Cedar Crest makes room for dancers

Janette Brunstetter
Staff Writer

Cedar Crest has an ever-growing population of students, faculty, and staff. With this growth comes the need for class space and the time to be able to schedule them. One department that has developed a space problem is the dance department, which is among the largest in growth by far.

In order to account for the growth in the dance department, the college has decided to expand the existing Dance Studio in Steinbright Hall. The expansion will consist of a dance space, three faculty offices, one entrance, and a small lobby. It will also include its own equipment and dressing rooms.

"The space will be about the same size as the existing dance studio. This space is not so much a unique space, as much as a practical one, says Professor Roxanne Amico. This expansion means a lot to the Dance Department setting their microscopes up on the cafeteria tables when lunch is over." It’s especially hard for first year dancers who are unsure of themselves, and even more unsure of the space in which they dance. With the expansion, room will be opened up schedule wise and space wise. To look back and see how far the dance department has come is bittersweet. It would be like the Biology Department setting their microscopes up on the cafeteria tables when lunch is over.”

Amico said, “It would be like the Biology Department setting their microscopes up on the cafeteria tables when lunch is over.” It’s especially hard for first year dancers who are unsure of themselves, and even more unsure of the space in which they dance. With the expansion, room will be opened up schedule wise and space wise. To look back and see how far the dance department has come is bittersweet.

The dance studio in Steinbright is used by many students; a new studio will be ready by early 2007.

Highly contagious virus surfaces in Lehigh Valley

Lori Gallagher
News Editor

Living in a residence hall and sharing bathrooms is the perfect recipe for spreading highly contagious viruses. One such illness has made its way to the Lehigh Valley in the form of a stomach virus.

Health Department spokesman, Richard McGarvey, told Morning Call reporters that they are unsure of exactly what this virus is, but it is believed to be a norovirus.

According to the Centers for Disease Control and Prevention (CDC), noroviruses are “a group of related, single-stranded RNA, nonenveloped viruses that cause acute gastroenteritis in humans.” This is the virus that causes, what is more commonly known as, the stomach flu.

Although this virus is highly contagious, it is not airborne. Therefore, it can only be passed through hand or mouth contact. Symptoms usually occur within 12 to 48 hours after the virus is contracted. Symptoms include vomiting, diarrhea, and abdominal cramps.

This is a common winter virus and usually only lasts for 24 to 48 hours. However, those infected should stay out of classes and work for at least 72 hours.

According to the CDC there are no antiviral medications or vaccines to prevent infection. A norovirus infection cannot be treated with antibiotics because they fight bacteria, nor viruses.

“The best way to keep yourself (and everyone else) safe is to wash your hands,” said Nancy Roberts, Director of Health Services. Cedar Crest junior, Jenn Ward said, “So many people don’t wash their hands and I touch the things they touch, so I always feel the need to wash my own.” Roberts also explained that, as of February 28, 2006, no cases of this virus had been reported on campus.

However, there were many cases reported at other local places. At Lehigh Valley Hospital on 17th and Chew Streets in Allentown, 21 patients and 20 staff were infected with the virus. The transitional skilled unit had to be closed to visitors and new admissions until everything could be disinfected.

There were also 50 people who became ill with the virus at Cedarbrook Home in South Whitehall Township and 24 people who contracted the virus at Liberty Nursing Home in Allentown.

At a high school in Gloucester County, New Jersey, south of the Lehigh Valley, 700 students were infected with the virus. There were also 19 children affected at Magic Years Child Care Center in Allentown.

During the Coffeehouse on Tuesday, February 28, Howard Wald III, also known as P-salm read a poem called, “Keep it real.”
OPINIONS

The Campus Corner

It is your busiest day of the week and school is cancelled. What is the first thing you do?

Amiee Bender '09
Art

“Go back to bed.”

Sierra DeMulder ‘08
Art Therapy

“The homework that was due that day.”

Would we believe in God without religious texts?

Louis Mariami
Staff Writer

Just once wouldn’t you love for someone to simply show you the evidence for God’s existence? No beating around the bush. No statements of, “you just have to believe.” Well unfortunately we as human beings have to make up our own minds regarding such a sore topic. You see even if some supreme being came down and claimed that he/she/it was indeed God, how would we be sure? They could be an alien for all we know. And even if an armada of angels came down from heaven, it doesn’t prove that there is a God. It just proves that there is an armada of angels. However, it would be enough to completely convince me and then I’d be really scared because I’d think God would hate me and want me to change my life. Nonetheless, the fact remains that it is left up to us to come to a conclusion.

Have you ever heard a very religious person talk unreasonably and yet insist he or she is correct? Or have you listened to an evolutionist ignore flaws in their speeches and go on and on about hypotheses, theories, and facts? My suggestion is to listen to them and find out for yourself what seems right or wrong. I believe this is the key to unraveling the unanswered questions in your head, giving you a sense of completeness. My goal isn’t to argue or debate evolution and God, but rather to spark an interest regarding the ultimate thought provoking questions that haunt us all.

If a human being was born in circumstances in which there was no written knowledge of God could (or more importantly wouldn’t) they believe in a God? Absolutely! I say this with confidence because, for one, anthropological research has indicated that among the farthest and most primitive people today there is a universal belief in God. And in the earliest histories and legends of people all around the world, the original concept was of one God, the Creator. An original high God seems once to have been in their consciousness even in those societies which believe in more than one god. There is a scientific, biological mechanism within us all that reaches to the heavens for a higher source. I wonder how many atheists looked upward when they encountered a life threatening experience. It is interesting how that is such an automatic response, wouldn’t you say?

There arises in all of us, of any culture, universal feelings of right and wrong. Even a thief will get mad and feel wronged when someone steals from him. Where did we get this sense of wrongness? How do we explain a universal law in the conscience of all people that say murder for fun is wrong? And where do we get feelings like courage, dying for a cause, love, dignity, duty and compassion? Why do we cry when someone dies? Is it because we know that person isn’t around anymore? Well then why do we cry for people we hardly even know or not know at all? Why did I cry so hard after I saw Titanic, huh? Mr. DiCaprio is still alive! Where did we get our inner sense of right and wrong? Some might argue that people’s consciences are only learned from their parents or the society...
The worldview that this administration is trying to hide, you have nothing to worry about. What it is they are looking for. What might be? Especially when you do not know stored my e-mails (some even to Russia and words and phrases to watch for. Agencies all working together with 3,000 according to unknown criteria. The NSA to monitor e-mails and phone calls. Are there any attacks? And am I trying to fit into a culture I don't really like not to have British as my primary nationality? Is it that although I fit in so well with a life, an identity, that I am so desperate to change it? I want this. I want to fit in; I want this to be my life. I don't like standing out that much—and as an American, I do. The majority of us do. Friend's houses—and all the while you just wish that either you could be seen as a person, not a nationality, or that you weren't American in the first place so it wouldn't even come up. So I want to be a person, and not a nationality, why the hell not? I say this is my home, this is my parents, my voice, or my heart? Is our nation what we are? I say this is my home, this is my culture—of any letters or commentaries.
**Agenda waits for you**

Sarah Magner
Opinions Editor

“It’s all right, you can afford to lose a day or two.”

With Spring Break on our heels and extra-curricular projects filling our desks, these lyrics most likely do not reflect your own sentiments at the moment. However, can you really propose any argument strong enough to stand up to The Piano Man? 

Boz Scaggs’ “Vienna” is another one of those inspirational songs that I quite enjoy. While of course I am an advocate of participating in clubs and events, I often have to remind my inner Cindy Crawford to not spread herself too thin. After planning adequate hours dedicated to preparation for class, I now find myself planning my free time, something I thought only my sister (mother of two and full-time, suit-wearing, YMCA-going businesswoman) did.

On the bright side, I actually have free time with which to plan. On the no-so-bright side, planning such activities often magically transforms them from delightful diversions into dreadful duties.

The other day, I took a few minutes extra to enjoy my Bistro wrap, and I was just about two minutes late to a meeting. I was the only one this thing was “ate,” as I almost always arrive ten minutes too early. So “when will you realize! Vianna waits for you!” Joel would ask. Fortunately, I realized it in time to actually indulge in my hunchless free time, and it was a small but delightful addition to my day.

So take Billy’s advice, “slow down your crazy child! Take the phone off the hook and disappear for a while.” Whether it’s a laugh with a close friend, a breath of cool March air, or a crispy chicken wrap, if you feel so inclined, indulge! I guarantee your meetings will still be there when you’re finished. When you will realize, agenda waits for you?

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**Ms. Takes**

Jennifer Kumerz
Columnist

I must begin by saying that chocolate lolipops of all shapes, sizes, colors and flavors are a tasty treat to eat. Unless of course, chocolate itself offends you in that you dislike it or are allergic to it. That said, let’s move on to real vegetables.

Women’s health and women’s bodies are often portrayed as a mysterious no-go zone, especially women’s body functions such as menstruation. Our physical self even eludes the medical community at times, such as the recent concern about women’s heart health and the diagnosis of heart attacks. So, now that we are sure, after all this time, that our bodies may require different treatments, diagnosis and prevention, the question that many mums wish to ask is “Should I set my baby on?” So why, then are there still scare tactics and myths out there concerning women’s bodies including tampons containing asbestos and deodorant that causes breast cancer? 

