Lippert named coach of the year
Field hockey coach honored with conference award

Dannah Hartman
MANAGING EDITOR

When it comes to being named Colonial States Athletic Conference (CSAC) coach of the year, for this year’s recipient field hockey coach Marci Lippert it was truly an unbelievable experience. “The coach from Penn-Mercy called to tell me and she asked, “Is this the CSAC coach of the year?’” I said, “No, you must have dialed the wrong number.” I was very excited though!” explained Lippert.

In addition to being named the 2009 CSAC Coach of the Year, Lippert’s field hockey players also had accomplishments of their own. Players Rachel Oren and Ashley Jennings were selected to the CSAC Field Hockey First Team, Emily Seifert was named to the Second Team, Eryn Ziegler was named to the Honorable Mention Team and Tamera Grauzidz was named to the All-CSAC Sportsmanship Team.

All of their hard work paid off, this season of field hockey marks the most successful selections that the Cedar Crest field hockey program has had in its history.

For Lippert, the team’s achievements are sweeter because of both herself and her players, “The girls work so hard everyday in practice and in games. They deserve to be recognized for all of their dedication. To have the most in the programs history is just a testament to where this program is headed,” she explained.

Lippert’s players however, believe that the team would not have been as strong as successful this season without her as coach. Emily Seifert sophomore Nursing major said “I don’t think our team would be the same without Coach Lippert. She pulls our team together, we need it the most and always believes in us.”

Tamera Grauzidz, junior biology major with a pre-med concentration, agreed adding, “I think our team has great athletes on it, but Marci is a huge part of our success.”

Seifert explained that Lippert brings a positive attitude to the field hockey team at all times, “She is always encouraging us to play our best no matter what comes our way. Her positive attitude is what keeps our team going when it gets tough. She takes the game seriously but believes in having fun, which makes playing the game fun.”

Lippert’s use her positive attitude to influence those of the players as well; Seifert explained that the team has “million dollar days,” which are days before a game when the players only tell each other positive things.

Grauzidz added “Marci is a great person as well as a great coach. She makes practice fun, but also disciplines us when it is needed to kick us back in gear.”

Although a junior, this year marked the first year playing college field hockey for Grauzidz. Despite her initial doubts Grauzidz explained, “After playing this season with Marci as a coach I will most definitely be playing for the next two years, in which I plan to extend my stay at Cedar Crest for an extra year. Marci is one of the best coaches I have ever played for and has brought this Cedar Crest field hockey team very far.”

Congratulations to Lippert, whose accomplishment is truly a dream come true, she explained, “I wrote in my eighth grade yearbook that I was going to be a coach when I grew up. I always knew I wanted to do this. I love the sport, I love my team, and I love the challenges that arise every day.”

Planning for the future of campus

Morgan Keschl
STAFF WRITER

Cedar Crest may see game rooms, “collaboratories,” a Life-Long Learning and Graduate Studies Center and a Performing and Visual Arts Center and other projects, in the future.

Architects from H2L2 Architects/Planners LLC sought feedback on their ideas for the college’s improvement and modernization with a community meeting held in Oberkotter on Nov. 12 from 9:00-10:00 a.m. and 1:00-2:00 p.m. The architects of the company compared Cedar Crest’s facilities to what other colleges and universities have, such as comparing classroom and office space, and how the rooms are utilized. H2L2’s ideas for Cedar Crest came from talking with faculty, staff, students, administrators and alumnae over the past few months.

Donna M. Zalecky, project planner, and David Bubice, project manager, provided the community with their findings. After walking through all the buildings on campus and considering the rooms’ use and size, H2L2 wants to update classroom styles from the traditional setting to a more modern and creative style. One concept the duo explained in their presentation involved computer stations with booths, “collaboratories,” which would give groups of students all a comfortable view of the computer for group projects. There is also a dire need to remove classes from the basements of Curtis and Blaney Halls to make the campus buildings a whole more handicapp accessible.

Lees Hall is currently our biggest space to hold events, most recently the Inauguration of President Ambar, and it is only usable if it is modified in some way. H2L2 hopes to give Cedar Crest a more practical place for hosting events. The architecture company also found that access to and around campus is mostly one-way streets, and there are more secondary roadways (streets that are shared with the campus and city residents) for getting in and around Cedar Crest than roads specifically for the campus.

While these issues may need long-term care, improvements to already existing facilities include air conditioning in all residence halls, reunifying Financial Aid and Admissions with Academic Services into one location, and integrating Information Technology (IT) more on campus, perhaps relocating it and boosting its image.

SEPTA strike over

Sarajane Sein
STAFF WRITER

Philadelphia over the week-end may have seemed almost empty to onlookers, without its trademark huge SEPTA buses flying down the streets of Center City. The gallery, an underground subway mall normally a prime hangout for both college students in the city, was sparsely populated. Many college students found themselves attempting to find new ways to get to the schools they attended.

In the case of North Philadel-phia’s Temple University, many of its 33,865 students utilized the college’s shuttle buses, which would take commuters from Center City to the Main Campus, which is located an area normally serviced by the Broad Street Line.

One student who used the shuttle bus was Angel Young, a junior in the college’s Broadcast- ing, Telecommunications, and Mass Media program. “I liked the fact that Temple was reaching out to the students who live on the Broad Street Line. However, there could have been more buses at more times than every half an hour to an hour. I looked on the website when I found out about it and they only said it was running from 5 a.m.-1:00 a.m. with no frequency. Temple could do a better job with it,” Young recalled.

About the strike in general, she said, “It stressed me out to no end. I had to skip a few classes be- cause of the regional rail trains not

A day in the lives of the basketball team

Nico Maglio | Advertising Manager

Members of the Cedar Crest basketball team are pictured above during a recent practice. Ever wonder what it takes to be on a team like this one? Turn to the Features section for a closer look at a day in the lives of the basketball team.

For the complete story and more pictures turn to Page 6.
Artistic Awareness

Students use art to bring attention to domestic violence and the pain it causes

Autumn Drury

STAFF WRITER

October was the Domestic Violence Awareness Month, and this year also marked the 15th anniversary of the Violence Against Women Act. The U.S. congress enacted VAWA back in 1994, and has updated it twice since that time. According to the United States Department of Justice’s website, “VAWA recognized the devastating consequences that violence has on individuals, families, communities, and society as a whole...violence against women requires specialized responses to address unique barriers that prevent victims from seeking assistance from the justice system.”

Attempts like these, to help stop the violence that happens against women, are important when asking for society to make changes. Although October has come and gone there is still need to remember this very important cause. Keeping that in mind, it is easy to see why Cedar Crest would get involved in this cause. As usual, the college did it in its own unique way.

This all began when English professor Mary Snyder thought to complete some kind of art project for domestic violence awareness. She has participated in the American Cancer Society awareness mural project. Snyder recalled that everyone involved...

“Still Alice” brings light to Alzheimer

Morgan Keschl

STAFF WRITER

In the programs 34th year, the American Cancer Society is sponsoring the Great American Smokeout Health Challenge, and Cedar Crest is preparing to compete with the cravings on Nov. 19.

The purpose of the Great American Smokeout Day is to “make a plan to quit, or to plan in advance and quit smoking that day” according to the promoters of the day, the American Cancer Society.

Great American Smokeout is another way for the American Cancer Society to help those who want to quit smoking, aside from their hotline and online facts sheets. The American Cancer Society is a group of over three million volunteers who seek out those with “every cancer in every community” and for the education that can prevent bad decisions which may lead to cancer.

Although Cedar Crest College is not an institution with as many members as the American Cancer Society, their own volunteers will work for the same cause on the Smokeout by helping those who want to quit smoking.

Brittany Fikes, senior Genetic Engineering major and coordinator of Health and Wellness at the Lutz Center for Community Service, is coordinating the event on campus. On the Smokeout, there will be a table in the Lutz Center for those who are serious about quitting smoking to pledge to quit. Upon pledging, the participants will receive a pack of gum to get them through the first day. Fikes stresses that only the genuinely serious quitters should come to the table to register.

“We don’t want people to stop just to take the gum. We really want people to come for it to run as it’s supposed to.” Fikes said. She feels that the Smokeout will help smokers gage their ability to quit, since it the first day is difficult. “I think it will let them see whether they are able to do it, because 24 hours is a test. You may see that it is easier than you think,” Fikes said.

Cedar Crest is not the last stop for help. With helpers such as the Smokeout Countdown Clock and the Craving Stopper, the American Cancer Society offers technological help for quitting smoking on any given day. It is called the Smokeout Countdown Clock because those who want to participate in the Smokeout can use it to formatively prepare. The Clock and the Craving Stopper can be downloaded to your computer.

The Clock gives the smoker a 10-day countdown to the day they choose to quit, which includes many reminders why it is a healthy decision to quit smoking. The Craving Stopper is a downloadable game to help smokers surpass their cravings, which, according to the American Cancer Society, last about two minutes from the start of the craving.

According to the U.S. Surgeon General’s Report circa 1990, after going 15 years without smoking, “the risk of coronary heart disease is that of a non-smoker.” This goal may seem unattainable for now, but progress occurs within the first day; within the first 20 minutes of quitting your heart rate and blood pressure drops and after 12 hours, the carbon monoxide level in your blood goes back to its normal percentage.

Smokers may argue that the facts are biased because of the information coming from the American Cancer Society. However, in inquiring of their views to be fair, it is found that the cigarette companies do not openly offer their views on smoking.


The Crestiad

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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 www.cedarcrest.edu/news. Its primary goals are to keep students informed about events, issues, and opportunities on Cedar Crest College’s campus and to provide students with an on-campus internship-quality media experience.

