Living Learning Communities
How will they affect your residential choices?

Morgan Keschl
ASSISTANT NEWS EDITOR

In the Fall 2010 semester, the Living Learning Community (LLC) will be underway, but is currently in need of students passionate about social and ecological issues to apply for this unique experience.

Next year will be the first year that Cedar Crest is having the LLC, although the Global Social Justice course has been taught twice by Dr. Suzanne Weaver, professor of the Social Science, in the past. The course will be held on Wednesdays from 1:00-3:30 p.m. and is worth three credits. Weaver will be teaching the section of the course about Global Social Justice for the 2010-2011 academic year, and it will be possible to participate in this program for more than one year, if you choose, because the topics will change each year.

This part of the program will be writing-intensive, which in the future may count as a WRI-2 course, although there is a 28-hour community service requirement in the second semester. The course will study social issues in the world, including world hunger, human trafficking, children soldiers, and the HIV/AIDS pandemic in Africa.

The Global Social Justice course will also be complemented by the Environmental Stewardship section of the LLC, taught by Dr. John Cigliano, Chair and associate professor of the Biological Sciences, which will show the relationship and obligations to nature as well as environmental ethics and the recent environmental movement in the U.S. There is even a pos

I dos said too soon

Rena Wallace
STAFF WRITER

“I do.” Those are the two words that some of us dread and well, the rest of us, look forward to hearing and saying these words. These words represent the vows that two individuals recite when they decide to spend the rest of their lives together. So when is the right time to say “I do?”

It seems as if society has put an age limit on when people should wed. For instance, there was a television program on MTV called “Engaged and Underage.” Couples who were 18 years of age or younger were considered to be engaged and underage. According to USA TODAY, those who marry before age 20 are two to three times more likely to divorce, researchers say.

“Women who marry young are more likely to divorce because they get married for the wrong reasons. They get married because they are pregnant or they are1

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CCC travels to Egypt

Joshlyn Susanne
STAFF WRITER

A little over one month ago, Cedar Crest College faculty, students and alumni from all over the country traveled to the other side of the globe. The trip to Egypt was from Jan. 7-16 and was packed with site-seeing. It was very difficult for any-one to pick just one spot that was their favorite since they visited amazing sites that spanned almost the entire length of the country.

Abu Simbel, Luxor Temple, Citadel of Alexandria, Khan El Kahhili Bazaar, and the Sphinx were just a couple of the places they all got to see.

They stayed on a cruise ship for part of the trip that took them to different sites that were on or by the Nile. The tour guide everyone loved, Tamer, was fluent in English and was very entertaining.

I asked how everyone felt about the safety of the trip since it was to a foreign country. “A lot of Americans are nervous about traveling out of the country but I don’t think that you would find anyone on the trip that felt unsafe at any time,” Dr. Allan Richardson said.

C.J. Krise, a senior Genetic Engineering major, said in response to this, “Definitely, we always had at least one armed security guard with us and there were security guards at each site entrance. At no time were we in danger’s way.”

To help regroup after the security checks, Richardson put everyone into smaller groups so everyone just had to keep track of who was in their group instead of trying to account for everyone after they split up. In addition to this, when some of the group took a bus while the others took a plane, the bus had a convoy for extra protection.

Richardson explained to continued | page 3

The Cedar Crest group took a moment for a photo opportunity in front of one of the many sites they visited during their nine day trip to Egypt. The travelers were able to dive into Egyptian culture and history as they traveled the country.

Increase your libido, one bite at a time

Renate Angel

The Cedar Crest College: Where Are The Boys?

page 5

Cedar Crest College

allentown, Pa
Vol. 93 No. 15

Thursday February 11, 2010

The Crestiad

C.C.C Basketball team invites you to show your support!
Saturday, 2/13 at 1 p.m.

Think Pink- wear pink to support the fight against breast cancer or donate money to the cause

Faculty Staff Appreciation- faculty and staff will receive free food at concession

Senior Day- decorate a shirt and come cheer for your favorite seniors!
Residence Life makes some big changes and some big renovations

Alyssa Slinger
STAFF WRITER

This year has been a year of changes for the Cedar Crest campus, and Residence Life has made sure to keep up with the trend. They have done this by making some significant changes to the physical layout of some of the rooms and by improving the process of housing selection.

While most of these changes are greater good, there have been a few changes that some students just are not happy with, but as stated at a recent Student Government meeting by sophomore Ashley Day, “you will never please every single person.”

One new concept to some of the residence halls is fully functioning bathrooms. Imagine not having to share a shower with a floor of girls. The quads in Butz Hall already had toilets and vanities, but over winter break, one of the quads was transformed to have its own toilet, tub, and vanity. This will happen to four other quads in Butz during the summer of 2010.

The third floor of Curtis Hall will get a bit of a makeover this summer. The exact details are still being worked out, but Kelly Steinmetz, Director of Residence Life, stated, “We want to get the students involved with the decision making of those rooms, since ultimately, it will be their room.”

What is known is that a few rooms in Curtis will have just a toilet and vanity, like how the quads of Butz do now. Some of these rooms may be quads, or they may be deluxe doubles. Once again, the details are still unknown.

Another set of rooms will get fully functioning bathrooms, like planned for Butz’s quads. These deluxe rooms, both in Butz and Curtis, will come at a higher price tag. Students will have to decide if having their own bathroom is worth the extra cash.

While the renovated bathrooms may make students happy, one change that may not make students quite so happy is the summer housing policy. In prior summers, students who were taking more than six credits during a summer session were given free housing. That offer can no longer be given this year.

This year’s summer housing will be in Moore and the application for summer housing will be online. The cost will be $70 per week for a double room. This does not apply to research students whose research grant covers their housing, or to students affiliated with the Dorney Park RA program.

This means that for one summer session it would cost $490 to live on campus. There was also a change in the housing deposit policy, but what should be to the benefit to the student. Steinmetz commented that “the time that housing deposits are due is usually a hard time to collect money from you guys, so we are doing away with housing deposits.”

Instead, students will fill out an online housing application, and then a lottery number will be assigned before room selection.

The only thing students need to worry about without paying a housing deposit is if they decide to live on campus, and then break the contract and change their mind, and choose to live off-campus, they will be required to pay a $200 broken contract fee.

Another change made within Residence Life was a shifting in responsibilities, along with some changing of titles. Another position was added, Residence Hall Graduate Assistant, which belongs to Cristina Usino. Angela Kramer, who used to be known as the Residence Life Coordinator of Moore and Curtis, is now an Assistant Director of Residence Life. The same goes for Kelly Ann Ryan, who was the Residence Life Coordinator for Steinbright and Butz and is also an Assistant Director of Residence Life.

The shifting of responsibilities means that Kramer now deals with housing selection and other issues with housing, and manages the receptionist program. Ryan deals with staff selection and training.

Things are looking bright for the college, and with the way Residence Life is keeping up with the wants and needs of the students, things should just keep getting better.
RecycleMania contests continue on campus

Katyte Dauble
STAFF WRITER

RecycleMania continues its mission to get campus members involved in going green. Throughout the past few weeks, campus members have been working hard to create a sustainable future by being more conscious about what they can and distributing their recyclables in dorms or other areas around campus.

