Cedar Crest gets the gold for promoting healthy lifestyles

Janette Brunstetter
Staff Writer

The Olympics are on their way, and every team is striving for the same thing, the gold medal. Cedar Crest was not striving for it, but they did earn it.

There are annual Excellence Awards given in recognition of college campus’s efforts to promote healthier lifestyles each year. The National Association of Student Personnel Administrators (NASPA) are the people who host these annual events. NASPA’s mission is to promote healthier campuses by aiding student affairs professionals.

Cedar Crest was selected from a national pool of program entries as the Gold Award winner in the category of Student Health, Wellness and Counseling. Joan Laffey, Dean of Student Affairs, commented about this award and what makes Cedar Crest worthy of the gold. “The Health Connection involves education, experience and research. We know of no other colleges that have programs integrating these three components in a health initiative.

Through this health effort on our campus we are beginning to establish a culture of health and wellness. A Health and Wellness minor has been established, seminars and workshops on health are offered, Healthy U has enrolled over 200 participants each semester, and we are engaged in research that studies the health attitudes, beliefs and practices of undergraduate women.

Through Healthy U participants have added exercise and good eating habits to their lifestyles. “As a whole they have lost over 1300 pounds and have formed habits that will affect their health for years to come,” said Laffey.

Since the establishment of the Healthy U program, the use of the Fitness Center has increased by 50 percent. Healthy U offers three types of programs to participate in based on your own health goal: High Energy Living Track, Healthy Bites Track, Making Changes Track. More and more classes, such as yoga, had to be added to provide room for the mass amounts of participants.

The College has also hosted two successful health and wellness events, the Iron Woman Triathlon in the spring and the Biathlon in the fall. The program was not only successful, but fun as well.

Anyone who is a part of the Cedar Crest campus community can participate in these events. This includes the faculty, students and staff. The members get to be on a team which provides more support for each individual and more success over all.

When asked if there was anything else Cedar Crest could do to improve this program, continued | page 7

Students expected to voluntarily reduce paper use in computer labs

Stacey Solt
Lifestyles Editor

At the end of last semester, many students were shocked to receive an email from Information Technology that reported on paper usage. In November alone, 140,000 sheets of paper were used in the computer labs.

“Towards the end of last year... lab assistants were having trouble keeping up with the demand of replacing paper and ink,” said Shannon Greenwalt, an Information Support Specialist in IT. “Greenwalt works closely with student lab assistants.

In response to the problem of excessive paper usage, IT has started a poster campaign and also encourages the use of duplex or double-sided printing.

Several of the computer labs on campus are equipped with printers that automatically use both sides of the paper. They can also be used to print single-sided as needed. Printers in Miller 20, Administration 8, and Curtis 201 and 104 duplex print by default.

“Not every lab has a duplex printer, but we’re working on that,” said Kathy Cunningham, Director of Information Technology. The department is currently looking into stuffing printers between labs and purchasing more duplex-ready printers to place in heavy-usage labs.

“Nobody complained,” said Cunningham of the new printers. “They seemed to like it.”

While duplex printing has obvious environmental benefits, it is also a space-saver for frequent print users. For example, instead of carrying 30 pages of PowerPoint slides, students can print the same amount of notes on 15 pages - this means half the bulk in an already overcrowded binder.

Paper usage has only recently increased in campus computer labs. “We started looking at it over the summer,” said Cunningham. Since the start of the 2005-2006 school year, the computer lab printers have gone through 340,000 sheets of paper - close to 17 trees.

It’s current strategy includes surveying the situation and focusing on voluntary awareness.

They also surveyed students on printing attitudes, among other things. “We were surprised with the results,” she said. Many students want to see a reduction in the paper waste happening at Cedar Crest.

Students’ most frequent comment on the survey was that “professors should print out all material for class, instead of making students print it out.” This is a common complaint among many students, and IT is encouraging faculty to consider double-sided photocopies for handouts.

“Everybody likes to print out their PowerPoint slides and syllabus,” said Cunningham. Many PowerPoint slides posted by faculty on E-College end up being printed in a campus computer lab. “It’s cheaper to make a photocopy than a laser printout,” she pointed out. One solution may be to send print jobs to Printing Services, and sell slides and handouts as supplements in the Bookstore.

“Students are not happy to have to print out
Falling in love with women

Linda Mistura
Managing Editor

This past semester I fell in love with women. This profound statement needs some explaining, maybe even a lot of explaining. But patience is a virtue, even though I, personally, don’t possess it.

I was first stricken with this thought at winter graduation this past week. Though I have been at Cedar Crest for two and a half years, and am always amazed at the capabilities of the women who attend this school, I really had never been so proud of the women who chose Cedar Crest for their education until the moment the graduates walked in, and the professors processed in behind them. It was at that moment I realized that I had fallen in love with women.

Or maybe I had fallen in love with what women can do. Dorothy Blaney spoke, and reminded me of all the things she has managed to do for this school. In the early nineties, Cedar Crest considered going co-ed, but with the strength of Blaney’s dedication and leadership, a decade later Cedar Crest is still a women’s college with enrollment rising each year. Sometimes it takes a woman to do a man’s job, they say, and Blaney stepped up to the plate, bringing Cedar Crest to the reputation it is today.

Carol Pulham also spoke, reminding me that women can do whatever they want. Like her, women can take control of their lives and destinies, obtaining master’s and doctorates and changing careers. They can inspire others to do good, or lead them in positive directions. “I thought I was going to go in to talk to her about my independent study,” Racon said of Pulham. “But she told me I was going to become an English professor and get my masters and doctorate. I left her office and said ‘ok.’ That’s why I’m at Lehigh today.”

But it’s not only women like Blaney and Pulham who hold positions of power as the President and the Provost that I have fallen in love with. I have discovered in the past semester that all women have something to contribute to the world, whether it is to make a difference in one person’s life, in many people’s lives, or to simply make someone feel better about themselves for a moment. I think that this has been brewing for more than the past semester, it just finally presented itself to me in one clear coherent statement.

The realization happened relatively quickly while I was standing in awe of all of these graduates who had worked so hard to quickly while I was standing in awe of all of these graduates who had worked so hard to be there. Some walked with a sense of urgency, some walked with grace, and some walked with a sense of joy.

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The Campus Corner

What are you most looking forward to this semester?

Katelyn Burgett ’07
Genetic Engineering

“Research and my dictators class.”

The Campus Corner

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Katelyn Burgett ’07
Genetic Engineering

“Research and my dictators class.”

Shelby Ellery ’06
Chemistry

“Visiting graduate schools (especially in California).”

Mary Jo Moninghoff ’07
Dance

“Being in everybody’s senior projects and auditioning for summer jobs.”

Continued | Page 3
Greetings all,

I hope you all had a great break and find yourself excited about the new term. My break went all right, although I had to deal with the flu after New Years.

I received an amazing Christmas gift via e-mail from a stranger. Perhaps you saw my poem in the Cedar Crest Lit Magazine, “In the Aftermath.” I had it posted on my website since September, and on December 22, a woman wrote to thank me for writing it. She is a librarian for the Army Corp of Engineers, and was looking for a poem for the library display in New Orleans. It is such an honor for me to have my poem adopted in such a manner, by the people I wrote it for. If you do not see it, I left it on my website.

Although my life is going well, I find myself single once again. The really nice guy I met on charmonkey.com turned out to be not what he said he was. He was extremely skilled at being who I needed, saying what I wanted to hear and never discounting. Yet, what I look for acceptance turned out to be acquisitive. I need a challenge in my life. As a passionate person, I need a passionate partner. I hope I am not wrong, but I feel I need to hold on to a natural person, I need a passionate partner. I am. I guess it boils down to I would rather be with someone who inspires me, and I am willing to wait until I find it. I do not want to find myself alone in the world again, but maybe now I have the confidence that I lacked before. As I told him when we broke up, perhaps this is the way it is meant to be. He is much more confident and relaxed, far from the clean-cut, uptight dude that he was. And I am much more confident about my social skills. Perhaps we were together in order to get to the place where we can find what we both need.

With that in mind, I took it upon myself to go out of my comfort zone. I never go out by myself to a bar or anywhere really. However, I had a blast on New Years Eve at a local bar and grill singing Karaoke for the first time in my life, so I gathered my courage and went back on my own in mid-January. The place has a crew of regulars that welcomed me into their fold and encouraged me to sing, and actually applauded when I finished “California Dreamin’.”

I was not able to go out like this in the past. I felt so bad about myself, so insecure and lacking in any self-esteem. If someone met my eyes, I would look elsewhere fast. Yet I complained about a lack of friends.

I think many of us come into society without an understanding of social skills. We see the people who just naturally get it, the way they behave to draw in people and make them interested in being friends with us. Those of us without that natural ability stand on the sidelines and wait for friends to approach us, not understanding what is needed to create that atmosphere to which people are drawn.

In my years at Cedar Crest College, I have slowly learned these skills. I have found that these skills are already present in all of us, yet not easily understood. All it takes is eye contact, a true smile, and a genuine interest in other people to find yourself surrounded by those who would like to be your friend. My worst mistake in years past was my insistence on telling everyone my life story, my trials and tribulations. I could only identify with people based on their pain. Trust me; this is the best way to drive people away. Perhaps it was because I had no success stories to tell. I was not proud of who I was or what I did. If people did not see the “I love you” for loser on my forehead, I would point it out. Now, I have many good things I can do.

I am one of this spring where I am aggravated with the Community that is Cedar Crest. But when I am not here, I miss it, and I know that when I leave for good, I will always be looking for a reason to come back to the place where I discovered the power of the fairer gender.

Life...or something like it

Just blown my mind
Beth Coulter
Columnist

I get the idea that many people think that life in London, and England, must be very similar to life in the states. We speak the same languages, our countries embark on wars together, we are allies, so apart from the accents, the obsessive tea drinking, and the whole queen thing—surely there can’t be many differences.

Wrong. It’s a whole ‘mother over here. I had lunch with fellow Michelle Dunning, and we spent quite a bit of time discussing and whining over some of the irritating, cute, and down right bizarre differences of this foreign land.

You can’t go get peanut butter here. Most schools don’t have a nice book store where the books are laid out by class number—you have to go to bookstores in the city and find your own books. Don’t expect to be able to buy a list of recommended books to buy that is less than two pages long for any given class. Three binder spines do not exist in this county—just ones with two rings in the center, and loose-leaf notebook paper is apparently an American thing.

Then there are the annoying ones that no guidebook will ever tell you, but so help you god if you get them wrong. “Pants” is a prime example of this. Pants, in England, are your underwear, and are, always and forever, only your underwear. They are not your jeans; they are not your trousers. So when announcing in a crowded place that you are around you will be horrified and appalled and will move away from you.

Pants, in England, are your underwear, and are, always and forever, only your underwear. So when announcing in a crowded place that you are混凝 in your skirt, and would like to go put your pants on, everyone around you will be horrified and appalled and will move away from you. Similar to this is the phrase sweatpants. English people think that word is disgusting.

The biggest difference, the one that catches me unaware every time, is that in London, when you purchase something, no one will tell you to have a nice day. No one. Ever. That probably seems like a silly thing to notice, but every time I say something: I want it, I expect it, and nothing happens. There’s just a big emptiness between me and everyone else in the store. In America, it makes it personal, it reminds you that in this big open space of strangers, people still want to make it personal, you’ve spent a certain amount of minutes of your life (probably ten at any good Bath and Body Works: 45 at least) here, so here at the K-Mart on South Fourth street) interacting and connecting with people, and it’s nice to have that狭隘.

This thing, without the American pleasantries, the whole transaction feels hopelessly inadequate and incomplete. I stand there staring, just waiting for this human interaction to be validated, to have it be given personality and purpose while the poor shopkeeper stands there wondering why I could possibly still be in front of him, and then presumably wonders if I’m now going to rob him with a big American gun.

It’s incredibly awkward for everyone

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Submission of letters to the editor:

Letters may be submitted via campus mail to The Crestiad mailbox or e-mailed to crestiad@cedarcrest.edu. Please include your name, contact information, relationship to the Cedar Crest community, and class year (if applicable).

We do not print anonymous letters. The Crestiad cannot guarantee the publication of any letters or commentaries.

