College honors gifts of Blaney at ceremony today

Lizz Nagle
STAFF WRITER

Tonight at Cedar Crest College, there will be a special event honoring former President Dr. Dorothy Gulbenkian Blaney. There will be a reception held to celebrate the publication of her final literary work, Gifts of Today: Reflections on Time and Life.

The reception will be tonight, Feb. 22 in The Lachaise Gallery from 4:30-6:30 p.m., right before what would have been the late president 66th birthday. All proceeds will benefit the College’s Blaney Fund.

Many close friends and family of Blaney will take part in the reception. David Finn, her long-time friend and collaborator on Gifts of Today, husband Joseph Blaney, daughter Hope Harrison, acting President Dr. Carol Pulham, and Glenn Kranzley, opinion pages editor and vice president at The Morning Call, will all be part of the reception.

Copies of her book will be available for purchase. All proceeds will go to The Blaney Fund, which includes the Blaney Scholarship and the President’s Initiative, a special fund providing resources to Cedar Crest College to explore visionary ideas. Gifts of Today is a collection of essays about how everyone can enrich their life. The essays were taken from a monthly column Blaney wrote for The Morning Call titled, “A Woman’s Perspective.”

In her publication, she shares everything from her battle with cancer, to education, to terrorism. Each essay is complemented with a photograph taken by David Finn.

Campus observes black culture at extravaganza

La Lonnie Moore
STAFF WRITER

If you are free tonight or can clear your schedule for a few hours, the Black Awareness Student Union (BASU) is presenting its Second Annual Cultural Extravaganza, “A Celebration of Black History,” at 7:00 p.m. in the Alumnae Theater, which is located in Alumnae Hall.

Senior Nuclear Medicine Technology major Brittany Blaney is president of the BASU. Walker helped to chair this event, along with the rest of the members from the BASU. It has been advertised in newspapers, on the radio and on Facebook.

In earlier editions, The Crestiad reported on the acts to be performed at the Cultural Extravaganza. Walker reiterated what performers had been slated to appear.

“So far we have [performers] including Lehigh’s Step Team, LaShana Grant doing a Hip Hop dance, Chelsea Amajonson doing a tap dance, BASU doing a tribute to the African Americans who’ve died over the past year or two, and other performances. I’m definitely looking forward to our Cultural Extravaganza, it’s a big impact with the Extravaganza,” said Walker.

With regards to how effective the Extravaganza is, everyone attending will have to discern how they feel after the show. BASU’s mission statement is to spread awareness about African and African-American culture to the college and surrounding community. The Cultural Extravaganza is bringing this mission statement to life.

Food services offers healthier options

Lori Gallagher
NEWS EDITOR

With the focus on healthy living, it is sometimes hard to justify eating chicken tenders and fries for lunch.

However, Parkhurst Dining has implemented the use of non-trans-fat oil, which makes eating an on the go lunch a little healthier.

According to Dean Piacentini, General Manager of Dining Services at Cedar Crest, all Parkhurst establishments have started using Clear Valley, a type of canola oil in place of vegetable oil. This switch came in response to the noticed increase in cholesterol levels and heart attacks.

Jerry Rogers, Executive Chef of Cedar Crest Dining Services, explained that the new trans fat-free oil is slightly more expensive than vegetable oil, but that “it is worth it.” Rogers also explained that despite the move to Clear Valley, some of his finer Italian dishes will still be made with olive oil.

Another feature that makes dining service food a healthy option is their use of hormone free milk. “Growth hormones are often injected into cows for three times more milk. This could have a harmful effect on the body, because the hormones could transfer over,” explained Rogers. However, Cedar Crest gets their milk from local farmers, who do not use hormones on their milk-producing cows.

Along with milk, Parkhurst gets about 20 to 30 percent of their continued | page 4

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Nurses offered on campus support

Christa Hagan

Most are old. They look like they have the power. We (as students and nurses) can make changes. I want to put energy and time into these changes, said Alvarez in regards to the power that a support group can truly be capable of.

This is the first time Alvarez has been involved in a support group. In addition to being a student, Alvarez also works as a Licensed Practicing Nurse. Back in 2004, she began a network for nurses to attend and talk about their jobs. “It gave us time to talk about what we were doing, what stressed us out and how we were being counseled by one person but engaging in a constant learning session from one another’s experiences.

In addition to helping nursing students, this group can also help students who need to talk and also those who are interested in running support groups. If you would like more information or cannot make the meeting but would like to feel free to contact Maritza Alvarez, mcalvare@cedarcrest.edu.

Microbes released: Intestine affected by bacteria

In the full semester Dr. Amy Reese’s Microbiology class wrote press releases that explained various microbes and their effect on the local community. The Crestiad, with the help of Dr. Reese, has selected the three best releases to publish in this edition. Please see the other press releases on pages 3 and 4.

Do you frequently have to pass gas and have bouts of diarrhea or constipation? Maybe you blame it on the food you ate, then reminisce about how you could eat anything and everything when you were a kid.

The time has come to eat like a kid again with no belly aches from gas and undigested food. What is this wonder drug, you ask? It’s not a drug at all but a bacteria called B. infantis.

B. infantis is a bacteria naturally found in your intestines. It inhibits the growth of harmful bacteria and promotes good digestion by controlling intestinal pH.

B. infantis makes up 90 percent of the intestinal bacteria in breastfed infants. This bacteria is one of the reasons doctors recommend breast feeding, because it lowers the risk of diarrhea and allergies. Unfortunately, as we grow older the bacterial flora in our bodies change and B. infantis is no longer the most abundant bacteria in the intestines. Bad bacteria can move in and cause vaginitis and yeast infections. How can you get your B. infantis back, you ask? Simple: Buy yogurt and other fermented dairy foods.

If you want a surefire way to get your B. infantis, it is also made in a pill form you can buy over the internet.

Many irritable bowel patients have found relief with B. infantis treatment. As always, check with your doctor first, to make sure it is okay to tolerate B. infantis back into your system.

Contributed by Davina Riddell

Sarah Relation

STAFF WRITER

On Sunday, Feb. 18, 2007, Cedar Crest College’s Alumnae Association hosted their second annual Junior/Senior Java Night.

The premise of the event was for current students to network with alumnae while enjoying coffee and snacks.

This year, six alumnae attended the networking event. Each alumnae had attended the college from the fall of 1985 to 2003.

Their majors were diverse and included English, International Communication, Sociology, Business, and Medical Technology; which is no longer a major at Cedar Crest.

When asked how she felt about her major no longer existing, Kimberly Perry ’85 said, “It was a short lived field, but while I was here I founded the Medical Technology club. I joined many societies associated with my major. Networking is very important.

Perry now runs her own executive coaching business. It is called EdgePath Consulting and Perry described its founding as, “A growing experience.”

“After I graduated I went into management, and created a team so effective they didn’t need my help to function. I realized I had to move on. When the same thing occurred there, and continued to happen, I realized I had found a niche,” said Perry Perry now specializes in creating a more effective work environment.

She describes it as “making people more happy with their job. Consulting is teaching people how to do the same thing but coaching I teach people to become happier people.”

Other alumnae in attendance were Jennifer Gross-Edding and Melissa Starace. Gross-Edding is now a podiatrist, and was Biochemistry major while at Cedar Crest.

Gross-Edding is opening her own practice in Bethlehem. She explained, “to get into medical school, you don’t necessarily need to go to medical school, you only need a certain amount of credits.

I almost skipped my senior year to go to medical school. I chose not to because we realized that if medical school didn’t work out, I would at least have a degree. “Some programs offer the opportunity to earn a B.S. at grad school. But again I thought, what if something happened.”

Melissa Starace is the Director of Alumni Affairs at Northampton Community College. She described her career as something she came upon accidentally.

“I attended any internships, some for magazines, and others for different areas. I eventually did an internship at Northampton. There I began to network and have had several jobs there. I enjoy keeping the passion for their Alma Mater alive in students,” said Starace.

When asked to give advice to current students and graduating seniors, the alumnae had various things to say. “Make sure you are happy where you ever go,” said Edwards.

“Be your own advocate. You are in charge of your own development. Don’t stop growing and don’t get stuck. Be in a place where you are happy and enjoy what you do,” advised Perry.

“Work with Career Services. Make sure everything is in place, such as your resume and cover letters and complete internships to gain experience. You have to work for things to make them happen,” said Starace.

While each alumnae varied on advice, when asked what skills they thought were most valuable, all stated the same thing: networking.

