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Dr. Shirley Jackson
Honorary degree for Dr. Shirley Jackson page 4

Jennifer Woytach
Crestiad Reporter

Nancy Johnston, Assistant Professor of Nursing at Cedar Crest College, was a 2003 recipient of the Pauline Thompson Clinical Nursing Research Award at the Pennsylvania State Nurses Association 100th Annual Summit. According to Dr. Manor Manning, Executive Assistant of the Pennsylvania State Nurses Association, “The Pauline Thompson Clinical Nursing Research Award has been established by The Nursing Foundation of Pennsylvania. This award is given to a registered nurse enrolled in a graduate program who is conducting a clinical research project in nursing. To be eligible, the recipient must be a Pennsylvania registered nurse practicing in a setting that is accredited by the National League for Nursing Accrediting Commission (NLNAC), Commission on Collegiate Nursing Education (CCNE), or a doctoral program in nursing in an accredited university.”

Johnston has been a faculty member since 1994 and is also on the Institutional Review Board Committee. She has been a nurse since 1970 and worked as a family nurse practitioner before beginning her research study.

Johnston earned her Master’s degree in Maternal Nursing from the University of Pennsylvania. She credits as that “the foundation of how I got into this study [of pregnancy].” Johnston is now working toward a Doctor of Philosophy in Nursing Degree from Penn State University. Johnston said she went full force at Penn State with funding from United States Public Health Service Division of Nursing and spoke highly of Cedar Crest at this time. “What’s cool about Cedar Crest is that they gave me an educational leave— which is unheard of. They said, "We want you to come back with new information, to fulfill your goals, and teach our students."

One of the goals Johnston has for her study is to establish a research program.

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Cedar Crest College, Allentown, Pennsylvania
February 5, 2004

Crestiad
Established 1923
Who is your dream valentine?

Joanna Craig - Freshman, Psychology/Social Work

"My dream Valentine is someone who is appreciative, and sentimental, can make me laugh and likes to cuddle, but above all else is ordinary."

Lindsay Horvath - Sophomore, Genetic Engineering

"Brad Pitt! I've been in love with him forever!"

Kristin Janney - Senior Life Long Learner, Nursing

"That would be a good listener, someone with many interests, and someone who enjoys conversation...oh, and always a night out."

Meaghan Nedderman - Freshman, Forensic Psychology / Bio Psychology

"My boyfriend, he's my sweetheart."
Can true love be found on television?

Gabrielle Boulterer  
Editor-in-Chief

Why does it seem that reality shows have taken over television? Reality television shows were new and interesting when they first started appearing on television, but lately the reality television genre has gotten boring and repetitive. A person can only watch so many television shows that focus on an individual finding love in a few short weeks from a select group of suitors.

Maybe I am the only one who does not understand why one would want to find love by being involved with a reality television show. I believe that true love cannot be rushed. It could take someone years to find the right individual to spend his or her life with. I think that these television shows portray a false image of how to find the right individual if the individuals who join these shows are setting themselves up for disappointment.

No one can possibly fall in love with someone in such a short period of time. This has been proven time and time again when the relationship that develops on reality screening apart after the show ends. The engagements that are witnessed on the television screen by American viewers do not last.

Everyone knows that relationships are great in the beginning, but tend to become a that are witnessed on the television screen by the individuals who join these shows are setting themselves up for disappointment. The thing that shocks me even more than the fact that individuals sign up to participate in reality television shows is that American public watches these shows. It is absolutely ludicrous to believe that someone can get married to a person he or she has only met for a period of two weeks.

The two individuals are still trying to impress each other. They have not gotten to know the true personalities of each other. Anyone that has had a relationship with someone for more than a year and realized that he or she was in a relationship with someone that he or she did not really know can understand this feeling. I do not understand why anyone would be drawn to starring in a television show in order to fall in love and become engaged. I for one would not want to be one of the women vying for a man’s love and I also would not want to be a woman who had to choose one man to marry out of a group of possible suitors.

There seems to be a lot of stress and disappointment that an individual sets himself or herself up for by joining one of these television shows.

The idea of falling in love on television seems to have taken the romance out of dating someone. The man does not get the chance to sweep the woman off of her feet. An individual does not truly get to know all of the suitors because there are so many opportunities. The engagement crews. The idea of falling in love on television seems to have taken the romance out of dating someone. The man does not get the chance to sweep the woman off of her feet. An individual does not truly get to know all of the suitors because there are so many opportunities. The engagement crews. The idea of falling in love on television seems to have taken the romance out of dating someone. The man does not get the chance to sweep the woman off of her feet. An individual does not truly get to know all of the suitors because there are so many opportunities. The engagement crews. The idea of falling in love on television seems to have taken the romance out of dating someone. The man does not get the chance to sweep the woman off of her feet. An individual does not truly get to know all of the suitors because there are so many opportunities. The engagement crews.

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True love may be right around the corner, but that corner is not necessarily lined with television crews.

Katie Fehlinger  
Crestial Reporter

I have always cherished the unique advantage of being left-handed, like that which I typically stand out from my right-handed peers. The proverbial right-brained creativity, imaginativeness and artfulness among lefties are connected with credits are due to traits that I would not soon cast off as worthless. I share my lefty advantages with people like Leonardo da Vinci, Jimi Hendrix, Prince William, Nicole Kidman, and (woo hoo!) Marilyn Monroe. On the flip side, there are the disadvantages. For example, I have not yet owned a left-handed computer mouse. Supposedly, left-handed scissors exist, but I have not seen any. As we get older, an individual should not enter a television show because he or she wants to get married. Marriage is not an activity that one can really get into in the beginning of something new.

