

THE CRESTIAD

Est. 1923

Vol. 87 No. 1

Cedar Crest College, Allentown, Pennsylvania

September 8, 2005

In the wake of the storm

Heidi Gioia
Staff Writer

A blow so mighty it has even our worst enemies offering aid has stuck the U.S. On August 23, 2005, the National Hurricane Center (NHC) of the U.S. issued a statement that a Tropical Depression Storm, commonly referred to as a hurricane, had formed over the southeastern Bahamas. This initial warning gave little insight as to the tragedy that was to follow.

On the morning of August 24, Hurricane Katrina became the fourth hurricane of the 2005 season and touched ground later that day around 6:30 p.m. between Hallandale Beach and Aventura, Florida. It's most unfortunate effects did not take place till August 28th, however, where it hit Buras-Triumph, Louisiana.

According to online statistics from the NHC, Katrina is the third strongest hurricane on record to make landfall in the U.S. The most devastated areas include New Orleans, LA and Biloxi, MI.

Michael D. Brown, Department of Homeland Security's Principal Federal Officer for Hurricane Katrina, is working busily to assess and respond to the damages of this horrendous storm. As the head of the Federal Emergency Management Agency (FEMA), Brown stated: "This is a disaster of catastrophic magnitude like none we've seen before. It has created challenges that we are working around the clock to address and fix. In the meantime, we continue life-saving and sustaining efforts and directing resources to those with the most urgent needs."

FEMA, along with its federal partners, state governments and voluntary agencies is working nonstop to provide meals ready to eat (MREs), food, water, ice, medical supplies, generators, and other critical commodities flowing into hurricane-hit areas. So far the stats for delivered efforts are as follows: 1.9 million MREs, 6.7 million liters of water, 1.7 million pounds of ice, and more than 600 buses to

transport evacuees.

Four days after the initial event, our military stepped up to the challenge as well, sending 14,000 National Guard aground in three states. According to reports on CNN, an additional 1,400 will arrive today and 1,400 on Saturday to assist with security of victims and responders for a total of 27,000 members of the National Guard.

Dennis Roussel of Baton Rouge, LA has been working non-stop at the Delro Refinery since the Hurricane hit. Normally a shift supervisor, Roussel was raised to the position of Incident Commander when his employers feared for their company. "High winds could take the trap doors to our oil right off. We don't want those areas exposed; if lightning strikes, a fire could start and that would be the end of us," says Roussel, who was finally sent home for a rest on September third.

Another survivor, Chef Edward Rhinehart of New Orleans has experienced fear and loss as he, his wife and two-year-old son fled their now damaged home to a hotel in Baton Rouge to weather the storm. "It's some people's own fault. We were warned. If more people paid attention, we could be focusing on helping those who are stuck, instead of rescuing those who had the means to leave", said Rhinehart. Rhinehart will begin his search for a new job and home immediately, since the country club where he was employed was decimated.

As the US government tries to deal with this situation, further complications continue to make matters worse. Pipe-lines and dams breaking in downtown New Orleans continually flood streets, adding to the hurricane's wrath. Looters run rampant through underwater stores, hunting for items ranging from necessities (food, water, medicine, etc) to weapons. People have begun dying from dehydration, despite supply drops by emergency helicopters. As a result, 200 Border Patrol agents, 200 additional law enforcement officers from other Louisiana jurisdictions and



Photo courtesy of CNN.com

After Katrina hit the Gulf Coast last Monday, flood waters ravaged the surrounding areas. Here, people are being rescued from rooftops several days after the hurricane.

2,000 officers from neighboring states are assisting to restoring order in the streets of New Orleans.

All areas of this tragedy seem to be being dealt with. The main difficulties are simply a matter of quantity; there are hardly enough supplies to go around. Aid is trickling in from foreign leaders, but much is still needed. Despite this, the whole of the US was shocked when Fidel Castro of Cuba offered the use of several hundred doctors and loads to medical supplies to the relief efforts. There is no word yet, as to how President George W. Bush is reacting to this offer.

There is still a question to be answered though. Why did it take four days for our Government to respond with relief efforts? It took only twenty-four hours to react to the recent Tsunami hits in South Asia. According to Breanna Meneses, a freshman, "It's horrible

that it took the government this long to send help: we really should be better trained."

Beth Coulter of Cedar Crest has other things on her mind. She was worried about her cousin Lisa in Fort Lauderdale. "She, her husband, and the baby were all fine," Coulter revealed. "The house remained whole and dry, with the worst of it being the loss of electric and phones for 22 hours. I was so thankful that she wasn't badly affected, but that joy is very diluted for me now, with all of the suffering along the Gulf Coast."

Although Cedar Crest has not yet made clear whether we will be participating in some type of relief effort, students on campus are now becoming aware of the tragedy and have much to say. In the words of Rebecca Marino, a freshman, "Anybody who is human ought to help out."

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Emptying your wallets to fill your tank? Ways to reduce gasoline usage

Stacey Solt

Lifestyles Co-Editor

Sophomore Janette Brunstetter is looking for a second job.

It's not the price of textbooks, or an increase in tuition that is forcing her to search for more income. The cost of commuting 20 miles to Cedar Crest each day has simply become too much for her budget.

"I travel from Saylorsburg to here; it takes a lot of gas," said Brunstetter. "I have no money for anything else."

Dr. James Scepanzky, an associate professor of psychology, is also concerned about rising gasoline prices.

"My wife tells me to only get enough to get to work," he said. Scepanzky lives about 25 miles away, and is also feeling the pinch of a daily drive to Allentown. "It (the cost) is pretty significant."

At press time, a regular gallon of unleaded gasoline cost about \$3 in the Lehigh Valley. While there isn't much we can do about rising prices, there are a few simple ways to reduce

fuel consumption and costs on a daily basis. The U.S. Department of Energy shares the following advice at <http://www.fueleconomy.gov>.

Observe the speed limit. Most cars reach maximum fuel efficiency at about 55 miles per hour. For each five miles per hour over 55, expect to "pay" 15 to 20 cents more per gallon. Not only is following the speed limit safer, it may also save you a bundle of money on reduced speeding tickets.

Avoid aggressive driving. Frequent braking and acceleration can have a dramatic affect on gas mileage. Bad driving habits can reduce car performance by 33 percent per gallon! Repeated braking and racing others at green lights can also cause accidents, so drive gently.

Avoid unnecessary idling. A car that is not moving gets zero miles per gallon. Turn off the car when waiting for someone.

Avoid gridlock. If possible, travel to and from work or school at an off-peak time to avoid frustration and wasteful idling in traffic.

Use cruise control and overdrive. Both



Lori Gallagher | News Editor

Gas cost \$3.29 per gallon at the Sunoco station on September 6 at 4:00 in the afternoon.

OPINIONS

The Campus Corner:

What was the best concert you went to this summer?



Gina Lewis '07
Psychology

"I went to Live 8 in Philly. It was my first concert...I was there for 12 hours!"

Ashley Barker '06
Communications

"Saw Talib Kweli and Yo La Tengo and met Yo La Tengo."

Missy Sturtevant '06
Psychology

" I saw an African Children's Choir...and in October I'm seeing Hanson!"

Ellen Doyle '06
Dance

"Saw Ratdog, most amazing show in a while. Awesome set list and a fantastic atmosphere. Can't wait to see them over Labor Day weekend."

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 to 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.

The magic of camp

Linda Misiura
Managing Editor

Summer is a time for learning; not about your major or your minor, not about science and math and English grammar and all that other fun stuff. It's a time to learn new things about yourself, to gain new experiences, to discover a new side to who you are as an individual.

Each summer can be a new experience, something that can change you and make you into a better person, and each summer brings opportunity to make a difference in your own life, as well as in the lives of others.

This past summer I worked at a Girl Scout camp in the Poconos. When I went for my interview in May, the camp director told me it was a place you come to and then never want to leave. I didn't really believe her.

For nine weeks, I lived in a tent and woke up before seven every morning. I ate horrible food that included dessert after both lunch and dinner and then a snack at 8 that was guaranteed to be so full of sugar that the girls wouldn't even think about going to bed until after midnight. I showered two or three times a week maximum (swimming in the lake always counted as a shower), wore hats and bandanas to cover up my greasy hair, and clothing that didn't really match but was practical for the situation. I dealt with homesick six-year-olds, twelve year-olds who were afraid of thunderstorms, and geese that chased and bit ankles. At one point I knew the words to 45 different camp songs, motions included, and could be heard singing at the top of my lungs at anytime of the day.

I loved every minute of it.

I discovered that I could live without modern conveniences like TV and radio, elec-

tricity and flush toilets.

For the first time in the twenty years I have been in this world, I realized that certain things really weren't important at all.

Sure, it was irritating for the communication major in me not to hear the news everyday, but the important stuff got through. And yes, I was missing the new episodes of the *Real World*, and didn't get a chance to read the sixth Harry Potter book until three weeks after it came out, but none of that mattered, because I was having the time of my life.

This was my first time at a camp of any sort, either working or being a camper. At the beginning of the summer, I was a little hesitant about going, was sure that I was making the wrong decision to spend two months in the middle of nowhere with people I knew nothing about. But it turned out to be the greatest decision of my life. I met some of the most fabulous people this summer at camp, people who accepted me as an equal, even if they had been there forever and this was only my first year.

Within the first week, I had made friends who I know I will keep in touch with for the rest of my life.

I know this all sounds like an advert to go to Girl Scout camp, but ask anyone who's ever been there, and you'll get the same response: there's something special about camp, something that brings out the good in people and brings lives together.

It's about spending time away from the busy hecticness of everyday life and the media craze that fills our heads.

It's about leaving a little bit of yourself within each girl, touching and changing their lives in a small way. And once you're there, you never want to leave.

I know I didn't.

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

Fall 2005 columns:

More of what's blowin' in the wind, plus one perspective on women's concerns



Just blowin my mind

Beth Coulter

Crestiad Columnist

Greetings all,

I write this three days after Katrina hit the Gulf Coast. Right this moment, bow your head and send as much positive energy as you have south to all of the victims. A momentary prayer or good thought actually can do some good. With all that positive energy in the air, some of it must enter those for whom it is meant.

Enough sadness for now. I hope your summer was good to you and yours. Mine was all right. It included a week at the shore, which was very foggy every day with very little sunshine at all. I made the best of it by showing my boyfriend the five different types of fog that we experienced. I know fog because I was raised in and around San Francisco, Fog Capital of the World.

