Class of 2012 gathers for Ring Ceremony

Ring Ceremony symbolized a start to a new chapter in my life; moving onto nursing classes and into my career. I felt it went very well, and it is something that I, and my classmates will always remember.”

-Danea Hauck
Ring Ceremony Co-Chair

Dead Man’s Cell Phone
Danyla Frazier
PHOTO EDITOR

Dead Man’s Cell Phone, made its appearance on campus this previous weekend. The play premiered with Dead Cell Phone Day, which shined the spotlight on students and professors, willing to give up their cell phones for twenty-four hours.

Dead Cell Phone Day was intended to emphasize a theme found within the play and show the strong relationship between a person and their cell phone.

Tim Brown, director of Dead Man’s Cell Phone, drew upon this theme to make the play a success.

However, the play was not only about cell phones. It was also about the connections that people have with each other, and depicted technology as a barrier that keeps humans from making these connections.

Both Dead Cell Phone Day and the play itself, have themes that establish connections with people on the issue of technology.

Smart savings
Michelle Palmisano
ATHLETICS EDITOR

College students, especially the seniors of 2011 that will be graduating this May, are always thinking of life after college. One of the major thoughts is “how am I Going to pay for this education?”

According to a study called The Project on Student Debt, 67% of college graduates from public universities had student loans, 72% from private non-profit universities, and a whopping 96% from private for-profit universities. As it seems, Cedar Crest Students fall under that 96% category.

When this same study looked at information taken from financial aid at colleges in 1996, the average loan debt was only $13,000 compared to the average $24,000 that was reported for the graduates of 2009.

According to a study called MSN Money, education loans are supposed to be “good” debt, like the debt you would have if you were owning cars and a house. What they did not think of is this debt is often involuntary and if one wants to go to college, they often have to apply for various loans.

The problem with loans, especially in this economy, is that upon graduating if students cannot find a good paying job within their field or even a job at all, they can often dig themselves into a deep hole. MSN Money also says that ten years ago only 5% of loans were coming from private lenders such as CHASE, and that number has climbed to 20% recently. The reason for this may be that there just isn’t as much money to go around on college campuses and from government financial aid as there used to be.

It seems as though most students are left with no choice but possibly jeopardizing their financial future if they want to attend and finish college. There are a few ways that you can reduce your debt slowly and a few things that you can do to avoid borrowing so much in student loans from federal and private means.

Federal unsubsidized loans accumulate from the first time of loans are used to be.

Fall Athletes— Q&A
Cedar Crest athletes tell why they love to play for the college. See pg. 16
On Nov. 9 the class of 2012 gathered together for the 68th Annual Junior Ring Ceremony. The ring ceremony is arguably one of the top five favorite traditions at Cedar Crest, and after years of hard work, this year’s junior class got to experience it first hand. This past Saturday many of these juniors came together in their best attire - despite the cold weather - and entered the Cedar Crest family officially.

President Carmen Twillie Ambar was one of the first to speak at the ceremony, and knew firsthand the importance that comes with receiving the Cedar Crest ring. She received her official ring fairly recently, and could relate to the students stepping up to receive theirs that day. Dr. Denise O’Neill, Associate Dean of Student Affairs and the Junior Class Advisor, spoke as well, clearly proud of these students she has worked so closely with. Following O’Neill, Dr. Cynthia Fulford, Director of Women’s Leadership and Student Development here at Cedar Crest, a special guest from the class of 2003, stepped up to speak. Kim Racon, 2003, lightened the mood with a comedic, yet heartfelt, speech in which she offered her advice to the class of 2012 and any other student in the audience. She told students to make sure they are following a path they love, since they will be spending so much time and energy on that path. Racon is currently pursuing advanced degrees while she teaches English. After the class officers said their heartfelt remarks as well, the rings were presented to anxious juniors. The traditional “Legacy Candle” was lit, and the audience joined in to sign the Cedar Crest alma mater.

All photos courtesy of Katey Dauble.
CCEMS Celebrates their first National Collegiate EMS Week

The Cedar Crest Emergency Medical Services (CCEMS) is celebrating this week because they recently joined the National Collegiate EMS Foundation (NCEMSF), whose mission is to promote college EMS and problems that arise as emergency responders.

Ashley Dymond, an EMT with CCEMS, believes celebrating NCEMS Week is especially important for Cedar Crest with being a LVACH school.

“It’s been exciting. It’s the first time we’ve ever done it on campus and it’s kind of cool to tie with the rest of the college campuses across the country doing the same thing and even in the Lehighton Valley, because Muhlenburg does it, Desales does it as well, so it’s a neat bond that we share and another opportunity to educate people,” Dymond said.

The NCEMSF promotes supporting EMS teams on college campuses. With its activities based off of the larger scale celebration for professional EMS providers, National EMS Week, the collegiate adaptation hopes to inspire awareness of these beneficial groups on campus.

Mon. Nov. 8 was the kickoff of EMS Week with CPR Day. So, the CCEMS had a booth outside the Falcon’s Nest to demonstrate CPR while key chains and syringe pens were available for sale. Jessica LeBlanc, whose been an EMT for two years and is now an EMT for the CCEMS, feels that CPR day helped to put a face to the EMTs on campus.

“Monday was National CPR Day, we were trying to get all college students aware of how to do CPR. I think it’s really great that now a majority of the campus knows,” LeBlanc said.

For Kimberly Lippincott, one of the founding members and head EMT for CCEMS, celebrating NCEMS Week is especially important, as it is the club’s official celebration.

“It’s definitely exciting. It’s the first National Collegiate EMS Week that we have so it’s really cool to be able to celebrate what we’ve done so far and actually know that we’re appreciated for what we do,” Lippincott said.

Many of the hardworking members of the club expressed the necessity of EMS Week on campus as it gives students on campus a chance to learn what to do in case of an emergency situation, and the correct steps to take to do so.

The CCEMS’ next major event is attending the NCEMS conference in February 2011, which members look forward to not only for increased resources, but also for a sense of unity with other EMS groups.

“There will be a bunch of other collegiate EMS’ there and we can say we are a part of that and then there are benefits as well. There’s funding we can get from them, educational opportunities, so it’s really beneficial,” LeBlanc said.

Even though the CCEMS is planning on attending the NCEMS conference, their future will be based on the pride they have already achieved.

“We’ve come so far, I haven’t even really thought about the next step. I’m really proud of where we are right now,” Dymond said.

Even though the CCEMS is planning on attending the NCEMS conference, their future will be based on the all they have already achieved in their short time on campus.

Dymond feels that it is vital to the club’s development to celebrate this week, as it will help them help other students.

“[My goal is] definitely to expand because we’re small right now, but to get more EMS and to do so for professional EMS providers, National EMS Week, the collegiate adaptation hopes to inspire awareness of these beneficial groups on campus.

