**Winter extravaganza**

A group above the rest

Khyla Flores

ATHLETICS EDITOR

Cedar Crest student-athletes have made their college proud once again. Last year, the Falcons had achieved greatness by receiving the first CSAC Institutional Academic Excellence Award, proving our athletes had talent and smarts. They now have a reason to be proud again; Cedar Crest has 47 student-athletes named to the Colonial States Athletic Conference Fall 2009 All-Academic Team. This “award” again acknowledges the academic ability of our athletes, due to a minimum GPA requirement of 3.2 for students to be named to this team. “These student-athletes have assumed leadership roles on their campuses by demonstrating that a complete education includes both academics and athletics,” states CSAC commissioner Amy Friedman according to www.cedarcrest.edu. The Fall All-Academic Team consists of players from Men’s Cross Country, Women’s Cross-Country, Field Hockey, Men’s Soccer, Women’s Tennis and Volleyball. This recognition finished off a great fall season for all Falcon athletes.

Forensic Students to present in Seattle

Sarajane Sein

ASSISTANT OPINIONS EDITOR

The students in the Forensic Science program will soon be able to add yet another notch to their presentation, and travel – they will be going to Seattle, WA to present at 62nd Annual Scientific Meeting of the American Academy of Forensic Sciences, better known as AAFS. The meeting will take place from Feb. 22-27, and the students who will be presenting are senior Biology major Caitlyn Hauke, and Forensic Science graduate students Rachel Soda, Jillian Conte, Kelsey Dougherty, Kristin Allard, Rosanne Holowienka and Taylor Grauzlewicz.

“I was thrilled when I was originally told I was going to have the opportunity to present in front of the Academy. Now that it’s closer to the date I’m getting more anxious and nervous – not because I don’t know the material or because I think I’m a poor public speaker, but I’m realizing there are potential employers in the audience and this will be their first impression of me. I’m hoping everything goes well!” said Grauzlewicz, whose thesis is entitled “The investigation of adaman- tanes in various petroleum distillates.” Hauke, whose research “looked at sequencing the order of deposition of two different types of blood stains,” was also excited to have the chance to present in Seattle, and to interact with others in the forensic science field. “I am the only undergraduate from Cedar Crest that is presenting and I am honored to have this opportunity. It is great to get my research out to the forensic community and it will be interesting to learn about the other research taking place in the field,” she said.

“It’s an honor to have the chance to go to the meeting,” agreed Holowienka. “It’s going to be cool to be able to meet people who wrote your textbooks for class and see what professionals in the field are doing.” Holowienka’s research is based upon “taking tire rubber, heating it up to 550 degrees Celsius, and seeing what pattern of peaks are created,” she explained.

Allard’s research deals with analysis of blood stains; specifically very small ones. “In crime scene reconstruction, investigators can measure bloodstains to calculate the angle at which they impacted the wall, and from there do a backwards project to find a common origin of the bloodstains, or where someone might have been,” Allard said.

Where should you live?

Rena Wallace

STAFF WRITER

It’s west coast versus east coast! Which part of the country would you prefer to live in?

Think hard, because the location you choose can very well affect your health, happiness and fitness level. These are some things to consider as you glance at a map of the U.S.A.

Some of the best cities for women to live in can help increase their life expectancy. For instance, according to Women’s Health Magazine, the average life expectancy in Lincoln, Nebraska is 80 years, which beats out almost every city on their list. Lincoln has also had zero days of unhealthy air quality from 2004 to 2008. Another city with an almost perfect environment is San Jose, California. The city averages 300 sunny days a year, so residents soak up mood-boosting serotonin and vitamin D. No wonder it has the second-lowest depression rate in the nation! Five to thirty minutes in the sun twice a week is all you need anyway.

Warm weather is comforting, however chillier climate isn’t so bad as well. Fargo, North Dakota has female-friendly ratios, with 79 single women for every 100 single men. So during those frigid winter nights, you’ll most likely get the company of a male friend.

In large cities such as New York City, it is difficult to find a mate. Yet, being in a city such as that, you are able to get a lot of exercise. With the excess traffic, people would rather take public transit such as the train or the bus. Minneapolis, Minnesota for example, has the fourth-highest number of female joggers as well as one of the lowest breast-cancer death rates.

In addition, women in Seattle, Washington are the least likely to die from heart disease (the leading killer of women), and just 10 people per 100,000 die of heart at- tacks here each year. They city also offers easy access to organic fruit markets, which makes it possible for 28 percent of women who claim to snack on fruits and veg- gies at least five times a day.

You’re not limited to just America. There is a huge world out there. If you’re interested in traveling, you can go to any country in the world’s best country for women. Across the Atlantic, Sweden is your place to go to!

According to Marie Claire magazine, in 2005, the World Economic Forum found the nation to be the world’s “most advanced country” for women was Sweden. It has great levels of equal- ity, power, health, and well-being among women than anywhere else. The survey also ranked the U.S. as 17th place.
Countries consider global bailout

With Greece’s struggling economy, they are left feeling financially short but not seeking help

Jesenia Holguin
STAFF WRITER

Whoever thought rescuing those in trouble was just for superheroes is about to get a slap in the face as talk of bailing out Greece increases.

“There is pressure to deliver something,” said John B. Brady, about the perceived bailout for Greece according to the New York Times. As of right now, Germany and France are proposing to help Greece rather than allowing the matter to worsen, the New York times went on to say.

But what exactly is Greece being bailed out of, you might ask? Cedar Crest College Assistant Professor of Economics, Chris Duelfer helps explain it.

“The tragedy unfolding in Greece and affecting global financial markets is, at its core, fairly simple: the Greek government is unable to repay the money it has borrowed.”

Now that the problem has been identified, possible solutions on how the bailout might fair have been proposed. The New York Times reports, “European leaders may take a symbolic route and try to avoid hard budgetary decisions, feared that this may set the precedent by signaling that countries can avoid hard/adverse decisions, expecting the rich Eurozone countries to come to their rescue in an ensuing crisis.”

It is hard to say what will happen in the next couple of weeks, but needless to say, there is a lot of rescuing that needs to be done and people can only hope that superheroes step forward.

EUROZONE BAILOUT

The Eurozone, are negotiating a support package for Greece, likely involving guarantees on Greek debt in exchange for austerity measure by Greece (spending cuts and tax increases to put Greece on a sustainable path).

All this talk of helping Greece out of the current situation, has anyone bothered to ask the country how they feel? “We don’t need anything from Brusels. We know exactly what we will do. We don’t need, we will take our own problems,” Jose Socrates, Portugal’s Prime Minister, stated in the New York Times. However, an anonymous spokesperson reported, “The idea that we could go it alone is absolutely nuts.”

While there appears to be no short term issues with the above solutions and plans, there are possible long term effects. The New York Times shared that the European Union, “remain concerned by the possibility of a series of defaults, which could raise the cost of lending around the world and slow the broader economic recovery.” Duelfer added, “it is feared that this may set a precedent by signaling that countries can avoid hard/adverse decisions, expecting the rich Eurozone countries to come to their rescue in an ensuing crisis.”

“A healthy and wellness information fair was held on Thursday, February 23.”

The fair was hosted by Valerie Donohoe, assistance director of athletics and wellness, as a way to give health information to students in a fun and interactive way. The fair was held in Alcove A during lunch and boasted a very big crowd.

The purpose of the fair was to show students how health and wellness can fit into your everyday life. The information fair definitely showed how a balance of body and mind can impact your present life and your future.

The fair featured six activities and tables that expressed serious topics about today’s health. The topics covered were nutritious wellness, eating disorder awareness, wellness nibblers, breast cancer awareness, fun times and attitudes about alcohol. When going from activity to activity, students could see and actually feel how these topics impact their life.

One thing that did make the information fair different, is that students could participate in the activities. Many had their blood pressure taken, along with their weight. Students got to learn about equipment located in the gym, which may have been overlooked.

Samantha Barbato, a senior nursing major, was one of the students representing the awareness of eating disorders. She stated “It is so important to have eating disorder awareness events on campus, especially since we are a women’s college and eating disorders affect predominantly women. Eating disorders have their foundations in shame and secrecy. The more that we talk about it, the more we will break down that foundation.”

“The main goal of the information fair was to show instructions for health and wellness in a sort amount of time. There are many stressors that college students face everyday, and these instruction would help to live a healthier life.”

Not only this, the fair gave all this information in a fun interactive way, by including prizes and activities.

When asked how the idea of the fair started, Donohoe stated “We were looking for a way to disseminate health information on various topics that was convenient for individuals and was also fun and interactive. It went over so well that we decided to have more events on campus - would be a great place to start!”

In the end, the fair proved to be a great success. Many students left feeling better about themselves and their future. Surveys were filled out by students to suggest additional activities that could be incorporated in the future. The next “Walk to wellness” information fair will be on March 23rd. Come and get information for better health and a better life.
Toyota recalls over 400,000 brand new car models

Nicole Magloire
ADVERTISING MANAGER

Lexus HS250h is just one of three new models recalled by Toyota for faulty breaking systems. The global recall included more than 400,000 of the automaker’s 2010 hybrid models, including the popular Prius, for problems with its anti lock brake systems. Notice of the recent recall was given by Toyota president Akio Toyoda and Shinichi Sasaki, vice president and quality controls, at the Toyota office in Tokyo.

The company acknowledged that there was a major issue with the anti lock systems of the 2010 models of the specific models and said that a solution has been found. Toyota previously recalled eight million vehicles for a problem with faulty accelerators pedals and floor mats was discovered. The Toyota recall also extends to Tacoma 4WD trucks over the fear of defective front end shafts. The recall involves trucks that were built between the time of December 2009 and early February 2010. Toyota released a statement to BBC saying “The front shafts in these vehicles were not included as a component that contains cracks that develop during the manufacturing process.” The cracks can be very dangerous because they could lead to the front drivehaft separating and falling from the truck which would consequently cause the driver to lose control of the car.

Toyota has had worldwide recalls since October because of different manufacture problems that have been discovered in the different models. The reputation of the company is at stake as it tries to right all of the wrongs that have occurred in the last few months. Toyota president Toyoda continued in his interview with BBC that they plan to add a new system will override braking system. The new system will automatically cut engine power when the brake and the accelerator are applied at the same time.

Considering both recalls Toyota has recalled approximately 8.5 million cars worldwide. With the first problem being that accelerators were getting caught in floor mats and the second one, the problem with the anti lock brakes. Toyoda has considered its ethical and moral responsibilities in the situation and plan to move ahead and hope to improve and eliminate each of the specific problems. Toyoda was called to go before Congress to address the steps that were taken to make sure the faulty cars were recalled immediately.

