Yankees’ World Championship trophy to Lehigh Valley

Khyla Flores

ATHLETICS EDITOR

Not something that a Phillies fan will be particularly thrilled with, but for a Yankees fan, April 23 will be better than Christmas morning. The only possible event more exciting than that fabulous holiday for a Yankee fan will be happening right here in the Lehigh Valley.

The Lehigh Valley Yankee Fan Club has officially announced that the Yankees’ 27th World Championship trophy will be coming to town. This is quite a treat for the Lehigh Valley because last year this area was blessed with the Phillies’ World Championship trophy for all fans to admire.

All Yankee fans can say a big thank you to the local fan club president, Chuck Frantz. If it wasn’t for his enthusiasm and curiosity, Yankee fans would never be able to enjoy this once in a lifetime opportunity.

Alfred Santasiere III, an author continued | page 7

Breast cancer screening

Michelle Flores

CRESTIAD SPECIAL

Breast cancer is the second-leading cause of cancer death among women in the United States. Mammograms, which have become the standard for detecting breast cancer, and breast self exams (BSE) can detect pre-symptomatic breast cancer.

Many women have become confused and unnerved when new federal recommendations were announced to scale back routine breast cancer screening. Despite the number of lives saved by mammograms and BSE, a recent study released in 2009 by the U.S. Preventive Services Task Force (USPSTF) has challenged the effectiveness of these preventative tests for women between the ages of 40-49.

According to the Agency for Healthcare Research and Quality (AHRQ) the USPSTF new recommendations state that women should not start routine mammography screening until the age of 50 and women should not conduct BSE.

This new recommendation is based on the “convincing evidence” that screening with film mammography reduces breast cancer mortality with greater certainty for women aged 50 to 74. The USPSTF also says there are harms that result from screening for breast cancer which include psychological harms, unnecessary imaging tests and biopsies, radiation exposure (although minor) and inconvenience due to false-positive screening results.

The USPSTF’s advice for women to not conduct or be taught BSE stems from the lacking evidence, and the balance of benefits and harms cannot be determined.

These new recommendations are made for women who are 40 years or older who are not at increased risk for breast cancer by virtue of a known genetic mutation or history of chest radiation.

The new guidelines have caused a lot of debate and have resulted in more questions left to be answered. Some cancer survivors, especially those whose cancer was discovered during routine mammograms in their 40s, said the new guidelines felt like a slap in the face.

The VITA program helps di-vert people away from paying more than they ought to when they are trying to get money back, especially with refund anticipation loans (RAL’s) reaching 37 percent, around 300 percent annualized interest. Zlotnick advises that it is better to wait the 70 days to get your income tax check directly deposited into your bank account.

“The biggest reason is that a lot of professional firms push the refund anticipation loan, also called rapid refunds. The rapid refunds are very high interest loans. The company gives you a loan check that day or the next, based on the company. There is really no reason to do the refund anticipation loan if you can,” Zlotnick said.

Ibolya Balog, a professor of the Business Management and Economics who has had 20 years of public accounting experience, feels that the VITA program saves people money who need it for more dire needs.

“I think it is very worthwhile. Preparing tax returns is probably more complex than what people are comfortable with. In order to get the income tax check, they need to file a return,” Balog said. “Instead of going to commercial places where they will charge all kinds of fees, [with VITA], there is no charge to the clientele. It’s helping a segment of the community with this service and this is a way to get help.”

Further, tax preparers get paid based on their preparations skills along with their hourly pay, which may contribute to the amount of money you pay. By eliminating all fees from tax preparation, VITA

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Community service saves people money

Morgan Keschi

ASSISTANT NEWS EDITOR

When students think about community service, preparing tax returns does not come to mind; however, Cedar Crest participates in the Volunteer Income Tax Assistance (VITA) Program along with three other LV AIC schools.

Cedar Crest, as well as Muhlenberg, Lehigh, and Lafayette all offer community service programs with VITA through their Accountanting clubs and classes, which is all over the country, but is found locally in Allentown, Bethlehem, Easton, and Mt. Bethel.

The VITA program was set up by the Internal Revenue Service (IRS) to help people from low to moderate-income families get a tax return done without a preparation fee, and over the last five years, the program has gotten close to maximum capacity with 1218 tax returns prepared last year.

When Susan Zlomick, coordinator of the Community Action Committee’s VITA program, began working with the program as an assistant coordinator six years ago, they prepared only 362 returns.

The need and number of tax return preparation for these families is growing, and volunteers are much desired, as well as site managers.

Zlomick, who holds a Bachelor’s Degree in Accounting, believes that there are many reasons that the program is necessary, especially giving people initiative with free tax preparation.

“A lot of people qualify for the Earned Income Tax Credit but don’t apply for it. We’re trying to get these people to do it,” Zlomick said.

The VITA program helps di-

continued | page 7

CCC alum responds to YouTube video

Lindsey Jancay

OPINIONS EDITOR

The recent coverage of the Cedar Crest YouTube video in the Opinions section of the Crestiad has elicited great response from a number of Cedar Crest Alumni.

The responses featured on page five of the Crestiad as are the letters this week.

As mentioned last week, the video, “Where Are The Boys?” was Uploaded to YouTube on Monday, Feb. 8, and reuploaded on Tuesday, Feb. 9.

Many students are curious as to how to voice their opinions on the video. A great start is writing a letter to the opinions editor. See page six for submission guidelines.

