**Opinions**

### Physical education missing at CCC

Jessica Kuc

**ASSISTANT NEWS EDITOR**

Most Colleges and universities have a variety of classes. These schools give students the opportunity to take majors and minors like Physical Education and Outdoor Leadership. While Cedar Crest has very prestigious Forensics and Nursing programs, it doesn’t offer the students physical education classes.

Cedar Crest focuses on promoting health and wellness to its students, though it’s really odd that they don’t offer those same students Physical Education courses for academic credit. There are the many programs for students, such as Healthy U and Activ-trax, but most students have no motivation to join these great and efficient programs.

If there were Physical Education courses offered, or even needed as a requirement, more students would be motivated to be healthier.

Brian Exton shares that he was shocked that Cedar Crest didn’t have any course in PE, when health and wellness are such a major focus here on campus. He feels to start them it would change a lot.

“Athletics advances the academic experience,” Exton exclaims.

Remembering high school PE, you think ugly uniforms, worn equipment and having to do things that the average person might not be able to accomplish, i.e. climb to the top of a rope. Schools force these classes on students to be active, so they can be healthy.

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**Campus cooking**

Chelsea Bodder

**STAFF WRITER**

Christmas and New years are approaching very quickly. Many parties or get togethers with the family or loved ones will take place during the next few weeks. And we all know what that means; lots and lots of food!! With the holiday’s right around the corner, it is nice to have a couple recipes on hand that are both cheap, and easy to make on the go.

These two recipes are a really fun and tasty treat to serve your guests that will be sure to have them coming back for seconds! The first one is more of an appetizer; called Mexican Cheesy Dip. It is truly an impeccable treat for anyone to enjoy. It has a nice crunch to it because of the chips but also a little kick because of the salsa and jalapeno cheese. The other recipe is probably considered more of a sweet, late night snack. It is called Muddy Buddies. I’m sure that you have probably heard of this recipe before, but for the ones that haven’t, here it is!

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Tim & Jules Rock the CAB Coffee House

Vanessa Chatelain
STAFF WRITER

On Dec. 2, Tim & Jules, an acoustic duo known for their laid-back and melodic music came to Cedar Crest for the Coffeehouse sponsored by Commuter Awareness Board (CAB). Students enjoyed food and listened to the musical stylings of Tim Harakal, the singer/songwriter, and Jules Gavin, the percussionist/producer. Karakal sang a few numbers he composed and some covers while his partner in crime, Jules Gavin, rocked on the hand drums. However, Harakal and Gavin are not strangers to Cedar Crest, as they came to perform during the Fall Activities Fair.

The two began their musical adventure when they attended Whitehall High School. Harakal explains how they began to work together. "We played a lot of heavy metal but I was still writing acoustic stuff at the time and I came to him one day with CD and I told him to check it out. I made it in my room and he listened to it and liked it; I told him to buy a hand drum and it’s been like this ever since," Harakal said.

The president of CAB, Sandip Kaur, gives her take on the duo and the event. "I think the event is going great. I came upstairs and I heard the music and it sounds so lively when I walked in. They’re really good," Kaur said. Harakal explains his passion for music. "I can’t picture me doing anything other than music I can’t stand working. As long as I can work, if I can make music then I will be happy," Harakal said.

Photos by Vanessa Chatelain, Staff Writer

Senior Business presentations let students apply their learning over their time at Cedar Crest

Morgan Keschl
NEWS EDITOR

The Business Administration students presented their capstone market research on Wed. Dec. 1 and Dec. 8, making for a lucrative end to their Cedar Crest career.

The Business students formed groups and chose companies from a select list of Wellpoint, Archer Daniels, Western Union, Reynolds American Inc. and Rite Aid. Each of these companies were significant for their female CEOs and diversity in both their company and globally, and for their presentations, group members began with introductions to the consumer.

Barbara Breisch, who holds a degree in Accounting from Penn State University, an Information Technology degree from Cedar Crest and is pursuing her second Sales and Marketing degree from Cedar Crest, was drawn to the Wellpoint insurance company partially from her own experience in the workforce.

"[W]ith some of the articles we read about Wellpoint and insurance just in general, there’s been lawsuits and what’s going on directly affects my company’s insurance out of Michigan," Breisch said. "My insurance company’s out of Michigan and the company I work for is headquartered in Germany and Michigan so it’s real. I’m out in the workforce. I’ve been there for 22 years so our insurance has fluctuated a lot.”

Jasmita Saini, a team member for Archer Daniels Midland, a company which deals with food processing for products such as corn syrup, found that her company had such a large influence on food staples globally. "They are one of the greatest processors in the world and they’re so diversified even within America so it’s really safe to say that almost every product we use is somehow linked back to them in some way, shape or form, because they do so much. The things we don’t think about, they do,” Saini said.

As a Wellpoint team member, Melissa Seigfried was the interested in the company’s number of consumers versus their profit. “Probably the fact that they’ve got the largest medical membership, even though they did not have the highest revenues. United Health Group had far higher revenues than Wellpoint, but Wellpoint had more medical membership," Seigfried said.

Arlene Peltola, assistant professor of Business, believes that the students’ completion of the course is a great accomplishment for its added insight into such a competitive field. "I think what is amazing to me is that these students have gained amazing business acumen. Not only is the content integrated but they know what it means, each concept, and how it’s integrated and affects another one and it just floors me every time they give me the plan,” Peltola said.

Saini recognizes the positives of the group dynamic. “It’s great camaraderie amongst us and we meshed really well. We really learned what our strengths within a group are and what the points of improvement within a group are and we learned how to balance each other out,” Saini said.

For Peltola, the importance of the capstone business requirement at Cedar Crest is invaluable for the competitive advantage attained by our graduates.

“The biggest thing for me is that they have competitive advantage over other undergraduate business majors because…not all colleges require in the business program the rigor they’ve been through, so they can go to their first interview with a portfolio piece,” Peltola said.

