Provoest search narrowed to three candidates

Hauna Colista
NEWS EDITOR

President Ambar was quoted in an Aug. 20 issue of the Crestiad saying that the Provost is the “president’s partner.”

In the course of this academic year Cedar Crest has been diligently searching for the Provost’s partner and it seems that the search is showing positive results.

Approximately a year ago Provost Dr. Carol Pulham announced that she would be returning to teaching for Cedar Crest’s English department, leaving an opening for her current position at the end of this academic year.

A search committee was formed with faculty and staff and the search firm Storbeck/Pimentel and Associates, LLC was hired.

The search got its start summer 2009 with faculty surveys asking what they wanted to see in a provost. After outlining the position at the end of this academic year Cedar Crest has been diligently searching for the Provost here. She will be making the final decision on the new Provost but she surveys on the candidate will help her to gain clarity.

Ambar says that she along with the search committee and the search firm have been really satisfied with the quality of the applicants.

Ambar said, “We had difficulty narrowing down...each of these women are qualified to be the Provost here.” She continued to say that the search overall was a strong testament to our institution.

The search has a strong draw in, pulling people from California, Ohio, and North Carolina. Ambar will be making the final decision on the new Provost and it seems that these women are of high quality.

Ambar cannot yet specify any specific date the decision will be made but she says that she hopes to make the final choice early in the spring semester.

Hauna Colista
NEWS EDITOR

Road trip sign-up process changes

Jessica Kuc
STAFF WRITER

The sign-up process for the numerous road trips available to students each semester has changed yet again, switching back to the original method used.

Prior to last semester, students were given the opportunity to sign up for each of these road trips at the beginning of the semester. This past fall a new method was attempted in which students were able to sign up two weeks before each trip. This process was relatively short lived as it was dismissed after one semester.

Sign-ups this semester occurred the first day of classes at 7:00 a.m., before any classes began. "I think students appreciated that it was before classes started at 8," said Jessica Ragan, SAB and Class of 2010 President. “They liked the new location because it gave more room for people to wait inside instead of outside in the cold.”

However, despite being moved to 7:00, the sign-ups were still viewed as inconvenient to some students. Due to the stress the first day of the semester brings to many students, some were too preoccupied to sign up.

“Most of my first day of classes and my first class was at 8 a.m.,” said Brianna Trageser, freshman forensic psychology major. “I honestly didn’t like how it was set up this time around. I almost liked it better that it was split up with the different dates. With that, you could be able to save the money up.”

In regard to student concerns, suggestions will be taken by SAB as to the best way to run the sign-ups in the future. However, despite complaints over the sign-up methods used, two of the road trips filled up by the end of the first day. For some students, their desire to take part in one of the road trips outweighed any inconveniences they faced. “I signed up because I really wanted to go on one of the trips with my boyfriend,” said Kayla Charles, freshman, despite finding the sign-up process somewhat complicated.

The change back to the old method of signing up was decided upon with the best of intentions. “It was changed back to fill up the road trips before people forgot to sign up,” said Ragan.

Additionally, since SAB is primarily made up of students, it is difficult to any student involved when sign-ups must occur almost every week. The change back to the old process will help keep SAB members from being overloaded with separate sign-ups for each trip.

Cedar Crest celebrates commuters during commuter spirit week

From left to right: Dean O’Neil, Dr. Kimberly Owens, Leandra Logan, Ravenna Kaur, Mary Raymond, Madip Kaur, Sunitip Kaur, Varinder Kaur; and Rachel Murray pose for a photo with the schedule for Commuter Spirit Week which began on Jan. 19 with Commuter Connection Day, and ends on Jan. 23, with Random Acts of Kindness day. See Page 5 for more coverage.

Sunderhaus makes CSAC honor roll

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Internet relationships: a potentially ugly affair

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Helping Haiti in the Crestiad

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However, despite being moved to 7:00, the sign-ups were still viewed as inconvenient to some students. Due to the stress the first day of the semester brings to many students, some were too preoccupied to sign up.

“It was my first day of classes and my first class was at 8 a.m.,” said Brianna Trageser, freshman forensic justice major, in regards to why she chose not to sign up for a road trip.

Another issue many students faced with the change was the short notice given. Having to sign up more than two weeks in advance took away opportunities for students to raise money for the trips they wished to go on. When the trips were introduced in the past, students had until two weeks before their desired trip to save enough money.

“There were some that I did want to sign up for, however I knew that I would not have a chance to get into some of them,” said Sara Baraniecki, freshman forensic psychology major. “I honestly didn’t like how it was set up this time around. I almost liked it better that it was split up with the different dates. With that, you could be able to save the money up.”

In regard to student concerns, suggestions will be taken by SAB as to the best way to run the sign-ups in the future. However, despite complaints over the sign-up methods used, two of the road trips filled up by the end of the first day. For some students, their desire to take part in one of the road trips outweighed any inconveniences they faced.

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Haunting natural disaster
reaches across the world

Sarajean Sein
ASSISTANT OPINIONS EDITOR

Tragedies have a way of putting places on the map. Places like Iraq and Afghanistan were never that much in the public conscience until wars placed them as news headlines; likewise, tragedies put an underliner of sorts around seemingly normal cities like Littleton, Co., or News Orleans.

With the tragic earthquake on Jan. 12, that has devastated lives and sent charities into overdrive, many people are now wondering about the poor Caribbean country of Haiti.

As a BBC News country profile recounts, Haiti was the poorest country in the Americas, even before the earthquake. The country was the first independent Caribbean country, formerly a French slave colony declared independent in 1804, after an 1801 revolt by an ex-slave named Toussaint Louverture.

More recently, it was subject to many dictators and military coups, before gaining popular elections in 2006. The winner of these elections was President Rene Preval and Prime Minister Jacques-Edouard Alexis, who attempted to resolve many of the problems plaguing the country, such as gang unrest.

