Inauguration Special
Cedar Crest community gets involved

Allie Scott
STAFF WRITER

On the evening of the “big snow” Jan. 27, Woodrow Wilson Visiting Fellow Judith Hampton came to Cedar Crest College to show and discuss the PBS Emmy-winning television series Eyes on The Prize. The presentation was held in the Miller building auditorium at seven o’clock. Judith Hampton is the sister of Henry Hampton, creator and executive producer of Eyes on The Prize.

He founded an independent film and television company Blackside Productions, and produced 60 major films and projects throughout his career; most of the films he produced were about the political and social struggles on American soil. Eyes on the Prize is a 14 hour series that aired on PBS in 1987. It is a profound, eye opening documentary that discussed and showed vivid clips of all the major events in the civil rights movement.

It was his dream to share the raw material of what went on during the struggles, so we can get a firsthand look of what it was like to be an American during the Civil Rights Movement. Henry passed away in 1998, and his work lives on through his sister Judith who came to Cedar Crest to share his works. After four years of fundraising, Hampton had her brother’s beloved documentary aired on PBS in 2006. Hampton is an extremely accomplished woman; not only has she served as Mboh’s first full-time media spokesperson and acted as Director of Consumer Affairs, has her own public relations company and she is also president of Blackside Productions. She was recently appointed as Mobil’s first full-time media spokesperson and acted as Director of Consumer Affairs, has her own public relations company and she is also president of Blackside Productions.

Communication Professor Elizabeth Ortiz formally introduced the guest, sharing Hampton’s background to the audience, informing us about her astounding resume. Following her introduction, Hampton talked about the portion of the film we were going to be watching, the title “Awakening,” was more than fitting. The film was incredibly eye opening and raw, sparking emotions throughout the room. One of the main events that were shown in the film was story about the murder of Emmitt Till, a 14-year-old black American who was brutally murdered by two white men because he talked to one of their wives. Emmitt’s mother wanted his funeral to be open casket so everyone could see what hate did to her child. The film showed heart wrenching images of the funeral and Emmitt Till lying in his casket.

When the film sequence concluded, Hampton opened the room to any questions that the students had about the film. When asked why the film was made, Hampton replied, “This is a story about a group of people who were interested in something beyond themselves.” This was true, from the 40 minute clip we were shown we saw that and more, these were stories that needed to be seen, and these were images that needed to be shown. The students and teachers commented the film and discussed how emotional this film made them and how important it was that this film was shown.

As the night came to a close, Hampton thanked her audience for coming and sharing their thoughts about the film. It was an overall heart-warming evening, getting to know Hampton, and for all of those who missed her, we are in high hopes that she comes back soon because she is more than welcome to come back to Cedar Crest College anytime.

Eyes on the Prize: An intimate evening with Hampton

THE CRESTIAD
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RAHCEAL DIFIFFENDERER
STAFF WRITER

The Falcons played the game of their life against the Centenary College Cyclones last Thursday. The freshmen forward gained one point in the northern division of the Colonial States Athletic Conference (CSAC). It proved to be the most exhilarating game the Falcons have played and the most packed Lees Hall has been this season.

“The team has been a work in progress and this win sends a message to the conference,” said Athletic Director Kristin Maile.

For years, the Cedar Crest basketball team has not been seen as a threat to other teams. The team has not had a winning record since going 13-10 in the 1998-99 season.

“We’ve been building for this for the last four years,” said Head Coach Valerie Donohue in The Morning Call Jan. 30. “We kind of started at the bottom, even though the last couple of years nobody has seen it because it has not come out in wins.”

The game started out with an intensity rarely seen at Cedar Crest and increased a hundred-fold during the next ninety minutes. With a four point lead at half-time (51-47), the Falcons were able to keep the score fairly even with the top-ranked Cyclones. At two seconds left in the second period, the Cyclones tied the game 96-96, sending the Falcons into overtime.

This game was far from an off game for the Falcon basketball team. Each player showed her desire to win from the start. Junior Kelly Oakes scored a career high of 32 points and snagged 21 rebounds. Sophomore Leann Wallower brought in a season-high of 20 points, 14 rebounds, and ten assists. Sophomore Leann Wallower brought in a season-high of 20 points, 14 rebounds, and ten assists. Sophomore Leann Wallower brought in a season-high of 20 points, 14 rebounds, and ten assists.

Head Coach Valerie Donohue in The Morning Call Jan. 30.

Junior Kelly Oakes scored 13 points combining with Lauren Seale scored eight points and five rebounds. Lauren Seale scored eight points and five rebounds. Lauren Seale scored eight points and five rebounds.

Sophomore Keri Lasky scored a career-high of eight assists. Sophomore Keri Lasky scored a career-high of eight assists. Sophomore Keri Lasky scored a career-high of eight assists.

Sophomore Keri Lasky scored 13 points combining with Lauren Seale scored eight points and five rebounds.

During overtime Jones and Oakes scored 13 points combining.

“We’re coming together as a team and we’re going to pull off continued | page 15
Flags created as sign of unity for Administration

Jessica Korpics  STAFF WRITER

While driving on Cedar Crest Boulevard towards campus, you may have noticed the new artwork that is being displayed along the road. These pieces of fabric are actually prayer flags that are used to display someone’s hopes, dreams and wishes.

“I think that it’s a great idea. It shows such an interest in the arts. I just wish that we could have had more involvement. I think that all of the flags look really great, and I just imagine how fantastic it would be if they were all over campus,” said Associate professor of Art Dr. Jill Odegaard.

The States of Grace Prayer Flags were made as a well wishing for the new government administration. The flags were made to resemble traditional Tibetan peace flags, with the only difference being that these flags contain images and symbols that are specifically important to the artist. This program was started by Jane Noel who is also a local artist.

“Jane did a talk during one of my classes and invited everyone in my class to decorate one or more flags after her talk. I think that it is a nice idea to help bring good fortune to the new administration and the United States,” said Emily En- tner, senior Studio Art major.

The prayer flag project is not just limited to the Cedar Crest Community. Businesses and other groups of people from Allentown, Emmaus, Easton, Bethlehem, Northampton and Foglesville are helping to make these prayer flags. All of the flags were installed on inauguration day and will continue to be displayed for a month.

“States of Grace States of Grace brought many people together in a positive way. Since the flags were displayed throughout the Lehigh Valley, the project made a powerful statement,” said Clarissa Leverich, senior Social Work major.

According to www.statesof- grace.us, the ancient Buddhists believed that if they wrote their prayers and powerful symbols on the flags and sent them to the spir- it through the wind, that all of their prayers would be answered. They believed that just as water can pene- trate the ocean, their prayers could dissolve into the wind and extend to fill of the space. They consider prayer flags to be a symbol of peace and to carry out the intentions of the creator.

