

THE CRESTIAD

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Dr. Pauline Tompkins: 1918-2004

Remembering a woman with "intellectual strength and personal integrity"

Jennifer Woytach
News Editor

"Dr. Tompkins' appointment showed vision on the part of the Board of Trustees. Other than nuns being presidents of Catholic women's colleges, not many colleges were headed by women when the trustees chose Dr. Tompkins to lead Cedar Crest. Students were proud to have a woman as president, although many of them were a bit intimidated by her and by her position. She was brilliant, and she expected you to be able to articulate your ideas well, but she cared about students and wanted to know what they thought. She made sure students were represented on all the major committees of the Board of Trustees and on the Board of Trustees itself. That hadn't been the case before her time.

She wanted students to have a building that could be a hub for meals and meetings and social gatherings. That was how the College Center came to be. It was named after her when she retired. That's her picture that hangs in the upstairs entryway.

Before she came to Cedar Crest, she had worked in Washington as the general director of the American Association of University Women. She had also taught at Wellesley and at Tunghai University and been a dean at Colby College. She had served on presidential commissions under Kennedy and Johnson. She was well connected and brought a lot of prominent speakers to Cedar Crest including Gloria Steinem. That created a lot of excitement.

When she was president, a lot of women's colleges faced enrollment crises and went coed. She initiated a college-wide study and discussion of that option. When it was ultimately rejected, there was much rejoicing and she endeared herself to alumnae by summing up the decision as 'Better dead, than coed.' They held her in high esteem.

She did have critics. Like any college presi-



Dr. Pauline Tompkins. "She stood for, and she supported, the long-overdue changes in American society--in terms of race, class, and gender--on which we're still working today," Dr. James Ward said.

Photo Courtesy of Espejo

dent, she had to make decisions that anyone agreed with, but she stood up for what she believed was best for the college and didn't let the critics get her down.

I was a student when Dr. Tompkins was president. I then served on her staff, first as an

assistant in alumnae affairs and then as director of public information. It was a privilege to work for her. In many ways she helped to shape what Cedar Crest is today." --Heidi Butler

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Class of 2008 to meet President Blaney

Courtney Lomax
Co-copy Editor

President Blaney and Dean Laffey will host a dessert party for the freshmen on December 5 at 6 p.m. in the Harmon Hall of Peace.

The purpose of the event is to allow the freshmen the opportunity to meet with the President who has not been present on campus this semester due to illness. Had Blaney been present at the Orientation events in August, the freshmen would have met with her the first day of Orientation and again at the Strawberry Festival on the last day of Orientation.

"I think the reception will be kind of a 'Strawberry Festival on the President's lawn' in December instead of August," Dean Laffey said. Though the freshmen have a late start getting to know Blaney, Laffey thinks they will have the same opportunity as other classes to have a close relationship with her.

Amanda Skelton, senior English major and head Orientation Assistant, disagrees.

"I don't think the freshmen will appreciate (the party) as much because they don't know that

President Blaney is usually a constant face that we see around campus," Skelton said. "They aren't used to seeing her around campus the way the upperclassmen are." Orientation Assistants were also invited to the party.

Skelton thinks the freshmen will never get to know Blaney the same way the upperclassmen have because she will not be around as often as she recovers from cancer. "I'm sure she'll make an effort to get to know them," Skelton said.

Laffey said that the freshmen are excited to meet Blaney. "They have asked me often during the semester about her health and have been really happy to learn of her progress. They are anxious to meet her and spend some time getting to know her," Laffey said.

Laffey said she is confident that Blaney will "make every effort to be present" with all the classes in the spring semester.

Though Blaney has been active behind the scenes during her absence, she has returned to campus in the past few weeks in a more visible way. Laffey said that the college community will be seeing Blaney more frequently now that her health is improving.

Preparing for the near future

Alexandra Dorward
Staff Writer

Greyson Lutz, 23, is a 2003 graduate of the University of Delaware who works a full-time job, a second part-time job, and she must pay for her own health insurance.

A year and a half after graduation she found a full-time job as an English as a Second Language tutor at a public high school. The job is full-time in every sense except that she is not permitted to work more than 38 hours per week which would make her eligible for the school's health care plan. The school says that they can not afford to provide health care for tutors. Since she does not want to be stuck with huge medical expenses, she pays for individual care through Blue Shield Insurance.

"It frustrates me because all hard working members of society should have access to some sort of affordable health care through their job," said Lutz. "No one should have to go without."

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OPINIONS

The Campus Corner

If you could make a snowman right now, what would you name it?



Erika Asselin-
Sophomore
Chemistry/Forensics

"...I wouldn't make a snowman, I'd make a polar bear and put a Coca-Cola in his hand."



Jared & Logan Exton-
6 years old,
2 1/2 years old

"...Snowy, because he's snowy."
"...White."



Kim King-
Sophomore
Nursing

"...Frosty, because i always have a song in my head."



Julianne Reitz-
Freshman
Nursing

"...David after David the Gnome on Nickelodeon."

The Crestiad
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The Crestiad is a student run newspaper organization. It publishes a bimonthly edition. Its primary goals are to keep students informed about events and issues of concern to the Cedar Crest community, and to provide students 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 *The Crestiad* content, please contact the editorial staff and leave a message at 610-606-4666 ext. 3331 or e-mail us at Crestiad@cedarcrest.edu.

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. Columns should be no longer than 2-3 typed and double-spaced pages. Letters to the editor may be e-mailed as MSWord attachments or dropped off typed and double-spaced at *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.

Eat to your heart's desire

Jennifer Kumetz
Staff Writer

The holiday season is upon us. It is a time of family, friends and food. Inevitably, the time of year when we begin to hear about how not to gain ten pounds eating grandma's scrumptious feast. Yes, the rules on how to stay skinny during the holidays come streaming at us through the media.

There is already enough stress with long commutes during holiday traffic, having to deal with the irksome idiosyncrasies of every single member of your family, and hoping that everyone can just get along for one day. Now we are told that we need to try to count calories, measure food portions, and check the ingredients and carbohydrates of the mashed potatoes on the table.

What ever happened to relaxing when you sit down at the dinner table, appreciating all the hard work put into the meal and sitting back to just eat your heart out?

There is no problem with people wanting to be healthy, but there can be a fine line between a perfectly healthy body and a psychologically ravaged and obsessed mind. There are many people who can easily keep these things in check and live a healthy and sane lifestyle, but it is not so easy for everyone.

How long can we as a society perpetuate the current image of how a woman should look? Body image has evolved through the centuries from the beauty of voluptuousness to today's images of plastic surgery, fake tans and the waif-ish body type. Despite the differences in these portrayed images, women have always been told what to strive to look

like, and in today's society men are also beginning to feel the pressure.

The holidays are a perfect opportunity to disregard these molds of perfection. And I don't mean by overstuffing yourself to the point of illness, but by eating what you want for once without worrying about the numbers. This Thanksgiving, my Nan said to me, "we only do this once a year, so who cares!" as she dropped yet another stick of butter into her stuffing-mashed potato mixture.

If you need a little inspiration, besides Nan's, to quell your fear of abandoning those nutritional value numbers, there is a great book titled *Body Outlaws* edited by Ophira Edut. There are excerpts of it at www.body-outlaws.com. It is an anthology of essays by both women and men of all shapes, shades and sizes about their personal experiences with negative body image and how they are overcoming it and finding positive ways of thinking about themselves. It motivates you to truly love yourself the way you are without worrying about society's idea of how you should be.

Another great website is <http://loveyourbody.nowfoundation.org> which has a lot of information for women and ways to get involved in changing the current status quo on body image, as well as examples of both positive and negative advertisements in magazines. At www.lovingyourcurves.com you can find a variety of essays by women about positive body image.

So, when you go home this holiday season and shower your loved ones with gifts, don't forget about yourself and how much you truly deserve to be cherished just the way you are.

Submission of Letters to the Editor:

The Crestiad encourages letters to the editor. They 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 accept anonymous letters. *The Crestiad* cannot guarantee the printing of letters or commentaries.

OPINIONS



Out lines

Rose Strong
Crestiad Columnist

I wanted to do a column this semester on the acronym GLBT and define the terms by speaking to folks who are identifying with those labels. Unfortunately, time got away, the election got in the way, and here we are at the last issue of *The Crestiad* for the semester.

In the spring, I'll continue doing the column and hope to utilize the space to elaborate on the labels of gay, lesbian, bisexual and transgender, but thought this stretch of print for a bit of a glossary of terms as a segway to the actual labels in 2005.

Thanks to the great folks in OutThere for their assistance in the compilation of some of these terms as well as Aetna's business resource group "Angle" (Aetna's Network of Gay and Lesbian Employees) for their publication of Awareness in the Workplace where some of these definitions were taken from.

With all the publicity in recent years about homosexuality it's still odd to me to hear people use the term "sexual preference." This is implying that as a lesbian I have a choice of one sex over another. I don't have a choice.

Being lesbian isn't something I woke up deciding to try one morning. I have always been lesbian and have always been attracted to women. Just as my heterosexual counterparts don't choose to be heterosexual, I cannot choose to be lesbian or otherwise. It's part of who I am. Always has been from the time I was very young and at my age, there's no turning back.

Now, let's talk about a few more terms that are a recent addition to the English language.

The term gay really came about in the 1970's and was used as a synonym for gay men. However, it has come to include both homosexual men and women. In fact, some women are turned off by the term lesbian and only identify themselves as gay.

Lesbian is of Greek origin and comes from the poet Sappho who lived on the Isle of Lesbos. Other women prefer this term as it differentiates them from gay men as their experiences and priorities are different from their gay counterparts.

Sexual identity is the way one perceives themselves in relation to their sexuality, regardless of their anatomy or sexual orientation. This is a consistent and sustained sense of one's own sexuality and repeated sexual thoughts, feelings or behaviors.

This takes us into the direction of bisexual and transgendered individuals. Both are often misunderstood and quite regularly forgotten in the GLBT acronym.

Bisexual is a term applied to those who have significant and romantic attractions toward both males and females.

Transvestite refers to those of either sex who "cross dress" or in other words, wear the clothing of the opposite sex. Dressing in this manner is either for erotic pleasure, a sense of rebellion or empowerment and is not limited to homosexuals. The term can be derogatory to some.

"Transgender" refers to a person whose core gender identity is different from their biological gender identity and doesn't reflect the socially accepted polarized gender system.

A transsexual is person who has undergone a long-term physical and psychosocial preparation and medical procedure to change their sex.

Intersex is the politically correct term for the word hermaphrodite. This is a condition where a person is born with the chromosomes and the genitalia of both male and female.

Next semester, I hope to bring a wider sense of understanding the folks who label themselves as bisexual and transgender, so keep a lookout.

Just what does
"GLBT"
mean, anyway?

Out lines: Events and Notices

--**FACT's 18th Annual SNOWBALL 2004** will take place on Sunday, December 5 at the Raddison Hotel Bethlehem on Main Street in Bethlehem. Cocktail Hour with Cash Bar begins at 5:00 p.m. with Presentations at 6:00 p.m. Dinner will follow at 6:30 p.m. with a Silent Auction until 10:00 p.m. There will also be live entertainment from "OFF Center"& DJ. Tickets \$ 60.00 per person (note correction in price.) For more information call (610) 820-5519.

--**Freedom to Marry 2005** A National Freedom to Marry Day Courthouse Action will take place on Friday, February 11, 2005 at the Lehigh County & Northampton County Courthouses.

--**National Freedom to Marry Day Worship Service, Reception & Dance** will take place on Saturday, February 12 at MCLV. Join MCLV for another great day of social justice and a great celebration! Planning Teams will be forming soon - stay tuned for further details.

--**Lehigh University Community Fellowship Committee 24-Hour GLBT Community Hotline**

Plans are moving forward to create a 24-hour GLBT community support/ resource hotline. The Lehigh Community Fellowship committee is looking for engaging individuals to join the ongoing committee which meets monthly to assist in creating the hotline. This is the first step in moving forward with our plans of creating a separate social agency. The hotline will not only supply support and information to individuals within the GLBT community, but also gather information assessing community needs. In addition, they are taking applications for volunteer hotline operators. If you have an empathetic, understanding nature and experience dealing with the public, please contact Tim Chadwick at 610-216-7947 or by email at tdc2@lehigh.edu for more information. This is an excellent opportunity to volunteer and make a difference in the local GLBT community within MCLV's mission of "bold and courageous action."

Happy Holidays from The Crestiad!

Look for our next issue on February 3, 2005.

The Crestiad is looking for staff and free-lance writers and photographers for Spring 2005. Writers and photographers may earn one to three credits as staff members.

Please contact *Crestiad* adviser Elizabeth Ortiz at erortiz@cedarcrest.edu if you are interested in joining our news team!

To the Editor:

Closed-minded or globally aware?

I am writing in response to the letter "Cedar Crest close-mindedness" in your November 18, 2004 issue.

First we must define the phrase closed-mindedness. It seems that the author, Ms. Virginia Bowden, may have been using the word to describe someone who does not agree with her political perspective. Closed-mindedness is being intolerant of the beliefs and opinions of others, unreceptive to new ideas. What is an unconstructive sign? Is it perhaps a sign calling for the impeachment of Bush? Or simply a different political party's representation? Ms. Bowden, are you in fact suffering from your own closed-mindedness?

Ms. Bowden mentions a timeline of Al Qaeda's attacks. Attacks on Americans on and off U.S. soil by Al Qaeda have been documented as far back as 1927. But need I remind you that Al Qaeda is not being actively sought after and annihilated in Mosul and Fallujah. Saddam Hussein has no connection to September 11 or with any Al Qaeda activities.

Ms. Bowden also mentioned the success of Charter schools under President Bush's No Child Left Behind Act reforms. However, No Child Left Behind is hindering public schools more than ever. No Child Left Behind puts the same academic proficiency standards on special education and handicapped children. According to an education news organization, 13% of public school children have a documented learning disability that hinder or impair their learning abilities. This is not to say that they are not functional and valuable members of society, they just cannot be held to the same standards of "normal" children. What then happens to the public school that cannot make the grade under the NCLB? The government will drop funding for failing schools making it impossible for improvements that may be necessary for a passing grade. But, we aren't leaving children behind. We are just cutting art, music, and after school sports programs.

