McGrath ‘74 named 18 on Fortune’s Most Powerful Women list

Elizabeth Kern | STAFF WRITER

On campus students participate in activities to raise awareness for breast cancer, but one student went the extra mile.

Rebecca Mower, senior Psychology major walked 60 miles in the Susan G. Komen three-day walk.

The walk took place Oct. 17 through Oct. 19 throughout the city of Philadelphia and surrounding areas.

Mower got involved in the three-day when her aunt was diagnosed with breast cancer in May. “When she came to me and told me, the first thing that went through my head was how can I help?” said Mower.

She mentioned that she wasn’t just walking for her aunt but for others who have died, are fighting or for others who might develop it in the future.

The National Institutes of Health estimates that one in eight women will be diagnosed of breast cancer in their lifetime. Of the 3,200 participants, approximately 480 of them have the chance of being diagnosed with breast cancer.

Of those participants, there were breast cancer survivors among the people just doing it in support of the cause. Mower added, “Unless they told you there was nothing distinguishing a breast cancer survivor from anyone else until the closing ceremonies.”

To participate in the walk Mower had to raise at least $2,200, but she went beyond and raised $2,600. She said, “Without the help from my friends and family, and the support from a few individuals on campus I would have never been able to do it.”

The three-day was no cake walk by all means. When the walkers were done for the day they didn’t retreat to their five-star hotel room, they resorted to their tents. “We camped out in a sea of about 1,900 pink tents. It was kind of amazing,” mentioned Mower.

The participants also had to shower in trucks. Medical tents were available to help with foot sores, blisters as well as other injuries.

When asked about the most difficult part of the experience she replied, “Going to bed in frost warnings, and then knowing in just in the industry.”

Earlier this year, McGrath was named number 49 on “The World’s 100 Most Powerful Women” list on Forbes.com. Criteria for making this list, according to Forbes, is, “Our annual ranking of the most powerful women in the world measures “power” as a composite of public profiles—calculated using press mentions—and financial heft. The economic component of the ranking considers job title and past career accomplishments, as well as the amount of money the woman controls.”

Just weeks ago, in early October, McGrath was honored at the 2008 YouthAIDS Benefit Gala, an event which raised $1.2 million in the fight against the global HIV and AIDS epidemic.

Other awards and honors to McGrath include the Community Achievement Award from the Do Something Foundation in 2008, the Founder’s Award for Rock the Vote in 2001, the Matrix Award from New York Women in Communications also in 2001, the Humanitarian Award from the Martell Foundation in 2003 and the Television Century Award from PRO-MAX & BDA in 2004.

McGrath has immersed herself in bringing awareness to teenagers and young adults through her involvement in various campaigns, including the Peabody Award-winning Choose or Lose campaign, as well as the Emmy award-winning Fighting For Your Rights series, including “Take a Stand Against Violence,” “Take a Stand Against Discrimination,” and “Protect Yourself,” an AIDS Awareness campaign on MTV.

Before becoming all that she is today, McGrath held a variety of other jobs, including a copy writer for National Advertising, a senior writer for Mademoiselle Magazine, copy chief for Glamour Magazine, and a variety of jobs for the MTV Networks Group before finally being named chairwoman and CEO in 2004.

Being the chairwoman and CEO of MTV isn’t just limited to MTV, however. As a part of Viacom, McGrath also holds networks such as MTV2, VH-1, CMT, Nickelodeon, TV Land and Comedy Central. In February of 2004, McGrath even
Security releases annual report on campus

Allie Scott
STAFF WRITER

Cedar Crest College Police and Security released the Annual Security Report. This report is given to us to remind us of the College’s commitment to our campus and concern for our students. Each year the security report is released to let us know what is happening in the Safety and Security department at the College; new updates are given to inform us on new things that Security is doing to keep campus safe.

It also includes safety precautions for the area around the campus so that our entire area is safe and not just the campus.

Safety and Security Chief Mark Vitalos said, “The main adjustments are the updated crime statistics reflecting crime that has occurred on campus during the year 2007 along with figures as to the current number of enrolled students and the number of faculty and staff employed by the college.”

One of the first issues stated in the security report is sexual offender registration. This statement in the report notifies us that Campus Sex Crimes Prevention Act (CSCPA) makes sure that we have an updated list of registered sex offenders who have indicated that they are enrolled, employed or carrying on a vocation at the College and, in turn, is required to inform the campus community.

The lists of offenders will be maintained and available at campus security and the office of the Dean of Student Affairs. The report also includes some brief statistics of how many students we have enrolled for the 2008-09, how many live on campus and the number of non-student employees.

It follows to inform us that we have 18 full- and part-time officers. They are trained in CPR, First Aid and trained to use the Automated External Defibrillator (AED) through the American Red Cross. To ensure our safety all of the officers are on campus 24 hours a day and act as the main switchboard operators for the College. They receive calls for assistance and promptly relay information to the patrol.

We are also notified all of the patrol officers and riders.

There are always two SUV’s patrolling the campus, the SUV’s are equipped with first aid kits and any other tool that they need in case of an emergency.

The College follows an all-terrain vehicle for patrol in areas not easily accessible in a SUV. Bicycle patrols with officers in distinctive uniforms also patrol the campus.

They also foot patrol all of the buildings on campus in order to make sure there are no unautho- rized persons or safety violations going on inside the buildings.

All of the buildings are locked and unlocked upon schedule and it is Security’s duty to lock the build- ings.

The report also talks about if there was ever a situation that everybody on campus needed to be notified about, they will make sure that everyone is given a timely warning.

They will notify by e-mail, e2campus, and post paper notifica- tions in bright colors all over campus so everyone receives the notifi- cation.

Compared to other schools in the Valley, Chief Vitalos said, “Our program is essentially the same as the other Campus Safety Organizations.

All may vary a somewhat in numbers, the amount of crime ex- perienced, policy and procedures, etc., but the common goal will be to protect the campus community and the property of the college.”

