Lions, tigers and candy, oh my

Christian Gibbons
STAFF WRITER

Goblins, Sponge-Bobs, princesses, lions, tigers and bears, were out to trick-or-treat and learn about native and non-native animals this weekend at “Boo at the Zoo” at the Lehigh Valley Zoo. There were pumpkin ring tosses, face painting, pumpkin painting, and a Crayola coloring station. “Boo at the Zoo” was a safe and educational experience for children, as well as adults.

While children in costume collected candy, they also received science lessons. Along the paths, several zoo workers were giving demonstrations on birds of prey, endangered and threatened animals and how to live a more sustainable life. The event showed how the earth needs a wide variety of biodiversity to survive.

Animal presentations were volunteered at this event this year. Along with other area colleges and universities, “Cedar Crest has volunteered at this event through the Lutz Center as well as Alpha Phi Omega (the national community service fraternity). This year through my affiliation with First Book, we were able to not only hand out candy for two days, but offer roughly 200 books titled, “Mommy.” The books, donated by scholastic, were “these Halloween themed pop up books to be given out on Make a Difference Day, which coincided perfectly with Boo at the Zoo,” Johnson says.

Children could even ride ponies and go on a wagon tour of the zoo. When asked if she liked the zoo’s event, Maria Gonzalez, 8, of Allentown, said that the zoo was more fun than trick or treating at home, “you can see better: it’s not dark here, the candy is better,” continued | page 4

Health Services updates website to ease navigation

Lizz Nagle
SPORTS EDITOR

Where can you find out how to cure your cough? Where can you learn about alcohol use/abuse? On the Health Services website, that’s where.

The Health Services department at Cedar Crest just launched their brand new website, a wealth of information and services. The site offers an overview of the Health Services staff, as well as their hours of operation and information about what to do in the event of a medical emergency. It provides an overview of the counseling department, along with a guideline for students and parents for transitioning to college life.

Nancy Roberts, the director of Health Services at Cedar Crest, described the project as “A very, very long process. And we [health services department staff] are especially proud of the counseling part. The site focuses on women’s health and medical services.

Students can use the website as a reference for their own health symptoms. “I would like it to help with basic illnesses, for students to decide if they are really sick or if they really need to pay health services a visit,” said Roberts. The site is in no way intended to be an alternative to students visiting the Health Services department; it is meant to offer more medical information to Cedar Crest students for things they can do on their own for a cold, cough or headache. The continued | page 2

Cedar Crest to appear on Montel Williams Show today

Today, the Montel Williams Show will be featuring a segment on Forensic Science education. Cedar Crest’s own professor Larry Quarino, Director of the Forensic Science program, as well as junior Michelle Tetreat and master’s student Janine Kishbaugh will represent the Cedar Crest College Forensic Science program on this show.

In September 2007, the producers came to campus to interview students and faculty about the Forensic Science program here and attended the undergraduate and graduate forensics classes.

The segment can be seen on WPHL-TV Philadelphia (channel 17) at 2:00 p.m.

Information obtained from College Relations e-mail and compiled by Christa Hagan, Managing Editor.

Conversations over coffee

Lori Gallagher
EDITOR IN CHIEF

On a daily basis, students gather in the Tompkins College Center bistro as they sip warm cups of coffee, tea and hot chocolate with their friends. On Sunday, November 11, the Cedar Crest College Alumnae Association will be giving students an opportunity to enjoy their warm beverages and dinners in a different environment with new people.

Starting at 4:30 p.m., students of junior and senior status are invited to take their dinner to TCC 1967 and join 16 alums for this year’s Junior and Senior Java. The alums will be prepared to share their post-graduation stories, network with students and answer questions regarding life after college. Beverages and gifts will be provided by the Alumnae Association. Therefore, they would like to have a head count prior to the event. Students planning to attend should e-mail alumnae@cedarcrest.edu or call 610-606-4690 by November 6.

The sixteen alumnae that will be in attendance at the Junior and Senior Java are relatively recent graduates who represent an array of majors ranging from History to Genetic Engineering Technology. Even though only a few of the 30 majors that Cedar Crest offers will be represented at this event, students of all majors will be represented at this event. Everyone is invited to attend.

Diane Gehringer, Assistant Director of Alumnae Affairs, said that all students can benefit from this event. Even if a major is not represented at this panel, students can network with alums, learn about graduate school applications and discover what it means to work in the “real world.” An all campus e-mail from Gehringer highlighted the plans of the Java. “Our alumnae panels will share their tips for things they know now but wished they had known when they were juniors and seniors, they will share insights into surviving grad school; balancing work, jobs, and family; discuss what life is really like in the ‘real world’ working in specific fields of study or for specific companies. (They will be able to tell students how different working in the field is compared to what you learn in text books and labs, etc.).”

On a flyer regarding the event, the alumnae association has suggested questions that students can use to begin conversations with the alumnae. Possible questions include, but are not limited to:

1. Did you always plan to be a (particular profession)?
2. What path did you take after Cedar Crest?
3. How did your Cedar Crest and/or your college education prepare you for the work you do now?
4. Has networking been helpful in your life/career? What tips can you give me to master this important skill?

EDITOR’S LETTER

Letters to the Editor

I’m here because...
Second annual Haunted Hartzel showcased reading talents

Lizz Nagle  |  Sports Editor

Haunted Hartzel, a sponsored reading fundraiser, hosted by Preterite, Cedar Crest’s literary club, was well attended Sunday, October 28. The event lasted last year as a marathon reading, during which students, faculty and alum had an opportunity to raise money in exchange for a 20 minute slot to read spooky stories.

This year, Preterite solicited the help of club members, faculty, and members of the Forensic Speech club.

Hartzel Hall, the Humanities Department Building, was decorated and transformed into a haunted Halloween atmosphere by club members in anticipation of the event. “Decorating all of Hartzel was a challenge, but it looked great. There were Halloween lights, streamers and props everywhere. It really set the tone for both the readers and their audience,” said club member and English/Dance major at Cedar Crest, Amorica Riviere.

The inside lights and haunted decorations, which could be seen from across the quad attracted people as early as 5 p.m. “In the past, the Hall is well lit and students read stories, so few people come to the event,” said Riviere.

Most attendees wore costumes which ranged from pirates to angels and even McGregor from Harry Potter. “Some people really went all out with costumes...and the atmosphere in Hartzel Hall was amazing!” said Lauren Panggus, a sophomore at Cedar Crest and member of Preterite.

Later readings began with Japanese ghost stories, which were interpreted by forensic speech sophomore Katherine Stevenson and Rivera. "It was weird to be reading our lines and having auditions in a haunted classroom," Stevenson said. Riviere added, "The audience was captivated by both the readers and the drastmas. I am really glad that everyone was enthusiastic about the event," said senior Lori Gallaghe, president of Preterite.

