Local author shares tales

Christa Hagan

OPINIONS EDITOR

Mining towns and the art of writing have been united thanks to writer Bathsheba Monk. The author of Now You See It... memoirs” said Assistant Professor Worthy of the most magical of detail’s of someone’s life can be “She showed how the everyday zooms in on each of their routines. and the influence it had on her has always been in his heart. This can be seen imagines of Bethlehem come into play quite a bit throughout her book.

The setting of a mining town appears in her collection of short stories set in the fictitious town of Cokesville, PA. Her time growing up in Bethlehem did serve as an inspiration for both the place and the people of her stories. Though, Monk was not able to write about the people and town while she was in Bethlehem.

She wrote the majority of the stories before she returned to Bethlehem area. This was addressed in a question asked by Associate Professor of English Henry Marchand when he asked if she was able to write about Bethlehem when she returned or if it was something she did while she was away from Bethlehem.

Monk said that she needed to be away from Bethlehem to be able to write about the Bethlehem that she knows and remembers versus the one that is there now. She explained that (while she was away) both the people and place are frozen in her mind as they were when she lived there and if she were writing it while in Bethlehem she would not be seeing the familiar Bethlehem she remembers but the one changing in front of her.

Monk’s stories focus on the lives of several characters and zooms in on each of their routines. “She showed how the everyday detail’s of someone’s life can be worthy of the most magical of memoirs” said Assistant Professor of English Dr. Bob Wilson.

Following the reading was a brief question and answer session. While Monk entertained questions the audience had to ask her, she also made sure to ask a few questions to the audience as well. One of them being directed to the students as she asked them all what books they were reading after Associate Professor of English Dr. Carolyn Segal asked Monk what she was currently reading.

Monk’s appearance at Cedar Crest College was part of the Guest Writers Series that is going on this semester. Monk was the second of the four writers planned to read their work. The next author will be novelist and poet Liz Rosenberg On Tuesday April 17 at 4pm. She will be found reading her poetry in the Tompkins College Center of the 1867 room.

The Guest Writers Series readings are all free open to the public. Each reading will conclude in a reception and book signing. The series is being made available to the community through the efforts of the Cultural Programs Committee, the humanities Department and the campus literary club, Preterite.

Students protest war in Iraq

On Tuesday, March 20, 2007, Jessica Harris staged a protest in front of Blaney Hall, against the war in Iraq. Inspired by this past weekend’s March on Washington, Harris brought back information on student activism and planned the protest for Tuesday, named a Day of Action by the World Can’t Wait organization. Harris passed out information about the current Iraq war as it enters it’s fifth year and also pamphlets to raise awareness of the impending war with Iran. Harris became involved in the anti-war movement when her mom paralleled the current events with those of Vietnam, especially problems concerning public awareness and the troops.

Creative minds bring light to good advertising

Gillian Maffeo

With knowledgeable insights on creativity and the advertising world, William Childs and Pat Lincoln shared their fantastic ideas with fellow students, faculty and staff.

On Wednesday, March 14 two very creative individuals bashed their presence on the Cedar Crest campus, once again. Childs and Lincoln are part of The Greater Lehigh Valley Ad Club, and came to Cedar Crest to share their professional views on creativity and what it’s all about. Childs and Lincoln both work in the business and advertising field, where they have to put their creativity to the test.

Both creative buffs started out their talk with a slide show that interacted with the audience. Throughout the whole presentation, they showed the audience very creative and innovative advertisements. While viewing these advertisements, Childs’ stressed having the consumer come first, rather than the company. It is better to have a simplistic advertisement, than an advertisement with words cluttered everywhere. Childs and Lincoln both showed the audience some of their work they have done over the past years. Childs had shown the audience an outdoor advertising billboard he created.

He showed the audience the process in constructing and making the advertisements, and then showed the companies response to it. There was one particular advertisement that Childs was not too happy about because the company wanted more words filtered throughout the billboard, which was not creative at all.

Innovative advertisements catch the consumer’s eye, drawing them into the pictures and the simplistic point of view the companies are coming from. Childs and Lincoln delivered a comical performance and gave gave great examples while inspir- ing many people in the audience.

Junior Business major, Vanessa DiNapoli said, “After I saw Childs and Lincoln, I felt so inspired I wanted to go write a novel!”

Along the lines of creativity, it’s hard to be creative all the time. “You need to relax and let your ideas come to you.”

“Thinking is like a tray you get in the cafeteria. For example, when you pick up the tray, another one pops up at you, but an overactive mind is when you pick up a tray and they all pop out at once,” said Lincoln.

“A lot of creative people have that rebel streak in them. You need to get out of the ordinary and experience different things, for example traveling and music.”

“Open up new ideas in your head and try different things. Be daring, and don’t be afraid to fail; failure is huge,” said Lincoln.

APO pledge week concludes

Lori Gallagher

Friday marks the end of the Alpha Psi Omega (APO) pledge week. On Monday, pledges were given names that are "representa-tive of the theater productions and processes they have been involved with, and they wear costume pieces associated with their role (for example, blacks, wigs, props)," said APO Vice-President and Pledgemaster Angela Viassot.

Those who complete pledge week will be inducted at the ceremo-ny on Friday, March 23, which will take place in the Tompkins College Center and Samuels Theater. APO, which currently has 10 members, is the National Theater Honor Society.

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Cara Nicholl

Kangaroo, Great Barrier Reef, Sydney Opera House. These words come to mind when thinking about Australia. And now, animal rights activists have another thing to love: their avid protest of Japanese whaling policies.