In order to keep up with the Tibetan tradition, the fabric used to make the flags comes in red, white, blue, yellow and green. All of the colors stand for something specific to the five elements according to the ancient Buddhist priests. Blue stands for space, white stands for water, green for earth, yellow for fire, and red for the new government administration.

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Students participating in The Crestiad may receive academic credit for their participation. The final responsibility for news content and decisions rests with the editorial staff.

The Crestiad welcomes Letters to the Ed- itor on any subject as long as it is tasteful, responsible, and signed with the full name of the writer. The Crestiad reserves the right to edit for content, length, language, and grammar.

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The Crestiad Fall 2008

Megan Ammons  Arts and Entertainment Editor

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Brea Barski  Front Page Editor

Liz Napel  Corresponding Editor

Leann Pettit  News Editor

Liz Shorczylis  Managing Editor

Faculty Adviser

Elizabeth Ortiz

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Forensic Speech Team prepares for Nationals

Rachael Diffenderfer  STAFF WRITER

The weekend of January 23 found the Forensic Speech Team at Towson University located near Baltimore, MD.

Towson hosted twelve other teams, including top teams James Madison University and George Mason University.

Monica Cawley, Katie Hyde, and Michelle Tetreault all brought home awards.

Sam Hysom and Chealsea Anagnostou also attended the tour- nament. The team brought home ten awards which makes a total of 89 awards for this season, includ- ing a Team Sweeps in our PKD (Pi Kappa Delta) Division.

The Forensic Speech Team is currently making their way to Akron, Ohio. Well, at least they will be in April. Nationals will be taking place the first weekend of April.

“The team’s goal this semester is to get everyone to AFA Nationals,” stated Team Captain and Forensic Science major, Monica Cawley.

Coach Tim Brown explained, “AFA Nationals are much more dif- ficult to qualify for than NFA Nationals.”

In order to achieve that the team will be competing almost every weekend in February with their last tournament being held the first weekend of March, which will mark the end of the season. The team will then have one month to prepare for AFA Nationals.

The Cedar Crest Forensic Speech Team will be hosting yet another tournament this semester.

Normally, Cedar Crest only hosts the Linda Baas Memorial Tournament in October. That tour- nament is in memory of former Cedar Crest Faculty Member Linda Baas who founded the Forensic Speech Team.

However, this semester, the team will be hosting the Pennsylvania State Tournament. The tour- nament will take place February 21 to 22.

Brown is asking for “extra hands and help for this tournament. Normally, the team is not compet- ing so they’re able to lend a hand, but they will be competing that weekend.”

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Kappa Delta Pi inducts 40 students to honor society

Kristen Isaacson
STAFF WRITER

On Thursday, January 29 in Alumni Hall of Cedar Crest College, 40 new initiates were inducted into The National Education Honor Society, Kappa Delta Pi. The ceremony began at 5 p.m. with the new inductees coming into the auditorium. There they were called by name. Several of the new members were there to support those who were receiving this honor.

Janelle Morcom, Senior Education major and President of Cedar Crest’s chapter of Kappa Delta Pi Omega Chi, welcomed everyone.

She ended her speech with the words that are the mantra of Kappa Delta Pi, “So to teach, so to serve, so to learn.”

Mary Beth O’Connell, Chair of the Education Department and assistant professor, then came to the podium.

She congratulated all the new initiates, and then introduced the guest speaker of the evening, Dr. Jill Purdy.

Purdy is the director of the graduate program and assistant professor of education at Cedar Crest.

Purdy began her speech by saying how honored she is that Morcom asked her to speak and congratulated all the new inductees.

She spoke about how she remembered always wanting to be a teacher, and how she loved school.

She talked about the three qualities that make a good teacher: the first is to have humor and be able to laugh at yourself, the second is to be compassionate, connect to the students and “go beyond the moment,” and third, pride in what you do.

She said, “It’s okay that I am just a teacher. Be proud of being a teacher. Congratulations and thank you.”

After her speech, Purdy was made an honorary member of Kappa Delta Pi by Morcom, to which she later said, “It’s wonderful to receive this. I really appreciate it.”

Then, Morcom along with O’Connell and Jennifer Oldt, Senior Education major and Vice President of Cedar Crest’s chapter of Kappa Delta Pi Omega Chi, then presented the inductees with certificates and formally inducted them into Kappa Delta Pi Omega Chi. They spoke of the ideals of Kappa Delta Pi and that the inductees must uphold these ideals.

Tiffany Dancho, sophomore, said about her award, “I feel excited and accomplished.”

Samantha D’Arrigo junior Education major said, “I find it to be a great privilege for all my hard work to receive this.”

O’Connell said about all the inductees: “I am very proud of all of them. They have all been working very hard and we are recognizing their achievements. It’s a proud moment to be inducted.”

Purdy said, “It’s super to see our numbers increasing. A testimonial to how hard our students work.”

Dr. Jill Purdy, Janelle Morcom, Jennifer Oldt and Mary Beth O’Connell pose after the induction ceremony for Kappa Delta Pi. Courtesy | Janelle Morcom

PRAYER FLAGS

continued | page 2

air and red for fire. Green stands for water and yellow for earth. There is even a specific way to hang the flags. When hanging them horizontally the order is always yellow, green, red, white and blue. When hanging vertically yellow goes at the bottom and the blue is at the top.

While keeping up with Tibetan tradition, Noel will take all of the flags at the end of the month and burn them to send all of the wishes and hopes to the spirits. The Tibetans consider the prayer flags to be holy and believes that they should be treated respectfully.

They are not to be placed on the ground or put in the trash, but rather should be burned. They believe that the smoke carries the wishes, dreams and hopes to the sky.

“States of Grace allowed many people to share good wishes for the new year and new government,” said Leverich. “I feel that community-based art projects should occur more often. Sharing a creative experience is moving and energizing.”

If you would like more information about the prayer flags or about how to join and make your own flag, visit www.statesofgrace.us.

SPEECH TEAM

continued | page 2

If you are interested in dedicating some of your time, be sure to email Tim Brown at tbrown@cedarcrest.edu

If you are interested in helping the inductees in another way, be sure to swing by Saladworks on February 10th. Saladworks is located across from the Target on Cedar Crest Blvd. All you have to do is to order something between the hours of 5pm and 9pm and the team will receive a percentage of the profits for those three hours. There will be more details to follow.

The team also appreciates words of encouragement, praise, support, and adoration.

The team will be traveling to Wilkes University this weekend.

Club presidents meet, mingle and discuss events

Lauren Kroppenick  | Staff Writer

(Above) Student Government President, Kristin Allard (left) with Student Government Treasurer, Caitlin Billowa (below from left) Jon Kehoe, senior Chemistry major and president of Chemistry Club, Amanda Clayton, senior Biodiversity and Conservation Biology major and president of Conservation Club and Melissa Turko, Senior Dance and Biology major and representing the Student Activities Board.