Students participating in The Crestiad may acquire academic credit for their participation. The final responsibility for news content and decisions rests with the editorial staff.

The Crestiad welcomes letters to the editor on any subject as long as it is well-written, responsible and signed with the full name of the writer. The Crestiad reserves the right to edit for content, length, language and grammar.

The Crestiad is the student newspaper of Cedar Crest College and every member of the community is entitled to a one copy free of charge. Additional copies of the paper are $.50.

Questions or concerns
If you have any questions about The Crestiad or concerns regarding content, please call the editorial staff and leave a message at 610-496-4406 ext. 3313 or e-mail masthead@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.

Manuscripts and letters to the editor may be submitted for publication by any student, faculty or staff member of CCM. Columns and letters to the editor should be e-mailed to the The Crestiad as MSWord attachments. All submissions should clearly state the name, address and phone number of the author or authors. Student authors should include major and class standing and faculty or staff members should include his or her position and title.

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Traveling chefs serve world cuisine

Sarajane Sein

Staff Writer

Perhaps this could be seen as the transverse of a study abroad culinary program – in the Traveling Chefs program, culinary delights from around the world are brought to campuses.

On Nov. 11, from 11 a.m. to 1 p.m., Cedar Crest was visited by the Traveling Chefs, who prepared several dishes from different cultures for students to sample in addition to the food normally served in the Dining Hall.

“I always love cooking in front of people,” said Patrick Villa, the Cedar Crest traveling chef, who served up Masa Arepas. He recounted that he enjoys showing people how their food is made. He also said that he enjoys being a traveling chef because “it gives us a chance to show different cultures in a different light.”

“It’s fun for us because we get to go see different colleges,” said Bran Ritchie from Bucknell University in Lewisburg, PA, adding that “it’s fun to meet new students.” Ritchie supplied students with Bombay shrimp.

“It breaks the monotony. Keeps the kids happy,” agreed Sean Lockard, from Gwynedd-Mercy College in Ambler, PA. A chef also came to Cedar Crest from Philadelphia University in northwest Pennsylvania, giving students paratha, tomatoes, basil and arugula.

The Traveling Chefs program is run by Parkhurst Dining Services and colleges throughout the region participate in this program. The program occurs in the fall and spring, going to around ten different schools each semester.

“The while working with onsite executive chefs, Traveling Chefs prepare foods to order and in front of our guests using authentic ingredients and food preparation techniques,” reads a press release on the website of Arcadia University, another participating Parkhurst school which did send a Cedar Crest Chef. “Plus, chefs provide a culinary educa- tion” as they describe the dining culture of our featured countries, ingredients and local agriculture used to prepare the selections. Traveling Chefs will also make recommendations if guests ask for complimentary flavors. Traveling Chefs will visit cafes across the mid-Atlantic until the end of the year.

Cedar Crest students spoke favorably of the chance to try different foods with the arrival of the Traveling Chefs team.

“I thought they were really good, I tried the shrimp dish and it was better than the kind of stuff we usually have,” said Alyssa Cederberg, a junior Biochemistry major.

“It was a tasteful experience and I only wished that the food in the cafeteria was always so cultural and extravagant in nature. My taste buds were dingling with delight when I tasted the delicious bombay shrimp,” said AnTonee Byers-Parades, a sophomore Biology major.

In the Nov. 12 issue of The Crestiad the story entitled “In the News” ran: “In August over 100 people participated in a benefit to raise money for Trista Joy Lathern a women claiming not to have health insurance to treat her ‘breast cancer.’ After collecting over $10,000 at the benefit it was later discovered that she actually didn’t have cancer at all, but instead she had a new pair of $6,800 breasts. Trista Lathern was arrested on suspicion of stealing for the benefit money and also suspect that the parts of the vic- tims’ corpse were sold to a local kebab house. Local investiga- tors released a statement saying that the three homeless men were arrested on suspicion of attacking a man with hammers and knives and then chopping up his corpse to eat. The cases main witness, Mr. Hunter, a fellow from the perm region told mbuze that “after carrying out the crime, the corpse parts were eaten and part was sold to a kiosk selling kebabs and pies.” The statement released did not say whether or not pieces of the corpse were sold to customers.

Source: mbuze.com

Woman fakes cancer for free boob job

In August over 100 people participated in a benefit to raise money for Trista Joy Lathern a women claiming not to have health insurance to treat her “breast cancer.” After collecting over $10,000 at the benefit it was later discovered that she actually didn’t have cancer at all, but instead she had a new pair of $6,800 breasts. Trista Lathern was arrested on suspicion of stealing for the benefit money and also suspect that the parts of the victim’s corpse were sold to a local kebab house. Local investigators released a statement saying that the three homeless men were arrested on suspicion of attacking a man with hammers and knives and then chopping up his corpse to eat. The cases main witness, Mr. Hunter, a fellow from the perm region told mbuze that “after carrying out the crime, the corpse parts were eaten and part was sold to a kiosk selling kebabs and pies.” The statement released did not say whether or not pieces of the corpse were sold to customers.

Source: mbuze.com

Usher

Justin Bieber celebrates with the Righteous Brothers

Justin Bieber celebrated the release of his CD “My world” one of the most anticipated re- leases of the season. Bieber, a 15-year old Canada native that just released his second album, “My world” was not involved in the tracklist. The videos posted on YouTube led to a bidding war between Justin Tim- berthall and Usher. Bieber also posted a video thanking his fans for his success. Source: newsroom.mtv.com

Women on campus? Look again

In the News

Nicole Magloire

Mom refuses to be deployed

Sage Alexis Hutchinson on Nov. 21, an army cook and single mom, is facing financial charges after purposefully missing her plane to Afghanistan because no one was available to care for her son while she was overseas. Hutchinson’s attorney told the Associated Press that when her superiors learned of her decision they told her she would have to deploy anyways and leave him behind.

Kevin Larson, a spokesman for Hunter Army Airfield, said as- sociates don’t know what Hutchinson was told by her commandmers but the army wouldn’t deploy a single parent without someone to care for their children. The situation under investigation by Hutchinson’s commanders, Larson says “there will be no deployment while this situation is ongoing.”

Source: msnbc.com

Three homeless men arrested for cannibalism

Russia’s police arrested three homeless men suspected of butchering and eating parts of a 25-year-old man. They also suspect that parts of the vic- tims’ corpse were sold to a local kebab house.

Local investiga- tors released a statement saying that the three homeless men were arrested on suspicion of attacking a man with hammers and knives and then chopping up his corpse to eat. The cases main witness, Mr. Hunter, a fellow from the perm region told mbuze that “after carrying out the crime, the corpse parts were eaten and part was sold to a kiosk selling kebabs and pies.” The statement released did not say whether or not pieces of the corpse were sold to customers.

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**STUDENT GOVERNMENT ASSOCIATION**

**Students request “planners, please?”**

Jessica Kuc  
**STAFF WRITER**

SGA meetings took on a new format on Nov. 11 as a set time was designated for a specific concern to be addressed. Meetings will continue in this format so that if students are interested in voicing their concern on a specific topic, they know when to come and do so.

The topic discussed at this meeting was the lack of planners this year. In years past, students have had a planner provided to them with pre-scheduled events on campus printed in them. This year planners were not distributed and many students miss them.

Unfortunately these planners do cost the school a lot of money. If a student is not planning on using an agenda, money is wasted by providing her with one. Therefore it was discussed that planners should be distributed only to students who declare ahead of time that they want them.

Another proposed solution was charging a small sum of money for these planners to students with the possible exception of freshmen. However, students and senators who attended the meeting noted that they probably would not buy one. In the past the planners have not been big enough to write all assignments and events in, and larger planners can be purchased elsewhere.

The general consensus at the end of the discussion was that students want the planners back, but larger so they are more usable. Many students would like them to have stickers as they have in the past to put on test dates, and an individual calendar before each month’s planning pages.

In other news, e-board members have begun hosting office hours in the SGA office in the TCC. Senators will be able to sign up for specific times to sit in as well and be available to listen to any student concerns or comments.

One senator brought up the lack of a wheelchair on campus to be used in transporting injured students to and from Health Services. It was additionally noted that it may be difficult for a student to find a ride to the hospital in case of an injury or serious illness that is not critical enough to require an ambulance. These concerns and possible solutions will be further discussed.

Song Contest is tentatively scheduled for Winter Weekend (Feb. 19-20). Song Contest is a fun and competitive opportunity for each class, as well as alumni, to create a song with unique lyrics and perform it on win prizes. This old Cedar Crest tradition has been considered a big deal as each of the classes must keep their song a secret. More information on Song Contest will be available to students soon.

Three petitions were made by Bukin Society, Cedar Crest Christian Fellowship and BSU and the full amount of money requested was granted to each organization. The next SGA meeting will take place in the 1867 Room on Nov. 18. Students should watch for an email from SGA about the hot topic of the week and what time it will be discussed.

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**Master plan continued | page 1**

The H2L2 committee also has a list of potential building projects being discussed with the president and the College board. No decisions are finalized and Cedar Crest is not looking to extend its boundaries by buying new property. Depending on what projects are approved, some building on campus, such as Alumnae, Hutz, Curtis and Hartzel Halls, Lees Gym, and Allen House, may be removed or relocated on campus.

A Conference Center is in the discussion process, which may be in relation to the Performing Arts, Wellness Center or Campus Center. Having a conference center would create more space for large events on campus and serve as a meeting place. A Performing and Visual Arts center would bring together the Arts and Communication programs into one area rather than being scattered through campus. Academic buildings, used specifically for teaching, would take away the basement classrooms and also give Graduate and Lifelong Learning students a home for their special studies.