Falling in love
Emily Pulham
Columnist

big smile, others nervously, and still others waving their diplomas excitedly at their families cheering them on from the audience. But each of the women who walked across that line has cheering them on from the audience. But each of the women who walked across that line has
cold in your skirt, and would like to go put your pants on, everywhere around you will be horrified and appalled and will move away from you. Similar to this is the phrase sweatpants. English people think that word is disgusting.

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It’s incredibly awkward for everyone
Mr. Chemist’s Neighborhood

David Raker

Crestiad Cartoonist

Ms. Takes

Jennifer Kumetz

Columnist

Caring and respect can bring progress and growth

You may write me down in history With your bitter, twisted lies You may trod me in the very dirt But still, like dust, I'll rise. Does my sexiness upset you? Does it come as a surprise Does my sassiness upset you? You may shoot me with your words Does it come as a surprise Does my haughtiness offend you? You may cut me with your eyes Does my sexiness upset you? But still, like dust, I'll rise. You may kill me with your hatefulness But still, like dust, I'll rise. You may trod me in the very dirt With your bitter, twisted lies Does it come as a surprise Does my sassiness upset you? But still, like dust, I'll rise. Does my strength interest you? Does it come as a surprise Does my power impress you? You may shoot me with your words But still, like dust, I'll rise. You may cut me with your eyes But still, like dust, I'll rise. You may kill me with your hatefulness And still, like dust, I'll rise. I’ll get used to it. Come next fall you can expect to find me standing in line at the bookstore grumbling "I won’t get used to it." You may bring the gifts that my ancestors gave, bring progress and further growth; happy Valentine’s Day. Peace, Beth

Contact Beth at bethq7@voice.net and visit her website for more writings and information at www.bethcoulter.com

Welcome back, everyone! I wanted to share this poem in light of both Black History Month (February) and Women’s History Month (March). Angelou’s poetic words portray a powerful note of resilience in this message of pride for African American women, and can be words of strength for all women.

The repetition of the phrase “I rise” brings to mind Sojourner Truth’s impassioned speech in 1851 at the Women’s Rights Convention in Akron, Ohio in which she powerfully repeats “Ain’t I a Woman?” Truth spoke resonantly and passionately about changing the assumption that all slaves were black men and that all women were white. She wanted to carve out a place for black women who had yet to be recognized. Angelou’s poem builds on Truth’s work and the work of many activists and supporters of Truth’s time including Lucretia Mott, Harriet Beecher Stowe and Frederick Douglass. The abolition and suffrage movements became linked early on when black women recognized that their status as women was leaving them below the status of slave men, and when white women

were fighting for abolition realized that they themselves lacked many rights. I admire the strength of all of the activists of the nineteenth century and today, yet am saddened that even in 1978, Maya Angelou wrote “Still I Rise,” that there was and still is today, so much more progress to be made.

The Fourteenth Amendment was passed by Congress in 1868. It states, in part, “nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws.” This guaranteed all slaves citizenship. Yet, in 1869, when the Fifteenth Amendment was passed, there was no mention of gender in terms of voting rights, meaning that black women, all American women, were still left out of the full account of citizenship. Fifty years later women finally got the vote.

I was surprised to find that the last state to recognize Martin Luther King Day only did so six years ago, in 2000, when South Carolina finally joined the rest of the country in celebrating this man’s accomplishments. In 2002, Halle Berry became the first black woman to receive a “Best Actress” Academy Award. Berry was also the first black actress to receive an Oscar for “Best Actress” in 2001. In 1993, Toni Morrison became the first black woman to receive the Nobel Peace Prize for Literature, and Rita Dove became the first African American Poet Laureate. Condoleezza Rice, appointed in 2005, is the first black female Secretary of State. I share these facts both to recognize that African American women are beginning to be attributed for their accomplishments, but also to see how recently many of these firsts have occurred. What is progressing America waiting for? Well, it is obvious that despite our country’s slow coming around, black women are continuing to carve their place, to “rise” as Angelou says, and make sure that no one forgets that the answer to Truth’s question is YES.

Maybe caring and respect can bring progress and further growth, happy Valentine’s Day.

Here are some great authors to check out. The following have written poetry and fiction about the experiences of black women in different times and different places: Maya Angelou, Gwendolyn Brooks, Rita Dove, Lorraine Hansberry, Jamaica Kincaid, Toni Morrison, Alice Walker and Ama Ata Aidoo.

For historical accounts of women and slavery check out Harriet Jacob’s “Incidents in the Life of a Slave Girl,” Bethany Veney’s “Narrative of a Slave Woman,” Kate Blake’s “The Southern Husband Outwitted by his Union Wife,” or Ida M. Beard’s “My Own Life, fit, or a Deserted Wife.” All of these and more may be found at www.docsouth.unc.edu by clicking on the “Author” link.

The “Documenting the American South” website has various pieces of e-literature that can be searched by author, subject, title or geography.

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The view from 15,000 feet: An elegant elevation

Gillian Maffeo & A&E Editor

Looking out into the never ending apparatus sky, I could feel my heart pumping as fast as it could. “You ready girl!” called my instructor. No words came out of my mouth. I was stilling my adrenaline built up. We were the last to jump, everyone had already jumped. “This is it,” I thought to myself. Questions ran through my head, but there was no time to think. It was now or never.

I happen to be the type of person that likes to do extreme activities. I have no fear (besides spiders) and I love that rush that comes along with doing all these audacious things. So far in my life I have completed a vast amount of extreme activities, but sky diving was next.

During the summer I went to Chicago to visit some family, when I saw an advertisement for Sky Dive Chicago. I had to go there! The sky diving center was very nice and professional, it wasn’t some cheesy “rinky dinky” place. They even video taped you and took photos.

After dropping two hundred dollars to be in the air for eight minutes, my energy level rose, and I continued to drink numerous cans of Red Bull.

Before I could even get suit up, I had to attend an hour long class. It was pretty boring and it freaked me out a little because all they talked about was what happened if you didn’t pull the parachute, and all the risks. At that point I had downed six Red Bulls and my anxiety level was high. I could feel the adrenaline start to take over my body.

After the class, we got matched up with our instructor. We would be going tandem with (by tandem I mean that the instructor is attached to the back of you while you sky dive). The instructor helped us put on all the equipment that was necessary, showed me some quick tips, and then we were off!

Walking out to the loading area, my heart was pounding and my stomach was flip-flopping. My instructor was psyching me up and asking me questions, and I pretended to be all fun and games, but inside I was having a total melt down.

After we boarded the plane, it struck me that there was no turning back. I could tell who the first time jumpers were because they looked like they were going to puke, and I could tell the regulars because they just looked so calm, it was almost like they were reading the Sunday newspaper with a cup of coffee.

The plane rode felt so long and dragged out, and finally we made it to our peak of 15,000 feet. As soon as the door of the aircraft opened, wind brushed upon our faces. Numerous people jumped out of the plane, and my instructor and I were the last to go. Placing my knees at the edge of the open door, I looked down, and what a sight I saw! It was the craziest feeling I have ever felt in my life, and I liked it.

Arching my back and looking up, my instructor called out, “3, 2, 1, HERE WE GO!” And at that moment my heart was beating hypertensively as we made the actual jump out of the plane into the calm sky. I could feel my blood rushing to my head as I looked down at the land that looked so small from my view.

Soaring at one hundred and twenty miles an hour and descending at ninety miles an hour through the Earth’s elegant atmosphere, I felt alive and free; I was beginning to have fun. It was hard to catch my breath in the air because we were going so fast. Once we got leveled my instructor pulled this little mini parachute that helped us balance and float through the air. Once we were floating I was having the time of my life, I didn’t want it to end.

Eight minutes passed and it was time to pull the parachute, which I forgot to do. The parachute ride was even more peaceful, but boring; I’d rather be going a hundred and twenty miles an hour.

My landing was decent, I just plopped my body in my instructors lap. When I landed I felt like a new person and was ready to do it again. The feeling was just amazing words can’t describe what I was feeling as I jumped out of the aircraft and into Earth’s atmosphere.

I live for adrenaline. The feeling of your heart pumping uncontrollably, while your blood rushes through your veins as quickly as possible, and that nervousness in your stomach starts to unfold, making you question yourself, “do I really want to do this?” is something I live for.

The rest is still unwritten: Success stories never end

Sarah Magner | Opinions Editor

“Staring at the blank page before you/ Open up the dirty window/ Let the sun illuminate the words that you could not find.” Judging solely by the amount of AIM away messages containing these lyrics, I would imagine that most of you find Natasha Bedingfield’s recent hit “Unwritten” to be quite the inspirational tune.

So close you can almost taste it/ Release your pent-up/ Feel the passion that’s burning bright/ The rest is still unwritten/ Success stories never end/ You too can achieve it/ No one else can speak the words on your lips/ Drench yourself in words unspeakable/ Live your life with arms wide open/ Today is where your book begins.” Bedingfield points out that we can find the joy in every situation, so long as we allow ourselves experience it.

Another resolution that I have made is to keep a daily journal. As I learn and grow, I remember how much I have changed since high school, or even since last year. I recommend you to do the same. When we have concrete evidence of our positive results, we are more apt to give ourselves a well-deserved pat on the back, as well as appreciate past hardships that turned out to be wondrous learning experiences.

Senior Chelsea Toth and I proudly display our binders, used for our presentation of a dramatic duo in Montreal, Canada. Toth decorated the inside covers of the black books with Fire and the City-themed photos and phrases, the ultimate reinforcements of empowerment and motivation.

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Collegiate Career Expo

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February 22, 2006
10 am—5 pm

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Alvernia College
Cedar Crest College
DeSales University
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Lafayette College
Lehigh Carbon Community College
Lehigh University
Lehigh Valley College
Moravian College
Muhlenberg College
Northampton Community College
Penn State Berks
Penn State Lehigh Valley
Reading Area Community College

- Companies in attendance will be seeking students for full-time employment, part-time employment, summer employment, and internship opportunities.
- Each student will be required to submit a copy of his/her resume for admission to the fair.
- Professional dress is required.
There is nothing like a good cup of coffee and a discussion with people who ignite inspiration into the hearts of their listeners. Sunday, January 29, the junior class had the privilege to network with alumnae and learn what life is like in the real world.

The ten accomplished alumnae, all coming from different backgrounds and career fields, gathered around the long discussion table to share their experiences. They answered questions concerning graduate school, internships, and the various steps that should be taken when searching for the perfect career.

It has been reiterated to students that to obtain one’s “dream career,” you must participate in internships, volunteer work, and join everything humanly possible when in college. After listening to these successful women, it again holds true. Everyone on the panel stressed the importance of networking when pursuing any career. “We all should hold that of every opportunity. Write down ideas for your future. Network, be more persistent in your daily life,” suggested Amy Martin, ’03.

Not only did this event discuss the means in obtaining the “dream career,” but the alumnae convinced students that there is much more to life than stressing yourself over the perfect 4.0, although good grades help. While trying your hardest at the demands of college, “take the opportunity to experience what life is like in the real world. Then take a look around, this is the time you find yourself,” said Megan Longenderfer, ’97. Beth Peters-Petrow, ’01 followed with her comment, “Listen to your heart and follow it to where it takes you.”

No matter what the advice, every junior attending that night seemed to leave the Tompkins College Center a little more inspired, a little more on track, and not so worried about entering the “working world.” “I believe this panel helped increase my knowledge in the field of education and I know if I take their advice it will benefit my future,” said junior education major Mallory Basso.

THE BUSKIN SOCIETY PRESENTS: Vulvapalooza Week

SCHEDULE OF EVENTS

Sunday, February 5: Movie night in Alumnae Hall Auditorium
Monday, February 6 & Tuesday, February 7: “Why should famous women have all the good quotes?” Feit Poetry at lunch & dinner Tables in the TCC
Sponsored by Alpha Psi Omega
Wednesday, February 8: “Shoe Toss” A shoe is placed on a pile for every woman who has been abused (400 shoes in one hour)
Thursday, February 9, 11:30-1:00 & 5:00-6:30:
Vagina Workshop
Note: You can leave early, but please do not arrive late. Once the doors are closed, no one will be allowed to enter.
Friday, February 10 & Saturday, February 11: Vagina Monologues performance Alumnae Hall, Little Theatre 8:00 p.m.
Sunday, February 12: Vagina Monologues performance Alumnae Hall, Little Theatre 2:00 p.m.

