Brea Barski and Christa Hagan  
LIFESTYLES EDITOR and MANAGING EDITOR  

Just two days short of the one-year anniversary of the naming of the twelfth president of Cedar Crest College, the first of three candidates for her successor visited campus for open meetings with the faculty, staff and students.

The three candidates, Carmen Twillie Ambar J.D., Dr. Concetta M. Stewart and Dr. Charlotte G. Borst each made an appearance on campus as part of the end of the college’s search for the next president. The candidates each were given time to meet with the faculty, students, staff and the alumnae board, the president’s office staff, and acting president Dr. Blenda Wilson, and to have a meal with the senior officers and take a tour of the President’s House.

The announcement of the thirteenth president of the college is expected occur in early May.

Carmen Twillie Ambar J.D.

The first of the presidential candidates to come onto campus was Carmen Twillie Ambar. Ambar is the Dean of Douglass College, the largest undergraduate women’s college in the United States, located on the campus of Rutgers University. Ambar introduced herself briefly and then answered questions that the students posed.

Ambar has been at Rutgers since 2002, following employment at Princeton University’s Woodrow Wilson School of Public and International Affairs, where she stayed from 1999-2002. Ambar earned a Bachelors of Science of Foreign Service from Georgetown University in 1990, followed by a Masters in Public Affairs from Princeton University and a Juris Doctorate from Columbia School of Law.

“The colleges that get diversity right over the next ten to 15 years will be most sought after,” Ambar said, mentioning website use and community involvement, when asked about promoting diversity at Cedar Crest. She also discussed specific programs to incorporate Cedar Crest’s Lifelong Learning population.

Later in the student meeting, Ambar was questioned about her availability to students while on campus, answering with some strategies from her current position that she hopes to carry over along with new ideas. These suggestions included setting up office hours, eating in the dining hall and spending time walking around campus without a cell phone to talk to students and find out what is going on. “I pride myself in getting to know students,” Ambar said.

Ambar also keeps the time for student government meetings open in the event that something would happen and she would need to be at the meeting.

While Ambar says she would walk around campus if she were to be selected, she’s not the only new face to be seen on campus. Every day her husband and one-year-old triplets take a walk around the campus of Douglass and that appointment would not change, Ambar said.

Ambar was also asked about her involvement in other student activities, student leadership and the financial situation of the school. “Some people would consider me frugal,” she said.

To close the meeting, Ambar asked who of the 20 students in the room were seniors. “Cedar Crest needs you when you’re alumni,” she said to them. “As you fly out

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Author offers support to Obama

Barack Obama recently paid a visit to the Lehigh Valley, appearing at Muhlenberg College. With the Pennsylvania primaries being this past Tuesday, many campaigns kicked it into high gear to promote their candidates. Promotion extended to Cedar Crest when the event Words Matter: Writers, Readers and Speakers for Obama went on in Lees Gym Friday night.

For three hours, the gym was filled with stories and speeches as to why people support Obama. The evening of testimonies and encouragement for change ended with Nobel Laureate, Toni Morrison, reading her Laureate Lecture. There was a common thread uniting almost every speaker, and that was the idea of hope. Many pointed out that through his campaign Obama has focused on the necessity of hope. As many of his supporters gathered, they only echoed this focus.

Cedar Crest Acting President, Dr. Blenda Wilson, greeted all who came to the event, saying that it would be an evening of “distinguished people [and] minds.” From there came stories from those who identified with and admired Obama, including stories from Korean War vets and single mothers, those who were once supporting Senator Hillary Clinton, and some who have been supporting Obama since the beginning.

“You have been telling people that this is the eleventh hour, now you must tell people that this is the hour,” said Dr. Ethel Drayton-Craig, Director of the Office of Multicultural Life at Muhlenberg College, in her speech, “Hopi Elder speaks.” She went on to encourage the crowd to not only vote for Obama on Tuesday, but to “speak your truth… and not to look outside yourself for a leader.” She too, emphasized the importance of hope and of fighting as she encouraged the audience to “banish the word struggle…from your vocabulary.”

Melba Tolliver, former WABC-TV and WNBC-TV Anchor, encouraged the audience to hope when she asked the audience if they ever “imagined the day when people would attack hope?” She was one of the many supporters who said that Obama has been criticized for his hope. In her speech, “A Riff on Four-Letter

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NEWS  3  Donovan to present ethics course
FEATURES  5  Fashion show for cancer research
OPINIONS  7  When murder becomes art
LIFESTYLES  8  Knowing your wine from vine to table
A&E  11  Tinseltown
SPORTS  12  Hall Olympics take off
Leadership Ceremony recognizes campus leaders

Senior Fallon Mento won the Northeast Association of Student Employment Administrators’ (NEASEA) Student Employee of the Year award for the 2007-2008 school year.

