Presidential hopeful speaks to Valley

Liz Skoczylas

OPINIONS EDITOR

Hope was the main message that Illinois Senator and Democratic Presidential hopeful Barack Obama delivered on Monday night to a crowd of more than 3,500 in Memorial Hall at Muhlenberg College. He was the first presidential candidate to come to the campus since Richard Nixon.

Despite the gray skies and light drizzle, lines to get into the building stretched down the block and around the corner from the gymnasium, as supporters and people anxious to hear what Obama had to say huddled together under umbrellas and clutched their tickets to enter.

Waiting for tickets

The same people stood in lines throughout the Lehigh Valley only the day before in order to obtain tickets to see Obama on short notice. Tickets were available at locations such as Muhlenberg College, where students sat in line for hours in hopes of getting one of the limited number of tickets being offered. Other locations in the Lehigh Valley, including Allentown and Bethlehem, also offered a limited amount of tickets, with a two ticket per person limit.

Cedar Crest student Alexandra Prieto was lucky enough to receive a ticket for the event. “I was working at Rodale with Juli (Reitz) and someone came into the pool and told us about it. I ended up standing outside in the cold for over two hours just so that we could get the last three tickets, but something told me that it was going to be worth it,” said the sophomore nuclear medicine technology major.

News vans lined the street outside of Memorial Hall and vendors offered a variety of buttons and t-shirts as lines of people inched nearer to the doors. Volunteers reminded people to have their cell phones on and pockets empty and to be ready to step through the metal detectors once entering the building.

Community’s expectations of the visit

Jennifer Robinson of Allentown, PA, had heard about the event through a neighbor and got her tickets through a contact at Muhlenberg College. “I want to hear what Obama has to say with my own ears and eyes. I’ve already decided that I’m going to vote for him, but I’d like to hear what he has to say without press interference,” Robinson said. She also said that she hoped that bringing Obama to the Lehigh Valley would help to give the area national coverage.

“I don’t think it’s going to be true, though. I hope so, but I doubt it. There’s lots of news vans outside, so maybe,” said Robinson.

Rich Beatty, senior History and Government major from Lafayette College, has interned for the Obama campaign and was looking forward to hearing Obama speak again.

“I’m looking to hear another good speech. He’s a great speaker,” said Beatty.

Introductions

At promptly five p.m., Randy Helm, President of Muhlenberg College, approached the stage to thank everyone, including the Democratic Club and volunteers of the Lehigh Valley that had been involved in bringing Obama to Muhlenberg’s nonpartisan campus. Helm also stated that the campus would welcome Senator John McCain if he were to want to speak.

“You’d be much smarter if you listened to people you disagreed with,” said Helm once his comment was met by the boos of the crowd.

After another hour, several energetic Obama chants from the crowd and a few attempts at the wave, Allentown Mayor Ed Pawlowski took the stage, telling the crowd that we were in a historic time period of our country.

“This is the most important vote that we’re going to have and that we’re going to vote for in our lifetime,” said Pawlowski.

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“This is the most important vote that we’re going to have and that we’re going to vote for in our lifetime,” said Pawlowski.

With an assist from senior Thersia Ault, sophomore Bailey Bedell smacked the last goal. “It was a picture perfect reaction of senior Brianna Adams to that of Brandi Chapain after the women’s US soccer team won the 1999 World Cup. “It was absolutely beautiful,” Kauffman said, “it is absolutely beautiful.”

Fikes said that “the reaction [of the team] can simply be described as pure joy. Finally all of our hard work was paying off and we were reaping great results.” Joy it must have been, as Kauffman compared the reaction of senior Brianna Adams to that of Brandi Chapain after the women’s US soccer team won the 1999 World Cup. “It was absolutely beautiful,” Kauffman said, “it is absolutely beautiful.”
Agriculture Project puts a new spin on fresh vegetables

Lizz Nagle
SPORTS EDITOR

“It puts a whole new spin on fresh vegetables,” said Martine Scannavino, Assistant Professor of Nutrition at Cedar Crest, with regard to the department’s hosting of a Community Supported Agriculture Program here on campus.

According to an all campus e-mail sent out by Scannavino, “A C.S.A. provides you the opportunity to purchase fresh fruits and vegetables from a local farm for the entire growing season for a one-time share fee.”

From June 7 through Nov. 15, a 24 week period, a box of fresh produce will be delivered to campus for each share member to pick up.

The produce will be provided by Season Harvest Farm in Lehighton. Becoming a share member for a long time. “We need to do this for the health of our future generations to meet and beyond what we are already doing,” Elaine Deutch, Executive Vice President of Finance and Administration and Treasure, stated during the meeting last Thursday. So, despite the fact that Cedar Crest already has steps in place for sustainability, there is more that needs to be done.

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Tibetan riots cause Dalai Lama to threaten resignation

April 3, 2008

www.cedarcrest.edu/crestiad

NEWS

let officials suppress their cry for autonomy.

Human rights watches have campaigned for Tibet’s independ- ence for years — this is where the cry, “Free Tibet!” originates. The biggest concern of the human rights watchers is the cultural genocide occurring in Tibet. While China denies this, Tibetan refugees say otherwise, claiming that religious practices are limited

An interview on the British Broadcasting Company (BBC) website gives the testimony of a Tibetan Communist Party member who stated, “I visit ... temples once or twice a month. I tell them what to do and what not to do. They all listen and say nothing.”

