend conferences. This meeting will be in the 1867 room in the Tompkins College Center beginning at 6:00pm.

Though SGA may appear to be all work and no play, that is not the case for these student representatives. They are gearing up for Spring Fling and have prepared an event which they hope all students will enjoy. SGA has seen photos and has been named a caption contest.

Sabrina Kulakowski is getting ready to leave her duty as president of the SGA and hand the duties off to Carol DAO. April 12 was Kulakowski’s final day of leading the SGA and Dao will be leading the April 26 meeting. Kulakowski left the group with a farewell that emphasized how proud she was of all of them and how this was an opportunity for them to “grow, voice opinions and become great role models for everyone.”
Sextuplet scammers apologize

Sarah Everson apologized from the front yard of her lawn for lying about having sick sextuplets. Everson and her husband told a story that they had given birth to sextuplets who were in intensive care and hoped people would send in money via a post office box, through the bank, or online through a PayPal account. The couple said they did this for financial reasons and vowed to pay back anybody who had donated money. Police are thoroughly investigating the situation so that they can figure out an accurate total of what was taken.

Alleged terrorist takes witness stand

Zacarias Moussaoui, who is being tried for his part in the September 11 attacks, took the witness stand saying he thought Navy Lt. Nancy McKeown was disgusting for crying when she testified about the death of two of her subordinates. He said he was happy McKeown was crying and that Muslim countries should be the superpowers with age. Her parents then found her and his family went on a cruise where his daughters Lynsey O’Brien fell overboard and his sister would discuss it in the morning. Her sister, according to ABC News, Paul O’Brien is gathering up the deepest, darkest secrets to go towards her final project for her Fine Arts Seminar.

The assignment was to create something that reflects the work of another artist. Bach pulled her inspiration from a recent Postsecret.com website which urges people to mail in their darkest secrets. The website which hosts this unique form of art describes itself as “an ongoing community art project where people mail in their secrets anonymously on one side of a homemade postcard.” The secrets are then displayed on the website and changed every Sunday.

Bach found this a fascinating form of art and is choosing to imitate it for her project. She is asking not only Cedar Crest students but anyone who wishes to participate to anonymously submit their darkest untold secrets on postcards.

“Everyone has a secret,” she says, “and people can’t always tell anyone. Half the battle is writing it down. It is almost like you told somebody but you are not attached to it. So in a way, it is still a secret.”

Elizabeth Bach poses with her secret collection box at the Tompkins College Center Information Desk.

Recent night club crimes heighten students’ alertness

Amber Moyer and Lyndsay Hosak - Staff Writers

Recent night club crimes heighten students’ alertness

It is time to pull out those skirts from the bottom of your drawer and scourge up that tank top that you have been dying to wear. If you enjoy spending some of your nights going out to dance the night away with some of your best friends, the Lehigh Valley has a lot of entertainment to peak your interest.

An attraction for college students is the many night clubs in the area which offer an 18-to-party, 21-to-drink night. However, recent incidents in the surrounding neighborhoods have had some students choosing to direct their attention to other nighttime alternatives. This does not mean night clubs are totally out, it just means maybe some more precautions are being taken before venturing out.

The rate of crimes has been rising in Allentown. However on March 23, 2006 tragedy struck at one of Lehigh Valley’s hottest night clubs. Thursday night a tragedy attracted the usual mass of people to Banana Joe’s and Stonewall when it opened its doors to their 18-to-party, 21-to-drink crowd. Both of these nightclubs experienced incidents that involved a shooting at Banana Joe’s and a stoning at Stonewall, which resulted in the death of Brad Watkins.

Christa Hagan - Staff Writer

Recent night club crimes heighten students’ alertness

So far, Bach has been told by many that they love the idea. She hopes that the turn out of actual secrets is as large as the interest students are showing when they find out. By opening it up to members outside of campus, Bach is really trying to get as many secrets as possible.

She describes it not only as self expression, but by writing it down, it works as therapy. By submitting a secret, “you could end up helping somebody else” said Bach. She also adds that it is a really unique way to see that you are not alone. Bach added more on to the idea of bonding, saying that “everyone is surrounded by secrets and to be surrounded by others and their secrets is a bond of community.”

Bach urges people to be as creative as possible, mentioning that she has already received secrets on unique items, such as socks. Secrets will be collected through the last week of April. The last week of April is when she will begin displaying them in the Tompkins College Center. Her guidelines for submitting are very similar to those of postsecret.com.

The simple tips on the website include, “be brief - the fewer words used the better. Be legible, use big, clear and bold lettering. Be creative, let the postcard be your canvas.” For ideas as far as how to display and create secrets, people can visit postsecret.com.

If people are interested in submitting secrets to Bach’s class project, they can submit as many as they would like. The information desk at the TCC is currently hosting a box where the secrets can be submitted. Secrets can also be delivered through campus mail, to box 21.

In the news...

Kelly O’Donnell

Man kills six relatives

Jesse Dee Wise, 21, was charged with the killings of six of his relatives ranging from ages 5 to 64. The victims included three generations of the Wise family: his grandmother, two believed to be his aunts, two grandchildren and another grandmother, two believed to be his relatives.

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Christa Hagan - Staff Writer

Reveal your secrets without revealing your identity

Christa Hagan - Staff Writer

“Everybody’s got a secret Sonny, something that they just can’t face, some folks spend their whole lives trying to keep it, they carry it with them every step that they take, till some day they just cut it loose, cut it loose or let it drag ‘em down.” Bruce Springsteen sang of secrets which people cannot share in his song, “Darkness on the Edge of Town.” Springsteen is not the only one who is aware of secrets people keep and the need to get secrets out. Senior Fine Arts major Elizabeth Bach is gathering up the deepest, darkest secrets to go towards her final project for her Fine Arts Seminar.

The assignment was to create something that reflects the work of another artist. Bach pulled her inspiration from a recent Postsecret.com website which urges people to mail in their darkest secrets. The website which hosts this unique form of art describes itself as “an ongoing community art project where people mail in their secrets anonymously on one side of a homemade postcard.” The secrets are then displayed on the website and changed every Sunday.

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Students rekindle spirit of Mardi Gras

Liz Shocrylas
Staff Writer

On Monday, April 24 the Art Society will be holding a Mardi Gras party in the bistro in the Tompkins College Center, at 8:00 p.m.

Devon Mauricio, president of Art Society, said that although Mardi Gras is typically celebrated before the Easter holiday, the Art Society decided upon the theme anyway. “To be honest, we didn’t really have enough time to plan it before,” she said. “It’s sort of a bad time of the year, with people crunching for finals, and you’re not really allowed to plan a whole lot around those things.”

Mauricio said that the Mardi Gras celebration will be a way for people to relax and have fun before finals begin in just another week and a half. “People are just coming back from Easter break. It’s a nice alternative to going out and partying, and going out drinking at other schools, like Lehigh,” she said. “Especially this time of year, there are a lot more accidents happening.”

As an alternative to drinking, the Art Society will have a variety of virgin drinks available, for a small fee, which will then benefit Hurricane Katrina victims.

“You get to donate at the door, and just give whatever you can. All proceeds will be donated to the hurricane Katrina Relief Fund,” Mauricio said.

The Art Society is also encouraging people to wear Mardi Gras-themed costumes to the event.

“We are talking about doing a catwalk, sort of like they do for Dink Doughnut Night, and people will be wearing numbers, like you would for a marathon, and we’ll just have people vote for the best costumes. Whoever gets the most votes will receive prizes.”

Along with all of this, there will also be raffles for various prizes, although Mauricio did not disclose what the prizes would be.

