CAPC seeks opinions on overload policy

Leann Petit SENIOR EDITOR

The Curriculum and Academic Policy Committee (CAPC) has recently been looking for student and faculty input on their most recent topic of discussion: having students petition CAPC when taking over 15 credits rather than Christine Nowick of Academic Services.

According to Gaetan Giannini, Assistant Professor of Business Management and Economics and Chair of CAPC, this is not even a proposal yet; they are gathering data to see if it is a problem. Currently, standard credit categories are 12 credits for a full-time student, 15 credits is standard and 18 or more credits is considered and overload schedule. At Cedar Crest College, a lot of students take an overload schedule each semester.

The discussion was brought to Student Government Association (SGA) at the Nov. 26 meeting. Emily Hill, junior Neuroscience major, and Elizabeth Saleb, senior History, Political Science and Pre-Law major, were there to represent CAPC.

The main concern of CAPC is that a lot of students are taking overload schedules and burning out early. Also, when students take overload schedules this means that faculty members have to teach overload schedules or hire adjuncts. Currently, students can register for 18 credits through my.cedarcrest.edu, but after 18 must get written permission from Academic Services. After 21 credits, students are charged an overload fee per credit over. The discussion among CAPC is to have the Board approve overload schedules for students with under a 3.3 GPA.

“The students with the most significant problem with overloads are freshmen,” said Hill. “It’s a decision whether students should have a broad education from Cedar Crest College or a deep education in one subject. Explains Giannini. There needs to be a good balance between depth and breadth of education.”

Leandra Logan, junior nursing major, said, “This is an institution that prides itself on well rounded students.” Stephanie Scully, sophomore, agreed saying, “This school is not like any other school.”

Rachael Murray, junior, said of the topic, “It’s like going to an amusement park and only riding half the rides.”

Currently, there is no proposal from CAPC to change this clause in the faculty handbook. However, they are soliciting faculty comment through my.cedarcrest.edu and student comment can currently be sent to SGA. Faculty discussion board will be available until Janus.

Students create a pyramid at Fall Fest in October. Some of the students pictured above will be members of the newest Cedar Crest student sponsored club: Cheerleading. The club is looking for more members to fundraise, cheer at basketball games and other campus events. See the story below for more information.

New club on campus brings cheer to Athletics

Lindsey Jancaoy STAFF WRITER

Ladies, get your pom-poms ready and your spirit fingers going because Cedar Crest College officially now has a cheerleading club! Recently the Cheerleading club has been approved by our student government association and now is up and going.

There have been a few meetings already for all of the girls who have joined, and others are welcome. There are a few requirements to join the squad aren’t too demanding, you don’t have to have extreme cheerleading experience, just as long as you have the passion to do it and can move you’re good to go! Some of the club members do not have much experience so it is a great opportunity to learn new things and meet some really great people along the way.

The team will be learning how to do basic stunting and cheers for the games, so they will be practicing these things during their practices which will be scheduled around everyone’s class schedules of course.

They are in the process now of getting sized for uniforms. The squad will be donning black and gold, of course. The uniforms are being funded by student government association; they are paying for the skirts and pom poms. The girls are going to have to put some money for their shoes, half top, and bows.

Since the uniforms probably won’t be in for basketball season, because they will not have funding for them until February, you might see a club member walking around in a Cedar Crest Cheerleading shirt, which are being ordered. They are black long sleeved t-shirts with yellow and gold lettering.

Because they will not have uniforms in time they will be wearing these shirts and black sweatpants during fundraiser events.

The cheerleaders will also have a concession stand at the basketball games starting Thursday, Dec. 4 at 7 p.m.

The team will probably not be cheering during basketball season, but they will be practicing because they are performing at the open house in April.

The team is also trying to practice before Christmas break. Cedar Crest Freshman Kately Dauble is in charge of the cheerleading club and has been in charge of getting everything ready for the club.

Freshman Kaili Quinn has been put in charge of uniforms and is sizing all the girls for the uniforms.

If you are interested contact Kately Dauble with any questions, but hurry because you need to get your sizing for your Cedar Crest Cheerleading Falcon uniform!
Education Club teams with East Hills

Leann Pettit
SENIOR EDITOR

East Hills Middle School is located in Bethlehem, Pa. Cedar Crest College’s Education Club is getting involved with East Hills’ Monagacci Program, a program that replaces a student’s entire seventh-grade year with a service experience.

Currently, Education Club is raising money to help East Hills keep the Monagacci Program. “Since the economy is hurting, school districts are forced to cut back on their budget,” it is important to the Education Club on campus that the students in the Monagacci Program receive that special experience, so we are attempting to raise money for that program,” said Janelle Morcom, senior Elementary Education major and president of Education Club.

The money being raised will help fund field trips and equipment for the students. Everyone on campus can help raise money by purchasing a raffle ticket from the Club in the Tompkins Center. Starting in the spring, students in Education Club are looking forward to volunteering their time in the classroom for the Monagacci Program.

Students are chosen randomly from all the seventh-grade applicants. Those selected are the students that are able to participate in the Monagacci Program.

East Hills Middle School is the only school in this area that currently has a Monagacci Program. However, there are similar programs that focus on different styles of learning, such as drama or music.

“All these experiences, in and out of the classroom, because they are focused on a single wilderness topic, provide an opportunity for students to see the interrelated nature of learning,” said Morcom.

The students involved with the Monagacci Program at East Hills Middle School receive a “hands on learning experience that is life changing,” said Morcom.

The objectives of the program are to create a learning environment, in which students take responsibility for their own learning; enhance the student’s self-esteem, self-confidence, and teamwork ability; to emphasize primary learning experiences.

To provide an awareness of the relevance of their learning and their connections with the subject matter, to demonstrate that effective learning transcends the classroom and the school building walls; and to show the interrelatedness of all learning.