The Japanese claim their motives for whaling. As quoted on the BBC’s website, Deputy Press Secretary for Japan’s Ministry of Foreign Affairs Tomoloko Taniguchi said, “There is a right cause to be protected and the Japanese government is sticking to that right cause. There is a consensus in Japan that as part of the natural right for a sovereign nation it is perfectly right to continue whaling.”

Jeff Kingston, who has studied the whaling industry, also stated in the article, “This has become a touchstone issue for Japanese people who are sick and tired of being pushed around and told what to do by other countries like the United States. If the media and a few leaders tell them that whaling and eating whale meat is part of Japanese tradition and culture, people are willing to believe it.” He also states, “They try to frame this in terms of culinary imperialism, saying, ‘The West is trying to tell us what to eat. We don’t tell them not to eat pigs or lambs that we find cute, so why should they tell us not to eat whales?’”

If their whaling policy is truly for national pride purposes, Japan must seriously reconsider its priorities. Proving your country’s independence to the entire world does not mean using the lives of animals as pawns. There are other ways to assert Japan’s station in the international community.

With Australia now protesting Japan’s whaling, there is more attention being brought to the feelings of the international community’s reaction to whaling at large. However, more than likely, international protests will not urge Japan to change their policies, just national protests will not urge Japan to change their policies, just making the international community more aware and thus cast an unfortunate shadow over Japan’s government, culture, and ultimately, its people.

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However, unlike other honor societies that focus mainly on grades, membership in APO is also dependent on “leadership, attitude, and involvement in productions on campus,” said Vialotti.

Applications for APO are available each semester. In order to be considered for APO, applicants must be dedicated to theater and have experience with Cedar Crest production. This experience can come from performances or technical work. Productions do not have to be main stage. For example, applicants are also considered if they have had experience with FADED, senior projects, Vermont Monologues, or Rocky Horror.

Once all applications are received, the active members vote to decide who will be invited to pledge. Active members are those who attend APO meetings on a regular basis and fulfill their theatrical responsibilities. Later this semester, APO will be sponsoring their annual auction. The campus community will have an opportunity to bid on activities with club members, as well as other works that are created by APO. They also plan on “sponsoring trips to see theater productions at other campuses,” said Vialotti.

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things to consider when ReLocating

Are you currently living out of your home state? Are you making the big move? Whether you are graduating and moving on, or simply moving your permanent address off campus, there are several steps you can take to make the transition a smooth one.

It is important to notify the right people about your change of address in a timely manner. College students should be familiar with the term “permanent address,” a term that has a vague definition.

For example, a college student from Maine living in Pennsylvania is not required to change her driver’s license and vehicle registration to Pennsylvania – unless she continuously resides in the state for purposes other than education. If she resides with her family in Maine when school is not in session, Maine is her state of permanent residency.

The following applies only to those changing their permanent address. There is no fee to change your address within the state. For more information, contact PennDOT’s Online Vehicle Registration Card.

Bring with you proof of ID, such as a birth certificate or valid U.S. Passport, two proofs of residency such as utility bills or lease agreements, and your social security card. Bring with you proof of ID, such as a birth certificate or valid U.S. Passport, two proofs of residency such as utility bills or lease agreements, and your social security card.

You will also need to bring your voter registration card. If you cannot provide an out-of-state license, either current or expired less than six months, you will be asked to apply for a learning permit and take the standard written and road tests.

If you are a current PA resident moving out of the state, contact your new state’s local DMV for more information on changing your driver’s license and registration information. Once you receive a new license plate from that state, PennDOT requires you to return to your old license plate to prevent auto fraud.

To continue your regular mail service through the US Postal Service, complete a Change of Address form (Form 3575) up to one month before the move.

This form can be mailed to your home, picked up at the post office, or found online at www.usps.gov; there is a fee to complete the form online.

First Class and Priority Mail will be forwarded for 12 months; periodicals will be forwarded to a new address for 60 days.

Because the USPS will not forward your mail indefinitely, there are several businesses that will also need your new address information.

Magazine subscriptions, credit card companies, and the IRS should all be notified of your residency change.

The process for each company varies, but most include address change instructions with their monthly statement or subscription. The IRS offers Form 8822 online at www.irs.gov.

However, there is another task that many might overlook when first moving into town and that is, voter registration.

To many, this might seem like an irrefutable topic, something that many others might be quite confused as far as how to do it. Laws regarding registration change from state to state, so checking in with the town hall or looking on line to see that state rule might be necessary.

For example, somebody living in a state such as New Hampshire or Minnesota, where voter registration can be done the day of going to the polls might be surprised and disappointed if they tried doing that after moving to Pennsylvania.

Pennsylvania, Arizona, Texas and several others all require that voters register at least thirty days before heading off to the polls. This is why it is key to look up the information far in advance before going to vote.

Business Industry Political Action Committee (BIPAC) has listed on their website, all of the states and their requirements for registering to vote (www.bipac.net/ezvote/VoterRegistration.pdf).

Moving to a new residence can be a fun and exciting process. Make the process a pain-free one by understanding your voting rights throughout the move, and update your address promptly to ensure that the right people will be able to contact you.

