Zumbathon raises money for students at Cedar Crest

Tompkins Center Bistro
Grand Re-opening

Revised mammogram recommendations | page 2
Features goes vegan | pages 8, 9
Protect your credit during the holidays | page 12
New Moon movie and soundtrack review | page 15

Cedar Crest College, Allentown, Pennsylvania
Vol. 93 No. 12 | December 3, 2009

New book tells Palin’s side of the story

Sarah Jane Sein
STAFF WRITER

Much has been said about Sarah Palin, former governor of Alaska and running mate to John McCain. She tends to fall into the “love her or hate her” category with most Americans. Now, for the first time, she tells her own story of her campaign with Senator McCain, as well as her time as governor of Alaska and mayor of Wasilla, in her memoir “Going Rogue.”

Palin’s book begins, after a prologue that chronicles her phone call from John McCain, with the details of her life growing up.

This section reads a bit like a travelogue of Alaska, but sets the stage for the personality that sets Palin apart from many other politicians—after all, Alaska, like Texas, can easily be described as “whole other country.” For instance, you cannot actually drive from the northern cities in Alaska to each other, you have to fly in. Where else in the United States is that true, except Hawaii and Florida?

“Going Rogue” picks up when Palin begins to talk about her election as governor, in which she swept the corrupt former governor out of power, despite both being members of the same political party.

After that, it gets a bit bogged down in talks of energy policy and oil reserves, but then picks up again when Palin gets on

...
Recommendations changed for regular mammograms

Molly Bair
STAFF WRITER

The mammogram is the best detection for breast cancer early on. It is a low dose of radiation, and with in the past two years facility, the percentage of women who are diagnosed with breast cancer have decreased by thirty percent. The U.S. Preventive Services Task Force (a committee with in the federal government) put out a statement changing the recommendation for mammograms.

The new recommendation is regular screening for women starting at the age fifty instead of the initial recommendation of a regular mammogram screening between the ages of forty to forty nine years of age. A mammogram is advised every other year for women between the ages of fifty to seventy four. After the age seventy five stop all breast cancer screening.

Breast self exams are not considered effective and women should not be instructed to perform them monthly. The new guidelines are intended for women who are not at high risk for breast cancer due to family history or other medical complications.

The U.S. Preventive Task force has no representation of any expert with in the field of medical imaging. The American Cancer Society has not yet accepted this recommendation. However, the Mayo Clinic has already made a public rejection. Breast Cancer research has made a significant advancement over the past twenty two years and simultaneously saved thousands of lives with cutting edge technology and the ability to recognize breast cancer with in the early stages.

The new government policy may change the access women have to treatment due to insurance and cost. This new change is claimed to harm mammograms which include anxiety, discomfort, over treatment for a false positive, and the risk of developing cancer.

In rare cases women have developed breast cancer from the low dose of radiation. The fatal statistic of death from a mammogram is 1 in every 2000 women screened annually.

There will not be an immediate change to Medicare and Medicaid because time is still allowed for public comments. This change is also for breast cancer screening a lone and not the diagnostic kind of screening. A woman should receive a mammogram if she is experiencing symptoms of potential breast cancer.

Rose Marsh, junior Nursing Major, said she is not sure how she feels about the new recommendations for the mammogram or denouncing breast self exams. The self exams are better than nothing and it is important to be aware of one’s body. “Breast cancer is in the media a lot because the breasts define a gender. However the colon cancer awareness is still left in the dark.”

The best prevention may be paying attention to and taking care of one’s body, listening and asking questions.

Hauna Colista, Editor

Preforming a self breast examination

Self examinations are an easy and effective way to prevent breast cancer. Here is how you can protect yourself.

- In the Shower

With your fingers flat, gently move over every part of each breast. You should use the opposite hand to check each breast, right breast with left hand. You should look for lumps, hard knots, or thickening. Observe changes each week.

- Before a Mirror

Begin inspecting your breast with your hand or hand mirror. Observe your breasts, nipples, and areolas. Look for any changes.

- Before a Dressing Mirror

Inspect your breasts while standing. Observe your breasts, nipples, and areolas. Look for any changes.

- Lying Down

With a pillow under your right shoulder place your right arm behind your head. Gently press your left hand flat on your right breast and move your right arm behind your head. Gently press your palms on your hips to flex your arms at your side. Raise your arms over your head. You should look for lumps, hard knots, or thickening. Observe changes each week.

- Reflecting on the Mirror

Look at your breasts in the mirror. Observe any changes.

The best prevention is knowing your own body. Pay attention to and take care of your own body. Listening and asking questions.

Source: www.nationalbreastcancer.org

SAB head changes to road trips

Jessica Heiser
ASSISTANT NEWS EDITOR

Students participating in the Cedar Crest College road trip services are likely to see some changes take place next semester.

Due to the omission of the Student Activities Coordinator position, the regularly scheduled tasks performed by the Coordinator had to be allocated to different staff members and organizations throughout campus. Naturally, since the Student Activities Board (SAB) is designed with students in mind, it was an easy choice for the group to take on the responsibility of road trips.

Towards the end of this semester, SAB already began the preparations for moving forward with the program. On November 17th, students were presented with the option of signing up for the last road trips of the semester at the SAB office, which is where they will be taking place from now on. Other than a change in location, there weren’t any other differences in the sign-up procedure.

Next semester, however, there will be new policies set up that will be strictly enforced, appearing on the SAB website. Included on the site is also a form that Cedar Crest College students must fill if they are unable to attend the sign up, requiring a student proxy to sign up for them.

The policies also state that there will be three sign ups occurring each semester, and that students and faculty who arrive the day of the trip without signing up prior may be allowed to take additional seats on the bus, if space permits.

Refunds are available for those who cancel their attendance on the trips; however, cancellation must take place two weeks prior to the trip. Those who do not cancel at least two weeks ahead of time forfeit their right to a refund. Also, in order to participate in the road trips, students must leave in a Cedar Crest College sponsored vehicle, with exception.

In terms of deciding where the trips will be taking place, the SAB E-board, as well as other general members will be able to vote on the destination, along with the SAB road trips chair. This position, which is continued | page 4
When it comes to fundraisers our brain automatically goes to think of sweet sugary goods. A different kind of fundraiser on campus actually helped people loose calories. The first ever campus Zumba was held on Nov. 23 in Lees Gym in support of Cedar Crest basketball and cross country teams. Keri Laury, junior nutrition major, mentions, “The basketball and cross country teams are groups of hardworking student athletes who are on the rise in their conferences.”

A lively crowd assembled in the gym by 7 p.m. ready for a dance party like workout. While a normal Zumba session with Shawn Schmitt only lasts an hour this time the party was extended an extra half an hour to maximize calorie burning before the holiday. Zumba is normally free for Cedar Crest faculty, staff and students but since this was a fundraiser prices were for everyone. Prices were still affordable for everyone to join in without blowing your holiday savings. Student admission was $3 and $10 for faculty, staff and community members.

Schmitt who has done private Zumba sessions with the basketball team, was eager to help out again. “I love holding Zumba classes at the school so much and have become so fond of all the people here. It felt so great to give back!” Zumba wasn’t the only thing going on for Zumbathon. After a good sweat participants got in on a raffle for great prizes including Zumba gear like t-shirts and pants and other healthy lifestyle goodies like hand weights, water bottles, gym bags and even some indulgences like restaurant gift certificates.

Holding a new approach to fundraising certainly didn’t deter people away from taking part. Shawn Schmitt said, “The Zumba fans from the school and community loved it! They are huge fans of the school because it’s our special space that we can all connect and Zumba!” Members of the basketball team also agree with the new way of fundraising. Kelly Oakes, senior business administration major, explains, “In my opinion Zumba is a better fundraiser, because of its high energy factor, and the fact that everyone to join in without blow-}
Professors travel and present

Gabrielle Augustine

STUDY BREAK EDITOR

To be able to speak eloquently in front of an audience takes time, practice, and patience.

Tim Brown, the Forensic Speech Team’s director and Theatre Department faculty, presented his paper and research, ‘CRAFT’ at the 2009 annual convention. brown presented his paper and research, ‘CRAFT’ to the group, which is an acronym for “Character, Roles, Attitude, Tact, and Expertise.”

End of the semester

It is hoped and expected that Thanksgiving Break will be held on Dec. 2 in the 1867 Center on campus. In some locations, we offer a variety of winter events including a Big Sis Little Sis event in December and a Liquid Nitrogen Ice Cream Social put on by a few of the science-based clubs.

Addressing the issue brought up in the previous week’s meeting, Dean O’Neil explained some of the concerns students have had with transportation in the case of an injury. She stated that the college previously had a wheelchair, and now that the issue has been brought up to the college, it is planned to have a new one by January.