“I still keep a folder of past contacts I trust in case,” said Edwards. “The more associations you can get into the better. Networking is key to find the best fit,” stated Perry.

Starace concluded, “Networking is the key reason I am where I am. I had the opportunities because I network. I don’t take opportunities back, people get back to them in a reasonable amount of time. Don’t sit on things. Get the job done.”

The Alumnae Association explained, “Networking is the point of this function. Circulate, find people, and talk.”
Kelly O'Donnell

Bush to change budget for higher education

President Bush submitted his 2008 budget and although it might seem like the average student will not be impacted by this, they will be in a big way. One of the topics discussed was ways that money will be spent on higher education.

One of the things that the president wants to do in this budget is increase the federal Pell Grants, which according to the National Association of Student Financial Aid Administrations (NASFAA) are given to the neediest students.

This year the maximum Pell Grant that a student can receive is $4,050 which was raised from $4,000 in 2003. The budget raises the grant maximum to $5,400 by increasing the amount to $4,600 next year and then each year raising the maximum by $200 until 2012 when it reaches $5,400. According to Lori Williams, director of financial aid, 35 percent of Cedar Crest students are eligible to receive Pell Grants.

This is the only program that receives additional money which will further higher education. The Academic Competitiveness Grant (ACG), according to Williams helps students who have completed a rigorous high school education. They will get a 50 percent increase, which would raise first year student's grants from $750 to $1,125 and eligible second year students would receive an increase from $1,300 to $1,950. The National Science and Mathematics Access to Retain Talent (SMART) grant program would also increase. In order to qualify for this grant you must be a U.S. citizen.

About 10 percent of Cedar Crest students qualify for ACG grants and 3 percent for SMART grants.

Although most of these programs affect only the neediest students, the Stafford loan program affects students of middle class and would also get an increase in funding. The maximum loan amount right now for third and fourth year students is $2,000 and this would increase to between $5,500 and $7,500. There would also be a total amount a student could borrow in Stafford loans but this is yet to be determined.

Because of these increases, funding will be received by cutting other academic programs. One of the academic programs that will be cut will be The Federal Supplemental Educational Opportunity Grants (FSEOG) programs, the Perkins Loan Program and the Byrd Honors Scholarship.

Other programs like the Work Study program will stay the same amount that was budgeted for last year.

Williams said that about “10 percent of students receive FSEOG grants and Perkins loans in addition to Pell Grants,” while only about 5 students receive the Byrd Honors scholarship.

One of the arguments that Williams gives for the programs that will get cut is that the formula that is used to allocate funds is old and new schools or those whose population has changed have a hard time receiving additional aid.

Williams also said that they have “been expecting to see cuts” for a while because of rumors that have been circulating.

Williams said of the cuts, “I am very happy about the increase in Pell Grants, but I do not think it should be at the expense of other programs aimed at the neediest families. I hope changes are made for a while because of rumors that have been circulating.

Williams did not feel that these changes will help needy students access college any better than this year’s budget.

To see the budget visit www.whitehouse.gov/omb/budg/et/ fy2008/pdf/appendix/edu.pdf.

Bush to change budget for higher education

Kelly O'Donnell

Microbes released: A murderer amongst us

Fusobacterium nucleatum, a bacteria found in the mouth of both humans and animals, has been linked to preterm birth and term stillbirths.

The Case Western Reserve University School of Dental Medicine has been doing research on mice which has shown that this bacterium, a prime component in periodontal disease, can enter the blood stream of pregnant mice and target the placenta and amniotic fluid.

During this research, Fusobacterium nucleatum was isolated from the amniotic fluid and placentas of the pregnant mice, just as it has been isolated from women delivering preterm babies.

Fusobacterium nucleatum has been found to enter the blood stream from bleeding that occurs in the gum tissue, due to the periodontal disease.

Biomedical disease and pregnancy challenge the immune system, which may allow the normal flora present in the mouth to grow unchecked.

Fusobacterium nucleatum is suspected to be present in as many as thirty percent of the women who have undergone premature labor.

If you are pregnant or planning to become pregnant, do not fear; periodontal disease is preventable and treatable.

Good oral hygiene is a must and regular visits to the dentist are recommended.

Not all pregnant women are at risk, only those who have an invasive infection of the mouth that will allow this bacterium to spread through the blood stream. To find out more ways to protect yourself, tune in for the eleven o’clock news.

Contributed by Aimee Vasiolkiewicz

In the news at the Crest...

Liz Sokolyszyn

Healthy U month concludes

For those of you who have not participated in Healthy U before, now is the time to enter your Month 1 points. Month 1 of Healthy U ends this Saturday, Feb. 24. You should be getting an email on that following Sunday or Monday letting you know that the website is up and available for you to enter your points. Monday, Feb. 26 starts Month 2 of Healthy U, so you may then start accumulating points again. If you have any questions, please email Healthy U.

Six Women With Brain Death to debut

Six Women With Brain Death will be performed this weekend in Samuels Theater in the Tompkins College Center. The show will be performed at 8:00 p.m. on both Friday and Saturday night, and there will be a 2:00 p.m. show on Sunday.

Faded opens to audience

There will be a Faded Performance on Sunday, Feb. 25 in the Alumnae Auditorium. The show will begin at 7:00 p.m. Directly following the performance, there will be a question and answer session, where members of the audience may ask the characters questions about themselves. Come see what the women at Falcon College are up to!
Rescue mission a success
Three formerly stranded climbers and a dog were found on Mount Hood Monday afternoon, a day after they fell over a ledge and spent a cold night huddled with the Labrador retriever in sleeping bags. The two women and a man, who suffered only minor injuries, were brought down under their own power, accompanied by three rescue teams.

Gunnman believed dead
A gunman who set a Maryland liquor store ablaze during a standoff with police Monday, and is believed to have died in the fire. The blaze inflicted heavy damage on the Anthem Place near the police station, about 36 miles west of Baltimore, but there were no injuries to police or anyone else in the shopping center.

Marines killed
A U.S. Marine assigned to Multi-National Force-West was killed Monday during fighting in Iraq’s Anbar province. The Marine is the fifth American service member attached to Multi-National Force-West to die in Anbar fighting since Friday. Also Monday, three soldiers were killed and two were wounded by a roadside bomb that struck their patrol south-west of Baghdad. Earlier on Monday, the military announced that a soldier and a Marine assigned to the same force also died in Sunday fighting in Anbar, west of Baghdad. It was not clear if they were killed in the same incident. Two other Marines attached to the unit died in Anbar combat, one on Friday and one on Saturday.

Iraqi violence
Violence inside Iraq’s capital and in outlying areas left at least 33 people dead and 87 wounded Monday. Mortars slammed into a residential area in southern Baghdad’s Dora district Monday afternoon, killing 11 people and wounding 14, Iraqi police said. Earlier, a bomb exploded inside a minibus in central Baghdad, killing two people and wounding eight. About 30 minutes later, six people were killed, including three Iraqi police officers, and 40 were wounded -- 10 of them police -- when a pair of roadside bombs exploded near an Iraqi police patrol in the Zafaraniya district of south-eastern Baghdad.

FOOD
Continued | page 1

Res life offers deluxe singles
Leann Pettit STAFF WRITER

A new term that can be heard on campus referring to housing is “deluxe single.” These are double rooms that are only occupied by one student.

The deluxe single program began in the fall of 2006. During the second week of the semester residence life looked at what space was available on campus in the residence halls. If students were living in a double room and did not have a roommate, because she either moved out or never moved in, then students had the option to pay a set increase in cost, pro-rated for the time of year.

This secured that extra half of the room to the person living in it for the semester. Therefore, if residence life need to move someone out of one room, your extra half would not be an option. However, this is not a choice during housing lottery. It is only an option once the semester has started and is only available if you do not have a roommate.

This program began because many students had asked if they could pay to secure the space they had once their roommate moved out or when they realized that their roommate was not moving in.

In the available space in the residence halls made it possible for this to happen. The deluxe single program is on a first-come first-served basis and you can only secure your room if there is enough available space in the residence halls.

E-mails were sent out at the beginning of the semester if you are eligible for these living arrangements. And Kelly Mycek, the Director of Residence Life, said that a few students have paid the increased cost, while many seem to be taking their chances.

Additional questions or comments concerning deluxe singles, can be directed to Mycek at kamycke@cedarcrest.edu.

In mid-November 2006, it was found that five pregnant women at St. Luke’s Hospital had been infected with the bacterium Streptococcus agalactiae. S. agalactiae is also known as Group B Streptococcus (GBS). GBS can cause meningitis, pneumonia, and sepsis in the newborns of mothers infected with GBS. GBS has a one percent chance of occurrence in utero. In children and neonates, GBS is known to cause sepsis, pneumonia, meningitis, conjunctivitis, and otitis media.