Recently I received one of those annoying forwarded chain emails. It was the “Donna C. Boisseau” e-mail containing supposed information about the harmfulness of tampons. A copy of this e-mail can be viewed at www.truthfortampon.com by searching “tampons” on the site. This e-mail began its first stint in 1998. It claims that tampons contain asbestos and dioxin, two extremely harmful and carcinogenic chemicals. I decided to do some further research before I got really freaked out about using tampons.

This e-mail begins “I heard many tampon makers would include asbestos in the tampon. Why? Because asbestos makes you bleed more... if you bleed more you’re going to use more tampons.” This statement is far from true. There is no asbestos in tampons whatsoever. In a 2000 study by Michelle Snow and Dr. Mel Strachman, chief of FDA health sciences said, “the only way asbestos could be connected with tampons would be through tampering.” And we haven’t received any reports of such tampering.”

Another concern about this insidious e-mail was that tampons contained dioxin, a chemical known to cause cancer if one is exposed to high levels. However, the most common exposure to dioxin chemicals is from food intake, not tampon use. The average woman uses approximately 15,000 to 17,000 tampons in a lifetime. So, yes, tampons do expose women to slightly higher levels of dioxin, but eating beef, dairy, poultry and fish may be just as, if not more “dangerous.” Dioxins are a group of chemicals that are the result of burning waste and fuel, chlorine bleaching processes, cigarette smoke and forest fires.

There are varying opinions on what are “acceptable” levels of dioxin intake, so trace amounts found in individual products are not always as dangerous as advertised. The dioxin that are found in tampons are the result of the bleaching process required to extract rayon from wood pulp. These levels may or may not be significantly harmful. Also, the ingredients found in tampons are supposedly not the cause of TSS, but the environment that is produced when tampons are used. I have encountered various opinions, some saying that all cotton (instead of a cotton/rayon mix), or organic cotton tampons would carry the lowest risk for TSS, however, that goes against what others say about the environment, and not the materials, as the contributing factor.

If you are a veteran tampon user than you are likely aware of that annoying little folded tip strip of paper that is draped over your packaged tampons. Most likely, whenever you open a new box you immediately discard that little paper without giving it another thought in order to ease access to the tampons underneath. You may have read this paper when you were younger, and new to the tampon world, and may remember that it offers information concerning toxic shock syndrome (TSS). TSS is caused by a “staph” infection due to Staphylococcus aureus bacteria that can thrive in moist warm areas. Only about half of women who are caused by tampon use with other cases occurring related to infections in skin abscesses, in the nose or lungs, and after surgery, according to the Center for Disease Control (CDC) and the Food and Drug Administration (FDA). The CDC says that there are one to two cases of TSS for every 100,000 people. There are definitely still risks involved with using tampons and even though the incidence is low, there are still reported cases of TSS. On November 22, 2005, college freshman Danielle Graves died of TSS. She was aware of the proper use of tampons and had not suffered any previous illness that could have left her body more susceptible to the infection. Her death prompted questions of whether girls are being taught enough about personal hygiene and cramping too much. Ironically, a few weeks ago a teacher was reported by shocked parents in New York for teaching girls about proper tampon insertion and use. Andy Rosenberg of Kings Park Independent School, otherwise known as “Growing up Feeling Good about Your Body.” Apparently, his instruction was too graphic for some parents to swallow and they started calling in complaints the first week in February. I wonder if that the parents would have rather had their children learn the truth instead of hearing wild stories and varying opinions about awareness, chemicals and ingredients, let’s move on to the earthy effects of tampons. There is a much more tangible problem. Have you ever thought about the environmental waste produced by sanitary products? In 2001 March/April issue of E- The Enviromental Magazine (www.emagazine.com) Franklin Associates, a waste consultant, claims that in 1999 landfills and sewers were flooded with 6.5 billion tampons and 13.5 billion sanitary pads plus the packaging for both of these. In the same article, the Center for Marine Conservation is citing statistics that show 10-15 million applicators do U.S. shores. If we also factor in the pesticides, factory waste and pollution created from these products, it seems like an astronomical amount of waste.

Alternatives abound when it comes to environmental safety products. Natracare produces an organic cotton-chlorine bleached tampon, which eliminates the pesticide and chemical issues, but only partially addresses the landfill issue by not having applicators. Another option for those who prefer tampons is the Diva Cup or the Keeper. These are siliconicone cups that are hypoallergenic and reduce the colonization of bacteria, which can be worn inside the vagina to collect menstrual blood. The cup can be then emptied, cleaned...
About a year ago, I was introduced to someone who opened my eyes to diversity...

Although I love every movie, I find fault in them because I just wish in reality, things like that would happen. Love would be accepted as love, without judging the color of individuals involved. I wish that no matter what a person's color on the outside is, it would be no representation of the individual they are internally.

About a year ago, I was introduced to someone who opened my eyes to diversity, and made me see past the narrow view of society.
Controversial caricature sparks discussion

Kelly O'Donnell
Staff Writer

Mohamed Rajmohamed, a Cedar Crest adjunct, will be leading a talk and discussion, “Is there Something Rotten in Denmark: The Case of the Cartoon Jihad,” on February 22. The discussion will be held at 6:30 p.m. in the 1867 Student Government Association’s post office box (401) instead of her personal box, “just to keep SGA mail separate from my personal mail.”

On February 22, SGA started at 6:30 p.m., so that senators and executive board members could attend the cultural extravaganza. However, unless otherwise noted, Student Government Association meetings are every Wednesday beginning at 6:00 pm in the 1867 Student Government Association’s post office box (401) instead of her personal box, “just to keep SGA mail separate from my personal mail.”

Gambling was another topic which grazed the discussions of the evening, as Casino Night was approaching. Much of the meeting was dedicated towards final planning and organizing this tradition. During the meeting on Wednesday, February 22, Casino Night was evaluated by the senators who operated the games.

Many of the senators felt that it went very well. President Sabrina Kulakowski, who were required to dress like dealers in white shirts and black pants, learned how to deal blackjack and Texas Hold ’em during Casino Night.

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Abortion Ban Close to Succeeding

South Dakota has come close to passing legislation that would ban abortions in the state, with the State Senate approving the bill that provides abortion. The bill would sentence doctors who are found guilty of performing an abortion up to 10 years in prison. The bill was introduced in April and has been fast-tracked through the legislative process. If signed into law, the bill would take effect immediately, making South Dakota the third state to pass such a law this year.

Violence in Iraq Breaks Out

After the destruction of golden dome Anbariya al-Sharqiya by bin Laden's fighters, violence broke out in Iraq when Saddam Hussein's government fell. The new government of Iraq faces many challenges, including the need to rebuild the country and provide for the needs of its people. The United States has been providing support to Iraq, and the international community is working to help as well.

Fingerprint comparison, mass disaster to be discussed at Forensic Symposium

On Saturday, March 25, 2006, the fourth Annual Forensic Science Symposium will be held at Cedar Crest College. The symposium will be sponsored by the Forensic Science Student Organization (FSSO). The event will feature a number of presentations on various topics related to forensic science, including fingerprint comparison, mass disaster response, and the use of DNA and potential application to forensic cases. The symposium will run from 9:00 a.m. to 5:00 p.m. and will feature presentations from experts in the field.

New major prepares students to “influence social change”

The Criminal Justice Major will require 36 Criminal Justice credits, along with classes from a variety of other disciplines. The classes offered will be taught by Scott Hoke, a Cedar Crest adjunct professor of three years. Although only two classes are being offered next semester, there will be, at a minimum, four classes offered in fall 2007. Students will be able to take courses from other majors as well, with their major’s approval. The major would be double major with majors such as psychology, political science, or accounting, this major is strategically planned out and harder to double major with anything. There are many career fields that a student with a Criminal Justice degree can join. They range from law enforcement to rehabilitation. The field is expanding due to the increase in security among the nation. There are benefits to receiving a degree from Cedar Crest in particular. The courses being offered are aimed to help students with their leadership and critical thinking skills.

“There is much more to work on,” said Scott Hoke. “If the student wants to work on their leadership and critical thinking skills.”

The two classes being offered next semester are CRJ 101: The Legal System and CRJ 211: Criminal Justice Ethics.

Dance studio

The completion of this project is not expected until January of next year, but for this new addition is in the price range of $800,000. There are many career fields that a student with a Criminal Justice degree can join. They range from law enforcement to rehabilitation. The field is expanding due to the increase in security among the nation. There are benefits to receiving a degree from Cedar Crest in particular. The courses being offered are aimed to help students with their leadership and critical thinking skills.

“The coursework is designed to provide the student with a greater exposure to contemporary critical issues, a more intensified development of written communication skills, and a greater emphasis on research preparation and presentation,” said Hoke. Courses will also be aimed to help their students prepare to take on “management level responsibility.”

Selby says that the criminology class really helped her to get a different idea of the mind sets of criminals and help explain, “why they do what they do.”

Although only two classes are being offered next semester are CRJ 101: The Legal System and CRJ 211: Criminal Justice Ethics.

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No Child Left Behind Act leaves some children behind

Liz Skoczylas
Staff Writer

A study conducted at Harvard University showed that the “No Child Left Behind Act” has its flaws. According to CNN.com, the No Child Left Behind Act has benefited white middle class children, instead of children that are black or other minorities, or in poorer economic situations.

