Health topics in the Crestiad

**Updates on H1N1 virus** - pg 3
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**Concussions in Athletes** - pg 16

**Opinions: proper printing etiquette**

**Student run EMS group established on campus**

**Alyssa Slinger**

STAFF WRITER

Glass breaking. Blood dripping. Gases escaping. These are a few of the phrases that describe a lab accident that occurred one Tuesday night last semester during what started out as a routine Organic Chemistry Lab. Security was called and the room was evacuated. Most students evacuated the scene, with the exception of one student who needed her hand tended to a few others required breathing treatments from inhaling the fumes that were spread into the room.

The situation was handled as best it could for the resources that were available, but what if there was a group on campus whose members were trained and certified to deal with situations like what happened in that chemistry lab? That is where Cedar Crest Emergency Medical Services (CC EMS) would come in handy.

CC EMS is a student-run EMT group that is in the process of being approved by Student Government Association (SGA) in order to provide the campus with certified medical help in situations that require more advanced medical assistance than Campus Police can administer. Several other LVACIC colleges, including Lehight and Muhlenberg, have some sort of EMT group like what Cedar Crest is forming. As of right now, the

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**New school logo, new Cedar Crest College?**

**Danyla Frazier**

STAFF WRITER

Since 1867, Cedar Crest College has used the “college seal” as a way to identify itself to the public.

The college seal is on every diploma and transcripts, to sweatshirts and mugs. However, for the past six to twelve months a new logo has been implemented.

The new logo features a gingko leaf, representing the arborium located throughout campus and the alumni association.

Above the gingko leaf is the date 1867, which is the founding date of Cedar Crest College. This date represents the longevity of the college and its trustworthy nature.

The last symbol is the shield, which house the date and the gingko leaf. The shield represents the college’s strength in its faculty and students.

The question now is why is the college implementing a new logo after so many years? The answer is simple, modern technology and marketing.

The old seal was created when the college was first founded and is incredibly difficult to size and in some cases understand.

The decision was made a year and a half ago that the college needed a unified graphic, one that represented the elements of Cedar Crest. Out of the fifteen to twenty images that were tested, using a survey group, the gingko leaf stood out.

It portrayed the personality and elements of the college. Pat Morton, Vice President of Institutional Advancement, stated “This branding provides one voice.” When students see this logo, it brings a concept of strength, unity and portrays Cedar Crest College as a women’s college. It is for the use of the entire Cedar Crest Community.

“Life Choice” is the name of the new exhibition pictured above that opened in Lachaise Gallery on Jan 25. The purpose behind the title of the exhibition is influence art has on a student’s education and future success. The gallery displays the artwork of students from six different colleges in the area. Six of the pieces in the gallery were created by C.C.C. students. Gallery hours for the “Life Choice” exhibition are Monday through Friday, 11 a.m. to 4 p.m. The exhibition will be up from Jan 25 to Feb. 26.

**Opinions: proper printing etiquette**

**Christine Hickey**

STAFF WRITER

On Jan. 25, IT Director Kathy Cunningham sent out a campus wide e-mail to report the amount of paper used up during our last fall semester, setting a new record for paper and toner used by the campus compared to previous years. The statistics of campus wide printing totaled to 288,000 pages and 91 toner cartridges, as well as a budget increase of $5,000 and the consumption of 34 trees to sustain the overwhelming demand for printing, be it used or wasted.

These kinds of numbers aren’t simply from usage, but lack of thinking before hitting print. It’s not uncommon to find leftover prints on the printer or around it, or find a

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**Featured content: helping world hunger from home**

According to the World Food Programme, there are 1.02 billion undernourished people in the world today, which means that 1 in every 6 people do not get enough food to be healthy and lead an active life. In Cedar Crest terms that would mean that in a class of 24 students, four of those students will always be hungry and unhealthy. Malnourished people are also more susceptible to infectious diseases, physical and mental disorders, and possibly premature death.

As of right now, there is a new innovative way to help end world hunger while educating themselves at home at www.freerice.com.

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**Opinions: proper printing etiquette**

1. Test or check the printer before you print.

One of the biggest problems with printer back ups is the user might not know that the printer is jammed or even out of paper or toner. Be sure to check your nearby printer to see that it is free of yellow lights, and check for paper in the drawers. To check for lack of toner, you can send a small test job to the printer, be it a document with a couple letters on it, or a simple web page like Google.

2. Print out what you need, not everything you have.

Check your document to make sure that you do not have blank pages somewhere, for any paper that goes through cannot be
Allentown has a new attitude

Dani Frazier  |  Photo Editor

The city of Allentown has recently revealed a new city logo and slogan to help promote the city’s culture and diversity. The new slogan “City without Limits” has replaced the old slogan of “Redescover Allentown” and comes with a new logo as well. The new logo features a capitalized “A” in two shades of green. The “A” is in the shape of an arch to make the logo represent a gateway to the city. The logo also features the words “Allentown: City without Limits.”

The new logo was unveiled at the Allentown Symphony Hall on Jan. 19 by Major Ed Pawlowski. The logo is a modern representation of what is occurring within the city. The design was created in partnership with Spark, a marketing firm that is based in the city of Bethlehem.

Michael Donavan, a professor here at Cedar Crest College and a city councilman believes that the new logo signifies the positive growth for the city. “It represents the opportunities of the future, the city’s struggle of rapid change, and the growing group of energetic individuals; looking to celebrate the strengths of the town.”

The residents of Allentown seem to agree, with only few complaints that the “City without Limits” slogan may feel slightly generic. Pawlowski and other city councilmen are hoping that the new slogan and logo will insight new beginnings for Allentown in 2010. They have described a hope and promise that is lurking closer to the city’s limits.

The old slogan of “Redescover Allentown” was seen as dated. Even though there will still be novelties’ sold featuring the old slogan, new merchandise is on the way.

A $10,000 grant was issued by the Lehigh Valley Economic Development Corporation and even a new website. Since the implementation of “Rediscover Allentown” and the new slogan to help promote the city’s limits.

CAMPUS NEWS

Dr. Richardson revisits work

Morgan Keschl  |  Assistant News Editor

Richardson’s first book was written in 1985 and this new version is a revisiting of the first. Richardson said, “My first book was an attempt to see who was [in America] from the Eastern world and the basic conflict in life about conflicting ideas of diversity, such as who or what is an American. I think we’re still battling this issue while other countries, such as Canada, have mostly settled it. We really haven’t settled it, but have exacerbated it.”

The revision has now info pumped throughout the whole book, and I re-wrote the last chapter. The last chapter is about Hinduism’s assimilation,” Richardson said.

