Over spring break, a group of four senior nursing students, Michelle Flores, Jillian Troxel, Trish Logan, and Kristen McKeon, along with Professor Lisa Heelan, are going to travel to Tanzania, Africa with many good intentions.

They will be in Africa from March 5 through March 15 and during that time the group plans to take on many community service type tasks and hope to make a big impact on this developing area. Once they arrive in Africa, before they travel to their main destination, which is Ndolage Hospital, they will meet with a bishop to give them his blessings before they continue on their journey. Their overall plan for this trip is to help out the people in this very rural area, by assisting at the Ndolage Hospital performing breast exams and pap smears and taking blood pressures. Also at the hospital they will be helping the women and their families that camp outside of the hospital in shacks awaiting the birth of the child, by performing prenatal checks and taking blood pressures.

The families camp outside due to the lack of equipment and the ability to tell when the woman’s due date is, so they travel to the hospital about a month before their estimated due date to make sure they are at the hospital when the time comes. They must make sure to be at the hospital for their birth because in this area, it is a law that all women must give birth at a hospital due to the previous high rate of maternal deaths from at home births.

Also while in Africa, the group will be going around the community in a mobile clinic performing blood pressure checks and administering vaccinations to citizens who need the care. They are also going to be visiting an orphanage and a public and private school to teach the children about oral hygiene.

In addition, the students and professor will be visiting an AIDS clinic to help comfort the patients and help them deal with their chronically ill state so that they can manage their situation better. Furthermore, they will visit a school of nursing that is connected to the hospital to audit classes and examine the difference in teaching from their classes to the classes offered at Cedar Crest.

This is the first known international nursing mission that students have taken at Cedar Crest. As Jillian Troxel states, “We all have a similar passion, not just for nursing but medicine also.” These students are doing this trip on their own time with their own money and are receiving no financial support from the university.

Khyla Brandt  | Staff Writer

Lifestyle

Campus comes together to collect caps

Lindsey Jancay  | Staff Writer

Plastic bottle caps: The colorful tops that keep the liquid in your bottle from spilling through your bag. Some have designs, some have quotes, others have prize codes. For one little boy, plastic bottle caps hold hope. Not much information has been released about the young boy on the receiving end of Alpha Phi Omega’s (APO) recent bottle cap drive. He is a student in the Emmaus school district. The boy is suffering from kidney failure and liver damage, and must undergo dialysis for 4 hours 3 times a week until he is able to receive a liver transplant. According to Rochelle Kloss, Psychology major and Cedar Crest student, who donated a kidney to her father after he had to go through extensive dialysis, the process is not only expensive, but also physically draining. “Dialysis maxes out insurance, it costs about $4,000 a treatment,” states Kloss, adding, “It’s such a draining process, they take all the blood out of your body, clean it, and put it back in.”

To help the family with the expensive treatment, a recycling agency out of Harrisburg agreed to donate an hour of dialysis for every thousand plastic bottle caps the family could raise.

The Kutztown chapter of APO approached Cedar Crest’s chapter and asked them to help raise bottle caps. C.J. Kris, the Vice President of Service for APO at Cedar Crest announced the project to the bethlehem and it was soon approved.

Kloss had seen a sign for the Cap Drive at a local store and had begun her own mini-drive. “I started out collecting where I worked, and I asked Micah and if I could make announcements in four psych classes. I only had four.”

Kloss asked students to bring their donations to a shoebox she placed in Micah Sadahg’s office. Soon the box was overflowing with generosity in a colorful plastic form. “I was counting the first couple of days, but after a while, you couldn’t. There were just too many,” explained Sadahg.

Soon caps were being collected all over campus. There were bags and boxes set up in the residence halls, and in classrooms. Students went through the recycling bins to make sure every last cap was put toward the good cause.

Coach of the Year leads Falcons basketball to playoffs

Theresa Ault  | Athletics Editor

Valarie Donohue, head coach for the Falcon’s basketball team, was named Coach of the Year by the Colonial States Athletic Conference for the 2008-09 season. “It feels great because I believe that the award is actually for the entire team and coaching staff,” said Donohue. “We don’t have one or two star players, we have a whole team and this was the way the conference coaches could recognize ALL of them and their accomplishments.”

Donohue has spent a lot of time recruiting to find talented players that are a perfect fit for the Falcon’s team. All of her hard work has definitely paid off, and this season is proof.

“Each year she was able to get into talented players that are a perfect fit for the Falcon’s team. All of her hard work has definitely paid off, and this season is proof. Coach of the Year was the best,” said Athletic Director Kristin Maile. “Now we are starting to see the results of her efforts.”

The Falcons were expected to finish last in the CSAC, but at the end of regular season they were sixth and heading to the playoffs for the first time in ten years.

“Look at us now baby!” said sophomore forward Leann Wallower. “Being the sixth seed going into the playoffs and knocking off the third seed was pretty awesome.”

Monday night, February 23, the Falcons upset the Centenary Cyclones, 82-71, in the CSAC quarterfinals. Their victory earned the Falcons the first playoff victory in Cedar Crest basketball history, as well as breaking the school record for wins in a season. They improved their record 14-11 overall for the season, beating the previous record of 13 wins in the 1998-99 season.

“It is an amazing feeling to be a part of Cedar Crest history,” said Wallower.

The Falcons were led by junior Kelly Oakes who posted her 12th double-double of the double season with 16 points and 11 boards, and sophomore Kristin Johnson added 11 points, 16 rebounds and a game-high five blocks. Junior Lukeema Jones also hit a double-double for Cedar Crest with 14 points and 10 rebounds. Jones dished out a game-high of 10 assists.
Cedar Crest makes honor roll for community service

Kristen Isaacson

STAFF WRITER

For the second time in two years, Cedar Crest College has been recognized by the President’s Higher Education Community Service Honor Roll by the Corporation for National and Community Service.

Cedar Crest has always prided itself in being involved in the community and helping those less fortunate. It is the only school to have a mandatory course called Ethical Life, which has students complete 30 hours of community service and reflect on their hours.

Every student at the school must take this course as a part of their liberal arts requirement.

The number of community service endeavors that were listed on the application were the Second Mile Program, the I.M.P.A.C.T. Program, working with Community Bike Works, and Bean a Day, a program held during Hunger and Homeless Awareness Week.

This program was about raising awareness and helping out a fellow human.

The two categories for classifying service are general community service and special designated area, which this year’s special focus was Youth from Disadvantaged Circumstances.

Dean of Community Service programs, sent forth information on three general community service areas and two special focus areas. The Honor Roll recognizes the college for committing that students, faculty and staff do for the community. Because of the whole package you get on the Honor Roll.

According to Bean, “To be on the Honor Roll, you have to have a certain type of distinction with a program or a variety of programs.

The number of students participating in community service and the hours performed also needed to be given. 812 students from Cedar Crest were involved in community service last year, and performed 25,762 hours. According to an independent sector, where you can find out the current rate for a volunteer, the value of a volunteer’s time in 2007 was $19.81 an hour. If you multiply that by the number of hours students performed, the value of Cedar Crest volunteers was $150,345.22.

“I think it’s a great distinction for the college. As an institution, I do believe we go above and beyond in the community. It’s an important part of who we are as an institution,” said Bean.

Acting Dean of Student Affairs, Denise O’Neill, who also teaches Ethical Life here at Cedar Crest also states, “Few institutions and universities have been recognized with the President’s Honor Roll for Service pride so proud of this accomplishment.

This award demonstrates Cedar Crest’s commitment to leadership through service. By contributing over 25,000 hours of community service during the past year at a variety of off-campus sites, Cedar Crest continues to solidify our relationship with the greater Lehigh Valley.

Students are also proud of the accomplishment.

Carly Wolfe, freshman Education major, is also a new member of Alpha Phi Omega (APO).

“She said, “I joined APO because I like the feeling you get after you help someone. Few here see how one group can affect someone’s life.”

She continues by stating, “It’s pretty impressive that Cedar Crest is a part of the Honor Roll. I feel special to be a part of that.”

Students, O’Neill present alcohol research at conference

Jessica Korpes

STAFF WRITER

Acting Dean of Student Affairs Denise O’Neill and a few students have been awarded a grant from the state to research the use of alcohol in an “All-Women’s Collegiate Setting.”