As far as transporting students to the hospital, many times injuries are not an emergency. The time it would take for a designated person to speak to the injured student in the emergency room would make it so there would be a large block of time in which no other student could be helped. It is hoped and expected that a fellow student would step up to the plate and provide transportation if needed.

However, Cedar Crest is in the process of considering having a student-based EMS on campus. Other local colleges such as Muhlenberg College and Lehigh University have adopted an EMS program with much success. This service would not be able to transport students off campus, but would possibly be able to do so around the college if a vehicle was designated to do so in.

Students brought up another concern at the meeting about a lack of scholarships available to upperclassmen. Some students feel that there are a lot of scholarship opportunities for freshmen, but not as many once one progresses in her college career. A short discussion occurred on this concern, and it may be brought up again in more depth in future meetings.

Students and senators were reminded of the President’s office hours - up to 15 hours a week, which are available by appointment only. Additionally, attendance was reminded. Course Evaluations students are encouraged to fill out on Dec. 9 on myCedarCrest.

The next SGA meeting will be held on Dec. 2 in the 1867 Room of the TCC.

Gabrielle Augustine

STUDY BREAK EDITOR

To be able to speak eloquently in front of an audience takes time, practice, and patience.

Tim Brown, the Forensic Speech Team’s director and Theatre Department faculty, presented his paper and research, ‘CRAFT’ at the 2009 annual convention. brown presented his paper and research, ‘CRAFT’ to the group, which is an acronym for “Character, Roles, Attitude, Tact, and Expertise.”

End of the semester

It is hoped and expected that Thanksgiving Break will be held on Dec. 2 in the 1867 Center on campus. In some locations, we offer a variety of winter events including a Big Sis Little Sis event in December and a Liquid Nitrogen Ice Cream Social put on by a few of the science-based clubs.

Addressing the issue brought up in the previous week’s meeting, Dean O’Neil explained some of the concerns students have had with transportation in the case of an injury. She stated that the college previously had a wheelchair, and now that the issue has been brought up to the college, it is planned to have a new one by January.

As far as transporting students to the hospital, many times injuries are not an emergency. The time it would take for a designated person to speak to the injured student in the emergency room would make it so there would be a large block of time in which no other student could be helped. It is hoped and expected that a fellow student would step up to the plate and provide transportation if needed.

However, Cedar Crest is in the process of considering having a student-based EMS on campus. Other local colleges such as Muhlenberg College and Lehigh University have adopted an EMS program with much success. This service would not be able to transport students off campus, but would possibly be able to do so around the college if a vehicle was designated to do so in.

Students brought up another concern at the meeting about a lack of scholarships available to upperclassmen. Some students feel that there are a lot of scholarship opportunities for freshmen, but not as many once one progresses in her college career. A short discussion occurred on this concern, and it may be brought up again in more depth in future meetings.

Students and senators were reminded of the President’s office hours - up to 15 hours a week, which are available by appointment only. Additionally, attendance was reminded. Course Evaluations students are encouraged to fill out on Dec. 9 on myCedarCrest.

The next SGA meeting will be held on Dec. 2 in the 1867 Room of the TCC.
World AIDS Day encourages awareness at home and abroad

Sarajane Sein
STAFF WRITER

According to UNAIDS, 32.9 million people worldwide are currently living with HIV and AIDS. This tragic disease that has claimed the lives of so many people has yet to be cured, and every year on World AIDS Day, Dec. 1, people gather to remember all those whose lives were lost to this illness.

The commemorative day was created in 1987, six years after the virus was first discovered, and the first day that it was recognized was Dec. 1, 1988.

Around the world, awareness is being brought to the issue of HIV and AIDS in different ways by different groups of people. Some organizations are offering free HIV testing. Singer Alicia Keys will be streaming a concert that she will perform in New York City. Last year, AIDS.gov launched initiatives that included a text message system for finding out HIV testing locations. Some or different groups of people. Some organizations are offering free HIV testing. Singer Alicia Keys will be streaming a concert that she will perform in New York City. Last year, AIDS.gov launched initiatives that included a text message system for finding out HIV testing centers, and even an HIV/AIDS island in the online game Second Life.

HIV, or the Human Immunodeficiency Virus, is a virus that is transmitted by close contact with the bodily fluids of an infected person, most often in the midst of sexual contact, intravenous drug use, or in the process of being born to an HIV-positive mother. The disease was first uncovered in 1983, with most people who developed AIDS at that time seeming to have developed it in the 1970's.

President Barack Obama has pledged to fight the disease in his time in office. "In terms of America’s response to HIV and AIDS overseas, Obama pledged that he would substantially increase funding to both PEPFAR and the Global Fund. However, commentators have questioned the likelihood of this pledge being followed through in the context of the unfolding international financial crisis," according to the history of AIDS on the website Avert.org. Obama has also supported lifting the ban on federal funding for needle exchange programs, which seek to help intravenous drug users reduce their risk of contracting HIV or other blood-borne illnesses from needles.

The Cedar Crest College Black Student Union made an AIDS quilt in the TCC Dining Hall to raise awareness about the illness. Students had the opportunity to write on the quilt, and red ribbons were also given out so students could show their support for increased HIV/AIDS awareness.

"You can’t put a face on AIDS anymore because anybody and everybody is affected by it," said Jade Abston, president of the BSU and a sophomore Communications major. "It really affects children under the age of 15. The age is getting younger every year. It’s really sad. I think it affects the community when you see children affected by HIV."

This tragic disease that has claimed the lives of so many people has yet to be cured, and every year on World AIDS Day, Dec. 1, people gather to remember all those whose lives were lost to this illness.

TIM BROWN
continued | page 4

Nursing from the hospital-based studies at Reading Hospital School of Nursing, and furthered her education with a Bachelor of Science in Nursing at Alvernia University. Melincavage obtained her Master’s of Science in Nursing from Bloomington University, and completed her Doctorate from Penn State Harrisburg in May 2008. Along with her education experiences, she was a staff nurse in neuropsychology in the OR (Operating Room), a telemetry nurse for 17 years, an Adult Health Nurse Practitioner for eight years, and a Nurse educator for 10 years.

SAB/ROAD TRIPS
continued | page 2

being filled by Katie Brown, is another refreshing change that will help bring about even more order to the process, ensuring that the trips, and also the transition, flows smoothly.

"As the road trips chair I will oversee the sign up process for the road trips," stated Brown, giving a description of her position as chair. "I will also be working with the other E-board members of SAB to plan the road trips and I will work with the treasurer to handle the road trips budget. It will be part of my duties to make the plans for the road trips, calling the museums or the buses, making sure we have drivers and chaperones."

For students who have questions about the changes taking place, SAB asks students to feel free to e-mail the SAB account. Also, since SAB will now be running office hours, students are welcomed to visit, hand in their deposits, and also cancel attendance to the road trips.
Buskin Society feels the same way, “I love joining in with everyone who is making a fool of themselves!”

Laura Moore, president of Buskin Society, said, “It had formed into an event that when we had two step teams they were able to battle each other.”

A new change to Frolic this year, the doors will be opening early at 8:30 p.m. for the Student Faculty Rockband.

Then at 9 p.m., Frolic will begin with G. George hosting and a secret special co-host until 11 p.m.

After Frolic, midnight breakfast will begin that is in conjunction with SAB. Some of the acts that formed programs to help our students prepare themselves for the real world. O’Neill supplied a list of projects in the words that are prepared students for the interview process) and “Speed Networking” (an event which saw a number of alumnae come to campus to share their wisdom regarding the work environment as well as the keys to professional success. Students spend 3-5 minutes with each alumnae before interviewing the next participant.) Alumnae Affairs and Career Planning worked together to prepare this series.

Buskin Society feels the same way, “I love joining in with everyone who is making a fool of themselves!”

Laura Moore, president of Buskin Society, said, “It had formed into an event that when we had two step teams they were able to battle each other.”

A new change to Frolic this year, the doors will be opening early at 8:30 p.m. for the Student Faculty Rockband.

Then at 9 p.m., Frolic will begin with G. George hosting and a secret special co-host until 11 p.m.

After Frolic, midnight breakfast will begin that is in conjunction with SAB. Some of the acts that formed programs to help our students prepare themselves for the real world. O’Neill supplied a list of projects in the words that are prepared students for the interview process) and “Speed Networking” (an event which saw a number of alumnae come to campus to share their wisdom regarding the work environment as well as the keys to professional success. Students spend 3-5 minutes with each alumnae before interviewing the next participant.) Alumnae Affairs and Career Planning worked together to prepare this series.

Dr. Melincavage continued | page 4

and other connections that career services provide. It’s scary.”