A “Centers Building” would be used as a multicultural center, and new residence halls could offer new living opportunities to students. Possible additions to campus may include an addition to the library, a parking garage, a Recreation and Wellness Center, and an addition to the Tompkins College Center (TCC). These additions may include a ballroom for student events on Friday and Saturday nights; a game room with pool tables, air hockey, a place for Wii parties and a TV, and club rooms for more student meeting places, which is needed at the College. Finally, an Early Childhood Education Laboratory School is being considered.

Between January and December, H2L2 and Cedar Crest will be in the process of discussing concepts, which will further lead to solutions and implementation in the spring semester. Based on the funding and if all factors act according to plan, the renovation project for Cedar Crest should be completed in at least 10 years and the Master Plan will be revisited every five years to keep the plan modern.

Mia Cruz, junior Marketing major and a student attendee of the community forum, has noticed that each residence hall has different privileges than the others. Cruz feels that the residence halls should be improved, in all fairness.

“Cedar Crest has always been saying it is about equality, but the residence halls haven’t made students equal, because students don’t have equal control over temperature and space,” Cruz said. “More space for students would be beneficial for everyone.”

Dr. James Brancato, director of Communication studies at Cedar Crest and meeting attendee, believes an open forum for the college community is the best way to have precision in decision-making.

“It was great that all constituents of the college were able to give feedback, because I think transparency is really important,” Brancato said.

Dr. James Ward, History professor, feels that the consultants gave a very informative presentation.

“The presentation by the consultants was very informative and constructive, and the format that was used with multiple overlays in the Powerpoint slides was very useful for those in attendance,” Ward said.

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**SEPTA Strike continued | page 1**

running on time (before I discovered the Temple Shuttle.) Attendance was down in most of my classes. SEPTA was very selfish going on strike because it basically held the city hostage.

This state of affairs in Philadelphia raises questions for those at Cedar Crest who may rely on the LANTA Metro buses, particularly the H bus (providing transport from Cedar Crest to Dorney Park, the Lehigh Valley Airport and the Lehigh Valley Mall) to travel to and from school and work. The Lehigh Valley area does not appear to have a back-up plan for commuters in the event of a strike, such as Philadelphia’s Regional Rail.

A request for a quote from LANTA Metro was declined by a LANTA Metro representative, stating that she was not available to comment on the strike.

A Conference Center is in the planning stage, so students soon.

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**Mural continued | page 2**

came in at different times during 5pm to 10pm on Wednesday Oct 28th. The mural remained on display in one of the art rooms in Alumni Hall until it was moved to the TCC where it will be displayed for. Placing this mural on display showcases just how important this issue is specifically to the Cedar Crest community, and beyond. According to a special report done by the United States Department of Justice, “99% of all victims of domestic violence are women.”

“It turned out better than I’d ever expected,” says Cruz, “I was pleasantly surprised. The Art Society pushed to have it put up and I think it got a lot of attention.”

Anyone who attended the community forum, has noticed that each residence hall has different privileges than the others. Cruz feels that the residence halls should be improved, in all fairness.

“Cedar Crest has always been saying it is about equality, but the residence halls haven’t made students equal, because students don’t have equal control over temperature and space.”

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Rachel Edgar
CRESTIAD SPECIAL

“Semester family! Semester family!” called Thien, the local guide from Destina-
tion Asia, as he herded us toward the bus. My Semester at Sea group and I were about to
embark on a three-day trip into the Mekong Delta with Thien. Our itinerary included a
journey by boat down the maze of tributaries of the Mekong Delta, a visit to a rice mill,
and a stop at the Cai Rang floating market. Before we even reached our first
destination, Thien had already taken to
calling us “Semester family.” Only moments
later we began calling him “Ba Thien,”
meaning “Father Thien” in Vietnamese. The
sixteen of us quickly became a family.
Our first stop was Cai Be, where we
boarded an oversized motorboat and began
our journey down the river, passing by small
islands where people fished along the river-
bank, picked fresh fruits from the trees, and
greeted them with a antral.

Next, we made short stops on several of
the islands. We watched as women made rice
paper spring roll wrappers, stirred a syrupy
mixture for coconut candies, and puffed rice
in big copper pots. Afterwards, we were taken
to a small restau-
rant to sample
local fruits in-
cluding mandarin oranges, monkey bananas,
jackfruit, dragon fruit, pomelo, and longan.
A blanket of humidity had fallen around us,
giving our fore-
heads a perpetual
sweat of shear
throughout the
entire journey. I
was also en-
volved in the
smells of Viet-
nam—a complex
mixture of silt
from the river,
fermented fish
sauce, pork
cooking over
charcoal braziers, tropical fruits, and jasmine
tea.
At least once in every country I’ve vis-
ited on my trip around the world, I’ve felt
a moment of complete contentment, a moment
where I stop and appreciate how amazing
the world is and how grateful I am to see it.
These little moments will always remain in
my memory long after the trip ends on De-
cember 14. My time in Vietnam was scattered
with numerous little moments like these, es-
specially as we traveled down the river. I never
stop thinking about how lucky I am to be
traveling, to be liv-
ing my dream of
seeing the world
and writing about
the things I experi-
ence. With a slight
breeze blowing
through my hair,
sun filtering through
the trees, I couldn’t
help but feel con-
tent.
This same feel-
ing came to me
again as I laid on
my cot that night,
draped in mosquito
netting, listen-
ing to the croaking
of frogs and the
stillness of the
night.

The next morn-
ing we left for Cam
Tho, where we ate a
lunch at a local
restaurant and visited the bustling market
filled with fresh produce, knock-off bags and
shoes, and various curios including “snake
wine” — a bottle filled with the brim with wine
and a preserved dead snake arranged neatly
inside.

After exploring the market, we headed for
the Khlong Pagoda to learn about the lives
of Buddhist monks from Cambodia. When
we arrived, the monks were deep in their
studies, but a few of the younger ones came
out onto the balcony to wave at us. Two of
the younger monks accompanied us to the
building housing the Buddha statue, but they
did not speak to us. Thien explained that they
were studying intensely for three months, and
then would return home to share their knowl-
edge with others.

On my last day in the Mekong Delta, we
visited a floating market in Cai Rang. The
market was made up of numerous motor-
boats, each filled with one or two different
things ranging from fruits and vegetables to
fresh fish. Families gathered on the boats,
straining laundry from one end of the boat to
the other, playing games, chatting, and help-
ing the occasional customer.

My “Semester Family” grew close dur-
ing our time in Vietnam, and we were sad to
give this trip ago to a beautiful country filled
with friendly people. We were especially sad to
give this trip ago to a beautiful country filled
with friendly people. We were especially sad to
give this trip ago to a beautiful country filled
with friendly people. And even though Thien,
who had helped teach us about his country and its people. Vietnam was,
by far, my favorite country so far on this jour-
ney, and I’m grateful I had the oppor-
tunity to experience it.

Rachel Edgar is a Cedar Crest College
student who is participating in the Semester
at Sea program. She writes a weekly series
that chronicles her adventures around the
world. This is Edgar’s seventh article about her
experiences, her previous six articles are available in back issues of The Crestiad
on cedarcrest.edu/crestiad.
A day in the lives of the basketball team

A journey to greatness

Words from the team

Megan Demutis, freshman Accounting major
“I started playing basketball when I was nine, and I played all four years of high school, I’m kind of nervous since it’s my first year here, but so far we all work very well together.”

Kelli Rickert, sophomore chemistry major
“Even though this is my first year I’m really excited, everyone is a lot of fun and cool, and really encouraging, I’m expecting the team to do well.”

Mackenzie Lee, senior bio-chemistry major
“I’m really excited and looking forward to seeing what this team can do on the court, and I know that the new faces and old faces will work well together.”

Like many other sports basketball requires commitment and dedication, well lucky for us our college team embodies those qualities. A day spent observing a practice allowed me to see that basketball is not an easy sport to play, but when your team is dedicated to not only the sport, but each other there isn’t any obstacle that they can’t tackle. With the upcoming season quickly approaching the Cedar Crest Falcons allowed me access to one of their practices, one of many that have helped them reach the level of technique they’ve achieved so far. Well don’t take my word for it here’s a glimpse at the practice that helped me reach the conclusion that the Falcons are definitely destined for greatness.

Words from the coaching staff

Coach Chad Werkheiser
“I think that we as a coaching staff are excited about the possibilities of this season, we feel that we will be highly competitive in our conference and our expectations for the season are to make playoffs, and our long term goals are to play in the championship game.”

Upcoming Games
11/20 Falcon classic tournament Lancaster Bible VS Cedar Crest College, 7 p.m. home game.
11/21 Falcon classic tournament consolation game, championship game 1 p.m. and 3 p.m. home game.
11/24 Penn State Berks 7 p.m. home game
11/30 Wilkes University Wilkes-barre, Pa. 7 p.m.

Layout and photos by Nicole Magloire, Advertising Manager
A beautiful visage, long slender legs, shimmering long hair; those are things you would expect that designers would look for in a model. Jutting bones, no breasts and absolutely no hips; not something you would expect, but it is something that they are looking for.

This is the reality of a tall, young woman standing up-right, with a protruding collarbone and, long emaciated arms holding her body for the photographer, is not necessarily the image you would have in your head when you are thinking about the fabulous life in the modeling industry, but sadly that is the reality.