“I was very happy when I approached the students with the topic and they went ahead with the topic and made it their own. I think that is a very important topic. All of us will probably agree that alcohol use on college campuses has been a prevalent issue, but over the years we have made great progress by educating students,” said O’Neill.

The study run by the students is part of the Core Alcohol and Drug Study from the Core Institute at Southern Illinois University.

The study has been run ning this study for about twenty-five years now and hopes that the results of their study will help to stop the dangerous effects of under age drinking.

“We wanted to see how a all-a woman’s setting differed from a co-ed one. I thought that people would just be fascinated on how the two differed,” said O’Neill.

The study, which was completed in the fall, consisted of three hundred students filling out surveys in November and December that were written by a group of psychology students.

In the spring, a group of marketing students will put together a presentation to present to the campus and at the Health and Wellness Conference on April 3.

“We received a little less than $10,000. All of our results pointed to the fact that there were less incidents on our campus than on Co s, which could have been predicted,” said O’Neill.

The conference which is called Project Blueprint will be held at the Holiday Inn in New Cumberland PA on April 2nd and 3rd. The presenters include O’Neill, Jessica Dyszel and Mary Hentz, both nursing majors, and Elizabeth Saleb, a Political Science major.

Their presentation is titled “Marketing the Results of the Core Study in an All-Women’s Collegiate Setting.” The presenters will discuss their results and compare them to other findings by the National Core Alcohol and Drug Survey.

Another topic that will be discussed is the theory that by improving education and enforcing the rules, alcohol use could be reduced on other campuses.

“I was very happy that we could run this study on our campus and also get so many students involved at the same time,” said O’Neill.

AFRICA continued | page 1

The spring provided no credit for taking it.

Heelan is very pleased with her group of students for taking such an adventure over their spring break. “These four students made this trip possible because they took the initiative, not only by expressing their desire to go to Tanzania, but also by advocating for it themselves. I am very proud of them,” states Heelan.

The students also seem to feel the same way about their professor, as Trish Logan states, “Professor Heelan, I feel, is very skilled in cultural sensitivity in nursing and she took the initiative and made the logistics of it possible.”

The people of this area are also very excited for the group to visit their area, as all of Heelan’s contacts have been very hospitable and welcoming. The Medical Director of the Ndolage Hospital, Dr. Rwakayenda Onisim, has said in an e-mail to Heelan, “First take my word of appreciation of getting colposcopy and punch biopsy. Kindly extend our thanks to all who contribute to the availability of this important equipment, and also for all medical consumable materials which you already collected... May God be with you during the final touch up.”

In order to go on this expedition, each student has to pay their own expenses, but it doesn’t seem to bother them as Trish Logan refers to their experience as something “like a Mastercard commercial. She said, “Tickets to Tanzania, $1400.00, Travel Visas for Tanzania and Uganda, $100.00, The Overall Experience, Priceless.”

The group is taking along all of the necessary equipment to do the Pap smears and various exams, such as a colposcope, speculum, 1,000 pap smear kits, toothbrushes, toothpaste, and blood pressure cuffs, just to name a few. But there are many more supplies that this area needs in order to maintain the necessary hygiene to keep them healthy. Heelan and the students are welcoming the donation of any travel size toothbrushes and tooth pastes, pencils, crayons, and female condoms for them to bring.

Also, monetary donations will be accepted with the sole purpose of helping get the women’s program they are implementing, up and running and also to allow the women to receive pap smear test results, as it costs them $8 a piece to send out the test and receive the results. If anyone is able to donate, the items or money can be received by the nursing department or by Professor Heelan herself, and please remember to put a name on the donation so that the group can properly thank the donor.

Cedar Crest Spring 2009

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www.cedarcrest.edu/crestiad February 26, 2009
Sustainable campuses topic of LVAIC conference

Anna Dold-Fisher
STAFF WRITER

On Friday, Feb. 20, the LVAIC Sustainability Conference was held at DeSales University. The organizing committee was hoping to have 80 to 100 people attend, and was pleasantly surprised when they had to close registration because they were maxed out at 175 people. There was a mix of faculty and students from each of the six colleges in the LVAIC community. Cressman’s Dave Huber from printing services was recognized for contributing signs at the conference. Lehigh University documented the day by video and will be posting it on their website. The Ivac.org website also has information on the conference.

The keynote speaker was John Cusack. He is the executive director of the New Jersey Higher Education Partnership for Sustainability (NJHEPS) and president of the Giford Park Associates. Cusack has a long list of achievements. He consults with large corporations on sustainability and even spends time lobbying in Congress. His definition of sustainability is “integrating environmental, economic, and social issues into all decisions of an organization.” He emphasized that sustainability “goes beyond being green.” The A.T. Kearney study supports this perspective. The A.T. Kearney study found that 40 percent of companies are actually becoming beneficial to their bottom line. In today’s economy it is vital to maximize profits during times of financial crisis by an average of fifteen percent. In today’s economy it is actually becoming beneficial to be sustainable.

Cusack talked specifically about the advantages of sustainability in higher education such as: Reduced costs, improved learning environment for students, providing a competitive advantage that attracts the best and the brightest to the community, enhancing the reputation of the institution and providing students with the information they need to succeed in business, attracting donations and grants, good public and community relations, and improved investment returns of endowments. With such a list of advantages, it is no wonder why campuses are becoming more aware and involved in sustainability. But, there is still much work to be done.

After the keynote address, the room was divided into two rooms, and the workshops began. Matt Steinman from Dickinson College spoke on “Bio Diesel and Organic Farming.” Their students help to run an organic farm that supplies their dining hall with fresh organic produce year round. The dining hall also composts 500 pounds of food waste daily. The compost is then used as fertilizer at the farm. They have reduced landfill waste by one dumpster a day, and 150,000 pounds annually.

Through hard work and dedication they have received many grants for items such as tractors, burners, pulpers, trucks and solar panels. Steinman is passionate about the importance of renewable energy on the farm. They have multiple solar panels, in addition to a fully functioning bio diesel operation. They collect used cooking oil from restaurants and convert it into bio diesel. The bio diesel runs in any unmodified diesel engine, burns cleaner, and lessens carbon emissions. His hard work and innovation is inspiring. Dickinson College is having a conference on April 3 to 4 about bio diesel and fueling the school.

Dork Sahagian from Lehigh University spoke on, “integrating sustainability into the curriculum.” One of the things he talked about was the current generation’s separation from nature. Video games and television keep children inside. He said, “if our children have no connection with nature how are they going to solve the tougher problems they experience in the future.”

Cedar Crest has already taken many steps toward sustainability, and is well known for their commitment. You can contact the Sustainability Task Force on campus to hear about the changes that are being made.

Our Dining Services will soon be receiving a green standard plaque from Parkhurst Dining Services, thanks to the efforts from the Dining Services staff. The plaque will list the green initiatives that Cedar Crest has implemented in their Dining Services.

The American College President Climate Commitment continued | page 4

Cressman Library premiers new collection

Lindsey Jancay
STAFF WRITER

According to www.wisegeek.com, “Manga is the Japanese word for comics. It is used in the English-speaking world as a generic term for all comic books and graphic novels that were originally published in Japan.”

Lauren Panepinto, the secretary of Cedar Crest’s Otaku’s Anonymous and Junior English major, explains it as “a graphic novel, basically a novel linked to a comic book.”

Manga are often produced in series that can include a few, or a few hundred books! The storyline range from serious to humorous and there is Manga to accommodate all ages. Manga is not limited to a specific genre so there is a variety of topics and approaches that will cater to the horror buff, the drama enthusiast or the mystery addict.

If you are not familiar with these colorful and inspiring literary works of art, head over to check out the Cressman Library’s newest collection. The Manga collection in the Cressman Library is “unique in that it is the only collection in the library directly chosen and funded by a student organization.” Explained Freeh, who pointed out that books in the Library are usually chosen by faculty and staff.

Otaku’s Anonymous began to transition their extensive Manga collection from the large bin where it had been stored for years to the Cressman Library mid-summer. President of Otaku’s Anonymous and senior Secondary Ed. and Mathematics major, Rachael Roeckel elaborated of the previous state of the Manga collection, stating, “We had a bin and a list but access was an issue.”