The night concluded with Edgar Allan Poe’s The Raven, which was read by Assistant English Professor Henry Marchand and Poe action figure. The last reading, Tell Tale Heart, was performed by Tim Brown, Assistant Professor of Performing Arts and Director of the Forensic Speech Team.

Each semester, along with Haunted Hartzel and a humanities talk, Preterite also produces the Cedar Crest College literary magazine. In other Words. Submissions of poetry, short stories, and photographs from faculty, staff, students, and alumni can be sent to preterite@cedarcrest.edu.

PA implements new cell phone law

Christiana Gibson  |  Staff Writer

Do you like talking, texting, and socializing on your cell while you drive? It could cost you.

Pennsylvania has implemented a new cell phone law that bans the use of mobile phones while driving. However, there are exceptions for law enforcement officials, emergency personnel, blue tooth and hands free wireless phones, and emergencies (i.e. a car accident). The new law will be in effect as of November 10, 2007.

The Bill was first proposed in 2006 by Democratic State Representative Josh Shapiro of Montgomery Township.

"It is my intention with this legislation to make our roads safer for everyone, to get drivers’ hands off their cell phones and on the wheel," Shapiro said.

The bill failed in 2006 when Republicans, who controlled the House, blocked it from further legislation. This year, Democrats have the majority of the house. "I’m confident that we’ll get it done this season," Shapiro said.

Dr. James Ward, history professor at Cedar Crest College, was interviewed. He said that it is very dangerous to talk on your cell phone while driving.

Do you like talking, texting, and socializing on your cell while you drive? It could cost you. Do you like talking, texting, and socializing on your cell while you drive? It could cost you.
Social work course strives to meet human needs on and off campus

Rachel Edgar
STAFF WRITER

Community Organizing and Social Planning (SWK 300) is a Social Work course designed to give students a chance to implement innovative changes that meet certain needs within the community. Throughout the course, students are taught strategies for organization and development of local communities to meet human needs. Students then create and implement a project that meets the needs of a certain group of people, with the hope that it will continue to sustain itself once the semester ends.

The course is offered each year during the fall semester and is open to students of all majors. Maynard Cressman, Chair and Associate Professor of Social Sciences, has taught the course since he began his career at Cedar Crest College. Although it is a requirement for the Social Work major, the ideas and methods taught during the semester go beyond social work practices as a course on how to organize people to take action on important issues by creating new programs," said Cressman. It stresses leadership practices and community organization.

“The ultimate task is for the project to continue beyond the semester, but without the organizers’ involvement,” said Cressman. This has happened in the past, perhapsheat and a group of students created the club, but the leaders eventually moved on. Heid Giwa, a senior Psychology major, is working with her partner to organize an interfaction conflict between LVAIC colleges. “Our goal is to provide a way for all of the faiths to work together towards our common goals,” said Giwa. The goals of the coalition include hosting interfaith events, sponsoring talks about religion, and becoming the “fattest baby in the world.” She weighed a total of 17.1 pounds when she was born last month.

Ring in a tradition

The 64th annual Ring Ceremony will be held this Saturday in Lee Pavilion at 3 p.m. The event has been a tradition for Cedar Crest’s new president Preterite for the past few years, as he was interested in having the students participate in the celebration of the school’s founding.

One of the groups from the SWK 300 class is collecting money to help their project, which is centered around helping young mothers in Allentown.

Pay attention to the current situations in Burma

Unless you’ve been under a rock lately, you know there is a situation being widely reported by the international press regarding the country Burma. From the headlines, it is easy to comprehend that the country’s situation is extremely unstable right now. Has anyone paid attention to how and why the situation has evolved so much? If not, here’s a quick rundown.

The country of Burma has been facing political and military instability for years, and military crackdowns, as well as human rights violations, have been the cause of international concern for years. The most recent protest was sparked by a raid in Burma’s capital city of Yangon.

Equally intent on suppressing the protests, the Burma military regime (Junta) kept implementing violent methods to keep the monks from protesting. Monks are seen as holy and are revered in Burma, a country influenced by the principles of Theravad Buddhism. The protesters heavily influenced the rest of the community, and, heading to the monks’ call for help, people began to voice their opinions. According to The Guardian Online, up to 500,000 people have marched in some instances, much to the dismay of the government.

There has been a widespread attempt to suppress these protests, much of which was widely reported. Because of the limitations put upon the media and the Internet, information regarding the country’s situation is limited. The BBC website features letters from inside Burma in an article entitled Accounts From Inside Burma, one of which was submitted by an informant named Samson from Rangoon, stating, “It’s hard to believe that Buddhist soldiers would attack Buddhist monks. The people are angry and sacred, but hopeful… We are in a difficult position. We either go to democracy or back to military dictatorship.”

How has the world responded to the situation in Burma? The international community is essentially taking a carrot-and-stick approach with Burma; while countries such as those in the E.U. and the U.S. impose sanctions and carry a stick to punish, countries such as Russia, India, and especially China continue to dole out carrots so Burma can never fully be impacted by the sanctions imposed by the E.U. and the U.S. Frustrated, other countries are considering how to effectively protect the situation in Burma. One solution is to retaliate against China in a symbolic way, since China is of the most importance to Burma, being the most influential country in the area in terms of politics and trade.

Cedarbrook Nursing Home Holiday Bazaar

On Friday, November 9, volunteers are needed from 10 a.m. to 3 p.m. to transport residents to the annual Holiday Bazaar.

Camelot Fiesta Night

Camelot for Children is holding a Mexican Fiesta party on Friday, November 9. Volunteers are needed to help set-up and run the party, held for teens. The event begins at 7 p.m. but volunteers will have to arrive earlier in order to set up.

Any questions regarding community service events, can be directed to service@cedarcrest.edu. Please put activity in the subject of the email.
I’m Here Because...

When it comes to my home city, I am one cocky, headstrong girl. To me, it doesn’t get any better than Philly – all the dirt, the noise, the rude commuters, the city lights, the skyline at three in the morning – all the good and the bad. I was never bored there. I always had friends less than a ten minute bus ride from me. There was always a show, or a party, or a midnight matinee. Art was everywhere, as were angst-filled, artsy kids like me just waiting for a big break in the underground scene.

So why did I ever leave Philly? Well, sometimes the good starts to outweigh the bad. Sometimes, you need to purge yourself of the negativity you associate with a place and start over somewhere new. And that’s what had happened. By the time I graduated from high school, I needed to get away. I needed to run away. I knew I’d go back to my city eventually, but a break was necessary.

And the scene was changing! Kids were no longer fighting to sustain the flame of ideals our indie predecessors had left in our care. They were conforming to the norms of art without even realizing it. Or maybe the norms were conforming to the underground. Either way, I needed a new crowd, people with fresh ideas and a new perspective. Philly art was going through a period of stagnation.

