

THE CRESTIAD



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Cronkite hits on Iraq, Louisiana, education



Linda Misiura | Photo Editor

At a press conference on Sunday before his major "conversation" that night, Walter Cronkite revealed that taking studying journalism in high school was "the best thing that ever happened to him."

Linda Misiura
Managing Editor

Sunday November 6, Walter Cronkite of CBS fame spoke to a packed Lee's Hall on far-away issues and ones that hit a little closer to home.

Cedar Crest College President, Dorothy Gulbenkian Blaney introduced the famous anchor to a crowd of more than 1,000 people.

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Tickets had sold out within 45 minutes of the press release in October. "There are very few such heroes," Blaney said. "One of them is with us tonight."

A short video played showing the highlights of Cronkite's career. He announced some of the most important and some of the most controversial topics as anchorman of the CBS Nightly News, including the legalization of abortion, the nuclear disaster at 3 mile island, the call for the impeachment of Nixon, the assassinations of Martin Luther King Jr. and JFK, and the landing on the moon to which he commented on screen, "I was speechless. I really couldn't say a thing."

Blaney had some questions of her own for Cronkite, including who he admires—President Jimmy Carter—and his opinion of the complications with Scooter Abby and the reporters—a matter of national security according to him. "We've never had this level of problem—this changes the balance of our government," Cronkite said.

Student journalist Emily Pulham asked her own personal question at the event about the difficulty of maintaining balance in a story. "The rules are well set," Cronkite said. "They're to be played by, and not be played with. I was a news reporter, news editor. Not a

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Senator, representatives encourage students to take risks

Jennifer Woytach
Editor in Chief

On Wednesday, November 9, The Executive Women's Council (EWC) and the Public Policy Forum of the Greater Lehigh Valley Chamber of Commerce presented a "Women in Politics Forum."

The gathering was held in the Tompkins College Center and featured networking opportunities and a Q & A session with Senator Lisa Boscola, Representative Karen Beyer, and Representative Julie Harhart. Representative Jennifer Mann was scheduled to attend, but was called to Harrisburg and unable to make it.

The post-election day event began with a networking session and luncheon in the Tompkins Art Gallery and was moved into the Samuels Theater for the Q & A panel. The formal talk began shortly after noon.

Only 22% of all state legislators are women and until 2004, Pennsylvania was one of worst states for women to have political

involvement. Currently ranked 21, the state is seeing a rise in women becoming involved in political leadership positions.

Boscola, Beyer, and Harhart addressed several issues in their opening statements. Boscola, a Democrat who represents Northampton County, is one of nine women in the Senate. Boscola said that we need to support women in politics, but not because she's a woman, but because "she's strong and confident of her job."

Having heard from both men and women that she would not be able to be a state senator, Boscola said that she tries to achieve every goal she wants. "It's not easy. You have to take risks to get on the ballot," Boscola said. "You can't do it alone. You need family and a network."

"Lisa is my senator and I take pride in her," Beyer said as Boscola passed the mic to her. Beyer, a Republican who represents parts of Lehigh and Northampton Counties, was elected in a special election in July. Beyer had formerly served as the president of the Saucon Valley School Board and is one of 26 women of

Wollman to lecture, receive Women in Business Award tonight

Jennifer Woytach
Editor in Chief

Cynthia Fricke Wollman, a Cedar Crest College alumna, will receive the fifth annual Women in Business Award. Wollman is the vice president of new business development at CRW Graphics and the former president of Sun Printing House.

"Passion in Business: The Agent of Social Change for the Next Decade" will begin at tonight at 7:00 p.m. in the Samuels Theatre.

While at Sun Printing House, Wollman's company received the "Best Workplace in America" honor from Printing Industries of America each year from 2000-2004.

At CRW Graphics, Wollman is responsible for corporate partnerships. Companies like Avon, AXA Financial, and AIG are clients of CRW.

In 2003, Wollman was named one of the "Best 50 Women in Business" by the Pennsylvania Department of Economic Development. She is an active member of Women's Business Enterprise Council (WBEC), The Union League of Philadelphia, and sits on the board of The Urban League of Philadelphia.

Wollman is a 1985 graduate and returns to lecture at Cedar Crest. She was a participant in last year's Women's History Month events, giving her definition of success in a talk titled "Connecting with Success."

Admission to tonight's lecture is free, but tickets are required. For tickets or more information, please contact the College's Special Events Hotline at 610-740-3791.

the 203 people in Legislature.

Beyer told *The Crestiad* that a "cutting edge" political science class that she took her senior year of high school had a lasting effect on her. Beyer and her twin brother were accepted into the class. Growing up in a small town outside of Pittsburgh, she had been involved in politics at an early age since her father was on the borough council.

Having served in the military also provided Beyer with the drive to become involved in politics. She referred to her time spent in the Air Force as "public service and an experience she appreciated."

"I believe education and taxes are women's issues. We can make a difference. We're a strong, silent minority in the House and Senate," Beyer said.

Beyer and Harhart agreed that it was a trying time before they were well known. During their first election campaigns, they had less than 5% name recognition. Beyer said that we

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OPINIONS

The Campus Corner:

How do you feel about the new coffee machine in the bistro?



Miranda Trahan '09
Psychology

"The new coffee machine is great, although it was broken the first time I tried to use it."



Allison Capik '08
Secondary Education

"I think it's pretty, but I'm still not sure how to use it."



Linda Misiura '07
Communication/English

"I love the iced mocha, but I don't know what I'll do when it gets cold because the vanilla cappuccino is awful."



Jennifer Roth '09
Nursing

"I love the hot mocha so much! I find after a hard day of classes and work this really hits the spot!!"

Compiled by Nicole Rubertelli

The Crestiad Fall 2005

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The Crestiad is a student run newspaper organization. It publishes one edition every two weeks throughout the Fall and Spring semesters, available both in print and online at <http://www2.cedarcrest.edu/crestiad>. Its primary goals are to keep students informed about events and issues of concern to the Cedar Crest community, and to provide staff members with an on-campus internship-quality media experience.

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

Questions or concerns

If you have any questions about The Crestiad or concerns regarding content, please contact the editorial staff and leave a message at 610-606-4666 ext. 3331 or e-mail crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, Pa 18104.

Guest columns and letters to the editor may be submitted for publication by any student, faculty, or staff member of CCC.

Columns should be e-mailed to the The Crestiad as MSWord attachments. Letters to the editor may be e-mailed as MSWord attachments or delivered to The Crestiad mailbox in Hartzel Hall.

All submissions should clearly state the name, address, and phone number of the author or authors. If the author is a student, the major and class standing should be included. If the author is a faculty or staff member, then their position title should be included.

Disclaimer

The Crestiad reserves the right to edit columns and letters for content, grammar, spelling, length, and layout.

Meeting the greatest source of all time

Linda Misiura
Photo Editor

November 6 was my first real live press conference. That sentence sounds like one out of a children's book—"today I milked my first cow," and "today I met Dan Marino," and "today I became a firefighter." In a way, the whole experience was rather like a children's book; surreal in nature, and full of enthusiasm and excitement.

At my first press conference, I got to meet the father of news broadcast journalism, Mr. Walter Cronkite. It was, for me, like a little boy meeting Dan Marino. My heroes can be found in the media, and Mr. Cronkite, who it has been said changed the way news was broadcast, is a hero in my book.

I stood in the same room as Walter Cronkite, the man who delivered some of the best news, and the worst, to this country for more than twenty years. I sat across from Walter Cronkite, the man who has been known to little children as "the dinosaur man" after filming his documentary on the prehistoric creatures that reached into the minds of youngsters across the nation. And I later listened to Walter Cronkite, who at the age of 89, just two days after his birthday, made his audience laugh and cheer him on not just once, but repeatedly. I was lucky enough to ask him my own personal questions and to shake his hand. I, the managing/photo editor of the The Crestiad, shook Walter Cronkite's hand.

But I guess it wasn't luck that got me to the press conference on Sunday; it was ambition—ambition that started in high school

when I took my first journalism class and realized it could be an outlet for my writing.

I have to tell you that I was beyond nervous. Here I was, a college student masquerading as part of the media. I took the time to dress the part (and ended up being the best dressed in the room, as all the photographers showed up in jeans and sweatshirts) and jotted down a few questions that I wanted to ask Mr. Cronkite. Assuming that there would be quite a crowd, I wasn't prepared for the chance to actually ask Mr. Cronkite my questions.

While we waited for the renowned journalist to enter the small room, I spoke briefly with some of the other press there, and realized I had a leg up. Being a student at the college, I knew more about the event than anyone there. Be that as it may, I didn't have the power to zap Mr. Cronkite into the room, and so the four journalists there (including myself) and the four camera men chatted briefly, mostly about the refreshments, and waited for Mr. Cronkite to begin—a full 30 minutes past the "strict" starting time. But I guess that's how it is with famous people: others are always willing to wait.

When Mr. Cronkite finally entered the small room in the Miller building, he made a disclaimer that he's hard of hearing...then took it back and jokingly clarified that he's actually deaf as a pole. So the three other journalists and myself fought past the chairs and made our way to the front row, where a mere three feet from Mr. Cronkite, we took turns asking questions.

It was the most incredible feeling, to sit there and listen to this famed man talk about

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Submission of letters to the editor:

Letters may be submitted via campus mail to The Crestiad mailbox or e-mailed to crestiad@cedarcrest.edu. Please include your name, contact information, relationship to the Cedar Crest community, and class year (if applicable).

We do not print anonymous letters. The Crestiad cannot guarantee the publication of any letters or commentaries.

OPINIONS



Just blowin' my mind

Beth Coulter

Columnist

Thankful for "Uncle Walter"

Greetings all,

We are approaching Thanksgiving, a time to give thanks for the things we have. My thanks have much to do with an event at Cedar Crest College, an event that I would like to share with you.

Growing up in the 1960s, every evening my family had a special guest at dinnertime. The news would come on and "Uncle Walter" would fill us in on that day's events. His calm and soothing manner made all of the bad news (body counts in Vietnam, riots in various cities throughout the world, toxic rivers catching on fire) seem not so bad. He walked us through the most turbulent times we have ever known, and did it in such a way that we did not feel fear and despair. He made us feel as though we were all in it together. His sign-off, "and that's the way it is," gave us the hope that someday we could be more.

Walter Cronkite was not only the most trusted man in America. He was the only trustworthy man that I "knew." His screen persona was that of a kindly grandfather, and he apparently *was* his screen persona. I learned from him that ethics were not lofty goals, but related to actual actions. He subtly pointed out that ethical line, and never crossed it. When I measure my personal journalistic ethics, his are what I measure against.

So it was with great joy and thanks to receive the news that *The Crestiad* staff had access to the hard to get tickets for "A Conversation with Walter Cronkite." That entire Sunday of the event, I was excited about getting to see "Uncle Walter." As I was leaving my apartment, I told the handyman whom I was going to see. Constantine is Siberian, and I was pleased that he knew who Cronkite was (although it was because of the "funny little mustache and bushy hair," not the journalistic accomplishments of the man).

My excitement doubled as I was standing in the 900-person-long line, waiting for the doors to open. In front of me, through the glass of the Miller Building, I could see the man himself with the trustees and President Blaney. I was seeing a childhood hero in the flesh and I was uplifted.

His talk to us was wonderful. I soon forgot he was 89 years of age, and just focused on his wisdom and humor. One of his jokes was about Herbert Hoover, 31st President of the United States. Hoover was in office at the start of the Great Depression, and Cronkite talked about going to visit him after he left office.

Hoover had moved into the Waldorf-Astoria in New York City. Cronkite went to visit him there repeatedly, "in hopes that I would find out something fascinating about the man. I never did find anything."

He spoke of his favorite President, Franklin D. Roosevelt, and of the President he thought was the smartest. "Jimmy Carter graduated with a degree in nuclear physics," he told the gathering, honoring the work Carter did before his presidency and honoring the current work Carter does with Habitat for Humanity, among other charities.

His answers to questions were thoughtful and sincere, and very well received by the audience. In places, the audience erupted in thunderous applause. Mother Nature did the same as a quick, but vicious thunderstorm rolled over us.

When he spoke of getting our soldiers out of Iraq, a tremendous crack and boom of thunder made it sound as though the heavens agreed with him, as well as those of us gathered.

Those of you who read my column regularly know that I have struggled with a solution to the Iraq War. Uncle Walter had the answer that I had not seen. His simple solution requires the United States to tell the Iraqi government, "sorry, but Mother Nature has been very unkind to us, so we need to pack up and take our boys home to help there. We will help you in your quest for peace, as we can, but for now, we have got to go."

This solution allows us to "save face" (not appear weak), and make it not appear as if we are cutting and running. It is truthful and may help save lives in the long run.

LBJ once said that if he had lost Walter Cronkite, he had lost Middle America. It is plain that Cronkite is still Middle America, standing firm for the values that once made America great.

Thus, when he says he does not think much of the current administration, I have hope that all of America is coming to the realization that Bush and Company has cost us dearly and we need to keep our eyes on them.

So this experience has made me very thankful. I am thankful that such a great man as Walter Cronkite is still spreading his wisdom for those of us who need it.

I am thankful that I was able to hear this great man with my own ears, in the flesh, to feel and absorb the energy he sends out with his wisdom.

I am thankful I am a member of Cedar Crest College, where this great event took place. Include with this one that I am thankful for President Blaney for arranging this for our school.

I am thankful I am a member of *The Crestiad* staff (one of the best newspaper staffs anywhere!), and being such was able to attend this sold-out talk.

And finally, I am thankful for you, dear reader. It is you that keeps me going, knowing there are people out there who read what I say, and think about the things I mention. You make it all worthwhile, and isn't that what being thankful is all about, seeing life and what we do and who we are with as worthwhile?

Have a Happy Thanksgiving.
Until next time,
Peace,
Beth

Contact Beth at betheqt@voicenet.com and read more thoughts at www.bethcoulter.com

To the editor: There is no solution to the Iraq situation

Our government has taken a dictator out of power and must now reestablish a stable government before pulling out our troops. Beth Coulter, do you forget the Saddam Hussein that launched his political career by assassinating a supporter of a former Iraqi ruler, invaded Iran and Kuwait, and was the leader of a bankrupt nation due to economic sanctions from the Kuwait invasion? He was feared by his people and known for killing opponents of his regime. Chemical weapons were used to suppress the Kurds along with draining marshlands and razing towns to put down rebellion.

Saddam led the attack on Iran in the 1980s, leaving hundreds of thousands dead. Yes, the United States supported Iraq with intelligence, but they also sold arms to Iran. The United States was not alone. China, Brazil, the USSR, United Kingdom, France and Italy also supported both sides of the war against the two leading suppliers of oil.

Saddam hoped that by increasing oil prices he would revive his country. He failed and then invaded Kuwait in August of 1990. After his defeat, Saddam agreed to abide by United Nation and dismantle Iraq's programs to develop weapons of mass destruction (WMDs). He was given 12 years to disarm all WMDs and long-range missiles and allow UN inspections. He did not comply and the US invaded Iraq in March of 2003.

He was a dictator of torture. The "civilized nation" that you refer to had a leader that would use security forces to starve babies or gouge out the eyes of children in order to force confessions from their parents. Saddam spent \$2.2 billion building about 48 palaces in the first Gulf War of 1991 while his people lived without running water or sewage.

On September 12, 2002, President Bush spoke to the UN to give Hussein "one last deadline to abandon Iraq's WMDs." If he failed to comply, Bush said the United States was prepared to act alone. Just 4 days later, Hussein said they would allow UN weapons inspectors "unconditional access to suspected weapons sites," but in February of 2003 Saddam failed two tests of declaring WMDs and cooperating with UN inspections. He was also found with research of biological weapons. Iraq was not able to account for hundreds of capable aerial bombs that, from a ship, had the possibility to reach New York, Paris, London, Berlin or Beijing. Saddam was given multiple opportunities to disarm and failed to comply. So no Beth, Iraq had more than "drawings."

Fifteen of the 9/11 hijackers were from Saudi Arabia, but Saudi Military has assisted the United States in attacks against al-Qaeda.

Saudi Arabia is also monitoring 150 accounts due to links to terrorist groups like al-Qaeda. They have supported many of the United States' efforts against terrorism, and the US has supported them because they sup-

ply cheap oil. According to CNN.com, "there is no conclusive evidence that the Saudi government funded 9/11 terror activities intentionally."

There is little evidence to suggest that the leaders of Saudi Arabia support terrorist groups like al-Qaeda, however they are guilty of severely punishing those that challenge their regime, having no constitution or legislature, and dismissive treatment of women. Is it right that we do not challenge their democracy? My opinion is no, but I understand that the United States does this to obtain oil at a cheaper price.

President Bush targeted immigration of those from Syria, Libya, Iraq, Iran and the Sudan, not Saudi Arabia, after the 9/11 attacks although most of the terrorists were Saudi. Is this right?

I have my opinions, and plenty of them, but feel that it is inappropriate to ramble about them in a newspaper.

Your allegations that "a civilized nation has been reduced to third world conditions, with intermittent electricity and running water in areas once thought of as upper-middle class" are unsupported. The Iraq of 1990 belonged to the group of middle-income countries and had an efficient health system, "considered one of the best in the Middle East region" according to Dr. W. Kreisel, executive director of the World Health Organization, Office of the European Union.

In 2001, the overall health conditions remained poor, food availability and consumption fell short of requirements of nutritional status, and chronic malnutrition was widespread, especially in children. In this same report, UNICEF noted that the infant mortality rate and those under the age of 5 more than doubled during 1994-1999. Easily treated diseases like Malaria, Typhoid, and Tuberculosis were on the rise and the WHO and UNICEF campaigned for immunization. Emergency vehicles and ambulances could no longer provide support due to lack of equipment and supplies, along with health facilities. And this was before the United States attacked in 2003.

What the government is currently doing is training Iraqi troops, stabilizing them with control of cities, and stepping back to relinquish control. In October 2005, 27 of 109 U.S. bases were turned over to Iraqi control. This is a small step toward the eventual withdrawal of U.S. troops. U.S. Generals, with much more experience in times of war than you, want withdrawal of troops to show the Iraqis that American occupation is being reduced and to give Iraqi forces independence.

