A&É EDITOR
Kelly O’Donnell

“Creativity: What’s it really all about?!” is a presentation which will take place on March 14 at 7:00 p.m. in Samuels Theatre. This is the second year that the event will take place, but this year it is open to many more people, including Alumnae.

According to the e-mail sent out, “this program will examine a lot of the myths surrounding innovative thought and idea generation. This interactive program is a must for anyone who would like to add more inspired thought into their personal or professional lives.”

Gaetan Giannini, Chair of the Business, Management and Economics department, feels that creativity is a big part of life in general. Although creativity can be used by business and communication majors, it is beneficial for students in any major.

Giannini hopes that everyone continued | page 4

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**Keep it simple.**

**WORKSHOP TO INSPIRE CREATIVE THOUGHTS**

Lori Gallagher | News Editor

Three years ago, Diane Gehringer, Assistant Director of Alumnae Affairs, brought the annual alumnae auction from an on-campus event done every year at reunion to the current online version. Gehringer was eager to point out the benefits of having it online: “We have over 320 items up for bid! It would be very hard to find the space and time to hold an auction on campus with that many items.”

“Funds from the auction go to support the programs that the Cedar Crest College Alumnae Association provides for students, faculty, alumnae and for the College,” said Gehringer.

The auction includes everything from Kate Spade bags to electronic equipment, golf packages and getaways. Anyone can donate or bid on items. Bidding continues until March 9, 2007 at 9 p.m. For more information and the list of items, visit www.cccalumnaeauction.cmar-ket.com.

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**COLLEGE REFLECTS ON BLANEY’S CONTRIBUTIONS**

Brea Barski | Staff Writer

On Feb. 22, just two days before what would have been former president Dr. Dorothy Gulbenkian Blaney’s 66th birthday, scores of members of the Cedar Crest community gathered to remember the woman, educator and writer with the dedication of her last book, Gifts of Today: Reflections on Time and Life.

Alumnae, students, professors and other members of the community filled the Harmon Hall of Peace and the Lachaise Gallery, happily recalling memories of Blaney and discussing her final book.

“While there is no direct link between the book and Dr. Blaney’s birthday, I think that having the reception to celebrate the publication of her book on a date close to her birthday was a meaningful way to note her birthday,” said acting president Dr. Carol Pulham, “especially for those who knew when her birthday occurred and who were used to celebrating it.”

**Gifts of Today: Reflections on Time and Life** is compiled of articles from a monthly column Dr. Blaney wrote for The Morning Call. In her column, “A Woman’s Perspective,” she wrote about education, current issues and her life and family. Each article is complemented by a picture by Blaney’s long-time friend, well-known artist and author David Finn.

During the ceremony, Pulham first addressed the assembly. She spoke about Blaney and read a selection of the book: “All of us love stories of people overcoming the odds, bloodied in battle but unbowed. And never more than when we’re faced with a crisis ourselves.”

“Whether our heroes are playing tennis, riding bikes, or fighting cancer, we are drawn to those who refuse to give up, who take challenges as occasions to fight harder, dig deeper and hold fast. For myself as I begin the fight again, I will use all the arsenal of weapons of will and spirit, in addition to those of medical science.”

“As my friend, the great tennis legend, Billie Jean King, always said, ‘Champions adjust.’

“May I be one, too.”

The co-creator of the book, David Finn, talked next. Blaney and Finn had previously written one other book together, Infinite Possibilities. Finn explained how he and Dr. Blaney came to create this book. Work on this book started after she had already become ill, Finn said. They worked diligently, with Blaney choosing the articles and Finn finding pictures to match each piece.

Three or four days before she died, Blaney saw the finished book, Finn said. She referred to the book as “my legacy.”

Hope Harrison, daughter of the late president spoke next. She recalled how much she enjoyed being in public with her mother after the column had been printed. That people would stop them to talk about how much they liked the articles. After the first two columns about cancer were printed, Dr. Blaney saw the finished book. Finn explained how he and Dr. Blaney came to create this book. Work on this book started after she had already become ill, Finn said. They worked diligently, with Blaney choosing the articles and Finn finding pictures to match each piece.

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Cedared Crest co-hosts
Residence Life conference

Jennifer Woytach
EDITOR IN CHIEF

This weekend, thirteen Resident Advisors (RA) and Residence Life Coordinators (RC) attended the Mid-Atlantic Conference of College and University Housing Officers (MACUHO) conference at DeSales University. The theme for this year’s conference was “Communication across boundaries.”

“Cedar Crest decided to co-host the conference with DeSales as a way to work with more schools, provide opportunities for involvement for the student staff and to bring the conference to the LVAC area and involve many schools,” said Angela Kramer, Residence Life Coordinator and Coordinator of First Year Programming. Forty schools attended this year’s conference.

“Cedar Crest along with DeSales University took the initiative this year because there was a risk that MACUHO was not going to occur. Realizing the importance of this program to the growth and development of RAs, both of these schools dedicated themselves to creating a wonderful event. Thanks to members of both staffs, the conference was able to go on despite the fact that they had significantly less time than usual,” said Marie Mazz, Head RA of Burr Hall.

In order to plan for the convention, Cedar Crest’s Residence Life staff worked with DeSales’ staff to “book locations, plan meals, invite attendees, request and select program presentations, select a keynote speaker and organize advertisements and associated paperwork,” said Kramer.

This year’s keynote speaker was Robert Jose, Associate Dean and Director in the Department of Residence Life at Northwestern University. Jose stressed the importance of being honest. He referenced a story about an RA who united a floor of individuals that had fought for years, just because she was honest. Cara Goss, a first year RA in Moore Hall, called Jose’s speech “inspiring.”

“As an RA, I learned a lot more about working with emergencies and keeping my cool when a situation arises. I think the RA staff as a whole benefited from this experience because it was a great experience for all the Cedar Crest RA staff.”

RA Alex Janovski, Melissa Otto and Cara Nischel take a break for lunch during the MACUHO conference at DeSales University.

English department begins Road to Writer series

Lizz Nagle
STAFF WRITER

Poet and novelist Ruth Knafow Setton came to Cedar Crest on Feb. 21 to read from her first novel, Road to Feast. She was the first of four guest writers to visit the school this semester. Setton was born in Safi, Morocco, and is currently the Writer-in-Residence for the Burman Center for Jewish Studies at Lehigh University. She teaches Jewish Literature, Women’s Literature and Creative Writing courses.

Setton read from her first novel, Road to Feast, which was published by Counterpoint publishing company in March of 2001. The book is about a Jewish-American girl who was born in Morocco.

The girl travels back to visit her family, and falls in love with an older man, who happens to be her uncle.

“She read with passion and clearly saw herself as using her words and her ideas,” said Dr. Robert Wilson, an English professor at Cedar Crest.

If you missed Setton’s reading, there are three more literary readings taking place Cedar Crest this semester. Bethsheba Monck will be here on March 20 to read from her collection Now You See It. Stories from Cokesville, PA. Liz Rosenberg will be reading her poetry on campus April 17. Harry Evans, author of The Butterfly Effect, will read from his work on April 23.

Cancer is the 11th most common cancer among women in the United States, and the number of people infected with this virus has been growing. One cause of cancer is the human papillomavirus (HPV), a common sexually transmitted infection.