Otaku’s Anonymous approached MaryBeth Freeh, Director at Cressman Library, and asked if they could donate the collection to the Library so that it would maintain its integrity and be more accessible to members of Cedar Crest College.

“The process was fairly simple,” they asked and I didn’t see why not... [they] didn’t have to argue much. I’ve been a fan of anime for years, I love the art,” explained Freeh.

There were, however some challenges to cataloging the unusual books. First, Manga reads backwards: “True to Japanese mode,” Freeh added, so there was the issue of where to put stickers and the date cards. Also, some of the manga is still in Japanese, so the international standard book number had to be searched to find the English translation to catalog by.

Also, the decision was made to keep the Manga in the Reserve section of the library behind the circulation desk and to limit access. “It’s a hot item” explains Freeh, “we placed them in the Reserve section so that random community people cannot walk off with them.”

Roeckel agrees, stating, “They’re small and the paper is fragile, they just wouldn’t come back.”

The collection contains shows, movies and books that have been donated to the club along with the purchases the club makes with the allotted Student Government funds each year. The Manga is now occupying two shelves in the reserve section, however, the collection is expected to continue to grow as Otaku’s Anonymous continues to accept donations and purchase new books as well as other Anime items.

So, whether you missed an Otaku’s anonymous meeting and need to catch up on what they watched or read last week, or if you are just curious about what Manga is all about, head over to the Cressman Library, a new literary experience is awaiting you!
Winter Wonderland features furs at Alumnae Museum

Nicole Magloire
STAFF WRITER

The first exhibit that the Alumnae Museum held was opened in 1992 and it was a display of the first forty years of Cedar Crest’s history in photographs. Since opening in 1992 many alumnae and students have been dedicated to its success, and also to the preservation of the history of Cedar Crest.

The Alumnae Museum was originally founded by the Alumnae Association in honor of the 125th anniversary of the school. Now this practice is being continued by current alumnae and interns to preserve the history that is cherished so deeply by our College.

“The exhibit is different than any other one that I’ve done,” said Gabrielle Buzgo sophomore Integrative Arts major, and intern at the Museum.

Winter Wonderland is the theme of the new exhibit going on in the Alumnae Museum and it is nothing short of amazing. The items on display range from fur coats to pictures of alumnae playing in the snow.

“We were kind of holding off on the exhibit because of all the fur, but then we just decided to do it,” said Buzgo. Burberry wasn’t the only student that was happy that the furs were finally able to be displayed. “The exhibit is absolutely beautiful. I’m happy that they got to use the furs,” said Lindsey Wagner sophomore Art major.

The items that are being displayed have been donated by alumnae and every item has a tag on it that says the person that donated it and the year they graduated. “We picked Winter Wonderland because it went well with the theme of Winter Weekend, plus all of the items on display are meant to be worn in the winter,” said Edgar.

The attendess of the exhibit opening ranged from freshman to an eighty year old woman just curious to see the items on display.

“I was really interested in seeing the fashions that past students wore,” said Bridgette Stevens junior Psychology major.

She was one among many students that came out just to look at the clothes and see what type of attire different alumnae wore.

The furs coats on display were all real and the interns and assistants of the museum put on gloves whenever they had to come in contact with the different items.

Some students were amazed by how old a lot of the items on display were, there was a pair of skis in the corner of the exhibit that were believed to have been from the 1940s.

The pictures that were around the exhibit helped to show the students that the alumnae that attended this school had just as much style and fun as we do.

There are pictures of students sledding down the hill behind Moore and also a picture of some very fashionable students posed on campus.

SUSTAINABILITY

(More at bottom)

Throughout the conference it was an eye opening experience to see how much waste the campus is able to compost each week. The Alumnae Museum held an exhibit to show the students and alumnae that at Ceder Crest’s Roxxi Shupp made a poster for the conference. Cedar Crest’s Roxxi Shupp made a poster about the Sustainability Task Force on campus. It was a concise overview of what they have accomplished and what they have plans for in the future. The list was impressive. Lafayette had a poster about their “Green Move Out.” Students who were moving out of the dorms at the end of the year donated stuff instead of throwing it away. In all they were successful at diverting 3,652 pounds of reusable goods away from the landfill. Maybe Cedar Crest could do the same this coming spring.

Cedar Crest’s devotion to sustainability is obvious. Let’s keep the movement going. Become involved in little ways and make a big difference.
Albright speaks about organizing student life

Jessica Heiser
STAFF WRITER

In Feb. 15, Diane Albright, a Certified Professional Organizer and the founder of All Bright Ideas, gave a presentation to the Cedar Crest community about the time-saving benefits of planning ahead and organizing your life.

“I always was, I think it is something you are born with. Whether it is the highest levels become professional organizers,” said Albright.

There are artists who are born with the talent to draw or paint. If you want to do those things, they only have to take a class. Therefore, for people who weren’t graced from birth with the ability to organize, Albright holds seminars to help others expand their skills in the same way that anyone would take a course to increase their knowledge on a subject.

Throughout the course of her lecture, Albright brought up many ideas to save time. For example, she urged that by saving yourself 90 seconds each hour, you can accumulate a week of free time to do what you want. Albright affirmed that there are many ways that you can conserve time that will actually benefit you. From learning computer commands in order to cut back on minutes wasted fiddling with a heavy mouse, to simply doing everyday tasks can be accomplished shorter.

Amy Sommer, who was a custodial department at Cedar Crest College attended the information session to get ideas on how to structure her life more in order to get a degree in Art Therapy. “I’ve been working here for three years and I want to take classes. I wonder, am I going to do that as a single mom? I need help.”

Albright offered a plethora of resources to get those struggling in their time management back on track. Two “achieving” papers were handed out, one for goals, and the other for happiness. Viewers were encouraged to draw down what it is they wish to accomplish and the steps and necessary to achieve that.

Calendars were also provided so that the audience could track what needs to be done monthly, bi-monthly, weekly and even daily.

As Albright said, “Failing to plan is planning to fail,” the calendar provided an ample opportunity for one to take stock of what they want to achieve in the coming month.

The course calendar also included a section to write in a goal and a habit. Albright encouraged that each must be made a goal, as well as a good organizational habit to get into.

The lecture concluded with the speaker handing out various items, including Command Strips and a tape-measure keychain, in order to prepare students some extra organizational tools.

STUDENT GOVERNMENT ASSOCIATION
Ambar discusses budget

Hauna Colista
STAFF WRITER

Student Government Association (SGA) met Wednesday, Feb. 16 in the 1867 room of the Tompkins College Center (TCC). The meeting started by going over the agenda when President Ambar and Acting Dean of Student Affairs Denise O’Neill explained.

President Ambar addressed the group to discuss Strategic Planning, updates to the TCC and the budget for the 2009-2010 school year.

Over winter break Ambar, faculty, alumni and students met and discussed 80 proposals that outlined strategies and changes that could be made to improve Cedar Crest College. The committee is currently working with those proposals.

Ambar also gave an update to the redesign of the TCC. New furniture will be added out of Spring Break and a new lounge will be constructed on the third floor of the TCC.

The website will also start to go through a redesign to achieve a “better look and feel” and “better navigation,” said Ambar. A beta site will be made, possibly with a new logo.

Ambar spent the majority of her time speaking on the budget for the next academic year. Under the current year’s financial instability, Cedar Crest College has also fallen into the pool. Ambar discussed the potential deficit which at best will be a couple of $100,000 and at worst be $1.5 million.

The word “deficit” can be frightening, but Ambar assured students that they are doing their best to bring the College off the recession’s edge by doing away with putting the weight onto the shoulders of the students. The Board of Directors and Ambar are sensitive to students’ financial needs and are looking to more fees that are reasonable. Ambar said they are looking to raise tuition four percent, as opposed to the four percent at the state universities. The fees will come from areas where students receive a great deal of support: Residence life, technology and student activities are a few of the proposed fees.

“The goal here is not to just throw fees out but it place fees where students get significant support,” said Ambar. She went on to say, “They [other colleges/universities] are having more success with that.”

Recently, Moravian had made several layoffs to keep from drowning in the red. SGA responded to that fact. “Hopefully we can weather this crisis without making layoffs.”

