Did you remember to turn off your lights?

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3-UN recognizes global warming as growing concern
3-Documentary film involves campus in global conservation efforts
3-In the News...
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4-What do Biodiversity and Conservation Biology majors do?
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12-STOP Global Warming: What you can do
13-Gadget: Environmentally friendly light bulb
13-Bet you didn’t know: Brian Exton
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15-Small Screen Debuts: An Inconvenient Truth
15-Chitter Chat: How about those celebrities?
16-Two ways athletes can help fight global warming
Evolution explained from serious and funny angles

Lori Gallagher

“Darwin isn’t just important to scientists, he’s important to everyone,” said Dr. Catherine Cameron, Professor of Social Sciences, Dr. Leslie Aiello took the stage. Aiello, who is the president of the Wenner-Gren Foundation of Anthropological Research, explained that in the study of evolution, “each year brings something new.” The main focus of Aiello’s lecture was the major findings that link humans to other species that existed millions of years ago. Aiello said that even though the discovery of Lucy in Ethiopia in 1974 was a great finding, it was only an anchor in the understanding of human evolution. There were many differences between Lucy and modern humans, including the size of her legs and arms and the difference in the structure of the big toe.

According to Aiello, “the actual study of evolution began in Olduvai Gorge, Tanzania.” This is considered the beginning because the landscape of this region allowed scientists to actually date the fossils. At the conclusion of her presentation, applause rippled through the auditorium. Dr. Robert Wilson, Assistant Professor of English, introduced Mike Argento, a columnist for the York Daily Record. Wilson said of his knowledge of the structure of the big toe. Wilson said of his knowledge about Lucy, “I only know two things about this man. One is that he has never been in jail and the other is that I can’t imagine why not.”

Argento explained that as a columnist, it is his job to find the funny side of an event. When he heard that the Dover Area School District school board was going to court because of their push to have Intelligent Design taught in school, he wondered where he would find the humor to write his column. After hearing from the school board and their witnesses, Argento soon found that finding a fun angle would not be as difficult as he had anticipated. One particular moment that Argento highlighted in his speech was the testimony of Dr. Michael Behe, Professor of Biochemistry at Lehigh University, in defense of the school board. Argento said that Behe supported Intelligent Design because cells look like machines, so they must have been created. “I don’t know how much you can trust a scientist if he can’t tell the difference between his dog and a lawn mower,” said Argento.

Argento highlighted several areas of the case, but explained that the judge ruled against the school board and the teaching of Intelligent Design.

Students seek research participants

Christa Hagan

“In your education, you are expected to examine the possibilities of the world around you. As a psychology student, you are also expected to examine the world around you,” said Professor Dr. Alicia Doerflinger added to Lewis’ thought that the completion of the project is “a justification of what you are going to do.”

All senior Psychology majors have to have an internship or complete a two-semester research project that will end with an oral presentation of the results. Students typically start working towards this in the fall of their senior year. During this time, students will select a topic that they hope to find information about and begin brainstorming ways that they can go through with the study. This includes not only deciding how to collect the data, deciding on the research questions, and choosing one with one of the psychology professors as an advisor, but also the process of going through the Institutional Review Board (IRB).

The IRB is the board on campus that must approve any study or research before students from the college begin. Currently, 18 Psychology seniors are in the middle of collecting data for their studies. “Psychology is a discipline that relies on research. You need human participants... our study relies on it,” said Dr. James Skupensky, Assistant Psychology Professor.

To participate, students may go down to the Psychology Department, in the basement of Curtis, and sign up on the boards posted with all the different studies. Along with sign up sheets, are the student researcher’s names and titles of studies. Some time around July, another report is expected to be released. According to Cigliano, this report will highlight ways to reduce global warming.
Linda Misura
MANAGING EDITOR

On Thursday, Feb. 1, some of the lights went out on Cedar Crest’s campus in conjunction with the rest of the world. It was a power outage of sorts, though one done purposefully. From 7:55 p.m. to 8:00 p.m., students were left in the dark and in total darkness, looking unplugged all appliances and sat in the dark for five minutes, hoping to bring attention to the release of the report by the Intergovernmental Panel on Climate Change. On the other side of the world, in Paris, France, the Eiffel tower also participated in this energy saving movement.

V-day heightens violence education

Leann Peltti
STAFF WRITER

Each year Cedar Crest celebrates V-Day which is a day to stop violence against women. Every year, the Cedar Crest V-Day honors women’s rights and abuse. Professor of Religion expands horizons in Egypt

La Lonnie Moore
STAFF WRITER

Dr. E. Allen Richardson, professor of Religion, has returned from Egypt, where he was invited to participate in a month-long seminar on teaching Islam.

“I decided to go after being

invited from the American Center of Oriental Research and the Council of Independent Colleges to participate in a seminar on teaching Islam.

The seminar was to be held in Amman, Jordan from Dec. 18 to Jan. 19. I added a week-long antiquities tour in Egypt to this program at my own expense,” said Richardson, a self-proclaimed fanatic of Egyptian religion.

Richardson has overcome some barriers during his trip. He said, “because of some health problems, I had to cancel the Jordanian part of the trip. However, I was able to retain the tour to Egypt.”

Richardson found that the experience of spending a few days in Egypt was more effective than learning about a culture from a book.

“The trip was both an incredibly academic experience and something of a personal pilgrimage. I learned more in five days about ancient Egypt than I had in more than a decade studying Egyptian religion,” said Richardson.

Richardson said that it is difficult to name the most memorable experience, because there were many momentous encounters during his trip.

In describing his trip overall, Richardson said, “Try to imagine what it is like on a clear night with a light breeze entering the Karnak Temple in Luxor (formerly Thebes).

As you look overhead, the Big Dipper can be clearly seen and points down almost to the temple itself. This temple, which is dedicated to the god Amun-Ra, was even larger than the Romans were in Egypt and half buried in sand throughout the nineteenth century. Inside this 64-acre complex is a ‘hypostyle’ of 134 immense columns each of which is 75 feet tall and 32 feet in circumference. Imagine thinking about this ancient god in a place like that was sacred space 4700 years ago.”

During Richardson’s absence, his classes were taught by Social Science Adjunct Professor Mohamed Rajmohamed. “Mohamed is a colleague and a friend who I trust completely with my classes. Students like him and appreciate his broad base of knowledge.” Richardson said he feels totally different now that he has returned, he even feels that his trip to Egypt will offer his teaching from here on out.

“I doubt that I will teach Egyptian religious history the same way after having seen so many of the things that I have studied. In the same way, I will never look at our history in the same way either. It is hard to compare or contrast a history that is a little over two hundred years old with that of a civilization that endured for more than 3000 years,” he said.