On a promising note, Saini wishes future senior capstone students some advice. “For all future senior [senior] students, don’t worry, you’ll make it. It is a very challenging experience but you are more than well-trained for it. You’ll do fine, don’t doubt yourself, and do what feels right and good luck to everybody,” Saini said.
CAMPUS NEWS

CAMPUS NEWS

Richards presents at FACTS conference

Michelle Palmisano

ATHLETICS EDITOR

Marcia Kalista-Richards, an instructor for the Cedar Crest Nutrition department, had the tremendous opportunity to attend the FACTS conference in Washington, D.C. on Nov. 30, 2010.

The Nov. 30 Foundation for the Advancement of Cardio Thoracic Surgical Care (FACTS) Conference was packed full with people from 36 different states and 9 different countries, all whom were attending to teach and be taught. During this event Richards provided information that she had compiled from the research of others, which she had been preparing since last year. Her topic was “Latest Protocols for Nutrition Support of the Patient with Respiratory, Liver, and Kidney Failure.”

As this was her first time attending the FACTS conference, Richards was expecting to be impressed and was. It was just an honor to be invited and network with the individuals at the conference. Not only did I get to teach but also to learn," Richards said.

The research that Richards presented was a compilation of information that has spanned back for over ten years. The American Society of Parenteral and Antereal Nutrition (ASPEN) and the Society for Critical Care Medicine, have pulled together the research that she used. Richards was asked to provide a presentation with all information on caring for patients with respiratory, liver, and kidney failure, in a critical care setting using evidence-based medicine.

These recommendations would help a multitude of people within healthcare including doctors, nurses, critical care practitioners, and patients within each of their fields, respectively. The evidence- based medicine that Richards presented was in the form of a case study with recommendations. The final published document was 25 pages in length and will serve as a guideline.

Richards made sure to note that she was very lucky to be involved with the conference and has always felt the support of Dr. Martine Scan- navino, the Nutrition Department Chair. Richards has found a home at Cedar Crest, and commented on the recent expansion within the Nutrition Department. Nutrition has added an intern- ship option within the major that is different than most.

Richards, a 20 year critical care dietitian, has worked in different settings during her years. She first worked in a hospital setting as a critical care renal dietitian and has since become a more noticeable face within the nutrition department at Cedar Crest. In addition to teaching at Cedar Crest, she is working within outpatient facilities.

In the News

Nicole Magloire

At the end of each semester In the News takes a more serious approach to news. Instead of just writing on weird news, this section spotlights one person. This comes from that person is Elizabeth Edwards.

Elizabeth Edwards died at 61

Elizabeth Edwards lost a five year battle with cancer on Tues- day afternoon. She passed away on Dec. in her home surrounded by her children and estranged hus- band.

Edwards was pushed into the spotlight when her husband John Edwards ran for US senator and became a two-time presidential candidate. Edwards lived a simple life as a mother and lawyer before her husband began to run for po- litical positions.

Edwards was portrayed as the soft-spoken main support to her husband and family of three. Edwards later was thrown in to the spotlight again when she began to publically battle breast cancer and deal with her hus- band’s infidelities. Her life became even more difficult when she dis- covered that her husband was fa- thered a child with another woman. The discovery led to the separation of John and Elizabeth Edwards.

Edwards graduated from the University of North Carolina at Chapel Hill and met John when she was in her second year of law school. They married a few days after they graduated and passed the bar exams. She kept her maiden name as her last name until her husband decided to run for Senate.

The couple lost their oldest child, Wade, to a freak car acci- dent in 1996. They have three children together. Cate, 28; Emma,12; and Jack, 10.

On Monday Edwards posted on her Facebook page that she had ceased cancer treatment after receiving news from her doctors that it was no longer helping her health. She died the next day.

The last message that she posted to her Facebook helped to enforce the feelings that support- ers already had about her, show- ing that she was a loving and caring woman but she was also very appreciative of every single person that supported her.

She left her Facebook fol- lowers with this message: “I have found that in the simple act of liv- ing with hope, and in daily effort to have a positive impact in the world, the days I do have are made all the more meaningful and precious. And for that I’m grate- ful. It isn’t possible to put into words the love and gratitude I feel to everyone who has and continues to support and inspire me every day.”

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www.cedarcrest.edu/crestiad

December 9, 2010 | 3

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Jessica Kuc  
ASSISTANT NEWS EDITOR

Why do homosexual individuals engage in sexual activities more frequently than heterosexuals? There is no answer because it’s not a legitimate question. In fact, there is no proof that homosexual individuals have any more or less sex than heterosexual. Still, homosexuality is equated with a largely sexual connotation. Although it often passes under the radar, many people stereotypically assume homosexual relationships to be based solely on sex.

There’s this feeling called love that so many of us believe in without being able to describe it accurately in words. Those who have experienced it know its power and those who have not have likely imagined it countless times as tears come to their eyes at the end of a Nicholas Sparks movie. Every dictionary definition of the word love that one could find most likely goes along the lines of “an intense feeling of affection”. Who is to say that homosexuals cannot experience this? If we can hardly define it ourselves in words that seem to do it justice, how can anyone dictate who it can and cannot exist?

However, the stereotype surrounds these individuals that their relationships are based solely on sex. For instance, an article about blood donation from manbcom.com stated, “Gay men have been prohibited from giving blood since 1985.” The article goes on to claim, “The Red Cross...recommends a one-year deferral”, or waiting period, on donations after male-to-male sex, saying the current lifetime ban “is scientifically unwarranted.”

This openly assumes that gay men are having sex. The article, and many like it, neglect to mention that gay men and men who have had male-to-male sex are not always the same thing. Not all homosexuals have sex. Personally, I knew I was “straight” without having sex. It is entirely possible that someone could identify themselves as gay without engaging in sexual activity.