In the News

Brea Barski

Government breaks the rules

In the fall Pennsylvania Governor Ed Rendell placed a freeze on hiring for the state. It was recently reported, however, that the state has hired over 500 positions since the freeze began. 80 percent of the jobs were for public safety, which was omitted from the freeze. It was estimated that these jobs will cost $12.35 million by the end of the fiscal year on June 30. Seven of the positions were six-figure salaries.

Parachute instructor dies midair

A man in Chester, S.C. had a heart attack in the air while in tandem jump – a parachute jump where the instructor and the student share a parachute. The first-time jumper safely landed and tried to revive the man, but was unable to.

Illinois governor impeached

On Jan. 29, Rod Blagojevich, governor of Illinois, was impeached following accusations that he was trying to sell President Barack Obama’s open senate seat. The impeachment was anonymous and was soon followed by a ruling that he can never hold public office again. Media sources vary on how many previous governors have ever been impeached (six or eight).

Record-breaking politician

This week former flight attendant Johanna Sughardardottir, age 66, became the Prime Minister of Iceland. According to the Associated Press, she is the first openly gay nation leader of Iceland, the first female prime minister, the first to name an Icelandic cabinet that is represented evenly by men and women, and, with the exception of a Norwegian who briefly served as prime minister in 2002, the first openly gay national leader of modern times anywhere.

Google helps find illegal drugs

Investigators in Switzerland were using Google Earth to find addresses of two farmers suspected to be involved in a drug operation when they found a large marijuana plantation, almost two acres in size, hidden within a field of corn, the Associated Press reported on Thursday. The find using the satellite view of the area was part of a bigger investigation that led authorities to seize 1.2 tons of marijuana and arrest 16.

Doctor: I made up disease

Senior doctor, Elaine Murphy, admitted that in 1974 when she reported a case of “cello scrotum,” she wanted to see if the doctors would believe her. The disease was supposedly caused by the instrument rubbing against the body. According to a report by Reuter’s new service, though, Murphy admitted that the whole thing was a hoax.
Devlin, ‘08, designs inaugural parade float

Elizabeth Saleb
STAFF WRITER

Recent graduate Melanie Devlin designed one of five floats presented during Obama’s inaugural parade. Devlin was given the task to design a float for the inauguration day parade and was given two weeks to complete it.

Her employer, Proof Production Inc., received the project from the AFL-CIO, a union organization. AFL-CIO had submitted an application to design the float and was chosen from among thousands of other applicants. Devlin designed the float in three days. She developed three drawings but because of the tight time frame her company chose the first one she drew.

Devlin explains, “The idea behind it was that the union workers of America have and will continue to be a strong foundation for this country.” The float had four mannequins including a firefighter, a police woman, a nurse and a construction worker.

“They are positioned in a way that makes them look like they are holding up the large US flag and US map, connecting it back with the original concept. There were also four stars suspended within the US map with slogans from different organizations within the AFL-CIO. Each star was on a pivot point that could be manually turned and the result was a spinning star, It was interactive!” Devlin said.

Devlin says, “When I was told that we were going to build a float I was obviously very excited, and when I was told that I’d be designing it I went from being excited to being just plain ridiculous. I knew it was a once in a life-time chance for me, especially because it has been such an important election.

The fact that it was a lot of exposure was a big part of my excitement. Along with the President, millions of people saw it. My favorite part was viewing it on television and seeing the camera shot of President Obama watching as it went by.

Although I’ll never really know what he was thinking, and it may not have made such an impression on him but the whole experience was unforgettable for me.

Devlin personally painted the nurse and a total of 19 portraits that were placed on a 6 inch high wall that enclosed the bed of the truck. “Each was painted on a piece of wood an inch thick, it added a nice dimension when they were all installed overlapping each other.

The faces of these portraits represented no one in particular. The only one based off of someone represented no one in particular. The only one based off of someone real was the last one I painted with myself as a nurse.

Another one of faces turned out looking a little bit like the new President himself but it was purely coincidence.” Reports Devlin.

Several people worked on the float. There was one other artist, David Hatch, he was the sculptor of the large labor workers located near the front of the truck. Additionally, there were three welders, one electrician, and one carpenter who built the entire float. The actual painting took one week to complete.

Devlin’s co-worker who was there to see it in person at the parade said that the float was the most intricate and detailed of the five.

Students welcome President
Hauna Colista
STAFF WRITER

Students gathered in dorm rooms, lounges, the Parkhurst Bistro and even in Samuel’s Theatre where the Inauguration was playing to catch a glimpse of history even if it were for only a second; it could not be missed.

The anticipation and excitement could be felt from students before the ceremony even began. “It’s a huge moment no matter what side you’re on. When Obama finally steps up and speaks I think the US will just stop time to watch,” said sophomore Amanda Beck, Biology major.

Junior Becky Tutino, a Chemistry Forensics major, could only describe the significance of the event “This was me and my sister’s first presidential election; all of us are so proud. No matter what happens the next four years this is still something we should be proud of.”

When Barack Obama finally stood to take his oath, students like Beck and Tutino held their breath as their country inaugurated its 44th president but the first African-American president.

Cell phones were silent. Text messaging had ceased and all Cedar Crest eyes were on the future.

Students and faculty were eager to express their excitement. Marion McCorry, Associate Professor for the Performing Arts speaks I think the US will just stop time to watch,” said sophomore Amanda Beck, Biology major.

Veronica O’Neil, sophomore Biology Psychology major said, “I really liked when he messed up on the oath. It made him more human. It makes him more down to earth to me and accessible as a leader.”

Obama’s Inauguration speech seemed to be the highlight for many students. “His speech was impeccable,” He basically told people they had to work hard to change things. He didn’t sugar coat anything, “said Ashley Muttillo, a sophomore Education major.

Students and faculty were eager to express their excitement.
November 5, 12:30 a.m.
The $2,000 Decision
The decision to go to Barack Obama’s inauguration came less than an hour into his president electency. Tuesdays are traditionally Crestiad production nights and we were all up late covering the election results. Taking a break from editing stories and putting page layouts together, fellow Senior Editor, Leann Pettit, and I took a break to plan our next adventure: a January trip to D.C. to see the inauguration. Looking online for information, Google quickly resulted in tickets, priced just for poor college students – $2,000 a piece. After more research though, we found out that tickets are free and the 20+ websites selling them for astronomical amounts were all illegal tickets. We’d have to wait a few weeks until Senators and Congressmen had them to distribute.

January 15
State of Emergency
Unfortunately, we were unable to get tickets from our local politicians. Being without actual tickets didn’t defer the plan, though, and arrangements were made for spending the night before the inauguration at a friend’s apartment just outside of D.C.

Predictions for attendance for the inauguration had reached an all-time high and President Bush called the city into an emergency state in order to get more funding for increased security (a fact that encouraged us and worried our mothers).

Professors had been contacted to say that we would be missing the second day of classes, the weather forecast predicted no snow for our travels, and maps and information for the inauguration ceremony and parade route had been thoroughly researched. We were ready.