Vagina pops and buttons will be available during lunch & dinner throughout the week and the HAT LADY will be here Saturday, Sunday, and Monday

Schedule subject to change

News

Juniors learn the brew of life

Tiffany Warnie Staff Writer

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Student Government News

Christa Hagan Staff Writer

It did not take long for the Student Government to be back in action. The first meeting of the semester was Wednesday, January 25 and they sure knew how to keep the ground moving. Student Government is not just talking about elections, but also starting them earlier than last year.

During the meeting, a Constitutional change was made to move up the date to begin nominations. The senator voted that nominations for the executive board and representative positions of Student Government (SGA), Student Activities Board (SAB) and the Honor and Judicial Board (HJB) would begin at that meeting.

In prior years, campaign time for students running for executive boards or representative positions of the associations or class offices was limited. Now students will be allowed over three weeks to prepare, organize and campaign before the elections.

Another change, which was made to the election process outlined in the Constitution, was the reduction of the number of elections. In prior years, there were three elections. The first election was for the Student Government President, Student Activities Board Chair, and Honor and Judicial Board Chair. The second election was for the other executive board positions for the campus wide organizations, including SGA, SAB and HJB. The third election was for representatives of each class.

It was noticed that the number of people who came out to vote dropped significantly from the first election to the last. To encourage more people to vote, SGA has combined the president and chair election with the campus wide executive board election. “This will also make it more competitive,” said Student Government President Sabrina Kulakowski.

Another addition to the voting process is the arrival of online voting. This was done to encourage more people to vote. Student Government Administrative Vice President Carol Dao explained that there would be an e-mail system set up where students could send their votes online. This is a change from previous years when there was a table set up in the area outside of the Bistro. Dao also explained that a system would be set up which would stop and discard repeat voters, so people could not vote for one person more than once or different people multiple times.

In past years, each of the three elections lasted one day. Now, with only two elections and online voting, the polls will be opened for three days for each election.

Another aspect of the semester the association is already gearing up for is Casino Night. This annual tradition that SGA plans every year and it is a favorite among many students.

This year Craps, Texas Hold’em, and Blackjack will all be featured at the event. Casino night will be part of Winter Weekend. It is planned for Friday, February 17 from 6:30 -8:30 pm. This event is free and it includes games, food, and prizes.

SGA also had two organizations come to the meeting who wanted to be recognized as new clubs.

The dance honor society, Nu Delta Alpha, is now a recognized club on campus. Since this organization is an honor society, it has specific requirements for students to be considered a member. Students do not have to be dance majors, but they must have some kind of dance involvement at Cedar Crest, among other requirements.

Take Back the Night is an organization that is rooted in raising money and awareness about different forms of abuse. This group has been active on campus previously. They organized the Take Back the Night events in the past. They are now officially recognized as a club.

Student Government is also planning for the Senate retreat which is scheduled for the weekend of February 4 and 5.

Student Government Association meetings are every Wednesday at 6:00 pm in the 1167 room of the Tompkins College Center.

Dean Laffey said, “There are always ways that we can improve. The Health Connection is really aimed at body, mind and spirit. I think we need to develop more opportunities in the area of health of spirit.

Other possibilities are smoking cessation programs, ways of helping to motivate students, faculty, and staff to live healthier lives. Motivation and desiring change are important aspects in changing behaviors so some further work in this area would be helpful.”

“Through Healthy U, participants have added exercise and good eating habits to their lifestyles. [As a whole] they have lost over 1300 pounds and have formed habits that will affect their health for years to come.”

Joan Laffey
Dean of Student Affairs
New degree programs will broaden opportunities

Lori Gallagher
News Editor

In order to diversify and expand the program offerings at Cedar Crest, a Criminal Justice and Marketing major as well as a Masters in Forensic Science have been approved by the faculty.

These programs began as proposals from the department chair to the Faculty Executive Committee (FEC) and the Curriculum and Academic Policy Committee (CAPC). The Master program was also submitted to Graduate Program Committee (GPC) for review and recommendation.

After each committee reviewed the proposals, a recommendation was made to the full faculty. All three programs were put to a full faculty vote in December. However, there must be a thirty day waiting period between the recommendation and the vote.

On January 17, 2006, the faculty approved the Criminal Justice and Marketing major, along with the Masters in Forensic Science program. President Dorothy Blaney must take the vote from the faculty and make her recommendation to the Board of Trustees. The Trustee meeting will be on February 9, 2006.

Provat Carol Pulham is very pleased that all three programs were approved. Pulham explained that “marketing has been the most popular field among women in business. Cedar Crest is a women’s college so a marketing major will serve the needs of our students. I think it is a perfect fit.” said Pulham.

Pulham also believes that Criminal Justice is a nice addition to the programs offered at Cedar Crest. “Criminal Justice is a relatively new field, that is growing. The demand for men and women in the Criminal Justice field is also increasing.” Pulham explained that with Criminal Justice majors, there is often a temptation to train for lower level positions. At Cedar Crest, the program is designed to encourage and prepare women to take high level positions.

The courses teach students to look at issues from an analytical and critical approach. Graduates of the Criminal Justice program should be able to look at the big picture in society and make educated and ethical decisions.

Pulham explained that this type of program can be offered because, “Cedar Crest is grounded in the Liberal Arts and the information is not purely technical.”

The Masters in Forensic Science will help Cedar Crest build on the strength that is already in the sciences and the number of people working towards Masters degrees is increasing. Another Masters program will also enhance the experience for undergraduate students.

Like the Masters in Education program that is already offered at Cedar Crest, the Masters in Forensic Science will be open to both men and women.

The Marketing and Criminal Justice majors will both have classes that are offered in the evening, so the programs will be open to lifelong learning students as well as traditional students.
This spring, The Crestiad decided to go back through the recent graduates of Cedar Crest to see what they are currently up to. The final product is the Alumnae Spotlight, which will feature a different graduate with each installment. If you know someone who is up to something, fun, interesting, important, or life-altering, contact us with your ideas at crestiad@cedarcrest.edu.

Amy Martin graduated from Cedar Crest in 2003. Like most graduates, she saw herself getting a job and moving on with her life, looking forward to returning to the college later in her life. She never expected that later would really be only one summer after she had graduated, and that she would be coaching not only field hockey but lacrosse as well.

Martin came to Cedar Crest for her undergraduate degree because it filled all of the requirements that she had laid out for herself as far as what she wanted from a college. “I knew I wanted a smaller college, within two hours of my family, that had field hockey and lacrosse and my major – Elementary, and is currently teaching fifth grade at the same school, where PSSA prepa-
ration is underway. One of the things she finds most rewarding about her job are the relationships she forms with her students. “It can be difficult at times when you are not only trying to teach them the skills that they need but also the ways of life,” Martin said. “I have met many students who have had some great struggles and they are not even 10 years old. Sometimes it is hard to imagine how a child can grow through so much at such a young age.”

Martin says one of her greatest successes has been the connections she has made with the parents of the children she teaches. “It is a wonderful feeling to know that you have made a difference in not only their child’s life but in the [the parents] lives as well,” Martin said.

One of the most important things that keeps her life same is organization, according to Martin. “If I don’t have my bag packed, my outfit picked out and the coffee machine set, I can’t go to bed. It’s the little things, the routine, that gets you through the crazy days,” Martin said, offering her advice to keep others sane as well.

While many graduates miss the campus, Martin has been fortunate enough to have been back to visit many many times. What she misses most are the people she went to school with. “I miss a lot of the friends that I had met along the way,” Martin said. “Talking to them often doesn’t seem like enough when you spent so much time together either in the classroom, at dinner or meetings.”

Martin is already looking for her next job, where she hopes to be contracted and then go on in school to get her masters in Technology Education. “I look forward to the possibility of getting married and one day having a family of my own,” Martin said.

ALUMNAE SPOTLIGHT:

Amy Martin, Class of 2003
Back to the Crest in record time

Former student shines on ‘Runway’

Jennifer Woytach
Editor in Chief

For those who are fashion savvy or just in need for a stylish dose of reality TV, Bravo’s Project Runway has it all.

Locally, people in the Lehigh Valley tuned in on Wednesday nights to support Marlisa Duran, an Allentown native who appeared on six episodes of the hit television show. Talking on her cell phone in a busy restaurant in Los Angeles, Duran said she was “born and raised, moved and came back” to Allentown. After traveling to and living in places such as England, France, New York City, and Los Angeles, Duran decided to stay in Allentown to be closer to her family and to raise her son.

Always creative, Duran attended George Washington University for one year and left to pursue an apprenticeship with a potter in Washington D.C. Not long after that, Duran wanted to go back to college. Duran then attended Cedar Crest College for one year, in the 1970s. Duran said she “primarily studied French and ceramics” while she was here.

Duran said she has been back to campus for cultural events. With the exception of new buildings, Duran said that the College is not much different today than it was while she was a student. “It’s pleasant to sit outside under the stars,” she said, of the campus’ open quad.

Her son was the inspiration for the beginning of her fashion career. She started making clothing for him, which led to making different items. Duran makes clothes for herself, too. When she appeared on The Today Show with Runway co-designer Diana Eng, she wore a red top that she made herself.

According to Duran’s biography on the Project Runway website, “I like clothes that feel good on the body, as well as look good. I tend towards clothes that have an architectural look. And I prefer timeless style over trendy- ness, although I do enjoy trends.”

Duran has also said that her clothes have a vintage look. Aside from making clothes and pottery, Duran has experience in drawing, weaving, and jewelry making. “I like working with my hands,” she said.

Duran has been in her Bethlehem studio for five years. She referred to her studio on East Third Street as a place with “a lot of charm.”

The third annual Conference on Health and Wellness:
Theory, Research and Practice

The Health and Wellness conference will be held here at Cedar Crest College on Thursday, April 27, 2006. All poster presentations, papers and workshop sessions will be held on April 27 from 10a.m. to 5pm.

The Review committee is now issuing a call for proposals for educational presentations, poster sessions and/or workshops. We are inviting you to submit health and wellness related research and material for this conference.

If you would like to submit a proposal for this conference, please provide a 250 word abstract and indicate if the proposal is for a paper presentation, poster session or workshop.

All proposals must be sent via email to Dr. Kathleen Bolton (kbolton@cedarcrest.edu).

Call for Papers

Deadline for submission: March 1
Firecode regulation limits residence hall decorating

Reducing printing

200 pages,” she said.

“Printing out PowerPoint slides can lead to paper waste in another way—from computer labs up to their rooms.”

Cunningham and Greenwalt mentioned another big source of paper usage—websites. With technology such as Flash, web pages often print out incorrectly. “In these cases, print preview would help,” said Greenwalt.

“Some students also print out more information than they need, such as all 18 pages of a document that has one useful paragraph. ‘They don’t realize that you can copy and paste into Word,’ said Cunningham.

Finally, Cunningham and Greenwalt brought up one pet-peeve of lab assistants and students alike—too-happy users. “If it doesn’t come out the first time, they hit the button again,” said Greenwalt. If the printer is jammed or empty, this means each print job will wait until the problem is solved and then print copy after copy long after its intended owner is gone.

Cunningham encouraged lab users to be vigilant about paper usage on campus. “You know the frustration of being in a lab without paper,” she said. “You’ve also seen people taking paper from computer labs up to their rooms.”

“If people don’t stop abusing the system, we’ll have to do something. I would like to see that happen voluntarily.”

In times of war and political unrest in the United States, people sometimes forget how fortunate they are. It is hard to be affected by the trials of individuals, especially in third world countries, because they have so little and we have so much.

Imagining life without electricity, running water, a computer, and especially, a Sunday night without Desperate Housewives is almost unheard of.

However, a recent article that appeared in The New York Times on December 23, 2005 made readers think differently. “Another School Barrier for African Girls: No Toilet,” was the story that detailed the plight of African girls trying to get an education, and it served to remind those who are privileged to remember how much good fortune and how many opportunities are set before them.

The New York Times article chronicles the stories of different girls whose menstruation cycles disrupt their education. A study by the United Nations Children’s Fund gave the estimate that “one in ten school-age African girls either skip school during menstruation or drop out entirely because of lack of sanitation.”

And lack of sanitation does not just refer to lack of clean water in sub-Saharan schools; it also gives need to lack of toilets and privacy in general. For example, students in Balenzida Primary School have to go to the bathroom amid thorny scrubs.