The book includesa a forward by Diane L. Eck, director of the Pluralism Project at Harvard University as well as a professor of comparative religion and Indian studies. She said, “For me, reading Richardson’s Pluralism Project, which began in 1990 and has documented and interpreted America’s changing religious landscape for more than fifteen years now.” Richardson will be selling and signing copies of the book at the Barnes and Noble in Allentown on Thursday, April 1 from 11am to 1pm.

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The Crestiad is a student-run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available both in print and online at www.cedarcrest.edu/studentnews. Its primary goals are to keep students informed about campus and issues of concern to the Cedar Crest community and to provide staff members with an on-campus internship-quality media experience.

Please contact The Crestiad at 610-438-4666 or via email at crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.

Questions or concerns
If you have any questions about The Crestiad or concerns regarding content, please call the editorial staff and leave a message at 610-438-4666 ext. 3331 or email crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.

Letter columns and letters to the editor may be submitted for publication by any student, faculty or staff member of CCC. Columns and letters to the editor should be e-mailed to the The Crestiad as MSWord attachments. All submissions should clearly state the name, address and phone number of the author or authors. Student authors should include major and class standing and faculty or staff members should include title of his or her position and title.
Republican Scott Brown wins senate seat in Massachusetts

Sarajane Sein
ASSISTANT OPINIONS EDITOR

It seems that everywhere, everyone is talking about Scott Brown.
Once a not particularly well-known Massachusetts state senator driving around a trade-marked red truck, seemingly a sacrificial lamb put up by the Republicans to oppose an unbeatable Democratic maverick, the seat that was once that of Ted Kennedy is somehow managed to edge out his opponent, Martha Coakley.
Now that Brown has won a seemingly impossible victory, what does this mean for the future of politics in this country?
Massachusetts has been considered a blue state, it was, after all, the home state of 2004 Democratic presidential candidate John Kerry. Now, in a state that had not elected a Republican senator since 1972, Senator Brown managed to win by 52 to 47 percent against his challenger.

NATIONAL NEWS

ALLURING HEALTH RISK

H1N1 reported cases drop but flu season is not over till May

Morgan Keschl
ASSISTANT NEWS EDITOR

The 2009 H1N1 influenza virus has crossed many minds during the past year, and it’s almost time to cross it off the list. For the moment.
First detected in April 2009, the contagious virus spreads particularly quickly from person to person and is contracted similarly to the seasonal flu. H1N1 is passed on through droplets of snots and coughs, and by touching surfaces that have infected people have touched.
This year, the flu has been a threat mostly to the ill people who have not been able to receive medical treatment. H1N1 has taken a particular toll on the U.S. population. There have been 30,000 to 90,000 deaths reported, and two million have filled hospital beds throughout the country according to USA Today.
Developing immunity to any flu virus, including H1N1, is almost a given with getting infected. In a worst case scenario, an individual could test positive for the influenza multiple times in one season. This would only occur if a person was infected with different flu viruses, or if an influenza test result was incorrect whether possible or not.
Overall flu activity has decreased in January 2010, and is expected to linger for several more months. Numbers can continue to decrease, but it has yet to be shown that the spread is over. Many of the effective methods for preventing the illness are simply covering coughs, resisting the temptation to touch mouth, nose, and eyes, and frequently washing hands with soap for 20 seconds.
Director of Health Services on Cedar Crest campus, Nancy Roberts, highly recommends all college students get vaccinated for both H1N1 and seasonal flu. "We have not seen a large number of students this semester with flu-like symptoms as we discussed, we do not specifically have H1N1 cases. It is determined that it is a student has true flu-like symptoms we would probably treat the student with Tamiflu, and whether he or she is sick with flu, and staying away from others as much as possible to prevent the spread of the virus.
In addition to humans, domestic cats and dogs have also been at risk for H1N1. Though transmission from person to animal has been proven possible, transmission from animal to person has not.
The CDC (Centers for Disease Control and Prevention) advise staying home for at least 24 hours after the fever is over, that sick people should stay away from others as much as possible to prevent the spread of the virus. In humans,_domestic cats and dogs have also been at risk for H1N1. However, this should not dissuade individuals of any age group from seeking treatment for their health is not threatened. Hopefully, 2010 will show a significant decrease in infected H1N1 patients as awareness of the pandemic moves people to practice basic preventive techniques.

EMT COLLEGE GROUP

continued | page 2

group consists of ten active members and a total of twenty e-mail members, according to member Kara Welch, freshman Genetic Engineering major, of those members, six are certified EMTs. There are three other members who are currently in an EMT certification class.

The idea to start this group came over the summer, and the lab accident last semester reinforced the idea that an EMT group could be beneficial to our campus. After the lab accident, CC EMS was getting even more encouragement from faculty and staff to get the group up and running. The group is in the works of getting certification from the Pennsylvania Emergency Response Service (PRES). This program would allow members to carry bandages, backboards, and even oxygen for when they get dispatched to a call on campus.
"An EMT certification is a major component on the basic services of the CC EMS," Roberts said. "We will basically do what security used to do except we certify it at a higher level. We will be able to stabilize better, and also one of the stipulations to starting the group was that we would provide courtesy transports to the hospital as needed," Cousins said.

The group could definitely benefit the campus since resident life no longer provides transports to the hospital as they did last year. Another benefit to having this EMT group on campus is that the group has an assigned medical director who is a resident from a local hospital. This medical director would advise the crew on what to do in certain situations be performed, or not, such as glucose treatments.
Cousins explains how the group is planning on renting funds for the supplies and equipment.
"After we are QRS certified, we can apply for the QRS to support the group, so we may be able to get some grants through them as well. Until then, we plan to pe- rsonalize funds, and hope for some money that way," Cousins said. "We also have some fundraisers of our own planned, in- cluding a "boot drop" in which we would stand out on the comer of Hamilton Blvd. and try to get donations."

The group has some long term goals, which would require quite a bit of money, including getting all of their members certified, which comes with a price tag of $250 per member. Some other goals include acquiring a vehicle of their own to provide transports and purchasing their own training dummies. The group is already working on getting a radio system in place, as the college has three radios from a few years ago that would now only be used by the three-person crew on call each night.
When Campus Police determines that there is need for the crew to come out and assist with the situation, they would be dispatched through those radios.
Cousins and Welch want to inform every- one that "you do not have to be a certified EMT to join the group. As long as you have a valid license, we will try to get funding for the certification of the group."
"If you have any questions about CC EMS, or want more information about the group, the executive board meets Sunday evenings at 9:45 p.m. or you can email Christina Cousins at cm-cousin@cedarcrest.edu.