The security report follows to inform us about general procedures for reporting a crime or emergency of any sort. It also reiterates to us that we must report any and all violations of the campus code located in the student handbook which is given out the first week of each semester.

In the report and handbook we are notified about the hate crimes policy as well.

Within the closing of the report we are given lists of criminal offenses between the years 2005- 2006 that have happened on Cedar Crest College’s campus.

The lists are based on how many offenses dealt with disciplinary actions, arrests, hate crimes, offenses that happened on public property and in the residence halls.

This sixteen page Annual Security Report has been made into booklets and can be found in the Cedar Crest College Campus Security building, or online.

STUDENT GOVERNMENT ASSOCIATION

SGA revisits Senate goals

Hauna Colista
STAFF WRITER

When this semester first began the Student Government Association set out seven goals for the year. The meeting held on Oct. 10 discussed these goals, which ones SGA still needs to work on and which ones they are making progress on.

SGA wants to fill all sena- totor positions, better represent all students by filling all the com- mittees, hold a retreat for sena- tors per semester, gain respect and awareness from the campus community as leaders, connect with the student body and ad- dress their concerns, host a SGA sponsored event and be a better resource for clubs and organiza- tions that they can join together to sponsor some events.

While progress has been made in a majority of the goals, some senators and e-board members feel that there is still room for improvement. Kristen Allard, SGA president, stated that she would like to see clubs communicate with each other more frequently and organize programs together. In addition, SGA would like to further in- form the campus community on their contributions to the college.

Two committee reports helped closed the meeting. Finance Services Committee re- ported that dinning services is currently acting on previously- reported problems. Additionally, any students with food allergies can fill out an allergy declara- tion form. Then the Parking Committee raised the problem of parking behind Butz and Cur- tis Halls. Faculty has argued that there are not enough faculty spaces and they would like to see more spaces made available to them.

SGA meets every Wed. at 6:30 p.m. in the 1867 Room of the TCC. All students are welcome and encouraged to attend.

The Crestiad Fall 2008

Megan Ammons
Art and Entertainment Editor
Theresa Ault
Artistic Director
Braul Barakos
Front Page Editor
Leann Pettit
Study Break Editor
Asst. Athletics Editor
Liz Nagle
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Opinions Editor
Leann Pettit
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Liz Schoessler
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Gabrielle Augustine
Stephanie Beimert
Hauna Colista
Alex Edgerton
Jordan Dannah Hartman
Krisen Kaacson
Lindsey Kerr
Elizabeth Kern
Jennifer Leonard
Emmelou Lesko
Jocelyn Liberte
Sara Minster
Cathy Meyett
Kathryn Jones
Amanda Osborn
Lesley Sanger
Allie Scott

The Crestiad is a student run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available both in print and online at http://www.cedarcrest.edu/crestiad. In primary goals are to keep students in- formed about events and issues of concern to the Crestiad community, and to pro- vide staff members with an on-campus extra-curricular-quality media experience.

Students participating in The Crestiad receive academic credit for their participa- tion. The final responsibility for notes and decision rests with the edito- rial staff.

The Crestiad welcomes Letters to the Ed- itor on any subject as long as it is tasteful, co- operable, and signed with the full name of the writer. The Crestiad reserves the right to edit content, length, language and grammar.

The Crestiad is the student-run newspaper of Cedar Crest College and every member of the community is entitled to one copy- right of change. Additional copies of the report are $0.50.

Questions or concerns
If you have any questions about The Cresti- ad or concerns regarding the content, call the editorial staff and leave a message at 410-600-8666 ext. 3331 or e-mail crestiod@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allens- ton, PA 18014.

Guest columnists and letters to the editor may be submitted for publication by any student, faculty member or member of the public. Column should be e-mailed to The Crestiad at csm@cedarcrest.edu. All submissions should clearly state the name, address, and phone number of the author. Student authors should include major and class standing and faculty or staff members should include his or her position and title.
Jessica Korpics  

Henry Marchand (left), assistant professor of English, talks with Erin Nagle (right) and other community members and their children during Haunted Hartzel on Oct. 26.

Leslie Savage  
STAFF WRITER  
There are a lot of issues today dealing with underage drinking, especially on college campuses. When students come to college, especially ones living on campus and not at home anymore, they tend to rebel more and do things that they normally would not do if they were still to be living at home. Two of those activities are underage drinking and binge drinking.

College campuses are aware of this and are now taking even more precautions. Cedar Crest’s campus permits the consumption and the possession of alcohol only if the student is following the laws given by the state of Pa. and the college’s policies.

If caught on campus drinking or having alcohol in your possession while underage there are many consequences, not just from the college, but from the state as well. Cedar Crest has a no tolerance policy against underage drinking with consequences from being on probation, to almost losing on campus housing. Security does not give warnings and have different offenses that are given instead.

There are three different offenses for the violation of the alcohol policy which is stated in the student handbook. The first offense includes the student(s) legal guardians being notified, residence hall probation or disciplinary probation, community service, and there may be other consequences depending on how severe the offense is.

The second offense involves all of the consequences as the first offense except the student now has the risk of losing housing and would have to take a substance abuse evaluation. The third and last offense stated from the student handbook includes a conference with the legal guardian(s) of the student(s), a $300 fine, permanent eviction from the residence halls, and mandatory substance abuse counseling.

This is certainly not an issue taken lightly, and all the proper consequences are given depending on how severe the violation.

One part of these consequences is having to appear in front of the Honorary Judicial Board (HJB). “This is a board of students empowered by the Student Government Constitution to hear cases of perceived social violations” states the student handbook.

Their main concern with consequences is not necessarily give out punishments, but to educated the student and help them develop. Denise O’Neill, Dean of Student Affairs, who is on the HJB said, “We stress the importance of honor and integrity by emphasizing moral and ethical growth.” There is also more of the information about the HJB in the student handbook on pages 31 and 32.