Brittanney Smith
Junior

Press conference

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the people he admires and what event he had the most trouble delivering. He spoke about politics with eloquence, and you could tell he still held all the passion for news.

I was interested in his past, and so when my turn came I asked Mr. Cronkite whether he felt his high school and college experience in journalism affected his career. I was pleased to see his eyes light up at the question, to which he replied that the experience was the "greatest thing that ever had happened" to him. Not only had I made Mr. Cronkite smile, I had been reassured that if journalism was my cho-

sen career, I was taking a giant leap in the right direction as editor of *The Crestiad*.

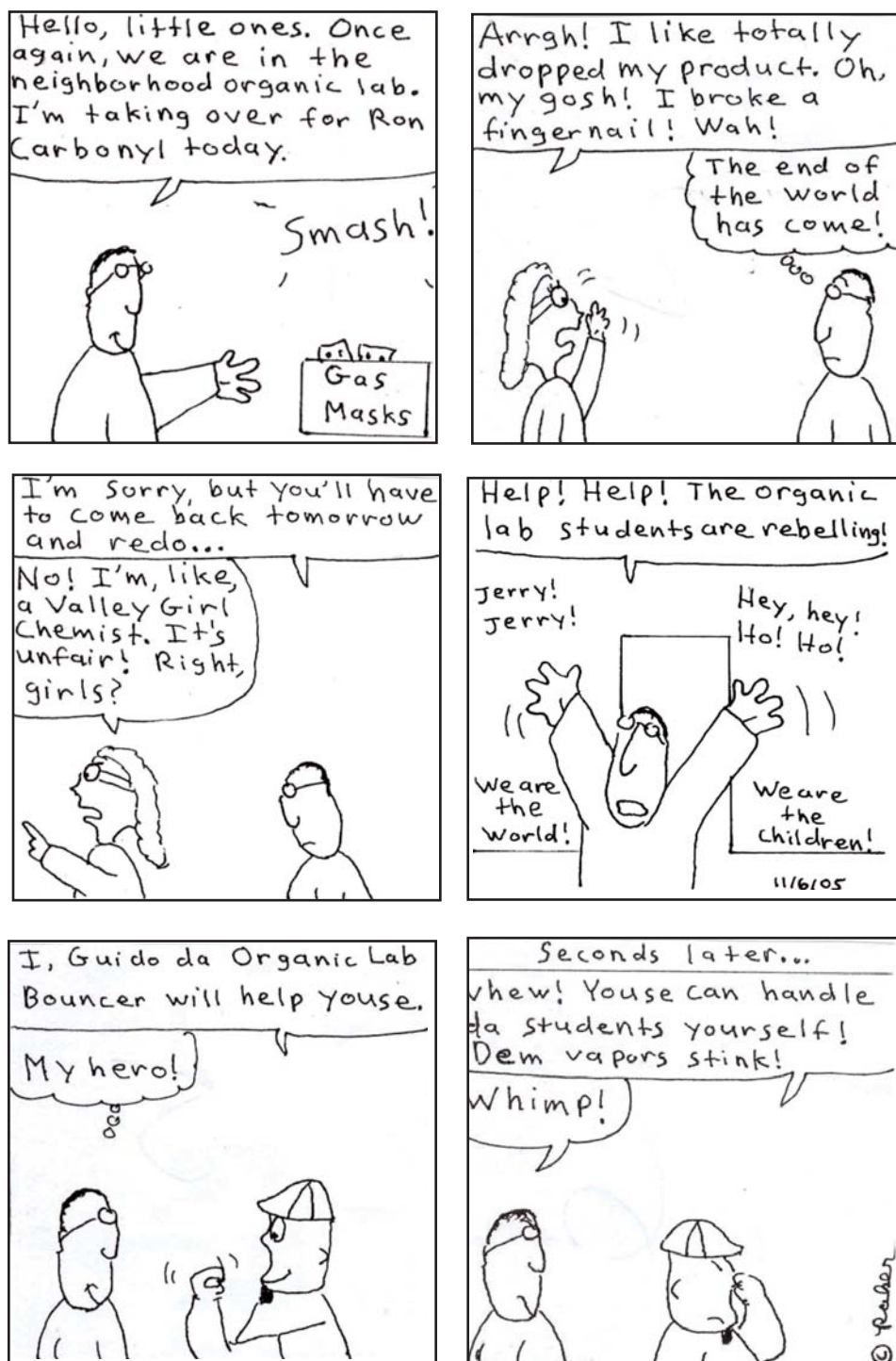
The minutes flew by, and soon Michael Traupman entered and informed Mr. Cronkite it was time to leave—it seemed to me that the former anchorman was sad to end the discussion with his journalistic peers. I grabbed my bag and camera, straightened my shirt, marched up to the man, and said "Thank you so much Mr. Cronkite." He looked into my eyes and thanked me right back, and let me tell you, that man had quite a grip for being 89.

OPINIONS

Mr. Chemist's Neighborhood

David Raker

Crestiad Cartoonist



Living in pigeonholes

Jillian Churchill
Staff Writer

Everyone at Cedar Crest has heard stereotypes surrounding the campus. A women's college seems to attract them.

Stereotypes about Cedar Crest come not only from people off campus who have never dealt with anyone on campus, but also on campus and among the students. There are stereotypes about different majors, where people come from, and about how people act if they look a certain way.

The problem with stereotypes is that they are false 95% of the time. People choose to accept the stereotypes because they don't know the people that the stereotypes are about. They put people in pigeonholes so that they don't really have to think; they assume that they act like the stereotype.

The question comes up of how to combat stereotypes. Many will tell you that education is the key. Are classes or training sessions the answer? You have to learn about the people and their sides of things.

Try simply talking to the people you have stereotypes about. There will probably be those few who fit the stereotypical mold, but the others won't. What better way to learn about a group of people than to start talking to one of them? It is then that you learn the stereotypes you have formed are not nearly complex enough to contain the stories of more

than one person.

This campus is full of stereotypes and over-simplifications. Just think of how many you may have heard. When someone mentions a science major in a story, what images come to mind? Anything about an overbearing person who thinks they know everything? Ever picture them as the weird people who carry around blue toolboxes?

These surround every aspect on the campus. Life Long Learners, art majors, business majors, and nursing majors all have stereotypes surrounding them. But things do not stop there, what do you think when you hear that someone is from New Jersey? Or that someone is an all around athlete, or are of an alternative sexuality?

Those surrounding the campus are also present when you leave the campus. People say that we are either lesbians or easy. They also say that we are spoiled and rich. Again, neither of these is true. To make others see these glaring errors, talk to them when they ask about Cedar Crest, or when something comes up in conversation.

Maybe then, after people know the truth, we will have less stereotypes surrounding Cedar Crest and won't have to worry about what people think of us based upon where we go to school, what major we are or any other aspects. It is better to have an open mind about someone than to group them into a category that others would put them into without a thought.

Ms. Takes

Jennifer Kumetz

Columnist



Less than four years ago I moved to Pennsylvania from New Jersey. I love my neighborhood and my city and am proud to call Easton my new home. However, my choice to move there does not always sit well with people who have been there for a while. Easton lies on the border of New Jersey on the Delaware River, where I have encountered notions that all "transplants" from New Jersey are considered detrimental to the area. I have also been called, by a man who could not understand why I was laughing, an "implant" and have heard many of the problems in my new home city attributed specifically to people moving from the outside, in. This completely boggles my mind as I contribute a lot to the area-I am a productive citizen, I work there, I shop there, I pay taxes there (both to live and work to mention a few) and most importantly I vote.

On November 8, I went to the polls to vote for Northampton County council members and County Executive, Easton city council members and an Easton school board director. It was interesting to me that the only female candidate was handing out rubber jar openers and nail files. Anyway, I have discovered that voting is not the norm for a majority of women in Pennsylvania or New Jersey. In a 2004 report by the Institute for Women's Policy Research, both states ranked in the bottom 5 out of all the states for overall women's participation in politics; Pennsylvania ranked 47 and New Jersey ranked 50 (numbers are for 1998-2000, see <http://www.iwpr.org/States2004/PDFs/data.pdf> for more info). This same report shows that 62 percent of women in Pennsylvania are registered to vote and 47 percent actually went out to vote. In New Jersey, 63 percent are registered and 45 actually vote. These numbers serve to enlighten us about our lack of representation in politics. How can we complain about unfair legislature if we fail to go out and do anything to affect change?

I attended the Women in Politics forum in Samuels Theater on November 9 which featured Senator Lisa Boscola, Representative Karen Beyer and Representative Julie Harhart as speakers. These women spoke about their experience running for position as well as their experiences in their positions. Boscola, who first ran and was elected as a representative in 1994 said, "We had women saying 'You can't do it, you shouldn't do it,' we had men saying 'You can't do it, you shouldn't do it.'" Then, while in her position as representative, she recalled being told, "Don't try out for Senate, you've only been in for 4 years, wait your turn." It was against these kinds of sentiments that she successfully made her way into politics. She is one of only 9 women in the Pennsylvania State Legislature.

Karen Beyer, representative of District 131 which includes Allentown, told us that this was the first time in the history of the city of Allentown that two women were serving, meaning herself and Jennifer Mann, of District 132, who was not able to attend the forum. Beyer was a journalist before entering into politics. She said enthusiastically, "I believe in women power."

Harhart, who represents District 183 which includes Whitehall Township, questioned why women do not vote. "Women don't register to vote in Pennsylvania, what is with that?" she said, "Be a part of democracy, that is what it's all about." Harhart, who began her career in politics at the age of forty-eight encountered comments during her campaign

such as, "What are you doing out running for office?"

Despite initial resistance, these women all worked hard to become the voice of the people. They are in positions to affect change in legislature, but they need the support of their constituents, and that includes women, to help rally for change. You can show your support first of all by voting, and can support or dissent on any issues by writing to your representatives and expressing your view. They are there to represent us and would like to know what we think.

There are also organizations such as the Pennsylvania Commission for Women, the League of Women Voters of Pennsylvania and a Northeastern Pennsylvania chapter for the Younger Women's Task Force, which was started by the National Council of Women's Organizations. All these organizations work towards equal representation and women's political movements. If you are not from Pennsylvania, the League of Women Voters and the Younger Women's Task Force both have several chapters across the nation, so you can visit their websites to find out more about their efforts in your area.

Guide to Government Resources

Northeastern PA Younger Women's Task Force: <http://ncwo-online.org/YWTF/PA/NE.htm>

Pennsylvania League of Women Voters: <http://pa.lwv.org/>

Pennsylvania Commission for Women: <http://www.pcw.state.pa.us/pcw/site/default.asp>

To find your PA legislatures <http://www.state.pa.us/papower/taxonomy/taxonomy.asp?DLN=31786>

To find your congressperson <http://www.house.gov/>

TIP: When writing, be sure to include your own address to ensure that your letters are read.

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225 Main Capitol Building
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<http://www.governor.state.pa.us>

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<http://santorum.senate.gov>

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OPINIONS

FEATURE

In search of the ethical life

Heidi Gioia
Staff Writer

"Cedar Crest College is dedicated to preparing students for lifelong learning and for meeting and exceeding established standards of excellence," states the CCC mission.

Cedar Crest students, already loaded with courses, sometimes find the mandatory "Ethical Life: The Moral and Social Responsibility" course to be unwanted. Ethical Life is a sophomore level core curriculum course, designed by Professor Elizabeth Meade, which includes a classroom element of an hour once a week and expects 28 hours of hands on community service (about two hours per week). It is based on a pass/fail system in which students who fulfill the written requirements and community environment hours pass. Recently, those who care little for the program have been becoming more verbal about it. I have heard several students voicing complaints that the class should be voluntary or that the time commitment involved is too much to ask.

Time is a big issue in this course. It can be a barrier to students with little or no time for additional coursework. "Most students that fall behind in the course are those who didn't schedule enough time to fill site hours" says Associate Dean of Student Affairs, Denise O'Neill. This becomes especially true for Life Long Learning students and others who maintain families and full-time or part-time jobs in addition classes.

The "unknown factor" for people who are not used to doing community service can result in negative student attitudes as well. This por-

tion of Ethical Life requires person-to-person contact, meaning that jobs like bulk mailing, data-entry and filing do not count as service hours. If you don't feel comfortable working with people, this requirement can be a bit unnerving.

One of the major objections to the course is the fact that it is a required course for graduation. Ethical Life may seem especially unnecessary for those who feel that it is outside their major. Whereas all other Cedar Crest requirements come with a long (or short) list of alternate options or at least the choice of how to fulfill them, Ethical Life has no other equivalent. Students do not have a choice as to whether they will take it or not. If a student chooses not to take Ethical Life, she will not receive a degree. This causes many students to feel that Cedar Crest has forced an unreasonable course upon them.

I find that most people who have such vehement opposition to the course are those who have yet to take it. Usually these people are simply not looking forward to donating the time or effort required to take and pass the course. Many students make appointments or visit with Tammy Bean, Director of Community Service and Ethical Life Site Coordinator, objecting to the course. They try to find ways to get out of the requirement and even come up with alternate options. Unfortunately for them, there are only two ways to get out of taking this course, according to Bean. "When students transfer in with over 55 credit hours, they are technically juniors and this is a sophomore level class, so they aren't required to take it." Students who trans-

fer in with a course that is equivalent to the ethical life course (meaning it addresses the theories of ethics and social justice and contains a community service component) are also exempt.

As far as the time issue is concerned, students are being unreasonable. The class hours required for the course are similar to any three-credit course offered on campus. This usually means that students spend an average of three hours per week on the course over the 14-week semester period. The one-hour classroom time plus the two-hour per week community service component equals a total of three hours per week.

The purpose of working closely with the community for the service portion of the course is directly related to the course description. "This course focuses on direct relationships with communities and the members of those communities... [that is] more likely to occur through direct contact rather than paperwork," states the Ethical Life website. This course encourages and challenges students to uncover their values about ethical decisions and to make ethical judgments in life. It "puts them into practice in the community setting" states Bean. Most students who take the course appreciate the experience afterwards. People are forced to come into contact with people everyday; students who object to a course simply because they have to interact do not provide a very convincing argument.

To tackle the requirement issue, compare Cedar Crest to other colleges you have visited. Ethical Life is the only required course at CCC. Other colleges have several courses that all stu-

dents must take to graduate. Cedar Crest is being open-minded in giving students the option of how to fulfill their other general education requirements. The fact that people complain about one course just shows that students can always find *something* to be upset about.

O'Neill gives a great reason that Cedar Crest should continue to mandate this course; "not only is this course part of the mission of the college for civically-minded students, but it is part of holistic development. Young students don't realize how many jobs they are losing because of poor ethics. They don't know how much this class really helps them in the long run." At graduation, the elected speaker often mentions how this course has changed her life. If it wasn't a requirement, you would certainly feel a bit left out during this speech.

Take a look at your newspaper or turn on the television; ethical issues will fly in your face by the minute, and this is everyday reality. We graduate from Cedar Crest with the intention of being successful and respected individuals, yet we gripe at participating in a course that not only benefits us but helps the community. The way things are going these days, ethical life may be the only thing this college can offer us to prepare us to face the real world. "It's not just a way for people to experience and learn new and different things; there is practical application" states Bean.

How many times a day does something go wrong at work or at school? Do you constantly complain, or do you grin and bear it? O'Neill provides an appropriate analogy, "don't close the door before it's even open".

My facialist says...

Gillian Maffeo
A&E Editor

"Well Amanda, my facialist says that..."
"Wait...you have a facialist?"
"Yeah, she's out of this world!"

Yes, I have my own facialist. It's not that I'm spoiled, it's just the fact that this lady gives the most amazing facials. Every time I go back home to Massachusetts I *have* to see her. It's an addiction. The conversations we have are better than the ones I have with my psychologist and my sports psychologist. Why pay for them when I have my facialist? She answers all my questions about life, love, sex and stress.

Last time I went home, I had my monthly ritual visit when I went back home. Right when I got off the airplane, I kissed my boyfriend and made him drive me right to the spa. My mom totally supports this habit; she knows I will say hello to her *after* my facial. Yes, I know that's horrible, but my face was breaking out and I had some questions to ask my facialist; plus I phoned her before I came home and told her to have my Biostimulant Face Crème ready for me.

Entering the spiritual and aroma-filled spa, I felt half of my stress already disappear. Just as I was about to look at her new facial products, I heard her.

"Gillian! Wow you look so great, so grown up, so fit! When was the last time I saw you?"

"Anne, I missed you!" I said. "Well, about a month ago. My face is in need of your touch."

And at that moment I remembered why I love this lady so much. She is the easiest person to talk to, so spiritual and down to earth. Her voice is just so soothing; I wish I could take her everywhere with me.

Lying naked under a comforter in the

facial bed, I closed my eyes and listened to the relaxing music, as I waited for her to begin my facial. I don't exactly know what the crèmes were that she was putting on my face, but I do know that they feel damn good. As she was pressing, applying, and massaging my face, I started to fall into a deep relaxed sleep. The aromas of the crèmes were breathtaking, and, along with her voice, they sent tingles down my spine.

"Gillian dear, I see that you have some dry patches on each side of your nose. Have you been having intestinal problems, bad bowel movements?"

"Not that I know of. I've been going to the bathroom fine."

"Well, this doesn't mean that it's totally intestinal, it is stress patches also."

"Anne, I'm under so much stress."

"I can see. These dry patches are in the stress parts of your face. We need to fix this."

Thirty minutes passed. I was enjoying this way too much, while we chatted about caffeine. I am such a lush for caffeine; I have to have my ice coffee every morning with Equal. But according to Anne, I need to quit this devilish behavior. She told me that caffeine and coffee are killers to the human body and mind, as well as Equal. It's better to have regular sugar with an espresso because it has seventy percent less caffeine than coffee you buy at Dunkin' Donuts. By the way, she hates Dunkin' Donuts and thinks they are polluting our society. She also told me that I should never take my vitamins within two hours of drinking a caffeinated beverage because they won't work. On the topic of vitamins, she recommended bee pollen; it helps fight sickness and makes your skin very nice, and has B12 (which makes hair grow).