I saw Lucy the Elephant in Margate, NJ and went to the Ocean Life Aquarium in Atlantic City, not to mention quite a few walks up and down the Atlantic City Boardwalk. Neither my boyfriend nor I like to gamble. We only go to AC because there is a great hotel on the north end of the island, away from the noise and crowds with a lovely kitchenette, terrific ocean views and outdoor hot tubs, for the same cost as the motels in town.

I also went to both summer sessions, taking introduction to journalism and human biology. While in journalism, we were assigned to read *All the President's Men*. Before the class was over, Deep Throat was revealed to be former FBI agent Mark Felt. I thought it was an interesting coincidence and wondered what coincidence could possibly happen with a bio course.

In the third week of bio, right after studying nerves and synapses, the coincidence happened. While floating on my back in the Quakertown Public Pool, I was hit hard by a young man who had shot up from the 6-foot level to collide with the small of my back.

I was able to ask him if he was all right, which he seemed to be as he swam off without so much as a sorry. I looked at my boyfriend and said, "I'm not," as I lost all feeling in my arms and legs. I seemed to be fine when I got out of the pool. My back felt numb, but that was it.

Four days later, I was in the hospital for increasing pain. The X-ray and MRI showed a massive bruise from shoulder to hip with a minor blood clot near my spine. A physical therapist began coming to my home three times a week and I am almost healed at this point.

When I spoke to the insurance agency for the borough, the agent asked me if I thought it was wise to float on my back in a pool (!), right before she denied the claim. Luckily, my insurance covers all the treatment. I did learn an interesting point of law that you should know.

When you pay admission to a pool or amusement park, etc., you are indicating a waiver for the owners in case of personal

injury. Remember that before you go to a public place.

Time for sadness again. Watching the news reports on the victims of the hurricane has disturbed me. A question I have come across in my studies asks how soon human beings will go from being "civilized" to being "primal" in times of trial. Apparently, it takes less than two days. In desperation, people are looting and fighting. Riots keep the evacuations delayed. Human dog packs roam with stolen weapons, terrorizing those who are trying to behave in a civilized manner.

The National Guard troops, who should be there, taking charge, are in Iraq. National Guard troops from other states are slowly making their way to the Gulf Coast. However, they will be too late to save the weakest and most hopeless of the victims.

"A question I have come across in my studies asks how soon human beings will go from being 'civilized' to being 'primal' in times of trial. Apparently, it takes less than two days."

People are trying to survive in third world conditions. There is no food, no potable water, no communications. Some simply commit suicide instead of trying to survive it all. Families are sharing space with corpses and animals gone feral.

Looking at this tragedy, I cannot help but think of those in Iraq, who have been living in these conditions for two and a half years. Instead of floodwaters and storm surge, they have bombs, bullets, and sand storms they must try to survive, but conditions are so similar.

In fact, I must honor the Iraqis, who have dealt with all of that without going "primal." They are able to hold on to a semblance of civilization in most places. Perhaps that is because they can bond together in blaming the United States for their despair.

Unfortunately, it seems the hurricane survivors are also blaming the U.S. for their pain and suffering, yet it does not bond them together. It only increases the anarchy that has taken over New Orleans and other places.

When the poor and destitute are deprived of the subsistence living they have, they become desperate. Desperation leads to revolt, which is what is occurring today. These people do not know how to be self-sufficient, having been trained to depend on the government resources on which they live.

Has this been hard for you to read? It is even harder for me to write.

I would like to drop all the problems on President George W. Bush. However, I cannot. These problems preexist W. These desperate conditions are the fault of the City Planners, and the shortsightedness of emergency management.

Pray for the victims. Pray for the survivors.

And while you are at it, pray for peace.

Peace,
Beth

Questions or comments may be sent to betheqt@voicenet.com. See more thoughts at www.bethcoulter.com

Ms. Takes

Jennifer Kumetz

Crestiad Columnist



The fight was begun by Margaret Sanger. After years of nursing, being a midwife in New York's Lower East Side, and watching her mother's death after 18 pregnancies and 11 births, Sanger was determined to make birth control acceptable and available, and to give women control over their own bodies and reproductive systems. She began with informative publications in her newspaper, *Woman Rebel*, and a Socialist paper, *The Call*, for which she was indicted for publishing obscenities. In 1916 she opened a birth control clinic in Brooklyn, the first in the U.S., and was arrested soon after. The first World Population Conference in Geneva was held in 1927 and was organized in part by Sanger. Finally, after years of work, Sanger helped found the Planned Parenthood Federation in 1939, which was first named the Birth Control Federation of America. Despite all her work, contraceptive laws still had to be revised, so the battle forged on.

In 1961 two people were arrested after opening a birth control clinic in New Haven, Connecticut and providing contraceptives to a married couple through the clinic. One month after their arrest, Estelle Griswold and Dr. C. Lee Buxton were convicted and fined \$100 each. The Supreme Court decided *Griswold v. Connecticut* in 1965 in favor of Griswold, thus providing married women the right to obtain contraception and seek counseling and sound reproductive health advice on such topics.

The Supreme Court saw another case concerning birth control seven years later in 1972. *Eisenstadt v. Baird* was presented when William Baird had been charged with a felony in Massachusetts for distributing contraceptive foam to a woman at Boston University after delivering a lecture on population control. Baird was charged because the woman was not married and he was not a licensed doctor or pharmacist. This case was decided in favor of Baird, extending the protection of *Griswold v. Connecticut* to allow all women to obtain contraception, whether married or single.

One year after *Eisenstadt v. Baird* the case of *Roe v. Wade* was brought to the Supreme Court. Norma McCorvey, alias "Jane Roe," sought to prove unconstitutional the criminal abortion statutes of Texas. McCorvey was pregnant and unmarried at the time, could not legally obtain a safe abortion in her home state of Texas, and did not have enough money to travel to a state that did allow abortions. She was joined by married couple "John and Mary Doe" who had been advised by their doctor to avoid pregnancy. Doe could not take oral contraceptives due to a medical disorder and would seek a safe abortion should she become pregnant. This case was decided, in 1973, in favor of McCorvey (*Roe*) which overturned any state laws pro-

hibiting abortion.

All of these decisions, and the many more that have taken place since, have been based on the rights of privacy guaranteed by the First, Fourth, Fifth, Ninth and Fourteenth Amendments. Since these Amendments and decisions are all still applicable today, I must question why there are still so many hurdles to obtaining birth control.

I believe that birth control is a fundamental right of women-the ability to have control over your body and health. I am thankful for the hard work of others in giving me the right to make personal choices about my reproductive health. However, despite all this work and appreciation, this right has been threatened over and over again.

Pharmacies have actually been denying women their birth control prescriptions on the grounds that birth control is against the pharmacists' morals. Pharmacist Neil Noesen from Madison, Wisconsin even went so far as to keep the prescription so that the woman could not bring it to another pharmacy to get it filled. Some health insurance companies are also part of the problem. For example my insurance company, Keystone Health, only covers specific forms of birth control, a short list of which my preference is not a part.

Sandra Day O'Connor, who was the swing vote on women's issues, has recently retired. This may cause the *Roe v. Wade* case to be overturned as many cases, such as *Planned Parenthood v. Casey* and *Stenberg v. Carhart*, involving similar decisions have been decided by a narrow vote of five to four. O'Connor's replacement may tilt the scales in the other direction-away from women's right to choose.

September 1 was the promised date for the FDA to come to a decision about allowing Plan B, or "the morning after pill," to be offered over the counter. This promise was made due to the efforts of Hillary Rodham Clinton (D-NY) and Patty Murray (D-WA). However, after more than two years' time in which to make their decision, the FDA had nothing come September 1. These drugs are already FDA approved, but must be taken in a timely manner (within 72 hours) in order to prevent unwanted pregnancy, which seems to make an over the counter option more attainable.

All of these difficulties seem to undermine the efforts of those who worked so hard before us. To me it is unacceptable for anyone to be able to take these decisions out of women's hands as they hold so much bearing over women's lives. If a woman's right to decide what she wants to do with her body is taken away, won't that undo any progress that has been made? Would you be willing to give up that progress or any other rights? I'm not.

"If a woman's right to decide what she wants to do with her body is taken away, won't that undo any progress that has been made?"

"Mr. Chemist's Neighborhood" will appear in the next edition of *The Crestiad*, arriving on campus on Thursday, September 22.

NEWS



Lori Gallagher | News Editor

Jury Reinhart joins Kyle Kauffmann in her office in the Admissions department.

Kutztown and Ursinus graduates join Cedar Crest admissions staff

Liz Stoczylas
Staff Writer

There are two new faces in the admissions office this year. The newest members of the admissions staff are Jory Reinhart, and Kyle Kauffman.

Reinhart, hailing from Topton, Pennsylvania, attended Kutztown University. She decided to come to work at Cedar Crest because of her experience working on campus at Kutztown, where she did work in Career Services. Reinhart says that the environment of CCC also drew her in.

Kauffman currently lives in Bethlehem, PA. A communications major from Ursinus College, Kauffman worked in the admissions office at her school before graduating. She decided to continue work in admissions as a counselor at Cedar Crest. Kauffman says that she enjoyed working with the college students, and that she liked the idea that she "had something to do with deciding what school girls would attend."

Both women agree that their favorite part

of their job so far is the interaction with students. Reinhart says that she enjoys meeting high school students coming for campus visits, and "being able to put a face with a name." Kauffman says that she enjoys the fact that she gets to call students to congratulate them on their acceptance to Cedar Crest.

From their own college experiences, both women agree that the friendships that they made are priceless. Both were very involved in their respective colleges, Reinhart with soccer, and Kauffman was the captain of her school's lacrosse team. Also, Reinhart said that she worked on Kutztown University's school paper, was in "Essence," a poetry club, runs 5K races.

Kauffman was a tour guide at Ursinus, along with being a student phone caller, working on the newspaper, had a call-in radio show, and had positions in her sorority.

You will find Jory Reinhart and Kyle Kauffman both in the Admissions building, room number 112. Make sure to stop by and welcome them into the Cedar Crest Community!

Pick up your September 22 edition of The Crestiad to read profiles of 4 new Cedar Crest professors!

**The League of Women Voters of
Lehigh and Northampton Counties**

and
The Morning Call,
in cooperation with
Cedar Crest College,

will host a panel discussion about the
impact of the USA Patriot Act.