Many sexually active women develop this disease and most of them do not know they have HPV without symptoms. It infects the woman’s cervix and causes the cells to change. Most of the time, HPV goes away on its own, and the cells of the cervix go back to normal.

When HPV does not go away, it persists and continues to change the cells. This changing of the cervical cells over time causes cervical cancer if it is not treated. According to the World Health Organization, HPV causes 240,000 deaths each year worldwide, and is the leading cause of death from cancer among women in developing nations.

There is a vaccine that has the potential to reduce cervical cancer deaths around the world by as much as two-thirds.

Recently Merck developed a three-dose vaccine for men and women to be marketed under the name Gardasil. The vaccine is a three-dose vaccine for men and women that will be safe and well tolerated. The vaccine is based on thousands of people in clinical trials.

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Health and wellness submissions due

Stacey Solt
LIFESTYLES EDITOR

Tomorrow is deadline to submit your Health and Wellness Conference proposals. This year’s conference is dedicated to former president Dr. Dorothy Gulhenken Blaney, who encouraged many of the campus’s health initiatives.

Last year’s event featured over 75 student and faculty submissions. “I’m hoping to exceed that number this year,” said Dr. Kathleen Boland, Associate Professor of Social Sciences. Boland is coordinating the research aspect of the event with Dr. Kerrie Baker, Associate Professor of Psychology.

Boland stressed that the theme of health and wellness should not deter students and faculty outside of traditional health-related disciplines. For example, the Conservation Club will present an exhibit about plants and the environment. While this is not a typical “health and wellness” exhibit, it fits into the broader theme of wellness. “If you have an idea, submit it,” said Baker. The submission committee can offer feedback for students interested in the conference. Students should have a faculty advisor for the event, and are encouraged to approach faculty members with last-minute ideas.

Dr. Amy Reese, Assistant Professor of Biology, is supervising several students at the conference. She encouraged students to jump into the conference lineup before Friday. “It’s a neat chance to get involved and get feedback on topics of personal interest,” she said. The conference is a good chance to meet and network with people with similar interests. “It’s not a huge hurdle to put together faculty outside of traditional health-related disciplines. For example, the Conservation Club will present an exhibit about plants and the environment. While this is not a typical “health and wellness” exhibit, it fits into the broader theme of wellness. “If you have an idea, submit it,” said Baker. The submission committee can offer feedback for students interested in the conference. Students should have a faculty advisor for the event, and are encouraged to approach faculty members with last-minute ideas.

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In the news...

Liz Skoczkylas

Human trafficking march in South Asia raises awareness

Cara Nicholl

Human trafficking march in South Asia raises awareness

Cara Nicholl

Creative writing continues | page 1

Body will start being conscious of using creativity in their lives. He hopes that people “regardless of [their] major come with [an] open mind.” He believes if they do they will have fun and learn about themselves.

The two speakers who will be at the event are William Childs and Pat Lincoln-Stamann when teaching at another school, had the two speak to one of his classes and had tremendous positive feedback. He decided then that it would be a good idea to bring them to Cedar Crest and had great feedback last year so decided to bring the two speakers back.

Child was vice president and creative director at Forge Marketing Communication and Lincoln is general sales manager at Nasass Broadcasting. Christa Hagan, Junior Communications and English major, talked about last year’s event and said “I remember going to the event and then having to drive all the way home to New Hampshire. The entire ride, I kept analyzing billboards thinking of ways I could have done better.”

Last year the event was given in the Little Theatre and about 75 students attended. Giannini already has about 100 people who replied but the theatre can hold 300, so there is plenty space available. The event is free but a reservation must be made by March 9 by calling 650-7439, emailing events@cedarcrest.edu or by calling Giannini.

iPhone lawsuit settled

Cisco Systems Inc. and Apple Inc. say they have settled the trademark-infringement lawsuit that threatened to derail Apple’s use of its multi-touch interface on much-hyped new iPod cellular phone gadget. The companies said they reached an agreement that will allow Apple to use the name for its sleek new multi-media device in exchange for exploring wide-ranging “interoperability” between the companies’ products in the areas of security, consumer and business communications. No other details of the agreement were released.

College campuses face charges for music sharing

College students who faced lawsuits for illegally sharing large music collections over campus computer networks increasingly risk being unblocked from the Internet or even suspended over lesser complaints by the recording industry. In a nationwide crackdown, the music industry is suing and filing copyright infringement lawsuits to universities this school year than last. In some cases, students are targeted for allegedly sharing a single mp3 file online.

Bush pushes energy initiatives

President Bush has proposed ramping up the production of alternative fuels such as ethanol made from something other than corn. The president wants to require the use of 35 billion gallons a year of ethanol and other alternative fuels, such as soybean-based biodiesel, by 2017 - a fivefold increase over current requirements. The call for sharp increases in ethanol use will get bipartisan support in Congress. But production of ethanol from corn is expected to fall far short of that goal. The Bush plan, however, nexus a major supremacy of research into production of “cellulosic” ethanol made from wood chips, switchgrass and other feedstocks.

Hpv vaccine continues | page 2

Each state will make the decision of making the vaccines mandatory or not. This disease cannot be contracted through casual contact and is too easy or contracting on someone, so it is difficult for states to decide whether it should be mandatory.

According to the National Conference of State Legislatures, all states permit parents to exempt children from vaccine requirements for medical or religious reasons.

So far it is not known which insurance companies will cover this vaccine and which will not. It is mainly up to the insurance companies and the regulations that they follow.

The vaccine should be administered to women that are sexually active. Merck’s trials found that a stronger response occurred in females aged 10-15 years compared to females aged 16-23 years are more likely to be sexually active.

Most pediatricians say they would administer this vaccine and they support the recommendation for girls 13-15 years plus acceptance of parents is also high.

The commercial and political issues are abundant. The most prominent concern is that HPV is a sexually transmitted disease and to be most effective the vaccine needs to be administered before people engage in sexual activity. This opens the question of teenagers wanting to engage in sex and tell someone.

Another issue is that the new vaccines are costly because they are produced by technologically more sophisticated procedures. Prices will cause problems such as demands on public and private health budgets and unequal distribution.

It is also true that the HPV vaccines will not eliminate all forms of HPV or cure or prevent cervical cancer.

The vaccines prevent the HPV types that cause 70 percent of cervical cancer cases. There are still some facts about HPV and the vaccine that remain unknown, such as HPV’s effects on men. States are also struggling with whether cervical cancer screenings should become routine.

They are currently looking at what information must be shared with parents, employers, and schools, about this virus and the importance of the vaccine. The information on the HPV vaccine changes on a daily basis.

Director of Health Services at Cedar Crest, Nancy Roberts, said, “My opinion is that young women should do everything that they can do to prevent contracting and transmitting HPV.”

“It is important to remember that HPV is transmitted by skin-to-skin contact, therefore condoms should be used,” she continued.

Health continued | page 3

An abstract together by Friday,” she added. Several of her stu-

Students get comfortable in their “genes”

Lori Gallagher | News Editor

Senior psychology students Holly Stakebaker and Gina Lewis sew together a quilt made with old jeans. The quilt is part of the Psychology Club’s effort to support the Domestic Violence Awareness Week. Students can write positive messages on this quilt and purchase ribbons in the TCC during lunch and dinner.