While students may be concentrated on throwing their bottles in the correct trash bin, they can also look forward to some of exciting events that come along with RecycleMania.

Leader and organizer of Cedar Crest’s Re-cycleMania, Roxana Shupp, said students can look forward to the upcoming events. “I think the upcoming events will be fun to attend and participate in,” says Shupp with enthusiasm.

Not only do students get to stay involved in their daily tasks, but they might even have the chance to appear on TV or meet a famous celebrity. Shupp goes on to explain the benefits of participating in the events.

“Besides the event itself, we have special guest judges the students will get to meet. The media is coming to cover many of the events for TV news pieces. The public is invited to many of the events, so it will hopefully show the students the support of the community. Plus, there are always the free snacks.”

It’s always a great way to get involved when students participate, but it’s also nice for students to know they have contributed thus far.

Shupp explains the scoring system in great detail, “For the standings, we have broken it down into a point system. Points will be awarded in each category of recycling - cardboard, paper and co-mingled; bottles, cans, plastics. 1st Place = 10 points, 2nd place = 7 points, 3rd place = 5 points, 4th place = 3 points, 5th place = 1 point”

After week one, Butz takes the overall lead in scoring the high of 27 points. They earned themselves the number one spot in two of three categories; cardboard and co-mingled. They managed to collect 0.50lbs of cardboard and 0.29lbs of bottles, cans, and plastic.

Following right after Butz Hall in the overall standing was Curtis, holding down second place with a high of twenty points overall.

Steinbright Hall and Moore Hall tied the number three spot holding eleven points in total. They managed to collect 0.35lbs of cardboard and 0.22lbs of bottles, cans, and plastic.

It’s important that students keep their hall group up to date on the points they have collected, but don’t worry because it’s not a difficult thing to do. Shupp will make sure that “Standings are emailed out to the students, faculty and staff every Monday. They will also be posted by Tuesday morning, on the RecycleMania bulletin board, located across from the Information Desk in TCC.”

With all of these updates, there is no excuse that your group can’t make sure that you’re the one to end up with the highest amount of points.

“It’s important that you support the event, because it’s creating a more effective way of going green right here on Cedar Crest’s campus. “The message that I would like the students to get from this, is that this is the new way of living and that it can be fun and exciting. Also, that by being part of it, you achieve a sense of accomplishment and pride,” says Shupp.

There is only one restriction: students cannot bring anything from home. Other than that, participants are free to do anything it takes to get their weight up. You can even ask faculty to donate to your group.

Now that students know their rankings, it’s time to go out and collect more garbage and do the right thing with it. It’s important for students and community members to contribute every thing they can to this thoughtful event created to make Cedar Crest College a greener and greater place to call home. 

“Standing is never forgotten once they started talking about their time in Egypt. Even Richardson said.

Kristin Agostini, a junior Biology Secondary Education major who celebrated her birthday on the trip, believes “We didn’t just get to learn about Egypt, we got to learn about ourselves, the world, and their perspectives on everything.”

Even though this was not Richardson’s first time visiting Egypt, the sites still keep his interest.

“It’s different each time. I found traditional differences in the sites that we visited just from the past two years,” Richardson said.

Students who attended the trip reminisce about their time in Egypt. Even the long wait on the plane was almost forgotten once they started talking about every other experience they had. This was definitely an experience they will never forget and it has impacted their lives in a positive way. Experiencing a new place helps them appreciate the beauty of the world and the diversity of its people. Broaden your horizons. You never know how it will change your life.
Congratulation to the students elected to government positions

On February 5 students were asked to vote for the new members of the Student Government Association and the Honor and Judicial Boards. Congratulations to the new students elected to the Student Government Association (SGA) article for Wednesday Feb. 10 issue of The Crestiad, coming out on Thursday Feb. 18.

New HJB Representative Jessica Turpin says, “Now that I have received the opportunity to serve as a Representative of the Honor and Judicial Board, I will follow my duties and responsibilities as an officer. I’m very concerned with student concerns and actions on campus and I will be looking forward into my first meeting.” Turpin is a Biology major with a concentration in Pre-med and a minor in Spanish. She is active on campus as the Vice President of Membership of Alpha Phi Omega, Sigma Alpha Pi Secretary, SGA Resident Senator, and Treasurer of Espejo Yearbook. 2013 Resident Senator Shamara Rhodes says, “I plan to do whatever it takes to get to know the concerns of the CCC community, including commuters and resident students. I hope more students will try and join student government.” Rhodes is a Criminal Justice major with a Business Administration minor and is a member of Black Student Union and the Radio Club.

CORRECTION

In the Feb. 4 issue of The Crestiad the story entitled “A lingering health risk: H1N1 reported cases drop but the season is not over until May” had Morgan Keischl as the writer. The actual writer of the story was staff writer Lauren Grifford.

For the class of 2011
Resident Senators:
Amanda Beck & Jasmina Saini
Commuter Senator:
Katie Hartman

For the class of 2013
Resident Senator:
Nora Barrett, Jessica Turpin
HJB Representative:
Shamara Rhodes

For the class of 2014
Resident Senator:
Katie Hartman
HJB Representative:
Amanda Beck & Jasmita Saini

Are you missing the Student government minutes?
The student government association (SGA) article for Wednesday Feb. 3 will be in the following weeks issue of The Crestiad, coming out on Thursday Feb. 18.

The LLC program is more than just a classroom, as Steinmetz says, it is up to the students to make their experience. “I think partly they’ll be creating a democratic classroom but they’ll also be working with the PAL and Residence Life staff. It is up to them how they want to build that community. Each community will be unique based on the students,” Steinmetz said.

Steveintz feels that a prime candidate for the LLC is “a person who wants to take a leadership role and get involved on campus.” Further, Weaver feels that a leadership role entails being able to express publicly what you believe. “I think students need to have their own values related to environmental justice. They should have the ability to speak their values. What makes the course unique is to have them act on it. We’re really trying to actively state what we believe in by doing a mission,” Weaver said.

Showing an employer your internaional concerns may take some explaining, but that’s what Cigliano said. “[Participation in the LLC] can show initiative and leadership,” Cigliano said. “Anytime a student can show they are committed to a cause or their studies goes beyond showing up for class. What future employers are looking for are people who can show initiative and leadership,” Cigliano said. “[Participation in the LLC] may take some explaining, but that’s what cover letters are for. Certainly [the LLC] would show some of that.”
“Where Are The Boys?” question is clarified in the context of Cedar Crest College’s newest admissions video. The video, named after the above question posed, was uploaded to YouTube, which is not the most professional venue, on Feb. 8th. By the end of the day, the clip was receiving a lot of criticism on social networks such as Facebook and Twitter. Many students were outraged by the way Cedar Crest, and, in essence, every student attending the college was represented.

While once can acknowledge and even applaud the admissions office’s efforts to create a contemporary and fun video, “Where Are The Boys?” misses the mark.

