Teenagers underestimate dangers of drinking and driving

In the early morning hours of March 5, 18-year-old Palmer resident Kyle Kohler struck a tree with his vehicle, resulting in an accident that killed his two passengers - 18-year-old Michael Cummings and 16-year-old Amanda Schultz.

Only a month prior to that, Ciara Deprill, a 2004 graduate of Allen High School and a student at Temple, was killed in an accident on the Ben Franklin Bridge while returning to school with driver, 18 year old Dreamah Koll.

In both accidents, the teenage drivers were operating their vehicles while under the influence of alcohol and traveling at high rates of speed. These accidents are reflective of a growing and troublesome statistic in the United States. More and more teens are driving intoxicated, and many more are becoming involved in deadly crashes.

Reports and research conducted by the National Center for Injury Prevention and Control at the Centers for Disease Control (in conjunction with the National Highway Traffic Safety Association) estimated that in 2004, 39% of all of the roughly 16,700 vehicular crash-related deaths involved excessive consumption of alcohol.

The NIHTSA also listed the results of a 2003 report concluding that 25% of the deaths of drivers falling into the 15-20 year old category were intoxicated. The conclusion in the United States. More and more teens are driving intoxicated, and many more are becoming involved in deadly crashes.

While there is no direct evidence that teenagers are especially susceptible to fits of road rage, there is a greater tendency for them to ignore the basic rules of traffic restrictions. There is a greater probability, Jonah argues, for teens to run red lights and stop signs. Teens also display a greater vulnerability to pressure to drink and do drugs before getting behind the wheel or in the passenger seat. The risk does not end there.

The same survey in 2003 that revealed even sober teens are at a higher risk for accident than any other age group on the road.

The lack of experience in teenage drivers notwithstanding, a combination of that inexperience with alcohol or drugs can amplify the risk of a serious accident. The CDC cites author BA Jonah for providing research suggesting that teens are far more likely to underestimate danger on the road and are more prone to react impulsively when faced with something that challenges them.

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**The Campus Corner**

**What is keeping you going this semester?**

Leni Johnson ‘08
Elementary Education

“Please believe...
18 Jefferson Street.”

Katie Mullen ‘08
Undecided

“I’m not gonna lie...
The Barnyard Gang.”

Ongoing debate: Public Display of Affection

- **Hillary Gold**  
  Staff Writer

**PDA is not OK**

Public Display of Affection also known as PDA is not appropriate for any couple of any sexual orientation. Whether you are in a girl-girl, girl-boy, or guy-guy relationship, there are some things in your relationship that you should not share with public audiences.

In a mature, adult relationship you know where to draw the line between what is appropriate and inappropriate to do with your partner outside of your home. I have no problem seeing couples holding hands, hugging or giving sweet kisses on the cheek or lips. It is when I walk into a public area and see a couple’s lips locking and groping each other that I become disgusted. It is just plain vulgar for any couple to do so in a public area.

It is easy to get caught up in the moment when you are in a relationship, but you need to know where to draw the line. Making out, hugging all over each other and touching each other inappropriately are not good ways to show that you are in a relationship. What it does show is immaturity and a lack of self-control, and it is rude and disrespectful to all.

Yes, you have the freedom to do as you wish in this country but that doesn’t mean you have to show off your love making with each other. In a way, it cheapens the relationship.

You are sharing with everyone in the room, restaurant, movie theater or wherever you and your partner choose to be publically affectionate something that should only be shared with the one you love. If you give everyone a show, then what is left for each other when you’re alone together? How can your intimate moments still be special to one another when you put it on display in such a public way?

- **If you give everyone a show, then what is left for each other when you’re alone together? How can your intimate moments still be special to one another when you put it on display in such a public way?**

The only point you are getting across by making out in public that you have not grown to a point in your relationship with one another where you are secure with your relationship, and somehow makes you feel the need to grope each other in public.

People need to learn that we are all adults and there are certain parts of your life that you do not need to put on display, nor do others want to see it. Leave your intimacy at home and stop the PDA!

Lauren Sanders ‘08
English

“Missy’s face.”

Moira Stanely ‘08
Biochemistry

“T’m not gonna lie...
The Barnyard Gang.”

Compiled by Christa Hagan
GREETINGS ALL,

I FOUND MYSELF RECENTLY FEELING VERY DISSATISFIED WITH MYSELF AND LIFE IN GENERAL. I WAS DISCONTINUED WITH MY APPEARANCE, SO I DYE MY AUBURN HAIR BLONDE. THE LAST TIME I WAS BLONDE WAS 1987, SO IT WAS A HUGE CHANGE.

IT DIDN’T HELP. DON’T GET ME WRONG, I LIKE IT AND I HAVE RECEIVED ENOUGH POSITIVE COMMENTS TO WANT TO KEEP MY HAIR BLONDE. HOWEVER, I WAS MAKING PHYSICAL CHANGES WHEN I HAD AN EMOTIONAL/MENTAL SPIRITUAL DEFICIT. THE ONLY THING THAT COULD HELP WAS FOR ME TO INVESTIGATE THE ROOTS OF MY DISCONTENT.

KEEPING IT SIMPLE

I THINK OF THIS BLONDE EXPERIENCE AS A GOOD ANAGLYPH TO WHAT IS HAPPENING THROUGHOUT THE WORLD. WHEN PEOPLE (NATIONS, PRESIDENTS, ADMINISTRATION, ETC.) FEEL DISCONTENTED, THEY ATTEMPT PHYSICAL CHANGES TO MAKE LIFE BETTER. RARELY DO THESE PHYSICAL CHANGES RESOLVE THE PROBLEM. OFTEN TIMES, THE SOLUTIONS, IN FACT, INCREASE THE COMPLEXITY OF THE INITIAL PROBLEM, AS WELL AS ADD ADDITIONAL PROBLEMS TO THE MIX.

ONE EXAMPLE CAN BE SEEN IN OSAKA BIS LADEN’S “DISCONTENT” WITH U.S. MILITARY BASES IN SAUDI ARABIA. INSTEAD OF ACHIEVING COMPLETE WITHDRAWAL OF ALL AMERICA’S FORCES FROM THE HOLY LAND, U.S. BASES HAVE INCREASED THROUGHOUT THE ARAB WORLD DUE TO OBAMA’S ACTIONS ON 9/11. PHYSICAL ACTIONS ON PERSONAL PROBLEMS RARELY WORK.

AMERICA’S DISCONTENT WITH SADDAM HUSSEIN’S BRAZEN CONDUCT, SUCH AS OFFERING MONETARY REWARDS TO FAMILIES OF SUICIDE “MARTYRS,” HAS BEEN PHYSICALLY EXPRESSED IN AN ACT OF WHAT WE MAY HAVE RED Ourselves OF A TURANT, BUT HAVING BOUGHT A COUNTRY BUS PROBLEMS IN DOING SO.

BOTH EXAMPLES ARE EXTREMELY SIMPLISTIC, BUT WORTHY OF EXAMINATION. HOW ELSE COULD THESE AREAS OF DISCONTENT HAVE BEEN RESOLVED WITHOUT RESORTING TO PHYSICAL ACTION? WHAT COULD HAVE BEEN DONE WITHOUT RESORTING TO THE TAKING OF INNOCENT LIVES?

RUSSIA TODAY

I CONSIDERED IT TO BE FORTUNATE TO KNOW MANY PEOPLE AROUND THE WORLD. THE MAINTENANCE MAN FOR MY APARTMENT BUILDING IS FROM SIBERIA. HE CAME TO AMERICA THREE YEARS AGO TO WORK BEFORE HE FINISHED HIS B.S. IN CHEMISTRY AT THE UNIVERSITY IN RUSSIA. HE DECIDED TO STAY AND LIVE ALONG THE ACROSS THE HALL FROM ME FOR THE PAST YEAR.

I ASKED HIM ABOUT THE STORIES IN THE NEWS LATELY ABOUT RUSSIA AND FORMER SOVIET UNION COUNTRIES, ABOUT HOW CORRUPTION FILLS THE ADMINISTRATIVE OFFICES. THERE ARE ARTICLES ACCUSING THE PRESIDENT OF BELARUS OF BEING A DICTATOR, AND THAT RUSSIA PASSED MILITARY ACCUSING THE PRESIDENT OF BELARUS OF BEING A DICTATOR, AND THAT RUSSIA PASSED MILITARY ACTIONS AGAINST THE FORMER SOVIET UNION STATES. STORIES ABOUT SPYING AND DICTATORS INFILM PASSIONS ON ALL SIDES. IT SEEMS SOMEONE IS JUMPY, RUSSIA OR THE U.S. OR COULD IT BE BOTH?

WHAT IS THE TRUTH?

I BELIEVE THE TRUTH IS FOUND SOMEWHERE IN THE MIDDLE OF TWO SIDES. IT IS POSSIBLE THAT THE U.S. GOVERNMENT IS BEING SENDEN UP (THEY HAVE BEEN PROVEN TO DO IT). IT IS ALSO POSSIBLE THAT RUSSIA IS TRYING TO RECLAIM THEIR PREVIOUS SUPERPOWERSHIP. BOTH ARE TRYING TO BRING A BALANCE TO GLOBAL POLITICS. IT IS MORE LIKELY THAT BOTH GOVERNMENTS ARE TRYING TO FOCUS ON THEIR RESPECTIVE CITIZENS ABOUT A GOOD DEAL.

THE TRUTH MAY NEVER BE KNOWN ABOUT RUSSIAN-AMERICAN RELATIONS IN THIS CRITICAL TIME, BUT IT BEARS WATCHING CLOSELY. IT WOULD BE A VERY BAD THING FOR COLD WAR POLICIES TO BE REINSTATED.

Russia has done much to thwart America’s plans to “secure” our nation. They disputed Saddam was a threat in the UN prior to the war, and now are trying to assist Iran with their nuclear ambitions. However, Saddam was not a threat, we now know, so perhaps Russia should not be judged harshly for their stance on Iran.

Whatever happens, let us all work together to keep our nation from taking physical action to ease its discontent with Russia and Iran. Only by going to the roots of the discontent and amicably can we find the true solution. It would be the end of us to take physical action to end mutual discontent.

Until next time,

Peace,

Beth

Contact Beth at beth@jvoicenet.com and see more thoughts at www.bethcoutler.com

Russia has informed me, oh-so-tactfully smack in the middle of my mid-week, that contrary to popular belief, it didn’t actually come with Microsoft Word—just a teaser version that expired, and I no longer have permission to create new documents or edit existing ones.

This means I have to make a joyous forty-minute to an hour trek up to Richmond any time I want to use Microsoft Word, and I can only print things on Richmond’s campus, which is a pain in itself. But wait, oh wait, the joys of technological continuity continue! Richmond has somehow managed to disconnect one student, and one student only, from using any printer at Richmond, in any room, on either campus. Do I even need to tell you who that one student was?

Thank you, Microsoft.

The concert in itself was phenomenal, Mike Skinner was amazing, and the place was so big that Clare and I were comfortably standing about five feet in front of the stage. The real thing that made my night was dancing next to me through—as the night wore on, I noticed a shortish blonde girl dancing next to me, flanked by two huge bodyguards. It was Kelly Osborne. How random.