The Art Society will be having their Mardi Gras party here at 8:00 p.m. and are hoping for a large turnout, since all proceeds will be donated to Katrina Relief.

Epic adventure accentuates strength of human spirit

Recent examples of the triumph of the human spirit have emerged in the past few days. The most recent example is that of the man dubbed “epic-explorer” (bbc.com), Karl Bushby, 36, from Hull, whose trek around the world has been interrupted by Russia’s demands for penalization and deportation on grounds that Bushby and his partner entered Russia illegally. The British Broadcasting Company (BBC) has trailed Bushby’s men’s trip, from their 1998 beginning in Chile to the present. The most extraordinary part of their trip is that these two men choose to walk around the world. The latest leg of their journey was a walk across the frozen Bering Strait connecting Russia and Alaska, where they entered Russia through the unauthorized entry point of Uelen. They have captured international attention by encapsulating a priceless beauty of their dreams. “This epic journey is one many dream of but few will ever get to do. Bushby is living his dream.”

Perhaps this is why movies such as The Wizard of Oz, The Lord of the Rings, and Star Wars are so popular. They not only embrace the innermost desires of the wandering mind by encapsulating a priceless beauty, but they also capture the human spirit at its finest. Everyone in these movies has some sort of epic adventure and in every instance, the journeys contain trials and tribulations but ends up with the main characters wiser and more resilient in their beliefs and self-definition.

As Eleanor Roosevelt once said, “The future belongs to those who believe in the beauty of their dreams.” In a world where most of the news is filled with tragic stories of child sacrifices in India, the invasion of Tibet by China, the ruthless whaling policies of Japan, and suicide bombings in the Middle East, people could use hope in order to pursue their dreams. Tales of expeditions such as Bushby’s provide an encouraging incentive to pursue said aspirations, even if they are nothing more than just going off on an adventure. Such as Bushby’s will remind people that their dreams are not unachievable, and furthermore, accomplishing them depends on the human spirit and as long as they keep that spirit, anything can be accomplished.

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Savvy summer job searches

Sarah Magner
Opinion Editor

Planning on finding a summer job? From April to July in 2005, “the number of employed youth 16 to 24 years old increased to 21.7 million,” stated the Bureau of Labor Statistics. Assuming this trend continues, you may possibly compete with as many as 26 million other candidates nationwide as you seek for summer employment.

Creativity is critical in any job search. Begin your search now by simply talking with people working in the fields that most interest you. The Career Planning Office offers lots of information about informational interviews. Also, ask your upperclassmen for their suggestions; chances are, they have had a few summer jobs in their day.

Placement agencies such as Manpower and Kelly Services may also help you to find seasonal positions. Their websites, www.manpower.com and www.kellyservices.com, allow you to search for employment worldwide.

While polygamy may seem to be a thing of the past, even The Yellow Pages are a great place to pinpoint specific, local organizations within your areas of interest. Once you find a few that spark your interest, give them a call or make a visit to inquire about available positions; not all organizations post their jobs in The Morning Call or other local newspapers. 

The Career Planning Office also offers a summer job directory for students.

“Try to get a job that provides back-ground information for careers that interest you,” stated the Career Opportunities News. “The easiest jobs to get, such as making hamburgers in a fast food restaurant, may offer the least valuable work experience. They also support your working your way up within a company by searching out ‘nicest jobs with large organizations.' Such establish-ments may possibly offer long-term employment opportunities to employees who are monogamous and are looking for permanent positions in the future to summer workers.

If you network and interview for a variety of positions rather than fixing the search to just a few places, you have a much better chance of finding a suitable and beneficial job.

Speaking of interviews, remember to learn a few things about the company such as their type of clientele or business stan-dards before arriving. This will show employers that you are well-prepared and eager to fill the position.

Keep a resume with you at all times during the job search; you never know when you might bump into a prospective employer. If your work experience thus far is minimal, include volunteer work, extra-curricula lar involvement, and academic achievements to fill that page with eye-catching, unique accomplishments.

Lastly, fine tune your people skills while searching and interviewing for summer work. Employers like candidates who are friendly and energetic; your star smile and winning personality might just give you an extra edge over other 26 million applicants this summer.

Creativity is critical in any job search. Begin your search now by simply talking with people working in the fields that most interest you. Not all organizations post their jobs in The Morning Call or on monster.com.

INTERNATIONAL CORNER

Polygamy throughout the world

Christa Hagan
Staff Writer

Polygamy is a topic that often shocks many. Dictionary.com defines polygamy as “the condition or practice of having more than one spouse at one time.” Some believe that this practice goes hand-in-hand with the dinosaurs, but there is a plethora of information that contradicts this.

While polygamy is not formally practiced often in the western world, it still occurs in other cultures and parts of the world. Individual people feel differently about the topic, as do different cultures. For some, it is a thing in the past, while it is still a constant topic for others.

It is not just a topic of personal choice, but is also found in religious books. The fourth chapter of the Qur’an has a section that states that though the Muslim religion believes marriage to be something between a man and a woman, a man is allowed to have up to four wives.

The Qur’an is not the only religious book which references polygamy. The Bible’s King Solomon is said to have had seven hundred wives and three hundred concubines, David has been known to have ninety-nine wives and Jacob having four (www.jannah.org/sisters/polygamy.html). In Imperial China, upper class couples had large festivals celebrating the marriage of the primary wife but concubines were allowed lesser, smaller ceremonies later on. After the rise of Communism, however, monogamous marriages were strictly enforced.

Polygamy is not a practice which is banned nor encouraged in Hinduism. One of the reasons is financial, “because to have more than one wife, again means to be able to support them financially. Historically, only kings, in practice, were polygamous, and this in part because they could afford it,” according to Wikipedia.org. While many religions and countries in the past have advocated for men to marry multiple women, they have not felt the same for women marrying multiple men. Many Indian religions feel differently. As of October 2004, the laws regarding multiple marriages in India regard the religion of those involved in the ceremony.

In 1848, a community was formed near Onedia, New York which permitted and celebrated group marriages. This was started by John H. Noyes and was often called the Onedia Society or the Onedia Community. The theory behind this group was that each and “every male was married to every female.” In practice, this meant that most adults had continuous sexual access to a partner. Partners were not to have an exclusive relationship with each other in a process termed free love,” according to Wikipedia.org. The complex marriage belief was abandoned in 1879 due in part to external pressure, and the community soon after fell apart.

Most western countries have been known to look down on polygamy. In October of 2004, Usatoday.com published an article (“Polygamy laws expose own hypocrisy”) by Jonathon Turley which summed up how the United States tends to view polygamy. This article states that “[Polygamy] laws have a recognized constitutional right to engage in any form of consensual sexual relationship with any number of partners. Thus, a person can live with multiple partners and even have children from different partners so long as they do not marry. However, when that same person accepts a legal commitment for those partners ‘as a spouse,’ we jail them.”

LIFESTYLES

Beauty Works

La Lonnie Moore
Staff Writer

Fabulous Fingers

These days many women are wearing artificial nails. To make sure that the nail masterpiece that you are wearing on your hands does not become minuscule, you need to be completely in the know.

1. Make sure that all of the products that your nail technician uses are labeled with the formal monomer known as Methyl Methacrylate. If you cannot see the ingredients clearly labeled on the bottles, then there is a chance that you are having your nails done with a sub-standard product containing MMA (Methyl Methacrylate). This is a dangerous product that can cause permanent nail deformities or nail loss, contact dermatitis, and organ damage from long-term use.

2. Stay up to date with your nail appointments. Whether you wear tip overlays or simple acrylic nails with acrylic gel, dark, linen or fiberglass wraps, have nail refills done every two weeks. A new set should be done every two months to ensure proper nail maintenance. You can catch a mold or a fungus, which could travel into the blood stream and cause a potentially fatal reaction.