According to Glamour Magazine, the average American fashion model is 5’10 and 115 pounds. As for size that puts her in a size 0-2 clothing. Now, for an American woman who is not a model, her average height is 5’4 and weight around 163 pounds fitting into a size 14.

In the modeling industry you must make certain requirements in order to model different designers. In a recent article in Glamour Magazine it was showed that if you are anything over a size 4, you are considered a plus size model.

Don’t blame it on the models though; it kind of isn’t their fault. When fashion editors do clothing photoshoots, they need to show clothes that are not even out yet. They need to go straight to the designer and get sample sizes of what is going to be out next season. Unfortunately the sample sizes do not welcome all models.

Most sample sizes range from 0-2, so if you are anything bigger than that, most designers will not have anything for you to wear.

In the Glamour spread for November there was a tasteful photo of seven naked plus sized models, that were anything but plus sized. But, they gracefully and proudly showed off their curves, and “extra” skin, that wasn’t extra. The photo was captioned with an article discussing that there was a new definition of gorgeous, and you don’t have to be super thin to be apart of it.

This article spoke to me on many levels, I found something about it: I am 5’6, I am over 138 pounds, and I am in between a size 6-8. I am happy with my body, I am happy with my loose skin and tendencies to have some love handles. What is wrong with that? I am also not completely unfortunant looking, so why can’t I model?

Well, I can, but only in the plus size category, which makes me giggle because I still fit into a size small, so what’s so “plus” about that? But, I also can’t win: If I model, I can be nothing but sexy than be healthy. I would rather a young woman look at someone with a little meat on their bones who is glowing with happiness and beauty from in the inside out and believe that that is the definition of what being beautiful is. This misconception of “real” beauty is one of the main reasons I personally believe is why there are so many young girls out there with low self esteem and eating disorders.

Super model Crystal Renn recently released a memoir called, “Hungry: A Young Model’s Story of Appetite, Ambition and the Ultimate Embrace of Curves.” Renn used to be a young fashion model who struggled with weight and eating disorders. In her memoir she discusses how she embraced her body and came to terms with womanhood. She is now, just as beautiful as ever, a plus sized model reaching out to young women and letting them know its okay to love your body as it is.

I do not ever want to open up a magazine and feel inferior, fat and unwanted. I want to see people like me, and designers welcoming me to wear their clothes and not tell me that my hips will never squeeze in there. I am more than sure that there are more women out there that feel just the same as I do.

I am 21 years old and I am just starting to come to sort of an accepted form of my own body. Of course by this time most models would have looked about like the stretch mark on my leg, or wide hips and tiny chest. For the longest time I felt I was not beautiful in any of that.

But being able to open a magazine and for once see women with curvy bodies, folding skin, and soft tummies, that make’s me feel almost a sense of relief! It lets me know that I am not alone, and not only am I not alone, I am beautiful. I want others to know that you do not have to be thin to be sexy, beautiful or superior. Your inner beauty and your true self is what makes you beautiful; there is nothing wrong with having a little extra love around your waist; embrace yourself, your body and your beauty.

Looking on the bright side

I am so grateful for everything that has ever happened to me, even the not so pleasant things. Even the moments of my life where I wish everyone just would disappear or perhaps something a little more painful, are moments I cherish.

That’s crazy when I read that back to myself but it’s the truth.

I wonder why I would appreciate the moments of my life that I lose someone close to me or fail that test so desperately needed to pass. It is because with each moment that passes I become wiser and a part of me that I did not yet know existed emerges and I transform.

Growing up I did not go to dance classes and I didn’t hold hands with the cute boy in class. I was the girl that sat alone and cried during recess because no one really wanted to play with her. I was just as fan of the world and the overly girty clothing my mother put me in.

When I was seven years old my family had a seven alarm fire and we lost every single thing we owned. We lived in a hotel for awhile because we had nowhere else to go. My brother nearly died in the Freshman year of college and I cried myself to sleep every evening because I could not extinguish the thought that I would wake up to my mother calling to tell me he didn’t make it through the night.

During my 21 years on earth I have been harassed, depressed, and practically homeless but from every situation I have learned something new and now I know that those moments have made me more than just a person. I am a strong woman.

I have been prepared for nearly everything and now I can show the others sympathy and empathy for I have been there.

Lance Armstrong said, “Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place.” Now that is a man who knows what he is talking about. However, when a person does not look for the comfort under the surface they cheat themselves and the people too close to them that the sharpen of their vengeance are hurt. However, this doesn’t mean a person can’t recover from their blow but the predator learns nothing.

Armstrong continues his statement with, “If I quit, however, it lasts forever.” When a person does not learn from their pain they quit on themselves. They don’t learn anything and are forced to inevitably feel it all over again.

My point is to remind people that they have to learn from their hardships rather than let them control you. Awful things happen to everyone and it is your choice whether or not to learn from them.

I feel like I have tried to arm myself with advice and for those of you out there that are at a difficult time, I hope you can take his wisdom to find your own.

Lindsey Janeway, Editor

The more the merrier

It has been challenging going through being the only child in a single parent household, with a very small family, to having two sisters, a stepfather, and an enormous extended family.

I feel like trouble getting everyone’s names straight during the endless holidays and birthday parties as well as weddings, baby showers, bridal showers. There is always some family event to attend and guess names to learn and try to remember.

It is easy to have an immediate family. Not only do I have a 17 month old sister, but also a four year old stepbrother. Cayliche is my stepfather’s daughter, and she lives with her mom. We see her every other weekend, and once or twice a week. She loves to fish and swim and is a ball of energy, growing up right in front of me.

Suddenly having a little sister, a big sister, and a step-mom has affected Caylinney greatly. It took some time to clarify everything to her, and it is still a little confusing sometimes.

When Samantha was born she did not understand why Sammy got to live with daddy and why she, Caitlynne, did not. Nor did she understand that Samantha is a baby and cannot always play the same games that Caylinney plays.

There has been some sibling rivalry between the two girls, but it has never been anything like sharing toys, but Caylinney is slowly adjusting to being close to Samantha, and often tries to teach her how to care for a baby doll or how to put together an alphabet puzzle.

Having an extended step-family has been a learning experience about what family really is. It’s not just blood relations, but the people that you love. What family really is. It’s not just about that constitute a family. I try to be a role model for both of my sisters, though Samantha is too young to appreciate it yet, and both have taken to me volume.

Caylinney turns five this Spring and I look forward to teaching her how to read. The large age gap eliminates any sibling rivalry that may have occurred if all three of us were closer in age, and I strive to be someone my little sisters can look up to.
We’ve all done it – cheered wildly when a great play is completed or, for example in baseball, booted a batter when he came to the plate. It’s your job to do that as a fan.

As a fan, it’s part of any game to root for your favorite team or player, but there are some who take it too far. Either with the help of alcoholic influence or just being overly exhubtant about who won a game, fans have been known to take the celebration over the line of decency and morality.

For some odd reason – perhaps it is the fact that I am a baseball fan – but when fans act wild after a team wins a game, it always seems like it is profesional baseball fans who have a hard time controlling their celebrating.

For example, according to www.myfoxny.com, when the Philadelphia Phillies became National League Champions, fans in Philadelphia ‘celebrated’ by climbing lampposts, turning over and jumping on cars. I don’t know about you, but I would be very, very, upset – and that’s putting it lightly – if someone started ‘celebrating’ by climbing lampposts, turning over houses and traffic lights. The so-called sport fans climbed on traffic lights and shouted, while a group of college girls flashed their chests to on-coming traffic.”

“The Red Sox have not won a World Series since 1918, but that does not give the sport fans the right to vandalize, destroy, and perform obscene gestures,” the article points out.

But when the celebrations happen at college and high school level sports, it can happen at any game. In February 2009, according to www.wkrg.com, two entire teams were punished or arrested for a brawl that broke out in a high school’s gym during a state play-off basketball game.

In 2007, according to www.findingcelebration.com, fans were shooting death threats to two of the opposing team’s players.

This phenomenon of excited fans vandalism and other crimes is not new.

According to www.ideaconnection.com, it was several centuries ago when Europe, specifically the United Kingdom, started obnoxious celebrations.

“In 1969 a football match between El Salvador and Honduras was blamed for sparking a brief but genuine war.”

Least 400 injured in a riot which broke out even before a match between Liverpool and Turin had begun,” states the website.

So, what are the solutions to this problem? I don’t know about you, but the violence just needs to stop. www.ideaconnection.com’s top two thoughts as to how and why fans behave the way they do. Number one is that people just like to fight and make huge messes they believe someone else will pick up. The second reason is the influence of alcohol.

I’m personally not a big fan of alcohol or beer being served at games of any sort. The labels on the cans or commercials carry the disclaimer of “please drink responsibly”, but most people don’t read the fine print. There are young children at these games – they don’t need to see at an early age what people look like when they are drunk.

When it comes to celebrating or being a fan in general, any sport is just a game. Its not life or death... life will go on whether a team wins or loses.

It is the fans that take it over the top while celebrating that ruins the game for the rest of us who are there to enjoy a good competition between two teams. So, remember to be responsible.

Being a fan is important – but do you really want to be arrested when you were trying to display your joy and excitement for your chosen team?

Lindsey Jancay| Opinion Editor

For anyone who has decided that no matter what I would always support troops. The last line of the poem properly captures the poet the soldier not the lawyer who gives us a right to a free trial; it is the soldier who salutes the flag, serves the flag, and whose coffin is draped by the flag, who gives the protection... the right to burn the flag.”

I am disappointed in all of us. I will no longer support the soldiers not the lawyer who has looked down on writing a letter to a soldier, or frowned at the soldiers that were met with the intent to send them to soldiers in Iraq. This war is affecting everyone and just because you may not know someone in Iraq or agree with the army does it mean your way of life isn’t being preserved because of them.