I came to visit Cedar Crest because they offered Writing as a minor. I was enamored with the campus immediately. It was far enough away that people back home couldn’t easily reach me, yet still close enough that I could always return if I needed to. But what would my major be? I had attended an art high school, majoring in Creative Writing for the previous four years. Writing was all I knew! So what could I possibly study in addition to writing?

Of course, English was a possibility. But being an English major never rang true for me. I needed something more inclusive. I had additional interests in music, film, theater, production... then it dawned on me. Actually, my best friend kind of smacked it into me. Communication was the key.

Now, I’m in my fifth year at Cedar Crest. In addition to my Communication major and Writing minor, I’ve added the new Film Studies minor. I’m hoping to combine my love of music, writing, film, theater, and production together into one career, as well as my love for the indie scene. I want to be an independent film maker. And Cedar Crest led me to that future, in a way that Philly couldn’t have.

I’ve gone back to visit my city, of course. In fact, I’m already hunting for apartments in Rittenhouse Square, even though I won’t move back until May or June (barring graduate school, of course). But I needed to leave for a while. And my city understands. Cedar Crest was the cleansing I needed. And now I can return home, purged, and a little purer.

-Nadine Brasnan

CELL PHONES

“I’ve seen situations where people nearly cause an accident because they’re too preoccupied with their cell phones,” Bachert said. Ruth Muth, Junior Nursing major, is positive about the change. “I think it’s a good thing because way too many people are driving around talking on their cell phones and not concentration on driving. Texting while driving is way too dangerous and should be illegal.”

The Bill proposed by Shapiro allows hands free devices, emergency calls, and law enforcement and emergency workers to use their phones (when they’re on the job). Violators will be charged $50 for using hand held phones and $100 for text messaging. Both would be “primary offenses,” meaning you could be pulled over and charged with a summary offense as well as a fine. “We want to stop accidents before they happen, not just punish drivers after the fact,” Shapiro said.

CLASSIFIED

Servers needed.
Flexible FT & PT hours. Please apply within.
Pistachio Bar & Grille located in The Shoppes of Cedar Point.
Contact Kristina Pollard at 610-435-7007 between 9am and 1pm.

CALLING ALL...

Poets, Writers, Short Stories, Photographers
Preterite, Cedar Crest’s literary club, is now accepting submissions for In Other Words, the college’s literary magazine. Everyone within the campus community, including faculty, staff, students, and administration is invited to submit their work.

You can send all submissions to preterite@cedarcrest.edu.

The deadline to submit is Friday, November 9, 2007.

ZOO

Cedar Crest had seventeen volunteers this year. Alpha Phi Omega, Christian Fellowship, Sister’s Inc., and general service volunteers from the college through the Lutz Center. “Cedar Crest has been offering the opportunity for students to participate in this event since at least October 1999,” Tammy Bean, Director of Community Service said.

The Zoo is sponsored by the Lehigh Valley Iron Pigs and holds education events throughout the year. Membership to the zoo can be obtained, they offer group tours, and sponsor internships. Boo at the Zoo is one of many fun and educational events.
Haika’s Kitchen

Do you...

...need 3 more credits?

...take great photographs?

...often find typos?

...love to write?

Register for The Crestiad

Tuesdays 11:00 a.m. - 12:15 p.m.

MLK JR.

continued | page 2

leader than to work his message into the day’s activities in class?” Spindler said. She also added that the topic of equality and race could not otherwise be discussed effectively if classes were not held. Furthermore, she explained that “it will help people remember that King’s voice is essential to the conversation of equality, even today.”

Professor of Philosophy and chair of the Humanities Department, Dr. Elizabeth Meade, demonstrated a unique point when she explained that this extra day off during the spring will give sufficient amount of time to complete grading. “In previous years, there has been a very short time between when exams are taken and when grades are due, so this will give faculty a little more time to get senior grades in before graduation.”

However, she does not like the idea that Martin Luther King Jr. Day will not be observed. “My own sense is that it is a shame not to observe MLK Jr. Day, since it is celebrated by so many people (including our nursing department) as a day of service. Service is integral to Cedar Crest’s mission,” Meade emphasized.

She also feels that this holiday is especially unique because it is an African American man, not a white man. She further explained that this important holiday should not be sacrificed because of grading or the like. “For example, we could have all grades due after graduation—other schools send diplomas in the mail once final grades are calculated. Or we could hold graduation later,” said Meade.

Uncovering

Underground

Allentown

Haika’s Kitchen

If you are grouchy, irritable, or just plain mean, reads the sign in front of the register at Haika’s Kitchen, there will be a $10 charge just for putting up with you. Above the cooking area hangs a red and black poster – “Electric Magic Mixer: Why beat it by hand?” And so it goes.

In fact, an electric mixer is spinning tirelessly on its own, next to a preparation table covered with the kind of frenetic clutter that would be overwhelming to anyone who is not Haika’s Kitchen. From motorcycle injury (“I ended up hitting since September, is currently nursing a sciatic bake shop. Haika Powder, co-founder of the specialty bake shop, Kate, who has worked for Haika since September, is currently nursing a motorcycle injury (“I ended up hitting since September, is currently nursing a
careful to sit down and do it,” he explains. “We’re getting somewhere,” Haika says. “I’m not sure where, but we’re getting somewhere.”

Jed, Haika’s partner and co-owner of the bake shop, reminds me that the store is only 17 months old, and is looking to expand.

“People hang out here now and there’s no seating,” Kate points out, to Haika looks up from her work and frowns. “Why?” She then proceeds to rattle off each ingredient, complete with measurements. I’m impressed, but I didn’t doubt her for a second.

Haika’s Kitchen, located at 526 N. St. Cloud Street, is interested in the combination of all things organic, natural, and local. Their extensive list of products are made from scratch and by hand, with the best available ingredients.

The bake shop specializes in cakes, taking orders for almost any flavor (chocolate, vanilla, hazelnut, almond, peanut butter, banana, lemon, carrot, etc.), and feature fillings in mango, key lime, dulce de leche, espresso mocha, and maple, among others. Sizes, too, range from a 3 inch “Just Because” cake to a full, four layer sheet cake.

“I try to use local stuff whenever I can,” Haika explains. “We’ve made some great connections.” For example, the majority of the bakery’s dairy products come from Natural by Nature, a Pennsylvania dairy co-op.

“Just Because” cake to a full, four layer sheet cake.

“XXX-rated” chocolate cupcakes, “XXX-rated” chocolate cake, and maple, among others. Sizes, too, range from a 3 inch “Just Because” cake to a full, four layer sheet cake.

“I want people, if they want to have coffee and a croissant, to be able to sit down and do it,” he explains. “People hang out here now and there’s no seating.” Kate points out, to which Jed can’t disagree.

“We do have Haika groupies,” he admits.