**"Civil Liberties and National Security:
The USA Patriot Act"**

September 15, 2005 @ 7:00 p.m.
Cedar Crest College - Alumnae Auditorium
The public is invited and encouraged to attend.
Information: 610-740-3791

New nursing center built in Butz basement

Jennifer Woytach
Editor in Chief

On August 28, the Nursing Learning Resource Center was officially opened. The newest addition to the Nursing Department is located on the lower level of Butz Hall.

Jacquelyn Wuchter R.N., B.S.N. is the coordinator of the Nursing Learning Resource Center (N.L.R.C). Wuchter said that serious planning of the new Center took place over the past year, especially in response to the increase in nursing students.

In the past three years, Cedar Crest has seen a 300 percent increase in the number of nursing students, with 250 nursing students this year alone.

Previously there was one nursing lab on campus and some classrooms were converted to temporary nursing labs, but the addition of the N.L.R.C. brings the number of labs on campus to four.

Wuchter surveyed several other schools' nursing labs, including the University of Maryland's as well as seven others in the tri-state area. With the help of Dr. Laurie Murray, chair of the nursing department, as well as other nursing faculty, Dr. Carol Pulham, Provost, and Jim Marsteller, the Executive

Director of Safety and Security, the space in Butz Hall was decided.

The three new labs in Butz Hall are the Health Assessment Room, the Maternal and Pediatric Lab, and the Adult Health Room.

Depending on their course program, nursing students can spend half of their clinical time on campus, in the four labs. While using a lab is not a substitute for actual clinical time, a nursing student can find these resources quite helpful.

The facilities in the N.L.R.C. are "not meant to replace clinical [experience], but to enrich it and utilize it."

Wuchter, who specializes in labor and delivery and pediatric nursing, is a graduate of Cedar Crest College. Wuchter said that the nursing program has "come a long way" since she was a student. In seven years, the nursing department has transitioned from using Curtis Hall's basement, to being in the (then) brand new Miller building, and now the N.L.R.C. in Butz Hall.

The only entrance to the N.L.R.C is the doors that face Curtis Hall. There are other stairs and doorways in the Center, but those are only to emergency exits. Students using the Center must sign in and show their nursing ID at all times.



Linda Misiura | Photo Editor

Scary Anthony arrested

Lori Gallagher
News Editor

For years, the stories of "Scary Anthony" have plagued Cedar Crest College. On August 16, 2005, Scott Kinney of Bethlehem, also known as "Scary Anthony" was arrested by Allentown Police Detective, Wayne Simock. Kinney, who is 41 years old, confessed to calling Cedar Crest, among other places, since 2000.

The arrest came after a collaborative investigation between Cedar Crest College Safety and Security, Cedar Crest General Services and the Allentown Police Department. Upon his arrest, Kinney was charged with three counts of Harassment by Communication. There was one count for lewd language, one for repeatedly calling, and a third for calling at inconvenient hours.

Claude "Skip" Kohl, Assistant Director of Safety and Security, said that the arrest was a result of the reports that security received from students. "These reports allowed us to check more student phone numbers for suspected callers by narrowing the times that were scrutinized by Walter Baransky of

General Services," said Kohl.

During the search for "Scary Anthony," the numbers that were coming into the college were tracked. One number was linked to a Cingular cell phone. Simock issued a search warrant to Cingular, and it was discovered that hundreds of calls had been made to the college between January and May. Twenty-two student reports were linked to the numbers called by Kinney during this time. These calls were those used to bring the charges against Kinney.

"The investigation had revealed that there were hundreds of calls during that same period, some of which did connect to rooms and students (per Kinney's phone records) but unfortunately had not been reported to Safety & Security," said Kohl.

Kinney was arraigned and bail was set at \$5,000 unsecured. He is scheduled to appear before the Honorable Kelly Banach at the Lehigh County Court of Common Pleas on October 3, 2005 for his formal arraignment.

"We in Safety & Security would like to remind all our students, faculty and staff of the importance of reporting anything suspicious," commented Kohl. "We are here to help ensure that Cedar Crest College remains a safe and serene learning environment."

Classifieds

Spring Break 2006 with Student Travel Services to Jamaica, Mexico, Bahamas and Florida.
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215.536.7341

NEWS

Summer changes brighten up library

Emily Pulham
Staff Writer

The library underwent some important and necessary changes this summer. Gone are the days when lights ran in the opposite direction to the shelves, when light bulbs were incredibly difficult to change, and the styles of the sixties ruled the library.

The lighting, ceiling, and ventilation systems on the intermediate floor were completely renovated, allowing for brighter shelves, better ventilation and a much more energy efficient library. The library was closed for a month to undergo these changes.

The lighting and ventilation systems had not been changed or updated since the building was built in 1963—making the changes long overdue. According to Mary Beth Freeh, the director of the Cressman library, the old lighting was connected in blocks, meaning when one light went out, the entire block of

lighting went out, and there was no easy way to see which light the problem was located in. With the new lights, if one light burns out only that light goes out, making the problem much easier to solve.

Going into the floors that have not been renovated, you can see a very clear and dramatic change from the new lighting. The older lights run from east to west, where as the shelves run from north to south, causing most bookcases to be dimly lit. The new lights run in the same direction as the shelves, creating a much more brightly lit working environment.

The students can expect to see a much brighter library, and one run in a much more cost and energy efficient way. The new lights use far less electricity than the old ones, and the new insulation cuts down the cost of heating in the winter. The library staff is very excited about the renovation, and hopes to redo the ground level in the next year.



Lori Gallagher | News Editor

The lights on the second floor of the Cressman Library were renovated during the summer. Now the lights are parallel to the book shelves.

Construction on the quad

Two projects initiated by trustees are near completion stage



Linda Misiura Photo Editor

The bell named Dorothy was donated to the college by Toshiko Takaazu to honor President Dorothy Blaney. The bell is the centerpiece of the garden that is being constructed in the upper quad in Blaney's honor.

Lori Gallagher
News Editor

Students returned to campus to find piles of dirt and stones surrounded by construction vehicles on the quad. This construction was the beginning of two new additions to the upper quad.

The project taking place closer to the administration building has been in the making since 1998. Seven years ago, the trustees began planning a garden in honor of President Dorothy Blaney to celebrate her ten year anniversary. "There were a series of ideas, plans, and transitions before the concept was finally defined," said James Marsteller, executive director of safety and facilities.

In the center of the garden is a bell that was constructed by internationally renowned sculptor Toshiko Takaazu. Takaazu has loaned Cedar Crest several pieces of her artwork in the past. She recently donated the

bell, which she named Dorothy, to the College in honor of Blaney. According to Dean Joan Laffey, the bell is supposed to have a calming effect on people.

Construction is currently underway and expected to be completed in a few weeks.

"I'm happy that we are creating a garden in commemoration of our President," said Laffey. "I think President Blaney is full of energy and brought life to the campus. I think the bell is a nice symbol to honor that."

The other project on the quad is the construction of a gazebo that was also donated by the trustees. The gazebo that has been named "Abe and Tretchie's Place," was donated in memory of Abram Samuels, who passed away this spring and in honor of his wife Tretchie Samuels.

"Abe Samuels was a kind, gentle, and humorous person," said Laffey. "It will be nice to remember him and Tretchie when I see it [the gazebo]."

Rising Gas Prices

continued page 1

can improve engine efficiency and reduce wear, also decreasing maintenance costs.

Check and replace air filters. Replacing a clogged air filter can improve a car's gas mileage by up to ten percent - that's like saving almost 30 cents off a gallon of gas.

Plan ahead. A warm engine uses less gasoline, so hit the bank, shopping center, and grocery store at the same time to save both time and money.

Use regular unleaded. This may seem logical, but many people use premium gas in their regular cars because they think it improves performance. It doesn't. Save ten to twenty cents per gallon by buying regular gasoline, unless the car's manual says otherwise.

In the meantime, students and faculty continue to look for ways to reduce travel. Brunstetter would like to see more carpooling at Cedar Crest. "It would be helpful," she said, after citing a lack of public transportation in the area. She can find a nearby bus to New York City, yet there are no buses to Allentown from Saylorsburg.

Scepansky makes a weekly trip to Philadelphia to meet old friends and play a friendly game of football; he isn't sure how much longer this will continue if gas prices refuse to fall.

"I'm a little scared that it could last longer than expected," he said. "I'm considering if I can drive two hours every Sunday for something that is not essential."

The fine art
of fun dining

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The Shops at Cedar Pointe
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Great food, drinks and fun

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Cara's Corner

worldwide commentary

By Cara Nicholl



Another Hurdle for Tibetan Independence

The quest for Tibetan independence has hit yet another hurdle, when the Chinese government requested for the Dalai Lama to give up his ongoing quest for Tibet's independence. The British Prime Minister, Tony Blair, is expected to urge China to deal with the Dalai Lama's requests directly, after China has avoided the Dalai Lama for decades after his exile. The Free Tibet Campaign (www.freetibet.org) has encouraged Blair to promote direct communication with China and the Tibetan government (currently in exile) during the annual summit between China and Britain.

Controversy over Tibet was formed after the Chinese invaded and took over in 1949. The Dalai Lama, after a failed uprising, left in exile for India and has not returned to his home country since. For years, reports of torture have leaked from Tibet, as well as reports the Chinese have destroyed thousands of priceless artifacts. The Dalai Lama has since tried to improve relations with China, even winning a Nobel Peace Prize for his efforts in reconciliation. The Dalai Lama hasn't requested Tibet be completely independent from China; instead, he suggests China give Tibet more autonomy. However, he was brushed aside by a Xinhua news agency, which commented, "It might not be respectful to doubt the wisdom of 'His Holiness' for not waking up to reality, but we have to wonder what on

earth the Dalai Lama wants for the claim of 'greater autonomy'."

The Xinhua news agency went on to say, "A person who is pure-hearted in seeking compromise certainly will not sling mud on the other part, while an attempt to win international interference in an internal affair is an obvious denial of the framework that Tibet is part of China." It's true that indeed, information on Tibet as anything but an autonomous region of China is almost impossible to find, except for the occasional website protesting the exile of the Dalai Lama and the overtake of Tibet. Leaders worldwide have also largely ignored the situation in Tibet, no doubt to keep up good relations with the upcoming superpower China. The U.N., of which China is a part, has drafted human rights legislations, are subsequently ignoring the situation in Tibet, despite may letters and protests from Free Tibet groups. And President Bush has met with both the Dalai Lama and representatives of China, but so far, the idea of mediation hasn't been brought up. Blair's move to broker negotiations may be the beginning of possible ground-breaking negotiations between China and the representatives of the Dalai Lama. Time will only tell, but hopefully, in the next few weeks, the two sides can find the common ground they've been missing for years.