Students get comfortable in their “genes”
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.

I come from a town in Northern New York. Past Albany, in fact it is nearly even with Burlington, Vermont. Even though I am this far north, there is not a lack of colleges and universities there. In my home town there is actually a state university, SUNY Plattsburgh, and a community college. Two hours from my town there are several more.

Despite this, I knew I did not want to go to college locally. I already had suffered the traumas of high school; why would I want to go to college and experience the exact same thing with the exact same people? I wouldn’t experience anything new. It would basically be like grade 13.

I knew this was not for me. I knew I wanted to live on campus, and be far enough away from home so I could really test myself and learn to take care of myself.

Much to the horror of my mother, I began my college search in grade 9. I thought of college as the reward for finishing high school. By the time I reached my senior year I had piles of information from schools across the nation. Then I came across Cedar Crest.

As I flipped through the pamphlet I began to smile. There were courses that sounded interesting, and a good variety of majors. Later that week, a student STAR caller phoned. At first, I was like, what the heck is this? Are they stalking me?

I picked up the phone and spoke to a girl that actually grew up near me. She talked about the distance to the school, and the classes she had taken. She even swapped phones with someone so I could discuss a different major.

When I was asked if I knew that Cedar Crest was a women’s college, I laughed and said I had figured it out based on the pictures in the information. If any males were shown, they were usually the same ones and surrounded by females. Besides, I explained, if I didn’t mind going to a women’s college, I wouldn’t have included them in my search.

By the time April of my senior year rolled around, I had narrowed my choices down to two. St. Lawrence University, a two hour commute from home, or Cedar Crest, a seven and a half hour commute. I applied to St. Lawrence and quickly received an admissions letter.

Unfortunately, it was not MY admission letter. They had switched mine with the girl that was next alphabetically. We had both gotten accepted and gotten the same scholarship. I still remember her name, and I wish her well. It was because of our telephone conversation that I decided to go to Cedar Crest.

If a university couldn’t even send me the correct acceptance letter, how would they manage my education? Would I even matter to them?

I looked at my two narrowed down piles of information. On Cedar Crest’s stack I had birthday cards, phone call notes and a heaping stack of information.

On St. Lawrence’s stack I had…some one else’s acceptance letter. I got online and applied to Cedar Crest that night. I have never regretted my choice. I feel at Cedar Crest I am free to be myself. It is not grade 13. I know that because I came to Cedar Crest I am becoming the woman I am meant to be.
Sue Ragusa, Class of 2003

Alex Edgington-Giordano STAFF WRITER

Sue Ragusa graduated from Cedar Crest College in 2003 with a double major in Art and Theatre with concentrations in design and engineering. Ragusa was one of the first Cedar Crest students to major in the new Genetic Engineering discipline.

Ragusa first decided to attend Cedar Crest because it was a small college where she could get personal attention. "I specifically looked at women's colleges because of the tight-knit sense of community, the commitment to excellence in education for women, and liberal arts curricula," said Ragusa. "I was looking to meet women like myself who had the same ideals in their college education."

According to Ragusa, the genetics program at Cedar Crest was the theatre department's opportunity to learn and Kevin Gallagher inspired me to choose theatrical lighting design as a career. Jill Ogdegaard and Kim Spiezo expanded my knowledge of the arts and society."

Ragusa started as Stage Manager, as well as designing lights for plays at the University of Wisconsin-Madison in lighting design. With a concentration in design, and participating in research, Genetic Engineering students have gained knowledge and experience in medical sciences.

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Mr. Chemist’s Neighborhood

I am a little late to the Chemistry 101 class, we are going to do the Transformation Lab, Hello, Mrs. LeBlanc, how are you today?

“Fine, what is this assignment?”

“Dear, you have studying to do, I thought it would make things easier.”

Mrs. LeBlanc

Marriage, and one of them is he’s willing to address the situation.

The moral of the story is, strange things happen everyday but I bet that man went back home with a smile on his face.

Without it we would literally be at a part of life. If you are concerned about the location of your car, then walk to the shopping center or we think that it should be a privilege to those living in the dorms because of our rank. The only person on campus who ever gave me a signal was a student to Lot C, lets see what we can accomplish together.

—Tori White

Mr. Larry, I see Bob Bowers is mowing your lawn.”

“Yes, but he’s having problems starting his lawnmower, he’s using his cell phone.”

“Tell him, I know he’s a Confedera. Now, Al, this pellet maker is making Al-naught apart. I told him...”

No, we have a Security office that cares enough to ensure that we do. Other universities have ample parking and are not even trying to get going, “whoo, I even tried glancing at my watch several times.”

I thought I was finally home free until he began telling me stories from his military days, stationed in Amarillo, Texas. Somehow, I managed to say a couple of times, “well, I need to get going,” but somehow it never worked.

Eventually, he had to get the hint, because, he said, “well I don’t want to keep you.” I said I know and I smiled. What did I do that for? Then he said, “It was nice talking to you, perhaps you can call me sometime and we can talk some more.”

I began to wonder, is this 85-year-old man hitting on me? I brushed off the thought and made up a story about how I only use my phone for emergencies, (an obvious lie when my Bluetooth was blinking and sticking out of my ear.)

He said, “well ok” and smiled at me. I told him it was nice talking to him, but I was running late and I needed to get to my class. I didn’t want to lie to the man, after all he was nice, but I was really starting to get bugged out.

The moral of the story is, strange things happen everyday but I bet that man went back home with a smile on his face.

When strangers become strange

La Lonnie Moore

Staff Writer

A funny thing happened on the way home from the store. Actually, it happened to me while I was still in the grocery store! While deeply engrossed in my quest for the perfect disposable muffin pan, I find myself wandering around the Redner’s supermarket in Whitehall. Knowing how I can get when involved in any arena where food is involved (especially when my stomach is growling) I should really pay more attention.

On the day that I seemed to be immersed in Betty Crocker products, this elderly gentleman stops me. I think nothing of this at first because I’m thinking he’s going to smile at me and keep walking.

Little did I know that I was about to be accosted by him. He stops right in front of me, in the middle of the baking products aisle and says, “Hello, how are you?”

Now this is not a solely strange happening, but what ensues afterward is what threw me. It was as if this man had known me all of his life. He held this conversation with me about where I was from, what I was doing in this state, where I live now, where I go to school, and so on and so forth.

I felt as if I just wanted to run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner, accept our diploma, pick up shampoo, walk to the library to study (which I know we don’t do anymore), run out for dinner.

“Hello, how are you?”

I began to wonder, is this 85-year-old man hitting on me? I brushed off the thought and made up a story about how I only use my phone for emergencies, (an obvious lie when my Bluetooth was blinking and sticking out of my ear.)

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The moral of the story is, strange things happen everyday but I bet that man went back home with a smile on his face.

THE CAMPUS CORNER

What is your mid-winter pick me up?

Leandra Logan ‘08

Nursing

“Popcorn and a movie.”

Christine Waterhouse ‘07

School Nurse Certificate

“Spending time with my son.”