“They molest people with their friendliness,” concludes Kate. She is not incorrect. It seems that the most obvious reason to go to a bake shop with nowhere to sit would be to purchase a muffin, or perhaps an apricot almond square, and leave.

But Haika’s, with its clean yellow red green color scheme, its peculiar presentation, and the ease with which its employees toss casual conversation across the display counter, is not conducive to this simple, in-and-out formula.

“I hope this is peanut butter,” Haika says, before tasting a bit of frosting from a white tube. She brightens. “Yay! We have chocolate peanut butter cupcakes.”

Haika’s Kitchen is open 8 a.m. – 6:30 p.m. Tuesday through Friday, and 8 a.m. – 4 p.m. Saturday.

The display case is evidence of Haika’s culinary genius and creativity: patterned plates showcase miniature mango key lime cakes, passion fruit buttercreams, “XXX-rated” chocolate pudding, along with the aforementioned scones, pumpkin biscuit, and bags of granola in cranberry, raisin, and pina colada.

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6OP/ED

Shouts & Whispers:
A Reply to Stephen King

"Talent can't help itself. It roars along in fair weather or foul, not sparing the firework. It gets enraged. It smashes its stuff." So notes Stephen King in an essay published in The New York Times online, on September 30 of this year. The essay echoes his introduction to The Best American Short Stories 2007, which he guest edited. Oddly, its title is "What Ails the Short Story." Overall, it offers a very mixed message.

While King praises the abundant short story writing talent to be found in print today, he also bemoans the dearth of stories for it are shrinking in our increasingly mega-corporation owned magazines. This is no cause for objection as far as it goes, but he also trolls out his familiar populist schtick, attacking a straw man he fails to clearly define: the writer showing off for other writers and for scholars of literature. This writer, King wants us to understand, writes only what he or she is open to all influence yet finally defines it. Art is art because it's defined by the reasoning behind it is valid and reasonable.

For the record, I admire Stephen King. I have always told my writing and literature classes to beware the admittedly elitist attitude that any writer whose work is wildly popular is selling like the latest version of Halo or any magzine with Hayden Panettiere on the cover, can't be any damn good. The fact is, every writer in that category is doing something very well, indeed. Probably, that something is called "telling a story." And Stephen King is certainly one of those writers. The man knows that what most people want in a story of any length is, in fact, a story. Like George Orwell, he denounces any bizarre stylistics, preferring that the writing itself impose no obstacle between the reader and the events of the unfolding tale, which he insists must engage readers emotionally as well as intellectually.

Is it possible, though, that in demanding a certain kind of story, what he calls "a big, hot meteror button in his F-111" amount to reverse literary elitism? Sure it may. Every writer eventually finds her way to her own voice and aesthetic if she is, in fact, a writer; if that means she becomes a writer who makes Stephen King happy, fantastic. If not, that's fine, too.

Stephen King is a smart man and deserves respect for the success he's had. I've read that he's a nice guy, too, and have no reason to doubt it. But he seems to be, in his own way, a bit of a snob. Taken to its logical extreme, his criteria would deny readers of short fiction the kind of still, quiet stories that make for some of our most intense reading experiences. Rather than pyrotechnics and bone-jarringly "assultive" effects (King's adjectives and metaphors tell the tale in outlining the kind of story he prefers), many fine, finite stories seduce more softly, and the ways in which they open the world to us rely less on dynamite and more on subtler means of revelation.

In a good fiction writing workshop (King might see an oysmoron in those last three words, but I don't), the way is open to all kinds of storytelling. In my own experience as a workship partici- pant and instructor, I've found the best results often come when writers are urged to try a bit of everything, to read widely and absorb disparate voices and styles, and to write stories that are widely different in content and narrative approach to his. Every writer eventually finds her way to her own voice and aesthetic if she is, in fact, a writer; if that means she becomes a writer who makes Stephen King happy, fantastic. If not, that's fine, too.

There's no good that comes of prescribing one kind of story, how- ever broadly you think you've delimited it. Art is art because it's open to all influence yet finally insists upon itself. The writer's voice may shout, or it may wis- per. If what it says has value, it should be heard.

Henry Marchand
Assistant Professor of English

What's Your Veggie I.Q.?

Stacey Stangl
STAFF WRITER

Having been a vegetarian for about six months now, I have met with a number of interesting questions about who I am, what I stand for, and what I do or do not eat. I would like to bust the myth that being a vegetar- ian, simply, is someone who does not eat meat. Don't ask me if I want a turkey burger in place of a garden or veggie burger. Don't ask me if I eat fish or chicken. Those are all animals, and therefore all "meat". Once they are put on your plate.

There are, of course, people who still claim to be vegetarian who eat sea-food" and poultry. These individuals are referred to as pescetarians (those who eat fish, but not red meat or poultry) and flexetarians (those who keep a mostly vegetarian diet, but eat meat sometimes). So they don't eat red meat - good for them. They are still not vegetarians in my eyes.

Eggs are a different matter. The egg was never something liv- ing, and the matter of how humanely its parent was treated is an issue dealt with mostly by veg- ans, but also by ovo- or lacto-ovo- vegetarians. (Ovo-vegetarians will eat eggs but no meat or dairy prod- ucts, and Lacto-ovo-vegetarians are those open to consuming egg and dairy products, but no meat.)

Generally, a vegan will not eat things containing dairy, eggs, meat, gelatin (a product made from the boiled bones, skins and tendons of animals), honey, even fruit or vegetable that grew on cow manure (though this is sometimes overcome by purchasing organic fruits and vegetables).

The vegetarian diet is ethical and humane, and it is much healthier for you when implemented cor- rectly. The urea (animal urine - yummy! contained in meat is proven to destroy kidney function- ing. By following a meat-based diet, you lack the needed cellulose and fiber to digest your food. And the real kicker is that the human body is not designed to process meat! Carnivores have short and large intestines, because of the small amounts of fiber and large amounts of protein being absorbed by the intestines.

In a vegetarian set of intestines (which humans possess), the intestines are longer because they take a longer time to absorb nutri- ents. When the foods you eat contain little to no nutrients, they are absorbed more quickly in your digestive process, and can even break up your system. Not to men- tion that the saturated fats and cho- lesterol contained in flesh con- tribute to heart disease and cardio- vascular disorders, which are the

THE CAMPUS CORNER

Would you ever consider being a vegetarian/vegan?

Bailey Pezoldt
Sophomore
Psychology

"I would be a vegetarian again if the campus offered more options, because veggie burgers are old."
**Letters to The Editor**

**Collect litter**

Christa Hagan | Managing Editor

Sometimes, if people looked into my backpack or my pockets, they might be disgusted. Yesterday, I reached into my bag to get my cell phone and also pulled out an empty pack of Camel Lights, a broken lighter, a Snickers wrapper, two blank sheets of notebook paper (folded together), a ripped Hanes T-shirt clothing tag, and a half-empty carton of milk. Now, I don’t smoke, I don’t eat milk chocolate, and I do not drink milk. I also don’t make a habit of ripping the tags of my t-shirts. The only thing that seems common-place would be the papers, but those were not mine either.