International concern for Tibet was recently sparked when video stills from Chinese security, as well as accounts from tourists, showed Tibetan protesters attacking people (notably Han Chinese who have settled in Tibet), stores, and cars.

Videos and pictures were leaked from Tibet showing Chinese beating Tibetan monks and people, creating an outcry from the international community, especially exiled Tibetans.

Since then, “Free Tibet!” protests have taken place all around the globe, in cities such as Athens, New York, Kathmandu, and Dharamsala. Many protesters

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OBAMA continued | page 1

Obama opened his speech with several jokes and short stories about his time in Pennsylvania, indicating that he was enjoying himself in the state and was happy with all of the people with whom he had been in contact.

His speech launched into the reasons why he is running for president, borrowing the phrase, the “fierece urgency of now,” from Dr. Martin Luther King.

Obama spoke about the changes that are occurring abroad and encouraged the crowd to look at the changes that are occurring at home with economy, jobs, health care, inflation, and more.

“We have never paid more for health care, we have never paid more for education, we have never paid more for a gallon of milk or a gallon of gas. It is harder to save and harder to retire,” said Obama.

He encouraged the crowd to look for change, a change that he is offering to bring to Washington.

“We can’t wait, and that’s why I’m running for President of the United States of America,” said Obama.

Obama went on to recount his childhood and offer ways to bring change to our school systems, stating that Bush’s “No Child Left Behind” act did in fact leave children behind. He proposed making education more affordable to everyone, as well as paying teachers better for their work.

“All of the failures of the last seven and a half years can be put behind us in this upcoming election,” said Obama. He continued to say that we cannot just be against things, but we have to be for something as well.

Obama stated that he supports better health care for all Americans, creating a fair econ- omy, no longer giving tax breaks to companies sending jobs overseas, not taxing senior citizens social security, creating labor, environ- ment and safety standards for workers and continually increas- ing minimum wage, to keep up with inflation. “If you work, you shouldn’t be poor,” said Obama.

Obama promised to make changes happen and, if elected, to bring the voices of the American citizens into Washington D.C.

“I’m not running to fit in the mold, I’m running to break the mold,” Obama said to the crowd’s cheers.

Drawing the speech to a close, Obama reflected on his campaign slogan of believing – “I’m asking you to believe. Not just in my ability to bring about real change in Washington... I’m asking you to believe in yours.”

Obama said that hope is will- ing to imagine, fight and struggle for something that didn’t seem possible before, and to reach for something better and higher. He acknowledged that everything that he hopes to do during his term in Washington may not get accom- plished, but he is willing to put them into motion for change.

Senior Communication major Juli Reitz was happy at the college turnout of the event.

“Tibet was recently sparked when videos and pictures were leaked from Tibet showing Chinese beating Tibetan monks and people, creating an outcry from the international community, especially exiled Tibetans. Many protesters

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TASK FORCE continued | page 2

vision and water when not in use, etc. All of these things need ener-

continues | page 3

The Sustainability Task Force will not only affect Cedar Crest, but also the surrounding commu-

The Lehigh Valley Association of Independent Colleges (LVAC) Sustainability Committee has already had repre-

sented by it because they don’t hand are the ones that aren’t influ-

reasons why he is running for

My campaign was not paid for by lobbyists,” Obama said. “It was paid for by you, the American people. And it is time to shake it up in Washington.”

Students and faculty participate in Go Green art making

Each spring, Delphi, the National Honor Society, holds its inductions to wel- come new members. Above, the 2008 inductees gather in the TCC’s 1867 Room to pose following the inductions into the society on March 27, 2008.

2008 Delphi inductees honored at ceremony

Students and faculty participate in Go Green art making

Amanda Pakravan | Staff Writer

Last week, the Art Society and the Art Department sponsored a night for creat- ing recycled art for the Go Green contest. Senior Melanie Devlin works on cre- ating her recycled masterpiece for the Go Green contest. The deadline for the art created from recycled materials (no purchased items are allowed to be included in the product) is April 15 at 4 p.m.
Phillis stands holding her book, entitled Great Displays for Your Library Step by Step, stands next to an example of her work at the Cressman Library.

CORRECTION

In the March 27, 2008 issue of The Crestiad, one of the photos accompanying the Bill Clinton article was mislabeled. The gentleman identified as Jack Kennedy is actually Don Cunningham, the current Lehigh County Executive and former Mayor of Bethlehem.
I’m here because...

Recently a copy editor was telling a story about a girl who broke up with a boy because he used poor grammar and she knew they could never work out. That’s how it was when I picked colleges.

When I was in the seventh grade, I took the SATs, so I ended up on all kinds of mailing lists for different colleges. If you think looking at colleges seems like it comes too soon during your junior year, in seventh grade it is way too soon. I’ll always remember the first pamphlet I got in the mail though – Cedar Crest College.

So, in seventh grade, I was a bit naïve, to say the least. “Girls who are willing to go to a school with no boys will be more serious and study more and not get distracted by dumb things,” was the reasoning I went with. No one in my family believed that this boy-crazy girl would last four days without boys, let alone four years.

Flash forward to my junior year in high school. I had a first-choice college. It was a beautiful, small, fun school with nice professors that was in a fantastic area of the country in a great town. The school was not Cedar Crest.

My mom wanted me to go to Lehigh, though, because it was closer and a good school and all that, so I toured the campus. I hated it and made my mom leave half-way through the day. We had nothing left to do since I missed school to do the interview and decided to stop at another Lehigh Valley school.

