Board reviews college’s $40 million budget

**Leann Pettit**
NEWS EDITOR

The Board of Trustees at the Feb. meeting reviewed Cedar Crest College’s proposed budget for fiscal year. The budget will again be reviewed again at the spring meeting, and will be approved at the October meeting. The proposed budget for the 2008-09 school year is about $40 million. Cedar Crest’s fiscal year begins July 1 and ends June 30. To figure out the budget for the next school year, each department of the College provides the Finance Office with the expenses they plan to incur during the year. Then, senior officers review these requests and help determine the proposed budget.

Cedar Crest is a tuition dependent college, with 76 percent of its revenue coming from tuition. However, eight percent of the 2007-08 budget has come from gifts to donors, which is called giving to the annual fund. “Annual giving comes from faculty, staff, alumni, trustees and anyone else in the wider community who believes in and wants to support our educational mission,” says Elaine Deutch, Executive Vice President of Finance and Administration.

Another way the college increases its revenue is for donors to donate money to the endowment. “Endowment gifts are never spent, but are instead investment. “Endowment gifts are never spent, but are instead investment. “Endowment gifts are never spent, but are instead investment. “Endowment gifts are never spent, but are instead investment. “Endowment gifts are never spent, but are instead investment. Our educational mission,” says President of Finance and Administration. “We are trying to engage the entire campus community in this event and wants to get the whole community involved.

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Another new course that was recently approved is THS 234: The History of Theatre: 1960 to the Present. This course will, as the title suggests, introduce students to various significant dramatic works of the last half-century: “It will not be running this fall,” said Roxanne Amico, Associate Professor of Performing Arts, who will be teaching the course.

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Unfortunately for the student body, neither of these courses will be offered in the fall of 2008. There are a few changes, however, that will take effect next semester.

The new sophomore Biology course, BIO 235: Ecology, Evolution, and Genetics, combines the topics previously covered in three separate courses (Genetics, Ecology, and Evolution) into one course.

This enables students, regardless of major within the biological sciences, to have a “common core,” said Dr. Kent Fitzgerald, Associate Professor and Chair of Biological Sciences.

**Amanda Patterson**
STAFF WRITER

In a faculty meeting earlier this month, the faculty discussed and approved new courses to be taught at Cedar Crest in the future. Among those approved were courses in forensic science and theatre.

A new forensic science course, FSC 101: Forensic Science in Criminal Investigations was among those approved and will be taught by Brian Gestring, Assistant Professor of Chemical and Physical Sciences. Gestring described the course as “an overview of what happens from the crime scene to the laboratory, and then finally in the court room.” It will be directed toward non-science majors and will include a lecture and a lab, for a total of four credits.

It currently will be counted toward the Criminal Justice major and minor and the Forensic Science concentration, and hopes are that in the future it will count toward the Natural Sciences category of the liberal arts requirements.

According to Gestring, it is important that we offer a forensic science course for non-majors because “For better or worse, most students have already made up their mind about science before they even take a single college level course. “I’ve found that forensic science can be a way to engage students. It’s a great way to teach the scientific method and fundamental concepts of Biology, Chemistry, and Physics in a way that students can relate to.”

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Goodrich speaks on floral scent and morphology

Courtney Clements  STAFF WRITER

Even with recent snow days, delays and cancellations, Cedar Crest students’ curiosity was shown to be true when Dr. Kate Goodrich lectured on “The Floral Morphology and Scent Chemistry of Pawpaws: Asimina and Annonaceae” on Tuesday, Feb. 26, 2008.

Goodrich comes to Cedar Crest from the University of South Carolina and is currently an adjunct professor teaching Human Agenda and Principles of Biology II. Students and faculty came together over a light lunch of sandwiches, chips, cookies and soda to learn about the building blocks of the floral scent in Oberkotter 1.

Following Goodrich’s doctoral research, members of the community were given a detailed description of the diversity of the phenotype which make up the building blocks of flowers.

Her lecture included the shape and size of the flower (morphology), floral pigments, floral presentation, phenology and temperature thermo genesis heliotropism.

The hour lecture was in such detail that Goodrich could have spoken longer on her intense research throughout the eastern coast. In total, it was over five years of working predominately in Florida at state parks with other researchers and her advisor Dr. Robert Raguso.

Questions posed were asking why flowers evolved this scent so important and what causes the scent to be potent. Using the mechanism, solid phase micro extraction (SPME), the floral chemistry collected by the SPME separates each floral particle to determine which compounds make up that scent.

This however is a condensed description of what Goodrich posed and her research presented at the seminar described rather than predicted an outcome. Throughout her research she noticed the same trends with different variables in each of the species she collected.

One outcome of the research was the conclusion that even though a flower is in the same familial selection, they do not have to have the same scent, because with some flowers there are on average eighty-two compounds per species.

Sensation and Perception Professor, Dr. Kent Fitzgerald, thought the seminar was “splendid!” It is a fascinating aspect of the biological world.

Goodrich’s background is just as fascinating as her research with her bachelor of arts in technical theater and design at Franklin Pierce University in New Hampshire and her doctoral degree on botanical illustration and lab technology at Keene State College. For more information on the seminar and the research presented, please contact Goodrich at kgoodrich@cedarcrest.edu.

U.S. Satellite shutdown causes international uproar

Goodrich spent five years researching on floral morphology and the scent chemistry of Pawpaws.

The shootdown of the United States' former spy satellite USA 193 has recently been on the news; like many satellites before it, USA 193 had gone out of orbit and was set to crash down to earth.

The event of a satellite crashing to earth is nothing new. As explained in the British Broadcasting Company (BBC) article ‘Why the spy satellite won’t harmlessly on average once a year’, the United States was set to take many satellites before it, USA 193 was the most recent US satellite, internationally attention? Possibly to some, it was given so much international uproar, and several countries, including the United States, denounced any actions that could lead to a new space race.

As stated by spokesman Sean McCormack, the United States government officials scrambled for a solution that could best ‘protect populations on the ground.’

This reasoning given by United States officials seemed logical and even benevolent to the populations on the ground. Why, then, was this event given so much international attention? Possibly because of events that happened almost exactly a year prior, when the Chinese launched a missile to shoot down a satellite of their own.

This action caused international uproar, and several countries, including the United States, denounced any actions that could lead to a new space race.

For example, Australia’s prime minister Alexander Downer announced that, “We don’t want to see any sort of spread, if you like, of an arms race into outer space,” while the National Public Radio (NPR) reported National Security Council spokesperson Gordon Johndroe as stating that the United States ‘believes China’s development and testing of such weapons is inconsistent with the spirit of cooperation that both countries aspire to in the civil space area.”

At the time, there was speculation that China’s test was meant as an incentive for the United States to reconsider their policy on banning space weapons.