So where did I collect all of these treasures? These were all acquired Monday morning on a walk that lead from Steinbright Hall to Curtis Hall. Keep in mind that these were all found on the ground and the cigarette pack and lighter were about five feet from the trash receptacle. There is no reason or excuse for littering, and the campus needs to be made aware.

The grounds people of Cedar Crest do an amazing job keeping this college beautiful. Regardless of what their job descriptions might actually entail, I do not think it is their job to pick up trash that is left amongst the flowers on the quad. It is our job. First of all, there is no reason to litter. Trashcans are easy to locate on this campus, as there’s just no reason for it.

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**Collecting veggies**

Victoria White, Senior

Upon reading the activities list for Fall Family Weekend, I did not even tell my parents what the scheduled events were.

I’m a Life Long Learning student with parents who are still fairly young and who live 2 hours away. I was too embarrassed to tell them that a school charging $255K per year is holding bingo and an adult circus that they have to pay to see.

A majority of local colleges showcase their students’ talents on family weekend, along with the academic programs their school offers. I thought that was the whole point. Why are we not having a performance by the choral singers or the dance majors? Why was there not an address by the president, with a question and answer session with board members and senior faculty?

There should have been open classes that day, maybe one for each curriculum, so that parents could see and hear what their young adults and old ones are learning. Since not everyone that goes to Cedar Crest is 18, perhaps a cocktail party and art show, showcasing student work, past and present.

The website should have included some local information regarding restaurants, hotels, and local hospitals. Maybe some parents want to leave campus and have a private meal with their families. A nice way to end Saturday night would have been with a unity bonfire for parents and students.

I can play bingo at the fire hall, eat at the dining hall any day, and go to the adult circus in Atlantic City. What I cannot do is see the dance majors perform, admire the incredible artistic talent of my fellow students and bond with them, meet parents from other walks of life and cultures, and show my parents the well-rounded, educational experience I’m getting because I’m going to the circus.

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**ODE TO ELEVEN**

Submitted by: Stacey Stangl

**To the editor**

Christa Hagan | Managing Editor

To me, Cedar Crest is something important to who I am, and who I have become. I have lived at home. When you walk around campus, it is common to receive a hello, or at least a smile from a perfect stranger. For many of us, our first visit to this campus was comfortable for ourselves as well as our families. As a senior, I can say that every year this college has changed in many ways. I am open to the change our college has gone through, but I have one concern I cannot ignore.

Though the eyes of a senior, I do not believe our new president truly understands what it is like to be a part of Cedar Crest. This college is precious and not like many other colleges so therefore, it takes time to truly understand the community and make connections. I am not expecting President Sherman to fully understand Cedar Crest in the four short months she has been here. However, I am expecting her to, as our slogan states, “Connect with Success.”

But this time, when I say “connect with success,” I mean connect with the past, present and future. The president’s tour is clearly a great way for her to make an impression with Cedar Crest Alumnae. In my opinion, the way President Sherman has been sold to the CRC community is as a top-notch fundraiser, which is a great asset to our community. Being visible to our Alumnae is imperative to her role. But what about the here and now? The classes of 2008-11 are the up and coming generation to donate to the college. We, as the current student body, need to feel heard and respected, just like the Alumnae. When my class and those to follow graduate, we want to give back to a community, as well as to a woman who helped shape our lives.

The inauguration of President Sherman is a great way for the college to finally celebrate her becoming a part of our community. Five-by-seven “save the date” reminder postcards were sent out, at least a month ago, for this event. But, what I think is more important than a save the date card, is a reason to celebrate this day. As a current student I have no motivation to attend this inauguration, yet. How many people know that our annual Earth Day celebration was moved so that it fit more “appropriately” with the inauguration week?

How many people realize that the newest second-in-com- mand of our college was a col- league of President Sherman’s during her term at Haverford? The community praises Sherman for her efforts in amazing fundraising at Haverford, but do we note that the area is much more affluent than Allentown? And I would like to receive my diploma on May 10, 2008 and say that I do know my president and that I have full faith within the decisions she makes regarding my alma mater. I may not be able to call her Jill, or PJ, but I do want to see her suc- ceed within this fine institution that I have called home for the last 4.5 years. I want to see her truly “Connect with Success.”

-Marra "Leni" Johnson, Senior

**Captain Pancake’s House of ROFL’s**

Submitted by: Rebecca Pancoast

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**Collecting veggies**

continued | page 8

leading cause of death in the United States. “We only need cereals, beans and vegetables to get all the nourishment we need to maintain good health,” says Gary D. Miller, Ph.D., R.D., and Associate Professor of Nutrition at Wake Forest University. “What difference does it all make? What difference can one person make if they don’t eat meat?” This is ultimately the most unreasonable argument I’ve been faced with yet. The amount of people that buy meat affects the amount of meat that is made. It’s a little thing you should’ve learned long ago that meat is too expensive for the average citizen to eat every day. I don’t like to receive my diploma on May 10, 2008 and say that I do know my president and that I have full faith within the decisions she makes regarding my alma mater. I may not be able to call her Jill, or PJ, but I do want to see her suc- ceed within this fine institution that I have called home for the last 4.5 years. I want to see her truly “Connect with Success.”

-Christa Hagan
The Better

Lauren Sanders

8

Today begins the National Novel Writing Month where over 10,000 people write a 50,000 word novel in one month.

50,000 word novel over the course of November’s 30 days.

National Novel Writing Month, or NaNoWriMo, which is Internet-based and has been in existence since 1999, approaches the process of writing as a sprint, not a marathon. “Make no mistake,” says founder and program director Chris Baty on the website, nanowrimo.org. “You will be writing a lot of crap.”

The point, though, is to force would-be novelists to forget their excuses (“I’d write a novel, if only I had the time—talent—energy—a million dollars—my own room—an ergonomically correct chair—my lucky feather pen—oh look, Grey’s is on…”), stop staring at a blank Microsoft Word document for fear of phrasing the opening sentence less than absolutely perfectly, and write. And write. And write.

I signed up for and completed the National Novel Writing Month challenge only once, as a senior in high school. I remember isolating the strain in my back and shoulders and behind my eyes, sitting at our computer as the gray pre-dawn eased through the skylight of the black living room the morning after I really, truly, committed to my novel: over 6,000 words in one night.

I wasn’t alone: one of the nicest things about Baty’s program is the overwhelming sense of community. I knew a few people who had signed up as well, and we pulled each other through the late nights and early mornings. On the website, there are a number of forums where participants can find support, answers to questions, or just a much-needed (but quick!) break from their own words.