Letters to the editor will be published in the Opinions section of the Crestiad as are the letters this week.
Susan G. Komen’s mammogram recommendation updates

Morgan Keschl
ASSISTANT NEWS EDITOR

According to the Susan G. Komen For the Cure® website on Jan. 6, The Society of Breast Imaging and The Breast Imaging Commission of the American College of Radiology advises that women with an average risk of breast cancer should still get tested at 40, despite the new suggestions by the U.S. Preventive Services Task Force (USPSTF) in November 2009.

Susan G. Komen For the Cure® is currently the leading advocate for breast cancer in the world. Supplemented with the American Cancer Society as a source for the press release on their website, the websites explains that yearly mammograms in women over 40 years of age are used for monitoring the growth of any possible sign of breast cancer, and women with gene mutations associated with breast cancer should start getting tested at an earlier age.

The controversy in November 2009 involved the USPSTF pushing breast exams back to the age of 50 and then getting a mammogram every two years, on par with international guidelines from the World Health Organization.

Additionally, the task force suggested that the breast exam self-tests were ineffective, which caused a stir in women diagnosed with breast cancer under the age of 50 who found that they had cancer through a self-exam and mammograms after 40. The USPSTF stated that the changes in guidelines were for people in “the general population,” and not necessary women at high risk.

Dr. Elizabeth Meade, chair of the Humanities department and professor of philosophy, feels the USPSTF was emphasizing the need for individual judgment in determining when to start having mammograms.

“I thought they were not making a blanket recommendation to all women to start having mammograms after 50, but to have a conversation with their physicians,” Meade said.

Students participating in The Crestiad may receive academic credit for their participation. The final responsibility for news content and decisions rests with the editorial staff.

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

The Crestiad reserves the right to edit for content, length, language and grammar.

Questions or concerns about The Crestiad or concerns regarding content, please call the editorial staff and leave a message at 610-606-4666 ext. 3331 or e-mail crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.

Guest columns and letters to the editor may be submitted for publication by any student, faculty or staff member of CCC. Columns and letters to the editor should be e-mailed to The Crestiad at crested@cedarcrest.edu. All submissions should clearly state the name, address and phone number of the author or authors. Student authors should include major and class standing and faculty or staff members should include his or her position and title.
The recommendations for women getting pap tests recently just changed. The American College of Obstetricians and Gynecologists (ACOG) are now recommending women to wait longer to get their test and also wait longer in between each test.

Usually doctors would recommend getting a pap test when you are 18 years old, now they are suggesting waiting till 21 or older due to test’s saying that less testing gives better result and fewer issues during testing.

Recently, the age for a recommended mammogram has changed as well and caused quite a scuffle. According to an article by ABC News, “After a week of uproar over the controversial recommendations for less mammogram screenings for women, doctors say they will have to wait and see how the public reacts to the new pap smear guidelines.” There is expected controversy over this issue of delaying pap tests.

According to the ACOG, women in their 20s with normal pap smear results now should get screenings every two years instead of every year, and women in their 30s can wait three years between screenings, according to the new ACOG guidelines.

Despite the new guidelines, The Cancer Institute at NYU Medical Center said 70 percent of all college-aged sexually active people have contracted Human Papilloma Virus (HPV). These high infection rates translate into a high number of abnormal pap smears. HPV is still the leading cause of cervical cancer.

Professor of biological sciences, Judith Malitsch, said, “I am very concerned about the new recommendations and I emphasize, ‘recommendations’. This means that it is up to us to think about our lifestyle, make an informed decision, and discuss it with our gynecologist or Primary Care Physician. Age 21 and even 18 may seem a bit late to make an appointment with the gynecologist for females who are engaging in sexual intercourse earlier and earlier and with multiple partners.”

Since HPV seems to be so prevalent in college students, students may expect they are recommended getting pap tests as soon as they are sexually active. This is not the case the ACOG says that too much testing for HPV causes unnecessary pregnancy problems, such as premature births. The ACOG also recommends ciste studies showing that up to 90 percent of these infections are cleared on their own in adolescents within a few years, so there is no need for excessive testing or procedures. “The burden of responsibility is on women to have regular pap tests!” And with the prevalence of HPV, CIN II/III, HIV, and other risks such as PID from untreated bacterial STD’s, why would any woman want to wait for a screening? Infection with HPV is the most important risk factor for cervical cancer ever.”

Even though the stakes are high, if women have HPV, they will not always get cervical cancer. The ACOG says that out of the 70 percent of college students that get HPV, only 0.1 percent of them actually get cervical cancer. An infection may clear on its own, but there are other ways it can get out of hand. “Family history can be a factor in how the immune system can fight the HPV infection. All the more reason to be screened - the unknown factor” mentions Malitsch.

The American Cancer Society, as well as their supporters at www.komen.org and The Society of Breast Imaging and The Breast Imaging Commission of the American College of Radiology, is still advocating getting checked starting at age 40 for those few women out there who may develop breast cancer at an early age, it is crucial.

“I am certainly aware that we need to find a balance between subjecting women to unnecessary medical tests and practicing good preventive medicine,” Meade said.

Writing Center Coordinator and Professor Eileen Brunitt has also looked into the mammogram controversy and had some issues arise that involve writing the author Barbara Ehrenreich, which created “a new light” on the issue for Brunitt. Ehrenreich sees women’s health from an economic standpoint, which may create disgust in women.

“The mammogram controversy and had some issues arise that involve writing the author Barbara Ehrenreich, which created “a new light” on the issue for Brunitt. Ehrenreich sees women’s health from an economic standpoint, which may create disgust in women.”