As reported on the BBC, the United States rejected any international calls to halt such tests and insisted that Washington could have freedom of action in space.

Since the shootdown of the most recent US satellite, international protest has been sparked by world leaders much like the response to China’s shootdown the year prior.

The United States’ former space race adversary, Russia, has been especially vocal in sounding the alarm. For example, a Russian defense ministry statement reads, “The decision to destroy the American satellite does not look harmless as they try to claim, especially at a time when the US has been evading negotiations on the limitation of arms race in outer space.”

China is unhappy with this development as well. In the Forbes article ‘A New Space Race?’ Vincent Sabatier, the director of the human space exploration program at the Center for Strategic and International Studies, states, “We criticized them.” and says, “As a result, they say, ‘Well, you are doing exactly the same thing.’”

These actions by the United States clearly are sending alarm bells throughout the international community, and also incite a kind of nostalgia in those who have been tracking the volatile United States-China foreign relations for years.

Both countries are clearly trying to keep up with one another and form a dominant relationship within the international realm. Hopefully this relationship can be reached without serious consequences for both countries.
FACULTY ACCOMPLISHMENTS

Social obligation inspires Spiezio

Morgan Stiller
STAFF WRITER

Cedar Crest College not only opens doors and creates opportunities for its students, but for its faculty as well. Dr. Kim Spiezio, Professor of Political Science, has found the time to become involved in a sizeable handful of published pieces thanks to the liberal nature of the College.

Before gracing the campus with his presence, Spiezio was a professor at both the University of Minnesota and Virginia Tech, neither of which allowed him to publish in such a way that Cedar Crest does.

Spiezio has been writing for The Morning Call on and off for about 11 years now, on a less than regular basis—about once or twice a year. He does not go out looking for a story, but rather seems to have them fall into his lap.

“Folks with expertise in an area should share their thoughts when they think they have something to contribute,” he said. Instead of having his own personal agenda in his articles, and in the book that he published (Beyond Containment), Spiezio feels that it is a “social obligation to contribute.”

Spiezio has had several works published in a variety of genres over the years. He was focused on Foreign Affairs for quite some time, but has recently turned his attention to issues closer to home. Now, he is involved in a sizeable handful of published works to the College’s benefit.

Spiezio also referred to a story that just goes to show how renowned Cedar Crest really is. He was visiting Brussel’s in the 90s to speak about his book.

“Be bold. Folks will be upset when we’re bold, but folks will also be upset when we’re timid.”

Spiezio’s “be bold” statement comes from the late President Dorothy Guilhenkin-Blancy. Along with that, she also told him, “If you want gratitude, get a dog,” which is something he still chuckles about when remembering it.

He wrote an OP/ED piece on Feb. 12 that was meant to be a reaction to the proposal Governor Ed Rendell made to increase funding for education by 2.6% over the next 6 years. Accompanied by analysis from another report called a costing-out study, Spiezio followed his social obligation to contribute, and brought forward the questionable facts within the study.

It was published, and on the very next day, there was a less than pleasant reaction to the piece from Dr. James Bunker, chairman of the State Board of Education’s Council of Basic Education, and who chaired the special committee appointed to oversee the costing-out study. His contributions have now given new insight to a topic that will affect millions.

“Be bold. Folks will be upset when we’re bold, but folks will also be upset when we’re timid.”

Concern over treacherous icy conditions on-campus were discussed and addressed. Maintenance was praised for their timely repairs of roof leaks in Moore, the Miller Building, and the Hamilton Boulevard Building. Students and faculty are, as always, invited to voice their concerns and praise for campus grounds, or any other matter.

The show will begin with an opening reception on April 24 at 5:30 p.m. All the work will be displayed in the gallery in the TCC. The founder of the Go Green project, Linda Weintraub, will give a public lecture during the reception. Weintraub will also be a judge of the exhibitions and will present awards to the winners of the show.

Go Green is about more than art. Go Green and Weintraub’s message is more about respecting all things and all parts of them.

During a lecture Weintraub gave to Odegard’s papermaking course and Art Professor Pat Bad’s Elements of Design class, Weintraub used a “peanut as a metaphor for things that we take for granted and discard,” says Odegard. At the end of the lecture every person involved walked away with a greater respect for things that are often ignored or tossed to the side.

Go Green is something that can really make an impact on our campus. Odegard says, “That it is up to each and everyone one of us to contribute in order for awareness and change to happen. More often than not art is a catalyst for shifting perspectives.” This event is a special invitation to do just that.”

The major revenue sources for Cedar Crest are tuition and fees, room and board, private gifts to the College, state grants to Pennsylvania Students, and Endowment income. Eleven percent of the College’s revenue comes from room and board, with the rest of the sources being under eight percent.

On the other hand, expenditures of the College are spent mostly on salaries and benefits, supplies, financial aid, and student wages. Maintenance work and plant operations to the College only spends about eight percent each year. 

The interest on the donation to the endowment is distributed to students as scholarships.

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This issue marks the last that will be produced from Hartzel Hall. The next issue, which will be distributed to the campus on Thursday, Mar. 27, will be produced from the basement of Butz Hall.

While the staff is excited to move to a new space that will allow them to work in an area that more closely resembles a newsroom, they will miss the memories and the people that have made Hartzel Hall a very special place.

Most of the editors do not know when The Crestiad officially moved from the Tompkins College Center to Hartzel Hall, but for the first time since Advisor Elizabeth Ortiz has been with the staff, they will not be working from Hartzel Hall 221 and 223 (and the rest of the building).

This page is dedicated to the many people and memories that have made Hartzel Hall a very special place to work, live and play. We will miss physically being part of the humanities department. Each editor has written a special note to leave their legacy in Hartzel Hall. Thank you for everything. Please come visit us in Butz.

~The Crestiad Staff
World of Warcraft, beyond just gaming

Lauren Panepinto
STAFF WRITER

World of Warcraft consumes your life. For those who don’t know World of Warcraft, or WoW, it is a Massive Multiplayer Online Role Playing Game, or MMORPG. In the game you choose a faction to fight for, the Horde or the Alliance, and create a character. Both factions have their own races, as well as classes within those races. After doing this, you explore the massive world and work with and against over eight million other players worldwide to advance your character. The game is highly in-depth, as well as very addictive.

I have been playing on and off for over a year now, and no longer play during the school year because of how addictive and time-consuming the game is. Not only do you get sucked into the story line, you meet and bond with and against over eight hundred people. Players make tight bonds with friends in the game. And then there is raiding, which takes hours, with groups of 15 to 40 players to complete them. But since they take hours and lots of good gear, people will spend their lives gearing up. There is also role playing, and since you can customize your characters to look like pretty much anything… it can get really in depth. And then there is player versus player (PVP), probably one of the biggest attractions in the game. where people fight each other and level up in the battlefields, and fight each other all day long.