LIFESTYLES

Fall into fashion 2005

Bethany Mason
Staff Writer

This year's fall line up consists of gaudy jewelry, vintage shirts, and carry-all bags. From high price couture to savvy spending, fashion is being taken to the next level this fall.

No doubt layered polo's and suit jackets are still in, but this year's fashion calls for a more classic look. The originals are back and hotter than ever, and white shirts are a must have this season; with added flare such as lace and sheer material these shirts aren't so basic, adding a vintage appeal. Lace, buttons, and mandarin collars flatter the face, while stitching at the waist creates a cute ruffle hem. Textured pinstripes play up the more masculine role with figure flaunting low rise loose fit trousers; these boy style pants look extremely stylish with any vintage inspired top.

Jeans are the highlight of almost every outfit, no longer limited to dark, light, or "dirty denim" washes. Destroyed denim is making its

comeback with a more modernized fit. Jeans such as Seven for All Mankind, Citizens of Humanity, Paper Denim, and Rock and Republic all define this new modernized jean with faded and destroyed washes, crystal embellishments and fringed hems. Although these designers are pretty couture in price (around \$170 for a pair; expect to pay more for embellishments), you can also find great destroyed denims at stores such as Abercrombie and Fitch for a savvier price (\$80 per pair).

Feeling a little Juicy? With their oh-so popular velour sweat suits, Juicy has appropriately designed all their suits to fit any mood with over 35 colors to chose, ranging from "socialite" pink to "delovely" blue. With its signature J toggle, you can feel sexy yet comfortable whatever the occasion in Juicy velour.

Gaudy jewelry is taking over, from decked out charm bracelets and necklaces to cocktail rings. Jewelry isn't so dainty anymore. Although cute pearl stud earrings

always make for the signature classic look, gold is coming full force this season. Brass cuffs and wooden bangles spice up any tee-shirt and jean ensemble.

Accessorize with jumbo totes and satchel bags to help accommodate your everyday needs. While bulky bags are all the rave, transporting anything from a pair of your favorite Chanel sunglasses



Gillian Maffeo | A & E Co-Editor

Low-slung belt and distressed jeans are part of fashion trends this fall.

to a pair of pumps will not be a hard task with these stylish suitcase style bags.

Back to the range is where a lot of people will be heading with cowboy boots. Distressed leather and heavy embroidery gives a break to the everyday pump and mule. Also consider trying mukluks by Muks for when the weather really breaks. These boots are outrageously luxe and definitely hip in Hollywood. No worries about frostbite; these boots come equipped with sheep skin fleece lining and rabbit fur and suede upper; they retail for about \$400, but these are the only boots you'll need for winter.

Whether you find fashion in high price couture, or bargain shopping for your basics, make sure your wardrobe best describes your individuality.



Linda Misiura | Photo Editor

Gold and brass toned necklaces and wooden bangles are a must have to keep up with the season's hottest accessories.



The trials of life

Lakena Outlaw

Columnist

The essentials of living with purpose

The individual is instinctively self-centered when looking for the purpose of living. When knowledge comes to us, we feel that we need to act on it right away. By doing so, we develop pride, arrogance, bigotry, racism and any other characteristics that weigh the body down, and the body becomes heavy. The emotional, political, and social baggage, that people carry are more than they can bear.

Due to the media, and other sources of that nature, people look for meaning within themselves. It is not possible to find meaning within oneself, since we did not create ourselves. The individual must look towards the Creator. God has sent down revelations to prophets through angels. Such revelations have been recorded and are what we know of as The Holy Bible, The Torah, and the Noble Quran. The Noble Quran being the last revelation, sent down by God (glorified be He), through the archangel Gabriel to Prophet Muhammad (peace and blessings be upon him) is the path I follow for meaning in life.

Islam, meaning submission, is the name of the religion and way of life for Muslims. Islam is the outward deed, which Iman (faith) results in the interior change of a person. The relationship between deed and faith strikes a balance between belief and action. My actions will reflect my beliefs, because having beliefs will give meaning for living.

Developing your character involves changing the way you think. Character development is revealed through trials we experience daily. Deeds are recorded according to your actions. The deeds are kept on file, until the Day of Judgment. Enhancing character development involves fearing God's punishment. Having this fear will rid negative pressures implemented by peers, family, etc.

I was once told by a wise man named Sheikh Abdullah Adhami that "Knowledge and growth begin with humility." In order to grow, you need to be humble. When you humble yourself, you have the courage to admit to yourself your hunger for growth. This makes one receptive to openness. Honoring kinship internalizes honesty to grow. If an individual can maintain openness with themselves, then it is possible to be loyal to your kin. When one is completely honest, it is impossible for the individual to deceive themselves. That is if they are completely honest. Do not mistake error for one's deviance. Error is overwhelmed by the abundance of goodness. When mistakes are made, the opportunity for correction is there. If you are honest with yourself, then it will be obvious how to correct your mistakes.

To understand our purpose here is to gain understanding about the Creator. We the people need to understand that we are God's servants and we are put here on a test program that you can either pass or fail. While we are on our test program, we must remember that God (Glorified be He) is the Oft-Forgiving, Most Merciful.

'O Allaah (God), I seek Your counsel by Your knowledge and by Your power I seek strength and I ask You from Your immense favour, for verily You are able while I am not and verily You know while I do not, and You are the Knower of the unseen. O Allaah, if You are the Know this affair to be good for me in relation to my religion, my life, and end, then decree and facilitate it for me, and bless be with it, and You know this affair to be ill for me towards my religion, my life, and end, then remove it from me, and decree for me what is good wherever it be, and make me satisfied with such.'

International Corner

Show me the money!

Christa Hagan
Staff Writer

Cash. Dough. Bucks. Benjamins. Flow. Bills. Dinero. There is a plethora of well known terms for money far exceeding the small list here, but what is money really? A simple opening of the dictionary and one is flooded with a superfluity of many different definitions. Yet, the true definition does not stop at that wide range of choices. For one to truly find out what money is they have to be willing to look into many different countries because not everyone allots money the same value. If one explores the values and economy of different cultures, lives and lifestyles they will find the true definition amidst the stories, facts and traditions of all the different countries.

All countries have some sort of currency system. People allocate value to something whether it is coins, paper or broken pieces of clay. However, the importance of the particular currency system and the way it is valued changes due to the location and culture of the particular place. Along with the way the money system is viewed, also comes different traditions, facts and sayings as well.

Everyone has heard the tired cliché "money does not grow on trees;" not many have heard "money grows in water." It may sound farfetched but this is the tradition practiced in Kamakura, Japan. The belief is that those who go to the forest shrine and wash their coins and bills in the cave will prosper greatly. Many pilgrimage to Zeniarai Benten Jinja where currency washing takes place. Then, there is even the simple concept of the wishing well, a practice still used by people in the United States, Denmark and many other countries. People believe that they can obtain "good luck" by merely throwing a penny into



Linda Misiura | Photo Editor

wells or in some cases, natural basins caused by constant flowing of water onto rock.

Though there can be prosperity and good luck (financially) in some places, it most certainly is not everywhere. Debt seems to be a topic that comes up often, especially in the United States. It is worthy to note that not all countries have quite as many issues with personal debt as the US has. This is seen by taking a glimpse at the spending information and preferences of Japan. The United States has over twice as many people as Japan but 23 times the amount of personal debt. The Japanese tend to be more wary of credit cards and stocks and use cash far more often than plastic. A note worthy fact is a practice which many big name wallet and purse manufacturers have started. They design wallets made to hold more cash and less cards for Japanese people, versus wallets for Americans which often require more places to hold credit cards.

Though there are interesting and fun facts about different country's views on money,

other stories are not so uplifting. 2002 estimates show that a number as high as 70 percent of Zimbabwe's population is unemployed and an equal proportion of the population is living below the poverty line. One would like to think that 70 percent would be the highest percent of impoverished people, but 86 percent of those inhabiting Zambia live in poverty and half of the entire population is unemployed. It is interesting to compare those numbers to the statistics of countries such as the United States, which has 12 percent of its population living in poverty but 5.5 percent unemployed, and the impoverished 1 percent residing in Taiwan, which hosts an unemployment rate of 4.5 percent (CIA World Factbook, March 2005).

As can be seen, money changes from country to country. People do different things with it and hold different beliefs. The true definition of money far surpasses the simple ink on paper definition and is found in the people who hold it.

LIFESTYLES

Healthy U swings from successful summer to fall semester

Amanda Swartz
Staff Writer

To promote health and wellness at Cedar Crest, the college community began in 2003 what is now famously called Healthy U, a program responsible for fostering many healthy living habits on campus. The concept began by simply encouraging healthy habits and providing motivational rewards.

Today, a bigger and better-than-ever Healthy U has become the center of the College's Health Connection Initiative. Each semester, more students, faculty and staff choose to join the program, either as individuals or as members of teams, and strive to take on a healthier lifestyle. Whether your goal is to eat better, exercise more, or lose weight, you can tailor Healthy U to suit these needs. The program encourages its participants to make small healthy lifestyle changes that can yield huge results.

But Healthy U doesn't stop there. Virtually every week of the program is packed with informational sessions on topics such as meditation, time management, smoking cessation and everything in between. Participants earn points for attending these sessions, as well as for calories burned through exercise, pounds lost, and for setting and achieving goals. Incentives such as cash awards, gift cards, raffle prizes and T-shirts are awarded at the end of each program as a way to offer recognition of a new, more fit lifestyle.

With Healthy U, the final reward is not just an assortment of prizes but a stronger, smarter and "healthier you!"

Members of the Cedar Crest College community have become so involved with the Health Connection Initiative that Healthy U decided to take its program into the summer months. The streamlined version of the program that began in May and ended just before students arrived on campus in August encouraged members of the college's staff and faculty to continue their healthy habits.

Still riding the wave of excitement that FOX News brought to campus for the Spring 2005 Healthy U Awards, the summer program was primed for its latest installment of a faculty- and staff-exclusive Healthy U. This year's summer squad consisted of 24 members, ready to take on the heat of competition.

