Forensic students honored with awards

Erica Hawkey
STAFF WRITER

Three Cedar Crest students, Michelle De Paola, Megan Zellner, and Christina Mulligan, were recently honored with various Forensic Science awards.

The New Jersey Association of Forensic Scientists awarded De Paola, Master in Forensics, with a $1,000 scholarship.

Zellner presented her research, entitled “The Differentiation of Glitter Lip Glosses using Pyrolysis-Gas Chromatography/Mass Spectrometry” at the meeting of the Northeastern Association of Forensic Scientists on November 2nd. Zellner’s presentation was chosen as the winner in the 2007 Collegiate Competition.

“I was absolutely shocked when they announced the title of my research and my name at the president’s reception that night, and I am pretty sure everyone could tell this by the look on my face,” Zellner stated.

She explained that each student was up against also had superb presentations.

“After I won, and said thank you, I was congratulated with open arms by Dr. Quarrino (who half choked me because he was so excited), Dr. Brettell, and all of the Cedar Crest girls attending the conference,” Zellner said.

Students give during holiday season

Nadine Brosnan
STAFF WRITER

As the holidays approach, people are trekking out to the stores to finish shopping for presents for their friends and family. And in the Lehigh Valley, some people are adding another item to their shopping list—a gift to donate for the Season of Giving.

Cedar Crest College is once again participating in the Season of Giving through the Lutz Center for Community Service. Tammy Bean, the Director of Community Service Programs, is working with students to try and give back to the community this holiday season.

Senior Matta “Leni” Johnson is this year’s Coordinator for the Season of Giving, as well as the main person to contact in regards to the various events. Other staff members of the Lutz Center have organized different programs, including gift wrapping, making cards, and collecting presents from different agencies.

“Season of Giving is one of the Lutz Center’s main projects throughout the year,” said Johnson. The focus is to give something back to the Lehigh Valley, especially during the holidays. “So many agencies look for volunteers during this season, and it only makes sense for CCC to join forces and recruit volunteers,” Johnson said.

The participation from the college this year has so far been very encouraging. A large number of people have already collected gifts, and various groups on campus are doing their part to help. “Beta Beta Beta, Sister’s Inc, and the Christian Fellowship organizations have all promised to make holiday hope chests for Valley Youth House, which is a great turnout!” said Johnson.

There are outside organizations working with the college as well to further spread the spirit of the season. Some of these include Toys for Tots, the Lehigh Valley Children’s Home, United Way, and Salvation Army.

“The whole point of the season is to give back, and I am sure that there are people who will be honored by this gesture,” Johnson said.

Students can take ornaments off the Season of Giving tree and purchase gifts for those children named on the ornaments.
Residents to vacate the halls for winter break

Amanda Osborn
STAFF WRITER

Are you a new Cedar Crest student or new resident this semester and unsure of what to do when the semester ends? Did you lose Kelly Myckey’s email about winter break in your overflowing inbox? Fear not. Here is a recap of everything you need to know for winter break from residence life.

Winter break officially begins on Tuesday, December 18th at 12:00 noon. At this time, residence halls will be closed and students will no longer be allowed inside. Resident students have until twenty-four hours after their last final to leave campus. After this time, students will be charged a fifty-dollar fee every extra day they remain on campus without permission. When leaving campus for winter break, residents should take everything home that they need or want to keep over break. Moore RA Ashley McGee says, “Take your prescriptions and medications because they won’t let you back in...and don’t forget your fish!” Also, all shades, windows and storm windows should be closed and locked, items should be cleared from heaters, refrigerators, and trash cans, all electrical appliances and lights should be turned off and unplugged, and doors should be locked. Students can sign out of their room when they leave. The RAs will enter rooms to check everything following resident’s departure.

Winter break officially ends on Sunday, January 13th at 12:00 noon, at which time resident students may return to their rooms on campus. However, residence halls open on Wednesday, January 2nd at 11:00 am to students who have been granted special permission to return early.

A fifty-dollar fee will also be charged to any students who return to campus early without permission.

If resident students wish to leave their car on campus during winter break, they should park the car in the Boiler Lot (Lot E) for break, and then turn in their car in the Boiler Lot (Lot E) for departure.

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Mulligan, Senior Genetic Engineering major with a concentration in Forensic Science, was given the George Neighbor Memorial Scholarship, presented by The Northeastern Association of Forensic Scientists.

“I was very excited, surprised, and honored when I received the call from the president of the Northeastern Association of Forensic Scientists informing me that I had won the scholarship,” Mulligan said. She also felt that it was an honor to receive the award, because it is only presented to one undergraduate and one graduate within the Northeast states. Mulligan explained that she won the scholarship because she participated in two summer internships in two different medical examiner’s offices. She was also recognized because she performed independent research at Cedar Crest, as well as maintained “good academic standing.”

“As part of the application process I was also requested to write an essay on why I feel as though I deserve the award and what I would do with the monetary scholarship,” Mulligan said.

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Hospital, the Allenstown State Hospital, Meals on Wheels, Historic Bethlehem, Valley Youth House, and the Sixth Street Shelter.

For those interested in helping out with any of the events connected with the Season of Giving, contact the Lucke Center for Community Service, located in the Allen House, at 610-606-4666, extension 3458. Tables are also set up outside of the Bistro in the TCC for any students or staff that would like to find out more about participating with these charitable activities. Events will be taking place until December 18, and people are encouraged to participate in any way possible.

CorRECTiON

In the November 29, 2007 issue of The Crestiad, the article entitled “Head of Trustees addresses SGA on current Cedar Crest issues,” was attributed to Nadine Brosnan, Staff Writer. The article was written by Brea Barski, Lifestyles Editor.
December 5, 2007 www.cedarcrest.edu/crestiad NEWS

**Cedar Crest recognized for cancer awareness efforts**

**Christa Hagan**
MANAGING EDITOR

Each year, many schools and organizations participate in the American Cancer Society’s Relay for Life. Like other fundraisers to help fight cancer, Relay is a walk to earn money that will be used for cancer research. But instead of an event of several miles lasting a couple of hours, this event spans twenty-four hours. Teams conquer the track with the goal of keeping at least one person on the track at all times.

The American Cancer Society states on their website that the event is “much more than a walk through the stage to put ice bags on herself. Hives twice and she had to leave makeup doused in pepper spray. After she suffered through the stage to put ice bags on herself. Hives twice and she had to leave makeup doused in pepper spray. After she suffered through the Miss Universe contest only Puerto Rican representative to make significant changes within Australia in the face of negligible economic costs. Instead, as reported by the Herald Sun, the plan “would significantly reduce greenhouse gas emissions’’ by 2020. Rudd has rejected plans for nuclear power build up and has turned instead to the prospect of coal. The Australian election will not doubt hold important implications for economic, environmental, and international changes in the coming years, especially regarding Australian-US relations. What should be interesting is seeing if Rudd can keep his promises after all, it was his environmental spokesperson, Peter Garrett, who “joked” to a reporter that the “policies would change if the party was elected to government.”