There has been a position made on campus to fill this position as well as take over more programs that the program is forming. “In early spring, we will be launching a search to fill the Director of Career Planning position. Currently, we are searching for the Executive Director of Women’s Leadership and Student Development; by mid December, this position will be filled. Since the Executive Director will oversee Career Planning, it made sense to fill this position first. The ideal Director of Career Planning will come to the position with a wealth of experience in career development, expertise in student leadership development, and possess the ability to develop strong professional relationships with faculty, staff and students. It is important that the candidate is student-centered, possessing the ability to prepare our students for professional positions in a global society,” said O’Neill.

In the meantime, Cedar Crest is not behind the game; they are forming programs to help our students prepare themselves for the real world. O’Neill supplied a list of projects in the words that are prepared students for the interview process) and “Speed Networking” (an event which saw a number of alumnae come to campus to share their wisdom regarding the work environment as well as the keys to professional success. Students spend 3-5 minutes with each alumnae before interviewing the next participant.) Alumnae Affairs and Career Planning worked together to prepare this series.

Dr. Melincavage continued | page 4

and other connections that career services provide. It’s scary.”

There has been a position made on campus to fill this position as well as take over more programs that the program is forming. “In early spring, we will be launching a search to fill the Director of Career Planning position. Currently, we are searching for the Executive Director of Women’s Leadership and Student Development; by mid December, this position will be filled. Since the Executive Director will oversee Career Planning, it made sense to fill this position first. The ideal Director of Career Planning will come to the position with a wealth of experience in career development, expertise in student leadership development, and possess the ability to develop strong professional relationships with faculty, staff and students. It is important that the candidate is student-centered, possessing the ability to prepare our students for professional positions in a global society,” said O’Neill.

In the meantime, Cedar Crest is not behind the game; they are forming programs to help our students prepare themselves for the real world. O’Neill supplied a list of projects in the words that are prepared students for the interview process) and “Speed Networking” (an event which saw a number of alumnae come to campus to share their wisdom regarding the work environment as well as the keys to professional success. Students spend 3-5 minutes with each alumnae before interviewing the next participant.) Alumnae Affairs and Career Planning worked together to prepare this series.

Dr. Melincavage continued | page 4

and other connections that career services provide. It’s scary.”

There has been a position made on campus to fill this position as well as take over more programs that the program is forming. “In early spring, we will be launching a search to fill the Director of Career Planning position. Currently, we are searching for the Executive Director of Women’s Leadership and Student Development; by mid December, this position will be filled. Since the Executive Director will oversee Career Planning, it made sense to fill this position first. The ideal Director of Career Planning will come to the position with a wealth of experience in career development, expertise in student leadership development, and possess the ability to develop strong professional relationships with faculty, staff and students. It is important that the candidate is student-centered, possessing the ability to prepare our students for professional positions in a global society,” said O’Neill.

In the meantime, Cedar Crest is not behind the game; they are forming programs to help our students prepare themselves for the real world. O’Neill supplied a list of projects in the words that are prepared students for the interview process) and “Speed Networking” (an event which saw a number of alumnae come to campus to share their wisdom regarding the work environment as well as the keys to professional success. Students spend 3-5 minutes with each alumnae before interviewing the next participant.) Alumnae Affairs and Career Planning worked together to prepare this series.
CRESTIAD SPECIAL

These last three weeks have been a whirlwind for me. Three days after leaving Vietnam, we pulled into Hong Kong and I found myself on a plane to Beijing. The bitter cold and freshly fallen snow that met me outside the terminal were a shock to my system, having spent the last several months in the hot, sunny climates of places like Ghana and India. China was a completely new experience, one with its own challenges.

I checked into my hotel, and settled in for the night. I fell asleep to the highly addictive Chinese Music TV channel, and woke up to a breath of cold air rushed into my face, immediately freezing my fingers and nose. The chill in the air soon became almost unnoticeable since my body began to warm up as a result of climbing up and down the steep hills. What seemed like hours passed as I spent most of my time concentrating on my footing and trying to stay warm. I managed to stay near the front of the line, so every once and a while, I had the opportunity to look around and appreciate the scenery while others from the group caught up. The snow and ice glistened on the wall, giving it a quite dignified look.

After a quick lunch in one of the watchtowers, we were on our way again, eventually making it to the Jin Shan Ling portion of the wall. Already the sun was beginning to set, and soon we were in the bus traveling back.

The next morning we began right where we had left off on the Jin Shan Ling portion of the wall, minus about half our group who had decided the cold was too much to handle and had gone to Beijing for shopping and indoor sightseeing. Several old Mongolian women from one of the nearby villages came to walk us along the wall, and to later sell us souvenirs from their bags.

A pink-cheeked Mongolian woman with gray-flecked hair decided to spend the day helping me up and down the hills of the wall. On the one hand, I appreciated her company. I had managed to somehow end up as second in line, and was way ahead of most of the other people. Although we couldn’t talk too much because of the language barrier, her presence was sometimes helpful. On the other hand, though, I wanted to climb this wall on my own. If I slipped and fell, I’d get up again and keep going. I was determined to make it on my own. But the woman’s kind gestures and friendly way of saying, “Careful, you slip. Go slow,” made it hard for me to turn down her help.

Sometimes the only words that passed between us were, “Thank you.” And “You’re welcome.” At times I even ended up helping her up and down the slippery slopes. When we got to a particularly rough hill, she would dig her walking stick deep into the snow and drag me up with all her might. Come hell or high water, she was going to get me up that hill. She would turn her head, smiling, saying, “Slow, slow. Very hard.” After hours of hiking, I finally made it to the end of the hike: a small village at the foot of the mountains. Although I was shivering in the cold, I was proud of my accomplishment.

Four days later I sat at a table in Kobe with my Japanese hostesses, middle aged women named Sachi and Kahoru, and a new challenge in front of me: eating raw fish. About the time I looked down at the plate of salmon, scallops, and some other unidentifiable fish, I start to realize I must really be a disappointment to my Scandinavian ancestors who not only flourish in a cold climate, but also most likely enjoy fish on a regular basis. The fact that I detest the smell and taste of seafood must make me some sort of Nordic anomaly.

I pick up my chopsticks and take a deep breath. This is going to take some concentration. I try to clear my mind of any negative thoughts. I’m going to love this raw fish, I tell myself. Sachi and Kahoru are leaning over the table, eagerly awaiting my response to my first ever bite of sushi. I pick up a bite-size piece of salmon, dip it into a sauce of soy sauce and wasabi, and put it in my mouth. As soon as the taste of soy sauce and wasabi dissipated, I can taste the fish. And its texture is making me gag. Raw flesh does not have quite the erotic consistency I imagined. It’s stickier. And chewier. The flavor and texture are mixing around in my mouth and I can’t take it. Please don’t let me throw up all over the table, I beg. I will myself to swallow the salmon, washing it down with a cup of tea.

I take another deep breath, and under the watchful eyes of Sachi and Kahoru, pick up a scallop with my chopsticks and dip it into the sauce. I pop it into my mouth and chew it quickly. “What do you think?,“ asks Sachi.

“Very good.” I reply, smiling at my Japanese hostesses, and deciding it wasn’t so bad after all. Challenging myself is what this trip is all about, and I’m grateful that yet again I’ve been given the opportunity to get out of my comfort zone and try something new.

Rachel Edgar is a Cedar Crest College student who is participating in the Semester at Sea program. She writes a weekly series that chronicles her adventures around the world. This is Edgar’s eighth article about her experiences, her previous seven articles are available in back issues of The Crestiad on cedarcrest.edu/crestiad.
Relish: a new Vegan friendly eatery

Stacey Stangl | STAFF WRITER

“Relish” is a restaurant located in Allentown’s Tilghman Square, and is a vegan-friendly casual restaurant, with a mostly gluten-free menu. It is located right behind the Wendy’s in the shopping center near the AMC movie theatre, and right next to Protein Xpress.

According to Relish’s website, visitors can “enjoy an array of fresh food in our casual and relaxed dining room, which is decorated with entertainment memorabilia. Experience our contemporary American cuisine and attentive service in a friendly atmosphere. In consideration of our patrons with food allergies and sensitivities, we offer gluten-free and vegan dishes. Come see what makes us one of the most talked about new restaurants in town.”

The table is indeed deserving, with a delicious variety of options for any budget or appetite. Items on the menu range from $2.95 to $17.95. Most of the menu can be ordered gluten-free, and there are a bunch of delicious entrees that are vegan as well. There are two vegan salads, a veggie wrap, vegan pasta, sautéed mixed vegetables, among other varieties of choices. Each item on the menu is marked with a G if you are able to order it gluten-free, and V if the item is vegan.

The name for Relish came about after a few long days’ pondering, said the owner, Brian Levine. “We wanted something that was only one word, easy to remember,” Levine said. “Relish came to us after a few days, when we decided that it was appropriate because our burgers come with relish on them. It could also be considered a play on the word for customers, because we’d like you to “relish” in your stay here.”