The SGA meeting went on according to the agenda. SGA met most significant act of the meeting was the amending of an old bylaw which prohibited Life Long Learning students from running for a student government position until they had been a student for at least four quarters. SGA said they had already decided to amend the bylaw, now allowing any Life Long Learning student to run for a position as long as they have a cumulative GPA of 2.0 or higher.

SGA meets at 6 p.m. every Wednesday in the 1867 Room. All students are welcomed and encouraged to attend.

When in the museum it’s easy to feel a sense of unity and somewhat what of a connection with all of the students that attended the college before some of the current residents.

The exhibit is more than just a winter wonderland it is actually a place where all of the alumni come together. In the museum there is a place where current students can come and connect with the people that came before them.

PLASTIC CAPS

continued | page 1

KRISSE REMINISCES, SAYING, “WHEN I WAS 16 I TOOK A CAP OFF THE TABLE AND ONE OF MY TEAMMATES WOULD SAY ‘WANT, WANT, DON’T THROW CAPS AWAY!’ I’D SAY ‘DO YOU WANT TO EAT?’”

Although the Plastic Cap Drive lasted about a week and a half, Cedar Crest was able to raise 5,202 caps which translates into over 5.5 million gallons of water. Psychology department, where the shoebox had been traded in for a much larger container, raised 500 caps alone! Kloss was also able to raise 500 additional caps from collection boxes at other places. “I know girls who were going through their neighbor’s recycling bins. They did it too! I have no shame. I know how much every little bit can help,” exclaimed Kloss.

Sadig was especially impressed by how the campus came together for such a great cause, saying, “I think it is very compassion that our students are…”

When people pull together it is important to have a vision and a mission and just how to pull people together! If we want to make a difference we must have a vision of a mission and just do it.”

Although the drive is no longer being run, Sadig is excited to think of having another one in the future, so hold on to your plastic bottle caps! Both Sadig and Sadig are looking forward to another successful year and another plastic cap drive!
Singing the big picture

Rena Wallace | Staff Writer

No need for sex

How much sex are you having on a regular basis? Well if you’re not sure how much you should be having, consult a doc- tor. Or not.

During the Victorian Era in England, doctors went to great lengths in order to prevent individuals from having sex, especial- ly women! During that time, women were not allowed to freely engage in sex unless it was for the sole purpose of reproduction. Any sexual de- sire that females had was con- sidered to be in contradiction with the proper definition of virtue. William Acton, a gynecolo- gist and author during the 1800’s believed that women experienced no need for sex. He wrote a man- ual that modern women from indulging in intercourse too fre- quently. Consequently, the lack of women’s education had taught them to believe that sexual feel- ing was indecent and immoral. Why?

Despite what doctors think, everyone should be entitled to their own opinion about sex. Whether it means being abstinent, celibate or a nymphomaniac, sex and sexuality form the most basic core of an individual’s identity.

Doctors today have gained more knowledge about sex and the benefits that it poses. Sex can relieve stress and boost immunity. Having sexual intercourse once or twice a week has been linked with higher levels of antibody called immunoglobin A or IgA. These antibodies can protect against contracting colds and other infec- tions.

Thirty minutes of sex can also burn up to 85 calories or more. Sex improves intimacy as well. More contact can cause the so-called love hormone oxytocin to increase.

As oxytocin increases, emotions increase which in turn can reduce pain such as headaches or PMS symptoms. As pagtagoo research, the oxytocin released during an orgasm can also promote sleep. Getting the proper amount of sleep can help maintain a healthy weight and blood pressure.

Furthermore, researchers have found that when hormones in our body are activated at a faster rate than usual during sex, there is better blood circulation. The hormone oestrogen that is produced can cause hair to shine and skin to be smooth.

Is there no need for sex? Well that just depends on your views and beliefs as an individual. But no matter what, sex will al- ways be a natural part of a woman’s life.

Hanna Colista
STAFF WRITER

Getting involved on campus gives students experience, knowledge and confidence

Rachael Diffenderfer
STAFF WRITER

By this point in your academic career, you should know that Cedar Crest places a lot of emphasis on campus involvement and deve- loping strong and successful student leaders.

You should have also come to realize that Cedar Crest offers a wide variety of ways to get in- volved. From residence life, com- munity service, non-campus clubs, activities, there are many options to get out there and do something. Why the pressure to get involved?

One reason is to get you out and meeting people, instead of sit- ting in your room making virtual friends on Facebook. Being in clubs/having a job/volunteering teaches time (and stress) manage- ment.

Getting involved gives you experience and knowledge that you might not have had yet. You will feel at home much more quickly once you begin to meet people; it helps you take your mind off off-home- sickness. College involvement means success later on in life.

John Gardner, author of Your College Experience: Strategies for Success, writes that “Students who are more often engaged in their community manage their time bet- ter and make connections that often last a life-time.”

By combining your skills de- veloped through campus and com- munity involvement with the knowledge you are gaining in the classroom, you will become much better prepared for your eyes but daeves!!!

However, what they don’t tell you is that getting involved builds self-confidence. I know that I have become a better and more effective leader since high school. I know that I can go into the “real world” and be ok. Am I terrified of grad- uating in May? Most definitely. Do I know that I’ll survive once I’m out there? Of course I will, because my college experience has shown me that I can handle whatever comes at me.

My experience as an Orienta- tion Assistant (OA) and Head Ori- entation Assistant (HOA) has taught me a lot about myself. I feel more confident in the decisions I make and know that I can bring a large group together and have it be a success.

My time management is much better than it was freshman year. I have the confidence that I can go into the world and make something of my life. The HOA experience for me has been the most rewarding and fulfilling aspects of my college career. I will leave the Crest know- ing that I made a difference for at least one person and that I really can lead people.

As an HOA, there is an ex- traordinary feeling that you are re- sponsible for not only leading a team of talented and dedicated oats but are also a key part of the in- coming students’ transition into college. It is a lot of pressure but you are able to deal with that be- cause that’s what it means to be the HOA.

You know what you are get- ting into before even applying for the position. And how do you know what you are getting into? You know because you have already had the experience and skills of being an OA. You can’t be the HOA without having to go through the same experiences as everyone else.

There is something unique about being an OA. There is the bonding that happens during train- ing; the long nights and early morn- ings you really pull a group together. Then you have the rush of adrenaline
The curtains sway in dark blue light, as the center spotlight caresses the folds of my satin blouse. I thought I’d never be back there again.

In high school, the Upper Perkiomen drama department was my life. We were all _Komen_ actors, an acceptance that knew no bounds, a feeling of family that rushed from each wing. As a transfer student in my junior year, I hadn’t felt anything like that for a long time.

Well, the opportunity presented itself in December with tryouts for _The Vagina Monologues_, and although I thought the topic was silly, I figured it was worth a shot.

However, I soon found out that all of my preconceptions about the show were completely wrong. It is not a two hour rant about a certain female body part that makes people feel uncomfortable in conversation, nor is it a gratuitous, filthy sex epic.

No. _The Vagina Monologues_ is based on something more people feel squeamish about than the word vagina: Violence against women.

At first, it was just something I did to keep busy. I went to practice a few times a week, rehearsed my lines, and simply waited to get my life back after the production would be over. Then, during the final week, something changed. I began to feel that I was a part of something so important, but I just couldn’t put my finger on why.

I soon started to hear the monologues for what they really stood for: Strength, empowerment, and acceptance. The cast and crew were amazing, and I suddenly began to gain confidence in myself and became more social, talked to a few people, and began to feel connected. Over a week’s time, it had transformed from something to do, to something to stand up for.

Laura Moore, a junior who was Co-Director of the play, said on her feelings about _The Vagina Monologues_ significance. “It’s a chance to help women and get the word out on the many different issues that women face. I come from a family of battered women, so getting those issues out is important.” Despite what you might think about violence against women, it honestly is everywhere you look, in every face you see. Most people know at least someone who has experienced it in some way, shape or form.

This became apparent the closing night of the play for me. Any one who has been victimized by abuse in their life is supposed to stand up in the audience, or come out on stage for the cast. I walked out there, nervously, as closed up memories unwound in my head, pulsing over and over.

For Jessica Heiser, stepping onto the stage for the first time since high school to perform in Cedar Crest’s production of _The Vagina Monologues_, was an emotional and empowering experience.

I never thought I would be back there, again. But I wasn’t alone, as I viewed the immense response from our viewers, and my fellow cast members. Looking left to right, I was horrified at what I saw, and heard.