Regardless of comments made, the Australian public should be able to hold Rudd to whatever he promised and it will be interesting to watch them do so.

**American Cancer Society, and Cedar Crest was honored with the Colleges Against Cancer Cancer Education Programs of The Year Award for the success of last year’s Relay for Life. Mowers said that the school received the award because “we had the best cancer education [pro- grams] out of all the colleges in PA.”**

Currently, Mowers and fellow junior Janelle Morcom are chairs of the Relay for Life committee. The committee has already been at work planning the next relay in April. For information on how the school is doing on fundraising and for announcements on Cedar Crest’s Relay, visit the website: www.events.cancer.org/rlfpace/cedarcrestcollege. Any questions can be directed to relay@cedarcrest.edu.

**Mowers and Olsen (in front holding awards) gather with their committee after being recognized for their achievement in November.**

**Australian election holds international implications**

News has come from Australia regarding their latest election campaign, and previous Prime Minister, John Howard, has been ousted by Kevin Rudd. This signals not only a big change within Australia, but also the world itself, as the new policies Rudd plans to implement have implications for both foreign policy and environmental concerns.

Previous Prime Minister Howard enlisted Australia in war “despite huge domestic opposition,” as reported by the British Broadcasting Company (BBC). While people were initially pleased at the lack of Australian casualties in the war, the public’s attitude soon turned sour when Australia kept supporting the Protocol, which Howard previously refused to sign. Howard’s refusal to sign the Kyoto Protocol which Rudd proposed to change Australian involvement in Iraq, and he has called the war “the greatest failure of national security policy since Vietnam.”

He has promised to withdraw troops from Iraq and has previously attacked Howard for not having a clear-cut plan on policy in Iraq. Because of the low number of Australian casualties in Iraq, the war might not have been as big a focus as other issues, but should Australia begin to withdraw from Iraq, it signals yet another country whose support for the war has dwindled.

One of the main election focuses was environment. It has been established by U.S. based Center for Global Development that Australia is one of the most polluting countries per head, and Rudd vowed to tackle this report by promising to sign the Kyoto Protocol, which Howard previously refused to sign.

Howard’s refusal to sign to the Kyoto Protocol was based on his desire to keep Australia’s economic interests in check with environmental policies. In other words, tackling global warming was not conducive to Australia’s economy, which depended on the very resources the Kyoto Protocol would cut out. Secondly, Howard refused to sign without the signatures of mega-polluters China and India (who have snubbed the Protocol for the much of the same reasons as Australia), citing it a “worthless” move.

Despite mixed messages involving the signing of any post-2012 environmental agreements from Rudd’s environmental spokesperson, Rudd has pledged to make significant changes within Australia in the face of negligible economic costs. Instead, as reported by the Herald Sun, the plan “would significantly reduce greenhouse gas emissions’’ by 2020. Rudd has rejected plans for nuclear power build up and has turned instead to the prospect of coal.

The Australian election will not doubt hold important implications for economic, environmental, and international changes in the coming years, especially regarding Australian-US relations. What should be interesting is seeing if Rudd can keep his promises after all, it was his environmental spokesperson, Peter Garrett, who “joked” to a reporter that the “policies would change if the party was elected to government.”

Regardless of comments made, the Australian public should be able to hold Rudd to whatever he promised and it will be interesting to watch them do so.

**Falcy’s** biggest rival

The new Triple-A Allentown minor league baseball team, the IronPigs, has officially named their top pitcher. A competition was held in which fans could suggest names, with the winner receiving a prize pack with game tickets and merchandise. The name cho- sen was ‘PorkChop.” The mascot is a large gray pig wearing an IronPigs jersey featuring the number 26 (the atomic number for iron).
The most difficult part of college for me has been the numerous decisions I have had to make. Despite hav- ing to do a college search project for a class as early as eighth grade, my indecisiveness led to not truly begin- ning my college search process until I was a senior in high school. Throughout my later years of high school, numerous friends and relatives asked me where I wanted to go to college and what I wanted to study, but I never had an answer because I did not have any idea. As the end of high school approached, all I knew was that I wanted to go to a college that was close to home.

When I was in preschool, my mother used to call me a "cling-on," because every time we went on a field trip, I refused to go unless she came along as a chaperone, and I would constantly be staying everywhere she was. Even as it came time to make decisions about college, I knew that unlike many students around me who could not wait to "get out," I was not ready to "leave the nest." Therefore, I wanted to live at home and commute to school. My other reason for wanting to stay close to home was because of my love for gymnastics. I com- peted with the Allentown YMCA gymnastics team since I was twelve years old, and although after graduating high school most gymnasts either quit gymnastics or compete for their college, my desire was to keep competing for the Y. College gymnastics never quite appealed to me, and even if it did I would not be able to live at home and commute because there are no colleges in the area that have a gymnastics team.

After visiting several local colleges, my final choic- es were Cedar Crest, DeSales, and Moravian. Not com- ing from a religious family, DeSales seemed a little too religious for me, and the drive to Moravian was longer than I was looking for. During my college search process, Cedar Crest assigned me to an admissions coun- selor who called me periodically to assist me in the process, as well as inform me of upcoming events and deadlines. No other schools did that. I felt so much more informed about what was going on at Cedar Crest than anywhere else. Also, the small size of the school was appealing to me, because I came from a very large high school. My graduating class was over 700 students, so many that I did not know anywhere near all of them.

Though I had already made it through the big deci- sion about where to go to college, I still had to decide on a major. I loved science throughout high school, so I thought I wanted to major in some type of science. However, freshman biology and chemistry classes turned into major disasters. When the new criminal justice major was introduced, I became interested in it and thought of going in that direction. I later simply lost interest in the subject, and resorted to taking classes in a wide variety of subjects throughout my freshman and sophomore years. I feared the end of sophomore year, because I knew that at that point I would no longer be able to remain "undecided," and I would have to choose a major. Then in the spring of my sophomore year, I took a communications course that I enjoyed and had fun with. When the end of sophomore year came, I decided on communications since no other subjects caught my interest the same way. I was relieved to have finally made the decision, and now that I am taking communi- cations courses I am relieved to be enjoying my classes instead of dreading chemistry problems.

My big decision I still have yet to make is what I want to do as a career, but one of my favorite classes right now is digital photography. Perhaps I will become some type of photographer, or something completely unrelated. Either way, it has been a satisfying challenge to finally end up in an enjoyable major at Cedar Crest.
Erica Hawkey
STAFF WRITER

It will be so soon that time will be able to find its way into the Alumnae Boutique. For the second time, March 12, many people will bid on items at the annual Alumnae Boutique auction.