The thing that shocks me even more than the fact that individuals sign up to participate in reality television shows is that American public watches these shows. It is absolutely ludicrous to believe that someone can get married to a person he or she has only met for a period of two weeks. The two individuals are still trying to impress each other. They have not gotten to know the true personalities of each other. Anyone that has had a relationship with someone for more than a year and realized that he or she was in a relationship with someone that he or she did not really know can understand this feeling. I do not understand why anyone would be drawn to starring in a television show in order to fall in love and become engaged. I for one would not want to be one of the women vying for a man’s love and I also would not want to be a woman who had to choose one man to marry out of a group of possible suitors.

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True love may be right around the corner, but that corner is not necessarily lined with television crews.

Imagine all the people

Steve Hofstetter  
Crestial Special

After a week in San Francisco, a month in Los Angeles, and a night in Las Vegas, four days in Tulsa didn’t sound like the most rock- ing time. But we were armed with a six-year-old to entertain us. And this wasn’t just any six-year-old. This was a six-year-old who has an imaginary news anchor that talks to him through the microwave.

I introduce you to Zack. A friend in Tulsa is dating Zack’s mother, and I’m very glad about that. Not just because I get along with her and think that she’s a good match for my friend, but because Zack could keep me amused for years.

We were all having dinner when Zack first introduced us to Joe, his imaginary news anchor that talks to him through the microwave. But Joe doesn’t just talk to him through the microwave. Joe is also in the wall, the toaster, and, occasionally, all around my parents.

It’s nice to see Zack has such a vivid imagination. As we got older, our parents and teachers stifle our imaginations in favor of teaching us reality. I had an imaginary friend once: Rachel I. Kellinjamin. I derived her name from combining the middle names of myself and all of my siblings - Rachel, Israel, Lorraine, and Benjamin. We had a K from my younger brother, one letter away from L, and (I am not making this up) I thought Rachel I. Kellinjamin sounded like French. Keep in mind that only my exposure to the French at the time was through a car- toon called Babar.

But as I got older and my imagination faded, I made Rachel move away. I stopped creating shapes from the clouds. And I no longer wondered what could lurk in the shadows. Though I have gotten pretty good at picking up menstrual naked.

I have grown so out of touch with my imagination (except for that naked thing) that I forget what age I was believing in the tooth fairy. And, in front of news-anchor-befuddling Zack, I let something slip about my parents giving me money for my baby teeth.

The whole table stopped eating. Even Joe (can be a bit boring.) “I knew it!” Zack said, pointing to his mother. “You’re the tooth fairy!”

I had, with a single biting anec- dote, begun the downward spiral that would lead to the destruction of this child’s imagina- tion. Not a quick recovery. Zack needed a quick recovery.

“No, no,” I said. “My parents are the tooth fairy. You didn’t know that? I figured you’d have met them by now - They’ve been at it for a while. That’s why I’m so tired. My parents keep moving around. It’s hard to make friends like this, but if AC Slater can do it, so can I!”

I heard By the Bell reference was for the adults at the table, a group to which I allegedly belonged. But Zack heard the impor- tant part. And what’s crazier, he believed it. In Tulsa is a nine-year-old in Tulsa that thinks the tooth fairy is a combination of Mr. and Mrs. AC Slater.

Because as we grow older, our parents and teachers stifle our imaginations in favor of teaching us reality.

The Crestiad - Feb. 5, 2004 - Page 3www2.cedarcrest.edu/crestiad

Imagine all the people

Steve Hofstetter is the author of Student Body Shocks, which is available at www.SteveHofstetter.com. He can be e- mailed at steve@observationalhumor.com.
The life of the Rising Learning Student Union

The Rising Learning Student Union is rising, again! Currently, with a handful of members, the student union has been reaching out to different aspects of student life on campus. With the Rising Learning Student Union making up over 50% of the Cedar Crest student population, it is essential to provide appropriate representation here on campus. As lifelong learning students, priorities and goals differ from most traditional students. The administration and faculty at Cedar Crest have taken this issue seriously, and are encouraging the growth and participation of this student union in every way possible. The executive officers of the LLSU have taken the initiative to disseminate information pertaining to the student union to all lifelong learning students and the campus student government association by electing an official senator. President, Erin Stokes, and Secretary, Patti Kunkle, are currently working on how to publicize this to the needs and voices of the lifelong learning student body. Through this outlet they have been able to communicate a vision as a force here on campus and with time, will continue to integrate new resolutions to substantial conflicts for lifelong learning students.

The officers of the LLSU have also set forth a full schedule of events for this coming semester, embarking all of the commitments expected of an active organization, including service and fellowship events on campus as well as the community. Their first event, a pizza party welcoming new members, will enable members to come together into a leasing social outlet while learning of the student union’s goals. A second event, planned by the LLSU, involves the faces of lifelong learning students to join an activity here on campus. In February, they are hosting the Hawaiian Luau Pot Luck, an informal event for lifelong learning students and their families. There will be food and refreshments provided at the function, as well as fun decorations, including service and fellowship events on campus as well as the community. Their first event, a pizza party welcoming new members, will enable members to come together into a leasing social outlet while learning of the student union’s goals. A second event, planned by the LLSU, involves the faces of lifelong learning students to join an activity here on campus. In February, they are hosting the Hawaiian Luau Pot Luck, an informal event for lifelong learning students and their families. There will be food and refreshments provided at the function, as well as fun decorations, like actual Hawaiian Lais & umbrella fruit spruce up this theme with fun decorations.