For anyone who has decided that no matter what we will always support troops there are many different things that you can do to show the troops that you support them. The website adoptasoldier.org will give you the information of a soldier in Iraq that you can write to and send care packages to.

It’s really not hard to show the troops in Iraq that you support them and after talking to the wife of a soldier in Kuwait I’m reassured that every kind word goes a long way. If you’re not sure what to write when you send your soldier a letter a start talking about yourself and end with a sentence telling them how much you care and appreciate all they’re doing for our country.

Believe it or not without the support of others no one can make it in this world, so let go of problems you have with the war and embrace the opportunity you have to make a lasting impression in someone’s life. Write a letter to a soldier today and show them that we haven’t and never will forget all that they’ve done for us.

Male and Female English Bulldog: Free to a good home. Vet checked and friendly.

If Interested Contact: chrisjerry210@hotmail.com

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FOR MORE INFORMATION

www.ideaconnection.com

FOR MORE INFORMATION
Public transportation needs new appreciation

Sarajane Sein
STAFF WRITER

“Cedar Crest College, please.” I say these words every Monday as I stumble to the front of the H bus, grabbing the metal rail and feeling glad that I paid attention to the appearance of random abstract art in Cedar Beach Park, always my indication that my stop is coming up.

I am always the only one to get off the bus at Cedar Crest. Having grown up in Philadelphia and with its instantly recognizable red-white-and-blue SEPTA buses, going to school in Allentown was a definite change of pace as far as transportation was concerned. In Philadelphia, if someone wants to get somewhere and they do not have a car, they can, in most cases, locate a SEPTA stop within a reasonable distance of where they are leaving and where they are going. SEPTA’s service ends around 11 p.m. or midnight for most buses, and the subway runs shuttle buses throughout the night.

Then, there is LANTA. LANTA’s failings are not in its lack of routes, but more so in its lack of frequency. The majority of LANTA’s bus routes run every hour, some less frequently, and stop running before 7 p.m. at night. For optimal usage of LANTA for a wider range of passengers, this should really be changed to supply a better option to the consumers.

One of the growing concerns in today’s day and age is global warming. A more effective LANTA bus system would, hopefully, reduce the usage of cars and thus reduce the amount of pollution being emitted by vehicles.

On a more local Cedar Crest level, more students using LANTA instead of cars would also reduce parking problems on campus, as well as reduce the amount of students having to pay fines for various parking offenses, besides saving money on gas and insurance. Students who do not have cars would have an easier way to get around Allentown to their jobs, entertainments, or ethical life sites.

However, in order for this to work, several changes would have to take place. Preferably, a LANTA stop could be added to a more centralized part of the campus (it is currently next to the Hamilton Boulevard Building). Also, it would be nice to see some sort of educational campaign underway to teach students about LANTA and how to use it, as well as the advantages of public transportation in general.

Another possibility would be to do what Iowa City, Iowa, has done for its residents. If they are attempting to get somewhere after hours on a route that normally runs, they can get a card and use it to ride a cab for free. This would require a government subsidy for the taxi cabs in the area, but it would also allow the government to decide whether subsidizing cabs or paying for more public transportation is more cost-effective (I would assume the latter, but apparently Iowa City begs to differ.)

These actions would have positive consequences for those on and off campus at Cedar Crest. Unfortunately, public transportation has not seemed to be as much of a priority in the Lehigh Valley as it is in Philadelphia. Increased governmental backing, both state and local, could also help LANTA to become more effective and better for those who use it. Michael Dukakis (former governor of Massachusetts) used to ride Boston’s public transportation lines to the governor’s mansion each day. Perhaps if public leaders had to use public transportation, they would make more of an effort to improve it.

Until then, LANTA appears to be making very slow headway towards becoming a better entity. Hopefully it will continue to move forward and will one day supply Cedar Crest students with a greener, less stressful way to get to school and elsewhere.

Dannah Hartman
FEATURES EDITOR

Trying to find the best local Italian restaurant? Hello google! Dying to find out the latest scoop on Khloe Kardashian? Thank you eonline! Need to know the scoop on Khloe Kardashian? Dying to find out the latest Facebook, Twitter and posting it on the internet. Sometimes, the peace sign makes its way into the picture as well.

The most disturbing part though, is where many of these pictures are taken…on or around a bed. Not only is this most likely past their bedroom time when they take these photos, but they’re over-sexualizing themselves and posting it on the internet.

Girls are not the only participants of this, guys do it as well, however they usually take pictures of themselves flexing their abs in a mirror with their iP R phone, rather than throwing up the Miley Cyrus peace sign or rolling around on a bed.

Then, after the photo session is over and the pictures are successfully posted, pestilence just so everyone is aware that they have new pictures. In addition to this, they often update their moods or statuses to once again, to explain that they have new pictures that people should comment on.

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In case you forgot the first time…”

It’s also noticed that im proper grammar and weird slang make its way into these updates, I’m not trying to sound like a geezer but seriously “omg new piktures lol?” Please remove the random z’s from your sentences and I might consider it.

This sort of repetitive update about new photos is not only annoying, it’s sort of sad. Do these people fish for compliments because they are insecure or because they love themselves so much? Either way, once these photos are on the internet, everyone can access them. Sure there are features to make your profiles private, but I’m sure people find ways around that if they really want to be a creeper.

I have no means have extreme animosity towards these social networking sites, but posting suggestive photos on these sites is risky and dangerous considering the many predators that lurk around on the internet.

“I’ll admit, I’m one of the 110 million MySpace users and one of the 300 million active users, 50 percent who log in everyday.”

It’s incredibly useful and has so many wonderful things to offer, yet why does it seem as though some people use the internet for the sole purpose of putting themselves out there… and by “putting themselves out there” I mean taking ridiculous pictures of themselves and posting it on the internet.

Not only is it most likely past their bed-time when they take these photos, but they’re over-sexualizing themselves and posting it on the internet.

Kissy face while of course, not looking directly into the camera. Sometimes, the peace sign makes its way into the picture as well.

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STUDY BREAK

Thanksgiving Fill-In

Fill in all the words that relate to the first Thanksgiving and the Pilgrims. Answers can be found at the bottom of page 11.

4 LETTERS
Fish
Land
Bean
Duck

5 LETTERS
Maize
Goose
Feast

6 LETTERS
Squash
Turkey

7 LETTERS
America
Samose
Tobacco

8 LETTERS
November
Plymouth
Pataxes
Bradford
Pilgrims

9 LETTERS
Massasuit
Mayflower
Wampanoag

13 LETTERS
Massachusetts

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ANNOUNCEMENT:
There has been a traditional bingo winner, so for the rest of the semester, it will be full card bingo with four numbers each week. Original cards still apply.

RULES:
The Cedar Crest College crest in the center of each card is a Free Space. Once you believe that your card has won, send an e-mail to crestiad@cedarcrest.edu including your name, the winning numbers and your relation to Cedar Crest College (student, faculty, staff). After you have sent the e-mail, you will be asked to mail the card to The Crestiad (Box 10) via campus mail.

NOTES:
Winners will be picked on a first come basis, based on the time the e-mails are received. The Crestiad is distributed on campus on Thursday morning, but is also available on Wednesdays at www.cedarcrest.edu/crestiad. Past numbers can be found in Crestiad archives. Visit www.cedarcrest.edu/crestiad to view old issues.

Submitted by Kristen Isaacson

Do you like to write...fiction? Non-fiction? Poetry? Want to see your work published and possibly win CASH prizes?
Then submit your work to preterite@cedarcrest.edu as a Word attachment for this year’s edition of In Other Words and the Writing Contest. Also seeking digital photography or other art work reproducible in black and white to feature in the Lit magazine.
Deadline is December 7th, 2009

For Questions, contact preterite
Logic Puzzle

The Thanksgiving break from school is a busy time for everyone. Use the clues below to find out how these four girls spent their break. You need to figure out what the last name is of each girl, who she bought a present for, what she bought, at what time she went shopping on Black Friday, what sale price she got on the gift and what she did the day before on Thanksgiving. If you need them, the answers are below.

CLUES:
1. The girl with the last name of Perez spent Thanksgiving with her boyfriend’s family.
2. Natalie, who’s last name is not Allister, bought a sweater, but not for her mother.
3. The girl who went to see a parade on Thanksgiving bought a gift for a family member at midnight.
4. Megan saved 20%.
5. After going to see a football game on Thanksgiving, Amanda Pinsley slept in the latest before getting her mother a gift.
6. In the order they went to the store, the girls are represented by: the girl who bought a television, Laura McGinty, the girl who bought a gift for her roommate, and the girl who saved 50%.
7. The MP3 player was 40% off.

Suduko

Decipher the Code

Can you get the Message?

Below is a secret message written in code. Using the clue provided, figure out the code for the whole alphabet and discover the exciting message.

Cedar Crest=
*The coded message will be revealed in next week’s issue of the Crestiad. Good luck!

Answers:

Logic Puzzle

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It’s not gluten. Gluten is, as defined by dictionary.com, “The mixture of proteins, including gliadins and glutelins, found in wheat grains, which are not solubilized in water and which give what dough its elastic texture.” In other words, gluten helps bread rise and keep shape, and also acts as an absorbent in food, which assists in maintaining moisture.