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www2.cedarcrest.edu/crestiad

Nothing comes for Free:

Consumerism, commercialism, gourmet sausage, and why I am a woolly, cuddly Sheep

My constant dedicated pessimism leaves me with little hope in life. I don’t believe in good things happening, and I certainly don’t believe in good things happening for free—there’s always a catch. Having said that, I’ve been having a lot of good things happen to me lately. Oh, and by the way, I’ve picked up a sarcastic Britsh sense of humor. So take that.

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College has been very different in some aspects than it thought it would be. I was expecting people to radically stand up for what they believe in. I figured that if people care more about what they do, they would do everything in their power to change it and bring it to others’ attention. I wanted feminist lectures and workshops, political activism, people pushing the boundaries on every issue. My freshman year, things started off looking kind of this way. With the war going on, I must have attended at least seven protests. I saw people making signs stating their opinion and writing articles in The Crestiad. Then, things died down quite a bit. I’ve always been one to make it known exactly how I feel about something, and I try to bring in a bit of humor when possible too. What I was expecting at college was much more light-heartedness.

In many situations I have felt censored. I feel that Cedar Crest very often looks at itself as more of a business campus than a place for growth and new experiences. While a college is a business and must keep its image in mind, it should not become obsessed with it to the point that its students feel stifled. I can think of at least seven times off the top of my head when an idea I had was forced to be “toned down” a bit. What I’m about to say is not an attack on any department on campus, nor any individual; it is the name of a knitting book and Stitch and Bitch, was not approved even acceptable to have to pay $5.25 to just sit in the cafeteria without eating? Did you know that you are not allowed to use sidewalk lighthouse rent. Then, just remember this amazing, and I’m not some fat-belted record exec, I’m your average everyday consumer. But money aside, if there was one thing

**RESTITUTION SPECIAL:**

**Censorship at Cedar Crest College**

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**Culture-Shocked**

continued | page 3

the “pleasure” of using T-Mobile on campus because the college sees Fall Fest and OutThere to have a table at Fall Fest to have many clubs, some of which are on other campuses. It was deemed unacceptable for OutThere to have a table at Fall Fest to have a “kissing booth” where people could register with students who were on campus because the college sees Fall Fest and Spring Fling as “family events”, but I don’t know what upsets you? Instead of just bitching with your friends, next time stand up and do something about it. Do you think it’s unaccep- to pay $5.25 to just sit in the cafeteria without eating? Did you know that you are not allowed to use sidewalk chalk anywhere outside on campus? Does it upset you that we don’t have a general recreation area? Do you feel that you are a minority that is not welcomed by others? Do you think your department doesn’t treat their students well? Isn’t it ridiculous that=commercial businesses on T-Mobile for a night like that.

**Ms. Takes**

Jennifer Kuzemet Columnist

Pretty, pretty princesses: Does beauty equal access to power?

What is it about princesses that so appeal to our culture? Is it that beauty and wealth pave an easy path to autonomy? Or is it because princesses are the essence of chil- dren’s fairy tales, storybooks, toys, and movies, and we just carry this princess image on us as we are mature?

The Express-Times features a section titled “Expressions” that appears in the newspaper every other Monday. “Expressions” features articles written by local area high school students. Their last issue, on March 27, included an article about women’s history month. In it, “Expressions” staffers were asked to “share how real and fictional women have inspired them.” Their picks included obviously published women such as Hillary Clinton, Rosa Parks, Condoleezza Rice and J.K. Rowling.

The appeal of princesses

However, two of the staff members chose princesses. Princess Jasmine from Disney’s “Aladdin” was chosen because “Jasmine isn’t afraid to speak her mind, even when her life is on the line. In the end, she gets what she wants, the incredibly good looking man she deserves.” Actress Lindsay Lohan’s role as “Sara Crewse” from the movie “A Little Princess” was the other princess pick. She was chosen because the “never gives up hope” and “holds on to her belief in wonder, love, learning, and respect.” The author remarks us at the end that “Every woman is a princess.”

Every woman wants to be a princess. And this is the empowering aspect of being able to type to hold on to? Let’s consider some popular fairy tale princesses as brought to us by Disney.

Princess as Victim

Sleeping Beauty—comatose until “saved” by a prince. Cinderella—forced to serve stepmoth- er and sisters, but gets “saved” and married in the end.

Snow White—naive and settle to her stepmother and the dwarves, easily tricked into eating the poisoned apple.

Belle—intelligent but is given to the Beast by her father.

Ariel—gives up her voice, silenced herself, to get the handsome man.

Princess as Woman

Princess Jasmine—a princess who is actually strong willed and does speak her mind, marries “the street rat” in the end.

Princess Fiona—in Shrek, a satirical version of fairy tales, Fiona gets her true love upon giving up her false beauty and just being herself.

Although there is variety in situations, many of these princesses are portrayed as weak, beautiful and in need of being mar- ried. “The princess myth is very tempting. You start out as disempowered and by becoming royalty you don’t have to do the work, you get everything you want.” says Maria Tatar, author of The Hard Facts of the Grimms’ Fairy Tales and The Annotated Classic Fairy Tales as quoted in Ms. Magazine in 2004. Only in Aladdin and Shrek do we see a semblance of women as empowered, women who use their brains and not for what they want.

Empowering or confusing?

It seems to me that the princess culture can have a paradoxical effect. On one hand, princesses in fairy tales seem to get what they want in terms of material things and the prince. But then it may also seem that few other options are available to princesses; as if the only choice for women is to marry in the end and often do so by being their beauty. Also, the princess’s story seems to imply a certain selfishness. She will not be happy unless she gets what she wants and the effect on others (think of Grimms’ Cinderella whose stepisters get their eyes pecked out at the end, but who also went to great lengths themselves to get the prince by cut- ting their feet apart to fit in the shoe).

Beauty=Power

Beauty=Power. We see this in our culture regularly, especially in movies and on TV. It is this power that seems to be the thing that, with princesses it is the crux of their existence to use their appearance to gain that power. That is just one more area for girls to worry more about their looks and less about their intelligence and individuality.

“Women today — despite increasing independence for many — still tend to value beauty and appearance. Why is it that attractive women and men are socially rewarded more than unattractive people? From early childhood, girls are read fairy tales about princesses who achieve vast riches simply because their beauty makes them special. That’s a powerful message that can inhibit young women who feel they do not meet society’s expectation of what it means to be attractive,” says Liz Grauerholz, associate professor of sociolo- gy at Purdue University, in a 2003 article in Parade News.

For centuries we have been teach- ing our children stories that portray oppressed female characters. But there are other options. Writers such as Emma Donoghue, Angela Carter, and Margaret Atwood have taken to task the rewriting of female narratives. They have all rewritten tales to reflect a wider range of acceptabil- ity in terms of women’s behavior and desires. Donoghue, in her book Kissing the Witch. Old Tales in New Skins, gives us women who relate to each other, instead of competing against one another. Her hero- ines do not always get married in the end, and often fall in love with other women
In the last Crestiad editorial, a letter was sent to Gillian Maffeo and Louis Mariani. After reading the responses, I was wondering whether anyone would happen if the letter read something like this:

“Dear Gillian and Louis, I’m a freshman. I’m not used to seeing such ‘out-there’ forms of affection between interracial couples all over campus. I find it hard to make friends, and just to live here. What can I do to cope with such problems and what can be said or done to limit the amount of affection displayed this way?”

“Interracial couples are something that not everyone is used to seeing and for someone who may have grown up in a small town without many minorities, much like I did, it can be a totally different experience to see something like that. However, if you feel just that because people are not used to it, it doesn’t mean people need to hide themselves to make others comfortable.”

This past weekend, I attended a conference for GLBT (Gay, Lesbian, Bisexual, Transgender, and Queer) youth. At the beginning of the conference, the director of the organization that was sponsoring it explained their policies on Transgender and other sexual minorities: “We are very important in making queer people visible. Giving the advice to ask queer people to not ‘force their culture,… and lifestyle on others’… does not show them how good they can be, is not being popped into their closets and asking people to deny who they are. Please, take time to educate yourself if you feel uncomfortable. OutThere is a great and friendly club, step by step if you ever have any questions. Their meetings are on Thursdays at 9:45 p.m. in Alcoce C and they can answer any questions you have to the best of their knowledge. Also, don’t be afraid to use your RA as a resource or attend a FADED performance.”

Myra Mae Starrett ’06

We sincerely appreciate when our readers express their concerns in Letters to the Editor. The Crestiad encourages feedback, perspectives, and conversation. We thank OutThere for expressing their ideas in this manner and would like to clear up any confusion or doubts that this group and others may have.

In the March 23 issue of The Crestiad, the question of whether PDA and gay pride is appropriate on campus was addressed. Gillian Maffeo and Louis Mariani, the authors of “You asked for it…” gave their advice to a student. Mattie and Mariani each wrote their own response and gave their own advice. The views expressed in this column and in all other opinion pieces are that of the authors and are not the views or representative feelings of The Crestiad, its editors, or its staff.

It is vital to The Crestiad staff that we cover all people and events on campus equally and fairly. We do not feel that The Crestiad has always emphasized diversity and tolerance, including coverage of OutThere’s True Colors Dance, a same sex couple in Valentine’s Day special, and “Out Lines,” a column by Rose Strong, ’05. We would finally like to address a rumor circulating around campus that we published the March 23 issue in accordance with Accepted Students Day. The Crestiad publishes every two weeks and does its best to have the articles and opinions featured in a timely manner, but has never published something with the intention to create a controversy or provoke a response. To imply that The Crestiad staff is irresponsible and intends to exploit anyone is false. No article, opinions piece, or photograph was ever knowingly published by the current staff in order to provoke a response from anyone, as rumors may indicate.

Prospective students have access to any issue of The Crestiad via Internet or campus distribution. We do not feel that any student should judge the entire atmosphere of Cedar Crest College based on one advice column published in the newspaper.

Again, we are pleased that members of our campus community read The Crestiad and take the time to respond to it. The staff hopes that any misinterpretations or misunderstandings have been clearly addressed and we look forward to continued feedback.

The Crestiad Editorial Staff

This Thursday, OutThere held an emergency discussion group for the members to talk about the recent publication of the advice column, “You asked for it….” The advice column of The Crestiad and witnessing same sex couples or other non-traditional couples very much like the same experience. My advice would be to take the time to realize how their lives may be, how it may be to surrounded in heterosexual culture. Only recently have queer people (using queer as an inclusive term that includes GLBT along with other identifications) been depicted on prime time television. The most heart-wrenching that are being made in the media are very important in making queer people visible. Giving the advice to ask queer people to not “force their culture,… and lifestyle on others…” does not show them how good they can be, is not being popped into their closets and asking people to deny who they are. Please, take time to educate yourself if you feel uncomfortable. OutThere is a great and friendly club, step by step if you ever have any questions. Their meetings are on Thursdays at 9:45 p.m. in Alcoce C and they can answer any questions you have to the best of their knowledge. Also, don’t be afraid to use your RA as a resource or attend a FADED performance. The next one is in April.