The US car safety watch dog, questioned the speed that was taken when alerting the press and consumers to the problems with the models. As he gets ready to travel to the US to stand before congress and defend his company Toyoda stated “Let me assure everyone that we will re-double our commitment to quality as a lifetime of our company.”

With the promises made and the words actually being put to action one can only hope that the future holds a better standard of cars for Toy-ota and less recalls.

Is your vehicle involved in the Toyota recalls?

Listed below are all the models of cars and years that have been involved in the sev- eral recalls Toyota.

- 2005-2010 Avalon
- 2010 Prius
- 2007-2010 Camry
- 2009-2010 Rav4
- 2009-2010 Corolla
- 2008-2010 Sequoia
- 2008-2010 Highlander
- 2005-2010 Tacoma
- 2009-2010 Matrix
- 2007-2010 Tundra
- 2004-2009 Prius
- 2009-2010 Venza

compiled by Hauna Colista

After a long detailed search, a new provost is found to start in July

Morgan Keschi
ASSISTANT NEWS EDITOR

After a very thorough process, which began in May 2009, Dr. Betty J. Powell will become the new Provost for Cedar Crest Col- lege beginning on July 1, 2010 as Carol Pulham steps down. Powell will be joining us from Queens University of Charlotte in North Carolina, where she has been acting as the Dean of the College of the Arts and Sciences for six years. Powell’s background certainly is rounded with many positions of re- sponsibility. “My academic background is in English, specifically 19th cen- tury American literature, with sub- specialties in African American and women writers. I received tenure from Mars Hill College outside of Asheville, NC and went on to the Assistant Vice President for Aca- demic Affairs at Warren Wilson College and then to my current position at Queens University of Charlotte,” Powell said.

President Carmen Twillie Ambar chose Powell because of her well-rounded background and way of leading which will help her own efforts to administrate Cedar Crest. “I think it’s a combination to commitment to women leadership and broad and deep administrative experience. I think she comple- ments my leadership style and I think that’s the key area that led her to be my number one choice,” Ambar said.

Carol Pulham, Cedar Crest’s current Provost, will be returning to her passion for teaching English, which initiated Powell’s application to administrate at Cedar Crest. Pul- ham believes that Powell is a credi- ble choice for our college’s next leader.

“She has an excellent back- ground with good experience. She had knowledge of women’s leadership and adult education,” Pulham said. “She’s also very interested in women’s education in particular and globalization. I think she’ll be an excellent fit for the college.”

The search began earlier this year and the Provost was chosen from well over 70 applicants applying within three months, a search firm, and a committee which would include a small number of students and other faculty members to ap- prove a new Provost. After careful consideration of the resumes with an astonishing five to eight pages of cover letter per resume, the appli- cants were narrowed down to 10. An ad was posted on the Cedar Crest website to give a job description of the position so the 10 can- didates would be familiarized with Cedar Crest. The job of a Provost in the col- lege community is to be the top ad- ministrator under the president, looking on the role as president is there a lot of issues to think about for what is best for the students, but also to try to surround yourself with people who can help the advance- ment of the college,” Ambar said.

“There is no more important posi- tion than this Provost position be- cause it allows the president to create the advancements of the ins- titution. It’s so critical to the ad- vancement of the college.”

The importance of a devoted Provost is crucial to life on campus, and because Powell has been very very involved on her own campus, as Ambar is at Cedar Crest, she is a fitting choice.

“If the President wasn’t here, it would be the Provost in charge. The choice has to be very good and the final three were some great can- didates with great qualities,” Ambar said. “For Betty, she had such a background of experience. She has had some progressing level of experience. She was the Dean of Arts and Sciences. She had been involved a lot. I feel that she was a great fit for me, personally.”

The committee met with the 10 candidates off campus for one hour periods within two days, and

There is no more im- portant position than this Provost position because it allows the presi- dent to create the advancements of the institution

-Carmen Ambar

continued | page 5

NEWS

What’s happening?

Thursday 25
12-1 pm | Zumba- Lees Hall Gym
8 pm | Trust- Samuels Theatre

Friday 26
12-4 pm | Mall and Movie Road trip
7-8 pm | Zumba- Lees Hall Gym
8 pm | Trust- Samuels Theatre

Saturday 27
All day | Basketball Champi- onships
10-11 am | Zumba- Lees Hall Gym
10 am | Road Trip- Reading Public Museum and Shopping Outlets
8 pm | Trust- Samuels Theatre

Sunday 28
2 pm | Trust- Samuels Theatre
7-8 pm | Zumba- Lees Hall Gym
7 pm | FADED- Alumnae Hall Aud.

Monday 1
All Day | Recyclemania Art Display-Butz Basement Lounge
9 pm | Mystery Sport Tourna- ment- Lees Hall Gym

Tuesday 2
9:30-10:30 am | Zumba- Lees Hall Gym
10-12 pm | Road Trip- Reading Public Museum and Shopping Outlets
8 pm | Trust- Samuels Theatre

Wednesday 3
12-1 pm | Core and More- Lees Hall Gym
6-7 pm | Student Government Meeting- 1867 Room of the Tompkins College Center (TCC)

SUBMIT YOUR EVENT

Events can be dropped off in the box outside of The Crest- iadi office in the basement of Butz Hall marked “What’s Happening?” or email the News Ed- itor, Hauna Colista at hcolista@cedarcrest.edu. For an event to be included in a specific issue of The Crestiad, it must be submitted by 5 p.m. on Monday the week of the issue.

compiled by Hauna Colista

Hall Gym
9:30-10:30 am | Zumba- Lees Hall Gym
7-8 pm | Zumba- Lees Hall Gym
7 pm | FADED- Alumnae Hall Aud.
A night of dancing, laughing, and enchanting scenery

Winter formal had more than just dancing. Students and friends held tables to rest and socialize. Above is pictured are friends senior Kurt Lasky and junior Sarah Ciminos with each of their boyfriends.

Demons haunt terrifying children

Children in one part of Japan are haunted by demons, or rather men dressed in demon costumes. The children in Japan’s Oga Peninsula in Akita prefecture get visits annually from the mask wearing, straw clothed Namahage demons. The Namahage usually, young men, carry torches and go door to door in search for mischievous children and “lazy” new brides. The demons come into the house and usually threaten to drag the offenders out into the snow covered mountains, until the parents beg their pardon, say their good children. Tourists from outside the area can have demons visit their houses as well if they stay in the local inns surrounding the town.

Source: SODx.com

Football star refuses compensation

Giants quarterback, Eli Manning, denied payment of over $500,00 from a hospital in debt in New York. St. Vincent’s hospital allegedly owes about $700 million to different outlets. When Manning heard about the debt, he denied payment, and continues to do charity work for the hospital. The hospital is working to get out of debt, and with the help from Manning, doing fundraising and other things, they very well may. Source: Sports Yahoo.com

Police capture escaped Zebra in downtown Atlanta

The 12 year old animal, named Lima, was exercising when something spooked it, according to Ringling Brothers and Circus spokesperson Crystal Drake. The Zebra wiggled through a fence after breaking free from trainers and bumping a fence. The zebra led it’s trainers and police on a 40 minutes wild zebra chase through downtown to a interstate that cut through the center of the city. Police cruisers blocked off the interstate and were able to herd the zebra down a entrance ramp, where his trainer was waiting to calm him down. Though the zebra suffered cuts and bruises on his hooves from the long wrong, he was not otherwise injured. Source: SFGate.com

Thousands hold memorial for dead zebra

Thousands of Vietnamese fisherman held a memorial for a 15-ton whale which they called “your excellence.” Nearly 10,000 fisherman held a memorial for a 15-ton whale which they called “your excellence.” Nearly 10,000

Defense classes protect students

The next RAD classes at Cedar Crest will be Sunday, Feb 28 and Sunday March 14 from 6:00 p.m. to 9:00 p.m. in HBB Classroom 11. Although all classes are not mandatory, it is recommended that interested individuals participate in all classes since they progress from class to class.

To register for the RAD program, email ccrad@cedarcrest.edu with the subject line of “RAD CLASS.” Include your name, home or college address, and the phone number you are most likely to be reached at, whether that be cell, home or dorm extension number. Classes wishing to enroll in RAD classes may also email ccra@cedarcrest.edu and will be put in contact with local RAD for information.

According to the Rape, Abuse & Incest National Network (RAINN), one in six women will be sexually assaulted in their lifetime, and college age women are four times more likely to be sexually assaulted. With such alarming statistics, it’s important to know how to effectively protect yourself against sexual predators. Cedar Crest Campus Police makes this possible with their RAD (Rape Aggression Defense) program.

Open to only women in the Cedar Crest community, RAD classes include both the progressive and basic programs, offering basic, advanced, key chain defense options, and aerosol defense options.

Press Release

Plant sale to benefit local crime victims

With all this snow is not it time to think Spring! Crime Victims Council of the Lehigh Valley, a comprehensive victims assistance organization, is holding its annual Spring Plant Sale to benefit local victims of crime. Help brighten up their lives, as well as your own, by ordering beautiful Hyacinths, Tulips, Daffodils, Parsnips, Irises, Violets, Mums and Hydrangeas in a variety of sizes and colors while helping to support services, provided at no cost, by Crime Victims Council.

Individual orders are welcome, and for your convenience, orders of 10 plants or more to one location can be delivered to a home or office free of charge! CVC is also looking for people from area businesses who are interested in helping with distributing forms and collecting orders at their companies. Orders will be taken through Mon. Mar. 15, and the plants will be available for delivery or pickup on Tues. Mar. 30.

All proceeds from the sale will help support services for victims of crime in Northampton and Lehigh Counties. All services offered by Crime Victims Council are confidential, provided at no cost, and include: 24-hr. hotline, individual and support group counseling, hospital and court accompaniment and prevention education programs.

For more information, to place an order, and/or to assist with this fundraiser at your place of business, please call Jeff Faller, Events Coordinator at 610-437-6610 x12 or email him at jfaller@cvclv.org.

Katey Double
STAFF WRITER

This year’s Winter Formal was full of romantic pedals and fun flurries of snowflakes covering the floor.

Whether students were attending with their friends or the significant other, it was bound to be a night full of memories.

With music ranging from the famous “Living on a Prayer” to one of the latest R&B hits “Blah Blah Blah by Kesh”, you could be certain you would hear at least one of your favorites by the end of the night. Good times with great people would be an appropriate way to explain the energy of the night.