3. Watch out for scams. If you can spend $15.00 for a full set of nails, beware. How can a salon afford to only charge a meager amount for money when most quality products cost anywhere from $100 to $300 for a gallon of the liquid monomer? The monomer is just one of the labaratories needed to do a set of acrylic nails.

Also watch out for salons that use nail polish removers while they are doing your nails. If they have to wear a mask to protect themselves from products, shouldn’t you have one too? A good technician always puts their client’s needs, health and safety first.

4. While it is common practice for most salons to use a nail drill, the best filing system is done by hand. Use your own personal judgment as to what you want them to use on you. If you are not comfortable with a drill, ask them to file your nails by hand. It takes longer but u healthier in the long run.

5. The effort to be rude is a two way street. A mask hides the client and technician from holding any type of conversa- tion. What kind of relationship can be built like that? Remember to tip all of your beauty professionals, whether it might be your hair stylist or barber or your nail technician. After all, they are the ones who hold shears to your head and cuticle nippers to your hands.

The beauty industry is based on customer loyalty. If you have someone that does all the right things and you build a good relation- ship with them, then nothing but good can follow.
On April 10, Dr. Michal Sadigh held a presentation entitled Mind, Body, and Spirit Healing: Strategies for Women. The most important points Sadigh made was the fact that, "If we go against nature, we will suffer.”

One of the interesting topics that Sadigh brought up was the reality that our bodies have active mechanisms that are different during day and night. These mechanisms can have an impact on many students who stay up late at night studying, because between the hours of 12 a.m. and 3 a.m., our bodies produce a hormone called somatotropin. During these hours, this hormone repairs our joints and muscles when we are in a deep stage four sleep.

According to Sadigh, “People who work third shift for a long period of time eventually suffer from early onset of joint and muscle problems." The problem is that our body can produce some somatotropin during the day, but not enough, especially that amount that we get in our sleep. So if you are lacking sleep you cannot make up for this loss. The only solution according to Sadigh, is "if you work at night, you need to have a lead shield room, which can be very expensive." Maybe staying up late to cram in those extra hours of work is not really worth the risk.

Some of the other effects of not sleeping that Sadigh covered were a lack of motivation, pain sensitivity, faulty memory, immunity suppression, reduced attentiveness, listlessness, anger and hostility.

The most disturbing fact of all was when he revealed that for nearly one hundred years women were not included in sleep studies. This means that women were not studied or monitored to see how their bodies react to lack of sleep.

Burnout affects more women than men, which should be an eye-opener at a women’s college. Women and caregivers tend to respond to everyone else’s needs before putting aside time for themselves.

Another problem he addressed was energy levels during the day. You may be relieved to know that everyone’s body produces an energy hormone called cortisol. The hormone peaks at 8:00 a.m., and then drops around noon. So at around 1:00 the levels of this hormone are extremely low. "This is why in 1:00 classes students struggle to keep their eyes open," he said.

So when do we get our second wind for the day? This usually happens around 6:00 p.m. “This is why you try to take a nap at around 4:00 p.m. you dream like crazy, because your body wants to move. The best times to exercise are early morning before 6:00 a.m. or in the afternoon at 6:00 p.m.

One of the biggest issues Sadigh addressed was the idea of burnout. Burnout affects more women than men, which should be an eye-opener at a women’s college. So why does this phenomenon effect women more than men? “The more you care (conscientious), the more prone to burnout you are.” This is a prototype for women and caregivers, because they respond to everyone else’s needs before putting aside time for themselves.

Sadigh also pointed out the research conducted during the presentation the three stages of burnout. The first stage is chronic arousal. Some symptoms of stage one persistent irritability or anxiety, periods of high blood pressure, bruxism (teeth clenching), insomnia, forgetfulness, heart palpitations, inability to concentrate, and frontal headaches.

Stage two is the conservation of resources stage. This is the “falling apart” stage where you tend to say, “I don’t care.” Some symptoms of stage two are late- ness to work or class, persistent tiredness in the morning, withdrawal, lack of interest, lack of readiness, increased use of stimulants, procrastination, decreased sex drive, and increased alcohol consumption.

Stage three, which is the worst and final stage of burnout, leads to chronic sadness or depression, gastrointestinal problems, changes in personal habits and functions, chronic physical fatigue, chronic headaches, and the desire to drop out of society.

So can this horrible rollercoaster of burnout be reversed? Yes, according to Sadigh there are six keys to recovery.

- Proper diet
- Physical activity
- Recreational activities (hobbies, relaxation)
- Quality sleep
- Take a deep breath and chill out

Sadigh also stated his one rule of crying: “You should never cry alone.” Burnout can take so much out of time to recover from, and may even change the paths of someone’s life.

Sadigh addressed many problems that we as women go through, and the depth of his discussion cannot be compiled into one article. The best advice is to see one of Dr. Sadigh’s presentations to get the full effect of the information and knowledge he presents.

Tips for test time: Preparing for final exams

"Today, many students feel overwhelming pressure to study intensely and achieve high test scores," said Suzanne Podhurst, senior editor, The Princeton Review, and while experiencing a little stress can increase focus and concentration during the test, experiencing too much stress can lead to a lack of sleep.

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Healthy beginnings
An opinions piece by Stacey Solt
Crestiad Lifestyles Editor

Overcoming exhaustion
Just one more full week of classes - we’re almost there! How are you feeling right now? If your schedule is anything like mine, you’re probably running on empty.

Are you tired? I once read that we have two forms of energy, mental and physical. These forms co-exist nicely, a yin and yang of energy and potential. For example, a physically tired athlete may find that their mind performs best under these conditions - because their body is tired, the mind seems full of energy. This also gives the body some time to recuperate. The mind and body were meant to coexist and compliment each other, but they can only stand so much pressure before exhaustion sets in.

“So how are you tired?” Does your body scream in agony when you reach for another cup of coffee, frustrated with the amount of reading and writing you’ve crammed into the last week? Or does your creative side ache for a rest, just a few minutes of peace, away from the rewarding stress of writing, drawing, or dancing?

At this point in the semester, most students are likely taxing your mental energy levels, setting themselves up for creative exhaustion. If you have writer’s block or find yourself re-reading the same textbook paragraph yet again, it may be time to give your mind a break.

“But what if I don’t have time to take a break?” you might ask. “I have three papers, two presentations, and ten chapters to finish tonight. Plus, finals start soon!”

I’m not recommending that you take a two-week trek down the Appalachian Trail - nobody has time for that right now. But you could give your mind a mini break by walking down to Cedar Beach, or stretching your legs on a stroll around campus. If you’ve got ten minutes, use that time to recharge your mind and exercise your body. You’ll be much more efficient once you get back to work, because you’ve given your creative side a much-needed rest.

As for the other half of the mind-body continuum, I know there are a few people on campus who are physically exhausted right now. They might be athletes, weekend warriors, or marathon crammers. The reverse advice applies for you - rest the body, exercise the mind. Try a quick meditation or relaxation exercise if you don’t have a choice as to whether or not you exercise (i.e. the big game is next weekend). One simple relaxation trick that I’ve learned is to sit in a quiet, comfortable room. Breath in deeply, and silently say “one” on the exhale. Do this for about 15 minutes for a nice mental and physical boost.

So for now, take a break and engage your “other half” in some much-needed fun. This writer is about to go for a walk. Getting away from the keyboard for a little while wouldn’t hurt, either!

Amanda Rachel Goodman
A&E Editor

Spring into the latest trends

Denim
Denim is seen as a trend in everything from jackets to shirts to jeans. The key to this trend is to not wear a complete denim outfit. Jackets are seen in cropped and fitted versions and the trends with jeans for the spring and summer are slim and straight-legged.