Rachel Coleman ’10

We would like to address this advice that OutThere is an incredibly dissipated point in the publication of this advice column, not just because of the lack of helpful guidance, but because of the timing of its release. This paper was put out on March 23rd, 2006, three days before Accepted Students Day. This article, if picked up by a prospective student, does not represent the atmosphere of Cedar Crest. It not only might discourage a gay student from wanting to come here, but also make a closeted student feel too uncomfortable to come out. This publication has also made several current students question their place here. Cedar Crest has been an open, liberal school where students feel comfortable being themselves. It is disappointing to see such a misleading representation of our school. Also, The Crestiad might want to put a stop to the rumor that the advice column was intentionally published to create controversy and provoke response because it would be irresponsible of a paper to exploit any group of people just to get a rise out of the public. Remember to use the power of the press responsibly and respectfully.

"Diversity is the one true thing we all have in common. Celebrate it every day." — President of Cedar Crest is an accepting, diverse school filled with amazing students and genuine friends. Let’s celebrate our differences.

OutThere Submitted by Sierra DeMulder Vice President, Out There

Submission of letters to the editor:
Letters may be submitted via campus mail to The Crestiad mailbox or e-mailed to crestiad@cedarcrest.edu. Please include your name, contact information, relationship to the Cedar Crest community, and class year (if applicable).
We do not publish anonymous letters. The Crestiad cannot guarantee the publication of any letters or commentaries.

MS. TAKES continued on page 4

MS. TAKES instead of the handsome man. Carter’s women also portray options for women in non-traditional relationships, including sexually aggressive women.

For children, there are writers such as Rosemary Lake, Jane Yolen, Ethel Rosenthal, and Roger Johnstone Phelps. In their tales, princesses are portrayed as intelligent, in control of their own destiny, and as active characters, similar to film classics Snow White and Fiona. They also do not have to marry in the end, unless of course that is what they want. Jane Yolen’s book is titled Not One Damned in Distress: World Folktales for Strong Women.

"Fairy tales are important historically because they provide children with information about a certain period. What they don’t do is provide positive images about groups who are not white, middle-class or heterosexual," says Lori Baker-Sperry, assistant professor of women’s studies at Western Illinois University.

By providing children, and adults with these more varied ideologies of how to be a "princess", we are confronted with the patriarchal archetypes associated with them, we can find new ways of seeing what women and beauty really are. Not only can princesses look diverse, but we can also act and choose diversely, as feminist authors have shown us.
Conference promotes wellness by integrating art and science

Tiffany Wanie
Staff Writer

The third annual Health and Wellness Conference is taking place April 26 and 27. “To be healthy, we must be creative,” said psychology professor Micah Sadigh. “Art is a part of science, science a part of art.”

This year’s conference will explore a multitude of topics, from the art of hand washing to the inexact science of Dinner with Art. Other workshops and exhibits will discuss women athletes, spa cuisine, and the archetypes found in dreams.

“What really needs to be highlighted is how incredibly talented and diverse our students and faculty are,” said Sadigh. “They may be teaching art or science, but we can communicate.”

While subjects are often grouped into “science” or “art” categories, the founders of this conference believe that true wellness comes from an integration of these two forces. “They are incredibly connected,” he said.

The first annual Health and Wellness Conference was titled “A Vision for the Future,” and emphasized the fact that if we are to make a difference in the future of medicine, we must learn to integrate health and wellness. One cannot be completely healthy if they are not whole and well.

The second conference was called, “The Art and Science and Wellness.” “To be healthy, we must be creative,” Sadigh said. This sparked the establishment of the conference’s Creative Committee, of which Sadigh is currently co-chair. This committee brings a more focused human-guided creative aspect to the conference.

“Mind Body Spirit Integration” has been chosen for this year’s conference theme, suit its current emphasis on integration and the whole person. “Spirits seek meaning, are drawn to beauty,” he said. “We really need to highlight that MDs need to be integrative in order to move toward wellness.”

To heal a person, you cannot view them as pieces of a puzzle. They must be seen as an intact person, with any changes to one part of the body affecting the rest of the person’s life.

Whether you are a Forensic Science or Fine Arts major, this conference should have something interesting for you. “Students should pay attention to the workshops and titles,” he said. “They will be amazed how diverse the conference will be.”

Sadigh stressed that Cedar Crest’s Health and Wellness Conference is truly unique. “I’ve not come across anything of this kind of interactive presence.”

A more information about the conference’s workshops and a schedule will be in the April 20 edition of The Crestiad.

Symposium explores the future of forensics

Kelly O’Donnell
Crestial Columnist

On March 25, the Forensic Science Student Organization sponsored the fourth annual Forensic Science Symposium. This event featured speakers from various backgrounds, and it served as an opportunity for prospective students to get an idea of what to expect from the major. It also gave current students the opportunity to learn about the career paths that are available.

This has been a prosperous year for the forensic science department, which recently announced plans for a master’s degree starting fall 2007.

Diana G. Johnson, who presented the lecture titled, “An Overview of Forensic Entomology,” said that the purpose of the symposium was to help people’s eyes open to the sciences. She also said that it was a “nice overview of all the different sciences in the forensic field.”

Lori Gilstrap, co-chair and senior chemistry major with a forensic concentration, says that the symposium’s purpose is “to bring Forensic Science professionals to Cedar Crest College [in order] to introduce new technologies and current research to forensic science students and those interested in the field.” She also agrees with Johnson that the symposium helps to open student’s minds to many different fields.

Many students planning to attend Cedar Crest next year were present at the symposium. Kelli Perrone, a 17 senior in high school with an anticipated major in biology and concentration in forensics, says that she didn’t know how many different things one could do in forensics and that this has helped her to be able to see the different fields. She also said that “Cedar Crest offered [her] just that fit me.”

The symposium included many different presentations such as “Mass Disaster: The World Trade Center Experience” and “An Introduction to Forensic Odontology.”

Another topic, which was presented by Dr. Jay A. Siegel was “Today’s Crime Laboratories: The CSI Effect: Is it read and why should I care? Crime laboratory culture: What will you face when you work in one?” This presentation addressed what kind of effects the TV show CSI has had on juries. Because of the CSI Effect, he explained, juries now expect scientific evidence to be collected and analyzed (especially fingerprints and DNA). He says that because of this effect, many juries will find criminals not guilty even if all other signs point to the criminal.

For students who are not sure what paths to take but have an interest in science, Johnson suggests that they expand out into chemistry or biology because the job market is becoming so big that there are not enough jobs to encompass all the students entering the field. Gilstrap explained that this is one of the main reasons students at Cedar Crest have to take a major when doing forensics. This year there were about 150 people at the event and Gilstrap said she was very pleased.

Cast your votes ONLINE!!
Polls will be open from Tuesday April 11th until Thursday April 13th.

Make your voices heard! Support your class!

vote@cedarcrest.edu
Students to be jailed for educational purposes

Liz Skoczylias  Staff Writer

On Saturday, April 8, 47 Cedar Crest Students will be admitted into the Northampton County Prison.

Students participating in the Addictions, Psychopathology and Crime class that Cedar Crest offers will be spending the Saturday in jail, from 9:00 in the morning until 5:00 in the evening, living as the inmates in the jail would. The class is taught by Scott Hoke, criminal justice professor here at the college, as well as acting warden at the prison.

The prison is the newest prison facility in Northampton County, and is preparing to open its doors for real inmates this summer, but is using this experience as a test-run for the services and functions of the facility.

"What they will take part in and learn throughout their day serves as a great supplement to the material they are learning in the classroom," Hoke said in a press release from Cedar Crest College.

"If we’re going to talk about these types of drugs, which are entirely self-contained.

The facility itself is a drastic change from what we’ve had previously in the county so their presence for test-running the classroom," Hoke said in a press release from Cedar Crest College.

"The facility itself is a drastic change from what we’ve had previously in the county so their presence for test-running the classroom," Hoke said in a press release from Cedar Crest College. "Basically an inmate will never have to leave the unit because all of her needs can be met inside it including meals, recreation and visitation. Each unit even has its own bathroom situation, since it is a huge room that is not divided into separate compartments.

She explained that the only thing that was really "freaked out" about was the bathroom situation, since it is a huge room that is not divided into separate compartments. She explained that the only thing that was really "freaked out" about was the bathroom situation, since it is a huge room that is not divided into separate compartments.

"But, I’m still really excited. The best part of the whole thing is that we might get to keep our uniforms." Hoke explained that the only thing that was really "freaked out" about was the bathroom situation, since it is a huge room that is not divided into separate compartments.

The syllabus issued to the students states that "Students may not bring anything with them to the prison that has not been discussed in class. Please keep in mind that the average citizen is generally unaware of the dangers common, everyday items present in institutions such as this." It then states that students are not allowed to bring in tobacco, gum, jewelry including body piercings, wallets or purses, money, pencils or controlled substances.

The syllabus also states that certain clothing is also prohibited, such as heeled shoes, skirts or dresses, pantyhose or nylon stockings, and hats or caps.

Photo, video and interview opportunities are available by appointment only as there are some visual restrictions.

Even though they all learn valuable techniques to aid them in their leadership positions, that is not the only reason for these retreats. It gives both the senators and the members of the executive board a chance to get to know each other outside the hectic meetings and full schedules. The recently elected SGA President for the 2006-2007 school year, Carol Dao comments on the chance to get to know each other saying, “We aren’t just people at a meeting anymore, we become friends with memories that bind us together.”

"Meeting an hour a week does not always give the senators time to know each other at these meetings, but Dao says that the retreats are a chance for them to socialize and move beyond just knowing one another as senators.

In the past, the senators have not just gone out bowling, but also they have gone out for coffee and sweats to keep it low key and enjoyable. But bowling and brownies kept the retreat fun, but there were serious and beneficial aspects to the weekend as well." Dao said, outlining much of what is done at these retreats.

Discussions at the retreats are often heavy and full of pertinent information, but Dao mentions that the senators are also given fun activities and time to kick back.

She mentioned that dinner during the retreats was a chance where they were all able to “sit back and talk.” Icebreakers and activities are set up for the senators to get to know each other and have a fun time at the event which is mandatory for all senators and executive board members unless otherwise excused.

The year is coming to a close and Dao says that she hopes to have two to three retreats in the fall where they can really go over procedural things and then one or two retreats in the spring semester. “Overall, I’m really proud of the Senators and the Executive Board. Yes, we are an organization but we are much closer in due part to the retreat but more to the willingness of the girls and the chemistry between them,” Dao said. That was the last retreat of the year, and there will be more next year for the senators and the new executive board.
In the news...

Kelly O'Donnell

Student from NJ college is missing

John Fiocco, 19, from The College of New Jersey went missing on March 25 after he attended an off-campus party. His roommate said he looked drunk and reported him missing 36 hours later. Blood was found on a dorm trash chute and now they are checking two landfills in Bucks County, PA. The dormitory which is 10 floors and houses 7,000 students has been checked by police. Authorities are not sure if he was forced down the chute and would not say whether they think he might still be alive.