When a pregnant woman is infected with S. agalactiae, she runs the risk of passing the bacterium to her infant. This bacterium can spread from mother to child by two different means. The bacteria can spread from the mother’s vagina and into the amniotic fluid where the infant aspires the bacterium. The bacteria may also infect the infant during birth when the infant is passing through the mother’s vagina.

Mothers can be tested to see if they are infected with S. agalactiae. If the mother’s results are positive for the presence of the bacterium, the mother can take penicillin or ampicillin to prevent the bacterium from spreading to the infant. If the mother is allergic to penicillin or ampicillin does not rid the mother of the bacterium, she can take an aminglycöside to help protect her infant.

The mothers at St. Luke’s Hospital were successfully treated with antibiotics and all of the five mothers had healthy babies. Dr. Smith at St. Luke’s Hospital warned expecting mothers, “Group B Streptococcus is one of the lead causes of neonatal infections in the United States and other industrialized countries. Fathers should be sure to get tested for the presence of this bacterium to ensure the healthiness of their newborn.”

Some additional facts about Group B Streptococcus are:

• Between 10 and 30 percent of pregnant women carry GBS.
• A pregnant woman with GBS has a one percent chance of infecting her infant.
• About 3,000 newborns are infected with GBS every year (10 percent of these cases are serious).
• About 20 percent of babies with meningitis caused by GBS can be left permanently handicapped.
• Babies that survive a GBS infection can suffer from serious medical conditions including hearing and vision loss, physical and mental problems, and cerebral palsy.

Contributed by Sherri Rennoll

In the news…
Liz Skoczylas

Internships and research replace senior capstones
Elizabeth Saleb STAFF WRITER

As of this semester, senior capstones for all students have been eliminated in the Political Science and Psychology majors. Senior capstone projects are expected that a student must complete before graduating. Its purpose is to see that the student can put their classroom skills to work and prove that they have mastered those skills.

Dr. Diane M. Moyer, Associate Professor of Psychology described the goal of capstones as, “What it is that the students can do to pull together what they have learned.”

Dr. Kim Spiezo, Chair of the Department of History, Law and Political Science said, “The department concluded that they can assess whether or not students have mastered those skills by monitoring them in their courses. The senior capstones were redundant - not telling us anything new.”

The Political Science major is now three credits less than it was previously.

Moyer said that the focus is now on research and internships, which are highly recommended but not required.

Further, students taking advantage of internships in psychology can receive up to 12 academic credits. Both professors agreed that different departments are better able to assess whether senior capstones are beneficial to students majoring in those areas.

When fulfilling the senior capstone requirement, students may be conducting some type of research. Students wonder if they own their research or if the copyright belongs to Cedar Crest. Neither professor was aware of an official policy regarding ownership of research.

However, Spiezo said, “I can imagine a situation where the research is shared between the student and the college as a whole or the department, or situation where the student owns all the research.”

Moyer advised students to seek their advisors for instruction.
And you’re here because...

Everyone has a Cedar Crest story. I often ask the question: Why Cedar Crest?

Some of the stories are basic—it’s close to home. I got a scholarship—but there are the funny stories and the touching ones too. In the upcoming weeks, those stories will be shared in this recurring feature, shedding light on just what is so wonderful about this place that many might consider an oddity.

Kelly O’Donnell
A&E Editor

Many people choose Cedar Crest for specific reasons. Some love the quaid, some like the friendly people and others for the academic programs. All are amazing reasons for someone to choose a college but I like to think that my story is one of fate.

As a student in high school, the thought of college always excited me, sometimes so much so that even as a junior I almost started buying school supplies like comforter sets and towels. I always thought that college would be an amazing time but the hard part for me was choosing which place I would experience it at. I have never really been the “party type” and the stereotype that college was just a huge party, with everyone getting drunk all the time scared me. I wanted so much more than that but the thought of that stereotype haunted me.

I applied to many places, Cedar Crest being one of them. I had an overnight here and although I really enjoyed it, the idea of an all women’s college still turned me off a bit. Another school that I had applied to was Chestnut Hill College, which was an all women’s college going co-educational. I liked Chestnut Hill and figured that, it being a Catholic school, it would be much less of a party school, with most of the students being excited about learning and finding themselves. Boy was I wrong.

I really wanted to meet people so I could start those college bonds I heard about from so many people. The ones that lasted a lifetime and the friends who you knew you could call no matter what. I got into orientation and had a dorm room similar to a quad except it was two singles joined together. I wouldn’t be meeting a roommate that I became best friends with. Strike One. I said goodbye to my father and started the orientation with the other future students. I know there are rude people everywhere but this place was horrible. I felt like such an outcast. All the people that I talked to were so stuck up and rude. Any chance that I could get at orientation I cried my eyes out, alone in my single room. The only other person I hung out with was a girl who already had a bunch of friends from taking summer courses there. Strike two. I went to bed one night, feeling comforted by the thought of sleep as the tears fell down my cheeks. I fell asleep and a little later I was woken to a man walking through my connecting door and going out my front door (he had gotten locked out of the party next door). The second he left I got up and locked both doors and heard my neighbor yelling at him for waking me up. Strike three. The next morning the president of the college started lecturing students about the importance of not drinking and how some students had been caught partying. Where was the experience I wanted so badly? I was about to make the biggest mistake of my life.

I also thought that Chestnut Hill was too far away from home even though it was only an hour and a half. I thought about schools closer and remembered Cedar Crest. I then remembered that it was an all women’s school. I thought that maybe since there weren’t two genders here people wouldn’t be so distracted and they would be more focused on other things like school and friendship. I called up and asked if it was too late to put a deposit down and start my school career here instead. I set everything up and started the experience that I was so eager to start here. The orientation wasn’t the most amazing time I have ever had but it was a million times better than the one at Chestnut Hill. I also made friends right away and I felt like I might be able to feel comfortable here. I did cry when my parents left and I was scared, but I was also excited. I was fortunate enough to embark upon a journey that was going to shape my life in so many ways that I couldn’t even imagine then.

I do believe that God does things in mysterious ways and that whatever happens in life, it happens for a reason. My Chestnut Hill orientation was awful and at the time I was extremely upset about it but now I realize it was one of the best things that ever happened to me. I have had an amazing experience here at Cedar Crest and it has now become my extended family. I feel like I have experienced the journey that I was so passionate about. Cedar Crest has become my home and something I will never forget. So I want to thank Chestnut Hill for being so horrible to me. If it wasn’t for that school I would never have went to the one that I was meant for.

Kelly and her sister Katie, also a Cedar Crest student
The club allows students to participate in the theatre world and culture themselves in theatre without being in theatre without having the huge auditions that a normal play or musical on campus requires. “It gives students a chance to get their hands dirty,” says.

Behind Closed Doors

JOIN A CLUB

Buskin Society

Janice Elizabeth Kreb, sophomore

Art and social work major.

Buskin sponsors

Leann Pettitt

STAFF WRITER

Buskin Society is the technical theatre club on campus. They welcome anyone who has an interest in theatre, both back stage and on stage. The club allows students to participate in the theatre world and culture themselves in theatre without having the huge auditions that a normal play or musical on campus requires. “It gives students a chance to get their hands dirty,” says.

What do DANCE MAJORS do?

Karen Passino

STAFF WRITER

The dance major at Cedar Crest has been a strong attraction to many. Its mission is to provide multiple perspectives and experiences for understanding dance as a discipline of study. Much emphasis is placed on how dance can connect with other disciplines within the liberal arts program. The dance program provides students with a base used for exploration of creativity and expression. The purpose is to allow students to develop an understanding and appreciation for dance as an art. Movement styles and technical understandings are used to support this philosophy. The study of dance is used to develop discipline-specific technical skills, enhance, perceptual and analytical skills, develop cultural awareness and explore new areas.

Within the program many styles are taught. Such as: all levels (beginning to advanced) of technique classes in ballet, modern, tap and jazz, movement, dance history, composition, cultural dynamics of movement and dance pedagogy. The actual Dance Major can be accompanied by concentrations in education, administration, performance and therapy. Many students concentrate mainly on education and therapy.

The campus has recently built a new dance studio onto Steinbright Hall in addition to other facilities available for dance use such as Samuel’s Theater, Little theater, and Greek theater as well as costumes and prop shops. Amber Zemlansky is a sophomore living in Steinbright and wishes to live there for the remainder of her college career mainly because of the new dance studios built onto that building.