Jules Winters ‘08

Biodiversity and conservation biology

“Running around in the snow with costumes.”

Jill Plude ‘08

Nursing

“Coffee.”

Aelen Mabille

Genetic Engineering

“A whole container of peppermint ice cream.”

Compiled by Leann Pettit

Letter to the Editor

In some recent articles, a few student have expressed their feelings about how frustrated they are about having to park so far away from their dorms and from the campus buildings. As a LLL and commuter student I have experienced the parking situation first hand.

I attended another university before Cedar Crest and I must say that we are lucky. We have enough parking and we are not even trying to get going, “whoo, I even tried glancing at my watch several times.”

I thought I was finally home free until he began telling me stories from his military days, stationed in Amarillo, Texas. Somehow, I managed to say a couple of times, “well, I need to get going,” but somehow it never worked.

Eventually, he had to get the hint, because, he said, “well I don’t want to keep you.” I said I know and I smiled. What did I do that for? Then he said, “It was nice talking to you, perhaps you can call me sometime and we can talk some more.”

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The moral of the story is, strange things happen everyday but I bet that man went back home with a smile on his face.
Lori Gallagher

NEW EDITOR

Ever since I can remember, people have been telling me that I can make a difference, in politics, in business, and in any other area that I venture into. Despite the repetition of this message from my professors, my family, and my friends, I have always been a bit skeptical about the impact that my opinion or actions have on the rest of the world. However, I recently had the honor of participating in a single activity that resulted in General Motors changing the end of their television advertisement.

I spent the evening of Feb. 4, 2007 making dinner and watching the Super Bowl with my friends. Even though my intent was to watch the advertisements for my Applied Advertising class, I only managed to catch a few in between checking on dinner and watching shows. Then, from inside my room, I heard Gina exclaim that the General Motors advertisement she had just seen was disturbing. I was not able to see the advertisement, but later that night, Gina told me that she was going to write a letter to the GM Corporation because of their ad. She also explained that her father had planned on writing a letter to express his concerns about the commercial.

At first, I did not understand her distress, however, we looked online and sure enough, the ad was available at www.gm.com. The advertisement, which was intended to show GM’s focus on quality, depicted a machine who, in his dream, was unable to meet the needs of GM. Throughout the advertisement, GM showed the machine trying to work at various places, but always seeing a GM car pass him. At the end of the ad, the machine becomes completely depressed and jumps off of a bridge into the river before he walks.

I immediately understood Gina’s frustration. Depression and suicide are both very serious issues that should not be used lightly, especially as the punch line for a car commercial. Along with Gina and her father, I wrote an e-mail to the GM advertisers. I found that suit shopping may be the only three people that wrote to GM, this company restored my faith in businesses. I have learned that even though I am only one person, my actions affect everyone.

So, whether it is writing a letter of concern to a business about something that you are unhappy about or voting for the political candidate that you feel best represents your beliefs, I encourage you to take action. You can make a difference.

Under the grip of the wallet

Tiffany Waniez
LIFESTYLES EDITOR

I have a shopping problem: a problem that strips me down to my last dime, and keeps me coming back for more. I try to ignore the impulse, but when it comes to clothes, I can’t resist. A weekend just isn’t a weekend without a quick stop at the mall to find a good bargain.

My first stops are usually American Eagle and Hollister, but it doesn’t end at the mall. I will go anywhere and everywhere, from thrift stores to yard sales to antique shops, to try my best to find something that suits me. Then, I add the fresh, new piece to my already jam-packed closet.

To be honest, I love most stores as well as the whole shopping experience, but lately I’ve been disappointed. It seems as if American Eagle has raised their prices, and I understand that they have so much competition, but what about the college consumer?

Why aren’t we taken into consideration? On American Eagle’s business website, at answers.com, they state that their business targets between the ages of 15 and 25, the same age groups that most often lack or low on cash. This website discusses their increase of financial profit, too. Personally, I don’t remember Graphic Ts ever costing as much as 25 dollars.

As for Hollister, in my own experience, it seems as if their prices keep getting smaller and smaller. I know all size charts are different, but women who typical fit into a size medium, will most likely be a size large in Hollister. Even when you try on bigger sizes, it still feels as if you’re trying to squeeze yourself into them. I like their style of clothing, but I hate wearing anything that looks spray painted on to my body.

I decided to research the size charts of both American Eagle and Hollister brands to see if there was a difference between the two stores, and there was. The measurements of a size large pants at American Eagle are hips 41.5-43, and waist 31-32.5, while a large at Hollister is hips 40, and waist 28-30. This is a very big difference between measurements. When I try my clothes on at Hollister and they don’t fit, I won’t feel as bad.

My most recent shopping extravaganza has been for business attire. I went to Burlington Coat Factory (because I heard that they had cheap, beautiful suits), only to leave there empty handed. I found that suit shopping may be the hardest kind of shopping. To find a comfortable suit that accommodates the different sizes of a woman’s figure is like finding a needle in a haystack. I finally found the perfect suit at The Limited. They sell really nice suits, but you’d end up paying an arm and leg for it. I spent a little over 120 dollars, and I even got it on sale. Now I’m asking myself why.

These are some of my favorite stores, and lately they’ve been breaking my heart. Now before I buy anything else, I think to myself do I really need this? Do I have enough money to buy these things? Even then, it is hard to say no to American Eagle and Hollister, because I love fashion and I am addicted.
**Makeup is not just for the weak**

**Stacey Solt**  
LIFESTYLES EDITOR

My first mistake was leaving the room naked.

Before you get any funny ideas, let me elaborate. I was fully clothed. Actually, I was wearing several layers of clothing. But I really was naked to the world, because I left Butz without any makeup.

This doesn’t normally happen. While you wouldn’t look at me and speculate that I’m a Cover Girl addict, many people on campus have never seen my stark naked face. (You’re welcome, by the way.) If my schedule allows just 30 seconds in front of the mirror, I use that time to apply pressed powder.

I brought my makeup obsession to college with me, and never shared a bathroom with roommates. My favorite compact, blush and eye shadows are lined neatly in my bathroom cubby, ready to be applied at a moment’s notice. But why bother, my roommates asked, when there are no men to impress and people wear pajamas to class? I bother because it makes me feel prepared, like I’m ready to get out into the world and be my best. It also gives me a boost of self-confidence.

I come from a long line of makeup enthusiasts. I’ve never known my mother to leave the house without powder and blush. Sure, we’d go to the kitchen table, waiting impatiently, while she applied blash and lipstick.

Now we stand in the bathroom together, elbowing each other for mirror room.

At some point in high school, I realized that makeup gave me confidence. While I wouldn’t call myself an ugly woman by any means, I’m sure you also have features that you want to highlight or minimize. My eyes are big – really big. And brown – really brown. I prefer to call them deep, chocolate pools. eye shadows are lined neatly in my soul. To the portals of my soul, I offer gifts of creamy eye shadow and thickening mascaras.

But I’ve also got traits that I would like to minimize. For example, my perpetual and hereditary “tired college student” look has got to go. Because I can’t drink enough coffee to make the bags under my eyes go away, I use concealer.