Winter formal had more than just dancing. Students and friends held tables to rest and socialize. Above is pictured are friends senior Kurt Lasky and junior Sarah Ciminos with each of their boyfriends.
CARS everywhere with no place to go

Jessica Kuc
STAFF WRITER

The hot topic of the Feb. 17 SGA meeting was parking, and it certainly lived up to its title. After a brief introduction of four newly elected senators, attendees jumped right into the evening’s long discussion of parking concerns and possible future rules regarding student parking.

At the previous meeting, insight was given into other college’s parking policies. With some other local schools, charging as much as $350 for parking. Cedar Crest students were concerned about our college adopting a similar fee. While some students were more open to a smaller fee, such as the $40 charged at Muhlenberg, many still did not agree with the possibility of having to pay for parking.

Resident students believed that a parking privilege should come automatically with a room on campus. Many felt the cost of the room should more than cover a parking spot as well.

On a different note, commuters felt that due to the cost of the gas needed to get here and the wear and tear caused to their cars from making the drive each day, they should not be required to pay an additional fee to park. Similarly, the availability of parking spots for commuters and residents was brought up as well.

Parking in front of Moore, Curtis and the Library was discussed at great length due again to commuters and residents alike feeling they should have priority in parking.

Students had some concern over where they are and are not allowed to park. Many suggestions were given to the campus police in order to expand the knowledge of these regulations to all students.

Another hot spot, as far as parking is concerned, is the ability of first year students to have a car on campus. Many colleges do not allow this, and to this point Cedar Crest has been unique in letting everyone park on campus. Many attendees agreed on more restricted parking for first year students, if they continue to be allowed cars.

There were arguments both ways. If a rule went into play forbidding first year residents to park on campus, one suggestion to soften the rule was to include an optional bus pass in tuition.

At this time there is no specific timeline in which any changes are scheduled to happen, and no changes to the current rules are official. The hot topic for the Feb. 24 meeting will be the “Where are the Boys?” video. All students are welcome to attend and participate in this discussion.

NEW PROVOST

then narrowed down their candidates to six. After checking the candidates’ references, three were selected. The three remaining candidates met with Ambar on campus and filled out an online survey at the end of their day to see their interest in the college.

Following their visit, the committee participated in reverse site visits, where they traveled to the candidate’s own campus in action. Ambar feels that these visits give a more in-depth look at the person’s character and reputation.

“It allows you to see them in their natural environment, to have casual conversations and see the reactions and body language of the person. It also allows you to see how the campus reacts to this person leaving,” Ambar said.

Upon the committee’s return, they had great news to report about Powell.

“They said ‘She fits Cedar Crest.’ Something about their experience there fits a piece of the puzzle,” Ambar said.

Ambar is excited to begin the new semester with a Provost who will help accomplish her goals. Powell also seems to be satisfied with Cedar Crest as well as its proximity.

“I must say, the energy and enthusiasm expressed by everyone from students to President Ambar helped me make the decision to move to Cedar Crest. An added plus is that our son, daughter-in-law and six year old grandson live in Manhattan, which means we can see them much more often,” Powell said.

“She’s always wanted to be at a women’s college. For her, I think it’s attainment of a goal she had, being a Provost at a women’s college. I’m excited to have my new partner,” Ambar said.

Ambar feels that the future of Cedar Crest looks promising as Powell will help push what our college is known for, diversity and leadership.

“I’m very much looking forward to working with Dr. Powell as a faculty member with the strategic initiative of globalization and women’s leadership. I’m very optimistic about the future here at Cedar Crest,” Pulham said.

Powell stresses that she is thrilled to be coming to Cedar Crest and that she wants to be heavily involved with the College community.

“My door will be open, and I hope to get to know everyone quickly. I’m looking forward to building relationships across the campus with students, staff, and faculty and assisting in moving the approved initiatives forward,” Powell said.

PULHAM

versed in literature, she is also looking forward to teaching freshmen students and linguistics.

“I can’t wait to get back to Chaucer. I haven’t taught Chaucer for eight years. I also teach linguistics and I wanted to teach Writing 100 and will also be doing some other courses like Survey of British Literature and World Literature.” Pulham said.

As Pulham’s administrative career draws to a close, she is satisfied with her experience here and is excited for focusing on her true passion. Pulham is also planning to work with Professor Roxanne Amico, _ and Professor LuAnn Fletcher, _ to plan a trip with one of the literature courses to London for an eight-day visit.

“I’m looking forward to getting back to my teaching specialties and planning the trip for my students,” Pulham said.

Pulham follows a legacy at Cedar Crest, considering her mother is an alumna from the Class of 1947 as a home economics major, and her father was the first to teach legal research as part of the Paralegal program. Pulham graduated from Cedar Crest in 1976, as did her sisters, and also had her daughters come for classes on our campus. With a legacy like this, Pulham is at Cedar Crest for the long term.

FORENSIC

A 2 Male and Female A.K.C registered puppies free to good home,. They have current shorts and play along with children and other animals contact julianam smith@1@yahoo.com

FEEDBACK

March 25, 2010 | 5

STUDENT GOVERNMENT ASSOCIATION

The SGATweet of the Feb. 18 SGA meeting was: "#SGA meeting was parking, and it certainly lived up to its title. After a brief introduction of four newly elected senators, attendees jumped right into the evening’s long discussion of parking concerns and possible future rules regarding student parking. At the previous meeting, insight was given into other college’s parking policies. With some other local schools, charging as much as $350 for parking. Cedar Crest students were concerned about our college adopting a similar fee. While some students were more open to a smaller fee, such as the $40 charged at Muhlenberg, many still did not agree with the possibility of having to pay for parking.

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“She’s always wanted to be at a women’s college. For her, I think it’s attainment of a goal she had, being a Provost at a women’s college. I’m excited to have my new partner,” Ambar said.

Ambar feels that the future of Cedar Crest looks promising as Powell will help push what our college is known for, diversity and leadership.

“I’m very much looking forward to working with Dr. Powell as a faculty member with the strategic initiative of globalization and women’s leadership. I’m very optimistic about the future here at Cedar Crest,” Pulham said.

Powell stresses that she is thrilled to be coming to Cedar Crest and that she wants to be heavily involved with the College community.

“My door will be open, and I hope to get to know everyone quickly. I’m looking forward to building relationships across the campus with students, staff, and faculty and assisting in moving the approved initiatives forward,” Powell said.

PULHAM

versed in literature, she is also looking forward to teaching freshmen students and linguistics.

“I can’t wait to get back to Chaucer. I haven’t taught Chaucer for eight years. I also teach linguistics and I wanted to teach Writing 100 and will also be doing some other courses like Survey of British Literature and World Literature.” Pulham said.

As Pulham’s administrative career draws to a close, she is satisfied with her experience here and is excited for focusing on her true passion. Pulham is also planning to work with Professor Roxanne Amico, _ and Professor LuAnn Fletcher, _ to plan a trip with one of the literature courses to London for an eight-day visit.

“I’m looking forward to getting back to my teaching specialties and planning the trip for my students,” Pulham said.

Pulham follows a legacy at Cedar Crest, considering her mother is an alumna from the Class of 1947 as a Home Economics major, and her father was the first to teach legal research as part of the Paralegal program. Pulham graduated from Cedar Crest in 1976, as did her sisters, and also had her daughters come for classes on our campus. With a legacy like this, Pulham is at Cedar Crest for the long term.

FORENSIC

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FEEDBACK

March 25, 2010 | 5
Submit your opinions!

Artie Scott
ARTS EDITOR

In the world that we live in celebrities are under a scrutinizing magnifying glass; we are watching and judging everything that they do.

We have joined the paparazzi in chasing these public figures, wanting to know every single detail of their personal life, but never seem to give them any sort of “fair trial,” we think that all celebrities are up to no good, we judge them on their failures.

Let’s face it, they are constantly giving us something to talk about, gossip about, judge, or laugh at, but when their entire personal life is shown on the table for everyone to look at, will they ever be looked at the same way? But who are we to judge? How would you feel as a star athlete, having all of your transgressions out there for everyone to see? Your marriage is tarnished; the public knows every detail (including fabricated stories) of your infidelity.

People now have a new idea of who you “really” are; a cheater, a liar, a man who was disloyal to his morals. You take time for yourself to get your thoughts together and then when you are ready, you stand in front of a crowd and own up to your mistakes and say you’re sorry.

In another case, what would it be like if you were to be a famous singer, young and just starting to embark on a fulfilling career ahead of you? Your entire career is shattered by a night abused your girlfriend, and it only took ten minutes after the fight for the news, internet and tabloids to spread the news that you are an abusive man.

Your music career is destroyed, your relationship is ruined, everyone knows what kind of hurt you are capable of doing, your fans are shocked and you are left alone to think about your actions. You get a chance to apologize on national television through a personal interview, you say you’re sorry, hoping that it will be enough to salvage what you have left.

Creating everything is said and done, and these people are trying to get their lives back together and their image sorted out, in order for them to start putting their life back together they feel like they must apologize to us to reconcile their image.

Is sorry ever going to be enough?

Katyte Dauble
START WRITER

As many of you might know, MTV hosted a show this past year called “Teen Mom” The name itself says it all: lots of drama, hard work, and a ton of crying (and I don’t just mean the babies). Following four teen girls since their very first months of pregnancy in a show called “Sixteen and Pregnant”, MTV set out to create an impact on young teens of our generation. But what impact are they exactly trying to make?

That’s where MTV had me questioning why I couldn’t keep myself from watching these shows. Was it because of the interest it gave me on teen pregnancy or was it the fact that I needed my weekly dose of entertainment on TV?

To be honest, I think it was Bentley’s cute little smile that I couldn’t keep myself from. I found myself so addicted to the show’s drama and captivated by the life stories of these teens. I would sketch into my planner “10-11pm 16 and 17 Pregnant on MTV”. I found out an entire series of their life after pregnancy was going to be aired and I could barely wait for the first episode to be nationally televised—“Teen Mom” it would be called. “I guess I can continue sketching that one hour time block into my busy sched-

It’s obvious that many teens make the mistake of having unprotected sex, are they all aware of the risk they are taking and did this show help educate them?

All I really have to say is, I couldn’t keep myself away from the show, whether it portrayed a real or fake scenario on teen pregnancy and how it affects your life. I’m sure the intention of the show was to stray teens away from pregnancy, but I’m afraid its intention turned into giving pregnant mothers more publicity.