She said that she has danced most of her life. “Jazz has always been my favorite type of dance, I also enjoy ballet!” Zemlansky said. Danielle Vallas said “I chose dance as a major because it is something that has been part of my life since I was a little kid and something that I can’t imagine living without.” She is also majoring in psychology so she can teach when she is unable to fully dance. Her favorite dance is Modern.

The dance program provides students with the opportunity to explore many disciplines in theatre, both back stage and on stage.

Cedar Crest also offers auditions to be part of a Dance Company. This company encompasses dance ensembles in tap, jazz, ballet and modern dance. It provides a forum for developing student creativity and expression of dance as an art. Professional choreographers work with the company. Students learn pieces choreographed by dance faculty and guest artists. You do not have to be a dance major to audition for the Dance Company. This takes place in the fall. If you make it into a company you also receive academic credit. The company meets four times a week and presents two dance concerts each year.

Dine at Lonestar, and 10% of your check will be donated.
You want to see my what?

Kelly O'Donnell
A&E EDITOR

At the end of last semester, my friend needed to stop by her dorm, so I went with her. I knew that previously I needed to show ID, but I didn’t know where it was, so I figured that they would let me into Steinbright anyway. Boy was I wrong. They wouldn’t. And I was so annoyed. Why wouldn’t they let me into a dorm I just because I didn’t have my Cedar Crest ID?

I understand signing in guests who are not Cedar Crest students. In fact, I feel safer knowing that somebody is keeping track of who is in the buildings. I do feel a little annoyed at the fact that it is a rule to sign in students who already live here. I don’t really understand why, as a CCC student, I must sign in each and every time I visit any of my classmates or friends. Every time I went to visit my sister in Moore, it was the same routine: sign in, sign out, sign in, sign out. I could go on, but I’m already sick of writing it. I imagine how I feel actually doing it.

Now even though I get annoyed with this policy of signing in, I can stretch myself to accept it. What I can’t really stretch myself to accept is that I now need to prove that I am a CCC student with ID. I thought that Cedar Crest was built on the foundation of the honor code. I think that this goes for many things including taking tests, drinking, and much more. But I think I should also cover the little things for example believing that I am a student even without ID. Once I sign my name (which every student must do in order to check in) it should be the equivalent to signing the honor code statement on a test.

Steinbright is the only dorm in which this has happened. When I asked a receptionist from Steinbright about this, they said that this is a rule that they are starting to enforce - but all dorms should be enforcing it. I hate the fact that this is a rule, and I hate the fact even more that the dorms aren’t consistent; either all dorms are enforcing it or all dorms aren’t (which is what I much rather prefer). It seems to me that implementing mandatory ID checks as we sign in is a step backwards in allowing young women at college to grow and nurture themselves. Let’s eliminate this rule and once again believe in the value of the honor code.

Think about who you are losing it for

Maxine Tarn
STAFF WRITER

Helen was telling me about a friend of hers, Olivia*. Olivia is going back to Hong Kong for a family event and she is taking her boyfriend. I guess the relationship is pretty serious since the boyfriend is about to travel half way around the world to meet her family. Olivia began going on a diet, and from the description Helen gave me, the diet was not healthy. Olivia is about 5 feet 3 inches at about 105 pounds, and has a small body frame. According to HealthAtiZ.com, for a person with that description, an estimated healthy weight would be 115 pounds. Olivia could still be considered in the healthy range

She wanted to drop her weight even more because in Hong Kong, skin-and-bones is the norm. For example, if a person was 5 feet 5 inches, weighs 115 pounds, and has a small body frame, then she would be considered normal in the United States but would be considered fat in Hong Kong.

Even though Olivia is fat according to Hong Kong standards, she was only going to spend a couple months maximum in that city, and be at a normal weight when she came back to the U.S.; so why did she need to lose weight? I asked that question to Helen, and she told me that since Olivia was taking her boyfriend to Hong Kong, she did not want to lose her boyfriend to a skinnier woman. I was outraged, even though the situation had nothing to do with me. I was outraged because Olivia’s reasoning behind losing weight was not about making herself healthier, it was about a guy. Why would a woman need to lose weight to keep her boyfriend?

Why would a woman need to lose weight to keep her boyfriend? If her boyfriend is really that shallow, the woman has to ask herself, “Does she really want to keep him?”

A woman might answer that question by saying that she loves her boyfriend, and so would be willing to do small things here and there to keep him around, such as shedding a few pounds. But then, that woman has to consider the future. Let’s say the woman and her boyfriend get married. What would happen if she were to get pregnant and lose her skinny physique? Would the husband go and cheat on her? If that husband started out shallow, he still will be shallow even after 10 years of marriage, or when he’s at his mid-life crisis stage.

There are women who lose weight to look “good” so that they can get a guy. I have to admit, this reasoning is for health reasons; not physical health, but the emotional well-being of that woman. Once again, the same concept applies.

The woman loses weight, gets a boyfriend and then gets married. But she can’t keep her figure the same throughout her life. As people get older, their metabolism slows down, and it becomes harder to keep the calories from showing. And then, there is gravity, which will always be fatal to its job.

The husband could very well decide that he wants someone who looks better than his wife, so he cheats on her, and divorces her while he’s at it.

There is always plastic surgery, liposuction, and tummy tucks to keep people looking young and fit. But if the reason behind these surgeries is to get or keep a guy around, then a woman has to keep in mind that when she is 50 and looks a whole decade younger, there are always women who are younger. So the next time you believe you need to lose weight, ask yourself, are you doing it for yourself or for someone else?

* Names changed to protect privacy

THE CAMPUS CORNER

What is an important characteristic of a Resident Advisor?

Erica Baggit ’10
Elementary Education

“Friendly and understanding.”

Grace Beverly ’10
Elementary Education

“Can deal with all sorts of problems.”

Kristen Isaascon ‘10
Elementary Education

“A good listener.”

Staci Dellorco ’10
Elementary Education

“Enthusiastic.”

Ebony Pardo ’07
Psychology

“Good Social Skills.”

Compiled by Leann Pettit
Every day, millions of people set out to endure both the duties and joys of fueling our nation’s media. While this involves colleague newspaper editors, big time anchors but rather, “choose to saturate and operate businesses such as The New Yorker or National Geographic, there are a few things that they all have in common, the issue of freedom of the press and freedom of speech. How much freedom does the press really get? And furthermore, how much should they get? When (and how often) does the line between giving the people the news they need versus completely unethical get crossed?

It takes many journalists and peddlers of news years to realize the balance between being ethical and still, delivering what is needed and wanted by the people. Opinions Editor of the Central Connecticut State University’s student newspaper, The Recorder, John Petroski treaded on this line with the February 7, 2007 issue of the paper. Petroski wrote an editorial entitled “Rape only hurts if you fight it.”

The title of the editorial alone shocked people and landed many into reading the article. Not only did it anger and infuriate many on campus, but it hit the local and national news sources including NBC. People were astounded with this man and what he said about rape. Why would somebody be so offensive in their writing in a collegiate paper or any paper for that matter?

Oddly enough, according to Petroski (in an apology letter printed in the issue following the one that struck so much controversy) he stated that he did not “endorse, support or condone rape” but rather that he “choose to saturate rape in order to illustrate that no one pays attention to news unless it is sensational. The widespread news coverage of the article and the presence of the media here today has clearly validated that point.” Is that really what it has come down to?

The Recorder was not started in 1923 so students could practice running up and down the grape vine spitting vicious rumor and making statements just so they would be read. According to Petroski, that is what news has come to. Apparently, people don’t read the paper anymore to become aware of their political, cultural or environmental surroundings, but rather, to get fired up.

Well, Petroski did accomplish that in his editorial. He made several claims that seemed incorrect and starting to many. He pushed away the idea that rape is a vicious cycle that hurts far too many people and focused on the “assets” of this illegal and inhumane action. He made references to that rape allowed a woman to have sex, saying that otherwise, they would never know what that is like.

Let’s remember that this editorial was not only printed but it was printed during Vulvapalooza (V-week), an internationally known week that raises the awareness of violence, focuses on sexual abuse and the ending of all violence.

The editor in chief, Mark Rowan, addressed the issue of freedom of speech and the abuse of that in a letter printed in the issue that followed the one containing Petroski’s editorial. In it, he addressed the idea that not only was the constitutionally right of freedom of speech taken advantage of, but also the name of the college. “My main concern and regret is that The Recorder not only abused that freedom, but we tarnished the good name of our university, and that I am truly apologetic for.” It was admirable of Rowan to apologize for the mistake, but it does not erase the fact that this piece was hurtful and completely unethical.