Compiled by: Stacey Solt, Lifestyles Editor and Christa Hagan, Opinions Editor

in the news

Liz Skoczyk

Body of Water Found on Saturn’s Moon

Scientists have discovered what appear to be sea-size bodies of liquid, probably methane or ethane, on the surface of Saturn’s largest moon. The discovery by the international Cassini spacecraft was welcomed by researchers who have long theorized that Titan possessed hydrocarbon seas because of methane and other organic compounds in its thick, largely nitrogen atmosphere. Until now, Cassini had spotted only clusters of small lakes on the planet-size moon.

Warmest Winter On Record

This has been the world’s warmest winter since record-keeping began more than a century ago, the U.S. government agency that tracks weather reported Thursday. The National Oceanic and Atmospheric Administration (NOAA) now has the combined global land and ocean surface temperature from December through February at its highest since records began in 1880. A record-warm January was responsible for pushing up the combined winter temperature, according to the agency’s Web site.

Identity Theft Warnings

Consumers are bombarded with warnings about identity theft. Publicized threats range from mail-box thieves and lost laptops to the high-tech methods of e-mail scams and corporate data invasions. Now, experts are warning that photocopiers could be a culprit as well. That’s because most digital copiers manufactured in the past five years have disk drives — the same kind of data-storage mechanism found in computers — to reproduce documents.

at the crest

Lunafest gathers women film-makers

Happening Friday, March 23 at 8 p.m. Lunafest, sponsored by the Buskin Society, is a film festival hoping to providing national exposure for emerging women film makers. The event will highlight nine films and will support The Breast Cancer Fund (TBCF) and the Crime Victims Council. Lunafest will be showing in Oberkotten Center Room 1. Tickets are $5 for students. General admission tickets are $10.

This year’s films are:

MANN KE MANJEREE (5 min.)
PLUM FLOWER (10 min.)
SLIP OF THE TONGUE (4 min.)
BREACHED (18 min.)
CITY PARADISE (6 min.)
TOP OF THE CIRCLE (5 min.)
DEAR TALULA (34 min.)
KYLIE GOLDSTEIN-ALL AMERICAN (3 min.)
Courtney Lomax, Class of 2005

“I am expected to know what is going on in each municipality on the surface and also on a deeper level, where I have to dig to find story ideas,” said Lomax.

At the Express-Times, Lomax spends her mornings at Cedar Crest, working as the America Reads Supervisor. “I came back to Cedar Crest as the America Reads Supervisor because I really enjoyed my time in the community service office as a student,” she said.

Lomax found that being an English major has helped her thrive in the workplace both professionally and personally. “I have to write everyday. The English major obviously helped me with my writing skills. I also feel that I am well read and I enjoy talking about novels with my coworkers and friends,” she said.

The classes that prepared Lomax for discussion at work are what she misses most about Cedar Crest. “I miss sitting in class and talking about books with my classmates and professors,” she said.

Lomax will continue to put the skills that she acquired as an English major to use as she works towards her future goal of publishing her creative writing. “My English degree will help me achieve my goal because of the writing and critical thinking skills I gained as a student,” said Lomax.

Lori Gallagher
NEWS EDITOR

Courtney Lomax knew she wanted to be an English major, long before she became a student at Cedar Crest College.

Even though Lomax said she does not remember one specific thing that attracted her to the English program at Cedar Crest, there was something about the campus that led her to apply. “I know I liked the small class sizes and the writing courses that were offered,” she said.

While at Cedar Crest, Lomax was a member of Preterite, the Literary Club, and The Crestial. Lomax’s journalistic talent was one of the skills that she carried with her beyond graduation when she started a job as a reporter at The Evening Sun in Hanover, PA. In less than a year, she moved to the Express-Times in Easton, PA, a paper that said has “twice as many readers as The Evening Sun.”

At the Express-Times, where Lomax is a full time reporter, she is responsible for cover four municipalities and one school district.

“I am the America Reads Supervisor at Cedar Crest College.  “I miss sitting in class and talking about books with my classmates and professors,” she said.

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Liz Nagle
STAFF WRITER

It is common for people to assume that an English major plans on becoming a teacher. This particular misconception is frustrating to English majors. There are far more reasons to study literature other than to teach it.

In the words of Dr. LuAnn Fletcher, Associate Professor of English at Cedar Crest, “People choose an English major when they want to allow themselves more possibilities to choose from in their career path.”

Studying literature gives students new perceptions on other cultures and works from authors who have experienced the joys and pains in life, but who have noticed cultures and works from authors who have experienced the joys and pains in life, but who have noticed.

The critical thinking skills that English majors develop benefit students looking for a job after graduation. Being able to analyze complex situations, to communicate with and form an understanding of others through spoken or written word and creative thinking are skills held in great regard by employers.

Reading is fun, and students find ways to relate themselves or their history to what they are studying in class. Everyone’s opinion is welcomed in an English class. “I am an English major because there aren’t any right or wrong answers in literature. There is only perception, interpretation and discussion,” said Hollie Cummings, an English major looking forward to graduation in May.

Writing classes required for a major in English also enhance writing for any college course, in any discipline. Writing is how critical thinking and creativity are put into practice. For students planning to further their education, writing classes prepare you for the GREs, the LSATS and the MCATs.

Employers in every field are also seeking college graduates with strong writing skills. But don’t leave this article thinking that being an English major is a simple walk in the park. Reading, thinking, analyzing and interpreting are difficult to do day in and day out. Actually, there is nothing that “simple” about being an English major. “My favorite part is that 2 + 2 doesn’t have to equal 4… it’s open for discussion!” said Cummings.

English majors must complete 39 credits of rigorous, thought-provoking courses accompanied by heavy reading and writing.