Before this auction is explained in more detail, it would not hurt to examine the Cedar Crest Alumnae Boutique itself. Who better to explain all about this than Diane L. Gehringer, Assistant Director of Alumnae Affairs. According to Gehringer, anything and everything is on sale. However, she is also open to new ideas for items. In fact, this is how a good majority of these items become available.

For instance, someone recommended that the boutique carry something. And, wouldn’t you know it, the idea was adopted. Cedar Crest charm bracelets are now on sale.

The boutique also generally carries items that the bookstore does not sell. Gehringer explains that not everything that is sold actually says Cedar Crest Alumnae. The items are purchased via the Internet, or simply by browsing through the display case outside the Alumnae office.

This boutique comes in handy at all of the reunions for Cedar Crest graduates because there is always a great display of items from the boutique.

Gehringer says that the best-selling item is the key chain because it makes a great gift. However, the preferences can sometimes be influenced by age range.

For example, the older graduates tend to gravitate towards the scarves. Also, Gehringer says that parents of current students come in to buy items for their student.

The boutique auction runs from February 4 to March 12, and can be accessed at www.ccalumnaeauction.com. The boutique is now beginning to accept items from all around the world. During this auction, anything is for sale, from signed items to actual houses. Each item is donated by students, faculty, and companies.

“You never know what you are going to find,” says Gehringer. The auction’s proceeds go to Cedar Crest Alumnae/College programs.

Some examples of previous items are actual houses, signed artwork, signed scripts (The Young and the Restless), and iPods. Although the bidding starts in February and goes until March, Gehringer jokes that the intense bidding always happens in the last 10 minutes.

Another great aspect to the auction is that the businesses who contribute get superb recognition along with their posted item is a link to their website.

In fact, Gehringer states that if there are current students whose parents run a business, it is wise to have them donate even just one item so that they will receive some recognition.

Not only will many businesses receive publicity during the auction, it seems that the boutique itself will soon be the center of attention, as it should be.

It is so important for young girls to see other women in successful roles.” Griffin concluded her speech.

“With great responsibility comes great power,” Griffin said toward the end of her speech. “It is so important for young girls to be empowered by role models, so critical for women to see other women in successful roles.” Griffin’s last advice to students was to “be nice to everyone you meet.”
“Grandma Got Run over by a Reindeer” (and other Merry Junes)

Jess Dominiczak

OPINIONS EDITOR

“Santa honey, I wanna yacht and really that’s not a lot. I’ve been an angel all year Santa baby, and hurry down the chimney tonight.”

We all know the words, but as opposed to the greedy message of this popular Christmas song performed by Madonna on “A Very Special Christmas,” this album, along with many others, has been created to benefit charities around the holidays.

“A Very Special Christmas” is an example of albums created to benefit society around the holidays. According to the website, “The First A Very Special Christmas was released in 1987, since then, the incredibly successful series has raised more than $100 million for Special Olympics — the most ever raised by a benefit series. Timothy Fereday, Special Olympics CEO, was quoted as saying, “A Very Special Christmas is a fitting way to spread holiday cheer but more importantly, this gift will help bring the joy of the Special Olympics Movement to many more children and adults with intellectual disabilities and providing them the chance of a new life — a life of fun, pride, teamwork, friendship, and joy!”

Massive amounts of Christmas albums have been made, and continue to be made, every year. Most of these albums donate all or most of their profits to organizations.

Another song that is sure to bring tears to the eyes of many is “A Very Special Christmas” by a vision of Paul O’Neil, who, according to the band’s biography, “was always looking for ways to make the music have greater and greater emotional impact. He tried to write the music that was so melodic it didn’t need lyrics. And lyrics that were so poetic that they didn’t need music. Once you put the two of them together, the sum of the parts would be greater than the whole, and you couldn’t imagine them apart.”

His vision brought forth the albums “Christmas Eve and other Stories,” “The Christmas Attic,” and “The Last Christmas Eve,” which are not just albums, but rock operas. This environment has the additional benefit of causing a cross pollination of musical ideas, creating hybrid forms of music that normally never would have occurred, such as an R&B singer doing a classical style melody and bringing gospel touch-es to it that causes it to glitter in ways that even the creators could not have predicted.”

The Trans-Siberian Orchestra has profited from every show they perform around the holidays to different foundations. From a 2005 press release, “With one dollar from every ticket sold going to special causes, a projected attendance of over 650,000 people over the entire tour, TSO will once again be giving over half a million dollars to charity.” And their crowds only continue to get larger.

The most famous example would be Band Aid’s “Do They Know It’s Christmas?”, a song written by Bob Geldof and Midge Ure, which was a UK and Irish supergroup in 1984 specifically to raise money for Ethiopian famine relief. According to his website, “Bob Geldof, after watching a television news report by Michael Buerk from famine-stricken Ethiopia, was so moved by the plight of starving children that he decided to try and raise money using his contacts in pop music. That the recording studio gave Band Aid 24 hours free to record and mix the record on 25 November 1984. The recording took place between 11 am and 7pm and was filmed to release as the pop video.”

The supergroup that so generously donated their time was comprised of Bob Geldof (Boomtown Rats), Phil Collins, David Bowie, Paul McCartney, Sting, Boy George, Paul Young, as well as members of Spandau Ballet, Duran Duran, Bananarama, Status Quo, Kool & the Gang, Culture Club, Ultravox, Big Country, Frankie Goes to Hollywood, Shalamar, Wham! and Heaven 17.

Somehow this holiday season I beseech you “Buy Peace on Earth,” to the Trans-Siberian Orchestra concert — and just “rock out” for charity.

Current events could shape the way you vote and who you vote for. So get informed. Read the local paper (www.mccl.com), the NY Times, or even one of the millions of blogs online. Internet research center (www.bnct.com) has been studying voting and political patterns. Researcher John Fetto said that “voting rates for young adults hit an all-time low in the 1996 election,” and are continuing to decline.

Don’t vote blindly and irrationally, don’t vote Republican because mom and dad are, don’t vote for Clinton just because she’s a female, don’t vote for Obama because you think ethnicity is going to strengthen the country. Vote for what you want, what you think will help this country, vote for somebody that has a real agenda, a long term plan, a budget. “Political” voting history is one of the strongest predictors of young peoples’ voting patterns. Forty-eight percent of 18-24-year-olds who said their parents vote in every election followed mom and dad to the polls in 1998.” Fetto said. (Sound familiar?) According to Dr. Spicuzio, Dean of Graduate students, “Senator Clinton will win the 2008 presidential election unless there is another 9-11 type attack which would prompt voters to seriously question whether a woman is capable of handling the nation’s security. As sexist as this sounds, survey research tells us that voters do draw gender-based distinctions when it comes to assessing a candidate’s ability to manage issues. In the areas of law and order, national security and defense policy, female candidates historically have been viewed as suspect in the eyes of voters. Hence, a 9-11 type attack might serve to resurrect these concerns in a very dramatic way. This possibility is heightened by the fact that Giuliani is likely to be the Republican party nominee. His candidacy hinges almost completely on the highly stylized portrait of the heroic role he played on 9-11.”