When entering the restaurant, you get a “coffee house” ambiance from the black and white and colorful photogprahs lining the walls in a gallery fashion, the dim low-lights, and classy table settings.

When I visited Relish, I invited my vegetarian boyfriend along so he could give me his scoop on the restaurant as well. We arrived after 5 p.m. one Saturday, so we were able to have table service instead of a simple “order at the counter and pick up your food when it’s done” type of service style, much like at Panera Bread.

He was pleased with the variety of vegetarian/vegan options on the menu, and decided to order the “Warm Roma Veggie Wrap,” which is described as “Shitake mushrooms, baby spinach, fire roasted red peppers, red onion, roasted dill asparagus, roma tomatoes finished with a balsamic reduction glaze and served in our multigrain flatbread wrap” and came with a side, of which he chose Relish’s homemade potato salad. I ordered something called a “Mac Dog” with chili – a “hashbog with macaroni and a creamy blend of cheeses” as well as the “Butternut Carrot Ginger Bisque,” the item on the menu that struck my attention first. The soup is described as “slow roasted Butternut squash and fresh carrots simmered in a chicken based broth pureed with a touch of ginger and a bit of fresh cream.” All I could say was, “Yum!”

While we waited, the staff was very attentive and friendly, and our waitress offered us water. The staff all seemed very enthusiastic, and I could tell other customers were leaving very satisfied after their meals. The soup came first and was every ounce of deliciousness I imagined it to be. It was savory and sweet, but also slightly spicy. Within a matter of minutes came my boyfriend’s veggie wrap and my gigantic hot dog. When I say gigantic, I literally mean that it took up the entire basket it came in. The hot dog was filled with macaroni and creamy cheese, and topped with tons of chili. Needless to say, I needed a doggie bag.

My boyfriend, however, devoured every last bit of his veggie wrap. It was nearly packed with the variety of vegetables mentioned above and was a colorful display of what a vegetarian meal should look like. He stated that the veggie wrap was delicious and filling, and that the potato salad was just like something his grandmother made – and you know when grandma makes it, it’s good.

Unfortunately, we were entirely too full to be able to order any dessert. The desserts at Relish are a fraction of another company of theirs called Icing – which is a line of gluten-free/dairy free desserts. The pies, cheesecake, bread pudding, waffle sundaes, chocolate molten lava cake, tiramisu, s’mores cupcakes, and everything else in the display case looked astounding. And most were available in regular and gluten-free/vegan varieties! We decided to save dessert for next time, because there will definitely be a second trip.

Relish is open Monday through Thursday from 11:30 a.m. to 8:00 p.m., Friday and Saturday from 11:30 a.m. to 9:00 p.m., and Sunday from 12:00 p.m. to 6:00 p.m. Thursday through Saturday one can enjoy table service after 5:00 p.m.

For more information, including Relish’s menu, phone number, reviews, directions, or information on Icing Baked Goods, visit their website at http://www.eatrelish.net/.
For many, eating conventionally isn’t a hard decision. Foods such as, meat, dairy, and eggs are readily available in every grocery store and are even incorporated in many fast food restaurant meals. Avoiding it can sometimes become an issue, because on many menus, the only resulting option would be a salad, minus the cheese, and add a possible oil and vinegar dressing.

So then everyone must eat meat and dairy since it is so accessible and easy right? Not! Thankfully that pathetic salad is not the only option anymore. People who intentionally avoid meat and dairy products, otherwise known as Vegans, have spoken up and demanded more options that are just as easily accessible for them too; and existed and potential businesses have listened.

A common misconception about eating healthy and conscious is that there is so much sacrifice involved in your diet. But, “Vegan Treats founder Danielle Konya blew that theory out of the water long ago with the creation of her first Chocolate Peanut Butter Bomb cake,” as stated on vegantreats.com. “As an ethical-vegan with a ‘do it yourself’ ethic that is only rivaled by her love for baking, she witnessed a lobster being boiled, and ever since she vowed a vegan lifestyle.

Konya has received a lot of recognition for her delicious creations from celebrities. She has been featured in US Weekly stating, “Animal Friendly and appetizing. Alicia Silverstone and Gwyneth Paltrow eat her milk-and-egg free sweets. A fave!” The Pumpkin Spice Cheesecake.

“One time Gwyneth Paltrow arranged to get vegan desserts for her daughter, Apple’s, birthday party. Some of her other fans include, Jason Schwartzman and “Bones” star Emily Deschanel,” as stated on vegantreats.com.

Danielle happily lists her bakery as cruelty free. She has created master pieces using ingredients that conventional bakeries and franchises wouldn’t dare to attempt. “She started with whipped cream and then experimented for about a year. Once in a while someone would drop by and ask for one of her ‘vegan treats.’ That’s when the name of her store originated,” as stated on vegantreats.com.

While experimenting and baking her mouth watering tempations, Konya enjoyed listening to AFI in her kitchen. Little did she know that they would grow to admire her just as much as she admired them.

Ordering a custom cake from vegan treats is an experience far different from any where else. Most bakeries offer the boring vanilla, chocolate, or marble flavor and then butter cream icing or whipped topping. Vegan Treats offers many more cake varieties such as cookies and cream, red velvet, vanilla bean, creamcheese, carrot, and so many more. They also provide a choice of filling, which also ranges in flavors, and they do not need a lot of notice for custom orders, since they bake every day.

At Vegan Treats, the possibilities are endless, so if you are bold enough to try a vegan (gasp!) temptation, then head over and try some of her delicacies.

Visit www.vegantreats.com for more information on their bakery, as well as hours and location.

Relish and Vegan Treats aren’t the only places in the Lehigh Valley that offer vegan and gluten-free goodies. Check out these other options if you’re in the mood to go gluten-free!

**Charlie Brown’s Steakhouse**

1908 Walbert Ave.

Allentown, PA 18104

610-366-1777

Charlie Brown’s offers a whole gluten-free menu offering everything from appetizer to dessert and everything in between.

**Red Robin**

Closest location: 4088 Broadway

Allentown, PA 18104

610-366-1776

You don’t have to miss out on Red Robin’s awesome burger hauls because they can serve it on a lettuce wedge instead of a bun. While there are no desserts, appetizers, or soups available you can still fill up on the main course.

**Olive Garden**

Closest location: 715 Grape St.

Whitehall, PA 18052

610-266-6777

Olive Garden offers their famous house salad without the croutons that you can snack on before your entree. Entrees include chicken, steak and salmon with a mix of fresh grilled vegetables.

**Carrabba’s Italian Grill**

Closest location: 519 S. Cedar Crest Blvd.

Allentown, PA 18103

610-439-6100

Their gluten-free menu has regular menu items that you can request no pasta, no garlic bread, or no grill baste to be added to your meal. This menu also has a desert and “antipasti” to choose from.

**Outback Steakhouse**

Closest location: 3100 W. Tiffinham St.

Allentown, PA 18104

610-437-7117

Outback’s menu has tons of options to choose from on their gluten-free menu. In some states, if you want a burger or sandwich they will allow you to bring your own bread.

**Manny’s Pizza Restaurant**

3820 Freemansburg Ave.

Bethlehem, PA 18020

610-866-8864

Pizza seems like a gluten-free nightmare at Manny’s but they offer a gluten-free menu where you can enjoy all your favorite Italian dishes.

**Jack Creek Steakhouse and Cantina**

1900 Catawauqua Rd.

Allentown, PA 18109

610-264-8888

Looking to go somewhere that isn’t a chain food operation? Head to Jack Creek where there will be lots of options for you to choose from without breaking any dietary restrictions. Ask your server for their recommendations when you go.

**Boston Market**

Closest location: 385 S. Cedar Crest Blvd.

Allentown, PA 18103

610-770-3324

While most of their meats and sauces are off limits not everything is. Turkey and chicken are the main sources of protein but you can really indulge yourself in all their fresh steamed veggies!

**Vegan Treats**

1444 Linden St.

Allentown, PA 18104

610-861-7660

Your mouth will water when you step into this store. Everything looks too good to eat and yet it’s vegan so it’s good for you. They offer everything from cheesecake to whoopie pies to cupcakes oh my.

**Buffy’s**

129 W Main St

Kutztown, PA 19530-1740

610-683-5486

While the whole menu is not vegan there are vegan wraps and salads available.

Compiled by Elizabeth Kern, Lifestyles Editor
The facts

Christmas was always my favorite holiday growing up, and having it be one of the few times a year that you get to stay home has brought back that magical feeling to the holidays. I stopped believing in Santa Claus and his toy workshops full of elves 15 years ago, though my parents still write “From: Santa” on one of my gifts each year. Now with the little ones around talk of Santa has returned, whether he is asking what the girls want Santa to bring or warning them about coal in their stockings when they misbehave.