Toward the end of my session, we got chatting on my favorite topic: plastic surgery. I



told her that I was in the process of finding a plastic surgeon to fix my nose. I am like everyone else and have self-image issues. I was on the way to becoming what everyone in America was rapidly becoming: fake. Thank god I saw Anne before I booked my appointment with the plastic surgeon. Then the comment I made about Botox made Anne raise an eyebrow.

"Gillian if I ever find out that you get Botox I will never do your facials again. That is poison! Poison to the body. The body needs to be pure and plentiful, not filled with these toxins. Natural wrinkles are healthy and nice, beauty is within. Don't become like the rest of America, you are a very independent woman."

And with that, I was determined never to get Botox, because if Anne wouldn't give me facials ever again I don't know what I would do with my life. Who would help me out with life situations and remedies to fix them?

So that evening I left Atlantic Wellness Center with a red, blotchy, greasy, but healthy face (it's normal for that to happen after a facial), with my Biostimulant Phytobiodermie Crème and a piece of paper with remedies written all over to make my life less stressful and full of success. Sushi with my friends was next on the agenda and I couldn't wait to tell them what Anne had to say this time.

NEWS

Education department welcomes professor, student, runner

Bethany Mason
Staff Writer

Meridith Gibbons is an assistant professor of education at Cedar Crest College. She is from Nazareth, Pennsylvania and graduated from Pen Argyl High school. She went on to further her education at Shippensburg University. Gibbons then headed to the University of Virginia where she received her Masters. She is now working toward her doctorate at Widener University.

Prior to teaching at Cedar Crest, Gibbons taught at Literacy Coach in Easton, PA. Her desire to teach students entering the field of education at the college-level is what brought Gibbons to Cedar Crest. That desire has helped her adapt to the Cedar Crest community. Gibbons said, "The faculty, staff, and students have been very helpful and accommodating. I especially enjoy the community atmosphere that is displayed by the students and staff."

Throughout the academic year, Gibbons will be teaching Education 100, Education 311/511, Education 514, and Field II and III experiences.

When asked what her objective is for this Institution Gibbons replied, "As the Literacy component to our Department of Education, I hope to bring the field of reading education to the forefront of educational instruction at Cedar Crest through program development and implementation. I also would like to ensure that students who are graduating from the college level are adequately prepared for our current school systems."

When asked about the advantages and disadvantages of teaching at a small liberal arts college, such as Cedar Crest, Gibbons recognized that a smaller class size is a result of a smaller college. She said that it is an advantage because there is more individualized instruc-

tion for students. "Having not graduated with a liberal arts education, I am hoping to become more involved with that aspect of Cedar Crest," Gibbons said.

Gibbons spends her free time working toward the completion of her doctorate. However, she loves to run and added that being an "avid runner" is a hobby that she will probably be doing more of once she has completed her doctorate.

Gibbons loves all 80's music and is a big fan of anyone who was popular during that era. Gibbons is very excited about teaching at Cedar Crest and is looking forward to the new experience and new faces on campus.

At Cedar Crest, Gibbons admires that the students seem very committed to learning. "Students seem very passionate, eager to learn, and obtain the most out of their education at Cedar Crest," said Gibbons.



Lori Gallagher | News Editor

Meridith Gibbons takes time out between classes and meetings to check her e-mail.

Brave New Films brings Wal-Mart Controversy to DVD

Lori Gallagher
News Editor

"Always low prices, always."
"Ebert and Roeper give it two thumbs up."

For most people they have heard these two slogans are often, but they do not the common ground between the two statements. However, for the cast and crew of "Wal-Mart: The High Cost of Low Prices," the two opening slogans have everything in common.

Wal-Mart has received many awards for their practices. Wal-Mart has received many awards commending the diversity of their employee population. In 2005 Wal-Mart was voted in the Top 50 Vendor Programs for Latinos by Hispanic Magazine. During that

same year, Black Enterprise named the company one of "The 30 Best Companies for Diversity."

Prior to their awards regarding diversity, Fortune Magazine voted Wal-Mart the number one "Most Admired Company in America," in 2003 and 2004.

Still, there are many people that do not admire Wal-Mart. Among these groups are the creators of "Wal-Mart: The High Cost of Low Prices."

This movie is a documentary, which was produced and directed by Robert Greenwald and Brave New Films. This company says they intend to make films that are controversial and cause debate. Their mission statement is, "Telling stories to build movements that will change the world." Other Brave New Films include *Outfoxed* and *Uncovered: The War on Terrorism*.

The Wal-Mart video was created by examining the personal lives of Wal-Mart employees and their families. The stories focus on a variety of different subjects including, the way employees are treated, the hours they are expected to work, the benefits, and the pay.

Other stories are from community members that had a Wal-Mart in their town. These stories focus on the impact Wal-Mart has had on small businesses, the effect Wal-Mart has had on the economy, and the overall impacts on the town such as traffic.

Greenwald commented, "It has also been a year of inspiration seeing strong, gutsy folks, fighting Wal-Mart in their small towns, big cities, places of work and political forums."

Muhlenberg College showed the documentary on Tuesday, November 15. It played in the Recital Hall, CA at 7:30 p.m. The documentary is not being shown in most theaters, but it is available to purchase online.



Walter Cronkite

continued | page 1

commentator," though sometimes he wished he was.

Cronkite did admit it was difficult at times, but said though he is a liberal, he leans toward neither party. "You're not entitled an opinion, just the truth and facts as you know it. That's where the real gut is in being a journalist," Cronkite said.

In a press conference earlier that day, Cronkite spoke on a few major topics that he did not address during the conversation due to time constraints. One such issue is the quality of education that children are receiving today. "Our young people are not being educated nearly as well...we're falling behind. Teachers are earning less money than the janitors and we don't seem to be doing anything about it," Cronkite said.

When asked where our great country is going, Cronkite replied, "oooh. Straight to hell the way things are going right now. We have lost so much of the friendship we had with the rest of the world."

Cronkite quoted Thomas Jefferson in regards to our current nation-state: "If a nation expects to be ignorant and free, in a state of civilization, it expects what never was and never will be." "We are that nation," Cronkite said, "and our freedom is in danger."

Cronkite also stressed that he believed the U.S is missing an excellent opportunity to get the soldiers out of Iraq, and brought it up again, to much cheering from the audience later that night. "We're spending billions to maintain a war we shouldn't be in anyway—we ought to be out of there. Mother nature has treated us poorly. We could say we're sorry, but we need to tend to our own problems back home. Let's get them out of there and say good night and good luck!"



Cara's Corner worldwide commentary

Cara Nicholl

Bombings and riots: Could they possibly spur tolerance?

Recently, a failed suicide bomber spoke out, confessing her story on the television circuit. She and her husband planned to detonate the bombs in opposite ends of a hotel, but at the last minute, while her husband's bomb went off and detonated near a wedding reception, hers did not detonate.

King Abdullah II of Jordan is extremely angry, releasing a statement that read, "This was nothing to do with the west. This targeted Jordanian citizens - innocent men, women and children. The majority of the country poured out to denounce what Zarqawi and al-Qaida did, calling for Zarqawi to be brought to justice, for him to burn in hell."

Perhaps, the hurt, pain and anger would subside if both sides learned the value of tolerance - that is, a viewpoint that encapsulates both sides. The riots in France over the past few weeks seem to suggest this. Part of the problem France has been having is the division of its people. The Muslim population is heavily discriminated against, much like the blacks were segregated against in the South in the 1950's.

Tired of being discriminated against and given low-wage jobs no one wants, the Muslim population has begun to act. A zero-tolerance policy has been instated to combat this problem, but this has been the only hint of "tolerance" France has given the rioters so far. This is not to suggest that the French government

should extend compassion to the rioters, who have burned thousands of cars, not to mention a (vacant) nursery, and have gone as far as to boldly empty a bus full of people and proceed to set it on fire.

However, one suggestion is for France's current President, Jacques Chirac, to possibly consider listening to what the rioters have to say, so their protests against police brutality, as well as unfair job and wage opportunities can finally be heard.

Combating the problem head-on would be the first solution, rather than instilling riot laws and curfews, because there will be more unhappiness later.

Other countries have done so thus far. For example, the United States has instated policies such as affirmative action and policies that make it mandatory for employers not to discriminate on the basis of race, gender, ethnicity, disability, etc, thus preventing the smothering of the minorities and forcing them into the laborious jobs nobody else wants.

Hopefully the world has learned about tolerance during the week. Thinking of the world as good or bad and black or white, hurts both sides and prevents the spread of new perspectives. While George Bush has yet to comment on either situation, he could possibly ponder looking at different perspectives and listening to the opposing side, so they too can get a voice before another violent riot breaks out.

NEWS

New web feature may help with job placement after college

Lori Gallagher
News Editor

Do you know where you are going to work after college or even where you are going to intern this summer? If not, then the Career Planning office of Cedar Crest College, in collaboration with College Central can help you.

During your time at Cedar Crest, chances are that you have visited the college's website at least once. But, how many times have you looked beyond the home page? In just a few simple clicks, you can become one step closer to having a job after graduation.

On the Cedar Crest website, there is a link for current students, which contains a Career Planning section. The Career Planning webpage offers many services including self assessments, career counseling, study abroad information, available internships, and job openings. However, the newest component of the webpage, which is the College Central Network, Inc., provides a very in-depth internship and job search.

Once this link is clicked on, the user is prompted to register for the program. The service is free and provides students and alumnae with many opportunities. Information such as your name, address, major, and career interests are required to register.

Upon registration, members can upload their resume and make it available to potential, school approved, employers. Not only can employers look for students, but students can also search for jobs and internships on their own. The jobs are targeted for the Cedar Crest College community and then targeted to individuals.

"I think it [College Central] will be a huge advantage for students and alumnae," said Amy Saul, Director of Career Planning at Cedar

Crest. "The website gives its users the opportunity to search for jobs and internships from companies that are directly interested in recruiting from Cedar Crest."

This site also includes access to statistics and information regarding current job trends and qualifications that are expected by employers. If users choose to, they can also receive e-mails about upcoming programs, services, and job-related topics.

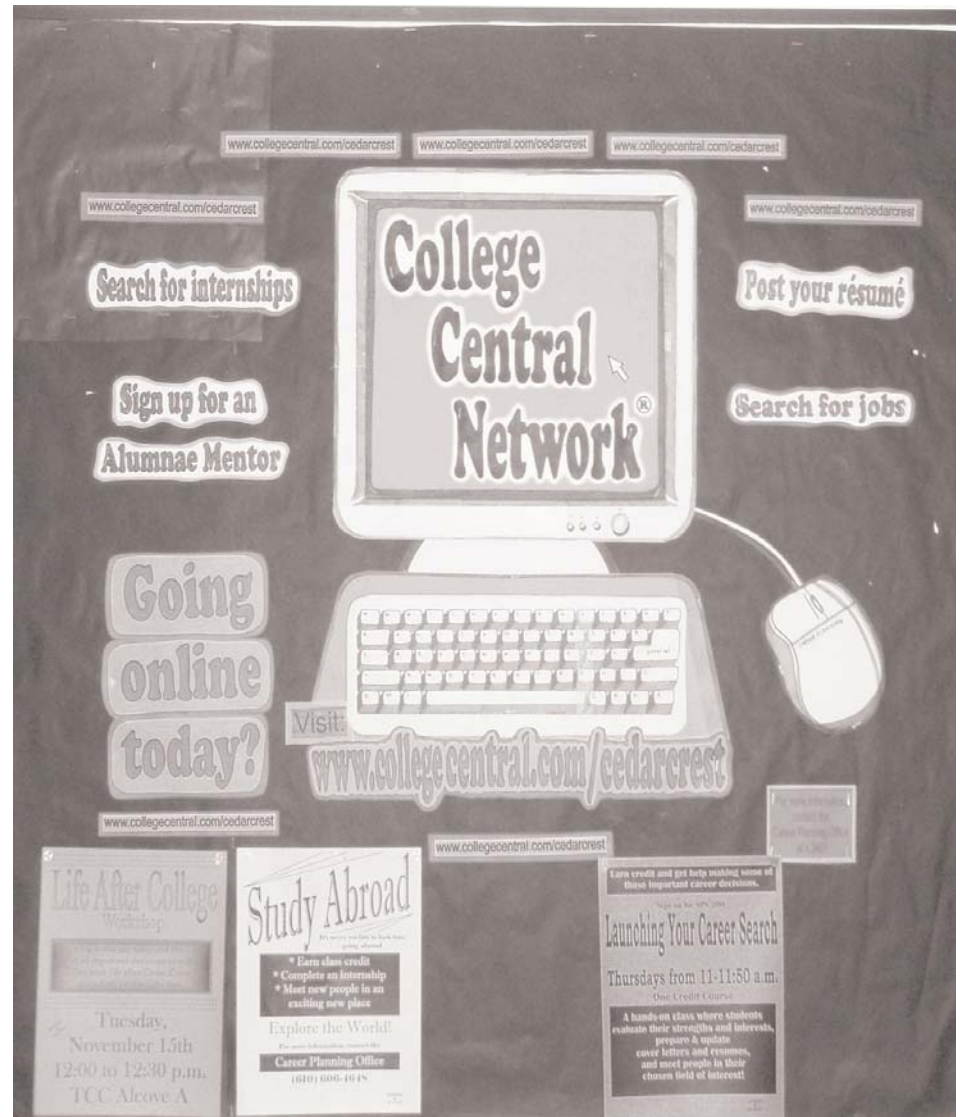
"Since this service is free to everyone, there are no membership fee, so it is a good incentive for employers to place job descriptions," said Saul.

The website for College Central is <http://www.studentcentral.com/>. "As a centralized career portal that harnesses the power of the entire College Central Network, CollegeCentral.com provides students and recent graduates with the best Web-based tools to efficiently manage their job search of the nation's finest employers seeking entry-level talent," said President and CEO Mark Mancini, according to the College Central website.

"I think its a great idea because it makes job searching accessible to anyone, anytime," said Sarah Magner, a Career Planning work study student. "Even if you only have 10 minutes, you can look at the webpage."

On the general site, there are a variety of different topics related to college students. For example, students can also learn about health issues, such as the freshmen 15 and breast cancer. Another section includes information regarding financial issues such as the cost of commuting and credit card use.

Even though College Central is new to Cedar Crest, it began in 1996 and it is based in New York City. Today, College Central is used by more than 1,600,000 students in over 325 schools across the country.



Lori Gallagher | News Editor

The bulletin board in the first floor of Tompkins College Center explains some of College Central's features.

FSSO sends students to conference in Rhode Island



Skye Mullarkey

Five of the 13 students who attended the conference take a break to enjoy the cool breeze near the ocean.

Lori Gallagher
News Editor

During fall break, Cedar Crest hosted the eighth Forensic Science Educational Conference, but from November 10-12, it was their turn to attend a conference.

Thirteen students enrolled in the Cedar Crest Forensic Science program traveled to Newport, Rhode Island for the 31st annual Northeastern Association of Forensic Scientists (NEAFS) meeting. This meeting for students in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

The costs of this conference were funded by the Forensic Science Student Organization.

During the event, students participated in a series of lectures that related to criminalistics, toxicology, drug chemistry, forensic biology, and questioned documents. Within the lectures, students discussed research, new techniques, and case studies.

Students also had the opportunity to be active participants in the event. On Saturday, during the criminalistics section of the conference Lori Gilstrap, a senior Chemistry major with a forensic science concentration, presented her senior research. Her topic was SensIR Characterization of Glitter in Lip Glosses from nine manufacturers.

The conference was helpful for the students. "We were able to develop research ideas and also network with forensic Scientists already in the field," said Skye Mullarkey, a junior Chemistry major.

Vitalos promoted to Chief of Campus Safety and Security

Emily Pulham
Staff Writer

On November 1, 2005, Mark Vitalos has been appointed as the new Chief of Campus Safety and Security for Cedar Crest College. He has worked for Cedar Crest for 5 years, and has been the Assistant Chief of security for approximately one and a half years.

His new position, as the Chief of Campus Safety and Security, is in his words, "very challenging." However, he is eager and excited to take on this new role.

Vitalos said, "[I'm] very enthusiastic. I accept challenges very well." His experiences with challenges include being a professional firefighter for two years. He also served with the Allentown Police force for 20 years. He started as a

patrolman, and at the time of his retirement was a detective sergeant.

Vitalos is eager to begin his work, and is looking forward to implement some positive changes into Cedar Crest Security. He feels that the connection between campus security and students needs to be improved and stresses that campus security is "always here to help, and is only a phone call away."

As the new Chief of Campus Safety and Security, Vitalos will be working closely with other areas of campus, including Resident Life, to improve the security and safety of the students, as well as overseeing the daily operations of security, supervising the 15 officers, and maintaining the safety and security of the Cedar Crest campus community.

More information about Mark Vitalos in "Bet you didn't know," on page 19.

**Campus security is
"always here to help, and
is only a phone call away."**

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NEWS

Women in politics

continued | page 1

In the news...

Jillian Churchill

Bush's approval at all time low

Due to the combination of the war effort and the increasing mistrust by the American public, President George W. Bush has received the lowest approval rating of his presidency. White House officials state that they are proud of their record. His highest approval rating was in November 2001.

Tornadoes hit Iowa

Over 70 homes were destroyed in rural Iowa on November 12. Tornadoes at the time of year in Iowa are very rare in common in Iowa and caught many off guard. The tornadoes were both measured as F-2's, with winds approaching 150 miles per hour.

Twins swap places in court

In New Britain, CT, twin sisters switched places in a court of law. When asked why, the twins said they did it because the one who was supposed to be there had a final at the same time. Now both sisters are in trouble with the law.

Army finds Iraqi detainees in poor shape

The US Army, after searching an Iraqi Interior building for a missing boy, found many prisoners who had been tortured and in poor health. The Army responded by sending in medics. There is contention about if the Army really entered searching the building for the boy, or raiding the building.