We decided on Cedar Crest – from my long-abandoned aspirations from seventh grade. We wandered into the admissions office looking for a map of the campus and within half an hour we were scheduled for a personal tour and a meeting with an admissions officer.

Part-way through the whirlwind tour we were tracked down on campus and told to rush back to the Administration building for an interview with the head of the department I was interested in.

After my somewhat crazy, hectic day at Cedar Crest, I knew that I felt right there. It was the school for me. When it comes to boyfriends, I don’t really believe in “the one,” but when it comes to colleges, Cedar Crest seemed like the fated school for me.

I didn’t want it to be, though. I continued planning on my first choice school. I visited that six-plus hours from my house. I toured the campus, applied, was accepted, and told everyone with huge amounts of excitement about the school I was going to go to.

Then, in the late fall of my senior year, the English program at this school sent me a copy of the graduating seniors final projects. These were the programs that they felt were, not only good enough to share with prospective students, but also that they thought were deserving of a degree.

Just a hint for professors all over the country – if a student doesn’t know the difference between “there,” “they’re,” and “their” don’t send their work to prospective students!

Within a week I had let that school know that I would not be attending and decided to go to my back-up – Cedar Crest.

I never regretted that decision. Cedar Crest was most definitely the school for me. It’s a school where professors can spell.
If I can hear your music, it’s too loud: 
The connection between volume and hearing loss

Leann Pettit | News Editor

Premature hearing loss among college students is rising. The cause is the high use of head-phones at extremely high levels. Around Cedar Crest, the use of mp3 players between classes and while relaxing in the bistro or doing homework in the lounges is very prevalent. Many times, we have been walking along the roads on cam- pus and past someone on the other side and I can hear the music playing from the mp3 players or hear someone’s music playing in their room through the walls of the residence hall or down the hall. The loud music being pumped through headphones and stereo can be damaging to a per- son’s hearing.

In a study done by Cory Pumfrett, a graduate student at the University of Colorado at Boulder, tested different types of head- phones to see how long and how loud people could safely listen to them. Their findings showed that the higher the volume, the more listening time might be limited. Listening at 10 to 50 per- cent of the maximum volume, peo- ple can spend as much time listen- ing, regardless of the headphone style.

But, if you crank the volume above 50 percent of max volume, the safe listening time drops dra- matically. At 80 percent of maxi- mum volume, the daily listening time for iPod earbuds drops to 1.2 hours, whereas over-the-ear head- phones daily listening time is near- ly five hours.

Most people don’t think twice about turning up the volume on their mp3 player to damaging lev- els and a quarter of the mp3 player owning population will listen to their player for an average of 21 hours per week, found the Royal Institute for Deaf People. It is generally known that loudness causes temporary and permanent hearing damage.

Many times I have been told that it is not me, it is the music that is already buzzing in my ear. I always take good care of my body. Some artists that I encounter ask that I bring a copy of what I am interested in and then they trace it onto a transfer paper to your skin, thus leaving an outline for which they can tattoo.

Your mother always said first impressions were everything and that goes for artists as well. I’ve noticed over the years that when I decide to be tattooed again, if I’m uncomfortable with the artist I leave and seek someone I can share some sort of bond with, and usually it is not just over tattoos.

I decided to switch artists after the third sitting on my ribs because I felt that the artist and I were not seeing eye to eye on where the piece was going. My tat- too starts right below my left armpit and stretches down past my hip, about three or four inches below my belly button so roughly 17 or 18 inches in length.

That’s a large tattoo not to be agreeing upon with color and design. I went somewhere else and in the process of looking for a new shop I met with half the Lehigh Valley. I met many great people who have amazing artwork but I felt that none of them could finish my piece the way I wanted it. The second to last place I looked was urban. Spray painted walls, floor and ceiling, and bikers coming in and out but none of that turned me off until I saw the artist light a cigarette in his own shop while my door was closed. By himself, it wasn’t the actual smoking, but the smoking inside the shop. So dirty.

I traveled a little further down the road and found by my man, Ken Sigafus from Jimmy James Tattoo in Bethlehem on Broad and Fourth Street.

I don’t know if it’s because he worked with my favorite artist Shephard Fairy or if it was his pro- fessionalism while looking at my half done piece, but it felt right to go to him. My friend Liz Nagle goes only to one man as well as Ted Glenshaw in Allentown, and I’m sure there are many others who will tell you who they just love.

I set a date and price for my soon to be finished piece and I was so excited to have my ribs finally finished that I almost forgot to eat. I only sat for four hours at a time before I start to squat but halfway through I try to drink an eight ounce of apple juice to keep my sugar up. Afterwards I usually chill at the shop for ten or fifteen minutes before I drive, just so I know I won’t be light headed and crash my car.

I always take good care of my tattoos because they are permanent and I definitely do not want to be one of those older women with unsightly tattoos. A little secret to my vibrant art is that after the first four days I switch between lotion and vitamin e.

I break open the capsules and squeeze the oil onto my skin using my fingertips to smooth it out. The left side of my ribs are not the last place I’m going to tattoo and Shephard wasn’t so excited about the last tattoo on my lovely body because coming this summer he’s going to tattoo my right side. The sound of the needle is already buzzing in my ear.

For many people, tattooing is a decision, for me. 

The questions trail me, you see. They follow me everywhere. They arise while I am ordering my veggie wrap for lunch and surface when I am waiting in line for the dance concert. Questions asking what I am going to tattoo; for the next generation and if I am excited to leave. They don’t end at the campus boundaries, either. No, if you go to the bar, or I am waiting for my Raspberry Mojito or while going for a walk with a friend.