According to familyeducation.com, approximately 50 percent of AIDS cases in young men between the ages of 13 to 24 are reported among males having sex with other males. This particular article also states that 47 percent of females between 13 and 24 infected with AIDS got the disease heterosexually.

While there are other ways to contract HIV and AIDS, both of these statistics cover about half of AIDS cases in the given age groups. In the statistics regarding men, specifically, that means that the other half, or closer to it, could very easily stem from sexual activity with the opposite sex. Therefore, such discrimination against gays is virtually unnecessary.

However, it is still assumed that homosexuals are sexually active while not all heterosexuals have to be. Homosexuality is wrongly considered to have a sexual backbone rather than being based off of deeper feelings.

At three years old, I had my first crush on my 20-some year old swimming instructor. That preceded numerous other innocent crushes over the next 16 years of my life. I liked guys as a child, and even through puberty and adolescence my preference remained. Still, through my teenage years I could honestly say that I never once thought instantaneously upon meeting a new guy, “I’d like to have sex with him.” However, I also know a fair number of heterosexual women who wouldn’t personally agree. Some homosexual relationships are sex-based and many are not, and many lasting relationships are based on a deeper connection.

The same is true for homosexuals. These individuals are not fighting for the right to marry, for instance, because of the sex. They develop innocent crushes, connect with others on an emotional level, and fall in love.

Justin Lee Walker is... in prison

Jade Abston  
STAFF WRITER

According to the U.S. Department of Justice “Tax-payers spend $60 billion a year for prisons. It costs approximately $30,000 a year to house a prisoner. Citizens are funding these prisons systems and inmates are living it up in prison and having easy access to the things they are supposed to be deprived of.

In Oklahoma, a 32-year-old man known as Justin Lee Walker, or his Facebook page states “Jus N Walk” is currently serving a 30-year prison sentence for murdering an Oklahoma sheriff. But this is not why he has been in the news recently. This convicted murderer was caught posting pictures to his Facebook profile from his jail cell.

Walker used a Blackberry cell phone to create and update a Facebook profile under the name Jus N Walk. According to Newsok.com, “Walker started a Facebook account with the name “Jus N Walk” in early November. He posted pictures of himself with people who appear to be other inmates.” His last post to the page was late Wednesday, night of Dec. 1.

Walker was using this Facebook profile for a little over a month, and none of the officials in the prison did not have a clue or inking that he was using it. Walker would have had access to this website for a rather extended period of time, but Abcnews.com reports, “Earlier this week, prison officials were notified by a local television station that Walker had managed to maintain a Facebook page from inside his cell at Oklahoma State Reformatory. He has since been transferred to a more secure prison block.”

This inmate’s page chronicled his life in prison as well as outside. One of his status updates mentioned “me against the world.” Other updates mentioned sleeping until noon and complaining about shower lines. In addition to the status updates, the worst part was the pictures Walker posted. He had pictures posted of a bong in his cell, holding and licking a shank, drinking his favorite liquors, smoking marijuana, groping himself, and also pictures with his cell mate.

For the amount of citizen’s tax dollars that are spent to run these prison facilities it is questionable exactly how our money is being spent. For almost a month, Walker had a cell phone in his possession and it went unnoticed. In Oklahoma having a cell phone inside a state prison is a felony. In addition to the cell phone he drugs, alcohol, and weapons. There is still an ongoing investigation on how he received the items.

The mother of the murdered sheriff told reporters “I think he needs to be told, ‘You’re such an idiot, at least you have a cell to live in and a line to wash in. At least you have a life. It might not be much of one, but it’s a life you chose. You did this to you. He doesn’t deserve to live.’” she said.

Walker lived in his jail cell for a whole month with complete access to the outside world and partying it up with his cell mates. It is a disgusting and horrifying. Having a cell phone and other illegal items in prison is happening more frequently. It is obvious that the $60 billion a year that tax payers are paying is a waste of money is going to waste.
Serious accutane side effects that warrant calling a doctor include:

- headache
- blurred vision
- dizziness
- nausea
- vomiting
- seizures
- slow or difficult speech
- unusual thirst
- frequent urination
- trouble breathing
- fainting
- fast or pounding heartbeat
- fever
- rash
- red patches or bruises on the legs
- swelling of the eyes, face, lips, tongue, throat, arms, hands, feet, ankles, or lower legs

Get the Facts!

Clear skin, for a price?

Chelsea Bodder
STAFF WRITER

Accutane is a drug that has become very popular with teenagers in society today. Because our society has become so obsessed with appearance, people are willing to do whatever it takes to get to the look of perfection that we, ourselves, have set the standard for. On most occasions, when a young person has acne, whether it is severe or mild, they visit the dermatologist. They analyze you, put you on either a mild prescription pill such as Minocycline, or a cream, and then tell you to re-schedule for another evaluation.

More times than none, the patient is not satisfied with the results and wants a strong medication. This is when they suggest Accutane. It sounds well and good to you when you hear that you take this prescription for your body which produce acne. It relieves the skin of the acne and makes the acne go forever.

However, it is not until you are actually on it, that these side effects that you went over with the dermatologist begin to appear. Some of the side effects include depression, severe dry skin, headaches, eczema, sensitivity to sunlight, muscle pain, infected hair follicles, major birth defects, liver damage, inflammatory bowel disease, Crohn’s disease, Ulcerative colitis, and suicidal thoughts.

While my brother Tyler, was on this drug, he suffered from depression. He fought through it so that the entire time he was on Accutane. My parents had him in counseling, and we were all afraid he would harm himself. But when he went off of Accutane, the depression left.

My boyfriend, Tim, then went on it and he would get excruciating hair follicles, which is a bacterial infection. Though Accutane fights acne, for some reason, it makes your skin more prone to bacterial infections during the time of treatment. He finally had to stop the prescription without finishing out the 6 months, because they got so bad, he had to go to the emergency room to have one drained.