While this ordinary ingredient may sound delicious, it’s not a friend to those individuals with celiac disease. Webmd.com explains that celiac disease is a serious gluten intolerance that happens when gluten triggers the body’s immune system. If an individual with celiac disease ingests foods containing gluten, their immune system responds by damaging their villi, the tiny projections in the small intestine that absorb nutrients. Be-damaging their villi, the tiny projections in

In small amounts, add the chicken stock, while whisking the mixture. Using a pastry blender (also known as a pastry cutter), or two large spoons, mix the flour to the mixture, let it cook in the pan for 2-3 minutes, while stirring. Toss the bread. Add the salt and pepper, continuing to toss the bread. Preheat the oven to 450°. Combine all the flours, the baking powder, and the salt. Stir them up well so they are one. Sift them into a large bowl.

Sauté onion and celery in olive oil on medium low heat. Add garlic, rosemary, sage and thyme. Cook about 1-2 minutes, then re-arrange the mixture. Use a pastry blender (also known as a pastry cutter), or two large spoons, mix the flour to the mixture, let it cook in the pan for 2-3 minutes, while stirring. Toss the bread. Add the salt and pepper, continuing to toss the bread.
Lunch and a movie

If you’re going to have a date night, having a movie and a small snack is a quick and easy idea. While going to a theater can be fun, there are other alternative places to consider.

Theaters are great options for spending time together, especially during the cold months. However, sometimes theaters can be a bit expensive, and the food can also be on the higher end.

If you’re looking for a cheaper alternative, consider hosting a home movie night. You can either stream a movie on a large screen or watch it on a laptop. Just make sure you have a comfortable seating area and some snacks.

Another option is to find a free outdoor screening in your area. Many cities host free outdoor movie screenings during the summer. This is a great way to have a fun and affordable date night.

If you prefer to stay inside, you can always rent a movie and have a cozy night in. You can also make some popcorn and some snacks to enjoy while watching the movie.

By choosing to have a movie night, you can save money while still enjoying a fun and intimate date night. Remember, the most important thing is to spend quality time together and enjoy each other's company.
A holiday special: THANKSGIVING around the world

Elizabeth Kern
LIFESTYLES EDITOR

Having a hard time hanging a new painting straight in your house? App-solutely, there’s an app for that.

In a world where technology dominates it’s hard to ignore these tiny yet amazing applications, apps and software as well.

While most people are familiar with apps for iPhone there are also apps for other smartphones as well.

However, what type of technology though? Maybe it’s because these small but mighty apps help fight boredom with fun and games like Tap Tap Revenge. Tap Tap Revenge is like a Guitar Hero but it’s on the go and ready to play whenever you want.

“IT really marks the beginning of the mobile decade,” Bart Decem, CEO of Tapulous the makers of Tap Tap Revenge, told CBS in an interview. Decem continues, “And right now the iPhone and the App Store are where it’s at, it’s disruptive. There’s big opportunities and people are running to be the leader, and we’re one of those.”

With the musing theme, there is an app for when you hear a song and you know the name of it but it’s not rolling off the tip of your tongue. It’s appropriately named: Lyrica, developed by Shazam. This app is able to do it up to the source, usually speakers of your car, home, or radio and it will name that tune for you.

While most apps are free for everyone to download there are some that cost money but most start off at a measly 99 cents. The higher prices of apps don’t seem to stop people from buying them.

In an interview with CBS an app developer said: “I have every screen of apps absolutely full.”

You’ll find that apps aren’t gender biased. Upon entering the app store there are featured categories that have games for boys and girls. They don’t even discriminate on art. In fact there are games for babies and toddlers as well. These apps consist of flashcards of ABC’s or counting games.

Apps don’t have to be all fun and games; there are some other practical apps that can get you forgot-ten. While the iPhone and Blackberry app creation was founded by freed slaves from the United States.

Thanksgiving is a holiday in the Jewish faith that is similar to Thanksgiving. It lasts seven days and begins on the fifth day after the day of Yom Kippur. Going from one of the most solemn holidays in our year to one of the most joyous” as the Jewish Virtual Library states. During Sukkot, people erect temporary shelters to commemorate the past, and decorate these shelters, called “sukkahs.”

Germans also have a Thanksgiving Day of sorts. Fronternachtsfest is the name of the holiday, and it is celebrated to give thanks for the harvest. According to Bright Hub, this holiday has a particularly large significance in north Germany, and is one of a religious holiday than Thanksgiving is in the United States.

Both the Catholic and Protestant Germans celebrate it, and it is celebrated on the first Sunday in October. Gifrain, fruit and other har-vest are brought into the church in the morning, and they are blessed and then given to the poor. In rural areas of the country, cakes are made out of grain and hung on doors.

Thanksgiving is celebrated in Liberia, which is surrounded by freed slaves from the United States in the 1800s. They use this day to celebrate their freedom from slavery, as well as getting together with family and eating food such as chicken roasting, green bean casserole, and of course turkey, of which may be spiced up with cranberry pep-per and other spices, according to A Global World.

Cedar Crest students recalled traditions that centered around family and food for their thanksgivings.

Katie Mitchell, a freshman nutrition major, said that her family generally has a “small get together” over the Thanksgiving holiday, and indulge in “the full meal, ham…”

“We usually go to my grandparents’ and my dad’s family,” recalled Krista Cochran, also a freshman nutrition major, “I get to see my cousin and aunt that I only see at Thanksgiving.”

“A huge meal, just eating all day, hang-ing out with family, was how Gina Parada, a junior chemistry major, described her Thanksgiving, adding that it is “not a formal thing, just very family oriented.”

Elizabeth Kern
LIFESTYLES EDITOR

Workouts can be torturous, especially if you don’t do them on a regular basis. How-ever, this workout is bound to get your heart rate up and your turkey gut down.

With the holidays quickly approaching it’s hard not to think about all the carbs, fat, sweets, and processed foods we will be con-suming. Unfortunately, you have to do more than just think away the calories. It’s up to you to burn them all off. Have no fear though, because the fun workout has made a come-back.

Try these fun, fast and fit exercises to work on your problematic areas. While doing them it’s recommended that you listen to some upbeat tunes to really get you in the workout mood.

Start off with some rotating squats you want to start with your feet shoulder width apart and then squat down. When you come back up to the starting position rotate your upper body to the right side and then the left side. Repeat the movement for about a minute.

Next, go for some more leg stretches with a knee hug. Use a butt kick; then lean- ing towards one knee to your stomach then release and do the next leg. Follow those with one leg opposite you end you knee the ends hug with and bring it back towards your butt. Touch your ankle if you can and release and the do the next leg. Repeat with the pattern for another minute.

Lastly, do some side lunges with a punch. Take a wide stance and kick back towards the right side and “punch” down toward your foot. Repeat this step on the left side and do the whole cycle for another minute.

The Warm-up

As with any workout you should always start with a light activity to loosen up your muscles and get them prepared for what lies ahead.

The Workout

Continuing with those stuggles, try this stretch that will work your glutes and quads. Begin by lying down on your right side and grab your left foot and pull it back to your butt. You’ll feel the burn on the front of your thigh. Hold for 20 seconds. Release and roll onto your back and place that leg across your other leg and pull both legs towards your chest. This time you’ll feel the burn on the back side of your thighs and again hold for 20 seconds. Repeat the steps for your other leg and continue this exercise for the next two minutes.

Work off that arm flab with this move. Grab some free weights or if you don’t have any use your own resistance or better yet use those cans of cranberry sauce in the pantry and show them whose boss. Start so you’re bent over with your chest parallel to the floor and your arm extended. Then bring the arms up as far as you can without moving the rest of your body. Repeat this movement for another minute.

Keeping the free weights with you stand should width apart and you’re ready for the next move. Bring one knee back but don’t lose the rest in the bring it back to the oppo-site side of the body. In this position your hands with the weight will fall to the floor in front of you. Then take that leg that’s behind and bring the knee forward and make it par-allel to the floor and raise the same arm, as raised leg, and raise it straight up. Repeat the same movements with the opposite leg and arm. Continue for two minutes.

The Cool Down

Start by lying down on your stomach. Begin by raising your head and upper body as far as you can without using your arms. Hold that position for a few seconds then release. Push up into the plank position, arms extended and on the points of your toes mak-ing the body parallel to the ground. Continue this for one minute.

This completes the easy and refreshing 10 minute workout. Continue the workout and increase calorie loss by doing 30 minutes of cardio. Cardio doesn’t have to be hard work. Go for a walk around the neigh-borhood or take your dog; if you have one to the park for a walk. If you get bored easily, try doing intervals of running, walking, cy-cling, or rowing. Rowing is a great cardio workout because it utilizes the whole body with arm and leg strength.

This holiday, fight the bulge with these tips and enjoy your second helpings guilt free!
Imagine the good ‘ole days when soda pop cost a penny and a date to the movies was a mere five cents.

Well, the Roxy Theatre, also known on their website as “The Theatre Unique,” in Northampton has been keeping that dream alive, although not with quite the same prices. Nestled on Main Street at the corner of 20th Street, the Roxy Theatre has been the number one past time in Northampton for a countless number of years. The theatre was first opened on Feb. 1, 1921 as the LYRIC Theatre by Harry Hartman.

One-thousand seats with a stage, grand organ, and rooms for actors and personnel.

Today, the theatre has been a place to watch a cheap big screen movie. Over the years, the Roxy Theatre has been famous for its feature movies, such as Tom and Jerry or Bugs Bunny. Also, who could ever forget the “Let’s all go to the lobby” song that is played every time a movie is shown, encouraging customer to visit that refreshment stand? You are then directed magic shows, dance recitals, and even weddings! For two hours.

The theatre is dark upon entry, and the balcony hosts the old-fashioned tape reel movie projector in which the movie is shown through.

