Editors explore inner workings of NY Times

Are we starving for a solution?

From shamrocks to leprechauns

Bet You Didn’t Know... Kristin Maile

Softball team returns

STAFF WRITER

Brea Barski

At a luncheon held on campus on March 6, Dr. and Mrs. Charles and Adrienne Snelling were awarded the 2007 Cedar Crest College Associates’ Award.

Adrienne Angeletti Snelling graduated from Cedar Crest in 1952 with a degree in psychology. For more photos from Alternate Spring Break, turn to page 12.

Alum, trustee honored at Associate’s Luncheon

STAFF WRITER

Brea Barski

At a luncheon held on campus on March 6, Dr. and Mrs. Charles and Adrienne Snelling were awarded the 2007 Cedar Crest College Associates’ Award.

Adrienne Angeletti Snelling graduated from Cedar Crest in 1952 with a degree in psychology.

“I like [Cedar Crest] because it is a small women’s institution that has something for everyone,” Mrs. Snelling said of her alma mater.

Mrs. Snelling is active throughout the Allentown area. She sat on the Pennsylvania Council on the Arts and organized “Gift of Music,” a program that provides musical instruments for local children. She was also a founding member of the Allentown Art Museum’s Society of the Arts and a trustee of the Baum School of Art. Adrienne worked as a adjunct curator at Lehigh University and served as an advisor for the former Open Space Gallery.

Through photography, Mrs. Snelling has become a very well-known person in the Lehigh Valley. She has exhibited pictures in the Allentown Art Museum and at Cedar Crest College.

Mrs. Snelling was very active in “A Historical View of the Lehigh Valley” and “The Lehigh Valley: An Illustrated History,” two books published by the Lehigh County Historical Society. For these, Mrs. Snelling edited and took photographs.

She has won many awards for her photography including the Kodak International Newspaper Short Award, first-time exhibitor prize at the Mayfair Festival, and the Allentown Arts Commission’s Visual Arts Ovation Award.

When Dr. Snelling first decided that he wanted to do work to help the community, he recalled, “My friend said, ‘if you really care about society you should start with education.”

Dr. Snelling feels that Cedar Crest is a “first-rate place... with a real mission. We try to do something for society.” Thus started his extensive involvement with the college.

Along with being a Life Member of the Board of Trustees, Dr. Snelling has been a member of the Board of Directors, Presidential Search Committee, Nominating Committee, Endowments Committee, Business Committee, and many more.

In 2000, he received an honorary doctorate of public service from Cedar Crest for his “extraordinary leadership and service to the College and to the Commonwealth of Pennsylvania.”

Outside of the Cedar Crest community, Dr. Snelling was the President of the Allentown City Council, President of the Pennsylvania Society, Chairman of the Republican Finance Committee of Pennsylvania, and delegate to the Republican National Convention.

He was also a member of the Lehigh-Northampton Airport Authority, the Allentown Art Museum, the Lehigh Valley Hospital, the Foundation for the Advancement of Monetary Education, the Athenaeanum of Pennsylvania.

Waitlists cut for fall term

STAFF WRITER

Leann Pettit

Students registering for the Fall 2007 semester may have to make some adjustments to their plans in light of the Registrar’s Office’s decision to eliminate waitlists.

Currently, waitlists are used by students who are interested in taking a course that is already fully occupied.

If other students drop a class before it begins, the people on the waiting list can still get into the class.

The registrar, Janet Baker, said, “The policy is being changed because it is no longer useful for planning purposes.

“When we had a more condensed schedule, we needed to know what students needed and used the wait lists for this information.”

Because the curriculum at Cedar Crest College gives students the opportunity to choose a variety of courses to fulfill a
Lauren Sanders
COPY EDITOR

A webcast held March 1 by The New York Times examined the roles of business and higher education leaders in encouraging innovations that foster sustainability and environmental protection. Hosting the webcast was James Gorman, deputy science editor of The New York Times.

Peter Thum, vice president of Starbucks, and Jonathan Fink, vice president for research and economic affairs and professor of geographical sciences at Arizona State University, appeared as panelists. Responding to questions raised by two of the students, both the audience and the panelists, who were encouraged to submit their concerns via the cast’s website. "We have water," he said of the United States. "We don’t think very much about it. But more than a billion people around the world don’t have clean water." Thum is also the founder of Ethos Water, a company designed to aid the water crisis by donating proceeds from the sales of bottled water to countries in desperate need of clean drinking water. Ethos water is distributed through Starbucks and PepsiCo.

One of the main goals of Ethos Water is raising awareness, explained Thum, when asked about the choice of bottled water as a means to raise funds. "We have water," he said of the United States. "We don’t think very much about it. But more than a billion people around the world don’t have clean water." Ethos Water has already seen results: more than 300,000 people have benefited from the bottled water sales, especially in countries like Honduras, Indonesia, and Ethiopia.

While Thum focused on the ways in which businesses can play a more entrepreneurial role, Fink handled questions related to the responsibilities of large universities, exploring the relationship between creativity and environmental innovation. "Arizona State University," said Fink, "is establishing initiatives to keep track of the amount of power being used and water being consumed. The University is also encouraging restaurants established in the surrounding area to recycle, and is networking with other schools to increase influence and end inertia." The University of Ethos Water, Arizona, the vice president of Starbucks, is one way that businesses are helping to alleviate the global water crisis.

Students can work toward sustainability in their own college communities by getting organized on campus, and by working with faculty and administration, explained Fink. He pointed out that, through creativity, students can control the future of sustainability because they are aware of what ideas will appeal to their peers.

Both Fink and Thum had suggestions for the making a positive impact in everyday living. "People walk around about the importance of recycling and then they’ll drive to work," said Thum, who proposed riding bikes or walking more often, or, if possible, driving a lower impact vehicle, such as the Toyota Prius. "They can also purchase less and try different options," he told the audience. "They are learning to drive their style to decrease affect." Fink agreed. "As a consumer, there are a lot of choices that can be made," he pointed out, recommending the use of public transportation. Fink also stressed the importance of reading, and of teaching values that advocate sustainability to children.

When host and moderator Jonathan Gorman was asked how The New York Times was helping, he reiterated Fink’s point about reading, explaining that it is the job of the newspaper to provide the public with the information they need, and remain devoted to asking questions.

The Crestiad will continue, to the best of its ability, to provide the Cedar Crest College community with stories that explore the current condition of the environment and present any possible steps toward making a difference.

The Crestiad is a student run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available in print and online at http://www.cedarcrest.edu/crestiad. Its primary goal is to keep students informed about events and issues of concern to the Cedar Crest campus community, and to provide staff members with an on-campus internship-quality media experience.

Students participating in The Crestiad may receive academic credit for their participation. The final responsibility for news content and decisions rests with the editorial staff. Questions or concerns If you have any questions about The Crestiad or concerns regarding content, please email the editorial staff and leave a message at 610-506-4666 or e-mail crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.

Guest columns and letters to the editor may be submitted for publication by any student, faculty, or staff member of CCF. Columns should be e-mailed to the The Crestiad or mailed on 3331 or e-mail crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104. Guest columns and letters to the editor may be submitted for publication by any student, faculty, or staff member of CCF. Columns should be e-mailed to the The Crestiad or mailed on 3331.
Forensic team places at state championship

La Lonnie Moore
STAFF WRITER

The Falcon Forensics rep-resented the Cedar Crest Forensic Speech Team at the state forensics championships from Feb. 24-26 with great success.

Monica Cawley, sophomore Biochemistry major with a con-centration in Forensic Science, placed first in the poetry division. She was crowned champion of the state.

In addition to that momentous accomplishment, the rest of the team ranked highly in their divi-sions and rounds as well.

Cedar Crest took first place in the President’s Division of the Team Sweeps category. Team members Chelsea Tietz, junior Psychology and Social Work major, Mariah Justine McMullen, freshman Dance major, Kelly Steele, senior and Psychology major, and Kat Stevenson, fresh-man, also came to this tournament and performed well. These ladies were key to the team’s success.

In the Speech Team, Tim Brown praised the team in a campus wide e-mail. “We also took fifth place in the Overall Team Sweeps - this, despite the fact that we only had five team members competing against schools with far more entries,” he wrote.

Cawley said of preparing for her win, “I had been working really hard to perfect my Poetry piece for this past tournament. I took the criticism that I received from the last competition we went to and applied those to my piece.”