Many political analysts are now asking what this could mean in states such as Pennsylvania, where Senator Arlen Specter recently changed his party from Republic to Demo- crat. Arlen Specter may also not be particularly helpful to the Repubs, much either, but the news for chiding Republican Representative Michele Bachmann, to "act like a lady" during a floor speech, late apologised, and that hearing may already be an off-repeated point in his up- coming election this November against Repub- lican Pat Toomey.
Sarajane Sein is columnist for The Cres- cent. She can be reached by email at crescent@cmanagementcorporation.com to help promote and market the new logo.
The money will mostly be used for new flags on Hamilton Street and a marketing booth that Pawlowski also unveiled on Jan. 19. The booth is to be used for city events that will house a new volunteer group labeled “The A- Team”, which primarily includes city council members.
Until its “official debut” on Feb. 11, the booth will be housed in the Allentown Art Museum. For now, the new logo and slogan are assured to be lasting re- minders of progress and will.

VACCINE

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A mother of a two year old daugh- ter is still wary about the risks “Them saying the study is unethical is just another way to cover up the relations that could be between the two.”
Another mother Jennifer Kents, a sophomore Psychology major, said, “I heard that the vaccination was interconnected to autism, but there is no proof saying that the connec- tion exists and I would rather pro- tect my son from illness.”

ALLENTOWN’S NEW ATTITUDE

continued | page 2

The CDC (Centers for Disease Control and Prevention Corporation (LVEDC) to help promote and market the new logo.

The money will mostly be used for new flags on Hamilton Street and a marketing booth that Pawlowski also unveiled on Jan. 19. The booth is to be used for city events that will house a new volunteer group labeled “The A- Team”, which primarily includes city council members.
Until its “official debut” on Feb. 11, the booth will be housed in the Allentown Art Museum. For now, the new logo and slogan are assured to be lasting re- minders of progress and will.

A Gothen woman in Wilkes Barre PA is offering a one year supply of gothic kittens over the internet. She is heading to trial in an animal cruelty charges after piercing the ears and necks of kittens. The thirty-five year old groomer is believed has been involved in animal cruelty that he didn’t mean to hurt the kittens, and used sterilized needies to make sure the kittens weren’t hurt. She is scheduled for trial in June.
Source: MSNBC.com

Pastor accused of pulling gun on out in Maine

A protection order was put out against a pastor by his son, which claims his father pulled a gun on him at church. The order of protection was put out by 32-year-old Michael Louis Colquitt against his father, old Joe Colquitt, well known pastor of St. John Missionary Baptist Church. Joe Colquitt's son alleged his father pulled the gun on him at some point in an argument that occurred during a conversation about church attendance. Joe Colquilt declined to com- ment when contacted by The Daily Times of Maryville. A hearing was set in Blount County General sessions court. Source: MSNBC.com

Truck driver passes out while driving, gets charged with driving while intoxicated

A truck has been lodged in a house for days, after a truck driver, John H. Roberts, passed out and drove into a house. The truck driver, Eric Gremm, 59, said he was passing out before his truck hit a bump in the road, then smashed into a house in Lowell, a town outside of Boston, after emergency per- sonal that arrived on the scene told Gremm, that he lost con- sciousness, though he doesn’t remember passing out. Gremm was hospitalized with minor inju- ries and the truck in the house was not injured.
Source: MSNBC.com

Plane lands on NJ turnpike

A plane has landed on a turnpike in New Jersey when a single engine plane took an emergency landing on the turnpike. The pilot of the co- pilot were not injured during the emergency landing. According to some police, the plane was on the ground when the injured when the plane landed on the turnpike. T浸泡 Prefectural Chief of staff said to AOL news “He landed in the middle of the road and then fell out to the shoulder, so he had a hard time getting out. The motorists to do that, let alone a crippled airplane.”
Source: aolnews.com
CAB puts the pedal to the metal

Morgan Keschli, ASSISTANT NEWS EDITOR

“I really do believe in this issue and I’m trying to get as many people involved in this as I can,” Dean Denise O’Neill said, regarding the need for traditional students and commuters to continually intermingle as is done on the Cedar Crest campus.

The revival of the Commuter Activity Board (CAB) has been a long time coming, considering the last update to their constitution was Sept. 28, 1999. While CAB is new to some of our ears, this is not a new club, but one that is in the process of being reactivated.

“They’re still in the books as an organization and still get recognized as any other club does; submitting a constitution, bylaws and goals. They have been recognized by SGA in the past but just haven’t been active.” O’Neill said.

After all these lost years, senior Neuroscience major Varinder Kaur was voted to be the president of CAB during their second meet- ing on Thurs. Jan. 18 at 4:30 p.m. Kaur feels that SGA wants to give a prominent club, which may evolve into a thriving club devoted to commuter’s needs, since commuters may feel more alienated to some of our ears, this is not a new club, but one that is in the process of being reactivated.

“If someone leaves at 2:00 p.m., will they want to come back at 9:45 p.m. for an event? We need to find times that are convenient for commuters. I think it is important for commuters to feel included in the events on campus,” O’Neill said.

On that note about activities, Commuter Spirit Week and the dedication of the Commuter Lounge were used to draw people of similar interests together, creating a basis to restart the club.

During Commuter Spirit Week, we tried to address concerns such as the need among the College’s commuter community; to bring the commuter initiative; to bring the commuter meal plans. All in all, CAB is only one aspect of the effort to include commuters in the College identity.

“It is more about creating commuter initiative, to bring the voice to commuters to the rest of the campus, create awareness, give them resources to get them involved and CAB is one way. We’re also going to try to create a commuter advisory group made of faculty, staff, and students. We want to have one that discusses commuter issues,” O’Neill said.

STUDENT GOVERNMENT ASSOCIATION

Special guests bring new information

Jessica Kuc, STAFF WRITER

Provost Dr. Carol Pulham and Kelly Steinmetz, Director of Residence Life, also contributed to the meeting presenting updates about residence life. The structure of the residence life department has changed, giving different specific focuses to everyone involved.

Additionally, Steinmetz announced there will no longer be a housing deposit. Instead of paying upfront, students must only pay the original deposit fee if they terminate their housing contract. Steinmetz also touched upon the up and coming living and learning communities. Information and applications for such communities can be found on MyCedarCrest under Student Affairs.

SGA President Caitlin Biliow encouraged senators to come up with a “hot topic” to discuss at next week’s meeting in regards to the plentiful food for thought the two guests brought up. She also announced plans for fundraising for Haiti and getting the numerous clubs on campus on the same page so that a little bit of money is not just raised here and there. Scheduled tentatively to begin at the end of March, it is hoped that planned sessions will raise awareness and education regarding the issues in Haiti.