While you are being seated and waiting for the show to start, sometimes the Roxy’s organist will play a few songs to listen and to set the time.

Like other movie theatres, previews are played before the feature film. However, after the previews, the curtain closes and then opens to signal the feature presentation.

Compared to the Carmike or Rave, the Roxy is very plain. The quality of the video is not as good as the “digitally enhanced” super movie theatres of today, but it does not really matter since it still has the same atmosphere. The $3 fee is definitely a better value than the $9.50 at the Rave or Carmike.

One of the many memories that everyone should be able to enjoy is a visit to the Roxy. In the past, as well as the present, there are half the price of the others.

Over the years, the Roxy Theatre has been a great place to watch a movie, and you want to enjoy for a long, long time.

For more information, visit the theatre’s official website at www.roxytheaternorthampton.com which displays the history and show times of movies for the rest of the month.

Gossip Queens

Boy do we have gossip galore this week!

Recently canned from Dancing with the Stars, Aaron Carter has gotten himself into some trouble. This kind of trouble is actually worth tears (just like the tears we cried each week on the show). Sadly, the trouble isn’t that Maksim Chmerkovskiy met him in a dark alley. Mr. Carter owns the IRS more than $1 million in backed taxes! Ouch, guess you were hoping to watch Mr. Carter win a reality TV ball trophy for some cold hard cash.

Nicholas Cage has gotten himself into some bad spending habits over the past few years. Nicholas, maybe if you weren’t blowing your Con Air checks on dinosaur skulls, jets, meteorites and so many pets that you can’t keep track of. We are not press majors but if we do our calculations right if you minus half the useless junk you bought you won’t have to foreclose your homes!

GQ released their annual men of the year covers this week! Yummy! There will be a total of five different magazine covers so be sure to collect all the hotties. Our favorite cover has to be the funnyman of the year featuring the stars of The Hangover. Lookin’ good boys!

Could it be that someone has named Lady “No Pants” Gaga’s craziness? When Beyoncé’s new video “Video Phone” was released it had seemed like the two divas had switched roles. Gaga looked normal having no crazy makeup or sunglasses and wearing a long blonde weave. However, she still hasn’t found her pants. Seems that Beyoncé wanted all the craze on her and not have to Gaga the spotlight. She is shown wearing different bizarre hairstyles throughout the video and making many a sexual moves and faces.

Levi Johnston is being a big tease for his Playgirl issue. It turns out that he had some cold feet and none of the photos will be full frontal. Well from the picture that Playgirl has released we don’t like what we see. His extra hairy pits take up 50 percent of the photo, okay so maybe not but it’s still gross.

Last but not least, how could we forget to mention this weekend is the premiere of the Twilight Saga’s second film, New Moon. Stephanie Meyer, the writer of the vampire novels admitted in an interview that week that she is “a little burned out on vampires right now.” She’s burned out, how about we, the Gossip guru’s who have to hear about Edward Cullen and his stupid sparkly skin every 5 seconds.

Love,

The Gossip Queens
Law-Abiding Citizen successfully weaves a psychological thriller and Philadelphia culture on the big screen.

“Is it what you know, or is it what you can prove in court?”

Fast-forward ten years after the murder of a ten-year-old daughter, Layton, goes to witness the trial of the two killers. Ames’ lethal injection, however, has been sabotaged and the result goes far beyond “cruel and unusual punishment.” When investigators attempt to track Downey, the now-paroled killer, they find that he has been the victim of a savage murder. Thus, of course, leads them to Clyde, who was not all that he appeared. What follows is a game of cat and mouse in which Clyde, even while in prison, seems to be continually one step away from Nick and his team. When Clyde begins to target those who he sees as having let Darby get away with his daughter’s murder, Nick knows it isn’t long before he may be Clyde’s next victim.

For the second that “Law-Abiding Citizen” starts, the action never lets up for a second. It doesn’t allow itself to get bogged down in pointless love subplots or leads that lead nowhere. Also, while it presents questions about the fairness of the justice system, it doesn’t turn into a political diatribe as it could have. The characters are, on the whole, well-rounded and well-played, and the lead actors take charge of their roles.

Another part that stands out in this film is how instead of simply setting the film in a place and then just using it, “Law-Abiding Citizen” weaves its Philadelphia culture and mentality throughout the film. I saw this movie in a theater above five minutes outside the city, and the audience reaction to the use of Philadelphia was very positive—particularly a cameo appearance by Mayor Michael Nutter as a man holding a Bible for the woman who plays the mayor. At Nutter’s appearance, the crowd erupted in a mix of cheers and jeers; I doubt many outside the city would recognize the man at all. The use of Philadelphia’s layout also plays an important role in the film’s climax, which, although it leaves some unanswered questions, ties things up well.

I would highly recommend “Law-Abiding Citizen” for any fans of action-packed race-against-time psychological thrillers. A warning for the squeamish, however: you may want to hide your eyes when Clyde takes his revenge upon Darby. Just a warning.
Many of us have glided through four years of high school without a hitch; possibly as the captain of the cheerleading squad or maybe leader of the debate team. Having a sense of status in high school is what keeps students popular and probably makes their lives in high school much easier. But for some students, those four years isn’t such a walk in the park.

Sadly, some of those students who have it rough possibly end up with depression or anxiety, because they just do not quite fit in just as everyone else seems to. Many teens that develop depression or even suicidal thoughts become scared to talk about it, or even if they become comfortable with talking about it, resources are not readily available to them.

An organization called, To Write Love On Her Arms (TWLOHA), has been founded to provide possibilities for teens with depression and teach them that they aren’t alone. Founder, Jamie Tworkowski, developed this non-profit group in 2006 to provide help to those who suffer from depression, suicidal tendencies, addiction, and self-injury. Jamie has dedicated his life and this group to give people support and help them find hope and love.

“TWLOHA began as a simple attempt to tell the story of a friend in need of treatment, and soon became an internet phenomenon and global movement,” as stated on kepperspeakers.com. Tworkowski was desperate to help his friend overcome his issues so he posted a blog on MySpace and began selling t-shirts to help fund his friend’s treatment.

“Supported by the bands Switchfoot, Anberlin, and Paramore, TWLOHA became widely recognized in the music world, and its message was spread from venue to venue, across towns and cities all over the world,” as acknowledged on kepperspeakers.com. “TWLOHA now has the largest online audience of any non-profit on MySpace and Facebook, and has responded to nearly 100,000 messages from more than 40 countries, and donated nearly $500,000 to treatment and recovery organizations.”

Jamie has become widely known for his work as an inspirational speaker since the formation of TWLOHA. He has been interviewed by CNN, NBC Nightly News, MTV, and Spin magazine. He has expanded his work across the globe, as he gives frequent speeches of hope and community to many at universities and conferences, as far away as Australia and the United Kingdom.

Tworkowski officially made TWLOHA his life’s work when he can across the frightening words that, “two of three people with depression do not get help, and that the third leading cause of death among 18-24 year olds is suicide,” as stated on kepperspeakers.com. Tworkowski explains that his organization exists to, “encourage, inform, inspire, and also to invest directly into treatment and recovery,” as stated in his interview on halforus.com. He further explains that two and half years ago he met a girl that was denied entry into a treatment facility and her life was in a “really bad place.” She was in desperate need of help and he was there to give her hope and inspire her to make it through to the other side.

Because of people like Jamie, people who have addiction problems or depression or are attempting suicide, have a light at the end of the tunnel. They know that there are people that really want to talk and will not deny them the hope and love that they need to recover and become healthy and happy again.

Jamie and TWLOHA are currently nominated for an MTV Woodie Award, in the category of Good Woodie, which is, “the award for the artists whose commitment to a social cause has effected the greatest change this year,” as stated on mtv.com. To help support Jamie and his cause, visit www.mtv.com and vote for TWLOHA to win the Good Woodie award. Also, visit the official TWLOHA website at, www.twloha.com, to purchase really cool, artsy t-shirts or just make a small donation and help give hope to millions in need.
Basketball preps for this season

Rena Wallace
STAFF WRITER

The basketball team is all sweat and no sleep as they prepare for their first away game at DeSales University on Nov. 17. Following that game, they will have their 2nd annual Home Tip off Tournament with three other schools on Nov 20 and 21.

Head coach, Chad Werkheiser, who was the assistant coach at Cedar Crest for about 5 years, is getting the team ready for the new season.

“I really feel that we can be a competitive team in our conference. We have a core of players returning from last year, have transfer students, and several new freshman that I believe will make our team stronger than last year,” said Werkheiser.

The team has their expectations high after making it to the semi-final round in the previous season, and setting the record for the most wins in the school district. They would like to make it to the championship game this year, win it, and then head off to the NCAA Tournament.

Associate head coach, Valerie Donohue and Assistant coach Dan Donohue have also done a great job teaching the girls and preparing them for the future. Werkheiser insisted, “This makes my job a lot easier. It is easy to build on a strong foundation that Val has already set.”

Kelly Oakes and Kelley Cipriani, team captains are guiding a strong group of players. “I feel that we’ve picked off where we left off,” said Werkheiser.

For instance, Werkheiser said that Oakes is one of the most competitive athletes he has ever been around. “She is a hard worker that gives it all on the floor.” He pointed out that Lakeema Jones knows how to manage the game on the floor as well. “She inspires her teammates through her actions.”

While the team has lost extremely great players such as Sarah Campbell, the previous team captain, who will be missed for her strong leadership qualities and hard nose attitude, they continue to be upbeat.

Since last year’s epic wins, the basketball team has gained more confidence. Jones said, “We know what to expect now and everyone will work at their best.”