Christa Hagan
STAFF WRITER

You’ve seen the literary magazine In Other Words, read the posters advertising writers who are coming on campus and maybe you even submitted some of your own writing to their annual writing contest. Who is it that makes all of this happen? Preterite is the literary club on campus and they are the ones who produce the literary magazine twice a year. For a while, the magazine was mostly comprised of students with a few scattered photos, poems or short works by professors, but this semester Preterite is hoping to increase the number of people who are printed. Not only do they plan on showcasing the talent of their students and professors, but also the talent of alumnae.

The current advisor of the club is Dr. LuAnn Fletcher, Associate Professor of English but, she will no longer be the advisor starting next semester. Dr. Fletcher has been the advisor since 1996 and said, “It has been my privilege to have worked with the club for 10 years.” Assistant Professor of English, Henry Marchand is looking forward to becoming the new advisor of the club and said, “I hope to continue the terrific work that Dr. Fletcher has been doing for years, and I’m especially looking forward to working with Preterite on the college literary magazine. In Other Words. I also hope to expand the club’s membership, so remember, anyone can join.”

Marchand even went on to talk about the benefits of being a book lover (as the members of Preterite tend to be), “Preterite meetings and events indulge the book lover in you… Books and the company of book-loving people are just plain good for you.” Dr. Fletcher feels that the club gives many non English major students the break they need also emphasizes the entertainment value of the club. “I’ve probably laughed more with students during Preterite meetings and activities than doing any other activity on campus. It’s been a great ten years.”

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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.

Liz Skoczylas
STAFF WRITER

Why am I at Cedar Crest College? I ask myself that question just about every day. Cedar Crest is, undeniably, much different from any other college campus I have ever been to, yet here I am. I had always planned on going to college, not attending was never an option for me. I have wanted to be a journalist since second grade, once my original dream of becoming a princess was crushed.

On top of this, I had always loved the city of Chicago, which, as it turns out, has an excellent school for journalism at Northwestern University. Anytime that anyone had asked me about my future plans, I automatically answered that I was hoping to attend Northwestern.

Then came my junior year of high school. SAT's, and countless brochures in the mail from colleges and universities urging me to visit and apply to their school. Somewhere in the hustle and bustle of getting my SAT scores back and receiving more mail than I could handle, the dream of going to Northwestern was lost.

During my weak long Easter vacation that year, my parents encouraged me to seriously look for and research colleges, since I had no idea what I wanted anymore. All I knew was that I wanted to get out of my hometown of Jamestown, New York, and be close enough that I could go home when I wanted to, but far enough away that I couldn't return home all the time.

Thus began my Google search for colleges within the Pennsylvania region. It was during that search that I stumbled upon Cedar Crest's website. At that point, I wasn't sure if I wanted to do journalism anymore, and figured the fact that Cedar Crest offered an English major and Writing minor would be good enough for me. I requested more information.

Soon, I was being bombarded with phone calls and personalized letters in the mail. The phone calls came from other colleges as well, but not those letters. I signed up for an open house, and filled out my early application form.

The day that we were leaving for the open house, my mom brought in the mail with yet another Cedar Crest brochure. Pushing it across the island to me in our kitchen, my mom said, "Liz, I think that it's an all-girls school."

I was in shock. Once she pointed out that all of the pictures had only females in them, I clicked. I told her that there was no way I would be attending Cedar Crest College. Since we were leaving that afternoon to check out the school, my mom told me that we might as well still look at it.

The drive to Cedar Crest took us well over six hours, thanks to the fact that we stopped to "see the sights" that my dad had heard about. I figured, though, that it was a good distance away.

The next morning was the open house. Since it was early summer, Cedar Crest was in full bloom. My foot wasn't even out of the car yet, but I had fallen in love with the campus.

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Actually touring the campus and talking to the staff and students confirmed it. I had to attend Cedar Crest; there were no other options. I turned in the application, my dad bought me a hoodie for good luck, and we set off for home.

The fact that girls were accepting me, a high school kid, into their college community was just what I needed. I was still getting phone calls and those personalized notes, and had never felt more at home anywhere but my own home.

During my freshman year at Cedar Crest, the planets aligned, the stars collided, and I found out why I chose CCC - or why it chose me. I met my best friend, partner in crime and current roommate, Alex Priebe. She either keeps me sane or drives me insane - I haven’t figured out which yet, but I know that she’s always there for me.

I'm so glad to be at Cedar Crest for the friendships that I have made and the experiences that I’ve had. And, for going from never having heard of it, to not wanting to attend, to absolutely loving it. I know that Cedar Crest was the right choice for me.

On the first day of my senior year, I got my confirmation letter in the mail. Later that year, I attended an accepted students overnight, where I stayed with a Dance major and a Communication major. The Communication major convinced me to switch from English to Communication in order to pursue journalism.

The story of Liz Skoczylas, staff writer Liz Skoczylas, features editor.

ENGLISH
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ing assignments. Core classes include Literary Analysis, Survey of English Literature, Survey of American Literature, Shakespeare, and English Seminar. Students must also fulfill the oral competency requirement and take a history course. In addition, students must complete seven more English courses, at least three of them at the 300-level.

There is a wide range of English courses offered at Cedar Crest to fit individual interests, including Women go to the Movies, Voices of Africa, Modern and Contemporary British Literature, Women Writers and Contemporary American Literature.