The next SGA meeting will be held on Feb. 3 in the 1867 Room. All students are welcome to attend.

RESIDENCE LIFE

Former Residence Life Director, Dr. Carol Pulham, presented an idea of a Majors fair and inductions for such communities can be found on MyCedarCrest under Student Affairs.

SGA President Caitlin Biliow encouraged senators to come up with a “hot topic” to discuss at next week’s meeting in regards to the plentiful food for thought the two guests brought up. She also announced plans for fundraising for Haiti and getting the numerous clubs on campus on the same page so that a little bit of money is not just raised here and there. Scheduled tentatively to begin at the end of March, it is hoped that planned sessions will raise awareness and education regarding the issues in Haiti.

The next SGA meeting will be held on Feb. 3 in the 1867 Room. All students are welcome to attend.

SAASSISTANT NEWS EDITOR

“When we have meetings like this, we can see how many other commuters there are so we can get together and find out about each other,” Kaur said.

As O’Neill explains, there is a need among the College’s community for commuters to become more involved, but since a number of SAB activities occur later at night, commuters are often left in a time conflict. This issue is what needs to be amended to bring the community together.

“During Commuter Spirit Week, we tried to address concerns like the need among the College’s commuter community; to bring the commuter initiative; to bring the commuter meal plans. All in all, CAB is only one aspect of the effort to include commuters in the College identity.”

Everyone’s doing it

Do you like to write? Take photographs? Edit? Draw?

Then register for The Crestiad for the Spring semester.

Take it for 0, 1, 2 or 3 credits

For more information e-mail crestdail@cedarcrest.edu
Help end world hunger
without leaving your house or opening your wallet

There are so many people in the world that need simple resources, such as food or water, and there are many organizations that are there to help and accept donations. However, there are just as many families in developing countries that are living in poverty and can barely scarp together a dinner for themselves, so donating the little bit of money that they have, can be a struggle.

So while these organizations that accept donations have done a lot of good in areas that needed it, it leaves out many people that might want to help out as well, but do not have the finances to do so.

There is now an organization that gives everyone the opportunity to help other people in need, without giving monetary donations. Freerice.com has made it possible to donate to areas that are in need of food, without physically donating money or actual food. If people have the compassion to help out the hungry, then that is all it takes at this website.

Freerice.com was launched in October of 2007 by John Breen and donating to the UN World Hungry Programme in March of 2009. The website is set up to allow anyone to log on to freerice.com and learn as they donate. Once the website pops up, a list of vocabulary words are displayed and the person has to match the synonym to the word displayed.

For example the word large might be posted in the middle of the screen, and underneath it would be four options listed, such as small, old, big, and blue, and the correct synonym would have to be selected in order for a donation of ten grains of rice to count. So once the word big would be selected, freerice.com would donate 10 grains of rice to an area in need.

It sounds simple and kind of silly since it is only 10 grains of rice, but imagine playing for maybe ten minutes and answering about 25 questions correctly which would equal 250 grains of rice donated. But why does freerice.com donate rice just because someone answered some vocabulary questions correctly? Because they believe providing free education to people is very important and allowing them to educate themselves while donating to the hungry, is a great innovation.

“The rice you donate makes a huge difference to the person who receives it. According to the United Nations, a child dies every six seconds from hunger related causes. Though ten grains of rice may seem like a small amount, it is important to remember that while you are playing, so are thousands of other people at the same time. It is everyone together that makes the difference,” states freerice.com.

They feel that allowing people to go through many levels of difficulty in vocabulary words will aide them in many aspects of their life, such as “formulate your ideas better, comprehend what you read, speak more precisely and persuasively, get better grades in high school, college, and graduate school, perform better at job interviews, and be more effective and successful at your current job,” as stated on their website.

Freerice.com even offers people with the opportunity to select other subjects, such as mathematics or science, to quiz themselves and hopefully learn something new by playing in their free time or when they’re bored and ultimately helping end world hunger without even leaving their home or opening up their wallet. However, if one chooses to, the website does have the ability to accept monetary donations, which go directly to the UN World Food Programme and pays for more rice to be donated.

Freerice.com is also not a business, in that does not generate any money by doing this and it is run entirely for free. The rice is paid for by their sponsors whom pay for advertising banners on their website. So each time you play and rack up maybe 500 grains of rice, a sponsor pays for the cost of that and ships the rice to an area in need. There are no restrictions to the areas they will ship rice to and they apply the donation to the areas that need food the most.

This website has provided millions of people with food everyday because of people logging on and playing their educational games. The program has distributed to areas such as Cambodia to feed pregnant and nursing women, or Uganda to feed school children.

Sometimes it seems to take a horrific event to have everyone realize how simple their lives are, and how much other people are truly suffering; such as the recent earthquake in Haiti, or the previous hurricane in New Orleans. Once disasters happen, and the media portrays the area as ruins and the people so helpless, it shocks everyone into wanting to help and give the affected people resources that were taken from them. This is a simple and non-hassle way to do that, while getting a free education themselves.

So please, log on to freerice.com for more information and play their educational games in your spare time. By doing this simple task, we will single handedly join the force to help end world hunger.
In a world where everything is "perfect" and "plastic", how is a young woman ever going to know what the true meaning of beauty is? For 23 year old MTV starlet and aspiring pop singer, Heidi Montag, her message to young women is, "...your inner beauty is most important, that is what it is all about." Considering the reality actresses' recent access of undergoing plastic surgery procedures at once, doesn't her "inner beauty" quote seem contradicting?

Montag, who has previously had 3 surgeries in 2007, underwent ten extensive procedures recently that included a brow lift, a nose job revision, fat injections in cheeks, nasolabial folds, and lips, chin reduction, neck liposuction, ears pinned back, breast augmentation revision, liposuction from the same area, inner and outer thighs, and buttock implants. She also had several botulinum injections done while she was under anesthetics. Her reasoning for her "new" look was more than just her needing to make a few minor changes. Montag claimed after her first surgeries in 2007 she started analyzing pictures of herself in different settings and realized she would never find her peace with her looks anymore. "I know for a fact that I am not perfect, but I'm trying to be the best that I can possibly be," said Montag.

The most drastic look in which Montag had undergone so far was when she was on the show "The Hills" in 2007. She started analyzing pictures of her looks and decided to undergo plastic surgery procedures at once, didn't she need to go find an ATM to get money to pay for the procedures? She is obviously just being self-centered and thinking only about herself.
When tragedy hits home twice

Nicole Magloire

On Sept. 11, I remember sitting on the floor in my kitchen trying not to cry as I watched the Twin Towers fall. On Tuesday Jan. 12, I watched my father, not try to cry, as he watched the news, reporting on the earthquake in Haiti.