Firstly, Cedar Crest has been working very hard to portray itself as a women’s college. The “Where Are The Boys?” question is clarifying, however, too much emphasis is placed on where the boys actually are. 85 seconds of the 169 second long video are focused on pointing out where the boys are. That’s 50. 2959% of the video is spent marketing other schools in the area. The LVAIC schools system is a perk offered to students of the schools, however, it should not be marketed as a way to meet boys. By making boys the majority of the script (once the rolling credits and the time spent on the LVAIC school system is subtracted, only 59 seconds of the video are spent on Cedar Crest itself, that’s 34.9%) the video does not properly represent the priorities of the average Cedar Crest student. Cedar Crest prides itself on educating and re-lieving to the workforce, intelligent, independent and influential women. There is much room for a rigorous academic environment.

Sure, the school can attempt to attract young women who’s main priorities conflict with those of the school. The professors are not going to make it easy to succeed, however, their students can attend parties at other schools and get their testoster- one fix.

By downplaying the academic orientation of Cedar Crest College and by skimming through the entire list of disciplines in three seconds, not only will incoming students find themselves unprepared, but students who appreciate and are drawn to the qualities this college possesses, may overlook the school. Therefore, the rate of students with staying power will decrease, and it can be predicted that more students will transfer out during their freshman year resulting in a loss of funds for Cedar Crest.

The video also fails to represent the full student body. It is unfortunate that two boys who do not attend the college get more face time than most of the people featured in the video. Also disappointing was the reuse of many photos found on the website. It would be nice to see as many students represented as possible, in order to effectively portray the diverse student base Cedar Crest attracts.

The most off-putting element of the “Where Are The Boys?” is the choice of music. It is insulting to play “Girls Just Want To Have Fun” in the background of a cam-era pan to Muhlenberg College. Cedar Crest is a Women’s college, and women want success, to have an impact on the world and to be respected by those who surround them. The use of “Single Ladies” to accompany the video’s wrap up is salt to the wound. This is when one must consider how outside schools are viewing Cedar Crest College. It is degrading to market Cedar Crest as a school for “All the single ladies.”

While the video is a commentary, “tongue in cheek” video was most likely the intent of those involved in its creation, such a thing is difficult to achieve, and when the video fails to achieve such a tone, the result is not only insulting but embarrassing for college community it represents.

The Crestiad is not targeting anyone involved in the making of “Where Are The Boys?”

Lindsey Jancay, Editor

Dannah Hartmann Managing Editor

2010 Crestiad Editors
What’s the Price?

Should CCC invest in payphones?

Joshlyn Susansen
STAFF WRITER

It is a rare occurrence to meet someone who does not have a cell phone nowadays. However, what if something happens to your phone and you can not find anyone or you feel bad having to ask multiple people to use their phones when you know your parents are going to call them back looking for you?

If whenever you need to call off campus, you can not call out of your dorm phone unless you have a prepaid calling card. There are also no pay phones. So, what do you do?

I was enlightened on this matter by Walter Baransky who did some research of his own to help me. Baransky is the director of General Services and is in charge of Telecommunications and Transportation on the Cedar Crest College campus. He explained to me that the reason there are not any pay phones is because almost everyone has cell phones now.

Around 1990, there were 20 pay phones on campus. There was one on each resident hall on each floor, and Butz Hall had two on each floor, one on each side. Students were also allowed to bring their own phone and set up their own account with a phone company.

A few years later, all colleges added phones to the rooms and students were billed personally for their use. “Pay phones are costly to keep,” Baransky said. It costs several thousand dollars a year just to keep the phones.

Cedar Crest had a traffic study done on their pay phones and found that they were being used only for three minutes a month. The calling cards are expensive as well. You must pay a connection fee as well as a specific amount of money per minute.

Baransky checked with other colleges and found that none of them allow free out of area/long distance calls. To me, this is understandable. By no means do colleges have to pay for everyone’s phone calls. However, there had to be a solution.

I believe that Cedar Crest College is doing everything that they need to be helping us stay out of danger. Pay phones are not a service every student has even needed. Instead of just taking away, they made sure that there were other options so we could all stay safe. You just have to know where to go.

Media Faux-rensics

Morgan Keschl
ASSISTANT NEWS EDITOR

Forensics seems interesting, I have an interest in macabre things, but forensics is real, unlike the sensational views of forensics on modern TV crime shows like CSI.

I know a lot of students at Cedar Crest came here for our accredited Forensics program, and I have all the respect in the world for those who’ve made it to senior year, still wanting to work with the mortality most people want to avoid.

It is nothing to take lightly, especially in conviction of an offender to bring some sort of justice. But despite this, it is made into something for entertainment purposes.

Forensics is a highly useful science field that is used anywhere from identifying suspects based on personal material left on the scene (such as brand of shoe based on tread pattern) to DNA testing for crime, medical purposes, and pedigreed animal breeding.

As www.onmil.gov explains, since “only one-tenth of a single percent of data differs from one person to the next,” scientists use this slight difference for “DNA typing” involving blood, bone, hair, tissue, among other bodily material, which is a very tedious feat.

Forensics is so outstanding that it was used to identify more than 1,500 bodies after the Sept. 11 attack on the Twin Towers, when family members sought answers most of all, and acquiring a man who was wrongfully convicted of rape after 33 years. These are some aspects the media does not look into as much as the suspense and drama.

Before I go further, I would like to say that I realize all media has some sensationalism in it, because marketing executives only show what they want you to see, especially the glamour and stud brav- oery of the main character investigator. I realize that I am not involved in the sciences and have little authority to talk large on forensics, so I am looking at this instead from a Communication perspective with the media.

I know people who watch the CSI shows and think that it would be interesting to have a case like that, where there are action and handsome investigators who also seem to be every woman’s dream man with Sherlock Holmes’ tac.

Just as the perfect man doesn’t exist, neither do the loose ends always meet in real life. According to the “2008 Crime in the United States” website created by the Fed- eral Bureau of Investigation (FBI), murder had the highest percent of offenses cleared at 63.3 percent. While statistics for 2009 have not been calculated yet, the 2008 figure leaves 36.7 percent of murder sus- pects walking among us. Forensics is a serious science but imperfect, as humans are not perfect, unlike TV shows which are.

Investigation Discovery seems a bit more legitimate than the CSI shows for entertainment, though ID is also for entertainment purposes because it is on TV, as is the evening news.

For the record, I don’t watch the CSI-type shows that have been popping up on TV for the last cou- ple years. However, on ID, there is an article on the site that caught my attention called “TV Versus Real- ity,” which explains the differences between TV episodes and the real life investigations, say, in Allen- town.

For one, an investigator on CSI may pick up evidence with a banderolecher, but in reality, han- dling the evidence in this manner may cause contamination. Instead, real investigators may hold evi- dence just long enough to slide a hard piece of plastic underneath it.

An automated fingerprint data- base on TV may seem to match a fingerprint ideally with a suspect, but in reality, the machine only gives a probability of the print being a match, so humans have to study the characteristics of the fingerprint from specialized knowl- edge. Considering this, there is room for error, which may attribute to the 36.7 percent clearance exp- ressed earlier.