Cawley also mentioned her fond moment while at the tour-na ment. “The best moment for me while performing was looking at the audience and watching them rolling on the floor laughing. It’s a pretty amazing moment when you find that you have become so in tune with your piece that you can perform the piece and watch reactions at the same time,” she said.

Cawley is counting the days until her final competition with a heavy heart. “For starters, I really enjoyed going to states because this was the first state tournament I’ve been to. I joined the team in spring of 2006, and since I’m a senior, I’m really sad about having to leave.”

Snefflings

continued / page 4

Philadelphia, the National Museum of Industrial History and Art.

Appointed by President Gerald Ford, Dr. Snelling served on the President’s Commission on Personnel Interchange. Governor Tom Ridge also appointed Dr. Snelling to the Keystone Commit-tee. President George W. Bush nominated him to the Board of the Metropolitan Washington Airports Council, where he currently serves.

The luncheon was held in the dining hall of the Tompkins College Center at Cedar Crest. “Everybody said very nice things,” Dr. Snelling said of the event. “It was just filled with wonderful people.”

Dr. Snelling estimated 225 people were in attendance.

In the News at the Crest...

Elizabeth Saleh
Wish to win $200?

Sister’s Inc. is sponsoring Cedar Crest Idol, which will be held on April 13, 2007 in the alumnas Theatre. If you wish to tryout the dates are: March 16, 2007 and March 30, 2007. The tryouts will be held in the 1867 Room at the TCC from 6:30 p.m. to 9:00 p.m. Sister’s Inc is looking for all tal-ents, not just vocals, and you could win $200.

Recipe Contest

Students, faculty, and staff are invited to submit a recipe for a cookbook being developed by nutrition students. The cookbook recipes will be used to teach those areas and com-munity programs about planning meals and nutrition. You can submit as many recipes in the follow-ing eight categories, Beverages - nonalcoholic, Pasta Dishes, Curroere oder One-dish meals, Vegetables and Snacks, Salad Villous, Box Lunch Items, or Donut Snacks. The prize is a $25 gift certificate from Wegman’s. One recipe in each category is eligi-ble for the prize. Recipes have to be sent in by March 30, 2007. They can be sent to Allen Center for Nutrition, Miller building room 16 or by e-mail to carlson@cedarcrest.edu. Make sure to include your name, address, and phone number. In addition, everyone who submits a recipe will receive a copy of the cookbook.

Promotion and tenure ceremony

On Thursday April 12, in the Lachance gallary at 2:00 p.m and 5:30 p.m. the college is invited to attend the ceremony that will honor seven members of faculty and listen to a short presentation by each of them. Being recognized are: Dr. Kerrie Baker, Dr. Joy Karnas, Ms. Marion McCorry, Dr. Micah Sadigh, Dr. James Brancato, Dr. LuAnn Fletcher, and Dr. Elizabeth Meade. If you plan to attend Please Call 610 - 606- 4612 or ext. 3305.

Ice Cream Sunday

Enjoy some ice cream on Sunday, March 8, 2007 at 1:00 p.m. at the Butz Fireside. The event is being held by Big Sis/Lil Sis, but you don’t have to be one, everyone is welcome.

Scholarships available

The financial and office received information on several scholar-ship for 2007 - 2008 school year. You can check them out at www.cedarcrest.edu/redesign/ta outside.asp.

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Social workers honored in March

Elizabeth Saleb

Salmonella found in peanut butter

The FDA reported that 370 people have fallen ill to an outbreak of Salmonella found in peanut butter. Peter Pan peanut butter bought since May 2006 and all of Wal-Mart's Great Value peanut butter with the batch code 2111 should be thrown out. Salmonella is a strain of bacteria that can cause severe nausea and diarrhea. Usually it clears up on its own in a week or less.

North Korea meets with U.S. in New York

On Monday, March 5, North Korea's Vice Foreign Minister met with U.S. officials in New York City for unorthodox talks. On Feb. 13, after the Bush administration reassured the resistance of one-on-one talks and after China placed pressure on the regime, North Korea accepted the deal. They had pledged to dismantle the nuclear program in exchange for about $400 million dollars in fuel oil and other food aid. North Korea's acceptance of the deal compelled the Iranians to reconsider the value of proceeding with a nuclear program.

Secretary of Army resigns

On March 2, Secretary of the Army, Francis Harvey resigned over the Persian Gulf War. Walter Reed Army Medical Center in Washington. This came after new indications that high-level army officials had been alerted to the fact that recovering soldiers were being housed in moldy, roach infested rooms. Furthermore, the complaint reports that some soldiers were expressing concern about the long wait for medical appointments, the sharing of medication, and reports that soldiers were excessively drinking at a nearby bar. Secretary of Defense Robert Gates announced Harvey's resignation to reporters. “I don’t have very much patience with people who don’t step up to the plate and address problems,” he said.

Defining reasonable doubt

Vice President Cheney’s former Chief of Staff, Libby, has been accused of Maliciously obstructing justice and lying to federal agents and to a grand jury, about how he knew and who he told about the identity of Joseph Wilson’s, wife Valerie Plame Wilson is a well-known Iraq criti- cist. After eight days of deliberations the jury has written a letter to the judge asking for a clarification of “reasonable doubt.” On March 2, the judge asked the following question. “Is it necessary for the government to present evidence that it is not humanly possible for someone not to recall an event in order to find guilt beyond a rea- sonable doubt?”

Social workers are a vast resource in themselves, providing the community with information needed for everyday activity and services that may be available for a person or family in need to uti- lize.

Social Work month began in 1984: According to the National Association of Social Workers (NASW) website, “March has been a month when social workers can join together to promote the profession and advocate for issues that affect social workers and their clients.”

This year’s Social Work Month, according to NASW, focuses on social workers in healthcare related fields. NASW states, “Many social workers in health settings work in hospitals where they counsel clients and their families about their illnesses and treatment options.”

This makes sense due to the reality that many family upsets and struggles come from a loved one or family member becoming hospitalized and needing care from professionals.

The initiative of the year being healthcare focused is a posi- tive step for many social workers who are involved in healthcare set- tings.

Since these social workers work so closely with other profes- sionals (nurses, doctors, therapists, and other medical providers) in the healthcare setting, social workers can greatly impact a family and patient’s outcome regarding ill- ness.

Since the NASW’s focus is more healthcare related this year, social workers can impact the healthcare field even more.

Sometimes it appears as though the work of these individ- uals goes unnoticed, because people focus more on other healthcare professionals.

However, without social workers, patients and families may not have resources to utilize after they are discharged from health- care settings.

Social workers intervene and assist individuals and families to cope with the after effects of ill- ness.

The month of March is a time to recognize these hard working individuals who contribute a great deal to healthcare as well as many other organizations that provide our communities with resources and assistance.

Muslim Student Association seeks to inform campus community

Rachel Edgar

Cedar Crest College students Sonia Bader and Ktariq Tarar met in the summer of 2006 to begin planning the addition of a new club to the Cedar Crest communi- ty: the Muslim Student Association (MSA). Their specific goal is to edu- cate Cedar Crest students, faculty and staff about the peaceful and respectful religion of Islam.

They also hoped the club’s events would shed some light on Muslim women’s issues and rid the campus community of any negative stereotypes of Islam that were created after Sept. 11, 2001.

“We both thought it would be great to put away the negative stereotypes that are preserved in the media,” said MSA co-founder Sonia Bader.

“Creating a Muslim club at Cedar Crest also reflected that CCC is open to all kinds of organ- izations and that the negative images in the media do not reflect the open-mindedness of CCC, its faculty, staff and students.”

Currently consisting of seven student members and two faculty advisors, the club also receives support from its Lehigh University affiliate.

However, the club officers hope the club will continue to grow. Membership is open to Muslims and non-Muslims alike.

The club has already spon- sored a welcome back dinner this semester, which was catered by a Pakistani restaurant.

To learn more about the club, you can e-mail Tariq at Ktariq@cedarcrest.edu or Bader at Shaber@cedarcrest.edu.

Social workers...
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.

Fabiane Desouza
STAFF WRITER

Life throws curve balls at us sometimes, and this has pretty much been the story of my life since I graduated from high school and transitioned to college life.