It’s a given people will be curious about what I am doing (about what all of the Cedar Crest class of 2008 will be doing) after leaving here. Yet, somehow, when I was a junior, I assumed that the plan for me would just arrive, packaged nicely on my doorstep. But alas, there is no cleanly wrapped brown box sitting on my doorstep. This expe- rience was everything and that long-term exposure to the arts: the search for what I want to do. I do know. I want to work for the Human Rights Campaign. I want to go to law school for child advocacy. I want to join the Peace Corps. I want to love what I do. I want to help people.

It would be hard doing any of those, but what plagues me is what I should do. Was I wrong? Was I wrong? Was I wrong? Will I disappoint my professors if I don’t some- thing directly connected to my major.
In a study of four newspapers: USA Today, The Boston Globe, The Orange County Register, and The Dallas Morning News, women-only sports stories account for 3.5% of all sports stories and stories focusing on men’s sports outnumbered stories addressing women’s sports by a ratio of 23 to 1. In 52 weeks of Sports Illustrated (2/93-2/94), only six women were awarded cover shots.

The first was the annual swim suit issue, which usually displays a non-female athlete. In the second was Monica Seles after she had been stabbed. It showed her wearing tennis whites with a knife in her back.

The third and fourth issue showed women who were widows of baseball players. Tennis player Mary Pierce was number five because she feared her father, and the sixth was Nancy Kerrigan, after she was clubbed on the knee.

All of these issues either portrayed a woman as victims or sex symbols, and not one of them are on the cover for their outstanding abilities and talent as an athlete.

Another study by the same foundation concluded that 94 percent of local television news sports coverage goes to men’s sports. Women’s sports get 5 percent and gender neutral topics 1 percent.

That is no where near equal, and is basically outrageous.

In 1983, approximately 70 percent of 1,100 people polled by Miller Lite and the Women’s Sports Foundation said they would be equally interested in watching women’s and men’s sports. So why is there a difference in media coverage between women and men? It doesn’t make sense.

As a female athlete myself I know I put everything I have into my performance and save nothing for later. There should be no difference in support given to men and women athletes.

The former championship basketball coach of Stanford’s women’s team Tara VanDerveer put in the simplest word exactly how I feel. In an interview with Fair, she said that “Sports coverage should be about who is playing, what the score was and how it happened.”

The Evolution of Dating
Takes on the Ménage à trois

Jess and I have a problem… well two. The Beach Boys sing, “Two girls for every boy,” in their song “Surf City”… so why not two boys for every girl?

Ladies, don’t pass judgment. Imagine one guy is the perfect sweetheart and the other is a devil and always up to something spontaneous, why should we have to compromise? Why can’t we have both?

For me, I suppose it all started around St. Patrick’s Day. Jordan and my relationship was on the rocks and low and behold another boy appeared, and seemed to possess a personality contradictory to Jordan. At the time, this seemed most appealing, and I wanted to hang out with him more and more. Around this same time, Jordan and I decided to take a “break” and reevaluate why we even went out in the first place.

Now I was free to hang out with this other boy without restrictions or complications. Things were going great and this boy (finally) kissed me, but if bad timing would have it… the day after I was on my way to Jordan’s frat formal in the Poconos. I played it off like a champ, as friends but as the day went on and more booze went into my body I got to thinking… I missed this little schmuck.

Now I had went from one boy, to the next boy, to both boys. As a second semester senior, I have found that when challenges are thrown at you and you don’t think you can handle it… take a step back and realize the big picture. Am I really that upset to be talking to two cool guys… no I am lucky. I am graduating in a month maybe then when I am given a diploma, a job, and responsibilities I will be wise enough to make a decision, but for now I am going to enjoy this for all it is worth.
**The Science of Beauty Part One**

What’s in your skin care products?

Rachel Edgar | STAFF WRITER

Reading the ingredients list on the back your favorite skin care product can sometimes seem like deciphering a foreign language. As if words like “retinol” aren’t strange enough, the Kosher label also includes copper peptide and alpha hydroxy acid. The list of chemicals sounds more like the experiment you did last week in Organic Chemistry lab than the contents of a beauty product.

You might be thinking, “Great, I finally just mastered reading the ingredients list on my face cream, but now what?” However, it’s important to remember that knowing the function of these items in your product is not the important if you want to purchase something that actually does what you expect it to do. Knowing how the ingredients in your skin care product work is a very important skill if you want to buy a product that is suited to your needs.

The following items are a sampling of some of the newest skin care ingredients on the market, and how they work with your skin to improve its texture, tone and overall appearance.

**Retinol**

Retinol is one of the most well-known substances in skin care products. Retinol is a derivative of vitamin A, which is what makes it so beneficial for the skin. Chemically speaking, vitamin A has a molecular structure that is tiny enough to get into the lower layers of skin, where is finds collagen and elastin. Retinol’s deep penetration of the layers of skin is what decreases fine lines and wrinkles, improves skin texture and tone, and boosts hydration levels. If you are looking for a product with these benefits, look for items that have retinol or retinyl alumi- nate on the ingredients list.