Centenary will be their biggest opposition this year. “They play a similar style of basketball that we do and they have a talented team returning this year,” said Werkheiser. “They are in our division and we will have to play them twice which allow both teams to make adjustments between the games. Last year we beat Centenary in the first round of the playoffs, so I know they will be looking for revenge.”

Their achievements as a team have allowed sports at Cedar Crest College to gain both recognition and respect. “Local papers covered ours wins and losses. In addition, they also wrote stories on players,” Mackenzie Lee, senior biochemistry major said. “President Ambarr attended many of our games as well.”

Come support our Basketball team this season!

11/17 DeSales University @ Center Valley, PA 6:00 p.m.
11/19 Falcon Classic Tournament @ Allentown, PA 6:00 p.m.
11/20 Eastern vs. Arcadia - Game 1 5:00 p.m.
11/20 Lancaster Bible vs. Cedar Crest - Game 2 7:00 p.m.
11/21 Falcon Classic Tournament @ Allentown, PA Consolation Game 1:00 p.m.
11/21 Championship Game 3:00 p.m.
11/22 Penn State Berks @ Allentown, PA 7:00 p.m.
11/23 Valley Forge Christian @ Allentown, PA 7:00 p.m.
11/27 Immaculata University @ Immaculata, PA 7:00 p.m.
11/27 Moravian University Tournament @ Bethlehem, PA 3:00 p.m.
11/27 Moravian University Tournament @ Bethlehem, PA 11:00 a.m./3:30 p.m.
11/27 Bryn Mawr College @ Allentown, PA 6:00 p.m.
11/27 Centenary College @ Hackettstown, NJ 6:00 p.m.
11/27 Philadelphia Biblical University @ Allentown, PA 6:00 p.m.
11/27 Keystone College @ LaPlume, PA 1:00 p.m.
11/28 Marywood University @ Allentown, PA 7:00 p.m.
11/25 Philadelphia Biblical University @ Langhorne, PA 6:00 p.m.
11/25 Cabrini College @ Allentown, PA 7:00 p.m.
11/25 Neumann University @ Aston, PA 1:00 p.m.
11/26 Baptist Bible College @ Clarks Summit, PA 7:00 p.m.
11/26 College of Notre Dame @ Allentown, PA 1:00 p.m.
11/28 Keystone College @ Allentown, PA 7:00 p.m.
11/28 Centenary College @ Allentown, PA 7:00 p.m.
11/28 Marywood University @ Scranton, PA 7:00 p.m.
11/28 Gwynedd-Mercy College @ Gwynedd-Valley, PA 6:00 p.m.

Spotlight: Cheerleading Club

Captain Katy Dauble is very enthused about the cheerleaders opportunities this year as she states, “. After a long year of building the team last year, the cheerleaders are definitely ready for their premiere this year. I was so shocked on how many girls were interested in being a part of the team, I wasn’t expecting so many people, but I’m really happy with the outcome. Myself and others that worked hard to build the team last year couldn’t have done it without the support of fellow students and faculty at the college. All of the encouragement to start the team and continue to make it grow really helped when building this cheerleading team. We have been practicing really hard and I can’t wait to show everyone what we’ve got. I think people will definitely be surprised. All of the girls on the team are really helpful with one another and we all use our background knowledge of cheerleading to help the team grow. The cheerleaders are also looking into going into competitions in the spring to do individual stunts off. Club member, Chelsea Ortiz, chimed in with, “Coming into cheerleading as a freshman was exciting because I wanted to continue the prior experience I’ve had in high school. It helps keep me active and I loved that the upperclassman on the team were welcoming and helpful with the major transition from high school to college.”

Compiled by Khyla (Brandt) Flores

The cheerleading club have fun participating in Fall Fest. Members pictured from left: Camille Clarke, Stephanie Frasier, Captain Katy Dauble, Lindsey Deutsch.
The Pats even used their final timeout to discuss their options was Belichick and his associates saying we’re going for it. listen in on the game deciding play call. What he overhead fense puts on their game face, right? Not in Belichick’s eyes. The choice would almost seem obvious with about two minutes remaining, and the Pats only up six points from the Colts, if they would go for it and fail, then that would put the Colts at great field position to pull out a win. So the obvious choice would be to punt the ball and make sure the Pats de- Colts at great field position to pull out a win. The Colts did enjoy the remaining minute and a half that they head and they used it wisely, finally scoring the game winning touchdown with 13 seconds remaining. The Colts did enjoy the remaining minute and a half that they head and they used it wisely, finally scoring the game winning touchdown with 13 seconds remaining. The Pats gave them plenty of time to strategize and formulate plays that would work and they did not have to rush their game at all.

Final Score: Colts 35, Patriots 34

Tomlinson received quite an inspiration before heading out to the field

Everyone loves hearing good news; especially when it could be the best news of one’s life. Receiving good news just gets people excited and pumped, and that was just the boost LaDainian Tomlinson needed on Sunday from his wife LaTorsha. Tomlinson stated, “It was weird. I thought it was going to be a necklace or something. But it was a pregnancy test in there. It was pretty special.” And the pregnancy test read a positive result.

When Tomlinson read the pregnancy test in the locker room he emotionally belted out, “My wife is pregnant,” as stated on nfl.com. That gift of life gave LaDainian the rejuvenation he needed, because he went on to play a fantastic game against the Eagles, finishing with a final score of Charger 31, Eagles 23.

Mr. and Mrs. Tomlinson were college sweetheart and have been together ever since. This present was especially extraordinary to the couple because, as LaDainian states on www.nfl.com, “Years ago, we lost a child so we’ve been trying again. God works in mysterious ways, and it’s a blessing we’re pregnant again.”

LaTorsha was previously pregnant with their late daughter back in 2004 and the baby was due in June of 2005. When LaDainian came home from the 2005 Pro Bowl held in Hawaii, there were complications with the pregnancy and they lost their daughter, whom they named McKiah Renee.

McKiah’s ultrasound picture was so special to LaDainian that he has carried it everywhere with him. LaDainian said on nfl.com that, “there is a special thing about having a child and your wife being pregnant.”

He responded to his wife with, “You’re amazing,” whom he referred to on www.nfl.com, “Years ago, we lost a child so we actually cried for about five minutes.”

Tomlinson couldn’t have asked for a better day. He found out he will finally become a father, he played an outstanding game, and the Chargers took a tie for first place in the AFC West with their win to the Eagles. Life can’t get much better than that.

Photo Source | www.thedon.com

LaDainian and LaTorsha Tomlinson are expecting their first baby.

Call Hank Moyer 610-395-2711
Email: kodaikid@yahoo.com

(Muhlenberg Alumnus)
Cedar Crest Volleyball recently finished up an exciting season. With a CSAC record of four wins and seven losses, and an overall record of nine wins and 16 losses, the team is enthusiastic about their improved record since last season and hopeful for further progress in the next.

The team consisted of seniors, Danielle Niles, Jesenia Holguin, Amanda Dombroski, Courtney Thomas, Jackie Tuttle, Devin Ursini, Kelly Oaks, and Makenzee Lee; junior Lauren Seale; sophomores, Katelyn Double and Marie Polzella; and freshmen, Noelle Aguilar, Kimberly Katsigianis, Amber Getz, and Sandip Kaur.

Much of the team's success has been attributed to their ability to work as a team and to communicate. "I am happy about the intensity everyone added to the team," said Oaks, senior, "I am also happy about all the pregame stuff that we made up, such as rhythm claps, team chants, specialized handshakes, and situational cheers. This group managed to bring together a diverse crowd of individuals and makes something real, a team."

Double, sophomore, said, "I was also very pleased with the amount of communication that went on during playtime. I feel like we bonded as a team this year, on and off the court, and I'm really going to miss that, especially the seniors."

The team will be losing half of its members to graduation this year, however, returning players are optimistic. "I am looking forward to next year because I think we will have a completely new outlook as a new team. We had a lot of seniors leave this year, which leaves a lot of room for change and surprise for next year." explained Double. "I still cannot believe how different our team is going to be next year, but I'm looking forward to all of the different possibilities!" said Kat-sigianis, freshman.

Even when the team hit rough patches they strove to remain optimistic and supportive of each other. "Everyone was so supportive and encouraging it was just a place where you wanted to be," explained Oaks. "I'm proud of those who stuck it out during the good times as well as the bad and in the end, keeping their heads up. We went through a lot together and together, we overcame the endeavors," said Katsigianis.

The team also inspired others to overcome hardship. Together, the team attended an on campus speech given by the Breast Cancer Awareness group to show their support and desire to learn more about the subject. The team also dedicated their Oct. 17 game to the cause (see below.)

"I felt our season went really well! We were the underdog in so many different situations and were still able to come out on top," said Katsigianis. "I was happy that we came together as a team towards the end of the season," said Seale, junior, "We played well against some tough teams."

The team is enthusiastically anticipating their next season on the court.

The senior volleyball players have enjoyed playing their last semester and will be greatly missed. Pictured from left to right: Kelly Oaks, Amanda Dombrowski, Courtney Thomas, Danielle Niles, Jackie Tuttle, Devin Ursini, Makenzee Lee, and Jesenia Holguin.

The Volleyball team celebrated Breast Cancer Awareness month during their game against Cabrini College on Oct. 17. Sophomore volleyball player, Katelyn Double states, “The Breast Cancer shirts were for our game supporting cancer awareness month. We wore them during warm-up and each player dedicated the game to a family member or friend who fought and survived cancer or died from cancer.”

Compiled by Khyla (Brandt) Flores