Then, when I went on this drug, it was during the summer. I had to stay out of the sun or else it would burn me intensely. Let’s just say, that did not make for an enjoyable summer. I ended up being diagnosed with some sort of skin disease because of too much exposure to the sun while on Accutane. It is nothing major, but it is noticeable in the summer with a tan. Although it did clear up after my summer, I do not think I would have gone on it, knowing what I know now.

Doctors and parents should carefully examine all the cons versus the pros with this drug and figure out if it is really worth all the risks, just for clear skin. I know that if I was a parent, I would never let my child go on this drug.

Submit your Opinions

Do you feel strongly about something that is happening on Cedar Crest Campus? Maybe you have a world view that you would like to bring to campus attention. Voice your thoughts and feelings through a letter to the editor.

Submit letters to the editor on the Crestiad e-mail account at crestiad@cedarcrest.edu. To get your letter into the next paper, please submit it by midnight on the Sunday before the date the paper is to be published.

Danyla Frazier | Photo Editor

Though members of the Cedar Crest community do have access to the Fitness Center, Cedar Crest does not offer many opportunities when it comes to fitness classes.
Sweet and healthy: the benefits of chocolate

Nicole Magloire
BUSINESS MANAGER

Want to eat a bar of chocolate, go for it. Recent studies show that chocolate can benefit your health in more ways than one.

Consumers are always searching for simple ways to stay healthy and the newest craze may be the most popular. Consumption of chocolate has recently been linked to better mental and physical health. A recent study performed by Yale University showed that the consumption of dark chocolate could be beneficial to pregnant women. The chocolate may be able to reduce the risk of pre-eclampsia which can lead to premature births in some cases.

Another study was performed concerning chocolate and its health benefits concerning older women and heart problems. Studies show the consumption of the only kind of chocolate that is accepted by almost all curbside recycling bins to leave your recycling bin for each and every day, but in reality those easy ways outs are going to result in an enormous problem for the future. A modern glass bottle would take four thousand years or more to decompose and even longer if it's in the landfill. In contrast, it only takes thirty days for a recycled glass bottle to leave your recycling bin, and appear on a store shelf to be bought again. However, what people do not realize is that glass is one of the easiest materials to recycle. Glass is accepted by almost all curbside recycling programs and municipal recycling centers. This means that all people really need to do is to recycle their glass bottles and walk the bin to the curb; it's that easy!

Glass never wears out; in fact most bottles contain at least twenty five percent of recycled glass already. For every ton of energy saved from recycling one glass bottle can run a one hundred watt light bulb for four hours or a compact fluorescent bulb for twenty hours.

Think about it, we can be helping our world every day by just recycling one glass bottle. We live in such a rapid moving society, and we are constantly on the go. As a whole, people are always trying to find the simplest solution for each and every day, but in reality those easy way outs are going to result in an enormous problem for the future.

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A modern glass bottle would take four thousand years or more to decompose and even longer if it's in the landfill. In contrast, it only takes thirty days for a recycled glass bottle to leave your recycling bin, and appear on a store shelf to be bought again. However, what people do not realize is that glass is one of the easiest materials to recycle. Glass is accepted by almost all curbside recycling programs and municipal recycling centers. This means that all people really need to do is to recycle their glass bottles and walk the bin to the curb; it's that easy!

Glass never wears out; in fact most bottles contain at least twenty five percent of recycled glass already. For every ton of energy saved from recycling one glass bottle can run a one hundred watt light bulb for four hours or a compact fluorescent bulb for twenty hours.

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Mexican Cheesy Dip & Muddy Buddies

Submitted by Chelsea Boddie, Staff Writer

Mexican Cheesy Dip

Start with a 9 x 13 glass pan. Dump in two 9 ounce cans of jalapeno cheddar dip. Spread all over the bottom of the pan. Put two 16 ounce containers of sour cream on top of the cheese dip. Then, slice up one can of black olives. Sprinkle the sliced olives all over the sour cream. Dice up half an onion and spread it throughout the sour cream also. Open up two 16 ounce bottles of salsa. You can either choose mild, medium or hot salsa. Sprinkle two 8 ounce bags of mild cheddar cheese over top of the salsa. Chilli in the fridge for half an hour and then serve with Tortilla chips.

Muddy Buddies

Start with a large bowl. Place cereal in the bowl and set it aside while doing the other procedures. In a smaller bowl, place the chocolate, peanut butter, and butter inside. Place the bowl with the chocolate, peanut butter, and butter in the microwave and turn it on high for one minute. Stir periodically and place back in for another 30 seconds. Afterwards, make sure the mixture can be stirred smoothly. If not, put it back in the microwave for another couple seconds until it is completely smooth. Pour in the vanilla into the mixture and stir. After it is completely stirred, pour the bowl of the mixture on top of the bowl with the cereal. Make sure all the Chex cereal is all covered in the chocolaty sauce. Then, place the entire snack into a plastic bag. Put all the powdered sugar into the plastic bag with the cereal. Mix all ingredients with ice in a shaker. Shake really well and then pour out onto a tray to cool. Place into another bag and keep it in the refrigerator until you are ready to serve.

Alcoholic Non-alcoholic

Candy Cane Martini

Peppermint Hot Chocolate

Apple Ginger Sparkler

Cranberry Sparkler

Alcoholic

1 ½ oz. vodka
1 teaspoon peppermint schnapps
Mix all ingredients with ice in a shaker. Strain into a chilled cocktail glass. Garnish with a small candy cane or create a candy cane rimmer with crushed candy canes.

The Grinch

Peppermint Hot Chocolate

1 ½ oz. Midori
2 oz. lemon juice
1 teaspoon sugar syrup
Mix all ingredients with ice in a shaker. Strain into chilled martini glass. Garnish with a red cherry.

Apple Barrell Toddy

Cranberry Sparkler

1 ¼ oz. apple schnapps
1 cup apple cider or apple juice
1 oz. brandy
1 teaspoon honey
1 cinnamon stick
Mix all ingredients in a saucepan and heat until hot, do not boil. When warm, pour into a mug and serve.