According to WebMD, vitamin C is the only antioxidant that is proven to stimulate the synthesis of collagen. This is an extremely beneficial function because natural collagen production will decrease with age, causing wrinkles and sagging. Recent studies also show that vitamin C plays a role in minimizing wrinkles, fine lines and scars. It is important to keep in mind when choosing a skin care product that vitamin C in its most commonly found forms is highly unstable when exposed to oxygen, which renders it useless. Also, many topical vitamin C treatments are unable to penetrate the skin deeply enough to synthesize collagen. Therefore, you should consult a dermatologist or other professional and consider being a little more choosy when purchasing products with vitamin C as the main ingredient.

Copper peptide has only been on the market for approximately ten years, but it is often referred to as the most effective skin regeneration product. Its properties are similar to those of vitamin C, but clinical studies have found that it is more effective and works faster than many other products on the market. It appears that copper pep- tide promotes collagen and elastin production, and acts as an anti-inflam- matory. Therefore, it firms, smooths and softens the skin, and it helped removed damaged tissue such as scar tissue. This is because copper- dependent enzymes increase the benefits of the body’s natural tis- sue building processes.

Alpha Hydroxy Acids (AHAs) have become increasingly popular in skin care products over the last five years. Their main pur- pos is to smooth fine lines, pre- vent pigmentary pigmentation and age spots, and decrease enlarged pores. Glycolic acid is considered the most effective of the AHAs, while lactic acid is considered to be the mildest and least irritating. Some common AHAs that you might find on an ingredients label include glycolic, lactic, tartaric and citric acid.

Beta-hydroxy acid, known commonly as salicylic acid on ingredients labels, has many uses in skin care products. It is mainly known for its exfoliating proper- ties, which makes it a key ingredi- ent in many acne treatments. Salicylic acid has the chemical ability to penetrate oil-laden hair follicle openings, and is known to improve the texture and color of the skin. One particular benefit of salicylic acid is that it is less irritat- ing alpha-hydroxy acids, and it is still considered a highly effective ingredient in skin care products.

Whatever skin care products you choose, you should consider the chemical principles and how the ingredients will work with your skin. Keeping these in mind, you are sure to pur- chase a skin care product that won’t disappoint you, and will be worth every penny.

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**Who can eat bacon?**

A guide to alternative eating lifestyles

Leann Pettit | NEWS EDITOR

Some people diet to lose weight, others for health reasons, but there are those who limit their diet for their beliefs. More often in our grocery stores we are beginning to see “GF” on labels, finding vegan and vegetarian sections in the supermarket and even items across “paveure” or the Kosher label of the Jewish Orthodox Union. These dietary lifestyles are important to understanding living in our global community. Below, we will discuss the Jewish Kosher laws, the differences between veg- etarianism and veganism, what it means to live a gluten-free lifestyle and the perils of a low-carbohydrate diet.

**Kosher**

The kosher diet is a set of rules for followers in the Torah. The rules range from meat to fruits and vegetables. Some of the rules are under controversy now, but are still followed.

Among the rules are the sepa- ration of meat and dairy. The Torah states three separate times that you are not to “boil a kid in his mother’s milk.” However, it is permissible to eat fish and dairy, but not poul- try and dairy. The separation of meat and dairy goes beyond the food itself and includes the pots, pans and cooking utensils.

There are also forbidden meats. Any land mammal must have cloven hooves and chew its cud. Mammals must have both of these characteristics, and if they don’t, they are forbidden for eat- ing. Water animals must have fins and scales, leaving all shellfish not Kosher.

The rules also include rules for produce. All fruits and vegeta- bles must be washed and inspected for bugs and insects that could have been on the food. Grape products must be made by Jews and any non-Jew made grape products are prohibited. This rules not only includes wine and grape juice, but also fruit juices that are sweetened with grape juice, cream of tartar, a by-product of wine making, and fruity beers that are sweetened with grape juice.

**Vegetarian**

Vegetarian diets exclude all animal flesh and slaughter by- products. Some vegetarians are also aware of animal by-produc- ts that are use in production of foods that are not listed on labels, such as bone char to whiten cane sugar and gelatin made from ani- mal skin, bone and connective tis- sue. However, many companies are creating vegetarian alternatives such as torkuly jerky, mock lobster and soy sausage. There are also dairy alternatives including Silk soymilk and Soy delicious ice cream, to name a few.

**Vegan**

A vegan chooses to avoid using any kind of eating animal prod- ucts. They do not eat the flesh of animals or animal by-products such as dairy, honey and eggs. They also avoid using animal products such as leather, wool, down, fur or cosmetics or chemi- cals that are tested on animals.

**Gluten-Free**

People who have been diag- nosed with celiac disease live a gluten-free lifestyle. Celiac disease affects the intestinal tract where gluten is digested, turning it toxic and lowering nutrient absorption. Gluten is found in grains including wheat, rye, barley, and all of their derivatives. It is the protein in flour that puts together the leavening ingredient. Gluten is found in foods such as pizza, cakes, cookies and is an added ingred- ient to many processed foods. Under the “Food Allergen Labeling and Consumer Act,” companies must plainly state which of the eight most prevalent food allergens are in their product, this includes wheat in any ingredient.

Low-Carb

In a low-carbohydrate diet carbohydrates are replaced with proteins and fats, usually for weight control. By reducing carbo- hydrate intake, the production of insulin can be controlled by dra- matically reducing or eliminating its production.

People who begin a low-carb diet will expect any excess water in the body in the beginning, leading the dieter to believe that they are losing a significant amount of weight on the diet, and to properly lose the weight, diet and exercise must work together. Lowering carbohydrates also lead to a lower metabolism’s ability to completely burn fat.