January 19, 5:15 p.m.
The Race to D.C.
During classes that Monday, though, people were calling us from all over – relatives watching news coverage, the friends we were staying with – apparently the hoards of people that we intended to join had gotten there before us and traffic and crowds became a serious concern. Although we planned to leave Allentown around 8:00, we considered sleeping at 8:00 and then leaving Allentown at midnight and going straight to the Metro station. What college student likes to go to bed at 8:00, though? The plan was now to get lots of coffee for the long, crowded drive and leave at 8:00.

8:00 p.m.
Passing Mr.’s Mason and Dixon
Despite all of the warnings, traffic was no worse than usual on the three and a half hour drive to Washington. The hardest part was the online directions – “turn left and then take a u-turn” is not an adequate direction in my mind!

Crossing into the Maryland border was, I think, when what we were doing actually hit us. We had just crossed the Mason-Dixon Line to see the first African-American to be sworn in as president? Wow. That was an amazing thought. This trip really wasn’t just a sight-seeing expedition, but really history being made.

At 2:00 we made it to the apartment and settled in for two whole hours of sleep.

January 20, 5:15 a.m.
The Laundry List
By quarter after five we had already gotten up, put on a total of five shirt-layers of clothes, sweat pants, long johns, thick, high socks used for hunting, two pairs of gloves, a scarf and hat, and run (literally) to the Metro station. The trip was to be made with Javier, Leann’s fiancé’s sister’s boyfriend who is a D.C. native, his brother and his brother’s girlfriend.

We all met and Leann and I purchased our Metro passes. The Metro had opened at 4:00 (having closed completely at 3:00 in order to keep anyone from camping out in the stations overnight). We opted for all-day passes in case we got lost (plus that way we got the Barack Obama commemorative passes!) and filed into the crowded Metro. The Metros were filled safely, with regular amounts of people, but the moment we were off the train, the crowds were unbelievable. The continued | page 11
Finding a way out of the recession

Laura Kropmsick

"I’m mad as hell, and I’m not going to take this anymore!" said by Howard Beale in The 1976 film Network. Beale’s character is a new age prophet, of sorts, who is fed up with the world. The 70’s were a time that mirrors ours in many ways. Ridiculous gas prices, high unemployment, and a diseased economy. Obviously, we have a lot to be fed up about today. Today’s nation’s employment covers 533,000 jobs in November," said the New York Times in 2009. That same article went on to say that “not since December 1974, toward the end of a severe recession, have so many jobs disappeared in a single month – and the current recession, far from ending, appears to be just gathering steam. 1.9 million jobs have been lost since the start of the recession a year ago.” Ahhhhh! All of us hear these distressing stories which affect everyone in all different ways. Mostly, I found we are affected by depression resulting in the loss of motivation which causes us to have low fight and vigor then we would have at another point in time. We didn’t always see everything with such uncertainty as we do now. We shouldn’t have to see or feel that way. We once saw a time where there was confidence in college student’s graduating and immediately being hired, even having the chance to have a job lined up while finishing school. “The average job search drags on for more than four months now,” reported CBS News. “I know that book crazes are great, especially for younger generations. My best friend’s little sister used to read Twilight, and after she discovered Twilight she became an avid reader.”

Use your energy to do what you think is right for you. Times like this help you focus on the correct option to take at the present time. CBS News did a report where one of their resources said that, “In- ternet postings are almost a total waste of time… in person networking is the key – four out of five jobs are found that way.” CBS found the remedy! The catch is you have to go to New York and converge with 2,400 other people, which happen to be four times the amount than last year, and hope you make and impress. Who wants to go to a cattle drive? Don’t take this anymore! We are not cattle that can be poked and prodded! Go your own way and use your resources: advisors, professors, clubs, career services, it’s an entire college, the list is endless. Don’t be afraid, you will find your way.
Indoor tanning is nothing new to most people. The U.S. Market Review estimated about 30 million Americans have succumbed to indoor tanning. That was in 2000, and I feel that number has gone up ever since.

Even though each year the sun and skin cancer create a bigger link to each other, people still tan. “Standing in the sun is one of the most predictable, preventable, and preventable causes of cancer,” said Dr. Peter A. Minch. People tan to avoid looking better. “You have a light glow. People notice that and are looking better. But I feel that the majority or have tried tanning, it's practical to everyone,” said Minch.

The Review estimated about 30 million professional indoor tanning salons, states the U.S. Market Review. No wonder so many of us tan or have tried tanning, it’s practically everywhere.

I’ve heard that some people use tanning during the winter months to help with depression because they don’t enjoy the weather. But I feel that the majority of the people that tan during the winter do it for the pleasure of looking better.

I haven’t met anyone in my life that doesn’t think they look better in the summertime when they are nice and tan or even just have a light glow.

I understand that because I too used to be a tan-orexic. I started tanning more and more after I graduated from high school. I got hooked on it from tanning for proms during my high school years.

It was relaxing after a stressful day of school and working at a day care. I had 20 minutes of peace and quiet. Sometimes I would even nap in there-no joke. I would tan everyday like it was my second job. I would even ignore people when they tried to tell me I was starting to look orange.

The one thing I hated most about tanning, besides always being broke because tanning packages are never cheap, was the smell. I would get off the bed all sweaty, put my clothes back on and leave the tanning salon. As soon as you got in your car, you noticed that smell. It was strong and I always used to tell people that my grandfather had been battling cancer. He was in a coma, and I think it was just the close connection that told me I don’t want to increase my chances. Also, I grew up and realized that you don’t need to tan to feel better about yourself.

The last time I indoor tanned was last May because my family was having a portrait taken and we had to wear white t-shirts and so I went for two weeks (not daily) just to get a little color so I wouldn’t blend in with my t-shirt and the background.

I still tan in the summertime. Don’t get me wrong. I love a good tan but it’s only three months out of the year now and it’s not constant because I work during the summer. Plus, you use sun screen in the real sun which can help to protect your skin even if you use minimal SPF.

Needless to say, if you see me today, I am not tan. I might look like I have a glow over my face but I promise it’s just some fabulous Dior bronzer.

I do have to wear white year-round tanners out there (and I know you’re out there) here’s a new way to keep warm this winter. Go to the gym and get toned for Spring Break so you can look nice in your swimsuit.

The problem is we do not have enough classy role models for these girls to look after who are reasonable. Oh, but these girls don’t care. They care about being “in-style” to cover up our bodies. Because as far right now, the more naked you are the better! Which for nudists out there, that’s not true. But for the most part we need to wear clothes.