Dr. Nancy King, Chair of the Education Department, said.

The Annual Exemplary Teacher Award is given to Dr. Howard L. Klopp, a former education professor at Cedar Crest who was chair of the Education Department. The Howard L. Klopp Award will be presented to an educator from South Mountain Middle School on Nov. 18.

In addition to the Education Department, Cedar Crest to celebrate International Education Week.

The purpose of the award is to focus attention on the outstanding teaching that is taking place in elementary, middle and secondary schools in the Lehigh and Northampton counties. School administrators, teachers, students, or parents are encouraged to nominate an outstanding elementary or secondary teacher who represents excellence in the teaching profession to receive this award, King said.

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In addition to the Education Department, Dining Services will also be celebratingIEW by featuring their “traveling chefs,” a program that brings chefs from other colleges and universities that use Parkhurst Dining Services together to create internationally themed meals in front of diners.

Dean Piacentini, Director of Food Services, said, “We will be featuring our “Traveling Chefs” at lunch in the dining hall on Wed. Nov. 17. We will be creating Cuban and Asian dishes. Enchilados de Car- marones (Shrimp Creole), Media Noche (Cuban Ham Sandwich), Bi Bim Bap (Beef with Vegetables) and Tuna Roll (Sushi). On the other days we will be highlighting inter- national dishes throughout the dining hall from our Hemisflavors program.”

Weberfield said celebrating this week will help connect Cedar Crest students to the global mindset.

“We hope that students become more globally aware and more knowledgeable about international issues generally, but I also hope that they get excited about some of the wonderful possibilities that they can take advantage of during their time in college,” Weberfield said.

For a complete list of events, go to page 4.

Corrections

In the Nov. 4 issue of The Crestiad, the performing artists for El Dia de los Muertos were referred to as “traditional dancers.” The per- formance was put on by a professional dance company, the Calpulli Dance company, which included musicians and dance performers.

Amy Palmisano was credited with writing the “The effects of living below the influence” on page 6. The true writer of the article is Danyla Frazier.
ORGANIZATION NEWS

Pasquale presents on family presence in trauma situations

Morgan Keschl
NEWS EDITOR

"I looked at the effects and the outcome of having family present and I compared it to families not present and I looked at anxiety, satisfaction, and well-being and compared that to families that didn't have that option," Pasquale said. "And that came out of it was we saw no significant differences so families that were present compared to families that were not present were the same, but the neat thing it was kind of ok because it showed that they weren't traumatized and the families that were present said that they would be present again and that the families that weren't present wished they had that opportunity.

While physicians have concerns about liability issues if families are present, Pasquale's study on the attitudes, perceptions, and experiences involved show that it may even improve relationships between the family and physician.

"It's actually been shown there's been no reported cases of any legality with this and in some cases they thought that it provided support, and with the physicians and the team with the family, it establishes better trust," Pasquale said.

Further, having this relationship with the doctor can also alleviate crucial steps, as Pasquale explains.

"The physicians have found they like having the families present and the nurses because they cause the families exactly on what's going on, they can sometimes need you to go on to surgery so there's a lot of good benefits that aren't up or necessarily measured but it's there. They get to explain everything," Pasquale said.

"Considering Paquale's experiences as a professor and a trauma nurse, her personal experience work to uphold her passion for this topic.

"I'm a mother and a daughter and I just think that if I had a loved one or family member of mine that was injured, I would want that opportunity to be present with them within those last final moments or during the resuscitation and right now that practice is not available to Paquale.

Pasquale began to look into family presence in situations like hers after hearing the disso- loposity of "evidence-based practice," as well as Cedar Crest students.

"As a nurse practicing research here at Cedar Crest and one of the aspects of nursing research is looking at evidence-based practice. A few years back, about 8 years ago, I had some student nurses that brought that bridge about having families present during cardiac resuscitation and right now, if the consent is present it's not a common practice to allow family mem- ber presents when someone is in cardiac ar-

As a former trauma nurse, professor, and mother, Dr. Mae Ann Paquale uses her experiences to drive her passion for her research.

Pasquale continues her research, she has been asked to be a guest speaker at the Society of Trauma Nurses in spring and is lined up for more presentations on this topic. Pasquale is also in the process of creating a national guideline on how to have families present during trauma situations along with a large multi-disciplinary group.

Pasquale presents on family presence in trauma situations

Morgan Keschl
NEWS EDITOR

INTL EDU WEEK

International Education Week schedule of events

FRIDAY, NOV. 12
9am (Off Campus) “All Around the World” Service opportunity with Pediatric Cancer Foundation of Lehigh Valley at Lehigh Valley Hospital Muhlenberg—transportation provided by Global Initiatives.

MONDAY, NOV. 15
Noon—Bring your lunch (Alcove C-TCC) Service Jobs; Information please contact Alexis at service@cedarcrest.edu or ext. 3439.

TUESDAY, NOV. 16
11am-3pm (Alcove C-TCC) International Mini Fair: Come see displays from countries and cultures and about some Cedar Crest international opportunities.

RA Christina Castro presents info on her recent trip to Africa and visit to a Village in Kenya.

WEDNESDAY, NOV. 17
11am (Community Lounge, TCC) CAB Social Mixer; come socialize and try some international treats.

RA Morgan Keschl presents when someone is in cardiac arrest.

FRIDAY, NOV. 19
 Noon (Alcove A-TCC) Intercultural Communication; presenta- tion by Kenza Glass, Director of the Multicultural Center at Lehigh.

Chris Dublish presents on his recent trip to Kenya and teaches some of the local language.

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CAMPUS NEWS

www.cedarcrest.edu/cresidtat

NEWS

Dr. Mae Ann Pasquale, assistant professor of Nursing, presented her research, entitled “Family Presence During Trauma Resuscita- tion: Opening Closed Doors” on Oct. 21 at the 14th annual Pennsylvania Trauma Sys- tems Foundation Conference.

Pasquale’s research has given her a chance to exercise her past experience as a trauma nurse, which has already had an impact in the community. In a small pilot study including 50 members at Lehigh Valley Hospital, Cedar Crest, the results contributed to setting stan- dards for family presence during trauma re- suscitation. Pasquale recognizes the progress and its affect on families if the message gets out.

"[T]hey are going to say that ‘it’s my right to be present’ and now talking to hospitals and healthcare professionals, healthcare is really important because they see that they can put in policies and procedures in place," Pasquale said.

In Pasquale’s research with her sample, she has found that having a family member witness the resuscitation process has a neu- tral effect on the family member, neither good nor bad, but in turn has also given them piece of mind. While her study is a small sample of over 4000 people who go through Lehigh Valley Hospital Trauma Center each year, the results fuel her to expand her re- search.