An Inconvenient Truth

Recently released documentary film involves campus in global conservation efforts

Liz Skoczyk

Humans likely cause for Global Warming

In a 21-page report for policy-makers, the group of climate experts unanimously linked, with 90 percent confidence, the increase of average global temperatures since the mid-twentieth century to the increase of man-made greenhouse gases in the atmosphere. Fossil fuels like methane and carbon dioxide trap heat near the surface, a process known as the greenhouse effect. The greenhouse effect is a natural phenomenon, but human activities, like the burning of fossil fuels, can pour enormous volumes of these gases into the atmosphere, raising the planet's temperature and destabilizing the climate. Tornadoes hit Florida

Storms carrying the state's deadliest tornado in a decade cut a path across central Florida early Friday, killing at least 19 people, damaging hundreds of homes and littering fields with clothes, furniture and splintered lumber. Searchers moved through the four-county region, using spray paint to mark what they found in basins of buildings while resi-

dents who had startled out of bed came back to look for friends or loved ones and salvage anything that wasn’t blown apart.

White House interferes

Federal scientists have been pressured by the White House to play down global warming, advocacy groups testified Tuesday at the Democrats’ first investigative hearing since taking control of Congress. The hearing focused on allegations of White House officials who have allegedly influenced or controlled the government's climate programs, and have closely controlled what scientists have been allowed to tell the public.
Ben Folds to come to Valley
Ben Folds is coming to the Lehigh Valley. He will be at Mahlenberg College, in Memorial Hall on Sunday, Mar 25, at 7:00 p.m. Tickets will be $25, and you can save $5 by purchasing tickets through Cedar Crest College’s box office. There will be a limited number of tickets sold in the Allen House for interested students, faculty and staff.

Winter weekend features ice skating
Friday, Feb. 16 from 8-10 p.m. at the Steele Ice Center in Bethlehem for all Cedar Crest students, faculty and staff members and their guests. Reservations are required. Sign up at the Allen House with no deposit necessary. Includes transportation to Ice Steel Center, admission and skate rental.

Writing contest submissions being accepted
The Preterite club invites you to submit your work to its annual writing contest. To enter the contest, submit three hard copies of your entry WITHOUT your name and ONE WITH your name to the box in Hartzel Hall. Room 119. No more than two entries per person per category. Winners receive cash prizes and publication in the college’s literary magazine, “In Other Words.” Submissions due Feb. 26. Questions may be directed to Linda Misurra at 610-398-1199.

In the news at the Crest... Liz Skoczylas

Lieutenant Governor Richardson helps students discuss campus sustainability
Richardson has promised to attend this year’s event. Thime said, “Dr. Allen stepped in the way of some things that were not formally recognized by the administration,” said Cedar Crest College’s Campus Sustainability intern, and the red flags that we should recognize and question if an individual is in a dangerous or violent relationship. Education also gives us a basis of what to look for and the red flags that we should recognize if an individual is in a dangerous or violent relationship. Every year the American Bar Association and the U.S. Department of Justice nationally distributed 1,000 tool kits for teen dating violence. The kits were utilized by schools and military across the nation to educate on dating violence and promote awareness. Cedar Crest is hosting a free Dating Violence Awareness Event on Feb. 12, at 7:00 p.m in Alumnae Hall Auditorium. Teen dating violence has become prevalent in the U.S. and...
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.

Lori Gallagher
NEWS EDITOR

My story is probably not that different from most of you. It begins in the very small town of Catasaqua, PA, which is about 20 minutes from campus. Even though I lived very close to the campus, I did not hear about Cedar Crest until I attended the LCCC College Fair in the middle of my junior year. After I picked up brochures from many other colleges, my mom suggested Cedar Crest. I was up for anything at that point because I had visited two other colleges and both visits left me feeling like I would never find a college that I could someday call home. I filled out an inquiry card, and my Admissions Counselor, Andrea Stewart promised to send me specific information about Cedar Crest and the communication department.

In a few days I received the information and an invitation to Junior Preview Day. Without much hesitation, I registered for the program and on a warm Sunday morning in April, I found myself on this beautiful campus, surrounded by the breathtaking landscape and people who couldn’t do enough to help me.

To my surprise, Andrea, who I had only met once, at the college fair, remembered me, not just my name, but something about me. It was at that moment that I knew Cedar Crest would be my new home. I submitted my application and freshman year and received my acceptance letter on my birthday. It didn’t take me long to discard the pile of college search pieces that had been accumulating in my closet.

I remember going back to high school in my new pink Cedar Crest hoodie and telling everyone, with a smile from ear to ear, that I had made my college decision.

At the time, people would ask why there, why Cedar Crest. I didn’t really know what to tell them. Maybe it was the atmosphere, or maybe it was the people that made Cedar Crest so special. Even after the 2004 August orientation, I could not explain the overwhelming joy that I felt when I was on campus.

Now, as a junior, I am finally beginning to understand why Cedar Crest found a special place in my heart. During my last three years, I have been involved with many activities on campus. It is my association with campus organizations and the opportunities that I have had that have made my Cedar Crest experience priceless. I have had the opportunity to work as an editor for The Crestiad, serve as a student ambassador and also a Resident Advisor.

When I call my friends from high school, who decided to attend large, public colleges, they envy the opportunities that I have. Thank you to everyone who has made Cedar Crest a home for me.

Sueen Lopez
BUSINESS MANAGER

The Biodiversity and Conservation Biology major at Cedar Crest College allows students to delve into the studies of biodiversity and conservation biology. For more information on Biodiversity and Conservation Biology, please visit www.cedarcrest.edu/crestiad.

What do BIODIVERSITY and CONSERVATION-BIOLOGY MAJORS do?

The Biodiversity and Conservation Biology major at Cedar Crest College allows students to delve into the studies of biodiversity and conservation biology. Faculty and staff educate students through five different approaches.

Research is one of the most important components, allowing students to create and implement their research in biodiversity and conservation.

In order for students to be successful in the field they must have the traditional classroom training. This exposes students to the fundamental concepts and knowledge they need to expand their world in diversity and conservation.

After many hours of classroom training students are encouraged to participate in field studies, which have led students into the depths of the Amazon rainforest and to the coral reefs of the Caribbean. “One memorable experience was during the course in Belize when we were attempting to do a coral reef survey for one of our research projects. The weather was not cooperating at all the last couple days, so we ended up having to modify our methods for the project in order to accomplish our task. It was a good lesson about working in the field, and how one may have to adjust to various factors that cannot be controlled,” said Emily Ditrmar, a senior BCB major.

Students are also offered the chance to participate in semester-long research projects located in Baja (Mexico), Kenya and Costa Rica to name a few. “Both Dr. Fairey and I offer field courses. I teach a marine field course in Belize and Dr. Fairey teaches a terrestrial course in Arizona. We are also an affiliate member with the School for Field Studies. SFS has campuses around the world and students can spend a semester or a month in the summer studying at one of them. And because we are an affiliate of SFS, courses transfer directly into Cedar Crest,” said Cigliano.