Brunitt’s source explained the issue was indicative of a larger issue: that breast cancer awareness is how companies sell items to women, by putting a pink ribbon on their products. Breast cancer is such a popular disease that all women’s ailments came from their hysteria to now with unnecessary test.”

Brunitt said, “I am also wary of the fact that tests that only women get are the first to be called ‘waste’ in the healthcare system. What about prostate exams? These are also unnecessary for most men, yet they are not considered waste.”

As the controversy has mostly settled since November, it is at least safe to say that each woman should take their own discretion involving mammograms.

Dr. Brumitt also feels that women’s health is equally as important as men’s health, which the healthcare system should recognize when considering their proposals.

“The economics of mammograms is also interesting because if we don’t really need them, why has the medical community been urging women to spend their money on them every year all this time? Women have been victimized by the medical community from when they thought that all women’s ailments came from their hysteria to now with unnecessary test,” Brunitt said. “I am also wary of the fact that tests that only women get are the first to be called ‘waste’ in the healthcare system. What about prostate exams? These are also unnecessary for most men, yet they are not considered waste.”

While singing the song “Gravity” John Mayer apologized to his band mates and the crowd for saying the N-word. While breaking down he expressed his regret for saying what he said and how he felt about hurting his band. He was quoted at the show saying “in the quest to be clever, he began to lose himself to the thoughts of what people that I love and that love me.” John Mayer shared his need to always defend himself against what he feels is the media lashing out at him. He ended his apology by saying “I’ve just got to be more careful, I quit the media game. I’m out. I’m done. I just want to play my guitar.” Source: Wonderwall.com
While the Feb. 10 SGA meeting was cancelled due to inclement weather, many new ideas to be acted upon in the future are discussed at the previous meeting.

Old business was first brought to attention again such as the Living Learning Communities. With 12 students total attending the information sessions, any student interested in this opportunity but unable to attend a session is encouraged to visit mycedarcrest under the Student Affairs tab.

SGA President Caitlin Billow informed senators of official office hours now posted on the SGA/SAB office door. Students are encouraged to stop by the office with any questions or concerns.

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Letters to the editor: CCC YouTube video responses

Lindsey Jancay, Editor

Editor,

After watching Cedar Crest College’s video “Where Are The Boys?” YouTube video, I have to say, I am greatly disappointed.

I am not talking about the video, however. I am disappointed in the lack of moral responsibility that current students, faculty, and administration exhibit in promoting Cedar Crest as a liberal arts college.

First of all, the video itself is quite disrespectful, and even offensive toward female students. The content is not professional and does not represent the true Cedar Crest, but at its core, there is the voice of women being heard, and making your own ad video.

The video, however, was not created by women students, but by a male assistant coach of the field hockey team. It is a very disheartening experience for me to see the voice of women being drowned out in the video.

However, in failing to adequately promote what we do offer (a liberal arts education that is the foundation of knowledge and life-long discovery; a campus that promotes leadership & wellness; we have an open forum where the voice of each individual can be heard, loud, proud, and clear), the administration has missed the opportunity to attract a more diverse student body. The video does not capture the true essence of what Cedar Crest is about, and what we offer. It is a disservice to our students and prospective students who are looking for a truly unique liberal arts college.

As an alumna, I found the YouTube “Where are the boys?” video absolutely disappointing and disappointing. At first, I thought it was a joke and a minute through, my emotions swelled. I was not only angry, upset, and embarrassed this was produced about my College, but by my College, from people who are charged with representing Cedar Crest College, and recruiting prospective students there.

Why is there no mention of what a woman at Cedar Crest College can do? No mention of what it is like to be a parent and an award winning newspaper, host her own radio show, conduct ground breaking research on the side, work with her professor, represent herself and her school at regional and national conferences, be an active part of any number of campus organizations, participate in local community service, and have lunch with her professors, and flat out be a leader from day one.

I understand there may be a concern from prospective students who are worried about boys, however, we don't need those students. They are not Cedar Crest. You know who Cedar Crest is. Cedar Crest is me. A Communication & English major, who minored in writing, who played field hockey and lacrosse for four years, and edited The Crestiad. I made Cedar Crest a weekly and graduated cum laude. I was an officer of Preterite, AAU, Sigma Tau Delta, and Lambda Pi Eta (four clubs and two honor societies). I had two internships and built relationships with my professors. I made lifelong friends and had the best experiences of my life.

Cedar Crest is running into a fellow alumna in graduate school and meeting her for dinner and while trying to talk about everything but your girl, you walk up to the closet that made you, shaped you, and helped you succeed.

Instead of sharing my story, we focus on what we are not—coeducational. A social hotspot. A coeducational. A college that is not broad-minded. Moravian. It is a shame after all the empowering we say we’re giving to women that we are “doing what everyone else is doing.”

This video, with its “tongue in cheek” soundtrack, is a slap in the face to all the strong women I am privileged to have had class with, call my friends, and who are day every sharing Cedar Crest College’s rich history and their Cedar Crest stories with others. I was embarrassed to share this video with friends, however, it sparked conversations with my fellow alumnae. Having to argue why this video was not at all what we want representing Cedar Crest College evoked a sense of pride of what our school is and what it means to us all, of whether it be through a Facebook thread or late night phone call, if we were three or thirteen years removed. We are a girl, with a little bit of academics on the side.

I never thought I would be discussing the number of our accredited Forensic Science program or our nationally-known Nursing program. What about the rich traditions of 140 years of educating women? What about what an English major can really do? What about the outstanding work done in the Performing Arts department or the up and coming offerings in Marketing and Business?