President, Erin Stokes & Secretary, Patti Kunkle, are currently working on how to publicize this to the needs and voices of the lifelong learning student body. For more information on how you can get involved in the Rising Learning Student Union contact Tara Bealer at tbealer1@cedarcrest.edu.

To the Editor,

On her first day of New Student Orientation, Helena already noticed the lack of respect many resident students have for commuters and Lifelong Learning Students (C+L). She attended a “Meet Your Fellow Comuters” meeting that was mediated by two upper-class (and obviously resident) students. One of them opened the meeting by saying nothing like how to actually describe questions about being a commuter, not that WE are commuters, no way!!! From then on it just got worse and worse. Most resident students have little or no respect at all for some of the concerns we have.

A very good example is when a group of students have to meet to study, write a report etc. If we have classes until 1 pm and then again at 6 pm most people can’t understand that 3:30 pm is a very bad time for us to meet. We wouldn’t be able to go home before or after the meeting, we would be stuck for 5 hours. But that’s okay, you can step on us because we’re just commuters! Many resident students appear to think that it is all right to cancel an appointment 5 minutes before the appointment, but at this time I’m already at school waiting for the group. That means the C or L have wasted a lot of time on transport (possibly hours) for reasons expected of an active organization, embodying all of the commitments expected of an active organization, including service and fellowship events on campus as well as the community. Their first event, a pizza party welcoming new members, will enable members to come together into a leasing social outlet while learning of the student union’s goals. A second event, planned by the LLSU, involves the faces of lifelong learning students to join an activity here on campus. In February, they are hosting the Hawaiian Luau Pot Luck, an informal event for lifelong learning students and their families. There will be food and refreshments provided at the function, as well as fun decorations, like actual Hawaiian Lais & umbrella fruit spruce up this theme with fun decorations.

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www2.cedarcrest.edu/crestiad

Letter to the Editor

A little more respect for commuters & lifelong learning students, please!

Sincerely,

Steve Hofstetter

Cedar Crest Student

Steve Hofstetter is the author of Steve Hofstetter’s 2004 Handbook which is available at www.SteveHofstetter.com. He can be e-mailed at steve@observationalhumor.com.

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In the News...

**Good Riddance to 2003**

Jessica Etyh
Crestiad Reporter

Personally, I was glad to be rid of 2003. It was a year rife with tragedy and disaster. It is only fitting that I am just talking about the sorry condition of the U.S.A., not to mention my face in his now infamous mug shot.

First there was the Columbia disaster. All seven crew members of the space shuttle died when it exploded on January 28.  The investigation into the cause of the explosion plodded on throughout the year, but it was overshadowed by the biggest news event of 03: the war in Iraq.

Major operations began on March 19 and ended (supposedly) 43 days later. Regardless of how we feel about the justifications for the war, we can all agree on one thing: war is not cheap; it is expensive in terms of both cost and loss of human life. Saddam Hussein was captured on December 12. I cannot help but feel that the press overlooked the magnitudes of the tragedy that have been cast aside by the people of Iraq.

Loss of life was great in Iraq, and the death toll continues to rise. If 2003 was the biggest humanitarian disaster of last year was the earthquake that leveled the Iranian city of Bam on December 26. I cannot help but feel that the press overlooked the magnitude of the tragedy that have been cast aside by the people of Iran.

The search for peace continues. A year, picking up the broken pieces of 2003. The death toll continues to rise. It is only fitting that I am just talking about the sorry condition of the U.S.A., not to mention my face in his now infamous mug shot.

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there by the ancient river. Perhaps there is rocks deposited in it, which were carried thought to have once been a lake fed by that 
valley (now dry, of course) attached to it 
formation in water. 
For example, every living organism on Mars is based on the molecule DNA. If Martian life is discovered, we could see if it contains DNA. If it is based on DNA, then perhaps that is the only way that life can evolve, anywhere. Or alternatively, perhaps life evolved on Mars first, and then migrated to Earth when bits of Mars were blasted from its surface by meteoric collisions. This would mean that life on Earth is an offshoot of Martian life. 
The first two successful landings on Mars were in the 1970’s, and were named the “Viking” landers. Some of the experiments that they were able to perform seemed to indicate the presence of life. For example, when a nutrient solution was mixed with Martian dirt, carbon dioxide was produced (like respiration). However, other experiments were less conclusive, such as the gas chromatograph test for organic molecules. Whether or not these experiments are best explained by the presence of life in the Martian soil is still a matter of considerable debate. But science proceeds by means of doubt, and since there are alternative explanations for the Viking data (including unusual chemistry), we still must seriously doubt that the Vikings’ discovery will prove correct. 
Since sedimentary rocks are usually formed by deposition from a body of water, their presence could provide strong evidence that bodies of water once existed on Mars. If the chemical composition and microscopic structure of the rock is limestone, that would be even stronger evidence by formation by deposition in water. 
One of the landers (Spirit) is located in a crater that seems to have a winding river valley (now dry, of course) attached to it. The crater (Gusev crater) is therefore thought to have once been a lake fed by that river. If so, it should have all manner of rocks deposited in it, which were carried there by the ancient river. Perhaps there is also limestone in the soil of the dry lake-bed. 
Knowing more of the geology will help us to know where the water was, and where it still might be. This will therefore tell us where it might be best to search for the cellular life which might still exist. I hope that someday rocks and soil will be brought back from such places on Mars, and we can then examine them for evidence of life. 
Such a project would of course be expensive. It might in fact have no practical applications. In my opinion, we should do it anyway, because curiosity about the Universe is a human characteristic of which we should be proud. We need no additional excuse for the expenditure of a small portion of our resources.
Perhaps you might then think that I view favorably the recent call by President Bush to send manned expeditions to Mars. I do not. I think that this is a job for machines to do. We should continue to let machines do our space exploration for us. They are becoming increasingly more sophisticated and capable, and will do the job for a small fraction of what it would cost us to safely guard people on such a journey.
Since resources are limited, money for manned projects will drain money away from more valuable projects. This is already happening. It has been announced that the extremely valuable Hubble Space Telescope project will be terminated sooner than originally planned.
Why would it be so important for a human to set foot on Mars? It would not be. Sending men to the Moon decades ago was enormously expensive. The journey to Mars would be far longer in distance and time, would require considerably more energy, and would correspondingly be much more expensive.
I believe that it is important and appropriate to use a portion of our resources so that we better understand our place in the Universe. But most of our resources should be reserved for taking care of our own planet Earth, and making sure that it remains a