For you who want, but do you know what you want or what the candidates stand for? Stop voting for “Daddy’s choice,” or because you looked up on CNN who promised to lower taxes (haha). Vote for your morals and ethics, for things you believe in. An MTV and Kaiser family foundation study found that “Across all age groups, voter turnout among Americans continues to decline. In 1964, 69 percent of eligible voters turned out in the presidential election, compared to 54 percent in 1996.” Voters are getting sick of hearing the “politics,” or drama of politics.

The current crop of presidential candidates? A pretty disappointing group, but what else is new? My (long) experience with American politics has usually been one of disappointment, if not far worse. I’m encouraged by occasional flashes of intelligence that sometimes slip out, on the part of a couple of the candidates. However, intelligence, or at least revealing it, has usually functioned as a disad-vantage, especially in presidential politics. No doubt campaign managers, consultants, speechwriters, and in-home politicians try to con-ceil it, in those rare instances where it’s present,” said Dr. Ward, history professor.

How many times have I asked myself, can’t these damn candidates get along, can’t they figure out a real agenda for their party and stop bickering with each other? But, that’s not going to happen anytime soon, either. The liberals are too far left, the conserv-atives are too far right. There is no middle ground.

“I’m following Barack Obama’s candidacy with interest, because he seems to confound the standard patterns and predictions. And did I mention intelligence?” Ward said.
For as long as I can remember, my house has always been holiday central, regardless of which holiday we were celebrating. Easter eggs and rabbits donned our doors and windows at Easter, jack-o'-lanterns perched ominously from our stairs at Halloween, and turkey centerpieces found their way to our tables at Thanksgiving. But my favorite holiday of all has always been Christmas, as my house slowly transformed itself into a winter wonderland the day after Thanksgiving.

Over the years, our Christmas celebration got bigger and bigger. My mom, in all of her decorating glory, puts a Christmas tree in every room of our house (yes, this includes the bathrooms), and her collection of snowmen is well above the 500-mark.

My father is in charge of the exterior of our home, which basically means that he is the best light designer I have ever seen in my life. And over the course of my 20 years of life, my yard has seen a wooden Santa train set, more Christmas lights than I care to count, light up snowmen, Santa and reindeer, and several white Christmas trees.

There are times when I believe that my house can be seen from space.

Traditions at my house are my favorite thing about the holidays.

Every time my mother tries to take something away, I whine that she is taking away my childhood traditions, and, well, we can’t get rid of anything.

Every year, we have had the same Christmas routine. Being Polish, my family celebrates Wigilia on Christmas Eve. We have always gone to the children’s mass at our church, and then gone home to eat Polish Mushroom soup, followed by pierogies, sauerkrat, and fish. When my mom’s parents, my Babcia and Dziadzia in Poland, moved from Buffalo, NY, to Jamestown, NY, we celebrated this at their house. And every year, when my mom wasn’t looking, my Dziadzia would eat my fish for me.

After dinner, we would have cakes, cookies and coffee, milk for my brother and me when we were little, and then open Christmas presents with Babcia and Dziadzia. Then, my family would go back to our house, open presents with just the four of us, and then go to bed so that Santa would come.

The next morning, after sending my brother and me back to bed four times, they would finally allow us to open presents from Santa at four in the morning. And that day, my Grandma and Grandpa on my dad’s side, along with Babcia, Dziadzia, and my Aunt, would all come over for a big meal.

Over the years, our traditions have grown to include my mom’s boyfriend, Bob, over for a while, my girlfriend, Ashley, and my brother. Christmas day will be the only four pre-announced days of the year that the American flag is taken down by the U.S.S. Arizona Memorial at Pearl Harbor, and on the back of the memorial, I found that the wall was completely filled with names of everyone who was killed in the attack. It was very moving, because being able to see a visual representation of the number of people had a much bigger impact than just seeing the number itself. I think my visit was a big part of what made me feel so strongly about honoring December 7th.

The terrorist attacks of September 11, 2001, are widely remembered, but the less-recent Pearl Harbor bombing seems to be more often forgotten. Although many more people are able to actually remember the events of Pearl Harbor, the group and what is it that they stand on city streets

According to www.ushistory.gov, December 7th is one of only four pre-announced days of the year that the American flag should be flown at half-mast. If it is a day that has that much significance for the country, it seems like it should be better remembered.

So before you party, enjoy yourself, but consider getting away from the celebration to remember the American who lost their lives at Pearl Harbor.

While I see many American flags flown at half-mast on September 11th, I think it is only fair that we pay that same respect to those who were lost, I also believe that December 7th should be acknowledged and treated the same way.

Remembering Pearl Harbor

Amanda Osborn
STAFF WRITER

Does tomorrow’s date ring a bell for you? Do you have to stop and think before you finally realize its significance? Or is December 7th just another day on the calendar that you never thought about in your life?

December 7th marks the anniversary of the attack on Pearl Harbor. The attack was a visual representation of the impact that a few flags at half-mast on December 7th can have even heard various adults ask, “Why is that flag at half-mast?” When I remind them that it is Pearl Harbor Day, they usually answer with such a comment, “Oh, yeah.” Though neither myself nor any of the adults who asked were alive in 1941, it seems somewhat strange to me to be able to remember more easily than people who had closer general knowledge of relatives who would have been living at that time.

According to www.ushistory.gov, December 7th is one of only four pre-announced days of the year that the American flag should be flown at half-mast. It is a day that has that much significance for the country, it seems like it should be better remembered, even if it was 66 years ago. So before you party, enjoy yourself, but consider getting away from the celebration to remember the American who lost their lives at Pearl Harbor.
20 minutes: An all-nighter’s dream

Jess Dominick
OPINIONS EDITOR

Cramming a whole semester into one night doesn’t sound like a good idea. For many, all-nighters are one that can be found around campuses during finals week. Before you rush off to grab that can of Red Bull or Starbucks coffee, educate yourself on the effects of an all-nighter (they might just be what you expect).

According to Dr. Micah Sadigh, Associate Professor of Psychology, “Based on all of the research that I have conducted, and the scientific literature, lack of sleep negatively affects cognitive processing (i.e., concentration, memory retrieval, problem solving).”