Participants chose from an exercise or weight loss track, each deciding on different methods for counting calories burned or pounds shed.

Campus was a bee hive of activity throughout the steamy summer months. Participants bounced from treadmill to basketball court. They swam laps and walked miles. In the end, they tallied their calories and weighed-in on the scale.

This summer's Healthy U was a tight competition every step of the way. Even though it was an individual race to the finish, one department seemed to have pulled ahead of the rest. Diane Gehringer, John Farkas and Princess Zehner – all from Institutional Advancement – saw weight loss this summer.

As for the exercise track, an extremely close contest saw Executive Director of Alumnae Affairs' Susan Cox pull ahead of the rest. On her heels were Academic Services' Christine Spindler and Student Affairs' Sheryl Riddlesdorfer.

Though competition was one of the best fuels for motivation and results this summer, members agreed that the entire journey needs to be fun.

"This has been a wonderful summer – making exercise a habit and not something I dreaded," said participant Sheryl Riddlesdorfer. "I want to thank the Healthy U staff for their encouragement and support!"

Watch The Crestiad throughout the semester for more updates on Healthy U and the Cedar Crest Health Initiative.



Photo contributed by Dan Donohue

Last semester's Healthy U winners, from left: Jennifer Shaffer and Renee Crane, both from the class of 2007, and Katie Brown, class of 2005.



Stacey Solt | Lifestyles Editor

Senior Amanda Swartz helps junior Dana Gatto register for the fall Healthy U program.

Fresh off the shelf: *Moisturinse* in-shower lotion

Stacey Solt
Lifestyle Editor

The claim: "Replace your ordinary lotion with a revolutionary rinse-off body lotion! *Olay Moisturinse* works with the warmth and humidity of your shower to reveal soft, smooth skin after 1 use. Daily use will improve hydration of dry skin in 5 days."

How to use it: After washing in the shower as usual, rinse skin of soap. Dispense *Moisturinse* into hand, about one quarter-sized drop for one leg. Smooth onto wet skin; rinse and pat dry with towel.

The results: As a woman with serious dry skin and chronic eczema, I was pleasantly surprised with *Olay Moisturinse's* effects on my skin.

While it took about a week to see results, my skin began to soften with regular use. It had a minimally positive affect on my eczema. As a bonus, it takes much less time to smooth on "in shower" lotion than regular lotion when you're in a hurry.

This product also works great as an after-shave lotion on legs.

A

Retail cost and where to get it: Find *Olay Moisturinse* at most retail stores and pharmacies. Expect to pay about \$4.99.



Stacey Solt | Lifestyles Editor

Look for another product review in the next issue of *The Crestiad*:
New products fresh off the shelf and straight to you!

A survival guide to Cedar Crest College

Important services to get any freshman
(or senior) through fall 2005.

Academic Services:

Administration 213, x4634
Tutoring in most subjects, writing assistance, and ELS services.

Campus Ministry

Curtis 237, x3320
Catholic Mass and Protestant services held weekly; Chapel is open every day to all students and staff.

Career Planning

Allen House, x3404
Career planning and internship assistance, study abroad and career mentor programs.

Community Service

Tammy Bean, Allen House, x3392
Service opportunities with over 80 agencies in the Lehigh Valley; coordinates the America Reads work study and Alternative Spring Break program.

Fitness center

Lees Hall, x3452
Open daily 6 am-1 am with free weights and machines.

Health and Counseling Services

Curtis Hall, x3476
Primary care and counseling available. Open Monday - Friday, 8:30 am - 4:30 pm.

Library

Cressman Library, x3541
Open Monday - Thursday 8 am - 11 pm
Friday 8 am - 10 pm
Saturday 9 am - 10 pm
Sunday 12 noon - 11pm

Postal Services

Sarah Roth, TCC Level 1, x 3443
Send and receive mail, or buy stamps.
Open Monday - Friday 9 am - 4 pm,
Saturday 9 am - 1 pm.

Registrar

Janet Baker, Admin 209/210, x3765
Provides transcripts, graduation audits, course schedules, and drop/add and independent study forms.

Security and Safety

Claude Kohl, x3522
24-hour campus security, escort service, crime prevention, vehicle registration and parking enforcement.

Wellness Offerings

Aerobics: Tuesdays 8 - 9 am, Lees Hall
Hatha Yoga: Thursdays noon - 1, AH stage
Water Aerobics: Wednesday 8 - 9 am, Rodale Aquatic Center
Yoga: Mondays and Thursdays 8 - 9 am, Alumnae Hall stage

SPORTS

Falcons fall sports teams ready for 2005 season

Cross Country: Always racing to the finish line



Gillian Maffeo | A&E Co-Editor

After a disappointing finish at last year's Pennsylvania Athletic Conference Championship meet, the young cross-country team is working hard for a better finish.

At last year's PAC championship, the runners were not only competing against each other, but also battling the weather; there were

many falls in the cold rain.

There are only five returning racers from last year's team, including seniors Larissa Hall and Katie Brown who will be joining the team for a few matches throughout the season. They both finished top two at the Misericordia Cougar Classic last year.

With such a young team, the coaches expect the returning upperclassmen to be role-models and help the new members throughout the season.

The team's practices throughout the season are a mixture of "easy days" with only a half hour of running, to going to either the

Muhlenburg or Lehigh tracks and doing speed work which involve five to six miles of running. All of this to prepare for their 5K (3.1 mile) races.

The Cedar Crest/ Muhlenburg Invitational is the team's chance to run their own course. According to Dan Donohue, who coaches the team with Val Donohue, fans at meets are

very important to the runners, especially the home meet. This year's Cedar Crest/ Muhlenburg Invitational is scheduled for Saturday, September 17th.

--Jillian Churchill
Staff Writer

Field hockey: "New attitude"

Green grass, goals, and straight white lines have re-entered the lives of Cedar Crest field hockey players.

Last year's fall season had the field hockey team sharing a field with the soccer players, but now they have a new field to start their season off with. That is not the only new thing the field hockey team has to look forward to. The Falcons see two new faces on the side lines of their new field.

Joining the field hockey team are head coach Amy Martin and assistant coach Tara McConnell. Martin and McConnell are both former student-athletes of Cedar Crest. Being former players however is not the only reason they returned to Cedar Crest.

Martin is a seasoned coach, assistant lacrosse coach, but still has a passion for field hockey. She is excited to coach the team, but mostly because "we're all there for the same reason, the love of the game."

McConnell agrees with Martin strongly on this attitude. The coaches feel they have a lot to offer being as young as they are. "We played together and remember being student athletes. It's still pretty fresh. We are bringing a new perspective," McConnell said.

The players feel the new coach-

es are already an important part of the team. Amanda Kelley, senior and captain, has a lot to say about her new coaches. "They really push us to our fullest potential. Amy and Tara are the type of coaches you really aim to please. They are role models and friends, but still demand that respect as a coach. I am excited for them to be a part of my final season at Cedar Crest College," Kelley said.

Preseason was terribly hot and humid, but that didn't stop the field hockey team from working rigorously on the field. Practices consisted of drills and running, conditioning for their 2005 season. The coaches saw the extent of how tough their team can be.

"The girls worked really hard, played in not the very best conditions and gave 110 percent, hopefully our season will reflect that," McConnell said.

Not only do the coaches and team want to make it to PAC, but there are some other goals in mind. This season is mostly about having fun for the Falcons, but still keeping a serious attitude. Low numbers have the team rethinking their strategy for the season. "It is our goal to step it up and show other teams that while our numbers are low we are still a powerhouse and a force to be



Heather | Staff Writer

reckoned with," Kelley said.

No team is successful unless they have team work. Preseason was also about bonding as a team. Leading the team with Kelley is senior Ashley Wenk. Returning players have continued to fulfill their positions as well as keeping the team's positive attitude. Expect a lot from

senior Morgan Shrock, sophomore Andrea Morgan, junior and goalie Kirsten Gustafson, and junior Tara Bath. Watch out for the rest of the team, including all the new players. "Their all strong players all around, all going to add something different to the team," McConnell said.

The Falcons' field hockey team

outlook is strong and with that kind of mind-set they will be able to accomplish many of their goals this season including scoring them as well.

-- Andrea Zajac
Sports Co-Editor

Tennis: Dedication and motivation

"I am hoping to have a winning season, but I am definitely expecting to improve on last year's record," head tennis coach Lynn Pigliacampi said. "I am positive we will because of how hard the team has been working and the level of improvement and commitment I have seen so far."

Pigliacampi, who is in her first season as head coach, is looking forward to the season. "I am really excited about the position and the team. I have really enjoyed getting to know the girls and the other coaches. I think it will be a great season," she said.

Last year, the team finished 3-11 and 1-9 in the PAC. Colleen Ford and Jillian Churchill made it into the second round of doubles in the PAC Tournament.

Senior Steph Nowotarski is looking forward to the PAC Tournament this year. "I'd love to see singles players make PACs, as well as have a doubles team go again. It's a possibility if we can maintain a lineup for the season and not juggle positions a lot."

"I think we got a feel for each other; we bonded which is important. The girls also worked hard, worked hard on strokes, and ran hard," Pigliacampi said about preseason.

Nowotarski agreed that there is a visible team bond. "With so many upperclassman and returning players the team chemistry is great. Even the incoming freshman and transfer students fit in right away," she said.

One of the biggest accomplish-

ments this preseason was getting into shape to play. "They were not quite used to running so, they got into playing shape," Pigliacampi said.

Pigliacampi cited seniors Churchill, Nowotarski, Devika Rawal, and Erin Johnson, along with junior Hilary Prescott and sophomore Ford as the returning players to watch.

Nowotarski credited her coach for helping the team achieve their goals by bringing "a new take on the game with a younger perspective as well as motivation."

-- Jennifer Woytach
Sports Co-Editor



Stacey Solt | Lifestyles Co-Editor

SPORTS

Soccer: The "potential" for PACs



Gillian Maffeo | A&E Co-Editor

The Cedar Crest Falcons soccer team already has three games under their belt this season and between their skill level and determination, they are on the way to another successful season.

After finishing last season overall 10-7-2 and 4-6 in the PAC,

the seventh place Falcons are looking to clench a spot in this year's playoff tournament.