Pasquale presents on family presence in trauma situations

Morgan Keschl
NEWS EDITOR

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Dear Editor:

I thought it was important to be sure the campus community is aware that in all the exciting changes during this academic year in a newly renovated and dedicated space, formerly called “Butz basement”.

If you participated in the Cedar Crest On the Move passport tour earlier this semester, you would have seen a cleaner, brighter, more accessible space now called The Multicultural Center, or MC. The MC is a dynamic resource for students, faculty and staff in pursuit of our mission to promote an inclusive campus climate for historically underrepresented groups through dialogue, awareness, professional development, academic excellence and leadership.

Comprised of representatives from across the campus community, the Multicultural Initiatives Committee has been charged with the responsibility to set goals and implement strategies to achieve this mission.

Some of the new features are an office for the MC, a cozy lounge seating 15-20, a classroom, a food station where you can grab a light snack or a full entree, a flat screen TV, and finally, a kitchenette. The MC also houses offices for The Crestiad, CCC Radio, Espejo Club (Yearbook), and Forensic Speech Team. Just as most other rooms on campus, the MC is available for reservation through student activities.

Clubs and organizations like BSU and LASO already meet there regularly, and the Living Learning Communities use the classroom on Wednesdays from 1:30-3:30pm. A weekly reservation schedule is posted on the door to the MC for quick reference.

An important issue was raised at a recent SGA meeting about students’ reluctance to drop in and use the MC simply for studying or hanging out after quiet hours. It seems that some students were left with the impression that because the MC has been dedicated to some new projects and given a new name, it was no longer their own space. On the contrary, come on in! Everyone on campus should know that this is the same student-oriented, open, and comfortable space as before, except with fresh paint, a flat screen TV, cute new cushions on the furniture and more seating! Pop in a movie, meet friends to study, or just chill. Whenever the MC is not in use, it is not open to the campus community.

The MC should feel like your space, a safe space, a place to socialize and gather to expand your knowledge of self and others. In the near future, look for a growing number of unique events and activities sponsored by the Multicultural Center, as we make it our own and reflect the best qualities of the Cedar Crest community.

Have ideas for the MC and the time and energy to back it up? Email us at TheMC@cedar-crest.edu.

Kenza Glass
Chair, Multicultural Initiatives Committee

A walk in someone else’s shoes

A small step for man, a giant leap for mankind

Jessica Kue
ASSISTANT NEWS EDITOR

“You never really understand a person until you consider things from his point of view... until you climb into his skin and walk around in it.” This quote was uttered by Amos Tinch in the animal novel “Mowgli’s Brother” originally published in 1960. Similar to the idea of “walking a mile in someone else’s shoes” this quote has existed for fifty years and has yet to make its mark on society.

Translated into layman’s terms, one cannot truly know what another person has to face unless they too make themselves virtually become that person. In the past year, I have experienced this firsthand through a physical handicap.

Picture if you will a crowded strip mall parking lot. You called in a take-out order from the local Chinese food place and you simply have to walk in, pay, and then take your food and go home to enjoy it. Every spot is taken except for a handicapped parking space and accessible bathroom.

My position.

I admit that I have done it. Human beings have a way of reasoning with their consciences for their own personal gain, and we are nearly unselfish. It honestly was not until I became temporarily handicapped myself that I ever stopped to consider seemingly “small” acts like the one described above.

I was literally forced to walk in the shoes of someone with a physical handicap, and it has changed the way I look at things. For instance, you do not know until you are on crutches or a walker long-term just how frustrating it is when the handicapped bathroom stall is occupied and you simply cannot fit your necessary equipment in the smaller stalls.

It is always funny to me to see that the majority of people, upon exiting one of these stalls and seeing me standing there, seem apologetic. I can’t help thinking, “well, who did you think those were made for?" Until you come face to face with someone who honestly needs the things you take for granted, it is easy to never realize how important they are.

Similarly, if I had a dollar for every person who told me it looked fun to ride around on a motorized scooter, I could pay for my college tuition much easier. I don’t get mad, however. I simply understand that they cannot not realize the reality unless they too were in my position.

Of course, this is an arguably menial example as it certainly isn’t a matter of life or death. Some situations, however, are much more important. Lately bullying has taken the spotlight in the news with numerous situations making headlines. Certainly the “bullies” demonized in these stories did not wish the tragic result that may have occurred. However, if more people did possess the ability to see things from another perspective, society would be in for severe improvements.

For instance, consider more general societal issues, such as racism. As much as we like to believe this issue has been resolved, it still exists all too frequently today. Even if one can argue that there are no official country-wide practices against particular races, personal opinions can be just as detrimental. Stereotypes are still very much alive today, and personal prejudices can much too easily turn into actions.

Just the other day I heard someone make a completely appalling, off-the-wall remark about the local Hispanic population, grouping individuals of this race together in this astonishing, matter-of-fact statement. I wished for a moment that this particular person was born of Hispanic descent. If only she was a part of the group she so openly stereotyped, her attitude would certainly be changed, although this is, of course, impossible. Virtually stepping into someone else’s skin, however, is entirely possible.

If these individuals, whether openly “racist” or even just a contributor to the stereotypical beliefs associated with a particular race, would simply make an attempt to live by that famous quote of literature and the mindest behind it, racism could be virtually eliminated. If this particular woman would have taken two minutes to think, “If I was a member of that race, or if my race was the one being stereotyped, how would I feel?” her mindset might have changed.

This idea of stepping into someone else’s skin can be applied to almost every societal issue in existence today. Stereotypes against racial groups, gender, sexuality and any other sub-category of human beings would cease to exist if this concept was adopted globally. At a minimum, people may be a bit more compassionate and thoughtful in their actions and how they react to others, the handicapped again serving as an example.

There are, fortunately, examples of individuals attempting to do this today. The new MTV show The World of Jenks follows a young man as he documents life with various different people from different cultures. The show allows viewers to see these people in a different light and Andrew Jenks literally does step into their life to live the way they do.

Shows like this hopefully serve as a small step in the right direction for society. Encouraging people to take a walk in “someone else’s skin”, even if it is only for a brief moment, could begin a powerful and much-needed revolution.
Marrying for money

Alyssa Slinger

STUDY BREAK EDITOR

Should women marry for love or for money? This seems to be an age-old question that can’t really be answered. I’ve always been given conflicted advice on this matter.

Sometimes my mom would tell me to marry for love, because then I’d be sure to be happy. Other times, however, my mom would tell me that marrying for money would be much easier, and I wouldn’t have so many troubles later on in life.

Then, a few weeks ago, a professor of mine was lecturing when she stopped and declared a surprising statistic in that 49 percent of men making $100,000 a year or more were childless, compared to that of only 10 percent of men in the same position.

What does this suggest? Those women who are career-minded are not having children, or even getting married, possibly so they can advance into higher paying positions.