When I was searching for a college to attend, towards the end of my junior year of high school, I was so set that I was going to go to school far away and experience college life somewhere completely different than where I have been living for the past seven years.

After being accepted into all four schools I had applied to I knew I had a tough choice to make. Deciding between Maryland, Ohio, and two other schools in North Carolina, I had set in my mind that in a few months I would be making new friends and calling home a totally different place. Eager and excited to experience “the college life,” I took a summer job as a nanny to make some extra spending money for school. It was that summer that two little girls stole my heart and kept me in Allentown to find this special place.

When I decided to take a job as a nanny, I had no idea what I was getting myself into. Knowing that I was basically going to be getting paid to watch and play with two little girls all day for eight hours was the best idea ever to me. It was better than sitting inside an office all day staring at a computer for eight hours; “how hard could it be?” I thought. Was I in for a ride?

Totally inexperienced, having only occasionally watched my nephew and a few other neighborhood kids, I drove to meet the mom and the two little girls. Funny how when you meet kids for the first time they look so innocent and sweet.

Pulling up to a beautiful neighborhood, with gorgeous homes, each one bigger than the other, with kids all around, I thought to myself that this was going to be a sweet deal. Walking into their lovely home and seeing Hanna, who was four years old at the time, peak behind her mommy, giving me the biggest smile, I immediately fell in love.

Sitting down and talking to the mom of the two girls she sadly explains to me that her husband was suffering from cancer and was too weak to take care of her girls while she was at work. Explaining their situation and informing me of what my job would entail she offered me the job and I gladly accepted.

Getting summer passes to every place you can imagine, from Dorney Park to the New Jersey State Aquarium, the three of us were having the best summer. The girls quickly clung to me as if I was their best friend. Although it wasn’t always easy because kids can be so unpredictable sometimes it was awesome. Being inexperienced in so many areas from dealing with “accidents”, learning to cook, and constantly cleaning up I have some great memories to share. It was such a fun growing experience and I didn’t want it any other way.

But it wasn’t soon after I took the job however that their daddy passed away. A sad moment for us all and it was then that I was torn. I couldn’t possibly leave them now.

I was basically their second mom. Emma and Hanna talked to me about everything; their fears, their crazy dreams, and what they wanted to do when they grew up. We would have breakfast, lunch and dinners together. I would wake them up and often put them to bed. They knew that I was there to listen to them and this was a time that they needed me the most. With my bags already packed to go to Ohio, and two weeks from the start of school I changed my mind and applied to every college in the area. Of the many schools in the Lehigh Valley, Cedar Crest College stood out the most. The administration staff understood my situation and they were there to help me. They sped up the entry process and had me signed up for classes immediately after reviewing my transcripts and accepting me into their business and communications program. Blown away and so impressed with everything, I knew I was making the best decision.

Moving to Allentown seven years ago from Brazil was a huge transition. I remember driving by Cedar Crest College many times and being amazed by how pretty the campus was, never crossing my mind that I would ever one day find myself taking classes here. I am amazed at how perfect things worked out. Cedar Crest College could not have been a better fit.
what do CRIMINAL JUSTICE MAJORS do?

Elizabeth Saleb
STAFF WRITER

The Criminal Justice Major has become popular at Cedar Crest, and Scott Hoke says it has become a popular option among women. He added that what makes it so popular is primarily the media. You can’t turn the television on without seeing the influence of criminal justice.

Criminal justice is the study of the social conditions and environmental influences that affect criminal behavior. It attempts to scientifically examine the causes of personal choices and the personal touch that makes it the big thing.

* Provide educational excellence in preparing students for leadership positions in any or all studies associated with criminal justice.

* Examine critical issues facing professionals in the field.

* Give students the proper tools to be better able to examine critical issues from a non-criminal justice point of view.

The academic requirement for participating in the criminal justice major is to maintain a GPA of 2.0, and students must receive a C or better in any of the professional courses in addition to completing the field experience. Furthermore, students will be required to undergo a criminal history check. Students with previous felony convictions, misdemeanors involving the possession or use of controlled substance, fraud, violence or child negligence will not be permitted in the program.

The criminal justice major requires 225 hours of field experience. This is 16 hours per week in a community setting developed by the criminal justice faculty. The purpose of the field experience is to allow students to apply classroom knowledge to a real world agency. The field experience is described as “vital” to the career placement of a graduate. In addition to the field experience, there is also a field experience seminar. This allows the student an opportunity to assess field learning in conjunction with theoretical concepts associated with the major.

The criminal justice major emphasizes a hands-on approach to learning. They frequently have speakers and trips to agencies. Some of the speakers they have had in the past include the Assistant Police Chief, a Federal Probation Officer, and an expert on interrogation ethics. In the future, they will have a gang expert that will speak about local gangs and much more. They have visited in the past a drug rehabilitation facility, and the Monroe County Prison.

Scott Hoke explained that the purpose of some of these trips is to expose students to the social influences of criminal behavior, drug addiction is one of them.

The major is made up of courses ranging from anthropological to social work, political science and religion. The Criminal Justice minor is comprised of 18 credits. For a specific course outline see the Cedar Crest College catalog, or consult with Scott Hoke, the director of the Criminal Justice Department.

What can you do with a criminal justice degree? Hoke said that there is a wide range of fields that fall under criminal justice. He says it is often portrayed as putting handcuffs on people and taking them to jail. Hoke said 80 percent of what criminal justice degree does is unheard of. Many students who enter law enforcement enter as victim or child advocates. Many of the fields are social service oriented.

Carol Richards and Amber Zemlansky, criminal justice majors, describe the major as “fun and exciting.” Both agree that the department is doing well, and that it is in high demand. “Scott Hoke is a great professor,” they said. They also said that criminal justice students are in the process of organizing a club that will work in conjunction with the social work club.

The summer before a student enters her first year at Cedar Crest College, she receives a letter from a member of the sophomore or junior class who will then become her Big Sister. This is a time when the Lil Sis can ask the Big Sister any questions that she may have that only other students can answer, such as questions about move-in day, the best places to eat, how to get more involved and so on. A Big Sister is there to assist her Lil Sis to take full advantage of what Cedar Crest has to offer. “To me being a big sister means being there to someone new, answering any questions she may have” said Imani Bowers, a Big Sister.

Aside from alleviating some of the fear and anxiety of first year students, the Big Sis/Lil Sis program also provides fun activities for members to participate and get to know each other better. Throughout the year there are dinners and ice cream socials where both the Big and Lil Sis may attend. One event in particular however that most members consider their favorite is the Dink Donut Night.

An annual tradition, the Dink Donut Night is a night when each Big Sister makes her Lil Sis a dink or decorated hat, which the Lil Sis then displays by wearing it around campus for a full day. The night is full of dancing and donut eating contests. One of Imani Bowers favorite memories thus far is making her Lil Sister the dink hat and upon giving her Lil Sister the hat she put it on right away during a radio club meeting. “Dink is the most fun because it is personal,” Imani says. “It’s a personal touch that makes it the big wow.”

As we all know, college life is not always easy. Having a Big Sister there to guide you along the way is a great opportunity to make new friends and get the most out of student life at Cedar Crest College.
Goodbye is bittersweet

Lori Gallagher
NEWS EDITOR

I was talking to a fellow editor during our Tuesday afternoon Crestiad meeting when Professor Liz Ortiz said that she had an announcement to make. The side conversations subsided and the editing pens dropped to the table as the class gave her their undivided attention. She was about to announce the editors for the 2007-2008 school year.

For as long as I have been writing, I have been dreaming of that day when I would be named Editor in Chief of my college newspaper. Tuesday, March 13, 2007 was that day. Liz said, “Our editor in chief for next year is Lori Gallagher.” At that moment my heart began to race and my eyes welled with tears. I was overcome with feelings of happiness, anxiety, and sadness all at the same time. Happiness because my dream had finally come true. Anxiety because, even though I have been shadowing the current editors since I was a freshmen, I know that I still have a lot to learn. And sadness because I finally realized that this is the last semester that I will spend late nights in the Hartzel Hall office with some of the people that have been so much more than co-workers.

When I tell people that I will miss my friends, after they walk across the stage on May 12, they always seem to have a response. Some people say that if they are really my friends, we will keep in touch. I don’t doubt that. I plan on calling, e-mailing, and visiting my friends after graduation, but it’ll be different. Other people say that that I will make new friends. This is probably true, but I will never share the same memories with anyone else as I have shared with these people.