Let’s get back to that fateful, makeup-free day. I was running late for a meeting with my advisor, so I grabbed some clothes, yanked them on, and was out the door in record time. I didn’t even take the time for powder. I was so proud of myself!

I must have heard “You look tired” about seven times in less than an hour, which may just be a world record for me. For the record, I was tired. But hearing that I look tired doesn’t make me feel any better – in fact, it makes me significantly less productive. I dragged my weary self back to the dorm for a visit to the Great Wall of Makeup. Three minutes later, my transformation was complete.

I offer gifts of creamy eye shadow and thickening mascara. But I’ve also got traits that I would like to minimize. For example, my perpetual and hereditary “tired college student” look has got to go. Because I can’t drink enough coffee to make the bags under my eyes go away, I use concealer.

I have always been a writer. I love what I study. There are no formulas or true conclusions determined from data collected. There is interpreting and analyzing, and emotion in what I learn.

I love to read, to write; I love my writing classes and doing research papers. It might shock you all to know that I held a lot of reservations about joining The Crestiad. The thought of deadlines and news tips and pressure scared the hell out of me. My advisor kept insisting that I would enjoy writing for the paper, that I could do it.

This is my sixth semester at Cedar Crest, and my first semester writing for this newspaper. I could kick myself for not joining sooner. My nightmares of deadlines and pressure disintegrated when I became a part of this newspaper. Okay, it was a little overwhelming at first, but so is the beginning of any part of a semester. I quickly found my place here where I get to research and learn, express myself and manage life under deadlines.

I wonder how many other students here want to join The Crestiad? Some may be too shy about their writing, or don’t think they could handle it. I’m here to tell you that you can.

This paragraph is an invitation to all students on campus to come, check out a Crestiad meeting. We are in Blaney Hall, room 10 every Tuesday at noon.

Writing for the paper is a great experience and is entirely student-run. I had a front page news story last issue, and that would never happen at another school my first semester writing for a paper. There are opportunities here you can’t get anywhere else. This is why I am so glad to be here.

**Lizz Nagle | Columnist**

An ode to the writers

I am dedicating this column to the Crestiad, the people writing and the editors editing for it. I have always been a writer. Back in fifth grade I was scribbling down lines of poetry during our math lessons. In middle school I started showing my poems to friends and writing some short stories.

In high school, I started writing short stories. It also became clear to me this time that I was really good at writing research papers and doing essay assignments.

At Cedar Crest, I spent my freshman year as a Chemistry major. My sophomore year, I converted to an English major with a concentration in writing. I love what I study. There are no formulas or true conclusions determined from data collected. There is interpreting and analyzing, and emotion in what I learn.

I love to read, to write; I love my writing classes and doing research papers. It might shock you all to know that I held a lot of reservations about joining The Crestiad. The thought of deadlines and news tips and pressure scared the hell out of me. My advisor kept insisting that I would enjoy writing for the paper, that I could do it.

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**Stacey Solt prepares for her daily routine.**
Utilize resources to create a better resume

Sarah Relation
STAFF WRITER

Resumes can be daunting. Students must highlight all of their positive experiences on one piece of paper. Because of the limited space, every word must be carefully chosen and express just the right thought. Thankfully, there are many guides available online and through Career Planning. They have a hard copy guide available in the office and a downloadable version on their web page.

A resume breaks down into several parts, the most common being name and contact information, objective, education, experience, and references. Each of these headings should be either centered or flush left, and holded for emphasis. A clear font such as Arial or Times New Roman is also suggested. The size of the font may be larger than normal, but should not go below a size ten typeface.

Name and contact information should stand out on the page, so that potential employers can easily contact you. Be sure to include your address, e-mail and phone number. If you choose to put your cell phone number on your resume, indicate it. If you suspect an incoming call is from a potential employer and you are out or in a class, do not answer it. Instead, let them leave a voice mail and return their call at a later time when you are in a quiet place and able to focus on the conversation.

An objective is a simple statement that explains the purpose of your resume. Career Planning’s Resume & Cover Letter Building Guide offers the following example objective: “To obtain the position of summer intern at XYZ Company.” A period at the end of the sentence is optional; however, the use of periods should be uniform. If you chose to use punctuation at the end of a sentence here, use it throughout the resume, and vice versa. The goal is for a resume to look well prepared and uniform.

“Work experience” should follow a logical format. Include the company name, job title and job description, bulletted and using action words on one side, with location and time the position was held on the other. This should be done chronologically, with the most recent positions listed first.

References” are the simplest part of the resume. The heading include the phrase, “References available upon request” directly under it. These references should be provided at the interview. Resumes should be printed with a laser jet printer on resume paper. This paper can be a bit prickly, costing around five dollars and up, it has a higher cotton or linen content than other paper, is thicker, and has a unique watermark on it.

It is estimated that potential employers only spend about seven seconds scanning a resume, so it is very important that the resume is clear and easy to read, with action word choices such as “created,” “discovered” or “researched.” Be sure to go over your resume and have others look it over before submitting it. A simple mistake can be the difference between you and employment.

Career Planning can help with building resumes. Melissa Faulkner is available by appointment and through email to go over resumes and cover letters and to answer questions. There are also books on resumes in the Career Planning Library. Although these books can not be removed from the stacks, one reference guide can be provided at the interview.

Sally S. Student

Colie Creve College
Bachelor of arts in English
Assistant Writing
Related Courses: Advertising, Marketing and Sales

STAFF WRITER

Leann Pettit

The claim: “Plump ‘em, don’t clump ‘em!” VolumeExact’s flexible bristles surround each lash with microchannels to plump and separate each individual lash—for volume a whole new way.”

Available in Black, Brown, and Black/ Brown.

How To use:
“For thickness, hold brush as close as possible to base of lashes, and wiggle it as you move it up through lashes. (This motion helps get every lash.) Let mascara dry a second. Then replace brush at lash base, and wiggle again as you move up the lashes.”

The results: I normally have a hard time with mascara. My lashes, though long, are not very thick. As a result, I typically end up with lashes that are frighteningly long but without depth. I was hoping that this product would remedy that problem, and I was pleasantly surprised.

My lashes were well defined, not just long. Because of the unique brush, there also weren’t any clumps. It dried quickly on my lashes and lasted all day.

Removal was simple, and can be done with make-up remover or soap and water. VolumeExact is also hypoallergenic and did not bother my sensitive eyes.

Cost and where to find it:
A single tube retails for approximately $6.99. VolumeExact is available at drugstores and most retailers.

Healthy U success story:
Susan Cox

Susan Cox has been participating in Healthy U since the very beginning, and has completed the program every semester since its inception as a competition between faculty members in 2003. “We may have been a pilot group, before [Healthy U] was offered to students.”

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Healthy U success story:
Susan Cox

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Snacks are a great way to stave your hunger between meals, and provide a chance to add more variety to your diet. A recent workshop held by Residence Life demonstrated that the right snack can be satisfying and tasty, and can even be made with simple ingredients at a low cost.

A good rule of thumb for healthy snacking is to make sure that your snack falls into one of the five food groups. I’m sorry—Doritos aren’t a food group! Group your snack choices in the grain, fruit, vegetable, dairy, or lean protein categories, and use your snack as an opportunity to meet the recommended intake for that category.