Eathquake in Japan spawns Tsunami

The earthquake magnitude measured 6.9 and spawned a tsunami across the area. It did not cause any widespread damage. A mild tsunami warning was issued on the West Coast where water levels were expected to rise a foot and a half.

Tornados touch down in four states

Tuesday funnel clouds formed over Tennessee, Indiana, Illinois and Kentucky where they were blamed for extensive damage and injuries to 13 people.

New drug cuts cancer risk

New studies show that the drug Tamoxifen may prevent breast cancer in women. Women at high risk for the cancer who took the drug for five years had a 43 percent less chance of developing cancer than those who took a placebo.

MLB, Congress decide on drug policy

On Tuesday Major League Baseball players and owners agreed on tougher penalties for drug abusers, to begin next season. A fifty game suspension will be imposed for a first offense, 100 for a second offense, and for life on a third offense.

must "take risks if we want to achieve goals." She also offered advice for working hard during the trying times: "If you do it, do it 110%, so that if you lose it you know you gave it your all."

Harhart, a Republican, who represents parts of Lehigh and Northampton Counties, said that she began her political career locally as a tax collector. It was during that time where she learned how to lobby. Harhart said during one of her first elections, she "must have made 8,000 calls from her basement." She won by 63 votes.

"Every vote counts," was Harhart's message. She, like the other panelists, found support difficult, but motivational at times. "If you tell someone they can't do it, it energizes them to do it more," she said.

Harhart also brought up issues from Harrisburg, including a "cervical cancer task force," which would do studies in other states, but also separate breast and cervical cancer to find out more about each disease.

After the women introduced themselves, Michelle Griffin Young, VP of Public Policy with EWC, said that the Q & A session would be informal. "We don't want any formal going we on in here," she said.

The question "What was your career before politics?" received a variety of answers. Boscola said her involvement in extra curricular activities during school helped her, while Beyer's career as a journalist helped shape her future career path.

Harhart had volunteered and worked in a private sector. She took each experience as a learning one. "Everything I did was a growing experience," she said.

The women addressed the issue of health care, which Boscola called a "crisis situation." Harhart said that this issue is complex and that there's "no easy answer."

As for supporting local businesses, Beyer said she shops in her local district. "You have to live it."

Gaetan Giannini, Chair of the Cedar Crest Business Department, said that he was "really excited about the partnership with EWC." Giannini had organized the event. He was "excited about the caliber of faculty, the passion for subject, and ability to communicate that passion."

Running nearly 30 minutes over time, the event ended with an invitation. The next lecture and luncheon of this type will be held on December 20.



Linda Misiura | Photo Editor

Pennsylvania Representative from Lehigh and Northampton county, Julie Harhart, listens intently during a discussion of women caucuses and pigeonholes.



Linda Misiura | Photo Editor

Pennsylvania Senator Lisa Boscola (middle) enjoys a lighthearted moment before the lecture with Representative Karen Beyer (right) and Merry Landis, director of the Women's Council.

Satellite seminar series on women in television and radio to be launched to colleges nationwide

NEW YORK and LOS ANGELES--(COLLEGIATE PRESSWIRE)--The Museum of Television & Radio is launching a satellite seminar series to universities and colleges nationwide focusing on the role of women in the history of television and radio.

The seminars are part of the Museum's "She Made It: Women Creating Television and Radio" -- a three-year initiative celebrating the achievements of creative and business women in the television and radio industries.

Spanning the generations from early trailblazers to current innovators, "She Made It" will honor writers, directors, producers, journalists, sportscasters, and executives. "She Made It" will preserve the legacy of women who have had an enormous impact on our most powerful media.

At the center of "She Made It" is a unique collection of radio and television programming created by women. The "She Made It" collection, a representative portion of which will be available when "She Made It" launches on December 1, will serve as a major resource for scholars, students, industry professionals, and the public.

At the end of the three-year project, 2,000 hours of programming compiled both from the Museum's existing collection of over 120,000 programs and from new acquisitions will be

available at both Museum locations, in New York and Los Angeles. Seminars, screenings, and an interactive website (www.shemadeit.org) will support this landmark collection.

She Made It will officially launch when the names of the 2005 honorees are announced at an event at the Museum in New York on Thursday, December 1, 2005. Additional honorees will be named in the following two years of the initiative.

"The idea for 'She Made It' was driven as much by the extraordinary accomplishments of the female trailblazers in the industry, whose history and identity we wanted to preserve, as by the fact that so many talented women have succeeded in all areas of television and radio today," Frank A. Bennack, Jr., chairman of the Museum's board of trustees, said. "What we will try to highlight in the context of our collection is precisely how women have impacted the industry as writers, directors, producers, journalists, sportscasters, and executives."

"She Made It" speaks both to the success of women in the industry today, as well as to the achievements of pioneers, many of whom worked against great odds and, just as often, without recognition," said Marlo Thomas, vice chairman of the Museum's board.

The honorees were selected for "She Made It" by the Museum in consultation with a steering committee comprised of some of the most prominent women working in television and radio today and respected scholars in the academic study of women in media.

Other programmatic components of She Made It will include an interactive website at www.shemadeit.org -- featuring biographies, photographs, and webcasts -- as well as ongoing screenings celebrating and featuring the work of the 2005 honorees.

The 2005-2006 Robert M. Batscha University Satellite Seminar Series is generously funded by Dick Wolf. Satellite transmission is provided by GlobeCast and satellite time is provided by PanAmSat Corporation.

Classifieds

Part time servers, baristas,
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NEWS

Student Government news

Christa Hagan
Staff Writer

The past couple weeks of Student Government Association meetings have kept the group busy. On November 2, representatives came from Society for Human Resource Management (SHRM) requesting to become an official club on campus. The club is directed towards helping students network and get on a career path. The club also offers its members other human resource items including magazine subscriptions and luncheons. SHRM was approved and as an official club at Cedar Crest College.

Though it is only November, SGA is already thinking about the spring semester. Discussions regarding the annual Casino Night they plan in February has already begun. Every year a company is brought in to set up casino games and tables. The senators run the event and students play with tickets to win prizes. SGA is reconsidering if they should be in charge of the event or if it is more of a Student Activities event. SGA will organize Casino night this year, but they are open to suggestions or questions that may arise regarding this event.

Among other spring issues, the Finance Committee is beginning to talk about the budget procedure for spring allotments which will be given to campus clubs and organizations. The Finance Committee is expecting to have budget request forms to clubs and organizations before winter break, but they will not be due until about two weeks after the spring semester begins.

On November 6, SGA had a retreat for the senators. This retreat was held in the Board Room in Curtis Hall. The day consisted of ice-breakers, personality tests, election and treasury discussions, a lesson on the parliamentary procedures set forth in Robert's Rules of Order, a discussion of Student Government values, and an SGA goal setting session.

This was the opening discussion for the November 9 meeting. However, the night also included updates for the clubs and campus community. There are now take out trays available upon request in the dining hall on the third floor of the Tompkins College Center. In addition to the trays designed for student convenience, there was also talk of sometime in the future making the cafeteria open as late as 12am or 1am on certain days.

In response to a discussion with Senator Lisa Boscola, Student Government President Sabrina Kulakowski addressed the voting situation on campus. The national average for voting in college campus elections is 2%. The all campus elections including Student Government President, Honor and Judicial Board Chair, and Student Activities Board Chair had a 12% voter turnout. Boscola invited the Student Government senate to Harrisburg to address the Pennsylvania Senate and House of Representatives regarding this issue. The students would also be given the opportunity to speak about their positions. This trip is being considered for the spring semester.

The Student Government Association meets every Wednesday at 6:00 p.m. TCC 1867. The association's email is studgov@cedarcrest.edu.

Nursing staff shares skills with schools in Ghana

Lori Gallagher
News Editor

The Cedar Crest nursing faculty has played a significant role in the success of the nursing program. Last fall and spring, Cedar Crest students had a 100% pass rate on their nursing boards. The Cedar Crest professors have now been sent to Tema, Ghana to help raise the awareness of nursing in African schools.

The team, which consisted of Assistant Professors of Nursing Nancy DalPezzo, Amy Edgar, Wendy Robb, and Sandy Leh, left on Friday, November 4 for the two week program.

While in Ghana, the group will be working closely with the Narh-Bita School of Nursing. During their stay in Ghana, the professors will be presenting lectures to students in this private institution. The purpose is to increase the quality and awareness of the nursing education.

According to TalkGhana, "Shortcomings require private sector participation in the training of nurses and other health professionals but it should be carried out in accordance with the regulations so that patients do not suffer unduly," Major Courage Quashigah, the Minister of Health said about the Narh-Bita School of Nursing.

"I think this is a great opportunity," said Liz Hogue, a senior nursing major. "Our professors will be able to educate others about practices in the United States, universal practices, and disease interventions."

In early 2005, DalPezzo was approached by Dr. Richard Lartey, a doctor of emergency medicine at Lehigh Valley Hospital. Lartey is originally from Ghana and he invited Cedar Crest to be part of this event.

"It gives our instructors a chance to share skills, and we as nurses and educators will be able to bring a global perspective of the profession back to our program at Cedar Crest," said DalPezzo.

This program was created in response to the shortage of nurses in Ghana and other sub-Saharan African countries.

Unlike the United States which has 939 nurses for every 100,000 people, Ghana

only has 64 nurses for the same amount of people. Sixty of the nurses in the country attend the Narh-Bita School of Nursing. Of those 60 individuals that matriculated, 54 are female and 6 are male.

According to Hogue, students are hoping that this will open doors for study abroad opportunities. If this would be implemented, students from the Narh-Bita School of Nursing would be able to attend Cedar Crest and visa versa.

"I think this is a great opportunity. Our professors will be able to educate others about practices in the United States, universal practices, and disease interventions."

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LIFESTYLES

Sexuality throughout the span of life

Stacey Solt
Lifestyles Editor

Kathleen Fields, midwife and assistant professor of nursing at Cedar Crest, believes that women's sexuality is a life-long journey.

During her presentation of "Women's Sexuality Across the Lifespan" on November 7, Fields divided the lifespan into three categories: pre-puberty, childbearing, and crones. While giving the group of lifelong learners and traditional students a glimpse of our future and current sexuality, she hinted that women are like a fine wine. With the right attitude, we can only get better with age.

Young women and girls are pre-puberty, or underdeveloped; this covers females aged approximately 12 to 20. Many women see midwives or OB-GYN's for the first time at this age. "Their [sexual] identity is being sexually active, and their concern is birth control," said Fields.

This is unfortunate, because they have a lot to learn about the risks and benefits of a sexual relationship. "When I deal with teens, they're more interested in the act of intercourse," said Fields. "They do it for a closeness type of thing." Most have no perception of deep, personal relationships.

But a woman's sexuality is not only about sex. "Sexuality has a wide branch of meanings," she said. Feeling sensual and sexual can mean feeling confident about your appearance, having good self-esteem, or even being in a healthy relationship.

Many young adults that Fields has counseled have semi-monogamous relationships. "They say, 'I'm only with this person, and I'm faithful to this person.' And then they break up." Some time later, they find another partner. "Again they say, 'I'm only with this person, and I'm faithful to this person.' And then *they* break up."

This risky revolving-door practice exposes young women to numerous sexual partners, increasing their risk for both pregnancy and STDs. This can lead to disaster. "I've delivered [for] 10- and 11-year-olds... babies having babies," said Fields.

Childbearing women are traditionally between the ages of 18 and 48. Many women



Linda Misiura | Photo Editor

Feeling sensual and sexual can mean feeling confident about your appearance, having good self-esteem, or even being in a healthy relationship.

in this age group are thinking about starting a family, and also about their arousal levels - too little? Too much? What is normal?

Arousal is complicated, said Fields. Vision, smell, taste and touch can all play a role in sexuality. This process can last all day - a kiss before work, perfume worn during the day, a brush of the hand over dinner. "There is a whole arousal interaction," she said. Many women take this process for granted, instead of enjoying it.

Fields also responded to some questions about the Pill. For women trying to get pregnant, use of birth control pills does not affect a woman's ability to conceive later in life.

"However, a lot of women were put on birth control because they had irregular cycles." These women may have difficulty conceiving, but this has nothing to do with the fact that they previously took birth control pills.

"Our culture is not mother-baby friendly at all," said Fields. Mothers are often given four weeks to birth and bond, then expected to return to the work force in full swing.

Today's mother also suffers from a lack of social support. "We are from hunter-gather people," she said. Women sat around campfires together, waiting for their men to return, but at least they had social support among each other. "Our whole support system has been shattered."

Crones are past childbearing age. While the term is often used negatively in our society, older women have historically been given a higher status and regarded for their power and wisdom.

With this new stage of life come its inherent problems and creative solutions. During menopause, the vagina goes from three layers to one, and oral drugs such as estrogen do not help vaginal dryness.

Femring and Vagifem are two forms of inserted estrogen that may help menopausal symptoms. Fields also recommended the use of massage oils or any almond-based oil, again alluding to the fact that a woman's sexuality is not operating on an on/off switch. "Having a sexual interaction is more than just intercourse - at least I hope so," she said.

Regardless of age, all women should continue to be physically active and exercise regularly. "We have bought a lie that as you get older you have to get weaker. It is simply not true," said Fields. Balance, mental clarity, and mood can increase with exercise and light weights.

To prevent osteoporosis, calcium and weight-bearing exercise are also important. "Women don't fall and break their hip - they break their hip and fall," she said. "If you were

Continued | page 11



The trials
of life

Lakena Outlaw

Columnist

A friend came to me seeking advice about his problem in life. He could not come to an understanding about why the world seemed to be on his shoulders. I shared with him a personal experience that was an influence on his new beginning.

I grew up in a home with just women. My father was always running around, if you know what I mean. My mother had been through a lot with men, so she turned to women. Being so young I didn't understand any reasoning, I just saw what was at the surface. I was embarrassed at times, and didn't want to be around it.

Before high school, I became rebellious. I started hanging out, drinking, and smoking.

I would let guys use me. I didn't see things this way. I looked at it like they all just liked me. It took a while to understand all they wanted was what was between my legs.

I thought I was grown. I appeared to be happy at face value, but deep down I was killing myself. I decided to get away. I didn't want to be around all of the corruption, and the people influencing me to participate in such negative behavior. So I pleaded with my mother to attend boarding school.

My sophomore year, my mother told me the most shocking news a teen could ever hear. She told me she was HIV positive. I didn't know what to feel, or how to act. I was angry, sad, depressed, sick, etc. Here I was thinking I am living this horrible life, and my mother is experiencing worse. I had a lot of time to myself at school, and I began to think about my purpose here on earth. She is the reason why I decided to look beyond myself for a purpose. It had to be something greater than the individual to have people experience so much hardship. My family is Christian, but I was always fascinated with Muslims. I decided to read the Qur'an. When I started to read, I became so indulged in the text that I began to separate myself from everything going on around me.

I cut off the men I was talking to. I even distanced myself from many of my so-called friends that were caught up in society's destruction. I kept reading and I felt a sense of understanding about life. The more I read, the more level-headed I became.

This was the point where I saw that I needed to look at all the hardship going on around me, and mine. I needed to change the way I was living. I should not be living to please other people. I began to gain a love for God greater than any of His creations. I tried and still do every day, to distance myself from the love for this world.

Because in the end you die, and return to your Lord, and you want to be able to show that you performed good deeds, and lived with purpose.

Believe me when I tell you that getting on the straight path is not easy when you are used to a certain way of life, but it is possible to achieve. When done, you will want to remain on that path. We are only human. We are not perfect, so we will have our weak and strong points throughout life. We must hold on to the ropes of our Lord while going through such trials.

outlaw331*: You need to find meaning and be there for yourself.

outlaw331: You are your own man, and will make your own decisions. I am not trying to make you believe in something that you don't have faith in. I just want to build knowledge, and spread wisdom

outlaw331: Is that okay?

Yads2k*: yes

We all experience hardships throughout life. We must remain strong and guide each other through. The individual must remember how much of an impact ones experiences can have on someone else's life.

* names have been changed for privacy

International Corner

Heifer International Project

A donation of livestock: The gift that keeps on giving

Christa Hagan
Staff Writer

It is nearing the holiday season. While some might be making lists of clothes, the latest computer gadgets, movies, music and more which they desire, others are deciding whether to send bees to families in Kentucky or llamas to families in Bolivia in the name of somebody they love.

If it is latter of the two, they are more than likely doing this through an organization such as Heifer International. Heifer International is an organization whose mission statement embodies a peaceful and worldly view: "A world of communities living together in peace and equitably sharing the resources of a healthy planet."

One of the ways they go about this is with the Heifer Project. The Heifer project allows anyone to purchase animals or shares of animals which will then be sent to families in need. While other organizations send a certain supply of food, Heifer provides needy families with resources they can take care of and will last them a long time.

Dan West was a farmer sending milk to malnourished children when he made this realization. "These children don't need a cup [of milk], they need a cow."

It was upon this idea on which the Heifers for Relief project was conceived. Families were provided not with rations of food, but training and livestock to feed their children and other children as well. In 1944 the first heifers were sent from Pennsylvania to Puerto Rico. Heifers are young cows who have not given birth and because of this are ideal milk givers. The concept of the Heifer Project has been going on for over sixty years and has helped millions of families in over 115 countries including Peru, Rwanda and here in the United States.

Once the gift of livestock is given, it does not stop there. Families agree to pass the offspring of their animals on to other families in need. Not only do they pass on the animals, but the training which they have learned as well. This concept is called Passing on the Gift.

Recent Cedar Crest visitor and journalist Walter Cronkite is an advocate of the Heifer Project and said on Heifer International website that, "with so much of the aid that goes to people... the givers are lost in the miasma of all the protocol, the delivery process and so forth. With this project you get a much greater sense of a person-to-person relationship, which is very important."

If interested in participating in the Heifer project or learning more about what they do, the website is www.heifer.org. Online, visitors

can purchase animals for families, request more information, sign up for newsletters, receive catalogs and learn even more about this charitable organization.



www.heifer.org

A young boy sits among his donated ducks from Heifer International. These animals will provide his family with protein (from eggs), money from selling eggs, and fertilizer for fields.