“...What I like about being an English major is that we do not learn concrete information, that there is no arguing - and the information isn't being prodded into us - when we read we learn by experiencing the literature, reflecting on it and discussing it, not by being told ‘This is what this means.’ We’re free from the confinement of other majors,” said Megan Schaeffer, another happy-to-be graduating English major with a minor in psychology.

The professors in the English department are another strong aspect. Dr. Fisher, Dr. Wilson, Dr. Segal, and Henry Marchand bring intelligence, insight, and encourage individualism in the classroom. They are part of the experience offered to English majors at Cedar Crest.

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610-435-7007
Students need a place to relax

Rachel Edgar
STAFF WRITER

The TCC serves as both college center and student union building to the Cedar Crest community, housing the dining hall and Bistro, mailboxes, meeting rooms, offices and a bookstore. It also has a lounge designated as the commuter lounge, a small room that contains a TV, a few couches and chairs, and a pool table.

Although these facilities accommodate the basic needs of the college community, it provides no large place for social gatherings or a hangout for the student body. The Bistro is the most common place for formal social gatherings such as coffee houses and openings such as coffee houses and performances, including comedians and musicians. It also serves as a casual meeting place, where students can grab a cup of coffee and talk.

However, Cedar Crest lacks a fun, comfortable place for students to hang out and relax when the burden of homework becomes too much to bear and students need a place to blow off some steam.

Many colleges and universities across the nation have entire buildings designated as "student union" buildings, which usually contain games such as pool and air hockey, as well as big screen TVs for football game nights.

Student union buildings are popular places for students to take a break from the stresses and pressures of schoolwork, make new friends and enjoy a good game of air hockey or pool.

Only the commuter lounge in the TCC resembles this setup on Cedar Crest’s campus. However, due to its small size it becomes cramped quickly. Many resident students also feel uncomfortable intruding on a space designated, in name, for commuters.

Another problem with many of the popular hangouts on campus is that lots of students choose to do their homework there.

"We have lounges, but people are usually studying or having meetings there. We need a place where we can be loud and not have to worry about bothering people who are studying," said Lauryn Mizuhara, a freshman Forensic Psychology major.

This is especially true during finals week, when 23 hour quiet hours are in effect. Many people choose to study in The Bistro or their residence hall lounges, leaving other students with no place to relax and unwind between exams.

Although building a student union on Cedar Crest’s campus may be costly, it will also attract high school students who are in the process of choosing colleges.

"I think having a student union would bring more students here. It’s a selling point for other colleges, so why don’t we have one too?" Mizuhara added.

Sometimes in order to make money, colleges must spend money by making improvements to the campus.

Although college is a time for students to study and learn, it is also a time for them to make friends. The social aspect of college life is often overlooked, but is still an important component of the overall experience.

Students should have a fun, comfortable place on campus where they can be loud and relax. By adding a place for students to hang out instead of study, the TCC can better meet the needs of students in the Cedar Crest community.

THE CAMPUS CORNER

What is your favorite thing about spring?

Katie O’Donnell
Freshman
Social Work and Psychology
"Everything coming alive."

Michelle Shortell
Sophomore
Chemistry and Forensic Science
"Sitting outside on Buzz patio doing nothing."

Kaci Buckett
Junior
Psychology
"My birthday!"

Lauryn Mizuhara
Freshman
Forensic Psychology
"It’s getting warmer and it means summer’s coming."
The worst thing to carry around with you

Kelly Ann O'Donnell
A&E Editor

Lately I have been hearing people (those I consider good people and friends) wishing the best for people they know who are getting fat. I have heard many people do this, and it is really perplexing to me.

I first off, being that I am overweight, I don’t really think these people have any idea what it’s like to be so.

Everyday people who are overweight are reminded of this, just by looking at themselves. I am talking to a friend and she put it in this way that I think makes the most sense: everybody has their flaws but for people who are overweight, their flaws are open for the whole world to see and judge.

Everyday people who are overweight feel disgusting and less worthy because of their physical appearance. With every bite of food, you are reminded of how crappy you feel about yourself and how this will never change. Every battle. Every time you think that you shouldn’t put that piece of extra food in your mouth and as you do you realize the lack of control you have.

Not only do these feelings deal with food, but also with physical things. Affraid to get on a crowded elevator because you’re too fat, afraid of being too big for a carnival ride, afraid that you won’t get a job because someone is going to pre-judge you on the way you look.

Second off, this implies that people think that being fat is the worst thing a person can be (since I would assume they wish their enemies the worst). How come nobody ever wishes stupidity on him or her? J.R. Bucking (one of my favorite authors) wrote an essay in which she said “I mean, ‘fat’ really the worst thing a human being can be? Is ‘fat’ worse than ‘vindictive’, ‘jealous’, ‘shallow’, ‘vain’, ‘boring’, or ‘crude’?”

I wonder about this statement. A part of me thinks, of course I would rather be a kind, intelligent, warm person and fat rather than thin and stupid but my other side says no it’s not worth it.

Everybody has said something about an individual being even me. I have said things like look at her fat butt or could that girl getting any bigger?

But really it is a horrible thing to say and I think that everybody should rethink about what they are saying. I would never wish being fat on my worst enemy- maybe because being fat isn’t the worst thing you can be called but the worst thing one can carry around with them.

The love and support I received that day brought me to tears. At the end of the day, I wrote him a letter and thanked him because, as I put it, “I have seen the true character of my college community and they have seen my true character as well... It’s made me realize how loved I am and I’m passing some of that on to you.”

We talked two days before he left.