After Alexis’ term ended, his successor, Michele Pierre-Louis, was censured by the Senate, thus putting Jean-Max Bellerive as the current prime minister. Last year, $1.2 billion of Haiti’s debt was cancelled by the World Bank, due to the country having made strides in economic reforms.

The earthquake, with a magnitude of 7.0, struck just prior to 5 p.m., about ten miles from the capital city of Port-au-Prince. Death tolls, as reported by CNN’s coverage, are at 150,000, and 194,000 injured.

Other statistics reported by CNN are just staggering: 90 percent of the schools in Port-au-Prince have been destroyed, leaving those in the city without one of the footholds necessary to come back after a disaster, and since the quake there have been at least fifty aftershocks.

In the aftermath of the disaster, the United States, as well as the United Nations and other members of the international community, have banded together to try and deliver relief to the impoverished, disaster-stricken country.

This debate has raged about how much the United States is doing, and whether they are doing enough, leading Secretary of State Hillary Clinton to fire back at many of those lodging “attacks” on the U.S.’ efforts.

“If some of the international press either misunderstood or deliberately misconstrued what was a civilian and military response, both of them needed in order to be able to deliver aid to the Haitians who desperately needed it,” Clinton stated, as quoted by the Associated Press, and spokesperson P.J. Crowley singled out coverage by Al Jazeera, a Middle Eastern news outlet often critical of the U.S.

As many as 1 million people, out of 9 million in the Haitian population, have been displaced from their homes by the earthquake and safe places, including tents, are proving to be short supply, as reported in a USA Today article by Brent Jones.

“Living in Port-au-Prince is a problem. Going to Gonaives is another problem,” said Marie Delphe Alcenus, a Haitian interviewed in Jones’ article. “Everywhere you go is a problem. If I could, I would have left this country and been somewhere else by now. But I have no way to do that.”

Those at Cedar Crest are also chipping in to help with the Haitian relief effort. Tammy Bean, Director of Community Services programs, is in works with campus clubs to develop different ways that Cedar Crest students can make a difference in the lives of those affected by the earthquake.

Martin Luther King Jr.’s
Dream Comes to Life

Rachel Zarayko
STAFF WRITER

On Mon. Jan. 18, the Cedar Crest College community did their part to help out for the Martin Luther King Day of Service, along with hundreds of thousands of other Americans across the country.

In August 1963, Dr. Martin Luther King Jr. stood on the steps of the Lincoln Memorial in Washington D.C. and delivered his famous “I Have a Dream” speech to hundreds of Americans. Dr. King envisioned a world of equality and nonviolence. He envisioned a world where people from all backgrounds would be united and where the human beings helped each other to overcome homelessness and hunger.

On National Martin Luther King Jr. Day, people all across the nation came together to help our country work toward the vision of Dr. King. The 15th annual Martin Luther King Day of Service brought together American volunteers in a staggering 10,000 service projects.

Even one person that serves to bring Dr. King’s message to others is considered a success.

“-Tammy Bean

The students, faculty, and staff here at Cedar Crest College did their part to help out in our own community on this day of selflessness. The participants spent the day serving food to a local homeless shelter, Victory House.

Victory House of the Lehigh Valley is a non-profit organization that provides food and shelter to homeless men, several of whom are veterans. “I chose Victory House for a number of reasons,” said freshman Colleen Aquino, who was one of the participants.

She had previously planned an event and there I had the best experience. We had so much fun cooking and cleaning up the kitchen for them and just talking to them that we wanted to do it again. It really felt like we made a difference in spreading Dr. King’s message of giving to others.”

“I want to help. Where do I go?”

Hauna Collista, Editor

When tragedies like the earthquake in Haiti strike, a part of the world many people feel compelled to reach out and do their part to help the people in need. Here are some locations that you can go to help your support.

American Red Cross Grand Prix Team Building Fundraising Event
Lehigh Valley Grand Prix 649 South 33rd Street Allentown, PA Feb. 28 from 4 to 8 p.m. Teams paid an entrance fee of $500 to race on a quarter-mile track. All net proceeds will be designated for the Haiti relief fund.

Lifecircle of Allentown 1401 E. Cedar St. Allentown, PA 18109
They operate an orphanage in Port-au-Prince. They are accepting donations of easily transportable, non-perishable food items and first-aid supplies. Monetary donations are also being accepted and can be paid to Lifecircle. Donations are being accepted on the memo line. 

-Morning Call

RecycleMania is
healthy competition

Katy Daulbe
STAFF WRITER

Recycling is one of the most important aspects to keeping the world a healthy and natural environment, and thanks to the new program at Cedar Crest, called RecycleMania, it becomes that much easier for everyone to make a difference.

RecycleMania is a national competition between colleges and universities to help promote the importance of going green. Robert Upham coordinated the program at Cedar Crest, which will run from Jan. 17-Mar. 27. Students can become involved during these months through participating in events held on campus.

Activities include collecting recyclables to something more elaborate, such as creating an art exhibit using recyclable items. The recyclable art exhibits will be displayed from Mar. 1 until Mar. 4 in the Butz Basement.

Students can support RecycleMania by participating in the “Green” Fashion Show on Mar. 15, where participants will be judged on Season 2 participant of Project Runway contestant, Marla Duran.

Each week, Cedar Crest will compete nationally to gain the highest weight of recyclable items in regards to the size of the campus. If Cedar Crest works closely with one another to achieve the highest weight at the end of the competition on Mar. 27, the college will be nationally recognized and rewarded with a trophy for the hard work and difference made in the community.

In the Cedar Crest community, each hall and commuters are responsable for competing against one another to see who can gain the most amount of recyclables at the end of each week. This winner will receive a trophy and a pizza party hosted by President Amir.

Not only does the Cedar Crest work closely with one another to see who can gain the most amount of recyclables at the end of each week. This winner will receive a trophy and a pizza party hosted by President Amir.

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Four seniors involved in the Biological Sciences Department have received grants with The American Society for Microbiology Undergraduate Research to conduct their research proposals.