I learned that the first person at this college who had befriended and accepted me was the victim of unspeakable things. There were drowned out sobs as we squeezed each other’s hands, personal pain and torment boldly on display.

I watched small strands of tears fall from my face like string, making strange patterns on the stage. There was a bizarre magnificence about it, a feeling of power, and a surge of courage at showing these hidden, hurtful things to strangers.

Yet, there was also a different feeling of acceptance and acknowledgement. Finally, I got what I always wanted. An apology, an understanding, and the comfort that I wasn’t alone.

Most importantly though, was the knowledge I had imparted on everyone that had seen me, seen us, and seen the effects of violence. I will carry that with me forever, and be eternally proud.

2009 Elle Style Awards

The year of Hollywood trainwrecks

Dannah Hartman

As I was pursuing my usual celebrity gossip sites, I recently came across some very shocking and disturbing news. Brace yourselves for what they really aren’t put my finger on why.

February 26, 2009

OPINIONS

STAFF WRITER

www.cedarcrest.edu/crestiad

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With so many sophisticated, styled celebrities out there I find it hard to believe that Courtney Love was really the most fitting choice.

Yes, it is her party and she has the ability to do whatever she pleases…but really suicide isn’t an issue to be taken lightly and used as a theme for a celebration. Anyway, that’s enough about our woman of the year…for now at least.

After I relentlessly searched for some sort of an explanation to satisfy my confusion and disbelief, I learned that these awards are actually chosen by ELLE readers.

As an ELLE reader myself, I feel disappointed for not knowing my ability to vote for these awards and 2) not voting a million times for someone other than Courtney Love.

With the inability to change the unfortunate event, I decided to reflect on Courtney Love’s year because maybe, just maybe she finally got her act together. So what did her year consist of to make her so “Woman of the Year” worthy?

Well for starters, she went on an anti-Semitic rant in an interview with _People_ magazine where she said, “Every time you buy a Nirvana record, part of that money is not going to Kurt’s child, or to me, it’s going to a handful of Jewish loan officers, Jewish private banks, it’s going to lawyers who are also bankers, it’s going to sixty PAs.”

Oh and who could forget the “suicidal sixteen” themed birthday bash she threw for her and Kurt Cobain’s daughter, Frances Bean? According to parent-dish.com, Love reportedly paid over $300,000 for the party and the guests participated in a “who can look most dead” contest.

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Sunday was the Oscars. Match the dot next to the awards on the left with the ones next to the winners on the right. The name in the middle that is not crossed out is the only actor/actress who won this year and had won in a previous year.

HINT: Each award was given to one winner; there are extra names.

The Oscar for Best Actor was awarded to **Brad Pitt**, for his role in *The Curious Case of Benjamin Button*. He had previously won this award for his role in *Shakespeare in Love*.

The Oscar for Best Actress was awarded to **Amy Adams**, for her role in *The Curious Case of Benjamin Button*. She had previously won this award for her role in *Junebug*.

The Oscar for Best Supporting Actor was awarded to **Philip Seymour Hoffman**, for his role in *The Reader*. He had previously won this award for his role in *Capote*.

The Oscar for Best Supporting Actress was awarded to **Kate Winslet**, for her role in *The Reader*. She had previously won this award for her role in *Titanic*.

The Oscar for Best Original Screenplay was awarded to **David Raker**, for his work on *MR. CHEMIST'S NEIGHBORHOOD*. He had previously won this award for his work on *WANTED*.

The Oscar for Best Adapted Screenplay was awarded to **Amy Adams**, for her work on *The Curious Case of Benjamin Button*. She had previously won this award for her work on *Junebug*.

The Oscar for Best Costume Design was awarded to **Meryl Streep**, for her work on *Revolutionary Road*. She had previously won this award for her work on *The Hours*.

The Oscar for Best Art Direction was awarded to **Sean Penn**, for his work on *Wall-E*. He had previously won this award for his work on *The Reader*.

The Oscar for Best Makeup was awarded to **Penelope Cruz**, for her work on *Vicky Cristina Barcelona*. She had previously won this award for her work on *All about Steve*.

The Oscar for Best Visual Effects was awarded to **Philip Seymour Hoffman**, for his work on *Milk*. He had previously won this award for his work on *Capote*.

The Oscar for Best Production Design was awarded to **Amy Adams**, for her work on *Revolutionary Road*. She had previously won this award for her work on *Junebug*.

The Oscar for Best Editing was awarded to **Amy Adams**, for her work on *The Curious Case of Benjamin Button*. She had previously won this award for her work on *Junebug*.

The Oscar for Best Sound Editing was awarded to **Amy Adams**, for her work on *The Curious Case of Benjamin Button*. She had previously won this award for her work on *Junebug*.

Compiled by Dannah Hartman and Allie Scott
Submitted by Jessica Korpics

Historical Happenings

February: American History Month
March: Women’s History Month

Facts of the Week:
Feb. 26
Grand Canyon National Park established, 1919
Feb. 27
22nd Amendment to the US Constitution ratified, 1950
Feb. 28
The last episode of M*A*S*H aired, 1983

March 1
Congress established Yellowstone National Park, 1872
An avalanche killed more than 100 people on a train, 1910

March 2
Anne Sullivan began to teach blind and deaf Helen Keller, 1887
King Kong premiered, 1933

March 3
The Supreme Court declared tomatoes a vegetable, 1883
The Star Spangled Banner named National Anthem, 1931

March 4
King Charles charted William Penn the land we now know as Pennsylvania, 1681
Vermont became the 14th state, 1791
Frances Perkins became the first women in the president’s cabinet, 1933
The Slinky was patented, 1947

Birthdays:
Feb. 26
Levi Strauss (b. 1829) patented Levi jeans
Feb. 27
Henry Wadsworth Longfellow (b. 1807) poet
Feb. 28
Chelsea Clinton (29) President Clinton’s daughter
March 1
Frédéric Chopin (b. 1810) Polish composer
Ron Howard (55) actor, producer, director
March 2
Theodore Geisel (b. 1904) Dr. Seuss
Sam Houston (b. 1793) American soldier and politician

Have you heard the news?
Big things are coming to CCCRadio...
Keep an ear out for our BIG NEWS.

And get pumped for Battle of the Bands... March 21, 2009!
products by doing research on the topic by an accredited institution. For example, for the past few years there have been stories over the subject of cell phones emitting radiation that will give users cancer. However, according to the National Cancer Institute at www.cancer.gov, "Exposure to high levels of RF energy can heat body tissue, but RF energy exposures from cellular telephones are too low to cause significant tissue heating." Yet, this information does not mean that we can necessarily throw away the theory of cell phones being dangerous. As of yet, there is not much long term data on how cellular phones affect their users, especially since the amount of RF (radio frequency) energy concerning a user depends on how often they are on the phone, how long their calls are, and whether a head set is used.

Another legitimate concern that is currently popular in the media is whether or not deodorant, or antiperspirants, cause breast cancer. The active ingredient that is found within antiperspirants is aluminum, which acts as a stopper in the sweat gland duct, therefore reducing the amount that a person will sweat. Many scientists believe that the aluminum compound found within these products can seep into the areas around the breasts, causing an estrogen effect which could instigate the production of cancer cells. However, the National Cancer Institute claims that they, and the Food and Drug Administration, have not found a conclusive link between the development of cancer and using deodorant deodorant. Although there have been some conflicting studies that seem as if there is a correlation between shaving your underarms and wearing deodorant, family history and the use of oral birth control proved to be the biggest influencing factor.

These concerns are all legitimate, as our new age technology is still uncertain. Cell phones have not been around, at least popularly, for very long. Who knows what the long-term effects of these things could be? Yet, there are myths out there concerning health that need to be hushed, and quickly. Over the last decade, e-mail hoaxes have ar

According to www.snopes.com, the name of the original sender is not determined, but Stephanie Baker, the lab assistant of a well respected professor, Dr. Benita Katzenellenbogen, at the University of Illinois at Urbana-Champaign, forwarded the rumor to some people after she had received it, unaware that her signature still had a link to the doctor she was working for. This made it seem as if her employer had verified the data in the e-mail, allowing the false information to pass on as scientifically researched.