It is great Ms. Bowden mentioned the word "theocracy." This term has shown up in various news sources and is thrown around on television programs. Theocracy is defined

as a government ruled by or subject to religious authority. We do live in a country ruled by theocracy, and if you haven't noticed it by now well, I guess you believe its morality. The Republican Party has one of the most conservative "morality" campaigns since the 50s and 60s. The Constitution has an Amendment that says you cannot discriminate based on sex or color. Eleven states have passed marriage-defining laws that discriminate based on sex. Do I need to explain further?

The Religion and Ethics Newspaper has recently commented on the Republican Party's use of faith. Dr. Richard Land, President and CEO, Southern Baptist Ethics and Religious Liberty Commission stated, "they've crossed a line when they start asking campaign operative to encourage church members to send in church directories to the Bush-Cheney headquarters. It's not illegal, but I believe it's totally inappropriate." The Republican Party of Texas claims on their website that America is a Christian nation. The President has commented that he is driven by God when making political decisions. Interestingly, Osama Bin Laden is also driven by God when making political decisions.

I have always been patriotic. I can trace my ancestry to George Washington. But can I be a proud American now? Six million Americans live and work abroad, and I have to say that I will hopefully be one of them soon. I cannot identify with a country that is ruled by a man who thinks his God is my God and makes terribly important decisions based upon Southern Christian theology. I do not want to raise children in a country that has laws based on religion and hate. To those who think like Ms. Bowden, that people who voted Democrat don't know the reality of war and only listen to the news media (which was mostly pro-Bush anyway), I am glad you can dismiss real issues and put a positive spin on the most negative administration we've seen in a while. But don't confuse close-mindedness with global awareness.

Brittany Wolverton
Senior

Where has the Honor Code gone?

I have attended many classes at Cedar Crest College in the two and a half years that I have been here, and in many of those, I have taken tests. When I was a freshman, I was very impressed that the professors felt comfortable leaving the room while the test was being taken. I was told that the Honor Code at Cedar Crest covers test taking, and that as students of this college, we are on our honor to be honest with our test taking. This means that if we do not wish to take the test in the room that the test is being offered in, we can bring our exam elsewhere. This is useful, for example, if for some reason we

cannot concentrate in the room that the exam was assigned to.

I have been hearing recently, and have personally experienced times where in taking a test, professors insisted on sitting in the room and proctoring the exam, citing instances of cheating as their reason to need to do this.

I would like to know, where has the honor gone in the Honor Code if the trust between the professors and the students is gone? Are incidences of cheating a common occurrence on campus? I know I have not heard of any. Are we still high school stu-

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OPINIONS

How cool is 21?

Sarah Magner
Opinions Editor

Saying goodbye to my teen years was hard enough...but I cannot believe that in less than six short months I'm going to turn the big two-one! Sad but true.

For me, getting older involves looking back on the past and regretting things that I'm not able to change.

This feeling came back once again last week. On yet another adventure with my roommate, I got to see "On the Way Down" boy Ryan Cabrera at the Staircase in Pittston via tickets won by Miss Melissa Bodnar from a local radio station.

I could hardly contain my excitement to see this blonde teenage (or so I thought) pop icon for the first time.

As we pulled into the parking lot, we saw a line wrapping around the building. However, after what I'm going to call a series of fortunate events, Mellie and I were able to enter after only about fifteen minutes of line-waiting.

Once inside, we pushed up as close to the stage as possible because, after all, it's just not a concert if you're not close enough to see the color and brand name of that hot bass-player's guitar pick.

We managed to get about fifteen feet away from the stage, which was awesome...so we thought.

Looking up, Melissa commented that the "legal" kids were all upstairs in the bar area. We thought, "wow...sucks to be them! Look how close we are!"

After looking around, however, I had another thought coming.

Upon closer observation, one could note that Mellie and I were probably the oldest kids on the lower level.

In front of us were a group of twelve-year-old girls plus one boy. These children were attempting to push through the children in front of them, but all to no avail. You see, the people in front of them were big kids; the girls decked out in denim and tank tops, complete with 600 pounds of makeup were already a mature fifteen years of age, and no twelve-year-old was going to scoot past them.

Behind us were another group of twelve-year-olds. The most trouble they caused was saying "this girl with the long brown hair and glasses is just too tall! I can't see anything!" Gee, I wonder who they were talking about...

Skye Sweetnam jumped onstage at about 7:00 p.m. to open for Ryan. I can only explain my reaction in the words of *Crestiad* columnist Beth Coulter; it just blew my mind.

As it turns out, the mini-Avril Lavigne is a ripe old sixteen years old. That's right; in just sixteen years, she has managed to create a career for herself as well as secure numerous adoring fans, as the preteen audience singing her every lyric would indicate.

There is where my sadness began, but certainly not where it ended.

Finally, after what seemed like hours, Ryan appeared onstage. After completing a



Sixteen-year-old Skye Sweetnam

Photo by Melissa Bodnar

few tunes, he took a few minutes to chat with the audience. During this time, he announced that he wished he had worn a belt, because his pants were falling down.

Well, of course, I responded as any normal endorphin-charged girl at a concert would, yelling "take it off!"...and quite loudly, too.

Although I am sure no one outside of ten feet away actually heard me, you could insert the cricket sound effect here. The ten-year-old girl standing directly in front of me clutching a wholesome, smiling picture of Ryan turned to me and looked so scared that she might have cried any second.

To clarify, I guess my comment was not exactly suited for the G-rated audience among whom I stood that night. I realized that after screaming it at the top of my lungs.

On a related note, having what my roommate would call "bad thoughts, bad thoughts" about Ryan is not exactly appropriate while standing among a room full of innocent, young, screaming girls. Great.

However, near the end of the show, Ryan thanked the audience and skipped off-stage without performing his hit song, "On the Way Down." Concert connoisseurs the world over know that can mean only one thing: encore!

Yet, a good portion of the audience must have been concert virgins, because they began to scamper out the door to meet anxious parents in the parking lot.

So now, not only could I see over the heads of everyone there, but with the new floor vacancies, we also moved about seven or eight feet closer to the stage...rock on.

That was enough closure to bring me back to reality and realize that it's cool to be older and "concert-experienced." Yet, upon our return back to Cedar Crest, Mellie and I searched through Ryan bios to come to find that he is a whole 21 years of age. How nifty; he's not even younger than me!

Maybe 21 can be cool after all. We'll see...

Just blowin' my mind

Beth Coulter
Crestiad Columnist



Greetings All,

Since this is my last column, I'd like to tie up a few loose ends.

First, in the last issue there was a letter to the editor. I'm going to assume that I am the person overheard talking about the Theocracy of the United States. The writer noted that she had not received the memo announcing our change of politics.

I have to say it (apologies to the *New York Sun*):

Yes Virginia, there is a theocracy. It exists as certainly as Rush Limbaugh, Bill O'Reilly and the Fox News Network exist, and you know that they abound and give to your life its highest fear and hate...Not believe in Theocracy? You might as well not believe in God...Ah, Virginia, in all this world there is nothing else real and abiding (I'm sorry, I couldn't resist).

But seriously, what do you call a government whose president is "God-directed to make history"? I call it a theocracy. No matter what you may think, we don't have a true democracy. After all, it is "to the Republic for which it stands" when we pledge the flag.

At any rate, I apologize if I offended anyone. I admit that I am outspoken when it comes to my convictions. I encourage all others to be the same. That's what discourse is all about.

Discourse may be the greatest lack in Bush's administration. Now, in this second term, all distention is removed. Opposing voices that might say "You are wrong, Mr. President" have been dismissed. George W. Bush is surrounding himself with bobbleheads. No matter what he says or does, they will nod their heads in mindless agreement. It sort of sounds like the Pope to me, who is surrounded by priests who respect him like God.

If George W. Bush is America's savior, I'd rather not be saved.

I like to think I'm more advanced than to harbor hate in my soul. I like to think I'm advanced enough to understand thoughts and actions that I don't necessarily agree with. After all, Aristotle noted it is the mark of an educated mind to be able to entertain a thought without accepting it.

However, I come as close to hate as I can when I think of what has become of my Country in the past four years.

I was the biggest patriot I knew. I was a teary-eyed flag-waver when that term was derogatory. The Fourth of July was my favorite holiday. I was damned proud to be a daughter of America, with my roots tracing back to the beginning of our Country. Name a period in American History and chances are I have an ancestor there.

In short, I was madly in love with America. But she broke my heart.

Being a child of the sixties, especially in my home town of San Francisco, I grew up believing in the ideal of America, the hippie dream you might say.

My one prayer when my daughter was

born in 1981 was that she would not grow up being afraid of the Russians, as I had been. Experiencing the "duck and cover" exercises during the Cold War was terrifying, although I honestly thought hiding under my desk would protect me from the H-bomb. Funny how six-year-olds think.

When the Soviet Union fell, I thought it would usher in the time of the "hippie dream". No more super powers, just one, big super world. Funny how 28-year-olds think.

At the very least, I expected America to be a shining star, guiding lost souls to freedom and happiness through example. I expected a diplomat for a president, and a policy of helping everyone. Well, at least not deliberately hurting anyone.

As the nineties progressed, I thought that was the direction we were headed. Northern Ireland neared peace, as did the Middle East. Then in November 2000, the center fell apart.

Before that election, I wrote on my web-page that George W. Bush was dangerous. I predicted he would crash our economy and march us into war. After the Supreme Court selection, I simply gave up on politics.

Until September 11. That day was a crossroads for both the nation and me. If we dealt with this attack by using logic, I would never criticize Bush again.

As you well know, I didn't have a chance to stop. The more aggressive he got, the more my hatred for him grew. When I wasn't being scared that is. Perhaps it is the fear that is the root of my hate.

I don't know how afraid we will all be in the future. I'll make a prediction however. If Bush fails to send a competent envoy to the Middle East as Tony Blair has requested (I vote for Bill Clinton), Israel will be more violent than it has ever been.

And even as the body counts go higher in Iraq, Bush will begin step two of his master plan. I call this the "while we are in the neighborhood" strategy. It involves a show-down with Iran and Syria, since our military is in the neighborhood.

Should that happen, watch the draft come back in a flash.

Make no mistake—George W. Bush believes God has told him to make the Middle East free and democratic. His mission is divine.

That is the definition of a theocrat.

It's been a great 14 weeks. I hope that my columns have informed you and amused you. If you'd like me back next semester, just nod...like a bobblehead.

I saw you nod! Thanks for wanting me back.

Until next time,
Peace,
Beth

Beth can be reached at
betheqt@voicenet.com. Other thoughts can
be found at www.bethcoulter.com.



Twenty-one-year-old Ryan Cabrera

Photo by Melissa Bodnar

Honor Code

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dents that cannot be mature enough to stand up and face the consequences of our decision not to study? Or are we too lazy to actually do what is expected of us at this institution; namely, learn?

I know I am offended when a professor feels that they cannot leave me in a room with my classmates to honestly take an exam.

I would like to know what can be done to bring back the trust between some of the professors on this campus, and the students, who have apparently in some way let them down.

Beth Ciccolella
Junior

NEWS

Tompkins held "a vision of leadership at a women's college"

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Dr. Pauline Tompkins, the first woman president of Cedar Crest College, died Friday, November 19, 2004 in Edgecomb, Maine. She was 86.

Tompkins, better known as "Polly," was president of Cedar Crest College for 11 years, from 1967-1978. During Tompkins' presidency, the College expanded aca-



"Dr. Pauline Tompkins, better known as Polly."
Photo courtesy of Espejo

demically, and had many physical transformations as well.

"She maintained the College's commitment to the education of women, when many other women's colleges opted for co-education," said Dr. James Ward, professor of history and director of the Honors Program. The College soon started pre-professional programs in business, law and medicine, and a baccalaureate program in nursing, one of the College's most popular majors today.

Current President Dorothy Blaney told *The Morning Call*, "She allowed the whole community to see we practice what we preach - that women can be leaders. She was very important in terms of the vision of leadership at a women's college."

Under Tompkins, today's Lifelong Learning Center began in 1967 as the Program of Return to Advanced Learning (PORTAL). A Women's Center, which offered educational and career counseling, conferences, and credit-free courses to area women, was established in 1974. The Weekend College, the only one in the Lehigh Valley at the time, began in 1977 for women and

men who could not attend classes during the week, all under the reign of Tompkins. "She made the College genuinely a part of the community, establishing our continuing education program and the programs in nursing and management," Ward said.

Tompkins was a member of the Board of Directors of the Allentown-Lehigh County Chamber of Commerce and helped make internship programs available for students in local businesses.

In 1968, the student residence Steinbright Hall was completed and Tompkins also oversaw several improvements to the physical plant.

Tompkins, a native of Rhinelander, Wisconsin, graduated from Pine Manor Junior College in 1938 and Mount Holyoke College in 1941, Phi Beta Kappa. In 1942, she received an M.A. and in 1948, a Ph.D. from the Fletcher School of Law and Diplomacy at Tufts University. In 1949, her doctoral dissertation, "American Russian Relations in the Far East," was published by MacMillan (New York.)

Tompkins was awarded 11 honorary degrees including L.L.D. degrees from Hood College, Mount

Holyoke College, Western College, and Wilson College and an L.H.D. from Muhlenberg College. In 1970, Pine Manor College established the Polly Tompkins Award for Distinction in Political Science.

Tompkins served as president of the Lehigh Valley Association of Independent Colleges, participated in the formation of Educational Ventures, Inc., in hopes of finding ways for Cedar Crest and Muhlenberg to work together more closely, and also served as both a Member of the Board and Vice Chairman of the American Council on Education. She was a member of the Association of American Colleges, the Pension Funds of the United Church of Christ, and was President of the Pennsylvania Association of Colleges and Universities. From 1970-1978, she was a member of the Board of Directors of the Carnegie Foundation for the Advancement of Teaching and Chairman of the Board from 1974-1976.