It is important, not only for those who publish, but for those who have their words heard that while we have the freedom of speech, ethics are essential as well. While a news source has the right and freedom to publish whatever they wish, it is important that they keep in mind their values and basic ethics. Who is going to trust a news source that just prints things because to attract attention?

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La Lonnie Moore  
STAFF WRITER

I hate Valentine’s Day, especially when I am single, but I think I have hated it more than ever this year. I have heard so many people say “hooey for the snow!” I say, blah blah blah! I could care less if it ever snows again for all eternity! I guess my jaded view comes from the fact that in Texas we don’t do snow. If it snows even one to two inches, we shut the state down. We are not physically or mentally equipped for snow. So when this native Texan saw the mess that came down on, you guessed it, Valentine’s Day, I was not very happy.

Sure, campus was closed and we received temporary reprieve from classes, tests, homework and quizzes but the darn snow made up for that misery. At least in my case it did. Let me back up and explain why I feel this way.

During the blizzard or whatever AccuWeather is calling it these days, my car sat out in front of my apartment and collected snow and ice like everyone else’s car did. Well, the snow and ice accumulated and stuck to the underside of my car and subsequently screwed up my transmission.

On my way home from work my car got stuck on a deserted hill in Orefield. For those of you who don’t know, Orefield is up route 309 on the way to Schnecksville. I was desolated on this dangerous road amongst the deer and other animals until almost seven o’clock at night with no tow truck in sight. When I finally got through, I was frustrated, freezing, and exhaust-ed.

When I bought it outright two years ago I didn’t pay that much for it. So having that told to me by my mechanic was like a huge slap in the face, a slap in the face with what doesn’t kill me will only make me stronger - but there are times when that remains to be seen. I suppose I will figure out my true feelings when I wake up tomorrow.

Furthermore, I was battling to this day the affects of this whole horrible blizzard. My car is going to cost to over two thousand dollars to fix.

So even if you have a job off campus this year, keep an eye on openings for campus jobs, because Cedar Crest is paying its student workers well enough.

Alexandra Edington-Giordano  
A&E EDITOR

I crawl out of bed, throw something on and take a few minutes to walk across the quad, then I’m at work. What could be simpler? Even for those who work at the Rodale Aquatic Center all the way across campus from any place on campus, it is still an easy commute.

I work right in the TCC where a lot of the campus jobs relating to the arts are located and I could wake up ten minutes before work starts and be there on time. Believe me, I’ve done it. Not to mention, you are working directly with your professors so you can develop a personal relationship. I know that sounds like a scary thought, but it is already helping me and I’ve been here for less than a year. Jobs on campus also offer more flexible hours for exams and school vacations. How many other jobs are held for you while you go away on vacation? Kevin Gallagher, my boss at the theater, is amazing when it comes to working around exams and even when personal things come up. Kevin adjusts work to fit into your schedule. I’m sure other campus staff is willing to do the same.

When asked what she thought of on-campus jobs, freshman edu-cation major Nicole Miller said, “It all depends on what kind of job you want, but when you work on campus it’s more relaxed, almost like it’s not really a job. On-campus jobs offer a transition from being a kid to real life.”

On the other side, many other students choose to get jobs off campus.

I’m sure both options have lots of benefits. Working off campus can get you a lot more money. This is the number one reason students take these jobs. If you get paid so much more off campus, it sounds like a great deal till you figure in the cost of gas or bus fare, then add to that the cost of renting off-campus, clothes, while you’re at work. That $7 an hour, sometimes a little more, doesn’t really live up to its value.

Not to mention that in order to get to work off campus, you need a car or you have to ride the bus system. This means you have to get up and be ready to go to work twenty to thirty minutes before you have to leave, or you’ll never make it on time. Weather is a major factor in this. Sophomore Megan Hunt said, “Getting to work is pretty easy except when the weather gets bad.”

While working on campus may not offer some of the variety that off campus jobs do, soon the wages on campus are going to have a very competitive pay scale. As of next semester, Cedar Crest will be a very good contender when it comes to a living wage. The aver-age student will be making a min-imum of $7.25 an hour; this is an amazing step up from last semester when the wage was $5.25 an hour.

So even if you have a job off campus this year, keep an eye on openings for campus jobs, because Cedar Crest is paying its student workers well enough.

Christa Hagan  
Opinions Editor

Compost yourself!

When my parents dropped me off at college, they took care-ful care to make sure that I had all the things I needed. I had a computer, school supplies, cover hangers, bath towels, blankets, books and bags full of other college essentials. They dropped me off, drove away and we all thought I was set. I was ready to become a college student.

It was the next morning when I realized there was one last thing that I was not prepared for at all. I just ate my first Cedar Crest breakfast and was trying to take care of my tray, silverware and plates. It was bad enough to be standing there, confused as to what to do with everything, and then I looked down at my tray. A banana peel. Frantic, I looked up. I see the conveyor belt, trash cans, and bins for silverware. Where is the compost? I had no idea what to do with my banana peel or my crusted bread of! Confused, environmentally dis-appointed and embarrassed at the fact that I held up the line when getting rid of my tray, I ducked my head and left the cafeteria.

At home, items like this and other vegetables and non-animal products were put into the com-post. Back home, never had I had to explain a compost; they are com-monplace in Bethel. NH, where the mouse outnumber the people and recycling is a way of life. But here, I find that I have to explain this concept a lot.

A compost is a collection of household and garden waste. Leaves, plants, dinner table scraps, coffee grounds, rotten fruit and tea bags are all exam-ples of items that can go into compost. This array of waste is put inside a container where the product can compost. It needs high temperatures to do so. Any thing with meat, dairy, or non-vegetarian animal droppings needs to compost at a higher temperature, so these waste cannot be put into a backyard compost.

What is done with the prod-uct then? It can be used as a filler to even out land, erosion control and as a fertilizer for gardening.

Interested in composts? Look for the informational arti-cle in the Features section in issue seven.
Trouble in paradise

Andy and I celebrated a year together in January, which is great. I always assumed that you got to a certain point in a relationship, and then bam—everything just fits and it’s perfect, and you live happily ever after. I was wrong.

It’s not like that at all. We’ve hit the year mark, and instead of things getting easy—they got hard! And our relationship stopped going well. We both got tired and, and wanted different things from each other. We’d argue, and snap, and then girls poked him on Facebook, and some days we just didn’t seem to like each other very much.

During a very honest and emotional talk, we realized that our relationship wasn’t working anymore. Somewhere in between the continents, we got a little lost, and never got back on track. And now I’m learning that you actually have to put work into relationships for them to be successful.

I’ve never had to work at anything like this before in my life. You always hear people talking about making relationships work or working at them, but I never understudied it before.

But I care now, and I am learning to work hard to keep my relationship alive. I’m learning that I have to take a step back some days and say wow, it doesn’t mat- ter if I’m cranky, or stressed or tired, he’s here, and I should really give him a kiss. Sometimes I have to put me aside and make sure he knows I love him today. And I’m learning that the world doesn’t revolve around me. I know—I’m shocked too!

Through all this working hard, I realized a lot of interesting stuff about being in a serious relationship. Relationships don’t actually stop working; people just choose to stop working at them. I also know that you need to make the other person important, and you need to make allowances for what’s important to them.

 Sacrifice is a big part of it. We both have to get to a point where we say “no,” this isn’t exactly what I want, but you want it, so I’m willing to adjust.” It’s not always rainbows and butterflies, it’s compromise that moves us along.

Besides, I don’t deserve the good stuff if I’m not willing to work for it. I can’t an “A” without studying, and teams don’t win games without working, so why should my relationship just fall into my lap?

I want to work at this because I don’t want it to end. Yes, of course there’s the temptation to throw in the towel, to say we tried, but then what? Any other guy I see I just think “well you’d be fun… for ten minutes, then I’d want to call my best friend and talk about you.” And Andy’s my best friend. We laugh together, cry together, go shopping, play football, try new foods, cook, together. He’s so amazing at letting me go out and be independent, and then just being there when I want him to hear about my day.

And that’s something I want to keep working for—I’d be crazy not to. Yes, it’s hard some days. And no, I’m not in love with him every day; he drives me insane ninety-eight percent of the time. And if I trip over his shoes one more time, I might kill him. But I’m going to make it work.