Professor of graduate courses on Education Policy and Politics, said, “This is the most serious effort ever made to try to solve the achievement gap in education. The difference in achievement between wealthy and impoverished households has been a problem forever.”

The No Child Left Behind Act was introduced in 2001, in order to set national standards for America’s education system. According to a CNN report, only two-thirds of students graduate high school in America, and only fifty percent of black and Hispanic students graduate high school in America, and even one state gets one thing, another state can do something else.

Harvard’s study reported that 49 out of the 50 states have taken action in order to amend the law or have had waivers granted to them, in order to fit their accountability plans. “In one example the study cites, states in rural Midwestern regions were granted extensions on deadlines to meet requirements on teacher qualifications that were unavailable to poorer rural regions with greater numbers of black Americans and ethnic minorities in southeast and southwest states,” according to CNN.

Spokesperson Chad Colby, from the U.S. Department of Education, stated that the Harvard study was both “misinformed” and “hawed”.

“We leave it up to the states to determine how they are going to get there. It’s exactly the opposite of one-size-fits-all.”

CNN.com says, “Washington, a bipartisan commission announced on Tuesday that it was being created to take a ‘hard, independent look’ at the law’s problems and promises, and then make recommendations to Congress before the law’s expected renewal in 2007.”

As a parting thought, Spiezio said, “This is needed to help the level of achievement - it is not going away, even when Bush leaves. Especially if Senator Clinton becomes president, she will be just as supportive of this.”

Safety & Facilities Tips...

Contributed by:
James Marsteller and the Safety and Facilities Department
(A.K.A. Safety & Security, Maintenance, Custodial, Grounds and
General Services [Telecommunications, Transportation Services])

Safety & Security reminds everyone:
If you will be leaving Campus for Spring Break and plan on leaving your vehicle on Campus, we are requesting that you park the vehicle in lot “E” (Boiler Lot) and drop off the keys at the Safety & Security office located in the Physical Plant building. This will facilitate easy snow removal around Campus in the event of a late snowfall and for the additional security of your vehicle. Thank you for your cooperation and have a safe and enjoyable Spring Break!

Maintenance reminds Steinbright residents and everyone:
A reminder for Steinbright Hall students to clear off the heaters before leaving for Spring Break, because we will be servicing the entire building and need easy access. Other maintenance requests should be sent via the on-line Work Order Form found at the College website. Click Faculty/Staff, click Plant Services, and then enter your request as prompted on the on-line form.

Grounds reminds everyone:
In the event of snow, even if Security doesn’t send a notice, parking in the larger parking lots allows us to do a more thorough job on the roads and reduces the likelihood of lingering ice patches.

Telecommunications/Transportation informs everyone:
Vehicle reservation forms may be picked up at the following on-campus locations: Switchboard at the Plant Services building, Information Desk at TCC and at the Allen House Student Affairs office.

Custodial reminds students:
Please be sure all trash and garbage is out of your room before leaving on Spring Break.
Black history is everyone’s history

La Lonnie Moore  
Staff Writer

February was Black History Month and Cedar Crest students stayed involved this semester. The Black Awareness Student Union (BASU) did everything possible to make sure that the students on campus not only uplifted themselves by celebrating their heritage but also making sure students of all backgrounds were aware of the importance of black history.

While some skeptics might try and degrade those who support black history being celebrated all month long, there are those who feel it is important to educate those who are not in the know.

Black History Month is a fairly recent celebration. It was founded by Dr. Carter G. Woodson, who was born to parents who were former slaves themselves. Woodson was a man with humble beginnings, growing up in an area where the accomplishments of African Americans went greatly unknown and undervalued.

Just as Woodson came from humble beginnings, so did Black History Month. In 1926 Americans began to recognize this occasion annually. However, at that time, Black History Month was only a week long. As the twentieth century arrived black inventors, educators, politicians, and many others finally began to get recognized for their accomplishments.

Elissa Haney, writer for infoplease.com, used her article “The History of Black History,” to explain Woodson’s motivation in creating this commemoration.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population: Frederick Douglass and Abraham Lincoln. Aside from this, other significant events take place in February as well, like recognizing the achievements of African Americans went greatly unknown and undervalued.

During the extravaganza, Brittany Walker, vice president of BASU, performed in a dramatic duet of the poem “Lord why did you make me black?” Walker said. “As of now I believe that [Cedar Crest] has done a decent amount of cultural things in the past, but I really hope that this extravaganza serves as the beginning of the change that I am looking for.”

Walker also had expectations for the audience. “I just hope that the audience gets something out of the performances which shows them that Black culture goes beyond gangster rap and Beyoncé,” she said.

Robinson said of the extravaganza, “this is a very small step,” but she hopes that the events this month will encourage the administration to add more culturally diverse courses and events this month will encourage the administration to add more culturally diverse courses.

“BASU also created a bulletin board on BASU began early last month with the theme of the Cultural Extravaganza.”

La Lonnie Moore  
Staff Writer

Languages disappearing at an alarming rate

Cara Nicholl

Several decades ago, McCollum of the African American population: Frederick Douglass and Abraham Lincoln. Aside from this, other significant events take place in February as well, like recognizing the achievements of African Americans. The Native American Tongues,” NPR detailed the evidence suggests that “by the year 2050, only 20 of these languages will remain.”

In the report “Drive On to Preserve Native American Tongues,” NPR detailed the journey of linguist Richard Applegate, Professor of University of California, Berkeley in his quest to salvage an entire language after the last fluent speaker died.

There has even been a website set up, www.aics.org, dedicated to assisting California Indians in keeping their native tongues alive. In the words of reporter Nancy Melane “language renewal is the cornerstone to Native cultural survival.”

Even more devastating to the decimation of world languages is that internet slang is quickly becoming the world’s dominant language, replacing formal descriptive words with less cumbersome phrasing for example, the phrase "I’m laughing out loud” could be replaced by the generic "lol," or in another instance, the word “haha” could be replaced by the generic "hehe." While it may seem more efficient to exclude two letters from one’s vocabulary, this tool of modern language, transforming it rapidly.

Ten years ago, utterance of the expression "lol" would have been met with strange looks and ridicule. Now, however, the world’s linguistic landscape is constantly changing, and this in itself could be contributing factor in the loss of languages.

for more information visit: http://alumni.indiana.edu/
Refuel your body with breakfast

“Break the fast” with these simple morning meals

Stacey Solt  Lifestyles Editor

Breakfast - it really is the most important meal of the day.

While many college students consider breakfast a grade-school trend, long-term studies by the American Dietetic Association (ADA) have found that jumping-starting the day with breakfast benefit everyone - children, teens and adults. Breakfast is a great way to refill your energy stores and load your body with energy. Filling your energy “tank” is one way to assure that your mind and body can function at their best - even if you are stuck in an 8 a.m. class or job.

“After an overnight fast, your body’s stores of energy are very low,” said Jane Ziegler, Registered Dietician and Assistant Professor of Nutrition at Cedar Crest. Glycogen levels are especially low after a night of sleep. Glycogen, your body’s storage system for carbohydrates, is the main source of fuel for muscles and the brain.

“It’s important to begin that refueling in the morning,” she said. “We all need to refuel, despite our age.” Eating breakfast can improve memory and thinking skills, both important on angle of concentration and success in class.

To get your morning off to a great start, begin the day with breakfast - literally “break-ing” the fast.” And what better time to incorporate healthy eating than in the first meal of the day?

Most Americans are way below the recommended fruit and vegetable guidelines. Breakfast is a great way to incorporate these foods,” said Ziegler. “It can be as simple as a glass of tomato juice or V8 juice.”

An omelet with vegetables, including peppers, tomatoes, onions and mushrooms, is one way to add veggies and flavor to a morning meal. “They’re a nice compliment to breakfast,” she said. Vegetables are an easy way to add nutrition without a lot of calories, and they also make for a fun and colorful meal.

Whole and chopped fruit can make a fresh addition to your breakfast. Grab a whole piece of fruit for maximum portability, or sprinkle your favorite fruit on cereal for a breakfast.

Ziegler also recommended yogurt, either with or without fruit mixed in. “It’s quick and easy, and it tastes good.” Add whole-grain cereal for a crunchy, filling addition. If waffles or pancakes are on the menu, try adding fresh fruit on top. “There are some people who feel like they can’t eat anything in the morning,” she said. “Maybe they can drink something.” Try juice or a fruit smoothie, or even toast with peanut butter. These meals will give sensitive stomachs something easy to digest, and still serve the purpose of refueling the body and brain.

Peanut butter, a good source of energy-rich protein, also goes well with fruit. Apple and banana slices are perfect for dipping into creamy peanut butter; these snacks can be both filling and tasty. If you opt for the aforementioned toast with peanut butter, try adding banana slices for a fun and new treat.

Added fiber is another way to keep your stomach from rumbling before lunch. Dried raisins and apricots both add healthy fiber when mixed with yogurt, cereal or eaten plain. Just keep in mind that dried foods tend to contain more calories; limit their amounts in your daily diet.

“You could also eat leftovers from the previous day’s dinner,” she said. Her suggestions included a sandwich - it’s great on the run, and with whole-grain bread adds fiber. “There’s no rule that says you have to eat breakfast foods at breakfast.”