Mars

continued from page 1

camera. The first photograph that was sent back still seems fresh in my mind. There were lots of craters, but nothing that looked remotely like a “canal.” It resembled the Moon, which we knew to be a lifeless world. Subsequent photographs by even more capable spacecraft have shown not the slightest evidence of the possibility of intelligent life there.

Today, we have additional ways of knowing that advanced civilizations which never have existed on Mars. Mars is smaller than the Earth, and more distant from the Sun. Both were formed about 4 and a half billion years ago. Because of its smaller size and greater distance, we know that Mars cooled off much faster than the Earth, and could not hold its atmosphere. 

But in its youth, Mars certainly had warmth, a good atmosphere, and at least some liquid water. We know that there was liquid water because Martian orbiters can today photograph winding channels which look just like dried up river beds. The conditions very likely were advantageous for the evolution of life to get started. These conditions may have persisted for at most a few hundred million years.

That sounds like a long time, but we know that it took nearly 4 billion years before the human species appeared on our planet. A few hundred million years would just not be long enough for intelligent life to evolve, based on how long it took on the Earth. It might however be long enough for single cell organisms to evolve. So the question about the possibility of life on Mars remains. But any life that might be found there is likely to be of the single cell variety. Still, it would be most interesting to know whether or not even primitive forms of life live, or ever lived on Mars.

Attention
Cedar Crest Seniors! Juniors! Prospective Interns!

Meet with employers seeking
NEW COLLEGE GRADUATES!

Wednesday, February 25, 2004
10:00 a.m. – 5:00 p.m.
Holiday Inn, Fogelsville, PA (Junction Routes 100 & I-78)

This is a FREE EVENT. One copy of your resume required at the door.

Sponsored by Albright College, Allentown Business School, Alvernia College, Cedar Crest College, DeSales University, East Stroudsburg University, Kutztown University, Lafayette College, Lehigh Carbon Community College, Lehigh University, Monroe College, Muhlenberg College, Northampton Community College, PSU-Berks-Lehigh, Reading Area Community College, Lehigh Valley Association of Independent Colleges (LVAC)

secretcareers.com

PROFESSIONAL ATTIRE IS REQUIRED - BRING PLENTY OF RESUMES

Log on to www.lvacc.org for a list of participating employers
Contact the Career Planning Office for further details.

Transportation will be provided for students who sign up in the Career Planning Office.

Coming Soon...
Look for the latest presidential candidates and the issues that they stand for- starting in the next issue of The Crestiad.
Oasis Sun Spa

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www.oasissunspa.com
Stress: it’s only partly in your head

Classes have begun, bringing along with them the many hectic academic college life - part time jobs, extra curriculars, and immense to-do lists. In other words: the stress has commenced. According to a nationwide survey done by the National Women's Health Resource Center, 93 percent of women rate their daily stress level as moderate or higher.

“Stress has become such a part of our lives that we ignore how much it affects our entire body,” quoted Dr. Suzanne Steinbaum in the February 2004 issue of Glamour magazine. Whether we realize it or not, stress levels carry a significant physical impact.

Various recent studies have shown that women with higher levels of stress have twice the risk of stroke as those who are more at ease. A study in London found that stress levels added in predicting which men and women were most likely to have heart disease.

Other possible physical consequences relating to stress include, but are not limited to:

- High blood pressure, stomach and intestinal problems, such as gastroesophageal reflux or GERD, painful menstrual periods, increased risk of breast cancer, high blood pressure, stomach and intestinal problems such as gastroesophageal reflux disease.

Turning to mental health, lack of a support system, emotional problems, loneliness, depression, and suicidal living and work situations.

“Stress can also be caused by general conditions in your life, such as poor physical health, lack of a support system, emotional problems, loneliness, depression, and suicidal living and work situations. Other causes include life cycle transitions and developmental stage, such as getting married or graduating from college.”

We experience stress in levels. Low levels may not be noticeable, slightly higher levels can actually be positive and challenge us to act in creative and resourceful ways, while very high levels can be harmful.

These changing levels occur regularly as we pass through life cycle transitions. Different people experience and react to stress differently. What causes stress for one person may cause little or no stress for someone else. For example, someone might get anxious before speaking in public, whereas another would have no problem.

Personally, I get very stressed out if I hit too many red lights on the drive to campus. A large part of stress is a matter of perception - how you view a situation determines how much stress it causes you.

Therefore, based on that premise, you alone can best evaluate the amount of stress in your life. How much stress you have and how you react depends on many factors: your strategies for coping with stress, personal experiences, genetic makeup, your level of social support, and your own perception of that support. The greatest factor, however, is how you identify stress and control its outcome.