It’s interesting to see how tragedy can affect one family in so many different ways. My father came to the States from Haiti when he was 12 years old and never went back. A lot of his family still lives there, and his father lives in Switzerland. Growing up, my father never spoke French or Creole to the house; the only time he really did was when we would visit his aunt and uncle that live in DC.

So to me, he was like a stranger. He was the father that had always was just a distant memory. Sometimes his brother or sister would visit but that was when I was a little girl so I haven’t seen them since I was a child.

On Sept. 11, I remember feeling like my entire family was going to suffer from the effects of the tragedy that I knew nothing about. I remember looking at pictures and watching the news and just crying. When Time magazine came out with a special issue about what happened that day I remember reading it and then crying myself to sleep. I don’t remember acting the same way for the entire day. It was the start of it. He didn’t have it, care as he definitely did, but the tragedy just didn’t hit him as hard. He was able to go throughout his day and maybe not even imagine.

On Jan. 12, I watched my father, as he watched the news, reporting on the earthquake in Haiti, without being able to go throughout his day and maybe not even imagine.

Family is another big factor with me.

Above, Nicole and her father pose with some of her siblings.

Little did the family know that two tragedies would touch their lives in very different ways.

My father watches the news on Haiti, but he doesn’t really look at the pictures. He talks about it and he helps people in Haiti. He also visits his aunt and uncle that live in DC. My father watches the news on Haiti, but he doesn’t really look at the pictures. He talks about it and he helps people in Haiti. He also visits his aunt and uncle that live in DC.

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Healthy sleeping habits

Giving your body the rest it needs

Lauren Panepinto

COPY EDITOR

Next time you consider staying up all night you should take recent sleep deprivation studies into consideration. Not getting enough sleep each night can affect your body, mind, and emotions, as well as affect how you interact socially.

A recent article in Women’s Health, Sleep Much? talks about the effects of sleep deprivation on your memory and waist line. Your problem solving accuracy drops by 15% when you are sleep deprived, affecting everything from remembering where you put your keys to how well you do on a test.

Sleeping also affects your metabolism, and lack of sleep can be a contributing factor to type 2 diabetes, and increase the risk of obesity. According to the article, “Sleepiness: We Fail to Understand That Sleeping 10 Percent Less Carries a Similar Risk for Weight Gain.”

In fact, women who get fewer hours a night are one third more likely to gain 33 pounds over the next 16 years than those who get seven hours of slumber.”

So before you stay up all night watching a marathon of House or studying for that test in the morning, take your health into consideration and get some shut-eye.

Lauren Panepinto...
Wearing heels.

For instance, the American Academy of Dermatology (AAD), on any given day of the year, there will be more than 1 million people who visit tanning salons in the United States alone, and annually there are about 1.5 million people who visit the salons more than 100 times.

Tanning beds can cause eye damage if eye protection is not worn, and there is always a chance that you will get "sun-burnt" from tanning.

In addition, a big question on a lot of people’s minds is, “Is tanning so dangerous, why is it still allowed, and how come nothing is being done to make it safer?”

The answer to the first question is that there is some fear in place to make tanning beds safer, but that depends on whether the salon complies with the Food and Drug Administration (FDA)’s guidelines or not.

The FDA requires that tanning salons direct all clients to wear protective g-les. However, not all salons require their customers to wear the eyewear, and there are a number of women (and men) who choose not to use eye protection.

Another practice that can be quite harmful when tanning is not using sunscreen. The American Academy of Pediatrics completed a study on the use of sunscreen by teenage girls, and found that only 46% of the girls studied, ages 12 to 18, used sunscreen regularly. This contributes to the higher risk of skin cancers, especially when younger girls participate.

There are some steps you can take to be sure you get as safe as a tan as possible, even though it won’t be completely risk free.

The first thing to do when tanning for the first time is to ask a few questions. Find out about the sanitation of the beds. Be sure that someone cleans the bed as well as any person leaves one place. Make sure clean towels and sanitizer in the room, so that you can clean first, if you want that extra security of knowing they are clean.

Another thing to ask is for the advice of the tanning salon worker. Find out how long you should recommend you go in for, and at what strength. The workers have the most experience with the tanning beds, and know the right procedures for the bed. It is recommended that those with lighter skin tones should start off at a maximum of five minutes in the lower strengths, for the first few weeks of sessions.

In order to maximize your tanning sessions, it is imperative that you use tanning lotion made for indoor tanning use. Most salons will carry tanning lotions, and should be able to recommend what would work best for your skin type. When you have completed your

Fresh off the Shelf

Archer Farms real fruit strips

Kyhla Flores

ATHLETICS EDITOR

Ever find yourself looking for a snack to curb your hunger or give you a nice little boost of energy in between meals?

When the clock strikes two and it’s a few hours after lunch and a few hours before dinner, most can not help but look for a snack to "hold them over" before supper.

Ideally, it would be nice to have something healthy, nutritious and not too filling so we do not ruin our appetite for dinner, but sometimes healthy is not the easy choice especially when all your work and all those crème-filled doughnuts calling your name by the coffee machine.

Well finally there seems to be an easy grab-n-go snack that is yummy and nutritious! Archer Farms, a brand owned by Target and featured in their grocery aisles, is known for many products by frequent Target shoppers. They make everything from ice cream to cooking oil to chips and almost everything in between.

Products they have been featuring on their shelves now are real fruit strips. They come in a variety of flavors, including Strawberry, Raspberry, Apricot, and Pomegranate, and best of all, they are 100% Organic.

Archer Farms claim on their box states, “No matter what you look at, Archer Farms Organic is a smart choice. You get the best that nature has to offer, free of synthetic pesticides and chemical fertilizers and filled with natural sugar from fruit on earth.” Sounds pretty refreshing and yummy to me!

But some wonder why make more fruit strips when grocery stores are already filled with all kinds of sugar, colors and artificial ingredients. However, not all salons inform their customers of their strength.

It is recommended that those with lighter skin tones should start off at a maximum of five minutes in the lower strengths, for the first few weeks of sessions.

For more information on tanning beds, or self tanners, feel free to visit a local tanning salon and ask questions. If the worker is not willing to answer your questions, that faithfulness should not be used, as they may be going against FDA recommendations and may do more harm than good.

The next time you are looking to get a little color, just remember that there is always a risk to tanning, and that the best thing for your body is to love it the way it is.

On the other hand, there are several products out there that are not limited to; pain in the waist and the effects wearing heels has on women stated they did not know how to wear them unless my parents stated, “I don’t think I’ve ever worn heels unless my parents made me.”