Tapes of September 11 set to be released

Tapes of emergency calls to 911 by victims of September 11 are being released after The New York Times and victim’s relatives sued to make the calls public. Many of the callers were told wrong things because the dispatchers were not informed on how to handle situations like these. Although dispatchers may have given out wrong advice, they were praised because they remained very calm and professional in a very hard situation.

Carroll coming home

After spending 82 days as a hostage, Jill Carroll is on her way back to the U.S., first stopping in Germany then going to Boston. Her kidnappers said that they released her because “the American government met some of our demands by releasing some of our women from prison.” The U.S. did release some women but not because of the kidnappers demands. Before Carroll was released she made comments on video saying that President Bush should bring home the troops but her father said that her kidnappers maddner her do this if she wanted to be freed.

Protestors gather in New York City

Thousands of protestors marched across the Brooklyn Bridge in support of immigrant rights and against new legislation that has already been passed in the house. According to CNN.com the new legislation “would make it a felony to be in the U.S. without the proper immigration paperwork.” The legislation would also penalize people who helped or encourage immigrants to stay in the U.S. illegally.

Al Sharpton Protests in New Orleans

Al Sharpton and activists gathered in New Orleans to protest the news elections that are planned. The new plans are that residents will be able to mail-in votes because of as of now out of the 460,000 residents that use to reside in New Orleans less than half has returned. Sharpton says that this will not be fair and will take away from voter equality and that mail in ballots will take away because of the slow postal delivery in New Orleans. Sharpton instead wants satellite polling places for residents to vote.

News

Exercise physiologist speaks about developing a healthy lifestyle

Janette Brunstetter

On Wednesday March 29, The Health Connection at Cedar Crest College had a special presentation on nutrition and exercise provided by Christine Karpinski, registered diettitian and exercise physiologist .

Karpinski recognizes that the United States does have a problem with obesity, but the problem does not lie with the “image issue”, but rather the issue of health. There are many unhealthy people in the United States. According to the Center for Disease Control (CDC), over the last 20 years there has been a large increase in the amount of obesity in the U.S. As of 2001, the prevalence of obesity among US adults had increased to 20.9%, a 5.6% increase over the course of one year.

Throughout Karpinski's presentation, she provided helpful tips to help get and keep one's self healthy for years to come...

First she suggested setting realistic goals. When people lose weight they do not just lose fat, but water and muscle mass as well. A healthy weight loss goal would be about 1-2 pounds per week. Do not be judgmental, it can take up to six weeks to start seeing a decrease. The best measure of weight loss, according to Karpinski is “how your clothes fit.”

Secondly, keep a food journal. By keeping a food journal, “It makes you accountable for what you’re eating,” says Karpinski.

Thirdly, eat breakfast. Everyone needs the energy to start the day. Meal skipping is a bad idea. “You have to replenish what energy you expend,” states Karpinski. She suggests six small meals a day: breakfast, snack, lunch, snack, dinner, snack. The meals and snacks should be healthy, and based upon one’s needs according to the food pyramid. If the body is being fed every four to six hours, then it is burning what was put into it versus large meals where most of it sits in your system and is converted to fat. And for those wondering about eating late, Karpinski states that, “There is nothing wrong with eating at night, just as long as it isn’t cookies or ice cream.”

Lastly, decreasing your calorie intake and increasing your activity is very important. Strength training is suggested for those who are looking to increase lean body mass. Finally, for anyone thinking of going on a diet Karpinski says, “Eat work as long as you stick to them.” She suggested the Dash diet created by the American Dietetic Association (ADA). This diet program provides sample meal plans to assist you in your quest to be healthier. So all together, a combination of being realistic, being responsible for one’s self, exercising, and eating more notoriously leads to a healthier lifestyle. As Karpinski stated in her presentation, “It all matters when it comes to your health.”

Karpinski is the owner of a small consulting business called Nutrition’s Edge, Inc, where she works mostly with athletes. She is a speaker for Push the Rock, an apparel company that also sends speakers out to motivate teams and students alike. Karpinski has worked over 12 years in the health care field with a bachelors degree in exercise physiology and a masters in nutrition education. Currently working on her PhD, Karpinski is also an adjunct professor at West Chester University, a member of the ADA, the American College of Sports Medicine, as well as the Sports, Cardiovascular & Wellness and Nutrition Entrepreneurs dietetic practice groups. She specializes in vegetarian nutrition, weight management, and women’s health.

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Students gather at local conference to discuss topics in women’s studies

Kelly O’Donnell
Crestiad Columnist

Cedar Crest hosted the 12th Annual Undergraduate Conference in Women’s Studies, which included the works of four Cedar Crest students. The event was organized by the Lehighton Valley Association of Independent Colleges (LV-AIC).

The sessions were each very different, touching on different topics and even included performances. It was a time for people to share ideas and present their papers on different topics from women across the war zones to women and the marketplace. Other topics included women’s health, women as artists and social class and justice.

The site coordinator chair and Cedar Crest College assistant professor, Jill Odegard, said “the purpose of the conference is to provide an opportunity for the undergraduate students enrolled in the LV-AIC colleges to present papers, presentation, performances, video, artwork or original literature that examines women’s lives, women’s issues, or gender issues.”

Jennifer Kuznetz, one of the Cedar Crest’s presenters and Columnist of the Crestiad’s Ms. Takes, presented her paper titled, “Feminist Fairy Tale Heroines in the 17th and 20th Centuries.” She said that her favorite part of the conference was “Seeing everyone’s presentations. All of the projects were different and insightful. It was a great opportunity to get together with people willing to share their work, and people interested in what you had researched.” Other presenters from Cedar Crest included Shayna Staat, Karen Cook, and Rebecca Pancosat.

One of the presenters, Courtney Werner from Moravian, presented at one of the panels on “The Feminization of Composition Studies. Trapped in the Mothering Role” and afterward the floor was open to the audience where they could ask questions from not only Werner’s presentation but also the other two presentations within the panel. The discussion really helped everyone be able to express their opinions on the issues at hand.

Odegard said that the most important thing to walk away with is “To be inspired by the achievements of women and to challenge ourselves to be contributing women in our society.” Along with Odegard Ami Faire and Marion McCurry, both Assistant professors, were also members of the 2005-2006 LV-AIC Women’s Studies Coalition.

For Kuznetz, one thing she wanted to say about the conference was “I just love that this is an opportunity for students from the LV-AIC schools to get together and share what they are doing. I always feel like there’s not enough interaction between the schools which is silly since we are all so close. Why not pool our resources and put something together where students can teach and learn from one another?”

The conference was held from 9:30 till 2:00 p.m. on March 25 and 16 students from different LV-AIC colleges presented material.

“I would like to invite students from Cedar Crest College to consider submitting proposals for the conference next year. The call for proposals will be announced in the fall. Any work that students are involved in this semester or in the fall will be accepted for review,” said Odegard.

For people not presenting, there was a registration fee of $15 which was payable at the door. For more information on the LV-AIC Women’s Studies Coalition and its programs, visit www.lv-aic.org.

FOOD SERVICES
continued | page 1

breakfast and weekend equivalence in the Café. Students can currently buy lunch and dinner in the Café with their meal plans, spending up to $3.50 for lunch and $4.00 at dinner. Starting in the fall, students will also be able to buy breakfast in the Café with their meal plan. Food Services has not yet decided what this breakfast equivalence will be.

“Meal equivalency will also be available for students more flexible with their dining plans,” said Piancentini.

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Safety and Facilities Tips...

Contributed by:
James Marrstrell and the Safety and Facilities Department
(Safety & Security, Maintenance, Custodial, Grounds and General Services (Telecommunications, Transportation Services))

Safety & Security reminds everyone: Please watch your speed while driving on Campus, with the arrival of warmer weather more people will be out and about walking and enjoying the fresh air. The speed limit is 15 miles per hour.

Maintenance reminds everyone: With warmer weather approaching, air conditioners will soon come into play. If you’re A/C was covered against winter drafts, please make sure to remove the plastic before turning the unit on.

Grounds requests: Tulips, daffodils and other spring annuals are just coming up. Please avoid taking them before they’ve had a chance to pay for guests’ meals. “It gives students more flexibility with their dining plans,” said Piancentini.

The Dining Hall and Café have also extended their hours for next semester. “We knew that we had to expand hours,” because students were often coming into the Dining Hall near the end of meal time. This was especially troublesome for hungry athletes with late practice schedules, and students with later classes.

“We see a lot of pizza delivery trucks coming onto campus,” he said. “We’re just trying to make it more convenient for students.”

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Food Services recognizes that Cedar Crest students have busy schedules. “They rush to class, and they don’t have time to eat,” said Piancentini. Many students expressed concern that they spent their flex buying breakfast in the Café, because they didn’t have time for a sit-down meal before an early class. Now meal plan users will have two take-out options for each meal, including breakfast taken out in both the Café and Dining Hall.

“We are also trying to put more combo meals in” the Café,” he said. Meal equivalencies that combine food with a drink are popular among students looking to get in and out of the Café. “Just like when you walk into McDonald’s – it makes it easy.”

In terms of meal plans themselves, the 10 meal plan has been replaced with a 150 block meal plan. In the past, a student could only use one meal at a time on the 10 meal plan, the 150 block offers students the chance to pay for guests’ meals. “It gives students more flexibility with their dining plans,” said Piancentini.

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Grounds requests: Tulips, daffodils and other spring annuals are just coming up. Please avoid taking shortcuts through the landscape beds to avoid breaking them.

Telecommunications/Transportation has a voice mail tip for everyone: A separate ‘Out of Office Greeting’ is a new feature for your voice mail box when you plan to be away from your desk, office or room temporarily without deleting your current standard greeting. The feature can be accessed through the phone manager from the Main Menu press 3-1-3-3 and follow the prompts.

Custodial reminds everyone: Please make an effort to empty the last of your soft drink, water bottle etc. before throwing it in the recycle containers. This saves the possibility of leaks onto carpets and floors as the trash is removed.
Cedar Crest takes another step towards enhancing women’s health

Ashanti Davenport Staff Writer

On March 29, the future College Women’s Health and Wellness Coalition met with Dean Joan Laffey to propose a new organization on campus. The founding members that attended the meeting included faculty advisees Micah Sadigh and students Jessica Dyszol, Alexandra Ianvoele, Erica Moser, Megan Flack, Renee Crane, Nelle Cherry, Kimberly Clark, and Randei McTaggart.

The coalition aims to educate women at Cedar Crest about health and wellness, and eventually share this knowledge with the community. “If you positively change the health of women, you eventually impact all of society,” said Sadigh, because women are predominately responsible for raising all of society, “How are you going to go about educating these women?” Moser stated. “We want to promote the coalition with posters that will advertise our group and promote seminars, including the health and wellness conference.”

“We would like to have very sophisticated presentations to use in different settings and the community,” said Sadigh. “The Lehigh Valley initially, then other women’s colleges... eventually we want to reach women nationally.”

Flack, a senior Psychology major, agreed. “We want the organization to start here at Cedar Crest, and reach out to other colleges and women in the community.”