The Resident Advisors (RA) of Cedar Crest do not give warnings either and the situation is directly reported to Security. The RA’s are there to make sure that the floors of the residence halls are under control and that everyone is safe. One of their main concerns with drinking in general is that everyone is okay, and no one’s safety is in jeopardy.

While speaking with Caitlin Billow, an RA in Butz Hall, about what RAs look for to notice underage drinking and enforce the policy she stated, “We basically just look for any activities that seem out of the ordinary, and one of the main actions that gets people the most for drinking on campus is being very loud, especially after quiet hours... We are just trying to make sure that everyone is safe, that is our main concern.”

When the RAs find underage drinking there is an incident violation report filled out, which is then reported to the Residence Coordinator (RC) of the building, and then the RA reports to campus security.

Billow also said that the number of underage drinking on campus is very low compared to the other college campuses. Mark Vitale, Chief of Security, said, “Even

Companies help raise awareness

Jessica Korpics  
STAFF WRITER

With a 12 percent chance that a woman will develop invasive breast cancer in her lifetime, it is no wonder that it has become the most common form of cancer among American women.

According to the American Cancer Society’s Website, www.Cancer.org, in 2008 alone there will be 182,469 new cases of invasive breast and 67,770 new cases of non-invasive breast cancers diagnosed and approximately 40,480 women will die from breast cancer. Between the years of 2001 and 2004, breast cancer rates have decreased by three and a half percent and are still decreasing. According to the American Cancer Society, breast cancer is the second leading cause of cancer death in women, only being topped by lung cancer. There is only about a 3 percent chance that breast cancer will be responsible for the death under the age of fifty.

Right now, there are about 2.5 million breast cancer survivors in the United States. This number includes both women that are still being treated for this disease and women that have completed treatment.

Despite common stereotypes though, breast cancer does not only affect women. Everyone is born with all of the cancer cells inside of their body and depending on whether or not those cells mature and develop, decides whether or not you will develop cancer.

While some cancers, such as testicular for men and ovarian for women, are only gender based, almost every other form of cancer can be developed by either sex.

With all of these factors, many organizations during the month of October have been raising money for breast cancer awareness and to inform people about this disease.

GIANT Food Stores and Kings Supermarkets are supporting breast cancer by lowering the prices on pink ribbon items throughout the store and are displaying posters around the store advertising information to customers about breast cancer.

Another thing that Giant is doing to raise money is that they are changing their original green bag to a light pink reusable cloth bag to a light pink reusable cloth bag. Another thing that Giant is doing to raise money is that they are changing their original green bag to a light pink reusable cloth bag. Another thing that Giant is doing to raise money is that they are changing their original green bag to a light pink reusable cloth bag. Another thing that Giant is doing to raise money is that they are changing their original green bag to a light pink reusable cloth bag. Another thing that Giant is doing to raise money is that they are changing their original green bag to a light pink reusable cloth bag.

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Errors are bound to happen and the misprinting of these images was an extremely unfortunate one. We appreciate everyone pointed our error in a thoughtful manner. We value all of our loyal readers, and hope that ranges from name-calling to physical and sexual abuse to so much as keeping a partner from seeing their friends and family. Errors are bound to happen and the misprinting of these images was an extremely unfortunate one. We appreciate everyone pointed our error in a thoughtful manner. We value all of our loyal readers, and hope that ranges from name-calling to physical and sexual abuse to so much as keeping a partner from seeing their friends and family.

Letting it out

Emmalee Lesko
STAFF WRITER

You know, it’s really difficult to write a story about something you just don’t talk about. Nobody talks about it. Not my mom. Not my dad. Not my boyfriend or my best friend. Nobody. We just don’t. It’s hard to talk about it, people don’t understand, or they get this I-feel-really-bad-for-you look, so it’s easier to just not say anything at all. But the truth is... I should talk about it. I should talk about it because other people can understand what I went through at such a young age, and they can hopefully learn from it. Maybe they can see the signs earlier than I did. Maybe I could help. So with this being said, here is the first time I am telling my story.

I’m not going to tell you how old I was, but I will tell you I was nain’t old enough. I went from being a good kid to a bad kid overnight, and even into a terrorfi ed kid by the end of it. I was a cheerleader. I was usually happy-go-lucky, an average hopeful teen and then after him, it wasn’t the same. I am talking about my ex boyfriend, and the guy who used to abuse me.

There were so many times that I would come home with bruises and the terrorfi ed look of fear on my face. There were so many times that I would come home with bruises and the terrorfi ed look of fear on my face. There were so many times that I would come home with bruises and the terrorfi ed look of fear on my face. There were so many times that I would come home with bruises and the terrorfi ed look of fear on my face. There were so many times that I would come home with bruises and the terrorfi ed look of fear on my face.

According to Domesticvio- lence.org, a site dedicated to saving women from abusive relationships, domestic violence isn’t just physically damaging, it can lead to a number of other issues, as well. It can lead to depression, anxiety dis orders, or even suicide and h o m i c i d e .

Many women and girls who are abused are only able to tell the truth is: I was embarrassed. It’s hard to know when it’s time to leave, that the abuse is not your fault. While there are many ways to stop domestic violence like removing yourself from the situation, calling help lines or calling the police, it’s seriously not that easy. You’re probably wondering why I didn’t go to the cops. Or why I didn’t tell my parents what was going on sooner...The truth is: I was embarrassed. According to Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today. Domesticvio lence.org, a site dedicated to saving women from abusive relationships, domestic violence is a big problem that many women are faced with today.
The article is part four of a four part series written by Hauna Colista about her family’s struggle through the diagnosis, treatment and recovery of a family member with a mental illness. The series will run in the November 6 edition.

Hauna Colista
STAFF WRITER

When my family first arrived at the ward, my mother felt uneasy. “Something in my gut told me that there was something wrong with this place. I didn’t want him there,” she said. Initially my parents were told my brother was going to a clinic for eating disorders. They soon realized they were deceived. What my brother was about to enter was not a clinic for eating disorders, but rather a psychiatric ward where kids were being treated for a variety of problems such as schizophrenia, pyromania or depression.