Rachel Murray, a sophomore who achieved NaNo success in 2005 and 2006, is back for more this November. “I can’t wait to start,” she says of her plans for her upcoming novel: which is centered around “the bizarre, dreams and megalomanias.”

One of the main reasons Murray continues is the few words of caution to anyone who may be thinking about signing up: “The most important thing is not to plot out everything before November.” That may sound counter-intuitive – isn’t planning important? But part of the excitement of the month is the kamikaze-style approach to novel writing. Why not let your characters take you along for the ride?

Assistant Professor of English, Henry Marchand, admits that the idea of a strict deadline for such a creative process is not for him. “I’m working on a novel now,” he explains. “It’s taken me a year and I’m still not finished.”

But, he continues, “I think it sounds like a lot of fun. And anything that encourages people to write is a great thing.”

Novels are to be uploaded to the website by November 30 at midnight, and finishing is the challenge’s great reward – last year, there were 13,000 winners.

If you’re sitting on a story, now could be the time to write it. And look at the date! It’s November 1 – you’re only half a month away.

You asked for it...

Gianni Maftoo

ADVICE COLUMNIST

It has come to my attention that mothers are softer than ever. Last weekend, I went to a poetry reading at my eccentric fanatical mother. Barely able to understand anything coming out of her sappy mouth (due to the amount of crying she was doing), the only words I could decipher from the conversation were, “Broke up… he b-b-broke up.” My mother’s five-year relationship ended.

Part of me thought that my mom, frankly, didn’t like the guy, and part of me felt sorry because she is my mother.

My mother is a strong and independent woman, but after talking to her on the telephone, I realized that deep down, she is just as soft and plush as a teddy bear. I think that giving my own mother advice is the one of the most difficult obstacles I have tried to tackle, besides failing freshman Chemistry.

Break-ups are the worst ever, and if you have been reading the recent Creative News articles, I have been punching out, they have all been about break-ups. People deal with their own way, but situational issues every day. I know writing about them is redundant, but situation struck me, because this is my mother.

Even though she has been my ‘number one fan’ and ‘life coach’ throughout my twenty-one years of existing on this planet, I feel it is time to take control and help her out before she eats three boxes of Godiva chocolates.

And I finally had a chance to talk to her when she was coherent and not bowing her own head. She was explaining to me that she feels like it’s the end of the world, and that she is forty-seven and refuses to get back into the dating world.

When issues like this happen, of course, you feel that you do not want to go on and feel hopeless. I hate when people say that. When break-up happen, that is the time in your life you go out, have fun and do the things that YOU want to do. Exercise, garden, catch up with your friends, don’t sit in your house and mope around. Yes, you do need time to mend your heart, but while the band-aids are patching away, you must tell yourself that you have just entered another phase of your life, and a new beginning. If you tell yourself that you don’t care and you can’t find a mate, you’re never going to find one. Being positive is also key when the dreadfull break up happens.

I believe that fate is a big part. My mother probably will not walk into a Starbucks and find her Ken doll there, but maybe she will be shopping for groceries, or at the gym, when

FRESH OFF THE SHELF

Neutrogena Mineral Sheers

Lizz Nagle

SPORTS EDITOR

All natural, mineral makeups seem to be an upcoming trend with competitive cosmetic manufacturer. Women want healthy, natural looking skin, even when they have makeup on. I will admit I am no exception to this trend. I bought myself Neutrogena’s new line of blush, Mineral Sheers, in Rare Rose in hopes of capture a natural looking skin, even when they have makeup on.

The Claim: Neutrogena boasts Mineral Sheers is “a whole new way to blush.” The company assures makeup wearers that this new product is good for the skin, “an unprecedented way to blush.” The company also boasts Mineral Sheers is “a whole new look.” The company also assures makeup wearers that this new product is good for the skin.

Results: The blush, container and applicator are all in one machine. For application, you remove the cap and slide the clear hand down to reveal the brush. Then, simply turn the brush upside down and shake it about two or three times. All that’s left to do is apply the product to your cheeks (as much as you desire), slide the band back up, and cap your Mineral Sheers Blush until you need it again.

Neutrogena Mineral Sheers is the best blush I’ve ever tried, nowhere else. Not to a product. The design of the container/applicator keeps the blush where I want it, and nowhere else. Not to mention, I have complete control over how much product goes on my cheeks and over how rosy I need it to be. Where to get it: Mineral Sheers Blush comes in five different shades: Precious Pink, Natural Apricot, Silky Sable, Rare Rose and Pure Plum. You can pick one up in your favorite shade anywhere makeup is sold, or at Neutrogena.com for about $12.99.

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finding your place
Dr. Allen Richardson

My love affair with Vermont started in the early 1960’s. In my twenties I came upon that special place that seemed to know where to go. It’s present owner in Vermont’s northeast kingdom sold us a acreage up in the woods where we have built a vacation home. But, despite this history, I would not be considered a Vermonter.

A farmer once commented that my neighbor who has lived in the old family house for 30 years and first acquired it in 1957 was also not a Vermonter. It seems that designation is a special category reserved for persons whose ancestry, place of birth and current residence in the Green Mountain State have changed. It is changed as it is that there is a dimension of sacred space that undergirds the experience.

In fact, to the old timers in the state there are two categories of people. Vermonters and those who live “away.” Sacred space cannot be created.

When a church is constructed it creates a perception of the holy and re-defines the location on which the altar is built as sacred. When a Hindu temple is erected a priest purifies the ground so that the stone icon above it can become a vessel to hold the deity’s presence.

In both cases religious institutions may re-define the nature of a place. But they cannot make sacred space any more than we can create transcendence. But sacred space can be discovered.

How many of us in walking through a section of woods have come upon that special place that is unlike any other – a place that sings of transcendence and never gives us the words to explain why?

The college community has woven sacred space into another kind of sacred space. Last year we completed a renovation of Lee’s chapel which is located at the western entrance to Alumni Hall. The transformation included removal of the pews and altar furniture that had defined this space for over 50 years as a church. In their place we created a large open interfaith space with movable chairs and an altar on wheels that could be placed anywhere in the room. This is a beautiful quiet space that is available to any member of the Cedar Crest community regardless of religious affiliation.

It is probably the one place on the Cedar Crest campus where the dimensions of sacred space come alive and where the sounds of silence are overpowering.

The experience of sacred space is part of the mystery of being alive. We may not know why some places are so very special and why they sing to us in a very different way. But we don’t have to know where to go.

Everyday Religion

Poisonous spam kills e-mail

Brea Barski LIFESTYLES EDITOR

Imagine a disease that one in eight adults believes they have had in the last three months, that kills over 20,000 people a year just in the United States, that hospitalizes over 226,000 a year, yet is completely treatable. That disease is influenza.