Another study performed by Pamela Thacher, Associate Professor of Psychology at St. Lawrence University, observed sleeping patterns and transcriptions of 111 students, to see the correlation between sleep and their grade-point averages. She said, “Pulling all-nighters compromises your sleep overall and makes it difficult to reach full academic potential. Short-term side effects of sleep deprivation include delayed reactions and tendencies to make mistakes.” She reported that two-thirds of the students she studied, had pulled at least one all-nighter a semester. The study indicates that those who did it more regularly had lower GPAs.

Now does an all-nighter still sound like a good idea? Well to the procrastinators out there, there may be no way of convincing you otherwise.

We have all heard different all-nighter myths; sleeping on your phone, drinking lots of water, increasing your sleep increments, power-naps, and the all-too-famous caffeine assisted all-nighter. Which really work?

Sleeping in increments

On sleep increments Dr. Sadigh said, “I cannot support methods that suggest fragmenting your sleep, as they have detrimental effects on students’ performance. If you study for sleep a few hours, wake up and force yourself to study, chances are that you may wake up in the middle of a deeper sleep stage, in which case you will feel very groggy and unable to study. My suggestion, don’t skip sleep before a test!”

Powernaps

According to Increasebrainpower.com, “Your sleep normally comes in three stages. A power nap is aimed at achieving the first two stages, which are the deepest stages of relaxation and slowest sleep. Since the first stage takes about ten to twenty minutes, and the second can last for about ten to twenty minutes, many people consider a 20 minute the ideal length for a power nap.” The website suggests that the length is debatable depending on the individual, but if you sleep for too long you can get sleep inertia, which the website describes as, “When you feel heavy, it is hard to focus, and your mind is sluggish.”

Lifhacker.com’s guide to power-naps suggests, “Try to nap in the morning or just after lunch, human circadian rhythms make late afternoons a more likely time to fall into deep (slow-wave) sleep, which will leave you grogg-y!”

Caffeine

At the University of Texas at Austin, the Learning Center’s “Anatomy of an All-Nighter” gives tips on what happens to your body at each time of the night. The cat- able, written by Julia Califano sug-gests, “There’s no way to beat the clock completely, no matter what, staying up all night takes its toll on both physical health and mental performance. The understand-ing of the body’s natural rhythms can help a night owl maximize brain power.” According to popu-lar Nyquil use, caffeine can help, but once the caffeine hits, the adrenalin will start, and then the body would need a second hit of caffeine before it will start to feel tired. So, for anyone who is thinking of making their own private caffeine drink, be wary of too much caffeine. Caffeine is a stimulant, and can keep you up throughout the night. But then you will have the opposite effect and have the need for sleep. Caffeine is quickly metabolised in the body and is in the bloodstream for only a short amount of time, which means that you will need to keep taking it throughout your night. The good news is that if you do manage to get yourself asleep, you will only dream for a few minutes each night. It is not as long as you would think. Dr. Sadigh’s final suggestion, “Get as close to 8 hours of sleep as you can prior to a test. Even if you have not studied as much, chances are that you will be able to get through certain things out because your cognitive functions are more intact.”

Good luck to everyone during finals, I wish you the best of luck, and most of all, sleep.

Research links virus to rise in obesity

Nadine Brosnan
STAFF WRITER

In 2001, results from a national study conducted by the Behavioral Risk Factor Surveillance System (BRFSS) showed that 20.9 percent of Americans were obese. This was a 5.6% increase in obesity since 1991. These results show that more than one fifth of the American population has a Body Mass Index of at least 30. The risks of obesity include diabetes, cardiovascular problems, and Poly cystic Ovary Syndrome. However, recent studies show that, in some cases, obesity may not be entirely due to poor eating and exercising habits, but could be caused by a particular virus. The Human Adenovirus-36, or AD-36, has shown in recent studies to have an effect on weight gain. AD-36 can appear in humans as having cold-like symptoms and, in some cases, pink eye. Other adenoviruses have been known to cause the flu, encephali-tis, meningitis, and diarrhea, according to WebMD. The relationship of obesity was first documented by Dr. Nikhil Dharundhar, when he noticed weight gain in children that had the virus.

Dharundhar conducted fur-thet studies on the virus, and it now seems that AD-36 causes stem cells to transform into fat storing cells. This increase in fat storage cells causes more fat to be stored in the body, ultimately leading to weight gain in infected individuals. WebMD stated that it could account for 30 percent of obesity in humans worldwide. Further studies are still being conducted on the virus, as well as on possible vaccines. If a person feels their weight problem is being caused by AD-36, they are encouraged to discuss it with their primary care physician. Specific diets and exercise programs can then be created to help with the weight problem whereas other diet regimes may have failed.

There are those who are skeptical about AD-36 and its link to obesity. Robert Brownson, a Nutrition instructor at Cedar Crest, stated that, “all research has thus far been limited to laboratory activation of cell cultures. Study in humans of viral action is still needed. Whether obesity follows through these factors, including behavioral and genetic factors.”

Carlton went on to say that weight loss must continue | page 9
celebrating the holidays with festive spirits

Liz Skoczyk
OPINION EDITOR

So, you’ve braved the cold weather, charmed everyone at your significant other’s work Christmas party, and survived another crazy Aunt Till’s recap of the past year, and battled the last-minute shopping crowds. It’s obviously the holiday season, and all you really need is a drink. But which one? Are the popular drinks this holiday season? What did Dr. Micah Sadigh think? Let us remember the rule: buy the mix pre-made, however, it’s really an easy recipe to make. To make the batter, combine six eggs, two cups of sugar, a teaspoon of ground cloves, a teaspoon of cinnamon, and a cup of milk. For the actual drink, combine two tablespoons of the mix, six ounces of hot water. For a non-alcoholic drink, add stop here. However, if you’d like an alchohol drink, add a shot of brandy and a shot of rum. According to your mother, you can add less than a shot of each, if really, what fun would that be?

Chocolate Milk Whip
A nice chilly drink when for the fire gets too hot! Fill a tall glass with ice and add 4 ounces chocolate milk and 2 ounces cold coffee. Top off if whipped cream and garnish with shaved chocolate. (If alcoholic drink, add 1 ounce of Baileys.) For a twist, try Bailey’s mint or Bailey’s caramel.

Craberry Celebration
The Craberry Celebration is a perfect drink for a holiday party. In a cocktail shaker filled with ice, combine 3 ounces of craberry and 2 ounces of cranberry sauce. Top with a straw. Mix the drink and serve chilled. For a cocktail, add 1 ounce of vodka.