Faculty also utilize the Bioinformatics and Computational Biology Program. The program is one of the most powerful analytical tools used by conservation biologists.

This program gives students the tools they need to examine large amounts of biological data and sculpt ecological systems. Faculty also give students the chance to take part in political and civic services.

One of the most important aspects of the major is to provide students with internships and collaborations. These work experiences ease the transition for students from college into the work force by making them marketable to the major players in the industry.

The popularity of this major continues to increase, because of escalating fears about the future of the environment. Faculty of the program have and continue to offer students with a memorable experience that trains them to be assets to the ever-increasing industry of Biodiversity and Conservation Biology. For more information about the major visit www.cedarcrest.edu or contact Dr. John Cigliano, Program Director.
Join a

Conservation Club

Christa Hagan
OPINIONS EDITOR

"If we learn, finally, that what we need to 'manage' is not the land so much as ourselves in the land, we will have turned the history of American land-use on its head," was once said by the founder of Earth Day, Gaylord Nelson. In 1969, Nelson created and established Earth Day to encourage environmental awareness and to concentrate on saving the earth. Years later, the Cedar Crest Conservation Club utilizes this day to bring awareness about the earth and our actions every year.

The club, however, does not stop at Earth Day, but strives every day to leave this planet better than how they found it and to encourage others on this campus to do the same. According to Dr. John Cigliano, Associate Professor of the Biological major, "Right around the same time as the development of the major, the club formed. Since then, members have been doing their part in teaching the campus about environmentally friendly behavior.

Students join for many different reasons. President Renee Crane said that she joined because she "was very interested in conservation biology and wanted to become more active in the community." Crane is a senior biology major who remains active and involved in the club by "helping organize events like Earth Day and making sure club members get involved in activities on campus that promote conservation."

On top of Earth Day, the club also runs a conservation newsletter, participates in Adopt-a-Highway (a program where the club agrees to clean up a section of road) and raises money to save endangered species.

If you are interested in attending meetings or would like to seek more information, you can e-mail Crane at Racrane@cedarcrest.edu.

What can a light bulb do?

Linda Misiura
FEATURES EDITOR

Reduce. Reuse. Recycle. The first two of the three Rs are things that you need only your own self-will to achieve. Reduce the amount of waste you create by making only enough food for a meal, eating leftovers, or creating a compost pile. Also, only buy things that are packaged properly, not in three layers of plastic. Reusing is easy too. Get creative and construct some artsy craftsy projects or simply purchase things that are reusable, such as razors that are not disposable.

In order to recycle though, we all need a little bit of help. The following diagram shows you where on campus you can recycle and what you can recycle there. Most classrooms have a bin for paper recycling. In the café there is a container for glass and plastic; a second one is located in the Psychology department in the basement of Curtis. Each of the residence hall trash rooms should have one as well.

The chart below shows just how much money a CFL can save: $36 over the life span of a bulb. Many of the light bulbs on campus are being replaced with CFLs as the incandescent bulbs burn out, which will save energy and money in the long run.

In 1880, Thomas Edison brought light to the American people. The first major revision of Edison’s creation is now becoming popular in homes, and for good reason. Compact fluorescent lights, or CFLs, consume much less energy than incandescent bulbs, burning for years on end and at lower temperatures.

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Science/ Oberkotter/Miller
Paper: In most classrooms
Cans/bottles: Near Oberkotter

TCC
Paper: Near copier at Info Desk
Cans/bottles: In Cafe

Alumnae
Paper: In most classrooms

Blaney
Paper: In most classrooms
Cans/bottles: First floor near soda machine
Computer Labs

Cressman Library
Paper: Near copiers and printers

Butz
Paper: In trashroom
Cans/bottles: In trashroom

Moore
Paper: In trashroom
Cans/bottles: In trashroom

Curtis
Paper: In most classrooms
Cans/bottles: Next to soda machine, 3rd Fl.

Steinbright
Paper in trashroom
Cans/bottles: In trashroom
The Crestiad has been the student newspaper of Cedar Crest College since 1923 and in recent years has grown in several ways to help better serve the campus community. It has increased in size, frequency and has added and redefined several sections. It is our hope that the Cedar Crest community looks forward to The Crestiad each week and it is again our hope that The Crestiad can set an example for other campus departments and organizations to follow.

With the inspiration of our editor in chief, the staff has taken the initiative to implement several policies that conserve energy and resources. We often collect paper from recycling bins around campus to be used once more and only then do we recycle it. More of the policies we follow are stated below.

“Make heating and cooling systems more efficient. Conserve usage on campus.”

Kristin Chapman ’07

“Dimming Lights...in the hallways and lounges. If no one is in the lounge why do the lights need to be on?”

Kelli Perron ’10

“Buy halogen light bulbs – they last longer and are more energy efficient.”

Maxine Tam

“The Crestiad took the time to develop and print this special issue with the hope that the community will benefit greatly and be inspired to make some small changes. Please take the time to go throughout the paper and then make a few changes in your own life.”

Zoe Tuck ’07

“Make heating and cooling systems more efficient. Conserve usage on campus.”

Joyce Nowicki ’09

“Buy halogen light bulbs – and don’t run the lawn mower every day in spring and summer.”

Carolyn Zapata ’08

“Don’t even know for fact that human saliva has bacteria in it. We never tested that in lab.”

This mentality goes back farther than college biology labs, all the way to the years I spent in middle school. I’m not exactly sure how these feelings originated, but I do know other people feel this way too, maybe just not as strongly. For example, X finds it disgusting when another person’s spit hits them in the face during a conversation. However, this same person X would be fine with sharing a 20 ounce bottle of Sierra Mist (no straw) without wiping off the bottle between swigs. Or X would be fine with sharing a drink, they are not fine with someone double-dipping a French fry in their ketchup. To me, a spitting talker, a shared drink or a double-dipped fry are all the same thing, all have the same outcome. And yet another person might accept one but not the other. When I share this saliva sharing mentality with people they think I’m way out there.

I would just like to point out that it’s not just professors here at Cedar Crest that lick their finger before passing out a sheet of paper, I see spit being exchanged everywhere, everyday. If you are one of these people, maybe you could keep in mind that not every-one is okay with your saliva.

Opinions

Don’t even think about spitting

Maxine Tam

STAFF WRITER

Imagine this scenario: You’re sitting at your desk on the first day of classes. A professor begins passing out the syllabus along with a guideline sheet for the final project in hopes that you won’t wait until last minute to start planning for it.

Now, your professor makes his way to each row, distributing the papers. Since the single sheets are hard to separate, she licks her finger to grip enough pages for everyone in your row.