Steamed or grilled veggies from a previous meal are also a nutritious option, including broccoli and cauliflower - add them to an omelet or eat them plain. While these are traditionally daytime foods, you may be pleasantly surprised after adding them to breakfast.

Finally, it doesn’t get much simpler than a bowl of cereal. Stay away from sugar-filled fruit cereals; these snacks can be both tasty by adding fresh fruit on top.

How does this nutritionist begin her day? Ziegler’s favorite breakfast is something that she calls the “mess” - it starts with one scrambled egg and one egg white. “I add lots of vegetables,” she said. “It really fills you up. It’s not that high in calories, but it’s high in nutrition. And it gets me going.”

Whether you begin your morning on campus or off, what better way to start the day with a healthy and filling breakfast?

Fiber in the cereal and milk’s protein helps to keep you full and functioning throughout the morning.

Stacey Solt  Lifestyle Editor

Beauty Works

By La Lonnie Moore

Funky Feet

With spring quickly approaching, your feet are probably already feeling the pinch of those closed-toe shoes. However, many of us are suffering from what I call “Funky Feet.” Here are some everyday foot care tips to get your feet in shape for the spring thaw.

• Have your foot care supplies and materials on hand. They include a foaming foot soak, sloughing lotion or peppermint foot scrub, and a cooling foot lotion with peppermint or eucalyptus as the key ingredient.

• Have a pair of toenail clippers, an emery board, and an orangewood cuticle stick pusher somewhere near by.

• At least once weekly, soak your feet in the foot soak. Use your bathtub or any other tub and allow your feet to remain submerged long enough for the skin to soften. Hint: You will know when the feet are soft when they begin to turn white. Apply your sloughing lotion or foot scrub rub. Rinse it into your feet one at a time until all the skin rubs off into the water. Rinse your feet off, then massage the cooling foot lotion in next.

• Finally, to finish off your pedicure, use the toe nail clippers to clip nails down and straight across. Doing so reduces your risk for ingrown toenails. Use the emery board to even out the toenail using back and forth motion. Remember to keep the nail straight across. Finish off the job by gently pushing the cuticle of your toenails back. Dip the orangewood stick in water before pushing them back. Once you have completed that, dust off your toes with a towel and you are done!

• Women might like to add toenail polish for that finishing touch while men go au naturelle. If you are going to apply toenail polish, remember to keep your nails clean before the enamel and a quick drying topcoat on top of the enamel to prevent staining and chipping. Voila! No more Funky Feet!

Do these things and you will have your feet saying, “Being on the spring.”

International Corner

Do you know the UN?

Christa Hagan  Staff Writer

Between class, homework, jobs and the many other responsibilities which bog down college students, some may find it hard to be caught up in the news of the world. On top of this, the names of organizations which often appear in the news may be confusing. One large organization which many people are familiar with is the United Nations (UN). Yet the United Nations continues to go beyond world peace and embracing culture. From their website, “According to the Charter, the UN has four purposes: to maintain international peace and security; to develop friendly relations among nations; to cooperate in solving international problems and in promoting respect for human rights; and to be a centre for harmonising the actions of nations.”

A common misconception about the United Nations is that they create laws, but the UN is not a world government. They do not have the power to create laws. So what does this group do? This world organization, which currently consists of 191 countries, strives towards relieving international conflict, increasing and keeping respect for all and keeping peace among the nations.

Though they do not create laws, they can work towards them as they did with the human rights law which, “for the first time in history, provides a universal and international- ly protected code of human rights, one to which all nations can subscribe and to which all people can aspire.” The foundation for this law were not only the UN Charter but also the Universal Declaration of Human Rights, which was adopted by the General Assembly in 1948.

Another achievement of the United Nations is the development and creation of “a body of international law.” Not only does it govern relations between nations, but also plays a huge role regarding peace, security and economic and social development.

Decolonization is something which the United Nations is constantly working towards. Decolonization is simply defined as the freeing from a colonized area. Since 1945 (when the UN was created) more than 80 countries have joined as five states after being under colonial rule.

They also focus on issues and concerns such as drug trafficking, AIDS and organized crime, just to name a few. The United Nations does even more regarding countries but they focus on all kinds of people. Children are a large concern as the United Nations reached out and formed United Nations Children’s Fund (UNICEF). When visiting the UNICEF site, flashing at the top of the screen are the words, “For every child... Health, Education, Equality, Protection. Advance Humanity.”

UNICEF focuses on all different kinds of aspects regarding people. They look into care for children infected with HIV/AIDS as well as education regarding protection from the disease, quality education, general health and quality health care and much more.

Fun ideas for a stress-free week with friends or family

Lyndsay Hosak
Amber Moyer
Staff Writers

Spring break is right around the corner. How excited are you? Some of you are probably packing your bags already and are getting set for your vacation. However, for some of us, somewhere exotic and warm is not where we’d be spending our days away from the books. If you’re not going somewhere for the week, don’t fret, because there are plenty of things you can do to have a relaxing and fun break. Whether you’re looking for some ways to relax or have fun, here are a few ideas that should help you. Hopefully these ideas will show you that even if you’re not going away for spring break, you can still have a fun and relaxing time at home!

If you’re ready to get your head out of your books and do something exciting and different, consider these options:

- Get a couple of your friends together to take a bus trip for the day to New York City or any city, a museum, or the beach. This is a great way to escape on a fun little trip without the costs of hotels and gas.
- Go out to eat at an ethnic restaurant you’ve never been to before, such as a Japanese ShabuShabu, where they cook your food in front of you using huge flames while tossing it in the air.
- Get some people together and go to a comedy club and listen to known (or well known) comedians, which will guarantee a fun night!
- Take a road trip to visit some of your friends at their colleges, who might not have the same break as you do.
- Take a day to go shopping and go full out! Splurge on anything you see or treat yourself to something you’ve wanted for a long time.
- Dedicate a day to yourself to:
  - Get a manicure or pedicure. A manicure will highlight the cheekbone structure, and gives you that warm and tan look that everyone loves.
  - If you have pale skin and are a little skeptical about using it, don’t worry! All you need to do is put one quick coat on and you’d be good to go.
  - If you are not happy with Hoola, Dallas is a powder that has an intense glow for the “tiniest girl.” Georgia looks like “radiant sunshine,” and Dandelion gives you a “glamorous glow.”
- Retirement is the best time to do this.
- Take care of yourself by getting a good night’s sleep.
- Don’t go spreading other rumors or talking about her to other people. Go solve the problem right away; there is no time for delay. Don’t confront her online either, it is the worst thing to do. When you confront people online you get mixed messages about what people are trying to say and don’t know how they are really saying things because you can’t tell what emotions they have at the moment. Plain and simple, instant messaging or email is bad. Find her, confront her (not in an evil way, but an assertive way), tell her to stop and mind her own business.
- Say whatever you feel, but lay the problem down and get it dealt with. You’ll look like the bigger person, especially if it’s not a yelling match.

Dear Louis,

The unexpected kiss is the best, even if you have to initiate it, because it gives the relationship a little spontaneity. Your mate will be stunned, amazed, aroused, and trusted, won’t be able to wait for the next date to try some of their own hurtful surprises on you.

You asked for it...

Gillian Maffeo
A&E Editor

You can find this at Wal-Mart for about $4.00.

Garner Fructis has hard curl gel, soft curl gel, curl construct mousse, and curl shaping spray gel. You can pick which one you would like to use, but I would recommend the soft curl gel because you have fine hair. You can also find these at any drug store for about $5.00. The sprays aren’t bad, either.

When you put any of these in your hair, make sure you scratch your hair. After you apply it. I swear by John Frieda and Garnier Fructis, even though they are inexpensive, because they give the best natural wave beachy curl to my hair! Also browse around the drug stores and see if you can find any other products, and try them.

I really want to get beachy looking hair. I want to look like I just came from the beach! I have fine blonde hair and was wondering what products I can buy that aren’t too expensive.

Beachy girl

Dear Gillian,

I want you to know that the best things to do is put one quick coat on and you’d be good to go.

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www2.cedarcrest.edu/crestiad

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**LIFESTYLES**

**Guilty pleasures: Snacking the smart way**

**Tiffany Wanzie  Staff Writer**

We are all guilty of it - unhealthy snacking. The late night pizza extravaganzas and the overflow of cookies and potato chips in dorm rooms are leading us down a path to love handles and heart attacks.

College student have it rough. Not only do we attend classes, study late nights, and work part-time jobs, but we also try our best to maintain healthy lifestyles around such chaos.

That being said, what can you do when your body is consumed by a hectic schedule and the only option is to grab a quick snack? The best thing that anyone can do is educate themselves concerning food choices and portion sizes.

On February 22, the Cedar Crest community learned some great tips from Jacqui Boyer, Dietetic Intern, concerning foods that are appropriate snacks as well as making sensible choices while on the go. Boyer, more than anything, wanted students to realize that snacking is not a bad thing, but an important and beneficial part of a balanced diet.

There are many benefits to snacking: it will hold you over until your next meal, it speeds up metabolism, and provides nutrients to the body throughout the day. "I am glad that I learned the benefits of snacking, so now I can make better choices and not feel so bad," said junior Ashley Collins.

The theory that snacking will make you fat is nothing but a myth. Instead, it is all about eating in moderation and balancing choices from each of the food groups.