Towards the closing of the meeting, Laffey also noted that many students neglected their health at the end of the semester. “Students towards the end of the semester are so involved with finals, and the exercise starts to lack.”

“You cannot get an education when people are exhausted, when people feel bad about themselves, and of course a lack of exercise.”

The goal of the coalition is to start in the fall of 2006. The motivation this organization can give students to promote health and wellness will make healthier women for future generations to come.

Tensions in China parallel those in Tibet

For years, Japan and China have suffered a tumultuous relationship that has just undergone another blow. As reported by bbc.com, the Japanese courts have turned down a Chinese bid for compensation by plaintiffs who “were forcibly taken from China to Fukusuka prefecture in Japan between 1943 and 1945.” The hearing included the request for acknowledgement by the Japanese government for what they did, calling for an apology to be published in both Chinese and Japanese newspapers. As investigated by bbc.com, further tensions have arisen over Japanese Prime Minister Junichiro Koizumi’s frequent visits to the shrine dedicated to 2.5 million people who died “in the name of their country... [including] soldiers, war-time nurses, students who entered into battle, and those who committed suicide in shame at the end of World War II.” His visits to this shrine are under debate because 14 class-A war criminals are included in this shrine. Chinese Foreign Minister Li Zhaoxing commented that these visits are “stupid” and “not moral,” and Zhaoxing said at a recent press conference that, “A German official told me that German people cannot understand how Japanese leaders can do this,” causing further tensions between the two countries.

It is ironic that China, of all countries, would feel offended by the Japanese government’s actions. Their invasion of Tibet has caused immense controversy. Many human rights groups have protested their past and present treatment of the Tibetans and furthermore, groups such as Free Tibet and Tibet Justice Center have insist on China’s release of Tibet, publishing, among others, stories from prisoners who have suffered torture and years of arbitrary imprisonment.

Protests rang out all over the world after the conclusion of the 2002 Winter Olympics in honor of China’s self-proclaimed “liberation” of Tibet, after they constructed it as the former home of the Dalai Lama. As reported on bbc.com, “the Tibetan government-in-exile said the monument would serve as a daily reminder of the humiliation of the Tibetan people.” In addition to humiliation, the monument “will serve as a daily reminder of the brutal occupation of Tibet by the Chinese military,” as stated in the article “A Monumental Insult,” featured on the website for the International Campaign for Tibet.

While China may express anger and resentment over Japan’s movement, most Japanese people believe compensation and an apology are in order. While the stories are not parallel, they hold the same discontent and anger over issues such as these. The key is to not retaliate, because in the words of Mahatma Gandhi, “an eye for an eye makes the whole world blind.” This is the key to not only understanding the actions and the resolutions given by the governments to solve the problems. The challenge is to be open and understand crafts and not demonstrated by compensation and public apologies. As the Dalai Lama wisely said, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Perhaps China can apply this reasoning to their current situations and find a way to practice compassion and understanding towards the people and the culture of Tibet, they may find the feelings reciprocate with Japan.
First Book promotes literacy at Sixth Street Shelter

On a mission to promote literacy, members of First Book let the imagination of Dr. Seuss escape from books, travel through their paint brushes, and land on the walls of the Sixth Street Shelter.

This is not part of a fiction novel, but rather the result of a grant from Verizon Youth Services that was awarded to Cedar Crest’s First Book Campus Advisory Board. The $500 grant was awarded to First Book because of the groups plans to create a literacy program that benefits underprivileged children.

This money was used to purchase paint, books, games, and new office. These supplies were used to transform the atmosphere of the Kids Room in the Sixth Street shelter, at 219 N. Sixth Street, Allentown.

Cecilia Gerlach, who is a member of First Book said, “I feel literacy is very important and because of its importance, a positive, comfortable, environment for kids to read is of the utmost importance.” Even though she did not participate in this particular project, she believes that the renovation will make for a more conducive learning environment.

Once deciding on Dr. Seuss as their main theme, the club painted murals of Thing 1 and Thing 2, as well as the Cat in the Hat and other colorful Dr. Seuss images.

The new room was ready to be unveiled by Tuesday, April 4. Cedar Crest students organized a Literacy Celebration in order to unveil the new look of the Kids Room. The celebration started at when the shelter opened at 3:00 p.m. During the celebration, kids were given books of their own.

These books came from a fundraiser that landed them nine $500 Borders gift cards. Aside from purchasing books for the kids at the shelter, First Book also donated a portion of these gift cards to the Sixth Street Shelter.

--Lori Gallagher
News Editor
LIFESTYLES

Consolidate your student loans?

IIf you still have a year or two left in school, “any money that you borrow later can be added to the consolidation,” McArthur said. Loans originated after July 1 will have the newer rate of 6.8 percent. Upon consolidation of your pre- and post-

Consolidation is the act of combining all of your student loans into one loan. As with any financial matter, there are benefits and drawbacks to early consolidation.

July 1 loans, the new interest rate will be based on the weighted average of the two. As with any financial matter, there are benefits and drawbacks to early consolidation. Traditional student loans have a six month grace period – you do not begin pay- back until six months after graduation. Consolidating requires you to waive this grace period.

Consolidating will also give you a longer repayment period, which can be viewed as both a benefit and a drawback. For cash-strapped students, you will pay more interest over the life of the loan, because the term is longer. There is also the possibility of limited deferment or forbearance; it can be more difficult to postpone payment for unforeseeable circumstances once loans are consolidated.

Some loans, such as nursing or educa- tion loans, may have incentives including loan forgiveness. Review these incentives carefully, because some incentives may be lost upon consolidating.

The positive side of consolidation is the fixed interest rate. The loans will be locked into today’s rate until the day they are paid off; wait until after July 1, and your fixed rate will be much higher.

“There are benefits to doing this,” said Lois Williams, the Director of Financial Aid. “If you did nothing… As of July first, the percentage rate on your loans is going to be reset.” While today’s loans are based on the national T-Bill average, new loans will have a fixed interest rate of 6.8 percent which is not reset annually.

As for waiving the six-month grace period, she said that there are other options if you cannot pay immediately after gradua- tion. If you cannot find a job, or a job that pays as well as you would like, “call AES, get a consolidation counselor, and work it out.”

“In general, most lenders offer special benefits for loan consolidation,” said McArthur. “If you make your payments every month for 36 months, your interest rate could drop one percent.” Combining several loans into one lump sum may also

INTERNATIONAL CORNER

Wake up your taste buds with cultural snacks

Christa Hagan
Staff Writer

Many people get hungry late at night during a study marathon. A common item is, not all dorm room fridges are stocked with anything besides soda and maybe a half empty jar of Mom’s homemade jam. Sometimes pizza at 2:00 a.m. gets a lit- tle old and it really is not the healthiest decision, either. Though grabbing a yogurt or carrot sticks might not after can get bor- ing as well. Why not spice it up? The next time a paper has you up to the wee hours and a little hungry, experiment with food that is more multicultural.

A somewhat healthy and very tasty Egyptian-inspired dish is Stuffed Tomatoes. This is fairly simple to create, and ingredi- ents can easily be adjusted depending on the serving size. If you are looking to just make one, all you really need is one tomato, chopped chives, parsley and fresh mint, two teaspoons of olive oil, one teaspoon of lemon juice, chopped garlic clove, salt and pepper.

This is a very basic dish to make. Simply wash the tomato and cut off the top off. Remove the insides and place in a bowl. In the same bowl, add the parsley, chives, garlic, salt, lemon juice and pepper. This after is thoroughly mixed, it can be stuffed into the tomato. If you desire something warm, heat the stuffed tomato in the oven for ten to fifteen minutes at 300 degrees. It is just as delicious cold. This recipe can be played off and dif- ferent herbs can be added according to taste. Cheese is also an option to think about when creating this dish.

Payings you have a sweet tooth, but cannot fathom making another trip to the vending machine for a chocolate bar. As long as you keep an avocado, some pineap- ple and a couple of other ingredients around, you are in luck. Pineapple and Avocado Salad is a Haitian-inspired dish which can satisfy many who are looking for something a little sweet while gearing up for that final exam. This salad calls for four slices of pineapple (canned or fresh), a few clean lemon- leaves, one ripe, peeled and pitted avocado, one teaspoon of olive oil, two tea- spoons of lemon juice and salt, pepper and parsley to taste. The directions for this dish are about as simple as the stuffed tomato. The avocado needs to be cut into small chunks, as does the pineapple. The cut pieces of both may be placed aside for now. Like a bowl with the lettuce leaves, and place this aside as well. A quick dressing can be made with the

Tool #1
Must Have Tools
of the Trade

When it comes to daily maintenance of your personal style, there are some key items on hand. Here is a list of things to keep at your disposal.

Keep a professional hair dryer in use. There are all types of dryers on the market. Make sure to choose one that is of good professional quality such as Andis, Solano, Chi, or Hot Tools. Many people vary in a wide range of heat ranges and watts. Choose the one that is best for your hair type. 1600 watts is typical in a dryer for softer hair or that is more damaged. This is because heat drains hair of its moisture. Dryers that are in the 1800-2700 watt range are best for resistant hair that is reluctant to dry, or for a super straight hairstyle. One common thing to look for no matter what dryer you choose is a variety of heat settings and a cool shot button. They both prevent over drying and damage to the hair. Only use the lowest of settings necessary for your hair texture.

Use a high-quality brush on your trusty extra long hair, and keep your precious columns, never brush wet hair. Use your brush on your hair only when it is dry. A good paddle brush will fluff up dull hair, mounds up hair, and adds body. A brush attachment will increase blood flow and promote hair growth, but they also elimi- nate static. We hate static in our clothes, but static in the hair is another matter.

A 100 percent Boar Bristle brush also is good to have, and can be used on any type of hair. This product helps to maintain your hair’s elasticity (how much your hair stretches without breaking), and like the wooden paddle brush prevents static. A quality hairbrush is the key to improving and maintaining a healthy hair texture.

Tool #2
Quality bath and body products are very important. Although Dollar Tree is awesome for finding good quality products, do not be afraid to spend more than a dollar on your body wash and your body cream. Using a cheap product will show on your skin. I cannot reiterate enough how important moisture is for your entire body, including your hair.

Quality is key for maintaining your personal style. Do not be afraid to spend a little extra on something that is looking good and healthy. For those who do a lot of online shopping, bathandbodyworks.com and americaprohaircare.com both include quality products available for purchase that are reasonable in price. Your body, mind and spirit will thank you.

Tool #3

BBeeaauuttyy

Try members.tripod.com/GabyandAndy/

Tool #4

Analyze your hair before using a tool like a curling iron. If your hair is dry, use a diffuser. It is a round, wide- mouthed attachment that can be used on the end of a hair dryer to prevent frizz in a early style. A comb attachment is used on the end of your dryer for straightening eth- nic hair. Before using a tool like a curling iron or a flat iron. Even though most of us are struggling college students and living with minimal funds, be prepared to spend a little extra on your tools because in the long run it will save you more than you can imagine.