High protein, low carbos- drate diets can lead to ketosis. Ketones are released into the bloodstream in people on high protein diets. Ketosis makes dieting easier because it lowers appetite and can cause nausea.
Your kids may not be old enough to

ROCK THE CROCS

Editor’s note: While this story expressed the author’s opinion, it includes important information about a dangerous fashion that is relevant to The Crestiad’s readers. It is based on a persuasive speech written by the author.

Jessica Dominiczak
OPINIONS EDITOR

I like alligators. I do not like Crocs.
I like alligators. These wonderful animals help maintain the population balance of certain prey species and they help shape and modify habitats. Conversely, crocodiles can be very dangerous to humans. These animals kill hundreds of people each year in parts of Southeast Asia and Africa.

However, that is not the only time crocs can be harmful...this hideous shoe (named after the brutal beasts) has proven a hazard on escalators. According to abcnews.com and other sources dating back to the fall of 2006, parents have reported that kids wearing Crocs have had their feet sucked to the sides of escalators. Some stories include permanent disfigurement.

This was the tragic story for 10-year-old Chloe Johnson from Kansas City. She was on the escalator when her Croc and toe were sucked between the escalator stair and the side wall. What happened to Chloe and several other victims has been attributed to the rubber material in the Crocs melting around the edge of the steps.

My advice to parents: First, carry your children if they are younger; secondly, make sure they are in the center of the escalator step, and finally (the piece of advice I hope you actually choose to follow), stop dressing your children in these repulsive shoes.

I understand that these shoes have been equated to walking on clouds (really ugly clouds). Whenever I call my friends out for wearing Crocs, they always respond by saying, “I know they are ugly, but they’re so comfortable.” I respect that. I understand nurses, doctors, and other professionals on their feet all day would rather walk on a cloud than a regular shoe.

My only question to those Croc wearers who know they are ugly is: why do you draw attention to your feet with one of over 24 obnoxious colors and decorate them with “Jibbitz” (or “personalities”) according to the Croc website?

What happened to the white orthopedic shoes, or Dr. Scholls inserts? There are many options that are not a disgrace to the fashion industry. No, by other options, I do not mean one of the many emerging imitations or knock-offs.

There is a wonderful phrase I found on the website hatchecros.com that states, “Croc: they are for your eyes what second-hand smoke does for your lungs.” I completely agree with that. Croc-wearers blatant disregard for style and pride in their footwear, truly makes me a little sick every time I am blinded by a pink or yellow “shoe” that looks more like Swiss cheese than acceptable footwear.

However, I do not write to criticize the misinformed Croc wearers of the world, there is still hope for you. You are not bad people; you just need a little guidance. Your new motto should be “Kill the Crocs.”

Granted, PETA and other animal rights organizations may not appreciate this slogan very much...but I am sure if you just explain that you have no beef with the animal itself but that you are simply in a twelve-step program for foot looking shoes.

I implore you, put down the Croc, pick up a Vogue and take pride in your footwear.

Surviving dating bloopers that everyone commits

You asked for it...

Gillian Mallef
ADVISE COLUMNIST

“Oh, I farted...again!” No, it’s not Britney’s new song. Now how in the world are you supposed to redeem yourself from that? Smirk cute, twirl your hair, and say “I do not mean one of the many emerging imitations or knock-offs.”

“How are you supposed to explain that, yes, girls do pose you?” Nothing in common for foul looking shoes.

Tell them you are sick and just vomited in the bathroom. Ask them if they have anything to take for it and really act this one out. Pretend you are Nicole Kidman. Then eventually tell them you are just not into them (at least you can do it over the phone).

The mean drunk

Tell them you are just not into them (at least you can do it over the phone). If you are with a bad dancer, go with it. Have fun and just know deep inside that you will never take them dancing again (or find someone else to dance with).

Nothing in common

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The Fort

Admit it. Or, you could keep it a secret and hope they are not rude enough to accuse you of it on the date.
Christa Hagan
MANAGING EDITOR

Each year, a handful of Cedar Crest dancers and majors give up spare time and sleep for the sake of art. This year, Student Dance Works, was no different for the dancers and the eight student choreographers whose pieces were shown in the annual student dance concert. The show mixed classic with world events as the themes of the dances spanned over the ocean, conflicts in Baghdad, 42nd Street inspired tap and the Holocaust.

The show opened with a piece that utilized not only emotion and music, but American flags and voicewears as well. The idea for Senior dance major Melissa Keiser’s piece “Walking Home” has been stirring in her since “my junior year in high school,” explained Keiser. “We did a project called ‘Callides.’” Our whole project revolved around women during the Civil War and what they went through. Ever since then I have wanted to do a piece about it.” She wanted to give a different perspective of the Civil War, saying that there is always such a focus on laws and battles. She wanted to point out that “women suffered just as much as the men did.”

A challenge that she faced was not only making sure that her dancers understood the moves she needed, but the facial expressions as well. She said that emotion was key in her piece and she firmly believes that knowing how to move is not enough, “you have to perform it and make the audience believe it.”

Another piece that relied heavily on emotion was, junior Biochemistry major, Michelle Tetrault’s piece “Defigureize.” Tetrault chose the song “Je’ríap-pell” once her father passed away.

Tetrault really wanted the audience to walk away understanding the deconstruction of Baghdad and hit “it is just one example of how we are losing deep-rooted ancient beauty from our modern world. Many forces, both internal and external, are slowly eroding away ancient ways of life, cultures, and places.” To fully push the message to her audience, Tetrault included piece of the lyrics into the program.