Christina Matika, Tasha Cornish, Christine Bradshaw, as well as Biochemistry major Sakina Khaku who is a graduating senior, are among Harvard and Duke students, and students from smaller colleges who received grants to conduct their desired research.

After much consideration by well-versed scientists from across the country each student’s proposal was ranked, these students were chosen among other undergraduates across the country working to attend a General Meeting of the American Society for Microbiology in San Diego.

Neuroscience major Tasha Cornish, who works in the lab with Dr. Audrey Ettinger, assistant professor of biological sciences, has been working with cicadas since her sophomore year and says that year was the start of the research she submitted. Cornish was thrilled to receive the grant, taking into account the rarity of receiving one so early in her biology career.

“I was really excited when I got it, getting paid to do my own research. Due to the economy there is a lot of cutting down on grants, and Cedar Crest was one of the only undergraduate schools where two students working with the same professor got the same grant,” Matika said.

Dr. Andre Walther, assistant professor of biological sciences, paired with Matika and Khaku to contribute to a portion of the proposal and explain about his lab activities, expresses joy in having research fellows across the country each student’s proposal and explain about his lab activities, expresses joy in having research fellows across the country each student’s proposal and explain about his lab activities, expresses joy in having research fellows across the country each student’s proposal.

Walther said, “We were particularly pleased that Cedar Crest College had fellows,” Cornish said, “The citation comprised of using stem cell research in fish to progress treatment for cancer patients. Cornish is interested in finding out what signals the fish’s eyes create new cells. While the cicadas have been researched by many students, Cornish focuses on where the development of new cells takes place.

“We are trying to understand the mechanism of stem cells in order to develop more treatments,” Cornish said.

Bradshaw, a Biology major, worked with research Dr. Amy Reese, an assistant professor of biological sciences.

Matika collaborated with Walther in her proposal involving the importance of the proteins linking to tumorigenic, or DNA structures at the ends of chromosomes that maintain these organelles. She surmised that a characteristic of cancerous cells happens to contain abnormal unions among telomeres with a protein called Replication Protein A (RPA), which through more research could contribute to a better understanding of the development of cancer potentially could develop into new cancer treatments.

“Cancers keep telomeres growing and keep the cells alive. If we can find a way to understand how they do that, maybe we can get the telomeres to shorten.” Matika said.

Khaku’s proposal entails the phenomena of the cell halting its growth to fix its DNA, a normal function if faced with a discrepancy in its routine, but in cancerous cells, the cell refuses to repair the damage and instead keeps growing with the mutations. By further researching how cellular “arrest” works, more insight may develop into the difference in between a healthy cell versus a cancerous cell’s function.

Khaki and Matika presented abstracts after the Fall 2009 semester. They eventually presented their work at a conference in San Diego, chosen, and are currently waiting to hear the status of their material. They are awaiting to hear from organizers if they have been accepted. If they are, we will travel to San Diego and we will most likely give talks about their research to an international audience of researchers,” Walther said.

RecycleMania continued page 2

College campuses have the ability to make RecycleMania a success by collecting recyclable items, but it will also give students a chance to bond with the community as they compete in several friendly competition.

If you are interested in finding out more of the competitions held from January until March, it is highly recommended that you check out the bulletin board located directly across the Information Desk in the Center. Now, get your team on board and go green!

MLK Service Day continued page 2

According to Tammy Bean, Director of Community Service Programs at Cedar Crest, the students and faculty will continue to plan and participate in service events for future Martin Luther King Days. Bean feels that the success in this year’s Day of Service is attributed to every individual.

Bean says, “It is part of what Dr. King believed in and it is an important message to get out to every student, faculty, staff, alumni, and community members. Even one person that serves to bring Dr. King’s message to others is considered a success, so yes, this year was a great success.”

Classified
Male and Female AKC Registered Yorkie terrier puppies free to good home, contact revmiligan@gmail.com

Students earn grants and prestige

Morgan Keschl
ASSISTANT NEWS EDITOR

Sarajane Sein
ASSISTANT OPINIONS EDITOR

Commuter Spirit Week helps off campus students connect

Commuter Spirit Week was an opportunity for Cedar Crest College to show appreciation for the commuter students. There are approximately 1900 people attending classes at Cedar Crest and of those 1900 only around 500 are residents, leaving the majority of students being commuters.

Commuter Spirit Week had many different weeks. Before the Activities Fair on Jan. 20 there was a reception where commuter students could meet each other and discuss clubs, classes, organizations and the ups and downs of being a commuter. Commuter Spirit Week also had an introduction of a new activity board specifically for commuters, Commuter Activity Board, CAB.

In addition to the help makes events, a reflection of the Tupperman College Center (TCC) activities lounge on the bottom level unto the Commuter Student Lounge. Dean Denise O’Noll officially dedicated the room the Commuter Student Lounge above. The sign to the building is only temporary and will be replaced later. The temporary sign was mounted by two commuter students, a freshman and a graduating senior.

Dan Frazier | Photo Editor

Pablo Picasso painting ruined by student

A painting that is believed to transition Pablo Picasso from a transition from his blue period to the rose was ruined by a student that fell out of the painting. The fall resulted in a vertical tear in the lower right hand corner of the painting measuring in six inches. The focal point of the painting was not ruined by the damage that occurred, and the Metropolitan Museum is in New York. The damage done to the painting lowered the value of the painting by 50 percent. Experts report that the value will be able to fix the tear in the painting in the near future.