Not even studying surveillance devices is the same between TV and reality. Zooming in to see an al- ready blurry face may actually make the image more pronounced, and no face appears perfectly.

The media gives off a certain view of forensics as an easy exam- ination supported by technology that spits out error-free data, and is used to complement a storyline. Forensics in reality is much more serious and technical than we see through the media.

“Forensics isn’t “real” as I said earlier, but instead, the fatality that needs it is real, a better phrase would be that forensics challenges people to face people. I still find it fascinating despite the shows of drama among mortality.

The facts

Sibling Rivalry

Lauren Panepinto
COLUMNIST

I never experienced sibling rivalry growing up. I never understood it until I became a parent. Having grown up as an only child I was always jealous of what friends that had sisters and brothers, and I wanted a big family like all of them.

I never imagined myself fighting with a sibling. It would be more than happy to share a room with him or her. It was lonely.

Now that I have siblings I learn about sibling rivalry. It becomes every time I watch Samantha and Caitlynn interact with each other. One gets a hug, the other wants one, if one gets a cookie, the other wants one. Samantha is too young to have grasped the concept of sharing yet, and Caitlynn thought her little sister was going to stay little forever.

They fight over toys, snacks, and hugs from grandma. It has become a major issue, and my family is often brainstorming ideas to help them get along. It seems a little ridiculous that a 19 month old and four year old would have so much trouble getting along.

It is sometimes like playing referee when the two girls are in the same room. They’ve chased each other around the house fighting over toys. I can always hear each time they will be like when they hit puberty. Despite all of this jealousy and fighting between the two sisters there is is usually endearing, not to mention calmer, moments. When they have fallen asleep on the couch watching Disney movies together or when Caitlynn tries to share her first hand cheese sandwich with Samantha.

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www.cedarcrest.edu/crestiad

www.cedarcrest.edu/crestiad
A lesson on protection

Nicole Magloire

Hauna Colista

1. There isn't a Carfax for your partner so ask questions.
2. Unless you are a superhero, use protection.
3. Protection is just like food, it expires.
4. Always be prepared for a sex emergency.

Aphrodisiacs are believed to be different types of foods that you can eat to raise up your libido or enhance sexual performance. For those of you unfamiliar with the term libido, it's most commonly used to describe the phrase sexual desire. Libido is also defined as "instinctual psychic energy that in psychoanalytical theory is derived from primitive biological urges." Sexual desire and foods have been linked together for years. The term aphrodisiac is derived from the name Aphrodite the Greek goddess of sexual love and beauty. Aphrodisiacs are not only food either; they can be a drink, scents or a drug that is believed to be able to increase one's sexual desires.

Photorapher | health.ksu.edu

Nicole Magloire

ADVERTISING MANAGER

Ever just not been in the mood? Or have you ever wondered if there was something that could spark your libido? Well look no further. Aphrodisiacs are believed to be different types of foods that you can eat to raise up your libido or enhance sexual performance. For those of you unfamiliar with the term libido, it's most commonly used to describe the phrase sexual desire. Libido is also defined as "instinctual psychic energy that in psychoanalytical theory is derived from primitive biological urges."

Sexual desire and foods have been linked together for years. The term aphrodisiac is derived from the name Aphrodite the Greek goddess of sexual love and beauty. Aphrodisiacs are not only food either; they can be a drink, scents or a drug that is believed to be able to increase one's sexual desires.

You don’t have to spend a lot of money for aphrodisiacs, most can be found at your local grocery store and with many there aren't any preparations required. One of the most well known aphrodisiacs are oysters. One reason why oysters are an aphrodisiac is because they contain a high level of zinc, which is known to cause an endorphin rush like a runners high. With Valentines Day quickly approaching you have an excuse to buy your partner the delicious delight without having to explain your motives. For those of you that are 21 and older, wine has also been placed into the category of aphrodisiacs. A moderate amount of wine, about one glass, has been said to arouse one's sexual desires. Wine is a great choice because it relaxes while stimulating your senses so that you enjoy things on a different level. When using wine as an aphrodisiac be sure to drink responsibly because if you have too much, you’ll find yourselfed off before the night begins.

Though there are many great aphrodisiacs in the grocery store, steer clear of foods that are believed to be libidos builders but actually aren’t. Many different seeds have been categorized as aphrodisiacs but studies or lack there of show that there is no proof behind the claims.

Almonds and pumpkin seeds, are just two of the many different foods that were believed to be aphrodisiacs but actually aren’t. Studies show that though almonds and pumpkin seeds are very good for you and should be eaten regularly they do not enhance the sexual experience at all.

Aphrodisiacs are enjoyable and accessible because there are so many kinds that they can easily be made apart of your dinner, like wine it can go along with your meal. Ranging from champagne to hot Chile peppers there is one for everybody and no matter what kind of food you like you should be able to cook up something that will leave you and your partner more ready for desert.

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increase your libido

[Photo by Nicole Magloire]...one bite at a time

Nicole Magloire

ADVERTISING MANAGER

Everyone has different priorities in life. Some people focus more on marriage and parenting while others are more involved in devoting many years to their education so that they can do a career they enjoy as well as have financial stability. Whether you want to say “I do” sooner or later, is solely up to you!
Sarajane Sein 

“Okay yes we did!” Domino’s Pizza declared recently, in a slogan more effective than “Oh yes we did!” I foresee a future where this diehard Domino’s fan will actually know if they like their pizza or not. However, after some more taste-testing, I came to a different conclusion: the new Domino’s is, in a way, fairly similar – similar enough to not be a radically different pizza that would send an old-school pizza-eater like myself running away – but different enough to be something new.

The first new thing about the new Domino’s Pizza is their new spicy sauce. The “hint” of pepper is, indeed, just a hint – not enough to set anyone’s tongue on fire, which wouldn’t bother me very much but may discourage those with more sensitive taste buds. Also, if someone is not a particular fan of the new sauce, the website gives several different sauce options to choose from, which is nice.

The cheese, on the other hand, tastes exactly the same as the old cheese. I don’t really know if they actually did something different there, or just said they did, but at least they didn’t manage to somehow mess up cheese. The best and most distinctive feature of the new pizza is its crust. The new pizza features a crust that couldn’t manage to somehow mess up cheese. The best and most distinctive feature of the new pizza is its crust. The new pizza features a crust that wouldn’t manage to somehow mess up cheese. The best and most distinctive feature of the new pizza is its crust.