The game is great if taken in small doses, and if the player keeps gaming and responsibilities separate. However, many people take the game much too seriously. People have flunked out of college, lost jobs, lost friends and significant others, all because of the addictive quality of the game. Heathar Harlin, a sophomore here at Cedar Crest, has some experience with people neglecting their lives for WoW. “I had a friend who got so into the game that he lost his job because he was always late for work. He always had to get to that next spot. Then there was the boyfriend who would always be playing as soon as we got to his house. I’d have to physically turn the machine off to spend any kind of time with him. He wasn’t doing anything with himself besides play that game and occasionally we broke up because of it.”

Monica Olivera, a senior has also had experience with World of Warcraft: “I know three people that have flunked at least a year if not their entire college career, just because they would play WOW more than sixteen hours a day.”

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Letter To The Editor

Science department has high level of student support

Letter leaves some science majors frustrated

Last Thursday morning, many science students read the letter to the editor and felt a range of emotions, few of which were feelings of support for the article. Instead, they ranged from frustration and anger to annoyance and disbelief. Although we can empathize with being stressed by the rigors of the science department at Cedar Crest, we were disappointed to see one student’s opinion so generalized.

One of the most upsetting things about the letter was the misleading title, insinuating that ALL science students feel that the professors are losing their personal touch. In our experiences, we have witnessed the exact opposite. Many of our professors have given unsilently of their time in support of their students. While we completely support expression of one’s opinion, making it appear that all science students have disrespect for their professors is absolutely unacceptable.

Many of us chose Cedar Crest’s science program for its challenging courses, excellent research opportunities, and supportive faculty. To represent this program as anything else is both unfair and untrue.

To attack our faculty is also criticizing every student who has been given once in a lifetime opportunities at Cedar Crest and gone on to great successes in every field of science. The fact that we are so protective of these wonderful men and women shows just how much respect and admiration we have come to have for them in the last few years.

These professors have allowed us all to both question and understand the world around us. Is there really any better gift?

--Joan Winser, Melinda Zuber, Samantha Gonyea, Rachel Vereneck, and Christina Hoffman (Class of 2008), Carrie Olson and Amanda Clayton (Class of 2009)

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Being green isn’t the new pink

Being green has turned from an idea into a trend. I was reminded of this on my recent walk back from a supermarket, when I noticed a large SUV pulling out of the space where I was parking my small car. The bumper of this car (that will remain nameless, but please note that this is not a green bumper sticker with peace signs, globes and recycling symbols that read “ProEarth.”) Whom I got hung up on. I backed up this vehicle on line and saw that it gets a whopping 9.6 miles to the gallon.

This frustrates me. Each time I walk through a department store and see a large rack of shirts promoting the coolness or trendiness of being green, I am tempted to roll my eyes. Now don’t get me wrong. I proudly own and wear these shirts that have been given to me by my dear friends and family, but after seeing that bumper sticker, I have to wonder.

So, not only is this “green thing” being pushed as a trendy idea rather than a set of beliefs, but there are others who make money from those who truly think that they are doing something right for the earth.

Take Blackle.com. In January 2007, Heap Media released Blackle, an energy saving search engine proposed to save “750 megawatt hours a year,” according to Blackle.com. Creator Tony Heap explained that the logic behind it was that Blackle has a completely black background, which uses less energy than brighter, lighter screens. Come to find out that months later, “all that’s really been saved is the piles of money they’re baking in the process,” said Sydney Morning Herald writer Asher Moses, in the news article “Search site cashes in on eco-guilt.” In fact, the amount of energy it actually saves is “non-existent.” So, people are playing into the values of others without following through just to make a pretty penny.

I’m not saying don’t wear the shirts or buy the stickers. Go ahead, but just check to see that your values and lifestyle are lining up to the trend you are spouting.
Dead sharks, relationships lost at sea

Betsy: This past weekend, Bob and I put the brakes on our relationship. It’s not a full breakup, per say, it’s what my mother calls “Going to Acapulco”, getting away from one another for a little bit to both clear our heads, figure out why we fight so much, and just generally see how much we can cry while we’re apart. Hint: the less crying you do in “Acapulco”, the less likely you are to get back together. Or so I’ve learned in the past.

I have been crying since Friday. We said all of the normal things, “We need to talk.” “This isn’t working out right now.” We agreed that since our relationship just seems to work better in our hometown of Jamestown, NY, where Bob is more comfortable, that when I come home for Easter that we will get together and make an attempt to work out our problems. We parted on amazing terms, told one another that we loved each other, and agreed that we both wanted it to work out.

My favorite movie, Annie Hall, says, “A relationship, I think, is like a shark. You know? It has to constantly move forward or it dies. And I think what we got on our hands is a dead shark.” I refuse to believe that Bob is a dead shark, just because that’s gross, but I completely agree with this line. I want passion, whereas gross, but I completely agree with this line. I want passion, whereas I have been crying since Friday. I want to work on our relationship, and be sure that what we have is real. Anyone can control the things that we can see, but only you can control it. It comes down to happiness, may take two to tango, but when your relationship has in fact turned into a dead shark, they’re going to be the ones to dry your tears, and point out that if you had decided to marry whathisface that you’d never be able to run off to Mexico with them and open a bar.

I don’t think that the way that Bob’s friends handled the situation was the best, but it shows just how passionate they are, and how much they care about him, which is what he needs right now. Meaghan has since apologized to me, and we’re all slowly beginning to work things out with all of us, not just between Bob and I. And, who knows, maybe having them around will be just the thing to get us back together.

Until then, my friends and I will be planning the grand opening of our bar.

This week the ‘Evolution’ crew decided to take on two perplexing issues. The reason being, that we both have had upsetting relationship experiences since Valentine’s Day.

Separately, but of course still checking in with each other, both Betsy and Jess have consulted the silver screen for inspiration of what relationships should be -- at least in our minds.

We assume that Bob and Jordan knew what they were getting into when their relationship first blossomed. We may be irrational most of the time... but after being in these relationships as long as we have, we think that we’re entitled to.

Maybe life isn’t exactly like the movies, but it’s short, and we believe that if somewhere out there we’ll be able to find that kind of romance, well, then it’s worth fighting and searching for.

Through everything, all of our problems, trials and tribulations, we’ve learned a lot not only about relationships, but about ourselves as well. We hope that our experiences will help to inspire others to take a step back and evaluate their relationships, and be sure that what they have is what they want. It may take two to tango, but when it comes down to happiness, only you can control it.