Source: Tahonews.com

Woman bites off sisters’ nose

A Michigan woman was charged over the bit off piece of her sisters nose. Police chief Michael Curry reported to MSNBC that the 27-year-old woman bit a significant part of her Sandra Smith’s nose during a fit. At 8 p.m. Thursday, Mark Blumer told the Jackson Citizen Patriot that photographs indicated one-third of Smith’s nose was bitten off. Police recovered the detached piece and Smith is expected to meet with plastic Surgeons at the University of Michigan Hospital. In Michigan mutilating another person nose is a 10 year felony. Source: MSNBC.com

Teens hospitalized after drinking hot sauce

In Germany eight officials were hospitalized after drinking chili sauce. The chili sauce that the teens guzzled was more than 200 times hotter than the typical Tabasco sauce. The food was served in the southern city of Augsburg reported that the teenagers drank the sauce during a meal in a school kitchen in school. The Red cross said that on the Scoville scale, which measures the hotness of sauce, the sauce measured 535,000 compared to 2,500 for normal Tabasco sauce. Source: MSNBC.com

Man shoots his way out of sinking SUV

A driver shot his way out of his SUV after plunging into a Northern California river. The man’s car plunged into the river after he was startled by his hands free cell phone device. The 28-year-old was carrying a handgun because he’s an armed security guard. The 28-year-old was carrying a handgun because he’s an armed security guard. The Northern California river. The man’s car plunged into the river after he was startled by his hands free cell phone device. The 28-year-old was carrying a handgun because he’s an armed security guard. The 28-year-old was carrying a handgun because he’s an armed security guard.
Online dating: Meet that not-so-special someone

Kevin Gallagher, Assistant Professor of Theatre, happily stated, “It’s great that people rally together in the time of need... it’s not about the amount that one contributes, it’s about the fact that you contributed.”

Lindsey Jancaj, Editor

The facts

Over Winter break I got to spend almost every day with my sister Samantha. I woke up every morning to her banging on my bedroom door yelling, “Sissy! Let me wake up so I would come out and play with her.”

I became her favorite playmate over the past several weeks, and it’s heart-wrenching hearing that she still calls for me every morning while I am back at school.

Even for her young age Samantha is learning to count very quickly. Her favorite show is “Sesame Street,” and she has learned to count to three, and knows what noises dogs, cows, cats, and ducks make, among other animals. She has occasionally yelled “moo” when she wants a bottle of milk.

She has spent so much time with my siblings over break I’ve begun to notice my maternal instincts developing.

When my parents were frazzled and unable to get Samantha to her infant school or even into her pajamas I was often able to relieve them and get Sammy to calm down and get ready for bed.

I made games out of changing her clothes and diaper, getting her to cooperate by distracting her from her new double bed.

I look good in baby sitting and giving my parents some time off once in awhile over the break. Spending so much time with Samantha made me realize how much I have matured in recent years.

I am now nearly ready to leave the baby world, but I’ve worked too hard here in college to not have a career first. When I do have children I would like to be a stay at home mom.

However, I enjoy and look forward to spending time with my sisters and learning all the tricks and rules behind caring for a child.

OPINIONS

Stacy Williams

On Tuesday, January 12, 2010, the most horrific earthquake with a 7.0 magnitude struck the capital of Haiti, Port-au-Prince. This tragedy hit the nation worldwide. However, are the people dealing with this tragedy the right way? Is publicizing their struggle benefiting the survivors in any way?

Due to Haiti’s geographical location, it lies on two tectonic plates that consistently move. With all the advanced technology that the United States has, could this have been prevented, or could the people of Haiti been warned so they could have prepared for this disaster?

The economic status of the country went from poor to horrific within a blink of an eye. As a citizen of the United States, I am ashamed of where I was born. Why is it that the only time people come together as a whole is when a tragedy strikes? Shouldn’t we come together as one to help, so they do not look bad. My country is progressing restoration.

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Individuals in the face of princeses

Hauna Colista
NEWS EDITOR

I cannot remember the first time I talked about abusive relationships.

It was one of the subjects that were discussed in health class in middle and high school, but like most things discussed then, teenagers had their focus else-where. At this point, while I have retained a great deal of knowledge on the issue, through education and life experience, it is still not something I think about regularly.

While it is not the foremost issue on my mind on a daily basis, for some people it is, because they are victims and have been, or are currently living in an abusive relationship.

The CDC describes IPV as happening “between two people in a close relationship.” Intimate partners can include former or current dating partners. The CDC continues with saying that “IPV exists along a continuum from a single episode of violence to ongoing battering.” An even more heartbreaking statistic is that there are 4.8 million intimate partner related assaults and rapes, including men and women. These numbers are only reported cases.

The CDC does not fail to men- tion that these relationships can cause victims thoughts of suicide, and eventually lead them to ending their life early.

These statistics are not just numbers but they are people. They are your sisters, mothers, friends, brothers, classmates and the stranger sitting across from you at dinner.

While acts of violence against intimate partners occurs between women and men, the majority of them are targeted at women. Being a college student who is attacked by someone you trust can be devastating. According to the National Domestic Violence Hotline, in an abusive relationship, the person will have frequent injuries but blaming them all on “accidents.” They may wear very Conservative clothes that can cover up bruises such as wearing a long sleeve shirt in summer or sunglasses inside. These types of behaviors are learned by the person to miss engagements frequently. They may not show up to work, school, or other social events with out any explanation.

People in a physically abusive relationship will also experience depression, anxiety and even suicidality. These people will become withdrawn and will have a low self esteem, even if they were extremely confident before the start of the relationship.

Other signs to look for are a person only wanting to please their partner. They may do or say anything their partner demands, despite their own needs and desires. They may also be calling frequently and telling the abusive partner where they are, who they are with and when they leave.

While it is impossible for you to know what happens when a couple is alone, these signs can help prevent someone you love from being alone and without help. I only wish that I could have identified these signs in people earlier when it was easier to help them.

While some abuse another per- son’s abusive relationship is impor-tant but what is even more important to know when you are in these types of relationships is how to get out. Admitting that you are in an abusive relationship is the hardest part. You have to learn how to protect and save yourself. It is important to recognize when these same things are happening to you before you become another story of abuse and control.

So, while I may not think of abusive relationships often perhaps because I am in a love where five people will always experience an abusive relationship, that means that of the over 1900 students at Cedar Crest, over 380 of them will experience an abusive relationship during their time here.

In the end, the moral of the story is that love does not hurt. Love does not control. Love cares and love loves.
The “God Gene”
A predisposition to a higher power

The Bible speaks of God giving every human being a free will to accept or deny as their personal savior. Recently scientists began trying to prove that the belief in God is not left up to free will but instead, a gene that is passed on from generation to generation.