The holidays have taken on a new meaning with two little kids in the house. I find myself reflecting on the opposite end of the spectrum, trying to help reinforce a belief in something magic. The sudden hiding presents and determining which ones to write “From: Santa” on has become a major priority at home. Samantha is 17 months old, and she already recognizes Santa Clause, waving at the television when she sees him pictured, and happily sitting on Santa’s lap for a photo at the mall with her big sister, Caitlyn.

This year we’ll be introducing the kids to a tradition my mom and I have. The movie “A Christmas Story” plays for 24 hours on Christmas Eve until 8 p.m. Christmas day, and my mom and I watch it the entire time. I suspect our Christmas morning might be similar to the one in the movie (minus the pink bunny suit) with wrapping paper everywhere and the youngest, Samantha, asleep in a pile of it. We’ve kept this tradition for as long as I can remember, and I can probably act most of the movie from memory. It’s nice to know that by the time my sisters are my age they will be able to recite the movie too.

Christmas is not just about movies and presents though. It’s the one time of the year that the entire family gets together in one place and gets along. Family members that do not normally get along put aside their differences during the holidays and come together to celebrate being together as a family. Christmas has lost none of its magic in my family, so Samantha and Caitlyn are more familiar with Santa in our house than they are with the story of Jesus’ birth. Which is fine by me, it allows the holidays to be about family and spending quality time together. I want my sisters to love Christmas as much as I did growing up and to associate it with a good start. I’m looking forward to spending the holidays at home with them and couldn’t imagine being anywhere else this Christmas.
The table is set with turkey, stuffing, cranberry sauce and all the other side dishes associated with the holidays. The aroma takes over the whole house and overwhelms the senses.

Suddenly, you wonder what other people are doing for holiday meals. The sad truth is that about 49 million American aren’t sure when or where their next meal will come from. Out of those 49 million, 17 million are children.

Most people who are unable to provide on their own rely on food banks to supply their meals or resources to make their own meals.

Feeding America is the largest supplier of free food across the nation. Overall, they run 205 warehouses and donated to 63,000 agencies including the one here in Allentown, Second Harvest.

CEO of Feeding America, Vicki Escarza, told CBS News, “If you were to look at the fact that our network will deliver close to three million pounds of food this year, you know, we are one of the largest grocery stores in the country.”

Escarza adds, “Starting at 5 a.m., trucks are departing to go across the country and provide truckloads of food to 63,000 agencies, taking food to community kitchens, to kids’ cafes, to churches, to synagogues.”

While those numbers above are staggering our own state statistics are nothing to ignore. With the Pennsylvania population at roughly 12.4 million there is a food insecurity rate of 10 percent while the child food insecurity rate is higher at 15.8 percent.

Second Harvest Food Bank in the Lehigh Valley and Northeast Pennsylvania offers different programs for people in need. Programs that offer nutrition advice, after school snack programs for kids, pantry shopping, and food stamp programs.

While having the space to store the food may not be the issue it can sometimes be that there isn’t enough food to give out. This is when the community needs to do there part and donate non-perishable goods to food drives or just make donations whenever directly to the store.

No need to have a “Little Women” moment and donate the lovely meal you’ve spent all day making. Instead of waiting at the last minute to help someone else have an enjoyable holiday donate a few days before to ensure the food bank will have enough items in stock for everyone.

Community eateries also get involved by donating unsold items that were made freshly that day. Panera Bread takes pride in delivering their fresh baked goods, including bagels, bread, and other breakfast items, to local food banks.

It’s their Day-End Dough-Nation program started in 1992. According to Panera’s website, “In 2008, Panera Bread bakery-cafes collectively donated a retail value of more than 50 million dollars worth of bread and baked goods.

If running tight with your own budget and can’t afford to donate food you can always donate your time. Food banks are always looking for an extra hand, especially around the holidays. For course all the food gets delivered to the warehouse but who do you think stocks the shelves? You or even your company can help out for a few hours.

According to feedingamerica.org, people in the community have donated 5,475 hours.

Even the most distinguished people are getting into the holiday spirit and lending a helping hand. According to Yahoo news, 10,000 free meals were being given out in New York City and cleaned up by “Wall Street’s most virile financial firms.”

The article continues, “Three hundred employees of Goldman Sachs Group Inc., Wall Street’s richest firm, have volunteered for the holiday feast and will be tasked with taking out the trash.”

Having everyone from each end of the spectrum helping each other is something that needs to be modeled. When we think about our countries obesity rate it’s hard to believe that was can also have such incredibly high food security rates.

This holiday season get involved with your local food bank and help someone else in there time of need. To find out more in formation on how or where your local food bank is see the box below.

Feeding America can help out for a few

Weighing in on fad diets

Fad diets portray is that starches are fattening. This misconception has created a low-carbohydrate diet. In reality, starches are low in fat and calories; what makes them fattening is all the toppings, such as sour cream and butter, that people add to their starches. This diet attempts to cut out foods such as bread, pasta, potatoes, beans, rice, fruits, and some vegetables.

According to the NIDDK, complex carbohydrates or starches are “an important source of energy for your body.” So instead of cutting your carbohydrates make sensible decisions on the quality of your carbohydrates and ensure you have a balanced diet. ditch the toppings and add vegetables and you’d ditch the pounds without sacrificing some of your favorite high-energy foods.

Fad diets may seem like a good way to drop pounds fast, but often these diets lose weight quickly (more than three pounds a week) can cause gallstones or even heart rhythm abnormalities. Make sure your diet contains more than 800 calories especially if you are very physically active.

With weight loss is a process; don’t rush and remember there won’t be immediate changes so don’t get discouraged. Instead of looking for a quick fix, the NIDDK recommends your diet includes lean meats, poultry, fish, beans, eggs, and nuts along with an abundance of vegetables, fruits, whole grains, and low-fat dairy products.

In time, with this kind of balanced diet and some physical activity, you will begin to see results and you will be confident that you are losing the weight in a healthy way.

While fad diets may be tempting, especially if the marketing promotes quick weight loss and a lean, fit figure, these diets will not help you lose the weight for good. Your body is made to function on all the food groups, leaving out nutrients will only hurt your body in the long run and prevent you from leading a healthy life.

So make sure you include all facets of the food groups in your daily lifestyle and don’t be sucked in by the allures of fad diets.
Browsing for a bargain?

Kristen Isacson
STAFF WRITER

It’s that time of the year again, and your wallet is going to be losing a few pounds in the coming weeks. But you have so many people to shop for and not enough money to spend? Don’t worry—here is how to make your list manageable.

There are many ways to keep control of your wallet and still be able to give gifts that will bring some holiday cheer to your loved ones. Here are some helpful tips, so fear not.

A lot of big deals happen when you do online shopping, and for an added bonus, you can skip the crowds. But there is the downside of the shipping and handling.

However, if you go to the store and they do not have the item you want, they will ship it to you from their warehouse, free of charge! No shipping and handling fee.

You can also go online and find sites like coupons.com that will give you great discounts at the stores you are shopping in the store and “discounts” and you will see what they offer.

While we do not find the different marketing tricks that stores use to like buying something on impulse because it seems like a bargain. Stores may also surround something with other useless products, but priced higher, so you will think you are getting a deal. You may end up with a lot of stuff that no one will have use for.

Look around at stores and sometimes you can try to get the price lowered. Be smart about what you want and speak up for what you want. Check out the sales when they happen and look for different items that are good on sale.

A lot of students wait for sales to come up and do their shopping then. Kim Snyder, a Senior Elec- tronical Engineering major, says, “I do my shopping during big sales and also start early, like in the summer. My holiday shopping is already done.”

Sometimes going early will have its benefits as you can pay off bills over time and get different items when they may be at a lower price. Stores like K-Mart have lay-away where you can get an item and pay it off little by little until you can finally buy it.

It would also be a good idea to have a list with you. Some people feel that if they have a list of what they need to buy, it is much easier to go in and not impulse buy. Don’t be thrown off by other’s prices or signs. Just because some- thing is a “bargain” or is “expensive” does not mean it is better. Read the label and look around for what you want. Some stores will even lower the price if a competitor has a better deal.

Look at stores that are not ex- actly “high-end,” but could get the same value for less money. Just be- cause it does not have a designer label on it does not mean that it is not just as good. Flea markets have a lot of different things that you can use to put together and make something that is plain look really sophisticated, says Snyder.

Don’t get caught up and get hassled into buying something. Speak up for yourself and go in with a clear head. You are smart and you know what you can af- ford.

Check out Shine.yahoo.com for more tips with their article “Don’t fall for that (or any other) marketing tricks while you are shopping” and Glamour’s advice on “7 Bargain Shopping Tips.”

With these tips in mind, you will definitely be able to save some money and please everyone on your list! Happy Shopping!