The conversation was awkward and we were both nervous, but we expressed how grateful we were to have established a friendship and said goodbye.

I wrote to him every week, and the ribbon was a way to get me to feel closer to him. The signatures of people in the community poured into the manila envelope, my friends, professors, coworkers, classmates... these pieces of my life all bonded together.

He wouldn’t know who anyone was individually, but I knew he would be able to feel the warmth of the Cedar Crest community.

To love and support I received.
Fresh off the shelf
Theraflu Thin Strips: Long acting cough

Lizz Nagle
STAFF WRITER

The claim: A cherry flavored cough medicine that melts in your mouth in an instant, will quiet your cough for up to eight hours and that can be used day or night. This product is also available in a multi-symptom formula to relieve runny nose, itchy/watery eyes, sneezing and sore throat.

How to Use: "For adults and children 12 years of age and over, allow 2 strips to dissolve on your tongue every 6 to 8 hours as needed, not to exceed 8 strips in 24 hours, or as directed by a doctor."

The results: I usually have a hard time taking cough syrup because it tastes awful and makes my stomach feel more upset when I am sick. I had no idea there was another remedy for my cough, so I was really excited when I found these strips as an alternative to drinking nasty thick syrup. Not only do they taste good, but they work! I’ve been sick on and off for over a week and these strips were the first thing to really settle my cough down and let me function throughout the day. I came out so much hacking and choking and without feeling drowsy like some cough syrup can make you feel. And because they dissolve right on my tongue, there is no sickening feeling in my stomach anymore.

Cost and where to find it: A box of 12 strips costs about $5.49 to $5.99. You can pick up a box at your local drugstore or medicine aisle when you’re out grocery shopping.

Brea Barski
STAFF WRITER

The old rule of thumb that everyone should drink eight glasses of water a day may not be the correct statistic anymore, but scientists are finding more reasons why hydration is important to a healthy diet.

Water is very important to your health for many reasons. MayoClinic.com says that “Water is your body’s principal chemical component, comprising, on average, 60 percent of your weight. Every system in your body depends on water.”

Nutrition professor Jane Ziegler agreed: “(Body fluids) dissolve and transport substances throughout the body. They make up our blood volume, help maintain our body temperature, protect and lubricate our tissues.”

In total, the average woman needs approximately 2.2 liters of fluids a day. “The fluid intake must be in balance with the fluid you lose in your urine, sweat and breath. Water is needed for all of these processes,” Ziegler said, “but can come from other fluids and beverages too.”

Drinking too much water can make you feel bloated and need to go to the bathroom more often but drinking too little can also be harmful. It can lead to kidney stones, constipation, and headaches.

So, the old rule of eight glasses of water a day? Scientists are now suggesting closer to five: one at every meal and one in between each meal.

MONEY FOR COLLEGE

Ace your interview
Tips for seeking your next job or internship

Karen Passino
STAFF WRITER

As the time job and internship interviews approaches, there are many things you should know.

You have just one chance to make a good impression. Dress formally – you need to look professional because interviewers look for this. Don’t dress too flashy, because that may draw the interviewer’s attention away from what you are saying.

“Always dress to impress. Otherwise, they may not take you seriously,” said Erika Asselin, a senior Chemistry major with a concentration in Forensic Science.

Always elaborate on questions. You don’t want to give short, concise answers but then again they don’t want to hear novels as responses either. Try to maintain responses in the area of one minute.

Freshman Psychology major Jackie Tuttle said, “You have to go into an interview and make yourself look good. I mean, basically brag about your strong points.”

Remember when greeting the interviewer to smile, give a firm handshake, and look straight into their eyes. You want to show confidence and respect. You can also do this by addressing the interviewer as Mr., Mrs., or Ms.

Some good tips for going into the interview are to have knowledge of the company. Many times the interviewer will ask you about the company you are interviewing with. It shows the interviewer that you care about the interview and position.

Bring five to ten questions of your own to ask the interviewer. The interviewer will also typically give you ten minutes at the end to ask questions. This again shows the interviewer that you care, and gives you a good opportunity to learn more information about the company that their website does not include.

Before you leave the interview be sure to ask for a business card. And most importantly, always send the interviewer a thank you email afterward. This is not only a courtesy but a must if you really want the position.

If you follow these tips and go into the interview with confidence then you should have nothing to worry about. Remember that you are competing with many other students for the same position. Sometimes a little courtesy and respect is all it takes to win the interviewer over.

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Drinking too much water can make you feel bloated and need to go to the bathroom more often but drinking too little can also be harmful. It can lead to kidney stones, constipation, and headaches.

So, the old rule of eight glasses of water a day? Scientists are now suggesting closer to five: one at every meal and one in between each meal.
Bodies evolve through time and culture

La Lonnie Moore
STAFF WRITER

The 1992 Barnard/Columbia Women's Handbook states, “Studies have shown that while 25 years ago the average model weighed 8 percent less than the average American woman, today's model weighs 23 percent below the national average.”

Wellesley College’s website also adds that 75 percent of young women in a recent Glamour magazine survey believed they were fat, but only 25 percent of these women were medically overweight. “A woman’s body image encompasses her physical appearance, size, and shape. Issues of body image are found everywhere, whether one is conscious of it or not.”

The point of these statistics is simple. Issues of women’s body image and shape have been a concern for years. Though times have changed, it seems that body image matters are the same and have yet to evolve.

Images can be found in Greek history of full-figured women, nearly nude, with long wavy hair. We have been taught that in the eyes of the ancient Greeks, a full-figured woman was attractive; here in America, we teach our young women that being abnormally thin is a lofty goal.