PPL increase will affect tuition minimally

Leann Pettit
NEWS EDITOR

With a proposed 40 percent rate increase from PPL, Corp. due to the rising cost of electricity production, tuition at Cedar Crest College will naturally increase.

The increase will affect the tuition for the 2009-10 school year. “The expected increase to the college is less than half a percent of the total budget,” said Elaine Deutch, Vice President of Finance and Administration.

With the sustainability efforts going on around campus, the installation of LED lights, which last for 30,000 hours rather than the 1,000 hours of incandescent bulbs will decrease our carbon footprint and the amount of electricity the college as a whole uses.
Donovan to present business ethics course

Megan Ammons  STAFF WRITER

Michael Donovan is Cedar Crest College’s associate professor in the Department of Business Management and Economics.

He was recently selected to make a presentation on business ethics and the Liberal Arts at the annual meeting for the Association of Collegiate Business Schools and Programs, ACBSP, which will be held this June in New Orleans. The meeting is June 20-23 and the theme is “Growth and Regrowth.” Donovan will be giving a ninety minute presentation including inflating a discussion.

When asked if he is nervous about giving the presentation, Donovan said “I always get nervous, even before a class. Once you get going, though, you are alright. Nerves are a part of social life.” Donovan will stay at the meeting for three days, attending sessions and meetings in New Orleans. He is excited about this, “I’ve never been to New Orleans! I’ll be staying secondes from the French Quarter. It will certainly be interesting to see after Katrina and what is going on now.”

Donovan had studied liberal arts, before coming into business and political science and business have always been a strong interest to him. He is more interested in the “solution side versus the greed side.”

And because of this interest he was asked to design a new course for Cedar Crest. It is interesting to note that this course, Business Ethics, is a four credit class and satisfies the Ethical Life requirement.

The credits are split in half. One half is for the classroom, and the other for service learning. Students can use the Ethical Life sites, or get permission from Donovan for another site.

The point of the service is to see the ethical situation in an organization. Although, there are no tests in the class, there are five short essays, an onsite journal, a class discussion to lead, an ethical situation to analyze based on the service learning location, and of course participation and attendance.

This course is what the presentation for the ACBSP meeting will be about. Cedar Crest’s Business Department is currently in the process of applying to this association, and if accepted it will give more accreditation to the department.

Donovan is going to the meeting as a representative for Cedar Crest Business Department. Here is what ACBSP says of themselves on their website, www.acbsp.org. “ACBSP is the leading specialization accredited association for business education supporting, celebrating, and rewarding teaching excellence...ACBSP develops, promotes, and recognizes best practices that contribute to continuous improvement of business education and accredits qualified business programs.”

CANDIDATES continued on page 1

of here with happiness and joy, don’t forget Cedar Crest.”

Dr. Concetta M. Stewart

Dr Concetta Stewart is the dean of the School of Communications and Theatre at Temple University, where she has been working since 1993.

Before working at Temple, Stewart worked for AT&T Bell Laboratories for several years.

She graduated from Rutgers College with a Bachelors’s in European History in 1977. Stewart returned to Rutgers to earn her Ph.D. in Communication and Information Studies. She received her Masters in Media Studies from New School for Social Research. She has written numerous scholarly and professional articles.

“The most interesting part is that I am an open-book,” Stewart said. She plans to utilize Quaker testimonials to facilitate a peaceful environment on campus.

Stewart ended the meeting by asking what students felt the next president should be.

“My life is an open-book,” Stewart said. “I can promise you, unless something happens in my life, I won’t be here for just two or three years and move on.”

Dr. Charlotte G. Borst

After growing up in Rutland, Vt., Charlotte Borst graduated with her B.A. in Biology and a minor in History from Boston University in 1974. She then went on to Tufts University for her Master’s in History and graduated in 1977. While at the University of Wisconsin-Madison, she earned her Master’s in History of Science and was a Ph.D. in History of Science with an American History minor.

Thus far, she has led a rich professional history including working as dean and professor at several institutions. From 2001 to 2006, she worked at Union College as Dean, Arts and Sciences and Professor of History. Currently, she is in Memphis, Tenn., as the Provost and Vice President for Academic Affairs at Rhodes College, where she has been since 2006.

“My desire and passion to become your next president...comes from my responsibilities to women’s education.” Borst said during the student session on Tuesday April 22.

Throughout her conversation with Cedar Crest students, she often went back to the importance of a woman’s education.

She explained to the students that a president of a women’s college has additional responsibilities when compared to a president of a coed institution. “A president needs to think about the future of women’s colleges,” Borst said.