Some other student, Jill Lapenta, Senior, said, “Wearing high heels unless my parents made me.”

Other student, Jill Lapenta, Senior, stated, “I don’t think I’ve ever worn heels unless my parents made me.”

A small poll done on the Cedar Crest College Campus found that 80 percent of the women stated they did not know the effects wearing heels has on their health.

These effects include, but are not limited to; pain in the waist and the legs caused by poor posture, leg and foot discomfort caused by loss of balance, and overall posture problems according to an article in Associated Content. Another article produced in Medical News Today stated that just these effects are just the immediate problems, 64 percent of women stated they had foot pain at a later stage in their lives which was connected to wearing heels.

Healthytick also had the following to say about heels, “High heels, whether they’re thick or thin, can cause problems in the feet’s knees, ankles, and other "bottoms" of their feet.” The site also stated that “conditions from corns and callouses to hammertoes, arthritis, chronic knee pain, sprained ankles and back problems,” can also result from wearing heels.

While heels can cause these effects, there is a silver lining to be found. Lauryn Mizuhara, Senior, said, “I feel like an adult, mature and professional.” She also said that she carries herself differently when she wears heels. Most women state that when they wear heels they felt taller; however, the biggest plus to wearing heels is what it does for your legs. Because of the angle of your foot while wearing heels, it allows you to work your calves and thighs and will eventually tone them.

The best way to wear heels is to find a happy medium and there are several products out there that can make wearing them a bit more bearable. Women’s Health offers these suggestions: Dr. Scholl’s for Her ball-of-foot cushions (supports in the front of your foot, $7.20) and Dr. Scholl’s for Her Sole Expressions Soft Cushion (can be worn in any type of shoe $9.60).

The workers make wearing heels better, but nothing can completely protect you from the effects of wearing heels. So next time you wear heels, make sure to give your legs and feet a day off.
Aquarius
Jan. 20 – Feb. 18
It is great that you have firm opinions but be careful of being too aggressive when sharing your views with others. Try not to take it personally if someone does not agree with you. There is a fine line between debating and fighting.

Pisces
Feb. 19 – Mar. 20
You have been recently searching for a higher meaning to your life. Use your goals and aspirations to help you on your journey. Just remember: the strength you have is not given to you, it is found in yourself.

Aries
Mar. 21 – Apr. 19
You have been having a hard time letting something or someone go. Your impulsive nature makes you impatient, but you need to trust in your best trait, courage, to help you through this.

Taurus
Apr. 20 – May 20
A lot of people have been looking to you for advice recently because you are so dependable. Just keep in mind that you need to be objective when doing this. It is also starting to bother you, be patient. Everyone needs someone to count on.

Gemini
May 21 – June 20
There have been some changes in your life recently. Whether they are big or small, do not underestimate their impact on you. It is your nature to misjudge, but it is also in your nature to adapt quickly.

Cancer
June 21 – July 22
It is difficult for you to be away from the ones you love and it is starting to affect your performance at school and work. Learning to be more independent and self-sufficient now will help you in the long run.

Leo
July 23-Aug 22
Even though you may have heard people talking bad about you recently, you need to keep yourself from acting aggressively toward them. Giving kindness to your enemy will confuse them, and prove them wrong.

Virgo
Aug. 23 – Sept. 22
You may have noticed that a person or a group has been keeping something from you recently. Try your hardest not to interfere. When they are ready they will come to you.

Libra
Sept. 23 – Oct. 22
You are well liked by many because of how social and artistic you are. New people are coming into your life, but take caution. Your beauty and personality have attracted them to you, but what makes you attracted to them?

Scorpio
Oct 23 -Nov 21
You are consciously making a decision that will affect the rest of your life. Be considerate when telling others what your choice is. Someone could be hurt if you do this the wrong way.

Sagittarius
Nov. 22 – Dec. 21
Because of your free nature you hate being tied down with personal commitments. Have fun, but be careful not let your work fall by the way-side.

Capricorn
Dec. 22 – Jan. 19
Something private from your past has just become public or is haunting you. Follow your heart, but do not just look for the easy way out. The fastest way to defeat your obstacles is to face them head on.

Submitted by: Alyssa Slinger

Submitted by: Joshlyn Sussen

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- Special Education
GOSSIP QUEEN

Sunday night was the 52nd Annual Grammy Awards, the opening act was a show stealer, nonetheless and it was swiped away by a “hasn” favorite, Lady “No Pants” Gaga joined by the ever fabulous Sir Elton John. The duo did a sing off between “Your Song” and “Speechless” sharing a piano. The performance was effortless and spectacular, which was no surprise. Another aspect of the performance that really wasn’t a big shocker was the fact that Gaga must have left her usual leotard at home and decided to go with a hiney-less leotard in stead... leaving us seeing well, another side of the lady, if you know what I mean.

The Queen B, Beyoncé, was another leading lady of the night. Beyoncé, who was长江 by an army of SWAT team looking men. Although I am a huge fan of Beyoncé, I am going to say that I was a bit disappointed with the performance; there was way too much “junk” glaring. Beyoncé, if you pride yourself on being classy and acting like a true lady, please act like one in public and stop grabbing your hoo-ha on stage; what would your mother think?

Since we are talking about award shows, I would like to celebrate that it was a Kanye West free show! I feel that I can make the educated guess that he was at home complaining at the fact that your mother think! your hoo-ha on stage; what would one in public and stop grabbing. Beyonce, if you pride appointed with the performance; going to say that I was a bit dis-appointed with the performance; a rather big fan of Beyonce, I am going to say that I was a bit dis-appointed with the performance; there was way too much “junk” glaring. Beyoncé, if you pride yourself on being classy and acting like a true lady, please act like one in public and stop grabbing your hoo-ha on stage; what would your mother think?

Do not hallucinate.
Rachel Morgandale  
**STAFF WRITER**

Fanny Brawne, a brilliant girl with strong opinions, a vision for stitches, and no knowledge of poetry meets John Keats, a man with a vision for words, in 1818. Anyone that knows about Keats’ life knows that at this time he lost his brother Tom to tuberculosis, the disease that would later claim him. It was also at this time that Keats’ writing took a turn and he wrote some of his most acclaimed works which secured his place as one of the foremost poets of the romantic era. Bright Star spans the years of the poet’s life from 1818-1821.

The film is visually stunning, using outdoor landscapes for many scenes that show the changing of the seasons and the passage of time. Images Campion painted stuck in your head, whether walking through a field of bluebells or moving their beds against the wall that separates their rooms, her charac- ters are surrounded by beauty or create beauty with their slightest movements. The soundtrack is also notable with its not overly intrusive combination of vocal harmonies and string instruments. The dia- logue is littered with verses of Keats’ poetry, most notably “Ode to a Nightingale” and the title poem. “Bright star! Would I were as steadfast as thou art.” All of the lovers’ written correspondence heard through various scenes is pulled di- rectly from the text of the letters he wrote her, thirty nine of which are available to read online. The lan- guages is incredibly lush and emo- tional thanks to this, something that is a rare quality in a contemporary film.