By marrying for love, a stay-at-home dad arrangement is possible. If the man is the main breadwinner, the woman is either forced to stay at home, or to leave the child with a daycare or babysitter. In the United States, around 140,000 married fathers were the main caregivers in their households. Another thing that truly bothers me is when people condemn a person’s significant other’s job.

For example, there are such comments as “Oh, your boyfriend works at Walmart, why are you with him?” or “Is he going to work at McDonald’s for the rest of his life?” If you love a person, and you are happy with the arrangement, why do other people feel the need to butt in and throw their opinion in, especially when not asked?

Money shouldn’t matter, as there is always a way to get around hardships, even if not the ideal case. As cliché as it may be, love will always win.
ARTS EDITOR: mysterious miracle tea

Jessica Kuc

Boost your immunities to beat flu season

Bottle of white, a bottle of red

Drinking wine with a meal can protect you from food poisoning. E. coli, listeria, and salmonella can be stopped in their tracks by the organic acids, low pH and ethanol contained in wine. Red wine works the best to protect you from these nasty bugs.

Allergies pulling you down? Kombucha is an herbal supplement that can fight allergies and promote better nasal airflow. The British Medical Journal reported that this supplement cleared allergy symptoms almost as well as the leading prescription medicines. Unlike some medicines, beetterm won't make you drowsy, and can be purchased for about $25 in health food stores.

Tomato soup heats chicken noodle

While chicken soup may help once you are already sick, why not prevent illness in the first place? Tomatoes help your white blood cells stay strong against free radicals and are speculated to be great antioxidants. So be optimistic this year and stock up on tomato soup over chicken noodle!

Yogurt is the whey to go

Yogurt is extremely effective at boosting your immune system. It contains an amino acid called cysteine that becomes glutathione in your body to protect cells from viral and bacterial infections. Protein powder is great, but you can get your full of whey protein from eating yogurt regularly.

Not all fats are the enemy

Everyone knows that salad is healthy. However, piling on fat-free dressing can actually take away from salad's benefits. Fat is completely necessary to absorb carotenoids, which are antioxidants that can improve immunity. Try healthy fats found in olive oil and nuts oils. Fat-free can do more harm than good.

Remove cholesterol...and block the flu

Oats are a great source of beta-glucans, which activate your white blood cells to fight off bacteria and viruses. What better way to get your oat intake than oatmeal? Steel-cut oats are the best, but instant oatmeal won't hurt either.

Time for tea

According to researchers at London's Imperial College, chamomile is the way to go to prevent illness. Chamomile tea can increase your body's levels of polyphenols, which can lead to better natural antibacterial activity. It also raises your levels of glycine, which is a mild nerve relaxant and sedative – just what students need as they write their final exams dates on the calendar.

Kombucha: mysterious miracle tea

Allie Scott

ARTS EDITOR

With several centuries of homemade healthful remedies under its belt, it is believed that Kombucha may be the missing link that your body needs. This “tea” is actually fermented bacteria that contain multiple species of yeast and bacteria, as well as the organic acids, probiotics, active enzymes, and amino acids that have been in a fermentation process for about 30 days. The culture resembles a soggy pancake or a gelatinous disk, it can be mixed with black or green tea and it is believed that these acids and enzymes create a healthful detox for your body and help strengthen your immune system.

Kombucha is available in all different ways. You can have it “raw” which means the tea is unprocessed and unpasteurized. Many people believe raw foods are healthier because they retain more nutrients than ones that have been heated. Or you can have you Kombucha with tea or juice for flavor; natural Kombucha has a strong vinegar taste so many Kombucha producers offer it in black or green tea or even cranberry flavored.

There is not vast scientific evidence that states that Kombucha supports health or medical benefits, but it has been used for centuries; it originated in Asia during the Chinese Tsin dynasty in 212BC. This Eastern Tea was referred to as the ‘Remedy for Immortality’ or the ‘Tea of Immortality’. With the help of trade routes, the tea spread to India and Russia through travelers and traders. This tea drink was routinely used by the Samurai; it was responsible for their astonishing health, longevity and well-being.

In 1964 Dr. Rudolf Skaner of Oberhussen recognized the detoxifying properties in Kombucha for removing waste matter such as cholesterol and toxic deposits. He developed a biological cancer therapy based on Kombucha, and it is his recipe that is still generally used today for the production of the commercially bottled brew, especially in the company G.T.’s Kombucha. His studies and research support the treatment for the following: arthritis, constipation, obesity, arthritis/osteoarthritis, kidney stones, rheumatism, gout and significantly, cancer, especially in its early stages.

Creator of G.T. Kombucha.

G.T. Dave, started bottling the tea after his mother, Laraine, was diagnosed with an aggressive form of breast cancer. She drank Kombucha throughout her harsh chemotherapy and radiation treatments. The immune system building miracle drink kept her strong throughout the fight and her breast cancer stopped spreading and subsided. She has been cancer free for 15 years and continues to drink Kombucha every day. This story is scripted onto every G.T. Kombucha bottle.

G.T.'s Kombucha is not available everywhere, only in specialty organic shops. Go to www.synes-ygdinks.com to find a store near you that carries this product.

If the vinegar flavor doesn’t tickle your fancy and you still want to reap the wonderful benefits that Kombucha has to offer, Yogi Tea has an Organic Green Tea Kombucha tea bag that is full of wonderful plum, spearmint and lemongrass notes. This tea has just the same amount of healthful benefits that raw Kombucha offers, except it comes in the convenience of a tea bag. It is available in any organic health food store.

Kombucha, although still mysterious as it was centuries ago, may be what you need this winter to fight off colds and get your body in balance. The benefits that it may give you are too good to miss out on; the cost for feeling good and healthy is priceless.

LA QUINCEÁNERA

Elizabeth Martinez | Creaditor Special

In Latin America there is a specific tradition for young females turning fifteen is called Quinceañera. This tradition is similar to a young girl’s Sweet Sixteen. It is a rite of passage where a female takes a major step from childhood to maturity and her parents want to introduce her to society as a woman.

The Quinceañera celebration traditionally begins with a religious ceremony. Afterwards a reception is held in the home or a banquet hall. A choreographed waltz or dance performed by the Quinceañera and her father takes place in the ceremony. Typically the Quinceañera chooses friends to participate in what is called the Court of Honor.

Usually, these young people are her closest friends, brothers, sisters, or cousins. The Quinceañera’s Court of Honor can be comprised of all young girls (called Damas), all young men (called Galán) or both. Along with this dance she also dances with her father and other male members of the family.

Traditionally the Quinceañera wears a ball gown and her court wears gowns and tuxedos. In the ceremony the celebrated girl receives a tiara, cross or medall, bible or prayer book. These are all gifts that are part of the ceremony.