After talking with some of my friends and students here at Cedar Crest, some agreed with me about the impact the show had on teen’s lives. Miranda Marks, an undeclared Freshman, shared her thoughts about the impact it may have left. “I think that it sheds a somewhat good light on being pregnant when really, your parents fully supporting you isn’t always the case, especially in Farrah’s situation.”

Although I believe the program didn’t give enough insight on “real” situations, Sarah Gilmore, a Junior Nursing major, believes the show did a good job covering “many different scenarios”. “It shows everything from being a single mother, to adoption, to trying to work through tough times with your significant other”. Gilmore explains. She also argued against my belief that the show has no prevalent “purpose.” “I feel that it may be very educational for teens.”

Okay, maybe so it did educate some people, but I still look at Bentley’s face and can’t help myself from thinking, “I want one!” Danielle Niles, a Senior Social Work major, argues that “as cute as Bentley is, he won’t take care of these young women want to have a child right away…” it simply makes me excited for the time that come.”

It’s obvious that many teens make the mistake of having unprotected sex, but are they all aware of the risk they are taking and did this show help educate them?

For submission of letters to the editor: 
submit letters to the editor at the crestiad e-mail account at crestdavest@gmail.com to get your letter into the next paper, please submit it by midnight the Sunday before the date the paper is to be published.
Ancestry vs. America: culture conflict

Morgan Keschl
ASSISTANT NEWS EDITOR

As Black History Month is coming to an end, I find myself wondering about my own heritage and the debate over ancestry and national pride. Bratwurst or hot dogs?

I’m Pennsylvania Dutch (my mom’s side came from Holland), Austrian (my last name), and Croatian (my fuzzy curve eyebrows).

I’ve always been proud of where my family came from, including my grandparents’ Pennsylvania Dutch accents and eating chow-chow once in a while. I even eat sausage after New Year’s Day and dandelion at Easter (sometimes).

I get teased for overemphasizing my “ou’s,” which I didn’t even realize I did until tenth grade when my friend asked me to repeat “house” (“hauns,” for me). I always reach for some flour-based treat in stead of ice cream for dessert, too, reaching for some flour-based treat instead of finding specific backdrops to my family heritage. I still call myself a “German” even though my last name includes my grandparents’ Pennsylvania Dutch heritage, like I used to think I was, but I’m Austrian.

Again, I’m an American “mut.” What right do I really have to say that I’m a certain heritage when I’m not indigenous to the country I’m associating myself with? My culture is American culture, because this is where I was raised and contributed to my values and behaviors. Do my co-cultures matter?

As I get deeper into the realm of Communication studies, these questions come up in no way do I feel that my heritage is better than others, nor do I feel that my country is the best in the world. I have a great amount of respect for other countries, especially the Germans whose high schools are on the same level as American colleges and the long process of getting your driver’s license overseas. There is surely no ethnocentrism here.

After looking at www.census.gov, under the “white” population profile for “race, ethnic, or ancestry group,” I realized that there is no definition of white. “In standard of finding specific backdrops, like German, Irish, or Austrian heritage, I find information about household size and other info typical of census research. The only link I can find to any cultural identity on the Census 2000 website is the statement of “Ancestry Defined.”

“Ancestry refers to a person’s ethnic origin or descent, their “roots”, heritage, or country of birth of the person or their parent’s ancestors before their arrival in the United States.”

Considering this definition alone-- that under a category titled to make you believe it is explicit in your own background–I believe that we are encouraged to be simply “American” instead of identifying with our backdrops with other countries, despite the “Ancestry Defined” statement that contraicts this idea. Perhaps this is why there is no definition of white.”

I feel that people should have the right to express what makes them happy even if the term “population group” by your own background, because how you look is different.

“I’m “white,” but more than that, I’m Pennsylvania Dutch, Austrian, and Croatian, and the traditions that I grow along with them. I’m proud of my family’s bad European history. I’m willing to accept the bad and the good with open arms and make the best of both worlds. I’m a truly unique individual who brings back some of that original Stephen King’s writing justice. I don’t mind that Hollywood is engaging with our backgrounds with our backgrounds with our backgrounds with other countries, despite the “Ancestry Defined” statement that contraicts this idea. Perhaps this is why there is no definition of white. I feel that people should have the right to express what makes them happy even if the term “population group” by your own background, because how you look is different.

“I’m “white,” but more than that, I’m Pennsylvania Dutch, Austrian, and Croatian, and the traditions that I grow along with them. I’m proud of my family’s bad European history. I’m willing to accept the bad and the good with open arms and make the best of both worlds. I’m a truly unique individual who brings back some of that original-
Dear Editor,

Most commuters love being commuters, but there is one thing we all dread: driving in the snow.

However, there is a solution to this issue that almost no one on campus is aware of, and it is something that is extremely useful to know about.

So far I’d gotten lucky. I only have class on Monday nights from 7 until 9:30 and Tuesdays and Thursdays from 8 until 3:45. I’ve been able to evade every snowfall so far through school being closed or simply not having classes. But two weeks ago, on a Monday night, not only would I have to drive home after whatever the snow that had already fallen, but also face the two-to-four inches that were predicted to fall by morning.

I stressed my concern to a girl in my class who turned out to not only be a commuter but also a member of the Commuter Activities Board.

She told me about something that I remembered being told about when I first started at Cedar Crest - in the case of an emergency, including pending snowstorms, commuters may provide with a room on campus for the night. I just needed to call campus security.

To my dismay, the man who answered the phone had no idea what I was talking about when I asked him for a room. Neither did either of the two supervisors he asked while I waited on hold for ten minutes, and neither did the RA I spoke to.

When I mentioned it to the staff of the Crest, the next day, it was no surprise to me that most of them had never heard of it.

I emailed O’Neill and the Commuter Activities Board, who both emailed me back saying it was the result of a lack of communication, and security will be notified.

I still feel that it needs to be announced in a way the guarantees almost everyone, especially commuters, is aware of this option.

Security should hopefully now be aware that this is available, so if any commuter ever needs to stay on campus, they just need to find a phone and dial “0.”

Rachel Zarzyko
Class of 2013

Everybody hurts

Jesenia Holguin
STAFF WRITER

Being at Cedar Crest we as students often find ourselves torn between what we want to do and what we can do.

We overload our schedules with club meetings, sports practices, club events and class work and somehow we manage to do it all.

Our workload alone, no matter what discipline, can be hectic and demanding and that is why I absolutely hate when those students in the science majors claim that they have it harder than any other major.

Now, I want to preface by saying that this is not a bashing of the science majors. It is a mere opportunity to shine the light on all the work that we all do, in every major.

Having been a science major for a while myself, I understand the struggles and hardships that they face; labs alone will eat your life away.

Most people will switch out of the sciences their first year because it might too difficult or demanding for them, which already sets a high expectation of what being a science major entails.

Being said, I did not leave the sciences because they were too difficult or too demanding. I left because I knew that I did not want to be in school forever to get the degree.

While this was tough decision to make, I am glad that I had the opportunity to give something else a try. Business.

One of the first memories I had after my first semester here was hearing of some of my fellow classmates mates joke about leaving the sci- ence world to go into business because they thought that it would be easier.

Well I am here to tell you that it is not. It is just as demanding as any science major with just as much work.

I may not be in lab for three hours a day, but I might be in meet- ings for group projects, research- ing, meeting with professors to look at past work, etc. When looking at these aspects, no science major should think that it is any easier.

I do not want my fellow classmates at Cedar Crest to be enaged by this article or feel that I am in anyway trying to compare the sci- ences to business because, let’s get real, they are two different beasts.

I just want a mutual under- standing, among all majors, that whichever you are a genetic engi- neering Major, Communications Major, Business Administration Major, or Art Therapy Major (just to name a few of the many), we all have our hardships.

Instead of saying one disci- pline has it harder, let’s try to motiv- ate one another when times are tough and the work load seems un- bearable. Because in the end every body hurts.
Does too much television kill?

Rachel Morgandale
STAFF WRITER

After a long day of classes, you may want to just flop down in front of the television and enjoy a few hours of your favorite shows and a break for your mind. Maybe you should rethink your evening entertainment according to a new study published in an American Heart Association Journal.

The study found that adults who watched four or more hours of television a day were 80% more likely to die of heart disease than those that watched two hours or less.

True, a large part of that has to do with the fact that most viewers are sitting while they watch which in large stretches of time has been proven harmful for metabolism and muscle function. How do other sedentary activities such as reading or doing homework compare?

The studies show that those activities don’t carry the same amount of risk that watching television does. It may be possible to be due to the fact that TV watching often leads to poor nutritional choices according to the study; snacking mindlessly while watching is not the healthiest habit to engage in a show is common behavior.

Dr. David Dunstan, the head of a research center in Victoria, Australia says that television and other modern technologies replace much of the need for “non-sweaty” daily activities for many people and has them seated for most of their day. Dunstan suggests that even while watching TV viewers can take advantage of commercial breaks to get up and stretch their bodies. Dr. Peter Katzmarzyk suggests making small changes such as standing while you work on the computer to help keep your body active. “I really don’t watch TV that much. Maybe one hour a week. I haven’t been concerned about TV watching before, although I think that it could be a problem if you watch it all the time. I’ve seen it happen to my brother. He plays video games and watches TV all day in the summer and it just sucks him in and he kind of turns into a zombie and I think that is when TV becomes a problem,” says Nikki Sunday, a sophomore art therapy major.

A well known as “LimitTV” is dedicated to informing parents about the dangers of child television consumption, citing studies that suggest watching an excess of television at a young age can lead to being overweight, ADD and ADHD, as well as a, lessening of, mass- tery and self esteem.

The site suggests no more than one and a half hours of television a day for children. The American Academy of Pedi- atrics recommends similar time guidelines as one of TV consumption. Parents of pre-school age and younger children need to be the most careful about the amount of time their child spends in front of the screen, according to the site. At age most play should be fo-

Each moment that we venture out of our “safe” zones and come face to face with that which we have not known — we commence the journey within. In part, the college experience is also very much a continuation of the same inte- rior journey.

This is also the tradition of the liberal arts. The most valuable part of a liberal arts education is the opportunity to delve into realms of the human experience that we have not known - to see the world in fresh ways, to find that those things that we thought we made the most sense now don’t seem to quite fit together.

In short, when we travel we always seem to learn that in both the best and worst of times, life is a puzzle. That puzzle, and the mysteries that are contained within it, are the heart of the lib- eral arts which is built on a founda- tion of curiosity and a passion to look both beyond ourselves and also within.

When we leave the comforts and security of our own land and venture out, we sometimes find that the outward and inner journeys commence at the same time, leading us into the mysteries of life that connect us to one another and to the deep stories of other cultures.