So in hopes for all of that to change, I decided that the next time I see bootie bearers wanting to wear tights to class, I am going to stop them, lecture them, and toss them a turtle neck.
STAFF WRITER
Cristie Ackerman

compatibility system based on per-
marrying after e-mailing each other
ryofdating.com. received five stars on www.directo-
are allowed to review their matches
and preferences. Individuals visit-
ues and ideals, life and love style
compatibility system creates
created by Dr. Pepper Schwartz, a

Lifestyles

www.cedarcrest.edu/crestiad February 5, 2009

Brea Barski  | Senior Editor

LVC Academy

Finding e-love
Inside online dating sites

Cristie Ackerman
STAFF WRITER

Valentine’s Day is just around the corner and you may be feeling down about your love life. A com-

The policies of these sites, tes-
monials of personal success sto-
ies, are allowed to review their matches
for free. efharmony received five stars on the Directory of Dating.

One successful couple that was featured on the website said this: “The extensive question-
asked during the registration process
he knew that we both used led us to the per-
son we have been waiting all our lives to meet.”

LavaLife is a personal and online dat-
ing service for individuals who aren’t nec-
esarily looking for a serious rela-
tionship. This can be shown by the home-
page advertising that “sexy online singles”
can be found at anytime while a user is on this
website. In 1987 this site was cre-
ated by Bruce Groxon and Dave
Channandy. The format for this website is similar to the other online services except for one fairly
large difference. When a user logs
in to the site, personal information
they must state female seeking male
and then state whether they are looking for a serious rela-
tionship or casual one.

This directory also has Prime
Lavaville. This began in 2007 as a
website for singles that lists people
who aren’t necessarily looking for
a serious relationship. This site can be found at

Duel Total Compatibility System
is up to the individual and what
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Drinking Expensive Hot Chocolate

Winter Snow

Why Books are Disgustingly Expensive

By Jessica Heiser

February: African American History Month

Facts of the Week:

Feb. 5 National Girls and Women in Sports Day

First Wiffle Ball was sold, 1954

Fred Newman made 88 free throws in a row – blindfolded, 1978

Feb. 6 Massachusetts became the sixth state, 1788

Crayola’s 100th billion crayon was produced, 1966

Feb. 7 Ballet first introduced to the US, 1827

Swiss women gained the right to vote, 1971

Feb. 8 First opera performed in the colonies, 1735

Boy Scouts of America founded, 1910

Feb. 9 US National Weather Service established, 1870

First college basketball game, 1895

Feb. 10 French and Indian War ends, 1763

An 84-year-old Teddy Bear sold for $8,580, 1987

First computer chess victory over a human, 1996

Feb. 11 Japan was founded, 660 B.C.E.

Sacagawea gave birth to her first baby (2 months later she was with Lewis and Clark), 1805

Historical Happenings

Birthdays:

Feb. 5 Henry “Hank” Aaron (74) homerun record holder

Feb. 6 Aaron Burr (b. 1756) third vice president of the U.S. George Herman “Babe” Ruth (b. 1895) left-handed pitcher

Ronald Reagan (b. 1911) 40th president of the U.S.

Feb. 7 Charles Dickens (b. 1812) author

Laura Ingalls Wilder (b. 1867) children’s author

Garth Brooks (46) country singer

Ashton Kutcher (30) actor

Feb. 8 Jules Verne (b. 1828) author

Feb. 9 William Henry Harrison (b. 1773) 9th president

David Gallagher (23) actor

Feb. 10 Tina Thompson (33) basketball player

submitted by Gabrielle Augustine

AQUARIUS: (Jan. 20 - Feb. 18) Your tendency to put your foot in your mouth causes a minor crisis with someone you are close with. Instead of immediately getting defensive, you need to take responsibility for your actions.

PISCES: (Feb. 19 - March 20) Stop being so indecisive, either you want it or you don’t. You think you’re thinking through this situation thoroughly, however you’re actually wasting time and possibly losing someone you might never get another chance with.

TARUS: (April 20 - May 20) The adventure of using your normal one coffee two Splendas try Starbucks’s London Fog Tea Latte or an Apple Chai Latte.

SAGITTARIUS: (Nov. 22 - Dec. 21) You’ve been donating that same plain jane haircut since seventh grade. The “Rachel Haircut” was cool in the 90’s, not 2009. Take a risk! No, not dying your roots. Get a legit haircut.

CAPRICORN: (Dec. 22 - Jan. 19) An old flame comes back into your life mid month wanting a second chance. Don’t give in, there’s obviously a reason why it didn’t work in the first place.

LEO: (July 23 – Aug. 22) Check your bank statement lately? You’re recent expenses are adding up. Did you really need that life-size cardboard cutout of Clay Aiken, a sea monkey growing kit, or a disco ball? No, you’re being ridiculous. Start saving!

VIRGO: (Aug. 23 - Sept. 22) Eating an entire box of Fiber 1 bars isn’t a good idea. When there’s a warning on the back about over-consumption, you need to listen. You don’t want to spend your weekend in the bathroom.

LIBRA: (Sept. 23 - Oct. 22) Relationship troubles? Don’t let your significant other’s problems lead you to a night alone with a pint of Ben & Jerry’s and a TV marathon. Get a legit haircut.

SCORPIO: (Oct. 23 - Nov. 22) You come to a dilemma when you find out your best friend’s significant other has been cheating. The Hugh Hefner wannabe keeps lying to your best friend and you need to take action and be a good friend.

SAGITTARIUS: (Nov. 22 - Dec. 21) It’s only the third week of school and you’ve already started to slack off. Stop watching The Food Network, learning how to make five tiered red velvet cake isn’t going to help you on your Anatomy exam!

CAPRICORN: (Dec. 22 - Jan. 19) Bored of your traditional treadmill workout? Switch it up by attending a yoga class or joining the swim team. Who knows, a new workout might be just what you need.

submitted by Dannah Hartman & Allie Scott

Where has all of the time gone? February? ALREADY? Find and circle the words in the puzzle related to that long month you were too busy enjoying your holiday presents to pay attention to.

Facts of the Week:

February:

FREEZING BLIZZARD IGLOO

MARCH

April 20 - May 20

Aries

Bored with your current life? Think you’re ready for a change? Not so fast! You need to take time to think about what you really want. Don’t be wishy-washy and jump into a new relationship just because your ex is back in town.

Taurus: (April 20 - May 20) The adventure of using your normal one coffee two Splendas try Starbucks’s London Fog Tea Latte or an Apple Chai Latte.

Aries: (March 21 - April 19) Your wardrobe is looking somewhat lackluster lately. You’ve been working hard. You deserve to treat yourself to something new, whether it is that stylish scarf or cute sweater. You deserve to treat yourself to something new, whether it is that stylish scarf or cute sweater.

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Word Search

Submitted by Jessica Heiser

Disgustingly Expensive Hot Chocolate

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Submitted by Gabrielle Augustine
Fashion-forward first ladies throughout the times

Throughout the years, dating all the way back to Martha Washington, the inauguration ball gowns of the first ladies have become the center of attention and some believe they have set the tone for their husband's presidency. The gowns literally become part of history, as they are donated to the First Ladies Collection at the Smithsonian after being worn. Let's take a look back at our fashionable first ladies throughout the times!