The pile dwindles down as each classmate in your row takes a sheet and passes the rest on. Everyone is reading the pages and thinking about their final projects, but all you can think is, “Ew...there’s saliva on my papers.”

Okay, maybe this isn’t what you think in your head, but I do. Some of my friends, and even strangers might blame this mentality on the courses I’ve taken on my Cedar Crest journey, but I have to confess this is not true.

I have taken microbiology courses and have seen bacteria from people’s mouths grow on plates, and let me tell you, it is not a pretty sight. But it is not for this reason that I would think, “Ew!” when receiving that spit covered sheet of paper. In actuality, I don’t
La Lonnie Moore  
STAFF WRITER

The headlines on Feb. 1, 2007 read, “Biden bites his tongue.” (D) Senator Joseph R. Biden Jr. from Delaware, the ninth candidate to place his bid for the presidential nominee for the elections in 2008, decided to test the waters and issue a statement that he claims was supposed to be a ‘compliment’ to his rival Barack Obama (D-Illinois). “I mean, you got the first sort of mainstream African American who is articulate and bright and clean and a nice looking guy.” This comment by Biden, “I mean that’s a storybook man,” is not full of terms that are ambiguous in their denotative nature but not full of terms that are ambiguous in their non-visual nature. Who is to say that all of these people aren’t significant in history. Who is to deny their importance and begin to remember that all political or personal ideals one is supposed to be a ‘compliment’ to any of these men or women’s vocabulary, especially if you are a proper English, who is grammatically stunted and who is twenty four years past needing to bathe? In any case, once you allow sludge to trickle out of your vocabulary, especially if you are a public figure, no matter how many apologies that you issue, the words that were first uttered from your audience, these words and their reiterations are things that will not be forgotten. How will this impact his bid for the presidential nominee? As a voter who is of the African-American population, I know who I will not be voting for. Hopefully, one day his words will fade from my memory and I will slowly begin to remember that all politicians are not ignorant, self-serv- ing, parasites who thrive to suck the life out of the people whom they serve.

Kelly O'Donnell  
A & E EDITOR

Snow. Some people hate it and some people love it. I am one of those people who loves snow more than anything else in the world. Most people want to get married in spring time with lots of flowers in bloom. While that does sound beautiful, I can’t wait to get married while there is snow falling down all around me in the middle of winter.

I don’t really know exactly when my love of snow started. I would say probably when I was a kid. I remember the blizzard of ‘94 or ‘95, in the Northeast, when we got huge amounts of snow. The plows had come through and the mounds were so big that I could stand behind them and have snowball fights with my friends in New Jersey. Years later, when my family moved to the Poconos in Pennsylvania, I can remember playing with my sister and broth- er in the snow, making snowmen, taking pictures, and feeling so cold. I absolutely adore the feeling of being freezing cold and walk- ing into a warm house, feeling your body warm up but touching your face and still feeling the freezing temperatures from out- side.

I think another reason that I have that love of snow is that I wait and listen to songs about it. I waited and listened to songs of snow. I listened to each song that was about snow. I even learned by writing my news column that the White House is trying to cover up the fact that Global Warming is hap- pening. I don’t have solutions to glob- al warming. I will probably never have solutions for it either. But isn’t the solution to not knowing about it, ignoring it? It’s time that we do just that. I guess I feel that no matter what happens in life, I will be happy if it snows.”

Christina Hagan | Opinions Editor

I...
Over the bridge, to save the planet

Linda Misuria
MANAGING EDITOR

I’ve recycled ever since I can remember. In my first home, the recycling bins were yellow and a big blue trash truck picked them up every week. We would separate glass and bottles into one bin, paper into another, and then I would watch as the men in orange vests dumped them into separate compartments. I often drew the trucks as a child because I liked the separating bit. But that wasn’t my only exposure to recycling. My Babci, Polish for grandmother, taught me another one of the R’s: reuse. She kept bread bags, plastic bags, rubber bands and scraps of all sorts. She even kept the paper napkins from the dinner table, reusing them to wipe the grease out of pans. We always kicked up a bit of fun at that, calling her frugal. But my Babci is always at the forefront of my mind now when I think about howing something reusable away. She haunts me, and that is good enough motivation for me.

I learned the three Rs when I was in third grade: My mom used to take my siblings and I to the library for the summer sessions. The theme for that summer was just that: the three Rs. I already knew about recycling and reusing from my Babci, but reducing was teenager of some of these things were pushed off to the side in favor of triple packaged lip gloss in ten shades and gadgets that were hardly ever used, but somehow necessary. In the past few years I have become more environmentally conscious once again, realizing that it’s not difficult, and it only takes a few moments a week.

The hottest political issue right now concerns those three Rs. Global warming is the one issue that affects every member of the United States, every member of every nation, all of humanity. As of late, we’ve heard things about climate change, which is little more accurate. But last Wednesday at a public discussion of the issue after a showing of Gore’s Do Inconvenient Truth, Dr. Ciglianò cleared up the confusion. “The correct term is really global climate change.” Ciglianò said, explaining that the changes that will happen, soon, and will affect the entire globe and the climate also. But that’s not all. The polar caps will melt, Greenland will melt, and the sea level will rise. Temperatures will skyrocket in some areas and drop into the negatives in others. Some nations will be wrought with drought, others will experience torrential down-pours. The changes will be tremendous, it’s happening right now, fast.

But we can do something about it.

There are small things that each member of the human race can do to change the way they leave their mark on the world. It’s hard to process the fact that your small contributions, like unplugging appliances when not in use or washing clothes in cold water, can really make a difference. But if you’re doing this, you’re committed. For myself and maybe one or two of your friends, we are making an effort to change our actions. We are consciously using less and doing our part. We’re spreading the word to our family and friends, who pass it on to their innumerable chains of friends, it can and will make a difference.

It’s time to bring out that poster that I made in third grade, the one with the three green arrows forming a triangle to tell the tale of reduce, reuse, and recycle. Gore says that lesson was important, but now I must apply it and teach to others. There are some big changes to be made, ones that will affect whether or not I have kids, where I live and work, and how comfortable my life is in general.

Will you help me save the planet?

For the better

Brea Barski
STAFF WRITER

Many students don’t use all of the allotted meals from their meal plans. Others don’t bother with free trips or campus events. Hectic schedules can account for a lot of this, but with the amount we’re paying to go to school at Cedar Crest, why not take advantage of some of the opportunities?

College Board, the organization that gives the SATs, announced that the average rate of financial spending and also your tuition and costs for four-year private colleges in the United States for the 2006-07 school year was $22,218. As we all know, Cedar Crest is considerably more than that.