Tool #1

Keep an eye out for sales, but remember that a little is not going to be enough. Like the previous tools, never brush wet hair. Use your brush on your hair only when it is dry. A good paddle brush will fluff up dull hair, mounds up hair, and adds body. A brush attachment will increase blood flow and promote hair growth, but they also elimi- nate static. We hate static in our clothes, but static in the hair is another matter.

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Weight loss: Why calories count

Ashanti Davenport
Staff Writer

Batting suit season is right around the corner. Kind of scary to think about, isn’t it? Even more so if you have packed on some pounds during the winter hibernation months.

The problem is, do you know how much work and calorie reducing you need to lose those new love handles? Most people are in the same boat as we approach this time of year. People start heading back to the gym and becoming more active.

This is a great start, but knowing what is going into your body is key to proper weight loss. Did you know that losing more than a pound a week is proven to be gained back in the long run? Aim to lose about one pound or less each week.

So you think a pound a week should be a piece of cake. Needless to say, a pound is hard to lose and involves a lot of hard work. Let’s get started by figuring out the caloric aspect of a pound. Loss of 3,500 calories equals the loss of one pound of fat. That means reducing your diet by 500 calories a day to lose one pound a week, which is recommended for long term weight loss.

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What is a calorie really? According to Patrick J. Bird, a Ph.D. from the University of Florida, “When we burn fat, or other nutrients, heat is produced, which is measured in calories. As you note, each gram of fat generates nine calories, and 454 grams equals one pound. But a pound of fat is not all fat; it’s about ten percent water. All of our body tissues, fat, muscle, bone, skin, contain some water. And water has zero calories.”

According to John Casey in a webMD feature, “In general women need 1200 calories per day to lose one pound a week, which is recommended for long term weight loss. Exercise and proper diet are the key to permanent weight loss. More calories expended than taken in equals weight loss. Remember that if you want long term results, a pound a week is a safe rule to take. If you want more information for calorie equivalency in food and exercise, two great websites to check out are www.w.w.e.b.m.d.c.o.m/ c.o.n.t.e.n.t/ tools/l/c/a/l.c.e.r/s.html and www.amecifilms.com/weight-loss/calories-per-pound.html

To lose weight, it’s safe for you to...
An opinions piece by Stacey Solt
Crestiad Lifestyles Editor

A woman’s guide to self-esteem

Tiffany Wanzie
Staff Writer

Graduation day is one of the biggest milestones in a student’s life, when personal achievements and hard work are celebrated by friends, family, and faculty. Yet during this time many students experience mixed feelings, ranging from joy to sadness and even panic. These feelings are quite normal and valid. Who isn’t scared to take the next step after their college career? A recent workshop by Amy Saal in Career Planning suggested several tips that will help students while searching for an apartment, purchasing a vehicle, and budgeting their finances.

Where will I Live?
New York or Pennsylvania? An apartment or a studio? So many decisions, so little time. Before you begin looking for a place, consider your monthly income and then decide how much you can afford to spend each month for rent. Depending on the landlord, many tenants will require you to pay utilities besides the actual rent. Whatever you do, don’t let this expense consume your entire paycheck. You’ll have many other expenses to worry about. If you’re really interested in an apartment, you may have to make a quick decision about renting it and then provide a credit report, deposit check, and questions that you would like to ask the landlord.

A few places to look to find your ideal living arrangements are through newspapers, the internet, and even by talking to family and friends.

CONsolidating your student loans

result in a lower monthly payment. This is because student loans have a minimum monthly payment of $50; if each of your loans is paid off separately, you will pay at least $50 on each loan per month. A consolidated repayment plan may result in a lower monthly payment. “It’s a good way to manage your monthly payments,” said Kathy Priet, a PHEAA representative also present at the workshop.

“Go to the experts – they can pull your information up” over the phone, said Williams. If you have questions about the consolidation process, you can call 1-800-338-5000 to speak with a representative from PHEAA.

“Sometimes it’s easier to talk to a person versus working it out on the website,” said Priest. “They’ll be happy to help you.” Financial calculators are also available online on the American Education Services’ website, www.aessuccess.org.

Most student loans at Cedar Crest are financed through AES. If you think your loans may be through another company, call 1-800-338-5000 to determine the lender.

Be wary of mail-order consolidations. “Throw them away,” said Williams. These consolidation companies likely bought your address and information from a mailing list, and will not save you more money than AES.

If you are applying for a consolidated loan through AES, there are several steps to take. “First what you need to do is complete a grace waiver form,” said McArthur. “You’ll need to check your status as ‘in school’ status.” This allows AES to consolidate your loans before repayment starts, with the understanding that you will begin repayment immediately after graduation.

Applications must be postmarked by June 30, 2006 to be eligible for the lower interest rate. You can also apply online for consolidation at www.aessuccess.org. This website also contains a list of FAQs for consolidations.

LIFESTYLES

Beyond the walls of Cedar Crest:
Navigating through life after college

How will I get from Point A to B?
Many of you may already own a car, but for some this may be one of your top priorities after graduation. Choosing a vehicle should be based on your particular needs or safety and less for aesthetic reasons.

Before you start searching, re-evaluate your finances in association with the cost of the vehicle. Make sure you understand the difference between buying and leasing an automobile, because they’re significant. If you buy a car your monthly payments are higher because you’re paying for the total cost of the car, maintenance is voluntary, and a typical finance period is 48 to 72 months.

As for leasing, the monthly payments are applied to depreciation and use of the vehicle. The payments often seem endless and at the end of the lease you can turn the car in or purchase the vehicle. There are high penalties for terminating a lease early. Both buying and leasing can require a down payment for financing. If all this information blows your mind, remember that you can always opt for public transportation.

How can I budget and save money?
No one wants to be in debt. Start by finding your monthly income and expenses, but make sure to include every imaginable living expense. Think of this way: if you’re using green dollars, then it’s an expense. Make sure to save everything and anything that might be relevant in keeping track of your money such as receipts, tax returns, and income statements.

If you need help, take advantage of the website youcandealwithit.com, which provides a very accurate budget calculator. When it comes to using credit cards this can be a good or a bad thing. If you have them only for emergencies this will help to establish good credit. Just spend wisely and pay the balance on time.

Most importantly, protect yourself from identity theft by shredding receipts and copies of personal information. Never enter personal information on an unsecured webpage, and keep all credit cards away from unauthorized people.

Graduating from college is definitely a time of adjustment, but if you keep a positive outlook everything will turn out just fine. This information is just a sample of the information that can help you adapt to life after college. Career Planning offers more information to any student in need of help throughout their academic career.
The Facebook profile: Your real resume

Joe Somebody’s Profile (This is you)

View More Photos of Me

Personal Info [edit]

Account Info
Name:
Member Since:
Last Update:

Basic Info [edit]

School:
Status:

Contact Info [edit]

School Email:

Is that a resume I see? Because potential employers frequently review Facebook and MySpace profiles, the internet may not be the best place to deploy your “beer goggles.” Use some discretion when choosing photos and information for your Facebook profile.

Amy Saul
Guest Writer

Most people don’t realize they have at least two resumes, one they’ve created specifically for employers and one they posted on Facebook. In fact, if you think about it, Facebook has a lot of the same information on it that resumes do. Your name, contact information, interests, groups you belong to, activities, etc. Don’t realize that this resume can keep you from getting that important job or internship. By now a lot of students either have or know someone that has a Facebook profile. Let’s face it, Facebook is the easiest way to keep in touch with friends at other schools or those on campus that you don’t get to see due to busy schedules. A lot of the time students use Facebook to meet people at their schools that have similar interests or are in the same classes. You can share your photos, tell each other stories about what’s going on in your lives, leave messages for each other, and lots more.

But here is something that you might not realize. If you have a profile on Facebook, you are most likely being watched by people other than you classes-mates. By others, I don’t mean people from your high school. I mean potential employers. According to the National Association of Colleges and Employers, over two thirds of employers hiring recent college graduates and interns are searching for them on Facebook and MySpace before they offer them positions. It is very simple for someone at a company to create their own Facebook profile from alumni email accounts set up through their former institutions and begin searching for potential employees.

Keeping qualified candidates is an expensive endeavor for companies, and they must be cautious about who they hire. If recruiters are considering applying for a new position, they can come across an online profile for one of them that brags about rowdy parties and crazy escapades, they may think twice about that person. They’ll most likely lean towards the candidate with the clean online profile – or none at all.

Adjusting your privacy settings is a good start to protecting your personal information, but it may not be enough. It is legal for Facebook.com to share your information with third parties as they deem necessary. This means that what you think is private can really be broadcast “to third parties, including responsible companies with which we have a relationship,” according to Facebook’s privacy policy on their website.

“Students have complete control over what information they put in their profiles and over who can see that information,” said Chris Hughes, a Facebook spokesman. Students that are uneasy about the entire Cedar Crest community viewing their information can change their privacy settings to designate exactly who should be able to see their information.

Though to many students this can defeat the purpose of Facebook, you may want to consider revising some of your settings. Since anything you put on your profile is considered public information, it means that employers can really broadcast “to third parties, including responsible companies with which we have a relationship,” according to Facebook’s privacy policy on their website.

The bottom line is that you never know who is out there watching you. If you’re not ready to remove your online profiles, the safest thing to do is to make sure that you are aware of your privacy settings and that you are comfortable with people seeing what you are publishing about yourself. Use your best judgement and contact the Career Planning Office if you have any questions about what is acceptable by employers and can be considered inappropriate.

Amy Saul is the Director of Career Planning at Cedar Crest College.

Bon Appétit, college style: Simple, fast meals for dorm rooms

La Lonnie Moore
Staff Writer

So you have arrived at your dorm room or off campus apartment and say, “Boy am I hungry!” You open the refrigerator and wonder, “What on earth am I going to eat?”

You realize that the Café is open for business, so you could grab a quick snack there. Since you cannot get a ride to the closest Taco Bell, you don’t have many other options. Or do you?

We all know that campus food is just like high school cafeteria food – sometimes it’s okay and other days it can just plain scare you! Consider this article to be your “get out of jail free” card and your guide to hooking up a quick snack in the comfort of your own room.

When I was away at college for the first time, I was given the same rules many colleges give for dorm living. No hot plates, microwaves and refrigerators. Check with your resident advisors on what you can have and cannot have, and go from there.

What I did have however was my own private mini kitchen. In this kitchen I had a mini-refrigerator, a mini-icebox, an electric stove, a mini-oven, a microwave, and a mini-fruit snack package. Good things to keep in your room.

One quick reminder for when you are buying lunchmeat and other perishables: buy the smallest packages you can find, because this way you won’t waste as much and they fit in smaller refrigerators easily. Tuna fish comes in cans or neat packages and no cooking is required to make a tuna salad sandwich.

One day I actually made spaghetti with meat sauce right in my dorm room. It only took a bowl for water and noodles which I cooked in the microwave until they were soft. I put two pre-made hamburger patties in my George Forman grill (you’ll need to use a stove top at Cedar Crest), then took them out and chopped them up when they were done. After that I just opened up a can of my favorite chunky tomato sauce and added the hamburger. In about an hour I had my whole meal ready to go!