The claim had sparked such a controversy that the FDA issued a statement, available on their website (www.fda.gov) claiming, “In the last six months, unfounded rumors on the Internet have suggested that U.S tampon manufacturers add asbestos to their products to promote excessive menstrual bleeding in order to sell more tampons. FDA has no evidence of asbestos in tampons or any reports regarding increased menstrual bleeding following tampon use.”

Before any tampon is marketed in the U.S., FDA reviews its design and materials. Asbestos is not an ingredient in any U.S. brand of tampon, nor is it associated with the fibers used in making tampons. Therefore, the rumor was proven by the FDA to be untrue, and Katzenellenbogen issued a statement clearing her association with the e-mail.

With the spread of new questionable facts and disorders among the world today, there is sure to be an uprising of even more questionable items and practices. Some of this is legitimate, like questioning the danger of cell phones in general; however, it is difficult to determine what is true and what is false.

Yet, other ridiculous rumors create a world in which anyone with the internet can become a “doctor”, prescribing remedies and advice. Caution should be taken when hearing something through the media pertaining to health, and the best sources to go to for advice are nationally recognized institutions and your doctor, not the spam folder.
Almost everyone has heard of In Vitro Fertilization (IVF). However, how many of us actually understand the process and work involved? One Cedar Crest student does. No, she has not had IVF herself, but she is the result of it. Carrie Moore, Junior Dance major, was conceived through IVF after her mother struggled for nine years to have children. The story of Carrie’s mom Wendy is a remarkable one.

Before getting into the Moore’s story, it is important to understand how IVF works. According to ivf.com, “The woman will undergo about two weeks of intensive preparation that includes hormonal therapy and fertility drugs.” In order to determine the best time to retrieve the eggs, blood tests and ultrasound scans of the ovaries are conducted. The optimal time to retrieve the eggs is just before ovulation when the oocytes (eggs) are almost ready for fertilization.

When the time is ready, a local anesthetic is applied. The female’s eggs will be visualized by ultrasound and retrieved by a sonogram, which is basically a needle placed through the vaginal wall. The patient rests awhile and then is able to be sent home and return to their normal activities. The procedure is called Transvaginal Oocyte Retrieval.

The fluid from the eggs is examined under a microscope by the embryologist. The embryologist then locates the eggs and keeps them in the laboratory. When the eggs are ready for fertilization, the embryologist will place the sperm in the eggs. The eggs will develop into pre-embryos and are maintained in laboratory dishes.

The couple’s pre-embryos will be passed through the vagina and into the uterus using a special catheter. After the pre-embryo has been placed in the uterus, the patient will lay down in bed for around an hour and then return home.

IVF has come a long way in twenty years. When Wendy Moore went through In Vitro, no anesthesia was used and a long needle was placed through an opening in the abdomen. The process was much more painful and uncomfortable than it is now. As reported in the Reading Eagle on January 11, 2009, Wendy suffered through three miscarriages and one ectopic pregnancy (when the egg develops outside of the uterus.)

Due to complications during Wendy’s pregnancy, Carrie was born six weeks early on March 8, 1988. It seems that the difficult journey Wendy experienced has its rewards. The relationship between Carrie and her mother is a very close one.

“She is one of my best friends,” said Carrie in regards to her mother.

Recently, Carrie and Wendy attended a birthday party hosted by Women’s Clinic Ltd. The Women’s Clinic Ltd is a private practice that specializes in infertility. It was through this clinic that Wendy was able to undergo IVF.

“It was awesome seeing the love in the parents’ eyes,” noted Carrie about attending the Women’s Clinic party.

The clinic recently celebrated twenty years of providing IVF. 37 couples and 68 children attended the celebration. However, not everyone attended. The first successful IVF family was not present.

IVF is a less contentious procedure, so issues of privacy and morality were respected. Most of the controversy surrounds what to do with the left over eggs. The eggs can either be discarded or frozen to be used at a later date.

No matter where you stand on this issue, there is one thing that can be agreed on. Carrie Moore would not be alive if it was not for In Vitro Fertilization.

Rachael Diffenderfer
STAFF WRITER

In-Vitro:
The road to fertilization

Khyla Brandt
STAFF WRITER

Most people become aware of germs when they are a young child, but at that point we all think of them as “cooties” or “bugs.” So of course, little boys run around avoiding the little girls for fear of getting “cooties” and visa versa. But you would have never believed it when you were younger. That the germ infested places were not the little girls and boys you were afraid to play with.

“Actually, germs are tiny organisms, or living things, that can cause disease. Germs are so small and sneaky that they creep into our bodies without being noticed,” as stated on kidshealth.org. Germs are truly so small that you need a microscope to see them and we do not know we have invaded our bodies until the tell-tale-symptoms start to appear as a result. Germs do not always make us sick, but strangely enough, they can not only invade humans, but also plants and animals.

There are actually four types of germs in the world; bacteria, fungi, viruses, and protozoa. Bacteria is probably the one we are most familiar with, due to all of the anti-bacterial lotions and soaps that are encountered by consumers day in and day out. Bacteria has to feed off of its environment in order to live and most of the time, the human body is the environment.

Bacteria can feed and reproduce outside of the human body or inside the body where they then cause infections. This particular type of germ can cause all kinds of sore throats (strep, tonsillitis, and pneumonia), ear infections and cavities. But not all bacteria are actually bad for you. The good bacteria live in our intestines and helps keep our body in balance by using the necessary nutrients from the food we ingest and making waste of the rest of it. Scientists actually use these germs in their laboratories to make vaccinations that are in turn administered to humans.

The germ, fungi, also has to feed off of its environments of people, plants, and animals. Their choice environments to thrive in are damp, moist areas. Though fungi also require a human, plant or animal to thrive in. Their chosen source is called their “host,” and by being inside their host, they can grow and reproduce at alarming rates. Once a virus inhabits a human, it can spread and make us very ill. Common viruses humans get are measles, flu, and chicken-pox. Viruses thrive while on surfaces that are touched often by humans, so it is always recommended to avoid touching virus surfaces from person to person.

Lastly, the germ protozoa are found in damp of wet areas. They often spread their diseases through plants, which makes it fairly easy for humans to obtain germs such as these. Illnesses related to an infection of protozoa can lead to stomach aches, nausea, that may cause diarrhea.

Most people could avoid an invasion of all these types of germs by taking a few, very simple, daily precautions. People have misconceptions of where most of these germs inhabit, so they end up avoiding the wrong areas and not worrying about the areas that need to be taken with caution. The results from a survey posted on www.webmd.com stated that, “64% think public restroom doorknobs have more germs than a typical ATM... 75% think the toilet seats in fast food restaurants do.”

Well it turns out these people surveyed were wrong. Public restroom doorknobs do contain some germs but are far better to touch than a typical ATM. Many people touch ATM’s after they have fingered or coughed or if they are sick and do not bother washing their hands. Also, toilet seats in fast food restaurants are actually not as bad as people think they are. It turns out, the bathrooms on air-planes contain much more germs. Lastly, Port-A-Potties are also better than most people think. Ironically enough, picnic tables contain more germs than a standard portable potty does.

At home, the germ infected area is actually the kitchen sink. As mentioned before, many germs like moist places and the kitchen sink, along with the dishrag and toilet bowl, are some of the germiest areas that can be found in your home.

A kitchen sink is home to more germs than an entire household bathroom. The most dangerous place at work when it comes to germs is surprisingly, your phone receiver, which tops the chart ways above the work bathroom toilet seats. As for public places, picnic tables, escalator handrails, shopping cart handles and playgrounds are some of the germiest areas.

The most important thing for people to remember is to wash your hands! That is the most simple way to avoid the spread of all of these types of germs, especially after you have shaken hands with someone. Everyone should be fully aware of their surroundings, and if they are in an area that warrants worrying, make sure to have a travel size alcohol-based antibacterial lotion to sanitize your hands and stop the spread of these unwanted creatures.
Don’t sweat it!  
A guide to gym etiquette

Allie Scott  |  Staff Writer

When working out at the fitness center, it is important to keep your music down and clean the machines after use.

To Buy or Not to Buy: Shopping in a Recession

Dannah Hartman  |  Staff Writer

When times get tough, what are you willing to give up? According to MarketTools Insight Report on American Spending on marketingscharts.com, nearly two-thirds of Americans surveyed have cut back on spending. The results of this survey revealed that cutbacks are not just limited to families with lower socioeconomic status, middle class households with incomes of $75,000 or more have also cut spending by 54 percent.