The young girl wears shoes that are flat and then those are changed for high heeled shoes which represents the maturity level she has reached, by her father. The father then gives a toast in which he expresses his gratitude for the guests being there to witness the tradition his daughter has passed through.

After the toast the party can fully commence and the new celebrant walks around thanking her guests for their presence. The guests that attend the ceremony receive a small token to remember the occasion. It is a very emotional time for both the family and the woman celebrated.
Study ranks alcohol most dangerous drug

Sarajane Sein
ASSISTANT OPINIONS EDITOR

It’s hard to turn on the TV without seeing ads warning people, especially young people, to stay away from “hard drugs,” the effects of heroin, methamphetamine, and cocaine are everywhere. It’s not surprising, however, that the most lethal drug is one that is not only legal, but often seeming constant in one’s college experience: alcohol.

According to an article by the CNN wire, the same is true for the list of ten most harmful of a list that contained rankings of twenty different drugs. The ranking system was devised by a panel for the Independent Scientific Committee on Drugs in the United Kingdom. Within the study, different drugs were ranked based upon the harm they cause to the person ingesting the drug, as well as others who could be affected.

The study, which was published in the Journal of Substance Abuse Treatment, Prevention, and Policy, found that alcohol use is common on college campuses and in moderate can easily be as part of many people’s lives without much incident, even in the case of small to medium-sized colleges.

There are a number of factors that keep students from using alcohol in moderation. These factors include the fact that alcohol is legal throughout the United States, with the only real restriction being a drinking age of 21. It is legal to legally drink alcohol in most states, and in some, the legal drinking age is 18.

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Many individuals search for the true meaning of happiness and often they end up looking in the wrong places. We equate happiness with materialistic things such as getting a new car, new clothes, or jewelry but do we ever stop and think if the things we matter in the end?

Realistically speaking, they don’t. In a new study released by CNN Health, researchers found that priorities are the driving force behind happiness. This is a dramatic contrast to the previous studies that have indicated that happiness is predetermined and is affected by early upbringing.

If a person sets their goals on meaningful aspects in their lives such as building healthier relationships with others rather than material possessions then they will most likely be more satisfied with their life. In an article written by Sonja Lyubomirsky, Professor of Psychology at the University of California, she states, “One of the biggest factors in happiness appears to be strong personal relationships. Indeed, having the support of someone who deeply cares about you is one of the best remedies for unhappiness.”

We are constantly in a rat race, whether it is trying to get that big promotion or having the highest GPA in your class, and while those things may be important, they could detract from the beautiful things in life that we take for granted. We are so wrapped up in getting to our destination we forget that happiness can come from something as simple as walking to class and observing the trees or taking in the smell of the air.

Another issue we are guilty of is taking on unimportant tasks or spending time on projects or activities we aren’t passionate about. According to Dr. Diane Moyer, a Professor in the Department of Psychology, “Research will say that we need to have more intrinsic goals, goals that are more about things we really want to do that are inspired by us and not external things that are inspired by others and society and then having the pressure to strive to do all those things we’re not often taught to do those things.”

For college students, between classes, clubs, and a social life it can seem as though you don’t have the time to enjoy the simple things in life but according to Sonja Lyubomirsky, there are happiness-increasing strategies that researchers have studied and concluded to be most successful. For instance, try counting your blessings everyday or once a week. Keep a journal to record 3 to 5 things that you are thankful for. Practice acts of kindness. Don’t let them be both random and systematic. Being kind to others, whether friends or strangers, creates a cascade of positive effects - it makes you feel more compassionate and capable, gives you a greater sense of connection with others and earns you smiles, approval and reciprocated kindness.

Nurturing optimism involves practices such as looking on the bright side, finding the silver lining in a negative event, noticing what’s right, and focusing on feeling good about one’s future and the future of the world, and simply feeling that you can through the day. Learning to forgive someone who has wronged you or hurt you it allows you to move on. Diane Moyer gives more insight on the overall impact happiness can have on an individual.

“Being happy will increase your relationships, any-body in a relationship it’s going to increase their happiness. There will be more success in the long run as far as reaching your goals. People who are happier and more positive, it’s been found, live longer they also find that these people are actually healthier, less psychological and psychical symptoms” she says.

So invest in your happiness because it will be worth it in the long run.

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Eco Edibles
Never get sick soup

4 cups of vegetable broth
2 cups of carrot juice
1 can of chick peas
10 oz. can of diced tomatoes
1 1/2 cups of carrot juice
2-4 cloves of garlic, minced
3/4 an onion, diced
Salt
Black Pepper
Basil
1 tsp. olive oil

Start heating a large pot over medium, add olive oil and diced onions. Allow onions to brown slightly before adding diced tomatoes and minced garlic. After liquid heats up and begins to steam add orzo (or other small noodle of choice). Throw orzo into boiling water, let it simmer for about 5 minutes, stirring occasionally. Add chickpeas after draining off excess liquid. Allow to simmer for 2-4 minutes until orzo is tender and chick peas heated through. Season to taste, with salt, black pepper and dried basil. Enjoy for lunch all week long.

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Allie Scott
ARTS EDITOR

Starbucks is bringing you your own taste of the season in the perfect size package. Introducing the VIA instant coffee line, Cinnamon Spice, Vanilla, Carmel, and Mocha flavored instant coffee are the next best thing to come to coffee cup. As we enter into the colder mornings where the kitchen tiles are cold and sitting in your favorite car heater won’t always be bearable, starting your day with a hot beverage that smells just as warm as it tastes, it is perfect in every single way.

The convenience of the product really is astonishing. Starbucks has made it so easy to make hot, bold coffee whenever, wherever, any way you like. This past summer VIA introduced their iced version of their coffee that was subtly sweetened and disintegrated in any temperature of cool to lukewarm water, add some ice and cream to taste, and you have your own cup ready to go.

On the company’s website, they open up a section for suggestions and comments from the buyers. Many commented on the aspect that apart from Italian Roast or Columbia, there were not flavorful options. With all of the customer feedback, the Starbucks VIA crew went back to the drawing board and created 4 new delicious flavors; Cinnamon Spice, Vanilla, Carmel and Mocha.

With the VIA flavored coffee, you get a full-bodied, rich flavor instantly by adding the wallet sized packet into a cup of hot water or milk and within ten seconds you are left with a smooth, delicious drink to get you ready for a long day. The best part of the process of making the instant coffee is the depending on how strong you like you coffee you can add or more of less of the packet to taste. Starbucks knows that for their bold flavor so if you are a lighter flavor lover just add less mix or increase the liquid portion in your cup. It never tastes watered down, just full of the tasty notes that VIA offers.

If you are feeling adventurous, feel free to mix the flavors. Each of the new flavors accommodate each other well and can make a bevy of interesting, delicious drinks.