Students should choose snacks that match calorie and nutrient needs. If someone is looking to lose weight, then they should eat low calorie foods such as raw vegetables, frozen fruit bars and whole grain cereal. If most of your meals consist of meat and starches, than it's time to think about snacks.

Set a goal for nutrient-dense snacks that contain between 100-200 calories. For those who want to gain weight eat high calorie or fatty foods that have 200-400 calories. A good example is peanut butter, which provides protein, the secret ingredient for building muscle. The snacks best suited for any diet type are boxes of raisins, dried fruit, granola crackers, and whole grain cereal.

Most of the time the problem with snacking is not knowing what types of food to eat, but rather how much to consume. Boyer said, "students need to be aware of portion sizes. Typically when people go to supermarkets or restaurants they think that portion sizes are correct and often times they're not. Snack portions are a lot smaller than meal portions and this is the general rule. If you can't figure out portion sizes think about calories instead. A snack is always less than 500 calories and meals are more.

For some of us, it's difficult to resist the impulse to buy our favorite candy bar or to back off from eating the delicious desserts offered in the TCC. When it comes to smart snacking the key is not to tempt oneself, but rather give a reward every now and then for staying on track. Stay away from eating in response to boredom, frustration, and stress.

Instead, when a craving appears take a walk with a friend, attend a play, go shopping, or work out at the gym. These activities will prevent chances of overeating, while adding a little exercise to the day.

We live in a society that plans daily life down to the minute, and yet we often put our own health on the back burner. If you at least plan to eat healthy snacks ahead of time, the trips to vending machines and fast food restaur-

As college students, friends and partners, we need to be flexible in order to stay sane and functional.

One thing that personally helps to keep me sane is my weekly to-do list. It gives me a small thing that I can check off of every day. There's something wonderful about seeing what you have accomplished written on paper. Crossing something off of your to-do list gives me a little bit of motivation to move on to the next task, especially when I have a lot of surgery on my calendar. It is a great place to keep track of things, to keep track of your schedule, and yet one is less likely to forget important projects or events.

The college planner is a great tool to help you stay on track. Students need to be flexible in order to stay sane and functional.

Those tips discussed at the Smart Snacking Seminar are very helpful in promoting a healthy lifestyle. So grab a string cheese or some microwaved popcorn and give yourself credit for taking the first step to improving your health.

**Record sales of sleeping pills cause worries**

Amanda Rachel Goodman  A&E Editor

With the hectic and stress filled days and nights that face many people, sleeping pill sales have dramatically increased, according to a recent article in The New York Times. According to the research company IMS Health, about 42 million sleeping pill prescriptions were filled in 2005, which is up nearly 60 percent since 2000. This overall increase is worrying experts who feel that the drugs “are being oversubscribed without enough regard to known, if rare, side effects or the implications of long-term use. And they fear doctors may be ignoring other conditions, like depression, that might be the cause of sleeplessness.”

Two of the most popular sleep aids, Ambien and Lunesta, are being prescribed to some of the tens of American's that report that they regularly struggle to fall asleep or stay asleep during the night. Previous sleep aids had a higher risk of dependency compared to those of today, but those using the sleep aids seen on the market today “have reported what is called the ‘next day effect’, a continued sleepiness hours after awakening from a drug-induced slumber.” Some other problems reported include sleep walking and short-term amnesia. Ambien's maker, Sanofi-Aventis, said the drug had been used for 12 billion nights of patient therapy. The company claims that the drug is safe and effective when taken as prescribed. Ambien is

**Healthy beginnings**

An opinions piece by Stacey Solt

Crestiad Lifestyle Editor

**Time management**

Finding time for life, and everything in between

Who couldn’t use a few more minutes in their day? Or more hours, for that matter. I would love it if the world decided to run on a 24-hour schedule – imagine what we could accomplish with those precious extra hours!

Unfortunately, mother nature (and those darn people in Greenwich, England) insist that we cram our day into 24 hours. It takes a little effort, but the key is to try to get a day’s work done in, well, one day.

The most important step to managing your time well is to prioritize. What do you need to get done, and what would you like to accomplish? This doesn’t have to be as broad as “boyfriend vs. college” – you could easily get frustrated and confused trying to choose between these two things. Try to imagine your to-do list on a sliding scale. Everything that deserves your time is on this scale, including your boyfriend, chats with friends, sleep, and that Abnormal Psychology test.

It’s really up to you where it all fits with regard to your other priorities. Your sliding scale could change by the hour, if your friend needs you for support, she moves up to top priority. Two hours before a test is time to study, not party. As college students, friends and partners, we need to be flexible in order to stay sane and functional.

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**For a fun and healthy snack, try zesty salsa and chips**

**Tiffany Wanzie  Staff Writer**

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**continued | page 13**
Olympians can’t wait until the day before a race to start training. Likewise, students can’t wait until the day before graduation to start planning. It is impossible to start preparing for your future too early.

Run towards positive change. Many things in our world are changing quickly. We are giving up our CDs for iPods, our VHS tapes for DVDs, our desktop computers for laptops...and we’re doing it very fast. Did you know anyone with an iPod three years ago? I didn’t. But now I know more people with them than without. That is because we are embracing positive changes that can make our lives more enjoyable or even more fulfilling.

We have to do this in our career searches as well. Today many students find themselves faced with the unknown as graduation approaches. They wonder if they will find a satisfying career or if they will be able to find a work/life balance that is healthy.

What they do not always realize is that possibilities are endless. Students come to college in the hopes of building a foundation for a successful and rewarding career. Recent alumnae take entry level jobs as a stepping stone for a promotion. Seasoned professionals may move into new positions in order to keep growing in their field. They are running towards the opportunities that positive change may offer.

You should start running also. Run to register for a class that you think would be interesting, but in the past were afraid to take. Run to a trusted faculty member and talk about what you want to concentrate on as you begin to take more advanced classes. Run to the Career Planning Office and ask about the value of an internship or what types of careers exist for someone with your interests. Learn more about yourself and what you have to offer so you know when it is time to make a change or if you are already in the best place possible.

The average college graduate will change jobs every now and then. You may change careers up to four times throughout their life. That is a lot of non- linear activity. Ambien has a newer version, called Ambien CR, with two layers of medication - an outer layer to help the user fall asleep fast, and a longer-lasting drug to sustain sleep through the night. They are running towards the opportunities that positive change may offer.

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Missed the Olympics?  
Not to worry!  
Get your Torino recap here

Michelle Kwan, hoping for her last chance of gold on the ice after a hard decision left early because of an injury. Asked to stand as an anchor for the ice skating events, she denied the offer not wanting to interfere.

Bode Miller, the young alpine skier with a carefree attitude, proved to be a disappointment on the slopes with no medals to show for despite the media hype surrounding him. He had gold, but fell showing off on the last jump that same day. Kidlow, the women’s downhill hopeful, crashed in her training run sending her to the hospital. Three other women skiers also take a fall that same day. Kidlow, who took silver. Cohen had an amazing short program which carried her to the podium despite her two falls in her long program.

Apolo Anton Ohno, the soul patched face we’ve come to know, stumbled in the 1500m and was unable to make it to the finals. He preceded to work his way back winning bronze in the 1000m. He pulled out an amazing win in the 500m getting the gold and later helped the relay win bronze in short track speed skating.

In the men’s regular speed skating there was success from Texan Chad Hedrick, winning the first gold for the U.S. Hedrick was unable to acquire his quest for five medals, more than any speed skater has won. Also to take medals are Shani Davis and Joey Cheek.

In the halfpipe, both men and women take the gold and silver. Notorious snowboarder Shaun “FlyingTmatos” White gets gold and Danny Kass the silver. Hannah Teter took the gold while teammate Gretchen Bleiler wins silver.

Snowboard cross makes its debut at the Olympics and the U.S. men take gold with Seth Wescott and the women take silver with Lindsey Jacobellis. Jacobellis could have had gold, but fell shamooing off on the last jump bringing her to second.

The most watched event, figure skating, achieved a winner through Sasha Cohen who took silver. Cohen had an amazing short program which carried her to the podium despite her two falls in her long program.

“The Olympics is an incredible experience, but the hype surrounding it is just as exciting,” Teter said. “It’s so hard to compete in such an event and just being around the athletes, let alone being one of them, is amazing. I have even received emails from fans of the Olympics expressing their good wishes.”

Looking positively toward the future, Salandy said, “Success is inevitable. The support we have received from the ‘soccer punks’ in the valley have been very encouraging. I have even received emails from fans of the game expressing their good wishes.”

Cedar Crest senior Amanda Swartz will try out for the Laurels in April. “Never in my life would I have thought I would be trying out for any kind of professional team. It’s almost too good to be true,” she said. “I just keep thinking that regardless of what happens after the tryout, this is just another piece of the icing on the cake for my soccer career. I am so honored to even have the opportunity to step on the field for something like this.”

Swartz, a native of Elysburg, PA has been a key player for the Falcons throughout this past season.

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United States Medal Winners

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Missed the Olympics?  Not to worry!  Get your Torino recap here

Women’s soccer strikes the Lehigh Valley

Jennifer Woytach  
Sports Editor

“Soccer is a passion, and owning a premier soccer team has always been a desire, so when the opportunity to own the Laurels came around, the decision was a ‘no brainer’ for me,” Andy R. Salandy said. “The decision to base the Laurels in the Lehigh Valley was the easier decision. The valley is probably the most ‘soccer rich’ area in eastern PA. It’s also where my entire family calls home.”