She went on to explain that now, a women’s college is about encouraging the growth and strength of women and that no longer is it a place to hide women away, “we don’t need to protect women,” explained Borst.

In addition to referencing the opportunities a women’s college provides, she also spoke about her commitment to fundraising. “I want to spend the first year listening,” Borst said, going on to explain that this would help set up the college for a ten-year fundraising plan.

When she turned the session over to students, she entertained questions about her activity on campus and her past with research. She explained that she is “a huge supporter of student research.”

When Sophomore Ashley McGee asked about her thoughts on expanding and encouraging the student research on campus, Borst was adamant about the importance research has on a student’s education.

Junior Rachael Diffenderfer explained to Borst that “there seems to be a divide between science and everything else.”

Diffenderfer said that she didn’t say how important diversity (both racial and economical) was about diversity.

Borst explained that she can’t “wave a magic wand,” but one way that it could be addressed would be through fashioning a strategic plan.

Borst explained that at Rhodes, she is very active on campus and can be seen at many Performing Arts events as well as working closely with the Student Government. Following the session, there were concerns of distress made by some students regarding some of her comments about diversity.

Throughout the meeting, she did say how important diversity (both racial and economical) was to her. Borst even said that, “I’ve gotten to know many African American students due to my appreciation for diversity.”

Rachael Edgar

Rachael Edgar is the Cedar Crest College Campus Sustainability Intern.
OBAMA

continued | page 1

Words; Tolliver spoke of the fear that so many others have of four-letter words and then went on to list many four-letter words Obama uses, “care...form...turn...and time.” In the closing of her speech she encouraged the audience to “vote, hope, vote, hope...because words really do matter.”

Language is a key reason this event was held. Throughout the evening, the goal was to put the power back into words that many felt have lost meaning. “Words...they’re only sounds and symbols that carry meaning,” said one of the speakers, Roger Dreisbach-Williams, an active Obama support, in his speech, “Words are symbols.”

Along with reminding all of the power and importance of words, many spoke of why they support Obama. Minister Mihee Kim-Kort said that she “never felt a glimmering sparkle for a candidate until Barack Obama... he simply floored me.” What really gets her is that “he really listens to people.”

Cedar Crest’s own instructor, Carol Dixon, read from her speech, “A Boomer for Obama.” In it, she told the story of how she was not always part of the Obama campaign. “I, too, was once a supporter of Senator Clinton,” she said, “I consider myself a feminist... and I felt her gender was a weakness.” Dixon went on to say that when Communism fell, the Berlin Wall fell, a physical symbol. “Now it’s America’s turn... we have walls too... the government has walls that keep us from helping each other... what we are ready is ready.”

Dixon also had the pleasure of introducing Toni Morrison, who early this year began supporting Obama. After listing reason for her support, she read from her Laureate Lecture. The end of her lecture really hit home as to the importance of taking a stand and voting for Obama and what can come. “ ‘Finally’, she says, ‘I trust you now. I trust you with the voting for Obama and what can come.’ ”

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Another addition to the Earth Day this year is a service learning project for children completed by students in assistant professor, Dr. Amy Faivre’s course Case Studies in Conservation Biology.

With each service project is an associated activity for children.

I’m excited to keep Earth Day going for so many years and with the turn out by faculty and staff who bring children and always the Allentown Boys and Girls club and with Brownie Girl Scout troops this year. That level of participation is really rewarding for everyone involved in the planning of the event,” said Dr. Faivre.

“Earth Day this year is going to be beautiful. We are expecting many youth from the community. I’m really excited for Earth Day this year, there is something there for everyone (not just kids),” concludes Emily Mowl.

Annual Earth Day celebration to occur on campus tomorrow

Community rallies together for cancer awareness

For the third year in a row, Cedar Crest hosted Relay for Life. For twenty-four hours, this past weekend, the campus was taken over by walkers and supporters. Throughout the day, there were additional fundraisers to raise money for the American Cancer Society.

Total Money Raised: $5,000

Top Fundraisers

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Top: Relay walkers push on to finish the last lap of the twenty-four hour walk. Bottom: The committee and two Cancer Survivors take a break from relay. Right: Juniors Rebecca Mower and Janelle Morcom worked hard to make this year another successful relay as chairs of the cancer awareness event.

SUMMER HELP WANTED:

To supervise and drive 3 children to and from camps. Ages 8-13. Orefield area near Route 100. Great for a student living at campus for summer.

Please respond to 610-554-6540.

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Fashion show supports cancer research

Susan Lopez, a senior at Cedar Crest College, hosted a fashion show at the Barrister’s Club in Allentown on April 11, 2008. What is considered the first annual event was put on to raise awareness about breast cancer.