But instead of standing behind those academic accomplishments of our College and sharing our unique traditions with pride, we highlight the distance from Cedar Crest to Moravian and how many boys in between.

A professor suggested the alumnae who are upset by this current video share their own ideas with the Admissions Office, and there is already a contingent ready to one up them. I know several Cedar Crest women who are ready to take the challenge of promoting their school better than this, to the women who will carry on the traditions and form the future of 100 College Drive. This video shows me a lack of ef- fort from the people I expect it from the most and, in my opinion, is one more missed opportunity to find the women that will put more weight on this. I trust our alumnae, and not only those I personally know, will step up to this challenge and show the world what Cedar Crest College really is.

Sincerely,
Jennifer Woytach
Class of 2007

Editor,

Jennifer Woytach

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Sincerely,
Jennifer Woytach
Class of 2007

5 OPINIONS
Sarajane Sein

class as any other. They need to make it happen. They need the ones behind closed doors, the ones within the education system. These children, this topic, convincing more people because they were automatically infatuated with the puzzling task of telling the difference. However, they would make the assumption that if they were my friend, they would be my sister’s friend as well. We missed out on experiences that our counterparts had. They were given the opportunity to discover who they were as an individual while Risa and I were growing up. We were so soon got annoyed by this; sharing clothes, shoes, faces, and friends! Hence, we decided to attend different colleges. After being in college for almost two years, my sister and I have developed our own friends, and most importantly our own sense of self. I must admit that some separation anxiety did occur at first, but I got used to my new life. I have adjusted to walking around campus and being called by my name! I am no longer labeled as Risa, Twin, or Rena (yes, people did put our names together), but RENA. Now I am treated as any other regular individual on campus. And even better, our split from one another has strengthened our relationship.

When my sister and I go home, we have many things to talk about considering we barely see each other anymore. Furthermore, we have more appreciation for each other and I couldn’t possibly imagine what life would be like without my twin sister. Unlike most people, since I was in my mother’s womb, I’ve always had someone by my side. We have always been there for each other. Our personalities may be completely different and our ambitions in life may take us in opposite directions nevertheless deep down inside, she will always be apart of me. We are inseparable because she is my other half.

It’s a twin thing.

Invisible girlfriend syndrome

Alyssa Slinger

I’ve come to the conclusion that boys turn into robots in the presence of a new video game. It’s kind of like their girlfriends don’t exist, and their lives turn into eating, sleeping, and breathing their new game.

I think I just may qualify as an expert on this topic. Let me go on the record as saying that I absolutely love my boyfriend with everything I am, but when he has a new video game, forget about it—it’s onto the back burner for me.

This past weekend, my boyfriend, Steve, played his new game MAG, for Playstation 3, for what seemed like an eternity.

Of course, this happened to be a weekend where I didn’t have quite as much homework as I normally do. With him on the game, I was stuck playing Farmville on the computer, or lounging around taking naps. Sounds luxurious, doesn’t it? NOT!

See, I go home pretty much every weekend. And the whole point of me going home is to spend time with Steve. Except when Steve playing MAG, I was spending some good old quality time with myself.

Usually, Steve and I find things to do on the weekend to entertain ourselves, and we actually did have some family obligations this past weekend. The family was throwing a cousin a surprise 30th birthday party on Saturday, so I had to pry Steve’s fingers from the Playstation controller and we headed out.

We spent a good chunk of time at the party, and then left after we mingled, and had some food and cake. As soon as we walked back into the house, Steve hopped back on the computer and played even more MAG. Or wait, maybe he jumped onto Xbox 360 to play Call of Duty: Modern Warfare 2. Either way, he was on a video game until the wee hours of the morning, and I felt asleep with him still on the game.

To top it all off, he had the audacity to wake me up at two in the morning to fix the bed sheets because I was rolling around in my sleep, and he was ready for bed.

It was truly like I was on the back burner, and his feelings were all that mattered. So, because he decided to stay up all night playing his video games, I had to suffer and wake up to fix the bed. Well, that just made me a little cranky, and boy, did I let him know it.

“All in all though, I still love him, and I understand that his video game time is his relaxation time, since he does work full time. But then again, I go to school full time and I work at school, plus I’m a cheerleader, an SGA senator and I write for the school paper. I could go on and on, but I won’t.”

All I want to know is why it is alright for guys to put their girlfriends on the back burners when they have a new video game, yet us girls get no break!"
Marijuana... just what the doctor ordered

Alyssa Slinger
STAFF WRITER

What if you had a medical condition that caused you to be in so much pain, but the only treatment that was available for it caused such a controversy that it may or may not be legal in your state? That is the situation with medical marijuana and it causes people in 36 of the 50 states to not be able to obtain a substance that may make their day to day life more tolerable.

Marijuana, or cannabis, has a variety of uses, and has been around even in Ancient Egypt, where it was used to treat eye strains. It is used all over the world for anything from veterinary purposes to anesthetics. In the United States, medical marijuana is used as an effective and treatment for a variety of medical conditions, many of them resulting in chronic pain.

Medical marijuana can be used for a variety of conditions including cancer, HIV/AIDS, epilepsy, glaucoma, multiple sclerosis, anorexia, migraines, muscle spasms, or severe nausea. If a need arises from exempt from clinical charges and property forfeitures because of the physician’s guidelines.

There are currently 14 states that have enacted laws that legalize medical marijuana use in the United States. The possession limits within each state vary, however, from 1 oz. in Alaska, Montana, and Nevada to 24 oz. in Oregon and Washington.