I was reading excerpts from “Chicken Soup for the College Soul” when I came across a comic that commented on how much college costs per minute. I figured it out and without scholarships Cedar Crest costs over six cents a minute for every minute in a year. That fact amazed me (and upset a lot of upperclassmen who never considered what they’re really paying). So, in the middle of the summer when you’re laying on the couch at 2:00 in the afternoon, still wearing your pajamas, eating Spaghetti-O’s out of the can and watching your favorite reruns for the thousandth time, it’s costing you six cents a minute, same with television tanning, showering, and time actually spent in class.

If you continued to talk on the phone to a person in Australia (the land mass closest to the exact opposite side of the planet from Cedar Crest College) 247 for an entire year, your phone bill would be equivalent to less than a third of your Cedar Crest tuition. Debating religious theories with the Pope in Vatican City for a year would cost about half a semester and up-to-the-second updates on the war in Iraq for the year in order would cost about the equivalency of a Cedar Crest tuition.

I’m not going to get into the large houses each student could buy with four years’ worth of tuition, the cars we could purchase and replace each semester, or the countries throughout the world that have a net worth of less than our four years education. That’s not the point. The point is, we’re throwing away these not-so-small fortunes and a huge part of that is being wasted by many students.

Being a student at Cedar Crest allows us to take free trips, join clubs, see amazing speakers, attend fun activities, use the Aquatic Center, Fitness Center, and Da Vinci Center at no cost, and so much more. Why not do so? You’ve already paid for it.

Adding to the extensive list of events that students have already paid for through their tuition is all events that receive money from the Student Government Association (SGA). A part of tuition is given to SGA and they distribute it to different clubs across campus to use for their student events.

The Student Activity Board is another organization on campus that is responsible for planning events for the campus. How do they do this? Where does this money come from? You guessed it, it comes from the college, after students pay their tuition!

Free concerts and speakers are frequently on campus, campus events like Fall Fest, Winter Weekend, and Spring Fling offer fun for all students, bingo games with great prizes are offered around holidays and seasonally, movie nights, coffee houses, and many other types of events are offered as the result of our tuition, yet many students don’t utilize these opportunities.

Valentine’s Day Bingo is coming up on Tuesday at 9:45 p.m. in the Bistro. Students can now sign-up in the Allen House for a free ice-skating trip on Feb. 16. Take advantage of these chances.

If you compare the costs of attending Cedar Crest to other things it might be a little depressing (one’s year’s tuition, room and board is equal to over 6,420 gallons of ice cream), but if you take advantage of everything you’re paying for, then it’s really worth it. You’ve paid for it, you might as well be making long-distance calls to random countries if you’re going to be wasting this much money.

Do students throw away money?

Christa Hagan
Opinion Editor

Waking up for the call

Dear Public Audience:

Gently nudging you awake is not working and I have come to beckon you out of bed and into a state of environmental awareness. Forcing my environmental- ical attacks upon you, your one- eyed thrust is not the way to get a point across, but sitting and hoping for people to realize that their actions are hurting our environment (and its future) is clearly not working either.

It’s time that the snooze button we have all been hitting is left alone. The truth is, Mother Nature has been giving us a wake up call and signaling alarm after alarm, for quite some time. What does that call sound like? How do we know we are hearing her alarm? It is the sound of the Vanished Glaciers, the whale’s Wrangell-St.Elias National Park, melting and crashing down into the water. It is the sound of the construction of floating homes being created due to the possibility of sea levels increasing if serious melting continues.

So, why aren’t we waking up if we are being called to so frequently and with such volume? Perhaps too many simply cannot hear the call because the sound of blaring lights, roaring engines and charging computers is drowning out the call.

Global warming is not completely out of control, it is getting there, but there is still so much we can do. When it comes to disaster, it is sometimes easy to think that it is everyone else’s fault, or even, that there is nothing you can do. This is simply not the case.

This issue of The Crestiad is riddled with ideas and ways that we can all help. Sometimes people do not go into causes because they are worried about the financial strain; this is not a problem. Monitoring your power usage will only cost with your financial spending and also your environmental spending. Walking to the store instead of driv- ing is going to save you on gas and cut down on gas emissions in the long run.

This is just to show you that, global warming is in your reach. You can find a way to make a difference. So go, research, read this paper, read beyond this paper and find out what you can do. God willing, you will start acting. Apathy will only hurt in the end.

Thank you,
Concerned Citizens
LIFESTYLES

So what is recyclable? It used to be that the trucks collected glass and aluminum cans. Nowadays, much more than that is recyclable, including the styrofoam you get from the cafe. Check out what you can recycle in the chart below. Better yet, clip it out and hang it on your bulletin board.

- Soft drink bottles, water bottles, beer bottles, mouthwash bottles, peanut butter containers, salad dressing containers, juice bottles, vegetable oil bottles
- With containers, juice bottles, water bottles, bleach, detergent, and shampoo bottles, trash bags, grocery and retail cardboard boxes, cotton balls, ear plugs, toothbrushes, glasses, light bulbs, corks, coffee cans, aluminum foil, pie plates, and cake pans
- Squeezeable bottles, bread bags, frozen food bags, take-out bags, cling wrap, furniture, dry cleaning bags, and carpet
- Yogurt containers, syrup bottles, ketchup containers, cups, straws, medicine bottles
- Polyethylene: plates, cups, cutlery, meat trays, egg cartons, carry-out containers, aspirin bottles, compact disc jackets
- Three and five gallon water bottles, certain food product bottles
- Newspapers, catalogs, telephone books, magazines, cereal boxes, paper egg cartons, junk mail, shredded paper, writing paper and flattened cardboard
- Aluminum cans, foil, tin foil, aluminum foil, pie plates, and cake pans (all rinsed off and empty)
- Glass bottles and jars of all shapes and color

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Fresh off the shelf

CARGO PlantLove Botanical Lipstick

Gillian Maffeo
STAFF WRITER

The Claim: “A lipstick tube made entirely out of corn - a renewable and abundant resource. This environmentally-friendly innovation also emits less greenhouse gases, which many scientists believe to be the major cause of global warming. The outer carton is made of flower paper embedded with real flower seeds. Simply moisten, plant, and wait for a bouquet of wild flowers to grow!”

How to use it: Apply directly to your lips for a smooth and silky touch, with innovative botanical formula that includes meadowfoam seed oil, jojoba and shea butter.

The Results: Just like any lipstick, PlantLove stays on my lips and gave a nice, glowing shimmer. The colors that CARGO offers are pretty and range from pinks to corals. I love their “Mini-moist” plant stick. I applied it as a lip gloss and as a lipstick color is created by and named after celebrities that are taking a stand on global warming. These celebrities include Evangeline Lily, Lindsay Lohan and Maria Menounos. The colors that these celebrities made are very natural and down to earth colors that will look gorgeous on anyone’s lips.

Another neat fact about the PlantLove lipstick is that, CARGO donates two dollars from the sale of every color to St. Jude Children’s Research Hospital.