The flavors are sold separately, according to flavor. With convenience comes a price, you pay close to $6 dollars for 6 packets of the instant flavored coffee. The pricey aspect of the coffee may be a discouragement if you are looking to save a nickel or two, but if you calculate the time and money it takes to drive and get a cup from the store, you may want to invest in this time and money saving way of having Starbucks in your own kitchen.
Aquarius
(Jan. 20 – Feb. 18)
Your instincts for finances improve, and you might enjoy a pay increase. Romantic opportunities might present themselves through your friends or group associations.

Taurus
(Feb. 19 – Mar. 20)
You are experiencing increased confidence, energy and clarity this month. You are enthusiastic about your beliefs and wear your ideas with confidence and authority.

Gemini
(May 21 – June 20)
Relationships heat up this month. Your humble confidence will go a long way towards improving your reputation and professional status.

Cancer
(June 21 – July 22)
Energy is dynamic this month for work and health matters. It is also strong time for creative pursuits, educational or legal matters, and travel.

Leo
(July 23 – Aug. 22)
Romantic and creative activities heat up this month. Family life improves dramatically this month, which helps you enjoy yourself without guilt.

Virgo
(Aug. 23 – Sept. 22)
Improvements in your love relationships and partnerships improve this month. You are more confident with pushing forward creative ideas.

Libra
(Sept. 23 – Oct. 22)
Your intellect is energized this month. The pace of this month is very busy and dynamic. Be sure to keep up as best you can, and don’t give up.

Scorpio
(Oct. 23 – Nov. 21)
It is a strong month for personal influence. You don’t take kindly to anyone telling you how you manage your finances and this attitude could stir up some conflicts.

Sagittarius
(Nov. 22 – Dec. 21)
Renewed stamina and energy are with you this month. While your love feelings remain deeply personal and private, you begin to trust your instincts about love matters more faithfully.

Capricorn
(Dec. 22 – Jan. 19)
Social relationships are a focus. Take this time for rest and reflection, as the coming weeks are promised to be especially busy.

There are 12 Turkey Feathers hidden in this fall picture. Can you find them all?

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For just $10 a week, your club or organization can advertise right here.

Contact Nicole Magloire at nrmagloi@cedarcrest.edu
Guess the Lyrics

1. “And I wish I never fell so deep in love with you/ And now ain't no way we can be friends”

2. “I've got that glitter on my eyes/stockings ripped all up the side”

3. “And while you're doing me so wrong/I just keep holding you down”

4. “I'ma throw this money/While you do it with no hands”

5. “You just gotta ignite the light/and let it shine/just own the night like the fourth of July”

6. “So I flip the middle finger and the index finger follow/Deuces, we ain't got no future in tomorrow”

7. “Just gonna stand there and watch me burn/But that's alright because I like the way it hurts”

8. “Cold world/ I never thought I see that day you my old girl”

9. “Uh, camo shorts and bubble/We can talk she rather fuss”

10. “I said tell me, what’s really going on/ Drizzy back up in this thang, I’ ready”

Answers to Guess the Lyrics

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Mr. Chemist's Neighborhood

Submitted by: David Raker
Love in a World of Cell Phones: Dead Man’s Cell Phone at Cedar Crest

Vanessa Chate lain STAFF WRITER

Dead Cell Phone Day was only a preview of what was to come on the opening night of the play Dead Man’s Cell Phone, the play written by Sarah Ruhl, the play is an oddball comedy that focuses on death, relationships, and the social interaction with cell phones. As director, Tim Brown, explains it, Sarah Ruhl examines how the connection between two people can be strengthened but at the same time lost with the use of cell phones.

“It’s great cause you can be in California and I can be here in Al- 1. Janet Jackson- Nasty v. l ened and it’s like we’re right next to each other and we can keep up with each other but if I’m con- nected to my cell phone and you’re sitting here at the table and I’m having this conversation with someone who’s 2000 miles away the connection that I have with you is lost. So its examining that sort of she’s over there your right in front of me why am I not connecting with you instead I’m more worried about the text message that I got or the phone call that I missed” he said.

Jean played by Rebecca Pan- done, is turned upside down when she realizes she is sitting next to a dead man (Gordon) played by Robert Trestler, and his cell phone starts ringing. Soon she begins to develop relationships with the peo- ple in Gordon’s life and learns that the real meaning of life is not dis- covered through a cell phone but through the personal relationships in our lives. As Kevin Gallagher states, “She gets involved through the cell phone and technol- ogy but what she ends up doing is making strong per- sonal relationships with the actual people so one of the larger themes is even though technology is with us it’s still the personal re- lationships that count” he states.

Pandone comments on her experience being in the play. “I loved it, it was so much different from the other stuff that I’ve done I normally have been the comic relief the slapstick banana peel all that jazz but this play I actually had a chance to center myself and be a little more acting related instead of just ‘hey look I’m fine’” she says.

When asked what the overall message the play was trying to get across, Tim Brown gives his per- spective on the play. “It’s that sort of that idea how we are able to connect with people but at the same time how we miss connections as a result of that tech- nology. I don’t think there’s any right answer and I don’t think she goes away saying you should give up your cell phone and cell phones are bad, I don’t think she’s saying that at all. I don’t think she’s saying cell phones are great every- body should have a cell phone I don’t that is either. It’s just look- ing at the phenomena of cell phones and how they have become such a huge part of our lives and the ways in which that’s a really good thing and the ways in which it’s not such a good thing” he said.

Jade Abston STAFF WRITER

Activation finally released a follow up to the popular DJ Hero on Oct. 19, DJ Hero 2. In this version there are numerous amounts of new DJ and your multi-player modes, which now include DJ battles. In addition to the new features there are over 800 songs available of some of the most popular rap, dance, pop, and rock songs. DJ Hero 2 has many features that the original was lacking. The game now features two turntables and a microphone. Up to two people can play during any song. There are steps to eliminate the use of cell phones on the road including Allentown, Pennsylvania. It has also provided many with a glimpse on how se- dient we are on our cell phones and the impact it could have on an individual’s way of living even if it was just for 24 hours.
Kid Cudi’s *Man On The Moon II: The Legend of Mr. Rager*

Dannah Hartman
EDITOR-IN-CHIEF

“Might not be your cup of tea, but it’s not going to be authentic, it’s not going to be forced,” Kid Cudi told Complex Magazine in reference to his new album, *Man On The Moon II: The Legend of Mr. Rager*, a sequel to his 2009 debut *Man On The Moon: The End of Day*. Between his image as a brooding, lonely stoner and his lyrics, which stray from the typical rap braggadocio, Cleveland’s Kid Cudi has been able to transcend the line between hip-hop and indie-rock. His new album, however, is exactly how Kid Cudi describes it, “authentic,” gone are the hipster collaborations that were ever present on his first album and in are the brutally honest and darker tracks that seem to mimic his life over the past year.