New Jersey is the most recent state to legalize medical marijuana use. The bill was approved on January 11, 2010, by the House of Representatives by a vote of 48-14 and by the Senate by a vote of 25-13. Governor Jon Corzine signed the bill into law on January 15, 2010. It goes into effect six months from that date.

With legalization, public opposition in New Jersey suffering from epilepsy, intractable skeletal muscular spasticity, glaucoma, severe or chronic pain, severe nausea or vomiting, cachexia, wasting syndrome from HIV/AIDS or cancer, ALS or Lou Gehrig’s Disease, multiple sclerosis, terminal cancer, muscular dystrophy, or inflammatory bowel syndrome including Crohn’s disease will be able to use medical marijuana to treat their conditions, or relieve their pain. Marijuana helps with these various diseases for many different reasons. There are more than 60 cannabinoids in marijuana, which cause the body to react in different feelings that it does. One of these cannabinoids includes cannabidiol (CBD) which is thought to be a major anti-inflammatory. The main “ingredient” in marijuana that is smoked is THC.

The feelings of relaxation, increased appetite, reduced aggression, and a sense of euphoria comes from the effects of THC.

There are no FDA-approved medications that are smoked. This is because it is difficult to administer safe and regulated doses. THC itself is a medicine that is smoked. Also, generally, there are carcinogens that are released by the byproducts of smoking. However, there are more dangerous things in the world than marijuana. For example, if you ate 15 raw potatoes, you would have a toxic response, but it is physically impossible to eat enough marijuana to induce death. So, technically poison can kill you, and weed can’t.

No matter where you stand on the issue of medical marijuana, it is something that is becoming more and more controversial, and may be coming up in more elections in the near future. It may be up to you one day to decide whether someone gets to use this product to treat their condition or relieve their pain, or one day, it may be you who need medical marijuana. So just keep that in mind.

Dannah Hartman, Editor

Ask Mac Girl

Microsoft gives you a paperclip, CCC gives you Mac Girl

Mac Girl is a nick-name that was given to me by members of the IT Department when I became a Technical Consultant, to tease me as an Apple user. As a Computer Information Systems major with four years of computer experience under my belt, I'm here to help you with your technical needs!

Dear Mac Girl,

I'm having issues with getting the CCC e-mail on my blackberry. What can I do?

If you go to my-cedarcrest.edu, click on the IT tab, you will find a pdf document under “Technology HelpSheets called “Smart Phone E-mail Configuration”. It gives information on e-mail, and needed items to set up CCC mail on your phone. Also, if you have an iPhone, you have to the IT Office in Cussit basement, room 136.

If I forgot to turn off my laptop to school, and use wireless in my dorm. Is there wireless elsewhere?

There is wireless all over campus! You can find it in Curtis, Butz, Moore, Steinbright, the TCC, Hamilton Building, Hartzell, first floor Alumnae, Lees Gym, Miller, Science Center, Okerbort, Rodale Aquatic Center, and the Cressman Library. Only the Library requires a special pass-word for access, which can be requested through the “Cressman Library Form” at library.cedarcrest.edu.

My computer is really slow. What can I do?

Sounds like it’s in need of a clean up! Two freeware tools you can use are the Wise Disk Cleaner, and Malwarebytes Anti-Malware, which are free and easy to use cleaner. Wise Disk Cleaner removes unnecessary items from your computer, such as Temporary or Junk Files.

Sodium anti-Malware removes advanced malware and spyware that hide deep in your system, a program we use at IT. It is not, however, an Anti-Virus on your computer! Both of these tools can be found on download.com and are free to download and use.

If you’d like to ask Mac Girl a question, e-mail her at cachyker@cedarcrest.edu. Be sure to put “Ask Mac Girl” in the subject line.
France ranked Best place to live

Michelle Palmisano STAFF WRITER

In most every commercial or on the wrapper of Lipton tea something screams to viewers and readers alike about the benefits of Antioxidants for your body as a whole. They can be found in fruits, chocolate, green tea and the ever and now popular pomegranate.

According to Women’s Health magazine research has proven that antioxidants help to not only aid in memory stability and reduce the risk of devastating diseases like Alzheimer’s and Parkinson’s but also combat heart disease and cancer. The benefits of antioxidants do not stop there; antioxidants help joints, reduce muscle pain, soreness, and fatigue and even help to ward off wrinkles.

In order to understand antioxidants we should probably know what they are first. The ‘oxidant’ part of the word comes from a long process involving ions, molecules, and free radicals. Toxins in the air we breathe as well as what we eat and drink and newly popular pomegranate molecules cause them to lose one electron. When one electron in the molecule goes missing the molecule then turns into a free radical, according to Women’s Health Magazine. When the molecule loses electrons it can steal them from other molecules, damaging them.

Free radicals can be caused by ingesting deep fried foods, breathing in cigarette smoke, and air pollution. Free radicals also change the structure of LDL Cholesterol (bad cholesterol), making it easier for LDL to stick inside your arteries. Now, all we know that ‘anti’ means the opposite of, therefore telling us that antioxidants try to prevent the molecule to ever becoming an ion-staking free radical.

According to the National Cancer Institute antioxidants are the substances that help to prevent the body from being damaged by free radicals that can cause cancer. Antioxidants stabilize the free radicals that have been shown to cause some types of cancer. Now that your brain is sitting through information about electrons and free radicals here comes the easy part: what foods to eat. Antioxidants are found in abundance in fruits and vegetables, and other things such as nuts, grains, meats, and poultry like chicken and duck, and most scaly fish — not to be confused with shell fish. According to the National Cancer Institute there are seven very common antioxidants we ingest without realizing it.