CARGO also claims that, “The PlantLove seeds we sow today affect future generations, so we are investing in the earth and our children for the future of the planet!”

PlantLove is definitely a product for you if you are interested in saving the environment and looking great at the same time. Even though PlantLove is environmentally friendly, it contains no mineral oils or petrolum.

Cost and Where to find: Each PlantLove lipstick is $20 and can be found at Sephora or online at cargocosmetics.com.

Lauren Sandt
STAFF WRITER

With only a few more weeks left in the winter season, students are busy preparing for the annual Cedar Crest Winter Formal. This year’s event is sponsored by the class of 2008 and will be held on Feb. 17 at the Four Points Sheraton Hotel on Airport Road.

Kristian Parchinski, Secretary of the Class of 2008, is anxiously waiting for everything to come together. This will be her third year attending the formal accompanied by her boyfriend, who has attended with her in years past.

“I’m really excited for this year’s formal. A lot of work went into it by our committee members, so I can’t wait for all the work to pay off,” she said.

Leni Johnson, Vice President of the Class of 2008, has also played a part in organizing this year’s event. “This year’s formal will be a lot different for me. I am on the E-board for the Class of 2008, so besides getting my hair, makeup and dress together, I will be coming straight from tech for the upcoming musical and also helping get everything set up for the formal. I am really excited, just nervous to see how well it goes,” said Johnson.

For many students, this will not be the first winter formal they are attending at the college. But for some, like freshman Mia Lisa Yeakel, this will hopefully be the first of many. She is most looking forward to getting her hair done the morning of Formal. “I just love getting my hair all done up,” she said. Yeakel will be attending this year’s formal with her long time close friend Jeff, and she is looking forward to evening. “I love dancing and I am so excited to go to a formal and get dressed up,” said Yeakel.

The evening promises to be a fun-filled and memorable night for all who attend. Although tickets are already sold out, a waiting list has been started for interested students.

For those attending the formal, photographers will be at the hotel at 6:00 p.m. to start taking portraits. Dinner will start promptly at 7:00 p.m., and the dance will begin shortly after at 8:00 p.m. See you there!

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Recipes to go...

Veggie bowls

Submitted by Christa Hagan
OPINIONS EDITOR

A portable, edible veggie treat. When you’re done with the vegetables, eat the bowl!

Green, yellow or red pepper Celery, chopped Carrots, chopped Broccoli, chopped Snow peas, chopped Creamy salad dressing

Cut the pepper in half widthwise, and remove seeds and white veins. You are left with two pepper pieces, one of which will be the bowl.

Cut the other half of the pepper into thin slices. Cut the celery, carrots, broccoli and snow peas into bite-size pieces and add to the pepper slices. Spoon salad dressing into the bottom of pepper bowl and place assorted veggies inside.

Adapted from How to All Vegan! Irresistible recipes for an animal-free diet

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Students prepare for Winter Formal
Show me that smile again

These past few weeks have been a headache. Whether it’s because of the god-awful stocking, or don’t-EVER-open-an-account-there bank, passport services, or Richmond, it just seems like suddenly there’s aw damn lot of paperwork, obligation, and stress.

It started with my bank,” which refused to change my address. I asked politely, three times, and they always said they would and then didn’t. I also asked them nicely, three times, to send me a bank statement. Twelve days went by, no statements, and no one at any South-West-London Branch could tell me where my statements were. All this hullabaloo gave me bad credit. Thanks bank, that was nice of you.

Also this week, I renewed my British passport. I called passport services and was told that as a dual-national, I had to submit both my British and my American passports to the passport place for a month. The idea of not having any proof of identification seemed like a crap idea, so I paid $182 to do the overnight renewal, only to go to the interview and be told I didn’t need to submit my American passport... meaning I wasted $182.

If that wasn’t fun enough, the Richmond registrar doesn’t do wait listing for full classes. Just think about that - then go hug Janet Baker. Here, if you need to get into a class that’s full, you have to stand outside the registrar’s office all day, every day for a week waiting for someone to drop the class. It’s been one headache after another, and I couldn’t help but wonder why life seemed to turn its cold shoulder to me.

Then my dad pointed out that my 21st birthday is coming up, and told me in England it’s the age when you are officially an adult.

It was then that I caught on to what’s going on, why I’m suddenly dealing with all this hard stuff. I’m getting older, gradually, but I’m becoming an adult. And suddenly everything in my life seems to be really difficult. There’s all this responsibility crap, and I’ve had to do it all on my own.

There’s the super-president-mom to do it for me—if I don’t do it, no one else will. And it hasn’t been easy, or fun. It’s been really hard.

But sometimes life is funny in what it teaches you. As I was standing on a freezing tram platform waiting for a delayed, packed tram heading into another day of grown up responsibility and headache, my iPod randomly played the theme song to Growing Pains. The song began: “Show me that smile again, don’t waste another minute on your crying.”

And you know what? I could—n’t help it—I smiled. I smiled all the way to school while my head was buried in some man’s armpit. The song continued: “Tell everybody I officially couldn’t take the class I needed, and I thought about crack-
INVITATION TO PUBLIC EVENT

The Dating Violence Prevention Committee is inviting you to attend a free public Dating Violence Awareness Event on Monday, February 12, 2007 at 7:00 p.m. in the Alumnae Hall Auditorium at Cedar Crest College. The event will include:

- A presentation on dating violence.
- An interactive intimate relationship scenario which ends in a violent confrontation.
- Information tables which have literature on violence prevention and related topics.

The information that will be available at this event is relevant to young adults not only as possible victims of dating violence, but also as students preparing for careers in social services, psychology, nursing and related fields.

To register or for more information about the Dating Violence Awareness Campaign, please contact the Cedar Crest College Special Events Hotline at 610-740-3791. Drop-ins welcome. Door prizes and refreshments available.
Gillian Maffee