“This show took over 8 months to plan and hundreds of hours,” Lopez states. In order to get as much of the proceeds as possible to go to donation, many companies were called for help. There was “a lot of ‘no’ before I was able to get that one ‘yes,’” Lopez emphasized.

Many local companies donated clothing, items, and other services to help this night run smoothly. Popmart, Francesca’s collections and Talbot’s donated the clothing that was seen on the catwalk. B Young Salon did the hair; Mac Cosmetics from Macy’s did the make-up. Channel sunglasses were donated by Blink Optical, a $45 gift certificate from Carrabba’s Italian Grill, a $140 Lia Sophia necklace, a $60 Mary Kay basket, and many more items from a total of 14 companies were donated for raffles.

The night of the event, 130 guests arrived, surpassing the expected 105. Featured on the catwalk were Breast Cancer survivors and models from the Image International Modeling agency. By the end of the night, $4,000.00 were raised for donation. Judging by the amount of money raised, this night was a complete success story for us to share.

Lopez has established this event as a not-for-profit. The money raised from the event will be donated to the Morgan Cancer Center at the Lehigh Valley Hospital, where it will do two things. Half of the donation will be put towards education and prevention, while the second half will be used to aid families that are struggling financially because of treatment costs associated with breast cancer.

Because of the success of this first show, there are high hopes for next year’s event. It “will be bigger and better than ever before,” Lopez said.

According to Lopez, “my favorite part of the show was having the chance to meet all of the survivors. They made a lasting impression on me and I will never forget any of them. They also did a presentation at the end of the show where they expressed their appreciation for me having this event and presented me with an angel pin.”

Julianna Armstrong
STAFF WRITER

April 24, 2008   www.cedarcrest.edu/crestiad

(Top) Photo by Lori Gallagher. Cancer survivors show off various spring and summer fashions in the Catwalk Couture for a Cure fashion show.

(Bottom) Photo by Elizabeth Ortiz. Many of the show’s models embraced following the walk, showing support for one another and their various stories and triumphs.

(Left) Photo by Lori Gallagher. The Barrister’s Club in Allentown was set up for the fashion show.

(Top) Photo by Lori Gallagher. Cancer survivors prove that they have strength as they were cheered on by friends, family members and various supporters.

(Bottom) Photo by Lori Gallagher. Susan Lopez, whose Senior Project brought survivors and awareness to the Barrister’s Club in Allentown, models a fashion from one of the many boutiques throughout the Lehigh Valley.
There’s no reason to be afraid of transgender identity, color or size. Therefore, nobody should be excluded, especially for just being who they are.

The new guide is designed to assist employers with issues that they might be having a difficult time with such as discrimination and fairness. What many people might not know or realize is that there are no laws banning discrimination based on gender identity.

Knowing this, it then becomes the duty of employers to assure fairness. This isn’t easy, especially if the employer does not know much about transgender issues. This is really where the guide will help out.

The guide will not only be taken to make sure that benefits are not discriminating transgender individuals, but hopefully, it will be a way for employers to educate entire staff.

The guide covers many topics for employers including adopting non-discrimination policies in the workplace. This would help the entire staff.

The guide also suggests removing “discriminatory health insurance exclusions.”

This is yet another topic that people might not know or be all that comfortable with. This would also extend beyond helping transgender individuals and assist those who are thinking about, anticipating or have already gone through transsexual surgery. Sometimes, health insurance companies can be very stubborn and won’t cover anything for the wall that separates transgendered or transsexual individuals from “everybody else.”

If a male who undergoes surgery to become a female (commonly known as MTF or M to F), they often encounter problems with insurance companies refusing to pay for their prostate exams.

Even though they have female parts, an MTF individual still has a prostate and should be getting checked every year. The HRC Foundation’s guide would hopefully encourage employers to look into situations such as this.

Some of the other topics brought up in the guide are far often easier to solve. One of these is dress code. The guide encourages the importance of establishing a dress code that would be free of stereotypical gender assignments.

The guide also gives ideas of incorporating diversity-training programs that deal with gender identity and gender expression.

While there is no law against gender identity discrimination, the HRC Foundation is taking a huge step towards that with their guide, “Transgender Inclusion in the Workplace,” and it’s about time.

There’s no reason to be afraid of transgender issues, or should not accept, it is important that people educate themselves on gender stereotypes.

Though there are laws against discrimination based on sex, there are no laws banning discrimination based on gender identity.

I am graduating in a couple weeks and instead of giving you the run-around about why I am excited/upset about closing this chapter of my life, I instead decided to impart some wisdom to you:

1. One time I went down the shore (see Jersey slang for a beach area) when I was younger and had the best summer of my life. My two friends and I had a brilliant idea to commemorate the summer; we decided to get mason jars and bring the beach back with us… some sand, shells, seaweed, water, the works. A couple days later my parents had to throw it out because it had begun to smell (I can only begin to imagine how much fun that jar must have been for my friend traveling back to Ohio). Anyway this got me thinking… maybe you can’t take everything with you, some things (such as the beach) are better left in your memory and not in a smelly mason jar.