Holly Sullivan, a sophomore Biology major, said, “Women have malnourished to look as thin as they can. I think that currently there are conflicting images in the media of the ideal female body type. There is the thin desirable woman as seen in America’s Next Top Model, and in some of the leads characters in ‘The OC’ and ‘Grey’s Anatomy.’ At the same time, there are strong females images in ‘Survivor,’ and in the more athletic images that we see in Fitness and Self magazines. Female athletes are praised for their strength, agility and cardiovascular fitness.”

TV shows of the 50s, 60s and 70s showed images of women drastically different from today’s women on or off television. Try comparing “Make Room for Daddy,” “Donna Reed,” or “The Brady Bunch” to “The Partridge Family” for example, which starred a full figured African-American woman, come-dian MaNieque. Even movie/playwright Tyler Perry is into dis-pelling the notion of a perfectly shaped Barbie with his character “Madea.”

Jen Williams, a senior Psychology major, felt that the epi-demic of women who feel poorly about their bodies have more than just the media’s influence to thank. “The media definitely impacts women’s views of their bodies, but it’s also society as a whole, family, friends, doctors.” The evolution of women’s body image has morphed into more than just tangible changes; the evolution is one in the mind as well. The responsibility for healthy change is left up to all men and women.

Personally, what I think you should do is slap your boyfriend in the face! But seriously, I would confront him. It’s okay to put on a few extra pounds during the winter time - that’s what winter is for! No offense, but your boyfriend has some nerve to tell you to your face that you gained weight. He should love you for who you are, and love your body. You shouldn’t let him get to you.

It should not be up to other people to tell you to lose weight. If you are not happy with your body, then you could do something about it, but it should not come from another individual. Everyone is unique and special in their own way, and beautiful women come in many shapes and sizes. If your boyfriend body image has morphed into more than just tangible changes; the evolution is one in the mind as well. The responsibility for healthy change is left up to all men and women.

Homemade trail mix is a fun, easy way to experiment with flavors and textures, and is a great snack on the go. Divide into 1/2 cup portions and put in square-size plastic bags for a satisfying, portable snack. Also, mix and match different fruits, chocolate chips, and nuts. For example, a more decadent version of this recipe might include dried cran-berries, hazelnuts, and dark chocolate. Feel free to experiment!

1 cup pretzel sticks
1 cup mixed dried fruit
1 cup Nature Valley Crunchy Peanut Butter Granola Bars, crumbled
1/2 cup miniature chocolate chips
1/2 cup nuts, such as almonds or walnuts

Combine all ingredients into a gallon-size plastic bag and shake until completely mixed. Makes 4 cups.
Linda Misiura
FEATURES EDITOR

I’ll admit I’m a fan of all things larger than life. The current paintings of Roy Fowler’s in the T.C.C. gallery cater to this love of mine, serving up my imagination in rich colors and vivid tones, allowing me to lose myself in the grand landscapes of breezy countrysides and tropic isles. I can only imagine the studio Fowler must have used in order to fill the empty voids of his enormous white canvases.

The magic of his abstract pieces is in the color and the size. The paints themselves, though flat on the canvas, suggest a valley here, a hill there, an abundance of trees, and to me, a rainforest. Taking into consideration the enormity of the canvases, Fowler used his space to pull in his view- ers and push them away at the same time, using familiar shapes and colors but eliminating the dis- traction: the details.

The beautiful colors simply do not translate into black and white, and even less well on newsprint. The size of course, is lost as well, and really is an inte- gral part of the series of works. Fowler’s watercolors, located in the T.C.C annex, fair slightly better here in reproduction, though they too lose their vividness. When viewed in person, the watercolor waves, painted in the same style of the larger oils, seem to roll off the page with their abstractness.

Fowler’s exhibit creates a pleasure and relaxation zone for those looking to escape their cur- rent surroundings without leaving the comforts of indoors. The relief they offer from the unnecessary details of life is refreshing and easy on the eyes and soul.

Enormity, vividness combine for imaginative creativity

Kelly Ann O’Donnell
A&E EDITOR

Although the school has had some pretty amazing art exhibits in both the T.C.C gallery and the library gallery, Roy Fowler’s watercolors may not be one of my favorites. Although one may say that these are the types of paintings that need immense use of the imagi- nation, not even a six year old playing with a cardboard box as an airplane could understand these paintings. Not all of Fowler’s paintings are confus- ing however. When first enter- ing the T.C.C. gallery a booklet about Fowler is available to the public. In it he has some paint- ings that are not as abstract as the ones located in the gallery. Fowler’s paintings look like they have to do with nature but only in a few spots where you can make out a few images, the rest looks like he used a technique of free-flowing fin- ger-paints. Fowler has four pieces of art up in the gallery, Blue Tide Pool, Sunset, Tigers Claw, and Sunset 2. He also has seven pieces in the gallery annex.

In the book Fowler talks about his works in an interview. “My work is primarily land- scape, but there have been a lot of abstract elements that I’ve added and taken away through the process of my working life. The landscape is feasible but the extreme amount of abstract takes away from his work. It is possible to do abstract by being creative by sending a some sort of message about your image (such as something to contrast it to or something similar) howev- er this is not one of those cases.

Although these pictures are confusing the occasional nature element will come through in his pictures and he does use color quite vividly which can be really pleasing to the eye. The annex had Fowler’s watercolors which are much nicer however their are pencil grid mark still on the paper which really distracts from the beauty of the art. These are pic- tures of waves and use beautiful colors just as those in the gallery.