Holiday Punch
Holiday punch is another easy recipe for a holiday party. In a punch bowl, mix a cup of pineapple juice, a bottle of cranberry juice and a bottle of orange soda. Top with spoons of either strawbery, raspberry or lime sherbert. Mix well and serve chilled. For a cocktail, add 16 1 oz. shots.

For punch, add 16 ounces of vodka.

Egg nog
Egg nog is a holiday drink that many people enjoy. Grocery stores sell cartons of egg nog; however, it’s really easy to make at home. All you need is 4 eggs, 1/3 cup of sugar plus one tablespoon, one pint of whole milk, one cup of heavy cream, three ounces of bour, four egg whites, and one tea spoon of ground nutmeg. Adding either a shot of rum or a shot of kahlua to buy or home made egg nog makes this a great alcoholic drink.

Prices for all of these drinks vary, based on prices of ingredi ents. A typical bottle of alcohol ranges between $12 and $75, depending on the type of liquor, and the brand you buy. In general, each of these drinks can be made quite cheaply, as the ingredients will last you through several holi day seasons!

As always, if you are out and about, drink responsibly this holiday season! Make sure you have a designated driver if you are planning on drinking, and watch out for your friends if they are drinking! Happy Holidays!

Dr. Micah Sadigh
You are the house

As we explored in the previous installment, dreams are prima rily symbolic in nature. That is to say, images in dreams often stand for things other than what they appear. Hence, we need to explore our dreams with the understanding that symbols are trying to convey something that we need to acknowledge. In a dream, the symbols are part of the dream mechanism (the unconscious mind, often symbolized as a body of water.)

For example, you may find yourself standing in front of a wall that is falling apart. Perhaps you are seeing a structure that you have never seen before. It may be breaking apart. You may be fighting with someone or fighting yourself. It may be a feeling of loss, of disorganization.

Many people enjoy trying to interpret their dreams. This is a relatively easy thing to do. Many people enjoy finding patterns in their dreams and drawing conclusions based on these patterns. This is not to say that dreams are meaningless, but rather that they are open to interpretation. Dreams can have many different meanings, and it is up to each individual to find their own interpretation.

Dreams are often a way for our minds to process information and emotions that we may not be aware of. They can be a way for us to express our fears, desires, and emotions in a safe and non-judgmental way.

One way to interpret dreams is to look for recurring themes or symbols. For example, if you frequently dream about flying, you may be looking for an outlet for your feelings of freedom or control. If you frequently dream about being alone, you may be feeling isolated or disconnected from others.

Another way to interpret dreams is to look for the emotions that are associated with them. Dreams can be powerful and intense, and they can bring up a range of emotions. It is important to pay attention to the emotions that you feel during a dream, as they can provide important clues about what the dream is trying to convey.

In general, dreams are a way for our minds to process information and emotions. They can be a powerful tool for self-discovery and personal growth. However, it is important to remember that dreams are not always literal and can be open to interpretation.

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The Fabulous Life exhibit opens in Alumnae Museum

Liz Skoczylas
OF/ED EDITOR

If you have ever watched E’s hit television series Life of Christa Hagan, you have somewhat of an idea of what it takes to be fabulous. Cedar Crest’s Alumnae Museum in Curtis Hall opened it’s doors on December 3, to present it’s latest exhibit entitled, “The Fabulous Life of...” in order to highlight Cedar Crest development within specific departments.

The exhibit was curated by Christa Hagan and Rachel Edgar. Included in the exhibit were textbooks, dating as far back as 1930, as well as news articles, photos, bulletins, and even a typewriter. The exhibit also included clothing, including a tie-dye labcoat, dresses from the 1930’s, ’40’s and ’50’s, and painting clothes donated by Lizzie Bach, class of 2006.

Additionally, Cedar Crest’s own stage company loaned two costumes to the exhibit from their previous shows, Meta/morphosis and House of Bernarta Alba.

There were two events surrounding the opening of the museum. The official opening took place from 11:30 am until 1:00 pm, where light refreshments were served. That night, at 6:30 pm, the college community and their guests were invited to the museum, in order to not only view the exhibit, but to have dessert and discuss the exhibit with the women who put it together as well.

Hagan explained that the purpose of the exhibit was, “So people can see the connections between different departments; for example, how Home Economics evolved to the Nutrition major. ‘The fabulous life of...’ will be on display in the Alumnae Museum of Curtis Hall through January. An exhibit is also in the works for March, about ‘Cedar Crest in Wartime.’

Motion City Soundtrack steals the show

Cara Goss
CONTRIBUTING WRITER

On Wednesday, November 14th, alternative rock/pop punk bands, Motion City Soundtrack, Mae and Anberlin, performed at the Electric Factory in Philadelphia, PA.

I went with a friend and we parked right outside of the venue in their lot for $8. Police vehicles were stationed at the entrance about 20 feet from my car, so I was not worried about it being broken into the whole night, which was nice. We arrived early and bought tickets at the door, then walked about three blocks to a restaurant called Silk City, which had a chic diner atmosphere and great food for a reasonable price.

The show began with Anberlin at 8 p.m. Singer Stephen Christian encouraged moshing and crowd surfing (which security stifled quickly), and even jumped right into the mass of people during the second song of their set. Much to Christian’s delight, random mosh pits would pop up, and he made the whole night about the fans, thanking us for being there while still maintaining dignity. As

Mae was setting up to play, Anberlin sat at the FYE table near the entrance signing autographs. Mae came on next, playing songs including “Suspension,” “Summertime,” and “Embers and Envelopes.” Their music was a little more relaxed, with some Christian undertones weaved throughout the lyrics. As Motion City Soundtrack prepared for their set, Mae members also came out to mingle and chat with fans, signed autographs, and gave out hugs to whoever giddily asked.

Motion City Soundtrack finished the night and certainly brought the most energy. From joking about lead vocalist’s Justin Pierre’s mom, to guitarist Jesse Johnson’s bat socks his girlfriend bought him at a Tennessee cave, the set was entertaining in more than one way. The music was right on, as they played new songs like “Broken Heart” and old favorites such as “Everything is Alright” and “L.G. FUAD.” The crowd surged and fans jumped and clapped enthusiastically to “The Future Sneaks Me Out,” which received the most excited feedback.

After each set the band members would throw their water bottles, picks, and set lists to the crowd who plucked the mementos out of the air, just like the venue security guards plucked crowd surfers off the mass of people as they came close to the stage. The police outside was unnecessary, but they maintained security while not inhibiting or stirring the atmosphere.

Overall, the night was amazing, the bands played so well, and the fans were fun.

Cedar Crest College is known for forensics, and when “Montel” needed to take a look at one of the best forensic science programs, they came to Cedar Crest.

But slowly, there’s another form of forensics that’s bringing attention and recognition to Cedar Crest - The Forensic Speech Team.