Identifying and controlling tension and anxiety is about finding coping strategies that will help you to relieve your stress. Here are just a few approaches that specialists suggest:

1. Get moving. Aerobic exercise, which increases your daily tasks by urgency and importance, avoid over-committing yourself, and deal with procrastination by breaking large projects into smaller ones, and setting short-term deadlines.

2. Keep a journal. There is increased evidence that writing about stressful events and circum-
stances can help relieve stress and improve the dis-

tases that stress may affect.

3. Get emotional. Laughing and crying are natural ways to relieve stress and

4. Find a hobby. A meaningful and
activity helps relieve tension.

5. Focus on you. Consider it Doctor's order's to take some time to be alone and unwind. Meditate, get a massage, light some aromatherapy candles, or take a tai chi class. Do whatever relaxes you.

6. Manage your time wisely. Prioritize your obligations, get enough sleep, eat smart, limit your alcohol consumption, and don't smoke.

Some stress is inevitable, but it doesn't have to be disturbing. Using the above strategies can greatly help you cope with daily stress and even avoid unnecessary tension and anxiety. For more information, check out the Internet or current health publications.

Stress is one of the factors that contribute to high blood pressure, as well as to heart disease.

LIFESTYLES

Cervical health month

Jennifer Woytach

January is Cervical Cancer Awareness Month. The National Cervical Cancer Coalition sponsors this month nationally. The purpose of this observance is to educate women about cervical cancer. Women should be reminded that cervical cancer, along with many other types of cancer, is preventable and can be treated successfully if detected early.

“Women should take time to learn about cervical cancer and how to prevent it, especially during Cervical Cancer Awareness Month.” Every year in the United States it is estimated that 12,000-15,000 women are diagnosed with cervical cancer and 4,000-5,000 will die of the disease.

Along with being preventable, cervical cancer can also be detected in its earliest stages. There are known risk factors for cervical cancer and some are unavoidable, although many are controllable. Going to the gynecologist regularly for exams and Pap tests are the most important steps in preventing cervical cancer.

The prevention of sexually transmitted diseases reduces the risk of cervical cancer, while cigarette smoking is associated with an increased risk of cervical cancer. Women who have been infected with HBV have a higher-than-average risk of developing cervical cancer. Regular visits to the gynecologist and Pap testing are important because the Pap can detect abnormal cells which may become cancerous. A woman can be treated immediately if the results of the test show these abnormal cells. This treatment can prevent cervical cancer from even developing.

According to a press release on the National Cervical Cancer Public Education Campaign's website (http://www.cervicalcancercampaign.org), Dr. Karl C. Podzat, chairman of the Gynecologic Cancer Foundation, affirms that a woman's head, said, during January, Cervical Cancer Screening Month, it is critical that women take time to educate themselves about cervical cancer and understand that this disease is preventable. With cervical cancer, women hold their destinies in their own hands. Since this is the one gynecologic cancer we can generally prevent or detect in its earliest stages, screening offers women the opportunity to protect their health.

If you have any concerns about a cervi-

cal issues, consult your gynecologist. It is imperative that she contacts her gynecologist or uses the resources available on the Internet to educate herself.

Rare infection hits close to home

Stacey Bolt

Are you a Pearl Girl? Do you prefer Playtex? Pay attention.

“There are scientific studies that have concluded that tampons contribute to the cause of Toxic Shock Syndrome (TSS),” states a Playtex pamphlet.

“The incidence of TSS is estimated to be between 1 and 17 cases of TSS per 100,000 menstruating women and girls per year.”

“Those are pretty good odds – it's most likely that you will not get TSS. Is this the point where you stop reading and throw out the warning label?”

“You may want to brush up on your lit-
terature. TSS is rare, but it does affect col-
lege life - part of many hectic weeks of school.

“For Tysoe, the most difficult part of her
treatment is going to the Pocono’s every Friday for a guided ther-
apy session. She will receive physical therapy three times a week until March. After Tysoe, the most difficult part of her recovery is now – therapy, finishing last semester’s work, and dealing with the pres-
sures of college. “It was harder for my par-
tners,” Tysoe continues her physical therapy at

After two weeks in intensive care and a

“Physical therapy was needed to get her body back in shape for school. “When I was (in the hospital), I thought I would never get out, I’d never walk,” says Tysoe.

Tysoe continues her physical therapy at

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LIFESTYLES

Toxic shock syndrome

Continued from page 8

designed to release blood and bacteria naturally, not to hold it back with a tampon. "I’m only 19," she says jokingly. "I hope I hit menopause early." 

"My best friend still uses them – you can’t change people. She was at the hospital through the whole thing," she says. "Hopefully she’ll think more carefully."

Tyose also urges other girls to think twice before reaching for a tampon. 

For now Tyose is focusing on her recovery and overcoming her fears. "I can’t watch E.R., it scares me too much. I hope that I’ll eventually get past that." An approaching visit with her doctor will give her a chance to ask questions about TSS and what her body has gone through. "Do I really want to know the answers? I’m not sure," she says.

Tyose is now considering a major in psychology and a physical therapy degree. "I like to think that I’m still here for a reason. I want to give something back."

"I’m not glad that it happened, but now I’m learning a lot about body. Applauding for the clitch, she says, "when you get that close to dying, life is so much better."

Symptoms of Toxic Shock Syndrome

Sudden fever 
Chills

Discomfort

Headache

"Sunburn"-like rash

Dizziness and confusion

Diarrhea

Vomiting

Symptoms may range from mild to severe and are sometimes delayed; if you experience any of these symptoms while using a tampon or shortly afterward, seek medical help immediately. "When in doubt, it’s better to be safe than sorry," she says Maltisch. "Tell the doctor you have been using tampons. Be very clear and direct."