*All alcoholic recipes adapted from thatsthespirit.com

Cranberry Sparkler

Place blackberry puree and cranberry juice in a champagne flute. Add sparkling water to fill. Garnish with mint.

*All non-alcoholic recipes adapted from marthastewart.com

6 recipes to enjoy over break

Toast to the holidays

El Rincón Hispano

*Corrine Rikli | Crestiad Special

“El Merengue”

Music and dancing are important aspects of Hispanic culture enjoyed by many Latinos across the world. Among the most popular of these dances, “el merengue”, is considered the national dance of the Dominican Republic.

Many believe that the name was derived from the preparation of sugar and egg whites because of the light and frothy characteristics of the dance. This two-step dance originally was a circle dance; men and women held each other’s hands arms length apart. Today, it is a dance of swinging leg movements while your held closely by your partner. The tempo varies and there is a quickening pace toward the end of each song. Ballroom Merengue is danced at a much slower pace than Boleró, which is danced in clubs and at parties. Originating from the late 1700s and early 1800s, Merengue is a mix of two dances; the African and French Minuet. There are two popular stories about the origin of Merengue. One of these stories relates to slaves who were chained together and had to cut sugar to the beat of drums and were forced to drag one leg. Another popular tale says that a war hero in one of the revolts in the Dominican Republic was wounded in battle causing him to drag his leg and limp on his return home. During the celebration of his arrival, everyone dragged one leg while dancing out of consideration for the wounded soldier. The true Dominican Merengue began in the Cibao Valley and was named merengue tópico or perico rípas. This music was composed by the Congolese guitarist, Rafael Trujillo, established modern “orquesta merengue” as the Dominican national symbol. In the 1960s, artists such as Johnny Ventura and Wilfredo Vargas created flashy choreography and simplified the beat.

Peppermint Martini

Cranberry Sparkler

1 1/2 ounces Blackberry Puree
2 tablespoons white cranberry juice
2 to 3 ounces sparkling water
1 sprig mint, for garnish
Place blackberry puree and cranberry juice in a champagne flute. Add sparkling water to fill. Garnish with mint.

Peppermint Hot Chocolate

1 1/2 ounces Blackberry Puree
1 quart milk
½ cup unsweetened cocoa powder
½ cup semisweet chocolate chips
7 peppermint sticks; 3 crushed (1/4 cup); 4 whole peppermint stick.
Place blackberry puree and cranberry juice in a medium saucepan, whisk in milk and crushed peppermint, keep on medium heat until melted. Bring to boil, then pour in mugs and serve with a peppermint stick.

Cranberry Sparkler

1 oz. Grand Marnier
2 oz. cranberry juice
Place 2 tablespoons gin syrup in each of six glasses. Fill with ice cubes, pour ½ cup gin syrup, 4 ½ cups sparkling apple cider and 6 cinnamon sticks.

Cranberry Sparkler

Place 2 tablespoons gin syrup in each of six glasses. Fill with ice cubes, pour ½ cup gin syrup, 4 ½ cups sparkling apple cider and 6 cinnamon sticks.

Apple Ginger Sparkler

Peppermint Hot Chocolate

1/4 cup ginger syrup
4 1/2 cups sparkling apple cider
6 cinnamon sticks
Mix all ingredients in a saucepan and heat until hot, do not boil. When warm, pour into a mug and serve.

*All non-alcoholic recipes adapted from marthastewart.com

Corrine Rikli, sophomore Nursing major is part of Professor Amelia Moreno’s Spanish class.
Events: Holiday Fun in the Lehigh Valley

Christmas at the Pines: Nov. 4 to Dec. 23
448 N. 17th Street, Allentown - 6:30 p.m.
Enjoy a theatrical event, combining several different skits and comedies, revolving around Christmas. Many of the comedies include Christmas songs, country comedy, and Santa Claus. Buy tickets at www.pinesdinnertheatre.com. Event sells out fast!

Pennsylvania German Exhibit: Nov. 6 to June 11
Allentown Museum
Tuesday-Saturday 10 a.m. - 4 p.m.
Sunday 12 p.m. - 4 p.m.
An exhibition dedicated to the Pennsylvania Germans legacy, within the Lehigh Valley. Tickets are free to members of the museum. Non-member adults are $6 and children are $3. More information available at www.kcmuseum.org

Gingerbread Festival: Nov. 13 - Dec. 11
Crayola Factory in Easton
9:30 a.m. - 3:00 p.m.
A drive-through display, which includes lights, animated displays, and music, transforms more than a mile of the parkway. At the end of the display, the Gift Barn hosts vendors, selling various holiday works. There is a cost per vehicle.

First Night® Bethlehem 2010 – Dec. 31
 Bethlehem 1:00 p.m. -12:30 a.m.
The 2nd Annual First Night Bethlehem 5K begins the festival at 1:00 p.m. The festival then continues with Peeps® Fest, music, crafts, and the LOOP buses. The LOOP buses help guests travel from site to site to enjoy all that First Night Bethlehem has to offer. First Night Bethlehem then concludes with a fireworks display and the Just Born Peeps® drop!

Peeps® Fest – Dec. 30- Dec. 31
Spring & Main Streets
Historic Bethlehem
Dec. 30-12 p.m. - 4 p.m. (Tickets required)
Dec. 31: 12 p.m. – 12 a.m (Part of First Night® Bethlehem)
Families are invited to enjoy the holiday season and the wonderful world of Peeps®, presented by Just Born Inc. and ArtsQuest. It is an entire two-day celebration, honoring the place where Peeps® were born. The celebration includes music, art, and various family fun.

Chritkindlmarkt – Nov. 24- Dec. 31
Central Moravian Church
Main and Church Streets
Historic Downtown Bethlehem
12:10 p.m. - 1:00 p.m.
A holiday market, which includes handmade works from the nation’s top artisans. This holiday market has been recognized by Travel and Leisure Magazine. For more information, call 610-332-1300.