The crust itself is reasonable, the very first thing you notice. However, after some more taste-testing, I came to a different conclusion: the new Domino’s is, in a way, fairly similar – similar enough to not be a radically different pizza that would send an old-school pizza-eater like myself running away – but different enough to be something new. The new Domino’s Pizza really did take fifty years to develop, but if it did I suppose one could say that it paid off. This diehard Domino’s fan will actually know if they like their pizza or not. However, after some more taste-testing, I came to a different conclusion: the new Domino’s is, in a way, fairly similar – similar enough to not be a radically different pizza that would send an old-school pizza-eater like myself running away – but different enough to be something new. The new Domino’s Pizza really did take fifty years to develop, but if it did I suppose one could say that it paid off.
### Fab Five Sudoku

1. Each Fab Five Sudoku puzzle consists of 5 overlapping “classic” 9×9 Sudoku sub-puzzles.
2. Each 9×9 sub-puzzle must be solved according to the rules of Sudoku: each row, column and 3×3 box must contain all digits from 1 to 9 — therefore, digits
3. Each Fab Five Sudoku puzzle has one solution only.

### Directions for Fab Five Sudoku

- More people should look up to you for this.
- You have some amazing ideas to help improve the way things currently are. You hate hard work but just scheming does not help anything. Get out there and let your ideas be known!
- You are not a fan of fighting. Some view this trait as being timid, but it is actually because you understand that fighting is not necessary to solve problems.
- You are starting to realize that you are falling behind in your classes. Being able to balance your time between classes, friends and your job is a skill you will always need. So, working on it now is a good idea!
- Lately, you have been feeling lazy and unmotivated but you do have the energy to get everything done. Start listening to hints from others around you to find out when to start your projects.
- You love to talk and be social all the time. You are always on your phone. Being social is great but you also need to take some time just for yourself.
- It is in your nature to feel bad for yourself every once in a while. You feel like you are always giving and never getting anything in return. Open up your eyes. You are letting the small things slip by.
- You are a people pleaser, but mostly so that you keep your reputation. It is good to do this to a point but you need to be yourself.
- Everyone loves your company because you have a great sense of humor. Your sarcasm and quick

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**Aquarius**

Mar. 21 – Apr. 19

You have some amazing ideas to help improve the way things currently are. You hate hard work but just scheming does not help anything. Get out there and let your ideas be known!

**Taurus**

Apr. 20 – May 20

Lately, you have been feeling lazy and unmotivated but you do have the energy to get everything done. Start listening to hints from others around you to find out when to start your projects.

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**Leo**

July 23 – Aug. 22

You are a people pleaser, but mostly so that you keep your reputation. It is good to do this to a point but you need to be yourself.

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**Virgo**

Aug. 23 – Sept. 22

You have been dealing with a lot lately but no one knows because you are covering it up. Even just letting one person know what you are going through will lessen your internal struggle and will make you feel much better.

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**Libra**

Sept. 23 – Oct. 22

Something has happened recently that you believe was unfair. Try to settle this dispute in a private way so no one unneeded gets involved.

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**Scorpio**

Oct. 23 – Nov. 21

You already know you are competitive. To help you win you need to observe your opponent. Get to know their strengths and weaknesses before competing. This information can be used to your advantage soon.

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**Sagittarius**

Nov. 22 – Dec. 21

You are having a hard time staying motivated in your classes and your job. Just remember that the little things are important too. You would not have to do it if it was unnecessary.

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**Capricorn**

Dec. 22 – Jan. 19

Everyone loves your company because you have a great sense of humor. Your sarcasm and quick

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**Pisces**

Feb. 19 – Mar. 20

You are not a fan of fighting. Some view this trait as being timid, but it is actually because you understand that fighting is not necessary to solve problems.

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**Aries**

Mar. 21 – Apr. 19

You are starting to realize that you are falling behind in your classes. Being able to balance your time between classes, friends and your job is a skill you will always need. So, working on it now is a good idea!

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**Taurus**

Apr. 20 – May 20

Lately, you have been feeling lazy and unmotivated but you do have the energy to get everything done. Start listening to hints from others around you to find out when to start your projects.

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**Gemini**

May 21 – June 20

You love to talk and be social all the time. You are always on your phone. Being social is great but you also need to take some time just for yourself.

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**Cancer**

June 21 – July 22

It is in your nature to feel bad for yourself every once in a while. You feel like you are always giving and never getting anything in return. Open up your eyes. You are letting the small things slip by.

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**Capricorn**

Dec. 22 – Jan. 19

Everyone loves your company because you have a great sense of humor. Your sarcasm and quick
Aquarius
Jan. 20 – Feb. 18
You can change someone’s life just by being in it. To avoid pitfalls, let it be known up front that you like to argue because of the intellectual exercise only. This will help your relationships a lot.

Pisces
Feb. 19 – Mar. 20
You are the most sensitive sign of the zodiac. You put everything you have into your relationships. You see people for who they really are. This trait is always needed in a relationship and you got it just right.

Aries
Mar. 21 – Apr. 19
Whether you are pressuring your significant other or pressuring someone you like, you need to watch your pace. It is hard to keep up with you! Relax because good things come to those who wait.

Taurus
Apr. 20 – May 20
Do not be disappointed. You may not be satisfied if you have a valentine or not, because you may have been looking for something or someone specific that you did not get. There will be other chances!

Gemini
May 21 – June 20
Unfortunately, duality is your most famous trait. You are either struggling in your monogamous relationship or you do not even have one. Try not to be afraid of commitment. The right person will make you feel free but will also keep you grounded.

Cancer
June 21 – July 22
You are holding something in. You will feel much better when you let go. Talking out your problems with a friend or your partner will help you feel better. You have a heart of gold. Let it shine through.

Leo
July 23 – Aug. 22
Just because you do not feel like you have been getting enough compliments does not mean that no one likes you! Instead of waiting for someone to find you, take a chance. You won’t regret it.

Virgo
Aug. 23 – Sept. 22
A loving relationship brings out the best in you. They never need to worry about anything because you will take care of it if they do not get to. Most people will give you the respect you deserve for this.

Libra
Sept. 23 – Oct. 22
Out of all the signs, you have the greatest need to be loved and appreciated. Sometimes you hide this need when you really should let someone know. Feeling vulnerable with the right person is rewarding.

Sagittarius
Nov. 22 – Dec. 21
You are one of the most likeable people in the zodiac; strictly because you are so much fun to be around. You need to put everything you have into your relationships so you do not get bored.

Capricorn
Dec. 22 – Jan. 19
Out of all the signs, you have the greatest need to be loved and appreciated. Sometimes you hide this need when you really should let someone know. Feeling vulnerable with the right person is rewarding.

Submit by: Joshlyn Susenen

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**Love Logic**

1. The 5 people were the boy who brought lilies, Matt, the person with a reservation at 5:30 PM, the person whose date lives in Steinbright 204, and the boy who brought dandelions.

2. Either the person with the reservation at 7:00 PM or the person with a reservation at 8:30 PM brought lilies.

3. The person whose date lives in Curfuses 321 has an earlier reservation than Bob.

4. The person with a reservation at 5:30 PM did not bring tulips.

5. The person whose date lives in Curfuses 321 brought lilies.

6. The person whose date lives in Moore 128 did not bring dandelions. 7. Matt and Erik, one has the 8:30 PM reservation and the other has the date that lives in Butz 110.

8. The person with a reservation at 5:30 PM has a date that lives in Butz 110.

9. The person who brought lilies is not Mike.

10. The person who brought tulips has an earlier reservation than Matt.

11. The person whose date lives in Steinbright 204 has a later reservation than the person who brought roses.

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**Wonder Word**

Can you find the secret Valentine’s Day message?