Women’s rights and education are not the only things Americans take for granted. Childhood in general is something we take for granted as well. Recently, www.unicef.org reported of child abuse in Zimbabwe and encouraged people to speak out, especially in light of the recent reports of six young school children by their teacher in Zimbabwe.

More cases of child abuse come to light in the form of child soldiers. On December 23, 2005, the New York Times reported, “Many girl soldiers are expected to provide sexual services as well as to fight.”

These girls, who often become pregnant by their abductors, have a harder time returning to their normal lives. As www.bbc.com reports, UNICEF is now campaigning against one of the recruiting rebel groups, the Tamil Tigers, who deny any involvement in the recent recruiting of children.

Our general health is taken for granted as well, and this is especially obvious after reading reports on the AIDS virus spreading rapidly through Africa. The spread of AIDS has affected entire villages and wiped out entire families. As reported by www.bbc.com, “South Africa has the most cases in the world, with five million. Botswana, Lesotho and Swaziland have the highest percentage of people who are HIV positive.”

The United States, among other agencies trying to help out AIDS-stricken countries such as Africa, has instated a program called Emergency Plan for Aids Relief, which encourages abstinence (meaning the program is, in fact, to emphasize education on preventatives such as condom use).

The images and stories of people, families, and villages stricken by the problems listed above are haunting. However, with the privileges of such an industrial country, it is difficult to imagine how these people feel. In our modern society, we are not often reminded of all we take for granted, but stories such as these could help us realize just how fortunate we are.

Civil rights leader

Coretta Scott King dies

On Tuesday, January 31, the flag at the King Center in Atlanta was lowered to half-staff in memory of Coretta Scott King, who passed away on January 30. King was born in Marietta, Alabama on April 27, 1927. She was the widow of late civil rights leader Martin Luther King Jr., a mother of four, and an activist. Mrs. King helped organize marches and sit-ins in segregated areas.

King earned a B.A. in music and education at Antioch College in Yellow Springs, Ohio. After King decided not to become a school teacher, she attended the New England Conservatory of Music in Boston, Massachusetts. She later integrated this musical background into her civil rights movement. King helped raise money for the Southern Christian Leadership Conference by singing and reading poetry at “Freedom Concerts.”

As a family that strongly supported civil rights, King had to watch over her family closely. A year after the birth of the King’s first child, Yolanda, their house was bombed in response to the Montgomery Bus Boycott.

Mr. King was assassinated in 1968 just before a planned march. However, just four days after her husband’s death, Mrs. King returned to finish the march. She continued to support her husband’s cause until her death.

King had suffered from a stroke and mild heart attack in August 2005. At her last public event on January 14, she was in a wheelchair and did not speak. Still she waved as the crowd gave her a standing ovation. King died at the age of 78.

In UNICEF centers, which give “medical and psychosocial care for the children, who are simply kidnapped from their homes by armed militia.”

UNICEF also goes on to explain that “many were forced to fight and kill, while others endured sexual violence during captivity.”

Both boys and girls are abducted to become child soldiers, but as www.amnesty.org reports, “Many girl soldiers are expected to provide sexual services as well as to fight.”

These girls, who often become pregnant by their abductors, have a harder time returning to their normal lives.

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The Crestiad would like to congratulate former staff and all winter graduates

On Friday, January 27, 2006, 86 students became alumnae of the College as Cedar Crest held its annual Winter Graduation Ceremony in Lee’s Hall. Speakers included President Dr. Dorothy Gulbenkian Blaney, Provost Dr. Carol Pulham, and Life Long Learner Maureen Bamert. The Cedar Crest College Madrigal Singers performed two songs, A Song of Faith and Alleluia.

Pictured left Tonesha Baltimore, former Business Manager
Ms. Baltimore graduated with a BA in Management.

Pictured right, Nicole Rubertelli, former Chitter Chat columnist and Campus Corner photographer
Ms. Rubertelli graduated with a BA in Communication.

Good luck with all of your future endeavors and be sure to stop by once in a while to pick up a copy of The Crestiad!

Alito confirmed to Supreme Court

Lori Gallagher
News Editor

After __ months since Judge Samuel Alito’s nomination, the senate confirmed his seat on the Supreme Court. Alito needed 51 votes of approval from the senate to be grant-ed this position. Alito watched the Senate vote with his wife and President Bush on Tuesday, January 31, 2006 as they voted 58-42 in favor of Alito, who is the 110th justice.

Alito replaced retired Justice Sandra Day O’Connor. She was the first woman ever appointed to the high court and a moderate swing voter.

This vote followed an attempted filibuster, which would have extended the debates infinitely, thereby blocking the vote. However, only 24 Democrats and one Independent senator supported this action. It was prevented by a vote of 72-25 and the confirmation process continued.

Senator John Kerry believed that the filibuster should have continued, but Senate Majority Leader Bill Frist disagreed. According to CNN, Frist explained that a “nominee with a support of a majority of senators deserves a fair up or down vote.”

Alito was well supported by the Republican senators. Of the 55 Republicans in the chamber, 54 voted in favor of Alito. Senator Lincoln Chafee, who voted against Alito is facing re-election this fall in Rhode Island, which is a primarily democratic state.

Alito receive minimal support from the Democratic party. Of the 44 Democrats in the Senate, only four voted in favor of Alito. All four senators were from states that supported President George W. Bush in the 2000 and 2004 elections.

Alito was sworn in at the Supreme Court a few hours before President Bush’s State of the Union Address on Tuesday, January 31. Alito joined Chief Justice John Roberts in the House Chamber for Tuesday night’s speech.

On Wednesday, February 1, Alito was ceremonially sworn into office in the East Room of the White House.
LIFESTYLES

Wasting time and money on cough medicine?

New research suggests that OTC cough suppressants may not work

Amber Moyer
Staff Writer

That wonderful time of year is finally upon us. Yes, the much-dreaded cold season is in high gear. This time of year it seems everyone is sniffling and coughing. Colds often seem unavoidable, and many times people are quick to reach for over-the-counter medicines to relieve their cough. But is this always the best approach?

America’s top lung specialists say that there is no clinical evidence to back the theory that over-the-counter cough medicines actually help relieve coughs in adults, and they may do more harm than good in children. Yet coughing is one of the main reasons people see their physicians. So what should you do to prevent and cure coughs?

According to Nancy Roberts, DNP, CPNP/CRNI, the director of health services at Cedar Crest College, “The three main reasons we give children cough medicines are for a post nosal drip. Instead of taking a cough medicine to suppress the cough it would be better to treat the actual problem, rather than the symptom.” Roberts emphasized that the best way to protect yourself and others is to wash hands frequently, cover up coughs, and stay home when you are very ill to prevent the spread of colds. She also recommended drinking a lot of fluids and using a humidifier, throat drops or a saline gargle. Hydration is key for staying healthy, especially during the cold season.

When asked if she thought prescription cough medications worked better, she noted that they can in fact relieve symptoms better but they come with more severe side effects. Many prescription medications contain codeine that suppresses cough.

Roberts said that it is sometimes necessary to take over-the-counter medication for your cough when it interferes with your sleep. Hydration is key all the time but that is easier said than done. Sometimes people sleep over the counter medications may help you sleep.

Roberts also explained the dangers of cough medicine and children. She said, “Children do not have the same cough reflexes as adults, so they need to be treated differently.” Physicians are always careful about prescribing cough medications to children. Coughing can be a sign that there is a serious problem, which is true in anyone but especially in children. If the cough is not due to a common condition most times it will resolve itself.

The best thing you can do to prevent catching a cold is to wash your hands often and stay hydrated. If you do find yourself fighting off a cold, drink a lot of fluids, use a humidifier and gargle with saline if needed. If that nagging cough is taken away from your sleep, an over-the-counter medication may help you get your rest, but other than that they do not help very much.

For a child with a cough, keep an eye on them and if the cough persists they should see their pediatrician to rule out any serious conditions.

Best of luck staying healthy this winter!

Resolving to make 2006 a better year

Ashanti Davenport
Staff Writer

With the beginning of the new year just under our feet, we vowed on New Year’s Eve to make changes in our lives, or at least try to. So then why are we here in February remembering about next year.

According to Clifton Arnaud, a British psychologist, “This is when motivational levels are generally at their peak. It is when people try to change something for New Year’s, you might have failed by now.” With the most depressing day of the year (January 23) now behind us, we can look on the bright side; we have made it this far with resolutions we have kept, and we have the rest of the year to start over and think about next year.

You may be wondering how we can keep those resolutions that seem to fall apart after a few short weeks and are forgotten by the end of the year. According to Life script.com, “Choose a resolution that means something to you. If you aren’t emotionally invested in it (i.e. you truly have no desire to lose weight, yourjust do it because someone is nagging you) it will hold no enjoyment in its accomplishment. If you feel like you are being punished, you will rebel.” Personally relating to your resolution can make an extra drive it takes to stick by it and fulfill that resolution.

Coming back to school after making these resolutions, some students delve into school work rather than concentrate on personal goals and new resolutions. This may be a time to turn the resolution into something that has reasonable limits for the college lifestyle. Students sometimes worry over grades and tests rather than putting time aside for themselves, and ignore the resolutions made in the stress of school work.

You need to look at the aspects of the resources available and your surroundings in order to stick with resolutions. You should always have a moment of “me time,” rather than giving time to everyone and everything else. Be realistic in keeping your resolution if it seems unreasonable and impossible - maybe you need to think of a better way to keep our resolution with the same general goal in mind.

New research suggests that over-the-counter cough medicines may not be worth your time or money. Instead, try focusing your efforts on staying hydrated.

For a child with a cough, keep an eye on them and if the cough persists they should see their pediatrician to rule out any serious conditions.

Best of luck staying healthy this winter!

International Corner

Prayers in Tibet

Christa Hagan
Staff Writer

Ever walked into or by a house and see small flags stretching across lawns or draped over doorways? Sometimes asking the owner about the meaning of the piece will begin a lengthy discussion of how the particular object came about and why. At other times the questions will result in a shrug from the owner and a simple statement of, “I thought they were pretty.”

People often decorate their homes and rooms with fun, interesting international paraphernalia without necessarily knowing the history or meaning behind these items. Prayer flags hold a substantial amount of meaning and were not created merely for looks.

From now on, looking at these flags of Buddha origin will not make you cock your head in wonder. Instead, you can pass by it knowing a thing or two about the tale of how it came to be.

The most common Prayer Flags are horizontal flags known as “wind horse” flags. They are most often square pieces of cloth and commonly come in blue, white, red, green and yellow. Each color stands for one of the five essential elements which are sky, fire, water and earth, respectively. This particular prayer flag is not the only one, for there are many different types which differ in meaning and purpose.

Prayer Flags are found mostly in Tibetan homes, monasteries and adoring mountain paths. They are often seen spanning between two poles but this is not the only way to display them, as they are often hung from one pole as a single long flag. The flags are covered in prayers and it is believed that the mantras will be spread worldwide as they wave outside, with the wind carrying the prayers and meanings near and far.

Lung-la is often the creature which adorns these flags. It is said that in Tibet for “wind horse” which was a Pre-Buddhist creature which carried messages from the earth to the heavens by the wind’s speed and the horse’s strength. Wind is often viewed as the expression of our minds and the power which fuels them. When prayer flags are hung, the desire to pray and works for others is carried farther than the mouth of the wind.

It is believed that if the flags are low then trying times are ahead and conflicts may arise. When the flags are hung high, many believe that plenty of opportunities are to be seen. Many raise their flags to increase lung-ta energy.

For more information about Tibet and Prayer Flags, try websites such as http://buddhism.kalsalaka.hakumin.org/symbols/tibet_buddhism.html/prayer, where most of this information was obtained.
Fresh off the shelf:

Jergens Natural Glow Daily Moisturizer

The benefits of teamwork
Many can benefit from a helping hand

Now that the winter blues have set in and school is back in session, maybe you need a little extra boost to get back in the swing of things. Have you thought that there may be other people like you, feeling the same way? There are many people who need a little extra something to get them started. One great idea is having someone do things with. Having another person or being part of a group motivates individuals to accomplish things and often gets them back into a routine. According to Jo Landersoer, author of Study Guides and Strategies, “Group learning, or working in groups, involves shared and/or learned values, resources, and ways of doing things. Effective groups learn to succeed by learning values, resources, and ways of doing things and often gets them back into a routine. Having someone who can study with or work on projects with the task at hand go smoother. One great aspect of having a partner or a group is that there are different individuals with ideas that differ from your own, and experiencing what another thinks makes all the difference. You can enlighten them on something they have missed and share thoughts on things that are new to both of you.