We’re going to try, and we’re going to take our time. He’s going to be there a little less—cause as nice as it is to be around him all the time, it’s also nice to have nights where I don’t wake up shivering because someone has all the cov- ers—not pointing any fingers or anything boyfriends just say— and I’m going to try to not be mean all the time. I’m going to listen to him, and laugh at his stupid jokes.

And we’re going to work to make it work. So keep your fingers crossed for us. And if you have any advice, I’d love to hear from you at ejpulham@hotmail.com. God knows I need it.

Student discounts can save you money

Find reduced prices on entertainment, food and more

Brea Barski
STAFF WRITER

Have you ever found yourself staring at the menu of your favorite restaurant, wondering if the waiter would believe that you’re really young enough to order off the kid’s menu? Maybe you can pass for a senior citizen…

The young and old get discounts, but what about us in between? With your student ID—

Andy’s my best friend. He’s so amazing at letting me go out and be independent, and then just being there when I want him to hear about my day.

Berea Bowlings, sports tickets, computers, entertainment, and even plane tickets can be found at discounted prices with a college ID. We can all appreciate saving this kind of money.

Let’s start with discounts on fun activities. Most movie theatres offer $6.50 (saving $1) dent tickets cost $6.50 (saving $1) for tickets that are purchased after 4:00 p.m. Friday-Sunday and on holidays.

None of the pool halls or paintball fields listed in the yellow pages that answered my calls offer student discounts, although some are considering it in the upcoming year.

Bowling lanes commonly have a student night with discounted games. AMF Bowling Centers, located at 1630 12th Street in Allentown, offers a college night every Thursday. With college ID each game costs $1 (the normal cost is $2.50).

If you’re willing to drive a lit- tle further for a night out, sporting events often feature student dis- counts. The Philadelphia Flyers offer $25 seats in the upper ex- tension on the night of the game, based on availability. Just show up at the box office in Philadelphia on the day of the game and save up to $33 per ticket. This offer is only valid on home games during the week and with one ticket per ID. Not a hockey fan? The Allentown Art Museum offers a discounted outing for more cre- ative entertainment. Save two dol- lars off of the admission cost, and enjoy over 11,000 works of art at the 31 N. Fifth Street museum for only $4.

One of the discounts that will profit students the most is airline tickets. The savings vary by air- line, as do regulations on dis- counts, but some airlines offer sav- ings in the $100s. The best choices I found were travel websites and college discount websites (which also offer discounted hotel prices for students), but some individual airlines will also offer a reduced fare upon request.

While many restaurants in other areas offer college discounts (several Bethlehem eateries offer Lehigh students price cuts) at least one Allentown one does as well. Hamilton Family Restaurant, located at 2027 W. Hamilton Street, Allentown, offers a 10 per- cent discount to any Cedar Crest student with ID.

Beauty on a budget

I am a huge proponent of the clearance section. Cheaper is bet- ter on some things, although there are products for which I will not compromise. I typically do not buy a generic or store brand where I expect from my bath and body products, because I can’t stand gels that don’t lather and lotions that feel like the 99 percent water. The old adage comes to mind: “You get what you pay for.”

I recently took a leap of faith and bought off-brand beauty merchandise from CVS. CV’s new brand is called Essence of Beauty, and its products are theo- retically comparable to Bath and Body Works. Falling into my impulse, I purchased the Sparkling Grapefruit shower gel and body cream. There was also a body spray and a body cream on clearance.

The shower gel had the consis- tentcy and enough bubbles to be considered a bubble bath, while the body cream could be classified as body butter and had a long-lasting light fragrance. The aroma of pink grapefruit flowed throughout my shower and politely assaulted my nostrils as I showered one morning. I felt relaxed and energized at the same time.

To quote the items that I bought, “The sweet, refreshing scent of fresh grapefruit is known to dispel fatigue and irritability, leaving you with new energy and a lightness of spirit.” I don’t know if I would go as far to say my spirit was lightened, but it did feel very nice and for hours after my shower, the scent lingered on my skin. The ingredients really left my skin moisturized and soft.

The overall consistency of both products had the same quality I have come to expect from more expensive merchandise. The Essence of Beauty bath and body line includes items that range from $3.95 and up, but at the CVS at which I purchased the items in Allentown I paid $1.25 each. I know that in the future, regard- less of the price I will purchase Essence of Beauty products.

Beauty Works wants you! Email your product questions or concerns to ldmoore@cedar- crest.edu, and I will address them.

COLUMNIST

WRITING WORKS

Emily Pulham
FOREIGN CORRESPONDENT

Through all this working hard, I realized a lot of interesting stuff about being in a serious relationship. Relationships don’t actually stop working; people just choose to stop working at them. I also know that you need to make the other person important, and you need to make allowances for what’s important to them.

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Correction

It was incorrectly stated in the Feb. 15 issue of The Crestiad that a minimum 2.5 GPA is required to be eligible for an internship. A minimum 3.0 GPA is required for most majors at Cedar Crest; a 2.5 GPA is required for psychology majors.
Cherish your memories

Innovative ideas for creative Scrapbooking

Tiffany Wanzie
LIFESTYLES EDITOR

The college years are often considered the best years of your life. It is a time of independence, learning through experience, and making friendships that will last a lifetime. What a better way to preserve your memories than with a scrapbook? This is a chance to add some originality to your photographs and preserve your favorite memories for years to come.

Collect photos

This is the easy part. Just start taking pictures of everything and anything, if you haven’t done so already. The best trick is to keep a disposable camera on hand before you go out to prevent those, “I wish I had a camera” moments. The great thing about these disposable cameras is that they are small and if by chance you lose it, it only cost you seven dollars. It doesn’t matter if you’re just starting college or if you’re on the road to graduation. You should have at least some pictures to work with. Put the photos in a pile, and group the similar ones together. They can be grouped according to theme, chronological order or however you prefer.

Decorate in style

After collecting and grouping your pictures, it’s time to decorate. Start browsing stores such as Target and Michael’s that offer a wide variety of albums, stickers, and scissors with patterns. Craft stores are more likely to have university-themed paper, and the college stores also sell stamps, glitter, and ornaments to create the ultimate scrapbook.

Relive the memories

After purchasing the decorations, comes the hardest part: putting it all together. You will have to use your best judgment when creating your album, because it is all about personal taste.

Career options for every major

Sarah Relation
STAFF WRITER

For most students, May is an exciting month. Classes and finals end, and summer finally arrives. The beginning of May also leads to an exciting new beginning - graduation.

By this time, many seniors are asking the big question: What do I want to do for the rest of my life? For some students, the answer is graduate school. Others may be more confused about the direction of their future. Perhaps you feel like you have just chosen a college major, and now it’s time to choose a career. Fear not, fellow students, for there is hope.

Students often feel overwhelmed when they begin their career search, because they simply don’t know where to begin. Students also foster certain expectations about their first job, and they hope for an amazing career right from the start. But, building a career takes time, and you may have to start at the bottom of the ladder.

The first step towards launching your career search is your resume. This piece of paper must sell your credentials to potential employers without sounding boastful or false. There are many layouts acceptable for resumes, and you should choose a layout that appeals to you and is easy to skim. There are packets with suggested formats available at the Career Planning Office in the Allen House; these files are also available for download at the Career Planning website. This packet will walk students through layouts, word choices, and what information to include in a well-written resume.

Students should review their resume several times, and then have friends and professors look at it as well. Reviewing your resume will result in a more polished paper, and allow you to become comfortable discussing your credentials during interviews. If you are applying to multiple positions, be sure to tailor your resume toward each job opening.

For students who are open to career suggestions, there are several personality and career tests available. One easy survey to complete is the Focus Evaluation. This evaluation is available through the Career Planning Office.

After purchasing the decoration, especially if they have special meaning for you. The computer is another valuable resource when searching for text or clip-art to ornament the album. Just remember, the more color the better. Don’t be afraid to go wild when picking out your items.

This is the easy part. Just start taking pictures of everything and anything, if you haven’t done so already. The best trick is to keep a disposable camera on hand before you go out to prevent those, “I wish I had a camera” moments. The great thing about these disposable cameras is that they are small and if by chance you lose it, it only cost you seven dollars. It doesn’t matter if you’re just starting college or if you’re on the road to graduation. You should have at least some pictures to work with. Put the photos in a pile, and group the similar ones together. They can be grouped according to theme, chronological order or however you prefer.