2. I know ice cream is synonymous with summer but it still seems like a bad idea to ingest dairy products and lay out in the sun. It just seems like a travesty waiting to happen.

3. Stay hydrated this summer (especially if you plan on drinking a lot around graduation!).

4. If you plan on barbecuing this summer, keep your eyes peeled for bears. They love barbeques… and evidently bird feeders (as my family and I recently found ourselves sneezing and coughing is just so much, like go to the shore for a day to get a sweet tan. You can also experiment with using ‘cough’ as a response to people that cough. I know I feel obligated to say something when people cough, I mean we do when someone sneezes and coughing is just so

6. The summer break is approximately three months. So in the beginning and the end of the summer, remember to change your oil and buy a new tooth brush. Ideally in the future, you will be given a tooth brush when you get your oil changed. This would be convenient, and then you would only need to remember to get your oil changed. Those of you that did– n’t know you should change your toothbrush every three months, at least please dispose of your tooth brush immediately… Then get your oil changed.

7. It does not take three licks to get to the center of a Tootsie-Pop. If you try, you might break your jaw, trust me.

8. When you are at weddings and other parties and “The Electric Slide” or “Cha Cha Slide” comes on, do not participate. Organized dance was created to not only make you look like an idiot, but to take away your individuality. Be different. Be daring. Be the one that goes the opposite direction of everyone, to mess up their synchronicity.

9. No luck on exams. Have a fantastic summer. Remember this wisdom when considering eating a Choco Taco with a bear. Some things don’t mix.

Wit and Wisdom to get from finals to summer

Christa Hagan
MANAGING EDITOR

Transgender issues are not talked about at all. People shy away from the subject either because of not enough knowledge about transgender issues, or pure fear of it.

Sometimes people simply don’t understand what it means to be transgendered; they get confused with terms like transsexual, cross-dresser or even, transvestite. This isn’t okay anymore. The fact is, it is 2008 and while it might not be fair to tell me what they should or should not accept, it is important that people educate themselves.

The Human Rights Campaign Foundation (HRC Foundation) has once again made this easier. The HRC Foundation is the “nation’s largest gay, lesbian, bisexual, and transgender civil rights organization” (www.hrc.org).

Recently, the organization put out “Transgender Inclusion in the Workplace,” a guide to help employment professionals with transgender inclusion. People are people no matter the sex, gender

April 24, 2008

Not Your Typical Female

Lizz Nagle | Sports Editor

Ban on disclaimers

So, I go to a Baptist church. I am in the college and career Sunday School class. I love my church. A few weeks ago, we started a video-discussion series with a theme of how people view the church as a social institution.

Not individual churches, not specific denominations, just the church.

Each week, the topic was how people view women and the way they are treated in the church. A woman who, up attending church was interviewed for this chapter of the series. She had a lot of great things to say, that anyone could gain insight from (because the purpose of her interview) and I found myself agreeing with a lot of what she said. She felt, after her experiences when she was younger and from experiences of friends of hers, that women are oppressed, are lower on the defined hierarchy of church and that there needs to be a more active integration of women into leadership roles in the church.

I’m thinking, “Right on!”

She announced to every audience that would ever watch this video series that she was, “not a feminist or anything.” She just feels that there need to be moves made in the church like those that have been made in every other aspect of society.

Hold on. This woman feels that women are oppressed and should have more leadership roles in the church and says she isn’t a feminist?

According to Merriam-Webster’s dictionary, feminism is, “1: the theory of the political, economic, and social equality of the sexes 2: organized activity on behalf of women’s rights and interests.”

Theencyclopedia.com defines a feminist as, “of or relating to or advocating equal rights for women.”

So, what a feminist is, essentially, is anyone -male or female- who acts upon, or thinks about the equality of men and women in a society. So don’t tell me you disagree with the role of women in the church and that you’re not a feminist.

I think I understand what said woman meant by witer disclaimer of not being a feminist. She probably meant she doesn’t care and isn’t a lesbian. Well, this stereotype is ancient, and it needs to be done away with. So I read on to the next feminism. Question gender roles, tell people what you think without an anti-feminism disclaimer.

Christa Hagan
MANAGING EDITOR

6. The summer break is approximately three months. So in the beginning and the end of the summer, remember to change your oil and buy a new tooth brush. Ideally in the future, you will be given a tooth brush when you get your oil changed. This would be convenient, and then you would only need to remember to get your oil changed. Those of you that didn’t know you should change your toothbrush every three months (at least) please dispose of your tooth brush immediately… Then get your oil changed.