Dresses
Casual dresses are a trend for the spring and summer that can be used for every occasion. To spice things up, clingy and strapless dresses are also a trend. These dresses are not meant to be worn by the body conscious for they are meant to hug the body.

Cropped Pants, Capris, and Shorts
Cropped pants and capris have been seen as a trend throughout the years, but the newer trends are gaucho pants and Bermuda shorts. Gaucho pants are flattering for all body types because of the loose fit of the pants. Bermuda shorts are also a trend. These dresses are meant to hug the body. This trend is to not wear a complete denim jacket, but the trend is still going strong. Cropped jackets and blazers, in a variety of styles and shapes, can be paired with the same of the other trends for the season, new in lace, to make an amazing outfit.

Wide Belts and Bold Jewelry
These items are meant to make a confident statement to all those who wear them. The wide belts are seen worn around the waist, rather than low on the hips (although

Some trends are not that easy to pull off, but the following spring and summer trends work with almost every body shape. The most important part about being able to carry off the latest trends is confidence, because true beauty radiates from within. From casual wear to sexy dresses, the following is a list of what to wear and how to wear it well.

Tunics
The trend of wearing tunics stemmed from the recent bohemian trend. These flowy and often elaborately detailed tops flatter all body types because the top does not hug the body. Tunics can also be dressed up for a night out on the town or dressed down for casual wear.

Lace
Adding a touch of lace or an entire lace skirt to an outfit. Jackets are seen in cropped and fitted denim jackets, but the trend is still going strong. Cropped jackets and blazers, in a variety of styles and shapes, can be paired with the same of the other trends for the season, new in lace, to make an amazing outfit.

Wedge Heels
Wedge heels are all the rage right now, being seen in casual shoes for everyday wear to glitzy shoes intended for that special night out. If you aren’t comfortable with the extra height these shoes will add, ballet flats are still a hot trend.

Asian Influence
Asian influences have been seen in upcoming trends for the spring and summer with numerous outfits having vivid colors and bold floral prints. Kimono sleeves are also on the rise in the fashion scene.

Wide Belts and Bold Jewelry
These items are meant to make a confident statement to all those who wear them. The wide belts are seen worn around the waist, rather than low on the hips (although

A&E Editor
Fresh off the shelf: Expertwear Blush Bronzer

Lyndsay Hosak
Staff Writer

The Claim: Expertwear Blush Bronzer is a new product introduced by the infamous Maybelline New York that eliminates a step in the process of blush and bronze. This product offers all new colors which are soft pinkish-browns.

Its unique formula keeps your cheeks looking sleek, smooth, and fresh. Its formula eliminates the possibility of streaking, creasing, or smudging. Expertwear Blush Bronzer blends effortlessly for a “just been kissed” shine on your cheeks.

How To Use It: Start off with your normal makeup routine. However, Expertwear Blush Bronzer helps you get ready a little bit quicker. For an all-over glow on your face, lightly swipe the brush over the powder and apply only along your cheekbones for a look that will leave your cheeks looking radiant!

The Result: I was a little bit disappointed with the results of Expertwear Blush Bronzer. I was excited at the idea of it. However, when I applied it to my face I was no longer as interested in the product. I feel that it blends together too much, and for the look I was going for, I was not pleased. I was looking for a tan base with a little bit of pink but the colors mixed together too much to separate the tan and pink. However, if you are looking for a subtle switch up on your cheeks this product might be useful for you. If you are testing the waters of bronzer and blush this product is something you should give a chance. However, if you want definition this product will not satisfy your wants.

Where to get it and How Much: Expertwear Blush Bronzer at any major retailer. Average price, $5.79.

SPRING FASHION

continued | page 14

this is still a trend.) Wearing the belt on the waist rather than low on the hips really cinches in the look of the waist. A trend that has transcended seasons is the look of bold jewelry. A highly meticulous piece of jewelry as well as simple large beading are still the trends for the season.

Prints

Prints are seen in tunics, jackets, blus- ses, and shirts with abstract, bold, and flow- ers images.

Black and White

Black and white is a huge trend today, seen everywhere from the red carpet for award shows to normal wear. The trend can be worn together as a striking contrast, or can be worn separate for just as strong of an effect. White purses are a huge trend right now, mostly seen in larger bags and bags with embellishments.

Neutrals

Browns, tans, greens, golds and cream are a surprising trend for spring and summer, where most colors are usually brighter. These shades work with all skin types, and are seen in all aspects of clothing and shoes.

When wearing these trends and putting an outfit together, it is important to not go overboard with the trends. If you are wearing a bold skirt, don’t go for bold pants – the worst-case scenario is trend overload. Just use your imagination, creativity, and self-expression and you will do just fine putting an outfit together. Pair it with confidence and you will be perfect.

My boyfriend just recently decided to go away for the weekend and basically told me that he was sick of me and this town. He said he just needs to get away just for a weekend to “think.” He says he still loves me and isn’t thinking about breaking up with me, but he just wants to get away for the weekend.

In a few months he is moving to a different town that’s about three hours away, I’m scared we may break up even though he claims we won’t. He has been talking about a promise ring, but I’m still scared. Is there anything reassuring you can tell me?

Dear Gillian and Louis, My boyfriend and I have been dat- ing for about a year and a half. He just recently decided to go away for the weekend and basically told me that he was sick of me and this town. He said he just needs to get away just for a weekend to “think.” He says he still loves me and isn’t thinking about breaking up with me, but he just wants to go away for the weekend.

In a few months he is moving to a different town that’s about three hours away, I’m scared we may break up even though he claims we won’t. He has been talking about a promise ring, but I’m still scared. Is there anything reassuring you can tell me?

Dear Not About to be Single, I think that it’s a good thing that your boyfriend went away for a weekend to “think” about things. You are probably with each other all the time, so it’s about time you and him had a break. I am current- ly in a three year long distance relationship with my boyfriend in Massachusetts, so three hours is not bad at all.

If you think that anything fishy is going on, like him cheating on you, then I would suggest you talk to him. Communication is the number one thing in a relationship, and if you don’t have that, then you don’t have a relationship at all.

Life changes, so it’s not the end of the world if he is seeing someone else. You have to remember that people and situations in life always change and things will never be the same. Love what you have now and don’t take anything for granted.

Along with communication, trust is also a huge factor in relationships. It seems as if you don’t trust your boyfriend that well because you keep saying you’re scared. The only reassuring thing I can tell you is that you need to talk to your boyfriend and make sure everything is okay. Tell him how you feel, talk about the long distance relation- ship, and talk about the promise thing.

You don’t need to start exploring other people because from what you’ve told us, this is the first time he has gone away and had time to think. If it was a reoccurring thing, then I would say yes, go explore some other options. But right now since you’re scared, you and your partner need to start communicating with each other.

“If however, by some strange reason you feel the need to stick it through then I think it would be best to just be honest with him. Or you could play the same game he’s playing. Go away for a weekend with your girls right after he comes back. Make sure he sees you before you leave. Give him a wink and a smile and tell him the last thing you’re going to do on this trip is “think?” Just go crazy and be sure to take lots of pictures.

In the end you’ll most likely start see- ing the world beyond your boyfriend and his drama. Breaking up is never easy nor does it make you feel good. However, sometimes it is the best thing to do. Start exploring this option and things will go a lot smoother for you.

Louis

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Bake Sale

Today and Tomorrow
Thursday & Friday, April 20-21

Sponsored by Lambda Pi Eta, the Communication Honors Society

Stop by Hartzel Hall

The advice given here is the opinion of the individual columnist and does not reflect the overall opinion of The Crestiad staff.