LIFESTYLES

The Great American Smokeout One day that could change your life forever

Amanda Rachel Goodman
A&E Editor

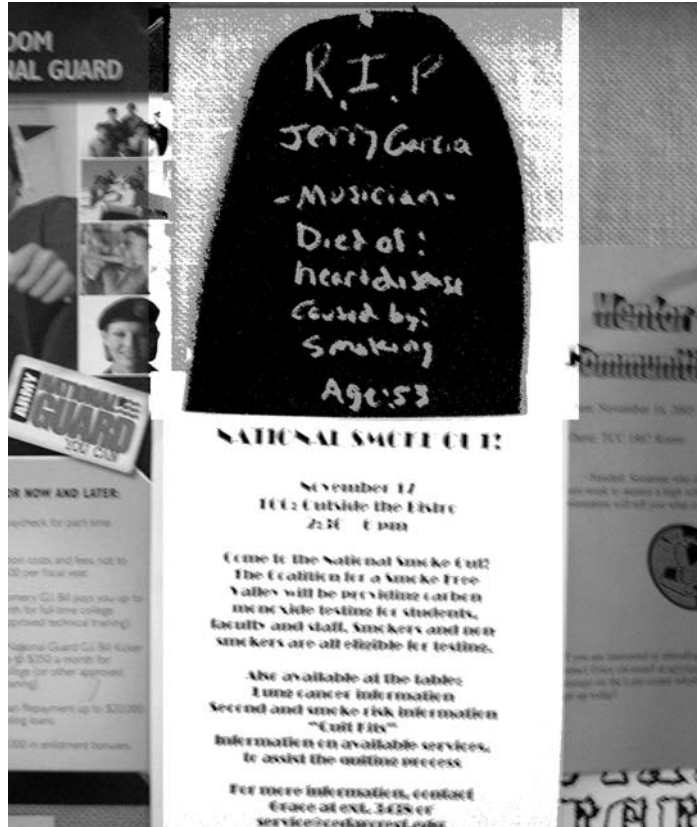
November is Lung Cancer Awareness month as well as when The Great American Smokeout occurs. The Great American Smokeout, sponsored by the American Cancer Society, occurs today, November 17 and is a time to try to quit smoking or get someone to stop smoking even if it is for the day, which may lead to forever. The American Cancer Society states, "people who plan a quit attempt in advance double their odds of succeeding."

You probably have seen the Truth ads on television or in a magazine ad, but they speak the legitimate truth. Here are some alarming statistics on smoking:

- About 1 of out every 5 deaths in the US can be attributed to tobacco products
- Every eight seconds, someone in the world dies due to tobacco
- In as little as 2 weeks, nicotine changes the brain's chemistry and addiction can begin
- Cigarette smoke contains 69 chemical compounds that are known to cause cancer
- Cigarette smoke contains benzene, carbon monoxide, arsenic, hydrogen cyanide, and polonium 210 (a radioactive isotope)
- 1 out of 3 smokers will eventually die from a tobacco-related disease in the United States
- Over 50,000 people a year die from second-hand smoke in the United States alone
- Over 80 percent of all adult smokers started smoking before they turned 18
- Cigarette smoking is the leading cause of preventable death in the United States
- Tobacco kills more Americans than AIDS, drugs, homicides, fires, and auto accidents combined
- 70 percent of smokers want to quit. Only about 5 percent actually succeed every year

Did you ever ponder how much you spend on cigarettes? Multiply how much money you spend on tobacco every day by 365. Multiply that number by the number of years you have been using tobacco and then multiply the cost per year by 10 for the upcoming 10 years. Astounded? Maybe the cost of smoking is another reason to quit.

Support is a major component in fighting the addiction to smoking. One has to realize the long road ahead, what they might go up against, what the options are, and where to go



Stacey Solt |
Lifestyles Editor

"Tombstones" are being hung around campus to prepare for the 29th annual Great American Smokeout on Cedar Crest campus.

One out of three smokers will eventually die of a tobacco-related disease. As these tombstones remind us, no one is immune to smoking's dangers.

To commemorate the Smokeout, the Coalition for a Smoke Free Valley will be providing carbon monoxide testing for students, faculty and staff on Thursday, November 17 outside of the TCC Bistro from 2:30 to 6pm. Smokers and non-smokers are eligible for testing; "Quit kits" will also be available.

for help.

Nicotine, one of the components of cigarettes, is highly addictive. For one to overcome the addiction, they need to overcome the physical and psychological effects of the addiction. Some physical symptoms one may face when dealing with nicotine withdrawal are dizziness, depression, restlessness, and trouble sleeping and concentrating.

Sometimes the best way to deal with the nicotine withdrawal as well as the dependence on cigarettes is a combination of medicine, a method to change personal habits, and the support of loved ones or therapy. There are also "quitlines," which are telephone-based help to stop smoking. According to the American Cancer Society, "people who use telephone counseling stop smoking at twice the rate of those who don't get this type of help." To find a quitline in their area, call the American Cancer Society at 1-800-ACS-2345.

Other forms of support are seen in Stop-Smoking programs. According to The American Cancer Society, "Stop smoking programs are designed to help smokers recognize and cope with problems that come up during

quitting and to provide support and encouragement in staying quit."

There is also Nicotine Replacement Therapy, which can be in the form of gums, patches, sprays, inhalers, or lozenges. These replacements provide nicotine without having the other harmful components of tobacco. Others can try hypnosis or acupuncture to help beat the addiction and to quit smoking.

To quit smoking, follow these four steps:

- 1) Make the decision to quit,
- 2) Set a quit date and decide on a plan of action to quit,
- 3) Start getting ready to deal with withdrawal and make sure the support system surrounds you during this difficult time, and
- 4) Maintain your choice to stop smoking.

Don't follow in the famous words of Mark Twain, "Quitting smoking is easy. I've done it a thousand times." Find that support by visiting www.cancer.org or by calling 1-800-ACS-2345 and take the steps to beat the addiction to smoking.

Based on data collected in the late 1990s, the US Centers for Disease Control (CDC) estimates that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking. Enough reason to quit?

Here are some things you can look forward to if you do decide to quit (according to The American Cancer Society):

20 minutes after quitting: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

8 hours after quitting: The carbon monoxide level in your blood drops to normal.

24 hours after quitting: Your chance of a heart attack decreases.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases by up to 30 percent.

1 to 9 months after quitting: Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

Ten solutions for a stressful semester

Heidi Gioia
Staff Writer

Have you ever found yourself having trouble balancing the act between school and stress? Some people are exhilarated by doing a lot; others get stressed very easily. On Wednesday, October 26, a discussion was held in Alcove C that addressed this very dilemma. If you are the second type of person mentioned above (the one who gets stressed easily), this workshop was for you.

Provost Carol Pulham, Nancy DalPezzo, Assistant Nursing Professor and Associate Provost Marie Wilde were there to lead the discussion. Beginning with student crises about credit-load and withdrawal, the talk soon led to more constructive ways to deal with stress. The basis of this discussion was how well each of us deals with stress already.

According to DalPezzo, the first question each of us must ask ourselves is "how do I feel?" If you find yourself having to force yourself through each day, try these ten tips that sum up the various twists and turns of the conversation.

- Make a list of things due from now until the end of the semester. That way you won't be

surprised at the last minute with deadlines.

- Map out times to study for your classes. Maybe try two or three hours of study time for each hour of class.
- Set personal deadlines, preferably trying to complete assignments before the class or organization's official deadline.
- Pick a weekly time or event when you can do something special. That way you have

Reward yourself for a job well done. The main source of stress is the pressure we put on ourselves. As Wilde said, "A 'B' is a very respectable grade."

something to look forward to.

- Focus on the task at hand. Don't think about all the other things you have to do.
- Limit yourself in extracurricular activities if necessary. Schoolwork is more important.
- Give yourself a variety in your work. Monotony makes it harder to study.
- Make sure you get enough sleep. You could study all night, but you might not remember

anything at test time.

- Allow time for stress-reducing activities, like walking or exercise.
- Take a break. 30-60 minutes won't set you back that much, and you might have more energy to finish your work.

The most important thing is to reward yourself for a job well done. The main source of stress is the pressure we put on ourselves. As Wilde said, "a 'B' is a very respectable grade."

Be careful not to overload yourself, especially since the end of the semester is only four weeks away. Stress can lead to poor physical health, not just mental and emotional.

According to Pulham, there are two reactions to stress. Some people get sick at exam time, and some people hold it off until vacation. Neither is pleasant. So it might be wise to take steps to prevent stress in the first place.

As a final note, if you find yourself getting emotional, not just stressed, something is wrong. You need to find people that will support you. There are many resources on campus to help. Speak with your advisor, the Nurses office or a trusted friend. College is difficult, but it should be fun, so try to keep things light.

Sexuality

Continued | page 10

taking calcium [throughout life], you wouldn't have to worry as much and have good bone structure." Fields recommended taking calcium at night, without caffeine, for maximum absorption.

Today's way of life is detrimental to many crones. Older women in other countries often walk five miles per day, to the market for groceries and back home with heavy shopping bags. In America, our prized members of society sit at home, afraid to walk and attached to canes. "We think we've done people a favor" by reducing the need for walking and physical activity, said Fields. In reality, we are only hurting ourselves. Many older women shuffle and do not lift their feet when they walk; this is a Western phenomena, and our lack of physical activity is probably to blame.

Unfortunately, Fields said that we often cut crones down in the prime of their lives. "How often do we take people in geriatrics and isolate them?" she asked. We take away both their social support system and any remnants of their sexuality. "Sexuality is one of the things that gives us life. Sexuality is not intercourse; Sexuality is how you perceive yourself," she said.

LIFESTYLES

A season for thanksgiving

Emily Pulham
Staff Writer

Dust off your cornucopias, and start practicing your "gobble," because Thanksgiving is just around the corner! This year, the centuries-old tradition of giving thanks falls on November 24.

Many students will spend the day celebrating, but just how different are the celebrations of today as compared to those throughout the ages? And how do Cedar Crest students of today celebrate this holiday?

The first Thanksgiving (bear with me on this grade-school flashback) occurred in 1621, when the Pilgrims in the New World celebrated a plentiful harvest by holding a dinner to "give thanks" for the harvest, and also to the Native Americans. This dinner did not take place on a set date - different colonies chose different days to give thanks throughout the years, and thanksgiving days were meant to give thanks for many things - not just plentiful crops, but also for people not perishing in an epidemic, and for the winter not being too harsh.

In the 1770s, the idea of Thanksgiving as a national holiday first surfaced. It wasn't put into effect until 1863, when Abraham Lincoln declared that the fourth Thursday of November would be observed as a national holiday.

Nowadays, Thanksgiving has become a largely celebrated holiday. Although people today rarely use the holiday to make peace with their co-habitators, or give thanks for the lack of epidemics, it is still an important holiday to today's students.

For Christa Hagan, sophomore, it's very important to be with family and give thanks. "I love the idea of a day where you spend time with those you love and you are truly thankful and grateful for having them in your life."

For other students, this is not just a time to be thankful, but also a time for remembrance and family. Sophomore Leni Johnson, who says her family doesn't "truly celebrate" Thanksgiving, still values this upcoming holi-



day as it is a chance for her family to be together.

"This is a very important holiday because we all haven't been around each other since my grandmother passed away," said Johnson. "This will be a great way to remember her, but also [for] all of us to spend time together in a positive way."

Giving thanks and family aren't the only reasons people enjoy thanksgiving - the food is also a very important part of the tradition! And while the idea of being grateful hasn't changed throughout the centuries, the items on the menu have changed considerably.

During the first thanksgiving, settlers and natives snacked on fish, eel, oysters, and mussels, deer, waterfowl, corn, pears, squashes and fruits, and, of course, turkey. What did not appear on the menu however is surprising - there were no yams or sweet potatoes, no cranberries, and no pumpkin pie! Nowadays, most of us tend to leave eel off of the menu, but it is interesting to see how the meals have changed,

and what today's students enjoy.

Down south in Georgia, Johnson and her family enjoy "pecan pie, grits, collard greens, fried okra, and turkey."

Up in Pennsylvania, junior Tricia Egner's family enjoys turkey, gravy, stuffing, cranberry and apple sauce, and a multitude of pies. Even though many popular favorites appear there, the food isn't always the most important part of the dinner. Although junior Deidre Latoof's family enjoys cooking traditional favorites, "we've been known to eat Chinese food for Thanksgiving in my house."

Although the foods, dates, and the reasons may have changed, one thing remains the same - students across campus are grateful to spend a day being around people they love (whether they are family, friends, or significant others) and eating.

Happy Thanksgiving!

Squash Casserole

- 1 1/2 lbs squash
- 1 small jar of pimento
- 1 can cream of chicken soup
- 1 small onion
- 1 8 oz carton of sour cream
- 1 pkg stove top stuffing herb, seasoned
- 1 stick of butter or margarine

Boil squash and onion until tender. Drain and mash. In separate bowl, melt margarine and add to dry stuffing, mix well.

Add 2/3 of stuffing and all other ingredients to squash. Mix well, top with remaining stuffing mixture, and bake for 30 minutes at 350 degrees.

*Megan Ammons,
Business Manager*



You asked for it... Advice from Gillian

*Gillian Maffeo
Crestiad Advice Columnist*

I have a guy friend that wants to be more than friends. I for one have absolutely no interest in him as more than friends, but his friendship means a lot to me. He seems to feel we met because we are meant to be and will eventually get married (yes, he has practically proposed twice now). No matter how nice, or how downright heartless I am, he is clearly not getting the hint.

I love being his friend, but I can no longer take him trying to make me jealous (which does not work), him telling me how in love he is with me, or him trying to take our friendship to another level by manipulating a lot of situations to how he wants them to be. How do I get rid of his manipulative ways but still keep a friendship that means a lot to me... or is my only hope to get rid of him for good?

- Extremely Frustrated in Allentown

Dear Extremely Frustrated,

You seem to be in a sticky situation, but there are ways to avoid your friend's manipu-

lative behavior. First off you need to stop feeding the fire; you need to cut down on the conversations between you two. It's like you're giving him the bait and he's taking it. Since you seem to care a lot about him, you're also feeding into his drama, and this has both of you getting wrapped up into each other's issues.

Right now, the best advice I can give is to slowly and steadily start talking to him less, and eventually you might have to cut him off from your social life. If someone is this demanding and jealous, you don't want to get involved, because there are more fish in the sea.

If he's stressing you out this much, cut off the friendship for a little bit. Don't answer his calls, don't return his e-mails, and don't feed into the drama. If he's smart enough, he'll get the point. After you feel he has lost all feelings for you, start talking to him and tell him how you really feel, and maybe you can regain that perfect friendship again. Good luck!

Do you feel once a cheater always a cheater? And if a significant other cheats, how can you work on building back the trust, or is that trust gone forever?

- Heartbroken in Moore

Dear Heartbroken,

This question brings up a big word: TRUST. It's all about the trust in a relationship. I feel that, yes, in some cases, once a cheater always a cheater. But, if you can trust your significant other and you build that bond between the two of you, then things will work out.

If your significant other cheats on you, you have to then talk to him or her about what happened and went wrong. It's all in how you communicate with another. To re-bond, you have to make sure that he/she is loyal to you so that you can build back that trust factor. If your significant other cheats on you once, then it won't be that hard to build the trust back, but if it's happened multiple times, I suggest you start looking for a new companion; it's not worth going through all that aggravation and pain, because in reality that means it was never really meant to be.

But cheating is cheating. Rome wasn't built in a day, and you're certainly not going to fix your problems in a short amount of time. It will take time for the wounds to heal. It's the cheater's responsibility to get your trust back and earn it. Whether it's calling you every second of the day, buying you roses, or threatening to break up, you have to make them work for that trust. You can't be nice about it either; be defensive, strong, and aggressive. Also make sure you tell them you mean business, or nothing will get accomplished.

How do you pick out foundation or cover-up when you can't try it on in the stores?

I picked one out that looked like it would work for me, but you couldn't really

**see and it was so orange. Help me, please!
- Make-up Madness**

Dear Make-up Madness,

There are a couple options you can explore. First off you can go to a department store (Macy's, Strawbridge's, Nordstrom's, etc) and go to a make up counter and ask for samples of foundation and cover-up. Make-up artists will do this for free, but then pressure you into buying the product, so my best advice is to just walk away with the sample! The make-up artist will help you find your perfect color, and it will be easier to determine when you are at the store. You can also bring the samples the make-up artist gave you to the store and match up the colors there.

Another way you can determine the perfect color is to take the foundation or cover up and match it up to your face in a mirror at the store. Never match it to your hand, because your hand is not the same tone as your face. If you can't see the color in the packaging, I would go with having a make-up artist tell you what your skin color is.

You can also see what kind of foundation or cover-up your friends use if they have the same skin color as you. If you have a friend with similar skin color as you, try it on, and if it works then you are set!

Advice from Gillian

Contact Gillian Maffeo at gmmaffe@cedarcrest.edu or TheCrestiad@cedarcrest.edu with your questions on health, beauty, relationships, sex, school, or anything else that you need advice about.

LIFESTYLES

Human resources students form new club

Heidi Gioia
Staff Writer

There's a new club on campus, and it's already gaining notice. The Society for Human Resource Management (SHRM), a national organization consisting of HR (Human resources) professionals and students, recently petitioned the student government for recognition as a campus club.

Their request was met with unanimous approval, and they are now club chapter #5540. According to Michael Vincovitch,

chapter president and CCC Life Long Learner, there are 500 professional chapters and 430 student chapters in over 100 countries making SHRM the largest voice and advocate within the HR profession.

Though participation in the club does not require a fee, the student charge for SHRM membership is \$35. Fortunately, this is considerably lower than the \$160 charge for HR professionals. Current members who pay this fee find the club itself offers many benefits to its members.