As my parents and brother entered Intake and a large man, let’s call him John, approached them with another gentleman in training. They all sat across from each other and began to go over some standard questions. Initially everything seemed “kosher” but soon the questions seemed a little less than standard. John told us, “Why are you eating?” and my brother replied, “Because I feel fat and I want to be skinnier.”

John followed with, “Are the voices in your head telling you not to eat?” There was a moment of silence. My brother gave the correct answer that he heard “voices in his head.” Why would this guy even phrase a question like that if he wasn’t trying to insinuate that he did.

All my brother could muster was “I don’t have voices in my head.” John wouldn’t give it up. Then he was telling you to not eat?” My parents jumped in at this point to put an end to the questions. Finally, over an hour later, intake was finished.

My mother’s gut feeling turned into wrenching and tearing in the center of her everything. My father was taking in as much as he could but wasn’t feeling any better than his wife. A nurse began to do over some procedures and paper work. The nurse described the privilege system.

It turned out in order for my brother to do anything, including calling home, he had to earn it. My mother fought with the nurses consistently about this. “You’re treating him like he did something wrong. He is not a bad kid. This has nothing to do with anorexia. He shouldn’t have to earn the right to talk to his mother,” she told them.

One of the days my mother came to visit him, he was reading a Little Golden Book. While these books are great for children in grade school, it was not interesting to a fifteen year old boy.


John looked up from the pages and said, “So I can call you.” My mother says it wasn’t earning the privileges that were the worst part of being at the psych ward. It was losing them.

He only lost them once during his stay and it was at a meal. At every meal he was required to eat everything on his plate. One morning he was eating eggs. The eggs had a strange consistency and were stuck to the bottom of the plate.

He scraped repeatedly at them with a fork, but they wouldn’t come off. He explained to a nurse that the eggs were stuck to the plate but she told him, “Eat them or lose your privileges.”

He didn’t stop. He sat and scraped his plate but couldn’t get them all off.

My brother didn’t call my mother that night. He couldn’t do anything. Above all else, something that my brother will always remember was the padded room. Most people might imagine it as something from the movies, that they don’t really exist. Well, they do.

My brother didn’t have to go in it, but he watched other kids his own age and younger get thrown in. A young boy, perhaps around seven years old, yelled and screamed for my family to play Candy Land with them one day at visitation.

My parents were thrown off at first but my brother just said, “Play.” The boy was angry and would slap their hands away when they tried to move their game pieces.

The next day at visitation my brother said, “Remember that boy from yesterday?” She nodded.

“Did he put in that room last night?” The seven year old was not the only patient put in the room but only one of many.

This place hurt my brother. He saw things that no person, especially someone his age should ever see. I can’t speak for everyone but I can speak for my brother. That place was mistreating him. He wanted to scream and he wanted to cry but he knew if he did that place would keep him forever.

One of the best things about attending the conference to Nowik was that she got to see how other advisors operate.

“It was a great way to learn about other schools,” said Nowik, who spoke with advisors who had caseloads in the hundreds. There were 3,500 people at the conference and one of them was like her, “There was no one like me who oversees advising and a million other things,” said Nowik.

“We’re very different because of how small we are and our structure.”

Another thing Nowik liked about the conference was its location. “Both teams were in the playoffs for baseball and it was fun to be there during it. The city’s atmosphere was electric.” She also enjoyed the seven sessions she helped such as Advising Athletes, Advising First Generation College Students and Advising Special Needs Students.

So next time you think your advisor is doing something to torture or be mean, remember: they’re there to help, not make life miserable.

Hauna Colista
October 30, 2008 www.cedarcrest.edu/crestiad OPINIONS

UNDERAGE DRINKING continued | page 3

though there has been a slight increase in underage drinking on campus, there are not many incidents on campus, especially when compared to the other colleges in that geographic area.

RAs are also aware of who is of age to consume alcohol and who is not, so they know who to keep more of an eye on. If there is a per- son living with someone that is of age and they are not, all alcohol that is in the room must be on the side of the room of the person that is 21.

Although there is no way to truly catch everyone under age on campus, Cedar Crest Security, the RAs and RCs of the buildings are taking the proper actions in trying to catch this being done because it is a serious issue, and it is breaking the law.

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Springfield 8, Cedar Crest 2

The Lady Falcons dropped their second straight game Thursday night at Cape Girardeau. Cedar Crest will return home to take on the Lady Pirates of Waynesville tonight.

The Hawks scored two goals in each half. The first half started with junior forward Lauren Hill scoring on a pass from junior midfielder Samantha Goos. To make it 2-0, senior forward Ashley Fullen scored a goal on a penalty kick.

Hauna Colista
November 6 edition

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November 6 edition

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Mixing drinks the Cedar Crest way

Dink my Donut

Hot Chocolate
1 oz Mint Syrup (It’s non-alcoholic and can be found in the bar mixer section of your grocery store)

This is the perfect drink for a cold evening after classes. And, if you’re over 21 and want to unwind just a little more, feel free to substitute Crème de Menthe for the Mint Syrup.

C-Lot

2/3 cup coffee
1 large scoop of Chocolate Ice Cream
Garnish with whipped cream

For the commuter over 21, feel free to splash 1 oz of Kahlua in for a little extra kick. Just remember to drink responsibly and NEVER EVER DRINK and drive!

Clinicals

Glass: Collins (Tall thin glass between 12 and 14 oz)
1 oz Bacardi 151
1 can Red Bull
1/2 oz Grenadine (float)

Prep: Fill glass with ice. Add Bacardi, fill to just below the rim with Red Bull. Float grenadine on top. Drink quickly through a straw.

Fifth Year Senior

1 oz Jack Daniels
1 Pint Colt 45 (or similar malt liquor)
Drop shot glass of Jack Daniels into the beer and drink quickly together.