Another way to explore buddy system benefits this semester is from a fitness aspect. Psychology professor Dr. Diane Moyer is an active participant in Healthy U. Moyer said, “When I get too busy to go to the gym, someone one will say, let’s go. I have plenty of motivation to try and exercise.” One can also meet new friends in the college community while working out. Sign ups have ended, but you can still stop by the Healthy U office to get involved in the program. Healthy U is a great way to get started on a healthier you.

Healthy U
Cedar Crest’s own celebrity fitness club

Now that the winter blues have set in and school is back in session, maybe you need a little extra boost to get back in the swing of things. There may be other people like you, feeling the same way.

According to Cedric Bryant, PhD, chief exercise physiologist of the American Council on Exercise, “People who exercise with a partner are more likely to maintain a workout routine, and they end up with greater weight-loss success and better overall health.” If you have a significant other, getting fit together can be a great way to make a relationship better. It is also a great way to take out the stress of life rather than taking it out on each other. Having a significant other can really be a great support, because you already confide in and rely on each other, and putting this into another aspect of a relationship can have many benefits for you and your partner. If you don’t have a significant other or close friends, maybe you can make a new one. According to Renee Cloe, A.C.E. Personal, “Doogs can be extremely motivating workout partners for walkers and joggers. Their enthusiasm is contagious, and they’re annoyingly persistent about nudging idle television watchers off the sofa and out the door.” Having someone to partner up with makes all the difference. So find someone, a roommate, a classmate, or even the family pet to get out there and explore new things while encouraging each other in education and in exercise.

Here are some inspiring websites to get you started:
• http://www.primeweb.com/fitnesspartner/library/activity/canine
• http://www.exercisegether.com/index.html

Fall 2005 results
Pounds lost: 187.48
Fruits & Vegetables consumed: 20,455 servings
Glasses of water consumed: 36,048 (2,253.0 gallons)
Calories burned: 1,001,377 (enough to burn 286.1 lbs of fat)

Congratulations to all of last semester’s participants, and good luck to Healthy U Spring 2006!
LIFESTYLES

Put your best face forward

Winter formal tips

Amanda Rachel Goodman
A&K Editor

Winter Formal time is approaching again, and this is your year to shine. Whether you are an expert in hair and make-up, or completely clueless, follow these helpful hints to look your very best on this special night.

Front and center: Your face

Probably the most important aspect of looking fabulous is beautiful skin. The extent to which you wear foundation and concealers is a personal choice.

The number one key to any foundation or concealer application is moisturizing your skin. If you have oily/combination skin, use an oil-free moisturizer. If you are aiming to even out your skin tone try a tinted moisturizer, such as Skin Light by Revlon. For troublesome spot areas, dab a small amount of concealer gently blended into your skin. Using a brush or your ring finger allows you to achieve more even coverage.

If you wish to use foundation, blend from the center of your face outwards. Make sure the foundation is blended in all areas, including your neck and jaw line.

The eyes have it

Eyes are an area of the face where make-up can be used to play up your features. Make-up can be used according to your skin type and your eye color. For fair skin, try using lighter pastel shades while also using lighter eyeliners to make the look sultry without being harsh.

For medium skin, earth tones (browns, golds, and oranges) are ideal, being the most flattering for your skin. For dark skin, bolder colors (rich colors in shades of purple, blues, and greens) are perfect for complementing your skin tone.

For blue eyes, use shades of taupe/brown, grey, purple, deep blue (a darker shade than your eye color), and black (to create a smoky effect). For green or hazel eyes, use shades of brown, apricot, purple/plum, and dark green.

For brown eyes, use shades of copper, bronze, champagne, brown, beige, and blue.

Sparkly eye shadows make any eye stand out, and shades of gold and silver work for almost any eye color.

Apply a lighter shade all over the eyelid and use an even lighter shade in the inner corners of the eyes to achieve a more open eye. Apply the darker color to the crease of the eyelid and to the outer corners of the eye achieving a striking contour. Adding a light shimmer under your eyebrow will open up the eyes even more and also add depth to the shadow that you have applied. Eyelashes can be used to add a natural look using browns and light greys, while black adds striking definition to any eye.

Mascara is another key to playing up your eyes. Using an eyelash curler (which is a must even if you do not wear mascara because it helps open up the eyes) apply a coat of mascara from the base to the tip, moving the mascara wand back and forth slowly as you move to the tip of your eyelashes.

If you want extra standout lashes, use both volumizing mascara and then a lengthening mascara (such as L’Oreal Voluminous and Maybelline Illegal Lengths). You can also try a double-sided mascara that has two types of application to lengthen and thicken the lashes, but make sure that whatever mascara you use is waterproof (you don’t want it rubbing off halfway through the night).

Lucious lips

Start by lining the lips in a neutral shade, which gives the lips a more natural look. If you decide to play up your eyes, go for a lighter neutral shade on the lips (add some clear, beige or soft pink lip gloss by itself or over lipstick to make them stand out.)

A big trend is fuller lips and if you aren’t naturally blessed, try using a plumping lip gloss by itself or over lipstick to make the look sultry without being harsh.

Cheeks and contouring

If you don’t choose blush and bronzer correctly, you can end up looking like a clown, which is not exactly the look for Winter Formal. Peachy and light pink shades look the most appealing on most skin types. Adding a shimmer to the top of your cheekbones and a slight swirl of bronzer on the apple of your cheeks will make them look more contoured. If you do apply bronzer, apply it to the areas the sun would naturally hit, such as the bridge of your nose and the apples of your cheeks.

Love your skin

Shimmer lotions (not glitter) add a sexy and glowing look to the skin. Using a tinted self-tanner such as Jergens Natural Glow can help you achieve this look. Highlight your décolletage and clavicles by applying shimmer and bronzer in these areas to add depth.

Beautiful hair

If you have curly hair, try to use a moisturizing leave-in conditioner to make sure

With the stress of the new year a distant memory and February upon us, now is the perfect time to have a healthy beginning.

There’s no “resolution” pressure, and the campus gym is already starting to empty out. Take the time today to start a new, healthier lifestyle!

For the rest of the semester, this space will be dedicated to healthy living. I’m looking forward to discussing a variety of topics, including self-esteem, time management, overcoming cravings, and of course healthy eating and exercise. My goal for this semester is to bring health issues and advice to the campus; hopefully we can all learn a few things together.

This issue, I’d like to start with a quick question: are you at a healthy weight? According to the Center for Disease Control and Prevention (CDC), one in three Americans is overweight.

One way that the CDC examines weight trends is the body mass index (BMI), or height-to-weight ratio. To find your BMI, divide your weight in pounds by your height in inches squared. Multiply this number by 703, and compare your final result to these numbers:

Underweight = below 18.5
Normal = 18.5 - 24.9
Overweight = 25.0 - 29.9
Obese = 30.0 and above

Remember that your BMI is just one aspect of your health. If you are an athlete or very muscular, you may be considered underweight. If you are an athlete or very muscular, you may be considered overweight.

Obviously, finding an “ideal” weight is an inexact science. When trying to set a goal weight, take into consideration your current weight, personal weight history (have you lost weight before, or only to gain it back?) and muscle mass. This is not an exact science but rather an inexact science. When trying to set a goal weight, take into consideration your current weight, personal weight history (have you lost weight before, or only to gain it back?) and muscle mass. This is not an exact science but rather an inexact science.

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Clauquetta Wallace  
Staff Writer

Do you use sites such as ebay.com, overstock.com, or rummagehouse.com? Do you buy to sell or buy things on the internet at competitive prices? Do you enjoy bidding on high-quality lower than store cost items?

If you’ve answered yes to any of those questions, then you’re a part of the new shopping revolution that has taken the world by storm ever since the late 1990’s. There’s a website that’s been growing at a tremendous rate for 10 years now called Craiglist (www.craigslist.org). You’ll love this website because it’s not an auction website.

Craigslist is a free worldwide classified-ad website, with no annoying banner or pop up ads. Described by itself as a local community classifieds and forums – a place to find jobs, housing, goods & services, social activities, a girlfriend or boyfriend, advice, community information, and just about anything else – all for free, and in a relatively non-commercial environment.

In preparation for the Winter Formal here at Cedar Crest on February 18, many students are finding it hard to believe that the dance will be here in less than two weeks. Here are some tips for those of you who are constantly troubleshooting, refining, and opening new location pages worldwide. He is a trailblazer, a bitter-sweet success story and an idol to many in the internet world.

When interviewed by www.downtheav- enue.com, a technology blog he frequents, Newmark responded to the question ‘what has been the biggest challenge of craigslist?’ by saying, “Chasing after the bad guys and... how do we deal with them. Whether its scammers, spammers, people who post ads for things that don’t exist, etc. We need to do more self poli-

The Milwaukee Journal Sentinel has a definite warmth factor is key. With or without fur (faux or otherwise), the most popular new accessory and a bold statement. Men’s accessories such as getting your nails done, getting a pedicure and prearrange your errands. Your toes should be a cool color scheme that you choose a warm scheme or a cool scheme? Your toes should be a cool color if your jewelry is silver and a warm color if your jewelry is gold.

If you are going to wear open toed shoes with them, you’re sure to look and feel your best this winter.

Linda Moser (Photo Editor)

Staff Writer

Do you use sites such as ebay.com, overstock.com, or rummagehouse.com? Do you buy to sell or buy things on the internet at competitive prices? Do you enjoy bidding on high-quality lower than store cost items?

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Craigslist is a free worldwide classified-ad website, with no annoying banner or pop up ads. Described by itself as a local community classifieds and forums – a place to find jobs, housing, goods & services, social activities, a girlfriend or boyfriend, advice, community information, and just about anything else – all for free, and in a relatively non-commercial environment.
Gillian Maffeo
ARE Editor

LIVING WITH ANOTHER PERSON CAN BE VERY HARD. IT COULD BE THE FACT THAT YOU LIVE IN A TINY ROOM, OR THAT YOUR ROOMMATE IS AN EXTROVERT WHO GETS FRIENDS OVER TO THE HOUSE, AND YOU JUST CAN'T GET AWAY WITH SOME THINGS YOUR ROOMMATE DOES. OR MAYBE YOU'RE THE TYPE OF PERSON THAT DOESN'T MIND YOUR ROOMMATE AND CAN'T BEAR TO LIVE WITHOUT THEM!

Leeni Johnson, sophomore Elementary Education Major, said that she can't live with her roommate Jules Winters, also a sophomore. "I love my roommate because she is someone I can always count on. On the outside we look like we would have nothing in common but in fact we have so many common interests and values." Johnson and Winters have been roommates since their freshman year.

It's hard coming to a new environment and having to live with a random person you have never met before, but in some rare cases people have known their roommates previously. Brianna Adam, a sophomore Psychology major, was one who had previously met her roommate, Alyssa Bedard, at Accepted Students Day in March during her senior year of high school. Adam said, "Throughout that day we ended up having numerous "pseudo" classes together and decided to grab each other's phone numbers. Over the summer we ended up hanging out and keeping in touch. We even went as far as going for an all day shopping spree so we could coordinate the colors we were going to get!"

Other traditional roommates who balance the pros and cons of living with another person laugh and what not till about two in the morning. After that we didn't talk for a few days and then one day she wrote me a note and left it on my keyboard saying how sorry she was. After that we agreed not to have guys stay over. I'd have to get up and be laughing and what not till about two in the morning. After that we didn't talk for a few days and then one day she wrote me a note and left it on my keyboard saying how sorry she was. After that we agreed not to have guys stay over if one of us had an early class."

Here at Cedar Crest, if you are having roommate trouble, you can go to your RA, and talk to them about what the problem is. But if you don't want to do that, here are some tips, according to ehow.com, that can make living with another person some what successful:

• Try to approach your roommate and talk to her about what is going on in a nice and tactful manner, don't let it become a huge argument. You can respect your roommate's privacy and opinions and try to compromise on some sensitive issues.
• Work together and determine shared responsibilities.
• Ask your roommate to work with you on creating a roommate agreement that outlines your shared responsibilities and spells out methods of resolving disagreements.
• Put your roommate agreement in writing.
• Find ways to admire and appreciate this person.
• Assume good will.
• Communicate.
• Be positive.