Be sure to inform the doctor of your symptoms, brand of tampons, and the first day of your period.

Preventing TSS

While Toxic Shock is rare, this potentially deadly infection should be taken seriously. "Tampons are extremely conveni- ent," says Maltisch. "But with every convenience comes a risk."

Use common sense during your period – wash your hands before inserting a tampon, alternate tampons with pads throughout the day, and change your tampon every four to eight hours, preferably sooner than later.

Creamy Sweet Potato Soup

Ingredients

2 large sweet potatoes
1 1/2 cup chicken broth
1 Tbsp reduced-calorie margarine
1 Tbsp all-purpose flour
1/4 tsp ground ginger
1 cup fat-free evaporated milk
1 Tbsp chopped pecans

Instructions

Preheat oven to 400ºF. Pierce potatoes in several places with a fork. Bake for 45 minutes, remove from oven and allow to cool. When cool, remove and discard skin; chop. Melt margarine in a medium-size saucepan; stir in flour and ginger. Add milk, Cook, stirring, until slightly thickened and bubbly, about 5 minutes. Cook 1 minute more and then stir in sweet potato mixture and remaining broth. Cook, stirring until heated through, about 5 minutes. Pour into 4 serving bowls and sprinkle each with 1/4 tsp chopped pecans.

Mmm... good recipes

Cheese Ravioli With Three Pepper Topping

Ingredients

16 ounces cheese ravioli
3 tablespoons olive oil
1 green bell pepper, thinly sliced
1/2 red bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1 small onion, diced
2 cups chicken broth

Instructions

Bring a large pot of lightly salted water to a boil. Add ravioli and cook for 8 to 10 minutes or until al dente; drain. Heat olive oil in large sauté pan. Add peppers and onion; cook 5 minutes. Add one cup of the broth and cook stirring another five minutes. Add remaining of broth and cook until most of the broth has evaporated. Top ravioli with pepper and broth mixture.

Optional: 1/2 Tbsp grated Parmesan cheese

If you would like to submit a healthy recipe, email it as an attachment to The Crestiad at crestiad@cedarcrest.edu or through campus mail.

A class a day keeps the doctor away

Dr. Micah Sadigh
Crestiad Special

It is commonly believed that while attending college, students may develop all kinds of unhealthy behaviors. College life can be quite stressful and, at times, students may resort to ineffective methods of stress management such as eating the wrong things, smoking, drinking, etc. Although col- lege students may not adhere to the recom- mendations proposed by national health organizations, recent studies are clearly sug- gesting that those who go to college have significantly lower death rates that those who do not attend college (see data from the National Center for Health Statistics).

Several studies have suggested that people with less than a high school education died at a rate of 561 per 100,000, while those who graduated from high school showed a rate of 465 per 100,000. Now here is where things become even more noticeable. Those who attended college had a death rate of only 223 per 100,000. In other words, those who attended college had a death rate that was 50% less than high school graduates. So, does going to college tend to reduce people’s mortality rate? The answer is a resounding yes. But a problem remains; these studies did not explore some of the short-term problems that may arise from unhealthy behaviors that students tend to resort to during their college years. Here is a challenge and an opportunity for us to make a difference, especially here within our col- lege community. There are many opportun- ities throughout the campus that can help you learn more about healthy living. As the old saying goes, "Your health is your greatest asset." You cannot possibly place a price tag on your health. Don’t take it for granted. You have already taken an important step by attending college, which will have many health and growth benefits. Now it is imper- ative that you take another important step: make healthy living a priority. It is a choice and you can make it an important part of your education. Say yes to health—say yes to you!

Health Quiz

1) What is the virus doctors are looking for when they do a Pap Smear?
2) How many different forms are there of the Human Papilloma Virus?
3) What are a few of the most important steps to take to prevent cervi- cal cancer?

The first person to answer all three questions correctly by e-mailing the answers to sfrank@cedarcrest.edu, or sending the answers via campus mail to Stacey Frank will be treated to lunch by The Crestiad!

Mentoring month

January 2004 in National Mentoring Month (NMM). It is now in its third year and focuses national attention on the need for mentors, as well as how each of us as individuals, businesses, government agen- cies, schools, faith communities and non- profits, can work together to increase the number of mentors and assure brighter futures for young people. The credit of NMM is owed to the Harvard Mentoring Project and MENTOR, who held the first National Mentoring Month in January of 2002. Now, in 2004, they both continue to lead the effort. The Harvard Mentoring Project is working with the media to increase awareness of mentor- ing and timely individuals to volunteer to mentor. At the same time, MENTOR and the strong network of State and Local Mentoring Partnerships, and a host of other nonprofit organizations, will again hold spe- cial events tied to NMM, referring interested adults to local mentoring opportunities and mentee mentors with young people. NMM celebrates mentoring and the positive effect it can have on young lives. Its goals are to raise awareness of mentoring in its various forms, recruit individuals to men- tor, especially in programs that have a wait- ing list of young people, and promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring.

Throughout NMM, January 2004, peo- ple and organizations across the country will celebrate how mentoring makes a positive and powerful impact in the lives of both the mentors and mentees. January 15th will also mark the national premiere of Thank Your Mentor Day, which gives both current and former mentors the opportunity to honor their mentors.