For those who are unfamiliar with the topic, the “God Gene” is a hypothesis that proposes that human beings inherit a set of genes that predisposes them to believe in a higher power. The gene VMA2 is not an encoding for the belief in God itself, but a psychological arrangement that can give you the feelings and sensations associated with the presence of God.

Nicole Wade, Journalist for The New York Times writes in his article The Evolution of the God Gene, “For believers, it may seem threatening to think that the mind has been shaped to believe in gods, since the actual existence of the divine may then seem less likely.” Wade argues the idea that evolution has evolved not only our bodies but also our brains to believe in something that our culture has always believed in. He says that faith and the belief in God is something that was learned in a societal setting and has been passed down so many times that our brains had to adapt to this teaching and develop a gene to pass on the knowledge.

“I do indeed think that there is a natural, human connection with the sacred. I am quite hesitant to describe this as God since there are many different perceptions and experiences in religion that would not be compatible with theism. For example, Buddhism is an atheistic religion that denies the existence of God or of the human soul.” Said Dr. Allen Richardson, Professor of social sciences.

“That said, I think that this experience is so much a part of our make-up that it is reductionist to suggest that it is no more than the presence of a single gene. To be human is to experience the dawn of transcendence. That is an element of religion, art, music and can even be experienced in a walk in the woods or a morning swim.” continues Richardson.

Many Christians would argue that the fact that this gene exists because of the teachings in the Bible that say otherwise. The Christian religion is built on the foundation of faith and how everyone has the ability and the opportunity to believe in Christ. The Bible says in Ephesians 2:18-19 “For by grace you have been saved through faith,” which teaches whoever has faith in Jesus Christ can be saved.

“I think what you believe de- pends on how you were raised, not your genetic makeup. If you were raised to believe in God you proba- bly will, and if not, then you most likely won’t,” said Jessica Mckillop, sophomore Nursing major.

If the belief in a higher power is genetically passed on, then shouldn’t a strong work ethic and a sense of ethical and moral standing be passed down as well? Also if those things are passed on wouldn’t they be the reason you’d be crazy to believe in it, but for Christianity and many other religions you can’t see what you believe in. There is a scripture in the Bible, located in John 20:29 which says “blessed are those who have not seen, yet still believe.”

There is a quotation by an unknown author that was quoted on this article.com saying “As we grow older, it becomes difficult to just believe. It’s not that we don’t want to, but too much has happened that we just can’t.” Every adult ques- tions what they believe at some point and now scientists are trying to produce a solution for the doubt that we all experience in life.

Is there such thing as a God gene? No one is sure at this point but one thing is for certain, there will always be people that believe in God. Some will walk firmly in their faith and others will cling to scientific proof to set their mind at ease, and give them an idea of why they believe the way they do.

Nicole Magloire | Advertising Manager

Fresh off the Shelf
Quaker High Fiber Instant Oatmeal

Allie Scott | Arts Editor

Adding more fiber into your diet is becoming quite the trend nowadays. Food companies are adding more fiber into anything they can get your hands on, all with purpose of course.

Having a diet with more fiber has many benefits. It lowers your risks of heart disease and diabetes, and in most cases helps lower your cholesterol. Many people add fiber to their diet to be more “regular” in the bathroom department as well. And since we live in a now more weight conscious world, anything with high fiber in it helps promote weight loss.

One of the most beneficial times of day to get a good amount of fiber in is in the morning with an energizing breakfast. Getting your fiber today is easy; they even have fiber powder that goes right into your water. But the best kind of fiber is the kind that tastes good as well.

Quaker has some of the tastiest and healthiest products on the market. Quaker’s new breakfast product, High Fiber Instant Oatmeal, it contains 40% of your daily fiber requirement (based upon a 2,000 calorie diet). Don’t let this full fiber breakfast fool you, it’s taste is far from cardboard-esque. Its rich maple taste leaves your tummy feeling warm and happy.

Quaker High Fiber Oatmeal is a great choice for you as a breakfast choice. It has some carbohydrates in it, but the morning is the best time to get your carbs in because your body burns it off all day long, but other than that it is high in potassium, vitamins and has zero cholesterol. This new product by Quaker now has more fiber in it to boost your intake. 40% of your daily fiber is a huge boost, especially if you are not getting enough already. So by just eating Quakers new oatmeal once a day for breakfast, you are getting h u g e b e n e f i t s for your body.

As a college student, it is important to have a good start to your day even if you may not always have the time to spend on it. Quaker High Fiber Oatmeal is not only delicious, but very easy to make. That is one thing about this produc- t set that is good for everyone: no college student has the time to cook a full breakfast, but if you can boil a little water in the microwave, add it to your oatmeal, eat it, and run out the door, that makes for a successful effi- cient breakfast.

After trying out a full box of the High Fiber oatmeal I already felt the difference. Not being a huge breakfast person, this break- fast was satisfying and easy to get down. My body felt less bloated and less hungry during the early afternoon which is usually when I tend to bing eat. Not to mention, this hot cereal makes a great snack!

The oatmeal kept my stomach feeling full longer, so I didn’t have to find other things to munch on during classes. I just like many other college students do not have the money or the time to spend on a lengthy breakfast each morning. You can buy a box of 8 packets for fewer than three dollars.

There should be a disclaimer on the box though that talks about high fiber intake. Natura- lly it takes about 5 hours for fiber to kick in your system. You may or may not experience some gastrointestinal discomfort for the first day or so. Keep in mind, you’re getting almost half your daily requirement in just one packet.

This breakfast is a highly recommendable product that will leave you full and happy; they offer two flavors, Cinnamon Swirl and Brown Maple Sugar. You can purchase this and any other Quaker product at your local grocery store or Target.