From his cocaine possession and criminal mischief arrest, his overt drug use (“I was definitely high-fiving death a couple of times” he told Complex), and getting booted from Lady Gaga’s Monster Ball Tour after punching a fan in the crowd, Kid Cudi has had an interesting year to say the least and *Man On The Moon II: The Legend of Mr. Rager* is a glimpse into the tumultuous struggle.

On “Don’t Play This Song,” which features Mary J. Blige, Kid Cudi raps, “Pain, hurt, sadness and loneliness bought all that shit right up, tossed away to the bottomless pit of the part of my mind that slips, the part of my mind so sick I don’t even like to take that trip unless I’m sloppy drunk.” In the last few lines of the verse, he even describes his most difficult times, “I’m numb faced while I’m thinking about suicide.”

All along has a slower melodic pace as Kid Cudi sings, “When the weeks change, the words change too when the months change, so do my love point of views I don’t want what I need, what I need hates me, I know all along, all along I know I’m meant to be alone.”

Kid Cudi is thoughtful throughout, giving fans an explicit yet well-written and vulnerable album that they will appreciate. Even in his love song about a certain green plant he enjoys, bluntly titled “Marijuana,” he cleverly clocks in at exactly 4:20.

Along with Mary J. Blige, Cage, Cee-Lo Green, Kanye West and a few others also lend their vocals on the album.

Reflecting on the direction of the album, he told Complex, “The day it becomes work, you need to retire.” Hopefully, the 26 year-old rapper is far from an early retirement.
Graduation signifies the completion of an academic chapter in life. During this time many students receive recognition for club activities, positions held on campus and academic success. Here at Cedar Crest, student athletes are required to maintain a certain GPA in order to remain on a team. There has been much concern with student recognition during graduation time. Just last year, at Cedar Crest, student athletes proposed the idea of being recognized during closing commencement. The idea was later declined. Cedar Crest, Women’s leadership and how women leaders can better the world. But to some student athletes, this has been a failure in their eyes. Senior, Business Management major, Kelly Oakes, expresses her displeasure of the school’s message and their actual deliverance.

“I feel like they are failing at making the point that the world needs Indians and not everyone can be a chief and this is actually a demonstration of what a supportive leader can help achieve.”

On the other hand, former teammate of Kelly Oakes, senior, Criminal Justice major, Lakeema Jones, agrees with the idea that this institution is failing at their positive message.

“If this was coed school, would they get recognition? Yes they would because football or any male based sport would be a major sport on campus and they would not play for four years and did not get recognition. This goes to show how sexist a college can really be when it all crumbles under this issue.

Women are rarely recognized at a professional level. Colleges may want to increase the awareness of female athletes and their performance.

“I think people get lost in what leadership means, and I feel that the leadership of our student-athletes is often looked over because we are a division 3 school. Student athletes are really doing amazing things inside the classroom as well as outside and I think that their accomplishments speak wonders about the college and the type of women that are developing at Cedar Crest,” Jesenia Holguin, Admissions office.

This issue does not just affect current or prospective students, it also affect those students who no longer attend this college. Former Cedar Crest student athlete, Jesenia Holguin, who currently works here in the Admissions Office on cam pus, feels particularly cheated.

“It was really disheartening. As student-athletes, we work very hard to perform at our highest abilities on our fields of play and as well as in the classroom. You’re putting out over 12 hours of work for your sport, and to have our student-athletes maintain such high GPAs and not get recognized is very difficult to swallow sometimes.”

College provides an education and not athletics. However, there should be a place for athletes as well. Former Cedar Crest guard, Lakeema Jones, transferred from a junior college due to the determination put forward by the coach, Valerie Donohue.

“I was only interested in this particular school once Donohue contacted me. I later did research about the academic programs offered here and made a decision to further my learning as well as athletic career. Even though I only played two years, I don’t care if I receive recognition, but people who put in four years of their college career should get recognized during graduation.”

Regardless of what clubs, organizations and sports a student participates in college, a student should not only get recognized for individual academic accomplishments but as well as athletic accomplishments as well.

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The 2010 William D. Reimert Lecture

**Womenomics: Write Your Own Rules for Success**

**Katty Kay**

Washington correspondent for BBC World News America and New York Times bestselling author will discuss how women can achieve success both at work and in their personal lives.

**Wednesday, November 17, 2010**

7:30 p.m.

Samuels Theatre, Cedar Crest College

**Free • Registration is required**

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www.cedarcrest.edu/kattykay

**Students:** Bring your copy of Womenomics and have it signed by Ms. Kay immediately following the lecture.
No. 10 New Hampshire beats No. 4 Boston College, 2-1

Article courtesy of uwire.com, exclusively for New Hampshire College Station.

The announcement of this new, arguably safer football fans asking them-

Why aren’t all of the players wearing some- thing similar? According to the Philadelphia Eagles' head coach, it is, as many players choose to stick with tradi-

tional helmets simply for aesthetic purposes. Increased pressure generally tends to make helmets larger, as they need to have more padding. However, in my opinion, the only factor that isn’t the only factor contributing to safety, gen-

erally bigger is this.

This phenomenon of athletes choosing style over effectiveness is not new. Many sports do not even require the use of heat protection regard-

gardless of a history of injuries, and therefore, the choice to wear a helmet is considered un-

orthodox. For instance, in 2006 then-16-year-old pro-

fessional figure skater Samantha Tomarchio suf-
fured a severe concussion on the ice. The severity of her injury was overlooked at first because she was an athlete insist on getting back to training.

Further complications coupled with the risks associated with re-injury lured her back in the hospital and out of competition.

When Tomarchio was able to return to skat-
ing, she had to doctor required her to wear a helmet. She was quoted on U.S. Figure Skating Online saying, “It was just a good clean

stroke. The NFL currently has a contract with

Riddell, a company also specializing in helmets,

rised to virtually eliminate the risk of head in-

jury was overlooked at first

severity of her injured was overlooked at first

adults.

Other equestrian sports including various types

of western riding typically do not include a hel-

met as part of the regular attire, and children commonly compete in these sports as well as adults.

Championships such as the North American Junior/Young Rider Championships allow tal-

ent young equestrian athletes to compete intern-
ationally as King-Dye did, and therefore, adopt the same dress code. Luckily for the sport, King-Dye’s incident has started a revolution in safety concerning the use of appropriate helmets.

Unfortunately, such revolutions seem un-

predictable within a dire need for change. The

‘don’t fix what isn’t broken’ attitude unfortunately means that something, or some-

thing, doesn’t break for anything to be done about growing issues.

However, change must start somewhere and the athletes who break the mold and consider safety and concussion prevention are certainly beginning what is hoped to be a world-wide transformation.