• In 1961 when John Fitzgerald Kennedy was inaugurated the 35th President of the United States his wife, Jacqueline Kennedy opted to design her own inaugural gown. After sketching what she wanted, Jacqueline took the design to Bergdorf Goodman’s Edith Frankau. The result was a simple and sleek sleeveless, ivory colored chiffon gown with matching cape. Color-wheel-pro.com states that the color white is associated with innocence and purity and represents a successful beginning. The gown, which many believe is now the standard for first lady inaugural gowns, received overwhelmingly positive feedback. InStyle quotes Valerie Steele from the Fashion Institute of Technology as saying, “What you see with the inaugural gown is the triumph of her own personal style. To use fashion as a way of representing her husband’s presidency—to look modern, elegant, simple and American.”

Jacqueline’s gown can now be found in the First Ladies exhibit at the Smithsonian’s National Museum of American History and remains a favorite among spectators just like it did at the time of Kennedy’s inauguration. Jacqueline Kennedy made a lasting impact on the fashion industry throughout her years as first lady as well as prior to becoming a Kennedy when she was an Onassis. Oversized dark round sunglasses, a short cropped haircut, pillbox hats and skirts suits were trademarks of Jacqueline’s personal style. To use fashion as a way of representing her husband’s presidency—to look modern, youthful and fresh.

Michelle’s ability to combine chain store garments with high-end designers has created her own sophisticated and youthful look that many desire to emulate. In 2009 Michelle Obama was listed in Vanity Fair magazine as one of the “10 of the World’s Best Dressed People.” Oscar de la Renta however, believes Michelle’s impact as a first lady will not only be focused on her fashion. He tells Women’s Wear Daily, “It’s not about the way she dresses, but also the way she will conduct her life. The eyes of the world will be on her. She will have a big impact.”

• When her husband, Ronald Reagan, was inaugurated in 1981 Nancy wore a white one shoulder lace and silk gown designed by James Galanos. The hand-beaded gown was reportedly worth $22,500 and critics believe it brought “Hollywood glamour” to the White House. “She knew her style very well,” said Galanos in an interview with the Los Angeles Times, “and it was always simple and elegant.”

Nancy Reagan

On January 20th of this year, first lady Michelle Obama wore an ivory colored gown designed by Jason Wu, a 26 year old up and coming designer, to Barack Obama’s inaugural ball. The result was a full-skirted, single strapped gown with a ruched bodice and shimmering beading. Her selection has received a mostly positive reaction. Newsday.com quotes Adam Glassman, O Magazine creative director, as saying “I love that she’s wearing white, it’s about optimism and a new start and a fresh moment, she’s the bride of the evening. I think she looks modern, youthful and fresh.”

Barbara Bush

Michelle Obama

• When her husband, George W. Bush, first took Presidential office in 2001 Laura Bush chose a hometown favorite to design her inaugural gown. The Dallas designer Michael Faircloth, who also previously designed for the Dallas Cowboy Cheerleaders and Texan debutantes, designed a ruby colored scoop-necked gown created of Chantilly lace and embroidered with Austrian crystals. Faircloth’s design, as elegant as it may sound, was met with an overwhelming response from fashion critics. Red, according to color-wheel-pro.com, has various interpretations because it is an emotionally intense color. It is often associated with energy, war, danger, strength and power. In addition, red is used to indicate courage and is seen as a patriotic color. For the 2005 inauguration, Laura decided to go with an ice-blue and silver Oscar de la Renta gown with a matching coat. Just like Hillary, Laura received rave reviews for her second inauguration dress.

Laura Bush

• In 1992, first lady Hillary Clinton chose designer Sarah Phillips from her hometown of Little Rock, Arkansas to create her inaugural gown. Phillips designed a beaded violet lace gown with a silk overskirt. The gown received harsh criticism from not only those in the fashion industry, but the public as well. For Bill Clinton’s second inauguration however, Hillary chose a shimmering gold Oscar de la Renta gown that had a sheer bodice and flared skirt, which received more positive reviews than her first inaugural dress. Purple, the color of Hillary’s first inaugural ball gown, is the combination of the stability of blue and the energy of red, according to color-wheel-pro.com. It is also associated with royalty and symbolizes power, ambition, wisdom and independence.

Hillary Clinton

• For the 1989 inauguration of her husband George W. H. Bush, Barbara Bush wore a royal blue gown designed by Arnold Scaasi. The gown had a velvet bodice and a unique diagonally dropped waist line. According to color-wheel-pin.com, the color blue is often associated with depth and stability and symbolizes consciousness and intellect. In addition, the website states that blue is often considered a masculine color and is highly accepted among males.

Barbara Bush
Rachel Edgar  
Staff Writer

The people featured here have several things in common—they are all powerful women who have served the United States in public office. Their addition to our country’s political fabric is a positive influence for women worldwide. They are also divided in some ways—some are Democrats or Republicans, they come from different parts of the country, and grew up in different socioeconomic statuses. The common denominator is their passion. The women featured here are passionate about what they do—and they succeed because they are able to project that passion to others.

Michelle Obama is the first African-American First Lady. She is also the third First Lady with a postgraduate degree, following Hillary Rodham Clinton and Laura Bush. Obama’s passion for the hardships that military families and working families face has been a driving force behind much of her campaigning, and she has stated that working on these issues will be her primary focus as First Lady. Obama’s passion reaches deeply into her own husband’s recent presidential campaign as well. In an article published in Chicago Sun-Times, Jennifer Hunter wrote, “Michelle was a firebrand, expressing a determined passion for her husband’s campaign, talking straight from the heart with eloquence.”

Hillary Rodham Clinton has juggled many roles in American politics. Clinton served as First Lady from 1993 to 2001 and U.S. Senator from 2001 to 2009. She was also the first woman in U.S. history to win a presidential primary contest. She is now serving in a wheel chair. It was unclear why the gentleman hadn’t stopped at one of the handicap sections up ahead when the man stood up. Okay, maybe he can stand, but not walk? Nope. The man climbed onto his wheelchair and began using it as a boost to take better pictures. The wheelchair was labeled from the airport—and said specifically not to remove it from the premises. After getting pictures from the front, we moved back to a less crowded area that was closer to an exit.

Javier’s brother and his girlfriend opted not to wait and left. No comment.

10:00 Too cold to tell time

The spot on the Mall where we decided to stay was directly under a JumboTron. This way no one could stand directly in front of us and we’d get a better view of the screens further up. The empty space in front of us gave the wind a chance to hit our faces and the temperatures in the single-digits and teens froze us. Directly next to us was a large group of elementary children and chaperones from New York’s P.S. 190. Some children cried from the pain the cold caused. Around 10:00 the screens began to show Inaugural events from earlier in the week and that was somewhat distracting. (At this point it was much too cold to take off gloves and check for times, so I’ll estimate times when it’s necessary.)