Other items that I kept in stock were sugar, Soulfood seasonings, and some Ziploc bags to keep my lunches in. I bought a half- gallon of milk or a quart and kept that in my refrigerator and mustard and ketchup. An easy way of keeping condiments such as ketchup, mustard and even sugar is to collect all the leftover condiments from fast food restaurants. Some stores such as Sam’s club and Wal-Mart even carry individual sized packets for your convenience. This way you don’t have to use up precious room in your mini-icebox.

You would be amazed at what you can do when you put your mind to it. So remember to keep your staples on hand and use fire safe and approved appliances such as microwaves and refrigerators. Check with your resident advisors on what you can have and cannot have, and go from there.

Linda Misera | Photo Editor

A few of the girls on second floor Butz have started a new tradition this semester: microwave dinner parties. Easy things to cook in Pyrex include zucchini, squash, rice, potatoes and oriental chicken. Most things take under 10 minutes to cook. 

The Crestiad - April 6, 2006 - Page 15 www2.cedarcrest.edu/crestiad

Planning at Cedar Crest College.
Hall Olympics: 2006 games to get underway

Amanda Swartz

Attention Butz Bears, Moortis Toortises, and Steinbright Stallions: Hall Olympics has arrived!

What better way to finish the school year than with a week-long festival of just-for-fun athletic competitions and wacky games. Hall Olympics gives every student the opportunity to get involved, cheer on friends, and take the coveted First Place Award home to your hall.

This year’s competition will prove to have all the excitement, laughs and rivalry of past years. With new additions to the Wacky Games competition and a slew of other special activities throughout the week, it would be in students’ best interest to start recruiting now. As with many Health and Wellness activities, total points make the difference. However, numbers are tallied for more than just a “W.” The more fans in attendance at each event, the greater the number of points a hall will receive.

Faculty or staff members who sign on the dotted line for your hall will add two points for that day’s competition. Chalk up five points for faculty or staff who participate on your team.

The first step to Hall Olympic success is assigning team captains, and this year’s deadline to sign-up as captain is April 18. Spring Fling, scheduled for Sunday, April 23 will mark the kick-off of this year’s competition. Keep your eyes peeled for captains and event sign-up sheets. In the meantime, begin harnessing that creative talent. Banner-making will take place during Spring Fling, followed by a week of activities ranging from indoor soccer and flag football to badminton and dodge ball.

Last year’s competition saw the Moortis Toortises take home the gold, stomping the Steinbright Stallions’ two-year winning streak. Who will walk away the winner this year? Your attendance and participation could be the X-Factor.

IronWoman Results

2006 IronWoman - Renee Crane
Runner Up - Jen Shaffer
3rd Place - Lynn Faryniak

Male Division
1st Place Male - Brett Rackoff (LLL)
Runner-up - Todd Greb

Team Division
1st Place Team - The Accidental Tortoises (Alicia Doerflinger, James Scepansky, Val Donohue)
2nd Place Team - Krypto Kids (Vanessa Gauger, Ali Knitter, Thersia Ault)
3rd Place Team - Last Call (Cathy Massafra, Larissa Peale, Larissa Hall)
Sophomore softball player Melanie Devlin was named Athlete of the Week March 13-19, due in part to her great leadership skills. She also made Player of the Week Honor Roll for the PAC.

Devlin says that being named Athlete of the Week was an honor mostly because she was picked out of the other spring athletes. “I know that all the athletes on these spring teams have great work ethic and play hard every game, so to be picked out of them feels very rewarding.”

Devlin appreciates being considered because of her leadership qualities and enjoys being a motivating force for her team. “I keep the team motivated by reminding them individually that everyone on our team is as good or better than our opponents,” Devlin said. “We have to want to win more than the other team, we have to fight for their respect and earn it with a win. Staying focused on fundamentals and playing like we know how and forgetting about being nervous or upset is something that I try to help my teammates with.”

Devlin was also named for the honor because of her .363 batting average during the week and throwing five out of six runners out after trying to steal base. It is great plays like this that get Devlin excited for softball and the game. “Diving for a pop-up, making a great block for a pitch, or throwing out a runner on the bases are all things that get the game’s momentum in our favor,” Devlin said. “Having the momentum and the fast pace of the game on your side is a lot of what our close scoring games come down to, who wants it more and who is working harder to get it.”

Devlin isn’t new to the sport of softball. She started in her middle school years and since then has developed as a catcher. This position originated for Devlin when her sister, a pitcher, was in need of someone to throw to. From that point Devlin wouldn’t be anywhere else, but behind home plate.

“There is absolutely no other position I would rather play. I love being physically and mentally involved in every play of the game,” Devlin said. “There is also so much responsibility to do whatever you can behind the plate, because every mistake will give the other team another base.”

While Devlin is a motivator for her team it is also her teammates that motivate her. “Their desire to win only adds to my own,” Devlin said. Cedar Crest softball has had its ups and downs, but Devlin knows that her team can go “to a whole new level.” She feels that the other teams in the division will see that the Falcons are worthy of respect. “In the past our team has been looked over and taken lightly, but this year we are making our opponents take us seriously,” Devlin said.

Senior lacrosse goalie Keri McDevitt was the Athlete of the Week Nominee for March 13-19.

Baseball players and softball players alike often have superstitious rituals before going up to bat, but Devlin is not one of those. She does take part in a mental ritual while catching. “I always tell myself, on every pitch, “Nothing gets by,” it’s even written on my glove. I guess it is sort of like my own mantra and my own little softball motto, but it works because it keeps me focused on doing whatever I can behind the plate.”

When not on the softball field, Devlin likes to spend her time being artistic, whether drawing or painting. However, she finds herself pretty busy to really have time to be creative. She would have even considered a career in soccer if softball hadn’t found her first.
Brittanney Smith anticipates Helen Luu’s draw for the Falcons during last week’s game versus King’s.

Sports Photos of the Week
Send your favorite sports photos to crestiad@cedarcrest.edu to be considered as next week’s “Photo of the Week.”

Game and Show Results

Lacrosse

- 3/25 @ Neumann*, L 2-1
- 3/27 @ Chestnut Hill, L 18-4
- 3/29 vs. Immaculata*, L 5-4
- 4/1 @ Gwynedd-Mercy*, L 16-3
- 4/3 @ Moravian, L 15-5

Softball

- 3/24 vs. Arcadia*, L 5-0, L 9-4
- 3/25 @ Misericordia*, ppd
- 3/28 @ Chestnut Hill, W 9-0, W 15-7
- 3/31 @ Wesley*, L 7-5, W 7-6
- 4/1 @ Marywood*, W 7-2, L 6-4
- 4/4 vs. Northampton, L 9-0, L 12-2

Equestrian

- 3/26
  Gillian Maffeo
  Open Fences: 4th place
  Open Flat: 5th place

- Lauren Forsyth
  Novice Flat: 1st place
  Intermediate Fences: 4th place

- Sherry Parker
  Advanced Walk Trot Canter: 1st place

Volleyball

- 3/26
  Gillian Maffee
  Open Fences: 4th place
  Open Flat: 5th place

- Lauren Forester
  Novice Flat: 1st place
  Intermediate Fences: 4th place

- Sherry Parker
  Advanced Walk Trot Canter: 1st place

Upcoming Games

Lacrosse

- 4/8 @ Eastern*
  1:00 p.m.
- 4/12 vs. Arcadia*
  4:00 p.m.
- 4/19 vs. Rosemont*
  4:00 p.m.

Softball

- 4/7 vs. Immaculata*
  3:00 p.m. DH
- 4/8 vs. Cabrini*
  1:00 p.m. DH
- 4/11 vs. St. Elizabeth
  3:30 p.m. DH
- 4/12 @ Misericordia*
  3:00 p.m. DH

* indicates PAC contest

Would you like to see Girls and Sports Comics in every issue of The Crestiad?
Let us know!
crestiad@cedarcrest.edu

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100% SATISFACTION GUARANTEED!
The Libertine: The pursuit of temptation

This is the first time that we see Wilmot as the person that he is as the trailer described as “Loved, Hated, Desired, Despised, Revered, Reviled.”

In a scene with his wife in their carriage, Wilmot slides his hand under her skirt, and encourages her to recourt when they first met - which she does by whispering and meaning - I can begin to see why this film is considered to be controversial.

The controversy continues through the film as we learn that Wilmot is a writer, and that the King wants him to write a memoir called “Elizabeth had her Shakespeare. You could be mine.”

Wilmot, however, has other plans. He is addicted to theater and meets Elizabeth Barry, played by Samantha Morton (Enduring Love, Code 46), an actress who is booted off the stage on her first night.

Wilmot promises to make her a better actress, and spends his spare time working on Barry’s acting skills. While he is working with her he begins falling in love with Barry, in an adulterous relationship.

When Wilmot’s tribute to the King is finally written and performed, the King is outraged to find that the entire play is mocking him. While this is going on, there are women dancing with giant dildos, among many other disturbing images, involving phallic symbols, and a large vagina backstop, which people walk out of, onto that stage.

The Libertine is controversial due to the fact that it brings up (and allows the audience to see) every issue that could be troubling, such as adultery, sex, orgies, public drunkenness, politics, religion, prostitution and more.

It truly gets people talking about the film, which is, I’m assuming, what it was meant to do. It certainly got me talking about it. The Libertine is definitely worth seeing.
The test drive was over. I couldn’t help but notice the number of new 2006 Civics on the road. Before my test drive was over I very excited to crawl into the new Civic, but after driving it I am not as impressed as I expected to be. I think it was such a drastic change that it is overwhelming for experienced Honda Civic drivers to get used to.

There are different models of the Civic you can choose from: one of the lower models, the LX, comes loaded with power windows, Anti-lock brakes (which was not standard on older models), power steering and cruise control.

Consumers have posted comments about the new Civic on a consumer report website, and the overall score was 9.3, which is high compared to other cars.

The base price that this model starts off at is around $16,000. You can build upon that with better wheels, a sunroof and maybe an even better stereo system. There is even a model called the Si, which is sports performance model that is extremely rare and is ridiculously expensive. But if your looking for a car that is your style, reliable, and you can afford, then check out the 2006 Honda Civic.
On Wednesday, March 29 Cedar Crest College had the pleasure to hear poet Lee Upton read her poetry. Upton’s soothing voice brought us poems about love, family, the truth, and relationships. Some of the poems she presented include “The Changeling,” “Omniscient Love,” “Dick, Jane, Spot,” and “Undid in the Land of Undone.” She also debuted her short story titled “The Fairy Daughter” about a single mother, her daughter, a misbehaved invisible fairy, and the few men they encounter together. “You all look so kind,” Upton said when telling the audience that she would be trying out her short story on us. Upton also had some advice for aspiring writers. “Write in multiple genres,” Upton said. She shared her experiences with beginning to write in fiction, a genre she was less used to. The experience of writing poetry for Upton is so vertical and immediate, while fiction is horizontal and roomy. Upton spoke of enjoying the switch back and forth from one genre to the other. One bit of advice she shared that was given to her is to just “Relax.”


iPods are the latest trend in portable music; my personal choice of an iPod is the Nano. Its trim and sleek, with a crisp clear sound, a color screen and a long battery life.