Dannah Hartman, Editor | Sustainable Shampoo

Being eco-friendly doesn’t mean you need to drive a hybrid or have solar panels on your roof, there are easier (and less expensive) ways to reduce your impact on the Earth. I’m no Al Gore-I haven’t won a Nobel Peace Prize, but for my activism in climate change- but I do try to make environmentally conscious decisions, especially this sem- ester, I’ll be The Crested’s personal green guru on all things green.

This week we’ll check out sustainable shampoos, condi- tioners and hair products. All natural products must meet four criteria: the product must be made of natural ingredients, avoid any ingredient that re- search shows may have a sus- pected human health risk, cannot be tested on animals, and must use biodegradable ingredients.

My personal favorite natu- ral hair care line is Organix, all shampoos and conditioners contain organic ingredients and are paraben and sulfate free. Coming in fourteen different scents-pas- sion fruit guava, pomegranate green tea, mocha espresso, and coconut milk (just to name a few)-Organix is a company that provides a scent for everyone.

New for 2010, the Cherry Blossom Ginseng shampoo and conditioner contain cherry blos- som extracts, Asian ginseng root, rice milk and bamboo extract all packaged in an eco friendly bot- tle containing recycled post consumer resin.

Although the availability of the different scents varies de- pending on the store, Target and CVS usually have a satisfying se- lection. The shampoos and condi- tioners retail for $6.99 per bottle, however many times mail in rebates are available when you purchase the item.

Burt’s Bees is another eco pick when it comes to beauty products, especially their hair treatments. The Hair Repair Shea & Grapefruit Deep Condi- tioner, retailing for $4.00, helps treat and repair dry, damaged hair while smelling great at the same time.

Their Baby Bee line for children also uses natural ingredi- ents. The Baby Bee Shampoo & Wash is an ingredient based to make bathtime easier that fea- tures nourishing coconut and sunflower oil.

Green tips, ideas, sugges- tions and questions are always welcome at dehartman@cedar-crest.com.

Until next time, think green!
Alyssa Slinger
STAFF WRITER

In a society where women are thinking pink, and breast cancer is a huge fear on women’s minds, the lower half of a woman’s body seems to be going unnoticed. This is why January has been deemed Cervical Health Awareness month by the National Cervical Cancer Coalition, with the goal of educating women about cervical cancer, human papillomavirus (HPV), and ways of preventing this cancer, since almost every case is preventable.

Cervical cancer is caused by certain types of a virus known as human papillomavirus, or HPV. There are around 100 strains of HPV, but there are two strains, types 16 and 18, that cause 70% of cervical cancer cases. Two other strains, types 6 and 11, cause 90% of genital warts cases. These cases come from sexual contact—meaning they can be prevented. If a woman is going to be sexually active, she needs to know that she can be at risk of cervical cancer. If you are nervous about going for a Pap smear for the first time, Heelan suggests “talking to friends and finding out where they go to. Make sure who you do go explains everything, so that you can have a good first time experience and every time after.”

There is also another step you can take as a preventative measure that was recently approved by the Food and Drug Administration (FDA) to prevent four of the strains of HPV which cause cervical cancer and genital warts. It is a vaccine known as Gardasil that was approved in June 2006 for girls age 9-26. The vaccine consists of three injections given over an interval of six months. Even if a woman gets the Gardasil vaccine, she will still need to get Pap smears as advised by ACOG.

When asked whether or not she received the HPV vaccine Krista Flores, junior nursing major, answered “I have not received the Gardasil vaccine. I do not believe there is enough long-term research on the vaccine yet. There is a lot of research that tells of the short-term effects, but what about 40 years down the road? I do not want this in my body until I am confident in the research.”

When asked the same question, Elizabeth Sterling, sophomore nursing major, replied “I got the Gardasil vaccine because my mom told me to, and I trust her, but I do think people should do their own research into the vaccine beforehand. I think it can do good things for girls, but that we need to remember to still be safe.”

Heelan made the same argument for the vaccine saying, “there is not a lot of long term research, but I think women need to make a choice that’s best for them because I can make a decision for me, but it may not be right for you or someone else.”

Cervical cancer deaths may be on the decline, but it is still something to be educated on, especially since, with regular Pap smears, and smart sexual decisions, it can sometimes be prevented. If you do not have insurance, that should not sway you from seeing a physician for Pap smears and other sexual health issues. Planned Parenthood is a great resource, as they offer services on a sliding scale based on income. Even though January is finishing up, and spring is nearing, remember to take care of your body—mentally, physically, emotionally.
Are you currently in college and considering a career in education?
Are you contemplating a career change?
Are you an educator looking for career advancement?

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Aquarius
Jan. 20 – Feb. 18
With age comes wisdom, and you are no exception. You will have the opportunity to help a friend in need. Do not second guess the advice you wish to share with your friend – your gut feeling is there for a reason.

Pisces
Feb. 19 – Mar. 20
With a new semester of classes, do not forget about the people around you. While it is easy to get caught up in your own quest for success, remember to take some time to help those around you.

Aries
Mar. 21 – Apr. 19
You work hard for everything you want. However, sometimes you have to cut yourself a break. Little things like oversleeping by a few minutes are not the end of the world, and you must remember that to keep a positive attitude.

Taurus
Apr. 20 – May 20
New classes mean new beginnings. You are being offered a fresh start so take advantage of it! Get organized now and form effective study habits that will carry you through the semester.

Gemini
May 21 – June 20
Everywhere you look, it seems to be drama. Try your best to ignore it by keeping yourself busy with work and activities. Finding even a little bit of stability can make everything seem better.

Cancer
June 21 – July 22
Someone around you is going through a tough time, and you feel obligated to help out. While your generosity will not go unnoticed, you must try to separate yourself from the situation when you are not directly helping with it. Do not let it drain you.

Leo
July 23 – Aug. 22
You are a natural leader and you should be proud of it. However, do not be afraid to ask for help. As much as you would like to, you cannot handle every situation on your own.

Virgo
Aug. 23 – Sept. 22
This is your time to shine! Do not let anything hold you back, and try to keep your life free from negative distractions. You can do anything you put your mind to.