Protect your credit during the holidays

Kristen Isacson
STAFF WRITER

Shopping can be the most re- laxing thing in the world for some and for others, it can be a nightmare. This piece of paper called a credit card bill comes in. Suddenly, you are faced with the task of paying all of that shopping you did. If you are afraid to get into this mess, there are many tips that you can use to keep in mind so that you do not get into too much debt during the holi- days.

Some people, especially students, use debt cards because it is easy, they fear they will go out of control with credit cards and debit cards can only be used if you have the money for it. How- ever, it is not such a bad thing to have a credit card and build a credit line for you. Credit cards can be nice when you need something but don’t have the money to pay for it, but you need to be careful to not over-do it.

My first tip is to always check your credit before the holi- days. You want to make sure you are okay to be able to make pur- chases and not be denied with an arm full of gifts. Quizzle.com is a great site to check your credit score for free and see if there are any errors. If there are, you can deal with them quickly and not be stressed and what you cannot do any- thing about it.

Next, don’t let the cashier tempt you with offers of a credit card with your purchase. You may get 10 percent off at the store, but according to shine.yahoo.com, “There’s nothing wrong with a deal, but the problems often times with these cards are the credit lim- its are low and the interest rates are high. When you charge purchases on a low limit card, you may be using a large percentage of the credit that’s available to you on that card – aka, “credit utilization.” When you’re using a higher per- centage of your credit – both on in- dividual cards and overall – it makes sure you keep track of your bills over time and get different items that are good to you on- line and make sure when shopping on- line you get a separate credit card and in case credit theft can haunt you for years, and you may never recover your lost identity. Be sure to keep your bills and if something does not seem right, act on your intu- ition and find out what the issue is. It is always better to be safe than sorry.

According to safeshopping- org, the American Bar Association recommends that you get a separate credit card for online purchases so that you can keep track of your records and what you buy with that credit card. If an online purchase seems weird, you have 60 days to give written notice of the dispute. Be care- ful not to give out too much in- formation over the internet and be sure, once again, that the site you are using is safe.

Don’t get too stressed out dur- ing the holidays, just keep that little tips in mind and you will be a little less stressed.

As shine.yahoo.com says, “With the holidays just around the corner, there’s no time like the present to get smart about your credit. Credit cards are a tool of good credit by making intelligent decisions this holiday season. After all, good credit is the gift that keeps on giving.”
Christmas WonderWord

Once you find a word, circle each individual letter. The remaining letters that are not circled spell out a hidden message (letters can be used twice, and words are placed in various directions).

Words to Find

E G D I R T R A P W E W S N A M W O N S
D I A S T O C K I N G H W Y O W U K M
R H E A L Y V R E G N A M E A Y O T L U
U T R I O L V E I Y O N A C N S I L
M I B N I L E E R T I A E P A V S E M P
M N R E G O E N R L I G H T S A L I R R
E S E X H J E E Y A T N A S C M E K N A
R L G I S D I A M E S S I K R D D O E G
S E N V L N S N E H C N E R F Y O M U
E O I O D S R E P I C P R G I S C E S
V N G E E S E C A L L I N G B I R D S Y
D O O T E S I E D A L O E M A S A F Y I A
D R E C N A D N I J D D O A N G E L T W D
E T R E E D B A O A U T I G I V E L S R H
L H A H D L A P Y S R E N N O D E O E T
P T P T P Y L H O Y L I M A F B R A F
R O S T P R A N C E T P I E L Y F T L
U L Z N U E W L O R D S E L A P Y P H E
T E M O C A R O L S E I A G O N G G E W
N U T C R A C K E R R M Y E N M I H C T

Submitted by Khyla (Brandt) Flores

Mr. Chemist's Neighborhood

By David Raker

Ramona Pipers, If the Trees could talk (final)

This time I do find you.

Oh! My student is still snoring,

I turn my head away.

We figure out our experiment

P... if the implications are not, you'll win.

From Wilke-Burke, you

Do you need help

She's not going to come back

I'm going to save

I'm going to save

I do, as two of your

Sleeping on the landing, last.

You can't change the

She's not going to come back

I'm going to save

She's not going to come back

I'm going to save

Sleeping on the landing, last.

You can't change the

She's not going to come back

I'm going to save

S

Crestiad Bingo Week 10

O 69
B 15
G 58
I 18

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

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

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

Do you like to write? Fiction? Non-fiction? Poetry? Want to see your work published and possibly win CASH prizes?

Then submit your work to pretterite@cedarcrest.edu as a Word attachment for this year’s edition of In Other Words and the Writing Contest. Also seeking digital photography or other art work reproducible in black and white to feature in the Lit magazine.

Deadline is December 7th, 2009

For Questions, contact pretterite
Mastectomy Maze

Start

Finish

Wish your professors a Happy Birthday!

Whether your favorite professor has had a birthday or will be celebrating, you can give them best wishes!

Included are both December and January’s birthdays.

Dec. 12 - Dr. Amy Reese
Dec. 23 - Dr. Nancy Johnston
Dec. 31 - Linda Kotran
Jan. 1 - Kimberly Parsons
Jan. 8 - Allan Birney
Jan. 9 - Roseann Flyte

Answers:

Word Chess

MAIL
Bucket of water
Ouch!
In a game of chess
Cat footprints
Church seats
NEWS

MATH
Carpets in front of a door
Flying mammals
Disease that affects horses, cows and sheep
Manager of a company
Big fish
To revel in something, praise, sunlight
Storage for money
Knock on the head
BOOK

SWIM
Past tense
Junk mail
To sew together
It does appear that way
Small products of plant reproduction
In the outbox
Borrow
Not water but
A big highway has many
LAKE

Holiday Highlight by Number

Yellow - 1  Blue - 2  Green - 3  Orange - 4  Purple - 5

From last issue: Decipher the Code:
Can you get the message

The answer was an extra bingo number.

Submitted by Stephanie Augustine

Christman Wonderword

It was X mas time.

New Year

Happy NEW Year

Wish you have a

Submitted by Hauna Colista
The most highly anticipated movie of the season has hit the theaters and continues the beloved story of Edward Cullen and Bella Swan.

The Twilight Saga: New Moon, directed by Chris Weitz, written by Stephenie Meyer and Melissa Rosenberg, and starring Kristen Stewart (Bella), Robert Pattinson (Edward), and Taylor Lautner (Jacob). The second saga of the Twilight saga an astounding and followed the book very well.

The movie begins with Bella’s 18th birthday and her celebration at the Cullen’s house. However, the action begins with Bella cutting her finger and then hurting her arm, bleeding all over and she is surrounded by blood-hungry vampires. Carlisle patches her up, and begins to explain why Edward does not want to change her into a vampire, fearing for her soul.

After this incident, Edward decides he and the Cullens need to leave Forks, and he tells Bella that he no longer loves her and that he doesn’t want her to do anything reckless. Bella is crushed by this, and soon goes into a deep depression. Her father, Charlie, tells her that she needs to snap out of this, or he will send her to live with her mother in Jacksonville. She then realizes she can see Edward when she does things that are dangerous for her, like accepting a ride on a motorcycle with a stranger. Bella’s need to see Edward leads her to extreme reckless behavior. Meanwhile, to keep Edward off her mind she begins hanging out with Jacob Black a lot, who has begun to grow and build up. The two fix up two motorcycles and get really close to one another. The hole in Bella’s heart begins to close. She rides a motorcycle, and finds the meadow to see Edward more. Laurent, a vampire, finds her and almost kills her, but she is saved by wolves. These wolves turn out to be Jacob and his tribe on the LaPush reservation.

Bella decides to go cliff jumping after Jacob has to spend so much time with the tribe. The adrenaline from jumping off the cliff is just what she was looking for and she is able to see Edward in the water, but then she is unable to get out of the water. She nearly drowns, but Jacob saves her. When he brings her back home, Alice is there because she saw Bella “die” in a vision. Edward mistakenly believes this and decides to go to Italy the buck Von Urtzi. Jacob tells Bella to be able to choose her man? Will she make it to Edward in time before he dies? You will just have to see the movie to find out.

Director Chris Weitz stayed very true to the Twilight saga in New Moon. There had been a lot of disappointment that the first movie did not go into the specific details of the book, but New Moon definitely did that. The movie even went a bit further to bring Edward more into the story and show him actually talking to the Volturi and calling to see if Bella is alive. Those who may not have liked New Moon, the book, will definitely like New Moon, the movie.

The action of the movie moves very well throughout the movie and keeps the viewer interested throughout the entire movie. The director kept the interest of the actors was felt through the scenes. Whether you are on Team Edward or Team Jacob, the scenes in which they are shirtless will leave everyone breathless, the romance brought out in this movie will please both sides, and Taylor Lautner definitely looks good with his shirt off.