Fowler’s paintings will be up until March 30th in the T.C.C gallery.
**Reel Review**

**The Number 23 adds up to enjoyment**

Kelly Ann O’Donnell  
**ART EDITOR**

The Number 23, starring Jim Carrey (The Truman Show, Bruce Almighty) opened to many horrible reviews (Rotten Tomatoes had 13 good reviews out of 151). However, the movie had a decent plot with good acting and some interesting twists and turns. Carrey has often been under-rated when looked at as a dramatic actor rather than a comedic one, and the movie rated when looked at as a dramatic and some interesting twists and turns. Carrey plays Walter Sparrow, who is given a book by his wife for his birthday. He starts reading the book, which has many similarities to the main character, Fingerling, and starts obsessing over them. As he continues to read this book and the number 23 starts popping up everywhere, and both Fingerling and Sparrow become infatuated with the number. A murder takes place in the book, and the plot takes the movie through many different theories as Sparrow tries to figure out who did it.

Not only is Carrey convincing in this movie but so are the other two actors in it, Virginia Madsen (The Astronaut Farmer, A Prairie Home Companion) and Logan Lerman (The Butterfly Effect, Riding in Cars With Boys). Lerman, only 15, already shows tremendous promise of being a great actor and this film shows his potential. Madsen was also great as the concerned yet annoyed wife of Carrey. Although Carrey did a fabulous job of acting, at times when playing his alter-ego, Fingerling, Carrey was a bit over the top.

The plot was well written, with the two realities always remaining separate and never getting confused. One aspect of the plot that seemed extra and not needed was the whole number 23 phenomenon. This plot point felt contrived, only there to be a superficial advertising point to explain one thing about the movie. Although it is clear why it is used at some points, it is not always convincing.

This movie was a good combination of elements but at times a bit unsatisfying. Even with its flaws, however, the film ends up being mildly entertaining taking the viewer through different plot points that are unexpected. If nothing else, the film will leave you looking at the number 23 differently and at any place possible.

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**Sudoku**

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

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**Chitter Chat**

Bernie Mac is retiring, he announced to David Letterman on his show. Mac said, “Comedy has been so good to me. And that’s all I ever wanted, watching you guys. I had great mentors...”

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**Hand-Made Entertainment**  Kelly Ann O’Donnell

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**The Number 23**

- Ratings: Rated R for violence, disturbing images, sexuality and language
- Genre: Drama/Mystery/Thriller
- Duration: 95 Minutes

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**The number 23 can be found in our daily lives...**

* Each parent contributes 23 chromosomes to the DNA of their children.
* It takes 23 seconds for blood to circulate through the entire body.
* The human bio-rhythm is 23 days long.
* In humans, the 23rd chromosome determines gender.
* December 23, 2012 is the date the Mayan calendar ends.
* Julius Caesar was stabbed 23 times when he was assassinated.
* Earth’s axis is off by 23.5 degrees.

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**Special thanks to Professor**

**Reynolds and the Mathematics Department for their contribution of the Sudoku Puzzle**
Todd Ervin named head soccer coach

Jennifer Woytach
SPORTS EDITOR

Todd Ervin, Muhlenberg ’98, was recently named head coach of Cedar Crest College’s soccer team. Ervin will lead the Falcons, who went 3-14-1, 0-10 Pennsylvania Athletic Conference (PAC) in 2006, and have been a varsity team for just five years.

“The opportunity at Cedar Crest seemed like the perfect opportunity for me to take a young program and put everything I have into it,” Ervin said. “I think there is tremendous potential here, and I look forward to the challenge.”

Ervin last coached at Moravian College, where he was an assistant to the men’s program for three years. “I felt like I had achieved all I could at Moravian and it was time for me to look for a head coaching position somewhere else,” he said. “I’ve been involved with women’s programs for a number of years, and I believe we can build a very strong program here at Cedar Crest.”

While a player at Muhlenberg, Ervin was All-Centennial Conference for three seasons and twice named a NSCAA Regional All-American. He helped lead the Mules to the NCAA Division III Tournament four times and to the Final Four in 1995. Ervin is currently second all-time for assists in a season (11) and career (28) and seventh all-time for career points (90) in the record books at Muhlenberg.

“I worked in pharmaceuticals for seven years, but always wanted to be involved in coaching. When the opportunity at Cedar Crest came up, I couldn’t say no. There’s something to be said for following your dreams,” Ervin said.

“We are currently involved with our spring training, which occurs three times per week, and if numbers allow, we will have at least one game during the spring season,” he said.

The initial team meeting and practices so far have gone well, according to Ervin. “Every time a new coach comes to a team, it takes time for both the players and the coach to get comfortable with each other. We are currently doing some spring training, but I’m sure once we all get back for preseason in the fall, everyone will feel 100% comfortable with each other.”

A native of Emmaus, Ervin holds an Advanced Regional License from the National Soccer Coaches Association of America (NSCAA), has professionally for the South Jersey Barons, and is currently a member of the Lehigh Valley Soccer League and a Professional Soccer Trainer for LMYA, Macungie, PA. He received a BA in Communications from Muhlenberg and is currently pursuing an MBA at Moravian College.

Ervin replaced Brian Exton, who was involved with the program since it received varsity status in 2001. Students who are interested in playing soccer or participating in spring training may contact Ervin at soccer@cedarcrest.edu.