Salandy is the Co-owner of the Northampton Laurels FC, as well as General Manager and Director of Operations. “As the team’s Director of Operations and GM, I am responsible for the day to day operations of the team from overseeing our coaching and game day staff to liaising with our stadium administrators and our marketing folks. I am even in player recruitment,” Salandy said.

Salandy said, that to his knowledge, the Laurels are the first premier women’s team locally, though the Lehigh Valley has always had elite women soccer teams, but not one that was part of a recognized national league. The Laurels are new to the area and are an expansion team in the Women’s Premier Soccer League (WPSL). The Laurels are a member of the WPSL Northeast South Division and joined WPSL in 2005. They will begin play this summer.

“We choose the name ‘Laurels’ for several reasons,” Salandy said. “The mountain laurel plant is the PA state flower, hence the logo colors of green, white and pink. The word laurel refers to distinction and glory and that’s what our organization is about.”

We expect to be very competitive this season. However, I am not about winning, that’s for the coaches, players and fans. I am about creating an environment that will allow our players to do well, if I can do that, and then we will win some games. Apart from that, I would like to provide our players and fans with a fun filled atmosphere,” Salandy said of the team’s inaugural season.

Cedar Crest’s head soccer coach Brian Exton said that he thinks the Laurels will find success in the Lehigh Valley. “We have a lot of talented players in the region, so I think there is a good chance that it will be popular. Marketing will be key, so I hope they get the word out to the right demographic. For me personally, I am much more likely to go see a good women’s soccer match in June than a minor league baseball game,” he said.

Looking positively toward the future, Salandy said, “Success is inevitable. The support we have received from the ‘soccer punks’ in the valley have been very encouraging. I have even received emails from fans of the game expressing their good wishes.”

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Swartz, a native of Elysburg, PA has been a key player for the Falcons throughout the season.

Senior Amanda Swartz jumps for a shot at halftime. 

Sports Photo of the Week

Send your favorite sports photos to crestiad@cedarcrest.edu to be considered as next week’s “Photo of the Week.”

~ Andrea Zajac, Sports Editor

UNITED STATES MEDAL WINNERS

gold - Ted Ligety, Julia Mancuso (alpine skiing), Shuan White, Seth Wescott, Hannah Teter, Joey Cheek, Shani Davis, Chad Hedrick, and Apolo Anton Ohno.

silver - Shauna Rohluck and Sandra Kiriasis, Tanith Bellon (figure skating), Ben Agosto (figure skating), Sasha Cohen, Danny Kass, Gretchen Bleiler, Lindsey Jacobellis, Joey Cheek, Shani Davis, and Chad Hedrick.

bronze - men’s curling team, Toby Dawson (freestyle skiing), women’s ice hockey team, Rossey Fletcher (snowboarding), Chad Hedrick, Apolo Anton Ohno, and men’s short track relay team.

To check out more results you can go to www.nbcolympics.com

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AWARDS

Senior Amanda Swartz jumps for a shot at halftime. 

SPORTS

Sports Photo of the Week

Send your favorite sports photos to crestiad@cedarcrest.edu to be considered as next week’s “Photo of the Week.”

~ Andrea Zajac, Sports Editor

UNITED STATES MEDAL WINNERS

gold - Ted Ligety, Julia Mancuso (alpine skiing), Shuan White, Seth Wescott, Hannah Teter, Joey Cheek, Shani Davis, Chad Hedrick, and Apolo Anton Ohno.

silver - Shauna Rohluck and Sandra Kiriasis, Tanith Bellon (figure skating), Ben Agosto (figure skating), Sasha Cohen, Danny Kass, Gretchen Bleiler, Lindsey Jacobellis, Joey Cheek, Shani Davis, and Chad Hedrick.

bronze - men’s curling team, Toby Dawson (freestyle skiing), women’s ice hockey team, Rossey Fletcher (snowboarding), Chad Hedrick, Apolo Anton Ohno, and men’s short track relay team.

To check out more results you can go to www.nbcolympics.com

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AWARDS
The Falcons basketball team ended their season with a loss, but not without a fight. The team played at Arcadia to finish their season on Saturday, February 18 with a near victory. The final score of the game was 55-63, just an eight point difference. Senior Maria Stefani earned 16 points and was two for two at the free throw line for her last run as a Falcon. Also earning points were her fellow seniors Amanda Swartz and Courtney Porzio with seven and nine. Freshman Janelle Morcom also posted numbers as did junior Ashley Bechtel for rebounds.

The Falcons have ended their season, but that doesn’t account for all they have been through this season. At the beginning of the season Head Coach Val Donohue had expected her team to work hard and play as a team. Looking back at the overall season she would have to agree that her expectations were met.

“Wins and losses aside, if you’re playing up to your potential, there’s nothing more a coach can ask for. It’s unfortunate that at a glance most people just focus on wins and losses,” Donohue said. “We had a constant stream of opposing coaches and even referees stop in after games to say, ‘Wow, your team has really come a long way.”

Donohue pointed out that one of their games against Alvernia was a perfect example of this. Alvernia was a prominent contender in games against Alvernia was a perfect example has really come a long way.”

“Stop us after games to say, ‘Wow, your team losses,” Donohue said. “We had a constant coach can ask for. It’s unfortunate that at a position, it won’t be the same.”

Stefani also commented on playing her last college game and being able to no longer play for Cedar Crest. “It’s sad knowing that you can never play basketball again at the college level, but then again you have a lot to look forward to with the rest of your life. It’s kind of like an ease into graduating, even though I’ll be here forever, no more soccer, no more basketball, then no more school, then you’re out into the real world.” Stefani said.

This season is over, but there is next season to start thinking about. Donohue already showed they could play with the teams, but closer, much closer than we have in past years, but we just couldn’t pull out the win,” Donohue said. “At Misericordia, we were tied at half, at Cabrini and Marywood we were within a few points deep into the second half. Many times we had our team of eight or nine against their 15 or even 18 so our lack of depth definitely didn’t help us.”

Loss can be devastating, but the Falcons had many highlights to balance it with. They won their home opener against Wilson. They got to see Porzio score her 1000th career point. They beat St. Elizabeth to a crowd of excited seniors, and they beat Cabrini.

“While the team worked hard during their season with a loss, but not without a fight. Everyone won one of those at some point this year,” Donohue said. The end of the season marks an even bigger end for the senior players, Stefani, Swartz, and Porzio. The three players represent strong components of the Falcons to Donohue. "It was the best performance we've had this year," Stefani said. "I wish they were all coming with me."

"The feedback thus far has been positive. The college coaches have embraced the team. I have received several player recommendations from area coaches. The local sports media, Mike Kurz at the Lehigh Valley Sports Commission; Cathy Shay of the Lehigh Valley Women's Soccer League and the folks at the J. Birney Crum Stadium have all been welcoming, coupled with the kind words from local youth organizations, it's inspiring," Salandy said.

The Laurels will play their first home game against the Northampton Laurel Soccer at 3:00 p.m. at a new field at the Lehigh Valley Sports Complex. The local sports media, Mike Kurz at the Lehigh Valley Sports Commission; Cathy Shay of the Lehigh Valley Women's Soccer League and the folks at the J. Birney Crum Stadium have all been welcoming, coupled with the kind words from local youth organizations, it's inspiring," Salandy said.
Leisurely Reading

SIX, DRUGS, AND COCOA PUFFS

Mary Ann Leone | Staff Writer

Sheryl Riddlestorfer was born and raised in Piscataway, NJ. She achieved a certificate program through the American Institute of Banking and has worked in banking, software training, and academia. Sheryl joined the CCC staff in 2006 as Assistant to the Dean of Student Affairs and the Principal Designated School Official for International Students.

The Crestiad: What is the most interesting aspect of your job?

Sheryl Riddlestorfer: When an international student comes in, uncertain of the direction she wants to take, I explain her options. If she chooses to become an F-1 student, which involves a change of status (COS), I advise her of the course requirements that would give her “in status”, as recognized by the United States Citizenship and Immigration Services. Watching her light up with excitement as she understands all the possibilities open to her as an F-1 student is very satisfying for me.

TC: How many nationalities are represented on campus right now?

SR: It’s funny that you should ask because I’ve just been reviewing our files and updating records of international students. Through the Center for Lifelong Learning and our traditional student population, there are 36 countries represented from the Middle East, Europe, and South America.

TC: Are there plans to expand the international program?

SR: Plans for the future include a refresher workshop on what it means to be an F-1 student, tax workshops, and an off-campus event. We try to plan one trip off-campus each year that reflects a culture exchange where our students can interact with other international students. Last year we went to the University of Pennsylvania’s Museum of Archaeology and Anthropology. We met scholars and students from countries with diverse nationalities, and enjoyed music and dance by a Gaelic dancing troupe.

TC: How did the international students currently enrolled at CCC find out about the program?

SR: Word of mouth is a great resource for getting international students involved. The International Students Organization, which meets on Tuesdays at noon, is an opportunity for international students to get to know another and plan events outside of those organized through our office. Their plans include a cultural event on campus in the spring.