Abbie Cornish and Ben Win- shaw have wonderful screen chem- istry. They bring life into every scene. Cornish especially with her highly emotional portrayal of Fanny. A girl in love for the first time, feeling its rapturous highs and crushing lows. Cornish is also un- afraid to express the true ugliness of grief and pain. Winshaw plays Keats with both a refreshing simplicity and thoughtfulness, by the end of the film the audience is a little bit in love with Keats and his poetry. As Charles Armitage Brown, Paul Schneider is fantastic as Fanny’s nemesis and Keats’ best friend. He sees Fanny’s love of Keats’ freedom and thereby, the end of his poetry, poetry that Brown himself he would write. Also notable is Edie Martin playing Fanny’s little sister, playfully nick- named Toots, “a very young girl,” this is Martin’s first movie role. She will, no doubt have a long career ahead of her after this charming turn as a girl too young to under- stand, but half in love with Keats herself. Though it doesn’t move very swiftly and is not, perhaps, as ac- tion based as most modern movies, each scene is a moment, and image of the couple’s relationship. The action does pick up somewhat after Keats returns from his sum- mer holiday and his health begins to decline. There are a few small historical inaccuracies involving Keats’ personal timeline (he was around the time he met Fanny) and minor changes are made sim- ply to plot and help create more impact at certain points.

Overall, I would give the film four out of five stars. Even if you have never heard the name Keats in your life, you can enjoy the story of young love. I can say it grows bet- ter on the second viewing and that you may just find yourself watch- ing through the credits listening to Windshaw recite all eight stanzas of “Ode to a Nightingale.” It may just inspire you to pick up a book of poe- try or write a love letter, not email, letter.

The DVD includes special fea- tures such as a deleted scene and a set of interviews with writer/di- rector Jane Campion giving ins- ights to the creative process she and her crew went through bringing this story to life.
Jones awarded with Athlete of the Week

Nicole Magloire
ADVERTISING MANAGER

"It was definitely a motivator it made me want to play harder," said senior lakeema Jones after receiving the title of Athlete of the Week. Jones received this award after scoring a career high of 32 points in a 92-84 loss to Centenary College in a Colonial States Athletic matchup. "Yes, it felt good," said Jones after some reflection of what it felt like after being told that she was the Cedar Crest Falcon of the week.

This award is given to athletes that are believed to have displayed outstanding performances and Jones is definitely one of those athletes. When students exude energy and a passion for the game that Jones does it’s only right that they receive recognition for the work they’ve done. Jones ranks third in the CSAC in three-point shooting percentage, with a record of 38.6 percentage. Her stats alone show that Jones not only loves the game, but has a talent for it as well.

"She’s a hard worker. She puts her time and effort in and it shows in the games," said Valerie Donohue, associate head coach. "She also plays well under pressure, and can always compose herself." Jones’ coaches recognize that she not only plays hard, but can also muster up the energy to push through her exhaustion and finish a game just as hard as she starts it.

Jones has established relationships with her coaches and players that made it easy for them to believe in her the Falcon of the week award.

"Keema is very deserving of this award," said teammate Kelly Oakes, Senior Business Administration major.

When asked about her future goals as far as basketball is concerned Jones is optimistic about what the future may hold for her. "I want to play overseas. I don’t know if it will happen but I’m definitely going to try," said Jones. Optimism for what the future holds for her, keeps Jones passionate about the sport that she loves. Jones joins Kelly Oakes and Leann Wallower in achieving this award during this semester.

Jones expressed interest to also play in the WNBA in the future and the way she’s headed, there’s nothing that could stop her. Being awarded Cedar Crest Falcon of the week is something that is going to propel Jones to work harder at her position and hopefully this is just one of many awards that she will be receiving throughout this semester.

Jones joins Kelly Oakes and Leann Wallower in achieving this award during this semester. Jones is the Cedar Crest Falcon of the week.

I think it is safe to say college students are generally under a lot of stress. There are classes, and then of course the number of hours it is said students should spend studying per every hour they are in class. Some of us work as well. And then there are the select students who legitimately challenge the 24 hours given to them by society. We call these people athletes.

At Cedar Crest, our athletes are not only students going to college and play a sport. They do it just for the love of the game. They are not normally exempt from turning in work on specific deadlines or regularly attending class because they got home late from a game the night before.

I compete in the sport of dressage, a type of English horseback riding that differs from the type of riding done by our Equestrian Team. While horseback riding can be recreational just as almost any other sport can, the proper training and commitment can turn it into an elite sport for those who desire it to be.

Dressage can be seen at its best in the summer Olympics, and has numerous levels for riders and horses at different stages to compete. I have personally competed through FEI Junior, which is an internationally recognized level. Attending college this past semester has kept me slightly grounded from that, but I am still proud to say I am one of the highest level dressage competitors in the area for my age. I do not just ride, I train. I train all year long, almost every day that I am not in class.

It does come as a disadvantage to not be able to walk to my training site from my dorm or classroom like many student athletes can.

I currently live at Cedar Crest, but my stable and home are an hour away. I have my classes scheduled so that long weekends are dedicated to training and school work gets my attention on weekdays. Similar to all student athletes, time management is a necessity.

I hope to provide some insight into the lives of student athletes while entertaining readers with my own personal experiences. Each week I will touch on a different aspect of being an athlete and a full-time college student at the same time.

Pro Bowl Warm-up Miami Stadium for Super Bowl

Rachel Zarayko         STAFF WRITER

For the first time ever, the NFL’s version of an All-Star game was played the week before the Super Bowl. The Pro Bowl brings together the best players from both conferences, the AFC and NFC to play against each other in the most high-scoring affair, but the similarities start to thin out after that. Since 1980 the Pro Bowl has been played at Aloha Stadium in Honolulu, Hawaii. This year however, the NFL decided to hold it at Sun Life Stadium in Miami. Junior athletic training major Leann Wallower in achieving this award during this semester.