Any advice given here is a suggestion and not, by any means, a direction of action.
April break is already a distant memory, and only one question from the past week remains. What am I going to do with all of these eggs?

The good news is, recent research has shown that eggs may be healthier than once thought. The egg has always been shrouded in controversy - such a perfect, compact protein, but filled with unhealthy cholesterol. Its benefits have been shown to negate its consequences, however, and the incredible, edible egg is indeed all that it’s cracked up to be. The Harvard School of Public Health recently examined a group of 117,000 nurses, and found no relationship between heart disease and egg consumption.

Another study in the Journal of the American College of Nutrition reported that a breakfast of eggs tends to leave people feeling full longer than a bagel breakfast of similar weight and calories. Egg eaters also ate significantly less calories throughout the day, which could eventually lead to weight loss.

What can you do with all of those brightly-colored eggs still hiding in your room? Hard-boiled eggs are an excellent form of protein, and can be a tasty alternative to the old standards beef and chicken. Use them to dress up a salad, or create a zesty Tex-Mex deviled egg for a finals-week energy break. For your dining pleasure, here are several recipes for hard-boiled eggs.

### Tossed Salad with Eggs and Cheese

**Ingredients:**
- Cooked or raw vegetables (your choice, and as many as you want): Lettuce, Tomatoes, Cucumbers, Peppers, Onions, Fennel, Celery, Radishes, Mushrooms, Asparagus, Hearts of Palm, Leeks, Green Beans, Cabbage
- 1 hard-boiled egg or poached egg
- 4 tablespoons hard cheese
- Vinaigrette with 1 tablespoon oil

**Preparation (choose one):**
1. Combine tomatoes, cucumbers, lettuce; sliced hard-boiled egg, 1 cube of Swiss cheese;
2. Combine raw spinach or curly chicory, 1 boiled egg, or 1 cube of cheddar cheese;
3. Combine sliced tomatoes, an egg, and mozzarella;
4. Combine curly chicory and 2 1/2 tbsp of hot goat cheese - no egg.

*From WebMD.com*

### Tex-Mex Deviled Eggs

6 hard boiled eggs
1 T diced green onions
1 T finely chopped cilantro
1 small jalapeno, seeded and finely chopped
1/4 cup mayonnaise
1 t mustard
1/2 t salt
1/4 cup grated cheese
Chili powder

Carefully cut eggs in half and remove yolks. Mash yolks with mayo, mustard and salt. Add cilantro, green onions and jalapeno. Scoop yolk mixture back into egg halves. Sprinkle with chili powder and grated cheese. 

Notes: Pre-bagged shredded Mexican cheese or Nacho cheese tastes the best. Is not hot if you remove seeds and membranes from jalapeno.

*From Bhg.com*

### Hard Boiled Eggs With Tomatoes And Cheese

8 eggs, boiled hard, shelled, sliced
4 tomatoes, sliced
1/2 cup Swiss cheese, grated
1 tablespoon butter
Seasonings to taste

Put tomatoes, cheese, eggs, butter and seasonings in a baking dish. Bake in hot oven for about 6 minutes.

*From recipes.lovetoknow.com*
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100% SATISFACTION GUARANTEED!
**Sports Photo of the Week**

Send your favorite sports photos to crestiad@cedarcrest.edu to be considered as next week's "Photo of the Week."

This week's photo, by Crestiad Photo Editor Linda Misiura, is of lacrosse goalie Keri McDevitt retaining possession of the ball. Emily Dittmar looks on as senior goalie McDevitt controls the ball in the crease during a lacrosse game this season.

McDevitt is currently ranked third in the Pennsylvania Athletic Conference for Save Percentage, with 199 goals against her and 219 saves for .524 Average/Goals Against per game.

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**Upcoming Games**

**Lacrosse**
- 4/22 @ Alvernia*
  1:00
- 4/24 vs. York
  4:00
- 4/27 @ Wilkes
  4:15

**Softball**
- 4/21 @ Gwynedd-Mercy*
  3:00
- 4/22 @ Alvernia*
  1:00
- 4/29 @ Eastern*
  3:00

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**Results**

**Lacrosse**
- 4/5 vs. Cabrini*
  15-3 L
- 4/8 vs. Eastern*
  21-3 L
- 4/12 vs. Arcadia*
  12-11 W

**Softball**
- 4/7 vs. Immaculata*
  2-0 W, 2-1 W
- 4/11 vs. St. Elizabeth
  7-1 W, 12-4 W
- 4/12 vs. Misericordia*
  2-0 L, 1-0 L

*indicates PAC contest

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**CCC Hall Olympics: Opening games kick off this Sunday at Spring Fling**

In order to score points for your residence hall, you can participate in the games or just come to cheer your hall-mates on:

**Points awarded are as follows:**
- 1 point awarded for each person who attends and cheers on their team
- 2 points awarded for each faculty/staff member that you get to cheer on your hall
- Up to 5 bonus points if a faculty/staff member participates in an event
- Points awarded for 1st, 2nd, and 3rd place for each event
- Points awarded for each goal scored when applicable

**Schedule of Events:**
- **Sunday, April 23**
  - 4:00 p.m.: Tug of War and Relays [on the Quad]
  - 3:00-7:00 p.m.: Banner Making [on the Quad]
- **Monday, April 24**
  - 12:00 p.m.: Dodgeball [Gym]
  - 8:00 p.m.: Swimming Relays/Kayaking [Aquatic Center]
- **Tuesday, April 25**
  - 12:00 p.m.: Soccer [Gym]
  - 7:00 p.m.: Floor Hockey [Gym]
- **Wednesday, April 26**
  - 12:00 p.m.: Flag Football [Soccer field]
  - 7:00 p.m.: Volleyball [Gym]
- **Thursday, April 27**
  - 12:00 p.m.: Badminton [Gym]
  - 5:00 p.m.: Wacky Games [on the Quad, during Relay for Life]

**ALL WEEK**
- Penny Wars - $ to be donated to the Tsunami Relief Effort

**How to get involved:**
- Sign up at Spring Fling
- Show up at any event and cheer your team on

**Awards presented after final event**
- Free tee-shirt for participants (limited supply)

*Remember: The games begin Sunday at 4:00 p.m. at Spring Fling on the Quad

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**Falcons vs. Knights:**

**Cedar Crest teams travel to Alvernia Saturday**

The Falcon softball and lacrosse teams take on PAC opponent Alvernia this Saturday, April 22 at Alvernia College.

Both teams begin play at 1:00 p.m., with the softball team playing a doubleheader.

This will be the first match up of schools since Kelly McClosey left her role as Athletic Director and lacrosse coach at CCC to take over as head lacrosse coach of the Knights (4-3-1).

The Falcons lacrosse team (1-12) hopes to score another victory against their conference rival and former coach.

The Falcons softball team (12-10) is looking to make the PAC playoffs for the first time ever and a victory over Alvernia (12-14) might just secure that spot.
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**ARTS & ENTERTAINMENT**

**Bet You Didn’t Know**

Meet Miguel Marroquin: Bistro Supervisor at Cedar Crest

Chaquetta Wallace  
Staff Writer

Miguel Marroquin was born in Puerto Rico and came to Pennsylvania at the age of ten. He lived in California for seven years after high school. He has 20 years of experience in food services; in 2002 he joined the Parkhurst staff at CCC.

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

Miguel Marroquin: I have been working at Cedar Crest College for four years now.

TC: Where did you learn to cook?

MM: My grandmother and my mother taught me to cook. I used to watch my grandmother cook when I was little. My mom would teach me, but if I had questions I’d go ask my grandmother.