"We did very well last year, and we have enough talent and drive to better our record by at least one game, and get into the conference playoffs," Head Coach Brian Exton

said. "We also have Rachel Lightfoot, a Cedar Crest grad and accomplished midfielder, returning to be our assistant coach. Rachel brings a lot of energy to the game and now to the coaching staff."

While Lightfoot is also hoping for a playoff appearance, she hopes

to have a "well rounded team" this season. She cited the team as having "a lot of potential" as well as "the best offense I've seen."

As for transitioning from player to coach, Lightfoot said, "It's a different aspect of the game to go from playing to watching and to see how

things worked on in practice can help you in a game."

Both coaches agreed that their preseason was successful.

"Everyone gave 110%," Lightfoot said.

"We stayed relatively injury free. The few players that were injured have another week or so to recover before our first conference game on Tuesday, September 13 vs. Neumann," Exton said.

Winning the annual Kimberly Servedio Memorial Tournament at Hood (MD) College was a highlight for the team last year and after finishing 1-1 this past weekend, Lightfoot can see a difference. "From the couple games played this weekend, you can see the improvement from last year's team."

Exton is counting on his seniors, captains Amanda Swartz and Teresa Yax, Stef Harrington and Maria Stefani for their leadership, as well as their skill on the field. "They should all have terrific seasons, but then we have to figure out how to replace them, if that's even possible."

--Jennifer Woytach
Sports Co-Editor

Volleyball: Back to PAC

Lee's Hall was filled with screaming spectators as the Cedar Crest volleyball team prepared themselves for their PAC playoff game. The sensation of school spirit was overwhelming. The volleyball team played with the full support of the crowd, but ended their season with a disappointing loss.

Last year's season ended with a bittersweet triumph, but it was that kind of highlight that has the Falcon's hitting the court even harder this season. The volleyball team has much to look forward to, especially starting their season off with a new coaching staff, although not entirely new to the campus.

Dave Huber stepped up into the head coach position after three years of maintaining the assistant coach position. "For me it was just natural for me to take over once Pat left," Huber said.

Lisa Stewart, a 2005 Cedar Crest grad and former volleyball player, has joined Dave as the assistant coach. Although she will be standing on the side of the court instead of on it, this former player has a lot to offer. "I took the position because of the importance of the team to me and the hopes that even though we didn't get past the first round of PACs last year, I could somehow contribute off the court to get there this year."

Both coaches agree that they

are each bringing something new to the team. Huber feels he is "bringing an aggressive attitude toward the game like taking chances with high risk plays." Stewart, having just recently stepped off the court, feels she will be able to help the team mostly as "a liaison in communication between coaching staff and team issues."

After finishing last fall's season with a PAC record of 4-6 and an overall record of 13-16 the team has the hope to be successful again this year. There is already much talk of making it into the PACs once again. To get back there is going to take some work, something they have covered in the first week of preseason.

Slow to start, the volleyball team was soon speeding things up with sprint work. Athletic fitness played a big part in getting the team ready for their season. The team is shaping up returning players and newcomers alike. "We have a strong core of players, I expect big things from Betsy, but watch out for the rest, they can all pour it on," Huber said. "We have a great depth in our line up this year."

PAC playoffs have definitely made the list of expectations for the season, but are not the only one. There are other things in mind, like knocking Eastern, the top volleyball team, out of PAC. "We stress the

importance of not giving up in practice, even if something seems impossible, you must still try for it," Stewart said.

The team captains, junior Kim King and senior Betsy Bauer, are also leading with strong ambitions

for their team. King expects "a lot of hustle and constant communication" and "no one giving up on the ball until the whistle blows." Bauer would agree with her teammate. "I expect everyone to do their best," Bauer said.

The team looks like they are already on their way to their ultimate goal after beating their first opponent on Thursday, Sept. 1.

-- Andrea Zajac
Sports Co-Editor



Linda Misiura | Photo Editor

Support your Falcons: Upcoming games and matches

<p>Cross Country</p> <p>9/10 @ Keystone</p> <p>9/17 Mule Falcon Invitational</p> <p>Field hockey</p> <p>9/10 @ Neumann* 1:00 p.m.</p> <p>9/12 vs. Rosemont* 4:00 p.m.</p> <p>9/13 vs. DeSales 4:00 p.m.</p>	<p>9/15 @ Marywood* 4:00 p.m.</p> <p>9/20 vs. Arcadia* 4:00 p.m.</p> <p>Soccer</p> <p>9/8 @ King's 4:00 p.m.</p> <p>9/13 vs. Neumann* 4:00 p.m.</p>	<p>9/15 @ Wesley* 4:30 p.m.</p> <p>9/17 @ Misericordia* 1:00 p.m.</p> <p>9/21 @ Marywood* 4:00 p.m.</p> <p>Tennis</p> <p>9/10 vs. Marywood* 1:00 p.m.</p> <p>9/13 vs. Misericordia* 4:00 p.m.</p>	<p>9/17 @ Wesley* 1:00 p.m.</p> <p>9/19 @ Chestnut Hill 4:00 p.m.</p> <p>9/21 @ Keystone 3:00 p.m.</p> <p>9/15 @ Rosemont* 4:00 p.m.</p> <p>Volleyball</p> <p>9/8 @ King's 7:00 p.m.</p>	<p>9/9-9/10 Muhlenberg Tournament</p> <p>9/12 vs. Neumann* 7:00 p.m.</p> <p>9/14 vs. St. Elizabeth 7:00 p.m.</p> <p>9/19 @ Chestnut Hill 7:00 p.m.</p> <p>9/21 vs. Rosemont* 7:00 p.m.</p>
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*indicates PAC contest

CLASS OF 2009

Joyce Nowicki
Crestiad Special

College is an exciting and exhilarating time for many young women, but the first year can often be the most difficult. Heather Croteau, a new student at Cedar Crest, gave me her views and concerns about her first few days at Cedar Crest.

Croteau comes from Sturbridge, Mass. She lives with her mother and her grandparents, and has a twin brother, a younger sister, and a half-sister. She came to Cedar Crest to go to a college away from home and the other students at her high school, as well as for the academic programs. Croteau hasn't been feeling homesick, but said she misses her cat.

She is living in Steinbright, and says that while everyone on campus is friendly, she feels a little lonely without a roommate. The hardest part of college so far for Croteau has been deciding how to spend her spare time, and trying to set up her computer. "IT told me the person who would help me isn't here yet." Commenting on the dorm food, Heather says only: "I didn't realize I was picky until I got here, but I must be really picky."

While Croteau plays no sports, she intends to be active in Healthy U, the art department, and *The Crestiad*. She is planning a major in Biodiversity and Conservation Biology, with a minor in Art.



A closer look at the class of 2009.. Look for more to follow next issue!

Heather Croteau
Crestiad Special

The first few weeks of college for a first year student can be hard. For Joyce Nowicki of Raleigh, North Carolina it was very boring and lonely in the beginning.

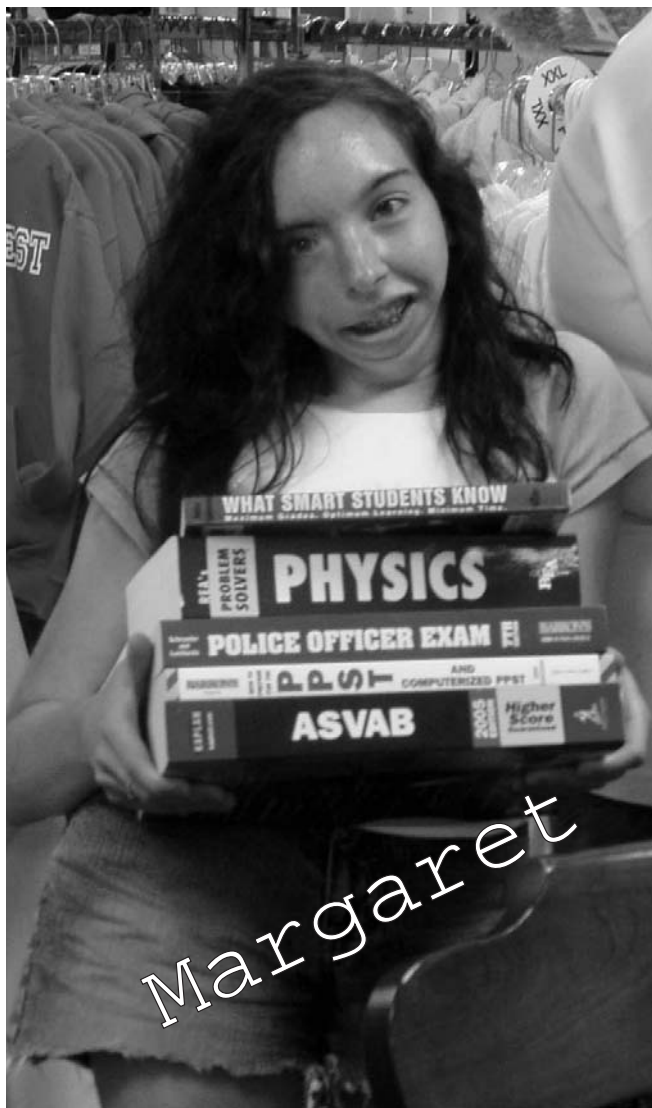
Nowicki came to Cedar Crest early to try-out for the soccer team. She and a few other girls who did not make this year's team are trying to start intramural soccer for any girls who enjoy playing. She is also looking into starting a martial arts club on campus. Nowicki's interests also include swimming and *The Crestiad*. Nowicki plans on being a Biology major and is considering a minor, maybe a double major in Chemistry.

Nowicki hadn't planned on coming to Cedar Crest. She was not accepted to her choice school and found herself applying to several schools afterwards. Nowicki found that she really liked the information she received about Cedar Crest. The

application was simple and free so she applied. Nowicki was accepted to many schools, but liked Cedar Crest better than the others.

Nowicki is enjoying her time here at Cedar Crest because everyone she has met has been so nice. She likes the beautiful campus and her room in Moore Hall. She was surprised by the amount of storage and space in Moore Hall. Nowicki feels that the food has improved since her arrival. During the pre-season she cooked for herself.

Like many new students Nowicki has many questions about informal rules, such as the use of dishes kept in the cabinet of the kitchenette and whether people will find some of her living habits strange. She is looking forward to seeing the area and meeting the other people on campus. Like many students Nowicki is going to miss her pets. Nevertheless, she is handling being on her own very well and is looking forward to starting classes.