"Faculty may have differed with her on some issues of academic policy and on where institutional resources were directed; but no one ever questioned her intellectual

Dr. Pauline Tompkins
Has sparked the impulse
Into our cores,
Inspiring and arousing
Our minds
To search
To find
To know
To become.

A poem from the 1969
Espejo written for Tompkins.

strength, sound politics, and personal integrity. She was a real model, for students and faculty alike, and the College was fortunate for her service as its president," Ward said.

Tompkins traveled throughout her career, visiting all 50 U.S. states, Australia/New Zealand, southern Asia, South Africa, the Middle East, USSR, Western Europe, and Central/South America.

She lived on her farm, Singing Meadows, in Edgecomb, Maine until her death. She had donated part of the farm to the Boothbay Region Land Trust.

Tompkins was preceded in death by her brother and nephew and survived by two nephews, several great-nieces and great-nephews and two sisters-in-law.

Reverse gender discrimination cases arise across the country

Erica Fleming
Staff Writer

The Crestiad, ran an article about Dr. Andrew Ziner and his suit against Cedar Crest College for reverse gender discrimination in Volume 86, Number 1. As of now the case has still not been settled, and none of the parties have been willing to comment to *The Crestiad*.

Sentiment on campus has leaned toward supporting the school on the issue. However, there have been numerous reverse gender dis-

crimination cases across America over in the past years, and male victories in some of these cases have set a precedent within the American legal system.

According to Hendrik Hartog in his novel *Man and Wife in America*, the first case of gender discrimination tried in court was in 1976. In *Craig v. Boren*, Curtis Craig a sued the state for male gender discrimination because women in Oklahoma could buy liquor at age 18, while men had to be age 21 for that privilege. Craig won his suit,

and thus won the first gender discrimination case in our country..

In 1998, Michael Carey of Maine brought a suit against his employer, Mt. Desert Island Hospital, claiming he was discriminated against because of his gender. He claimed that he received negative reviews after a female CEO took over the hospital where he had always received positive reviews before. He filed his suit after being terminated. The hospital claimed he was terminated for work related reasons, while Carey claimed he was

terminated simply for being a man. The case went to trial, and the jury sided with Carey.

Perhaps most relevant to Ziner's suit was the 2002 case of *Buszek v. Delta College*. Stephen Buszek was an adjunct professor at Delta Community College, and between 1999 and 2000 was passed over for full professorship twice, positions allegedly filled by less qualified female professors. On June 14, 2002, Buszek won his case, and was granted \$1,546,000 by the jury. Interestingly enough,

the majority of jurors were white females.

Ziner filed a suit on July 23, 2004 claiming that the college has discriminated against him because he is a man. If Ziner has proof to back up his claims that he was discriminated against because of his gender, there is a good possibility that the college will either settle the case out of court, or Ziner could receive a relatively large sum of money with a jury verdict in his favor. What this means for Cedar Crest as a college is yet to be seen.

Long Island cross burning targets interracial couples

Lisa Stewart
Co-copy Editor

A loud bang and the ringing of their doorbell awakened two interracial Long Island couples at 3 a.m. on November 21 and as they peered out of the window of their two-family home in the quiet neighborhood of Lake Grove, shock appeared on their faces as they stared at the three foot burning cross on the lawn.

The house on Orienta Avenue accommodates an interracial couple on the second floor and an interracial couple and their children on the first floor who have been living in the neighborhood for 8 years.

According to an interview with *The New York Times*, Richard Eggert, one of the upstairs occupants said, "I ran into the bedroom, and with all the lights off, you could see the flickering on the front lawn."

The first floor family, whose name was not released, immediately called police, but by the time that units arrived, the rain had extinguished the fire. The Suffolk County Police removed the cross, made of picket fence slats, but the charred grass left a reminder for the couples of the hate that made its way to their home that night.

Both the FBI and police continue to work together investigating

the incident as a hate crime, but have yet to isolate any suspects. This is not the first time since the civil rights era that this Long Island neighborhood has experienced bias-based crimes.

In 1998, a black family returned from church to their Amityville home to find a cross burning on their front lawn. Two years earlier, three Setauket, L.I. boys were found guilty of a cross burning, with the victim being an old high school classmate who was Haitian-American. In addition, in 1992 in the Long Island town of Medford (about 20 minutes from Lake Grove), a black family returned from a football game to find the remnants of a burned cross on their property.

According to the Southern Poverty Law Center in Montgomery, Alabama, which monitors hate crimes across the nation, an estimated 50,000 hate crimes occur each year in the United States. That's close to 137 hate crimes a day or 6 hate crimes an hour for a year. The FBI Uniform Crime Reporting (UCR) Programme's Hate Crime Statistics Report (2003) reported that 32 percent of all single-bias hate crimes occurred in or near residences or homes, 17.6 percent on highways, alleys, roads, or streets, and 11.8 percent at schools or colleges.

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Planning for college graduation can be an exciting time for a student to take pride in completing years of hard work and long nights. It can also be an overwhelming transitional time when young adults suddenly find themselves faced with all of the responsibilities of being on their own.

An issue that many people in their early twenties face is where they are going to get health insurance from. In most policies, a person is a dependent on their parents' insurance plan until he or she is eighteen unless they continue their education. In that case the student is eligible until graduation or until age 25. At this point there are several options when deciding to have health insurance or not, and where it will come from.

In 1986 Congress passed the COBRA, or Consolidated Omnibus Budget Reconciliation Act which allows graduates or people who have reached the maximum age to temporarily continue with the insurance coverage they had under their parents' plan. While COBRA is temporary, it is often cheaper than individual health insurance and it can be useful until a full-time job that offers a group plan is obtained. Benefits of COBRA may include in-patient and out-patient hospital care, physician care, surgery, pre-

scription drugs, dental and vision care. However, not everybody qualifies for COBRA, but that can be checked with the parents' provider.

If a person does not qualify for COBRA and does not yet have a job, works part-time, or is not offered a plan under his/her employer, an individual health insurance plan is an option. This type of insurance may be a bit pricey and may require a physical exam. However, for a person who knows that they will need medical, dental, or visionary services in the near future, having insurance is the best choice. It is smart to choose the highest deductible possible so that the premium cost will be lower.

Ideally, an employer will offer Managed Healthcare Plans to the employees which provide discounted services from hospitals and physicians. A Health Maintenance Organization, or HMO provides employees with discounted services, but only through specific physicians who work with that plan.

A Preferred Provider Organization, or PPO also offers employees discounted rates, but unlike HMOs, each employee may choose his or her doctors. Benefits of HMOs and PPOs as well as the out of pocket expenses for the employee vary from plan to plan.

Still, in some cases people choose not to have any health insurance coverage at all. If the person

does not have the option of being covered under an employer and they rarely require medical attention, the cost of health insurance may not seem worth it. However, costs for emergency services and visits to the doctor in the event of illness can be very high.

Daniel Calve, 25, of Allentown works full-time as a chef at a local restaurant. Calve, who did not continue with his education after high school has worked full-time since he was 18, and has not had health insurance since. The restaurant, which is owned privately, does not offer a plan to its employees. He chooses not to pay for individual health care due to his age and general good health. "I'm not interested in paying an arm and a leg for insurance," said Calve. On a side note, Calve is still paying off hospital bills from an arm injury he received in 1999.



Health insurance: where will yours come from?

Photo by Jennifer Woytach

LIFESTYLES

International Corner: New Year's around the world

Christa Hagan
Guest writer

Some might already be making plans for the coveted eve of December 31 to celebrate one of the oldest and most widely anticipated holidays, the beginning of the New Year. As food is cooking, make up applied and the straws being pulled (the one with the shortest being assigned the role of designated driver), one might not stop to think of the history and diversity of such a holiday. It seems with every country, culture and religion there is a new and different way to celebrate the fresh start. Many celebrate New Year's Day on January first of the new year, however, this is certainly not true for all.

This holiday is said to have first been observed in Ancient Babylon (which was situated in what is now known as Iraq) around 4000 years ago. However, the Babylonians did not celebrate this day as contemporary westerners do on January first, but rather after the Vernal Equinox on the New Moon.

The first day of spring really does emphasize fresh starts and new beginnings. It is during this time of year when the earth is dusted with a sense of green and cleanliness with the blossoming of plants, planting of harvest and birthing of wild animals. Unlike the celebrations held in the United States today, Babylonians held eleven-day celebrations welcoming the New Year. Many may wonder how the fad of making New Year Resolutions became popular. This again dates back to Ancient Babylon. The Babylonians started this tradition thousands of years ago.

In Ancient Egypt, the New Year was celebrated near the end of September. It was celebrated then because that was when the Nile would flood. This became an extremely important time as it allowed people to grow crops. They celebrated this day by carrying on festivities for a month. This time of merriment included taking statues of the God Amon, his wife, and son and sailing them in a boat along the river. As the statues sailed

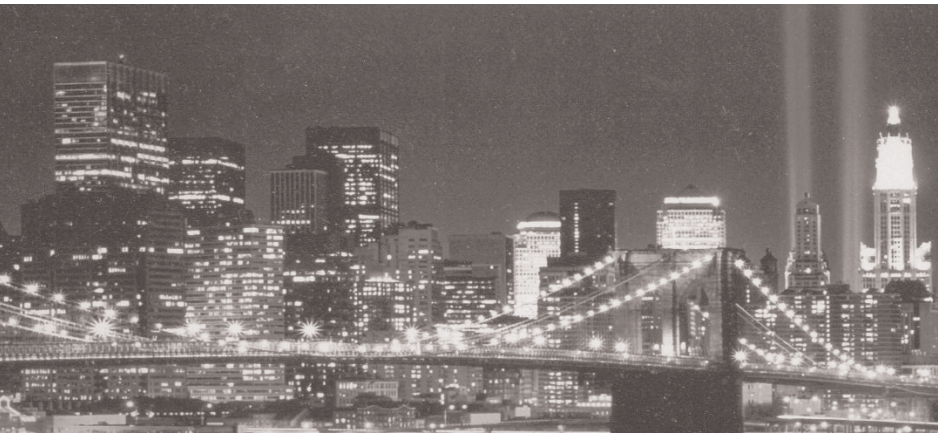
there was a month of carousing, singing, dancing and feasting until the statues were brought back to the temple.

The Ancient Romans went back and forth between celebrating this day on January 1st and the original time in March. This constant flip-flopping was done based on the changes made to the calendar, until Pope Gregory XIII declared in 1582 that January first to be the start of the New Year.

The Chinese New Year is not celebrated on the same day or in the same way as the American culture celebrates it. The Chinese New Year celebrations begin on the first New Moon of the New Year and end fifteen days later. Because a lunar calendar is used the numerical date changes each year. This is a time for friends to celebrate but for families not only to rejoice but to unite. One of the events that occur over the fifteen days is a family fest. Often referred to as "surrounding the stove" or weilu, this is a time when the family gathers for a banquet feast and pays tribute to their ancestors. Another tradition is cleaning. The entire house must be clean before the new year begins. Sweeping must not be done on New Year's Day so that the good fortune of the New Year will not be swept away.

In Spain, New Year's Eve is celebrated on December 31 and it is a time full of parties and celebrations. In Barcelona many crowd the streets with music, masks and food. This may sound similar to many other traditions, however, it is twelve seconds before midnight when it differs. During the last twelve seconds of the old year, people eat one grape for every second. If all twelve grapes are eaten before the beginning of the new year, good fortune and luck is brought to that person. This tradition is said to date back to a time where there was a surplus of grapes and the king allowed each person a certain allotment of grapes.

This is certainly not all the traditions and ways of celebrating the New Year but a few diverse and interesting ones. As you celebrate your New Years however, you choose, learn and reflect on other's ways of celebrating this ancient holiday.



New York City holds one of the most renowned New Year's Eve celebrations at the heart of the city in Time's Square. People from all over the world flock to the Big Apple to be a part of the magic.

Photo courtesy of Liz Ortiz

Sex talkin' with Pritz

Kristian Parchinski
Staff Writer

Good times and lots of laughs were had by all as first time sex talker/therapist Magdalena Pritz hosted on a great show in Moore Hall lounge, Wednesday November 15.

Pritz says, "I wanted to have a sex talk that was different from others on and off campus. I wanted this to inform people about fun sex, answer questions they're too embarrassed to ask, not just talk about safe sex, and what you should and shouldn't do."

Some topics under discussion were safer sex, personal massager do's and don'ts, masturbation and a few other taboo topics. All participants were told to write down a question that they were too embarrassed to ask.

After earning three points from answering other miscellaneous questions, contestants received a prize. Some of these prizes included specialty condoms, flavored lubrication, mints in the shape of penises, and the grand prize--Strawberry Body Butter.

"I felt that it was very informative and everyone was open-minded," said freshman Leni Johnson. To end the evening, there was a clever demonstration on the correct way to put on a condom using a banana. "It was a fun way to talk about sex because it wasn't formal. It was a casual environment where everyone was loud, and Magdalena of course, made it humorous," said freshman Lauren Forsyth.

Final champions competing to win the strawberry body butter grand prize were Leni Johnson, Iva Tchomakova, and Dan Adams.

Shop till you drop

Bethany Mason
Staff writer

The stores are out of the red and back in the black after this year's Black Friday. Everyone enjoys catching the great sales after Thanksgiving which is considered Black Friday by many. This is a time where many consumers seek to find the best bargains around. Many people head over to the big department stores like Macy's to catch the annual sale.

A lot of people thought it was a good time to shop for others as well as themselves, "I really enjoy shopping around this time of year because you find so many great items for really cheap prices...the quality is good and I find gifts for everyone without going over my budget," said Amanda Johnson from Baltimore.

Finding "quality" merchandise took a great deal of time for many people. Some claim that waking up exceptionally early to catch the sales was worth it. "I got here at seven o'clock this morning and it paid off, literally, I found a DKNY sweater for \$10 where before it cost \$60...after shopping in other stores I came back to Macy's around 12 o'clock and there were no more DKNY sweaters like the one I bought for \$10," raved Kyanna McCray.