If these tips don't work for you, then your best bet would be to talk to your RA. Get a chance to know your roommate if you don't know them that well, and see if you have any interests. Or if you don't get along with your roommate try talking things out, and if it progresses into fights, definitely talk to your RA, or someone that can help.

Do college students have “real world” skills?

(U-WIRE) COLLEGE PARK, Md. - Raakhee Sharma, a University of Maryland freshman government and politics major, has worked at the Fine Family Fun Center for two years. On a typical day, she would drive to the location of the party using a map, calculate how much gas she had used in the trip so the company could reimburse her, fill out the official paperwork for the family hosting the party and collect payment at the end. At this point, Sharma is more literate than many graduating college seniors.

Many college students don't have basic real world skills such as using a map or calculating a tip, according to a study released in January by the American Institutes for Research.

The study tested almost 2,000 college students in their last semester nationwide.

Participants were asked questions to test real-life skills, such as calculating a tax, understanding a job application or understanding the point of a newspaper article. Almost all participants were able to complete basic tasks such as adding up a total, but relatively few were able to complete the most difficult tasks such as balancing a paycheck.

"If colleges had the assumption that students are prepared to take on college-level work, the results set off an alarm that maybe they aren't ready for such advanced work," said Justin Baer, a senior research analyst for AIR. The study measured three kinds of literacy: prose, which includes reading newspaper articles and pamphlets; document, which includes reading a form, map, or table; and quantitative, which includes calculating a total cost and comparing prices.

The study participants were then placed into one of four categories -- below basic, basic, intermediate or proficient -- based on their scores.

Students by far scored the lowest in the quantitative section. A staggering 19 percent of students about to graduate from a four-year institution and 29 percent of students about to graduate from a two-year institution scored only in the basic level, which means they are only capable of doing simple math such as adding up the cost of a meal and a drink from a menu, not including tip. That type of math is in a higher level of literacy.

It's a sight that waiter and junior music education major Ian Stuart has seen often at Hamburger Hamlet in Gaithersburg, Md. "I have seen people who just can't think it through, and they'll just look over at the people they're with and shrug and have that other person calculate it," he said.

The study's results have mixed implications. "Certainly some of the results are disappointing, especially since it isn't just a survey of college students, it's students who are about to receive a degree," said Larry McQuillan, communications director for AIR. "We generally think of a degree as a sign of higher education."

Baer said the study raises many questions about why college students lack such skills and who is to blame, but only further studies can provide answers.

"We would hope that, as part of the K-12 systems, kids would learn how to decode prose and apply basic math," he said. "Kids should be able to take their skills to the next level," he added.

Though students are taught complicated skills in grade school, they rarely know how to apply them later in life, he said. A potential way to help students would be to expose them to more reading material or take an additional class in college that would focus on real-world application of basic reading and math.

"We don't necessarily think of college students needing adult education classes, but they do need to learn these skills," Baer said.

The study also had some positive results. When the authors compared their results to previous studies, including one by the National Assessment of Adult Literacy, they found students have improved some of their skills, and actually test better than the average adult.

"Literacy declines over time, which affects the adults," Baer said. He added while the results seem to suggest college students are becoming more literate than previous generations, only future studies will be able to confirm that.

"Evolution: Is it a Logical Fallacy?"

Darwin Day address by
Dr. Massimo Pigliucci
State University of New York, Stony Brook
7:00 to 8:30 pm - Alumnae Hall
Pre-address Reception for students, staff and faculty
in Harmon Hall of Peace, 5:30 to 6:45.

"The Evolution of a debate:
Science vs. pseudoscience"
Faculty and Student Panel Discussion
11:30 am to 1:00 pm - TCC 1867 Room

Monday, February 13
The Cedar Crest basketball team returned to the court to resume their season on January 2.

The past few weeks haven’t been easy. After returning early from break the Falcons were busy getting ready to continue their season. They were preparing to face off against some tough opponents.

The Falcons Head Coach Val Donohue was ready to start the season back up again. “There was a little rust to dust off early on, but they got back up to speed pretty quickly,” Donohue said.

As the players returned they did have to face a smaller team. Donohue felt her team has handled this transition as the best to their ability not involving that in the way of what they can do on the court. “It’s tough when someone decides to leave a team for any reason, and it can demonize the remaining members. But I think those remaining have been mature enough to put it aside as just another one of the variables they can’t control,” Donohue said.

Senior Captain Amanda Swartz also feels that even though they have the low numbers they have managed it well. “We always seem to do amazingly well against very tough teams. I think we like to show them what we’ve made of and give them a run for their money,” Swartz said.

One of those tough teams would have been Misericordia. Misericordia is one of the stronger teams in the PAC. The Falcons got to show them what they were capable of. “We all came to play that night. We executed everything almost perfectly in the first half and went in at half time tied at 20,” Donohue said.

Senior basketball player Courtney Porzio was honored on Saturday, January 21 at the home basketball game against Gwynedd-Mercy for doing something amazing: scoring 1000 points.

Porzio followed mother’s footsteps; scores 1,000

Andrea Zajac
Sports Editor

Senior basketball player Courtney Porzio was honored on Saturday, January 21 at the home basketball game against Gwynedd-Mercy for doing something amazing: scoring 1000 points.

Porzio stood at center court proudly in front of her many family members holding the plaque she received. The one person whose face shone the brightest was Porzio’s mother, Mary. Mary had also scored 1000 points when she herself was a member of the Cedar Crest basketball team.

Family was the one thing that has always been behind Porzio’s athletic career.

“It was really satisfying to have my family in this honor. My family has been the most important component of my success on the basketball court,” Porzio said. “They never pressured me to play the game. It was just something that I loved to do.”

Her favorite fans that got to share this moment with her are her two little sisters. “They are always looking up to me and wanting to play basketball like their big sister.”

Porzio fell in love with the game of basketball as she watched her mother play. “I.know myself was that I had made foul shots so many times in my career and that I knew I could make this one,” Porzio said. “I was always working hard and I thought it might never pay off, but it finally did.”

Porzio was very proud of her accomplishment mostly because she gets to share it with her mother. “This is an honor that doesn’t come overnight. Anyone must work hard to become better at something they love to do.”

Porzio said. Head Coach Val Donohue was also very happy for Porzio’s achievement. “It was great to be able to witness such an accomplishment, and honestly it was a weight off my shoulders that she finally did it. She deserves to achieve such a milestone,” Donohue said.

Porzio plans to put her plaque on her desk for the time being. “I will have it sitting on my desk to remind me of the hard work and dedication I have put forth in my college basketball career,” Porzio said.

Porzio is also ranked 11th in the PAC for scoring and 6th in the free throw percentage. She was also named Athlete of the Week for January 9 through 15. Porzio averaged 14.7 points and 6.3 rebounds per game for that week. She was also named to the PAC Player of the Week honor roll.

“Although we ultimately lost, it really proved that we could do it when we want to.”

Some of the other teams the Falcons had to face were Marywood and Cabrini also strong competitors in the PAC. Both games were losses, but once again Donohue felt her team came to play. At both games the Falcons were tied with their opponents late into each game. They were unable to pull off the win, but came very close each time.

“We often seem to play up to good opponents, but just as often we play down to lesser ones,” Donohue said. “I can think of a game or two that we should have won if we would have had our heads in it. But then we’re just as capable of turning around the next night and having a tremendous performance.”

A tremendous performance would include the recent January 25 home game against Eastern. The Falcons beat the Eagles by 10 points. “Last season they beat us by 33. That’s a 43 point swing,” Donohue said. “You have to look behind the Win-Loss numbers to get a feel for our team.”

Swartz would agree with her coach that their record doesn’t prove who their team really is. “It wouldn’t be fair for our fans to just look at game statistics and make judgments about our team,” Swartz said. “We are sticking with teams who have at least double the number of players we do. So while they’re throwing in the time of the season that we’re still hammering away with the same five pairs of legs for 40 straight minutes.”

While the Falcons season is far from over they still have many games ahead of them. Donohue knows her team is capable of pulling off the wins. “We have quite a few winnable games yet this season,” Donohue said. “If we continue to play the way we have been lately, we’ll do well in the home stretch.”
Swartz was interested in doing well academically and lucky I am to have played sports in college,” said Swartz, when referring to her athletic experience at Cedar Crest. Swartz, who has played sports at Cedar Crest since her freshman year, spends her falls on the soccer field and her winters on the basketball court, currently captaining both teams.

College was not the first time Swartz ventured into the athletic arena. She began playing soccer and basketball when she was five years old. Swartz also joined the field hockey team in seventh and eighth grade and she played softball during her junior year of high school. “I always wanted to play lacrosse here. Then, I would have played five sports and I could have counted them on one hand,” said Swartz.

As a graduating senior, Swartz can look back on her college athletic experience with a smile. “During your first two years in college, you play a sport just because you always have. Now that I am older and wiser, I realize how you play a sport just because you always have. It’s nice to be recognized,” Bechtel said.

Bechtel has a positive attitude for the rest of the basketball season. She sees a continuation of growth for herself as well as her teammates. “The athlete’s outlook really stems from her teammates. “My teammates are some of my best friends and it’s just fun being around them,” Bechtel said.

Bechtel credits her interest in basketball to her parents. She says she has learned a lot about being a basketball player. When she isn’t on the court she is concentrating on her Psychology major. While psychology is her chosen field of study basketball is still ranked number one. Although if she had a shot at a different sport surprisingly enough it would be badminton, but for now it is safe to say she is sticking to the court. “Basketball is my life,” Bechtel said.

400 Cedar Crest Students--Who will it be?

Send your Super Bowl predictions to crestiad@cedarcrest.edu and if you pick the right score, get a treat from The Crestiad sports staff.

Congratulations to the 40 Cedar Crest Student-Athletes who were recently named to the Pennsylvania Athletic Conference’s Fall All-Academic Team.

Cedar Crest is the third smallest school in the 12-school PAC, but had the fourth highest number of women who earned this honor

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The complete list of our student-athletes can be found at: http://www.cedarcrest.edu/Redesign/athletics/pac_team.htm

Basketball Results & Game Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/25/16</td>
<td>vs. Immaculata</td>
<td>76-4, L</td>
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<tr>
<td>1/28/16</td>
<td>vs. Eastern</td>
<td>64-54, W</td>
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<td>2/4/16</td>
<td>vs. Alvernia</td>
<td>75-54, W</td>
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<tr>
<td>2/6/16</td>
<td>vs. Marywood</td>
<td>60-59, L</td>
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<td>2/8/16</td>
<td>vs. St. Elizabeth</td>
<td>61-38, L</td>
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<tr>
<td>2/11/16</td>
<td>vs. Misericordia</td>
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* indicates PAC contest

Lori Gallagher
News Editor

Senior basketball player and team captain Amanda Swartz was named Athlete of the Week for January 18-22.

Bechtel averaged 10 rebounds and 4.5 points per game for the week and had 5 blocked shots. This included a season high 15 rebounds and four blocked shots in a single game against Immaculata.

While Bechtel is proud to have achieved such an honor she feels that it is also her team that is a big part of it. “It’s an honor. Even being the only sport going on right now everyone on the team works really hard, and it’s nice to be recognized,” Bechtel said.

Bechtel has a positive attitude for the rest of the basketball season. She sees a continuation of growth for herself as well as her teammates. “The athlete’s outlook really stems from her teammates. “My teammates are some of my best friends and it’s just fun being around them,” Bechtel said.

Bechtel credits her interest in basketball to her parents. She says she has learned a lot about being a basketball player. When she isn’t on the court she is concentrating on her Psychology major. While psychology is her chosen field of study basketball is still ranked number one. Although if she had a shot at a different sport surprisingly enough it would be badminton, but for now it is safe to say she is sticking to the court. “Basketball is my life,” Bechtel said.

Amanda Swartz was named Athlete of the Week for January 18-22.

Unlike past seasons, Swartz is near graduation, her accomplishments have not yet begun to dwindle. She was recently accepted to present her senior thesis paper at the Eastern Communication Association National Convention in Philadelphia. Even though she is slightly nervous about this presentation in April, she is excited for her last semester at Cedar Crest.