Falcotini

Glass: Rocks (short, wide glass holds approximately 12 oz)
1 1/2 oz Scotch
1/2 oz Kahlua
2 oz Cream

Fill glass with ice and add ingredients to fill. Pour mixture into shaker and back into glass to mix well. Serve with the ice.

Triple Major

Glass: Shot
1/2 oz Anisette
1/2 oz Yellow Chartreuse
1/2 oz Blavod

Prep: Layer ingredients in listed order by slowing pouring over the back of a bar spoon. This should give a 3 color layered effect going from white to yellow to black from top to bottom.

Betsy Skotch

Glass: Rocks (short, wide glass holds approximately 12 oz)
1 1/2 oz Scotch
1/2 oz Kahlua
2 oz Cream

Fill glass with ice and add ingredients to fill. Pour mixture into shaker and back into glass to mix well. Serve with the ice.

Special thanks to Jacob Schwartz, a licensed bartender; for his help compiling these drinks.
**FUNNY FILL-INS**

Submitted by Allie Scott

Supply the requested words in the top section and then place them into the puzzle below where indicated to reveal a funny Halloween story.

**A Political Field Trip**

Adjective ________________________________

Presidential candidate ________________________________

Vice presidential candidate ________________________________

Plural noun ________________________________

Number ____________________________

Larger number ________________________________

Adjective ending in ly ________________________________

Oposing party candidate ________________________________

Feeling ________________________________

Superlative ________________________________

Past tense verb ________________________________

Past tense verb ________________________________

Past tense verb ________________________________

One ________________________________ (adjective) night after a debate, ________________________________ (presidential candidate) and ________________________________ (vice presidential candidate) decided to go to a bar for some ________________________________ (plural noun) ________________________________ (presidential candidate from above) bought ________________________________ (vice candidate from above) ________________________________ (number) shots to celebrate their debate. Well, ________________________________ (larger number) drinks later and ________________________________ (presidential candidate from above) started ________________________________ (adjective ending in ly) dialing on his cell phone, and guess who his first victim was? ________________________________ (opposing party candidate) of course!!

“ ________________________________ (name of opposing party candidate from above), I ________________________________ (feeling) you, you’re my ________________________________ (superlative) friend!” ________________________________ (presidential candidate from top) slurs into the phone. Suddenly, ________________________________ (vice presidential candidate from top) ________________________________ (verb) the phone right out of ________________________________’s (presidential candidate from top) hand and ________________________________ (verb) ________________________________ (president/vice candidate) off the barstool! At this point the two were ________________________________ (verb) out of the bar.

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**Astrological Meditations**

**SCORPIO:** (Oct. 23 - Nov. 21) The semester is winding down and work seems to be piling up. Don’t fret! Manage your time, organize your work, and remember to set aside time just for you.

**SAGITTARIUS:** (Nov. 22 - Dec. 21) You may go through some rough or stressful times, but in the words of Bob Marley, if you look to your friends “every little thing is gonna be all right.” Believe in your dreams no matter how far away they may seem. One dream may surprise you and become a reality soon.

**CAPRICORN:** (Dec. 22 - Jan 19) You know that itch you’ve been meaning to scratch? Don’t put it off anymore. If you let it go much longer it won’t be an itch. It will be a rash.

**AQUARIUS:** (Jan. 20 - Feb. 18) Pointy objects may not be your friend, but sparkly objects sure are! All that glitter really can be gold (or diamonds…) in the very near future.

**PISCES:** (Feb. 19 - March 20) It’s coming to another new month. Here is a time where you can have another fresh start to complete all of your goals.

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**Historical Happenings**

**October:**
- Dessert Month
- Stamp Collector’s Month

**Events of the Week:**
- Oct. 30 Devil’s Night (Mischief Night)
- Oct. 31 Halloween or All Hallow’s Eve
- National Magic Day, death anniversary of Harry Houdini, 1926
- Mt. Rushmore completed, 1941
- National Authors’ Day
- Prime Meridian Set, 1884
- MAD magazine went on sale, 1952
- First radio broadcast, 1920
- North and South Dakota became the 29th and 40th states, 1889
- The first animal in space, Russian dog Lika, 1957
- Public TV debuts, 1969
- Election Day
- The day King Tut’s tomb was discovered by Howard Carter, 1922

**November 1:**
- Richard Fairfield became first mail carrier in US, 1783
- First black woman elected to Congress, Shirley Chisholm, 1968
- George W. and Laura Bush’s 31st wedding anniversary, 1977

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**7 STUDY BREAK**

www.cedarcrest.edu/crestiad

Submitted by Gabrielle Augustine
Imagine, you are walking to Cressman Library, and you look up to the sky and see, what? The stars, the moon, planets, perhaps even a shooting star. There are plenty of lights that can be seen from earth on a clear night that are virtually unidentifiable to most people whose study of the night sky ceased in 8th grade science with the constellation tests. There are, however, people and organizations who have devoted their lives to the study of the night sky, of galaxies, of planets, and unexplained events. There are other worlds besides earth, so perhaps it is not all that inaccurate to assume that one of those planets may also harbor intelligent life. Yes, extra-terrestrials, aliens.

Inspired by the likes of ET, Planet of the Apes, and Mars Attacks, it's easy for a person to find themselves diving into the pop-culture-esque world of online alien blogging. Some of the sites are pretty extreme; there are numerous abduction testimonies, less extreme testimonies, less unexplained events. There are other aliens. The couple in this case participated with humans, but are not known to inflict harm. They merely practice deception as a form of entertainment.

When researching this alien-blogging subculture, a similarity that someone would notice are the specific species of Aliens that are defined similarly by many organizations. “The Rogue's Gallery of Aliens” is most helpful as it conveys a general overview of the six most common types of extra-terrestrials. So here is a guide to Alien Species, which ones to run from, and which ones will run from you.

First and most common are the Grays. 80 percent of all encounters with Extra-Terrestrials involve Grays. They are the thin, gray aliens with large hairless heads and eyes, no visible ears, and finely featured noses and mouths. Grays are depicted in the X-Files and are Spielberg's aliens of choice.