TC: Can you share an anecdote?

SR: In the summer of 2005, a student came in who wanted to be a part of the Cedar Crest community as a full-time student, but made more sense when read collectively. Klosterman takes the everyday media reality we live in and tires to explain why people act the way we do and why society functions as it does through lighthearted banter that touches on emo music, the Sims, The Real World, sports, Saved by the Bell, and other pop icons that will be familiar to most of those born prior to 1985.

As I read the forward, I thought, “This could be me. This could be my journal, and these could be my thoughts.” I think that’s why I liked it so much from the very first sentence in which Klosterman puts forth a declaratory statement, but then feels the need to detract it or at least qualify. Klosterman continues this shocking, or at least startling sentence style throughout the rest of the book. I found myself, nodding, smiling, and agreeing with what Klosterman had written, underlining things, and making notes next to others, “be sure to tell this” one said, all of which are sure signs of a good book.

Some chapters, as if have said, I did not enjoy. I was not prepared for the agitation I was feeling as I skimmed through chapter 7, agitation severe enough to warrant sending an email to my friend Amanda, who I know, as a soccer player, would be even more upset than I about Klosterman’s declaration that soccer is fun because “it’s the only sport where you can’t fuck up.”

Slight irritation in a book can sometimes be a good thing. If you were to get me riled up about something, at least you have caught my interest and I will keep reading whatever the author has deemed important enough in his mind to write in his book. And so I kept on reading this chapter, even though Klosterman was destroying my high school sports experience right before my very eyes.

He also takes a stab at one of the most popular movies of all time, Titanic. I have never seen the film and have made it my lifelong goal to avoid it. Klosterman writes that he has never met an intelligent person who genuinely likes the movie, and while I can’t say I agree whole-heartedly, people who go gaga over the film tend to have interests that are slightly less intelligence-oriented than me. To be fair, at one point or another in this book, Klosterman probably offends each and every one of his readers. I think it was his goal.

What annoys me is that Klosterman makes statements that draw me in, but then he takes so long to get to the point that I inevitably lose way before the finish line. Chapters 8, 9, and 10 did this repeatedly, leading to several outbursts at a high decibel, scribes of disbelief to those sitting in the room with me and comments on either Klosterman’s brilliance or stupidity. A good book will always make you yell.

Klosterman does make some profound statements that I understood and thought about out of context to basketball, which doesn’t interest me in the least. Writing things like, “Life is rarely about what happened; it’s mostly about what we think happened” Klosterman drew me in for brief moments and then spit me right back out. He also led me to a few “ah ha” moments of my own reading such things as “Dying is always original. Its always a one time limited engagement, and its either the defining moment of existence or the final corporeal seclusion in the universe’s most remarkable coincidence.”

“You should definitely side with somebody about the importance to us, and against us and both of those options is better than living without a soul.” Klosterman writes on page 107. Appropriately, I have no soul, for I could care less whether the Celtics or the Lakers win or even the NBA disappeared altogether. Now maybe you could tell me I didn’t have a soul if I couldn’t choose between Sylvia Plath and Anne Sexton. But that’s the great thing about enjoying six, drugs, and cocoa puffs!...art: it’s not a competition and you don’t have to choose...
Braxton leads her listeners down a path, which is Braxton’s fifth album release since 1996. Libra is Latin for balance. The last event in this series pays tribute to the documentary vision of Jim Schneider, the founder of A Documentarian in the Community: Films by Jim Schneider and his Students. "Out of shared telling and remembering grow identity, connection, and pride, binding people together in a shared sense of belonging. Film can be a powerful tool in this process, providing a way for us to acknowledge and share our histories with one another and to stand up against erasure of these connections and how they inform our present."

Toni Braxton sets her eyes on gold and gives it all loose with "Stupid" and lets her self-conscious side show. But no matter what song you land on or which song you coin your favorite, Libra has something for everyone. If adapting is the name of the game once you hit diva status, then Miss Toni is definitely in this game for the long haul. Though we classify Braxton as a diva she just sees herself as a simple artist. "With all of these anxieties," Braxton said, "I finally feel liberated to be an artist." Once you have this release, you get to the traditional side show. But no matter what song you land on or which song you coin your favorite, Libra has something for everyone. If adapting is the name of the game once you hit diva status, then Miss Toni is definitely in this game for the long haul.

Jamie Bosler & Annette Guastella
pro/rocker, and it was great to see him live at Crocodile Rock. We’ve grown up listening to this famous rap-core rocker. Despite his new image he still has the same edge, the same attitude, the same drive. His opening performance was well worth the wait. He came out rocking’ with great enthusiasm and intensity.

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"Ice Ice Baby" is the most well known song from Robert Matthew Van Winkle, better known as Vanilla Ice. The Ice Man, as he is sometimes called, performed at Crocodile Rock Cafe in Allentown on February 24. We joined a random crowd of people waiting for the Ice Man to put on an amazing show. As we waited we got to listen to six other bands, one of which was a 17 year old female rapper named G-Child. We were very impressed with her talents and her courage to get up in front of a crowd and rap like she did.

...the concert was a lot of fun. We’ve grown up listening to this famous rapper, and it was great to see him live at Croc Rock.

Most people remember Vanilla Ice because of his popularity in the early 90’s; however he has changed his image a lot in the last 15 years. These days he is more of a hard-core rocker. Despite his new image he still has the same edge, the same attitude, the same drive. His opening performance was well worth the wait. He came out rocking’ with great enthusiasm and intensity. After a couple of songs he seemed to have lost his luster and seemed to concentrate more on the music, and not on the audience. We agreed with his statement.

Check out Vanilla Ice made quite the entrance, but seemed to disappear behind the female dancers on stage for a while during the middle of his set. Though he was on the verge of beingaja but still had plenty of fans in the crowd. He shook hands and even threw his drum sticks into the crowd. He even invited some of the fans to get up on stage and dance along with him.

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ALUMNAE MUSEUM:
Fashion-To Be Repeated

Kristian Parchinski
Business Manager

Polka dots, high heels, “Jackie O” sunglasses and polo shirts, are just a few trends that donned models at this year’s debut of a fashion show to celebrate the opening of the Alumnae Museum exhibit. On February 24 in Curtis Hall, right outside the museum itself, family, friends, faculty and alumnae gathered around to see the presentation of this exhibit’s theme, “Fashion-To Be Repeated.” With much work from museum curators Lauren Hetrick and Christa Hagan, both sophomores, and with assistance from freshman Carrie Olson, sophomores Jennifer Stone and Ashley Stetler, and junior Erika Asselin, this exhibit opening was a huge success. All their hard work came to a glorious finish on Friday, when they finally got to show off all their planning and research on this well thought out exhibit. “I really wanted this Alumnae Exhibit Planning and Research on this well thought out exhibit. Having several contemporary pieces in the exhibit is a way for those who could not attend the opening to still get a decent picture of what we were trying to achieve.”

There are many items of both contemporary and classic clothing on display right now in the museum, and still plenty of time to take a visit - the hours are 8:30 a.m. until 4:45 p.m., Monday through Friday. The next show that we were trying to achieve.”

The fashion show included Diane Gehring, Assistant Director of Alumnae Affairs; Bill Randall, Institutional Advancement, Kate McNamara, Stenbright Resident Advisor, and sophomores Lauren Santors, Sierra DeMulder, Dana Kraeuter, Vanessa DiNapoli, and myself, Hagan said, “I really enjoyed involving so many people who were not affiliated with the museum, it added a very fresh aspect to it. Having several contemporary pieces in the exhibit is a way for those who could not attend the opening to still get a decent picture of what we were trying to achieve.”

Bernarda Alba

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Play Review:
The House of Bernarda Alba

Lauren Sandt
Staff Writer

On Saturday February 25, Samuels Theatre was filled with parents, friends and the surrounding community in anticipation of a great evening. As 8:00 pm quickly approached, the cast of The House of Bernarda Alba hit the stage to put on one of the college’s best theater productions thus far. The play is set entirely in Bernarda’s house in a rural area of Spain during the early 20th century. It was during the thick heat of summer when a tragedy struck the family. Bernarda (Karen Cook), along with her five daughters are grieving over the death of their father who has just passed away. Bernarda sentences her daughters to an eight-year period of mourning in order to protect the reputation of their family from what community may think.

The daughters are strictly forbidden to leave the house or to have contact with any individual from the community, especially men. As the housekeeper, La Poncica (Ellen Doyle), continually tries to be the reasoning individual from the community, especially men. As the housekeeper, La Poncica (Ellen Doyle), continually tries to be the reasoning voice in the house, her views and suggestions are taken very lightly. Bernarda is a strong and assertive woman who feels as if she knows best how to govern her household.

During their authoritarian confinement in their home, the eldest daughter, Angustias (Lynn Wilson) is set to be married to one of the most handsome men in town. It is said that he is only marrying her for her inherited fortune, but she believes it is true love. The sisters continually bicker over the engagement and question this man’s interest in their eldest sister. As the hot summer days grow longer and the marriage date approaches, tension grows in the house and a secret is revealed.

The youngest daughter, Adela (Angela Romanos) reveals that she has been in love with her sister’s fiancee for quite some time. After she comes back to her house in shambles from just spending a portion of the evening with her love, her sisters and her mother see the truth behind the woman that she actually is. When Adela finally takes a stand to oppose her mother’s rule, Bernarda precedes to go find the man that has shaken up her family in an attempt to kill him.