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TAKING CARE OF YOURSELF FIRST

Liz Skoczylas | Opinions Editor

I just finished eating an Arby’s sandwich. And early fries. And then, directly after eating those, I decided to try to find something else to write about for my article. Imagine my excitement when I found an article telling me that currently the life span of the average American is on the decline due to smoking and obesity.

According to this particular article, “For the first time since the 1918 Spanish flu pandemic, life expectancy for a significant proportion of the United States is on the decline largely because of an increase in chronic diseases related to obesity, smoking and high blood pressure.” You can check out the rest of this article at seattlepi.com.

Okay, so really this isn’t news. If you smoke, if you’re overweight, if you’re not semi-healthy, you probably aren’t going to live to see your 100th birthday. Unless you are, you are one-year-old Buster Martin, who ran the London Marathon back in March and stopped halfway to smoke a cigarette and then drank beer upon completing the race. He’s a freak of nature, don’t strive to live like him.

What is interesting about the seattlepi.com article, though, is that life expectancy is down for the first time in ninety years. That means that now, in 2008, with medical advancements keeping us alive for sometimes years after we technically could have been dead, we are living shorter periods of time than they did at any point over the past ninety years. Take a second to think of the different epics that could have occurred within this amount of time and the lack of science then that we have now. What even more scary is that according to this article, “One of every five American women, and one of every 25 men, are either dying at a younger age or seeing no improvement in life span.”

According to Cedar Crest’s website, we currently have more than 1,400 students enrolled. If one out of every five of those women is dying earlier, that’s roughly 280 Cedar Crest students.

According to cdc.gov, heart disease is the leading cause of death in the United States. And, if you’ve ever taken a Biology class here at Cedar Crest (at least that’s where I learned this,) you’ll know that heart disease is in fact linked to obesity.

And, if you haven’t advanced to the science portion of your college career yet, americanheart.org lays it all out on the line for you: “Obesity is now recognized as a major risk factor for coronary heart disease, which can lead to heart attack.”

So, those midnight McDonald’s runs that you’ve been taking during these stressful few weeks of classes probably aren’t the best idea. Piling your plate full of fries in the cafe, taking two helpings of hot dogs and topping it all off with a pile of salt isn’t in your best interest. Having your meal in the bistros consist solely of fried chicken fingers and fried cheese sticks - well, I don’t even need to say it. You know all of this.

Substituting those fries for a salad may not be the most appealing option, but it certainly is in your best interest. And, after taking what seems like fourteen tests in row followed by seven projects and seventy-five and fifty pages of papers (or, in my case, screenplay) you probably don’t want to hit the gym. But I promise that it’ll make you happier in the long run. Like Elle Woods says in the movie Legally Blonde, “Exercise gives you endorphins. Endorphins make you happy. Happy people just don’t shoot their husbands.” Let’s hope that you’re not shooting anybody, whether it be a husband or a roommate during this stressful time.

Basically, even though finals time is stressful with the amount of work that you have to do, you need to still remember to take care of yourself first so that you’re not one of those 280 Cedar Crest students that are dying earlier because you have health problems.
Cheese, chocolate, and... which wine?

Wine often serves as a dinner drink, but is frequently paired with certain foods. Two of the most popular foods paired with wines are chocolate and cheese.

Cheese and Wine

Asiago Cheese with Bardolino
Baby Swiss Cheese with Asti Spumanti
Blue Cheese with Sherry
US Brie Cheese with Cabernet
Cheshire Cheese with Riesling
Mild Cheddar Cheese with Chardonnay
Colby Cheese with Riesling
Cream Cheese with White Zinfandel

Feta Cheese with Beaujolais
Gorgonzola Cheese with Bordeaux
Monterey Jack Cheese with Riesling
Gouda Cheese with Riesling
Muenster Cheese with Zinfandel
Provolone Cheese with Chardonnay

Chocolate and Wine

Bittersweet Chocolate with Cabernet
Semisweet Chocolate with Bordeaux
Milk Chocolate with Tawny Port
White Chocolate with Riesling

Knowing your wine from vine to table

Lori Gallagher
EDITOR IN CHIEF

For many countries, wine is an important part of the culture. It can be consumed in the social scene or served as a dinner drink, but whatever the purpose, wine drinking should be an experience.

To truly appreciate wine it is important to understand all of its components from the making of wine to consumption and storage.

Wine Making

Most wines begin their journey in a vineyard. The time at which grapes are picked is determined mostly by the weather. Extremely hot temperatures, frost and long periods of rain can ruin the grapes. Grapes must be crushed while they are still fresh, so most grapes are sent to the press immediately after being picked.