If you come into contact with a Gray, you can run, but you probably won't get very far. Grays are known as the abductors. The Hill Abduction of 1961 is attributed to Gray Aliens. The couple in this case participated in hypnotic therapy which enabled them to access repressed memories of their joint abduction.

The Grays abduct humans usually to experiment with breeding. They are thought to have a mass breeding program in an effort to produce hybrids, which are the result of a cross breeding of Grays and humans.

When discussing Hybrids, blogs often mentioned the Starchild Skull. It exists. The Starchild Skull was found in New Mexico in the 1930s. Lloyd Pye has devoted years to the study of the Starchild Skull which is a supernatural mystery. The Starchild Skull is unlike anything scientists and doctors alike have ever seen. It is said to belong to a 5 or 6 year-old.

The skull is questioned as being human because it does not suit the qualifications for being a genetic, congenital, or inflicted deformity. The brain capacity of the child skull is beyond that of the average adult human.

The Starchild Skull also has a significantly lighter bone mass, and a high degree of symmetry which disputes inflicted deformation. Also, contributing to the idea that the Starchild Skull is not of human make, is the placement and depth of the eye sockets, the lack of sinuses, and the lack of a father’s DNA.

It is thought that perhaps the mother was human, as her DNA is detectable, and the father Alien, most likely a Gray. The mother, in an attempt to keep her child from the Aliens who would come back to claim it, took it to a tunnel where she killed it and then herself.

Other aliens are the Nordics who practice telepathy. They are blind-haired, blue-eyed, and tend to stand between 6 and 7 feet tall. They use psychic powers to communicate with humans, but are not known to inflict harm. They merely practice deception as a form of entertainment.

One species of Alien to look out for is the Reptile. Reptile Aliens have a reputation for being violent. They are usually about 8 feet tall, have scaly green skin and reptile-like eyes.

They usually travel in small groups through fields or forests at night. They are known for laser weapons that will disable the victim, who they then take back to their ship to torture.

On a friendlier note is the Robotic Alien. Think R2D2, or even EVA from WALL-E. These robots are usually scavengers, taking artifacts from earth to bring back home to their planet. Some believe that the Robotic Alien works for the Grays, but don’t worry if you come across one, they are quite shy and will flee from any human.

Lastly is the Light. Remember the beginning of Paranormal? The light begins as a small moving speck in the distance and then it comes closer, glowing, wavering and suddenly a violent flash and the victim is fearfully curled in a ball on the ground. The Light is thought to be more intent on scaring the victim than anything else. Some witnesses claim to have experienced telepathic communication with them.

So, this Halloween, as you are out at night, stay clear of fields and forests, and don’t stare directly at ominous orbs of light. Keep in mind this article is simply an overview of Alien Species, there are more, like the Insectoid, the Hollogram, and the Dwarf, I encourage you to do some of your own research so you are prepared in the case of an encounter.

And if you pass an alien on Halloween, don’t just assume it is a child in costume. Aliens can be tricky and it is advised that you run.
Global Ghostbusters

Beth Kern
STAFF WRITER

"Tis the season for ghost stories and scary movies, but how many of us actually believe in them? We all know of haunted places in Pennsylvania so let's talk about global ghost sightings.

The Craig-y-Nos castle is just one of the international hot spots for ghost haunting. The castle is located in Swansea Valley, UK. The castle is actually an operating hotel that accepts reservations throughout the year.

Before becoming a hotel, the castle was a residence for both royalty and a place for sick children to go and take refuge. Now the newly renovated, modern hotel, offers rooms that are barely feet away from the once functioning hospital wards.

A team from The Paranormal World has set up cameras in these old paint peeling rooms with abandoned hospital beds so that viewers can have the chance to witness paranormal events. On Ghosts of America’s website, readers can search not only the U.S. for paranormal activity but for other countries as well. United Kingdom seems to have the most amount of activity but the stories are wild and sound like “you had to be there to believe it.”

It seems as though there have been two sightings of a young male ghost carrying a suitcase, walking the streets of Swindon and Marborough. One man tells readers that he pulled over to ask the man if he needed a ride and when the ghost replied that he’d rather walk, the man pulled away. He continues to say “I looked into my rear-view mirror and saw only the suitcase hovering in the air with out anybody holding it. I turned around and saw the man holding the suitcase, and he did not have a reflection in my mirror.”

Did this really happen or was it just another foggy day in the UK?

Moving over to Canada with a total of four ghost sightings, a man says that he has a ghost in his house. He reported that the ghost in his house seemed as though he had lost something and was hovering over the house looking for the missing item.

The man was patient with the ghost to let him search around his house. Perhaps he didn’t know how to get rid of ghosts.

In that case, it’s time to educate the public on how to get rid of their shadowy figures lurking around; yes, even Wanda, the ghost of Butz Hall.

Thanks to the people of ghoststudym.com there are now easy fixes to get these see-through peeks out of the house. First, you should try the “in your face” method. Let the ghost know who is boss and tell them you’re not afraid and that they should leave. If this method does not work try this one. Quartz is said to help purify energy so place a few chunks of the rose or clear quartz around the problem areas to help prevent unwanted haunting.

A kid-friendly method of getting the ghosts to stay away is to mix lavender and water and place it into a spray bottle and tell them to spray it at the ghost to make them stop bothering you.

Lastly, if all else fails, take the exorcist way out and call over the priest of your church to bless the house. It’s commonly heard that ghosts and other spirits can’t handle the sounds of prayer and are forced to leave. But if they are that stubborn you know who to call, Ghostbusters.

BIGFOOT: Fact... or Fiction?