Each trip, each plane ride, each new horizon is an important element not only of our knowledge of the world, but of ourselves.

Students who have visited Egypt and India often comment that the trips have changed their lives. In 2008 students visited a mosque in Cairo and learned firsthand what normative Islam is like apart from the stereotypes of extremist movements that we hear about in the West. The most valuable part of that TV becomes a prob- lem, it may possibly be due to the fact that most viewers are sitting while they watch which in large stretches of time has been proven harmful for metabolism and muscle function. How do other sedentary activities such as reading or doing homework compare?

does even “educational” TV compare with social interaction with parents, siblings and other kids? It’s impossible to place a value on the loss of sense of self and one’s place in the world,” says Karen Green, a mother of six from Rushland PA.

Although the affect of television on children should be a major concern, adults shouldn’t think themselves immune. As Dunstan’s studies found, your lifespan may be at risk, television seems to be the most dangerous sedentary activity people engage in. Maybe one night a week turn off the tube and hang out with some friends or even read a book, your body will thank you for it.

For it.

Does too much television kill?
Fresh off the Shelf

Tostitos Dipping Strips

Alyssa Slinger
STAFF WRITER

One of the biggest announcements when at a party is not loud annoying techno music, or when the line to the restroom is a mile long. It is when you are eating chips and dip and the chips break into a million pieces, and your fingers get full of the dip. This is why Tostitos newest chip comes in handy. The newest product off the Frito Lay assembly line is the Tostitos Dipping Strips.

The dipping strips are rectangular in shape, and are definitely thicker than other Tostitos chips. I think the reasoning behind the new shape of the chip is so that people can dip right into the jar of salsa or queso without their chip breaking. I tried this out in my jar of salsa, and I must admit, it took quite a bit of force before the chip would break.

One thing I was worried about with the dipping strips is how long they are. They are made this way so that even if you are down at the very bottom of the jar, you can dig down and get the very last bit of dip possible. But by being so long, you have to get the right chip to dip ratio. And with that is the worry of double dipping. While that is always a worry at parties, having a thicker chip makes it even more tempting because the chip just overpowers the taste of the dip unless you really get enough on there.

The study took place at a bar, and researchers surveyed people leaving the bar asking whether or not they drank an alcohol-energy drink combination, and they also measured their blood-alcohol levels. They did the study on 800 college-age students between 10 p.m. and 3 a.m. The subjects who said that they did consume alcohol-energy drink mixtures not only left the bar much later than those who just drank alcohol and were three times more likely to be drunk, but also were four times as likely to admit that they planned to drive within an hour.

A study done by the Wake Forest University School of Medicine also showed that students who drink the alcohol-energy drink mixture were more likely to be taken advantage of sexually. The study proved that this combination of drinks results in a higher blood-alcohol concentration and impairs judgment drastically more than drinking just alcohol.

This combination of drinks can also result in dehydration. Alcohol causes dehydration, which is one of the reasons someone who was drinking has a hangover the next day. Energy drinks can also cause dehydration, so drinking them together is twice as bad. Having a glass of water in between drinks is definitely necessary for someone who is going to be consuming alcohol-energy drink mixtures.

Also, because of the high levels of caffeine in energy drinks - Red Bull, for example, contains 80mg of caffeine - it already can cause heart rhythm problems if consumed too often. This amount of caffeine can cause heart palpitations, and it is thought that adding alcohol to the mix may possibly increase the risk of this happening.

The stimulant-depressant combo also may increase the chance of cardiovascular or cardiopulmonary failure. The FDA does not recommend to contain more than 40mg of caffeine in a serving. However, according to WebMD, energy drinks are not currently regulated by the FDA, and some have as much as 300mg.

Dr. Mary Claire O’Brien, associate professor of emergency medicine and public health at Wake Forest University, said, according to associatedcontent.com, “Students whose motor skills, visual reaction times, and judgment are impaired by alcohol may not perceive that they are intoxicated as readily as they’re also ingesting a stimulant. Only the symptoms of drunkenness are reduced - not the drunkenness. They can’t tell if they’re drunk; they can’t tell if someone else is drunk. So they get hurt, or they hurt someone else.”

Many students may be unaware of the dangers of drinking an alcohol-energy drink mixture as it may seem harmless. However, it is always important to be very careful when dealing with anything that alters your body’s natural functions.

Beer for bones

Danyla Frazier
PHOTO EDITOR

Do you have a fridge full of beer? Recent studies have shown that beer may be good for your bones.

According to an article by HealthDay News, which is located on Health.com, beer is a source of dietary silicon that helps to promote bone strength.

Even though beer has been known to be a source of silicon, research has not been done to prove its significance. Researchers conducted an analysis on a hundred commercial beers, all with various amounts of silicon.

A single beer has an average amount of 30 mg/L of silicon. The silicon levels of the beers that were tested ranged from 6.4 mg/L to about 56.5 mg/L. If someone drinks two beers a day, they are receiving approximately 30 mg/L a day. Considering that the average American consumes approximately 2-4 beers a day, that’s about 20 to 60 mg/L in a single day.

The amount of silicon in a single beer is dependent on the malt process that is used. Malting processes vary by the barley count and the specific type of beer. Since there are hundreds of types of beers, varying in taste and brand, there are various amounts of silicon.

To acquire more silicon and achieve stronger bones, the pale-colored malt beers prove to contain the highest levels. The next choices are the darker colored brews, which prove to contain moderate levels. However, non-alcoholic beers prove to contain the least amount of silicon.

Doctors do not require a specific daily amount of silicon. However, silicon has been proven to promote bone strength. High levels of alcohol have also been proven to help protect against osteoporosis.

Even though beer can promote bone strength, moderation is necessary. High levels of alcoholic consumption can be very dangerous to one’s health. Beer may be adding to one’s bone strength, but liver disease and other side effects can still occur.

Many studies are still being conducted on this topic. However, articles have been printed by Live Science (which was featured on Yahoo! News), the NY Daily News, and many others.

The consumption of beer is something that has always remained constant. This new information is not expected to heighten the consumption of beer. Again, it all comes down to moderation.

Some good tips to keep in mind would be to stick with pale-colored beers that have a higher amount of silicon. To stay away from wheat based beer because wheat has a lower amount of silicon. Only the symptoms of drunkenness are reduced - not the drunkenness. They can’t tell if they’re drunk; they can’t tell if someone else is drunk. So they get hurt, or they hurt someone else.

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Teen pregnancy on the rise

Nicole Magloire
ADVERTISING MANAGER

According to Timemagazine.com statistics show that though pregnancy rates dropped and have continued to drop since 1990 they took a dramatic upturn in 2006 and continue to rise.

The increase was geared directly towards minorities, the pregnancy rate in the long term increases have been marked mostly to the increase in the number of abortions per year among Hispanics and black teens the rates of abortions per year have been the highest. Currently Planned Parenthood is training workers and foster care providers so that they can educate and give medically influenced advice.

It has been determined that one of the most important things teens need is a strong relationship with parents and adult figures to prevent them from becoming pregnant at an early age. Though having the "talk" with their kids is something that most parents and adult figures dread, it’s essential to make sure that your teens know how to protect themselves from unplanned pregnancies and STD’s.

With more attention from parental and adult figures hopefully the number of teen pregnancies and abortions will lower, and less teens will feel that they have to have a child to feel loved or fulfilled.
**Astrological Meditations**

**Aries**  
Mar. 21 - Apr. 19  
Although you might be stressed out right now and have a lot of things on your mind, things will be looking up within this month. Stop procrastinating so you can sit back and relax to enjoy a calm night with some friends.

**Taurus**  
Apr. 20 - May 20  
Save your plans for later and just go with the flow this week. It’s better to take one step at a time. Even though you feel the need to plan your events of the week out, maybe it’s just better to do what feels right at the moment. Act on instinct.

**Gemini**  
May 21 - June 20  
It’s nice of you to recognize others and help them when you can, but you need to concentrate on you. Forget about making others happy this week and do something for yourself. Buy something for yourself that you’ve been wanting for a long time. SPLURGE ON YOURSELF.

**Cancer**  
June 21 - July 22  
You should probably get yourself a little bit more organized and prepared for the upcoming days ahead of you. Write down your appointments instead of trying to remember them. It will be very useful and help reduce your stress level. Organization is the key—then breathe.

**Leo**  
July 23 - Aug. 22  
Don’t let someone change your opinion on something you feel very strongly about. They will try and persuade you that their way is right, but stick with what you believe and everything will turn out for the better.

**Virgo**  
Aug. 23 - Sept. 22  
While you’re spending a lot of money on things you don’t need, you might want to think about saving that money for a big opportunity coming your way. Remember that concert you’ve been waiting to come close to your town, its coming! And your ticket is waiting. Or remember that trip you’ve been wanting to take, you’ll have time to do it sometime soon. Save up.

**Libra**  
Sept. 23 - Oct. 22  
Although you’ve been struggling with a relationship with your significant other, or could be your friend, they are working on fixing things for the benefit of your relationship. They plan on doing something big for you, so stop nit picking everything they do, and wait for the special moment to come.

**Scorpio**  
Oct. 23 - Nov. 21  
Don’t be so afraid of taking risks. You need to loosen up and live it up with the once in a lifetime opportunity coming your way. So it might be a little out of your league, but why not try something new? Just remember...you never know until you try.

**Sagittarius**  
Nov. 22 - Dec. 21  
Have confidence in yourself in everything you do. Look in the mirror and tell yourself you look great, because a lot of people look up to you. There are girls that are definitely looking at you wishing they could do the things you do, so take that in and live up to their expectations.

**Capricorn**  
Dec. 22 - Jan. 19  
Your busy schedule barely entails any time for any of your friends or family. Make sure you don’t forget about them and give them a call. Some people in your family would really like to hear from you and be updated on your most recent details of your life.

**Aquarius**  
Jan. 20 - Feb. 18  
Drop what you’re doing for that special someone. Forget about the work you have to do and go out with them! They’ve always had interest in you, but they were too scared to let you know. Give it a shot, besides, you’ll at least get free night out.

**Pisces**  
Feb. 19 - Mar. 20  
Okay, we know you love that special day that’s supposed to be all about you, but its really not necessary to let everyone know about it. If you don’t tell everyone, it will be so much better you’re your crush actually remembers to tell you Happy Birthday...without your reminder. Besides that, do something fun very soon...its very much needed in your stressful life.