While at some vineyards the grapes are hand-picked, most wineries remove the stems from the grapes using a machine. This step must also be completed while the grapes are fresh, because stems can cause grapes to become bitter.

Before crushing the grapes, the skin must be removed, but it is the skin that gives wine some of its flavor, color and aroma. For most wines, the skin must remain on the grapes for about 24 hours before pressing can begin. Grapes are pressed to remove the juice from the skin and separate the seeds.

With just a few hours of Cedar Crest, there are many opportunities to visit vineyards, go wine tasting, and

1. Amore Vineyards & Winery
2. Franklin Hill Vineyards
3. Cherry Valley Vineyards
4. Big Creek Vineyards & Winery
5. Galen Glen Vineyard & Winery
6. Blue Mountain Vineyard
7. Pinnacle Ridge Winery
8. Clover Hill Vineyards & Winery
9. Vynecrest Winery

Storing Wine

Wine left in a bottle should always be resealed. Although corks are historically the most popular way to seal wine, many wineries are turning to plastic corks or screw caps in order to make wine storage easier.

If your wine comes with a cork, you can purchase alternative closure products, like plastic corks. If you are looking to have wine readily available for a long period of time, boxed wine is your best option because it can easily be stored for a long period of time, even after opening.

Important to let the wine touch all regions of your tongue. Taste the wine in small sips. You should try to experience each individual flavor: the alcohol, the fruits, and any other ingredients, as well as the texture and the weight.

Wine often serves as a dinner drink, but is frequently paired with certain foods. Two of the most popular foods paired with wines are chocolate and cheese.
Ancient lives.

In front of us, the footprints of places, the deep hollows, the look up at the sky and know what response to pressure.

The history of a particular smell, it is no surprise then that things people remember a memory just by the power of their nose. The state refuses to close its and its importance. For example, the rely on the nose to differentiate smells because the sense of smell helps it to recognize things in the world. The skin contains three types of receptors: thermoreceptors which respond to heat and cold, noisecors respond to intense pressure, heat, and pain, and mechanoreceptors which respond to pressure.

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Forbidden Kingdom
kung fu through theaters

Courtney Clements
STAFF WRITER

The newest kung fu movie hit the big screen, The Forbidden Kingdom starring Jackie Chan and Jet Li. The writer and critics promised an action packed martial arts ride for fans and I feel this movie lived up to the expectation.

The movie began with the Monkey King, played by Jet Li, fighting off soldiers with a beautiful golden staff on top of high mountain peaks in the clouds. Suddenly, just when something is about to happen to the Monkey King, the audience is thrown from a dream a teenage boy was having to his bedroom, where kung fu posters hang from the walls and the television is playing a movie of a martial artist fending off soldiers with a staff.

This teenage boy played by Michael Angarano, a rip off look-alike of Shaolin Temple with a stiff upper lip. Throughout the film I felt that this actor should have grown into a better stuntman to do justice to the movie. Also, Angarano’s dialogue was not believable at all. The poor kid was not treated fairly by the writer.

Grateful most people do not go to see a kung fu movie based on the dialogue, like some viewers were led to believe that the foreign dressing story of Golden Flower, was a kung fu movie based on the trailers which it was not, and the dialogue was horrid.

Follett hooks readers in his masterpiece

The Pillars of the Earth

Juliana Armstrong
STAFF WRITER

I have always been one of those readers that choose books not by the cover or its length, but by the description. When the summer reading list was handed out for my senior year of high school, I started right away in figuring out which book I wanted to read and which to leave in the dust.

The Pillars of the Earth, by Ken Follett, stood out to me right away. It was beautifully covered and the description made me feel like I was already diving into the story itself. At 1,000 pages, it was by far the longest book on the list, and seemed to be the most interesting.

Set in 12th Century England, protagonist Tom dreams of building a cathedral someday. In the meantime, Tom and his family have to travel through the woods to find a hope of a job. There was no hope, until they reached Kentsbridge.

From here, the story continues through many decades. There are good characters and bad characters, the building of the largest Gothic cathedral known to that time with the staff to ancient China.

At this point the real journey begins in The Forbidden Kingdom with the plot development of characters and martial arts. The audience is introduced to Jackie Chan again as a wayward kung fu drummer and Jet Li as a wise old man. Golden Sparrow, who practices kung fu and plays an instrument similar to the mandolin. With these two, and the introduction of Jet Li as the Silent Monk, the teen is led on his journey to the Five Elements Mountain to free the Monkey King from his stone prison.