Although convenient for some, consumer Carol Reckling of Lancaster had two words of advice--price check. A lot of great sales come from price checking. Consumer Meghan Mason commented on a great sale

she found just two days before Black Friday, "I got a pair of J-Lo jeans and a DKNY button up a shirt for \$18 in Macy's...I had to sort through racks of clothes to find it but, but I found it!"

Even though a lot of great sales came from the big department stores, great discounts were found in many other stores too, such as H&M, which allowed consumers to take 10-20% off of their final purchase. Express offered unbeatable bargains of up to 40% off, but not everyone seemed pleased with the sales this year. "This year's sales were ok, I think I do about the same in catching bargains throughout the year...I actually didn't find anything to spectacular in the department stores I've been in so far, but I'm not leaving until I do," said Jamie Beck.

Finding great sales this holiday came as no surprise to many, and while some stayed in their area to find the greatest sales, some ventured out abroad to find what they were looking for this season. "I came from Lansdowne to Colombia, then to Beltsville and now I am here [Baltimore]. I found some really great stuff at the outlets for my family...unfortunately I have all men and they are not into getting up early for shopping so I'm here alone, but I still have fun," said Jackie Law from Lansdowne MD.

With everyone crowding the malls and decking the halls, this year's season for shopping still isn't over. Said fellow shopper Jessica Johnson. "I love the sales I catch on Black Friday, but I really get down after Christmas when everything is on sale!"

Student achievement

Life Long Learning student grabs award from the PA Association of School Retirees

Beth Coulter
Staff Writer

A 25-year-old single mother is the recent recipient of a \$750 scholarship. Danielle Hillenbrand is a Lifelong Learning student who is majoring in a dual degree for elementary and special needs education.

A resident of North Catasauqua, Hillenbrand is simultaneously attending school full-time, working as both a real estate secretary and agent part-time, as well as raising her three-year-old daughter, Hailey.

The scholarship was awarded to her by the Pennsylvania Association of School Retirees (PASR) at a luncheon on November 5 held at The Meadows in Allentown.

"Each year we present this scholarship to a public high school graduate attending a college in our region (Lehigh, Berks, Carbon, Schuylkill and Northampton counties) who is majoring in education, displays an exemplary academic record and demonstrates a financial need to continue their education," said Joan Glass, Chair of PASR educational support committee.

"I plan to graduate next spring and hopefully get a job as an elementary teacher," said Hillenbrand, who would ideally like to teach fourth or fifth grade in the Lehigh Valley.

"I really enjoy teaching and can't wait to begin my career in the education field!" added Hillenbrand.

Raised in Atlantic City, N.J. Hillenbrand moved to Pennsylvania three and a half years ago to attend college and raise her daughter. With the support of her father and stepmother, she earned her Associates Degree in Elementary Education from LCCC two years ago, and her real estate license a few months ago.

"I can use [my real estate license] in the summers," Hillenbrand said, who has worked as a secretary in the family's real estate sales and appraisals business for the past three years.

Her favorite subject is reading, a love she hopes to incorporate into each subject she teaches.

"I like mysteries and suspense, any realistic fiction," Hillenbrand stated. "I'd like to use literature in all aspects [of teaching]."

Mary Beth McConnell nominated Hillenbrand (currently a Cedar Crest College Junior) for the honor.

The PASR is the third largest school retiree organization in the nation, with over 40,000 retired Pennsylvania public school employees, from administrators and teachers, to cafeteria workers and janitors. Founded in 1937, it currently has 75 chapters. Region 2, which includes Lehigh County, awarded this scholarship to Hillenbrand.

Hillenbrand says of her award, "I'm very grateful to the PASR for acknowledging my accomplishments and providing this scholarship to help me further my education."



Danielle Hillenbrand is all smiles for the camera as she juggles her hectic life of school, work and raising a child.

Photo courtesy of Danielle Hillenbrand

LIFESTYLES

Holiday Traditions

Celebrating Christmas around the World

Erica Fleming
Staff Writer

America loves Christmas. Before the Thanksgiving leftovers have been put away we have our Christmas trees out, our stereos are blaring Christmas carols, and our homes are decorated with brightly colored lights. We get caught up in a whirl of present buying, wrapping, getting, and giving.

Now that the United States has been its own nation for over two centuries, we have molded and developed our Christmas traditions into what is now considered an American Christmas. But all over the world, Christians celebrate and remember Christ's birth in completely different ways.

In China, Santa Claus is called Dun Che Lao Ren, meaning "Christmas Old Man." Their Christmas ornaments for their trees (called "Trees of Light") are origami, paper folded into the shapes of flowers, lanterns, and chains. Non-Christians in China celebrate Christmas as well, but call it Spring Festival.

Russian farmers celebrate Christmas on January 7. On Christmas Eve, when the first star appears in the sky, they begin a twelve-course dinner, to honor Jesus' twelve apostles. They spread hay on the floors and tables in the room, believing that it will encourage the horse feed to grow in the upcoming year. Celebrants make clucking noises in hopes that it will make the hens lay more eggs. Babushka, the traditional Russian grandmother, distributes the presents all around. According to Russian legend, Babushka was meant to have traveled with the wise men to see the baby Jesus, but declined. She regretted not going, and tried to catch them, but never did. So instead, now she visits each house every year to give out the presents that she did not get to pres-



X-mas decorations

Photo by Linda Misiura



X-mas decorations

Photo by Linda Misiura

ent to Jesus.

In Mexico, Christians attend La Posada, a procession meant to resemble Joseph and Mary's search for shelter in Bethlehem. On Christmas day, Mexican children are blindfolded and try to break open a piñata. A midnight mass is also held on Christmas Eve. This mass is called *la misa del gallo*, meaning the rooster's mass.

In Italy, children believe that Befana, an ugly witch, delivers presents. She, like the Russian's Babushka, was meant to travel with the three wise men, but she said she was busy, and when she tried to follow she couldn't find the Star to guide her way. She has been flying around ever since; leaving presents with every child in just in case on of the children is Jesus.

Christmas in Ghana, Africa, is filled with singing. On Christmas Eve, the children run through the streets singing carols and hymns, and shouting, "Christ is coming!" On Christmas day, families go from house to house singing carols, to represent the angels that sang in the fields in Bethlehem the day Christ was born. Afterwards they have their Christmas feast and exchange gifts.

In every country and every nation, Christmas is celebrated differently, but these Christians are all united by their remembrance of Christ's birth over two thousand years ago. So, Gun Tso Sun Tan'Gung Haw Sun, Joyeux Noel, Feliz Navidad, Buone Feste Natalizie, Rehus-Beal-Ledeats ...and have a very Merry Christmas.

Pagan celebrations of Winter

Alexandra Dorward
Staff Writer

The month of December brings about a time of change in the seasons and a time of celebration for many religions around the world. The ancient practice of Paganism uses December as a time to celebrate nature, which is seen as the driving force of the earth.

Many holidays in the Pagan calendar celebrate times of planting and harvest, or changes in the weather and time of year. The celebrations include feasts, decorations, rituals, and worship of the gods associated with the holiday.

Two Pagan holidays that take place in December are Yule, Dec. 21, and Saturnalia, Dec. 17-23. Traditions associated with these holidays are very similar to those of Christmas due to the blending and overlapping of Christian holidays with Pagan holidays as Christianity took over as the main religion in Europe.

Pagans today still celebrate this time of year as they have for thousands of years with worship, gifts, candlelight, and happiness.

Yule marks the Winter Solstice. This is the first day of winter as well as the longest night of the year. For the ancient Celtic, Germanic, and Scandinavian people, Yule was a day to celebrate the cycles of nature. The coming of the winter solstice meant that nights would stop growing longer and begin to grow shorter. It is a celebration of the Goddess giving birth to the new light and a rebirth of warmth. It is a time to look back on the year and thank the gods for their protection over the longest night.

Symbols associated with Yule are used as decorations and subjects of Yule lore. Holly leaves are put on windows and doors as a sym-



Pagans first utilized the evergreen tree as a symbol of celebration.

Photo by Deidre Latoof

bol of life. As the bright green leaves have survived the long, cold winter. Their prickly edges ward off evil spirits that may try to enter a home.

In Scandinavian countries there are legends of Julbukk, or the Yule Goat who travels with the Yule Elf, Julesvenn. They are believed to deliver gifts and receive offerings of porridge, much like Santa Claus receiving offerings of cookies and milk.

The evergreen tree represents the conti-

nity of life, prosperity and protection. It is customary to have a decorated tree in one's home or make the branches into wreaths or garland.

A traditional Yule celebration consists of decorating, gift giving, telling stories and throwing parties.

Other symbols of Yule are nuts and berries, oak logs, candles, flowers, ribbons, rubies, and mistletoe.

Saturnalia is also a celebration surrounding the time of the Winter Solstice. Originating in Rome, the holiday lasts seven days, Dec. 17-23. It is named after Saturn, the god of agriculture.

It celebrates the time when all of the autumn planting should be done and the farmers can finally rest for the time being. Deities are honored with hopes that they will protect the crops for the remainder of the winter.

Like Yule, houses are decorated with evergreens, candles and laurel. On Saturnalia masters would exchange places with their slaves in appreciation for their hard work.

During this time there are parties, religious services, and gifts such as dolls, lucky fruits (strenae), and wax candles (cerei) are exchanged. There are Saturnalia banquets where hats called "pilei" are worn to signify informality.

Over all, Saturnalia is a time of peace, rest, celebration and appreciation of family.

In 350 A.D. the Bishop of Rome, Julius I named December 25 as the observance of Christmas. The originally solemn and calm holiday adopted many of the traditions of Yule and Saturnalia because so many people were reluctant to let go of their festive celebrations. The holidays surrounding the Winter Solstice were eventually overshadowed, but they are still very much alive in contemporary traditions and in Pagan communities.

LIFESTYLES

Holiday Traditions

Hanukkah, the festival of lights

Stacey Solt
Lifestyles Co-editor

"Hanukkah (also spelled Chanukkah, Chanukah, or Hanukah) is not a holiday, but a festival," said sophomore Rachel Singer. "Hanukkah literally translates to 'The Festival of Lights.'" This year, Hanukkah begins on December 7 at sundown. The Jewish celebration lasts for eight days, and recognizes the miracle which took place at the Temple of Solomon.

When Jewish rituals were banned by the Greek King of Syria and their Temple was captured by the Greek army in 168 B.C.E., many Jews became angry and fought for their beliefs. An army led by Mattathias Maccabee and later his son Judah defeated the Greeks and returned to their Temple three years later.

Upon return to their Temple, a rededication ceremony took place. The soldiers lit the eternal light of the Menorah for their ceremony, but had enough oil to light the candles for only one day. Miraculously, the oil lasted for eight days, at which point more oil could be made.

"The miracle of Hanukkah is that the oil lasted for eight days," said senior Melissa Donigan. For Donigan, Hanukkah's first night

begins with a traditional blessing at her Temple. After this, the festival is largely celebrated at home.

"It's a time for us to spend with our family," she said. While Donigan will be on campus for part of Hanukkah this year, she looks forward to lighting her family's menorah. As the eldest woman in her family, it is her responsibility to light the candles.

The Hanukkah menorah symbolizes the original seven-candle Menorah lit during the rededication ceremony in the Temple of Solomon.

On the first night of Hanukkah, one candle is lit to symbolize the miracle of the eternal light. A blessing is also said. An additional candle is lit each night, until all of the candles are lit on the eighth night. The holiday menorah has nine candles – the center candle is used each night to light the other eight candles.

"Each year my mom and I make latkes, which are potato, oil, and onion," said Singer. Because the original Menorah was lit with oil, most Hanukkah foods are symbolically cooked in oil.

"Everything has to do with oil," agreed

Donigan. "They're simple to make, but so good." Sufganiyot is another traditional food that involves oil. This doughnut is dropped into hot oil, and then dusted with powdered sugar or cinnamon.

Both Singer and Donigan agreed that gift giving is not a traditional part of the festival of Hanukkah. "Gift giving is not a big thing in my family," said Singer. "We often give one big gift and one or two small gifts."

"It's not really a gift-giving holiday," said Donigan. Gifts first became popular in Western culture. "Jewish families didn't want their children to feel left out" during the Christian Christmas season.

The traditional Jewish gift-giving holiday is Purim, a spring celebration that takes place around the beginning of March. "Hanukkah is a happy holiday," said Donigan. "We rejoice in the miracle of it, of recovering the temple and oil."

Hanukkah Vespers will be offered today at 5pm in the Harmon Hall of Peace. Please come and enjoy holiday songs and a symbolic lighting of the menorah.

Ramadan celebrated with praise to Allah

Lakena Outlaw
Staff Writer

All praise is due to Allah, Lord of the worlds. May peace and blessings be upon His Messenger.

Ramadan is the month to celebrate the Quran. The Quran is the book of guidance for all Muslims. It was revealed to the Prophet Muhammad (peace and praise be upon him) during the month of Ramadan, which is usually the ninth month of the Muslim calendar year. During the month of Ramadan, Muslims reflect on their lifestyles, and adjust aspects of their lives so as to live virtuously and do what is necessary to live righteously.

An important ritual and custom of the reli-

gion is the obligation and commitment to fasting from sunrise to sun down everyday during this holy month. The fast is far more complicated than just not consuming food and certain beverages. It encompasses a chaste approach of fasting with the ears, tongue, mouth, eyes, and hands. The individual whom is fasting should abstain from all lustful desires as well. This is the time for the believer to save themselves from destruction and concentrate on the purification of their soul.

Living in accordance to and observing the other four pillars of faith are also very essential. Shahada (affirmation), Salat (prayer), Zakat (almsgiving), Hajj (pilgrimage), and last but not least the mentioned Siyam (fasting) must be observed and and

adhered to not only throughout the holy month but every day.

During the time of Ramadan, the doors leading to hell are deemed to be closed, while the gates of paradise are opened. If the believer sincerely repents and performs righteous deeds then they may receive great rewards by the Lord's Will.