Libra
Sept. 23 – Oct. 22
You will encounter a situation in the near future in which you must choose between what you truly want and what others want for you. Remember that it is your life, and it is ok to follow your own dreams.

Scorpio
Oct. 23 – Nov. 21
Everything has been going well, but do not get too used to it. This may very well be the calm before a storm. Just hold on tight to the people who matter most to you, and you will pull through anything that gets thrown your way.

Sagittarius
Nov. 22 – Dec. 21
Having fun is important, but you need to focus on other things in life as well. Try to take a more serious approach to the situations you face, and think for a moment before making a decision.

Capricorn
Dec. 22 – Jan. 19
All the fun of the holidays is over and it is time to get back to work. Instead of focusing on the negatives, keep your spirits up by remembering all of the great memories you made over the past month.

Submitted by Jessica Kuc

Can you solve these word games? Try to think literally, each communicates a celebrities name. Answers found at bottom of the page.

Frame Games solution
1. Brad Pitt
2. Reese Witherspoon
3. Johnny Depp
Hollywood celebrities step off the red carpet and open their wallets to help raise money for Haiti relief funds.

Michelle Palmisano  
STAFF WRITER

The Earthquake in Haiti on Jan. 12 ranks among one of the worst natural disasters to occur, along side of Hurricane Katrina in 2005 and the tsunamis in Thailand in 2004. This unfortunate, unpredictable, and devastating event has left 400,000 homeless according to the Atlanta Journal-Constitution online; and the death toll is expected to reach upwards of 200,000. Luckily, some of the most prominent members of Hollywood society have decided to step out and use their star status to start a buzz of awareness as well as a fury of donations.

These familiar names include Lady Gaga, Sandra Bullock, Brangelina—Brad Pitt and Angelina Jolie, Wyclef Jean, and John Mayer, along with many others.

During a concert in New York Lady Gaga stopped singing her hit ‘Brad Romance’ in Radio City Music Hall to talk to her audience about the Haitian people in need of help and prayers. Gaga was quoted as saying “There is a lot of people in the world right now who need our help. Sing this God can hear us. Sing this for the people of Haiti!” according to Music reporter David Balls. Gaga has also made it public knowledge that all proceeds from ticket and merchandise sales at her Jan. 24 concert in New York will be donated to the Haiti Relief Fund.

A big personality and off camera, Sandra Bullock, has also joined the ranks of stars donating large sums of money. Bullock’s $1 million dollar donation is equal to that of George Clooney and Brangelina, according to People Magazine. The trade paper also reports that the reality model Gisele Bündchen pledged $1.5 million dollars to Haiti.

The $1 million dollars that Brangelina’s money is going to fund Doctors Without Borders helping in Port-au-Prince. Pitt was quoted by People Magazine saying that he and Jolie “…understand the first response is critical to serve the immediate needs of countless people who are now displaced from their homes are suffering trauma and must require urgent care.” This money is extremely important to the Haitian people because of the almost total destruction of three hospitals in Port-au-Prince, which is forcing health care professionals and volunteers to work in less than sanitary or safe conditions.

Wyclef Jean, a Haitian himself, formed a nonprofit organization called Yele Haiti. After Jean was accused of “misappropriating” large sums of the money donated to his organization he has been put under a microscope. On Jan. 22 however, Jean hired accountants to take over the monetary end of his non-profit as to avoid future conflict according to CNNMoney.com. In addition to starting a foundation Wyclef went to Haiti himself to help and volunteer in any way he was needed.

John Mayer’s official merchandising website has been changed indicating that all proceeds from the website will go to the American Red Cross. Items on Mayer’s website range anywhere from $5 to $20 dollars and include things like sweatshirts, t-shirts, posters, and even a wall calendar.

On Friday, Jan. 22 more than 130 Hollywood stars rallied together for MTV’s “Hope for Haiti Now: A Global Benefit for Earthquake Relief” telethon aired from 8-10 p.m. and was taped from Los Angeles, London and New York City. In addition to being able to call in and donate viewers were provided the option to text GIVE to 50555 for a $10 donation and were given the address for UNICEF donations towards Haiti. U.S. Fund for UNICEF 125 Maiden Lane, New York, NY 10038.

Performers at the Telethon included Taylor Swift, Madonna, Sting, Kid Rock, Sheryl Crow, and Mary J. Blige and many more. Those who did not perform hosted the event, made appearances, and answered phones to take donation pledges. Those people included President Clinton, CNN’s Anderson Cooper, Meryl Streep, and Hallie Barry, among many others.

Co-host George Clooney and Haitian native Wyclef Jean emphasized the importance of the donations and the real need that the Haitian people have for basic things such as clean water and food that they sometimes are lacking on a daily basis. In one performance of Jay-Z, Rihanna, Bono, and The Edge the performers promised Haiti “we’re not going to leave you stranded. In this song these performers banded together specifically writing this song for this event. This promise is attempted to be fulfilled as much as right now donations continue to pour in from giving people and organizations everywhere.

Gossip Queen

From here on out, it’s one woman show! I, the one and only Gossip Queen, will be bringing you all the juiciest news that is happening in Hollywood.

Move over Tiger Woods, you’ve told us new we’ve got a new man who has a whole lot of lady issues to deal with. ABC’s new Bachelor “On The Wings of Love,” airplane pilot, Jake Palveka has too many women with drama on his hands. So, like any respectable bachelor would do, Jake kicks the girls off the show way before he even gets the rose ceremony. If you’re needy, bratty, motherly, crazy, trashy, or just like to drink a lot and sleep with producers, you are just not the girl for Jake and he has no problem kicking you off the show even over! On last week’s episode Jake kicked two crazies off the train. He kicked off two more at the rose ceremony! No sweetheart here, this bachelor is a little too reckless (and emotional) to be flying my plane!!