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**Sudoku**

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Submitted by Alyssa Slinger

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**Frame Games**

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QRST_VWXYZ
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**HINT: Cliche compliment**

- M
- Ford

Submitted by Katey Dauble

---

**HINT: Actor**

- Chase Crawford

Submitted by Michelle Palmisano

---

**Place your club’s ad here**

Contact: Nicole Magloire
Nrmagloi@cedarcrest.edu
### Logic Puzzle

Each of the students listed has to take a test on the same day. None of them have the same class, have to take their exams at the same time, or live in the same building. From the clues below, figure out which student came from which building, and what class they are taking a test in at what time.

1. The girl who lives in Steinbright is not the student who has a Psychology exam at 2:30 pm. The student taking a Chemistry test does not have five letters in her name.

2. One student is commuting for a Calculus test an hour and a half later than Jane has to take her exam.

3. Emily has a Sociology exam before the student from Butz has to take her test. Carole is coming from Curtis Hall.

4. The Biology student has one more letter in her name than the student with a test at 2:30 pm. Annie’s test begins promptly at 9:30 am.

5. The student from Moore is not the one taking a Sociology exam at 1:00 pm.

### Numbrix

Directions: Starting anywhere, fill in the blank squares with the missing numbers so they make a path of consecutive numbers in sequence, 1 through 81. You can work horizontally or vertically in any direction. Diagonal paths are not allowed.

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Submitted by: Alyssa Slinger
If you've been keeping up with your reality TV, you may have tuned in to last season's finale of "Celebrity Apprentice is approaching, okay well it's not the 90th season but it sure as heck feels like it. "The Donald" has rounded up another morose crew for this new season. Sharon Osbourne, Cyndi Lauper, Steve Austin are included in the new cast, along with none other than Brett "What's under your stup-da-nana" Michaels and many more interesting characters. There have been the coming and advertising the new show, showing Lau- and Trump in conversations discussing their love for hate. What I am really hoping for is to see Brett Michaels get fired for wearing his suit in a single day. I am starting to think he only wears it to hide his hair extending.

Well, from the all excitement that Adam Lambert has caused this year, it should come as no shock that he shared a steamy kiss with Ke$ha, the new pop "phe- nomenon," at a club recently. He should be proud, she has made quite a name for herself, anyone who likes to refer to themselves as "a filthy hot mess" and own up to carrying a water bottle full of jack in her handbag is an "in" book. Shame on your Lam- bert, you should probably get yourself checked out.

Last week was the "Women Tell All" episode of The Bachelor where we get to see all of our fa- vourite women talk trash about the man who dumped them and the women who betrayed them. The ever-so-controversial, Rezelyn, came back after the fourth elimination with some so-sharp claws with her, making unnecessary comments about the host Chris Harrison and also the rest of the women, calling one of the girls “fitted uterus.” How cre- ate. Most how lucky, get some better fighting woman! For those of you that do not know, Rezelyn was kicked off the show in a very unprofessional way. I had a very in- appropriate relationship with one of the producers, and still won't own up to behaving so inappropriately even though she was caught!

Olympic figure skater Johnny Weir is currently dating his from his medal, was looking forward to his next performance. Women, all basically bombarded in the top five he would have performed to Lady Gaga’s “Poker Face” since he has personally promised his dear friend that she would at- tend the performance if he had made the top five spot. It is a shame that he didn’t make it, but ok because I don’t think Vancouve could have handled all that glitter! Johnny boy is too big for that show, he deserves his own!

Gossip Queen

Katy Dzulbore Staff Writer

Ski Resorts (still in the cold, but so much fun!): Bear Creek Ski Resort - Not only do they offer great deals on ski, snowboarding, and snow tubing, but they also host some of the greatest entertainment! Even if you’re trying to stay out of the cold, you could sit back and relax by the fire at The Grille while enjoying a number of local musicians per- form! Musical entertainment happens every Thurs. and Fri. from 7-10p.m on Thurs. and 8-11p.m on Fri. Blue Mountain - Located in Palmyra, PA, this ski resort has over 34 trails for all levels of skiers and snowboarders, 21 trails for snow tubing, and four terrain parks! This is one of the best slopes for the skiers and snowboarders.

Arts- For all of you artsy fartsy gals out there, there are some great performances and art shows around the area that you should take ad- vantage of! Crayola Factory - While we all might remember the word Cray- ola from the crayons we used to use when we were little, now you can find out how it all began by traveling to the Crayola Factory. Located in Easton, PA 30 minutes from Cedar Crest Col- lege, hours of oper- ation run from 9:30a.m - 3:00 p.m on Tues. - Th u s - a nd 9:30 a.m. - 5:00 p.m on Sat. and 12 - 6:0 p.m. 5:00p.m on Sun. The Allen- town Art Museum - They offer a special for col- lege students of only $4.00 for ad- mission with a valid student ID. Sunday’s are FREE for anyone with hours of operation from 12- 5:00p.m. Show your appreciation for the arts by attending this museum that holds Mediterranean and Asian Indian arts exhibit.

State Theatre- You just can’t get enough of musicals! Then this place is perfect for you! The State Theatre is located in Easton, PA and hosts the High School Musical shows including, the Freddy’s, annu- ally. It is a place full of enter- tainment from musical concerts and theatre performances to a night full of laughter with comedians. This year, Pink Floyd took the stage at the theatre yesterday, February 24th. Upcoming shows include In the Mood (A 1940’s Musical Revue), Simply Sinatra (starring Steve Lippin and his 6-piece band), and The World Famous Glenn Miller Orchestra.

Civic Theatre of Allentown (19th St. Theatre)- This theatre is the host of many musicals and of- fers classes to the young generation interested in the performing arts. Past performances include A Christmas Carol and High School Musical. Currently, the Civic The- are is running the musical Rent. Purchase tickets now and get to a show! Tickets range from $20-$30.

Recreation Bowling: Big Pen- Pig Pen Sports Bar and Grill offers a $1.00 bowling night on Tuesday’s while hosting “Idol Night”, so you can watch your favorite new judge. Ellen De- generes, in high definition and hear performances with a great sound system in a huge green screen. Playdrome Rose Bowl - It’s located on Summer Ave. and 15th food and great deals! For all out lanes! Open from 11a.m.-midnight on Mon., Wed., 9a.m.-2a.m. Thurs. Sat., they give you plenty of hours to earn that strike! Not only do they have regular hours of operation, but for college students low on cash, they host a “College Night” on Thurs. from 10p.m.-2a.m. with a cost of $1.75 per person per game and a $3.00 shoe rental hosted by a Live DJ.

Shopping: Valley Mall - Between the Lehigh Valley Mall and the Promenade shops, there are enough shopping places that you in the area for all! All day shop till you drop with all justable arms on the chair so you could really relax and cud- dle up with your significant other so it's completely worth it. They charge $7.50 before 4p.m. and $9.50 for evening showings.

Rave Motion Pictures- This theatre is the biggest in the Lehigh Valley. Located in Coopersburg, PA, you can al- ways count on them for having plenty of show times and the- ater shows for all your viewing needs. Although they charge the same as Carmike, there “top of the line entertainment” can guarantee the greatest quality of all movies at any theatre.

Entertainment Rookies: With bars such as Rookies Sports Bar and Grill lo- cated on 12th and Tilghman in Al- lentown, they have great deals on Wednesday’s and an enjoy- ment of Karaoke on Thursday’s, whether you like the food or enter- tainment there’s something to do for everyone!

Legends: Another great place to go for ALL ages is Legends lo- cated on Hamilton Blvd. across from Dorney Park. They host a special happy hour on Fri. from 5p.m.- 7p.m., which in- cludes free food and Karaoke. That’s right, all you “under 21” students out there…there is somewhere we can actually go in and a i n

M a i n G a t e: Guess what? There are more places for under ages; Main Gate, a dance club located in the Allentown Fairgrounds on 17th and Liberty, hosts 18” to party Thursday 18” to party Wednesday. Some special deals on 10p.m.-2a.m. This Thurs. DJ Club will be there performing his hit “I’m the Lob” Cover fee of $10.00 for students under 21 and $5.00 for students over 21.

Stone wall: This is one of the most popular clubs to Cedar Crest College students. Known for its drag show, this club hosts 18 to party and 21 to drink night every Thursday.

40 Below: Although not legal in dress code is strict, they pro- vide a good night of fun and great music! This club hosts two nights for stu- dents under the age of 21. “High Energy Friday” have no cover fee for 21+ and a cover fee of $10.00 for under ages. Saturday’s are hosted by some of the hottest DJ’s in the Lehigh Valley with free cover charge for 21+ and 18+ pay $6.00 before eleven and $10.00 after eleven.

The Sands: The newly built casino is a great place for everyone that is 21! Between great lounges, food, and bars, your sure to have a wonderful time at this Bethlehem casino.

Penn’s Peak- This venue is the host to several concerts throughout the year. Check out their schedule online to see if any musicians you like will be playing! They also have an opportunity for any musicians on their open mic night on Thursday’s from 6:00p.m. - 9:00p.m. There is no cover charge and it’s a great way to meet local artists that will simply take your breath away with their acoustic per- formances. This event takes place at Roadside Restaurant and Bar at the Peak.

Crocodile Rock- Every month they have great perform- ances by many musicians. They have musicians ranging from local to some of the biggest performers in our generation. An upcoming concert at Croc Rock includes per- former Ingrid Michaelson on Fri., March 12. Also, this Fri., February 26, JERSEY SHORE comes to Al- lentown. Did you love Jersey Shore and wish you could fist pump with Mike “The Situation” or get the chance to know Sammi “The Sweetheart”? Now, you can Fri., February 26 beginning at 7:30p.m., Jersey Shore’s Mike and Sammi host the party of the year FOR ALL AGES. There will be a cover charge of $17.00 at the door or $15.00 in advance.

GROWING WEARY OF WINTER?