In the famous Hadith of Mu'ath, I said: O Messenger of Allah, tell me of an act which will take me into Paradise and keep me away from Hell-Fire. He said: 'You have asked me about a major matter, yet it is easy for him for whom Allah Almighty makes it easy. You should fast in Ramadan.' Then he (the Prophet) said: 'Shall I not show you the gates of goodness. Fasting is a shield.' (at-Tirmithi)

Happy Kwanzaa: More than just a greeting

Erica Fleming
Staff Writer

Every year around this time we are bombarded with holiday greetings: Merry Christmas, Happy Chanukah, Happy Holidays. These are familiar sayings to all of us whether they are celebrated religiously or not, December holidays are staples of American culture and tradition.

But there is another, often overlooked, December holiday celebrated here in America and all around the world: Kwanzaa.

Observed from December 26 to January 1 every year, Kwanzaa, according to Holidays.net, is "a seven day holiday celebrating the African American people, their culture and their history." It is not a religious holiday; in fact, the African Americans who celebrate Kwanzaa have very diverse religious views. They are African American Christians, Jews, Atheists, Agnostics, Muslims, and Hindus.

But what, exactly, is Kwanzaa, and what are its origins?

In its current incarnation, Kwanzaa was created by Dr. Maulana Karenga, a professor and chair of the Department of Black Studies at the University of California. After living through the Civil Rights movement of the 1950's and 1960's,

Karenga felt as though the African American community needed something that would unite them as a people and celebrate their culture. And so, in 1966, Karenga created Kwanzaa.

The holiday's name comes from the Swahili word kwanza, meaning "first fruits." First fruit celebrations are traditional in Africa, and have been celebrated for several millennia. Karenga took this idea and adapted it to fit the Black community in America, taking the activities for the first fruit celebrations (traditionally in gathering, reverence, commemoration, recommitment, and celebration) and applying them to modern African Americans in our society.

Kwanzaa is based on seven principles, and one principle is discussed and observed each day of the holiday. These principles are Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). At the beginning of the holiday seven candles are placed in the Kinara, a special candleholder. Each night one candle is lit in a specific order as the family discusses one of the seven princi-

ples. The candles consist of three green, three red, and one black; the black represents the people; the red, their struggle; and the green, the hope they have for the future.

On the last day of Kwanzaa, its celebrants take time to reflect on their lives, their futures, and recommit themselves to being the best they can be as both Africans and Americans.

Since its creation in 1966, Kwanzaa has become a worldwide holiday, celebrated all over the world instead of just in America. The seven days it is celebrated is a time for Africans everywhere to feel connected to their culture, their roots. Karenga, on his Kwanzaa website (www.officialkwanzaawebsite.org), summarizes this deeply personal holiday: "Kwanzaa brings a cultural message which speaks to the best of what it means to be African and human in the fullest sense. Given the profound significance Kwanzaa has for African Americans and indeed, the world African community, it is imperative that an authoritative source and site be made available to give an accurate and expansive account of its origins, concepts, values, symbols and practice."

LIFESTYLES

Winter break: A chance to renew

Martine Scannavino, MS RD LDN
Guest Faculty Writer

All of the semester's papers are in, finals are over, and the presentations are done. The cramming for exams and late night high fat and high sugar snacks have taken their toll.

It's time for winter break and a chance to enjoy the coming holidays with friends and family. For the next month we get to sleep in, attend holiday parties and enjoy the many wonderful foods that are only served this time of the year. The days are shorter, the nights colder and comfort foods are at the top of our cravings list.

Unfortunately these wonderful treats can last us past the holiday seasons in the form of added pounds and inches. The current issue of Nutrition Action Health Letter explains that on average weight gain is only about one pound due to typical holiday indulgences.

The problem is that most of us may partake in slightly more than typical indulgences. For those that are already overweight, holiday weight gain may be as much as five pounds. Whether it's one or five pounds, the real problem is that we tend to hold on to those pounds and they do add up over the years.

This holiday season may be the perfect opportunity to relax, refresh and renew our-

selves. Here are some suggestions to help prevent holiday weight gain and promote year-long health:

1. With more free time this is a great chance to get back to that exercise routine you may have started, or planned on starting at



This season, celebrate the holidays with moderation.

the beginning of the school year. Make plans for exercise - remember if you fail to plan, you plan to fail.

2. Don't go to holiday parties hungry. Eat a small healthy snack such as fruit or a bowl of cereal with skim milk before you go. This will allow you to sample little tastes of

holiday treats without making a meal of these high fat, high calorie foods.

3. When enjoying holiday meals, keep your portions under control. Many holiday foods are nutritious, including turkey breast, sweet potatoes, green beans and pumpkin. It's

the preparations that add the fat and calories that we need to be aware of. Keep your portions of those special holiday preparations small. Fill up on the veggies and fresh fruit (winter is citrus fruit season) to get your 5-9 servings a day. Stick with baked sweet potatoes and limit the candied yams.

4. Don't choose the holidays as a time to deprive yourself. It's true that these special occasions only come once a year, but many of us include these celebratory foods for the entire month and those additional calories really add up. Adding the following treats to your regular daily intake for the next 30 days can result in weight gain:

* One 3-inch ginger bread man (~117 calories) a day = 1 pound of added weight (~3500 calories)
* 1/2 cup of egg nog (~230 calories) a day = almost two pounds (~6900 calories)
* 5 pieces of chocolate Chanukah gelt (1 oz = 145 calories) a day = just a little more than one more pound of gained weight (4350 calories).

5. Keep well hydrated. During the winter we tend to cut back on water consumption. Drink plenty of water and caffeine-free beverages; limit drinks high in sugar and if you drink alcohol do so responsibly and sparingly (remember that alcohol dehydrates you and is loaded with empty calories).

Your winter break is a great time to start new habits that can last you through out the New Year and the rest of your life. Don't wait for January 1, 2005 to make your healthy resolutions. Make them now and start your New Year off on a healthy track.

Photo by Stacey Solt



Holiday recipes from *The Crestiad* staff



Kwanzaa: African Vegetable Stew

1 onion (very large) chopped
1 swiss chard bunch
1/2 c raisins
2 yams
1 can Garbanzo beans
(known also as chickpeas)

several fresh tomatoes (or large can)
1 garlic clove
1/2 c rice, raw
tabasco sauce, to taste
salt and pepper, to taste

Fry onion, garlic and white stems of chard until barely limp. Add chopped greens and fry a bit. Either peel the yams or scrub them well with a vegetable brush, then slice them into thick slices. Add garbanzos, raisins, yams, tomatoes, salt and pepper. Cook a couple of minutes. Make a well in the center of the mixture in the pot. Put the rice in the well and pat it down until wet. Cover and cook until rice is done, about 25 minutes. Add Tabasco sauce to taste.
Yield: 4 servings

From http://members.tripod.com/~Nancy_J/kwanzaa.htm
Compiled by staff writer Rose Strong

Pagan Holy days: Orange-cranberry chicken with sweet potatoes

1 orange
1/2 teaspoon pepper
1 tablespoon olive oil
1 cup whole-berry cranberry sauce

1 4lb. roasting chicken
1 pound sweet potatoes
1 cup chicken broth
2 tablespoons white wine vinegar

Preheat oven to 375 F. Grate rind from orange (don't include the bitter white part). Rinse chicken and pat dry. Sprinkle with salt, pepper and 1/2 the grated orange rind. Place, breast side up, on a rack in large roasting pan. Roast for 30 minutes. Meanwhile, pare and cut the sweet potatoes into 1 inch slices, then toss with olive oil. Place in single layer in the bottom of roasting pan. Continue roasting 1 hour & 45 minutes, turning potatoes occasionally and basting chicken and potatoes frequently, until the chicken juices run clear when the thickest part of the thigh is pierced with fork and leg moves freely. During the last 1/2 hour of roasting, combine chicken broth, cranberry sauce and vinegar in a small saucepan. Bring to a boil over medium heat; boil 20 minutes or until reduced to 1 1/2 cups. Peel white pith from orange, seed flesh and chop. Stir remaining rind and chopped orange into saucepan; simmer 5 minutes. Let chicken rest for 20 minutes before carving. Cut chicken in half lengthwise down the middle. Spoon cranberry sauce mixture over chicken and serve with sweet potatoes.

From http://www.unc.edu/%7Ereddeer/recipe/rec_yule.html#orancranchix.
Compiled by staff writer Deidre Latoof

Christmas: Butterscotch Gingerbread People

1 small box butterscotch pudding mix (cook & serve)

1/2 cup butter, softened
1 large egg
1 teaspoon ginger
1/2 teaspoon baking soda

For icing:

1 cup solid vegetable shortening*
1/4 teaspoon salt
3 fluid ounces heavy cream

1/2 cup brown sugar, firmly packed
1-1/2 cup all-purpose flour
1/2 teaspoon cinnamon

4 cups powdered sugar
1 teaspoon vanilla extract
food coloring (optional)

For the cookies, you will need to preheat your oven to 350 F. Mix cream pudding mix, butter and brown sugar in a mixing bowl. Beat the egg in. Add dry ingredients and mix until blended. Roll out on floured board and cut with cookie cutters. Try little ginger bread men for an additional holiday decoration! Add candy buttons, cinnamon candy hearts or other decorations as desired. Bake for approximately 10 minutes and cool on baking sheet 5 minutes before removing to a cooling rack. Cookies may then be decorated with icing as desired. Makes approximately 12 large cookies or many smaller ones, depending on size of your cookie cutters.

Then follow these few steps to make this frosting complete:

Cream shortening until fluffy. Add powdered sugar and continue creaming until well blended. Add salt, vanilla, and cream. Blend on low speed until moistened. Add additional cream a teaspoon at a time if necessary to achieve the right consistency. Beat at high speed until frosting is fluffy. If desired, divide frosting into several small bowls and stir in food coloring to create various colors of buttercream frosting.

*Using shortening in this recipe instead of real butter makes the frosting much more stable and long-lasting for cookies that are going to sit out a while. If you must have that buttery taste, use half butter, half shortening.

For more information go to: www.bakingchristmascookies.com
Compiled by staff writer Bethany Mason

Hanukkah: Potato Latkes

6 to 8 potatoes, grated finely like mush
1 teaspoon baking powder
flour, if needed

salt and pepper, to taste
1 onion, diced or grated
vegetable oil, to fry

Mix all ingredients in a large bowl with a wooden spoon. Add small amounts of flour, if needed to bind ingredients together. Heat a generous amount of vegetable oil in a pan. Make patties of potato mixture and fry until golden brown.

From the Food Network's website.
Compiled by staff writer Rose Strong



LIFESTYLES

Students find their "happy place"



Maynard Cressman discusses "self-talk" during a recent Healthy U presentation.

Photo by Deidre Latoof

Deidre Latoof
Staff Writer

On November 10, Cedar Crest's beloved hippie professor Maynard Cressman gave an afternoon talk where he emphasized stress prevention rather than the common idea of stress reduction.

Cressman took a more esoteric approach to stress in this discussion and began by saying that he suffers "from the same problems as everyone else" but that it is important to realize that thoughts create emotions, an idea that he refers to as "self-talk." He elaborated by saying that "if everyone goes to their happy place, they will be peaceful. If however, everyone thought of the saddest thing ever, they would become sad. Emotions are simply the body's reflection of our thoughts."

Obviously, we all have worries and most people can not deny that they have stress in their lives, especially as the semester wears on and finals draw closer. Too often, however, people tend to let these worries take over their lives and give in to that nagging inner voice that ques-

tions their ability to succeed.

Cressman referred to this voice as "the thinker" and said that many times "the voice may not be relevant because it's bringing up things from the past or hypothetical situations and possible negative outcomes. Since nobody knows what is going to happen, the best thing to do is visualize a positive outcome instead of a negative. By negative visualization, we tend to cause the very outcome which we are afraid of." Essentially, if you must listen to your inner voice, listen to the voice that inspires you to do the very best that you can and focus on the journey, not the destination.

Cressman answered questions from several people and clarified a few misconceptions regarding stress. He said that there is nothing that causes stress. "It is only what we think about stressful situations that cause problems. Everything that happens has a purpose and you must trust life, and trust that it is all unfolding perfectly." He then went on to lead the group in a series of exercises which are meant to change the way they think. The exercises involved such things as learning to

change your "self-talk" to something more positive, having confidence in your abilities, paying attention to negative thoughts and making note of common patterns, and learning to live in the moment with your mind, body, and spirit.

Because the session was sponsored by Cedar Crest's Healthy U program, Cressman finished by discussing the detriments of stress by saying that "worry is harmful and dysfunctional. The world is in deep trouble because our minds have become monsters. The only way to change the world is to change ourselves. When the collective mindset changes, society will change with it." Also, those who succumb to the stress of everyday life are more likely to become sick, tired, and too frazzled to cope with everyday life let alone the larger struggles that life can bring.

Remember as you begin to feel hopeless and overwhelmed that you can get your work done without sacrificing your health. Take the time to relax, whether it be through meditation, a few hours with friends, or a nice, warm bath, Cressman said.

Market your skills: Building the bridge from college to career

Stacey Solt
Lifestyles Co-Editor

With the school year half over, many students are looking towards the future. Whether you are graduating this year or in three years, it is never too early to think about the skills you will need in your future career.

Fortunately, many skills learned in college can be transferred to most post-graduate jobs. The key is to sell your abilities and achievements in a way that employers will understand. As college students, we do not just study, take tests and write papers. We are preparing ourselves for a productive career.

"So many times, people sell themselves short," said Amy Saul, Director of Career Planning at Cedar Crest. Just because an employer does not list your specific experiences does not mean that you have nothing to offer the company. "Build that bridge from college to career!" said Saul. Now is not the time to be modest - sell yourself and your skills. Learn to link current talents to workforce skills to get hired.

"We use the library and web a lot," and organize material before presenting to professors and students. "Computer skills are assumed, but it never hurts" to mention them, said Saul. With today's high-tech society, computer skills are a necessity.

To write a paper in college, you must first research and organize your findings. An outline follows, and writing and revising begins. Finally, the paper is polished and critiqued, often through peer review, then graded.