Decorate in style

After collecting and grouping your pictures, it’s time to decorate. Start browsing stores such as Target and Michael’s that offer a wide variety of albums, stickers, and scissors with patterns. Craft stores are more likely to have university-themed paper, and the college stores also sell stamps, glitter, and stencils. These stores offer a wide variety of albums, such as Target and Michael’s that decorate. Start browsing stores such as Target and Michael’s that offer a wide variety of albums, stickers, and scissors with patterns. Craft stores are more likely to have university-themed paper, and the college stores also sell stamps, glitter, and ornaments to create the ultimate scrapbook.

Relive the memories

After purchasing the decorations, comes the hardest part: putting it all together. You will have to use your best judgment when creating your album, because it is all about personal taste.

Career options for every major

Sarah Relation
STAFF WRITER

For most students, May is an exciting month. Classes and finals end, and summer finally arrives. The beginning of May also leads to an exciting new beginning - graduation.

By this time, many seniors are asking the big question: What do I want to do for the rest of my life? For some students, the answer is graduate school. Others may be more confused about the direction of their future. Perhaps you feel like you have just chosen a college major, and now it’s time to choose a career. Fear not, fellow students, for there is hope.

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How to make a positive virtual impression

Leann Pettit  
STAFF WRITER

Why didn’t your English teacher respond to the last e-mail you sent? Why do your friends cringe every time they read an e-mail from you? Have you looked at what you are sending to people, and what kind of impression you are leaving upon them? As people become busier, e-mail becomes the most convenient way to talk to friends, family, professors, and employers.

First of all, when sending an e-mail, check the formatting setting on your e-mail client. The Online Writing Lab (OWL) at Purdue University suggests keeping your e-mail in plain text rather than converting it to HTML, because many e-mail clients do not accept HTML.

It is also important to use real words and punctuation. While saying, "ur presentation went gr8...i c 2 u 8hr" might be appropriate in AIM or MySpace, be sure not to use those grammar skills when you are sending an e-mail. "Your presentation went great. Want to meet later for dinner?" is much more appropriate for an e-mail message.

When you write an e-mail, always use a greeting and salutation. If you are e-mailing a professor or faculty member on campus, always refer to them as "Professor" or "Dr.," unless it has been established that you are on a first name basis with that person. However, if you are sending multiple e-mails to the same person or topic back and forth to the same person, you do not have to use official greetings every time – it is like you are carrying on a conversation. Also be sure that your subject line is informative and clear.

Attachments are common, whether you are sending work to a professor electronically or sending information to a friend. Make sure that the attachment that you are sending has a file name, which will still make sense once it is downloaded to the receiver’s computer. For example, if you are sending a letter to the editor for The Crestiad, title the document “Letter to the Editor-Jim Bob.doc.” This allows the recipient to know what the file is and who it is from at first glance. If you are using software that is uncommon or that you are not sure the recipient is compatible with (consider Word and WordPerfect), let them know.

OWL recommends that e-mails be no longer than one print-ed page, or the length of your computer screen. There are times when a longer e-mail is needed. You might want to include an executive summary, which is simply a short summary of the main goal of the e-mail. Also, in the first couple of lines, you should include the required response from the recipient. Flaming, a term used to refer to "venting emotion online," is something to avoid. While misinterpretation may happen with any regular e-mail due to the lack of expression, the misinterpretation of a flaming e-mail is much worse. OWL suggests asking yourself the following questions before venting emotion in an e-mail: "Would I say this to the person’s face? Am I putting the receiver in an awkward position? How would I feel if I got this e-mail?"

Finally, there are times when e-mail is not an appropriate medium. There are subjects that are too sensitive to discuss through e-mail and should generally be discussed outside of the virtual realm. Such subjects include (but are not limited to) conflicts about grades, personal information, concerns about classmates or co-workers, and complaints.

Ettiquette faux pas to avoid when composing an e-mail

Tiffany Wanzie  
LIFESTYLES EDITOR

1. Greetings such as "hi" and "hello" should not be used in the subject line. Instead, refer to the class or the reason for the e-mail.

2. Don’t begin any e-mail to a professor or business as if you are talking to a friend. Address the recipient with a professional title. If you are unsure of their title, your best bet is to address them as Dr., just to be on the safe side.

3. Don’t compose an e-mail with different font sizes, colors, or texts. Write in the same format you would use when writing a paper for a class.

4. Always end the e-mail with “sincerely,” “thank you for your time,” or a similar send off.

5. Don’t send the e-mail without double checking for errors! Once you hit the send button, there is no going back. Be aware that what you write is public and can be read by anyone.

Careers

Continued | Page 11

Submitted by Rachel Edgar  
STAFF WRITER

Try this yummy soy and oatmeal breakfast packed with fiber, protein, and fruit. It’s the perfect start to any day!

1 1/2 cups oatmeal  
2 1/2 cups vanilla soy milk (I recommend Silk)  
2/3 cup applesauce  
½ dried fruit  
Handful of sliced almonds  
Dash of cinnamon

Combine the oatmeal and soy milk in a medium bowl and cook in microwave according to package directions. Add remaining four ingredients. Enjoy!

Healthy u success story:

Emily Dittmar

Leann Pettit  
STAFF WRITER

Emily Dittmar is a senior biology, diversity and conservation biology major, and joined Healthy U in her freshman year. “I liked seeing the body weight each semester, and liked that I could keep tally on my BMI index,” she said.

“It’s a good way to hold yourself accountable for getting weighed in each semester and also gives a better awareness of eating habits and nutrition,” she added about the Healthy U program.

Dittmar had weight-loss goals when she arrived at Cedar Crest, and Healthy U and Activ Trax have kept her motivated and exercising on a regular basis. She is getting close to her goal: Dittmar has lost 30 pounds and dropped eight pants sizes, and she is within ten pounds of her long-term goal.

Along with Healthy U and the Activ Trax program, Dittmar has also been involved in various sports at Cedar Crest. She was on the soccer, basketball and lacrosse teams in her freshman year. She continues to play for the lacrosse team, and has also picked up cross-country.

“Getting in the habit of exercising regularly has helped to drastically reduce my stress levels. It has helped me cope with a busy schedule, and stressing over papers or tests. There’s nothing like working off nervous energy in the gym, and it really helps one focus better throughout the day,” she said.

By balancing school work with athletics and an exercise routine, Dittmar controls her stress levels and has also lost 30 pounds.

Recipes to go...

Power Breakfast
On Feb. 28, the Alumnae Museum will debut a new exhibit entitled “Ever Changing Reflections: The Evolution of the Cedar Crest Woman.”

This show, curated by Lauren Hetrick, a junior History and Secondary Education major, will look at five decades in Cedar Crest College history and show what the ideal women was in each.

Hetrick picked these five decades for several different reasons. She wanted the first decade to start close to when Cedar Crest College first opened as the Allentown School for Women. She then picked decades that were important in American history such as the 50s, when the Civil Rights movement was happening. Colleges usually take a few years to catch up to the changes and Hetrick felt these years would reflect any change in Cedar Crest College. The 70s were also an important decade because Pauline Tompkins was the first women president of Cedar Crest, and the 90s stand out because of former President Dorothy Blaney.

Hetrick said that this exhibit is very unique compared to previous ones because they are relying heavily on research that the staff at the museum is doing. They have been searching through archived documents from the featured decades looking for what a typical Cedar Crest student would have been like.

This show will also be unique because they plan on using many more documents and pictures rather than relying heavily on clothing like in previous shows. Hetrick felt that although the clothing is amazing, many of the documents come from the school, so it shows a good representation of what the school expected.

Hetrick hopes that each person “can draw their own conclusions and hopefully see how Cedar Crest has progressed.” She would also like to “get people talking.” She wants people to think about what Cedar Crest was like in the 50s. “[I hope] people leave and will be like I didn’t know that about my college.”

The museum is also trying two new things this semester. They have tried setting up a script so that every time they set up for a show they have a plan ahead of time that will help guide them through the show. They also have been trying to advertise more heavily - look for the new t-shirts the staff will be wearing.

Christa Hagan, Intern at the museum said “I’m really excited because we are so caught up in the now that we as women don’t think about how we have come to be as a college and as individuals.”

Hetrick wants everybody to know that if they need any help researching anything for a class or just out of curiosity, the museum is available to help students with anything they need. She would also like people’s feedback on any exhibits that students would like to see in the future and encourages people to email her at lauren@cedarcrest.edu.