In the NFC, stars scored four touchdowns and two field goals. "Everyone’s here to have fun," Mcrae said according to the Philadelphia Inquirer, "That’s the most important thing. It’s an exciting time. No one’s trying to get hurt, but everybody’s trying to put on a show for the fans." The forty ninth annual Pro Bowl was unique and fun for the players. While some of the All-Stars did not like the changes, they were still proud to be a part of it. "I think guys like the old format, where you play it a week after the Super Bowl," said Yamahah Bell, safety from the Miami Dolphins according to EPSN news, "I think that’s the way it should be. I just look at it as a great opportunity to enjoy the whole experience. I’m a Pro Bowler."
NFL players pledge to donate brains

Khyla Flores
ATHLETICS EDITOR

The life of a football player can seem very glamorous. On the outside, it is obvious that the players are wealthy and due to that wealth, they live very upscale lives. Being able to hold a job title such as ‘football player’ is something to be admired those days, due to their short work career and very large income. But spectators seem to forget about the underlying aspects of their lives and the duties they have as football players. Being an athlete, regardless of the sport, can become very strenuous on the human body, especially after the many years of daily training routines and rigorous game day activity. A major problem football players have faced however is the constant head trauma they are receiving on field due to their sporting activities.

After years of receiving slight concussions or head trauma, players can develop serious health risks and their jobs then become very hazardous to their wellbeing. These issues have put a slight silence on the glamorous lifestyle of athletes, since they are in essence, putting their lives on the line for sports and entertainment.

The NFL, has announced on December 1 that they will mandate their most austere rules and regulations regarding the managing of head traumas and players who receive concussions on the field. The NFL had previous laws allowing players to return to the field to practice or play as soon as their symptoms went away, with most players returning that same day.

The problem with the previous law is that all players had to do was pass a simple sideline test or even just not reveal symptoms to their coaches because they were just worried about getting back out on the field.

The NFL has decided to change these rules in light of some all-star football athletes recently coping with head traumas and players who receive concussions on the field. According to the NY times, “At a Congressional hearing in October, the NFL was criticized for its practices and research methods. Last week, the co-chairmen of the league’s committee on concussions resigned under fire, on the same day the league announced that players who sustain concussions could be cleared to return only by independent experts.”

This will authorize players to return not because they want to play, but because their health will not be an issue, protecting the players from long term health risks due to repeated untreated head trauma.

Dr. Joseph Maroon, Steelers team neurosurgeon states, “This re-emphasizes the imperativeness of being extremely cautious when athletes complain of any symptoms relative to the head or brain. I think there may be more players held out than before. I think the effect is going to be a positive one.”

In light of the NFL changing the regulations for head related injuries, players are becoming more aware of the need to know how concussions will affect them in the long term.

The Center for the Study of Traumatic Encephalopathy at Boston University School of Medicine is holding a concussion study on the long-term effects of concussions in athletes. Many NFL athletes have decided to donate their brains after death to the center in order to help them with their study.

Hall of Famers Mike Haynes and John Mackey have pledged to donate their brains for scientific research. Along with their pledge, Hunter Hildenmeyer, Zach Thomas, Kyle Turley, Conrad Dobler, and over a dozen other NFL players have also chosen to give their brain to the center.

The NFL has also chosen to donate $1 million or more to the center in hopes of researching the long-term effects athletes can expect to receive from repeated head trauma.

The only way we will truly understand the long-term effects of the repetitive head trauma in football is to study a large group of athletes through their lives and then examine their brains following death,” said Dr. Robert Stern, a co-director of the center, according to www.mcall.com.

The center has already made headway with finding health risks that athletes can expect from years of receiving repetitive head trauma. According to www.mc当地.com, “The BIU brain researchers have said they found links between repeated head trauma and brain damage in boxers, football players, and a former NFL player – and the group has been critical of the NFL’s stance on concussions.”

Hopefully, with the help of the NFL and its players, the center can conduct the necessary research to ensure the utmost safety of all the ever beloved athletes affected from the daily health risks they face at work.
We all know how it feels to work towards a goal by doing everything it takes to achieve it. After four years as a Cedar Crest College varsity athlete, Kelly Oakes, a senior Business Administration major from Wilmington, DE, wears the number twenty-three on her jersey, has finally reached one of her college-career goals — scoring her one-thousandth point in college basketball.

For the past eleven years, Oakes held basketball on a high pedestal of her life. “Basketball is a driving force for my life,” Oakes states. “As a hard worker and great leader, she brings a lot to the team on and off the court. She is someone that you can easily approach to talk about anything.”

Her positive qualities have clearly been displayed throughout her athletic career at Cedar Crest. Her accomplishments include being a four-year starter on the basketball, volleyball, and lacrosse teams, being awarded Colonial States Athletic Conference (CSAC) Volleyball Honorable Mention Player, named Basketball Most Valuable Player twice, and Most Valuable Player twice, D3Sports.com Team of the Week, CSAC Sportsmanship Team, making CSAC All-Academic Team, named to CSAC Sportsmanship Team, Lehigh Valley Small College Basketball Team of the Year, Morning Call Player of the Week, and CSAC Basketball Player of the Week. On January 25, 2010 she added to her successes by becoming part of the Colonial States Athletic Conference Basketball Honor Roll by scoring her one-thousandth point in her college basketball career.

It was the second half with only 7:01 left on the clock when Oakes hit a two-point mid-range jump shot to make one of her dreams into reality. “It was an indescribable feeling. I felt a power of energy come over me, and honestly, I just wanted to give someone a hug...and I got that hug,” she says with a smile. “It’s an accomplishment that I’ll never forget, but also I recognize that without my teammates, this goal wouldn’t have been achieved. If it weren’t for the teammate’s and coach’s support, it would’ve been impossible. Personally, I had to remember to believe in myself, but the team’s support definitely helped.”

It was definitely a memorable moment for Oakes, but the assist was made by Lakeema Jones made the play complete. “Watching the whole play go on and knowing the accomplishment that was about to come out of it was an incredible experience itself. To be able to watch your teammate achieve a goal she’s been working towards is extremely honorable. She’s a hard worker and it was great to be a part of the experience,” says Seale.

The energy in the gym was uplifting because you could literally feel Oakes’ pride and happiness through the smile of success, which was written all over her face. “I was in the audience the night it happened, and I felt so honored to be part of the celebration of Kelly’s accomplishment,” said freshman Cory Cavallaro. “Kelly is definitely an extremely motivated athlete and applies the same determination she has in sports to her life,” adds senior Chemistry and Art major Amanda Dombroski.

Not only did Kelly receive recognition from the teammates and student-body, but also from her coaches. Her coaches admire the same work ethic that everyone seems to recognize about her. “She is a relentless worker and really deserves this,” states coach Chad Workheiser. To others, “hard worker” is an under-statement to describe Oakes. Her dedication and determination have led her to achieve a great accomplishment in her athletic career as a three-sport athlete here at Cedar Crest.”

Kelly Oakes works hard to ensure success for herself and her team.