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be on several different teams,” she said. “When I was in third grade, my favorite sport. “I’m not too sure I’d be able to
play hockey and basketball. But after an injury, only continued to play field hockey and softball. Morcom
is a three sport athlete, who also plays field hockey and lacrosse. Morcom said in response to her motivation to practice
each day. “I love the sports I play, so practices are enjoyable for me. I like knowing that each day I can improve in my sport and I look forward to just doing what I love,” Janelle Morcom
Morcom has been playing basketball for nearly a decade. “It was a challenge in the beginning, but
I think I’ve adjusted well to the transition” of shifting from high school to college play, she said. “Every sport demands that you run, so running is something I am constantly doing. I think since I’ve played each sport for so long, it’s just normal to go from one to the other for me,” Morcom said of continuously going from season to season.
The Falcons are currently 2-13 overall and 1-10 in the Pennsylvania Athletic Conference (PAC) and in last place in the North Division. “We’ve come a long way together,” Morcom said of the Falcons’ team chemistry. “It’s been a difficult season, but we manage to stick together and play hard each game.”
Morcom uses her athletic ability to stay on top of her game off the court. “If anything, sports help me stay on top of what I need to do,” Morcom said. “I don’t have much time to fool around, so my work is always done on time. I’ve learned over the years to balance many things at once and I’ve learned to keep things organized.”
“I think we are looking forward to seeing some of the teams we played in the beginning again to get some revenge,” Morcom said, of her teams’ goals. “We had a few games that slipped though our fingers, but I think we can get them the second time around.”
Morcom’s personal goal? “To play hard and help my team to a few more wins. I want to improve my shot, and make better decisions on the court.”
Morcom called “stretching my abilities on the court and seeing exactly how much better I can make myself when I work at what I want” her greatest achievement during her Falcons basketball career.
Morcom’s hard work has paid off. A two time CCC Athlete of the Week, she was chosen for the week of December 5-11 for her performance during the Cabrini game, along with averaging 7.5 points and 5.5 rebounds for the week. She was the Athlete of the Week, for the week of January 25-29, for averaging 11.3 points, 4 rebounds and 4.7 steals over three games last week, including a season-high 9 steals against College Misericordia.

Kelly McCloskey will be leaving Cedar Crest College to coach field hockey and lacrosse full time at Alvernia College.
McCloskey has been at Cedar Crest since 1998 and has coached field hockey and lacrosse and has served as Assistant Athletic Director. In 2002, she took over as head Athletic Director.
As the Falcons head lacrosse coach, McCloskey led her team to three PAC Championship appearances in seven years. She has coached three PAC Scholar Athletes of the Year and two Academic All-Americans.
Prior to coaching at Cedar Crest, McCloskey was an assistant for the field hockey and lacrosse teams at Cabrini College from 1995-1998.
The Alvernia Crusaders made the PAC playoffs for the first time in its five year history last season.
McCloskey was a 3-year, National All-American at Temple University. She participated in three NCAA Division I Championship Tournaments, including one trip to the NCAA Final Four. She was a standout player for Boyertown High School.

A celebration was held in her honor on Tuesday.
Amber Moyer
Staff Writer

The much-anticipated film Hostel present-
ed by Quentin Tarantino (Pulp Fiction, Kill Bill Vol. 1, Kill Bill Vol. 2) and written and directed by Eli Roth (Kill Bill Vol. 2, Dumb and Dumberer, When Harry Met Lloyd) was not all that I had hoped for. It was not the thrilling horror film I expected it to be. It has been described as sick, twisted, horrific and full of gore.

At most points the film lived up to this description, but as far as the storyline and develop-
ment of the plot goes, it left something to be desired. I did not recognize any of the actors names and it was obvious as to why as soon as the film started. It was very slow to develop and left me wondering what the point was through-
out the whole movie. The few exciting parts of the movie were in the last fifteen minutes.

The first hour of the film was about two American college friends Paxton (Jay Hernandez, Crazy/Beautiful, Ladder 49) and Josh (Derek Richardson, Bring it on Again, Dumb and Dumber) backpacking through Europe with their Icelandic friend Oli (Eythor Gudjonsson) that they had met along the way. They are in search of constant partying and European women. They actually make money from the girls they meet. Towards the end of the film, the viewers are made aware of the intentions of the two girls Natalya (Barbara Nedeljakova: Shanghai Knights) and Svetlana (Ana Kadarabíková), just as promised.

Most of the film is about the travel to get to this hostel and the good time they have with the girls they meet. Towards the end of the film, the viewers are made aware of the intentions of the European women. They actually make money for delivering American tourists to a remote abandoned warehouse where people pay to tort-
ure and ultimately kill tourists for a thrill.

The idea behind this film is very scary and could have been developed into a decent horror film; however the majority of the movie was about three tourists in search of cheap thrills and foreign women.

This film is very violent and graphic without much of a point. Finally at the end of the film, I started to make some connections as to how it all came together. Unfortunately this took too long and I lost interest pretty quickly into the movie. I feel that this film lacked sub-
stance and the actors lacked needed skills to portray their characters.

The R rating did not do justice to the mate-
rial shown in this film. I would not recommend this film to many people; it does not have much to offer to viewers. It is definitely not for younger viewers or those who have weak stom-
achs. Sometimes gore is needed in horror movies, but in this case it is all this film had.

Although I don’t think many people would enjoy it, I would recommend it to someone who just wants to see a lot of gore and does not mind a very slow developing plot. If you are some-
one who frequently watches horror movies and you are looking for a new scare that is above the rest, you are looking in the wrong place.

In my opinion it is slightly below average of what you would expect from a quality horror film. Nevertheless if your curiosity is still there, I recommend checking it out for yourself.

C- 

Rumor has it...
According to horrorchannel.com, Lionsgate and Screen Gems are plan-
ing to put out a sequel, Hostel II, within the next 12 months.

Writer/director Eli Roth will return to the helm, though there’s no word on whether or not Quentin Tarantino will have any involvement this time out.

Lyndsay Hosak
Staff Writer

If you are looking for a restaurant that can serve you in many different styles and ways, the Fairways Tavern & Grille in Lehighton is a great choice for you.

The Fairways Tavern & Grille used to be the Mahoning Valley Country Club. When the Mahoning Valley Country Club was bought by its new owners, Oliver and Dante Angelus, it underwent tremendous amounts of work and updating. It’s no longer a members only establish-
ment, and the restaurant now stays open all year, even when the golf course is closed.

I have been employed at the Fairways Tavern & Grille for a little over nine months now and I have watched it change into the phe-
nomenal restaurant it is today.

The dining room is a host for numerous events. You can book anything from a wed-
ing, a Christmas Party, or even a business function. The dining room can hold around one hundred and fifty people comfortably. It has a beautiful circle bar with mirrors surrounding it and a wooden dance floor in the middle of the room.

There is an event going on, you can sit in the dining room for lunch or dinner where you will receive formal style dining. If you exit through the door in the dining room it takes you to the newly finished patio. The patio holds around one hundred and fifty peo-
ple. It’s also a perfect setting for a spring, sum-
mer, or fall meal if you love the outdoors.

There’s also one more room at the 

Good Eats
Fairways Tavern & Grille

Fairways Tavern and Grille, which has become the most popular. It was closed for a month or two while it went under a complete renovation and remodeling. The new “Tavern” is an amaz-
ing new room where you can feel comfortable to eat. It has wooden walls and a wooden cathedral ceiling. The room also features a stone fireplace and a large stone bar. The bar has a large plasma television above it which is only one of the three that are located inside that room. The room also has new French doors that open to the new patio as well. The Tavern also has a host for live entertainment every Thursday night. Local bands perform and there’s a DJ there starting at 8:30 every Friday night.

As for the food, the Fairways Tavern and Grille has a fairly large menu that gives you a lot of different choices. To start your dinner off, I recommend their delicious hot crab dip as one of their many great appetizers. The menu serves you for practically anything you are in the mood for. If you are looking for a light meal they have several different salads and numerous burgers and melts. They also have anything your taste buds desire ranging from NY Strip steak and other steaks, to sever-
al different chicken dinners, lobster tails, and surf and turf. If you are a seafood lover, you should definitely try the house specialty of Broiled Maryland Crab Patties. If you’re not too full after dinner, they also have to-die-for desserts such as homemade peanut butter pie – which happens to be my favorite!

If you are looking for a great time in a beautiful setting with mouth-watering food, the Fairways Tavern and Grille would be a great choice for you!
The Sound Booth

This Valentine's Day, fall in love with Fall Out Boy

Tiffany Wanzie
Staff Writer

Pop punk bands are gaining popularity throughout America with their unique style and charismatic lyrics, setting them apart from other genres. Among the considerably long list of punk entertainers is Fall Out Boy, a band that approaches music with originality and depth. Their new album, From Under the Cork Tree, features themes of love, heartache, and the ability to cope under the pressures of society. Maybe you’ve heard of some of their record-breaking hits on the radio such as “Sugar, We’re Going Down,” and “Dance, Dance,” both composed of powerful beats that stick with you throughout the day.

After I listened to this CD, I noticed that Fall Out Boy is different from most punk bands because of their creative lyrics and song titles. The song titles are longer than average and usually play on words from famous movie lines such as “Nobody Puts Baby in the Corner” and “A Little Less Sixteen Candles, A Little More ‘Touch Me.’”

I admire artists who can put themselves out of their creative experiences and write songs to depict the real life experiences of the band and are written by the bassist Peter Wentz. He produces creative lyrics that stay in your head long after the song is over such as, “We’re going down, down in an earlier round, and sugar we’re going down swinging.” Whether the songs are written about life while touring or the ups and downs of being in a relationship, this album appeal to audiences of every age as well as to individuals who can relate to the same experiences. The lead singer Patrick Stump has a strong and moving voice, stands out from other singers. His voice juxtaposed with the brilliance of the lyrics has made FOB the new hit of 2006.

This spring the “Black Clouds and Underdogs” tour, headlining Fall Out Boy, is overrunning America. My friends and I are preyed to find that they are coming to Pennsylvania in two different locations. First, they will perform in Pittsburgh on April 22 and on May 10 in Hershey (the last day of finals). I know that I am going to buy tickets, not only for their music, but also because they appear to be wholesome, genuine guys that would never let fame go to their heads. I heard they enjoy signing autographs, posing for pictures, and staying after the concerts to meet and greet fans. This is something most musicians don’t do anymore.

FOB is a band who has worked hard to get to where they are today. Like anything else in life, you never know what could happen unless you try. Who knows, Pennsylvania Valentine’s Day you too will be head over heels in love with the four guys from Fall Out Boy.

As an added benefit, the band featured two guests for a majority of the show. Butch Taylor’s keyboard playing has become an almost permanent fixture in the band’s live act since he began touring with them in the late 1990s. Additionally, trumpet player Rashawn Ross guested on many of the band’s songs, complementing band-member LeRoy Moore’s already substantial contribution.

After a 14-song set marked by such staples as “Crash Into Me,” “Grey Street,” and “Minaret,” the band reappeared for an encore, concluding the show with “Christmas Song (Remember 2 Things),” and a segue of “Pantanal Naga Pampa” into “Rapunzel (Before These Crowded Streets).”

As popular lore holds, however, one of the drawbacks of going to a Dave Matthews Band show is the stereotypical Dave Matthews Band fan. Much to the chagrin of the two teenage girls nearby, “Dave” never got to the all-time fan favorite “#41,” despite their best efforts to let him know, via high-pitched screams (during every other song), that it was “the best song ever.” And what anyone can enjoy a cocktail or two while listening to some great live music, the 15-year-old boy who comically fell down three rows of seats before the concert even began, seemed to be enjoying his cocktails a little too much.

Coming from someone who has now seen the band six times, however, it’s hard not to tell someone they need to check this band out. While the Dave Matthews Band shows no sign of slowing down either in the studio or on the road, their live performance is certainly one that shouldn’t be missed.

In Concert:

Dave Matthews Band

Noah Skylton
Guest Writer

One of the most popular and profitable touring acts of the last few years has been the Dave Matthews Band. Considered by some to be the modern-era jam band archetype. The group, originally from Charlottesville, VA, has recently completed its winter tour, playing one of its final dates in Philadelphia on December 13.