"It's the same way at work," said Saul. Most work fields require a certain amount of research - after all, what line of work doesn't change and update itself to remain competitive?

One example that Saul provided was for the social work major: This type of person should be able to look for new theories and analyze current trends in the social work field. To accomplish this, you must be able to conduct research and organize your findings. You must organize your thoughts and convey new ideas to both patients and your supervisor.

Peer review can be found in

the workforce, too. Patients give feedback for new theories and treatments, and coworkers and supervisors critique. Finally, you get graded - while a project may not earn an "A," it may deserve a promotion or pat on the back.

"It's almost like a deadline," Saul said of college life. If a paper is due Monday, the deadline for

As college students, we do not just study, take tests and write papers. We are preparing ourselves for a productive career.

completing the project is on or before Monday. Just like the real world, rewards and punishments are offered for meeting or missing deadlines. While a late paper might cost a few points in class, an incomplete presentation in the workplace could equal termination.

"This is something that you can work right into your resume or cover letter," said Saul. If you are a good student and good with deadlines, do not be afraid to include this in your list of skills.

"Students wait until their junior or senior year to create a

resume," but it's never too early to begin. Start a simple portfolio now - keep a record of grades, papers and projects. Chose the best examples for a professional portfolio that will accompany job inquiries, and use this portfolio to get marketable ideas for your abilities.

"I cannot stress enough how internships can play a role in finding a job," said Saul. Paid or unpaid, an internship provides the opportunity to try out college skills in a working environment. These unconscious abilities should be worked directly into the resume and cover letter.

A resume lists various personal qualities, such as education, skills, relevant courses, previous experience and activities.

A cover letter is professionally written and usually three paragraphs. It serves as an introduction to the resume, and is often your first impression for the company. Its main purpose is to explain why you are applying, what you've done so far, and qualifications for the job.

Do not be afraid to sell yourself. "I find myself to be hard working . . . I look forward to meeting with you to discuss my qualifica-

tions," suggested Saul. This is no time to be shy; after working for years to acquire the skills needed for a certain job, do not be afraid to let employers know why they should hire you.

Saul's final piece of advice is to get personal with each prospective employer. "So many people read the job posting and apply," but they never research the company, she said. Appearing clueless during an interview is a bad sign - it gives the impression that you do not care about the job, or are desperate for employment.

Employers want to know that their workers care about the company - they should care enough to know where the company is going and how they fit into its plans. "You know what the employer is looking for because you know all about the company," said Saul. Work this right into resume, and "of course pull it out during the interview" as well.

For more information on creating a resume or cover letter, or if you have any other questions about transferring your skills to the real world, please contact Career Planning.

International food festival: food for the soul

Tierra Blue
Staff Writer

There are many types of ethnic backgrounds in the world because there are many countries and cultures. In the college community as well as the world, we are introduced to many different people that are from diversified backgrounds. Just like the United States, consider college as another "melting pot" of cultures. As individuals, we must remember to respect and embrace

diversity because we are not all the same, but in a way we are. What we share is the exact entity that makes us different.

On November 15, Cedar Crest College celebrated a Food Festival, sponsored by Sister's Inc. Many students may be still unaware of what the Food Festival is, so to clarify, "the food festival is merely a celebration of foods representing all types of cultural and ethnic backgrounds," Chanel Davis said.

Anyone and everyone were

welcomed to support the Food Festival and partake of its delicious food. There were many delicious dishes that were prepared. Foods that were served were: macaroni & cheese, fried pork chops, plantains, spaghetti, and a few other simple home-cooking style selections. This great eatery of appetizing food was held at the Harmon Hall of Peace from noon until 2:30 pm, however, the food did not last that long. Most of the food was gone within the first half-hour of opening! It is evident

that the girls at Cedar Crest really know how to 'throw down' in the kitchen!

The turn out went well. Many of the people who attended were students that ranged from freshman to seniors, staff members, and the faculty from our own Allen house, as well as members from the science departments.

A big "Thank You" goes out to all the students, staff members, and faculty who came to support the Food Festival. For those of you who

missed it this time around, you missed a good meal as well as learning about various cooking styles from around the world.

Nevertheless, do not fret; there are additional ways to learn about diverse cultures that are not like your own. First, try to make a new friend on campus. Next, always have an open mind about those to which seem unfamiliar. Remember to never stereotype others. Embrace diversity: after all, diversity is what makes us somewhat the same.

SPORTS

Has violence replaced the fun in sports?

Jennifer Woytach
News Editor

If you want to be an athlete these days, you should be prepared for anything. There are countless hours spent working on the field to perfect your skills and time spent in the weight room to build strength. Athletes watch their diets and student-athletes have to watch their grades.

Most athletes are proud of what they do and some collegiate and professional athletes are regarded as role models.

It would be a shame to say that athletes are proud of the recent violent events that have taken place in the sports world.

During a November 19 NBA game, a fight between players from the Indiana Pacers and the Detroit Pistons turned into a brawl that extended into the crowd. Someone in the crowd threw a drink at Pacers forward Ron Artest, who, accompanied by some teammates, charged the stands.

Oakland County Prosecutor David Gorcyca told *The Detroit News*, "Whoever was involved in fisticuffs will be charged, regardless if they were wearing a jersey. It's obvious there were several Pacer players and fans that dealt blows."

Less than twenty four hours after the incident in Michigan, two college football teams rumbled with only about six minutes left in the game.

Six South Carolina players have

been suspended, while six Clemson players were suspended, and four reprimanded after a fight that delayed the game by ten minutes. The fight had apparently been brewing since the start of the game between and officials had to step between feuding players several times throughout the game.

"It's giving all athletes a bad reputation. I feel like they're losing the meaning of why you play sports-- for fun," said senior Bri O'Neill, a member of the Falcons lacrosse team.

The Cedar Crest College Athletic Department Statement of Purpose reads: "Athletics at Cedar Crest embraces the concept of the student-athlete and recognizes participation as an integral part of the educational offerings. The philosophy of the department of athletics reflects the central themes of the College, which emphasize student self-development, individual decision-making as it affects the quality of life and an appreciation of values, choice and responsibility."

Rachel Lightfoot, a senior soccer and lacrosse player, also looks down on the recent outbursts in the professional and collegiate sports world. "It's poor representation of sportsmanship," she said. Lightfoot also said that it is negative for young children to see these things, when they are looking to athletes as role models.

Senior ESPN.com writer Pat Forde wrote, "Vile behavior has consequences in our society -- even if it

occurs on the football field."

His November 23 about the Clemson/USC game also said, "The players should be ashamed of themselves for a complete loss of control. It was appalling under any circumstance, but the fact that it came less than 24 hours after the NBA travesty in Detroit makes it intolerable. Instead of learning a lesson about what not to do, the Tigers and Gamecocks obviously took the opposite lesson -- acting like savages is OK because, hey, we're athletes. If your manhood is challenged, swing your fists, swing a helmet, kick somebody -- go for it."

FOXSports.com offered a photo gallery of the "Ugliest Moments in Sports" and the punches between the Pacers and the Pistons was quickly named to that list.

Images from the gallery included Colombian soccer player Andres Escobar, who was shot and killed by an angered fan upon returning home to Medellin, after he scored an own goal in Colombia's 2-1 first round loss to the U.S. in the World Cup in 1994.

Two infamous boxing moments made the list: After a 1995 fight in London, both Nigel Benn and Gerald McClellan were hospitalized. McClellan is now blind, nearly deaf, and brain damaged after the vicious match. In 1996, Andrew Golota dealt a low blow to Riddick Bowe and a riot ensued at the Atlantic City Convention Centre in Atlantic City.

LVAIC Women's Sports Schedule

(LVAIC teams noted in bold, PAC teams italicized)

Saturday, December 4

Cedar Crest vs. *Arcadia* (home), 1:00 p.m.

Monday, December 13

Moravian basketball vs. Drew, 6:00 p.m.

Saturday, December 18

Lehigh basketball vs. Binghamton, 7:00 p.m.

Monday, December 20

Lehigh basketball vs. Farleigh Dickinson, 7:00 p.m.

Wednesday, December 29

Lafayette basketball vs. Texas-Pan American, 5:00 p.m.
Lehigh basketball vs. Yale, 7:30 p.m.

LVAIC Men's Sports Schedule

(LVAIC teams noted in bold, PAC teams italicized)

Monday, December 13

Lafayette basketball vs. Cal State Northridge 7:00 p.m.
Moravian basketball vs. Drew 8:00 p.m.

Wednesday, December 15

Lehigh basketball vs. *Eastern*, 7:00 p.m.

Wednesday, December 22

Lafayette basketball vs. **Moravian**, 7:00 p.m.

Intramural volleyball continued Tuesday night as the five teams played each other. Pictured below is Yo Mama and Uber Von Funk.

Falcons results through December 1

Basketball

11/19
vs. Notre Dame
64-51 L

11/20
vs. Meredith
72-33 L

11/29
vs. Eastern
70-37 L

Equestrian

11/21 @ Briarwood Farms

Gillian Maffeo

5th place, Open fences

5th place, Open Flat

Jessica Spack

1st place, Beginner

Walk/Trot/Canter

Megan Kees

2nd place, Maiden Cross

rails

Nicole Canfield

4th place, Beginner

Walk/Trot/Canter



Answers to last issue's quiz

- | | | |
|---|---|---|
| 1. Colorado Rockies, New York Mets, San Diego Padres and Tampa Bay Devil Rays | 1991 and 1992 | 9. Catfish Hunter was 22 years, 1 month old |
| 2. Willie Mays and Ernie Banks in 1970 and Mays and Hank Aaron in 1971 | 5. Adam Oates of Boston in 1993 (97 assists) | 10. It was 1990 |
| 3. None. Four coaches (Bill Parcells, Dan Reeves, Don Shula and Dick Vermeil) have taken two different teams to Super Bowls | 6. The Labontes -- Terry in 1989 and 1993 (tied for title) and Bobby in 2001 | 11. True |
| 4. True -- the Blue Devils won the title in | 7. Mats Wilander in 1988 | 12. Three times -- 1989 (2.47), 1992 (2.36) and 2002 (1.94) |
| | 8. Carlton Fisk of the Chicago White Sox was 43 when he belted a grand slam in 1991 | 13. Brazil lost to Uruguay in 1950 |
| | | 14. He beat Alan Minter |

SPORTS QUIZ
By Chris Richcreek
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Classifieds

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ROOMMATE WANTED

22-year-old male nursing student looking for male roommate for spring semester. Outside smokers only. Located close to Cedar Crest College. If interested, please call Matt at (717) 872-9252 or email renee601@hotmail.com. Leave message.

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ARTS & ENTERTAINMENT

Bet you didn't know...

Meet the glue that holds the Humanities department together, Lydia Orban

Kristian Parchinski
Staff Writer

The Crestiad: From what school did you graduate?

Lydia Orban: I graduated from William Cullen Bryant.

TC: How long have you been working here at Cedar Crest?

LO: Oh my gosh, it has to be twenty-one years now!

TC: What is a day in your life like?

LO: Most of the time it's very hectic. Pleasantly hectic, but hectic!

TC: What do you like to do in your spare time?

LO: The little spare time that I have lately, I like to play with my two little grand daughters and do some gardening.

TC: Do you have any pets?

LO: Yes, it's like a geriatric pet house! We have a blind Labrador retriever named Tyler, a female Rottie named Rosie, and a deaf cat named Burbank. The cat was my eldest daughter's, she left it when she went to school, but he's so sweet!

TC: If you could be anyone for a day, who would it be?

LO: I'd like to be someone who has lots of fun, I know that. Right now, I guess I'm very content being who I am and where I am.



1993



2004

Lydia Orban has been part of the Cedar Crest Community for over 20 years. Throughout her changing roles on campus, she's always been instrumental to student and staff/faculty success.

She is currently the Humanities secretary.

"She's the greatest human being on the earth... and that's not a joke. She is indispensable." -James Brancato

Director of Communications.

Chitter Chat

Jillian Dawson
A&E Editor



Las Vegas weddings, Godzilla in L.A., Donald contestant coming back to television, Julia's holiday present, and much more!

This holiday season seems to be bringing joy to many of the Hollywood celebrities. Maybe with the chill in the air, actors and musicians are getting in gear to bring in the new year right.

Pretty Woman's **Julia Roberts** has two things to be grateful for this holiday. No, it's not her soon-to-be blockbusters *Oceans 12* or *Closer*, it's her baby twins! The 37-year-old actress and husband **Danny Moder** gave birth to baby boy, **Phinnaeus Walter**, and baby girl **Hazel Patricia**.

Who other to get a star on the Hollywood Walk of Fame than **Godzilla**? "I'm here representing Godzilla. Unfortunately, he cannot speak English," said Shogo Tomiyama, producer of *Godzilla: Final Wars*. This is the 2,271st star on the famous walk.

Penn Jillette, the outspoken magician of **Penn & Teller**, married longtime girlfriend and television producer, **Emily Zolten**. The couple had been dating for two years before spontaneously tying the knot in a Las Vegas chapel.

Seems like *Apprentice* runner-up **Kwame Jackson** didn't lose out on job opportunities after being fired by **Donald Trump**. Apparently the Harvard graduate has been offered a job hosting a new show on CNN. Keep and eye out for that!

Rebecca Gayheart, better known for her appearances in *Jawbreaker* and *Urban Legend*, married actor **Eric William Dane**. The ex-Noxema spokes model and her *Gideon's Crossing* hubby married on October 29 in Las Vegas.

The family jewels have been stolen from the **Osbourne** household! Apparently the famous family's house in England was burglarized by two vandals. **Ozzy** was said to have capture one of the thieves but was unsuccessful.

However, some people in this glitzy business are traveling on rocky roads.

American Idol winner, **Ruben Studdard**, almost missed out on Turkey Day. The singer checked himself into a Birmingham, Alabama hospital due to exhaustion. However, according to *E!* he was released Thanksgiving day and was able to spend the holiday with family.

Living legend **Elizabeth Taylor** is having health problems. The *Cleopatra* star told *W* magazine in the December issue that she was having heart failure. "My body's a real mess," she had said. "If you look at it in the mirror, it's just completely convex and concave." According to her spokesman, the diamond lover is still in good spirits.