ENTERTAINING ACTIVITIES IN THE VALLEY

14 ARTS

Allie Scott, Editor

Photosource | www.thescottshops.com

Editor
REMEMBER
to vote on which older CD Continuum. When the songs he performed were from his album Continuum, we all swayed as one. Mayer walk off the stage, but not before giving us one last wave and sellers of tickets to concerts, websites such as E-bay and Craigslist allows people to buy and sell tickets at no commission law this new ticket and also that the re-seller must provide a full refund if the ticket price was not as advertised, but only if the consumer was able to return the ticket to the place where it was purchased. The ticket price must be $10 or more and they must reside in Pennsylvania, were that the “re-seller” must have bought the ticket from the face value of the ticket. This means that the buyer, and 15% from the face value of the ticket. E-readers are the future of books I always imagined as a kid, I was constantly aggravated by not having a bag big enough to carry several books to see me everywhere, or by my mom, who would often not allow me to carry more than one book, and was constantly worried I would finish my current book and not have something else to read with. I am now the proud owner of the Barnes and Noble Nook, and I love every moment of it. Being able to carry dozens of books with me or to purchase one hard copy books to do with causes headaches, with e-readers this is eliminated since the screen looks almost exactly like a printed book. Most books can be purchased for $9.99 or under. However, when I was offered a select number of books, some of which were offered in very low prices, such as Macmillan, are pushing to raise the price of e-books to $12.99 or even as high as $14.99. The prices seem a bit high, but when compared to the $25-30 cost of a brand new hard cover book, the e-books are worth it. One of the highlights of the Nook is its ability to place PDF files on it. Which means books downloaded from free sites such as gutenberg.org, or even typed notes saved as a PDF can be placed on the device. Since receiving my Nook in January I’ve found myself preferring to read it printed books. It’s convenient to be able to hold it and turn the page with the tap of my finger. I highly recommend trying out any of the e-readers on the market if you’ve even been considering purchasing one. In this time where everyone is going green, the future of paperback novels is coming to the electronic reader. If you are looking for a good read while you wait for the warm weather try out The Secret of Lost Things by Sheridan Hay for a costume-of-age story. It’s a mystery used book store in New York City or The Devil Wears Prada by Lauren Weisberger for a few good chuckles. If you are looking for a good book recommendation, or would like to recommend one, e-mail me at ltpanpe@cedarcrest.edu.
FAR FROM CONFLICT, CONTRA DELIVERS COHESIVE SOPHOMORE EFFORT

Dannah Hartman
MANAGING EDITOR

Forget about the dismal days of winter with *Contra*, an upbeat album that delivers the California vibe of carefree sunny summer days.

New York City’s hip-hop legend Edan, a member of the Five Boroughs crew, and the legendary P.O.S. from Minneapolis, release a collaborated album under the name *Contra*. The album is released on July 30, 2010, on the Rhinoceros Records label.

The album features a range of guests, including Beastie Boys’ Adam Yauch, whom Edan describes as “the most important person on this album.” Other guests include the late rapper DMX, who录了 a track on the album, and the Beastie Boys’ Mike D, who produced the album.

The album’s sound is a mix of hip-hop, rock, and electronic music, with Edan’s raspy voice and P.O.S.’s heavy flow providing a perfect balance.

The album’s reception has been mixed, with some critics praising the collaboration and others criticizing the lack of originality.

Overall, *Contra* is a solid effort from two talented artists, delivering a cohesive and enjoyable listening experience.
Nascar fans given the chance to fall back in love

Michelle Palmisano
STAFF WRITER

On Valentine’s Day this year the men in the driver seat at the Daytona 500 were asked to start not only the engines of female fans but male fans as well. Quite some time ago the late Dale Earnhardt Sr. was predicted that NASCAR was driving off of a cliff and didn’t even know it. Earnhardt was speaking of changes making more head way for regulations and rules while diminishing, ‘rubbin’, ‘bumpin’, and racin’”.

Over the last decade or so NASCAR seems to have gotten away with caring less about their fan base and their wants and needs and more concerned with the profit they were making, and as of Valentine’s Day this has finally changed. The Daytona 500, held in Daytona Beach, Florida, has been one of the biggest race days for drivers and fans alike for a long time and this year NASCAR decided to try and win back those fans, what better way to do it than on Valentine’s day?

This year during the 52nd annual Daytona 500 some of the regulations and rules were retracted from prior years, such as legalizing bump-drafting. In prior years bump-drafting was not allowed. For those of us who are not fans of ‘roundy-round’ as it is comically called in my household bump-drafting is defined as one driver pulling up behind another car and pushes the car in front of them, increasing the speed of both cars. There is no doubt that this type of action is dangerous and can be the cause of many accidents because of a lack of control, according to About.com.

In addition to bump-drafting being re-legalized there was also an increase in allowed speeds and horsepower, though NASCAR does not specify those numerical increases. The last thing that changed was the size of restrictor plates, which is a plate with holes drilled in it restricting the air flow into the engine. According to NASCAR bigger restrictor plates will allow for increased speed to be achieved, even though restrictor plates are made to slow car speeds—but hey, they’re the experts, not I!

Appropriately, the love day race festivities were kicked off with pre-race music by heartthrob Tim McGraw who then made way for Harry Connick Jr. to sing the National Anthem. The Wood brothers, Glen and Eddie, who are well known to most NASCAR fans were given the honor of telling all the gentlemen ‘to start your engines’.

During the Valentine’s Day race Jamie McMurray, who had the pole position of thirteen when the race started, took the lead and kept it, capturing his second Daytona victory. McMurray drives the Chevrolet sponsored by Bass Pro Shops ironically sports a number one and takes his second Daytona victory. After winning in 2007 described the feeling as “… very emotional. I don’t know that I’ve cried like that. I kept trying to compose myself, but I couldn’t hold it back”, accord ing to the Daytona International Speedway website.

The battle in the end was between McMurray and Dale Earnhardt Jr. who moved up from 10th place to second place within the final two laps of the race. The race was held up multiple times for rain delay, and crashes on the speedway had a recorded 21 leaders through out, according to the Daytona International Speedway website.

Not only was this second victory an amazing feeling for McMurray but his car also joined other famous engines in an 11 month hiatus at the Daytona International Speedway in Daytona. The number one car will be on display in Daytona until next February before the 53rd annual Daytona 500.

All in all the day seemed to prove well thought out from a business standpoint by NASCAR and gave fans the chance to see an exciting race with more speed and less restrictions. The organization hopes that it will have won back the hearts of its fans on the day all about love, but only time will tell if men and women all over have fallen back in love, or just spent the holiday about love with the same boredom felt at the last few Daytona 500 races.

ON SALE NOW!

Softball Fundraising T-Shirts

Spring is approaching which means so is spring break... as if you’re not counting down the days! Along with spring break are vacations for some, work for most, and Florida “spring training” games for your Cedar Crest Falcons softball team. The young falcons will venture to Orlando, Florida on the sixth of March to start a five day schedule filled with time in the batting cage, practice on dirt (finally) and games against other division three colleges. In order to fund this trip the girls of the team do many fundraisers and this time have decided to do a fundraiser with another aim—student support at games and around campus via a Cedar Crest Softball t-shirt!

The t-shirt is black with yellow writing and a falcon on the front. Orders can be placed with Tammy Grudzins at tagruzi@cedarcrest.edu or with Athletic Director Kristen Maile at kannai@cedarcrest.edu. Sizes S-XXL are available for $15 and XXL and XXXL for $16. Orders are due by March 1 and will be finished the third week in March, tentatively. When placing orders please include a name, contact phone number and quantity of each size. Checks can be made payable to Amy Stumpf (co-captain of the softball team). Payments can also be made in cash. Order your t-shirt now and support your Lady Falcons!
“THEY TESTED THAT TRACK ON MY SON”

Nicole Magloire
ADVERTISING MANAGER

The Vancouver Olympics started on a somber note, following the death of 21 year old luger Nodar Kumaritashvili.

Kumaritashvili died after he lost control of his sled, flew off the course and slammed into a metal pole going 90 mph. After the accident the course was altered and the metal pole was wrapped in protective padding.

Kumaritashvili was the pride of his hometown of Bakuriani, Georgia, according to the associated press. The day of his memorial, thousands of mourners surrounded his small two story house and comforted his father and they followed Georgian funeral traditions.

After investigating the cause of the crash it was determined that Kumaritashvili was late coming out of the second to the last turn, which resulted in his accident. The international Olympic committee and luger officials started a lot of controversy by saying that they didn’t change the course to make it safer but to instead calm the nerves of other athletes.

The course which was determined to be the worlds fastest had been raising concerns from athletes and officials for months. The concerns about the $100 million course were that it was to technically demanding and only Canadian athletes would have the time to become completely accustomed to it.

The father of the Georgian luger was quoted by the Associated Press his son was too dedicated to the sport. "My son was training since he was 14. He ran tracks in France, Austria, and Canada, and he never suffered an injury," Kumaritashvili said. "He has passed the Associated Press saying "They tested that track on my son," Kumaritashvili said. "He has passed away."

Among the mourners of the late luger, was a 4 year old neighbor who had befriended the late Kumaritashvili. Kumaritashvili has promised the young boy that he would bring him home a toy rifle from Canada, and according the Associated Press the toy was found in Kumaritashvili bag and given to the boy. Once the child, Dmitry Laliyev was given the gun, he pointed to the toy rifle and said “Nodar bought me this.” The child’s father Gogi Laliyev explained to the Associated Press that whenever Kumaritashvili would travel he would bring back gifts for the youngest Laliyev.

The luger is to be buried in the cemetery of a small white church in the snowy alpine village, Georgia’s top winter sports retreat. Red wine was poured into the grave during the ceremony by family and friends as part of the burial ritual. Georgian President Mikhail Saakashvili was expected to attend the funeral.

A year before his death Kumaritashvili graduated from the Tbilisi Polytechnic University, where he received a bachelor’s degree in economics. His death left a void in the sportsmanship that could distract him from his passion.

The Olympics. He couldn’t have done that if he were an inexperienced athlete. Anyone can make a mistake and break a leg or suffer some other injury. But to die...”

David Gureshidze a friend of the late Kumaritashvili was also quoted by the Associated Press expressing his admiration of his friends dedication to the dangerous sport. “I have never seen such a dedicated person, sports was everything to him,” said Gureshidze. “I taught him skating, and in three months he was skating better than me.”

Let's give our students a hand!