TC: Do you have a passion for cooking? What is your favorite food to make?

MM: My grandmother created the guacamole recipe. My favorite aspect of working at Cedar Crest College are my co-workers. They are good people and hard workers.

TC: What is your favorite aspect of working at Cedar Crest College?

MM: My favorite aspect of working at Cedar Crest College are my co-workers. They are good people and hard workers.

TC: What are your greatest professional achievements?

MM: I became the Bistro Supervisor in a year and I was a Kitchen Supervisor before working at Cedar Crest College.

TC: You were born in Puerto Rico - do you have a chance to visit often?

MM: The last time I was there was 1985. It was my graduation gift. I haven’t been to Puerto Rico in a long time. Every time I plan to go, something comes up.

TC: Why did you intend to move back to Los Angeles and are you still planning on moving?

MM: I became the Bistro Supervisor in a year and I was a Kitchen Supervisor before working at Cedar Crest College.

TC: What made you change your mind?

MM: I missed my family and my friends in California, so I wasn’t sure if I wanted to stay here. However, I do not plan on moving to Los Angeles right now.

TC: What would you recommend to make guacamole?

MM: A western omelet. You use eggs, peppers, onions, sausage, cheese, and black olives if you like them. It’s not too challenging and very tasty.

TC: What do you do in your spare time? Any hobbies?

MM: I used to coach a baseball team for ten to twelve year olds for a summer league. But now I do not have enough spare time.

TC: What is your favorite sport and sports team?

MM: My favorite sport is football. The Philadelphia Eagles are my favorite team.

TC: Why are the Eagles your favorite team?

MM: When I first saw them they just stood out, and I’ve liked them every since. I’ve stuck by them through the good years and the bad years. I’ll keep being a fan because I like them - they have heart.

TC: From personal experience, I’ve seen that you are a collector, what do you collect?

MM: I collect sweatshirts, baseball caps, and football jerseys. I collect shirts from different schools. I have a lot of college sweatshirts, including one from Cedar Crest College. I also collect sports team sweatshirts. I have one hundred baseball caps. I wear a different one everyday, except the ones that are collector items. I also collect jerseys of my favorite football players.

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**REEL REVIEW**

**ICE AGE: THE MELTDOWN**

By Amber Moyer  
Staff Writer

If you are looking for a light-hearted and cute comedy with a good story, then *Ice Age: The Meltdown* is for you.

*Ice Age 2: The Meltdown* is a comical follow up to the first *Ice Age* movie. Although it makes it a little easier to follow along with the characters you didn’t have to see the first one to be able to enjoy the sequel. The same animals are back for a second adventure, and the movie even begins with Scrat on a chase for his acorn.

Manny, the mammoth who is voiced by Ray Romano, star of the CBS sitcom *Everybody Loves Raymond*, Sid the sloth (voiced by Emmy award winner John Leguizamo) and Diego the tiger (Denis Leary, comedian) are the main characters in the movie.

In this sequel, the *Ice Age* is coming to an end, and the animals love their new world which is a melting paradise of water parks, geysers and tar pits. Soon however Manny, Sid and Diego discover that all the melted ice is going to flood their valley. They warn everyone and they actually turned out to be my favorite part of the whole movie.

Once they convince the other animals that they need to leave the valley, the real adventure begins. Along the way they meet Ellie (Queen Latifah, musician, television and film actress, a label president, an author and an entrepreneur) and her two opssuums “brothers” Crash (Seann William Scott, *Dukes of Hazzard, American Pie*) and Eddie (Josh Peck, star of Nickelodeon comedy *Drake and Josh*).

Ellie will not admit the fact that she is a mammoth, insisting to all the other animals she is an opossum like her brothers. Manny tries very hard to convince her, because all the other animals are telling him he is the last mammoth, and he wants her to know the truth.

Throughout their journey, to find the ship that will save them from the flood, Manny and Ellie begin to fall for each other. This becomes very apparent when Ellie is trapped and Manny risks his life to go back and save her.

Overall, I thought this film was a cute sequel to the first. It was entertaining enough for children, yet it had enough adult humor to keep me laughing throughout the whole movie.

My only complaint is towards the end it seemed to drag a little. I think it was too long for younger children and the story started to fizzle.

The brief pieces with Scrat the saber-toothed squirrel were a nice comical break from the story itself, and actually turned out to be my favorite part of the whole movie.

I would recommend this film to people of all ages if you are in the mood for an amusing cartoon packed with a lot of laughs. B+"
Leisurely Reading
Baby Momma Drama: not the Shakespearean kind!

La Lonnie Moore Staff Writer

Betrayal - how can anything hurt so bad? Carl Weber attacks this issue and several others in life, love and the pursuit of happiness in his third novel, Baby Momma Drama. Weber, a fairly new African American novelist on the scene, began in 2000 writing from the little-heard male perspective. However, he began writing his third masterpiece, the “woman” in him clearly spoke.

Perhaps the most fascinating fact about this novel is that this book isn’t about superstars or billionaires. It’s about the common man and the common woman experiencing the trials and tribulations of life. Weber himself said on his website, “I wanted to write a book about ordinary people who have crazy things happen in their lives.”

The unique characters of this book, Jasmine, Travis, Dylan and Stephanie interact with each other in a way that most men and women of any race can relate. Dylan and Travis both take the plight of being good black men and enross us with each chapter. Stephanie and Jasmine are sisters in the same coin. They make you wonder, “Why is it that good girls and bad boys?”

Other pivotal characters such as the role of “big mamma.” Maled, Monica, Wendy, and Brittany, help add to the drama that unfolds throughout the book. To be honest, this book will have you wanting to do dramatic things to it. Even I had to keep my emotions in check! The question becomes then, “Why do so many issues such as betrayal, trust, and family trigger such a vivid response from me?” Baby Momma Drama had me realizing intrinsinc truths and you will too.

Stephanie and Jasmine fight over “big mamma’s” affection and are constantly in a state of sibling rivalry. Stephanie and Jasmine are living lives that the other one envious in some way. Both ladies are involved with or previously involved with no good men and both get involved with a good man, but only one ends up with her head on the winning side of a good relationship. The ladies get blackmailed, manipulated, used beyond repair and both will have severe emotional scarring. But in the end, both gain clarity and begin to rebuild their self-esteem and self-worth.

Dylan and Travis are affected by the sisterly duo and are taken to hell and back with the drama of love. Of course there would be no baby mama drama without babies and their momma’s involved. Weber makes the harsh reality of dealing with the unfavorable ex-girlfriend come to life with different scenarios that will make your head spin.

In the end, you walk away craving more and wishing that the book was not over. With any luck perhaps Mr. Weber might consider doing a sequel to the book. With so many realistic characters it’s hard not to long for more. Personally now that I am done with this book I have to have the others in his collection. You can find the titles on his website, www.carlweber.net. I must say, what a ride?

The Sound Booth

HINDER

Tiffany Wanzie Staff Writer

I’m sure that you’ve all heard your share of 90’s rock bands singing about sex, drugs, and of course rock and roll. They’re definitely catchy tunes and some of the most accessible are so romantic that they tend to bring out the emotional side in all of us.

A current band who follows in similar footsteps is Hinder with their 2005 album Exreme Behavior. This five member band definitely succeeds in portraying an 80’s style sound in their music, but at the same time are easily mistaken for the well known band Nickelback. The mixing of modern rock style with older rock is what gives this band an edge that anyone would find quite enjoyable.