For example, the American Dietetic Association recommends consuming five to nine servings of fruits and vegetables daily. If you only had one vegetable serving under your belt for the day, consider eating some fresh-cut veggies for a snack, such as carrot and celery sticks with low-fat ranch dip. Or if you know you never get enough dairy products each day, some string cheese or yogurt might be an excellent choice.

The grain group offers many snacking possibilities. Try to choose whole grain products instead of those with refined flour. In order to determine if a product is whole grain, look for the words “whole wheat” or “whole oats” listed first on the label’s ingredients list.

Some snacking suggestions include whole grain baked tortilla chips, whole grain cereal, or granola bars. Brittany Walker, a junior Nuclear Medicine major, enjoys granola bars. “I like them because they’re quick, easy, and I can eat them anywhere,” she said. Popped popcorn is also a whole grain, and can be the perfect treat when prepared with little or no added salt or butter.

Fruits and vegetables are excellent snack choices, especially since ample servings of them can significantly reduce the risk of cancer and cardiovascular disease. Fresh cut-up vegetables including carrots, broccoli florets and green or red peppers make perfect snacks. “My favorite snack is carrots because I can eat them while I’m taking care of the horses at the barn where I work,” said Amanda Anderson, a freshman Genetic Engineering major. Vary the color of your vegetables for the best assortment of vitamins and nutrients.

Whole fresh fruit is also a great snack choice for college students since it is easily portable. Spread peanut butter on apple slices or a banana, or grab a frozen juice bar in the Bistro (just make sure it contains 100 percent juice) for a healthy snack. Jess Dyszel, a junior Nursing major shared her favorite recipe featuring fresh fruit. “I love making an apple salad with cut-up apples, a handful of walnuts, and a sprinkle of cinnamon.”

Many people don’t get enough calcium for healthy bones. Did you know that bone health peaks in our twenties and will begin to decline in our thirties if we don’t regularly consume enough calcium-rich products? Now is the time to ensure calcium intake, so integrate dairy products into your snacking habits. Eat fat-free or low-fat yogurt as a snack, make a fruit and yogurt smoothie, or have some cheese and whole grain crackers.

Lean protein is also an important part of our diet, and although protein deficiencies are uncommon in the United States, getting the right amount of protein is still important—especially if you are a vegetarian or vegan. Nuts, including almonds and walnuts, are a great snack on the go, and a little hummus spread on pita bread is a good lean protein snack.

Snacking isn’t always a bad thing. In fact, it can help you integrate variety into your diet. Remember to eat whole grains, vary the colors of your fruits and veggies, add plenty of low-fat dairy, and eat lean protein to get the most out of your snacks.
Recipes
to go...

Turkey and avocado pita

Submitted by Rachel Edgar
STAFF WRITER

This sandwich makes a great midday snack or a healthy lunch-on-the-go.

Choose whole grain pita for a deliciously healthy sandwich. To ensure that the pita bread is made with whole grains, make sure that whole-wheat flour is the first ingredient and the only flour listed on the package.

Perhaps you have never been thrift store shopping before, and you have no idea where to sign up or how to get in. No worries, because thrift store shopping is not a secret society activity, just one that requires a little research and some well-honed browsing and digging skills. And just like any other hobby, these skills will come with practice.

If you’re sitting in your car but don’t know where to start, there are many thrift stores right in and around Alliance. The Family Thrift Shoppe is located downtown Sunner Avenue near twelfth street, and has a wide variety of everything from jackets and shoes to shot glasses and old cassette tapes. They even have college days every Thursday when college students with ID receive a discount.

One of the great things about thrift stores is that they are often more than just a great place to find inexpensive clothes, jewelry, furniture, toys and more. In addition to having some wonderful treasures, many thrift stores benefit foundations, charities or causes. In this way, you can get what you need or want and also do your part by giving back to the community.

For a mile and a half away from campus down Broadway is a Goodwill store. According to their website, “Goodwill is one of the world’s largest nonprofit providers of education, training, and career services for people with disadvantages, such as welfare dependency, homelessness, and lack of education or work experience, as well as those with physical, mental and emotional disabilities.” Each time money is spent at a Goodwill, shoppers can count on their dimes (in exchange for that old vintage t-shirt, a record or even a couch) going to help those in need.

Via is another store that allows you to shop around, trade in your cash for great thrift finds, and help the community as you do. Via’s mission, as posted on their website www.vianet.org, is directed towards providing “leadership, support, opportunities and resources for people with disabilities so that they may be independent, productive and enjoy full lives within the community.”

Humane Trust is a third store in which you can get what you need and help somebody out along the way. This organization offers help for four-legged furry friends in need. This thrift store has a wide array of clothes, kitchenware and toys. Profits from this store go to the Humane Society.

Shopping and helping the community are not the only things that can come from thrift store shopping. Junior English and Marketing major Lauren Sanders is an avid thrift store hunter and shopper. Sanders said that she knew of somebody who not only thrift shops and saves money, but makes money as well. “Jamie Harr, who graduated from Cedar Crest in 2003, turned thrift store shopping into her own personal e-business. She finds killer bargains at thrift stores, yard sales, and flea markets, and then sells what she finds at full value on E-bay,” said Sanders. Deals such as buying textbooks for fifty cents and selling them for ninety dollars are just part of the job for Harr.

So get out there and thrift shop. You never know, you might make some cash in the end.

Consider thrift stores for your bargain shopping needs

Christa Hagan
OPINIONS EDITOR

It is the week before payday and you have a ten-dollar bill in your pocket. It just so happens that you cannot put off buying a pair of jeans for another day, and tomorrow is also your best friend’s birthday. You are probably wondering how you can stretch your budget to meet all of your needs.

The solution is easy, and does not even involve selling your books back halfway through the semester. Don’t scrape for cash - just keep that ten-dollar bill in your pocket and head over to a local thrift store to accommodate both of your needs.

First of all, it’s going to be okay! You have to remember that everything will work out. Relationships can be fun, but they are a lot of work and time. Right now, you are on the rebound. Because you were in a long-term relationship, you may become attached to anyone you start to see. You were used to having that other person to comfort you and be around, but now you have to learn to be on your own for a little while until you find that right person.

Since you are the one that decided to break off the three-year relationship, I think it is best to stay out of it and not go back to your former boyfriend. Stay single for a while and experience what life is like without having to cater to someone every day. A lot of times in relationships, that “spark” is gone after awhile - how you feel about your partner can start to diminish. This is totally normal, and means you may have to move on with your life.

You need to stop worrying about other relationships right now. You are back on the market, but don’t get into any crazy relationships with people. Just because you see your friends happy doesn’t mean you need to rush and find someone. If anything, the right person should find you. My best advice is to take care of yourself, do things for yourself, and accomplish as much as you can in life - then worry about relationships. They happen at funny times in life, and are almost always random. You might walk into a Starbucks or a store in the near future and find your future partner sitting right in front of you.

Try not to get so down about not having someone. Keep yourself busy, do your schoolwork, go out when you can, hang out with friends, and at that right moment you will find someone. You shouldn’t feel totally hopeless, either. There are so many people out there, and I believe that there is someone for everyone. Your future lover is out there, but both of you need to find each other. Who knows, it could be the person you just broke up with, it will all come into place.