"The light bulb is out again?!" We are all used to hearing this, followed by the exasperating job of having to change it. You throw the old one away and get a new one. Light bulbs are not recyclable and do not decompose well. However, halogen (also known as florescent) light bulbs are getting more popular in homes throughout the country. The reason why your normal incandescent bulb doesn’t last very long, according to howstuffworks.com, is because in the process of radiating light it also produces infrared heat. The job of a light bulb is to consume light, not heat, in which the heat is wasted. Wikipedia.com estimates that 95 percent of the power used by an incandescent lamp is emitted as heat. Halogen light bulbs are created differently from the normal incandescent light bulbs. The reason why your normal light bulb "burns out" is the same reason why the halogen light bulbs last longer. When the tungsten filament in an incandescent light bulb melts, it melts a hole through the glass casing, but when a halogen light bulb’s tungsten filament melts, it combines with the halogen gas and recycles the used tungsten. This light bulb will still get hot, but you will get more light per unit of energy. Halogen lights, according to Wikipedia.com, emit only 91 percent of their power as heat, making them twice as efficient as traditional bulbs. I put some of the halogen light bulbs into the lamps around my house in August, and haven’t really thought about them since. As our incandescent light bulbs blow out, we put more halogen in to replace them. They work just like the incandescent light bulbs, except that they have lasted us longer. However, if you are looking for immediate bright light, these light bulbs are not for you. When they are first switched on, you’ll notice that they are not as bright as the incandescent light bulb you just removed. Leave them on for a while, because they take a little longer to heat up. Once on for a minute or two, they will be just as bright as your incandescent bulb, and will not make the room as hot, and use less energy. I’ve found that they are great in hallways, bedrooms and living rooms. Since they don’t come on at full brightness, they give your eyes more time to adjust to the full light – by the time that they are on in full, you’ll have noticed a difference, but not realized it. However, since they are environmentally friendly and last longer, they also cost a little more. While, a four pack of incandescent bulbs run about $2.50, a four pack of halogen are going to cost you closer to $20 or $25, depending on where you purchase them. I’ve found that hardware stores are the cheapest place.

LENN PETTIT
STAFF WRITER

Bet You Didn’t Know…

Brian Exton: Just about every piece of evidence we have shows clearly that humans are affecting the rate of atmospheric warming. Science works by looking at evidence available and giving it an appropriate rate.

TC: What do you think can be done to reduce the amount of CO2 that goes in the air?
BE: I think that if people significantly reduce the dependence on fossil fuels, like coal, gas and oil. Personally, it would be appropriate for the government to step in and “encourage” corporations and individuals to change their business practices. Also, power plants and automobiles have a big impact, and we need to consider everything.

TC: Do you recycle or try to conserve energy in any way?
BE: Yes, I do recycle. Since I live in Allentown, they have active recycling. It’s harder for me to consume less because currently I have a growing family. I do encourage and try to teach my kids to recycle. Personally, I could improve my recycling, but it’s hard to change old habits. I do teach my kids better environmental habits.

TC: What classes do you teach at Cedar Crest?
BE: Physical Geography, Historical Geography, Meteorology and Oceanography. I am also teaching Science on the Silver Screen.

TC: What other environmental issues do you think are important to address?
BE: I think biodiversity and just the fact that people have to change their own actions.

TC: Recently on campus, students who take your Historical Geography course have been talking about a graph you have shown in class, saying that we are currently in a mini ice age, not global warming. Can you clear up this rumor?
BE: Although everyone has heard of global warming, most people don’t know that the Earth is actually at one of its coldest points in its 4.6-billion year history. Just 20,000 years ago much of North America was under a giant sheet of ice. The two ideas are not mutually exclusive: global warming is the expected result at the end of an Ice Age – in fact there are usually many cycles of warming and cooling, but the rate at which it is happening appears to be accelerating and the cause appears to be human activity. Of major concern is the change in sea level that might accompany even the smallest temperature rise, because so many people live in coastal areas. The effect on weather patterns is much less understood, because of the complex interaction between atmosphere and ocean. Most models predict more extreme seasonal variations rather than a simple warming.

TC: What else have you accomplished and what do you like to do in your spare time?
BE: I love to be with my family and play with my kids. golf, travel, I was a professional photographer (first job out of college), I spent 2 summers in British Columbia working on a fossil site called Burgess Shale, and did research in western Utah looking at 400 million year old fossil communities.
Ten great eco-friendly movies

An Inconvenient Truth- A film about Al Gore lecturing on the important facts about Global Warming and the consequences that the world will face if the issue is left unresolved.

The Great Warming- This film which was originally based on the book, Snow Warming: Gambling with the Climate of our Planet, is narrated by Keum Reeves and Alains Morisette and talks about the hazards that our children face in the future and how to fix these problems (This film will be released on DVD Feb. 14).

Building with Awareness: The Construction of a Hybrid Home. This movie follows the building of a home that is built with natural resources and environmentally friendly resources so that your new home is energy conscious.

Global Warming: This short film narrated by Leonard DiCaprio, which is available for viewing at www.leanarctic.org, doesn’t really use film per say, but rather a PowerPoint style that talks about what Global Warming and uses powerful images to convey an important message.

11th Hour: A film narrated by Leonard DiCaprio and according to imdb.com “a look at the state of the global environment including visionary and alternative fuel sources. How oil effects the environment and talks about the hazards that our children face in the future and how to fix these problems.”

When the oil supply starts running out, it will be affected in our daily lives because nobody has thought of it. A movie that talks about Global Warming and uses powerful images to convey an important message.

Cedar Crest College introduced Brett Weber and his fascinating abstract artwork collection, “Voyage of Discovery- The Valley,” on Thursday, Feb. 1, in the Cressman Library.

Weber attended Temple University and received his Ph.D in Neuroscience, then shortly was diagnosed with Multiple Sclerosis (MS). Multiple Sclerosis is a neurological disease that damages the central nervous system. This left Weber with partial paralysis in his legs, so that he cannot stand without assistance and uses a wheelchair at all times. He also uses German Shepard, Sophia, for assistance. Since his diagnosis, Weber has devoted his time to research and artwork. Weber has been working with paint to express his emotions. By seeing Weber’s work, it made me happy. Everyone should take time out of their busy schedule to view his art because it is absolutely amazing.

In his fictional film the world must adapt and learn how to survive as the new ice age approaches (along with crazy climate changes including tornados in L.A. and huge waves in N.Y.C.) much faster than any of us could have predicted.

The New Energy Revolution: This documentary looks at different sources of energy such as wind energy, solar energy, bio gas and hydrogen fuel cells and ground source heat.

A Crude Awakening: The Oil Crash: This film looks at the problem that we face when our oil runs out. It talks about how we need to find a solution because nobody has thought of yet. A movie that talks about the dependency our society has on oil and how we as a world will be affected in our daily lives when the oil supply starts running out.

Who Killed the Electric Car?: This documentary (narrated by Martin Sheen) looks at different aspects of the Electric Car including the politics, the economics, and the different types of cars that help or hurt the environment.