The Nano is so small that it fits comfortably in any of my jean pockets without feeling bulky or heavy. It only weighs about one ounce and is much smaller than the average cell phone. Apple.com offers two colors - black and white, and free personalized engraving on the back of the iPod upon purchase.

The sound from this mp3 player is phenomenal. Earpiece headphones come packaged with the iPod. It also never skips, so the music keeps playing from beginning to end. The volume control is very sensitive, just running your thumb around the click wheel adjusts the volume up and down. It also starts and stops the music, takes you through different display screens, and is the controller for the games that come on the Nano.

The battery lasts for about 14 hours between charging and only takes three hours to charge completely. The battery also charges when hooked up to a USB port or when in an iPod car radio adaptor. So the battery almost never runs out of life. My Nano has not run out of battery since its purchase in December.

The only drawbacks of the iPod Nano are downloading music onto the device and the volume control. Downloading music onto this mp3 player can be frustrating at times. It erased my music while trying to add my iPod account to a second computer. Every time music is downloaded onto the Nano it locks so you have to manually go in and put the deleted music back onto the device. The volume controls are very sensitive. Sometimes the slightest touch can turn the volume way up or way down.

The cost of the 2GB is about $199 and is well worth the cost. The quality and convenient mobility of this iPod exceeded my expectations.

Su Doku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.
The tagline reads “Time heals the Heart, Faith heals the rest.” When a movie can deliver a message, make you laugh, cry and then all of a sudden show you that faith helps you rise above it all, then that is a movie to keep in your DVD collection.

Tyler Perry’s Diary of a Mad Black Woman is a sensational hit, especially among Tyler Perry’s play fans. Perry’s stage play was adopted to a movie and was released in 2005. Directed by Darren Grant, a new comer to the camera, Diary will assure him the title of cinematic genius!

Perry allowed his actual home to be used for several scenes in the movie. The actors and actresses in the movie really give the movie a comfortable feel in which anyone from any race or background can enjoy the movie in all its glory.

Diary stars Kimberly Elise from the movie Set It Off which was coincidentally her movie debut. She plays the role of Helen who is the wife of Charlie McCarver played by Steve Harris. You might remember Harris from the long running television comedy series, The Practice.

It also stars Shemar Moore of the soap opera, The Young and The Restless. His character in the movie is Orlando, the love interest for Helen, although we don’t see that in the beginning of the movie.

Some other main characters include Tyler Perry’s character Madea. Perry, being the veteran actor that he is, also plays two other characters in the movie; Brian and Uncle Joe. Then there is Emmy award winning actress Cicely Tyson playing Myrtle who is Helen’s mother. Tyson’s fame began before most of us were born but her accolades include winning two Emmy’s for her portrayal of a 110-year-old former slave in the Autobiography of Jane Pittman. Helen becomes used to being the trophy wife for her husband Charles who is plotting a divorce behind her back. This throws her into personal turmoil and forces her to become an independent woman for the first time in her life.

Little does she know that the man who is moving her things out of the only home that she has known with her husband for 18 years, is the man she will eventually fall for. Perhaps the most salient point to be made in the movie was the idea of vengeance. Helen is forced to forgive her soon to be ex-husband, but is not sure at first if she can do so.

The screenplay is so excellently written that we are allowed to see the human side of a woman’s wrath, which ultimately leads to a surprising ending.

For comic timing, Madea and Uncle Joe will have you in stitches over some of the things they say and do, but no matter what they remind all of us that family above all else is most important.

By the movie’s end we have seen all of the superficial things that every woman dreams of having: a fancy house, gorgeous clothes, the glamorous life. Just as quickly, we see all of that go just as easily as it came. We see what vengeance looks like and what vengeance feels like. Our sense of right and wrong is put to the test and you are left with the question, “What would I have done?”

The music is superb; the acting is flawless and real and the stunts will blow your mind! What more could you possibly ask for in a Tyler Perry original? Nothing. Tyler, “you’ve come a long way baby!”


crossword puzzle

Across
1. Neck scarf
6. Collar extension
9. British singer Norrie
11. One who eases
12. Negative response
13. Treaty
14. Leafy
16. Rubber capital of the world
17. One who eases world
18. Wire
19. Collar extension
21. Communist
22. Rubber
23. Lamprey
24. Metrical foot
25. Department store
26. Staff
27. Nail filing board
28. Roman spirits of dead
29. Get older
30. Pancho
31. Indecisive particle
32. Irregularly notched
33. Device for asthmatics
34. Device for asthmatics
35. Improve
36. Covered with wax
37. Used in shellac
38. Used in shellac
39. Used in shellac
40. Used in shellac
41. Used in shellac
42. Used in shellac
43. Used in shellac
44. Used in shellac
45. Used in shellac
46. Used in shellac
47. Used in shellac
48. Used in shellac
49. Used in shellac
50. Seaweed
51. Annapolis freshman
52. Musician Bauski
53. Not under
54. Sketch artist
55. Old Norse poems
56. For fear that
57. Not under
60. Started
61. Soda
62. Tiny candy
63. Lines of junction
64. Adam’s girl
65. Trick or ___

Down
1. Arora
2. Stinker
3. Currency
4. Improv
5. Earthly
6. Collar extension
7. Portent
8. Relating to space
9. British singer Norrie
10. Hands on hips
11. ___ Yip
12. Negative response
13. Outcomes
14. Comic
15. Daylight saving
16. Time Machine author
17. Asian country
18. in the bag
19. Covered with frost
20. Lookahome
22. Gutter
23. Lampery
24. Metrical foot
25. Department store
26. Staff
27. Nail filing board
28. Roman spirits of dead
29. Get older
30. Punches
31. Indecisive particle
32. Irregularly notched
33. Device for asthmatics
34. Device for asthmatics
35. Improve
36. Covered with wax
37. Used in shellac
38. Used in shellac
39. Used in shellac
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SUPPORT THE PHILADELPHIA 76ERS AT THE WACHOVIA CENTER
WEDNESDAY, APRIL 11, 7:00 P.M.
TICKETS START AT $20

Support the Philadelphia 76ers at the Wachovia Center in Philadelphia, PA on Wednesday, April 11, 7:00 p.m. Tickets start at $20.
Howard Stern is in the news again. How unusual. Howard Stern is very upset and angry that all his fans haven’t followed him over to Sirius Satellite Radio. In January, Stern moved to Sirius and currently has 4 million listeners but says it should be 20 million. “I want to say to my audience…You haven’t come with me yet? How dare you? We’re up to wild, crazy stuff, the show has never sounded better. You cheap bastard!” Stern said in an interview with Entertainment Weekly. I totally agree with Howard Stern, forget putting food on the table for the children everyone and switch over to Sirius right away.

More of Howard Stern in the next section.

Kelly O'Donnell | Gradel Columnist

On March 22, Maxeen, The Rocket Summer, and Relient K performed at the local club, Crocodile Rock in Allentown as part of The Birthday Tour. As we (Jamie Bosler and Annette Guastella) entered the club, we saw Dan (aka Joey) and his bandmates put on an absolutely amazing show. Our expectations were met when the lead singer described to us how excited they were to be on tour with The Rocket Summer and Relient K. The Rocket Summer from Fort Worth, Texas was excited to be in Allentown for the first time. This 22-year-old, multi-instrumentalist, song writer and producer has proved himself time and time again on stage. With his unique voice and instruments the band put on an amazing show.

The Meltdown, even if it is only DVD material - the geniuses.

First it was Jennifer Aniston, now it’s Matt LeBlanc. It’s like there’s a curse on the Friends cast (I better never hear Courtney Cox is getting divorced, I don’t think my heart could take it). LeBlanc has filed for divorce from his wife, Melissa LeBlanc, after a three year marriage. The couple had separated in January and they are now seeking joint custody of their 2-year-old daughter. I pray that maybe his show Joey will have the same ending, a split from TV never to be seen again. One can only hope.

And in the most bizarre news that I have seen Britney Spears is now being used as a pro-life symbol. Daniel Edwards has created a life-size sculpture of Britney giving birth on a bearskin rug which will be on display at Brooklyn’s Capitul Festing Fertility. The sculpture called “Monument to Pro-Life: The Birth of Sean Preston” will have anti-abortion materials next to the display. Many individuals on all sides of the spectrum whether pro-life or pro-choice are angry and e-mailing the art gallery.

And in a last train of thought, I think that every single person in the world should see Pink’s “Stupid Girls” music video, if not for the message it sends, then see it for its pure hilariously. The media has so much potential to help young children yet they always fill it with figures like Paris Hilton and Lindsay Lohan with barely any clothes on and acting pretty, well, stupid. I especially like Pink’s interpretation of Jessica Simpson’s music video “These Boots are Made for Walking” and when she hits the people in her car. I love this video and recommend it to everyone but I don’t think the ending is the greatest. A girl can grow up to be intelligent and strong even if she chooses to play with a Barbie over a football but hey you can’t have your cake and eat it too.

JULY 27, 2007: As long as I live until this date, I will die happy. Not only is the seventh Harry Potter book and fifth movie coming out during July but now the greatest animated series to ever be on TV will now be a movie. Yes, that’s right, now you can watch Homer Simpson getting drunk, have a beer![Image 52x1017 to 201x1103], and e-mailing the art gallery. The movie begins with Bob and Ethel Carter, a couple that decided to take a road trip to California to celebrate their anniversary. In order to bring their family closer together, they bring their three children, son-in-law and grandchild along with them on their trip. While traveling, the family crosses an old gas station where they meet an old man who advises them to take a shortcut up ahead in the road. The Carters’ take the old man’s advice and soon become stranded in an old abandoned government atomic zone. The family does not think much of the problem considering their trailer is equipped with everything they need, but little do they know that there are biodiversity mutants watching them.

While the government was testing nuclear weapons in the area, there were still several families who stayed behind to work in the mines despite the dangers. The nuclear weapons caused the people of the area, and their children, to grow up disfigured and become almost mutant-like. They have a strong hate for those who destroyed their town and the people who abandoned them. The mutants prey on travelers such as those starring in this film. As the family tries to figure out a way to escape their fate, the mutants make their attacks.

Some actors and actresses starring in the film are Aaron Stanford (Tadpole), Kathleen Quinlan (Apollo 13), Vanessa Shaw (440 Days and 40 Nights), Emile De Ravin (Lost, Roswell), Dan Byrd (Cinderella Story), Tom Bowen (Clear and Present Danger), Ted Levine (The Silence of the Lambs), Bill Dragge (The Unsuspecting), Desmond Askew (National Lampoon's Varsity Girls), Ezra Buzzington (Flight Club, Me, Myself, and Irene) and Michael Bailey Smith (Men in Black II). Laura Ortiz also makes her big screen debut.

Overall, I thought that the film was done fairly well. It was scary and made my jump in my seat a few times! The movie was a good thriller and will keep you in suspense from beginning to end. However it was also extremely graphic. I felt that some parts were a little too brutal and unnecessary, such as the rape scene that takes place during the middle of the film. However, if you are looking for a movie with horror and suspense, then I would recommend seeing this movie.