The truth is that I do not get sad at the thought of graduation because my friends are graduating. I feel sad because my role models and mentors are graduating. My big sis, who I have look to for advice since my freshmen year is graduating. The Editor in Chief, who has taught me what it really means to be an extraordinary leader, is graduating. The Resident Advisor, who was the person that I turned to when I needed someone to just listen, is graduating. Some of the residents that I advised during my first year as an RA are graduating. The officers of clubs that I have been involved with two and a half years are graduating. Many other editors, club members, and RAs that I have formed very strong bonds with are also graduating. I will always have my friends, I am sure of that, but next year, instead of looking up to my role models, I will be the senior that people are looking up to.

I am eager to step into the role of Editor in Chief and I hope that I can be as good as a leader as the current editors have been. I am happy for the seniors because they are about to create one more stepping stone in their life’s path. After all, in a little over a year, I will also be making that long awaited walk in the quad. However, I will still miss every one. Congratulations and best of luck to all of the seniors and future editors of The Crestiad.

Christina Hogan Opinions Editor

Linda, Lori and Jennifer dressed up for Preterite’s Haunted Hartzel this past fall, only one of the events they planned together.

Which superhero would you be?

Jill Ruhnke ‘08
Nursing

“Wonder Woman.”

Lauren Panepinto ‘10
Education

“Superman.”

Stephanie Freiler ‘09
Nursing

“Venom”

Tersea Kassick ‘07
Psychology

“Underdog”

Bethany Boytim ‘08
English

“Batman.”

Compiled by Leann Pettit

We need the computers to work

Ashanti Davenport
STAFF WRITER

For some reason the computers on campus will not let students run discs. This may have been something that Information Technology should have brought to the students’ attention. To my knowledge this issue was not addressed via email or through any other source of communication.

Many may have thought that this was just a tiny glitch, but the problem persisted. A student attempted to run a disc on Monday in the library and was not successful. The student attempted again to utilize the disc to complete an assignment on Wednesday in the Curtis Hall resident computer lab and was again unsuccessful due to the failure of communication regarding the technology. It became a royal pain when a disc needed for an assignment would not run and no computers in the library or in Curtis Hall would open the necessary disk.

Since the student was a resident, the campus computers were the only ones available for the student to utilize. Since all options to run the disc and open the program for a graded assignment failed, the student ended up having to drive an hour home at 1:30 in the morning to complete the assignment on a home computer then drive back without sleep to go to a mandatory meeting the next morning.

There have been other things that go on with the campus technology that may not be preventable, such as, not being able to access email or the e companion site but, this entire situation could have and should have been prevented.

There were the rumors that it is the nursing major’s fault because they download too much onto the computers. Nursing majors need to run programs on the computers to accomplish work that is needed for classes. Surely not only nursing books come equipped with the helpful discs in the back; discs that enhance the students learning and knowledge of material.

Without being able to use the discs on campus we are wasting the information provided on them that may help many students in test taking, writing papers, and even research. The discs are a useful learning component of many current textbooks in which students utilize.

I am a student who utilizes the discs for study purposes and assignments, not having access to the programs is not an option. This is an issue that needs to be reconsidered by whoever decided to impose these conditions. It is unfair to students who rely on the campus computers and pay a communication fee to utilize these computers not to be able to accomplish their work.

March 15, 2007
Starving for a solution

Rachel Edgar
STAFF WRITER

While standing in the checkout line at King’s grocery store, I decided to peruse the magazine rack for something interesting to read while the elderly woman in front of me stacked boxes of groceries on the conveyor belt. My attention was caught by the People Magazine headline announcing Hollywood’s dangerous trend: eating disorders. The sunken, hollow eyes of three young Hollywood women stared back at me.

A photograph of Nicole Richie, with her ribs protruding and her skinny bathing suit practically falling off, was shoved underneath the title “Pressure To Be Thin.”

To the right of Nicole’s photograph stood Kate Bosworth wearing a white dress that flowed loosely on her body, her skeleton-like arm reaching out to wash the camera.

A photograph of Keira Knightly, placed to Nicole’s left, depicted Keira wearing a backless dress and shamelessly flaunting each bone of her spine.

As I looked at these images, I couldn’t help but wonder how starving one’s body has become such an accepted social norm.

Young women often look to models and actresses for new trends in clothing, hairstyles, and even body shape. What they fail to realize is that many of these iconic images of bikini-clad women on the beach have been airbrushed or retouched to enhance the physical appearance of the models. These pin-ups and magazine covers are not an accurate representation of reality. Young women are not thinning out for the same reasons that Nicole Richie, Keira Knightly, and Kate Bosworth are thinning out.

In this case, both Kate Bosworth and Keira Knightly are Hollywood celebrities who have been steadily thinning out for the past several years. They have been subject to media scrutiny for their appearance and have been pressured to maintain a certain image. Nicole Richie, on the other hand, has been the subject of intense media attention for her struggles with drug addiction and weight gain.

It is important to recognize that each person is different, and that their ideal weight and lifestyle is unique to them. It is not healthy to compare oneself to others, or to strive for an unattainable standard of beauty.

As a news source, the editors of The Crestlad have the responsibility to cover news stories accurately and objectively. We should not be swayed by personal opinions or biases.

The AP acknowledged in a recent article that neutrality is a goal that it strives to achieve. However, let me tell you that the media has a responsibility to present news in an accurate and balanced manner.

When I read the People Magazine headline, I was reminded of the quote I read, “Pride goes before the fall, it’s time we all stop falling. I’m too old for the bruses and you are too young!”

But just how do we choose? Unlike bigger papers who might get caught up in “everyone else is doing it and we shouldn’t too,” the editors on staff have a chance to choose the stories that will affect our readers most. The ones that will keep them informed about what’s happening on campus, with alumnae, and also how we can connect to the outside world.

Tinkering with the news is something that should top the “never do this” list at every news organization. So while we too might want to include articles in the AP for refusing to cover a purely media sensation, we also would have to agree with the opposition: it’s never okay to choose which information you withhold from your readers.

La Lonnie Moore
STAFF WRITER

I read somewhere, “Pride goes before the fall, it’s time we all stop falling. I’m too old for the bruises and you are too young!” When I read that I began to wonder if my pride is causing all my bad luck, or if I cannot get rid of my bad luck because of my stubborn pride.

These are the things that I think of as I sink deeper into the twilight zone that is hidden within the Bermuda Triangle, which is nestled in the Nectarid space of the Delta Quadrant. Or is it the Alpha Quadrant? Who knows?

For all the Trekkies out there who are reading this, you know what that looks and feels like. It means that I am stuck in a big black area of space and time, and even if I get to run forward, gravity or lack thereof leads me back floating out in the naked black.

I find myself begging for favors or spare change whatever I can get. I am about to kick my pride aside and buy that 30-day bus pass I had to before my daughter was born. I am back to walking everywhere I go and back to taking taxi’s in a pinch.

When I got to Footstone to pick up my check from the salvation yard for my broken down car) I saw the amount on it, I wanted to cry. It’s like the end of an era. I am so tired of crying the same tears, telling the same story, singing the same song. No one seems to understand. There is a gospel song that says, “You came along and brought me this far… to leave me.” Basically, it says that I have made it through many tears, and I feel it is all done by the grace of God and because he brought me this far, he isn’t going to leave me.

However, let me tell you that my faith is waning. I am not always in the frame of mind to hear all of those optimistic things. So I look and think back to the quote I read, “Pride goes before the fall… I am too old for the bruises” I don’t heal well as I used to so with each heartache I carry more baggage and wear more battle scars each one more painful than the others.

My car is gone, my independence stunted. I know I am being overtly dramatic in some eyes, but to me I am just in a ditch and I am stuck. For once my pride isn’t going to help me here and it looks like I am going to just wipe some saline on those bruises and keep on trucking!

I have to learn to try and forgive myself for all of those things that are not in my control and for all of those things that I take onto myself that bring me further down into the abyss. I read in another novel “ Forgiveness doesn’t take away the pain or the scars, it just takes away the debt.”

So no matter how well I heal I still have my bruises and my battle scars to remind me of what I have endured and what I will have to continue to fight for. So I forgive those who have hurt me, and I forgive that commercialized holiday that started it all.