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**REEL REVIEW:**

Lauren Panepinto
COPY EDITOR

Director Peter Jackson, who has brought the public many great book adaptations to film such as the Lord of the Rings trilogy and the soon to follow Hobbit, has adapted Alice Sebold’s The Lovely Bones to the big screen. Starring Stanley Tucci as the antagonist George Harvey, and Mark Wahlberg as the grieving father Jack Salmon, this movie promised to be a tear-jerker and true to the book as Jackson often is in his movie adaptations.

**THE LOVELY BONES**

The plot takes place over a year, beginning in December of 1973, when serial killers and missing children were not as common, making the events of the movie all the more shocking when it were to Harvey perfectly, and what happens to Susie and his previous victims is implied throughout the movie, but never clarified.

The movie was disappointing emotionally, however the character take place during modern times. Having cried through much of Sebold’s book, I brought tissues to the theater with me, expecting it to be as much a tear-jerker as the book. However the movie contained all of Sebold’s plot and none of the emotion. It’s never clear what exactly happens to Susie Salmon, except that she was murdered by her serial killer neighbor, George Harvey. Tucci plays the very creepy

**Book review:** A classic, a compelling tale of a family pulled together by a tragedy was fourteen when I was murdered on December 6th, 1973.

Thus begins a moving, riveting tale told from an unlikely perspective. Susie, dead from the beginning of the book on, manages to tell the story in a unique point of view, that being the unlikely “first person omniscient”. She looks down on her family, friends, and school, watching them cope with the tragedy of her death.

In the vignettes she recounts watching, the readers are introduced to the Salmon family: Susie’s father, who is determined to catch his killer and has his sights zeroed in on one man, Susie’s mother, who realizes that she wants to be more than just a wife and mother, Susie’s younger sister, Lindsey, who is left dealing with much of the aftermath, and Susie’s baby brother, Buckley, who grows up in the shadow of his dead sister.

These characters continue moving in a whirlwind of grief as Susie watches on, unable to stop it. She also watches unlikely alliances form between those left behind; specifically, Ray, the boy who has a crush on her and was named an early suspect, and Ruth, a misfit girl who finds herself haunted by Susie’s murder, are drawn together and deal with the tragedy in an “us against the world” sort of fashion.

The narration pulls the reader into Susie’s world, both of the living which she has left and the new world that she inhabits, a Heaven that includes bucket-seat swings in the playground of a high school. She has new friends there, as well and an “intake counselor” to help her adjust to her new surroundings. However, she spends most of her time watching those who have been left behind.

She even follows her elusive killer, the man her father suspects but cannot prove is the man responsible for not only Susie’s but many other murders. She can see into his mind and travels through his own flashbacks, trying to find a sense of how this monster was born. They successfully make him not sympathetic, but at least explained: he’s not a boogeyman, but a damaged man whose demons have propelled him into darkness.

Sebold’s novel is destined to become a classic, a compelling tale of many people pulled together by a tragedy who deal with it in many different ways: and the girl and the center of it all that watches as it all unfolds.

**GODSPELL OPENS!**

Come see the show in Samuels Theatre, in the Tompkins College Center (TCC )
Opening show Thursday Feb. 11 at 8 p.m.
Following shows Friday Feb. 12 at 8 p.m., Saturday Feb. 13 at 8 p.m. and Sunday Feb. 14 at 2 p.m.
Katy Duble
STAFF WRITER

Local Allentown-born actress, Amanda Seyfried, stars in the movie Dear John with actor Channing Tatum. This romantic drama is a story about Savannah, played by Seyfried, who falls in love on spring break with a Special Forces soldier, played by Tatum. An obvious drama between Savannah and her soldier makes them seem so difficult to maintain. When Savannah and John are split up because John is called to duty after the 9/11 attack, the only promise they have for their relationship is letters. Will the love story end happily ever after? Are letters enough to make their relationship last?

There’s not only one love story to follow in this drama, but when John holds himself responsible for a lack of communication with Savannah, he forgets how much his father really means to him. It almost becomes too late for John to let him know how really feels about him. Savannah makes the perfect human experiences and a love story for everyone to enjoy, is the movie компании do in any of the similar movies we’ve seen in our past?

We’re all very familiar with the romantic love story, The Notebook. The movie, Dear John, was written by the same author of that very popular novel. Do you really live up to The Notebook’s legacy? Not really. Personally, I believe the same subject was drawn out throughout the movie. Letters, letters, letters—yeah, we get the point. Since it’s something else other than letters. We understand it’s the way of communication while he’s in the army, but how much more are we going to read the audience letters throughout the movie?

Aside from the story line, these talented actresses and actors deserve more credit than the movie. It seems as if after two-thirds of the movie, it was a breath of fresh air to know the characters Savannah and John we’re carried faithfully by the lovely Amanda Seyfried and studied a charm, Channing Tatum. You couldn’t help but appreciate how well the talented actors of these characters simply kept you interested in the movie. After viewing the movie, I would rate the movie three stars out of five. Although it unfortunately didn’t fulfill my expectations, I can still say a tissue box is surely needed next to you. Because of the strong abilities to capture the audience’s attention through the believable love stories, the drama built up between a father and son relationship, and reliable relationship difficulties, the movie is worth seeing. But I think you could wait to see it for a cheap rental price, rather than paying an over-priced expense to become unstansified in theatres.

A Good Read: James Patterson’s I, Alex Cross is Absolutely Praiseworthy
Jessica Kuc
STAFF WRITER

James Patterson broke away from this norm with one of his newest novels, I, Alex Cross. After seeing these ads featuring the author himself in which he threatens to kill off the main character, Alex Cross, from the popular book series with a knife, I bought into the book. I brought it into the picture as well. If you ask me, I would say this story would bring into the picture as well. If you ask me, I bought into the book. I brought it into the picture as well. If you ask me, I would say this story would bring into the picture as well. If you ask me, I would rate this story three stars out of five. Although it unfortunately didn’t fulfill my expectations, I can still say a tissue box is surely needed next to you. Because of the strong abilities to capture the audience’s attention through the believable love stories, the drama built up between a father and son relationship, and reliable relationship difficulties, the movie is worth seeing. But I think you could wait to see it for a cheap rental price, rather than paying an over-priced expense to become unstansified in theatres.

This book is a quality read for anyone who enjoys a good conspiracy, government cover-up, and murder mystery, all on a somewhat real level. It really ends up being a worthy read. It is certainly not unrealistic to think Patterson has written another New York Times best sellers than any writer. Whether this novel will rank with those bestsellers or not, it is clearly quality work.
Young celebrities create trendy and charitable clothing

Michelle Palmisano
STAFF WRITER

In the wake of every tragedy, it seems as though companies and celebrities always come up with a trendy way to help. Product (RED) proceeds go to the fight against AIDS in Africa, and Z100’s Lovers Gwyneth procures benefit shows to help the battle against cancer and other illnesses. Recently everyone seems to be screen-printing a shirt saying “Help Haiti” or something along those lines. However, four familiar celebrity faces have teamed up with Forever 21 to donate to an ongoing cause.