Their first hit single, “Get Stoned” is extremely controversial among listeners. If you determine whether or not the band is a “yes or no” in your book based on this one song, you’ll be missing out. Some actually like the song because it has a good beat to it, while others are extremely turned off by the lyrics. It depends greatly on your musical standards. If you’re able to enjoy music based solely on the sound and not the entire package, then this song is actually good. It’s one of those catchy tunes that you may not particularly like, but sing anyway. Then again this is only one song off of their album. There are plenty of other tracks worth checking out just because they’re written with more intelligence and the lyrics are catchy.

Other songs from Hinder that are slowly gaining popularity with modern rock listeners are “Better Than Me,” “Lips Of An Angel,” and “Bliss (I Don’t Wanna Know).” These songs seem as if they were tracks taken straight off the popular CD Monster Ballads: “Lips Of An Angel,” in particular, is about a man who is still in love with his ex-girlfriend. This theme reoccurs throughout many of their songs, but is stated in a variety of ways. What truly draws you to their music is the guitar solos throughout their songs as well as the deep tone of the vocalist. He sounds as if he’s singing with all of his heart and it’s hard to not be addictcd to something like that.

It’s really good to hear your voice saying my name / It sounds so sweet / Coming from the lips of an angel / Hearing those words / it makes me weak / And I never wanna say goodbye / But girl you make it hard to be faithful / With the lips of an angel

With Austin Winkler on lead vocals, Mark King and Joe Garvey on guitars, Mike Rodden on bass, and Cody Hanson on drums, they’re sending the message to listeners that their band, if anything, is in this business to have fun. In all honesty, this band really seemed to appear out of nowhere and is slowly gaining popularity. You can now hear them on MySpace and they played a gig at the local Crocodile Rock on April 12 to a very large crowd. Although they have a few controversial songs on their album (and you have to admit it’s hard to find a rock band who doesn’t), I don’t think the rest of the album should be overlooked. It’s definitely worth the trip to your local Best Buy.

Good Eats

Lauren Sandt Staff Writer

Loosen up your belt buckles, we’re going to Snuzzles!

With the corporate companies fencing in our neighborhood areas, it is nice to go to a restaurant with a unique and fresh approach to casual dining. Nestled back on Lyons Road in Kutztown, one of the finest family owned restaurants in the area.

For many years, this unique restaurant has housed and entertained guests of all ages. An interesting aspect of Snuzzles is that there are no signs on the building to indicate to restaurant dining. Although they have a few controversial songs on their album (and you have to admit it’s hard to find a rock band who doesn’t), I don’t think the rest of the album should be overlooked. It’s definitely worth the trip to your local Best Buy.

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Baby Momma Drama has seemed to acquire, take a short drive down the main road and you’ll see Snuzzles! It’s really good to hear your voice saying my name / It sounds so sweet / Coming from the lips of an angel / Hearing those words / it makes me weak / And I never wanna say goodbye / But girl you make it hard to be faithful / With the lips of an angel

With Austin Winkler on lead vocals, Mark King and Joe Garvey on guitars, Mike Rodden on bass, and Cody Hanson on drums, they’re sending the message to listeners that their band, if anything, is in this business to have fun. In all honesty, this band really seemed to appear out of nowhere and is slowly gaining popularity. You can now hear them on MySpace and they played a gig at the local Crocodile Rock on April 12 to a very large crowd. Although they have a few controversial songs on their album (and you have to admit it’s hard to find a rock band who doesn’t), I don’t think the rest of the album should be overlooked. It’s definitely worth the trip to your local Best Buy. 

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Dane Cook is now a household name. Becoming widely known around the country, he is bringing his unique sense of humor to all. His most recent 2-disc/DVD release entitled Retaliation, has climbed to the number 4 spot on the Billboard 200. Dane’s debut CD, Dane Solo, which has sold more than 450,000 copies in two years, has been certified Gold.

This hot stud is making appearances almost everywhere. Being a part of specials on Comedy Central, he also starred in What a Catch and the Insomniac Tour Central’s Stand-Up Showdown, and Stuff Magazine’s “Coolest Comic of the Year.” His website www.danecook.com gets over 500,000 hits a month and he updates it frequently to keep fans interested.

Everyone should be getting very excited because HBO has just signed Cook to an unprecedented multi-faceted deal that will include series, specials and other projects. The reception for the artists will take place at 3:00 p.m. on April 24, and the exhibit runs through May 11. The Tompkins Gallery is open daily from 9:00 a.m. to 9:00 p.m.

Dane Cook "to an unprecedented multi-faceted deal that will include series, specials and other projects." We are all looking forward to that starting June 11. I absolutely fell in love with him (as did many other girls my age) the first time I saw him on Comedy Central. While "swiffering" the nation (quoted by Dane calls him, “My future husband,” Cook is working with handmade paper, mixed media and memory. Dane Cook is now a household name.
Kelly O’Donnell
Crestiad Columnist

Feeling stressed out with all the pressures accompanying the end of the semester? Take your mind off it all by renting one of the best movies of 2005, The Chronicles of Narnia: The Lion, The Witch, and The Wardrobe.

This film perfectly blends together great acting, amazing effects, wonderful cinematography, and one of the best stories ever made. Escape into this magical land originally written as one in a series of seven stories by C.S. Lewis in the 50’s. This movie was amazing to watch on the big screen, but even better on DVD due to the 10 hours of extras that pull you right into the premise of the film.

The Chronicles of Narnia is about the four Pevensie siblings (Lucy, Susan, Edmond, and Peter) who are living during World War II. Their mother ships them off to England, leaving them with the White Witch. As they play in the woods trying to keep themselves entertained, they play an innocent game of hide and seek, which is when Lucy (Georgie Henley) stumbles onto the wardrobe. When she goes into the wardrobe she gets transported into the land of Narnia. Her siblings don’t believe her until they themselves are also transported into Narnia. They soon find themselves in the midst of a war between the White Witch (Tilda Swinton) and Aslan (voiced by Liam Neeson). At first all they want to do is leave, but that proves to be impossible after a twist of events unfold. The plot includes other great details such as betrayal, prophecies, sacrifice and a battle scene.

Every actor in the film did an amazing job helping Narnia come to life. Skandar Keynes (Edmund), William Moseley (Peter), Anna Popplewell (Susan), and Ben Whishaw bring their characters to life. When Lucy first sees Narnia, viewers can really feel the mystic and wonder. Every time they are worried about something or having a wonderful time, it really comes through on the screen. The live action actors as Mr. Tumnus (James McAvoy) and Swinton also really excelled in their acting, giving their characters the perfect edge needed to be believable. Lastly all the actors that performed the voices for the animals really made the animal’s despair show through to the viewers. Without excellent acting it is hard to pull off fantasy but director Andrew Adamson really did a great job coaching the actors.

The movie, which was filmed in New Zealand, has some of the most gorgeous scenery and when combined with one of the best stories ever in some time, creates a perfect scene each time. The cinematography was done with perfection, using two shades of lightning in the early parts of the film representing two different Narnias. When optimism lingers, you see a lightened snowy Narnia. When things look down and the White Witch is around, it becomes the dark angry Narnia. The battle scene is one of the most tasteful battle scenes ever done with each action full of emotion.

This DVD is jam-packed with extras that will keep you entertained for as long as you want. They include the typical commentary and interviews but expand past the average to include a Discover Narnia Fun Facts (facts pop up through the movie) and detailed explanations of each character. The movie has numerous interviews and behind the scenes footage on how the director got everything set up in New Zealand.

This movie can be just as enjoyable for adults as children, if not more so. Upset you missed it on the big screen? Don’t worry! The Christian Fellowship Club is showing it in Alumnae Hall theatre on April 20 at 9:45 p.m. with free pizza so join the fun and come watch one of the best fantasy films ever made.