While it is commonly thought that people are more likely to receive influenza from the vaccination than from everyday contact, studies show that this is not true.

On rare occasions, patients could suffer from allergic reactions, headaches, fever, and other unpleasant side effects from the influenza vaccination shot, but they will not come down with the flu.

These rare side effects are minor compared to the symptoms of the actual disease. Influenza is contagious.

Influenza causes high fevers of 100-104 degrees, fatigue, body aches, headaches, cough, sore throat, and runny nose. It is highly contagious.

The groups of people who are most highly encouraged to receive this vaccination, like most treatments of prevention, are older people (over the age of 50 or 65), young children (under age 12), and people whose immune systems may be compromised (people with diseases like HIV/AIDS or who are being treated for cancer). There are many other groups of people who should seriously consider receiving the influenza vaccination, though. One of the larger groups of people that is commonly overlooked for this vaccination is college students. People living in close quarters like dormitories should take preventative measures in order to ensure that there will be no epidemics.

The influenza vaccination is usually given for free at hospitals, clinics, and within the community. Cedar Crest College offers the shot for free to students as long as supplies last.

CCC Health Services saves lives

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YOU ASKED...

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November 1, 2007 www.cedarcrest.edu/crestiad ADVERTISEMENT

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Hula-hooping just got cooler. You may think it is only for playtime in elementary school, but think again. Courtney Clements is bringing back what it means to be a kid.

Clements is a senior Communication major who should have perhaps minored in art because this girl knows what is going on. Between her vintage/hippie clothing style, dread locks and Hula-Hoop art, Clements is a multi-talented student that can juggle her passions along with school.

Having had a background in art from family and various friends, Clements was inspired to create and design her own hula-hoops. Different from any other form of art, hula-hoops have become a substantial part of Clements’s life. It may seem like an odd hobby to obtain, but having influential people like her parents, who are musicians and artists, hula-hooping is a form of art in Clements’s world. Hula-hooping goes hand in hand with music, which is one of Clements favorite things. Listing to genres from bluegrass to funk to reggae, she goes hand in hand with music, musicians, and others to communicate. Moreover, the music, Clements, and even put in a recording studio. Her close friend, who goes to the group, explains that he and other prominent men behind this masterpiece associated director, are the three prominent men behind this masterpiece. However, many individuals worked during the summer. The website also states that “the long term plan is to turn the entire mall space into a music-related destination. To expand performance venues, create rehearsal space, include spots for music vendors and stores, and even put in a recording studio. The new area is also a fantastic way for those who appreciate music, music, and others to communicate. Moreover, the artists who perform at this venue are local and original. Also, depending on the performance, there may be special designs and arrangements. First instance, when the Phillky Funk Authority performs, there will be a vast dance floor. However, unlike many attractions in the local area, this venue does not feature alcohol as its main attraction. The main component is, of course, music.

Ritz, the die-hard musician of the group, explains that he and Roche did not know each other until recently. They began to get to know each other very well and discussed their business background and Clements then wraps the hula- hoop with black electrical tape for a base color. She buys different electrical tape to wrap around the hula-hoop so she can design them. Colors that she has used range from orange, blue, white, green, black, etc. Clements also uses basket weave to design her hoops.

There is also a difference between the 100 PSI and 160 PSI piping. The 100 PSI piping is heavier and harder to hoop with, and the 160 PSI is a light piping with which you can do more tricks.

“So far I have made hula-hoops for several people, including Guy Gray. His took me between 3 to 4 hours to make.”

Hula-hooping can be taken to extreme levels. People who pick up the hobby usually end up doing amazing tricks and hooping to music. Some avid hoopers even attach fire to their hoops and do tricks.

“Painting is rewarding because you can hang them on the wall, but the only people you have to impress are the people who see it, whereas with hula-hoops, I take them to concerts, festivals and parties and everyone can play with it, besides myself.”

Currently, Clements is trying to figure out a way to make hula-hoops that you can take apart, so they are more convenient when you travel.

Music Notes are abuzz at Merchants Square

Do you want a place to go where you can be surrounded by the resonance of your favorite music? Then you definitely need to check out the new venue space at Merchants Square Mall. This area has been turned into an all-out music hot spot.

Merchants Square Mall is a music hotspot. This area has been turned into an all-out music hot spot. The concert area is about 100 feet wide and the entire space is about 13,000 square feet, spanning two stories. Moreover, Mike Roche, the owner of the property, Sal Ritz Theatrical Productions, and Ben Jensen, the associate director, are the three prominent men behind this master-piece. However, many individuals worked during the summer, changing this space into a hot spot. The website also states that “the long term plan is to turn the entire mall space into a music-related destination. To expand performance venues, create rehearsal space, include spots for music vendors and stores, and even put in a recording studio. The new area is also a fantastic way for those who appreciate music, music, and others to communicate. Moreover, the artists who perform at this venue are local and original. Also, depending on the performance, there may be special designs and arrangements. First instance, when the Phillky Funk Authority performs, there will be a vast dance floor. However, unlike many attractions in the local area, this venue does not feature alcohol as its main attraction. The main component is, of course, music.

Ritz, the die-hard musician of the group, explains that he and Roche did not know each other until recently. They began to get to know each other very well and discussed their business background and the venue’s amenities, he explains that there are so many features, including private parking and “on-site catering.” Also, he says that many people have been calling about this new area from across the United States, as well as overseas! However, Ritz confirms that this is only the “start” of a much larger project.

The concerts at Merchants Square are abuzz with excitement. The venue is packed with people ready to dance and enjoy the music. The atmosphere is electric, with the sound of music filling the air. The venue is well-lit, with bright lights shining down on the performers. The performers are dressed in a variety of outfits, from casual to dressy. The music ranges from rock to hip-hop to country, and the crowd is dancing and enjoying every bit of it.

Concerts at Merchants Square are not just for fans of music. The venue also hosts other events, such as art exhibitions and film screenings. The venue is located in the heart of downtown, making it a convenient location for people to attend events. The venue is also kid-friendly, with a designated area for children to play and enjoy the music. Overall, Merchants Square is a unique and special venue that brings people together through music and art.
BRAVO! deserves an encore

Lizz Nagle
SPORTS EDITOR

After a long day of shopping at the Lehigh Valley Mall and its new addition, the Outdoor Shops, what could be better than sitting down to a nice dinner with your shopping partners in crime? If you choose to have dinner at BRAVO!, the brand new Italian Restaurant located in the Outdoor Shops, you will enter into a world of dim lighting, soothing Italian music, and warm smiles from the staff, which goes hand-in-hand with the warm atmosphere of the restaurant.