Athlete of the week

The Athlete of the Week for January 19th through the 25th is Courtney Porzuco - Basketball

Averaged 18.7 ppg (including a career high 22 vs. Eastern), 5.7 rpg, and 2.7 apg, and recently honored Mention in the voting for PAC Player of The Week

Courtney is a junior, elementary education major from Lehighton, PA

The Athlete of the Week for January 26th through February 1st is Ashley Brodk - Basketball

Over two games last week averaged 12 points and 9 rebounds per game, and had 5 assists and 5 blocks.

Ashley is a freshman from Woodville, OH

www2.cedarcrest.edu/crestiad

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Bet you didn't know... Meet Mr. Raker!

Maxine Vanre
Crestiad Reporter

The Crestiad: What is your favorite chemical?
Mr. Raker: I would have to say Copper Sulfate (CuSO4) because of its pretty, blue color.

TC: So many colleges around this area, why did you choose to teach at Cedar Crest College?
MR: I like the close knit relationship of the faculty and they are friendly. I don't like the large colleges where not many people know each other.

TC: What colleges did you attend?
MR: I went to King's College as an undergrad. As a grad, I went to University of Scranton.

TC: Back in high school, were you good in any other subject than Chemistry and any bad subject?
MR: Well, I was good in art; and I wasn't that great in gym but not terrible.

TC: Do you like animals?
MR: I don't really know considering that I am allergic to animal fur. I do have a fish, it's an iridescent shark, but it is generally called a caltfish. I had it since February 1991, and it is still alive.

TC: As The Crestiad knows, you draw comic strips, and they are good. Why did you not major or minor in art?

Jennifer VandeWeghe
Crestiad Reporter

Even if you're not looking for the hyped-up MTV chaos of spring break, there are tons of ways to enjoy your vacation. Let's face it, not everyone can afford a ten-day getaway to the Bahamas, so take a trip into creativity. Here are some nifty hints on conquering spring break without taking over your parents' income.

Friendly Fun:
With nearly 2,000 students on campus, not everyone is from Allentown, PA. When all else fails, you can make friends with a far-away friend. The distance of even 100 miles means a different environment. Take a bath with rose and chamomile not only to soften your skin but the aromatherapy and warm water will ease your muscles.

Make a Change:
Whether you dye your hair or volunteer for a day, something to make a change. Allow yourself to do something for you to put you in a feel-good mood, or volunteer to put those around you in an even better mood.

Don't spring break your bank

Jennifer VanreWeghe
Crestiad Reporter

The Allentown Art Museum

Jessica Brubaker
Crestiad Photo Editor

The Allentown Art Museum, located at Sixth and Court, has large glass windows within rigid iron frames and an entranceway with traditional stone pillars. This convergence of modern and classical architecture reflects the diversity of the collections exhibited within.

The museum, though small, houses Indian carvings dating back to 900 AD as well as recent abstract paintings like James H. Daugherty's "Flight into Egypt." Thomas Ball's beautiful Italian marble sculpture, "The Little Panzy," is also part of the museum's collection.

The Allentown Art Museum has something unique on every wall and the exhibits are constantly changing. Starting March 7 a set of nineteenth-century lithographs entitled "Currier & Ives: Images of Bygone America" will temporarily join the museum's collection.

The winter museum will feature three regional student exhibitions. Between January 25 and February 15, the museum will display artwork by students in the Berks, Lehigh, and Northampton counties. The art work will then continue on to the National Scholastic Art Awards competition in New York City. Work done by KidsPeace and the Inter-District Experience in the Arts (IDEA) will be on display between February 21 and March 23.

The Museum is open Tuesday through Saturday 11:00 am to 5:00 pm. The price of admission is $5.00 for adults, $3.00 for seniors and $2.00 for full time students. Admission is free on Sunday and everyday for visitors under 12 years of age. Some exhibits may require an additional charge. For more information, contact the Allentown Art Museum at 610-432-7489.
The movie revolves around a heartbroken, neurotic newlywed named Reuben Feffer (Ben Stiller). Trouble hits Reuben's excessively organized life on the first day of his honeymoon when he finds his lovely wife Lisa (Dobie Meaning), in bed with a buff scuba diving instructor. On his quest to regain his dignity and sanity, Reuben begins to date the spottily-tanned and very absentminded Polly (Jennifer Aniston). As Long As She Needs, by Nicholas Weinstock

The movie involved much slapstick comedy. Though highly entertaining, it proved to be too predictable at times. Even the well-executed actors failed to reach a certain depth required to make the plot a bit more believable. Reuben is constantly exposed to situations and foods he would never try if it wasn't for Polly, and yet we the audience do not immediately catch on why he does it all.

The snowball effect could be seen in many of the scenes including a proverbial island in the middle where we discover (literally) just how low Reuben's tolerance for spiciness can go.

Weddings are great, aren't they? Not for Oscar Campbell and Lauren La Rosa. In the book, As Long As She Needs Me, Oscar, a sick of weddings because he has four college roommates who get married within a short period of time.

As for Lauren La Rosa, she says she got caught up in the wedding wedding column in a wedding magazine and travels around the world to get different weddings every weekend. Oscar, an editor's assistant has put up with it all, but this time, Dawn Davis, a demanding and hot-tempered boss, has forced him to do every day, but the latest tops all of the previous ones. He must plan a top-secret wedding in a small period of time. Dawn has declared that he is going to have it all planned for her, so all she has to do is show up to the wedding.

Oscar meets Lauren at a wedding reception and they partner up. Oscar helps her edit her column when she has writer's block, and Lauren helps him to plan the secret wedding that Dawn is the one planning. As Long As She Needs Me, by Nicholas Weinstock describes a lot of the havoc planning a wedding. Go and read this book for some laughs and romance.