Sophomore dance major Carrie Moore approached her piece, “Pulse,” differently, she did not use a plot of theme in the creation of hers. As a result, she said that one of the difficult things about her creation was “battling the expectations that dances need an underlying theme.” She pointed out that “movement possibilities are endless when a piece doesn’t follow a plotline.” Not focusing on an allowed Moore to pour her energy into one of her goals, which was to highlight “the amazing skills of [her] dancers.”

Throughout the show, the themes and intentions of the choreographers varied. One of Docciree Cosgrove’s goals in her piece “Five Minus One,” was “trying to create something that no one has ever seen before.” In her first choreographed piece at Cedar Crest, she wanted to create something that was visually stimulating and that intrigued the audience. When audience doesn’t get the literal translation of what my piece is about, its ok, because hopefully they still enjoyed the movement and liked the piece as a whole,” said Cosgrove.

While others sought through themes that meant so much to them, or strived to create something that the audience could really sit back and enjoy, Junior Biology and Dance major, Melissa Turek wanted to create something relaxing for the audience with her piece “The Life Aquatic.” The beach is where Turek turns for relaxing. “I find that unless I am at the beach, I am constantly stressed out.”

With her piece, she wanted her message to be simple and wanted the audience to see and feel the ocean. “I know that many people lead very hectic lives. I just wanted to give the audience a chance to relax and see that it is possible to slow down in life every once in a while. Instead of *stopping to smell the roses* I wanted the audience to stop and see the ocean, said Turek.

Whether the piece was full of flashy sequined costumes and tapping feet, candles and light colored cloth or in remembrance of The Holocaust, the eight choreographers worked to put out a varied and interesting show. The wide array of themes (and sometimes theme less) dances entertained and intrigued the audience.

Indie rock and roll has never sounded so glamorous

Christa Hagan
MANAGING EDITOR

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I have never seen so many UGGR gathered in one place than when I was in East Rutherford, New Jersey to see Boys Like Girls and Avril Lavigne in concert.

Now, if you have ever read my column, or seen another review I have written, I know what you are thinking. So I am going to clear these thoughts up and explain to you that my sister and I took my six year old daughter, Erin, to the show.

Although the punk-pop sounds and energies of Boys Like Girls and Avril Lavigne may not be my preference in music, they put on a great performance. After we arrived at the Izod Center and waited in a mile-long line to get inside, the first thing we did was get in another line to buy band related merchandise. Because, really, what is a concert without getting a pink skull t-shirt and a glow stick?

After a little more waiting and a lot of trying to preserve our area on the general admission floor, Boys Like Girls came onto stage, and lit up the arena, literally. Boys Like Girls like Avril

tight ripped jeans, these boys got the crowd totally excited, especially when they played their number one hit, “Great Escape” (which Erin spent their entire set time asking me when they would play it).

After the crowd (consisting primarily of young girls chaperoned by parents) was all hyped up from Boys Like Girls, their thirty minute set ended and the stage crew started setting up for the main event: Avril Lavigne.

I took Erin to wait in line for some popcorn and a soda. Total damage for one popcorn and one soda: $10.50. By the time we made it back to our spot on the arena floor, the lights went out and Avril’s intro came on. Lights flashed and the projector screen featured the signature Avril logo being graffitied in black and pink. As more and more lights lit up the stage, the main beat for Avril’s hit song, “Hey Hey You You” was heard, and dancers filled the stage with uniformed moves.

When it was time for singing, Avril came up from below the stage, and joined her dancers while singing into a pink glittery microphone. The crowd was screaming, little girls, and some middle-aged women, were singing their lungs out, jumping and pumping fists. Erin was one of those girls, screaming lyrics and smiling wide. That was definitely my favorite part of the show, watching her have the time of her six-year old life.

And now, I have a confession to make. A few songs into the set, Avril performed “Complicated,” her first hit single in the United States, and I sang along with Erin. The funny thing is, Erin was just a few months old when this song came out, and there I was, at a concert, singing and dancing with her to it.

The rest of the show consisted of a few wardrobe changes with break-dancing interludes on stage, Avril playing guitar, Avril playing drums, Avril dancing, an acoustic set, and a song dedicated to, “Any young girl who always gets what she wants.”

The show went by fast, and when the main lights turned on, Erin’s smile did not turn off. I realized that concert was one of the best I have been to, not because I love Avril, but because Erin does. And do not worry, I will be sure to write about the Jonas Brothers concert we are going to in August.

Girls like Avril!
Die Hard Fan: Betsy loves the Buffalo Sabres

Liz Skoczyk | OPINIONS EDITOR

I come from a hockey family. My brother has been a goalie since 1980 and my dad plays in an adult league. My parents own season’s tickets. When my grandfather was alive, you couldn’t tear him away from the games. We like hockey.

When I was little, my grandparents lived in Buffalo, New York. I remember, back before I actually understood the game, my parents would drop my brother and I off at their house before heading off to the hockey game. I would lay across my grandparent’s bed and try to spot my parents in the audience.

It wasn’t until I was in fourth grade that I really learned the game. My brother began actually playing hockey that year and my dad had me sit and watch the Sabres with him. And I fell in love.