Jennifer Jackson
Crestiad Special

Starting off in college isn't always the best experience. But Margaret Shair seems to be doing just fine, aside from trying to get about 40 pounds of books from TCC back to Moore and getting lost in downtown Allentown trying to find Wal-Mart. "I'm not sure yet about how I'm adjusting. Everything is so organized it's like a summer camp," she says.

This Suffern, New York native has interests in both Psychology and Biology. Part of the reason she chose Cedar Crest was because she liked the science department. However, she also likes the campus setting and the fact that it's not too far from home. "I like the campus. It's pretty nice and not too big," she says. "But I was hoping there would be more bike racks at the buildings...I thought I might be able to ride my bike from class to class."

When it comes to getting involved on campus, Shair doesn't know how she will or what exactly she will do. "I have to see what's out there," she says. At home she volunteered at an animal shelter and was thinking about doing the same here. She also likes hiking, swimming, and biking.

What will Margaret Shair be doing in the future? If she continues with her current interests she could end up being a counselor to kids with medical problems. "I know what that's like. I have medical problems and its just parents and doctors," she says. But she's not entirely sure about what she wants to do. It all depends on what she finds "out there" that interests her.



Freshmen Stats

- 204 freshman students
- 81% are living on campus
- 42% from another state
- 17 states represented
- 12% are minority.
- Top areas of academic interest: Nursing, Science and education.
- Most popular sports : volleyball, soccer and softball.

Margaret Shair
Crestiad Special

If you like French, but you cannot find the French club, just talk to Jennifer Jackson. A freshman from Cumberland, Rhode Island, Jackson has decided that if she can't find the French club at the activities fair she will try to start one herself. This is nothing new for Jackson who helped resurrect her high school newspaper, which had not existed for almost fifteen years. Surprisingly enough, neither French nor journalism are her majors.

Attracted to Cedar Crest for its small size, scenic campus, and most importantly its dance program, Jackson hopes to obtain a degree in dance with a minor in business to open her own dance studio. She is quite pleased that at least one of her classes is in her own Residence Hall.

For someone who has never been away from her family, it can be somewhat scary to be over five hours from home. "It hasn't really sunk in yet that I'm not leaving until Thanksgiving," says Jennifer who has

enjoyed the experience so far.

Coming from a close-knit family, Jackson talks of them fondly. Her father "Jim", who announced that she could go to CCC after seeing all the security, and her mother "Pat" who has taken her to Paris twice in as many years. She has a nineteen-year-old brother, Brian who studies at Wentworth Technological Institute and more importantly, just bought a motorcycle, which he takes her out riding on.

Even though she has little time or interest in playing sports, she enjoys watching various games on T.V. and is a major Red Sox fan. Rooting for the Red Sox comes from her grandmother who once found the worst part of a hospital stay to be missing Red Sox games, as opposed to the actual surgery.

Looking forward to the upcoming classes, and the chance to learn about the various clubs and activities on campus along with all the other Cedar Crest students, Jennifer Jackson is ready to start her new life at college.



ARTS & ENTERTAINMENT



Meeting & Greeting Tori Amos



Beth Coulter
Staff Writer

Tori Amos has been on a world tour since last spring, promoting her newest CD "The Beekeeper." Her second trip through the United States commenced in August 2005 after traveling in Australia and Europe with her "Summer of Sin" tour.

I obtained decent tickets to the Tweeter Center in Camden for her concert August 20. I had met Tori twice in 1998, once being invited backstage, and had decided not to attend "Meet and Greets" since that time. A "meet and greet" is a common occurrence where Tori comes out to meet with her fans and sign autographs before her soundcheck.

This time I had a need to meet with her. She told me when I met with her backstage that she wanted me to start telling people my story of recovering from child/domestic abuse. I



Tori Amos playing live in Camden, New Jersey.
Photo courtesy of Beth Coulter

have done so, and wanted to give her a DVD of my speech at Elizabethtown College for their Sexual Assault Awareness week.

Unfortunately, Tori canceled her meet and greet in Camden due to the fact she was exhausted from performing on the **Today Show** that morning. I gave her bodyguard, Smitty, the DVD, and settled for not being able to speak with her this tour.

Amazingly, it turned out that she was going to be in Baltimore at the same time I had planned on a trip to the National Aquarium, on the pier next to the Aquarium. My boyfriend and I got to the Concert Pier around 11AM and met with a group of six "Toriphiles" who were waiting for the M&G. They gave us numbers seven and eight, which guaranteed we would be in the front.

After our visit to the Aquarium, we arrived back at the Concert Pier about 2PM. Tori arrived in a black SUV about an hour later, and the M&G happened about an hour after that.

Tori spent several minutes with one girl, talked intently, seemed to pray, then told her softly, "You are so beautiful," before giving her a hug. That sort of thing inspires me so much, for she obviously was an abuse victim and Tori so obviously sincerely cared.

When my turn came, I introduced myself. Even though I had met her twice, I knew that she meets so many people she can't remember someone she met back in 1998. I told her about my speaking career that she inspired and she looked so happy to hear a success story. I then introduced her to my boyfriend and she greeted him and shook his hand as though we were at an intimate cocktail party instead of outside a venue with 50 other people.

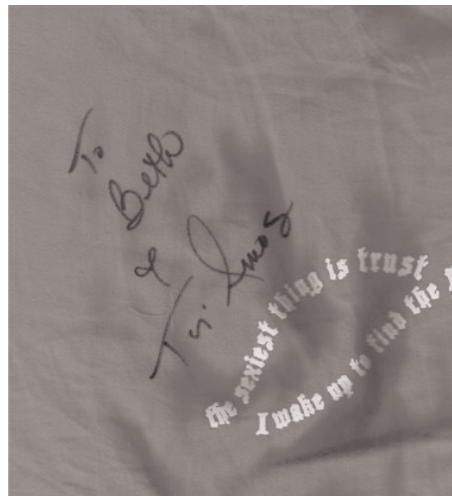
She signed my tote bag and consented to having a picture taken with me.

Most singers who attain fame and fortune spend much time avoiding the fans. Tori Amos has never forgotten who made her famous and she makes time to meet with and get to know them.



Above: Tori signing Beth's totebag at the Meet and Greet
Below: Beth's signed totebag

Photos courtesy of Beth Coulter.



Chitter Chat

Nicole Rubertelli

Columnist



As another semester at Cedar Crest begins so do the installments of Chitter Chat and there is no lacking in juicy stories to heat up your semester...

For starters there is a hot new couple in the world of celebrity, that being The Notebook's **Ryan Gosling**, 24 and **Rachel McAdams**, 28. Supposedly no sparks flew while they were filming together, but things have changed. They are dating and the relationship is fairly new, so new that they are not quite ready to smack the boyfriend/girlfriend labels on each other just yet...

But there's more interesting relationship news from the Hollywood front including **Jude Law** (Alfie, Closer) and **Sienna Miller's** (Alfie) engagement. It seems that their engagement may be back on for the time being. The couple has hit some hard times after Law was found to be cheating with his nanny.

Of course, how could we leave out the most interesting relationship of all, the sometimes perplexing love/divorce triangle between **Brad Pitt** (Troy, Mr. & Mrs. Smith), **Jennifer Aniston** (Friends, Along Came Polly), and **Angelina Jolie** (Tomb Raider, Mr. & Mrs. Smith). It seems that Pitt and Aniston's divorce will be final on October 2, six months after Aniston filed for divorce from Pitt. Speculation leads us to wonder if Jolie and Pitt will make a mad dash for the altar or take things slow. Its hard to tell, but rumor has it that there is already an early fall Barbara Walters special in the works for Mr. Pitt and Ms. Jolie which may shed some light on the situation...

Moving on to television, it seems that **Michael Vartan's** character on the hit ABC show Alias will finally be eliminated this season. Vartan's character Vaughn has been in jeopardy for a while since rumors surfaced that costar and former flame **Jennifer Garner** was upset about him being onset when new boyfriend and now husband **Ben Affleck** (Daredevil, Surviving Christmas) was visiting. Fans of the show are still trying to find a way to save his character. If you are interested in the fight to save Vaughn, log onto mvcampaign.com.

Which brings us to music... In case you haven't heard **Gwen Stefani** has launched a U.S. Harajuku Lovers solo tour! Most dates will feature the **Black Eyed Peas** as the opening act. There are four stops on both the west and east coast including one in Philadelphia at the Wachovia Center in early November. As of press time tickets for this show were still available.

In England, there is soon to be what is called London's Avenue of the Stars. This sidewalk of the talented and famous is set to be similar to the Hollywood walk of fame. It will be located outside St. Paul's Church. **Alfred Hitchcock**, **The Rolling Stones**, and **Nicole Kidman** are just some of the stars that will be honored on the Avenue. A full list of the honorees will be available on September 18th.

Finally, I think it is important to mention the relief effort for the victims of Hurricane Katrina. Every little bit helps and you can do your part by donating to the American Red Cross. Many celebrities and artists have donated to the relief effort as well including author **John Grisham** (The Firm, The Rainmaker) and his wife, who according to Eonline, has donated \$5 million to a relief fund they created to help victims in Mississippi.

Remember everyone; this column is for you! Who or what in entertainment do you want to know more about? Drop me an e-mail at nrrubert@cedarcrest.edu and let me know!



Leisurely Reading

A view into the socialites of Manhattan



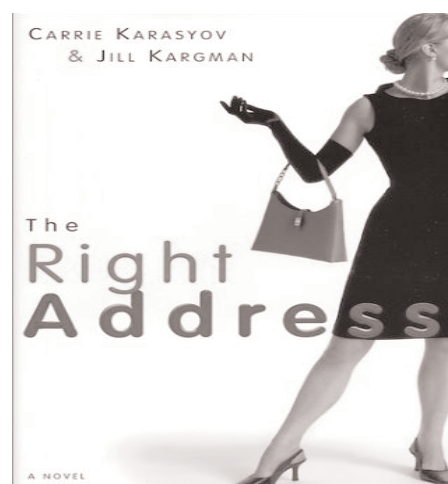
Gillian Maffeo
A&E Editor

The Right Address, written by Carrie Karasyov and Jill Kargman, is about the catty women you fear the most and the men you have always dreamt of marrying because of their wealth. Karasyov and Kargman take you through the upper wealthy part of New York on Park Avenue where gossipers, designer clothes, and socialites roam the streets; let alone Tiffany's and all the expensive stores where you have to take out a mortgage to buy a pair of stud earrings.