Beta carotene is the most popular and easily recognizable because it is found in most orange colored organic foods such as carrots, mangos, and cantaloupe. Lutein is found in leafy things such as collard greens, kale, and spinach and is associated with eye health just like beta carotene. Lycopene is the antioxidant that is found advertised on every bottle of ketchup in the grocery store and is also found in watermelon, grapefruits, and many other acidic fruits and vegetables. Vitamin A, C, and E are antioxidant rich and found in milk, fish, and broccoli, respectively. The last and also quite surprising eating habit is drinking tea. Tea is a high in actually the mineral Selenium. Selenium is found in soil and basically anything that is grown in selenium rich soil ends up being selenium rich therefore full of antioxidants.

According to the American Heart Association 30% of Americans are taking some sort of antioxidant. So ladies (and gents too), if you don’t want to become wrinkly at a young age— start drinking your pomegranate juice, eating your ketchup and carrots!
Astrological Meditations

Aquarius
Jan. 20 – Feb. 18
The year is just beginning and already you’ve been faced with many hardships. Remember that nothing good comes easy and that what you’re going through is just the night before the dawn.

Pisces
Feb. 19 – Mar. 20
Recently your long time crush revealed that he has feelings for you as well. Don’t let yourself get too excited about the news and rush into something your unprepared to handle.

Aries
Mar. 21 – Apr. 19
Explore the possibility of pursuing your new hobby as a career. Who knows you may quite possibly become one of those lucky people that are excited to go to work every single day.

Taurus
Apr. 20 – May 20
It’s time for you to stop feeling sorry for yourself and get back to business. People are expecting you to fail, prove them wrong by being more motivated and proactive than ever before.

Gemini
May 21 – June 20
Rumors that have been circulating around campus have you questioning all your friends and your head spinning. Next time you hear your name attached to something absurd, stop and laugh instead of getting upset.

Cancer
June 21 – July 22
Your self centered attitude is holding you back from appreciating all of the beautiful things in the world. So put away your many mirrors open your eyes and try to notice the things that are bigger than you.

Leo
July 23 – Aug. 22
Recent events have led you to unbury some feelings that you’ve tried very hard to forget. Don’t let these new emotions lead you to shutting down, your family and friends are waiting to help you, all you have to do is ask.

Virgo
Aug. 23 – Sept. 22
Your recently become very generous with your money and belongings. Know that your random acts of kindness have not gone unnoticed and something great is waiting for you in the very near future.

Libra
Sept. 23 – Oct. 22
The opinions of your family and friends are starting to hinder you more than help you. It’s time for you to tell them to back off and let you live your life.

Scorpio
Oct. 23 – Nov. 21
Recently your crush hurt your feelings to the point where you considered giving up the chance of a relationship. Before you make the decision talk to them. You may be giving up on your future.

Sagittarius
Nov. 22 – Dec. 21
You’re usually the cautious one out of your friends when it comes to life changing decisions. But now is the time for you to leap first and think later, you’ll be glad you did.

Capricorn
Dec. 22 – Jan. 19
You’ve been recently trying very hard to rebuild your broken relationships. Know that your efforts will begin to payoff, and your relationship will be much stronger in the future.

Olympic fun facts

1. The official Olympic flag has five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendships to be gained from these international competitions.

2. The Olympic Oath was written by Pierre De Coubertin for athletes to recite at each Olympic game. During the Olympics opening ceremony one athlete recites the oath for all of the athletes. The oath was first taken during the 1920 Olympic games and was recited by Belgian fencer Victor Boin.

3. The Olympic flame first appeared in the modern Olympics at the 1928 Olympic games in Amsterdam. The flame itself represents many different things such as purity and the endeavor for perfection.

4. The Olympic hymn, which plays when the Olympic flag is raised, was composed by Spyros Samaras and the words were added by Kostis Palamas. The Olympic hymn was first played at the 1896 Olympic games in Athens but wasn’t declared the official hymn by the IOC until 1957.

5. The medals: The Olympic medals are designed especially for each individual Olympic Games by the host city’s organizing committee. Each medal must be at least three millimeters thick and 60 millimeters in diameter. Also, the gold and silver Olympic medals must be made out of 92.5 percent silver with the gold medal covered especially for each individual Olympic Games by the host city’s organizing committee. Each medal must be at least three millimeters thick and 60 millimeters in diameter. Also, the gold and silver Olympic medals must be made out of 92.5 percent silver with the gold medal covered in six grams of gold.

Submit by Nicola Magloire

Corrections

In the February 11 issue credit was not given for several of the puzzles. Love Logic and Fab Five Sudoku was submitted by Alyssa Slinger. Wonder Word was submitted by Khyla Flores.

Sigma Alpha Pi
Speaker Series 2: Beatrice Berry - February 23, 2010 - OBC 1 - 7:00 p.m. to 8:30 p.m.

Feb. 21st – Speaker Series# 1 Curtis 354 7:30-9:30pm
Feb 28th - Speaker Series#2 Curtis 354 7:30-9:30pm
April 18th – Speaker Series#3 Curtis 354 7:30-9:30pm

Submitted by Alyssa Slinger
Happy news is always good news isn’t it? Nicole Richie has publicly announced in an interview with Dave Letterman that she and Joel Madden are engaged! How exciting. I hope they have more children just for the sake of another interesting name. Harlow Winter Kate Madden, Sparrow James Mid-night Madden, Himm. what’s next, Piggon Scamer Afternoon Tea-time Madden? Who cares, love it; bring on more babies?