Not only does this group allow college students a voice in a club activity, but it gives

them valuable team building skills. "It also provides an excellent way to collaborate and network with business professionals and have access to research information through the SHRM web site (www.shrm.org)," offered Vincovitch. The site includes resources like white papers, a bibliography section, the monthly HR magazine, and HRWeek (a weekly e-bulletin), ECHOES (a monthly e-newsletter). It also gives members the ability to purchase books on related topics and includes a classified job section as well as other areas of interest that will benefit students interested in a career in HR management

All members must meet a few criteria, which include student enrollment in the equivalent of at least 6 credit hours in a degree-seeking program and a demonstrated interest in HR management. Currently, there are approximately 20 members who meet from 5:30 to 6:30 on the 1st & 3rd Wednesdays of every month in the Curtis Hall business lounge.

Think you're interested but aren't sure if it would really help you? If you find Cedar Crest's newest club interesting, contact Michael Vincovitch with any questions or to ask about becoming a member.

You can deal with it: A financial website review

Bethany Mason
Staff Writer

Many students in college face the burden of having to pay off college loans, credit card debts, and financial aid. The "You can deal with it" website offers some great tips and money management skills that help prepare anyone, from college graduates to people in the work force, who want to get back on the right track in managing their money more effectively.

Some frequently asked questions that were on the site included, "How can I lower my interest rate?"

Sophomore Lakena Outlaw found this to be most beneficial for her. "I'm always looking for something that offers great APR's and prime rates when applying for loans and credit cards." She was eager to see the answer from the website. YCDWI recommended contacting your provider to determine if your loans are eligible for a Reduced Interest Rate program; your interest rate could be reduced after a set

number of payments have been received on time. You may also be able to lower your interest rate by consolidating your individual loans.

Another way to decrease monthly payments is to contact your lender/servicer im-

Youcandealwithit.com offers some great tips and money management skills that help prepare anyone, from college graduates to people in the work force, who want to get back on the right track in managing their money more effectively.

mediately, because you may be eligible for a deferment or forbearance. The grace period to start paying back loans after college is six months, and loans are usually paid in 10 years,

and the minimum monthly payment is at least \$50. If you place forbearance on your account, it protects your credit so that credit agencies do not see it as delinquent.

When dealing with budgeting while still in school, sophomore Carolyn Zapata found that the money managing tools and tips were useful. Tools on the website include a budgeting calculator on the website where you can find out where you money is being spent.

"I find that a lot of times my money goes straight to my stomach!" said Zapata. Some pointers offered were to drink at least 8 glasses of water a day - not only does that fill you up, but water is also free. When you are looking for more sustenance at mealtime, Pizza Hut offers great deals and sales to college students and even honors all of their competitors' coupons.

Also get plenty of sleep. The website suggests that most poor decisions are due to lack of rest.

Vikki Brown found that the crediting advice opened her up to a new view about get-

ting and applying for credit cards. "I thought credit cards accrued interest everyday. I learned that getting credit cards can help you establish your credit as long as you have a purpose for it."

When getting a credit card you must keep in mind some important factors; when can you pay the bill off, are you only going to be paying the minimum balance, and how bad you really need the item your purchasing (if you don't have the money to pay it off right away).

The website offers excellent strategies to combat the future debt a lot of credit cards can bring. First you want to see what the APR or percentage rate for the card is, then you want to make sure you not only pay the minimum payment each month but a little more than that so you won't just be paying off the interest rate.

For additional information please visit, www.youcandealwithit.com to find useful tips and ideas to help manage you money, and most importantly your life.

Fresh off the shelf: Tofutti's Dairy Free Soy Good Chocolate

Christa Hagan
Staff Writer

The Claim: "Milk-free chocolate with the milk chocolate taste!"

The Facts: Tofutti's Soy Good Chocolate is slightly different than most standard candy bars on the shelves. Instead of containing butterfat, cholesterol and other ingredients associated with milk, it is butterfat and cholesterol free and is high in protein (17 grams for an 85 gram/3 ounce bar) and contains Isoflavones. Isoflavones have appeared to help protect against disease including breast and prostate cancers (<http://www.isoflavones.info/>).

The main ingredients which set this bar apart from other chocolate bars are soy protein and tofu. The bar is also declared Kosher "under

the supervision of Nazareth-illit Rabbinate," as stated on the back of the label.

The Results: After candy was unwrapped, the chocolate appeared to be darker than most milk chocolate, but the tasting went on. Consuming it was able to satisfy a sweet tooth but did leave this milk chocolate lover a little disappointed. While the candy was tasty, it did taste a little less creamy than milk chocolate and had a richer taste more like dark chocolate.

B+

Retail: Expect to pay between one and three dollars for this dairy free delectable. This chocolate bar and other Tofutti products can be found at most health food stores, food specialty shops and some large grocery stores.



Christa Hagan | Staff Writer

Tofutti's Soy Good Chocolate can be found at most health food stores, food specialty shops, and some large groceries stores.

Looks better on your arm than most frat boys.

Vera Bradley

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SPORTS

Miller inspires young athletes to set goals and dream big

Jennifer Woytach
Sports Editor

On November 4, Cedar Crest College hosted the 2005 CONCERN Lecture Series. This year's lecture was held in Alumnae Hall auditorium and featured Shannon Miller, an Olympic gymnast with 58 international and 49 national competition medals.

Miller's lecture was preceded by a film clip of her Olympic routine at the 1996 games in Atlanta. The room was overcome with a burst of applause and when Miller appeared, she said, "I have to admit I still get chills and I still hold my breath through the entire routine."

The focus of Miller's talk was goal setting. She referenced the book she wrote when she was 19, "Winning Everyday: Gold Medal Advice for a Healthy Happy Life," and noted that what she wrote nearly ten years ago was still relevant and applicable to other areas of life.

Miller talked through her career, which began at age 5 just training one hour a week. "It was a 14 year process for one routine," she said. Since the gym she normally went to didn't compete competitively, Miller's parents had to drive her 45 minutes away to a different gym.

It was at this gym that she met Steve Nunno, currently the head women's gymnastics coach at the University of Oklahoma. Nunno would coach Miller from the time she was eight until she had won 7 Olympic medals and 9 World Championship medals.

Under Nunno's guidance, Miller learned an important part of competition: goal setting. "Coach Steve handed out a 3x5 index card and asked us to write a short term goal on one side and a long term goal on the other," she explained. At that point, Miller's short term goal was to learn skills and stay on the beam. To compete in state games was her long term goal. "I planned to use my short term goal to get to my long term goal."

"I kept the card in my gym bag. It's easier to have goal stare you in the face," she said. Miller's longer term goal: the

Olympic Games.

Though most of Miller's talk focused on her gymnastics career, she stressed the importance of setting goals in all aspects of life. She said that the best lesson she learned was "learning it's OK not to make it." Miller's message was that it is the reality of lessons learned along the way and the process that matter the most.

Miller overcame several obstacles throughout her career. In 1992, just four months before the Olympic trials and on her last routine of the day, she hit her feet on the high bar.

"Don't stick out your arms, girls," Miller advised to a room full of laughter. After landing from her ten foot fall, Miller saw her twisted arm. She had dislocated her elbow, which could have been a career ending injury for her.

A piece of bone had broken off and the doctor wanted to cast the injured arm. "Casts are death to an athlete on a time table," Miller said. Her doctor was able to operate on her elbow and screw the piece of bone back in place. Miller had to wear a splint for two weeks and used that period to build strength in other parts of her body, as well as become more motivated.

"I needed to know my career wasn't over. I needed faith," Miller said. "I never had strong legs, so I did leg conditioning and worked other parts of my body."

Since Miller was not allowed to put weight on her arm, she "stood holding 10 pound weights for hours." Miller explained that she watched the gymnasts worked while she was out of commission. "If that's not motivation I don't know what is."

Injuries weren't the only setbacks Miller faced. The media has been critical of her throughout her maturing career, when she won Silver medals instead of Gold and when she became "too old" for gymnastics.

Miller explained a personal challenge. She had a growth spurt right before the 1993 World Competition and complained of back pain and shin splints. Miller said that she came home and thought she was done, but "couldn't come up with one excuse to quit."

"It's OK to not want to be a gymnast. It's not OK to quit," Miller said. "If you



Linda Misiura | Photo Editor

want to stop doing something, it's got to be for a good reason."

Miller summed up her lecture by saying that you need three things: to set goals and not set limits, to prove people that do set limits wrong, and to have fun. Her lecture lasted more than an hour and then she took questions from the audience. Young gymnasts and parents asked her questions pertaining to her career and the sport itself.

She addressed concerns with gymnastics in general (she is not a fan of the new scoring system) as well as personal questions (no, she is not married). "The best gymnasts fall a lot and learn how not to fall during the Olympics," she said.

Miller told *The Crestiad* that her close work with charities began when she was younger. She credited her parents with helping her realize the amount of help she would be able to provide by "using her celebrity to help other causes." Miller is currently involved with the Special Olympics, March of Dimes, Make a Wish Foundation, and is the official spokesman of St. Jude's Hero.

Currently performing in the Hilton Skating & Gymnastics Spectacular, Miller is also a student at Boston College's Law School working toward her JD/MBA. She has her BBA in Marketing and Entrepreneurship from the University of Houston.

Congratulations to the following Fall 2005 athletes:

ALL-PAC Selections

Cross Country

Larissa Hall
First Team All-PAC

Field Hockey

Morgan Schrock
Honorable Mention

Amanda Kelley
Honorable Mention

Kirstin Fisher
Sportsmanship Team

Soccer

Teresa Yax
Sportsmanship Team

Volleyball

Betsy Bauer
Second Team Hitters

Helen Luu
Sportsmanship Team

Results from the November 5 show:

Gillian Maffeo
Open Fence, third place
Open Flat, fifth place

Lauren Forsyth
Novice Fences, first place
Novice Flat, fifth place

Cara Watkins
Advanced Walk Trot Canter, third place

Catya Donovan
Walk Trot, third place

Results from the November 13 show:

Gillian Maffeo
Open Fences, second place
Open Flat, fourth place

Lauren Forsyth
Novice Flat, fourth place

Aelén Mabilé
Walk Trot, second place

Catya Donovan
Walk Trot, third place

Congratulations to the Equestrian team for completing a successful season!



Linda Misiura | Photo Editor

SPORTS

New coach, team members look forward to winter season

Andrea Zajac
Sports Editor

Sneakers squeaking, bouncing of balls against hard wood floor, and the swish of the net can be heard again in Lees Gymnasium.

The Falcons basketball team has officially started their season. Last years season didn't go as well as the team would have liked, ending in a 3-19 overall record. This season things are looking up for the Falcons with a new yet familiar coaching staff.

Val Donohue, former assistant coach, has now stepped up into the Head Basketball Coach position. Donohue is not only a former coach, but also a former basketball player for Cedar Crest. Her new position is something that Donohue is looking forward to. "I'm excited, we have a great core of girls," Donohue said. "We have everyone from last year plus two new freshmen to work with. It's a lot of work, but with their hard work it will all payoff in the long run."

A new face to join the Falcons is Assistant Coach, Alyssa Antolick, a former DeSales College basketball player. She really wanted to coach and had heard there was an opening which brought her to Cedar Crest. Although young, she thinks this will be the one thing the team will benefit from. "I'm just hopeful to bring youthful optimism," Antolick said. Dan Donohue returns as the other assistant coach.

The change in coaching staff is something that brings a new attitude to the players. "I expect a lot of intensity. With a new coach and new assistant coach we are doing things differently. Having new coaches makes us more excited about wanting to play," senior captain Amanda Swartz said.

Right now the Falcons are working on

their pre-season. They are practicing on their shooting, running drills, and getting physically conditioned for their upcoming season. Most importantly it is time for the team to come together. This is something that is on everyone's mind.

"I think we all know we need to stick together. Sticking together on and off the court will help us when game time comes," Swartz said.

This season there are many expectations. Donohue looks to her senior captains, Maria Stefani, Courtney Porzio, and Swartz, to maintain the leadership on the court. All the players have returned to each contribute something to the team.

Stefani returns as an aggressive rebounder, Porzio returns as high scorer and rebounder, and Swartz returns as a strong leader and point guard. Juniors Ashley Bechtel and Danielle Frustillo will both be looked upon as a strong inside player and a guard. Sophomores Tara Werley, Caitlyn Little, Nicole Parker, and Val Siegrist, will also add to their team for their experience.

The freshmen that have joined the team are Janelle Morcom and Nicole Reabold. "Both of our freshmen are quality players. Janelle has shown amazing tenacity, and Nicole has already been cited by her teammates for her attitude and work ethic," Donohue said.

Donohue really believes in her team's capability for the upcoming season. She thinks that they will become a really strong team. "They have talent across the board."

The Falcons play their first game tomorrow, November 18 at Baptist Bible College. Their first home game follows on November 22 against Wilson College.



Linda Misiura | Photo Editor

Newly appointed head coach Val Donohue supervises her basketball players during an evening practice. Players dedicate their time between early morning and afternoon practices in preparation for the 2005-2006 season.

Hall named All-PAC and CC Athlete of the Week

Jennifer Woytach
Sports Editor

Larissa Hall, a senior cross country runner, was named Cedar Crest Athlete of the Week for the week of October 24-30.

Hall, of Susquehanna, PA graduated from Blue Ridge High School, and is a senior nursing student.

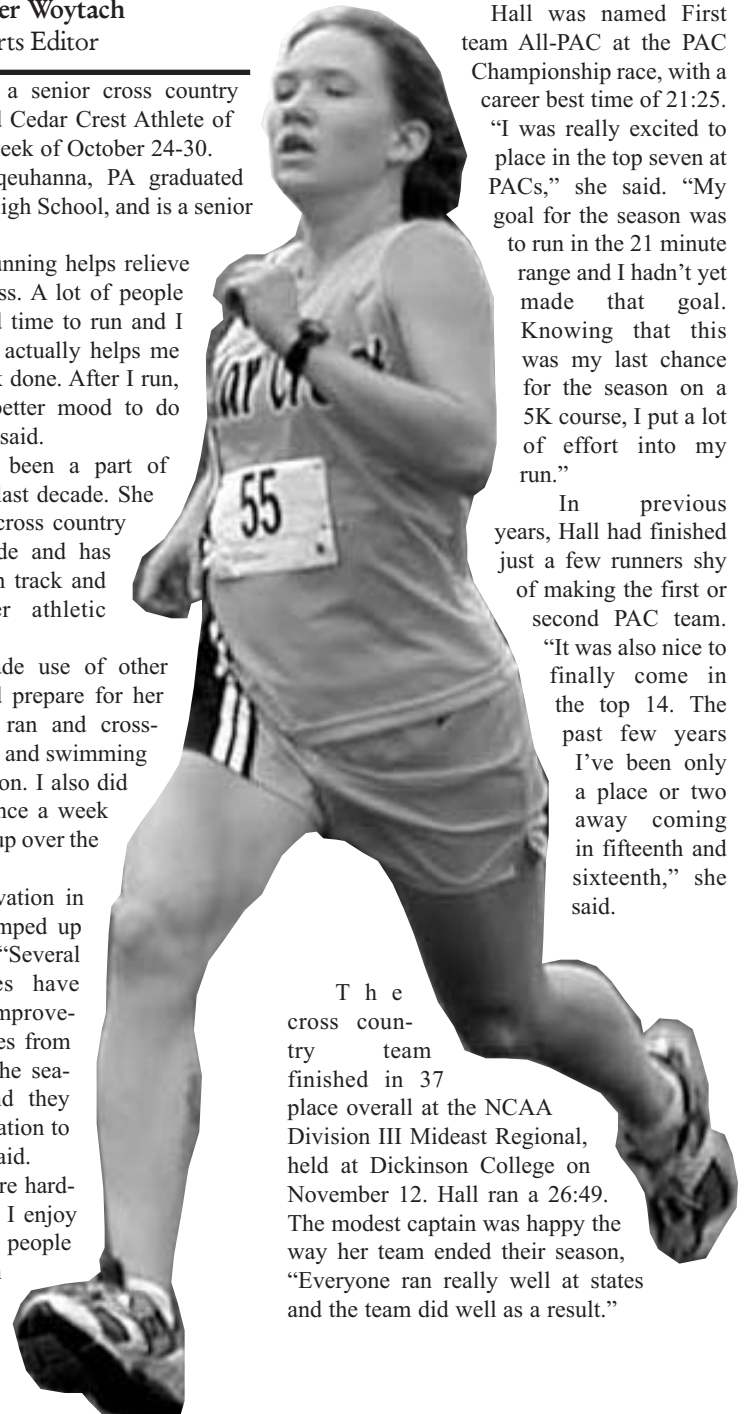
"I find that running helps relieve school related stress. A lot of people ask me how I find time to run and I reply that running actually helps me get my schoolwork done. After I run, it puts me in a better mood to do schoolwork," Hall said.

Running has been a part of Hall's life for the last decade. She has been running cross country since seventh grade and has also participated in track and softball over her athletic career.

Hall also made use of other sports to train and prepare for her senior season. "I ran and cross-trained with biking and swimming during the off season. I also did a track workout once a week with a running group over the summer," she said.

Finding motivation in her teammates pumped up this team captain. "Several of my teammates have made dramatic improvements in their times from the beginning of the season until now and they were a good inspiration to work hard," Hall said.

"Some days are harder than others, but I enjoy running with other people and talking with my teammates during our workouts," she added.



Hall was named First team All-PAC at the PAC Championship race, with a career best time of 21:25. "I was really excited to place in the top seven at PACs," she said. "My goal for the season was to run in the 21 minute range and I hadn't yet made that goal. Knowing that this was my last chance for the season on a 5K course, I put a lot of effort into my run."

In previous years, Hall had finished just a few runners shy of making the first or second PAC team. "It was also nice to finally come in the top 14. The past few years I've been only a place or two away coming in fifteenth and sixteenth," she said.

The cross country team finished in 37 place overall at the NCAA Division III Mideast Regional, held at Dickinson College on November 12. Hall ran a 26:49. The modest captain was happy the way her team ended their season, "Everyone ran really well at states and the team did well as a result."

AotW Nominees

for the week of:

Brittaney Smith
junior soccer player

Betsy Bauer
senior volleyball player

October 24-30



Jennifer Woytach | Sports Editor



Jennifer Woytach | Sports Editor

PAC
honors

for the week ending October 30

Betsy Bauer was named to the PAC Volleyball Player of the Week Honor Roll. A senior middle hitter from Whitehall, PA/Whitehall, she had 26 kills, 12 blocks, one ace and one kill in a 1-1 week.