Mr. Chemist’s Neighborhood

Submitted by: David Raker

In my experience is it has been painfully obvious that one can not sustain a romantic relationship with only one person doing all the work.

This brings me to my current situation... My one year anniversary is coming up, and based on the above you can tell I am a hopeless romantic. My boyfriend, however, is not. This has been a problem since the get-go. Yes we work as a couple, but I want something more and I’m too young to sell myself short of that. I have too much respect for people to ask them to change. He will always lack the romantic gene, and I will always be craving that element. What is a girl to do?

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We assume that Bob and Jordan knew what they were getting into when their relationship first blossomed. We may be irrational most of the time... but after being in these relationships as long as we have, we think that we’re entitled to.

Maybe life isn’t exactly like the movies, but it’s short, and we believe that if somewhere out there we’ll be able to find that kind of romance, well, then it’s worth fighting and searching for.

Through everything, all of our problems, trials and tribulations, we’ve learned a lot not only about relationships, but about ourselves as well. We hope that our experiences will help to inspire others to take a step back and evaluate their relationships, and be sure that what they have is what they want. It may take two to tango, but when it comes down to happiness, only you can control it.

Mr. Chemist’s Neighborhood

Submitted by: David Raker

In my experience is it has been painfully obvious that one can not sustain a romantic relationship with only one person doing all the work.

This brings me to my current situation... My one year anniversary is coming up, and based on the above you can tell I am a hopeless romantic. My boyfriend, however, is not. This has been a problem since the get-go. Yes we work as a couple, but I want something more and I’m too young to sell myself short of that. I have too much respect for people to ask them to change. He will always lack the romantic gene, and I will always be craving that element. What is a girl to do?

Hall, says, “A relationship, I think, is like a shark. You know? It has to constantly move forward or it dies. And I think what we got on our hands is a dead shark.” I refuse to believe that Bob is a dead shark, just because that’s gross, but I completely agree with this line. I want passion, whereas gross, but I completely agree with this line. I want passion, whereas
Leann Pettit
STAFF WRITER

Rachael Murray
may be just as crucial as the specialists believe that maintaining sleep may be just as important for a healthy life since 7-8 should be enough for adults to function healthily (though some at primary school, though some

The most commonly reported RWI is diarrhea, which can be caused by parasites such as Cryptosporidium and Giardia. Bacteria such as Shigella and E. Coli or viruses such as norovirus can also cause it. For those with a weakened immune system, Cryptosporidium can be life-threatening and all these germs can cause severe illness.

A WebMD.com feature by Denise Mann entitled, “Beware of Recreational Water Illnesses: Make a Splash Without Getting Sick This Summer,” Dr. Alan Greene, MD said, “Not swallowing water and drying your ears can reduce the great majority of RWIs.” According to the CDC, when swallowed, water that is contaminated with feces can make a person sick.

“Many other RWIs...are caused by germs that live naturally in the environment (water, soil). In the pool or hot tub, if disinfectant is not maintained at the appropriate levels, these germs can increase to the point where they can cause illness when swimmers breathe or have contact with water containing these germs.”

Seabather’s Eruption, also known as sea lice, pika-pika, sea poisoning, sea crickets and ocean itch, is a rash that can occur when a swimmer is stung by marine life larvae. The thimble jellyfish and the sea anemone are the two marine creatures that are most commonly associated with Seabather’s Eruption. With this RWI, a rash develops anywhere from a few minutes to 12 hours after swimming. The rash, usually characterized by raised hard or soft bumps or blisters, can be very itchy and usually appears in areas of the body that were covered.

To treat Seabather’s Eruption, swimsuits should be removed and washed as soon as possible. Skin should be scrubbed with clean water and soap (do not shower with the contaminated suit on) and WebMD suggests taking an antihistamine. Keep the rash clean with soap and water and it should go away within 10 to 14 days. If symptoms of infection begin, see a doctor.

Similarly, hot tub rash, also known as dermatitis herpetiformis, is a condition where the skin may become itchy and progress to a rash. Pus-filled blisters are typically found around hair follicles. This rash is usually caused by the bacteria Pseudomonas aeruginosa and occurs a few days after swimming in poorly maintained hot tubs or spas but can also be spread through contaminated pools and lakes.

Legionnaires’ Disease is caused by a bacteria called Legionella. Legionnaires’ Disease can cause death in up to 30 percent of those diagnosed, but can be treated with antibiotics. Legionsella are usually found in water and like warm water best, making hot tubs a perfect breeding ground for them. Breathing in a contaminated water vapor can cause a disease, so just breathing in the mist from a hot tub or whirlpool spa can infect someone.

While many people believe that the ocean’s salt water has healing properties, in fact, there are several types of bacteria in the water that can make infections infinitely worse.

Sleeping in could cause disease and “jet-lag”

Rachael Murray
STAFF WRITER

We have been instructed about the basics of sleep and its importance for a healthy life since primary school, though some guidelines have been adjusted for our growth.

No longer are we recommended to get 10-12 hours of sleep a night, since 7.5 should be enough for adults to function healthily (though some at WebMD.com certainly disagree and think that amount should be the same suggested to children).

“The more sleep, the better,” is WebMD’s ultimate golden rule on sleep, but even this basic creed has some underlying concepts that need to be addressed.

The time that we do set aside for something sleep may be just as important as the pillows with our heads. Sleep specialists believe that maintaining a regular schedule of sleeping may be just as crucial as the amount of sleep we get; that is, weekend lay-ins and vacations sticking to a nocturnal lifestyle are less beneficial than we would like to believe.

It seems life is not complicat-ed enough that something as deceptively simple as sleep would require scheduling in our busy days in order to maximize its usefulness to the body.

But research suggests that not sticking to a regular sleep schedule can lead to us feeling groggy and disoriented throughout the day, effectively recreating a biological jet-lag effect.

According to Heather Haffield of WebMD, “many women sometimes get fewer than six hours a night” of sleep, and these hours often vary from day-to-day.

Many students simply drop into bed when the work of the day is complete (or almost complete) or when exhaustion hits; it is often a matter of which occurs first.

“In my case, it’s often exhaustion that wins out,” Clarissa Levinich, a sophomore Art and Social Work major, weighs in with her results.

Yet if I can afford to go to sleep at a certain time.”

Students and doctors agree that sleep is an afterthought, something that happens once the work is all done. However, since work loads are often unpredictable and schedules are certainly prone to further fluctuations, “affording” to set aside a specific block of time for sleep may be too-tall order to fill.

Further complicating our sleeping problems is the fact that “more than 70% of women complain of sleep problems during menstruation, when hormone lev-els are at their lowest,” according to Dr. Amy Wolfson, author of The Woman’s Book of Sleep: A Complete Resource Guide.