Many have recently interviewed Jay-Z and explored about why he wasn’t involved in the re-make, he said, “We Are the World’ is un-touchable like ‘Thriller’ but for some reason, it’s gonna be un-touchable.” Some things are just un-touchable. It was a valiant effort, but for some reason, it’s gonna be un-touchable.” Ok, so now that we get that he thinks that song was un-touchable, here are my two cents. If you are trying to re-make a song to benefit something, like the united nations, please let the right people to represent it. You invited to sing recent jail bird Lil Wayne, Kayne West (don’t even get me started, he knows what he did) and Miley Cyrus. What does Miley Cyrus have to offer to world peace other than hair extensions and a deleted scene? What was the reason?

Lady ‘No Pants’ Gaga showed up at the BRIT Awards in another interesting ensemble. Gaga waked down the red carpet in an extra large 3 tiered ruffle gown, or as I like to describe it, a life size cake suit. Along with the cake suit she also wore a 2 ft high Marie Antoinette bouffant wig, quite lovely, I am sure the Queen approved of cake anyone?

Twilight fans, I have some unfortunate news for you. Robert Pattinson was admitted that he is not a fan of the “who-ha.” During an interview for a photo shoot in Australia, the actor who is pictured sprawled around naked women in several pictures has confirmed that that may or may not disappoint women across the galaxy. “I really hate vaginas. I’m allergic to vaginas… it was a 12-hour shoot, so you know I had to get the picture that these women are going to stay naked for six hours. Thank God I was hun-gover.” Well thank you Robert for clearing up your allergies, you probably should start hanging out with John Mayer more, I am sure he’ll talk you out of that allergy.

Gossip Queen

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On Feb. 11, auctions ended on eBay for items signed by hard rock and metal prodigies, as well as football affiliates to benefit the St. Jude’s Children Hospital during the NFL season. On Feb. 4, Matt Willig, a former Illini for the NFL, won the privilege to have all the proceeds of the eBay auctions going to St. Jude’s, which has been known for their research and treatments meant to help children with devastating illnesses, regardless of the family’s ability to pay for treatment.

Willig won the donation for his charity through the Fantasy Football tournaments with his team, Calabasas Cuelle, where most of the items donors participated in as well. Mike Inez was even participating in the Fantasy Football game while on tour with Alice in Chains. Willig won the title over Kenny Wayne Shepherd 195-141 and a record of 8-5 with Aaron Rodgers, Frank Gore, Chester Taylor, Tim Hightower, Andre Johnson, Greg Jennings, Vernon Davis, and Stephen Gostkowski in his final lineup against Shepard. The opponents were matched up for two weeks.

This was Willig’s first attempt at fantasy football and, according to espn.com, common sense and experience from the game helped him achieve success. Willig finally agreed to participate when Jerry Cantrell, lead guitarist for Alice in Chains, had the most expensive item sold. One hundred percent of the proceeds, which sums to hundreds of dollars more from sales of items such as signed guitars, basses, and fan packs, were given to St. Jude’s.

Alice in Chains also has four text codes in their News RSS feed to donate to Haiti on their website at http://www.aliceinchains.com/content/cat4. Alice in Chains began their legacy when they peaked in the 90s with songs like “Die Young,” “Man in the Box,” “Rooster,” “Down in a Hole,” and “Would?” After lead singer Layne Staley died in 2002, Alice in Chains went on hiatus and the new lead singer.


Some of the donated items that were up for auction:

**ALL WINNING BIDS WENT DIRECTLY TO ST. JUDE’S CHILDREN HOSPITAL**

**Photo Source:** www.ebay.com

**Pictured Top Right:** Kenny Aronoff-autographed Zildjian cymbal, drum head, & Vic Firth drumsticks

**Pictured Middle Right:** Autographed Vinnie Paul custom snare drum and Dean ML-X guitar

**Pictured Bottom Center:** Warwick RockBass Streamer LX signed by the members of Alice in Chains

All the items donated for this charitable auction were:

- G&L Rampage Jerry Cantrell signature model guitar signed by the members of Alice in Chains -- donated by Alice in Chains guitarist Jerry Cantrell.
- Warwick RockBass Streamer LX signed by the members of Alice in Chains -- donated by Alice in Chains bassist Mike Inez.
- Kenny Wayne Shepherd signature series Fender Stratocaster -- donated by blues guitarist Kenny Wayne Shepherd.
- Brett Favre-autographed Minnesota Vikings football jersey -- donated by Matt Willig.
- Kenny Aronoff-autographed Zildjian cymbal, drum head, and Vic Firth drumsticks - donated by drummer Kenny Aronoff.
- Autographed Zakk Wylde Buzzsaw Les Paul custom guitar by Epiphone -- donated by former Ozzy Osborne guitarist and Black Label Society founder Zakk Wylde.
- Scott Ian Autographed Jackson King V guitar -- donated by Anthrax guitarist and Storm Troopers of Death founder Scott Ian.
- Matthew Berry-signed football -- donated by ESPN fantasy football expert Matthew Berry.