John D. Barrymore, actress **Drew Barrymore's** father, died late November at the age of 72. "He was a cool cat. Please smile when you think of him," said the *Charlie's Angel* star about her father who was also part of the acting family dynasty.

What's Hot for the Holidays

It's the Holiday Season in NYC

Lori Gallagher
Staff Writer

The sound of holiday music permeated the air and the lights dimmed as the Rockettes, in their festive green costumes, danced their way onto the Great Stage at Radio City Music Hall to begin this year's production of a Christmas Spectacular.

The Rockettes kicked in perfect unison as a screen lowered behind them to reveal the newest addition to the show, a 3-D film that allowed the audience to join Santa and his reindeer on a magical journey over New York.

Upon Santa's arrival at Radio City, a fully decorated Christmas tree rose from the back of the stage. The jolly St. Nick welcomed the audience to New York and he told the story of a young girl named Clara and her Christmas dream.

In a pink nightgown, Clara and her life-size nutcracker danced across the stage to the sound of Tchaikovsky's Nutcracker Suite. In her dream, Clara opens an array of presents, revealing 32 different teddy bears.

"This scene was adorable," said Linda Gallagher, from Catasauqua, Pennsylvania. "I especially enjoyed watching the baby teddy bears dance around the stage."

The serenity created by this scene was suddenly shattered when Santa's three-foot tall elf, Mr. Spruce, ran onto stage with a letter from a little girl. This young girl asked Santa Claus what his favorite toy is.

Since 1933, this question has given the Rockettes an opportunity to perform their most famous routine, "The Parade of the Wooden Soldiers." Dressed in red shirts and white pants that had been stiffened in cold starch the Rockettes, without bending their legs, moved in perfect harmony to create various patterns on the stage.

The sudden bang from Santa's toy cannon began the fall of the soldiers. The audience watched in awe as the seemingly rubber Rockettes appeared to melt in slow motion until the young women was lying on the ground.

"I really enjoyed watching this scene," said audience member John Morgan. "The way the soldiers could actually move without bending their legs and then fall backwards so



Check out the Radio City Christmas Spectacular this holiday break!

slowly was really amazing."

Again, Mr. Spruce disrupted the scene with a letter from another child. The author of this letter asked Santa how he could visit every girl and boy in just one night, a question that many people may ask. The stage suddenly rose to reveal Santa's magical secret. More than 130 of Santa's helpers all dressed in red suits appeared on the elevated stage.

"I thought Santa Claus was a really good actor," said first time spectator, Joseph Gallagher. "I was amazed by all of the Santa Clauses on the stage, I did not think there were actually that many people in the show."

With a little magic from Santa and his helpers, and the Radio City production staff, the spirit of the holiday season was brought to life. An ice skating rink rose from the front of the stage and more than 2,500 pounds of snow were dropped.

Back in Santa's workshop, the reindeer were ready for take-off. The reindeer Rockettes were dressed in brown costumes with antlers on their heads and bells on their shoes.

"I thought it was really awesome when the Rockettes danced in the Reindeer cos-

tumes and made music with the bells on their shoes," said William Gallagher, a 12 year-old boy who was there with his parents, Linda and Joseph.

The elves had finally finished loading the sleigh and Santa and his reindeer flew off into the distance. He called back, "Merry Christmas to all and to all a good night."

As the lights dimmed the brightly colored Christmas decorations were removed from the stage. A menagerie of live animals, which consisted of two donkeys, three camels, five sheep, and one horse, crossed the stage. This final scene, known as "One Solitary Life," depicted the nativity and explained the religious meaning of Christmas.

"I was very surprised how they could take the jolly spirit of Christmas with Santa Claus and Rockettes and close the whole scene with the scriptural meaning of Christmas. I actually got choked up," said Judy Morgan, an audience member who had seen the show once before.

The Radio City Christmas Spectacular runs through January 2, 2005. Information and tickets are available at www.radiocity.com.

ARTS & ENTERTAINMENT

Concert Review

Leah has us all Stargazing as they perform at the Empress Ballroom



Look for an interview with Kevin, Brandon, and Jordan of Leah Stargazing next issue!

Photo courtesy of www.leahstargazing.com

Jennifer Woytach
News Editor

On Saturday, November 20, several bands and music fans alike filled up The Empress Ballroom to enjoy the night.

The Drive-Thru Voter Awareness Tour made a stop in Danbury, CT and featured the label's HelloGoodbye, Steel Train, An Angle, and Socratic.

Sophomore Corinne Tartaglia had already been familiar with some of the bands set to perform. She had been listening to HelloGoodbye for the past two months. The California based band got her into the show: "The performance consisted of two Korgs (specific brand of popular keyboard) a flute, accordion, guitar, bass, and drums. The smooth vocals and entwined sound wooed the audience and I even found myself swaying to

beat of the energized crowd."

Tartaglia also enjoyed Steel Train. "As I looked around the crowd that night I realized that I wasn't the only one that felt completely entranced by their unique semblance. If members of the audience weren't singing along they were fully entranced in the presentation of the songs. Their stage performance was one of the best that I've ever experienced. The vibes emitted through their compositions and vocals were simply electrifying."

Though I loved every second of HelloGoodbye, Steel Train, and Socratic (we missed An Angle!), I was most impressed by Leah Stargazing. The Rhode Island based band, comprised of guitarist and lead vocalist Jordan Fielding, bassist and backup vocalist Brandon Fielding and drummer Kevin Laroche, did not disappoint.

Having been in touch with Jordan

Fielding for close to two years, it was exciting to actually get to a Leah Stargazing show. They played "Liar in my Place" along with songs from their "Everything You Need to Know" EP.

After listening to Leah Stargazing play, and getting the opportunity to hang out with them, it's easy to see why their fans care so much about them. The guys are good to their fans and they appreciate that. Cassie, from Pittsburgh, PA, wrote in their online guest-book: "You guys rock big time. I think you're all a bunch of great guys. Not only is your music awesome, but so are your people skills."

Leah Stargazing will be playing tomorrow at The Sad Café in Plaistow, NH, December 10 at the University of Rhode Island, and at Rocky Point Pub in Warwick, RI on December 30.

The Sound Booth The Faces of Lava Records

John Butler's got more than a good voice, he's got our attention here at CCC! Check out what he's got to say!

Jillian Dawson
A&E Editor

"Hold on one second, I have to catch a cab," said John Butler, with a thick Australian accent. "The New York City backdrop will be quiet in a moment, I promise."

While spending two days in New York before going on a two-week tour with O.A.R., the dreadlock sporting Butler took a few minutes to talk to *The Crestiad*. We're definitely appreciative of this opportunity because he's someone whose energy and spirit rubs off on others.

As the front man of John Butler Trio, which also consists of bassist Shannon Birchall, and drummer Michael Barker, the American born singer who moved to Australia when he was only 11 years old, has a lot to offer to music lovers everywhere. As you listen to his music you'll notice he doesn't limit himself to just one sound. He rolls himself in a handful of genres, creating something unique and refreshing. "I've been influenced by a lot of people, where do I begin?" Butler said. "I love U2, Midnight Oil, Beastie Boys, Sound Garden, Pearl Jam, Johnny Cash, some Australian artists, early Bob Marley and Jimi Hendrix," he said, almost without taking a

breath.

He has everything from reggae, jazz, to R&B in his music, becoming an award-winning performer as he does what he loves. This year alone he has won Best Independent Release, Best Blues and Roots, and Male Artist of the Year at the ARIA's (Australian Record Industry Association, the equivalent to our Grammy's), beating out American mainstream favorite, Jet.

However, Butler stays humble when he receives such honors. "It's pretty hard to grasp. Most normal people like ourselves watch these things from the outside looking in. When it happens to you, it's strange. You are the inside looking out, it's kind of traumatic," he said with a laugh. "You panic. I relate it to a skateboard trick," he said. "It's so fast and you're excited and scared all



at the same time, then you don't remember it. You're like, 'did I really do that? It's really cool though, I forgot that part.'"

Magazines and newspaper critics all over the world have also recognized this singer/songwriter. "Australian Guitar" magazine had called Butler one of the countries most substantial talents. "It's flattering, and nice to tell you the truth," he said with a kick in his voice. "I'm very honored people let my music into their life."

One other thing Butler has added to his resume is becoming a dad. "Time flies when you have kids," he said when thinking about his daughter, Banjo. "It drastically changed my life, my perspective on the world." The guitarist's voice drew quiet for a moment and then added, "She has had a profound impact

on my world."

Butler, his wife Danielle who he married in 2002, and their toddler, Banjo, have been on the road together for a year, however, for the U.S. leg the girls stayed at home. "It's bitter sweet, you know," he said after expressing how much he loves performing and then confessing how he misses his family like hell.

But with almost all of December off, he plans on making up for the lost time. "I'm going to be hanging on the beach with my girl, my wife, my family and friends. You know, just enjoying my family time and enjoying the summer."

Butler not only has music that soothes your soul, gets you thinking about political issues, and lifts your spirits for the day ahead. He's also someone genuine and worth taking the time out to get to know. With all the fuss focused on mainstream talent, sometimes it's hard to remember people like Butler. However, he's someone you don't want to let go of.

Keep your eye out for Butler in the future. What will he be doing next? "I don't know," he said after a pause. "Hopefully not for you to expect it. It will be soulful, honest, true music with passion and complimentary."

Check out www.johnbutlertrio.com!

Lava takes punk to a whole new level by showing off both new and old faces

Deidre Latoof
Staff Writer

For everyone out there who is a fan of punk music, keep an eye on Lava Records! Punk rock bands new and old are looking to this label to bring their personal style of music to the masses and these bands are not to be missed.

Based out of San Diego, California, music veterans Unwritten Law are back and better than ever with their impending sixth release, an album entitled *Here's to the Mourning*. No Doubt's Adrian Young lent his musical expertise on this album and Tony Palermo of Pulley offers up some of his own

brand of punk rock as the new drummer of Unwritten Law. The music from their latest album proves that a band can evolve musically and still remain true to their fans. While Unwritten Law's latest record shows some maturity, they hold on to their own personal brand of punk music and with the endless versatility on the album, the band keeps its fans guessing but never disappointed.

The title track *Here's to the Mourning* is loud and fast paced but also quite melodic. Despite this, it still pales in comparison to some of their other songs such as their 2002 hit "Seein' Red". The song *Because of You* on their latest album is catchy and poignant and many older fans may especially enjoy this

song as it bares a resemblance to their earlier hit song "Cailin". Between evocative song lyrics, incredible guitar riffs, and fast-paced drums, Unwritten Law has proved time and again that they are here to stay and will continue to stay on top of the punk music scene.

Unlike longtime favorites Unwritten Law, the newer punk band, Days Away is just getting geared up to release their debut album in early 2005. While Days Away is a fairly new band, they have no problem proving their musical talent right away on the track *God And Mars* which immediately starts off with a rocking beat led by powerful guitar riffs. This song slows down towards the middle to melodic things out long enough for lead singer

Keith Goodwin to show off his vocal talents. The strong resemblance between Days Away and bands like Jimmy Eat World and Simple Plan becomes more and more apparent as the album goes on. The band members begin to express their angst ridden personalities on the tunes such as *Ideas* as Goodwin sings "I had these great ideas that you never heard/ and you never even tried to see" but the band shows their versatility on the song *Gravity*. The song is plaintive, melodic, and even a bit entrancing at times and while it may lack mainstream appeal, the album is full of songs that everyone can enjoy. For more info on this up and coming band, check out their website at www.daysawaymusic.com.



Check out when Unwritten Law is coming to town on page 14



Days Away- bottom center, Keith Goodwin, left, Matt Austin, Brian Gulla, Chris Frangicetto, and Tim Arnold

ARTS & ENTERTAINMENT

The Sound Booth

Simple Plan guitarist welcomes us to his life as he chat with Cedar Crest

Jillian Dawson
A&E Editor

The title to their sophomore album claims they're still not getting any, but Simple Plan seems to be satisfying fans as their latest single "Welcome to my Life" has been climbing up the charts. The pop/punk poster boys hit platinum with their 2002 debut album off of Lava Records, *No Pads, No Helmets... Just Balls*, which had the catchy tunes "Perfect," "Addicted" and "I'd Do Anything" smothering radio stations worldwide.

Now the Canadian based quintet which consists of baby faced vocalist Pierre Bouvier, lead guitarist Jeff Stinco, David Desrosiers laying down the bass, Sebastian Lefebvre on guitar and backing vocals, and Chuck Comeau wrapping it all together on drums, has just finished up the first leg of their tour sponsored by Verizon Wireless.

Whether you're a fan of Simple Plan and crave their teen angst messages, or you're someone who hates their sound and throws their latest record *Still Not Getting Any...* in the trash, landing on top of a Britney Spears ultra pop album, it's almost inevitable not to think these guys are somewhat cool.

No matter what you think about them, they're one of the hardest working bands in the business. After snagging producer Bob Rock (Metallica, Bon Jovi, Motley Crue) to produce their latest record, these boys have been non-stop workaholics and are trying to prove themselves to their critics.

We were able to get the inside scoop on the guys, from working on their album, touring the planet, and to being star struck by celebrities. Hey, you never know, you might actually start to like these guys if you don't already.

The Crestiad: How long did it take you to write your album *Still Not Getting Any...*?

Chuck Comeau: We wrote it in March, April, May, and June. We went into the studio June 15 and finished September 17, on my birthday. It was a cool process. We did take a few weeks off to be in the Warped Tour.

TC: Since your debut album *No Pads, No Helmets... Just Balls* was huge, were you scared your sophomore album wouldn't live up to other people's expectations?

CC: Not really. There was pressure, but from ourselves. We wanted it to be as good as we knew it could be. Writing isn't the easiest for us, we had some good material but it wasn't super good. We wanted to go beyond that. One day we just told ourselves we had to stop worrying about it. Once we did that and threw out all the rules, it poured out of us. We just kept writing. We wrote some of our heaviest stuff like "Me Against the World." We're so happy of the album, we're really proud of it. We poured our hearts and soul into it.