The acts do an amazing job of bringing those characters to life, and the evolution of the characters. The cast and crew did an amazing job of bringing the second saga of the Twilight series to the big screen. There is one scene that has not been the favorite of all, but it does give a clue to the future sagas of Twilight. Eclipse will be in theaters June 30, 2010, and all Twilight fans are anxiously waiting for the next addition and see where in Forks the drama will go.

As the holidays arise, we are more than sure that you will be shopping for some gifts to dress up your friends and family for the holiday. The Gossip Queens are here to urge you not to buy clothes that mimic the following looks.

At the bottom of this list, which isn’t so disheartening is Simon Cowell; please do not purchase any nipped hugging v-necks for the men in your life. It is never attractive.

Next, The Hoff. We know that sequins are in, but a full, head to toe tuxedo covered in sequins isn’t the way to go. Do not purchase any sequined tuxedos for your loved ones. David Hasselhoff is not a legitimate fashion role model. For all your mothers, sisters and grandmothers, stay far and clear of anything that you would see Courtney Love wearing. Holly fishnets and smeared lipstick is not a love gift. And last but not least, at the top of our list, the one and only Lady “No Pants” Gaga. The only way you would ever mimic a gift after the one and only, is to give the gift of nothing, because that is something that doesn’t even wear pants when she leaves the house. So if you have a madist cousin that is the only way you can give the gift of Gaga. With the holidays aside, this week in Hollywood was action packed!

It’s never too late to talk about award shows, The American Music Awards were recently on television and there were a few celebrities to stir up some excitement, but only one that disappointed. Adam Lambert debuted a song off his new album as the grand finale and made quite the scene. He pranced around the stage with a man on a leash, mimicked sexual acts and made out with his piano playing band mate, which resulted in a very disappointed audience. Clean it up Adam, clean it up! Rumor has it Tiger Woods took a beating from his wife. The golfer ran his vehicle into a fire hydrant and then backed up into a tree at 2:30 in the morning and the reports are saying that he was not alcohol involved. Rumor has it, Wood’s wife found him out he was with another woman and gave her a beating, and that is why he left! That’s Hollywood for ya, you can’t always trust your reputation. And to close just a few tips for all of your upcoming holiday parties, I would like to say that sequins… save that for Siegfried and Roy. Do not purchase any sequined tuxedos for your loved ones. The Gossip Queens are here to urge you not to buy clothes that mimic the following looks.

Happy Holidays,

The Gossip Queens
Band Hero: Where everyone can be a hero... even your parents

Allie Scott
ARTS EDITOR

Like the rest of the world, The Crestiad's staff loves to listen to holiday tunes to get into the spirit of the holidays. As the season for giving nears, the staff of The Crestiad wishes you all a happy and healthy holiday!

Dannah Hartman
Managing Editor

“It’s from the Elf soundtrack. Every year after Thanksgiving I watch Elf, it always gets me ready for Christmas, plus Zooey Deschanel has an amazing voice and this is one of my all time favorite Christmas songs.”

Kristen Isacson
Staff Writer

“I love this song because it is so upbeat and fun... until my work plays it five hundred times by the end of the season and then I’ll probably never want to hear it again. (though so far they’ve only successfully killed Let It Snow.)”

Stacey Stangl
Staff Writer

“I like this song because I think it is a unique and I love how fast it is sung, as well as how beautiful the harmonies are.”

Khyla Flores
Athletics Editor

“I love this song because it is so loving and classic. I know it has been re-recorded over 20 times but I do choose the original version the best.”

Autumn Drury
Staff Writer

“The song is real, not like all those warm and fuzzy crap you normally hear. It’s about being too busy for anything, even relationships, but that in the end it all works out. Although, sometimes... I wish I could ‘miss this one this year’!”

Lindsey Jancay
Opinions Editor

“I like this song because I think it’s absolutely darling. What’s the reason; the “horse clopping” noise that plays in the background.”

Jocelyn Ludwig
Staff Writer

“The Christmas Song” By Nat King Cole

“My favorite holiday song is The Christmas Song, because it puts me in a relaxed Christmas mood.”

Gabrielle Augustine
Study Break Editor

“Away in a Manger”

“When I was younger, my friend, my sister, and I performed this for a small church gathering - it’s been my favorite ever since because it always reminds me of that great Christmas.”

Nicole Magloire
Advertising Manager

“My favorite Christmas song is “All I want for Christmas is you” but the version I like the most is by Olivia Olsen instead of Mariah Carey.”

Elizabeh Kern
Lifestyles Editor

“R o c k i n’ Around The Christmas Tree”

By Brenda Lee

“This is my all time favorite Christmas song that really gets me pumped for the holiday. Also, it reminds me of Home Alone and the great party scene where Kevin has the cutout of Michael Jordan on the train set. It makes all me very happy. Keep the change ya flithy animal!”

Once of the best aspects about this game is it is something that the entire family can get involved with, even parents or younger siblings. Band Hero has taken any question-able lyrics out, so you don’t have to worry about anything being inapp-ropriate, and the songs range from old to new so even parents can sing the throwbacks that are included on the set list.

This game is now available at any video game retailer for $59.99. Band Hero is available on Playsta-tion, Xbox 360, Wii and Nintendo DS.

Photo Source for photos (www.Gui-tarHero.com/BandHero)
3 New Artists hitting the music scene watch out as they climb the charts

Jessica Heiser
ASSISTANT NEWS EDITOR

Owl City

Although recent to the music scene, Owl City has very interesting, electronic roots. Created by Minnesota native Adam Young in 2007, the musician began playing as a way to cope with his insomnia, using instruments as well as his computer. Like with many artists today, Young and his band uploaded the songs to MySpace, where their popularity soared, and has resulted in a billboard #1 hit, “Fireflies.” This American synthpop group is keeping busy this year playing a variety of shows scattered throughout the globe. After the successful launch of their 2009 album, Ocean Eyes, Owl City is currently returning from Japan, where they played shows with another iconic indie band, Moe. However, during the holiday season, Owl City will actually be around the Philadelphia area, performing at various “Jingle Ball” shows sponsored by local radio stations. Currently, the band is preparing for their Winter 2010 tour, in which eighteen additional U.S. cities, as well as places in Europe and Asia, will make way for this synthpop sensation.

Ingrid Michaelson

Even though her voice can be heard on several popular television sitcoms today, Ingrid Michaelson was not always in the limelight. Even after her first album was produced, Michaelson was still working at a café. However, after uploading her second album “Girls and Boys” to MySpace, where it caught the attention of a music licensing company, the songwriter’s career has skyrocketed. The indie pop singer is getting ready for her yearly Holidays Hop, which will be held at the City Winery in New York City on December 21st. Her newest album, “Every Body”, which debuted in July of 2009, was a chart topping hit. "Love Her or Hate Her, Sarah Palin is Back"

Nicole Magliore
ADVERTISING MANAGER

The wait is finally over John Mayer has once again rocked the music scene with his new highly anticipated album “Battle Studies.” Many fans may have felt that John Mayer could never get any better than he was with his “Continuum Era” album but he has surpassed all expectations with this new album. The album that starts off with the song “Heartbreak Warfare” which rocks you into a music induced coma leaving you relaxed and ready to hear what else the CD has to offer. With lyrics like “Drop his name push it in and twist the knife again. Watch my face as I pretend to feel no pain,” it doesn’t take much for you to feel the meaning behind the lyrics.

Mayer went a step farther with other albums, he challenges you to take his words for more than just face value and try to interpret the meaning behind them. With his song “Who says” it’s easy to assume that it’s talking about smoking weed, but in all reality the song is talking about being in control and taking possession of the pleasures in life. Everyone at one time or another in their life has refrained from doing something because they wondered what people would say. “Who says” portrays that it’s ok to be yourself and do what makes you happy because like the song says “Who says I can’t get stoned.”

All in all the album is something that you definitely don’t want to miss. John Mayer will leave you satisfied with an album full of songs that leave you proud to be a music fan and proud of the artist that Mayer has matured into.
Imagine a world where the revolutionary achievements, remarkable accomplishments and great strides taken by others have been glossed over, ignored and flipped by throughout the pages of history. This is our American history, a grandiose retelling through the male perspective, which often and blatantly ignores the challenges and undertakings of its female counterparts.

However, in Cedar Crest College’s newest play, “Goddesses Part I: Being Female in America”, the production attempts to change this by bringing together some of America’s greatest female heroines, allowing them the spotlight they deserve.

Directed by Marion McCorry, who adapted “Goddesses” from the play, “Out of Our Father’s House”, the production illuminates and inspires, allowing several female figures from history to give snippets of their lives to awaiting audience members. The play basically shifts into two separate parts, the first containing women from the past who paved the way for others, such as Sojourner Truth and Elizabeth Cady Stanton, while the second showcased women of more recent history, such as Amelia Earhart and Rosa Parks. Throughout the production, four goddesses reign the stage, using their bodies through graceful and artful dance to accommodate the stories of each woman.