If this all just happened, let it cool down. It is normal to feel depressed and hopeless after relationships end and you can’t find anyone. Don’t sit in and watch a sappy movie with a box of chocolates. Go out and do stuff, keep active. Before you know it, that future lover will find you!

Christa Hagan (Opinions Editor)

 Submitted by Christa Hagan
OPINIONS EDITOR

Dear Gillian,

I recently broke off my three-year relationship because I wanted to experience other people. I started seeing this guy, but now he says he doesn’t want a relationship. All my other friends are in relationships and it makes me sad to see them so happy. I feel very helpless and feel as though there is no hope left for my love life. What is your advice?

You asked for it...

Gillian Maffeo
CRESTIAD ADVICE COLUMNIST

Above: Sanders shows off her latest find - a bright, almost-new jacket.

Above right: Avid thrift store hunter Lauren Sanders searches through racks of jeans.

Fitness Magazine, February 2007

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Gillian
Sarah Relation  
STAFF WRITER

“Welcome to the world of expiring minds... if it makes sense to you, you're probably only crazy.”
This is the key to the play “Six women with Brain Death, or Expecting Minds Want to Know.”

The play is a series of sketches that incorporate music and song. It is billed as, “...a zany, ribald musical revue a series of witty vignettes, in which the cast explores the confusion and amazement that comes from living in our fast-paced, image-oriented, and often mind-numbing culture. Social/political satire knows no bounds, giving us a female version of road rage, campy divas from Motown and Nashville, an anti-PC version of Bambi, the ultimate game show “Wise Up Or Die,” and much more. A long-running hit in several U.S. cities, Six Women is a hard rockin’, harder talking cult classic.”

Six Women has two acts, covering everything from the real Barbie and Ken to an adult version of Bambi called Rambi.

Cast member Megan Schroeder described the show as “Amazing!” and “Hilarious!” Michelle Tetreault said, “Everything about this show is fun. From the crazy costumes and hair to the giant T.V. and pyrotechnics to the amazing multi-functional set, so many people put in their amazing creative minds in all the way. So many people came together to make the insane stuff for this show work.”

The play features a television, which plays spliced segments of popular culture and weaves into the plot. Kelly Ann O’Donnell created the video production. Tim McMillan directed the show, his sixth at Cedar Crest. When asked about the show, he stated, “It was amazing, like Cats without the hairballs. I laughed, I cried, I’d see it over and over.”

Tetreault said of Brown, “Tim Brown is a really fantastic director. This will be my third show with him, and, even when I saw what a challenge this show was going to be, I didn't freak out because I knew he could get us through it. When we played with the show, we knew that if we could laugh then we were going in the right direction. He was there for us every step of the way.”

Tetreault also states, “The show really did give us all brain death. The show itself is basically breaking down our society’s own brain death for everyone to see. It was a lot of work, but I think the product lives up to the name.”

The performance was an interesting blend of popular culture and sheer insanity. The situations that occurred were extreme and hilarious. In particular, the “Wise Up or Die” skit featured a woman who could not “find herself” being burned at the stake in front of a giant game wheel. I also enjoyed the scenes with the “Divas!” But nothing could top the scene that taught me that “God is an alien and he is coming to rescue us.” Overall, I really enjoyed the show. The performers were excellent and a wonderful example of singing and acting talent, with the songs varying from operatic to rap. The performers also showed great poise (especially in the shoes they wore). All I have to say is I completely agree with Schroeder: the show was hilarious! Excellent job to all involved!

Leisurely Reading

MAMA

La Lonnie Moore  
STAFF WRITER

New York Times best-selling author Terry McMillan (Writing to Exhale, Life Interrupted), began it all with Mama, which was the first book in her legacy The Detroit Monthly said, “Terry McMillan’s first novel is a touching tale on one mother’s unwavering strength…” Here we see strength is not something easily seen. This novel is perhaps one of McMillan’s most difficult works to read.

The book begins with Mildred Peacock, mother of five children and married to an abusive, alcoholic husband, who feels that pummeling his wife is the answer to a long lasting marriage. Where most women today might easily feel as though they should remove themselves from situations like that, Mildred hits rock bottom before she finds the strength to divorce her first husband. She hustles her way through life, trying to figure out every possible way to raise five children and keep her own bed warm at night, which explains the amount of boyfriends, and husbands she has through the course of the novel.

Mildred longs to leave her life at Point Haven, Michigan, and go anywhere in the world, so she won’t have to live the rest of her existence in south point, and hang out at the only bar in town, The Shingle. Nor even Mildred’s best friend and sister in law, Curly Mae, can seem to give Mildred all the love and satisfaction that Mildred desires and needs.

Freda, the eldest of her five children, takes after her mother more than she realizes and learns many of life’s cruel lessons, such as the love and consequences behind tequila, cigarettes and cocaine. Freda, the only child to slap her mother and live to tell the tale, realizes that though her mother may not have hugged her on a daily basis, she indeed loved her and raised her and the rest of her siblings the best way she knew how.

Crook Peacock, Mildred’s ex-husband and the father of her children, left his hateful legacy to his only son and the second to the eldest child, Money. He began life as the often-ignored only son in a cacklet of sisters. Often misunderstood and mistreated, Money took to petty theft and heroin abuse. Eventually, before he could try and turn his life around, he gained his ex-convert title and fell into a life of self-pity and self-abuse.

Bootsy, Angel and Doll, the rest of the sisters, all with their hang-ups and misfortunes, had to make a name for themselves using the only frame of reference that they knew, their family. Bootsey turns out to be more of a home-maker than her older sister Freda and her mother put together. She also proves to be just as headstrong. Angel is a dreamer who just looks for acceptance in life and in her family. Doll, the youngest child of the five, turns out to be the best looking and the sneakiest sibling of them all.

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This novel is full of realism and horror stories. It is easy to see why The Boston Globe calls this novel “A gutsy depiction of a soul in America...powerfully evocative and inspired.” By the end of this novel, one might find that you rue the day that the ending finally came and even find yourself longing for more. This novel is definitely the beginning of McMillan’s

McMillan novels have been described by The Providence Journal, The Daily News Magazine, and Publishers Weekly, as another version of Alice Walker’s The Color Purple. Both novels have heroes who are unapologetic and unabashedly brazen. Both are true survivors. This novel is a tribute to the survivor that McMillan has become. Mildred and her family made sure that this book deserves a solid B+.

B+
Art & Entertainment

Good Eats

Indulge in modern gourmet dining at Melt and Level 3

Gillian Maffeo

Located in the Promenade Shops at Saucon Valley, the creators of the restaurant Blue (Easton, PA) bring a whole new taste into the Lehigh Valley. Melt offers more than delicious food; it creates a hip and urban based atmosphere to socialize and dine in. Classy yet comfortable, Melt is designed with ultra-modern décor and has attentive and professional staff that go out of their way to meet your needs.

Melt's menu offers classic contemporary Italian gourmet cuisine for lunch and dinner. The lunch menu offers a huge selection of antipasti, pizza (pizza), pasta, panini (sandwiches) and insalate (salads). The dinner menu offers the same genres of food, with a much bigger selection.