On the heels of their latest album, Stand Up, the band seems to have injected some new energy into their live performance, although one could hardly say it was ever lacking. The show opened with “Recently,” an old classic off of the band’s early EP of the same title. Other favorites from the early years included “What Would You Say?,” one of the singles that propelled Under the Table and Dreaming to success in the midst of the early-90s grunge scene. “Minaret,” “Dancing Nancies,” and “Steep,” all rounded out the collection of tunes culled from the band’s earliest days on the road.

The band did not neglect its newest material, however. “Louisiana Bayou,” “Hunger for the Great Light,” and “Old Dat Hill,” for example, all seemed to be crowd pleasers. At the same time, the performance of these songs illustrated one of the most noteworthy abilities of the band—to mold a song captured in a studio-setting into a true live-classic. Moreover, the band’s live performance of these new recordings was a bit of relief to those who, like myself, were somewhat suspicious of Stand Up’s divergence from the band’s traditional folk-style.

Even the heavy production of Mark Batson, whose recent credits include work with Eminem, could not dampen the band’s desire to jam. Front-man Dave Matthews seems to have taken a slightly less-prominent role on guitar on newer tunes, nodding more than ever to Carter Beauford (drums) and Stefan Lessard (bass) to provide a steady rhythm backdrop for Boyd Tinsley (violin) and LeRoi Moore (saxophone). Matthews’ innovative singing style and guitar chops do not completely disappear, however, so the band’s chemistry certainly remains intact.

They are currently touring America and are playing under the pressures of soci-ety. Maybe you’ve heard of some of their record-breaking hits on the radio such as “Sugar, We’re Going Down,” and “Dance, Dance,” both composed of powerful beats that stick with you throughout the day.

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Bet You Didn’t Know

Meet Dr. Robert Wilson: English Professor at Cedar Crest

Mary Ann Leone
Staff Writer

Robert Andrew Wilson was born in McKees Rocks, Pennsylvania. He attended Indiana University of Pennsylvania, earning his undergraduate degree in English, History, and Pre-law, and later his master’s degree in Literature from Lehig University. Joining the CCC staff full-time in 2005, Bob teaches American literature, literature survey, and composition. Recently, he became Director of Writing.

The Crestiad: Your doctoral dissertation, As Good as Gold: Money, the Market, and Morality in American Literature, 1857–1914 discusses women in the workplace. What did your research reveal?

Robert Wilson: The market openings for women began during the Civil War at the height of industrialism, not during WWI, as many people tend to think. During the Civil War, women needed to work while their husbands went to war. More important, though, there was a market for women. The tensions arising from middle-class women working and not looking for husbands are from the 19th century.

In my dissertation, the “race suicide” dilemma, describes the phenomenon of women choosing to go to work and care careers rather than having families. Coined by Teddy Roosevelt when he was president, the term gave voice to his concern about Anglo-Saxon women who would get a job in a button-sewing factory, for example, then use their money to buy boudoir and luxury items, rather than for [their] families. Roosevelt expressed “wifful sterility,” as expressed by Edith Wharton. Rousseau’s view that the European and Chinese immigrants in the U.S. were out-populating the working women resulted in some people viewing women as the solution to the “race suicide.”

The struggle of women to define themselves while being in the marketplace as workers and mothers and more generally their influence, and how a market-driven society shapes the world. For example, in Kate Chopin’s The Awakening, Edna Pontellier is an effete, bourgeois woman who really wants to find happiness by divorcing her husband. She can’t find happiness in her lover, but where she seems to find it is in the profits from selling her art. Her ability to think about and to use money is a way of defining herself. It’s significant that her husband is a financier.

Consider the Greek word “Tokos.” It meant both usability — lending money at interest — and childbirth, thus linking two inverte ideas of reproduction: unnatural, monetary (money making the self out of itself) versus natural, motherly (flesh and blood making flesh and blood). Women going to remote places to stay in tune with his true self. Knowing of your love of kayaking and outdoor activities, can you relate to this?

RW: It’s interesting that he says Western men — what about Western women? But there is some truth about the different ways that men and women go about their quest for identity. The coming-of-age tale is usually a male story, and there’s this tradition of men heading out on a quest. I imagine he’s thinking of John Steinbeck’s Travels with Charlie and Jack Kerouac’s On the Road or Thoreau’s Walden: finding society to find oneself.

Speaking personally, nothing gets your attention as well as a Class V rapid. If you talk to people who go backcountry or kayaking, they talk about the freedom, but for me [these activities are] confining. What I mean by that is by climbing the mountain or paddling a difficult river, you aren’t worried about, “Have I made my rent payment? What’s my family doing for Christmas?” It’s “there’s the mountain, how do I get up it?” You’re confined in this space, so all of these concerns don’t matter when you’re in that moment.

Also, I think it’s problematic the way that Chopin suggests this as the means of finding one’s authentic self. Sure, that’s one side of me, and there is a zeroing out of certain parts, but I wouldn’t define myself that way.

According to the creator of TV’s Lost, Travis claims “existence is beyond the power of words to define.” Do you concur?

RW: Yes, I would. There is more to one’s ideas than what language can represent.

TC: Who are your heroes?

RW: My grandfather brings a “very pragmatic, Pittsburgh-steelworker view of life.” I’m distrustful of other brands of pragmatism. The people I admire most are people who are curious about things, which goes back to my philosophy about life. Just be curious; the rest of life will figure itself out. The people who succeed in life are the ones who are the most curious: how to succeed in business, how to succeed as a good father. Their curiosity is their investment in their own lives. And one of the most important places where curiosity and success come together is in college.

TC: What about you would your colleagues find most surprising — perhaps a closet Romantic?

RW: A closet Romantic? Sure. I proposed to my wife in Florence, the birthplace of romantic love. During a trip to Italy one pre-dawn morning I proposed, in Italian, in front of the chapel in which Dante Alighieri first saw Beatrice, the poetic muse of his life. She is, in fact, the woman who leads Dante out of hell and into heaven. And I have a mean tango, too.

Photo Courtesy of Dr. Robert Wilson
There are as many reasons to love a Million Little Pieces as there are to hate its author James Frey. This book, published in 2003, is the story of one man's experience in rehab for addictions to alcohol and crack. It is not a typical addiction novel that whitens about how the world wronged the addict, but instead an intense look, sometimes gruesome, sometimes paintied, inside the reality of the narrator's strife and how he takes responsibility for his own behaviors and choices. The narrator does not buy into the Alcoholics Anonymous or Narcotics Anonymous programs, the 12 step-program, which is taught by all rehab facilities as the only way to get and stay sober.

Although the narrator eventually seems to possess integrity and personal responsibility, the author does not. When I got my copy of A Million Little Pieces, I had not heard of any of the hype, no announcements, no marketing, no reviews. Sounds a little shaded, but I work second shift, so I don't get to watch Oprah or the 10 o'clock news. Nowhere on the cover did I read the word "memories," or autobiographies. I am glad I did not, because this allowed me to enjoy the book for what I thought it was: a story, fiction, maybe based on a real on events. I did notice that the narrator had the same name as the author, but I did not take to mean that all the events in the book were supposed to be true. Consequently, I thoroughly enjoyed the book and found it refreshing in that it showed more than just the rehabbed "I found God" story that is the media's degradation of its author. Despite its superfluous capitalization and disregard for traditional format and grammar, and the media's degradation of its author.

The Sound Booth

Panic! at the Disco

It's time for us to take a chance
It's time for us.
Well we're going to write a dream for the websites, Make us see, make us hip, make us scene
Or shurg us off our shoulders
Don't approve a single word that we wrote

With lyrics like these, it is not a surprise Panic! At the Disco is emerging on to the pop-punk scene fast. With upbeat rhythms and song titles as controversial as "Lying is the best

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ARTS & ENTERTAINMENT

Leisurely Reading

A Million Little Pieces

Jennifer Kumerz
Cenital Columbian

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ARTS & ENTERTAINMENT

Megan Ammons
Staff Writer

To take a step into a dreamer’s world, one only has to go so far as to step into the Cressman Gallery. Robert Schatz’s “( )scapes: Between Abstraction and Reality,” theme appears to be abstraction of hills and distant horizons. Schatz said, on behalf of the several layers of meaning in his work: “scape” means a view, and so these works may be thought of as views into the energetic nature of reality.” He placed his work on sheet music, which makes a fascinating effect in the white spaces of the paintings. When you get close to one of the paintings, you can see the bumps of the acrylic paint that gives the surface both a rough and smooth feel. The texture of the lines clearly indicates finger painting.

The hills and the horizons in the paintings were rounded forms. Even with the difficulty of finger painting each work, Schatz made each union in proportions. There were a few paintings that had two separate boards that made one whole picture. However, when I see that each painting resembles the rest, I can only wonder if Schatz was lacking a new creative idea. The more dramatic of the paintings were those painted in black, white, and gray tones. Color in his works did not have the same effect, because those that he chose to use were too light to see (such as Paesaggio with yellow-orange Ground).

Schatz’s work is abstract, to the point where each viewer can be creative about what they see in the paintings. What will you see? If you take a critical view at his work, remember to look closely and then step back. The distance can create a new portrayal of each painting. It was fortunate, for Schatz’s work that distance can create a new portrayal of each painting. It was fortunate, for Schatz’s work that — Schatz’s work that

Mark Your Calendars

On-Campus:

Saturday, February 4, 11:00 p.m.
College Bowling Night at Rowhome

Thursday, February 9, 9:00 a.m.
Road Trip: Broadway Show - “Dirty Rotten Scoundrels”

Saturday, February 11, 1:00 - 5:00 p.m.
Rail and Movie Weekend

Visit: www.cedarcresst.edu for more information

Off-Campus:

Lehigh University

Tuesday, February 7, 8:00 p.m.
Guest Artist: Ladysmith Black Mambazo

Tuesday, February 14, 7:00 - 9:30 p.m.
The Harlem Globetrotters

Visit: www.desales.edu; www.lafayette.edu; www.lehigh.edu; www.muhlenberg.edu; www.moravian.edu; www.muhlenberg.edu; for more information

Concerts & Events:

Friday, February 10 & Saturday, February 11, 8:30 p.m.
The Electric Factory Philadelphia, PA

Saturday, February 11, 1:00 - 5:00 p.m.
Scoundrels

Moravian University

Sunday, February 12, 4:00 p.m.
A Valentine’s Concert “Two Part Invention and Friends - Music from the Heart”

Visit: www.desales.edu; www.lafayette.edu; www.lehigh.edu; www.muhlenberg.edu; www.moravian.edu; www.muhlenberg.edu; for more information

CROSSWORD PUZZLE

ACROSS

1. Philosophy dr.
2. Margarine
3. Prepared
4. Colorful
5. Treachery
6. Philosophy dr.
7. Branch
8. Diminishing
9. Carrots’ accompaniment
10. Spouse’s family
11. Carrots’ accompaniment
12. Austen novel
13. Snake sound
14. More ill
15. Undignified
16. Imitated absurdly
17. Fishing net
18. Paris lover
19. Andes animal
20. Disease transmission
21. Tonic companion
22. Madison houses
23. Do wrong
24. Lateen-rigged sailing vessel
25. Snake sound
26. On this
27. Snake sound
28. Cleanse
29. Eternity
30. French money
31. Vacant
32. Dezvous
33. Prepared
34. Suet
35. Able to evade
36. No
37. Pa “Joy”
38. Family restaurant, Bob
39. Crazy
40. German river
41. Branch
42. Fleeced
43. Fledged
44. Cheerleader in costume
45. Stephen King novel
46. Invented absurdly
47. Cry
48. Comprehend
49. lautophone
50. Present occasion
51. Feminine undergarment
52. The Alumnae Museum is attempting to demonstrate this with a show dedicated to that idea. Many patterns such as polka dots, paisley and leopard print have been considered trends throughout several different decades. Flared jeans, corsets and polo shirts along with many other clothing styles have also been spotted more than just once in a lifetime. The upcoming exhibit is going to be showing how certain styles are recycled. Not only will the museum be putting many of its items on exhibit but in addition, hosting a mini fashion show at the opening with staff, students and local volunteers. The models will be demonstrating how trends of the past reappear in contemporary clothing.

The opening will be at 2:00 p.m. on Friday, February 24 in the lobby of Curtis.

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