I learned what icing was. I learned about faceoffs. I learned how players got penalties. I learned that hockey players are the cutest of all athletes, as demonstrated by Matt Barnaby, Rob Ray, Michael Peca, Dominik Hasek, Alexei Zhitnik; all of the man that I learned about faceoffs. I learned how players got penalties. And I learned about faceoffs. I learned how players got penalties. And I learned about faceoffs. I learned how players got penalties. And I learned about faceoffs. I learned how players got penalties.

The hockey fights have been one of my favorite parts of the game over the years. Although the real fighters that initially drew me in have since retired, I always look forward to catching a game where I can see the gloves go down, the helmets come off and the blood start flowing.

I was there with the Buffalo Sabres as they went into triple overtime in the sixth game of the 1999 Stanley Cup Finals against the Dallas Stars. After almost six hours of playing, the Dallas Stars’ Brett Hull finally scored the winning goal. However, Hull’s skate was in the goalie crease, technically making it an illegal goal. But the goal counted, making the game the biggest upset in Sabres history.

For my thirteenth birthday, my dad took me to the Sabres game in what has become a birthday tradition throughout the years. Now that we’re older and able to drive, my brother and I take the tickets and go with friends, boyfriends and girlfriends, but back then the tickets were meant to be special time with one of our parents. And in the middle of the hockey game that year, there on the jumbotron in the center of the ice was my name; Happy Birthday Liz - 13. And it was that same game that one of the players from the other team took a shot on goal, missed and broke the glass surrounding the ice, the only time I’ve ever seen that happen. When I was really sick for a few weeks during my sophomore year of high school, my dad knew that all it would take to make me feel better was the jersey of my favorite hockey player at that time, goalie Marty Biron, making that my second Sabres jersey after Barnaby’s. Although the jersey didn’t make me instantly better, seeing it hanging on my door when I woke up definitely helped in the healing process.

In 2006, one of my closest friends, Chad, went to the Sabres game against the Washington Capitals. Two weeks prior to that game, the Sabres had lost to the Caps in a 7-4 game, so there was a definite rivalry that hang in the air as the puck dropped. Within seconds, the Sabres had scored their first goal. They set again, and a minute later had scored their second goal. In all, during that first period, the Sabres scored six goals, winning the game six to three.

Honestly, I think that it’s the fighting, rivalry and the cute players that have kept me drawn to the game after all of these years. When I told Chuck that I was writing this article, he told me that I had to mention the cra夫owlish because they were, as he put it, “hailers.” Another friend from fourth grade, Matt, will still occasionally send me messages asking if I’m keeping up with the Sabres, and is disappointed in me when I tell him that while I’m at school I don’t get to catch the games as often as I’d like.

Even though I understand football, baseball and even golf, none of them hold a candle to the sport of hockey. And nothing will ever tear me away from the Buffalo Sabres.

16 SPORTS

Holland named AOW

Megan Ammons | STAFF WRITER

Cedar Crest’s pitcher, junior, Allison Holland was named Athlete for the week ending March 19 for her outstanding work in the games March 14-18.

Holland in the game against Immaculata had nine hits, struck out three shutouts, pitched all 14 innings, allowed nine hits, struck out seven batters, and gave up only one batter a walk. The Falcons won 1-0 and 2-0 in the end.

During the 4-1 win against Philadelphia Bible on March 15, Holland struck out 13 batters, giving zero walks in all seven innings and got a to 2-4 with a RBI before getting a double.

In the winning game against Keystone College on March 18, she threw 14 innings in a row, allowing three runs, five hits, and striking out seven unfortunate batters just in game one. By game two she had four hits, struck out another seven batters, and no runs. In the whole day only four batters got to walk.

With softball as her only sport, she puts all her into it. Holland remembers being the AOW “on a couple occasions.” When asked why she thought she was chosen as the AOW, Holland responded, “Hard work, dedication and the desire to win is what pushes me. I simply just pitch my game and I know that my teammates have my back.”

Being a Genetic Engineering major in addition to pitching keeps her well-rounded mind and body. Holland, in what free time she has, loves to listen to music and hang out with her friends.

Last Friday afternoon, the Falcons had six game winning streak ended by the Neumann College softball team by a 2-1 and 10-1 loss in the Pennsylvania Athletic Conference action. Even though Holland pitched all 10 innings and struck out a total of 11 batters, the team still suffered a loss. Holland says about the loss, “We will chalk it up as a learning experience and from that we can only grow.”

But there is a happy ending, or rather ellipse, as the Falcons brought their winning nature back the following Saturday against their rival Centenary College with scores of 4-0 and 5-1. Holland pitched all seven innings, making sure to strike out four batters and only walking one.

Holland is truly thankful for her teammates, “These girls have so much heart and dedication. We play together and do not settle for anything less then a win and when we win, the bar is set higher we are always looking for improvement!”

In her off seasons she “workouts all fall/winter to build endurance and stamina for the season. I also pitch and constantly work on improving.”

“When asked when the season is over Holland replied, “With a PAC championship win.”

The Cedar Crest Lacrosse team won their first game in two years against Marywood on Thursday, March 27.

LACROSSE

continued | page 1

an image that has been ingrained in my mind forever. Bri’s neck muscles were spasming, her arms were pumped and she was just screaming at the top of her lungs, “we did it.”

“I think I like this winning thing,” said Domnioski, “now that we know what it feels like, I don’t think we’ll let it slip away.”

Today will provide another chance for the team to add a win to their record when they play Immaculata.

So, team, in the words of your coach, today, when that alarm clock goes off, game day.

Gillian Mattos | A&E Editor