WOMEN’S CROSS COUNTRY
Nina Allen, Nutrition, Jr, Bethel, CT
Cheaslea Anagno, General Science, Fine Arts, Art, Sr, Maine, NY
Samantha Barbato, S, Nursing, Sr, Allentown, NJ
Olivia Fees, Nutrition/Dietetics, Jr, Collegeville, PA
Kristen Geisinger, Nursing, Jr, Phillipsburg, PA
Alisia Gray, Biology, 2nd, Lancaster, PA
Katie Hartman, 2nd, Computer Science, Jr, New Ringgold, PA
Rebecca Koch, Nutrition, Sr, Allentown, PA
Victoria Kuebler, Nutrition, Fr, Glassboro, NJ
Heather Moods, Biochemistry, So, Glenburn, ME
Brianna Pacheco, Biochemistry, So, Cherry Hill, NJ

FIELD HOCKEY
Caitlyn Beiswenger, Nuclear Medicine, Jr, Denver, PA
Jennifer Decker, Psychology, Jr, Philadelphia, PA
Lea Epstein, Psychology, Fr, Plymouth Meeting, PA
Brittany Fikes, Genetic Engineering, Sr, Boothwyn, PA
Tara Fikes, Genetic Engineering, So, Boothwyn, PA
Tamer Grauzulis, S, Biology/PreMed, Jr, Allentown, PA
Brianna Guggenberger, Nursing, Jr, Nazareth, PA
Lindsay Harrison, Nursing, Fr, Hanover, PA
Ashley Jennings, 1st, Nursing, Fr, Lehighton, PA
Rebecca Lowe, Elementary Education, Fr, Millisotton, VA
Jessica Macko, Criminal Justice, Jr, Washington, NJ
Adrienne Maurer, Psychology, Jr, Shillington, PA
Fallyn Strohl, Sociology, So, Allentown, PA
Eryn Ziegler, HM, Psychology, Jr, Katztown, PA

WOMEN’S SOCCER
Sara Barscheski, Forensic Psychology, Fr, Brook Park, MD
Brooke Bielholowski, Chemistry/Secondary Education, Jr, Woodbridge, NJ
Brittany Clouser, Biodiversity & Conservation Biology, Sr, Salisbury, MD
Sandra Coombes, Biology, Fr, New Ringgold, PA
Samantha Huer, Nutrition, Fr, N hutley, NJ
Tabhtha King, Biology, Jr, New Bloomfield, NJ
Daniella Mende, S, Chemistry, Fr, Cedar Grove, NJ

WOMEN’S TENNIS
Cassandra Bejar, Forensic Psychology, Fr, Allentown, PA
Amy Dichter, 2nd, Nursing, Jr, Woodbury, NJ
Alexander Kuebler, 2nd, Biology & Secondary Education, Washington, NJ
Maria Mallory, HM, 2nd, Nursing, Sr, Vestal, NY
Nicole Mayer, Social Work, Rocky Point, NY
Sara Meszner, 2nd, Business Administration, Duncannon, PA
Laura Sibley, HM, S, Biology, Allentown, NH
Sarah Wicks, 2nd, HM, Biology/PreMed, Fr, Bethel, PA

WEIGHTLIFTING
Katy Dauble, Elementary Education, So, Allentown, PA
Amanda Dombroski, Chemistry & Art, Sr, Owingsburg, PA
Amber Getz, Elementary Education, Fr, Lehighton, PA
Jessica Holguin, Marketing, Jr, Lansdowne, NJ
Sandip Kaur, Biology, Fr, Phillipsburg, PA
Marie Polzella, Biochemistry, So, Athens, PA
Courtney Thomas, Biochemistry, Sr, Owings, MD

“Please note the following representations: 1st = First Team All-CSAC, 2nd = Second Team All-CSAC, HM = Honorable Mention and S = Sportsmanship Award.”

ATHLETICS
February 25, 2010 | 18

Student-athletes wow us once again!

Cedar Crest has 47 Falcons named to their CSAC fall all-academic team

Cedar Crest, has 47 Falcons
Grim, guard for the Washington Redskins from were chosen to be recipients of the prestigious they hail from (most) corners of the United Fame “enshrinees” have been announced, and the according to the Perseus Digital Library. The religious festivals to funerals. Such references wrestling, and boxing marked occasions from of life, chariot and foot races, discus events, can be found in Homer’s Iliad and other ancient references the only event was the foot race. Gradu- unlike the other mortals, he was interested in the representation at today’s Olympics, only Greeks could compete and the event was held at Mount Olympia every four years. Athletics would also compete in the nude for most events, as seen in artistic depictions of the sports and only men could watch the competition with the exception of one priestess of Demeter, whose presence was required during the games. Like today, awards were given to the top winners, but according to the California Figs website, figs served as medals, and the Hellenic Information Society says the winners were also crowned with wreaths of olive leaves. Also similar to modern competions, the athletes were professionals who trained intensely for their sports. The an- cient games lasted for 1,179 years until they were abolished by Emperor Theodosius I in 394 A.D. because of the amount of pagan ceremony involved in the games. In 1896, the Greek government brought back the Olympics and now the games are the most major athletic event of the modern world. Some events, such as the heptathlon, include sports that would be familiar to the ancient Greeks such as the high jump and javelin throw. One of the biggest differences to modern games would be the inclusion of many female sports (although there is some evidence that dur- ing the Hellenistic period a separate foot race for women was held during the Olympic celebrat- ion). Now the amount of sports at the Olympics has greatly increased and the location of it moved to a different host city for each event. 1924 saw the instituting of a Winter Games this year consisting of 33 sporting events where peo- ple of all creeds and countries compete for the honor of winning a medal. In Ancient Greece, games were a large part of life, chariot and foot races, discus events, wrestling, and boxing marked occasions from religious festivals to funerals. Such references can be found in Homer’s Iliad and other ancient texts. Although there are many different stories of how the Olympics began, some say that Zeus started the tradition to celebrate his control of the world after defeating his father, Cronus. Other- ers say they had more mortal roots when Pelops started the tradition to celebrate his control of the world after defeating his father, Cronus. Oddly enough, he is also a Pittsburgh alumni. As a rookie pick, he was the lead tackler. He also took his team to the Pro Bowl six times and was First Team Pro Bowl in 1986, 1987, 1992, and 1993. Dick LeBeau, an alumni of Ohio State, was a cornerback for the Detroit Lions from 1959- 1972. He also held a leading total of nine intercepts for 96 yards in 1970. Floyd Little, a running back for the 1967- 1975 Denver Broncos, is a graduate of Syracuse University. In his career, he has scored 54 touch- downs and gained 12,000 “all-purpose yards”. John Randle, who attended Community College and then Texas A&M, played for ten years (1990-2000) as a defensive tackle for the Minnesota Vikings and then two years (2001-2003) for the Seattle Seahawks. He was selected as first-team All-Pro/All-NFC for six years in a row. Jerry Rice, a wide receiver for the 49ers (1985-2000), the Oakland Raiders (2001-2004), and the 2004 Seattle Seahawks team. “They told me, ‘Don’t cry,’” Rice told the Associated Press in an article on ESPN.com, “It meant the world to me, just like winning a Super Bowl. On draft day, I didn’t take that for granted. I didn’t take this for granted.” The last but not the least of the team is Emmitt Smith (“I am Emmitt Smith!”), who played for the Dallas Cowboys (1990-2002), and the Arizona Cardinals (2003-2004) as a running back. “This is almost perfect,” Smith said in the AP/ESPN article. “I don’t think even Steven Spielberg could have written a script this nice. So many people said I could not do it. I believed in that little giant inside of me that said I can.” According to the Associated Press article, nominees need to receive an 80 percent approval vote from the 44 judges. “I am just honored...to stand up there with greatness,” Rice said to the Associated Press.
Basketball season comes to an end

Our CCC Basketball Falcons chapter has reached its end. Unfortunately but not without having done their best to get this far. With new changes this past season, as a team, new players and knowing that some current players are leaving, five current players are leaving, leaving a path that our fellow classmates can follow; reaching 1000 points in her career and her 1000th rebound.

Knowing that your time has come to move on, is the worst to come to fact with especially when it’s something you really love. But having the feeling that your past made a difference is the best feeling to have. "Everything happens for a reason. For my two years left for eligibility, I really had a good experience. I made a few friends along the way and we will definitely keep in touch after graduation," said LaKeema Jones (Criminal Justice 2011) with confidence in her heart.

Not only for the team, but for the coaches, this is a hard time as well. Valerie Donohue, assistant coach, said, “Bittersweet I am proud of all the seniors and their accomplishments on and off the court over the past four years. They have grown tremendously as individuals, students, and leaders and it is very fulfilling to see them move forward in their life…”

Time winding down in the second half, Chad Werkheiser puts in all the seniors, Kelly Oakes, LaKeema Jones, Jesenia Holguin, Mackenzie Lee, with the exception of Lindsay Orlandi and the highlight of the game really comes into play. "I thought it was an amazing feeling to have all the seniors on the floor at the same time. I did miss that we didn’t have Lindsay O out there. But it was great to end the season that way," said senior, Jesenia Holguin (Marketing 2010).

Seeing a team that has come together through good times and bad times is very heartbreaking. Donohue sadly said, "It is also, however, very hard to lose such a significant part of the team; we have all developed great relationships and it is tough to lose a part of the team."

Sorrow fills the air but optimism also comes into play. It’s so hard to say goodbye. But the leaving seniors should not look at it as such. This is just the end of something old and the beginning of something new. They should be optimistic for what is in store to come. Our CCC Falcons should take their experience whether it’s two or four years, and embrace it for it holds value for future life changes. More encouraging words, that Donohue states can definitely go for all the coaches when she says, "...It is very sad to see them leave, but they will also still be a part of the Cedar Crest basketball team.”

Fellow teammates also reflect on the closing of the season. “With five seniors leaving it’s definitely going to hurt the team. They will be missed and hopefully players can step up to fulfill their positions,” Lauren Seale (Business 2011). Following up with her teammates comment, Leann Wallower simply said, “It sucks.” (Criminal Justice 2011). Happy but sad, senior, Lindsay Orlandi stated, “I am going to miss the people on the team, they are awesome!” (Art 2010).

So the bonds on and off the court definitely make up our fellow basketball team. These strong bonds will definitely carry on for years to come, whether it’s a couple years from now or even twenty. For further inspiration their assistant coach advises her team, “Life is what you make of it...so don’t sit back and let life pass you by...carpe diem!”

The Falcon’s schedule has a whole new design! You now have the ability to cut it out and post it in your dorm or office, reminding everyone to support CCC!!

STAFF WRITER

Lacrosse
Monday, March 15
vs. Alvernia University
HOME 4:00 p.m.

Softball
Tuesday, March 16
@ College of St. Elizabeth 3:00 p.m.

Lacrosse
Wednesday, March 17
vs. Trinity College
HOME 4:00 p.m.

Softball
Saturday, March 20
@ Cabrini College 10:30 a.m.

Lacrosse
Saturday, March 20
vs. Marywood University
HOME 1:00 p.m.

Lacrosse
Tuesday, March 23
@ PennState Abington 4:30 p.m.

Lacrosse
Thursday, March 25
@ Bryn Mawr 4:00 p.m.

Softball
Friday, March 26
vs. Wells College
HOME 4:00 p.m.

Lacrosse
Sunday, March 27
@ Notre Dame 1:00 p.m.

Softball
Sunday, March 27
vs. Notre Dame
HOME 1:00 p.m.