Lights in the Parkway – Dec. 12-Jan. 2
Lehigh Valley Parkway
Allentown
5:30 p.m. - 10:30 p.m.
A drive-through display, which includes lights, animated displays, and music, transforms more than a mile of the parkway. At the end of the display, the Gift Barn hosts vendors, selling various holiday works. There is a cost per vehicle.

Loopy Loop: Dec. 11.
The 2nd Annual First Night Bethlehem 5K begins the festival at 1:00 p.m. The festival then continues with Peeps® Fest, music, crafts, and the LOOP buses. The LOOP buses help guests travel from site to site to enjoy all that First Night Bethlehem has to offer. First Night Bethlehem then concludes with a fireworks display and the Just Born Peeps® drop!

Holiday Hope Chests - Nov. 30- Dec. 3
Volunteer Center of the Lehigh Valley
A worldwide project that was adopted by the Volunteer Center of the Lehigh Valley. Chests will be distributed during the holiday season to Lehigh Valley agencies serving children. These chests include various items, such as clothing and toys, that the agencies use daily.

Crayola Factory makes gingerbread houses every weekend until Dec. 11.

Lehigh Valley: Ski Resorts
Alpine Mountain Ski & Snow Tubing Center: Route 447 North, Lake Harmony, PA 18624. It’s about nine miles from Interstate-80, Exit 52, and East Stroudsburg, PA. Ticket prices range from $23 to $46 depending on day and time.

Bear Creek offers skiing, snowboarding, tubing, multi use Terrain Park, night skiing, racing programs, ski and snowboard rental shops, ski school, and real estate development. Opening Day is Dec. 11. For more information, go to http://www.alpinemountain.com/ or call (570) 443-8425

Bear Creek offers skiing, snowboarding, snow tubing, ski and snowboard rentals, two terrain parks and a halfpipe, plus ski school. Opening Day is Dec. 18. For more information, go to http://www.jfbb.com/ or call 570-443-8425

Big Boulder: 1 South Lake Drive, Lake Harmony, PA 18624. It’s located off Interstate 80, about 40 miles from Scranton, PA. Ticket prices for snow passes $44-$50 and $32 for rental. Though college students (with valid college ID) can get $15 snow passes and $10 rentals every Wednesday from 3 p.m. - 9 p.m.

Big Boulder offers skiing, snowboarding, snow tubing, night skiing, ski and snowboard rentals, ski school and snowboard lessons. Opening day is later this week. For more information, go to http://www.jfbb.com/ or call 570-629-1661

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**Student Shivers...**

**“How do you feel about the winter weather?”**

- “I love the cold weather because it gives me an excuse to wear hats, scarves, and gloves. It also means it’s time for hot chocolate!”
  - Lauren Marie Nocheck
  - Freshman, BCB major

- “I love it. You sure the cold sucks, but winter means sledding, hot chocolate, and presents. I’d take -20 degree weather, with two feet of snow over 95 and humid any day. Plus, there’s always that little thought bubble of ‘maybe, school will be canceled.’”
  - Kristin Agostini
  - Senior, Biology and Secondary Education major

- “I usually ok with winter, but this winter came way too quickly! It sucks walking from building to building, unlike in high school.”
  - Stephanie Colburn
  - Sophomore, Social Work and Psychology major

- “I love the cold weather, when the snow is on the ground, so you get to sleep in. The hot cocoa isn’t bad either.”
  - Barbara Colburn
  - Freshman, Chemistry major

- “I HATE the cold!”
  - Monica Marjanovic
  - Freshman, Chemistry major

- “I hate the cold weather, but love the snow.”
  - Ashley Huff
  - Junior, Nursing major
Winter Wonderland Word Search
Submitted by: Alyssa Slinger

Mr. Chemist’s Neighborhood
Submitted by: David Raker
Aquarius
(Jan. 20 – Feb. 18)
A strong month for finesse and charm on the job is in store. You are likely to be wrestling with a decision on a private matter. The need and spirit to celebrate this holiday season runs especially high.

Pisces
(Feb. 19 – Mar. 20)
Your love nature is adventurous, open, and exploratory this month. You may be growing out of a friendship and/or beginning a new one that seems more aligned with your current goals and life direction.

Aries
(Mar. 21 – Apr. 19)
Your career matters are strong and in focus, despite a few minor delays and mishaps. You will find that it will be especially easy to find support this month.

Taurus
(Apr. 20 – May 20)
Improved signals in relationships and clearer personal goals contribute to a satisfying month. Professional goals are clearer and your reputation gains more clarity, direction, and purpose.

Gemini
(May 21 – June 20)
Your ability to adapt to changing circumstances may be a challenge this month. Casual relationships are also going strong and gaining momentum now that the air is cleared.

Cancer
(June 21 – July 22)
Work and daily routines take up much of your time this month. While you maintain a smooth and happy appearance, there can be quite a bit going on inside.

Leo
(July 23 – Aug. 22)
your general mood this month is playful and happy. By bringing more structure to your life, you will be able to come closer to achieving your dreams.

Virgo
(Aug. 23 – Sept. 22)
This month your financial matters are strong as well as work in communications. Changes may be imminent in your romantic life and in your career.

Libra
(Sept. 23 – Oct. 22)
there is considerable focus on your personal and emotional life these days, rather than public and professional goals. Prepare yourself for changes to your itinerary.

Scorpio
(Oct. 23 – Nov. 21)
The message you're giving to others this month is finally clear and very attractive. There may be a need for brutal honesty.

Sagittarius
(Nov. 22 – Dec. 21)
You're likely to make some powerful decisions about money or personal possessions this month. Something from the past may come to light and needs your attention.

Capricorn
(Dec. 22 – Jan. 19)
You're large and in charge this month, although something comes to your attention that prompts you to make changes to your image. Emotions can run high, and you might worry a little more than is healthy.