Leslie Savadge
STAFF WRITER

The best part about Halloween, October 31, is that one can dress up for the night and be a totally different person and character for the creepiest day of the year. Halloween is about receiving that extra spook and being a totally different person and character for the creepiest day of the year. Halloween is about receiving that extra spook and being a totally different person and character for the creepiest day of the year. Halloween is about receiving that extra spook and being a totally different person and character for the creepiest day of the year. Halloween is about receiving that extra spook and being a totally different person and character for the creepiest day of the year. Halloween is about receiving that extra spook and being a totally different person and character for the creepiest day of the year.

Bigfoot dates back to the time period of the Indians. They believed that there was a large sasquatch like creature threatening the Indians to constantly migrate to different areas because they were intruding on the area of the sasquatch. Many people do not believe in Bigfoot and believe that opposite of others that the whole story and myth is a hoax.

There are many people that have sent in footage or pictures of a creature portraying bigfoot but there are many precautions that go along with these different pictures and videos.

People can easily dress up in a costume to look like Bigfoot, or there could be impersonated templates used of Bigfoot’s feet to make it seem as if he was in the area. There are also people who believe very strongly that bigfoot does exist and they go on many trips and outings to search for this Bigfoot.

One very serious organization that’s focus is to find Bigfoot is the Bigfoot Field Researchers Organization, also known as BFRO. This group of people has three different main groups that go out and travel across the US and Canadian region to try and find this mysterious creature.

According to the organization’s website, www.bfro.net, there have been many sightings that have been documented. But did these researchers really see Bigfoot or was it just a mistake for a large bear?

Asking for an opinion from students on their thoughts about Bigfoot, senior education major Brandyn Womer and senior theatre major Amanda Cloud both had something to say.

“I do not believe in bigfoot, but it is a good way to keep young kids out of the woods and out of trouble,” said Womer.

“I do not believe in bigfoot, I was even hiking in California this summer and did not see anything such as a Bigfoot,” Cloud said.

Although there are groups and different individuals that have a main goal of finding Bigfoot what if they are looking for something that does not even exist?

Bigfoot is just another myth that will never truly be fact, but just incase he is out there, be careful next time you are in the woods alone!
Wintersleep at Croc Rock Tonight!

Lindsey Janca
STAFF WRITER

About six years ago, in Halifax, Nova Scotia, Wintersleep was born. The band began recording music in an upstairs, but now they are full-time musicians, having toured in Canada, the UK, Japan, and currently in the U.S. Wintersleep is also the recipient of the 2008 JUNO Award for New Group of the Year.

Wintersleep is an Indie band that consists of five members: Loel Murphy, lead singer, and guitarist, Daniels on bass, and Jon Samuel who plays the keyboards and guitar and sings backing vocals. I recently had the opportunity to interview lead singer, Paul Murphy who shows success obviously has not gotten to the heads of Wintersleep.

The Crestiad: What makes Wintersleep different from all the other Indie Bands that are beginning to surface?

Paul Murphy: Ha, I’m not really sure. I don’t really pay attention to what other groups are doing. We have different songs. Otherwise, I guess it’s actually pretty similar.

PM: Who writes the songs?

PM: It’s pretty much a collaborative effort.

TC: Was it difficult to break onto the music scene?

PM: We started recording out of an apartment. It takes a lot of time to get recognition. Halifax is not one of the big cities, so it’s not easy to get recognized on a national scale. It takes a lot of touring... a lot of weird little tours.

TC: How often do you tour?

PM: All the time, six to seven months of the year.

TC: What’s the most difficult thing about touring?

PM: Well touring is like having a bunch of roommates.

TC: What’s bringing you to Crocodile Rock in Allentown on October 30th?

PM: Well, we’re on tour with Portugal the Man and Earl Greyhound. The tour began a week ago and will end on November 30 in Seattle.

TC: What can fans expect at one of your concerts?

PM: Lots of Rock N Roll... hah. Well, we’ll be playing songs of our newest record since it’s the most current. The sets are 30 minutes. Portugal the Man and Earl Greyhound are also great bands, so... yea. Fun times.

TC: I also see you offer Vinyls. Are all of your albums offered in Vinyl or just the most recent one?

PM: Oh, yea, we do have Vinyls for all the albums. Our latest one was delayed a little because a bunch of them got destroyed at the American Border...

TC: So what would make you happy music-career wise?

PM: Making records we like and supporting them through tours on a national scale. We’d like to tour more in the UK and the U.S.

If you would like to learn more about Wintersleep, visit their website at www.wintersleep.com.

The band, along with Portugal the Man and Earl Greyhound will be at Crocodile Rock tonight, October 30. Tickets can be purchased online for $12 or at the door for $14.

TINSELTOWN

“Betsy Skotch”

For anyone out there that wasn’t completely sure as to whether or not Madonna is a complete control freak, rest easy, your lovable Betsy Skotch has the answer.

Yes. According to The Daily Mail, Madonna’s soon to be ex-husband, Guy Richie, is telling council that Madonna planned their sex life weeks in advance so that it wouldn’t interfere with her workout routine, time in the gym, or even Kabbalah meetings. I personally don’t see any thing wrong with this scenario. I mean, first of all, hello, Madonna. She’s a busy woman! And have you seen Guy Richie? He should be thankful that Madonna’s even bothering to write some lovey’ into her busy schedule! Suck it up, Richie, you’re not gonna win this one.

So I absolutely love reality shows, and there’s no way that anyone will ever tell me that The Hills is scripted, (it’s completely not!) but I have a newfound respect for David Letterman after an interview the other night with Lauren Conrad.

Okay, so maybe The Hills is scripted a little bit. Because Lauren obviously didn’t know what to say, and we all know that her comebacks on the show are wayyy witty and have to be writ ten by somebody else. No, no they’re not witty at all. The Hills is real!

Okay Reality TV junkies, there’s definitely a reality show out there that stands out miles above that of The Hills. And that is FOX’s Gigme My Reality Show! which get this, a reality show where celebrities compete to get their own reality show. I’ll give you a second to process this.

Okay. You know, I don’t even have a response to this one, because I’m still processing it. If anyone actually watches that garbage and doesn’t gouge their own eyeballs out with their remote control, shoot me an e-mail.