The falling of my pride

“My car is gone, my independence stunted. I know I am being overly dramatic in some eyes, but to me I am just in a ditch and I am stuck.”

However, let me tell you that I am still fighting, I am not always in the frame of mind to hear all of those optimistic things. So I look and think back to the quote I read, “Pride goes before the fall… I am too old for the bruises” I don’t heal well as I used to so with each heartache I carry more baggage and wear more battle scars each one more painful than the others.

Women Magazine wanted to interview her and she began showing up as an icon in fashion magazines worldwide. Speaking strictly on a business level, losing weight was probably the best career move Nicole Richie ever made. I think of all the attention she is getting now that she wouldn’t have gotten before.

And although a recent trend in the modeling industry has been to work models that are of an unhealthy Body Mass Index (BMI), this kind of action will not encourage people to strive for a healthier lifestyle.

Ironically, it puts even more focus on body image, sending children and adults the message that what people will judge them based on their body type and weight.

Because of the media, our image of what is beautiful is just as distorted as the image a perfectly healthy young girl sees in the mirror as she obsesses over her waistline. I suppose that’s what happens when we live in a society that chooses us with images but starves us for solutions.

The real solution is to promote a healthy, active lifestyle that combines physical fitness with proper nutrition.

We must also emphasize the fact that each person is different, and that their ideal weight and shape should be based upon what is healthfully achievable through diet and exercise.
What do you mean you don’t take checks?

Leann Pettit
STAFF WRITER

“What are you going to write?” the cashier at Wegman’s asked me when I said no thank you. However, at Wal*mart they did believe I meant something like a Giant card?” she asked me. I thought she meant a credit card, so I filled out my identification and not know much about the types of trees.

People are crossing

Sarah Relation
STAFF WRITER

I have gone four long years without a car, bargaining for rides whenever I need to go somewhere. Needless to say, after these years of walking I have an appreciation for both walkers and drivers. What I do not appreciate is the complete lack of respect between the two.

I was always taught that pedestrians at cross walks have the right-of-way, apparently not everyone was taught this.

The other day, while attempting to cross the street from the doors of Wal*mart to the parking lot, I saw cars creeping through the cross walk trying to force pedestrians out of the way and cutting the line off. I watched a woman in an SUV on a cell phone drive through, forcing people to jump out of the way.

I notice similar occurrences on campus. When crossing from Steinbright to the Tompkins College Center people often race through the parking lot. Speed limits in residential areas are there for a reason. If the sign says 15 it is not a suggestion. Do not go 25, 35, or more.

People are trying to cross the street and most likely have a class out to go to, the same as the people racing by in cars. I have often attempted to cross the street and experienced cars racing towards me. When I had looked before crossing they were either nowhere to be seen or completely across the parking lot. It should take longer than the few moments it takes to cross a road to get through a parking lot at the speed limit, particularly if the driver is respecting the rules of the road.

Also, the crosswalk between the sections of the Steinbright parking lot leading to the TCC is NOT meant for cars. It is not wide enough for all cars to pass through and could not only damage cars but pedestrians. I have witnessed cars attempting to pass through the opening and making pedestrians wait for them to illegally pass through. Cars are supposed to drive around. It takes about thirty extra seconds and is much safer.

Many students complain about the drastically high speed bumps. What students may not realize is that they are there to prevent speeding.

The City of Greensburg Traffic Handbook defines the purpose of speed bumps is to “physically slow[ing] vehicles down (by introducing a vertical deflection on the roadway) they create a design feature that calls attention to an area that will require a higher awareness for motorists.”

I still see cars changing by sacrificing the time and undercurbage for speed. Perhaps if students obeyed the rules of the road instead of complaining about the bumps, they would be lowered. Instead I see students gaining air as they try to get over them.

I understand that people are in a rush, but people are trying to cross the street.

Know before you grow

With all the talk of global warming and the need for the community to unite and join in, many people have felt the urge to help. The urgency felt by so many is amazing but there are times when this help may lead to a hindrance of fighting global warming instead.

Some of these hindrances are found with people using more environmentally friendly bulbs in places they should not be used, attempting to recycle products that should not be but one thing. I think that all students work to discuss the idea of people planting trees without the proper knowledge of how to do so. Not understanding the environment, the kind of tree you are working with and how to actually plant a tree can result in trees dying and harming the earth.

Before embarking on tree planting, it is important to just get an idea of how to go about doing so.

1. Find a location
Where you plant a tree is extremely important and must be decided before selecting a kind of tree.

If it is not your own land, the first thing you do to (before considering the land condition) is to obtain a landowner’s permission to plant. If it is a public park, contact the park services and If it is part of the National Forest, then they need to be contacted first.

While contacting them may seem like a hassle, organizations like the Forest Service or the park service might have additional tips on what trees work best and ways to plant.

What makes for a good location? The area should be one that is in the full sun. Also, where ever the tree will be going should leave a decent amount of space for root growing room.

2. How to pick out a tree
After picking out a location, make sure you take a survey of what the land is like before you select your tree. Feel free to take pictures of the trees if you do not know much about the types of trees.

Then, you can choose the photo to a garden shop or a forestry consultant and figure out the best tree. If you don’t want to purchase a tree, some organizations give away trees for people to plant. Also, relocation is a possibility. Sometimes it is a good idea to move trees that have rooted themselves. If you have a tree in mind that you feel should be moved, it is best to get the opinion of a Landscape Horticulturist.

3. Go ahead and plant
After the tree has been selected and purchased or picked up, it is time to plant the tree. A hole must be dug that is twice as wide as the root ball of the tree and the same height. Landscape Horticulturist, Douglas F. Welsh (reported on http://aggie-horticultural.tamu.edu) said that, “The soil that you dig out of the hole is what you use to backfill around the root ball.” It is not recommended to use any additives (extra sod or compost) when planting the trees. Instead, create a four inch tall wall around the tree (mush can be used to create this wall) and fill the newly created bowl with water. The first week the tree should be watered every day. The second week can cut back to every other and the third can be every third day. After that it should be whenever needed.

Is check writing going to become obsolete? Will debit cards completely take the place of checks in the near future?

Maybe checks are a thing of the past, but for now, I’m still living in the past with them.

They do not accept out of state checks. Maybe checks are a thing of the past, but for now I’m still living in the past with them. Once debit cards become more reliable for me, I might switch over fully. So, do you have any identification of your residence here? When I said no, he told me that when I look at my bank statement, I know exactly where my money went because I have the record. When I use my debit card, however, sometimes I will only get the address of the store on my statement and not now where it was. On top of that, frequently throw away the receipt or leave it in the shopping bag and put in my “collection” of shopping bags, only to be thrown away later. So, if I do use my debit card, I don’t have a record of what I spent. And it wasn’t just Wegman’s that I have had this problem with. When I was visiting friends in Maryland, I needed to stop at a grocery store. I wrote a check, handed it to the cashier and showed him my driver’s license. He looked at my license, looked at me and asked, “Do you have any identification of your residence here?”

Don’t take checks?

I know exactly where my money goes without a car, bargaining for rides or a check.

OPINIONS

Mar 15, 2007

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www.cedarcrest.edu/crestad

For the better

Know before you grow

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CULTURE-SHOCKED

Emily Pulham
FOREIGN CORRESPONDENT

Size matters

The first time I felt fat, I was 19 and shopping in Hollister with my younger (skinnier) sister. I was 130 pounds (average weight for my height) but I noticed while my sister was loading up on extra-small shirts, I was squeezing into larges.

Fast-forward three years, and I barely own a tight shirt. I watch what I eat at all times, I haven’t felt attractive in three years. And recently, I realized it wasn’t because I was overweight or unattractive — it was because of low self-esteem, due to media and mainstream influence. And there’s something wrong with that.

The other day, while trying on clothes in a British shop, I couldn’t find a sweater in a medium or large. I spotted a small, and thought “maybe.” And it fit. Not baggy at all, just a perfect fit. Inspired, I tried on other small tops, and was amazed to find I fit into them. But I hadn’t lost any weight — not a pound. Yet I was a size large in clothes in America, and a size small here.

Suddenly, it occurred to me that there was nothing wrong with me. I had just been trying to make myself attractive by impossible standards. For the first time in years I feel attractive, and know that I have a good body — but this isn’t something that a healthy athlete should have to go to a different country to feel.