Extraordinary desserts are also on Melt’s menu, including cannoli, gelato, tiramisu and biscotti. For those who are 21, fabulous and dressed in formal attire. Also expect to bring a lot of money. The dress code is for formal wear only.

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At Melt and Level 3, both restaurants set high standards and attract a mixed crowd, ranging from young adults to older adults.

Melt and Level 3 are the perfect places to bring a date, go out with friends and socialize. The modernized and urban décor set the scene for a nice romantic evening. Both places are a great addition to the Lehigh Valley area.

Food at Level 3 is almost identical to what you would eat downstairs at Melt, but it is a little less classy than the actual restaurant itself.

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The Sound Booth

Sondre Lerche sings his way to America

Sondre Lerche, a Norwegian pop/indie/jazz singer-songwriter, just released his fourth full length album at the age of nineteen. Phantom Punch is a collection of acoustic music, including guitar solos mixed with unique female backup vocals.

Lerche has really made a name for himself in Norway, as well as parts of the US, touring with singers like Elvis Costello and Julian Berntzen. Since the release of his first album in 2001, he has made dramatic strides in his vocal range and notability. Sondre was quoted saying, “I’d like every album, every song, to be as much of a contrast to the next one as possible, whether it’s tempo, mood, instrumentation or energy.”

Out of all the albums by Lerche, Phantom Punch is not the most amazing, however it does bring some interesting vocals to every track, but it lacks the power and twist his other albums presented. Faces Down, which are members of Lerche’s band, are a fantastic backup band for Lerche’s vocal abilities. This musical pairing was made out of this world.

Lerche’s music cries out with the power and strength most people of his age will never know. The track “Face the Blood” has to be my favorite from this CD. The lyrics and the background music fills me with a feeling of a calm sadness. His lyrics are absolutely amazing, and what I get from his lyrics is that, language has emotions all on its own. It doesn’t need the perfect translation to make it work.

From what I’ve heard, Sondre is even better in concert. He has an air about him that just commands respect and attention to his ability to create music with such a fresh sound. Lucky for us, this Norwegian born has been spreading his wings more and more by touring throughout America in cities such as, Dallas, New Orleans and Austin.

If you are ever in the area when Lerche is playing in concert, my advice would be to check him out. He brings a fresh new style to America, along with his amazing talent.

www.sondrelerche.com

Su Doku

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

Special thanks to Professor Ratchford and the Mathematics Department for their Contribution of the Sudoku Puzzle
Positive attitudes prepare lacrosse team

Rachel Edgar
STAFF WRITER

The Falcon lacrosse team has high hopes for this season, and with their team chemistry they may well see definite improvement over last year’s record. Kyle Kauffman, last season’s Assistant Coach, has moved up the ranks to Head Coach this season.

Joining Kauffman is CCC Class of 2005 graduate Rachel Lightfoot as Assistant Coach. After playing lacrosse for four years at Cedar Crest, and serving as team captain her junior and senior years, Lightfoot is confident that the lacrosse team will see improvements from last year. “The team’s mentality is very positive and the team chemistry is great,” Lightfoot said.

Once a Falcon lacrosse player herself, Lightfoot sees benefits and drawbacks to her new position as Assistant Coach. “In one aspect, it is neat to work with some of the girls that I’ve played with before because I am friends with them and I know their playing styles so I can help them develop their game. Sometimes it is weird, too, since I am friends with them and I have to remind myself to keep the coach mentality and not the friend one during practice,” she added.

The team has been practicing hard to improve their skills by working on individual and team skills and helping them build a solid chemistry. “We truly have a very hardworking, athletic team and we’re all very excited about the season. We all get along so well and it’s just exciting to be part of such a fun team!” Luu exclaimed.

Kirsten Gustafson, also a Team co-captain and senior nursing major, sees a lot of potential in the team this year. “I really want us to win a lot more games than we did last season, and with the bunch of girls that we have I can definitely see that happening,” she stated. Although everyone is excited to begin the season and prove that the team has improved, having fun isn’t far from the team’s mind either. “Because it’s my last year, I just want to have fun,” said Luu. “This year I don’t really want to focus on the score as much as I do about graduating with some good memories playing competitive sports at the collegiate level.”

Many individuals on the team have set personal goals for themselves, as well as setting team goals. “We have many goals and expectations for the team as a whole like remaining a tight-knit team and having fun, but as for my own goals, I hope to be able to contribute something positive to the team and helpfully help in winning many games,” said freshman genetic engineering major Brittany Fikes.

Freshman neuroscience major Duh-ve Bell added: “My expectations is just for the team to have fun and do the best that we can. If we happen to become champions, it will be amazing. If we don’t become champions, we can be happy because we had fun.”

The chemistry and positive attitude of this season’s lacrosse team may just lead them to victory, and they’re sure to have fun along the way. Their first game will be held Saturday, Mar. 10, against PAC opponent Wesley College in Dover, DE.

Softball opens season in Myrtle Beach

Karen Passino
STAFF WRITER

With spring quickly approaching, the softball team has been practicing to improve on their 17-14, 11-11 PAC record from 2006. Kim King (Sr., Frederick, MD/Frederick) and Mel Devlin (Jr., Forestburgh, NY/Monticello) are the team’s only upperclassmen, while there are six sophomores returning to the line up. Six freshmen complete the roster. The team has been practicing in the gym, which has been a bit difficult considering they are used to playing outdoors on their field. Spring break will be the first time the team practices outside; they are attending Snowbird Softball in Myrtle Beach, SC, where they will compete against eight teams before playing their first PAC doubleheader of the season at Rosemont College on March 16 at 3:00 p.m.

I think that there are a lot of fun people on the team and I look forward to building friendships,” King said. The team’s defense is looking good and the offense has been working to better them as well. “This pre-season has been filled with hard workouts and now that the season has started you have to work twice as hard to earn a starting position,” sophomore Allison Holland said.

After finishing in sixth place in the PAC last season, the Falcons hope to improve on their record, the best in school history, along with working on individual and team skills and goals. The Falcons are led by Kristy Henritzy, fifth year Head Coach, and Butch Gestl, Dr. Larry Quarino, and Jess Serafoss ’05.

EQUESTRIAN RESULTS

2/25 @ Litchia Valley Farm (Factoryville, PA)
Hosted by: University of Scranton

Lauren Forsyth
1st place
Intermediate Flat

The team received 7 points to bring their season total to 63.

Next show: March 3 at Briarwood Farm (Readington, NJ)
Hosted by: Kutztown University.

LACROSSE

March 10 @ Wesley (Dover, DE)
1:00 p.m.

March 12 @ Centenary (Hackettstown, NJ)
4:00 p.m.

March 14 vs. Neumann (Allentown, PA)
4:00 p.m.

SOFTBALL

Snowbird Softball in Myrtle Beach, SC

March 5 vs. Roanoke
11:00 a.m.

March 6 vs. Oneonta
9:00 a.m. vs. Bridgewater
11:00 a.m.

March 7 vs. Pitt-Greensburg
9:00 a.m. vs. Widener
11:00 a.m.

Games against Juniata, Grace, and Catawba TBD

March 16 @ Rosemont (Rosemont, PA)
3:00 p.m.

www.cedarcrest.edu/crestiad