The events being played from earlier in the week led directly into the Swearing-In Ceremony.

Actually being there was much different than what you may have seen on television. Bush had been many times, very loudy. Women crying were shown, but the majority of people there (or at least near me) struggled not to cry—it was too cold! There were also lines in Obama’s other speeches that seemed to be applause-worthy and the crowd was silent on tv. In person, though, people screamed and cheered when ending the war was mentioned and other similar statements.

As soon as Obama’s Swearing-In speech was over, the audience began to leave. Media estimates say that there were two million people just at the Swearing-In Ceremony (the largest Swearing-In Ceremony and the most people ever Washington D.C. at one time).

That many people leaving at one time caused total chaos. Tiny Leann was literally picked off the ground when people pushed on us so hard. At another point, Javier grabbed onto an ambulance that was passing through the crowd, using the space that it cleared to get us out. This worked for several seconds. . . before other people joined in. I was pushed around, facing the direction we were coming from, and stopped walking; the crowd moved me backwards at an angle. Finally, Javier and I pulled away from the ambulance and pulled me safe from the crowd.

Police officers from Washington, Virginia and Maryland were there as well (and at least) three separate branches of military, but the crowds were so large that there was nothing law enforcement could do. Soldiers and cops stood on barricades watching for anything too horrible, as the crowds called for help and guidance. Finally, over an hour later, we broke free from the crowd. We had walked only three tenths of a mile (what computer estimates say should have taken six minutes to walk!) and still had hours of walking before we would be done.

Taking a long tour of the city, we walked for two more hours before we found a Metro station that was both open and accessible (some were closed for the day for safety precautions). It was almost five when we got back to the apartment. We hadn’t eaten or drank anything all day, so pizzas were ordered and we waited for traffic to clear before going back to Cedar Crest to share our adventure with you.
The Black Keys prove to be far from the “Same Old Thing”

Lindsey Jancay

When you open Betsy Harting’s latest project, you see purples and golds and pinks and blues, swirled among photos of her dancing, butterflies, bird eggs, and heart shaped cut-outs. This book, dedicated to the women at Cedar Crest College, uses the words of Lee Ann Womack’s “I Hope You Dance” to offer inspiration to always follow your dreams.

Harting, a Cedar Crest College graduate class of 1978, majored in art, music and dance education. She grew up in Berks County, and bailed from a sports focused high school. Harting knew that she needed to go to a College with a different atmosphere. When she found Cedar Crest, she decided it was a perfect fit.

Harting currently works for Olympus America Medical Systems Group. The company manufactures digital camera parts used in medical equipment. Harting, who began her work for the company as a part-time receptionist, is now involved in the creative portion of the company.

Harting’s interest in art began when she was a child. Her mother went back to college when Harting was in kindergarten. While Harting’s mother pursued an art education degree, Harting would often sit in on the night art classes, acting as her mother’s assistant.

Harting now works with altered books. She explains that “I’ve always loved books, even when I was younger. I used to write in the books and get in trouble.” She works with acrylic paint, ink photos, stamps and text with newsprint. Harting also uses unconventional techniques such as smearing ink or using transparencies as she does in the Cedar Crest book she is currently working on.

When asked to come to Cedar Crest as an artist in residence, Harting eagerly accepted. Last semester, Harting helped to teach the Book As Art class. In her blog, Harting writes, “Sharing ideas with students from the Book Arts class, I find my time there very inspiring.”

Another part of Harting’s artist residency is that she must create an altered book to be part of Cedar Crest’s gallery. She chose to use Womack’s lyrics because they reflect Harting’s desire to dance when she was a Cedar Crest student. The book is a “board book” which is a children’s cardboard book that has been gesseed and is then cut out or painted or collaged.

When asked if she had any advice for students, she said, “I encourage everyone to find their creative side, it’s not about the number of classes you take, it’s about finding ways to express yourself.”

If you would like to learn more about Harting, or her work here at Cedar Crest and elsewhere, you can go to betsyharting.blogspot.com, which features contact information, as well as some sneak previews of her book.
Suffering In Suburbia: Revolutionary Road

By Jessica Heiser

Leonardo DiCaprio and Kate Winslet are together again in this amazing screen adaptation of the 1961 novel Revolutionary Road by Richard Yates. If you are expecting a romance similar to Thalassic, this is the wrong film for you. The emotional impact of the movie is intense; it is not a happy love story.

Set in the suburbs in the 1950’s, DiCaprio and Winslet play Frank and April Wheeler, a young married couple whose dreams of the future have been obliterated by the daily tasks of raising a family and living a domestic life. Although the pair had always separated themselves as being special, and different from the rest of the suburban dwellers on Revolutionary Road, it soon becomes apparent that they are not.

Frank is stuck in a job he hates and doesn’t even understand, while April, who once dreamed of horseback and doesn’t even understand, has been lost in themselves. Frank’s colleagues and their neighbors, Shep and Milly Deleon, lead vocalist for The Cab, have performed on MTV’S Suffering In Suburbia: Revolutionary Road, while April, who once dreamed of becoming an actress, is confined to the home all day to cook, clean, and raise their kids. The pair does their best to break free of their boredom and living a domestic life.

The only person who seems to have time off to think of what he really wants to do, however, not everyone is supportive of this rash decision. Frank’s colleagues and their neighbors, Shep and Milly Campbell (played by David Harbour and Kathryn Hahn), are the only people who seem to have time off to think of what they really want to do. However, not everyone is supportive of this rash decision. Frank’s colleagues and their neighbors, Shep and Milly Campbell (played by David Harbour and Kathryn Hahn), are the only people who seem to have time off to think of what they really want to do.

The only person who seems to understand the movie’s protagonist’s motives is the son of their realtor-neighbor, John Givings (played remarkably well by Michael Shannon), a mental patient that has received shock therapy. Things soon get in the way of the move to Paris, leading to the film’s explosive ending.

The movie was directed by Sam Mendes, known for other acclaimed films such as American Beauty and Road to Perdition. Revolutionary Road was a direct adaptation from Yates’s novel, leaving much of the book’s dialogue intact, and included dozens of beautifully filmed scenes that are difficult to shake from your mind once the movie is over.

The scene of Frank’s birthday and the shot of April by the window has received shock therapy. The movie was directed by Sam Mendes, known for other acclaimed films such as American Beauty and Road to Perdition. Revolutionary Road was a direct adaptation from Yates’s novel, leaving much of the book’s dialogue intact, and included dozens of beautifully filmed scenes that are difficult to shake from your mind once the movie is over.

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And living a domestic life.

We love our instruments,” said Deleon.

But the best of the best for The Cab was when they headlined at The House of Blues in Las Vegas last December. “It was cool to show people where we had gotten in a year,” said Deleon.