The obvious solution to the jet-lag feeling from a disrupted sleeping schedule is to sit down and schedule out our evenings. But, being realistic, who really can “afford” to do something like this?

Chopping up our days into lit-tle manageable boxes is difficult enough, let alone the difficulty of sticking to that schedule for our hectic lifestyles. Instead, try to set aside a time to curl up in bed, and give yourself at least seven hours to sleep.

It would be important to stick with this goal, even on vacations and weekends, to see the best results.

What else can you do to max-imize your full sleeping potential? Drop the caffeine after 2 p.m. and the alcohol after 6 p.m., both of which can keep you awake at night. Keep your room cool, dim, and dry for optimum sleeping set-tings. And if you have the time to spend unwinding, curl up with a book and kick the computer and textbooks out. Basically, anything that you can do to avoid stress and further agitation should be consid-ered for the best sleep possible.

Newlywed, seasonable, or in the midst of the school year, each year around this time, the news is filled with stories of college Spring Break trips gone wrong. Cedar Crest’s Chief of Safety & Security, Mark Vitalos, offers some advice for students planning exciting trips over the next week.

1. When traveling, make sure you know your route before you leave home.
2. Inform family or trusted friends of your route, destination, estimated time of arrival and the address and telephone number of your destination when possible.
3. When in your vehicle, keep the windows rolled up and the doors locked in stop and go traffic and especially at stoplights.
4. Lock your vehicle when you leave it.
5. Park in areas that are well-lit at night.
7. Be prepared for vehicle trouble. If you break down, raise the hood, turn four-way flashers on or place warning devices along the road behind your vehicle and call for assistance on a cell phone.
8. If possible, avoid isolated areas and do not travel alone.
10. Carry only what you need to carry. Money, credit cards, pass-port, etc. can be carried in your front pockets instead of a purse.
11. If you are being followed, change directions, cross the street and/or go into a public place and call for assistance.
12. In a hotel, keep valuables in a safe if available, not in your room or luggage.
13. While using an ATM, watch for suspicious activity as you approach the machine. If some-thing doesn’t look right continue on without stopping.
14. If you go to a party, go with a friend, watch your drinks at all times and return with a friend.
15. To avoid the possibility of someone slipping something into your drink, do not leave your drink unattended. Don’t accept drinks from someone you do not trust.
16. If something does not look right or “feel” right, it probably isn’t and you may want to avoid the situation altogether.

Safely and Security: Enjoying Spring Break with care

February 28, 2008...w w w . c e d a r c r e s t . e d u / c r e s t i a d

Ocean, hot tubs: Breeding ground for serious illness

LIFESTYLES

The time that we do set aside for something sleep may be just as important as the pillow with our heads. Sleep specialists believe that maintaining a regular schedule of sleeping may be just as crucial as the...
Well, well, you came to the right place, sweetheart! Emo slash punk rocker type huh? Let’s dis-sect this dude. First of all, if you’re going to be an emo slash punk rock, I do not think you can possibly be happy and fun unless you’re either prescribed to fantastic drugs or illegally bought them. My thoughts on this guy already is that he is just dressing emo slash punk rocker because he might be a going through a phase (we all do) or he’s looking for attention.

My past experience with emo slash punk rockers is very disappointing, so I hope this does not turn you off. This dude I was “talking” to seemed cool and all, then he got shy and, just like you, the ball was placed in my court. Now, I am very outgoing and fun, so I had no problem telling him how I felt, but then I realized I couldn’t be in a relationship like that. If you are putting all the effort into the relationship and he’s not, then it really doesn’t count as a relationship.

Communication is the num-ber one factor in a relationship. If you don’t have communication, you’ve got nothing. You need to ask yourself questions. Ask your-self. Could I see myself with this dude in two years? Am I the one that is going to be putting all the effort into the relationship? Is this worth it?

In order to have a perfectly stable relationship, you need to put 50% into it, he needs to put in 50%. If he is putting the ball in your court, doesn’t that seem like an early sign of a weird relation-ship: a relationship where you are going to be making all the decisions? Shy ones are hard to break. I suggest you hang out with him when you guys are not taking vodka shots. Maybe go grab a bite to eat, get coffee, maybe even go to one of his punk rocker slash emo shows to show him you’re interested in him. Honestly, you need to com municate and talk to him. Build up each other’s trust. If your gut instinct really tells you that you like him, then go for it. I think you should try this out, whether it turns out good or bad. If it turns out bad, then you can take an experience away and learn from this relationship, that is the only way you are going to truly find what you are looking for in terms of love.
Celebrating a sober St. Patrick’s Day

Stacey Stangl

It’s not just in your bowl of Lucky Charms - the luck of the Irish will be celebrated by generations of Irishmen and people of other cultures alike. But how does one go about celebrating the holiday, especially if you aren’t old enough to drink some of the Irish-lavored Green Ale or a McGuire’s Fuzzy Irishman? One local city is exorbitant when celebrating Celtic cultures such as the Irish. With its own Celtic Festival, Bethlehem is well-known throughout the United States and beyond as one of the most popular cities to honor and celebrate the Celtic people. The second annual Winter Fest is being held indoors at the Rauch Field House of Lehigh University on March 1 and 2 this year, prior to St. Patrick’s Day.

People from all cultures and generations come to see the Irish step dancers, bagpipers, fiddlers, Highland Athletic Championships, exhibitions, Celtic artisans and crafts. There are some workshops located within the festival, such as harp lessons and Celtic Quest, an interactive activity to learn more about Celtic nations through displays and demonstrations. There are also vendors that will produce your family name history, if you are of a Celtic background.

Another thing that raves about at Celtic Classic and Winter Fest are the delicious traditional Celtic foods served at the festivals. Irish dishes and desserts include things like Bailey’s Irish Cream Cake, Irish Pork Barbecue, Irish Soda Bread, Irish Nachos and Irish Beef & Beer Stew.

However, if you’re at home and want to celebrate alone or with your family and friends, there are a plethora of crafts and edible things you can make to make your holiday more enjoyable.

Endless possibilities exist for St. Patrick’s Day crafts. From pins and buttons, to leprechaun hats and “Lucky of the Irish” mobiles, you can create almost anything you want to celebrate the holiday.

A large number of the Irish population will celebrate in a small way by wearing a pinch proclaiming their heritage. Making one of these is easy and can be done in less than a half hour. What you do is take an old piece of preferably green cloth (from, say, scrunchies or old t-shirts) and sew the fabric so it is a long skinny tube. Attach a rubber band to a paper clip and push it through so that the rubber band is accessible through the end. Tie the rubber band together, and close off the fabric by sewing it. Take the leftover green material (or, if you’re up to it, buy the embellishments at a local craft store) and cut out a shamrock shape and hot glue it on. Last but not least, push a pin through the fabric in the back and attach it to whatever you like.