A+  

Mark Your Calendars

On-Campus:
Thursday, April 20, 7:00 p.m.
Evening with Award Winning Author
Peter Chilson

Sunday, April 23, 7:00 p.m.
FISDED Show

Sunday, April 23, 7:00 p.m. - 10:00 p.m.
Rape Aggression Defense Class

Monday, April 24, 5:00 p.m.
Senior Art Exhibition Opening and Reception, Tompkins Gallery

Tuesday, April 25, 7:00 p.m.
Student Activities: Coffeehouse

Wednesday April 26 & Thursday, April 27
1st Annual Health and Wellness Conference

Friday, April 28, & Saturday, April 29, 8:00 p.m.
Spring Dance Concert

Sunday, April 30, 7:00 p.m.
ACWC & Flute Ensemble Spring Concert

Sunday, April 30, 6:00 p.m. - 9:00 p.m.
Rape Aggression Defense Class

Wednesday, May 3, 9:00 p.m.
Student/Faculty Frolic

Wednesday, May 3, 11:00 p.m.
SAB: Midnight Breakfast

Visit www.cedarcrest.edu for more information

Off-Campus:

Lafayette College
Tuesday, April 25, 7:00 p.m.
MTFU - Campus Invasion Tour featuring Motion City Soundtrack, Straightline Run & kellongodbye

Visit: www.desales.edu; www.lafayette.edu; www.levet.edu; www.moravian.edu; www.muhlenberg.edu; for more information on events through the LVAIC Institution

Concerts & Events:

Thursday, April 20, 6:00 p.m.
Toscaeno Philadelphia, PA
P.O.D.

Sunday, April 23, 6:00 p.m.
Toscaeno Philadelphia, PA
Taking Back Sunday

Sunday, April 23, 8:30 p.m.
The Electric Factory Philadelphia, PA
The Strokes

Thursday, April 27, 7:00 p.m.
Crocodile Rock Allentown, PA
Matchbook Romance

Friday, April 28, 8:00 p.m.
Crocodile Rock Allentown, PA
Gorfieace Killah

Tuesday, May 2, 7:00 p.m.
Toscaeno Philadelphia, PA
Chimaira, Arch Enemy, God Forbid, and Hate Eternal

Visit www.ticketmaster.com for more information

CROSSWORD PUZZLE

ACROSS
1. Book
2. One who’s awkward
3. Advanced Research Projects Agency
4. Orion
5. Excerpt in literature
6. Sudden thrust
7. Type of worker
8. Examined
9. Type of racing
10. Voodoo related
11. Worth
12. Reside
13. Vehicle on runners
14. It is (Contraction)
15. University of Rhode Island
16. Bring water to this Island
17. After larvas
18. Yes
19. Boldness
20. Zodiac symbols
21. It is (Contraction)
22. No longer in style
23. Consumed
24. No
25. Women have ___
26. Western film
27. Asian cereal grain
28. Stupid
29. 14th Hebrew letter
30. Common black
31. Accustom to something
32. One who’s awkward
33. Advanced Research Projects Agency
34. One who is inept
35. One who’s awkward
36. No (Scottish)
37. Warm snow
38. Excerpt in literature
39. Pretty or dainty
40. Religious authority
41. Method of doing things
42. Son of Aphrodite
43. Male savior
44. To perfume
45. Nicholas II of Russia
46. Ceremonial act
47. Nicholas II of Russia
48. Nicholas II of Russia
49. Ceremonial act
50. Not twice
51. Make in rough form
52. Method of doing things
53. Not twice
54. Son of Aphrodite
55. Method of doing things
56. Want
57. Silvanus
58. Less than 2
59. Inclined upward
60. Inclined upward
61. Prescribed in specific amount
62. More than nine
63. Paper packs
64. Awoke
65. Prescribed in specific amount

DOW N
1. Sink
2. One who’s awkward
3. Advanced Research Projects Agency
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55. Method of doing things
56. Want

GENRE: Action / Adventure / Drama / Family / Fantasy
RATING: Rated PG for battle sequences and frightening moments.
DURATION: 140 minutes

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Once again, she is in the news. Britney Spears and Kevin Federline welcomed visitors into their home over the weekend. Ok, well maybe not welcomed and maybe they aren’t their visitors, but child welfare officials did check up on the couple and their child. “It’s a very standard, routine patrol request,” Lt. Debra Glaskides said. The department of children and family services declined comment saying that is a private matter and Spears’ publicist was not available for comment. I wonder what Spears’ could have done in order to be considered a bad parent? Car seats, any one?

According to people.com Chad Michael Murray, 24, and Kenzie Dalton, 18, are engaged to be married. Dalton, a high school senior, had a small role in the WB series One Tree Hill, which costars Murray. He was previously married to co-star Sophia Bush but split in September after five months of marriage. Gee, if I was in Vegas I’d definitely put my money down on this marriage to last (at least she’s not jailbait). In other similar news Maggie Gyllenhaal, 24, and Peter Sarsgaard, 35, are expecting their first child. The two are now engaged after a four year relationship. They costarred in In God’s Hands, which was never released.

Jennifer Lopez is suing one of her ex-husbands for releasing a manuscript to publishers. Ojani Noa apparently broke a confidentiality agreement he had signed which said he would not disclose any information about their relationship. Lopez is claiming that Noa would not give the manuscript to publishers only if he was given $5 million by the singer. I guess her love does cost something, apparently.

What should you do if one of the biggest names on your TV station decides to leave your station? Get somebody better, and names on your TV station decides to leave What should you do if one of the biggest names on your TV station decides to leave. While publicity was focused on your station? Get somebody better, and names on your TV station decides to leave

In Concert: Badfish

Sublime’s lead singer Bradley Nowell died on May 26, 1996 from a heroin overdose, which means unfortunately that the real Sublime cannot be seen live anymore. Badfish is the next best thing to seeing Sublime perform. The band played a tribute to Sublime at Crocodile Rock in Allentown on April 11, 2006. The concert was only $5.00 to get in, which was the price to get into a real Sublime concert with a flyer. Badfish’s performance met and went beyond my expectations. Normally when you see a “cover band” you don’t get the same show as you would at a real Sublime concert. When I closed my eyes at this concert, I felt as if the late Bradley Nowell and his band members were on stage. The last band to start their performance was long and the concert was supposed to start at 7:00 p.m., but didn’t start until 9:00 p.m. Their opening act, Fistful Of Steel, a Rage Against the Machine tribute band, did not perform, making the crowd antsy for Badfish to start. As the first note of Badfish’s opening song blared through the speakers, Sublime fans cheered and rushed the stage. Fans sang along with the band as they played all of Sublime’s hit songs and nearly all the songs from Sublime’s albums. Ken Luckenbill, a student at Lehigh Carbon Community College said, “it was a great show, and the lead singer of Badfish sounded just like Nowell did in some of his studio recordings.”

Badfish was very enthusiastic and involved with the audience. The lead singer constantly talked to the crowd and pointed his microphone out to the audience to sing lyrics. A lucky fan was also chosen to sing a song with the band on stage. As the band announced and played their last song, fans chanted for more shouting “encore.” There was an uproar of excitement as Badfish returned to the stage to finish their set and a great show. Their final song, “Bro hymn” by Pennywise, which is a song that was written in remembrance of friends lost to drug addictions, was dedicated to Sublime’s lead singer Bradley Nowell. It was exciting to see all the Sublime fans at the concert. Badfish’s performance was phenomenal, and their tribute to Sublime keeps the spirit of Nowell alive. Watch for Badfish to perform in your area this summer - the show is a must see.

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ARTS & ENTERTAINMENT

Chitter Chat

Kelly O’Donnell / Columnist

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