It’s great trying to explain to people what Forensic Speech entails, which is explained as “competitive public speaking.”

The term “forensic” actually comes from the Latin word “forensis,” meaning forum. The Roman forum was known as a marketplace, as well as a place where people gathered to take care of public affairs. When criminal charges were brought against an individual, the two sides involved would tell their side of the story, and in addition to the best speaking and argumentation skills was generally declared the winner.

Today, Forensic Speech encompasses a wide variety of public speaking events, ranging from preparation events like debate and impromptu speaking. Public address events are often informative, persuasive, and after-dinner speaking. Interpretation events, including prose, poetry, and dramatic interpretation.

The Cedar Crest Forensic Speech Team was established in 2000, and has developed over the last few years into a team with seventeen students currently competing on a regional level. For the past two years, the Forensic Speech team has hosted an annual Tournament here on campus – the Linda Bas Memorial Tournament. This Spring, for the first time, the team will compete on a national level, in Nashville, Tennessee for the annual National Forensics Association Tournament.

So, we take an exhibit break now, having competed in a total of eight tournaments this semester, hosting two tournaments here on campus, and bringing in a total of TWENTY-SEVEN awards, including several Overall Sweep Awards, in the past semester! But we begin right away again in January, so stay tuned for the updates of your Forensicsators in 2008!

And the next time you hear someone talk about the amazing Forensics program at Cedar Crest, know that they may be talking about the Forensic Speech team!
Step into a study break

Stacey Stangl
STAFF WRITER

Konami’s latest Dance Dance Revolution (or DDR, as it is more commonly known) title, Dance Dance Revolution SuperNOVA 2, was received by the American public on September 25th, 2007.

After long hours of kicking it out on the game pad (which is actually an interactive dance mat that you dance along to songs on) and staying up into the wee hours of the night to conquer every mission in “Hyper Master Mode,” Super NOVA 2 grew on me, and I came to the conclusion that this title was indeed another success for Konami.

Like the other DDR titles, it’s still the “step on the arrow when the moving ones fly up to the stationary ones” type of gameplay, but with so many more styles in which to do it.

Music selection for this title was phenomenal. The game continues to draw in American players by featuring recent hits (some-times accompanied by the real music video in the background) like “Unwritten (Vicious Club Mix)” by Natasha Bedingfield, “Rock Your Body” by Justin Timberlake, “Temperature” by Timberlake, “Stellar Master” by Sean Paul, and “Suddenly I See” by Natasha Beddingfield, “TAKE ON ME” by A-ha, “Unbelievable” by Emf, and “Le Freak” by Chic. There are a number of new techno and trance songs to dance to, but not quite as many as the titles DDR MAX and DDR EXTREME dish out. And of course, a DDR game wouldn’t be the same without its signature Japanese pop and rock bands that give you a little idea of the culture that inspired the series, although it was missing a few fan favorites that usually re-appear with each new title.

What I believe makes this game more appealing and different from the other titles is its “Hyper Master Mode.” This is basically a different mode in the game that allows players of different ability levels to improve on their dancing by choosing “missions” that challenge them. This new mission system improves on the original SuperNOVA’s “Stellar Master Mode” by allowing the freedom to challenge “boss” songs immediately. I found it such a chore in SuperNOVA to have to complete all the easy missions first to be able to open up the harder ones, when I had been playing on a high ability level because I’ve been a player for 6 years. SuperNOVA 2 allows the player to challenge boss songs, which open up the next area of difficulty automatically. The missions are still challenging, but not as impossible as some of the missions presented in EXTREME 2’s mission mode.

By playing the songs well, SuperNOVA 2 also awards the player spending points, as was recently implemented in some of the newer titles. And it is for the first time, I feel, that there is a reason to build up those points. In previous games, the player would use the points to buy things like new characters, different character outfits, or new songs. This game expands on that, but also happens to be the first DDR game in which a little “cheating” occurs. With enough points, you are able to buy custom “modification parts” to add to your characters. Some mods make the songs more challenging, but most, allow the song to become easier. These modifications do things like eliminating arrows, slowing the tempo down, applying more “perfect” scores onto your final score, and allowing mess-ups without any penalty, just to name a few. This part of the game I found a disappointment. Sure, it’s great to continue introducing new concepts and forms of gameplay to a series with longevity. But a game whose basis is skill and personal improvement should not have unnecessary functions that allow newcomers and even seasoned players to cheat their way through the game.

Putting aside the “modification factor,” Dance Dance Revolution SuperNOVA 2 is a great game. It continues to be a fun and addicting way to exercise, and work on your “foot-eye” coordination. I’d recommend it, especially to someone just starting the series, but for long-time fans as well. Here’s my disclaimer: you may not be the star on the dance floor at your next party after playing, but hey, you may just burn off those calories you gained during finals week.

ESRB Content Rating: E for Everyone 10+, mild lyrics and suggestive themes

Players: 1 or 2

Genre: Music

Developer/Publisher/Designer: Konami

Platform: Arcade, Playstation 2

Compatible Accessories: Dance Pad, EyeTop USB Camera (for online competition feature)

My rating: 4 out of 5

As a holiday gift to everyone, I am writing a special edi- tion of this column, just because I know that you all love it so much. I know, I’m just like Santa Clause, except way hotter, and with much better style. You can thank me later.

And, since it’s my column, and I can do what I want; I’m going to take you back in time, kind of like they did with Super NOVA 2 and show you the columns of Tinseltown pasts and present.

Once upon a time, Tinseltown was called “Chitter Chat,” and was located in a section called “Flibbertigibbety,” which would eventually be changed to “Arts & Entertainment.” Jillian Dawson began writing the column in the September 12, 2003 issue of the Crestiad, highlighting “The latest gossip on your favorite celebrities” and featuring celebrities such as Carson Daly, Justin Timberlake, Britney Spears, Christina Aguilera, Johnny Depp, Mary-Kate and Ashley Olsen, and David Blaine. Funny how miss Britney is still making the headlines by being a walking disaster.

“Chitter Chat” was taken over on September 8, 2007 by Nicole Rubertelli. She wrote about celebrities such as Ryan Gosling, Rachel McAdams, Jude Law, Sienna Miller, Brad Pitt, Angelina Jolie, Ben Affleck, and Gwen Stefani. And, it looks as if the majority of these stars are still hogging the limelight... which tells me that it’s time to kick them out of it.

When Nicole graduated, “Chitter Chat” changed hands once again, this time being passed to Kelly O’Donnell, in February of 2006. The big stars back in early 2006 were apparently Steve Carell, Hugh Laurie, Joaquin Phoenix, James Frey, Oprah Winfrey, Meg Ryan, Brooke Shields, and Brad and Jen once again. Oprah was in the column? She doesn’t do anything scandalous. Lame.