Correction:

In the November 3 *Crestiad*, it was written that Teresa Yax was the Falcons' starting sweeper for three years in "Senior soccer sweeper grabs one last title." This was incorrect; Yax has been the starting sweeper for four years.

ARTS & ENTERTAINMENT



In Concert:



Gwen Stefani: Holding Her Own

Nicole Rubertelli
Crestiad Columnist

On Sunday, November 6, Gwen Stefani along with special guests the Black Eyed Peas lit up Philadelphia's Wachovia Center. The Harajuku Lover's Tour is Ms. Stefani's first ever solo outing in promotion of her CD *Love. Angel. Music. Baby.* Many wondered how she would sound and what it would be like to see her perform without No Doubt, the band for which she is still the lead vocalist.

Stefani did bring one ally with her on tour from No Doubt, Gabe McNair. McNair is currently touring with Stefani playing keyboards. She also collaborated with many artists on the CD including bandmate Tony Kanal, No Doubt's bassist and Stefani's former flame.

There were people of all ages in attendance at this show proving that the music, (although relatively pop-oriented), of both acts seems to transcend the traditional teeny-bopper age bracket. The Black Eyed Peas were the first to take the stage. Will. i. Am., Fergie, and the rest of the group put on a fantastically energetic performance.

They played many of their current hits off of their latest effort *Monkey Business* such as, "Don't Phunk with My Heart" and "My Humps." They also chose to perform other somewhat older selections such as "Hey Mama" and "Where is the Love?" The bass was intense and Fergie's voice was more amazing live than it ever sounds on a recording. The dancing was incredible as the mix of hip-hop, pop, and funk blared through the speakers.

After the Black Eyed Peas' set and an intermission, the crowd started to scream once again as Gwen Stefani exploded onto the stage. She started the show by singing "Harajuku Girls," a cut from the album that is not a single, but a great track nonetheless. Its interesting



mix of fun lyrics about a love of fashion and Stefani's fascination with the creative girls from Tokyo was an upbeat and interesting beginning to the show.

Stefani did a great job of playing to the crowd. At one point, in the middle of the song "Crash," she stopped to chat with everyone. She got everyone fired up by having the girls

and guys sing different parts of the chorus back to her on stage.

She also spent time early in the show explaining that she was not even going to go on tour in support of this album, but that she decided to come out and basically do it for her fans.

Stefani truly is a great performer, not only

for her vocal talents and stage presence, but also for her ability to know and play to her audience. She seemed to want to know who bought the record and really made the concert-goers feel important.

Accompanying her on stage were the ever-present Harajuku girls as her muses as well as back-up dancers. There were also a few break-dancers along for the show as well.

The stage was set with video screens that provided vignettes of Stefani to accompany the stage show for each song. Some were very artistic, while others were emotional and nostalgic. They were a great addition to an already visually stunning show.

At the end of most of the songs Stefani was lowered on a platform, giving her band a chance to display their musical talents, as well as giving her a moment for costume changes to reflect each song. Although the constant disappearing got tiresome at times, it was worth it in the end to make everything blend on stage.

She played what seemed like every song off the CD and looked fabulous doing it. Her voice was perfect. As the show was winding down, everyone was waiting to see when she was going to play her biggest hit off the CD, "Hollaback Girl." When the show seemed to be over, everyone took their bows and the stage went dark.

However, we all felt that she would be back out to end with that song. We were not disappointed. Stefani blasted back on stage for a powerful rendition of "Hollaback Girl" complete with her band uniform from the video. All the dancers were on stage and she belted out the song with everything she had. She even grabbed a bunch of audience members up out of the crowd to accompany her as the song came to a close.

It was an exciting end to a great show. No doubt, Gwen Stefani can hold her own as a solo performer.

Reel Review

A LONG TIME AGO IN A GALAXY FAR, FAR AWAY...

Jennifer Jackson
Staff Writer

"A long time ago, in a galaxy far, far away..." Star Wars fans everywhere can now rejoice over a 12 hour marathon of George Lucas' masterpiece. That's right, *Star Wars Episode III: Revenge of the Sith*, the sixth and final installment of the Star Wars saga, is now available on DVD.

Revenge of the Sith takes place three years after the ending of *Episode II: Attack of the Clones*. In continuation of the Clone Wars between the Republic and the Separatists, Anakin (Hayden Christensen; *Star Wars: Episode II - Attack of the Clones*, *The Virgin Suicides*) and his Jedi Master Obi-Wan Kenobi (Ewan McGregor; *Star Wars: Episode II - Attack of the Clones*, *Moulin Rouge!*) pursue General Grievous and his droid army in order to rescue the kidnapped Supreme Chancellor Palpatine (Ian McDiarmid; *Star Wars: Episode II - Attack of the Clones*, *Star Wars: Episode I - The Phantom Menace*).

In rescuing the Chancellor, Anakin kills former Jedi Count Dooku in a very un-Jedi manner. Anakin and Obi-Wan return to the capital with the Chancellor amidst a political storm in the Senate. Yoda misses out on the fun, being that he's across the galaxy protecting the Wookiee home world of Kashyyyk from droid attacks. Padmé Amidala (Natalie Portman; *Star Wars: Episode II - Attack of the Clones*, *Garden State*), the secret wife of Anakin because Jedi are forbidden to love, discovers she is pregnant.

This triggers a series of visions that Anakin has of Padmé dying in childbirth. Afraid of repeating the experience of losing his

mother, he tries to find any way he can to save her, including turning to a Sith legend told to him by Palpatine. It is then that Palpatine decides to reveal himself as Darth Sidious, the evil Sith Lord that the Jedi have been searching for. He lures Anakin away from the Jedi with

promises of enough power to save Padmé.

Anakin becomes Darth Vader and helps to destroy the Jedi Order and eventually fights his own mentor Obi-Wan on the volcanic planet of Mustafar. It's the moment I've waited for during the entire movie and stunt coordinator Nick

Gillard did not disappoint.

Episode III is by far the best of the prequel trilogy, which is not saying much, but it ranks in my top three for the whole saga: beautifully crafted scenery beside the darkest and most compelling storyline of the prequel series, action-packed Jedi lightsaber duels, and dazzling special affects, *Revenge of the Sith* takes the cake.

The DVD edition of *Episode III* is packed with extras. Six deleted scenes reveal a subplot about Padmé and a rebellion in the Senate—something I was horrified to find. In the first two episodes, I loved Padmé's character. She is a strong woman who fights for her beliefs and to protect her home world through diplomacy. It was appalling to see her as a "damsel in distress" and if the deleted scenes had been kept her strong character would have remained.

It also would have better connected events in *Episode III* to *Episode IV*. I would just like to say that I am very disappointed in George Lucas. I can live with the corny script but how could you ruin such a strong character?

There's also a documentary chronicling all of the people involved in the one minute duel on Mustafar between Anakin and Obi-Wan.

While the numbers are staggering, the documentary goes way too in-depth. My roommate and I shut it off after they started to discuss catering.

There's two more documentaries discussing extreme training for stunts and the transformation into Darth Vader. Some more extras include 15 web documentaries, "A Hero Falls" music video, a production photo gallery, theatrical trailers, and an Xbox playable demo of *Star Wars Battlefront II*. **B-**



ARTS & ENTERTAINMENT

Alumnae Museum puts novel twist on women

Heidi Gioia
Staff Writer

On Wednesday, November 9, twelve people stood in the hallway in front of Curtis's main entrance. Some were students, others faculty/staff and others were members of the community and former Cedar Crest graduates. What did all these people have in common? They were all waiting to see the unveiling of the Alumnae Museum's newest display. The exhibit featured a theme of "Through the Word, She Lives", which focused on the evolution of women through time and literature.

The museum's purpose, according to Rhoda Glazier of the Alumnae council, was to highlight Cedar Crest women, their fashions and history. Christa Hagan, the curator of the show, impressed all, with the help of her assistants, on this unique twist to the traditional museum displays. Hagan had noticed that most shows were dedicated to clothes. She wanted to make it clear that Cedar Crest was about more than that: "My passion is books, and I wanted this show to reflect that in some way."

The actual show was very well put together. As you walk in, to your right you see a beautifully dressed mannequin in a white dress, blue sash and old-fashioned glass beads. When you take a closer look, you will notice a print of a book cover reading *The Great Gatsby* by F. Scott Fitzgerald. Underneath is some text on Daisy Buchanan, a pivotal woman in that story.

Each display in the show featured this pattern, of a classic novel with an emphasis on a strong, individual female character. The addition of clothing donated by former Cedar Crest students were chosen to fit the time period of each book's setting. This was a great way to

demonstrate how Cedar Crest women are just as strong and independent as these classic heroines. Also included was a display of *Crestiad* articles ranging from 1947 through 2005.

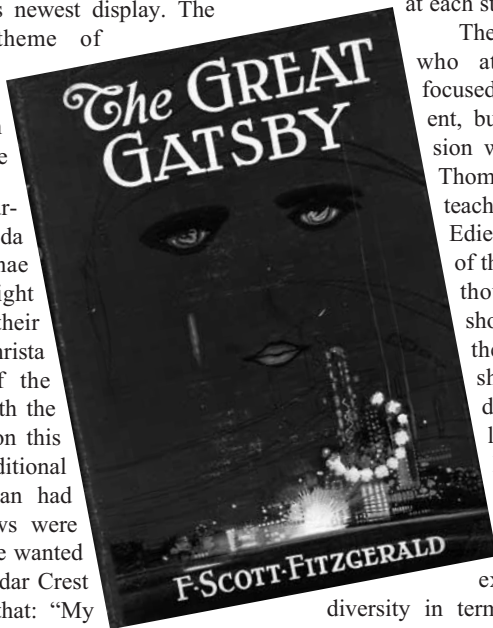
The overall layout was great. After pausing at each display you are pulled away by wanting to see the next. The detail of each section also increased as you walked around the room, forcing you to linger longer and longer at each stop.

The reactions of those who attended were each focused on something different, but a positive impression was unanimous. Sara Thomas, a retired school teacher of Allentown, and Edie Miller, an alumnae of the class of 1952, both thought well of the show. They offered that they had seen many shows and this one definitely showed a lot of effort. Dr. Allen Richardson, professor of Religions, discussed the great mix of colors in the exhibits. "There is

diversity in terms of materials. It's very eye-appealing, which is important to exhibits."

As far as the curators and assistants, Hagan was accompanied by Lauren Hetrick (assistant curator). Both were pleased with the outcome. "You can plan as much as you want, but the show is constantly evolving. We were making adjustments right before the opening today", stated Hetrick, whose favorite piece was an old 45 record player from the Lux Lisbon display from *The Virgin Suicides*. Hagan also appreciated this display and claimed this as her favorite, "She [Lux] represents so much at such a young age".

Go see the new Alumnae Museum display to see the highlights of Cedar Crest women.



Whale Music: An ocean of emotion

Bethany Mason
Staff Writer

Whale Music is a stage production written by Anthony Minghella and directed by Marion McCorry, Assistant Professor of Performing Arts, that was presented at Cedar Crest College November 3 to the 6. The play illustrates a very moving portrayal of five friends; Caroline played by Christa Hagan, Fran played by Leslie Krill, Stella played by Tesha Olivas, Kate played by Missy Sturtevant, and D played by Vanessa Johnson. Other appearances included Sheelagh O'Brien played by Diana Donovan, the Waitress and Veronica played by Sierra DeMulder, the Nurse played by Rebecca Marino, and the Staff Nurse played by Dawn Schpak.

The story takes place in Wight, England where young Caroline, a girl who is single and pregnant, leaves her life in Leeds, England to make the choice of whether she wants to keep her baby. She does not know who the father is, but she does know that it is one of two men, John or Robin. Caroline comes to Isle of Wight because it is where she grew up, even though her parents no longer reside there. She ends up moving in with Stella, a promiscuous, hard woman, who helps Caroline by renting out a

room to Caroline in her apartment.

When Caroline returns home, she reconnects with her childhood friend, Fran, who is now a married mother. Fran comes bearing gifts, support, love and a whale music CD that she recommends and strongly believes will benefit the baby. The two share each other's dreams and help each other understand a little more about life. Caroline's high school English teacher and friend Kate comes to visit pregnant Caroline with seventeen-year-old student D, who is a feminist and free spirit radical.

During a talk between the two, Kate decides to confess her feelings for her dear friend Caroline. These feelings go beyond friendship. With no real support from her parents, Caroline finally faces the day she has to give her baby to new parents. While waiting in the hospital bed for a baby she will never see again, she talks with her mother and Kate about the decision she has made. While the show is centered on love, support, and friendship, *Whale Music* introduces the desire for women's independence and the stigma that goes along with unwed mothers, married mothers, and single women. *Whale Music* was a breath taking and heart wrenching tear-jerker, and an entertaining stage production that dealt with issues many women still face today.



Courtesy of Amico Studios



Good Eats

The Scoop on Cold Stone Creamery



Valerie Betz
Staff Writer

Just a few months ago, a coworker was raving about the ice cream shop called Cold Stone Creamery and of course me, a small town girl, had no idea what she was talking about. Well the mix-in parlor quickly escaped my mind until I overheard a few fellow students mentioning the Cold Stone. To my delight I soon learned that a Cold Stone Creamery had recently opened in Trexlertown directly across from the popular Super Wal-Mart, an area which I frequently visit. After hearing raves about the creamery from more than two people, I knew that I would have to adjust my week's diet to accommodate an ice cream splurge.

Sunday night I gathered a few friends together and we set out for a little indulgence. With high anticipation, my guests and I strolled in. With our first step in the door we were quickly greeted with a warm welcome and we quickly jumped in line. We were immediately overwhelmed by the over abundance of flavors and options. I quickly adjusted my attention from the oversized menu to the customers ordering in front of me; they too were confused about their selections, so apparently my guests and I weren't the only ones.

At Cold Stone Creamery, vanilla, chocolate, and strawberry are too basic. Flavors like "Mud Pie MoJo", "Strawberry Blonde", and "Candy Land" that helped me remember my younger years, are some of Cold Stone's choices. I decided that I should just create my own and choose from the numerous different mix-

ins. I pondered my options for a few moments but at Cold Stone Creamery there is no such thing as a wait. In an extremely short time a cheerful young girl was probing for our order.

"Cookie Doughn't You Want Some" in a small fresh waffle cone was my final selection. The girl turned around and pulled a fresh waffle from the iron and shaped it into a cone and in no time the employee was leading me to the other end of what looked like a major assembly line along with a ball of ice cream. She threw the ice cream on the stone and began to work in chocolate chips and cookie dough. With expert twists of her wrists she used her spades to work my favorite toppings into the ball of ice cream.

As I watched, my mouth watered imagining the outcome of my final treat and then I was woken out of my trance by all six of the employees singing out loud the lyrics to "My Girl" with a Cold Stone

twist: "I got Cold Stone on a cloudy day..." Apparently the customer who had just paid

dropped a tip in the bucket on the counter and whenever a tip is received t h e

employees sing. The sudden singing and catchy tune was entertaining and definitely not in the least what my friends and I expected when we set out for ice cream.

My guests and I soon proceeded to the register to pay for our indulgence. "If you don't absolutely love it, bring it back we'll throw it away and make you a new one," the young girl said from behind the counter. That is the Cold Stone Creamery absolute guarantee which sounded great but the cost she blurted out right after was not so pleasing.

In the past Ben and Jerry's had always been the most expensive ice cream imaginable

but just two of our treats cost \$7.49. It certainly cost more than I had expected it would but the idea of how much money I had just spent on two ice creams slipped my mind quickly when I took my first taste of the cold treat.

The ice cream was amazing! Not too hard or soft, and definitely the perfect blend of my favorite mix-ins. My guests who treated themselves to Oreo Overload and Strawberry Blonde were equally as satisfied with their treats. Even the waffle cone which is not typically my favorite, was great, and definitely fresh. One thing was for sure, I was extremely glad I opted for a small because even though the price was a little steep the treat was very filling.

Of course when we were all finished and satisfied I felt a strong urge to tip the employees to be courteous but also to hear what they would sing next. So I gave a friend of mine a dollar or two to throw into their bucket and immediately the crew began to sing "hi-ho the dairy-o we thank you for your dough."

Cold Stone Creamery is certainly not only serving up cold ice cream treats, and shakes but ideally the ultimate ice cream event. The combination of great ice cream, service, and a bit of entertainment can certainly bring a smile to your face. Unfortunately all great things come with a price and certainly a Cold Stone treat is slightly expensive but if you have a few spare dollars it is definitely a worth your while spending and I certainly recommend trying it out.



ARTS & ENTERTAINMENT



Leisurely Reading

My Sister's Keeper



Jennifer Jackson
Staff Writer

My Sister's Keeper by Jodi Picoult is a tear-jerker. A bawl-your-eyes-out-for-10-minutes tear-jerker. But not for the reasons you'd think.

The novel is about Anna, a thirteen year old girl who is fighting to find herself. Typical, right? Anna has always been defined in terms of her sister because the sixteen year old Kate has acute promyelocytic leukemia (APL) and Anna was conceived to be a perfect donor for her.

As a newborn Anna gave cord blood. When she was five she gave Anna lymphocytes three times.

Next she gave bone marrow and then granulocytes followed by peripheral blood stem cells. Now she's being asked to give a kidney. And Anna has finally said stop.

She hires Alexander Campbell as a lawyer and starts a lawsuit to medically emancipate her from her parents.

The decision tears her family apart. Without the kidney, Kate will die. But she might

die if she gets the kidney, too. Either one could die on the operating table. Her mother, Sara, desperately wants to save one daughter and keep the other.

Her father, Brian, works as a firefighter to escape his home life. Jesse- the invisible, delinquent older brother- tries to get his parents' attentions while trying to support both Kate and Anna.