A craft that is a little more time-consuming is the Irish mobile. To start this one off, go to a craft store and buy some patterns (foam or paper would be easiest) of symbols of St. Patrick’s Day – a leprechaun (or his hat), a pot of gold, a rainbow, shamrocks, harps, etc. Also purchase some string, a small pack of pipe cleaners, and a small wooden dowel rod (the size is your choosing, for however large you would like to make this project). This dowel rod can also be replaced with a hanger for a more cost-friendly, simple mobile.

To begin your creation, punch holes in all of your patterns, and tie the string in two places – the first would be around the punched hole, and the second is around the dowel rod or hanger. Attach each of your symbols in this way (with alternating string lengths), and place the strings where you would like each one to stay on the dowel rod. Wrap the pipe cleaner tightly around the whole length of the dowel rod so each string stays in place, and leave room at each end. Hot glue both ends of the pipe cleaner to the dowel rod.

Lastly, tie a piece of string or yarn to each end of the pipe cleaner to serve as something to hang it with. This project is something you can be even more creative with, adding glitter glue, rhinestones, bells, or anything you want to it.

And what would St. Patrick’s Day be without some Irish delicacies? Freshmen Secondary Education and English major, Jessica Szoek said that, in elementary school, her teacher helped the class celebrate by making “Leprechaun Pudding.” "She would give us the pudding when we came in on St. Patrick’s Day and there would be little green footprints on our desks,” said Szoek, “which my teacher said meant the leprechaun had come.” It was simply vanilla pudding (or this idea can be applied to vanilla cakes and cupcakes) colored with green food coloring, which contained a candy leprechaun or shamrock on top of it. Speaking of shamrocks, it’s the perfect time of year for a Shamrock Shake. You could get one from McDonald’s, but what’s the fun in that? Make one yourself by purchasing some vanilla and mint chocolate chip ice cream and some Irish cream (found in most grocery stores near the Half & Half section). Blend it together to a favored consistency for a quick and delicious Irish-inspired treat.

For the exuberant chef, Irish fudge is also a great idea. To do this, simply consult a typical fudge recipe and add 2/3 cup of Irish cream for every 1/2 pound of butter/mar- garlicine in the list. This yummy concoction is a little more time-consuming (about a half hour to make, and several hours to cool), so it is best to prepare the day before St. Patrick’s Day.

The result: I have not shaved my legs for over two months and I believe the last time I shaved was on December 29, 2007 before the Rail Road Earth show at Penn’s Peak. You can only imagine how warm I have been on these cold winter nights and even though spring is far off, my vacation to Chicago is not.

I will be flying to Chicago for one night only to meet my friends’ family at the prestigious Drake Hotel for their mother’s 60th birthday party, and even though my dress will be sparkling I do not want my hairy legs to scare off any potential mother-in-laws.

I am in desperate need of something quick, easy and not too expensive so I decided to try something new while I was at the health food store.

I saw the Moom products and decided to give them a try because at times like these I have to use more than two razors to get the job done. I have also tried the Nair products as well and always felt nasty and gross after my legs were burned and they smelled like bad chemicals in a sweaty locker room. Besides, Nair is far from being the natural safe alternative.

To the one place I felt safe from embarrassment and warmed up a pot of warm water. I sat in Dave’s kitchen reading the instructions and slowly slathered the sugar tincture onto my legs. The mixture smelled so good and when it came time to rip it off my Cheshire cat tattoo I yelped! I was more confused than shocked because it was not that painful at all. Moom was right! The sugar and chamomile calmed my skin and the tea tree oil and lemon juice blend soothed my pores. I felt surprisingly good about continuing on with all the slathering and ripping of my skin, because it did not hurt. I have always felt that women should not have to sacrifice so much for the sake of beauty and I do believe Moom stands for that same principle as well. After I was finished waxing, I washed my legs in warm water and allowed the skin to breathe. The instruction booklet recommends applying a light moisturizer so I lathered jojoba oil all over my legs and they felt fantastic. They were shiny and silky soft and I could not help rubbing my bare legs against each other for the rest of the night.

Where to find it: You can find Moom at any Wegman’s or health food store and it comes in several packaging options. The Moom accessory kit includes 12 body-sized strips, 6 face-sized strips, and 4 large and 4 small wooden applicators for only $7.95. The strips are reusable and will last for several years because after you are finished using them, you can hand wash in warm water and allow to air dry. The Moom wax can be sold separately from the kit for only $12 and this could last for two wax cycles, depending on the body circumference and the coverage area (some areas on my body had to be re-applied twice). The two can be sold in one packaging as a gift as well.

If you are the type of person to do it yourself or are low on cash, here is my own recipe for natural wax.

One cup sugar
Juice of 1/4 a lemon (strained)
1/4 cup honey

- Microwave for one minute (watch it)
- Stir half time
- Let sit
- Heat on tea warmer or microwave for 10 seconds at a time
Megan Ammons
STAFF WRITER

The Spitfire Grill premiered at the Samuels Theatre this past weekend; the performances are Thursday, February 24, and Friday, February 25. The music and book were written by James Valez, lyrics and book by Fred Alley. It was directed by Tim Brown, and the accompaniment for the show was given by the very talented Dot Hemery.

This musical was based on the film The Spitfire Grill, and was about small towns and the people who live there. It began Peryl Talbott (Michelle Schmidt) made her way to Gilead, Wisconsin, after serving a five year prison sentence. There she met everyone in the small town. Percy took a job at the Spitfire Grill, as it was the only place in town it was work available. Her boss Hannah (Vicki Montezano) was tough, until she injured herself and needed the help. Caleb (Mike Febbo), Hannah’s nephew, has a series of fits throughout the musical. His wife, Shelby (Mariah McMullen) picked in to help at the grill while Hannah was injured, as Percy showed she had zero talent in the kitchen.

When Hannah decided she would like to get rid of the grill, the two young women helped her raffle it off. People from all over the country send in their one hundred dollars and essays explaining why they should get the Spitfire. The whole town assisted in trying to pick the winner. Even Edy (Michelle Tetreault), the town snoop, was allowed to help in the search. During the musical a romance builds between Percy and her parole officer, Sheriff Joe (Nick Martorelli) which proved to be quite entertaining.