The novel is mainly about a Floridian flight attendant, Melanie Sartomsky, who wins over the recently divorced billionaire, "The Coffin King" Arthur Korn. Once Melanie moves her belongings into one of the most expensive apartments in Park Avenue, things get nasty. Melanie quickly discovers that in the world of glamour and filthy rich, lies the backstabbing two-faced gossipers who will tear you apart up and down from your evening dress to what kind of tampons you use.

Besides Melanie, there are other blue bloods that are incorporated in this novel. Joan Coddington and her side-kick Wendy, recently divorced, are the two women that you would hate the most. They attend every charity event, exclusive parties, and are members of all the country clubs. All they do, all day long is gossip, gossip, and gossip. And who do these two beastly socialites hate the most? Well of course newly wedded Melanie Korn.

Melanie tries so hard throughout the novel to fit in with these vulgar gossip craving vultures. She goes shopping and buys the best dresses, attends charity events, and is even redecorating her house to be like her husband's first wife, Diandra Korn. All Melanie wants is



to fit in this wealthy world, and to fit in comes with a price. Melanie starts making moves and donates loads of money to charities and even hires a well known society-rag publicist, Jerome de Stingol, to get her known. Just to have her party picture in the weekly magazine with the rest of the Park Avenue scum would make her the happiest woman alive. But, that doesn't quite happen. Once Melanie hires her publicist, he does nothing but bad mouth her and destroy her. Joan and Wendy sure did get a kick out of that; they talked about it for a week. New rumors about Melanie were up in the air; her reputation was toast. Since she never got her claim to fame, she took time off from the vicious world of billionaires and collected her thoughts.

Meanwhile, Melanie wasn't the only billionaire on the block. Cordelia Vance and her cheating husband Morgan Vance were neighbors of the Kornes. Cordelia Vance was well known as one of the most glamorous women on Park Avenue. Her husband was some big time billionaire with another girlfriend and child on the side. Morgan Vance had picked up his

Mexican cleaning lady, Maria, and fell infatuated with her; they made love every night, then bam, a child pops out of her and Morgan is stuck with this the rest of his life. Dealing with screaming demanding Maria, his beautiful wife, and their three boys, Morgan has to make a decision on which direction to take.

After Jerome de Stingol, Cordelia Vance's best friend, was found dead because he was part of a sex murder, she breaks down and then is arrested for stealing jewelry at Cartier. Joan and Wendy got a kick out of this one. At this point, Cordelia needs Morgan more than anything. Dealing with his non stop complaining, rude girlfriend and their screaming baby, Morgan hires a hit man to get rid of Maria for good.

Besides this, there is another wealthy popular socialite on the block named Olivia Weston. The Butterfinger, M&M's, and Little Debbie snack eater is a hundred pound bulimic who has just recently wrote a novel. Little to find out that she plagiarized and had her friend write it for her.

At the end of the novel, Melanie realizes, after all the humiliation and embarrassment, that wealth is not all its cracked up to be and the people in Park Avenue are not real. She figures out that she has to just be herself and that everyone in this multi-million dollar place is fake.

The novel soars through each story about these big fake smiles and big real jewels, and just when you think these rich socialites have everything, disaster hits them hard. Money can't buy happiness in this novel.

I really enjoyed this fast easy read. It was very humorous to read about this kind of wealth that exists in our society today. If you like these types of gossiping scandal filled novels, you'll love this one. **B**

ARTS & ENTERTAINMENT

Mark Your Calendars

On-Campus:

Monday, September 12, 2005 5:00 PM
Bruno Lucchesi Art Show Opening and Book Signing

Sunday, September 18, 2005 1:00 PM
College Valley Day at Dorney Park

Monday, September 19, 2005 3:00 PM
Artist Talk and Reception: Chimae Cuschalk

Visit: www.cedarcrest.edu for more information

Off-Campus:

Lehigh University

Friday, September 9, 2005 8:00 PM
Guest Artist: An Evening of Classic Lily Tomlin

Saturday, September 17, 2005 2:00 PM – 4:00 PM; 7:30 PM – 9:30 PM
World Famous Lipizzan Stallions

Moravian College

Wednesday, September 14, 2005 7:30 PM
Performance: Teresa Ines, Brazilian Jazz

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

Concerts & Events:

Monday, September 12, 2005 8:00 PM
Scranton Cultural Center Scranton, PA
Disturbed with Ill Nino and 10 Years

Tuesday, September 13, 2005 7:00 PM
Crocodile Rock Allentown, PA
Mushroomhead

Wednesday, September 14, 2005 7:00 PM
Crocodile Rock Allentown, PA
Badfish

Friday, September 16, 2005 8:00 PM
The Electric Factory Philadelphia, PA
Cypress Hill

Sunday, September 18, 2005 1:00 PM
Lincoln Financial Field Philadelphia, PA
Philadelphia Eagles vs. San Francisco 49ers

Wednesday, September 21, 2005 6:00 PM
The Trocadero Philadelphia, PA
Our Lady Peace

Visit: www.ticketmaster.com for more information

PUZZLE

ACROSS

- Before the storm
- "She'll be there ____ 3 p.m."
- Seven year ____
- Lassie
- Opposite of Yes
- There are seven
- Begone! (Imperative verb)
- Mentally exhausted
- State next to California
- Without people
- A ballerina dances here
- Madman
- Wily
- Long ago times
- Hair color
- Rose ____
- The highest point
- Spain and Portugal
- To neaten
- The conscience
- Carmen, e.g.
- Baha
- Obliquely
- Tibetan priest
- Unwholesome
- "In the same book"
- A clam
- Overly showy
- A tide
- Present indicative of he
- Prods
- A major star
- Hair style
- Eye ailment

DOWN

- Piece of garlic
- False name
- Opera singer Jerry
- Change from one stage to another
- Actinon chemical symbol
- One not living on campus
- Managing Editor of "Sports Night"
- Sea bird
- Percentages of Irish farm crops
- Whining speech
- Nabisco cookie
- Whirl
- States of being free
- Elongated fish
- One puts this on first
- Malt beverage
- Hotel parent company
- "Learn it to"
- Roman Goddess of plenty
- A degree
- Pass this and get \$200
- Female
- Rage
- Young swine
- Portuguese saint
- To occupy a space
- A stamp
- Where ashes lie
- A NY lake
- Military supplies
- A people of Northern Thailand
- Sicker
- Island in the New Indies
- A 30's dance
- A traditional saying
- Allot
- Singing brothers
- Priestly garments
- After shave brand
- Thus

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<http://www.cpwire.com>

Our Lady Peace:
1165 Days To Make
a Hit

Amanda Rachel Goodman
A&E Editor



The Canadian band, Our Lady Peace has released their sixth record, entitled *Healthy In Paranoid Times*, to an eager listening audience who have waited over three years for their newest album. Our Lady Peace consists of Raine Maida (vocals), Duncan Coutts (bass), Jeremy Taggart (drums), and Steve Mazur (guitar), an amazing group of musicians when blended together work beautifully. Our Lady Peace's five other albums did not always do well on the charts (with a few exceptions) but are still phenomenal albums; *Gravity* (2002), *Spiritual Machine* (2000), *Happiness...Is Not A Fish You Can Catch* (1999), *Clumsy* (1997), and *Naveed* (1994). *Clumsy*, as one may recall, had the hit single "Superman's Dead."

The first track off of the new album, entitled "Angels /Losing/Sleep" is a superior track with amazing vocals. The politically world inspired second track, "Will The Future Blame Us" has great vocals, drum and guitar skills, and powerful lyrics. My favorite song off of the album, the third track, "Picture," has such beautiful acoustics, lyrics (about the fear of being forgotten), and vocals that it should have been chosen as the first single. The first single off the album was track four, "Where Are You" that has somewhat of a pop/punk feel to it, but still delivers to the audience. The fifth track off the album, "Wipe That Smile Off Your Face" has a cool delay effect at the beginning of the song, which leads into exceptional lyrics and vocals. Our Lady Peace had time to perfect this song, since they have been playing this song live since 2003.

Track six, "Love And Trust," is reminiscent of U2, and has an up-tempo beat to it, which is excellent for radio. The powerful lyrics are about a child witnessing their parent's divorce. Tracks seven until the end of the CD are just one amazing song after another. Track seven, entitled "Boy" has a good show of vocals, writing abilities, and good bass. Track eight, "Apology" is a mellow but amazing track on the CD. The outstanding guitar and rhythm heard on this track along with the emotional and powerful lyrics make this track a standout on the CD. Track nine, "The World On A String" is another upbeat song with excellent guitar, rhythm and vocals. Track ten, "Don't Stop" has some of the best lyrics in it. In fact, that is where the title of the CD "Healthy in Paranoid Times" comes from. Another song that Our Lady Peace has been playing since 2003 is track eleven, "Walking In Circles" which is filled with excellent guitar skills and riffs. This track is yet another must listen to song. The final and most haunting song is "Al Genina (Leave A Light On)" which haunts the listener with its beauty. In about two minutes, the listener will be overcome with the great acoustics and emotional lyrics.

Healthy In Paranoid Times is such a great blend of lyrical and musical talent combined with outstanding vocals and emotion. This CD will put any listener in a great mood. Any avid or new Our Lady Peace fan can see them live, September 21 in Philadelphia, Pennsylvania at The Trocadero. It took this band 1165 days to record this album, but it will take only one time to listen to this CD to fall in love with it. A+

Here's the answers! Don't peek until you're done!

This is how I spend halftime...

New! McDonald's® Premium Chicken Sandwiches

Classic, Club or Ranch BLT available grilled or crispy



i'm lovin' it™

Ranch BLT

FREE Medium Fries & Medium Drink with the purchase of any Regular Menu Sandwich*

*Regular menu sandwiches include: Big Mac®, Quarter Pounder® with Cheese, Double Quarter Pounder® with Cheese and Premium Chicken Sandwiches. Offer good at participating McDonald's® restaurants in Northeast Pennsylvania. Prices may vary. Current prices and participation based on independent operator decision. Valid when product served. Void where prohibited. Cash value 1/20 of \$.01. Limit one coupon per person, per visit. Not valid with any other offer, discount or meal combination. Plus tax if applicable. Coupon may not be duplicated in any way or transmitted via electronic media. † Weight before cooking 4 oz. (113.4 grams). ©2005 McDonald's. Offer expires: 10/31/05