Music.....Expresses that which cannot be said and that which cannot remain silent            -- Victor Hugo

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A few of my favorite things

Allie Scott

ARTS EDITOR

Just like Oparah, I have a few of my favorite things. With almost a month away from school you will need something to keep you occupied; why not a book, a few movies, or how about some high energy interactive video games? Try some of these reading, movie and gaming suggestions to occupy your time over break!

MOVIES

It’s a Wonderful Life- This movie never gets old and it never fails to get a few tears out of me. This is a movie I would recommend to watch with your family; you appreciate it more when you’re watching it with your loved ones.

Meet me in St. Louis- This is a movie I grew up watching with my grandmother each holiday season, it holds a dear place in my heart. Every aspect of this movie is enjoyable; Judy Garland will steal your heart.

White Christmas- A classic Bing Crosby and Danny Kaye, need I say more?

Get your tap shoes ready because this is a movie you will be tapping your toes to all the way through the New Year.

8 Crazy Nights- Is there really such a thing as a holiday without Adam Sandler, No! This silly holiday cartoon will be a must for those cold nights indoors!

Deck the Halls- I laugh my socks off every time I watch this movie. This movie was completely understated, everyone should see this film, Danny Devito is hysterical.

The Holiday- My holiday is not complete without this movie. It has the most beautiful cast, the plot is perfect, the soundtrack is lovely; everything about this movie is fabulous.

BOOKS

You Better Not Cry: Stories for Christmas by Augusten Burroughs- Laugh your tail off with this collection of personal holiday encounters by Burroughs. Sure to get a few “ho! ho! ho!” out of you.

Holidays on Ice by David Sedaris- Holidays on Ice is a collection of holiday-themed fictional stories and personal essays by the laugh-out-loud author. Give yourself some holiday cheer and read this book.

The Polar Express by Chris Van Allsburg- Who said college kids can’t read picture books?! I love the artwork in this book; it makes me feel like a kid again. This is one of those books I could just page through forever.

End of semester party: students relax and unwind

This past Saturday, December 4, the Student Faculty Rock Band, along with some science clubs, hosted one of the first dance parties on campus, with alcohol served. The end of the semester dance party was held in the Gym and the party began with our own Student Faculty Rock band opening up playing some favorite rock ‘n’ roll hits.

The dance party was hosted by the GE Club, Beta Beta Beta, FSSO, and Bus Club. CCC Radio DJ’s provided the music in between the Student Faculty Rock Band sets. For $5 in advance and $6 at the door, students and their guests had an unlimited supply food, alcoholic and non-alcoholic drinks, and were able to dance away the stress of the semester.

The event was a success and many of the clubs are looking forward to hosting many more dance parties with alcoholic beverages for those 21 and up.

Jade Abston, Staff Writer

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Jade Abston, Staff Writer
The Beatles invade iTunes

By Alyssa Slinger

The resources available to music lovers are slim, and iTunes remains the head honcho when it comes to legally obtaining music, which now includes songs and albums from the Beatles. While iTunes may be number one, there are still some artists who do not need their music on iTunes, and therefore require fans to go out and buy the CD to or illegally obtain a digital copy. For a very long time, the Beatles was on this list of an artist who just refused to appear on iTunes. That all changed when all their songs on iTunes, according to The Guardian, are available. You can now purchase each song individually for $1.29. The Beatles box set is available for $39.99, which, along with some unseen footage, is available. This will of course generate more revenue with a hefty price. Most of the albums cost the normal $12.99, while each song can be purchased individually for $1.29. The Beatles box set is available for $196, but one can come with all the albums, videos, footage, and a special concert from 1964. While many other artists have gotten the Beatles, there are still a few artists who are holding out on digitizing their work. Some of these include AC/DC, some Prince, and Kid Rock. So, why are these artists not selling their work through iTunes? Well, AC/DC has claimed many times that they make albums, and that’s the way they should be sold. Garth Brooks has also returned his opposition towards iTunes. “Until iTunes makes users buy full albums, instead of individual songs, I will not put any of my songs on iTunes,” Brooks stated. He has also stood his ground because he feels more money per download should go to the artist. As of right now, the artist only gets $0.108 per song. That’s right, only one penny the artist gets per download. The label gets about 50 percent of the did not stop this artist from releasing. So maybe these artists who are holding out on iTunes have a point that an album just as an album is downloaded, and that the artist just gets one penny for each download. This is true, but if this continues, then it will continue, as they are, and the Beatles will continue to be available to music lovers worldwide.

Bush’s “Decisions” Revealed

By Stacy Williams

Good Charlotte made their first appearance in the music world ten years ago with their first two albums, which gave them pop-rock status. To this date, this American rock band has sold over ten million albums to the public.

This American rock band from Maryland has returned with a new label and their fifth album, Cardiology. The band for this CD consists of Joel Madden (lead vocals), Benji Madden (lead & rhythm guitar, background vocals), Paul Thomas (bass guitar), Billy Martin (lead & rhythm guitar, keyboard), and Dean Butterworth (drums). This album is one of their lengthier ones, but after three years they had a variety of songs to select from. Music lovers can relate to the second track called “Let the Music Play” because the message behind it is saying that one can count on music to live up their mood when times are rough.

Another song people would really enjoy on this album is track number six, “Last Night.” It is a rock type song with a party mood to it and many can relate to the lyric, “Last night I can’t remember what happened, where did we go?” This is a band is not trying to change, but only to expand their horizons with songs like “Like it’s her Birthday.” The album takes you back to their first album, but still shows the progression of their music at the same time.