I’m a size 10 here, the average size of British women. So why the difference in countries? I believe this is not due to diet or culture, but rather pop-culture and media.

In American pop-culture, I’d be hard pressed to name a celebrity with my body type — currently 127-130 pounds, 5’4” and curvy.

In England, there’s no shortage of women who are my size and famous. Kate Middleton, girlfriend to Prince William and potential Queen of England, has a gorgeous curvy size 12 body. Colleen McLooughlan, fiancé of an English football superstar, is famous, fashion forward, and my height and weight. Kate Winslet, Charlotte Church, and Kelly Osbourne all reflect the average size of British women, and are still famous. They are also fantastic role models for young English girls to look up to.

For the first time in years I feel attractive, and know that I have a good body — but this isn’t something that a healthy athlete should have to come to a different country to feel.

From shamrocks to leprechauns: Celebrating Saint Patrick’s Day traditions

Rachel Edgar
STAFF WRITER

A recipe for St. Patrick’s Day in the United States might go something like this:

Take a pinch of shamrock, add a parade, then mix with a lot of alcohol. Stir with a green spoon and enjoy this Irish toast: “May you get far in the contest (albeit in unflattering clothes).”

May your blessings outweigh the shamrocks that grow, and may trouble avoid you wherever you go.

~ Irish toast

The majority of American advertising campaigns involve few girls sized higher than zero. America’s Next Top Model always includes a token plus-size girl, and lets her get far in the contest (albeit in unflattering clothes). But will she ever win? No, never.

In sharp contrast, Top Shop, America’s most popular clothing chain, has just signed on two new spokespeople — thin rail thin Kate Moss and Beth Ditto, the lead singer of band The Gossip, who weighs approximately 210 pounds.

Why is it that only one country embraces that sort of beautiful diversity? And why doesn’t America?

American pop-culture let girls know that size zero isn’t the only attractive size.

In fact, when condom company Durex surveyed straight sexual-active men and asked who they fancied more, David or Victoria Beckham, an overwhelming 80 percent said David, as Victoria Beckham’s size zero frame put them off! When the Sun, an English tabloid, polled men on the streets to find out who they preferred more, size 12 Charlotte Church or a dangerously skinny celebrity size zero, 90 percent chose Charlotte.

The majority of the figures young girls need to be aware of. No one should be healthy and feel fat. This isn’t skinny bashing — it’s standardizing and weaning — imagining and bashing. I should not be told I’m large. I’m average, medium, in the middle.

Medium sizes should not be for girls who are naturally a size zero — they are who extra-small shirts should be for. Medium means in the middle; what exactly is a size zero in the middle of? Dead and not dead?

From now on, I’m not buying anything that isn’t reasonably sized, or buying into anything that detracts from the beautiful diversity that is healthy women. I’m sick of feeling not good enough, and am so happy to find somewhere where I don’t feel heavy because I can’t fit into a size small shirt designed for a 20 year old on a seven year old’s sizing chart.

Here’s to British fashion, for making everyone beautiful and for not having discouraging standards. For basing clothing lines on the sizes that most women in the country naturally are, for making clothes for those who are small and beautiful, and those larger and just as beautiful. And for making me feel attractive again.

From shamrocks to leprechauns: Celebrating Saint Patrick’s Day traditions

La Lonnie Moore
COLUMNIST

Beauty Works
La Lonnie Moore
COLUMNIST

Beauty tips from the web

Because there are many tips for natural beauty out there, I have compiled a list of top five hair care tips that I have found on the Internet. Take out your scissors and clip this column out, because these are tips you will never want to forget!

#1 Makeupusa.com has the cure to safe shaving; they recommend using a sharp, new razor blade for each shave. “A dull blade causes you to press harder, making irritation likelier. Follow the shave with a soothing lotion.”

#2 Carefair.com has advice for long hair woes. Washing your hair once every two days helps reduce oiliness. While shampooing, spread the product throughout your entire scalp. And leave “all over” conditioning for once a week - on other days, apply conditioner only to the ends.

#3 Ehow.com has advice for those who want to grow out a bad cut or just want longer hair. “Dip the notion that growing your hair out means never cutting it. You will still want to have your hair trimmed to keep it healthy and give it some shape. Spacing out your trims to once every two months or so is a good start.”

#4 Howstuffworks.com has a quick homemade remedy for healthy feeling hair. The secret ingredients: oil and egg yolk. “Massage olive oil into hair. Then beat the yolk of one egg and massage it into hair, working from the ends up. Leave for 10 minutes, then shampoo as usual. Do this once a week for a month, and hair should begin to feel healthier.”

#5 Hair-news.com has a great recipe for a facial mist. Check the site out to get the full recipe. “Bring 1 cup water to boil, remove from heat and add tea bag. Let steep and cool for one hour. In a spray bottle, add 1/4 of the tea, 1-cup water, hydrogen peroxide and lime extract. Gently shake bottle before using. Do not use if weather is cold or windy.”
Are cellular relationships the new norm?

La Lonnie Moore
STAFF WRITER

The claim
“A Yogurt-Covered Fruit Flavored Snack with natural and artificial flavoring.” They are also a good source of calcium, provide a 100 percent daily value of Vitamin C.

Yogos contain 90 calories and 18 grams of carbohydrates, no trans fat and only 1.5 grams of saturated fat. Yogos also contain milk and soy products.

How it works
One 4.8-ounce box contains six serving-size pouches. They are supposed to be a somewhat healthy snack with yogurt, which is a very popular trend lately.

Yogoflavored snacks range from the sweet to the not so sweet. They come in three flavors: Crazy Berries, Island Explosion, Berry-Berry Banana and Strawberry Slam. As far as a tasty low calorie snack with some nutritional benefit, Yogos are a tasty choice for adults and children of all ages.

The results
These little treats did not appeal to me much. My daughter loves them and prefers to eat them cold. She loves to ask for them by name, and could eat bag after bag if I let her. On the other hand, just end up picking them from my molar, saying, “Okay, where is the flavor?” They don’t taste like anything. If I am going to eat something that contains 1.5 grams of saturated fat then I need to be able to see and taste it.

Where to find it
You can find Yogos at any grocery store or supermarket.

Long distance relationships common among college students, young adults

La Lonnie Moore
STAFF WRITER

When did long distance relationships become the norm in today’s society? Wikipedia has formed an opinion.

“The best estimates suggest that about 7 million couples in the United States consider themselves long distance. These include 2.5 to 3 million long distance marriages and between 3 and 4.5 million dating couples. Some studies suggest rates of long distance marriage as high as 10-16 percent.”

Rates of long distance marriage are increasing. Some studies suggest rates of long distance marriage as high as 10-16 percent.

In the college realm, long distance relationships are not all that uncommon. Wikipedia.com also states, “Among college students, 25 percent report being in a LDR (long distance relationship) at any given time and 78 percent report having had a LDR at some point during their time in college. Among first year college students, estimates suggest that as many as 50 percent of students report a LDR.” As the old saying goes, “It takes all kinds.”

To analyze this issue, one should start at the beginning. Back when we were in elementary school, we used to pass notes asking, “Do you like me? Check yes or no.”

Daphne Morales, sophomore nursing major, said, “Remember when you would write a letter to a boy and ask him out and he wrote back yes, but you never really hung around each other? You just weren’t cool to say that you and so and so were going out. That’s about as much distance as you can get.”

So, the elusive phenomenon of long distance dating began before we could even spell correctly. However, this is about more than just who likes whom. There are other types of long distance relationships.

“The closest I have to a long distance relationship is to my husband’s family who all reside in Europe,” said Beth Courtney, a lifelong learner senior and Nursing major. “As you can imagine, it is very difficult to maintain any kind of relationship overseas. Most of our correspondence comes in the form of phone calls and the Internet. It is also very difficult for my son (three and half years old) to get to know his grammy and grandpops.”

The issue of long distance relationships affect more than just the couples that are involved in them. Heather Krey, adjunct professor in the Math department, and her brother, Pastor Peter Krey in Philadelphia, have interesting thoughts on the effects of long distance relationships and dating. Krey felt she is no way near an authoritative figure on long distance dating, but she did have some small experience with it. “The closest I got to was over the summers during college when my boyfriend (at the time) and I were about four hours apart. We survived this three summers apart with a lot of phone calls and weekend visits, and I’m pleased to report we’re now happily married.”