The popular teen-20’s aimed store Forever 21 has recently joined forces with the Hilton sisters, Paris and Nicky, singer/songwriter Colbie Caillat, and high School Musical favorite Corbin Bleu to donate to a charitable cause. Paris and Nicky have come up with a tank top and t-shirt, respectively, and a t-shirt together. Newcomer to the design stage Caillat designed a heather gray tank top and Bleu has designed a black city scene themed t-shirt. Paris’ tank is a whimsical and very colorful shirt that says “I LOVE ANIMALS” while Nicky’s t-shirt illustrates a bee and a plus sign above the inspirational words, “be positive.” The t-shirt designed by the sister duo is loose fitting and filled with pink hearts and happiness.

Caillat’s tank is simple and only contains a yellow star shaped flower upon a green stem. Bleu’s t-shirt contains a message within the city scene, “To reach the stars, we must first light the way.” Each shirt costs $12.80 and proceeds benefit the Starlight Charity, a charity benefitting children. The Starlight Charity has been around for more than 25 years and aims to keep the simple joys of childhood alive in the lives seriously ill kids.

According to the Starlight Charity’s website they work to improve the quality of life for these children. Their aim is to entertain, educate and provide family activities that can be often done in a hospital setting. The program tries (successfully it seems) to “distract children from their pain, help them better understand and manage their illness, and connect families with others facing similar challenges so that no one feels alone.” The Starlight Charity does not only offer face to face help however, their programs include: Family activities and outings, in-hospital entertainment technology, online communities and interactive websites, in-hospital playrooms, kid-friendly treatment rooms and special events and educational programming.

Sadly it seems as though the manager at our local Forever 21 is very disconnected from the entire issue. After asking for some information on the shirt line I was simply walked to the back of the store and shown the leftovers and being told, “These shirts are from the Hilton girls, it’s what’s left.” The little conversation left me with a pile of Nicky Hilton’s and a camera. The Forever 21 website also offers little information on the line. It seems as though this charity attempt has fallen through the cracks and is flying under the radar.

However, to purchase a T or tank anyone can go to www.forever21.com and type ‘Starlight Charity’ into the search box. To read up or donate to the Starlight Charity directly anyone can go to www.starlight.org.

C E L E B R I T Y
Score a home run with your valentine

Valentine's Day is designated as the day where you show that special someone just how much you care for them. But when your special someone is a sports fan that cares about only sports it can be hard to find the right gift. Well look no further, though it may be stressful there are many different gifts that any sports fan would love. Whether your significant other is in to football, baseball or tennis it doesn’t matter because these gift ideas can cross over into any sport.

For those of you who have been in a relationship for about 6-12 months, a little more thought has to be put in your gift but don’t fret there are many great gifts for the apple of your eye. Nike.com offers a pair of Nike free 5.0 running shoes for $110. The best thing about these running shoes is that you can customize them to look just the way your guy would love them. You get to pick the color of the lace, heel, Eyestay webbing and collar among other things. The site is very easy to navigate and gives you step by step instructions so that your pair of shoes comes out just the way you want them to. A gift like this will be perfect for any sports lover and should show in ways that no other way you feel about them.

For those of you, who have been in a committed relationship for more than a year, Valentine’s Day can easily become a very stressful day for you instead of exciting and love oriented. Here’s a gift that any guy would love. I’ll warn you that this idea is not for the faint of heart and requires a hint of courage to achieve. Nelshop.com offers a variety of different sports jerseys in women’s sizes at very reasonable prices. If you know your lover’s favorite team, surprise them by dressing up in a jersey with a pair of panties to match. The jerseys run for about $65 and if you want to customize the jersey to have your significant others name on it the price raises to only $80. Though this gift idea may be a little risky it will definitely leave your special someone with lasting memories and something to think about every time he sees his favorite team’s jersey. Hopefully for all of you last minute shoppers, these ideas helped you think of something special for the important person in your life.

Whether it’s a duffel bag or a surprise waiting in the bedroom these gifts will be sure to make your guy smile.

ATHLETICS

February 11, 2010 | 14
Athlete from the professional world to the high school level division have all types of equipment to protect them while they are on the field or courts. Things like knee pads, shoulder pads, helmets and goggles are among the items that athletes trust to keep them from harm. But little do athletes know, they are leaving their most vulnerable body part exposed and unprotected.

For years now, athletes have been suffering from enlarged hearts.

With the recent deaths of Gaines Adams, Chicago Bears defensive end, and Jeron Lewis, Southern Indiana Screaming Eagle, said to be caused by enlarged hearts, there is a lot of buzz about precautionary procedures. The most well known precautionary procedure would be an echocardiogram. An echocardiogram is “a test that uses sound waves to create a moving picture of the heart” according to Medline Plus.

Another startling fact that could lead to mandating echocardiograms is that “NFLPA medical director Thomas Mayer told ESPN that the medical examiner who performed an autopsy on Adams stated the enlarged heart that led to his death could have been detected by an echocardiogram.”

So how can an echocardiogram help prevent tragedies like Adams going to agree on whether a player has an enlarged heart or an athlete’s heart? Does that mean he’s systematically finished as a football player?”

This fact is one of the reasons the NFL has not mandated echocardiograms, how will doctors decide which hearts are at risk? ESPN.com provided this information and also played devil’s advocate by stating, “Is the fear of legal liability going to influence a doctor? Are cardiologists going to agree on whether a player has an enlarged heart or an athlete’s heart? Does that mean he’s systematically finished as a football player?”

With the debate about echocardiograms going back and forth there is only one thing that is for certain… there is no easy answer or solution to this issue. The only thing that is for certain is that athletes, from high school to the pros, need to be taken care of.

Athletes that are overweight also put themselves at risk; this is seen most often in the NFL. According to the Pittsburgh Sports Report, “retired NFL linemen have a three times greater risk of dying from heart disease than players at other positions.”

One major benefit to mandating echocardiograms is that they can lead doctors to perform more sensitive tests, said ESPN.com. Without such tests, athletes like Lewis may seem completely healthy. Lewis’ coach stated that he was “in the best shape of his life,” before he collapsed on the court according to witr.com.

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With all of the above backing echocardiograms, why have they not been mandated yet? There are a few theories.

Firstly, not every athlete with an enlarged heart is in danger. In fact, it is typical for an athlete to have an enlarged heart, stated Sports Illustrated. The reason for this is because the heart is like any other muscle; when it is used and exercised it will get larger, Sports Illustrated went on to say.

It is statistics like this that are making organizations like the NFL come to realize that heart problems are a real concern. The reason for this is because the heart is like any other muscle; when it is used and exercised it will get larger. This fact is one of the reasons the NFL has not mandated echocardiograms, how will doctors decide which hearts are at risk? ESPN.com provided this information and also played devil’s advocate by stating, “Is the fear of legal liability going to influence a doctor? Are cardiologists going to agree on whether a player has an enlarged heart or an athlete’s heart? Does that mean he’s systematically finished as a football player?”