Gillian Maffeo
A&E EDITOR

Brett Weber
“Voyage of Discovery - The Valley”

CROSSWORD PUZZLE

Across
1. Aegina
5. Shoshonean
8. Fosse
12. Pig food
13. Catch
15. Omelette ingredient
16. Flat bread
17. A vacation (2 wds.)
18. Catch
19. Japanese patriotic cry
21. This or that
23. German engraver
25 Chief executive officer
26. Loaded down
29. Poor hay
31. Confuse
35. Tonic
37. Rotten
39. Played in the water
40. Alternative (abbr.)
41. Lemon-slime soda spelled
44. Alphabet
45. Way
47. Ce
48. 1/360th of a circle
50. Fire
52. Wing
54. Pistole's counterpart
55. Bts’s sibling
57. Improvising a speech
59. Spice
62. Money, slangily
65. Transgression

Down
1. Clayware
2. Slick
3. Small particle
4. Exercise clothes material
5. Undoes the laces
6. Sticky black substance
7. Canal
8. Systems
9. Giant
10. Seaweed substance
11. Cooking measurement
13. France & Germany river
14. Heroic
20. Arizona Indian tribe
22. Beverage
24. German measles
26. Bounds
27. Muslim’s God
28. Me too
29. Muslim’s God
32. Short person
33. Tag
34. Master of ceremonies
36. Rapid eye movement
38. Washout
40 Alternative (abbr.)
42 By way of
43. Hurdaz
44. 61st Congress
46. Bird parts
50. Ding’s Tiny
53. Regard
55. Influential person
56. Ghreek
57. Drowsy
58. I Love _____ (tv show)
59. Large African river
60. Ca. University
61. Movie
63. Assure

Look for answers to this issue’s puzzle underneath Chitter Chat

Compiled by Kelly O’Donnell
Kelly O'Donnell

Al Gore's newest attempt to raise awareness about global warming, *An Inconvenient Truth*, is a great movie that adds facts, humor, seriousness and sorrow perfectly to make the viewer more aware.

This film explains what global warming is and shows the consequences if humanity does nothing to fix it, and mentions a little of the politics behind global warming. Throughout the movie, Gore is giving presentations to groups of people trying to persuade them to take global warming seriously. He uses statistics, facts and scientific knowledge to show the world the damages of polluting Earth's atmosphere.

Gore does a great job at adding humor when it's needed to break up the film. According to imdb.com, the cartoon that was used in one part of the film was originally from the TV show, Futurama, which his daughter was a writer on. He also makes plenty of political jokes along the way that make the documentary funnier. Along with this humor, he uses many statistics to back up his argument. Not only does he use these two things well, but he also brings hope to the screen. “We got everything we need, save perhaps, political will... But you know what? In America political will is a renewable resource.”

My favorite part of the film was when Gore presents this as a problem that we need to fix, not as an unfixable problem. It is not a film where all hope is lost, but where the possibility of humanity triumphs in the end. I occasionally felt that Gore was too impressed with himself, and that the whole thing could have been an advertisement about how amazing Gore is. I do think a little of this was necessary in helping to show that this is an issue that he has special interest in, but I just think they went a bit too far. This movie was fantastic and definitely deserves to be looked at by anybody who plans to be living in the next 10 years. This movie takes an important issue and makes it entertaining and serious at the same time. Gore delivers an outstanding film that leaves the audience feeling hopeful and empowered.

Genre: Documentary  
Rating: Rating PG for mild thematic elements  
Duration: 100 minutes  
Rating: 7.9/10  
Duration: 100 minutes  

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**Opinions Editor**

Christa Hagan

recalling what has turned out to be high school, but I am,” said Krise, three-sport athlete like I was in service keep her pretty active. Practices, classes and community places, literally. All of her athletic been seen, it is clear that on the court or throwing softballs haps you have seen her playing Alternative Spring Break. Or, per- courses or fundraising for her trip have seen her volunteering on pediatric cancer research. You may now, as a first year student, plan- ning a ball in the fourth grade to Robertson ran cross country after that it is harder to motivate your- self, rather than to motivate others. He noted alize the lecture and asked the audience to do the same. Taking time to herself and listen- ing to music are also ways she relaxes before a big game. Surprising herself is some- thing she has already done this season. “My first game I played, I took a chance. I was surprised that I got to play so soon and I was sur- prised that I got into it and took a chance so soon as well,” said Robertson emphasized sur- prise is one of the things that made her go further. She said, “I told myself I wouldn’t be a three-sport athlete like I was in high school, but I am,” said Krise recalling what has turned out to be a busy year for her first year of col- lege. “I got bored after playing soccer and I decided to play bas- ketball. I missed playing and I joined the team two weeks late,” said Krise, recounting her slightly different start on the team. When asked if she thinks it will continue playing the rest of her years, she said, “I love the girls on the team and I am too attached not to play… I’ll probably keep playing.” Krise says that what really gets her into the game is: “We just love to be around each other. We all get along and are good friends on and off the court.”

**Sports Editor**

Jennifer Woytach

Robertson’s lecture “supercharges” Cedar Crest

Jennifer Woytach | Sports Editor

On Jan. 31, students, faculty, and staff gathered in the 1867 room to hear Kevin T. Robertson, the Motivational Supercharger of the 21st Century, talk about goals. An entrepreneur out of high school, Robertson now delivers 150 speeches each year. He is a member of the Push the Rock (PTR) Speakers Bureau. PTR is a corporate sponsor of Cedar Crest’s athletic conference, the Pennsylvania Athletic Conference.

Robertson addressed the crowd by stressing a SMART approach to setting goals that are specific, measurable, attainable, relevant, and trackable. “Work smart or not at all,” he said. By adding stories from his own expe- riences, Robertson helped person- alize the lecture and asked the audience to do the same. He noted that it is harder to motivate your- self, rather than to motivate others. A high school athlete, Robertson ran cross country after being cut from the basketball team. Robertson recalled his coach, who had made a positive impact on his life, and helped him win a state championship in his freshman year.

“Organization is foundational principle of success,” Robertson emphasized. “You must have a foundation of education,” he added.

To obtain specific goals, Robertson suggested having time management skills and breaking goals into “finite details.” He added another “A” to attainable by letting people know that having personal affirmations like “I am” statements helps promote optim- ism. Surrounding yourself with your goal and having something to strive for was Robertson’s descrip- tion of relevance. “Move forward no matter what,” he said. “See what works and what doesn’t.”

Robertson emphasized sur- rounding yourself with people. He explained that everyone has a red wagon, and if there are people to help you push your wagon uphill, you will be successful, while also keeping in mind your sense of pur- pose and direction, along with a personal vision and mission state- ment.

“Success is not rocket sci- ence,” Robertson said, adding that he has had a lot more failures than success in his lifetime. Wrapping up the session with another acronym, Robertson explained how FOCUS can also help some- one achieve goals. Having Foresight to look at goals and using the phrase Optimal to have people and information help you achieve your goals were the first two components. Calling road- blocks that prevent you from achieving goals Cataracts, Robertson said that looking toward Utopia, and recognizing that things are not always perfect will also help reach a goal, while knowing the Scope of your goal and your limitations was the final part of the package.

“I thought Robertson’s per- sona and attitudes were applicable to anyone in any part of their lives...,” student-athlete Mel Devlin said. “As an athlete I thought he was terrific, as a student I thought he was amazing, and as a twenty year old I thought he was fabu- losus.”

Robertson’s talk was spon- sored by Healthy U and a grant from the NCAA.