The museum is open Monday through Friday 9-5 p.m.
The award winning playwright, author, actor, television and movie producer, Tyler Perry, who brought his character Madea to life in a numerous amount of performances has mastered a new movie. On Feb 14, 2007, Daddy’s Little Girls debuted in movie theaters across the country, starring Gabrielle Union, Sturgis; and Brenda (Terri J. Vaughn; Steve Harvey Show) set Julia on up pathetic blind dates. They practically forbid her from becoming close to Monty for fear of a broke, blue collar man with three kids who would do nothing but run up her credit, leave her flat broke and break her heart. No matter what, despite all of their trying, nothing could prevent Julia from falling for her client with good intentions from the wrong side of the tracks. There are many perilous battles of the heart and the soul that pull anyone viewing this movie to a bevy of emotions. Friends, family and the whole neighborhood fight for what is right and learn that fear only stunts growth and redundant. This story has a happy ending, allowing Julia and Monty to follow their hearts which is a well deserved ending to what Perry calls a “reverse Cinderella tale.”

A

Fall Out Boy’s follow-up to their breakthrough 2005 release From Under The Cork Tree, entitled Infinity on High was released to rave reviews and a number one debut on the Billboard Top 200 charts. The album is filled with much of what you expect to hear from Fall Out Boy, such as their extremely long but poignant song titles, clever lyrics, wicked puns, and catchy music. The band comprised of vocalist/guitarist Patrick Stump, bassist/lyricist Pete Wentz, drummer Andrew Hurley, and guitarist Joe Trohman do not disappoint on this album.

Some of the tracks are a bit more experimental compared to that of Cork Tree, where this time around Experimental with parked cars, strings, western, and saxophones. The album actually has a feel of R&B, punk, and pop mixed all together, which gives this album a different feel from some other bands that may sound similar to FOB. Maybe this is evident in their first track, “Thriller” in which Jay-Z introduces the catchy track. For this album, FOB once again used Neal Avron (New Found Glory, Good Charlotte), who produced much of Cork Tree, along with Babyface who produced two of the albums 14 tracks. The combination of using a producer that helped create an amazing album as seen with Cork Tree and Babyface, an R&B producer gives this album such an amazing edge to it.

Some of the stand-out tracks include “Thnks fr th Mmrs,” “This Ain’t a Scene. It’s an Arms Race,” and “Hum Hallelujah”, both of which include true Fall Out Boy style, some of which is infused with their new experiment into the musical style. Vocalist Stump defiantly plays up his vocals more on this album as compared to previous albums and is definitely well received. Although some of the puns and creative lyrics are reminiscent of what was found on Cork Tree, the cleverness behind both pun and lyric do not disappoint the listener.

If you were never a fan of Fall Out Boy, this album although diverging slightly from their signature style, will most likely not make you a fan. If you’re a fan already of Fall Out Boy, this album will make you love them even more. Although the band is somehow cancelled due to their lyrics, puns and musical style, it’s something I certainly respect and thoroughly enjoy. Even if you’ve heard the band before, regardless if you enjoyed them or not, you’ll get your money’s worth on High a try in your CD player. The album ends with the words “Now please repeat.” I will be pretty surprised if you don’t. Trust me, fan or not, there shouldn’t be any guilt in so far naming this one of the year’s guiltiest pleasures. For more information on the band, visit their official website - web site falloutboy.com or their MySpace page - www.myspace.com/falloutboy.

A+
GADGET:
Get trendy with the Sidekick 3

Susan Lopez
BUSINESS MANAGER

July 10, 2006 was the launch of the Sidekick 3 from T-Mobile. Like me, many people called ahead to reserve one due to the limited supply. With technology always changing, everything seems to get more complicated, rather than more user friendly. I was quite skeptical if I was actually going to understand how to use this phone. On the contrary, the Sidekick 3 proved to be extremely easy to use. Like all cellular phones, the Sidekick 3 needed to be charged. After the phone had been completely charged, I turned it on. A unique feature of the phone was that it led you through a program that explained every single feature and even revealed shortcuts. Unlike many other cellular phones where they simply assume you automatically know how to use it, the Sidekick 3 proved to be tremendously user friendly, even for those of us that are not technology savvy.

The Sidekick 3 has numerous features that allow users to have the world at their fingertips. The phone has a very innovative feature that allows users to connect to their instant messaging services. Whether you prefer to use AOL Instant Messenger, MSN Messenger or even Yahoo Messenger, anyone will be able to keep in touch with friends and family at all times. Along with the multiple instant messaging features, the phone also provides a direct link to the World Wide Web and even allows you to have your email directed to your phone. Don’t worry though, it’s not just another email account you’ll for...

CROSSWORD PUZZLE

ACROSS
1. Baker’s trail marker
6. Quilt
9. Trades
13. Advertiser
14. Less than two
15. Figure
16. Thicker
17. Those who make the food laws (abbr.)
18. Eskimo home
19. Catch
20. Face coverer
22. Extra-sensory perception
24. Hellos
25. Bazel
27. Pig pens
29. TV rating
33. Alternative (abbr.)
34. Allow
35. Less than usual in size, power or character
36. Chew
39. Pro
40. Apparatus
41. Sinear
42. Eve’s beginning
43. Danish krone (abbr.)
44. German dessert
46. Bleacher
49. Dab
50. Exercise place
51. Good health
53. Pop (pl.)
56. Playing fields
58. Sego lily’s bulb
59. Thespian
61. Knock off
62. Reward
63. Acrot
64. Check
65. Radical
66. Eye infection
67. Unasstractive
68. Untidy

DOWN
1. Spiny plants
2. Beautifies
3. Crash
4. Fale
5. North northeast
6. Couches
7. Aberrers
8. Dilater
9. Irish dance
10. Leer at
11. Life histories
12. Quit
13. Funeral hymn
20. Haze
21. Rewrite
24. SOS!
26. Senions
28. Verse meter
30. Primed
31. Flightless bird
32. Clap
33. Throw
36. Dicks
37. Bowler derby
38. Possessive pronoun
39. Hazelnuts
40. Rake
42. Being up
43. Removes the water
45. Overshadow
47. Natural occurrence
48. Hardships
50. Talkative
52. eel
53. Hand
54. Account (abbr.)
55. Abide
57. Biblical prophet
58. Lone
60. Unrefined metal
62. Sing

[Image of crossword puzzle]
Team chemistry, fan support play big role for basketball team

Jennifer Woytach
SPORTS EDITOR

The basketball team wrapped up their season last Thursday with a 89-36 loss at #1 PAC seed Gwynedd-Mercy College. Though the team finished the year 0-16, PAC, coaches and players noted the many positive moments of the season.

“Winning that first game had to be the best moment. It was a sense of accomplishment for all of us. It was gratifying that all of our hard work had finally paid off,” said freshman CJ Krise of the Falcons Christian College. On Feb. 9.

Head Coach Val Donohue also referred to the Valley Forge game when reflecting on the season. “Mackenzie Lee got into the game for the first time. She was quite nervous and the reason that it was memorable was for the way the team rallied around her. It was amazing. It just showed how close the team rallied around her. It was an amazing feeling to have a home court and support this team.”

One setback for the Falcons was losing Morcom near the end of the season. “Finding out we would be playing the last few weeks without our starting point guard [due to illness] just as we were starting to come together as a team, we had to adjust to playing without a key factor. I think our win/loss record at the end of the season would look a little different than it did, but the bright side is how well the team stuck together and adapted. It will make us that much stronger in the future,” Donohue said.

Currently in second place in the Pennsylvania Athletic Conference for blocks, with 35 in 17 games for 2.0 blocks per game, Bechtel has been perfecting her basketball skills since fifth grade. A native of Hellertown, PA and Easton High School alumni, Bechtel’s greatest influence has been her mother. “There’s times I did not want to play but... she forced me. I am glad now that she did,” she said.

“I enjoyed seeing my family at the games. I enjoyed the game and my teammates. I just had fun playing,” Bechtel said, reflecting on her college career. “I think I finished well and I am glad I played all four years. I wouldn’t change anything.”

“I hope the team continues to progress in the coming years,” Bechtel said.

Senior basketball player Ashley Bechtel was named last week’s Athlete of the Week. Bechtel, a senior Psychology major and Criminal Justice minor, has been a member of the basketball team for four years and recently wrapped up her college career at Gwynedd-Mercy College on Feb. 15.

Bechtel scored 20 points and had six rebounds and six blocks during the Gwynedd-Mercy game. Ending the 2006-2007 season with 100 points, 99 rebounds, 35 blocks, and 18 steals, Bechtel has etched her name in the Cedar Crest record books. “I feel proud. I hold all the blocking records and that was my goal,” Bechtel said.

Equestrian team earns 5 points

Ashanti Davenport
STAFF WRITER

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