James.

What is going on within the NFL? After every game, you only hear this coach get-

fired and that coach get-
ing fired. Brad Childress being fired may be in his fu-
ture, after waving WR Randy Moss after the Oct. 31 game. Then a week and a day later, the Cowboys coach, Wade Phillips, was actually fired as the team’s head coach. Just can’t make up their mind.

On the other side of the ball, the public wants to know: Whose side are you on? Lakers or Heat? Who will take the championship home this season? While people have faith in the winning teams in the championships, the Lakers, views are split. With the new NBA rules and new additions have made Whose side will you be on?

Lebron James is becoming more and more popular as each day goes by. Fans replied to the once Cleveland player’s “Rise” commercial. Just as he thought the drama ended, it has only just begun. Fans feel disappointed that he made a promise and then failed at fulfilling it. He promised to bring a ring home. Did he do it? Nope, so he left to go to a team which he believed he could win a championship with. He will be scrutinized for the rest of his basketball career.

So typically, we find everybody in financial jams. But, the New York Knicks center, Eddy Curry is being sued for his fetish for luxury cars. The pro athlete is being sued for $73,000 of un-

paid auto repairs. The lawsuit was filed by the Lee’s Foreign Car Service in Chicago, which was one of two auto repair shops that were conducted by the shop back in 2007. Man I know it is a recession, but you are making more money than the average everyday person.

How can you be a profes-

sional athlete and inform the entire nation that during games you tend to be a little lost. Chris Bosh, the Miami Heat’s head forward, admitted after their Saturday night game against the Nets, that he has been feeling lost. He told the Miami Herald, “I was just honest; I get a little lost out there because it’s different.”

Next season will tell the media that he be-

lieves he is better than LeBron James.
**THE CRESTIAD**

**Upcoming Falcon Events**

**Basketball**
- 1/15 DeSales University @ 7:00 p.m.
- 1/19 Penn St. Wilkes-Barre @ 6:00 p.m.
- 1/21 Bay Path College @ 1:00 p.m.
- 1/23 @ Penn State Berks @ 7:00 p.m.
- 1/30 @ Valley Forge Christian College @ 6:00 p.m.
- 2/2 Immaculata University @ 7:00 p.m.
- 2/4 Neumann University @ 1:00 p.m.
- 2/6 @ Keystone College @ 6:00 p.m.
- 2/9 @ Bryn Mawr College @ 7:00 p.m.
- 2/10 Centenary College @ 7:00 p.m.
- 2/13 @ Marywood University @ 7:00 p.m.
- 2/15 @ College of Notre Dame @ 2:00 p.m.
- 2/17 @ Cabrini College @ 6:00 p.m.
- 2/22 Gwynedd-Mercy College @ 1:00 p.m.
- 2/24 @ Centenary College @ 7:00 p.m.
- 2/27 Baptist Bible College @ 7:00 p.m.
- 2/29 @ Lancaster Bible College @ 1:00 p.m.
- 3/1 Wilkes University @ 7:00 p.m.
- 3/3 @ Rosemont College @ 6:00 p.m.
- 3/5 @ Baptist Bible College @ 1:00 p.m.
- 3/7 Keystone College @ 7:00 p.m.
- 3/10 Philadelphia Biblical University @ 7:00 p.m.
- 3/12 Marywood University @ 1:00 p.m.
- 3/17 @ Philadelphia Biblical University @ 6:00 p.m.

**ATHLETICS**

Michelle Palmisano, Editor

**ATHLETICS**

**Why are they here?**

*A glimpse into some of the girls of fall*

Divison III Athletics are often regarded as being less important and less significant than DI or DII. People who are not directly involved do not often realize that DIII athletes are special and play for the love of the game and not any other agenda.

Meet Courtney Bossard, a junior Chemistry major and cross country runner. Bossard came to Cedar Crest first and foremost for academics but was drawn here because she liked that the school had the option for her to run. She likes the people best here and is surrounded by her teammates, knowing that they are with her because they love to do it, not because of scholarships or special opportunities. As for achievements each season the girls come up with a “PR” or personal record. The PR is a time that they want to run that they haven’t gotten before. Bossard achieved her goal this season and attained the time she set for her PR and “beasted the hills”.

A transfer from Immaculata University, Kelsey Andrayko has made herself a home here at Cedar Crest College. When Andrayko decided to transfer to CCC the availability of athletics was a contributing factor. “At least here, Kelsey could play volleyball again”, said Andrayko. Though she was looking forward to playing again Andrayko cites Cedar Crest for its reliable science majors such as Bioforensics, which is what Andrayko is majoring in. Being able to run was another way for Andrayko to meet people, instead of just being in the classroom and meeting people in their classes. Her favorite memory of volleyball was team dinners because it was a way to see her teammates outside of practice and get to know them better. Compared to Immaculata Andrayko finds Cedar Crest more competitive off the court. Andrayko stated, “Immaculata is very chill, here if you miss Crest more competitive off the court. Andrayko

**Coach Donohue excited for another season**

Michelle Palmisano

ATHLETICS EDITOR

With a number of key players gone from last season Coach Val Donohue still remains optimistic and hopeful for her basketball players and their upcoming season.

Numbers have shrunk on the bench of the basketball team with the losses of Kelly Okhis-Lakeema Jones, Allison Horn, and Keri Lasky, who all saw a significant amount of time on the court.

With these losses the team will be looking for its returning members as well as any new players to step up and fill big shoes. Donohue is especially hopeful for freshman Amber Wehrly, who is also a volleyball player. Wehry is expected to make an immediate impact to the team.

On Monday, November 8, 2010 the Falcons traveled to Eastern University for their first scrimmage. Unlike many other coaches Donohue went in “with no expectations.” She lost so many players for once she was able to go into a scrimmage not expecting anything and just making note of what she saw. “The scrimmage highlighted what we did well as well as things that we need to work on”, said Donohue.

With the season opener coming up on Monday, November 15, 2010 Donohue is filled with excitement. The team has a good mix of returning players and new players, work hard and are fun to coach. Donohue is anxious for what the future brings saying, “I want to see how they progress and build up.”

The tip-off for the season opener is this Monday at 7 p.m. against DeSales University. Historically, DeSales always has a strong program and has had many NCAA tournament appearances. The Falcons primary goal is winning and each and every game they go into the game expecting to win. “We go into every game going to win, never conceding before we step onto the court”, said Donohue, inspiringly.

The secondary goal of the team is to learn how to deal with adversity even when they hit bumps in the road. The key is not giving up and throwing in the towel if things go wrong on the court. In this aspect the girls are acting out a valuable life skill as well.

Come out this Monday at 7 p.m. in the Lees Hall Gym and support your Cedar Crest Falcons as they take on the DeSales University bulldogs!