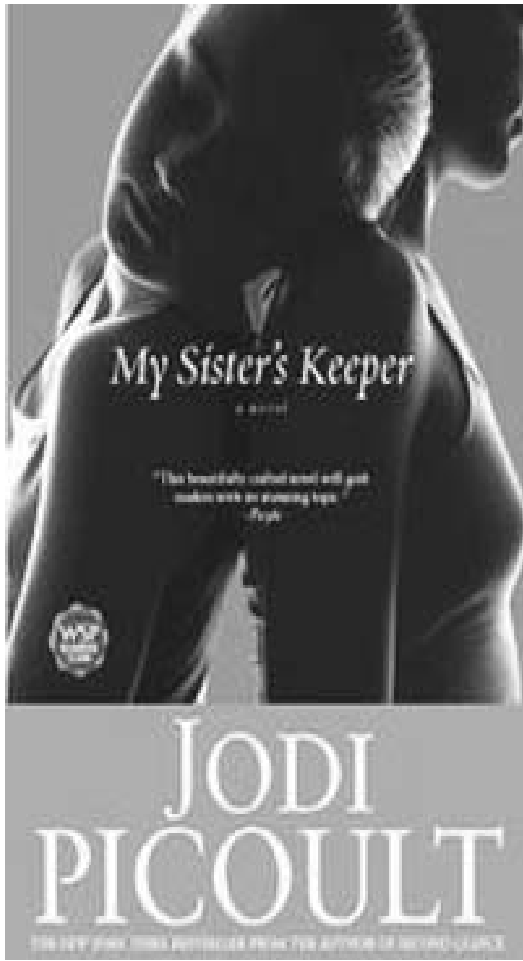
Finally there is the court trial that will decide the family's final fate. Be prepared for a lot of highly emotional scenes.

Picoult's characters in the novel are exquisitely drawn. The story is told from the point of view of seven characters: Anna, Kate, Sara, Brian, Jesse, Campbell, and Julia (Julia is the guardian ad litem assigned to Anna's case).

Each character brings new insight and information to the reader while they fight their own internal battles.

The novel makes readers question what is right and what is just and if there is a difference between the two.

This thought provoking novel wrapped around wrenching emotions is worth every person's reading. A+



The Sound Booth

The Go! Team's a Go

Emily Pulham
Staff Writer

The Go! Team, based out of Brighton, England, has been making waves for a year in England, and is now hoping to make a splash over in the US with their debut album, *Thunder, Lightning, Strike*.

The Go! Team consists of 6 members—two guitar players, one bass player, one drummer, one drummer/guitar/keyboards/etc, and one rapper. They create an

interesting blend of people and cultures (members originate from both Europe and Japan) and make for a very diverse and interesting sound of music.

Their music is classified as dance, but could also lean towards very catchy pop. Upon listening to the CD, I was initially surprised by how much music it actually is—there are very few songs that contain words, or lyrics. The songs are incredibly energetic and upbeat, and from listening to the very first notes of the opening song, "Panther Dash," it put me in a very energetic mood.

It's difficult to exactly describe their sound, because it really is so very different from everything else out right now. Their music is somewhat sunshine-funk, Jackson 5, but with many more layers and sounds.

The songs are incredibly catchy, and consist mainly of drumbeats, keyboard pieces, and

the occasional trumpet. Most, as stated earlier, have very few words, but some songs such as "The Power is On" and "We Just Won't Be Defeated" include a running chant through them which contributes to the melody of the music.

The songs do all sound fairly similar however, and at times it feels like the CD is just one continuous song. The monotony tends to be broken up a bit towards the end of the CD.

The music makes a noticeable change on "Junior Kickstart", which is opened with guitars, and also on "Bottle Rocket", which contains lyrics, presumably rapped by Go! Team member Ninja.

I do enjoy the music, but I don't think that it's a CD that people would just sit down and listen to. I could see it faring quite

well as background music in an artsy London house party, but I couldn't see it catching on as well on this side of the Atlantic.

Hopefully I'm wrong, because it is nice to see people doing something so creative and different. *The New Yorker* describes their sound as "the bright side of life...just enough clangor to balance out what sounds like a non-stop smile", and I definitely agree with that—The Go! Team provides 40 minutes of non-stop energy, enthusiasm, and music. If you are looking for a pick me up, you can find it in this musical shot of espresso. Check out The Go! Team. A-



Reel Preview

Heating up the screen: *Harry Potter and the Goblet of Fire*

Andrea Zajac
Sports Co-Editor

The magic is back! Tomorrow the long anticipated fourth movie in the Harry Potter series makes its debut on the screen. Once again, an action packed adventure is waiting for Potter fans.

In this movie, Harry is in his fourth year at Hogwarts taking on new challenges and dangers. After an eventful day ending with a foreboding message at the Quidditch World Cup, Potter and friends return to school a little worried. When they hear that the Tri-Wizard Tournament is being held at their school their fears momentarily go out of the way with the heightened excitement. Hogwarts welcomes two other wizard schools, Beauxbatons Academy and Durmstrang Institute, into its halls for the duration of the year as the tournament takes place.

When the Goblet of Fire spits out Harry's name too, then suspicion returns to his mind as well as Ron and Hermione's. Harry still has to compete because there is no way of undoing the Goblet. While Harry plans strategies for each event in the tournament he keeps a close look out for anything strange with the help of his friends. However, nothing could prepare Harry for Lord Voldemort's return which only leads to tragedy.

Some new faces join the cast for this movie. The first two new faces that everyone is going to expect to see are the two students from Beauxbatons and Durmstrang. Fleur Delacour the Beauxbatons student is played by Clémence Poésy and Viktor Krum, the Durmstrang student is played by Stanislav Ianevski. Cedric Diggory, the other Hogwarts student in the tournament is performed by Robert Pattinson. The Ravenclaw seeker and girl that Harry likes, Cho Chang, is performed by Katie Leung.

Other cast members include Rita Skeeter, an annoying reporter from the Daily Prophet, played by actress Miranda Richardson (*The Phantom of the Opera*, *The Prince and Me*). Mad Eyed Moody, the new Defense Against the Dark

Arts Teacher, is played by Brenden Gleeson (*Kingdom of Heaven*, *The Village*). Lastly, the treacherous Lord Voldemort is evilly portrayed by Ralph Fiennes (*The Constant Gardener*, *Maid in Manhattan*).

This movie was directed by Mike Newell who has done mostly British films, but is known for directing *Mona Lisa Smile*. Fans are hoping that tomorrow, Newell has successfully transformed the book into the movie. "I'd like the movie to be as true to the book as possible," sophomore Erika Ventura said. "The third movie left a lot of open ends for people who hadn't read the books."

Junior Deidre Latoof shares the similar expectation for the movie. "As someone who's been a fan of the Harry Potter books since they first came out, I've been disappointed in the movies. I'm hoping that with a new director and with the introduction of new characters, the movie can draw in new fans while still retaining its loyal fan base. Still, I don't think any movie adaptation will ever be as good as the books," Latoof said.

This isn't the only expectation to come from the movie. Trailers have been playing the past couple weeks to enhance people's idea of what the movie will be like. From the trailer everyone can tell that the special effects will be even bigger this time around. "From the trailers I've seen the visuals look astounding. I'm very excited to see it," Ventura said.

Stay Tuned for the *Harry Potter and the Goblet of Fire* Reel Review by Kelly O'Donnell in the next issue of *The Crestiad* out Thursday, December 1st.



ARTS & ENTERTAINMENT

Reel Review

THE LEGEND OF ZORRO



Jillian Churchill
Staff Writer

The first rule in judging movies is never to go by what the popular critics of the time are saying, and *The Legend of Zorro* is no exception. This movie is a sequel to *The Mask of Zorro* (1998), dated ten years after the original movie into the hours when California is about to become a free state.

The plot is that Elena de la Vega (Catherine Zeta-Jones; *The Mask of Zorro*, *Ocean's Twelve*) is fed up with Zorro (Antonio Banderas; *The Mask of Zorro*, *Shrek 2*) still wearing the mask, fighting crime, and not spending time with his family, which now includes a ten year old son (Adrian Alonso). She does seem to be bit of a nag and shows many qualities of her stepfather (Zorro's arch enemy in *The Mask of Zorro*) at the beginning.

Then trouble breaks loose in California. Events compound together and soon our favorite couple, the de la Vegas, are divorced. Elena is then engaged to a French vineyard owner in the area, while working undercover (and under blackmail) for the United States. Through hard work and much verbal banter between the two, the evil plot is worked out and the good guys win, and the couple gets back together to save not only California, but the whole United States as well.

The son, Joaquin, plays a vital role in this new chapter of Zorro's life. It seems that he developed his skill of fighting and mischief from his father, although he does not know until the end of the movie that his father is indeed his very idol, Zorro. At the end, the family is reunited again and all extremely happy as they share everything with one another and

continue to live in the new state of California. One has to wonder, will the young son become the next Zorro; he definitely has the moves and the sharp wit already well developed for his age.

The movie is excellent for young and old alike who are looking for an adventure/comedy movie. The music composition is suited extremely well for the movie and adds another bit of laughter during the fight scenes.

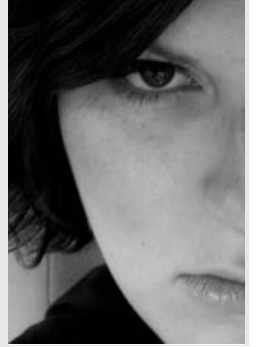
While the younger ones may get more excitement out of the impossible physics and the many close calls that plague every character throughout the movie, it still provides more than enough entertainment for all members of the audience. It is a very funny and visually exciting movie but not the best for the college aged crowd. *The Legend of Zorro* does make an excellent movie if you want to do something special for a young child, cousin, niece or nephew. **B+**



Chitter Chat

Nicole Rubertelli

Crestiad Columnist



A new baby, a lawsuit, K-Fed raps (gasp) and more in this installment of Chitter Chat...

Congratulations are due for **Heath Ledger**, 26 (*The Brothers Grimm*, *Brokeback Mountain*) and **Michelle Williams**, 25 (*Dawson's Creek*, *Brokeback Mountain*). The couple welcomed a new baby girl into the world during the last weekend in October. Early reports did not give a name, but there's speculation that the baby's name is Matilda.

It's biopics galore for Ms. Lohan. The multi-talented Miss **Lindsay Lohan** is jumping back into her role as actress for a while even though her singing career is in full speed. Lohan will star in two upcoming biopics. She will have a small part in *Bobby*, which is about the assassination of Robert F. Kennedy. She also has a role in *Chapter 27*, a flick centered on the startling murder of Beatle John Lennon.

Just when you thought it couldn't get any worse...there is more news in the land of Federline. Clips from Mr. Britney Spears' upcoming hip-hop CD have been leaked in various forms on the Internet. I took the time to listen to **Kevin Federline's** first single "Y'all Ain't Ready." I have to admit that the beat isn't terrible; it's actually somewhat catchy. However, lyrical genius... K-Fed is not. For example: "Back then they called me K-Fed/But you can call me daddy instead"...and this is part of the chorus. It is not officially clear when his album will drop, but I'm sure we 'won't be ready.'

In more music news, according to E!online, **Jack White** of the **White Stripes** has signed a deal with *Coca-Cola* to write a song for a new commercial. White has quickly penned an original song for the ad noting that he "certainly wouldn't want a song that (he'd) already written to be used on a commercial." Reportedly, White is a big fan of the soft drink, so the collaboration should not be one of false heart.

No Love for Beach Boy Wilson...All is not well in the land of surf and sun as **Mike Love** sues **Brian Wilson** over a *Smile*. Love is suing for lost profits and misappropriation due to the release and promotion of *Smile*, the unfinished and unreleased **Beach Boys** album that Wilson finished and released on his own last year without help from the band.

One final music news bulletin: **My Chemical Romance** takes home the *Woodie* for artist of the year. According to MTV.com the *Woodie* is an award affiliated with mtvU. The winners of the awards are decided by the votes of college students. Those fans thirsting for more MCR will be happy to know that a new CD/DVD combo entitled *Life on the Murder Scene* will be released early next year.

And finally...the coveted after-Super Bowl spot on ABC has been filled. This year the privilege to be in that cushy timeslot goes to none other than the hit show **Grey's Anatomy**. This show has a huge following, but will be opened to an even wider audience by being slotted after the big game, congrats!

Bet You Didn't Know

Meet Mark Vitalos, Chief of Safety and Security at Cedar Crest

Mary Ann Leone
Staff Writer

Mark Alan Vitalos was born and raised in Allentown. He was a law enforcement officer in the Allentown Police Department before joining Safety & Security at CCC in November, 2000. Recently, Mark was promoted to Chief of Safety and Security.

The Crestiad: Why did you leave the local police department to come to CCC?

Mark Vitalos: After 20 years of service to the Allentown community, I felt it was time for a change, and the Cedar Crest community appealed to me.

TC: What surprised you the most about Cedar Crest?

MV: How quiet the campus was. After being in the city of Allentown as a police officer and then coming onto campus, it was like a little piece of heaven.

TC: Are the security needs different from when you first began?

MV: Essentially, the security needs are the same; however, crime has not lessened in the Allentown area, and we must be extra vigilant in our security here on campus.

TC: Do you participate in the "Mocktails" event at CCC?

MV: Yes, I help coordinate the guests who assist in the alcohol education end of it and I participate with that aspect as well. These guests include Susan Rutt of the Allentown Health Bureau, as well as members of Team DUI, which is comprised of police officers from our local communities.

TC: Without divulging anything classified, of course, what sort of security measures do you take when a celebrity such as Walter Cronkite comes to campus?

MV: Generally, you have to look at the individual and whether or not they would create a



Mary Ann Leone | Staff Writer

security issue. Someone like Walter Cronkite is basically a well-received icon. As far as extra security, we just monitor the situation prior to the event happening. If there were any suspicious phone calls or letters or expressed concerns from the celebrity (or their staff) we would act accordingly.

TC: In brief, what's the most important piece of security advice you want students to remember?

MV: Always be aware of your surroundings, on and off campus. If something doesn't seem right, it probably isn't. If you have a problem, get to a safe place or use one of the emergency call boxes and call security. If a problem arises while off campus, dial 9-1-1. It is important for the campus community to know that they should always report suspicious activity to

security, and an officer will respond to investigate it.

TC: What are your duties in your position as chief?

MV: Briefly, I manage fifteen officers, and I am responsible for the daily operations of the department, ensuring the campus is a safe, secure, and accessible environment.

TC: Is there anything else you would like to say?

MV: In my time here at Cedar Crest, I have learned to appreciate the campus community and all that it has to offer. I have thoroughly enjoyed working with the staff and students, and I am extremely proud to be in this position to serve the campus.

ARTS & ENTERTAINMENT

Mark Your Calendars

On-Campus:

- Friday, November 18, 8:00 p.m.
Turkey Bingo
- Sunday, November 20, 7:00 p.m.
FADED Show
- Wednesday, November 23 - Sunday, November 27
Thanksgiving Break
- Monday, November 28, 3:00 p.m.
Artists' Talk and Reception: Scott Patt
- Tuesday, November 29, 7:00 p.m.
Coffeehouse featuring Sons of Pitches

Visit: www.cedarcrest.edu for more information

Off-Campus:

Moravian College

- Friday, November 18, 8:00 p.m.
Common with special guest "the Godfather of Noise" Rahzel

Visit: www.desales.edu; www.lafayette.edu; www.lehigh.edu; www.moravian.edu; www.muhlenberg.edu; for more information on events through the LVAIC Institution

Concerts & Events:

- Thursday, November 17, 7:00 p.m.
The Trocadero Philadelphia, PA
Pennywise
- Wednesday, November 23, 7:30 p.m.
Wachovia Center Philadelphia, PA
Aerosmith and Lenny Kravitz
- Wednesday, November 23, 8:0 p.m.
The Electric Factory Philadelphia, PA
HIM
- Saturday, November 26, 6:00 p.m.
Crocodile Rock Allentown, PA
Alien Ant Farm
- Sunday, November 27, 4:15 p.m.
Lincoln Financial Field Philadelphia, PA
Philadelphia Eagles vs. Green Bay Packers
- Support the Philadelphia Flyers at the Wachovia Center in Philadelphia, PA on Friday, November 18 vs. the Atlanta Thrashers, Tuesday, November 22 vs. the Tampa Bay Lightning, Saturday, November 26 vs. the New York Islanders, and Wednesday, November 30 vs. the New Jersey Devils.
- Support the Philadelphia 76ers at the Wachovia Center in Philadelphia, PA on Saturday, November 19 vs. the Cleveland Cavaliers, Monday, November 21 vs. the New Orleans Hornets, and Tuesday, November 29 vs. the Portland Trail Blazers.

Visit: www.ticketmaster.com for more information

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KNOW OF LOCAL UNDERGROUND BANDS FROM PENNSYLVANIA, NEW JERSEY, OR NEW YORK?

Let *The Crestiad* know for their upcoming new section on the local music scene at crestiad@cedarcrest.edu; ATTENTION: ARTS & ENTERTAINMENT

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- Trick partner
- Tail end
- Cottonseed containers
- Used to own
- Close off
- Depth measurement
- Small telescope
- German sub
- Pesky insects
- Not he
- Emporium
- Victual
- Dick and Jane's dog
- Immature newt
- Exploits
- Mutuhito
- Secretive
- Nicotinic acid
- Visage
- Not hers
- Soft palate pendant
- Manicurist's tools
- Mathematical term
- Publicity
- Optimal
- Vassal
- Enemy
- Rent
- Totaled
- Finish
- Type of seal

DOWN

- Jones of The View
- List of offerings
- Thing
- Trick
- Hearing distance
- Quoted
- Solo
- Ball motion
- Soldier packs
- Open
- Type of test
- Groups
- Beret
- Looked
- Raged
- Toward the stern
- Rich cake
- # 21 Down, e.g.
- Grayish
- Clear jelly
- Japanese partition
- Inset
- Seafood utensil
- Reject
- Ocean
- Sore winner did this
- Store incorrectly
- Affirm
- None
- Climbed
- Calif. university
- Null
- Type of car
- By and by
- Thought
- Shakespearean king
- Soothe
- Winter vehicle