The fashion industry has been impacted severely due to the fragile economic state, according to marketingscharts.com, 57 percent of Americans surveyed have cut back on clothing and accessories.

This feeling resonates among Cedar Crest students as well, Britany Sims, sophomore Psychology major, says “my shopping habits have changed. I don’t go spend my money like I used to.”

When asked what she’s had to give up or cut back on due to the recession Sims responded that she has “cut back on clothes shopping.” Erica Serro, senior Marketing major, added that clothes shopping has become more of a chore than a hobby due to the recession. “I used to go shopping all the time with my friends and we would always talk about what was new or what we wanted to get. Neither me or my friends have been shopping for new clothes in months, it’s depressing but it’s not a priority anymore.”

The recession has even put a damper on this year’s New York Fashion Week, with designers Betsey Johnson and Vera Wang opting out of having full shows this year.

According to findingsdicaine.com, a fashion show can cost as much as $750,000 to produce after the costs of logistics, models, make-up artists and publicity. Due to these costs, both Betsey Johnson and Vera Wang are displaying their collections on mannequins instead of live models. Designers Mara Hoffman, Sergio Davila and Nicholas K are holding a joint show, which ultimately saves each label approximately 40 percent in show costs. According to statistics in a MasterCard report on findindsdicaine.com, U.S luxury fashion sales were down 27.6 percent from 2007 to 2008.

Fashion is not only cutback among American shoppers, marketingscharts.com reports that 66 percent of those surveyed have cut back on dining out in the past 12 months. Tawnya Tartfield, sophomore Nursing major, has seen these cutbacks first hand due to her job. “I’m a waitress at Perkins’s and the money I make is through tips and since people are cutting back on going out to eat these days, it means less money in my pocket [that means] the money I make I save now” explained Tartfield.

Despite cutbacks in clothing shopping and dining out, according to a recent survey conducted by BI-Gresrec, a consumer market intelligence firm, there are many items that Americans simply refuse to give up despite the recession. Allbusiness.com explains that an overwhelming majority, 80.9 percent, believe the Internet is a must have, along with 64.1 percent who believe cell phone service is a necessity. In addition to this, 60.5 percent of those surveyed believe that cable television is a must have, 40 percent said haircuts and hair care and 24.0 percent said shoes were absolutely necessary.

To help save yourself money through the recession, Serro suggests using coupons for household items or food. When it comes to clothes, she explains, “everyone’s budget is different but try stores like T.J. Maxx, Ross, [and] if your taste is more expensive than Marcus Last Call, or Off Sacks.”

Tartfield adds that you should only take small amounts of money to the mall. $30 max and “leave credit/debit cards at home so you don’t go over your spending limit.”

Remember these helpful suggestions before your next shopping excursion so you don’t turn into the next Rebecca Bloomwood from Confessions of a Shopaholic; being $16,000 in debt, especially in a recession, isn’t cool.
Leader of the Pack play highlighting music and lyrics by Ellie Greenwich and a book by Anne Beatts will be presented by the Cedar Crest College Stage Company from February 26 to March 1 in Samuels Theatre. The Tony-Award nominated play is a song and dance review of Ellie Greenwich's personal and professional life and more importantly her hit songs. "Leader of the Pack" is an upbeat, energizing show that involves one of the largest casts currently held by the Cedar Crest Stage Company. The eclectic cast of twenty-two is eagerly waiting to see audiences and do what they do best-entertain!

The songs to be performed include "Chapel of Love," "Da Do Ron Ron," "Be My Baby," and "And I Love Him." These songs along with many others by some of the biggest names of the domesticity to the room. It reminds us of spaces, routines and day to day life. Those characters, whose presence is felt, are furniture that becomes instead an item arousing a question mark. Fletcher’s unique interiors hold. Fletcher’s unique interiors are occupied by mundane things, "It’s the pieces that make the room whole. It’s knowing the names of things that make them less special," Fletcher stated. He followed this statement with a quote by Jasper Johns „Nothing is special or Everything is special.” Fletcher went on from there, saying, „Every radiator should be saying, “Every radiator should be looked at like a radiator. It’s a thing and rooms are labeled with things.” Spaces can become boring with mundane things. It is only when the ordinary thing is rediscovered piece by piece that it suddenly becomes interesting and even more so when the thing is out of context. A furnace made out of cardboard loses its purpose as a furnace and becomes instead an item arousing curiosity and questions. The flimsy mediums Fletcher uses to create furniture are quite the contradiction to the usual stability and protection of glass, wood, and metal. The fragility creates a bizarre and insecure atmosphere. I get a sense from the whimsical and fragile furniture that Everything Here is not OK.

There is far more depth to the room than his 2D footstool can hold. Fletcher’s unique interiors and stories present questions about emotional qualities of interior spaces, routines and day to day life. On the walls of the gallery are excerpts from his short stories, which add a unique boldness and domesticity to the room. It reminds you that people from his stories do exist and interact with in this strange space. Those characters, whose presence is felt, discuss the heaviness of snow and emotional aspects of space that feels tired especially when the furnace sighs. Lastly there is an emphasis of reexamining things to know them a little bit better and understand our own worlds more. If you would like to see more of Fletcher’s work, visit his blog at http://anicecoldcoca cola.blogspot.com.

Additional information: Remember to come out and see the show, opening tonight! If you would like to see more of Fletcher’s work, visit his blog at http://anicecoldcoca cola.blogspot.com.

Cedar Crest College is the Leader of the Pack

Elizabeth Saleb
Staff Writer

Leader of the Pack play highlighting music and lyrics by Ellie Greenwich and a book by Anne Beatts will be presented by the Cedar Crest College Stage Company from February 26 to March 1 in Samuels Theater. The Tony-Award nominated play is a song and dance review of Ellie Greenwich's personal and professional life and more importantly her hit songs. "Leader of the Pack" is an upbeat, energizing show that involves one of the largest casts currently held by the Cedar Crest Stage Company. The eclectic cast of twenty-two is eagerly waiting to see audiences and do what they do best-entertain!

The songs to be performed include "Chapel of Love," "Da Do Ron Ron," "Be My Baby," and "And I Love Him." These songs along with many others by some of the biggest names of the domesticity to the room. It reminds us of spaces, routines and day to day life. Those characters, whose presence is felt, are furniture that becomes instead an item arousing a question mark. Fletcher’s unique interiors hold. Fletcher’s unique interiors are occupied by mundane things, "It’s the pieces that make the room whole. It’s knowing the names of things that make them less special," Fletcher stated. He followed this statement with a quote by Jasper Johns „Nothing is special or Everything is special.” Fletcher went on from there, saying, „Every radiator should be saying, “Every radiator should be looked at like a radiator. It’s a thing and rooms are labeled with things.” Spaces can become boring with mundane things. It is only when the ordinary thing is rediscovered piece by piece that it suddenly becomes interesting and even more so when the thing is out of context. A furnace made out of cardboard loses its purpose as a furnace and becomes instead an item arousing curiosity and questions. The flimsy mediums Fletcher uses to create furniture are quite the contradiction to the usual stability and protection of glass, wood, and metal. The fragility creates a bizarre and insecure atmosphere. I get a sense from the whimsical and fragile furniture that Everything Here is not OK.

There is far more depth to the room than his 2D footstool can hold. Fletcher’s unique interiors and stories present questions about emotional qualities of interior spaces, routines and day to day life. On the walls of the gallery are excerpts from his short stories, which add a unique boldness and domesticity to the room. It reminds you that people from his stories do exist and interact with in this strange space. Those characters, whose presence is felt, discuss the heaviness of snow and emotional aspects of space that feels tired especially when the furnace sighs. Lastly there is an emphasis of reexamining things to know them a little bit better and understand our own worlds more. If you would like to see more of Fletcher’s work, visit his blog at http://anicecoldcoca cola.blogspot.com.