As far as being on tour goes, The Cab is all about it. “We’re excited for people to hear what we’re working on.” To them, being on stage is “The coolest thing in the world. It feels like you’re doing something right,” said Deleon.

The Cab will be playing at Crocodile Rock Cafe in Allentown on Tuesday, Feb. 10. Check out their album Whisper War and especially their new single, “Bounce.”

Steffie Wonder, Justin Timberlake, Maroon Five and anything R&B and soul are what influences Deleon and his singing. Some of the band’s best and favorite shows were played in basements and garages. “The ups and downs are all part of the ride,” said Deleon.

The Cab, from basements and garages to the House of Blues

The Cab, from basements and garages to the House of Blues

Panic at the Disco and their first single “I’ll Run” made its way into MTV’S Total Request Live countdown. “Bounce” is The Cab’s new single, and they want you to hear it on their current tour. Like every band, The Cab has plenty of things on their horizon. “We’re always writing. That’s part of this job that never stops. The day our album came out, I was writing,” said Alex Deleon, lead vocalist for The Cab.

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Steelers win their sixth Super Bowl

Khyla Brandt

STAFF WRITER

Holmes(10) scores the game winning touchdown, giving the steelers a 27-23 victory over the Cardinals.

“I told the guys, ‘It’s now or never, guys. You’ll live forever if we do this and all the film study, all the hard work, all the stuff that everyone talked bad about us is all going to be for nothing,’” Roethlisberger said, according to www.nfl.com. “We got off to a little bit of a rocky start there, but we pulled through it and we found a way.”

They certainly did find a way as the Pittsburgh Steelers came out on top in the final minutes and won Super Bowl XLIII against the Arizona Cardinals, with a final score of 27-23.

The Steelers certainly have something to be proud of now, being the only team in the NFL to hold six Super Bowl championship titles.

At the beginning of the 2008 season, they held five titles, along with the Dallas Cowboys and the San Francisco 49ers, and now they proudly stand alone with their sixth Lombardi trophy.

It is said that the quarterback is the heart of the team and Roethlisberger certainly proved that to be true, as he made the most important connection of all to win the game in the last minutes.

He nervously scrambled as he threw a high pass to wide receiver Santonio Holmes, hoping that it would not be intercepted.

Holmes reached up in the air to catch the ball and landed back on his feet, cheering and making as much noise as possible. During the five heart pounding minutes of overtime, the crowd worked itself into a frenzy, chanting “DE-FENSE” every time the ball made its way across the court. Even President Ambar joined in, proving herself to be a true Falcon fan.

“The team made shot after shot,” said Cedar Crest alumna, Chelsea Reed. “It cannot be doubted that the support shown by the Cedar Crest community was a factor in how the game was played. All the fans, both home and away, kept up the intensity shown from the start of the game and did not diminish as the game wore on.”

“I tried to throw it high so he was going to catch it, or no one was. Luckily, he made a heck of a play.”

Holmes states, “This is a wonderful blessing. I would like to thank the Lord for helping me overcome all the things I overcame, the coaches for sticking with me, the organization for being behind me and believing in me, and my quarterback for giving me this opportunity to make plays for him all season.”

Holmes had some legal trouble in the past few years, being charged with disorderly conduct, domestic violence and assault, and possession of marijuana. He was suspended for a game due to the drug charge, but his coaches and the rest of his team stood by him as he decided to focus his efforts onto his team and their success.

Though he did have a rough past, Holmes now has something to show for all of his hard work and dedication to his career as a wide receiver in the NFL.

The Steelers had many Americans on their side and rooting for their victory.

Of those many Americans was President Barack Obama, who publicly went on record last week as rooting for the Steelers, although he did believe a Cardinals victory would be a nice Cinderella story.

After their victory, President Obama made a congratulatory phone call to Steelers head coach, Mike Tomlin, but the coach could hardly make out what the president was saying.

“I couldn’t hear him. I heard a congratulation and I thanked him for it,” said Mike Tomlin according to www.usatoday.com. “But I didn’t hear much of the conversation.”

 hopefuly Tomlin, who is the second black coach to have won a Super Bowl, will be fortunate enough to receive a follow-up phone call from the new president.

It is usually customary for the Super Bowl MVP to be invited to Disney World for a celebratory parade the day after the game, but on this occasion, Roethlisberger was invited to celebrate as well.

The players filmed their “I’m going to Disney World” commercial on the field immediately following the game and left Monday morning to continue their celebration of one of the best Super Bowl games in history.
Three-time All-American named Falcon's lacrosse coach

Elizabeth Saleb
STAFF WRITER

Cedar Crest College’s lacrosse team gets a new coach, Lauren Gallagher Wray. Wray, a former student and lacrosse player at Duke University, was a three-time All-American and was also named to the All-ACC (2001-2003).

“I am extremely excited to join the Cedar Crest community and to be coaching the women’s lacrosse team this season,” said Wray.

“In our first few practices the team has shown a great amount of passion and enthusiasm for the sport.”

The Falcon News press release reports that Wray was also a team co-captain and a finalist for the Tewaaraton Award during her senior campaign in 2003. Wray, an attacker who finished her career with 193 points, still holds Blue Devil records and is sixth all-time for goals (140), sixth all-time for assists (53), and tied for seventh for games started (72). She also spent three years as a member of the U.S. Developmental Squad and was a member of the U.S. Under-19 World Championship Team in 1999.

“Wray played Duke National Division One, for Cedar Crest College to get someone with her experience is unheard of, she has a lot to offer and will bring that experience to the team,” Kelly Oakes, third year player, said.

Wray graduated from Duke in 2004 with degrees in mechanical engineering and economics. She was also an assistant coach at Division I Lafayette College (2007-2008), and she was an undergraduate assistant at Duke (2003-2004). Additionally, Wray founded and coaches the Triumph Lacrosse Club in Bethlehem, Pa.

“If she does what she says she’s going to do she will be a huge asset to Cedar Crest College. I feel like she will mesh with the team pretty well. She has experience working with small groups of girls and she will bring that experience to the team.”

“Wray is also holding a Lacrosse clinic for local high school girls on Feb 15. Attending the clinic will also be Cedar Crest Assistant Coach Jennifer Woytach and current Lafayette Assistant Coach Samantha Ziegler, along with members of the 2009 Falcons lacrosse team. Woytach says, “Lauren will bring a lot of energy.”

The first game of the season will be on March 5. Cedar Crest will play Ferrum College. “We have a young and talented team and I am looking forward to the success 2009 will bring as we strive to achieve new goals this season,” said Wray.

Basketball team spends the New Year together for Key Largo Tournament

The team’s trip to Key Largo over winter break helped the Falcons achieve the fluidity and comfortability that they have with each other both on and off the court. The team was in Florida from Jan. 1st to Jan. 6th. “Key Largo helped build chemistry,” said Kelly Oakes.

“Coming back early really helped to bond the team.”