While her case is a long distance relationship in the past, her brother is currently in one. “We now have a bi-coastal relationship, my wife and I, basically because we have two professions and their value as well as our dire financial needs make them separate us. I am a pastor in Philadelphia; she is a psychiatric social worker in San Francisco... We have a Verizon relationship. But we did not communicate as much when we were together.”

“We try to get together once a month, but it often stretches into six or seven weeks and we get to spend a few days together. Before a woman always gave up her career for the man. Now our careers cut away our relationship for both of us.”

These relationships can form and survive but not without their pitfalls. It takes a great deal of trust, communication and love.

North Dakota State University counseling center states on their website that there are seven keys to maintaining long distance relationships. They are a willingness to work, a commitment to the relationship by all involved, effective communication, trust, the fine balance between independence and dependence, mutual respect and finally, clear expectations of each other.

When we feel that love is around the corner, yet that corner happens to be in a different area code, sometimes we have to do what we can to make relationship last. These types of relationships are not for everyone so if you know that you fit this description, then do not despair. Something else is waiting for you around the corner.

Yogos are a tasty choice for adults and children of all ages. Some studies suggest rates of long distance marriage as high as 10-16 percent. Wikipedia also reports that about 7 million couples in the United States consider themselves long distance. These include 2.5 to 3 million long distance marriages and between 3 and 4.5 million dating couples. Some studies suggest rates of long distance marriage as high as 10-16 percent.
Study Abroad program offers students the experience of a lifetime

Lizz Nagle
STAFF WRITER

Your education is something that shapes your future, goals and aspirations for life. Living on campus, commuting, or transferring are all experiences that ultimately alter and enhance your college career.

But what if you want more? What if you want to travel, experience a new culture, become fluent in a foreign language, meet new people, study new subjects, increase your independence, explore ethnic heritage, and see what the world has to offer?

If you are seeking any of these things, you may want to look into a Study Abroad program. Cedar Crest does not have its own Study Abroad program however, other schools in the Lehigh Valley Association of Independent Colleges (LV AIC) offer a number of programs that are approved for Cedar Crest students.

The experience is recommended by many professors at Cedar Crest. “It challenges who you want to be and how you expect to change the world,” said Dr. Robert Wilson, an Associate Professor of English at Cedar Crest. “There are any number of practical benefits to studying abroad - from defining your career in the global economy, to developing an intercultural perspective - but the greatest rewards come from the inner person who returns home more confident, more globally aware.”

Wilson also encouraged interested students to take advantage of the program while they are still relatively commitment-free. “College is the time to push back your horizon: After you’ve settled into a career or family, the call of the road is much harder to follow.”

If you think you are interested in studying abroad, the Career Planning Library in Allen House has many resources for exploring options. You can also talk to other students who have been abroad, because they can describe what the experience is really like better than any brochure or web link.

“Right now, I’m really interested in studying abroad in South Africa. I’m still looking at programs, but the Interstudy Program at the University of Cape Town is at the top of my list. It’s really important to find the right program for me as both an English and Dance major alongside the experience of being in another country. The hardest part is picking a program, but with the help of advisors and Career Planning I was able to get on the right track and hopefully by next Spring I’ll be in Africa,” said Amorie Rivera.

When choosing a program, think about your personal goals and what it is you want to get out of this experience. Get an idea of where you would like to go, if you want your classes to be in English or another language, if you want to stay with a host family or in a campus residence.

Once you pick the program you feel is best for you, contact your academic advisor. They can help make sure you meet all of the requirements. Also keep in mind the timeline for the application process begins about six months before you actually plan on going abroad.

If you think a study abroad program could be beneficial to your college career, contact Career Planning at extension 3401.

Alternative Spring Break 2007

While most students enjoyed a week-long respite during spring break, Alternative Spring Break participants spent the week in Avery County, North Carolina. Throughout the week they hung drywall and sheetrock in one house, laid the concrete foundation for a second home, and also created care packages for needy families.

Above: Cedar Crest students use the power of teamwork to apply sheetrock to the home’s ceiling.
Above right: The ASB team, made of 20 Cedar Crest students and faculty members, poses for a picture in front of the almost-completed house.
Bottom right: Paula Miller works on the foundation for a new home in North Carolina.

Photos courtesy of Nicole Cribari | ASB Member
The average concert goer arrives at the venue of a general admission show about fifty-seven minutes before the doors open. Typical concert necessities include items such as the ticket, a camera and a band shirt from Hot Topic. But Guster is not the typical concert experience, and their fans are anything but ordinary. Toting ping pong balls (to later be thrown on stage) and wearing craft store supplied t-shirts with hand-painted lyrics are just two of the ways we joined the sold-out ranks of Guster regulars who swarmed the Electric Factory on March 3 to see the band.

After finally deciding to brave the outdoors and make it back outside until they can secure their position in front of the stage. Often, openers just take up time and the main act followers might find themselves waiting and waiting for the beginning musician to leave the stage and the featured talent to take over. However, with Mason Jennings opening the show, this was not the case at all. Between stunning lyrics, his solid smooth voice and an accompanying harmonica, Jennings rocked out an opening show that caused many to be forced to hand over their undivided attention.

What has changed is the level of professionalism of their shows. After Jennings closed, the seven hours of waiting before allowed into the building were finally fulfilled as Guster walked on stage to deliver one of their signature life changing performances. They opened with “Captain” from their most recent album, Ganging Up on the Sun. While they have always put on an enjoyable show, they most certainly have changed. They have kept their bongos, their appreciation for the fans and of course, the trait that lured many in, the sense of professionalism of their shows. They opened with “Captain” from their most recent album, Ganging Up on the Sun. While they have always put on an enjoyable show, they most certainly have changed.

When it comes to Guster, it will always ultimately be about the music, and this performance was no exception. They served up sing-a-longs, tears, and all-around euphoria with favorites such as “Barrel of a Gun,” “Airport Song,” and “Happier” and haunted with a particularly breath-taking rendition of “Come Downstairs and Say Hello.”

In true Guster fashion, they also started their own encore, encouraging the crowd to begin singing “Two Points for Honesty,” arguably one of their most popular tracks, and stood to the side of the stage before coming back on to finish the song along with their fans. At the close of the show, not only did they thank the fans for attending and attributed much of their success to the loyalty of their fans. But they also informed us that the show had been run entirely on wind power. If the music alone, then perhaps hearing about their environmental awareness agenda will. Go see Guster, support the environment and throw ping pong balls on stage.

A+
Zodiac

Zodiac is a highly suspenseful drama that tracks the murders of the Zodiac Killer who kept San Francisco and California in fright for months. The film takes place over a span of thirty years from some of the very first murders until the point where one of the main suspects dies. Although the movie is quite long (clocking in at 2 hours and 38 minutes), it paces itself nicely and features good actors, making this film well worth seeing.

The Zodiac killer was a killer during the 60s and 70s who sent cryptic messages and letters to the newspapers and police officers. This film does not center around him, but three main characters that dealt with the murders. Robert Graysmith, played by Jake Gyllenhaal (The Day after Tomorrow, Brokeback Mountain) was a cartoonist during this time at the San Francisco Chronicle and started looking into the Zodiac killer. He is the one who keeps the investigation going and ends up writing two books, one of which the film is based on. The second main character also works at the San Francisco Chronicle is Paul Avery, played by Robert Downey Jr. (Gothika, A Scanner Darkly) and is also looking into the murders but after a few years he ends up leaving his job.

The third main character is Inspector David Toschi, played by Mark Ruffalo (13 Going on 30, Just Like Heaven). Toschi’s partner, Inspector William Armstrong, is transferred after a few years of chasing the Zodiac killer, and is the lead detective and can mostly be seen in the first part of the film as he tries to hunt down the Zodiac Killer. The second part of the film explores Graysmith’s role of trying to hunt down the Zodiac killer after being denied help from Avery. No person was put on trial for the murders but the film emphasized Graysmith’s opinion of John Carroll Lynch being the Zodiac murder. Since no one was ever charged it is possible the killer is still living today.

Gyllenhaal, Ruffalo, Downey and all of supporting actors in this film do a great job, inviting the viewer to go through their experiences with them. Each adds a lot to this film making it well worth the backs.