TC: Your first single of your latest album is "Welcome to My Life." What's it like to see it moving up the charts?

CC: We're really glad it came out as our first single. It has some substance, and it's not a happy, happy song. We wrote it for the kids who come to our shows, the ones who tell us their problems about their parents always at work, or the ones who don't think anyone understands them. It's a song for our fans, and we're stoked about it. Those are



Bottom, from left to right: Chuck Comeau, and Pierre Bouvier.
Top, from left to right: Sebastian "Seb" Lefebvre, David Desrosiers, and Jeff Stinco.

the people who go in chat rooms and message boards and talk about our whole album and how much we've improved. They don't just like one of our songs. I think that's one of the best compliments, when someone loves the whole album, every song, embracing the band. It's rare to find a fan of the band, not just a fan of one song.

TC: How's your tour been going?

CC: We had to cancel our show today (November 16) in Vegas and we're really bummed out. It's not our habit to cancel shows, but we've been sick. You know, sometimes your body just needs a break. Other than that, it's been amazing, really great.

TC: You finish this leg of the tour November 18, what will you be doing after that?

CC: The night of our last show at 12:00 p.m. we're getting on a plane and flying to Malaysia to play a few shows. Then we're doing some shows and promo stuff in Tokyo, Japan. After that we're doing some Christmas concerts in December.

TC: Yeah, you guys are coming to Trenton and Camden, New Jersey for Jingle Ball and Winter Wonder Jam 2. What's it like performing at shows with a medley of artists?

CC: It's fun and different. We're used to touring by ourselves, but these have a festival feel to them. We travel all over the country and get to see people we never would have had the chance to meet. It's cool because we

get to discover these new bands and watch them perform. It's fun.

TC: A few years ago you were an opening act and selling your own CD's and stickers before the show. What's it like now headlining major venues?

CC: Yeah, we're doing ok. Those shows when we opened up for Sugar Ray were really great. We still have the same spirit. I feel like we're the same people, we just have more people watching us. After the show we still go and meet the kids who came to see us. Without them, we wouldn't be doing this. We've grown as a band but we still have the same attitude, the same vibe.

TC: You have a lot of fans idolizing you, what's that like?

CC: Well, I mean, in general it's cool. But you know, a few years ago we were playing in our parents' basements in Montreal, Canada and now we go to Japan and people wave to us at the airports! We used to be those kids who wanted to go out to a concert, listen to the music, and meet the band. Now kids want to come to our shows and meet us. But actually, we still are those kids. We still want to go and check bands out and want to get to know them. But you know, when you go to those small towns in the States and they know your songs... that's when you know, you realize how much you're being heard. We go to these big cities and kids come to our shows, but those small towns where you think no one will know your song and they do, that's really cool.

TC: You have a "Role Model" clothing company, and you're always wearing "Role Model" t-shirts. How does it feel knowing you do have an influence on your listeners?

CC: It's definitely not a conscious thing. But, we try to be the best person we can be. We know we're not perfect.

TC: How do you react when kids say your music has helped them through a rough situation?

CC: That has to be the most rewarding part about what we're doing. It's empowering. We try to tell these kids in our music, you know, don't let other people bring you down. We hear cool stories from people who said we helped them get out of something stupid. We want them to think, "I'm not alone."

TC: There's been a lot of talk about how to label you into a genre of music. If you could stick yourself into a category, what would it be?

CC: It's normal for people to put you in a box and compare you to other bands when you're starting out. But we're not just pop, or punk, or rock... we're more of a Simple Plan. The more we define ourselves as a band, and the more unique we become, the more ourselves we'll be. We're just Simple Plan.

TC: You recently were on MTV's TRL and got to meet Tom Hanks. Do you ever get star struck?

CC: Yeah, meeting Tom Hanks was amazing. When you meet someone like that you sort of become shy. You are aware of everything you say, and you want to tell them how much you think they're cool. But Tom Hanks and everyone we've met have been really nice. I've noticed that in reality, the ones with the most wealth and success are the ones who are super nice and friendly. That's what makes you like them, and that's what made them so successful. It's the small time people who are still trying to make it that you find to be mean. Tom Hanks was really generous and even took pictures with us. He didn't have to do that, he had no reason to even approach us or talk to us. But he did, and he wanted to. That's what makes someone cool. All of the big names we've met are people who would do anything for anyone. We want to have the same approach.

TC: When you're on the road and you're flipping through the radio stations and hear your song, what do you do?

CC: Every time I get stoked! You know, the other week I was driving into New York and heard our song twice, during the same hour, on the biggest radio station. We would have killed to be played on that station a few years ago. I still blast our songs every time they come on.

TC: What can we expect to hear next from Simple Plan?

CC: Our next single will be "Shut Up." We're actually going to be shooting for the video soon, and we're looking forward to it.

Their sophomore album is in stores now and you can even get your hands on their DualDisc which includes a DVD filled with behind the scenes footage, so you can't say you're not getting any from Simple Plan.

Tour Dates for Lava Artists

Simple Plan:

December 13-
Tweeter Center, Camden, NJ

December 19-
Sovereign Bank Arena, Trenton, NJ

Unwritten Law:

December 14-
Theatre of the Living Arts, Philadelphia, PA

ARTS & ENTERTAINMENT

Reel Reviews

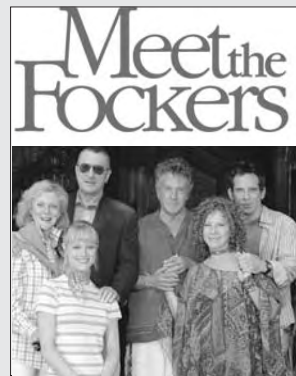
Our holiday break is right around the corner, leaving us with great opportunities to hit the theaters to check out the latest silver screen hits. Here are a few of the coming attractions to mark down on your calendar!

-Jillian Dawson



Fat Albert

Starring: Keenan Thompson, Kyla Pratt, Marques Houston, and Omarion
Also making appearances are: Farnsworth Bentley, Aaron Carter, Joel Madden, and Raven
Rated: Has not yet been rated
Release Date: December 25
 Fat Albert and the Cosby Kids come to life in this winter hit!



Meet the Fockers

Starring: Robert DeNiro, Ben Stiller, Dustin Hoffman, Blythe Danner, Barbra Streisand, and Teri Polo
Rated: PG-13
Release Date: December 22
Meet the Fockers is sure to bring the laughs when clashing families join forces!



Spanglish

Starring: Adam Sandler, Tea Leoni, and Paz Vega, Cloris Leachman
Rated: PG-13
Release Date: December 17
 The drama and laughs will unveil when a family from Mexico feels what culture shock is all about when they team up with an L.A. family.

Nuts & Holly opens tomorrow

Jennifer Woytach
News Editor

The Cedar Crest College Dance Company will present *Nuts & Holly* this weekend.

In a 'nutshell', *Nuts and Holly* is a holiday dance concert set in a jazz night club," Angela Caravella, assistant stage manager, said.

Caravella, a senior biochemistry/theatre major, explained all of the hard work that has gone into *Nuts & Holly*: "The four dance companies have been working all semester on the choreography for these pieces. The costume, lighting and set designers have been working hard all semester as well to come up with all the facets of the show."

Roxanne Amico designed the sets, while Erica Hoelscher designed costumes, and Robin Gerchman directed the show. *Nuts & Holly* will showcase modern, jazz, ballet and

tap dances, but is also set to the holiday tunes of the Ed McCartan Jazz Trio.

Gerchman, Pattie Bostick-Winn, Margo Clifford - Ging and Nicole Hockenberry have contributed to the choreography, while numerous dancers from the Cedar Crest dance companies, along with five guest dancers will take part in the show.

Caravella is looking forward to opening night. "I feel that the most rewarding aspect will be the thrill of being able to present to people all the amazing things that everyone has been working so hard on all semester," she said.

Nuts & Holly will be performed tomorrow, December 3 and Saturday, December 4 at 8:00 pm in the Samuels Theatre in the Tompkins College Center. Admission will be \$15 for adults and \$10 for students and seniors. For more information, the Cedar Crest College Box Office can be reached at 610-606-4608.

Small Screen Debuts

Get in the holiday spirit with Will Ferrell

Tierra Blue
Staff Writer

During the holiday season, almost everyone wants to snuggle close to family and friends to watch a good home movie. Hot off of the shelves at Blockbuster Video, the new release *ELF* is now available.

This movie is about a regular-sized man who was abandoned as a baby and searching for his real father. The orphan, Buddy, who is played by *Saturday Night Live's* Will Ferrell, snuck his way into Santa's bag and raised by one of Santa's little helpers: an elf.

When Buddy finally realizes he is not a real elf, he decides to head back to his original place of birth- the Big Apple- in search of his biological father. Starring along with Will Ferrell is Ed Asner as Santa Claus, James Caan as Walter (Buddy's father), Mary Steenburgen as Emily (Walter's wife), Bob Newart as Papa Elf, Zooey Deschanel as Jovie and a few other stars.

The DVD of the movie will include two discs. On disc one is how they made the North Pole film School for Kids Tag Along with Will Ferrell, featuring: Santa Mania, Kids on Christmas, Deck the Halls, Christmas in Tinseltown, and an instructional guide on how to make your own Christmas book and greeting cards for you friends and family. Disc two includes Buddy's Adventure

THIS HOLIDAY, DISCOVER YOUR INNER ELF



Starring: Will Ferrell, James Caan, Mary Steenburger and Zooey Deshanel.

Rated: PG

Duration: 1 hour and 35 minutes

Game: The Down Mt. Icing, Elf in the City, Snowball fight, Fix Santa's Sleigh and Elf karaoke.

Be sure to pick up your copy of *ELF* for the Christmas Season! "It's guaranteed to be there!" A

Leisurely Reading

Warming of the Heart for the Season

Kristian Parchinski
Staff Writer

Anna Quindlen's *Blessings* is her newest and most touching novel for this season of giving, family and personal change. In fact, upon the start of reading Quindlen's newest bestseller, it will transform your idea of love and redemption into something so powerful, you won't be able to put it down.

This is the story of Skip Cuddy, who is a caretaker of the Blessing's family estate. One night, he finds a box, with a baby inside, on the front door step left there by teenage couple who decide they cannot raise their baby themselves. He tries to hide the baby, in fear of having to give her up, but of course, no young man without fatherhood experience could not keep a baby hidden for long.

Amazingly, mean, old Lydia Blessing, the owner of the estate, feels a matriarchal need to help raise this child. She has had to deal with family demons and skeletons in her closet for years. When newborn Faith makes her appearance on the Blessings scene,

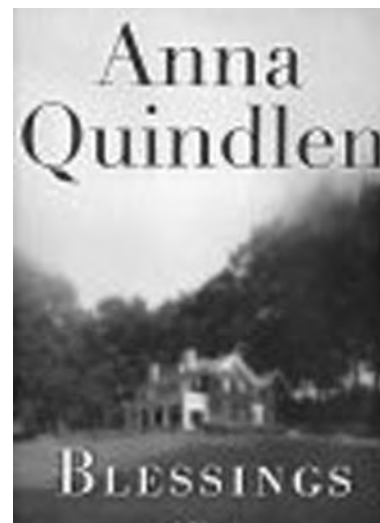
Lydia's sour personality is softened and she discovers the joys of motherhood that she had never known were possible.

This novel shows us how secrets of the past can affect one's future, and what exactly makes a person who they are. As Skip and Lydia embark on their journeys to self-discovery, the hardships of both destitution and privilege are revealed.

The tragedy of the story continually deepens until the return of Faith to her birthmother and the death of Lydia.

Quindlen has an ability to create characters with amazing depth and an unpredictable plot which keeps the reader enveloped inside of it. Her ability to make the reader relate to even the most insignificant characters is shown, and even the most stoic readers are exposed to an emotional catharsis.

So, if you're looking for a book that will bring you to tears this holiday season, or perhaps find your inner forgotten fragment of family, this novel is for you. If not, a few other Best Seller's by Anna Quindlen may be just right, *Black and Blue*, *One True Thing*, *Object Lessons*, or *A Short Guide to a Happy Life*. A



Allentown publication is looking for YOU to participate!

Jillian Dawson
A&E Editor

Calling all Cedar Crest students looking to share their passions in writing, art, and more! Starting in mid- December, *Merge* will be hitting Lehigh Valley residents as the independent publication launches their website aimed towards 18-34 year-olds, and they want you to join the team!

"*Merge* writers should be themselves. The voices in *Merge* will be real, not formalized or lofty," said executive producer and editor of the website, Judianne Triglia. "The readers of *Merge* are young, intelligent people that deserve the straight story from someone

they can trust."

After noticing the region had been lacking coverage of young adult lifestyles, *Merge* has hopes to step up and cover everything from entertainment, fashion, and travel to bars and clubs around the area, and even will vamp up your knowledge of new games and gadgets.

"We aim to serve and reflect this community, one that has long been ignored in this area, and with so many interesting people and places in the Valley, there is a plethora of content available," said 27-year-old Triglia.

Merge is also hoping to publish a weekly newspaper in the coming months, which will offer the same information as the website but

will have their own special features. "We aren't going to be your mom and dad's kind of paper," Triglia commented. "*Merge* is going to become a premiere resource for young people in this area by offering more comprehensive coverage for every lifestyle, from mainstream to fringe cultures, than any other publication in the area."

This exciting new publication is looking for people who are interested in writing, graphic design, and other forms of communication. "*Merge* is not just words, it's color, creativity and perspective. It's multimedia and interactivity too. We welcome variety," said Triglia, a veteran to graphic media. "I want *Merge* to be the place that people go to find

out anything and everything that is going on around the Valley. I want it to be fun, honest and real - always focusing on the readers and their interests. After all, that is who we are writing about and for in the end."

"We (our generation) have so much to offer and finally there is a place to show all the talent and diversity that makes up the local communities," said Triglia. To get your voice out there, visit their website at www.mergedigital.com to apply. Also, check them out in the coming months to find out the hottest events and information going on in the Valley.