Good Charlotte has done a job well-done with the construction of this album. They made sure there was a sense of flow from one to the next and that the final product was well rounded. They have matured physically and lyrically. Each track represents the feelings you feel in your heart in your daily life, whether its family, relationships, romantic adventures and etc. It is personally recommended for the mature audience.
Tune in to CCCRadio on
Friday December 10th at 3pm
and listen to our guest DJ:

President Carmen Twillie Ambar

Ways to Tune In:
Channel 17 On Campus
www.CedarCrest.edu/CCCradio

For more information please contact us at: CCCradio@cedarcrest.edu

CLASSES: December 18 – January 11 | REGISTRATION: November 8 – December 11

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“Im sry” in 160 characters or less

Jade Abston
STAFF WRITER

There is a new trend sweeping the NFL—apologizing through text messages. There have been many recent incidents, one of the biggest involving Tennessee Titans quarterback Vince Young and coach Jeff Fisher.

Young had a very heated quarrel with Fisher on Sunday, Nov. 21 in the locker room after losing in overtime to the Washington Redskins. When Young was leaving the field after the game, he threw his pads into the stands and stormed off the field. The heated exchange followed. Fisher told young quarterback Young had a very heated quarrel with Fisher on Sunday, Nov. 21 in the locker room after losing in overtime to the Washington Redskins. When Young was leaving the field after the game, he threw his pads into the stands and stormed off the field. The heated exchange followed. Fisher told young quarterback Young that he was grateful to have the opportunity to play for the Titans and wished the team good luck for the rest of the season. At a press conference Fisher was asked how he felt about receiving a text message apology and not a face to face apology and he stated, “I’m not a real big text guy. I’m not really into this new-age stuff.” Fisher said. “I don’t Twitter or tweet. But I think face-to-face is a man thing. OK?”

Young has been placed on injury reserve because he needs surgery to repair a flexor tendon in his right thumb. He sustained this injury in the game the Titans lost against the Redskins. He will continue to receive treatment at the team’s facility for his injured thumb.

In a society that is so technology based, it is becoming more acceptable to send formal apologies through email, text messages, and instant messages. Yahoosports.com reports, “It’s tough to quarrel with Fisher’s logic, but perhaps the 52 year old coach really is a bit out of touch with times. Imagine a world in which prominent NFL figures routinely apologized in 160 characters or less.”

Exton has high hopes of golf becoming a hit at CCC

Bryanne Hornung
STAFF WRITER

This semester, Cedar Crest had its very first opportunity to enroll in a golf course. This course, entitled Golf for Fitness and Life, gave six students the chance to learn and experience golf firsthand, taught by Brian Exton, Professor of Chemical and Physical Sciences. This course was introduced to teach students basic skills in golf and how golf will always be a sport you can play.

Exton explained why he began teaching the course and how he felt upon coming to Cedar Crest. He came to Cedar Crest as a soccer coach. As an athlete, he didn’t understand why the college didn’t offer these courses.

“I was somewhat surprised that Cedar Crest didn’t have any physical education courses, as most colleges do,” said Exton. He explains that he began the course to teach students about life long sports, one of them being golf.

He wanted to start a course that would hopefully change the college’s idea of physical education. The course was a five-week class once a week for three hours. It was designed to be an introduction to golf.

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By the end of the five weeks, there was a great difference in each of the girls, according to Exton.

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16 ATHLETICS

Bryanne Hornung
STAFF WRITER

In Lees-Gym on Dec. 4, a huge milestone was about to be achieved by senior forward, Leann Wallower. Within the first quarter, she entered the 1000 point club, only needing six points to do so. The Falcons played against the CSAC Champions, Neumann University, on this milestone night.

Fans cheered as she got pictures with a poster and T-shirts that read, “Congrats on your 1000 points, Lee.” It was a great day to be at a game to see something that doesn’t happen every day. Wallower ended the game with 1013 points with a long season ahead of her.

The game itself wasn’t as easy as Wallower’s two point shot that propelled her into the 1000s. It ended in a loss to Neumann, with a score of 79-79. The Falcons fought hard and fans stayed and cheered. Shamara Jackson, sophomore Nursing major, was glad she was at the game, and was able to celebrate this great achievement with her teammate.

“I’m really glad I came out. Seeing Leann shooting 1000 made me proud to have her on Cedar Crest’s side. I was really surprised we lost, we played so hard,” Jackson said.

Wallower’s accomplishment is a huge feat to have been done in four years. After coming off the heels of a very successful junior season, Wallower’s accomplishment is more than enormous and an added bonus to her athletic resume.

Leann Wallower
Class: Senior
Major: Criminal Justice
Position on the team: Forward

Why do you play basketball: “I play because I have a love for the game and think this quote can sum up how I feel, ‘I don’t want to be famous or rich or anything like that. I just want to see my team perform well. The best feeling in the world is watching your teammates execute a play to perfection.’”

How long have you played: “Since third grade.”

Are you involved in any other sports, clubs, or activities: “I have been playing basketball since I was little, around three years old.”

A fact that many people may not know about you: “I love the Spice Girls, Optimus Prime, and running.”

A fact that you love about your teammates: “My teammates execute a play to perfection.”

Basketball
Upcoming Game Schedule

12/9 @ Bryn Mawr
College 7:00 p.m.

1/10 vs. Centenary
College 7:00 p.m.

1/13 @ Marywood
University 6:00 p.m.

1/15 @ College of Notre Dame 2:00 p.m.

1/17 @ Cabrini
College 6:00 p.m.

1/22 vs. Gwynedd-Mercy College 1:00 p.m.

1/24 @ Centenary
College 7:00 p.m.

1/27 vs. Baptist Bible
College 7:00 p.m.

1/29 @ Lancaster
Bible College 1:00 p.m.

1/31 vs. Wilkes
University 7:00 p.m.

2/3 @ Rosemont
College 6:00 p.m.

2/7 vs. Keystone
College 7:00 p.m.

2/10 vs. Phila. Biblical
University 1:00 p.m.

2/12 vs. Marywood
University 1:00 p.m.

2/17 @ Phila. Biblical
University 6:00 p.m.

All information gathered by Amy Palmissano, Staff Writer