The feminine set design and soft lighting were superb. Upon one look at the stage before “Goddesses” began, my boyfriend, who accompanied me, commented on the professional quality of the design and layout of the stage. The acting superiority of each of the performers blew me away as well, as each actress seemed to have undertones of great power in each line delivered. Antionette Byers-Paredes, who portrayed Sojourner Truth, gave a remarkable and strong performance that left me in awe of her acting talent.

The music within “Goddesses” set a backdrop for the tone and setting for the play, ranging from Celtic-like pieces, powerful African songs, to popular tunes that ranged throughout the decades. The direction of the play really impressed me as well, as I felt that there was an interaction level that made the audience themselves feel a part of the play. From the very opening, the characters remained in the sitting area, much to my surprise, and there was also a scene where Frances Marion accepted her award in a very true to life Academy Award show fashion.

The only thing that I found to be odd was that there was no intermission. Although that is perfectly fine, as not all productions need an intermission, I thought that it would have been a lovely way to separate the two different sections of the play with old and new role models, and give a bigger distinction between them. Otherwise, I would have to say that the production was quite a flawless feature, and has left me thinking about it for days. The entire ensemble was so cohesive that it not only impressed me, but it also left me yearning, wishing that I had been a part of it in some way. It also swelled me with pride seeing a legacy of women honored for their achievements because, after all, “ain’t I a woman” too?

Jessica Heiser
ASSISTANT NEWS EDITOR
Turkey and Football:  
A Thanksgiving Day Tradition

In the last game Detroit played, Stanford broke an NFL rookie record with 422 yards passing. He became the youngest player to throw five touchdowns passes in a game. The most remarkable part was that he played with a dislocated, non-throwing shoulder on the final untimed play. In the Thanksgiving game, the Packers beat the Lions with a final score of 24-12.

Perhaps the highlight of this game was the tribute to Motown’s 50th Anniversary during the United Way Thanksgiving Day NFL Half-time Show. Classics of Motown artists like Diana Ross and The Supremes, The Temptations, Stevie Wonder, and Marvin Gaye. The show featured recent Motown artists like Forever The Sickest Kids, Kem and Shontelle. Jaidyn Maria, another artist from Motown performed the national anthem before the game.

Another team that has been associated with the Thanksgiving holiday, are the Dallas Cowboys. According to profootballhof.com, “Beginning in 1966, Dallas has missed playing on the holiday only in 1975 and 1977.” This year Dallas played the Raiders and the game was shown on the CBS TV station beginning at 4:15 pm.

Dallas controlled most of the game and was never in serious trouble. The Raiders lost 7-24 to the Cowboys in the end.

This became as a huge disappointment to many fans since the Raiders haven’t played a Thanksgiving game since 1970 and was also polled the highest on the NFL website in “Which Thanksgiving Day game are you looking forward to the most in 2009?” The Raiders vs. Cowboys game won the poll at 50 percent out of the 5,412 total votes.

The half-time show was played by Grammy-nominated rock band, Daughtry, and was used to kick off the Salvation Army Red Kettle Campaign. Daughtry is led by vocalist Chris Daughtry, a fourth-place finisher in 2007 from the show “American Idol.” Daughtry performed a medley of songs from their chart-topping album, “Leave This Town,” along with other big hits, including “Over You” and “It’s Not Over.”

Having a third football game on this day is a more recently added tradition, but the Thanksgiving Day games this year ended with the New York Giants vs. the Denver Broncos. The game began at 8:20 pm and was aired on the NFL’s own network station.

A little controversy made this year’s game a bit more attention-grabbing when the NFL Network accidentally aired a clip of Denver’s coach, McDaniels, cursing at his players after they committed three false starts and dropped a pass in a five-play sequence.

Commentary on the event was found on nfl.com. “In an interview with The Associated Press and the Denver Post, Eric Weinberger, executive producer of the NFL Network, apologized to viewers and McDaniels for the ‘terrible mistake.’ Weinberger was also quoted saying, ‘We apologize for ever airing anything like that, absolutely, every time on Thanksgiving.’

Despite the personal issues that the Broncos’ had, they actually beat the Giants 26-6, proving it to be a very interesting game. ‘Hosting their first Thanksgiving game since 1965 in the AFL, the Broncos returned to the physical style of play that marked their 6-0 start...’ reported nfl.com.

Harrison A. Mayer  
1-418 Chippewa Drive  
Albany, NY 12204  
U.S.A.

Telephone: 610-395-7111

WANTED

PART TIME TYPIST

2 hours a day
1-2 Days per week

$15/hr.

Call Hank Mayer 610-395-2711

Email: kodaikid@yahoo.com

(Muhlenberg Alumnus)
Basketball team shows off their great skill with consecutive wins

Jeter named 2009 SI Sportsman of the Year

The New York Yankees have been able to chalk up quite a few accomplishments to their wins, 9 losses, and 4 ties, they have been able to chalk up quite a few. They won the 2009 World Series title, making it the first title won for them since 2000 and their record for a future hall-of-fame induction for the community. They have been able to recognize many of their players for individually leading the Yankees to their wins, including shortstop Derek Jeter. Jeter, the Yanks 35-year-old captain, has played for the Yankees for 14 full seasons and is one of the main contributors in many of their wins throughout his time with them. Jeter has been recognized many times for his achievement with awards such as being named All-Star for the 10th time, winning four AL Silver Slugger awards, and four Gold Glove awards all for his excellence as a shortstop. But his most recent achievement is the most prestigious of all. Jeter is now able to be acknowledged as the 56th honoree of the Sports Illustrated’s Sportsman of the Year award for his outstanding

Brenda Oakes had a similar response from the press release. Oakes had a similar response from the press release. “Well for me, I do not really celebrate the wins. Sunderhaus replied, “Well for me, I do not really celebrate the wins. Sunderhaus replied, “Well for me, I do not really celebrate the wins. "I just do not feel right, if I do not keep track." Oakes had a similar response in how she viewed winning. “They are stepping stones. To prep for the season we are working on creating an atmosphere where there is a sense of freedom. Everyone has an opportunity to express themselves thus contributing to the development of the team. This team is made up of hard workers so the selective focus for the team is the key phrase to act with a purpose.” This grounded perspective shows just how dedicated the basketball players can be. When asking Head Coach, Chad Wetherington what he expects in the season ahead, he said, "We expect to be competitive in our conference and have a chance to make the playoffs and hopefully take home the title. I think our seniors are really hungry for a championship and as a team we worked really hard in the off season to come back ready to play.”

Kronwall’s injury may be trouble for Red Wings

The Detroit Red Wings have always been a fierce contender for the Stanley Cup. Last year, they came close to defeating the Pittsburgh Penguins but fell short, and the year before they bested that same team to win the cup. However, this year Detroit has fallen on some hard times. Currently at 12 wins, 9 losses, and 4 ties, they have also Contend with the recent injury on defender Niklas Kronwall.

Georges Laraque, a player for the Montreal Canadiens, clipped 28 year old Kronwall on a knee-on-knee hit after snacking another member of the Red Wings in the face. Kronwall was left with a sprain on his left MCL and the fact that the earliest he can be back on the ice is mid-January, and Laraque with a five game suspension.

“I really don’t think he’s a dirty player whatsoever,” Kronwall said in defense of Laraque to the Detroit Free Press, as he did his first press appearance after his injury. "I think he’s one of those guys that has a really good reputation and plays hard. I think this was just more of an accident, and he got a few games suspension. It’s fair. It’s in the range of what I thought he would get all along. However, many other members of the team said that they felt the hit was dirty, and many hockey fans have opined that Laraque’s sentence did not fit with the damage that he caused Kronwall.

Yes, it was dirty. It was knee-on-knee, and I believe knee-on-knee is a dirty play. I don’t know if the referees saw it. I just saw Nik go down, and then I got to watch it on TV and video replay,” the Red Wings’ general manager, Ken Hol- land, told the Detroit Free Press. “If Nik Kronwall misses eight weeks, that should Laraque,” declared Jamie Samuelson, a blogger for the Detroit Free Press, also adding that the NHL needs to establish a panel of NHL officials who could determine the intent versus injury sustained in case a controversy arose, and would also deal out justice.

The Wings are also currently without Johan Franzen, a power forward who also has a knee injury and will be out until January, Valteri Filppula, a utility forward out under December with a broken wrist, and Jason Williams, a sniper with a broken leg who is expected to be out at least for the next six weeks.

Now, with Kronwall out of the running for the foreseeable future, the Wings are finding themselves in a position of possibility. They are finding themselves in a position of possibility. hearing the record they have achieved throughout the years. Detroit has never been shut out previously in three games in a row, but all that could change if their luck does not improve. The last time that they were shut-out even twice in a row was 32 years ago.

Kronwall’s injury may be trouble for Red Wings