![Warwick RockBass Streamer LX Signed by Alice in Chains](Image)

**Warwick RockBass Streamer LX Signed by Alice in Chains**

*Item condition: New*

*Ended:* Feb. 11, 2010 13:39:42 PST

*Bid history: 32 bids

*Winning bid:* $US 1,025.00

*Shipping:* Calculated + See all details

*Returns:* No Returns Accepted

**Autographed Vinnie Paul Snare Drum & Dean Guitar**

*Item condition: New*

*Ended:* Feb. 11, 2010 13:54:09 PST

*Bid history: 29 bids

*Winning bid:* $US 540.00

*Shipping:* $US 50.00 UPS Ground + tax of 2.5% 

*Returns:* No Returns Accepted

**Signed Kenny Aronoff Cymbal, Drum Head, & Drum Sticks**

*Item condition: New*


*Bid history: 26 bids

*Winning bid:* $US 167.50

*Shipping:* Calculated + See all details

*Returns:* No Returns Accepted

**Tales of two worlds**

Jessica Kuc

COLUMNIST

Even to those of us who hold academics very high on our list of priorities, social life is a big part of college life. It’s not something that students have to do on their own, making new friends who have similar goals and simply having fun. Social life can also go hand in hand with college as well.

Obviously to the vast majority of college athletes, their sport allows them to have fun and make friends. Without any endorsement to play a particular sport, most athletes participate just for the love of the game.

When it comes to any team sport, there is a social aspect as well. However, every college student at some point in time wants to take a break from working and relax with some friends.

While college sports provide the experience to make new friends, they can detract from the amount of time available to spend together outside of the sport and academics. Our athletes not only give up a lot of time during the semester, but also before it even begins. Each year they give up a portion of their summer or winter break to come back to school and practice. Including freshmen playing a fall sport are practicing even before orientation begins.

Participating in an off-campus sporting event makes having a social life even more difficult, especially because I am not part of a team sport. There are a few specific competitions in which dressage riders can compete as a team, but the majority of the time is spent competing on your own against everyone else.

While there are other riders at my barn, only a handful are within five years in age of me. Almost everyone is involved in another sport recreationally. Only a small percentage of those people actually continue on through college. The same holds true for horseback riding.

While I do have friends at the barn and friends at college, my time is extremely divided. I have been accused of not being a “real” college student, as I rarely stay at school on the weekends or spend more time here than necessary.

Truth be told I love college and the friends I have made here, but even if I wasn’t competing at the level I am, I couldn’t handle riding only once or twice a week. Just as college and friends are huge parts of my life that I wouldn’t trade for anything, dressage is too.
The year 2010 has been the year for our prestigious women’s college. First in January 2010, Cedar Crest College received the CSAC All-Academic Award and now one of our own has received the honor for the 2010 ESPN Aca-demic All-District Team. Striving for extra-ordinary goals, never settling for failure and knowing the sky is the limit, a sophomore bas-ketball Falcon, has set a new record for Cedar Crest College.

One of our Falcons has done it again! On January 4, 2010, Cedar Crest College Sopho-more basketball center, Elizabeth “Lizzy” Sunderhaus has received the 2010 ESPN Academic All-District Team honor. Sunderhaus maintains a 3.96 GPA while balancing a full class schedule, daily practices, attending schedule games, work-ing and still having time to complete her stud-ies. Modest about her accomplishment and always wishing the best for the rest, Sunderhaus chats with me on her achievement.

As I talked with her, she was very opti-mistic about the outcome and never wished the worst for anybody. “I was really excited when I received the honor. I did not think I was appli-cable to get it because I was not a junior or a sen-ior,” said Sunderhaus. As the season is winding to a stressful end, I played the devil’s advocate and talked about how it felt to come before our arch rivals at Centenary College and the team and talked about how it felt to come before our arch rivals at Centenary College and the team with whom we are fighting for the last spot in the playoffs, Immaculata University. The per-sonal athlete simply responded, “I do not find it a competition. I am glad I came first. There is reasonable athlete simply responded, “I do not find it a competition. I am glad I came first. There is no completion with grades; it is the effort you put the championship trophy around, so for them happen. It shows the respect he has for our fan club. The Yankees don’t generally parade the champi-onship trophy around, so for them to bring it out and bring it here is a huge accomplishment,” as stated on mcall.com.

Sunderhaus and other athletes have achieved this honor in their personal goals and standards. “It is possible for others to achieve better? Being optimistic about everything, she states, “Every-thing comes form self preservation and a goal-oriented mind set. For many of us, it would be very dif-ficult to balance so much on our plate. Maintaining a GPA of a 3.96 is pretty impressive. I bet you all are thinking, ‘How does she do it?’”

This CCC falcon responded, “I schedule around everything. I prioritize. For instance if I have a test at the end of the week, I put everything aside and study for that test. I also try not to let my work pile up on me. I kind of have free time on weekends to work and at work, in the school li-brary. I do homework and study.” That’s simple enough to do. I bet everybody was expecting some extravagant answer that only a crazy per-son would be able to attempt.

Possibility of other students acquiring this honor lies in their personal goals and standards. “It is possible for others to achieve better?” Being optimistic about everything, she states, “Every-body has the potential to do it. I am surprised that no one has done it before me.”

As the honorable athlete wrapped it up, I asked her if she had any advice for her fellow falcons. She smiled and said, “We won the CSAC award. Keep doing what you are doing because it must be working for us.”

Yankees fans that flock to the Jetport are able to take a photo-graph of themselves with the tro-phy for a mere $5. However, the Yankees are not profiting from this event at all and have decided to do- Nate the proceeds to local charities, including The Miracle League and Big Brothers Big Sisters of the Lehigh Valley.

There will be refreshments available to guests, as well as, memorabilia and information about Yankee farm teams. The en- tire event is being billed as a Yankee celebra-tion.

“I wonder how many areas of the country have had the World Championship trophy in their backyard two years in a row. I thought it was great that the Phillies had their championship trophy here last year and now the Yankees are bringing theirs,” states Frantz according to mcall.com.