Upon entering this casual, white-tablecloth restaurant, you will notice two dining areas: one, a long bar parallel to bistro tables situated along a stretched out booth; the other, a cozy dining hall of different sized tables to suit any number of persons dining together. The décor of the restaurant is described as “Roman Ruin” (http://www.bestitaliansusa.com). The next thing you will notice upon being seated is the open kitchen. The kitchen staff is not somewhere far-off, in a cave, preparing god-knows-what for your dinner; they are happily cooking, boiling and saucing your dinner, right where you can see them.

BRAVO!’s mission states, “We will strive to be the Best Italian Restaurant company in America and we want our people to believe we work with the best. We will develop loyal, lifelong guests by delivering the highest quality food and service, to each guest at each meal and each day.’’ BRAVO!’ Development Inc. may not be too far from the goals set in their mission statement. The staff was friendly, speedy, and quick to explain anything on the menu, as well as make suggestions and point out specials. For appetizers, BRAVO! offers the unique Crispy Mozzarella Ravioli (fried cheese stuffed ravioli served with spicy marinara sauce and creamy horseradish aoili; $7.99) and a delicious, classic Lobster Bisque (a rich, hearty cream soup finished with a touch of sherry and garnished with a diced, poached shrimp; $5.49).

The menu also flaunts Pasta BRAVO!, the signature dish of the restaurant (rigatoni tossed with wood-grilled chicken and mushroom rooms in roasted pepper sauce $12.99), and Fennel Mediterranean (spinach, sun dried tomatoes, pine nuts, olive oil and Fetta cheese tossed with whole pata, $10.99). If you are looking for some protein, BRAVO! also offers a variety of meals from the Grill: Wood-fired Chicken Marsala ($14.29), Balsamic Marinated Chicken (14.79), or even Filet Mignon Toscana ($23.99).

For dessert, you can have Tiramisu (Lady fingers layered with coffee liqueur, Mascarpone cheese and cocoa, $5.59), Gelato in Vanilla or Mocha Crunch ($4.99), or Torta Di Cioccolata (rich chocolate cake with warm center topped with vanilla bean gelato $5.59). A couple can enjoy wonderful service, appetizers, entrées, dessert and coffee for about $70.00. BRAVO! is open daily for lunch and dinner. You can dine in, or order your meals “to-go” and pick them up at a separate order, so don’t be shy to customize any order for the kitchen to prepare. Stop in for a meal sometime, you may become one of their life-long guests.

Christa Hagan
MANAGING EDITOR

If you have to throw on Iron and Wine before going to bed, and Belle and Sebastian keep making their way onto your playlists, there is a newcomer that needs to be part of your collection. If the thoughtful lyrics of Joanna Newsome, Revolutions Spektor and Jordan O’Jordan are stuck in your head for days, then the lines of word-smith and musician Fionn Regan need to make their way into your brain. An article written by David Cheal in The Telegraph described him well when it said, “While there are aspects of his music that...[are] reminiscent of Nick Drake- he is his own man with his own unique soundworld.” Though he could be rounded into the vast category of “just a boy with his guitar,” just Regan and just his guitar make quite an impact with what they deliver: solid lyrics, elegant vocals, and catching melodies.

In regards to his success, his album might just be a great monument. The End of History delivers Regan’s solid sound, style and of course, delicately and beautifully crafted lyrics. The end? Oh Regan, I believe you are mistaken, because this has to be the beginning of something fantastic. In a world where predictable lyrics keep reappearing on the Top 40, and many songs just seem to be confused with one another, Regan brings no confusion. He stands out with lyrics from songs such as “Be Good or Be Gone”: “I have become/ An aerial view/ Of a coastal town/ That you once knew.”

Another note on his lyrics. How often do the subjects of cognac, author Paul Auster and “swans through a telescope” make appearances on popular radio? Well, the author of Timbuktu and The Brooklyn Follies, Hennessy and many songs just seem to be confused with one another, Regan brings no confusion. He stands out with lyrics from songs such as “Be Good or Be Gone”: “I have become/ An aerial view/ Of a coastal town/ That you once knew.”

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Christa Hagan - Musician
Fionn Regan

Great music is only the beginning
Tennis team concludes record-breaking season

Christa Hagan
MANAGING EDITOR

A young tennis team stood up to take on the season this year. With a single senior, no juniors, four sophomores and three freshmen, third year Cedar Crest Tennis Coach Lynn Pigliacampi had a young team on her hands. However, age and class year proved little as the team went on to break the eleven year-old school record for number of wins in a single season. The former record of eleven wins was topped this year when the tennis team finished the 2007 season with a total of twelve wins.

This year’s team improved its stats from previous years. When Pigliacampi first became coach, the team had seven losing seasons.

“The tennis team has made great progress since my freshman year, where we finished last in the PAC with only 2 wins,” said senior nursing major and team captain, Colleen Ford. “This year, we finished 4th and set school records for overall wins and PAC wins in a season. It was a great season and I am glad I was able to be a part of it,” Ford continued.

Pigliacampi said that she was “very pleased with how this season went. We had no room for error if we wanted that 64 spot to qualify for the Team Championships. We had some tough wins, but we did it, and that is due to the fighting attitude that the girls put into every match.” Record breaking and a fiery spirit were not the only things that the team brought with them for the 2007 season.

Pigliacampi praised not only the talent of the team on the court, but also spoke of their level of comradery. “What I really enjoyed about this team was that it was truly that... a team,” said Pigliacampi, “Everyone got along, and not only that, they had a lot of fun even though they were working very hard.”

Ford noted that this togetherness stood out. She said that the team “played well and got along really well off the court, which made a big difference.”

“I am extremely proud of these girls for what they have accomplished this year. I see a lot more great things to come from them, we are still a fairly young team and I think we will continue to improve.”

AOW leads volleyball in kills

Thersia Ault
STAFF WRITER

“She is amazing! Why? Because it’s Mac Lee,” said junior Sarah Campbell, a regular supporter of the volleyball team. This is the general consensus about sophomore volleyball player Mackenzie Lee, who was named athlete of the week for the week ending October 15. Lee hails from Bar Harbor, Maine, which had one high school -- Mount Desert Island High School. There she played four years of varsity volleyball, swinging from the junior varsity team to varsity team her freshman year. Lee came to Cedar Crest to play volleyball.

“I was going to go to an auto-motive school, but my dad said to me, ‘Don’t you want to play vol-leryball?’” Lee said, “That’s why I am here!”

The team is quite young, with only three returnees from last year, and it reminds Lee of her high school team, who played together for three years and were state runners up for two. “I hope that resonates with our team!” At least they will have the opportunity to grow with each other. “We all wanted to win,” said Lee, “we just didn’t.”

Her teammates love her free spirit, and love to play with her. Freshman teammate Keri Lasky had only good things to say. “She is a really hard worker, she’s very positive, and doesn’t give up. That’s nice to play with.”

Everyone who knows Lee, (who also goes by “Jean-Claude”) says one thing: “She is amazing!” Lee enjoys painting, dancing, and welding medal. She also likes cheese!