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http://www.civictheatre.com/film/calendar.html

Jillian Dawson

The 19th St. Civic Theater is showcasing a promising series of indie art house films this season, including several Golden Globe nominees. Kitano's film is a good choice and worth the trip on $5, I can't imagine why anyone would pay for his show, Last Call.

Among all tracks on the album, number nine is sure to be a hit for many of the listeners.

Stellastarr* may be ready for us all to embrace them with open arms. They're "oh, oh, oh, oh," "ya, ya, ya, la, la, la's\" mixed with energetic drum beats and charismatic guitar strum make Stellastarr* a band to watch out for in the future.

When hearing Stellastarr* for the first time, don't be alarmed, you didn't pick up an early 80's album. Lead singer Shawn Christensen has a voice that could easily be mistaken for The Cure's Robert Smith the first time you pop the self-titled debut album. The band has a British pop/new-wave sound and has been compared to such acts as The Talking Heads, The Pixies, and Echo and The Bunnymen. However, listening to the entire quartet, you will find they have their own style.

Their "oh, oh, oh, oh, oh," "ya, ya, ya, la, la, la's\" mixed with energetic drum beats and charismatic guitar strum make Stellastarr* a band to watch out for in the future.

When Christensen bassist Amanda Tannen, and drummer-keyboardist Arthur Kremer first met at Pratt Institute of the Arts in New York City, they imagined such exuberant music without the competence that they were skilled. After graduating they formed their band. Stellastarr*. The album that was released off of RCA records is filled with high energy tracks that have to be heard more than once to be appreciated. They will get you hooked into their music by guiding choruses into your head like, "Jenny's coming after you." From track two entitled Jenny, to "I only want what I can't have," from their track A Million Reasons.

Track six, Moongirl, is more melodic and shows an other side of singer Christensen. After a three-minute instrumental introduction, the singer gracefully enchants us with the idea of love from outer space. And on other tracks like Sometimes Across Forever, we are back in time and enjoy the world of Stellastarr* by being whisked away in Tamzin and Jurin's backup vocals.

Among all tracks on the album, number nine is sure to be a hit for many of the listeners.

He then catches you in his exquisitely swooning web by saying, "all I want is another try!" Yes, all I want is just to feel the same! So what's your favorite? Stellastarr* then later tells us he'll "settle for a brief moment in time." With its astounding good looks and intriguing way of playing the drums, MTY's very own Carson Daly got hooked on Stellastarr* and had them for his show, Last Call.

With their refreshing blend of vocals, complex lyrics, and intricate melodies, Stellastarr* may be ready for us all to embrace them with open arms.

The 19th St. Civic Theater, with its renovated facilities, is an intimate and charming venue. It is a perfect setting for music lovers all around the world. It is a place where we can all enjoy the world of Stellastarr* and enjoy the music without feeling the pressure of a large audience.
Come one, come all to the
PLAYER’S BALL

The Black Awareness Student Union is hosting its first annual “Player’s Ball” on February 21, 2004 from 10p.m. to 2a.m in the TCC Dining Hall.

Sparked your curiosity? This is your chance to spend your money on your outfit and NOT your tickets. That’s right! The point of this party is to look your absolute best and not go broke at the same time. It is only $3.00 to get in at the door for Cedar Crest students, $4.00 for other students with ID, and $5.00 for those without.

There will also be prizes given out for “Best Dressed Male”, “Best Dressed Female”, and “Best Dressed Couple”. So, if you think you got what is takes to be the “best”, come pimped out in your greatest evening wear, and let us be the judge!

Across
1. Eskimo home
2. Furniture wood
3. Indigent
4. Cheer
5. Accountant
6. Loses its color
7. Choose (2 wds.)
8. Mexican sandwich
9. Margarine
10. Fly
11. Uncoloured
12. Roman emperor
13. Journalist’s question
14. No

Down
1. What a caterpillar makes
2. Spotted
3. Roller glider
4. Information (abbr.)
5. Cogged wheel
6. Headed
7. Poem
8. Pearl maker
9. Modish
10. Heavily
11. Arbiter
12. Son’s name
13. Test
14. Having feet
15. Ripen
16. Drink quickly
17. Permit
18. Section
19. Peculiar part
20. Sight organ
21. Aced
22. River (Spanish)
23. Wood chopper
24. Rib joints
25. Positive
26. Volcano
27. Bird’s home
28. First woman
29. Possessive pronoun
30. Careless
31. Estimated time of arrival
32. Pardons
33. Holes in a lawn
34. Sponsorship
35. Barefoot
36. Fortune Teller
37. Goldsmith
38. First Year Programs
39. Poster Sale
40. First Year Programs
41. Poster Sale
42. First Year Programs
43. Poster Sale
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65. Poster Sale
66. First Year Programs
67. Poster Sale

Answers to last edition’s puzzle:

THE ISM VIL CAP
B A R D FAIRY CAKED
IDEA IGLES ONO
G A T E H O S E
I N S E N A
R U H N S R C Y N K
T I T I C O B O A R N D H U M L E S
T H E G A P H A I E
S H O W O F F U S E R
V E LL A T M U H A M A D
E R I E I V O R Y H O V E
G A S I N D E R
M O N I R A
F I S T S T I L A T I M O

86. Also
87. Frozen pizza brand
88. Bushed
89. Finale

Classified rates:

Student rate: $4.50/30 words
2+ runs: $.20 for each additional word.

Discounts on multiple runs:

Student rate: $3.00/30 words

Contact jmurravi@cedarcrest.edu