Additional information: Remember to come out and see the show, opening tonight! If you would like to see more of Fletcher’s work, visit his blog at http://anicecoldcoca cola.blogspot.com.
Natalie Cole proves music of the past is Still Unforgettable

Lindsey Jancaev
STAFF WRITER

Ally Ohlin, in her debut novel The Missing Person, unravels the story of an entire family from the perspective of Lynn Fleming, an Art History major who has gotten into a fix up of a slump in her New York City environment. When Lynn’s mother calls to say that Lynn’s brother, Wylie, has gone missing, Lynn passes up a trip to Paris with her (married) professor to go home to her (married) professor to go home.

Soon, Lynn is swept away by Angus’s spontaneity and fun nature. As their romance begins, Lynn finds herself a part of secret meetings and protests. However, things soon escalate from tearing out sprinkler heads to draining pools and then to more dangerous endeavors.

Meanwhile, back in her mother’s little condo, Lynn must come to terms with the fact that her mother has moved on since Lynn’s father’s death. Unfortunately, the man Lynn’s mother is seeing is a married man named David. The situation is made even more uncomfortable for Lynn when she learns that the wife is mentally unstable, and that David’s sons come over to the condo for family dinners that Lynn is expected to attend.

While Lynn is alone in the condo one day, she does a little googling and comes up with two paintings that her father gave her mother. Lynn decides that these paintings may be just what she needs to pull out of her slump. The artist and her story is yet another mystery Lynn must unravel. As she does so she also begins to understand the father who died before she really got to know him.

The Missing Person was named Top Ten First Novel of the Year by Booklist and A Top Five Fiction Debut of the Year by The Globe and Mail. Ohlin is now teaching at Lafayette College and has received numerous writing awards including Best New American Voices in 2004. Since The Missing Person was published, she has released a collection of short stories titled Babylon and Other Stories.

Calendar

Thursday, Feb. 26
The Leader of the Pack
Cedar Crest College; Samuels Theatre; Times: 7 p.m. and 8 p.m.; Sun. 2 p.m.; adults $15, seniors $10, students with ID $5.
Monteiro de Mello: Frank Masterwork from the Dixon Gallery and Gardens Allentown Art Museum, 34 North Fifth Street, Allentown. Thirty works of French impressionism and postimpressionism. Times: Tues.-Sat. 11 a.m.-5 p.m.; Sun noon-5 p.m.; also open second Fri. of each month 5-7 p.m.; admission prices can be found online at www.allentownartmuseum.org. This exhibit runs until May 3.

Sunday, March 1
David Archuleta in concert
Crocodile Rock Café, 920 W. Hamilton Street, Allentown. American Idol runner up performs. Times: doors open at 7 p.m., show starts at 8 p.m.; $20 in advance, $25 day of the show.

Monday, March 2
For the Love of Food by the Portland Group, an exhibit of art work by Anne Greenwood, Shu-Wang, Helen H implication, and Diane Jacobs. Reception and artist talk begin at 5:15 p.m. Cedar Crest College Gallery. The exhibit runs until April 10.

Wednesday, March 4
Simply Sinatra

Tuesday, March 3
Salsa and West Coast Swing dance classes. Fearless Fire Co., Starlite Ballroom, Front & Susan Kessel Streets, Allentown. No partner necessary. Partners switch frequently during lessons. Must enroll for beginner class by calling 610-762-9705. Time: beg. classes 5:30-6:30 p.m., main lesson (salsa) 7:30-8:30 p.m.; $7 admission, students under 21 with ID, $5. For more information go to www.allentownswingdance.org.

Want to add any events? Email your events to unnamed@cedarcrest.edu.
Reel Review

He’s Just Not That Into You gets mixed reviews

Dannah Hartman
STAFF WRITER

Are you the exception… or are you the rule? The romantic comedy He’s Just Not That Into You will have you asking yourself this question.

Based on the bestseller by Greg Behrendt and Liz Tuccillo, He’s Just Not That Into You follows the lives of a group of interconnected, twenty and thirty-something things in Baltimore, Maryland as they experience the trials and tribulations of relationships, dating, and trying to figure out the ever confusing opposite sex.

The movie mainly follows the quirky, vivacious Gigi (Ginnifer Goodwin) as she has had her fair share of rejections. Although completely unlucky in love, Gigi continues to relentlessly pursue men; she has no defenses, wears her heart on her sleeve, talks way too much and spends most of her time waiting by her phone for a phone call that never happens. Goodwin’s Gigi, despite her somewhat, stalkery tendencies, is one of the most likable and comedic characters in the film.

After a date with real estate agent Conor (Kevin Connolly), Gigi immediately phones a friend to ravel about how great the date went while Conor dates another woman who turns out to be his best friend (with benefits) sexy, young yoga- instructor Anna (Scarlett Johansson). As time passes without a call from Conor, Gigi begins to overanalyze every moment of her date and her worry eventually leads to an attempt at a “coincidental meeting” at Conor’s favorite bar.

While searching for Conor, Gigi meets the womanizing bartender bar owner Alex (Justin Long) who happens to be friends with Conor. Gigi and Alex bond as he simply explains to her, “if he’s not calling you, he’s not into you.”

Meanwhile, nice guy Conor remains head over heels for Anna, who is of course, head over heels for someone else. That “somebody else,” Ben (Bradley Cooper), is gorgeous and already married to neurotic, control freak Janine (Jennifer Connelly). With his marriage on the rocks, Ben contemplates an affair with Anna, which leads to sexual frustration, heartbreak, and an incredibly funny scene involving Janine’s breakdown.

Janine and Gigi’s coworker, Beth (Jennifer Aniston) is frustrated with her seven-year relationship with her boyfriend Neil (Ben Affleck). No closer to making a commitment since the day they went on their first date, Neil believes it is unnecessary to use a ceremony to show his love and commitment for Beth. However Beth, after being told a story from her coworker about her friend’s long term relationship that didn’t end in marriage, questions Neil’s commitment.

Although her friends assure her that she could be the exception and not the rule, Beth still struggles with her relationship ultimately causing friction between her and Neil. Aniston and Affleck’s chemistry makes them the most believable couple in the film, and both actors remained likable despite their characters relationship conflicts.

Drew Barrymore also appears in the film as Mary, a single woman who tries meeting men through every technology possible and has no success in doing so. Barrymore’s role is extremely short, more of a cameo if anything, but when on screen her dialogue is witty and insightful.

Genre: Comedy, Drama, Romance
Ratings: Rated PG-13 for sexual content and brief strong language.
Duration: 129 Minutes

Don’t get me wrong, this film is quirky and funny; the dialogue is insightful. I’m sure everyone has that optimistic yet obsessive friend like Gigi, or the conflicted committed friend like Ben. So grab your friends, go see He’s Just Not That Into You and find out if you’re the rule, or the exception.

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He’s Just Not That Into You gets mixed reviews

Many movie-goers assume He’s Just Not That Into You is a chick flick, however the way the story is told by the male and female characters makes it easy for both men and women to enjoy.

In addition to the amazing cast and the films gender friendly nature, the soundtrack is perfectly chosen for the movie. Featuring artists such as Corinne Bailey Rae, My Morning Jacket, R.E.M, The Black Crowes, Maroon 5, The Ting Tings and even Scarlett Johansson. The He’s Just Not That Into You soundtrack is diverse and appealing.

The different characters are easily relatable. I’m sure everyone has that optimistic yet obsessive friend like Gigi, or the conflicted committed friend like Ben. So grab your friends, go see He’s Just Not That Into You and find out if you’re the rule, or the exception.

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The book puts relationships into perspective better than the film, but isn’t dripping with the clichéd humor.
Val Donohue, head basketball coach, talks to her team during a timeout. "This season has given the team the confidence it needs to continue to be successful," said Donohue. “It would have been great to receive the award this year, but here the girls are becoming more and more like family every day we play.”

Sunderhaus is able to take the focus away from her and recognize what the team is a part of. With a number of other players adding greatness to the team it’s hard to focus on just one.

"It would have been great to see my other teammates recognized by the conference," said Sunderhaus. "They deserve it too!"

"Without every one’s individual and team talent and effort they can achieve as a whole. "It is a great thing when a whole team can pitch in and help win some games. The players on the bench put in as much effort and hard work as the starting five.

Sunderhaus enjoys being on the Falcon basketball team and loves to play with her teammates. "They have given me a great freshman year," said Sunderhaus. "In high school I was an outsider on my team, but here the girls are becoming more and more like family every day we play."