Although this film is classified as a drama and thriller, it must be remembered that this film is not a suspenseful minute-to-minute hunt to find the killer. It is much more of a slow-paced hunt that takes years to gather evidence and clues. In today’s society many films such as Saw try to scare us however films like these based on true events are truly scary and deeply heartbreaking. It is a profoundly tragic event when human lives are lost at the hands of others, and this film portrays that tragedy extremely well.

ACROSS
1 Large religion
6 Child
10 Tyrant
14 Clean thoroughly
15 Slope
16 Buckeye State
17 Cargos
18 Lone
19 Nix
20 Bunsen burner
21 Ornament
22 Chipped off
24 Pick
26 Rotary phone user
27 Dash
30 Honey
31 Having wings
32 Clean
33 Farm credit administration (abbr.)
36 African country
37 Palter
38 Antiquity
40 Ingot
41 Saber
43 Wristful
44 Flatten
45 Winds around
46 Unreal
49 Floor covers
50 Metal mixtures
51 Male sheep
52 Gets older
56 Den
57 Stretched
59 End
60 Rodents
61 Fuzz
62 South American animal
63 Slegh
64 Juniper
65 Repelling term

DOWN
1 Island
2 Scotsman
3 Lens
4 Boldness
5 Married woman
6 Spinal
7 Am not
8 Sickly
9 Fish with flies (2 wds.)
10 Keyed
11 Bearskin
12 Helper
13 Who says travel on
14 Alternative (abbr.)
15 Alternative (abbr.)
16 Lining
17 Uncomfortably
18 Foolishly fond
19 Purse
20 Supplication
21 Scold
22 Total
23 Still
24 The
25 Diet
26 Loose gown worn at mass
27 Charity
28 Succor
29 What you climb up
30 Writer Bombeck
31 Having wings
32 Origin
33 Harsh criticism
34 Intrude
35 Experts
36 Removable
37 Grapple
38 Antiquity
39 Flattened
40 Ingest
41 Nix
42 Chipped off
43 Palter
44 Unreal
45 Total
46 Whip
47 Girl in Wonderland
48 Idle
49 Shabby
50 Charity
51 What you climb up
52 Succor
53 End
54 Writer Bombeck
55 Remain
56 Den
57 Stretched
58 Sucdor
59 Loose gown worn at mass

Look for answers to this issue’s puzzle underneath Mark Your Calendars.
Bet You Didn’t Know...

Kristin Maile in Athletics

Karen Passino
STAFF WRITER

The Crestiad: Where did you grow up?
KM: I grew up in Forest City, PA, which is about a half hour outside of Scranton.

TC: Where did you go to school?
KM: I went to the University of Scranton. I have a BS in Accounting and an MBA in Finance.

TC: Are you married? If so, do you have children?
KM: I have been married for over ten years and I have a two and a half year old boy, Evan.

TC: How long have you been the director of Athletics?
KM: I came here in July of 2006 from Wellesley College, where I was the Associate Athletic Director.

TC: What made you choose Cedar Crest to work for?
KM: I liked the location and the size but, most importantly, every- 
cerned about and in support of community here on campus is one 
TC: What made you choose this profession?
KM: I actually got into this profession quite unintentionally. I first 

Karen Maile and her son at the Philadelphia Zoo

Mobile phones become art

Leann Pettit
STAFF WRITER

Okay, I am a dork, but I know that I am not the only one out there. I visited Baltimore’s Contemporary Museum this past weekend for their exhibit, Cell Phone: Art and the Mobile Phone, an exhibit that focused on artists that were experimenting with the cell phone as medium for their artwork.

The woman working the day we went informed us about the audio tour of the museum. But rather than give us a recorded tap- 

Also very obvious in the front 
of the museum is the “VIDEO huc- 
ter 027-2007” by Beatrice 

Performe 
directed by Trifon 

They are hosting 

Kristin Maile

Also, on March 31st at 2:30 pm Mark Shepard, cre- 

Wednesday, March 21
Chris Daughtry
Theatre of Living Arts 8:00 p.m.
Philadelphia, PA

Mark Your Calendars

On Campus
Thursday, March 15
ID: St. Patrick’s Day Theme Meal
11:15 a.m.

Tuesday, March 20
ID: “What Am I Doing With My Life” Presentation
12:00 p.m.

Tuesday, March 20
Literary Reading: Bathsheba
4:00 p.m.

Off Campus
DeSales University
Tuesday, March 20
Rapunzel
10:00 a.m. & 1:00 p.m.

Lafayette College
Tuesday, March 20
Health Prof Lecture: Drs. John E. Castaldo & Lawrence P.
Levitt, “The Man with the Iron Tattoo”
12:00 p.m. – 1:00 p.m.

Lehigh University
Friday, March 16-Saturday, March 17 & Wednesday, March 21
Zoeller Arts Center: Three Sisters by Anton Chekhov
8:00 p.m.

Muhlenberg College
Saturday, March 17
Acafellas – St. Patrick’s Day Concert
8:30 p.m. – 9:30 p.m.

Concerts & Events
Friday, March 16
Tempest Release Tour Party
The Evil Genius DJ Green Lantern
Crocodile Rock 7:00 p.m.
Allentown, PA

Tuesday, March 20
Reverend Horton Heat
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Tuesday, March 20
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Philadelphia, PA

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There are two events coming up at the museum dealing with the exhibit, on March 15 at 6:30 pm

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Jennifer Woytach
SPORTS EDITOR

The Cedar Crest College softball team spent their Spring Break in Myrtle Beach, SC, attending Snowbird Softball, a spring training program to prepare for the 2007 season. The Falcons left Allentown on March 5 and returned March 10; they played eight games in four days while in South Carolina, but were unable to bring home a win.

“We expected to go down and grow as a team, learn from our mistakes, and find weakness that can be worked on before we step on the field for our PAC games,” sophomore pitcher/outfielder Allison Holland said.

“I expected the team to start carrying the skills that we developed in the gym onto the field. In addition I was anticipating the team to start to get pumped up and excited about the upcoming season, and it is always fun to get out on the field for the first time,” junior catcher Melanie Devlin said.

“Most importantly I expected to see what our players can really do once out on the dirt and grass, because it is a lot different than being in the gym.”

Being able to practice and play outside was an advantage to the Spring Break trip, since there was still snow on the Falcons’ field near Steinbright Hall last week.

“It is totally different to track a ball looking in the sun and play a ball off of a bad hop in the dirt as opposed to having to play a fly ball off of the rafters in the gym. Everyone needed to make the adjustment,” said Holland.

“I don’t think that we played as well as we could have, but I think that for the first time out we didn’t play badly. We need to take what we learned from the games over Spring Break and apply that to the games we have coming up. I think that we can use the games from Spring Break as a stepping stone to inspire us to play to our potential so we can win the tough games,” said Alyssa Kabat, a sophomore shortstop/pitcher.

“We did not win any games, but I believe we improved in many areas. We had better communication toward the end of the week,” said Kim King, who plays second base and is the team’s only senior.

“Also, we have seen many different pitching styles, so hopefully, will not be surprised by anything we see during the season.”

Devlin, one of the team’s captains, said the trip was “definitely beneficial.” Playing during Spring Break helped to relieve preseason anxieties, as well as being the team closer together. “The team as a whole began to communicate and work together and become a unit. Every individual found something to bring back and work on before our first game on Friday,” Holland added.

Jaclyn Norsworthy, a freshman pitcher/outfielder, expected to bond with her team while in South Carolina, but were unable to bring home a win.

“We did not win any games, but I believe we improved in many areas. We had better communica-
tion toward the end of the week,” said King.

“We are going to re-group and get back on track and become an unstoppable team,” Holland said.

“We learned a lot about each other and off the field. This trip allowed for everyone to become familiar with the way that we all play, and also some of our outside of sports personalities,” Kabat said. “I think that this trip allowed the coaches to see how we each individually play on the field, and how and where each player can most benefit the team as a whole.”

The Falcons will use their experiences from Myrtle Beach to prepare for their first PAC game of the season, when they travel to Rosemont College March 16. “The coaches took mental notes of what contributed most to our losses and we will work hard over the next week and throughout the season to get back on track and become an unstoppable team,” Holland said. “We are going to re-group and come out on fire. We had a learning experience and we can only grow from this.”

Look for an interview with Coach Ervin in the next issue of The Crestiad!