Adela feeling completely alone when she thinks her mother has succeeded in murdering her love, hangs herself in remorse. As the lights dimmed low and the show had come to an end, a burst of applause celebrated the dramatic and powerful Cedar Crest student production.

The House of Bernarda Alba was powerful and well presented. The entire cast took on their characters as if they were born to play their role. The expressions in their eyes as well as their bodies relayed to the audience that they felt their characters emotions and lived through their grief. I have never seen a play with so much passion and depth as I have with this one. Excellent job, cast and crew!

Su Doku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9

Collegiate Presswire — News Students Use

http://www.cpwire.com

Aloe

Gel

Aspirin

Hat

Bikini

Mints

Cologne

Money

Flip Flops

Shades

Sunscreen

Toothbrush

Towel

Tube Top

Colleen Piesse

Look for answers to this issue’s puzzle underneath the crossword puzzle
Small Screen Debuts

**SIN CITY**

Jamie Bosler
Staff Writer

If you’re a fan of comic books or just love films with a lot of action, you might want to add this DVD to your movie collection. *Sin City* is a unique movie, with a lot of excitement and wonderful effects. Although the film is black and white, color is added in certain clips for a very dramatic effect. Some of the film is computer generated and creates a very artistic affect. The director of the film, Robert Rodriguez, was a fan of the original comic series and wanted to bring the action to the big screen.

*Sin City* will continuously hold your attention with all the action that takes place. There are three comic book stories in the movie, so the plot is constantly changing. However in some ways, a lot of the characters are connected. The actors have a comic book style dialogue which differs from most movies out these days. The film takes place in Sin City, a hard city filled with corrupted cops and outlaws. Hartigan (Bruce Willis) is one of the main characters of the film. He’s a good hearted cop that gets framed while trying to save Nancy (Jessica Alba). In an attempt to find Nancy later in the film, Hartigan comes across the men who tried to frame him. Hartigan’s story is one of betrayal, commitment, and love. Each of the stories in this film has a theme. The characters in the film have strong personalities and it’s interesting to see how they reappear in different scenes throughout the movie.

The film has an all-star cast with actors such as: Alba, Willis, Jaime King (*Pearl Harbor*), Brittany Murphy (*Uptown Girls*), Josh Hartnett (*Wicker Park*), Elijah Wood (*The Lord of the Rings*), Alexis Bledel (*Gilmore Girls*), Rosario Dawson (*Alexander*), Clive Owen (*Closer*), Mickey Rourke (*Once Upon a Time in Mexico*), Nick Stahl (*Terminator 3*), Michael Clarke Duncan (*The Island*) and Michael Madsen (*Kill Bill Vol. 2*).

I was never a huge fan of comic books, but I really enjoyed this movie. I would recommend it to anyone who is in the mood to see a good action film or a big fan of comic books. I thought the imagery was amazing and unique compared to other films out today. As a warning, the film was rated R for several gruesome and sexual scenes.

**Genre:** Action/Crime/Drama/Thriller

**Rating:** Rated R for sustained strong stylized violence, nudity and sexual content including dialogue

**Duration:** 147 minutes (director’s cut)

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**CROSSWORD PUZZLE**

**ACROSS**

1. Injunct
6. Otter, for short
9. Indian torture
14. Hungry, hungry
15. Before
16. Raise
17. Willow
18. Bow or score
19. Flip flops
20. Natural growth
22. Small island
23. Circle segment
24. Kurenkova
26. Grave crime
30. Peer
33. Malicious look
35. One-celled protozoa
36. Exsult
37. From Arabia
38. Pilot sim.
39. Sin
41. Theseus thread-giver
43. Small falcon
45. Bumpkins
46. Vino
47. Uangi
48. Skylt rooms
51. Beatles “word”
57. Woodland
58. Sin
59. Atherton college
60. Dead language
61. Over follower
62. Daddy Warbucks’ girl
63. Ice or board
64. Grass implant
65. Bird homes

**DOWN**

3. Horse command
2. Computer architecture
3. Record company
4. Cupola
5. Soul inhabitants
6. Ezy
7. Three
8. Adolescents
9. Mock orange
10. Salad or Roman
11. Lipikins jump
12. Guard prefix
13. Attention getters
14. To a case
15. Bites
16. Side
17. Creepy
18. Dance jumps
19. Sphere
20. Accumulate
21. Percentum measure
22. Typical
23. Spanish currency
24. Nimbleness
25. Prayer’s end
26. Hardwood
27. Threads thad-fluid
28. “What you takin’ about, Willis?” actor
29. Dusky
30. Evergreen
31. Died 998 Across
32. Hole-makers
33. Tall evergreen
34. New Zealand tree
35. Sandwich cookie
36. Heredity unit
37. Hotel
38. Dismount
39. Denials
Chitter Chat

Jennifer Kurnetz
Crestiad Columnist

The deeper I go, the less light will show, the places I creep in the deep”

Have you checked out the local band scene here in the Lehigh Valley yet? If you haven’t seen the Insidious Rays then you’re missing a lot. The band, consisting of frontmen Nick Lachey and Chad Lowe (of 98 Degrees and the former couple 98 Degrees), along with their guitar player Johnsen, opened their most recent show through a twisted story about the society in the mid-21st century. 'The Island' is a place where the people have been living is not what he thought. Lincoln Six Echo soon discovers that there’s actually a sinister purpose going on at the facility and must escape. He and a fellow resident, Jordan Two Delta (played by Scarlett Johansson), who she was dating until a recent breakup, have to go through radiation therapy treatment as a precaution. Lance Armstrong, who she was dating until a recent breakup, has released a statement that “he was devastated and is confident she will make a full recovery.”

In other sad news, the wonderfully entertaining actor Don Knotts, best known for his work in The Beverly Hillbillies Show and Gracie Allen’s Show, has died. The 81 year old died of pulmonary and respiratory complications. He was an amazing actor who was hilarious and will be sorely missed by all.

Johnsen off on tour with the Maharashtrian Project, Love’s brother the “Sub-boner” aka Ewan McGregor and the upcoming movie “The Island” where they both were and a club goer said “There’s actually a sinister purpose going on at the facility and must escape. He and a fellow resident, Jordan Two Delta (played by Scarlett Johansson), who she was dating until a recent breakup, has released a statement that “he was devastated and is confident she will make a full recovery.”

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In a last train of thought, has Sheryl Crow called “minimally invasive.” Her doctors think it is bad for Simpson who made over $30 million last year alone. It’s not surprising he wants support. On December 16, Simpson filled for order to reserve the right to collect spousal support. On December 16, Simpson filled for divorce and asked that no alimony be given out. The pre-nuptial was signed, which means the two may have to split all assets which is bad for Simpson who made over $30 million dollars last year alone. It’s not surprising he wants support. It if was me, and the world found out that not only can my wife not tell me how to raise my kids, she doesn’t even know the difference between chicken and fish but I stupid enough to marry her, I’d want a load of money to drown out my sorrows too.

According to MSNBC’s.com entertainment section, Kevin Federline, who is married to Britney Spears, may have hit on Simpson. Sources say he asked her to sit down at a club where they both were and a club goer said there was definitely chemistry between the two. In the rare case they saying they’re just old friends. Maybe once Federline heard that Simpson didn’t have enough sense to file a pre-quo, and he thought he’d line up a new woman to mood off of.

On a good note, several couples might be getting back together. It seems Nicole Richie and Adam "DJ AM" Goldstein might be rekindling their romance, after calling it quits in December. In marriage news, recently separated Hillary Swank and Chad Lowe, who in fact seem to be working on their marriage of nine years after being caught looking affectingly at each other by paparazzi.

Sheryl Crow is making news again but this time for different matters. Crow announced on her website that she has been diagnosed with breast cancer. She posted a lengthy and very open letter that she called “minimally invasive.” Her doctors think it is bad for Simpson who made over $30 million last year alone. It’s not surprising he wants support. On December 16, Simpson filled for order to reserve the right to collect spousal support. On December 16, Simpson filled for divorce and asked that no alimony be given out. The pre-nuptial was signed, which means the two may have to split all assets which is bad for Simpson who made over $30 million dollars last year alone. It’s not surprising he wants support. It if was me, and the world found out that not only can my wife not tell me how to raise my kids, she doesn’t even know the difference between chicken and fish but I stupid enough to marry her, I’d want a load of money to drown out my sorrows too.

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Sheryl Crow is making news again but this time for different matters. Crow announced on her website that she has been diagnosed with breast cancer. She posted a lengthy and very open letter that she called “minimally invasive.” Her doctors think it is bad for Simpson who made over $30 million last year alone. It’s not surprising he wants support. On December 16, Simpson filled for order to reserve the right to collect spousal support. On December 16, Simpson filled for divorce and asked that no alimony be given out. The pre-nuptial was signed, which means the two may have to split all assets which is bad for Simpson who made over $30 million dollars last year alone. It’s not surprising he wants support. It if was me, and the world found out that not only can my wife not tell me how to raise my kids, she doesn’t even know the difference between chicken and fish but I stupid enough to marry her, I’d want a load of money to drown out my sorrows too.

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