Finally, in September 2007, “Chitter Chat” entered my hands, and immediately got a name change to “Tinselchown.” I eat, breathe and sleep gossip, and, as my best friend says, gossip is the only reason that I leave my room. Writing the gossip column works for me, because, well, I’m of celebrity status myself. Don’t let anyone tell you otherwise. And, no, you can’t have my autograph. The last thing I need is for it to end up on ebay. With me, forget the naked pictures...I’ll never be in the same ranks as Santa Clause, Paris Hilton, and Vanessa Hudgens.

This column concludes this special edition of me. I think that I’m supposed to go and run through the streets handing money to people now, like Scrooge did. But, really, just looking at me is gift enough this holiday season.

TINSELTOWN
LIZ SKOCZYLAS

You can:...
...be part of history
...meet important people
...get recognized on campus

JOIN THE CRESTIAD
Register for 0, 1 or 2 credits or just come to write a few stories, take some photos, and edit pages

The Crestiad meets every Tuesday from 11-12:15.
Contact lagallag@cedarcrest.edu with any questions
Cedar Crest’s Basketball team starts 2008-2008 season off strong

Cedar Crest Falcons Basketball Schedule

November 16, 2007
Vs. Wilson College  W 63-48

November 17, 2007
Vs. College of St. Elizabeth  L 62-52

November 20, 2007
Vs. Lancaster Bible College  W 74-49

November 27, 2007
Vs. College of St. Elizabeth  L 62-52

November 29, 2007
PAC Vs. Gwynedd-Mercy College  L 79-65

December 1, 2007
PAC Vs. Cabrini College  L 83-33

December 3, 2007
PAC Vs. Marywood University  Home 7pm

January 14, 2008
PAC vs. Misericordia College  7pm

January 17, 2008
PAC vs. Marywood University  Home 7pm

January 19, 2008
PAC vs. Eastern University  Home 7pm

You can now hear play-by-play live coverage of the Cedar Crest Falcons Basketball team at: http://www.teamline.cc/teampage?teamecode=7408

Stacey Stangl
STAFF WRITER

After a game on November 27th against Gwynedd-Mercy College that ended in a score of 79-65, the Cedar Crest Falcons suffered their third loss this season, in what seems to be a tough start for the basketball team’s season kickoff. This was also their first PAC (Pennsylvania Athletic Conference) game of the season. Regardless of this loss, Coach Valerie Donohue says, “After playing a tough game and only turning out fourteen points shot really shows our potential in upcoming games.” With some solid returners from previous years, and new, younger members, this season’s basketball team looks promising.

“Compared to last year, we’ve started out strong,” said one of the team’s three captains, junior Sarah Campbell. “Our main goals are to stay together, run the plays, and keep our heads high.”

The game itself was indecisive in the first half. At the start of the game, the teams kept tying each other. Cedar Crest would fall behind and bring themselves back up to tie Gwynedd-Mercy, with baskets by Kelly Oakes (#23), Lauren Sheale (#12), and Kerri Lasky (#04). The Falcons appeared at the game as well and rallied support from the team’s fans. At the end of the first half, the score was Gwynedd-Mercy 47, Cedar Crest 35. Lasky made an interception in the second half and scored two points for the team, but unfortunatley, that wasn’t enough to secure the Falcons a victory. Donohue set some goals for herself and the team after the game. The ladies plan on improving on executing their offense and improving more every single day – individually, and as a team. “Things come with time,” Donohue says. “The girls have only just started training together, and we’ve had intense practices, and everyone is giving it everything they’ve got.”

Cedar Crest’s wins include games against Wilson and Lancaster Bible. Their losses were against the two games played in College of St. Elizabeth. Come out to cheer on the Falcons at their next home game against Valley Forge Christian, at 7 p.m. on December 7th.

A Die Hard Fan... is born
Sports Editor of The Crestiad takes Managing Editor under her wing

Christa Hagan
MANAGING EDITOR

I have seriously attempted to watch football twice. Once, was when I was eighteen, I tried watching the Super Bowl with some friends. I fell asleep. I used my brother’s Cowboys jersey as a pillow. Then, when I was nineteen, I had a notebook out and was jotting down football jargon. Blitz, fumble, line of scrimmage, sack and bickfield, my vocabulary was growing and I was racing to keep up with Lizz, her father and her brother as they tossed around terms. They were trying to explain the game to me and I was hoping to capture every word. Upon announcing that I have never really seen a football game, Lizz’s brother looked at me and said, “Were you born in America?”

Our attention is soon turned to the television as the game starts. “Buck made it to the 35…which is a miracle,” Lizz yelled, kneading a miracle, Lizz said, “ever.”

Leaving the house that day, I understood not only more about football, but what makes a fan true. A true fan is not about going for the victors, but as Lizz said, somebody who is there until the end. There until the end and even beyond, that is a true fan. Seeing the passion and commitment from the Nagles for their birds, made me want that. Now, I am probably not going to buy a whole new wardrobe of Eagles memorabilia, but I am eager to sit down and watch another game.

Managing Editor under her wing

Within minutes, I had my family’s weekly football gathering. “Buck made it to the 35…which is a miracle,” Lizz yelled, kneading a miracle, Lizz pointed to the television as the game starts. Slowly, I find out what a fumble is. I was not staring up at the screen and looking up when I heard yelling about a fumble. Lizz’s brother said that a fumble is “a live ball. Whoever gets it, gets it, you know what I mean?” I think I did.

That soon becomes my favorite part. Watching a wild ball escape and then following the chase as players jump to be the ones to grab it. Throughout this particular game, the opponents (and eventual victors with a 28-24 score) the Seahawks were often the ones to grab the ball after a fumble. “We never get fumbles,” Lizz said, “ever.”

On Sunday, I attended her family’s weekly football gathering. “Buck made it to the 35…which is a miracle,” Lizz yelled, kneading a miracle, Lizz yelled, kneading. Before I can ask why it is a miracle, Lizz pointed to the screen and said “that’s Westbrook, he pretty much makes our offense.” Later on she also told me that Westbrook, “is the only one who ever freakin’ does anything.”

Finally, a commercial comes on. After advertisement after advertisement for trucks and beer and trucks and beer, Lizz’s dad, David (affectionately known as D-Noge), links to me and says, “The biggest part of football is the beer commercials.”

“I could throw the ball better than that!” I turn to see Lizz, leaning forward and yelling at the screen. Soon, I find out what a fumble is. I was not staring intensely at the screen and looked up when I heard yelling about a fumble. Lizz’s brother said that a fumble is “a live ball. Whoever gets it, gets it, you know what I mean?” I think I did.

Cedar Crest Falcons Basketball team plays against Gwynedd-Mercy College