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A trait that many serious athletes share, I like to give 100% to anything I try. This, of course, includes college classes. If I am focusing on my riding goals and what I hope to accomplish that day on one of my horses, my classes and schoolwork are not getting my utmost attention. Likewise, if I am thinking about a huge paper I have to write, it is hard to concentrate entirely on my training.

So how can you give 100% to two different endeavors? My personal solution is to separate the two entirely. I know it is every college student’s dream to have four day weekends, and I am no exception. For me, however, these long weekends are dedicated primarily to my riding and instructing. Likewise, every Tuesday through Thursday, my full attention is on school.

Obviously if I have a huge occurrence in either area, this imaginary line I have to cross can be thinned. So far I have only had to miss one class in my college career for a championship show, and I have only skipped a few days of training due to excessive homework. However, as “show season” approaches again and I take up more difficult classes, in any given situation I may have to give a little from either side of my life.

With the spring semester under way most of us are finally getting used to our new schedules. We have figured out when and where our classes are and which professors give a lot of homework and which long night classes typically get out early.

Many student athletes have the impossible task of being psyc- hetic before classes ever start. With a sport to balance as well, athletes must take into consideration ahead of time what classes will be manageable. Otherwise they may end up like me, chang- ing my entire schedule around well past the add/drop deadline to the dismay of my poor advisor, professors and the nice people in the Registrar’s office.

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Obviously if I have a huge occurrence in either area, this imaginary line I have to cross can be thinned. So far I have only had to miss one class in my college career for a championship show, and I have only skipped a few days of training due to excessive homework. However, as “show season” approaches again and I take up more difficult classes, in any given situation I may have to give a little from either side of my life.

With the spring semester under way most of us are finally getting used to our new schedules. We have figured out when and where our classes are and which professors give a lot of homework and which long night classes typically get out early.

Many student athletes have the impossible task of being psych- ically before classes ever start. With a sport to balance as well, athletes must take into consideration ahead of time what classes will be manageable. Otherwise they may end up like me, changing my entire schedule around well past the add/drop deadline to the dismay of my poor advisor, professors and the nice people in the Registrar’s office.
WHO DAT! SAY THEY GONNA BEAT THEM SAINTS?

Less than 5 years after Hurricane Katrina, the New Orleans’ Saints defeated the Indianapolis Colts to win their first ever Super Bowl in NFL history.

The hardship of New Orleans was broadcasted on every news channel across the country. Cars were completely underwater, houses were flooded, and people were stranded on their roofs for days.

The Superdome, The Saints’ home field stadium, housed almost 30,000 Katrina victims for weeks, all without power or plumbing. This tragedy truly brought together the citizens of New Orleans and the team.

As the game ended on Sunday, hundreds of Saints fans flooded the streets of New Orleans in celebration of the long awaited victory.

“Four years ago, who ever thought this would be happening when 85 percent of the city was under water?” asked Saints quarterback Drew Brees according to Yahoo news. “Most people left not knowing if New Orleans would ever come back, or if the organization would ever come back. We just all looked at one another and said, ‘We are going to rebuild together. We are going to lean on each other.’ This is the culmination in all that belief.”

The game started with the Saints down 10-0 at the end of the first quarter. They quickly got some points on the board in the second quarter with two field goals of over 40 yards each, ending the half with the Colts up 10-6.

After the five-song medley performed by The Who during the halftime show, the third quarter was supposed to begin with the Colts in possession of the ball. However, in a surprising play by the Saints, they claimed the ball after a successful onside kick by Garrett Hartley, giving the Saints the first possession in the second half.

After one touchdown each from the Saints and the Colts, and a 47-yard field goal from the Saints, the third quarter ended with the Colts winning by just one point at 17-16. After a Saints touchdown in the fourth quarter, the Saints decided to go for two points instead of the normal one extra point.

After a successful two-point conversion, the Saints were up 24-17 and the Colts regained possession of the ball. The Colts drove the ball down the field all the way to the 11-yard line when Payton Manning threw the game losing interception, which was run back 74 yards by Saints corner back Tracy Porter for a touchdown.

“I studied and knew their tendencies,” Porter said according to www.NOLA.com. “I just jumped around and the ball went right into my hands.” The game ended shortly after with the Saints winning 31-17.

“We just believed in ourselves and we knew that we had an entire city and maybe an entire country behind us,” Brees said according to ABC news. “What can I say? I tried to imagine what this moment would be like for a long time and it’s better than expected.” Drew Brees received the title of the MVP (most valuable player) of Super Bowl XLIV.

Drew Brees and head coach Sean Payton proudly held up the Vince Lombardi trophy with confetti falling all around them, and the disappointed Colts headed off the field. “It’s time for the Saints to celebrate,” said Colts quarterback Peyton Manning according to American Chronicle, “It’s their field and it’s their championship.”

The stands erupted with chants of “Who dat say dey gonna beat dem Saints? Who dat? Who dat?” After many years of disappointing losses, the Saints can no longer be called “the Aint’s.”

Some interesting facts about Super Bowl XLIV:

- At the beginning of the game, the Saints, the team from the NFC, won the coin toss. The NFC has won twelve straight coin tosses. The odds of that are 1 in 8,192. (Yahoo News)
- In November, the coin used in this game’s coin-toss travelled into space with the space shuttle Atlantis. (Yahoo News)
- Saints quarterback Drew Brees tied the record for most completed passes in the Super Bowl 32, previously held solely by Tom Brady.
- The largest deficit ever overcome in the Super Bowl was ten points. On Sunday, the Saints overcame a ten point deficit in the first half.
- Drew Brees completed 82 percent of his passes, which sets the record for the highest percentage of completed passes in a Super Bowl.
- Saints kicker Garrett Hartley made three field goals of over 40 yards, the first kicker to do so in a Super Bowl.
- Tracy Porter’s 76-yard interception was the fourth longest in Super Bowl history.

Compiled by Rachel Zarayko

San Francisco 49ers

PHOTO: Saints quarterback Drew Brees, celebrating his success with his wife and son.

PHOTO SOURCE: www.bestweekever.tv

Khyla Flores, Editor

Upcoming Basketball Games

Thursday, February 11
@ Baptist Bible College
HOME
7:00 p.m. *Kid’s Night

Saturday, February 13
SENIOR NIGHT
@ Centenary College
HOME
1:00 p.m. *Think Pink/Faculty Staff Appreciation/Senior Day

Monday, February 15
@ Marywood
7:00 p.m.

Thursday, February 18
@ Gwynedd-Mercy College
6:00 p.m.

Monday, February 22
CSAC Quarterfinals
TBA

Wednesday, February 24
CSAC Semifinals
TBA

Saturday, February 27
CSAC Championship
TBA

*see Events box on next page

Basketball

Appreciation/Senior Day

Basketball

Appreciation/Senior Day

Basketball

Appreciation/Senior Day

Basketball

Appreciation/Senior Day

Basketball

Appreciation/Senior Day

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