Within that plot, the audience is revealed the story of the mortals and the Monkey Kings fallen descent from power at the hands of the Jade Emperor. Only when the Monkey King regains his staff will the Jade Emperor fall from power and the villages below Five Elements Mountain will no longer live in turmoil. As the plot progresses new characters are introduced and amazing kung fu scenes erupt on the screen.

I recommend this movie to anyone who is a fan of Seven Samurai, Crouching Tiger Hidden Dragon, or enjoys a great plot with the sexy Jet Li and the comical Jackie Chan. The stories are beautiful and wonderfully entwined and with all kung fu movies, a lesson is learned in loyalty, humor and friendship.

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Hauna Colista
STAFF WRITER

The summer entering my sophomore year of high school, I worked as a baby-sitter. Parts of it were difficult but by the end of the summer I made $150.00. I could not wait to spend my money. I took my cash to Cooperstown, New York to see the Baseball Hall of Fame. As I was getting into the car I set my wallet on top of the car and unknowingly left it sitting there as we drove away.

I worked my entire summer and lost it all. I was crushed. No baseball jerseys, no caps or bats. It was all gone. Losing $150 was hard enough but you can imagine losing $580,000,000*? In the Columbia Picture’s film 21, you do not have to imagine it, you can see it.

21 is a classic rise and fall film starring Jim Sturgess (Across the Universe), Kate Bosworth (Blue Crush) and Kevin Spacey (American Beauty). The film follows a group of MIT students that used their resources and brains to manipulate and virtually rob Las Vegas through counting cards in Black Jack. The film was based on the true story of six real MIT students that took Vegas for millions in the 1990’s. The real student that Jim Sturgess character was based on even made a cameo in the film as one of the dealers.

I really love movies but most of all I love cinematography and sound. When the movie began I was not impressed. It was your basic, run-of-the-mill filming. It was not creative or innovative. However, as the movie continued the cinematography and sound became very interesting. The filming and sound became intense and fast paced along with the actions of the actors. The angles, shots and music during the scenes in the casino were affecting at making the viewer feel as if they were involved with the game itself and the risks involved.

It was at this point that I realized how clever the film makers really were. Once the students had left Vegas, the filming and sound slowed down slightly, but enough to ease the viewers and to reveal that there was no longer any risks. It really demonstrated how different these two worlds were; the Vegas world and the real world. This is perhaps my favorite part of the movie. During the scenes in Vegas my pulse raced and I felt my heart in my throat. Honestly, I really felt all the pressure, excitement and anxiety that counting cards brings. I absolutely loved these scenes and I think it really made the movie for me.

I also enjoyed the story itself. Beyond all the fancy Hollywood tricks it is just a great story. College students especially will be able to relate to this film. I believe that many students will agree that college is a crazy, unforgettable and life-changing and this film embodies all of these things.

21 is about counting cards but deep down, its about becoming what you have always dreamed, and typically it takes money to get there. So, the next time you are looking for something to do, count your steps to the nearest theatre and be apart of the game that is 21.

*According to 2007 Time Magazine’s list of the most influential people of the 21st century.

Think twice before you gamble; 21 is more than just counting cards.
The Falcons softball team is ending the season below where it started. The team started strong, winning the first six games of the season. The scores were turned around, though when nine of the last ten games ended in losses for the Falcons. The season will be ending as scheduled for the team with Friday’s game at Alvernia.

“We started out the season better than we seem to be ending it,” said senior theatre and art major Melanie Devlin, team captain. “We were hoping to keep up the momentum from our pre-season and our first few games throughout the season but when it came to facing the harder teams we had some problems scoring runs.”

Following large mid-season losses – including 19-0 and 12-0 against Rosemont and 5-0 and 10-0 to Misericordia – the team has pulled the scores in for smaller point-spans in recent games. “Our pitching has been phenomenal, but we have been unable to back our pitchers up offensive-ly, which seems to be a reoccurring theme for us,” Devlin said.

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Though the team has had some hard losses, the experience should prove helpful on a team that has only one graduating senior and a returning pitcher who has twice been named Pennsylvania Athletic Conference Pitcher of the Week and two-time Cedar Crest Athlete of the Week.

Devlin, the team’s only senior, has been a four-season member of the team, serving as captain since the end of her freshman year.

“There is no doubt about it: I’m going to be upset when the season is over. I’ve been playing softball all of my life,” said Devlin. “This technically isn’t the end, but I don’t know if I will ever be playing at such a competitive level, and I love the competition aspect of sports. I will definitely miss the players and will absolutely miss the coaches too.”

Don’t expect the end of the season to be the end of Devlin’s contribution to the team, though. “I’ve already been told, however, that I still have to make the 2009 softball logo for our fundraising ventures as I have for the past three years,” Devlin said. “So I guess I will be around in spirit as the team next year flaunts their best logo ever!”