In this small town, everyone had a secret, and they were all revealed by the end of the show. The audience learned about Hannah’s mysterious son, the reason Caleb is who he is, and why Percy killed her stepfather. Shelby’s and Caleb’s marriage became rocky and the audience applauded Shelby when she finally stood up to him. By the mood music played before the start, you could tell this wasn’t going to be a tragedy it was upbeat. The set was absolutely amazing. The shadows of trees, realistic painting of trees on the backdrop, and the use of real branches made the set look incredible. There were many props on stage and it made it interesting to look at, like the bookcase, for example. There was truly a wonderful use of stage for the jail, the inside of the grill, and back porch. The unique special effects included the jail cell door opening, and the turntable, which allowed changing from inside the restaurant to the outside. The sound was very clear, all the characters were audible to wrap the finished product in aluminum foil. One got the aluminum foil squeezed and spread the condiments, one got the burger (see and the commercials that air), one got the condiments, and one got the finished burger (one patty), one grilled it, and one got your fries. Tell about efficiency. While we waited (because it’s not fast food, it’s fresh food), I browsed around the establishment. On every wall, there were tons of copies of magazine covers from all over the United States that praised Five Guys as “Best Of.” When I say all over the United States, I mean all over; Washington State, Boston, Philly, Texas, Seattle and many more were included. On the high top tables behind us there were huge boxes of peanuts for our eating pleasure, and on the floor there were palettes of huge bags of fresh potatoes and peanut oil to fry them in to make French fries. I was in a state of astonishment, considering half of the time I do not know where my food comes from or how it is made when I go somewhere. This is also a good point for those of you who are allergic to peanuts.

Our order number was called, and we got our brown paper bag filled to the brim with food. We took a seat at a table, and started digging in. There were two silver buckets—one with peanuts and one with shells—and they were the only decoration on the table. I sent my fiancée for ketchup, mayo and vinegar, then unwrapped the burger. I was amazed. They were huge! You know the pictures you see and the commercials that air that show images of fast foods that are loaded with topings and look to be so big you cannot fit them in your mouth? Well, Five Guys actually serves them. Fresh meat (never frozen), fresh bacon, fresh toppings and fresh bread and to make it complete. The burgers were as juicy as they are when we have a hamburger in the summer. The fries were hot, and salty— but not too salty. I had absolutely nothing to complain about. Not even the price. We paid a measly and well-worth-it $17.34 for our dinner.

The menu is limited, but only because it’s a burger joint, not a full-flavored restaurant. There are little burgers (one patty), regular burgers (two patties), an array of types of hot dogs, and fries. And I love them even more because they serve Coca-Cola products. I high- ly recommend taking a half an hour to stop and get a burger. The quality is amazing, the price is college student friendly, and the environment is enjoyable and welcoming. I doubt Five Guys will be long before Five Guys is voted “Best of the Valley” for their food.

February 28, 2008

The Spitfire Grill: the weekend mediocré came to town

TINSEL TOWN

LIZ SKOZYGAS

I love babies. I never want my own, but I’m quite happy telling people how to steal their newborns, as long as I’ll be able to hand them back outside. As a last resort, I’ll make a mess or start crying. Apparently, celebrities aren’t like me in this sense, because they just keep reproducing like bunnies. Ellen DeGeneres, a boy and a girl, this past week-end, and Angelina Jolie showed up to the Golden Globe Awards wearing a hot looking black dress and sporting a baby bump. This child will be child number two for her and Brad Pitt, adding to their family of 396 children.

And apparently, the ugly duckling sister of Jessica Simpson, Ashlee, is preggers as well. And look who the poor girl got engaged to? Boyfriend Pete Wentz. Wentz posted a blog saying that the couple was making “something that cannot be illegally downloaded” and it’s “release date” is July 2008. Apparently, there is also video of Ashlee posing with a pillow under her shirt. Call me crazy, but this sounds exactly like the same situation that a certain celebrity (cough, Nicole Richie) got into with a certain rocker boyfriend (cough, cough, Joel Madden). Copycats.

Be looking for updates on Ashlee and Pete next time, because our very own A&E editor, the also famous Gillian Maffeo, will be speaking to the two of them tomorrow night. Hopefully, she’ll get the down- low on whether or not Ashlee is drinking water at the club, or if she prefers Apple Martin.

Speaking of Joel Madden, Rich’s on-again, off-again BFPEE Paris Hilton is said to be dating the Madden brother, Benji. Although last I heard, Benji was engaged to some model chick. Oh well. Bring on the double dates! May’s Britney Spears can baby-sit for Richie!

Speaking of Brittany, she’s still at the ranch, though apparently doing better now that her father stepped in and began to control her. And speaking of her former boyfriend Jamie Lynn is still pregnant, but got her GED, which is pretty exciting news. And surprisingly, Lindsay Lohan isn’t preggers yet, but wasn’t allowed into a party at Prince’s house after the Oscar party. I guess she must be doing better now that Prince for helping with popula- tion control. Finally, for all of you that had aspirations to hang out with Michael Jackson at Neverland Ranch, I’m sorry to say that I must now slash your dreams. The Ranch has been foreclosed, and is now up for auction. The cost is roughly $25 million, if anyone’s interested.
The Teenagers bring rebellion to America

Gillian Maffeo
A&E EDITOR

The new-age funky fresh trio, The Teenagers, have landed in the States (thank the heaven’s above). These French-born musicians, who now reside in London, have opened up a new genre of Indie/Electro/Lo-Fi.

Besides their modest urban style speckled with retro flavor, this band has by far the most unique, catchy voices. Since they were born in France, they have incredible sexy voices talking throughout their songs. The three members, Quentin, Michael and Dorian have released their first LP Reality Check, although it is hard to find in the stores. I first heard about this band at a small venue, fell in love with them, then called my cell phone. He watched them play at their even more, obnoxious and I would not recommend this band if you usually like to listen to Fiest or any of those sweet singing bands with beautiful voices. The Teenagers tend to sway you in the direction of their sexy European voices and intense indie genre. I usually workout to the majority of their songs. The instrumentals are totally unique, beside the fact that their concept of being a band is anomalous. Since they hail from across the pond, they bring over to America a whole music scene with a mix of 80s style. If you look at pictures of them, they almost look greasy. But if they make great music, then who cares, right?

The three members, Quentin, Michael and Dorian have released their first LP Reality Check, although it is hard to find in the stores. I first heard about this band from one of my friends from New York City. He watched them play at a small venue, fell in love with them, then called my cell phone. From that day on, I have been listening to them non-stop. You can compare them to indie bands such as, New Order, New Young Pony Club and Sonian Mobile Disco. If you never heard of these bands and cannot make a distinction, do not worry. The Teenagers offer a whole new music genre. In the next couple months, the underground music scene is going to go through a huge change and I guarantee that you will be seeing these rockers. The thing that makes them appeal to me most is their amazing sense of style. Yes, I know earlier I wrote that they looked greasy, but that whole 80s retro look is coming back into fashion (and the fact that they live in London, the fashion capital makes their style even more rep-utable).