Now, I feel that I can make the assessment that everyone has heard about Heidi Montag’s “10 in 1” plastic surgery extravaganza. With her new 1-Fast float and chiseled chin, oh, and let’s not forget her butt implants, the “singer” is ready to debut her new album, so appropriately named, Superficial. In an interview with Good Morning America, they asked her to sing a song off of her new album and Montag refused to sing! Hello! Of course she couldn’t sing, she didn’t bring her auto-tuner and the rest of the chipmunks…Alvin never sings alone.

Summer’s over baby, well in Jersey at least. MTV’s Jersey Shore came to an end a week ago. But fret not! The Jersey cast is invading L.A! The “GTL” crew has been everywhere and anywhere you can imagine; ear dealerships, bars, film festivals, you name it. I am just waiting for one of these gothillas to end up on The Martha Stewart Show so she can show them how to bedazzle their own shirts.

Linda Bollea, Hulk Hogan’s ex wife, is in the works of writing a tell-all book about her abusive marriage, and her relationship with her family. We saw her family in the latest thrill show reality television, why doesn’t she write a book about how she wears teen clothes and her dog’s upper shirts to the grocery store. That is what she should be writing about.

In closing, I just wanted to send out a warning to you all. Please stay off all websites that may include Gary Coleman’s recent mug shot…that picture will give you nightmares for years. Love, The Gossip Queen
"After finally catching serial killer and occult "sorcerer" Lord Blackwood, legendary sleuth Sherlock Holmes and his assistant Dr. Watson can close yet another successful case. But when Blackwood mysteriously returns from the grave and resumes his killing spree, Holmes must take up the hunt once again. Contending with his partner's new finds and the dimwitted head of Scotland Yard, the intrepid detective must unravel the clues that will lead him into a twisted web of murder, deceit, and black magic - and the deadly embrace of temptress Irene Adler."

Introducing strong new character then he was in the books, Holmes partner more then his foil in the movie. IMDB.com describes the plot, often saying instead of showing, the movie as whole was very enjoyable. I was surprised to see Holmes and Watson not only solving crimes, but fighting the bad guys in hand to hand combat as well. While somewhat out of character Ritchie made a good show of showing Holmes' dramatic pounding and yelling, in- dusary façade masks a deeper life, adding more action then in Doyle's original stories to appeal to today's audiences.

Robert Downey Jr. is the perfect Sherlock Holmes, portraying both the characters virtues and vices. He is charming and has made as a miniseries, airing in three two-hour episodes on AMC. This is the test. Though the plot often dragged on from too much dialogue, the movie as a whole was very enjoyable. For those that do not have time to read I'd be a very wealthy woman. Everyone has time to read. When you're standing in that long line at the store, in between classes, or even when there are reruns on television. If you want to read, you make the time.

In Stephen King's book "On Writing" he writes "Books are the perfect entertainment: no commercials, no batteries, hours of enjoyment for as little as $1 a year. What I wonder is why everybody doesn't carry a book around for those inevitable dead spots in life." Reading can fill those "dead spots" the parts of the day that seem to drag out, or the rare moments when you have nothing to do. Believe it or not, reading is a form of entertainment, one that many people have forsaken for the instant gratification a television show or movie gives.

Books are cheap, too. You don't need to buy books at big name book stores, you can shop at local used book stores, and even buy them online on half.com or abebooks.com. Right here in Allentown there is a fabulous book store, called Another Story located at 524 North 18 Street. The store is piled high with books of every type. The owner is friendly and talkative. Not only will you get to buy books cheap, but you'll be able to spend some time relaxing off campus, far from your academic worries.

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Sunderhaus starts the semester in superiority

Sophomore Lizzy Sunderhaus is very excited for the honors she has received this season. Sunderhaus certainly has reasons to celebrate after her team’s 31-28 win over the Minnesota Vikings in the NFC Championship game. Sunderhaus has been a key player for her team, and her talent has earned her recognition both on and off the court.

“Her best quality as an athlete is that she always wants to get better; she wants to improve as a player,” Werkheiser said. “I think she’s very kind and she genuinely cares about her classmates and teammates.”

Sunderhaus certainly has respect for her teammates, as she recognizes that winning is a team effort and the team has helped her to reach her goals this early in her college basketball career.

“I have accomplished a lot as a sophomore, but I own a lot to the seniors this year and from last year. If they see someone coming up on defense, they’ll yell it out to me. I don’t think I would’ve been able to accomplish as much as I have without my teammates,” Sunderhaus said.

In May, the basketball team will be losing seniors Jesenia Holguin, Mackenzie Lee, Kelly Oakes, and Lindsay Orlandi, as well as junior Lakeema Jones. As a senior, Sunderhaus hopes to continue growing in her playing to uphold the legacy of the team as she graduates.

“We’re going to be losing a lot of seniors this year so I want to step up and fill in the voids they’re leaving. I want to get better with my ball handling so I can help with back court more,” Sunderhaus said.

For the first time in NFL history, the Saints will get a shot at being the NFL Super Bowl Champions. With their 31-28 win in the NFC Championship game against the Denver Broncos this Sunday, the team will be on their way to Miami, Florida for Super Bowl XLIV.

“It was as loud as I have ever heard it in the dome,” Saints quarterback Drew Brees said according to USA Today. “It feels so good to know we have given our fans an NFC Championship. We have another championship to go after in two weeks.” The game ended four minutes and forty-one seconds into overtime with a 49-yard field goal from Saints kicker Garrett Hartley.

Brett Favre, Vikings quarterback and one of the oldest quarterbacks in NFL history threw two interceptions in what may have been the last game of his 19-year career. “Just wondering if I can hold up, especially after a day like today,” Favre said after the game according to ESPN, “physically and mentally. That was pretty draining. I am going to go home, a couple of days and just talk it over with the family.”

The only player that threw more touchdowns passes than Saints quarterback Peyton Manning this year was Saints quarterback Drew Brees, leading many to believe that this is going to be a high-scoring Super Bowl.

All year long the Saints and the Colts have been ranked number one and number two in the NFL, only varying by who you asked. This Super Bowl will not have a David versus Goliath story, it will truly be a clash of the Titans.