That’s betsy-skotch@cox.net. Yeah, you’re not gonna find me in GroupWise.

White Orchids is blooming

Sara Messner
STAFF WRITER

Do you enjoy Thai cuisine or are you looking for something new and exotic to try? White Orchids is a restaurant that can be found right in the Promenade Shops off the Quakeronium exit. It is in a very convenient location so, not only can you eat some delicious food, but you can also go shopping.

White Orchids is a high end, casual restaurant. Prices range from about $15 to $25. The servers are very friendly and helpful if you have any questions. You truly get the Thai experience with the relaxing environment and Thai décor.

If you have never eaten Thai food before, you could start out with Pad Thai. This dish includes rice noodles, meat if you would like it (chicken, steak, or shrimp), small chopped vegetables, and crushed nuts with a wedge of lime on the side. It has a light, sweet taste and is a favorite of many.

Another popular dish, mainly for those who have had Thai food before, is called Red Curry. This dish includes a soup-like combination of chicken, vegetables, and bamboo shoots with a side of rice which the soup-like combination may be poured onto. It comes in a variety of spice levels for those who like a little extra zing.

If you are looking for a new drink to try that will go along with your meal, you can try Thai tea. It is a combination of iced tea and a sweet cream on the top. It can be mixed together to form a delicious beverage. Also, it is a BYOB restaurant so no alcoholic beverages are served, you must bring your own for a small fee.

White Orchids has delicious food at a good price, and it is only twenty minutes away. They are open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from 11 a.m. to 8 p.m. Give your taste buds a time to remember by visiting White Orchids!
Cute Is What We Aim For, not your average band

Cathy Meyett
STAFF WRITER

Three years after releasing their wildly successful sophomore CD, alternative rock band Shinedown returns with their junior effort, The Sound of Madness. Boasting the single “Devour,” which was used by the WWE as a theme song for a pay-per-view over the summer, the CD has a vast variety of songs, as well as a more mature effort. “The Crow and Demented,” definitely (laughs).

The band name (laughs), we wrote the song and guitars so hardcore, but are still heard well above the crash of the drums. The vocals on the track are well sung. The rest goes on in much the same vein as the other songs. There are violins on the song “Breaking Inside” that will break your heart, piano so dark on “Call Me” that it will make you think Evanscence wrote the song and guitar so frantic on “Energy.” “Son Of Sam” and “I Own You,” you’ll feel like you’re high.

The CD delivers everything it promises and more. If you want to learn more about the band go to www.shinedown.com.

Dave Mathews and Jason Mraz. But really we listen to anything.

“Our strength is that we have a different vibe and sound than that, it is still a good song. The guitars battle each other but are still heard well above the crash of the drums. The vocals on the track are well sung. The rest goes on in much the same vein as the other songs. There are violins on the song “Breaking Inside” that will break your heart, piano so dark on “Call Me” that it will make you think Evanscence wrote the song and guitar so frantic on “Energy.” “Son Of Sam” and “I Own You,” you’ll feel like you’re high.

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Emmalee Lesko
STAFF WRITER

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The CD delivers everything it promises and more. If you want to learn more about the band go to www.shinedown.com.
Support falcon athletes and design a game day t-shirt

Alyssa Kabat, president of SAAC, believes that the purpose of the contest is to “promote athletics and get people outside of sports involved in supporting the athletics.”

Holguin agrees, expressing that this contest gives the entire campus the opportunity to give their input and get involved with Cedar Crest’s athletics, not just those individuals already involved in the athletics department.

The guidelines for the “game day” t-shirt contest are simple; the t-shirt must somehow convey that a game is occurring on that day, contain the colors black, gold or white and it does not need to be sport specific in design. The design should be general in regards to the sport represented because the t-shirts will be worn by all the student athletes, not just one single athletic team.

Anyone interested in participating in the contest can pick up a blank t-shirt template in Lees 116 in order to draw their design. The entries should then be returned to the SAAC office in Lees 116 before the deadline. The winning design along with two runners up will be chosen by SAAC and will be used to create the new “game day” t-shirts. In addition, the student with the winning design will receive a prize from SAAC!

The deadline of the “game day” t-shirt contest is Monday, November 10th at noon. So pick up a t-shirt template, create a design and help support Cedar Crest’s athletic department and our student athletes!

Come support your Falcon teams

Tennis happy with 2008 season, looking forward to 2009

Sara Messner
STAFF WRITER

Editor’s note: Sara Messner is a member of Cedar Crest’s Tennis team.

Once again, the Cedar Crest tennis team wraps up the year with a winning record both in CSAC (6-4) and overall (10-7). Coming in fifth place out of the ten CSAC competitors, the team was satisfied. Although they wished to be in at least fourth place again this year, the team is keeping their heads up, and they are already looking forward to next year.

After listening to Elaine Penn, a motivational speaker that came to Cedar Crest to speak about tools for success, the team has decided to start setting their goals now and work hard for the future.

One thing that stands out about this team is that they never give up even when they’re having a rough day.

“We always try to support each other to our best ability no matter how we’re feeling individually,” said team member and sophomore nursing major Sarah Schopf.

“Sometimes I’m down a few games, but that doesn’t mean I can’t come back with a win. I think the whole team works that way as well,” said sophomore nursing major Amy Dichter.

“Our coach always tells us that we should try our best every game that we play. We’re hoping to devise a workout plan to stay in shape as well,” said Mallery.

The team has obviously decided to not dwell on the past but to learn from their mistakes to improve for the next season.

Athlete of the Week

Junior volleyball player Mackenzie Lee was named the Cedar Crest College Athlete of the Week for her outstanding play in the week ending October 27.

Score Box

Field Hockey
10/27/08 vs. Neumann College L 3-1
10/28/08 vs. PSU Berks L 3-1
Volleyball
10/28/08 vs. Neumann College L 3-0

The tennis team shows off how tough they really are as they pose for the camera in their party bus.