Just to give you the lowdown on their ridiculous lyrics that make no sense, but are amazing because of their accents, they are filled with vulgar language. So if you are not into men with French accents talking about sex, I suggest you to scratch them from your “to buy” list. If you do decide to download their songs, check out “Homecoming” and “Scarlett Johansson.”

To check out more, visit their website at www.theteenagers.net, of their accents, they are filled with vulgar language. So if you are not into men with French accents talking about sex, I suggest you to scratch them from your “to buy” list. If you do decide to download their songs, check out “Homecoming” and “Scarlett Johansson.”

The Teenagers bring rebellion to America

22 Have knowledge
20 Mescal
19 Sensitivity
18 Soon
16 Realm
10 Do it again
ACROSS
6 Damson
1 Pelt

14 Course
15 Record
16 Realm
17 Limits
18 Soon
19 Sensitivity
20 Mescal
22 Have knowledge
45 France & Germany river
46 Takes the skin off (as in fruit) 45 France & Germany river
68 love (Italian) 69 U.S. Department of Agriculture
70 Decorative needle case
71 sotta (clay)
72 Luck
73 Churn
74 Brims

DOWN
1 Snare
2 Condo
3 Jewel
4 Useless
5 More damp
6 School group
7 Si
8 On
9 Jewish candle
10 Lab animal
11 Efface
12 Decoration
13 Makes hot cereal
21 Dexterity
23 Chinese pan
26 Worth
28 Child
29 Slack’s partner
30 Factor of ten
31 Zue’s wife
35 Regret
36 Spaks
38 Indonesian island
39 Press
40 Haze
42 Little Mermaid’s love

46 Contains Book of Psalms
47 Location
50 Digest
52 Tranquilize
53 Poised
54 Halt
55 Carbon di____
60 Nonpoisonous
61 Nonpoisonous
63 Extremely long time periods
65 Sonny
67 Cause of sickness
68 love (Spanish)
69 U.S. Department of Agriculture
70 Decorative needle case
71 sotta (clay)
72 Luck
73 Churn
74 Brims

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6 Damson
10 Do it again
14 Course
15 Record
16 Realm
17 Limits
18 Soon
19 Sensitivity
20 Mescal
22 Have knowledge
24 Dots are the life of a party
25 Brown
27 Boastman
29 One who obeys
32 Also known as (abbe)
33 Down wind
34 Globe
37 Wading bird
41 Land unit
43 Day of the wk.
44 Crop business
45 France & Germany river
46 Takes the skin off (as in fruit)
48 Reap
49 That (possessive)
51 Slurring
54 Beveridge
55 Organic compound
57 Gender
58 Vivacity
59 Nonsensical
64 Animal’s hind part
66 Sandwich fish
68 love (Italian)
69 U.S. Department of Agriculture
70 Decorative needle case
71 sotta (clay)
72 Luck
73 Churn
74 Brims

DOWN
1 Snare
2 Condo
3 Jewel
4 Useless
5 More damp
6 School group
7 Si
8 On
9 Jewish candle
10 Lab animal
11 Efface
12 Decoration
13 Makes hot cereal
21 Dexterity
23 Chinese pan
26 Worth
28 Child
29 Slack’s partner
30 Factor of ten
31 Zue’s wife
35 Regret
36 Spaks
38 Indonesian island
39 Press
40 Haze
42 Little Mermaid’s love

46 Contains Book of Psalms
47 Location
50 Digest
52 Tranquilize
53 Poised
54 Halt
55 Carbon di____
60 Nonpoisonous
61 Nonpoisonous
63 Extremely long time periods
65 Sonny
67 Cause of sickness
68 love (Spanish)
Campbell named Cedar Crest’s Athlete of the Week

Lizz Nagle
SPORTS EDITOR

Junior Sarah Campbell, forward for the Cedar Crest Falcons basketball team, was named Athlete of the Week for the week ending February 11.

This is her fourth time being named Athlete of the Week for her exceptional performance on the basketball and softball teams. Campbell averages 9.0 points and 7.3 rebounds per outing and leads the team in shooting percent from the field at 48.0.

Campbell is not hesitant to share that she has, “166 rebounds for [this] year so far. [a] .300 3-point percentage and I haven't fouled out of a game yet.”

Because Campbell plays a winter and a spring sport, she is working all year long to keep active.

“During season I'm at practices trying to work hard and during the off season I stay fit running and try to get to the gym to lift as often as possible. I just try to eat best I can before games and before practices.”

As a junior majoring in Biodiversity and Conservation Biology, this student athlete is an example that succeeding is about finding a balance.

“When all her hard work is put in for the day, Campbell enjoys “hanging out with friends, freestyle walking and living in the moment.”

The Falcons ended their season last Thursday with a 6-19 record. Campbell will be returning to the court next season. “I absolutely love the girls I play with and I wouldn't be getting this without their support and hard work. I can't wait for next year. We are gonna rock!” said Campbell.

You can also catch Campbell in action this spring on the Falcons Softball team. Their first home game is on March 18 against Keystone College at 3 p.m.

Sarah Campbell has won multiple Athlete of the Week titles for her hard work on the basketball court and the softball field.

Thersia Ault
STAFF WRITER

Cedar Crest softball is back. It is time to start the 2008 season, and the softball team is getting ready. Conditioning, batting, catching, throwing, catching, batting, and some more conditioning.

If you have been paying attention, that is what you would see the softball players doing to prepare themselves, starting off each practice with a mile run.

“I think we are really, really good.” said junior, Alyssa Bonner.

“We have freshmen who work really hard, and the upperclassmen have been working really hard to make this season the best.”

Head coach Kristy Henritzy, returning for her sixth season coaching softball at Cedar Crest, stresses that the team has been working hard to get themselves in shape.

“We are going to Disney [World] for spring break!” Coach Henritzy said. “It will be here that the team can work out [their] kinks before we begin our PAC season.”

There are eleven returning players and five new faces on this years softball team.

Some of the returning players that coach Henritzy says have been “working hard for the past three years,” and whom she has “high expectation” for are: senior Melanie Devlin, and juniors Allison Holland, Alyssa Bonner, Tasha Breiner and Sarah Campbell.

“All of the returning players are seasoned, so we should have a pretty good year,” coach Henritzy said.

“We have the tools and a lot of experienced players to do well this year!”

Also some key freshman to look out for include Kimberly Larrobe, Amy Stumpff, and Danielle Freeman, who coach Henritzy says “should be contributors to a successful season!”

With 2007 season ending too short, sophomore CJ Krise’s goal for the team is to “make it to the play-offs!”

So let’s go softball fans! Put on your falcon gear and cheer your butts off for a successful, winning softball season!

The Cedar Crest softball team is conditioning, preparing for the upcoming season. They hope to improve from last season.