Education Club invites everyone to join the Club; however those students that have the proper clearance, such as FBI clearance, child abuse clearances, fingerprint checks, etc. are part of Education Club. Education Club can volunteer with East Hills’ Monagacci Program.

Education Club is also becoming involved in Union Terrace, helping classroom teachers by reading in classrooms and assisting teachers with basic chores.

The Club is also looking to become involved with Camelot East Hills and Union Terrace, they are holding the Boxes to Afghanistan drive and are always looking for volunteer opportunities.

Questions or comments about Education Club or any of their volunteer programs should be sent to edclub@cedarcrest.edu.

Winners named in Sustainability contest

Leann Pettit
SENIOR EDITOR

The fall 2008 Sustainability Contest winner was announced by the Sustainability Committee to Kelly Gonzalez, a freshman Chemistry major with a concentration in Forensic Science. Her essay focused on installing motion sensor lights in hallways and lounges on campus as a way to conserve energy and for the College to go green.

She was inspired to write about installing the motion sensor lights when she heard about the Sustainability Contest. She woke up early one morning to go to the bathroom in the residence hall and noticed that all the lights were on in the hallways and lounge. “I realized it was a no-brainer,” she said.

Motion sensing lights are currently used in some buildings on campus and are used throughout the Hamilton Boulevard Building. “The College seems grateful for my participation and I believe they are truly considering it,” said Gonzalez.

Gonzalez can apply her suggestion of motion sensing lights to the community, also. She recommends, “Although not all houses can have motion sensor lights, I think the best idea is to shut off lights when you’re not in the room! It saves both money and energy.”

“Just try to stay green!” Gonzalez said, “My roommate and I rotate who recycles, we always shut off the lights when we leave the room, and we reuse our water bottles.”

Winners named in Sustainability contest

President meet, discuss events

Lindsey Janacy
STAFF WRITER

On Thursday November 12, presidents from almost thirty clubs on campus met for the very first “Presidents’ Meeting.” The meeting was initiated by Melissa Melzl who is the class of 2011 treasurer of the Preterite and American Association of University Women (AAUW) vice president and treasurer.

The group met for an hour between 11:30 and 12:30. They discussed President Ambar’s suggestion of motion sensor lights to the community, also. She recommends, “Although not all houses can have motion sensor lights, I think the best idea is to shut off lights when you’re not in the room! It saves both money and energy.”

“Just try to stay green!” Gonzalez said, “My roommate and I rotate who recycles, we always shut off the lights when we leave the room, and we reuse our water bottles.”

Kelly Gonzalez is the winner of the 2008 winner of the Sustainability Contest.

continued | page 5
“The Best of the Best” opens at Alumnae Museum

Sara Messner  
STAFF WRITER

“The Best of the Best” is an annual event at Cedar Crest College. It showcases the best of the best from past students, who have contributed significantly to the history and culture of Cedar Crest.

For the best athlete display, uniforms from sports such as lacrosse, volleyball, tennis, and field hockey are set up. Equipment such as softball gloves, a badminton racquet, and other items from the former years when the Falcons were known as the Classics.

The Miss Cedar Crest display contains dresses and photos of a few women who were Miss Cedar Crest in the past. Professor Michael Donovan of the Business Department mentioned, “The displays are very interesting. I am curious about where some of those who were Miss Cedar Crest and where they are today.”

Another separate display contains jewelry from past students. Some of these items include necklaces, bracelets, earrings, rings and charms, several of which contain Cedar Crest logos or letters.

The Best of the Best at Cedar Crest will be on display until December 13th. Next semester will include the Marca show, a display for Marca Walsh, class of 1951 as well as founder and sponsor of the Alumnae Museum, a Winter Wonderland display during winter weekend, and a much anticipated Staff Picks display in late March which will include the staff’s favorites and reasons why.

The Alumnae Museum staff is very enthusiastic about the history and Cedar Crest’s past. Senior Rachel Edgar, Nutrition major and associate of the museum said, “I love history. The museum gives me a creative outlook to explore my interest.”

The Alumnae Museum, located in Curtis Hall, is currently showing “The Best of the Best at Cedar Crest,” a collection of the best dressed, best student, best athlete, and Miss Cedar Crest women from past years.

For more information on volunteering, donations and tours, contact Alumnae Affairs at (610) 606-4609 or pick up a pamphlet located outside the museum.
Calling all students: What’s your college like?

Emmaline Lecko
STAFF WRITER

A way for kids who are college bound to be a bit more ready for decisions and searches for the perfect place to go, campus.discovery.com will be a great opportunity for the curious student. Currently in the making, the website is looking for information about your college, and a student can even win ten-thousand dollars for their input about their school. The website was started by a bunch of marketing professionals who essentially knew “how complex and stressful the entire process of college planning and admissions can be,” says the website. They are out there to help students to understand the process of admissions, as well as help them choose a school that is just right for them. When the site is complete, there will be information for kids from academics and professors to dorm life and extra-curriculars. There will also be information on diversity and religion, basically all of the things that any person wants to know about going to a college or living in a dorm.

When asked what he thinks of campus discovery, Robert Karaszewicz, a community college sophomore, and soon to be transfer student, said that “it will probably help me decide where I want to transfer when I need to absolutely decide.” This will seemingly be the answer for most kids who need help to choose. “Maybe it will even help me choose a graduate school,” he continued. “You want to pick the right college for you.” What makes the site so unique is the fact that it is asking students and alumni to put in what they think about their school. This will hopefully help kids, who are looking for a certain school to be able to relate. To know the information coming from their peers, will let them know that it is the truth, and not some critic telling them why this school or that school is great.

So for anyone who wants to try win some money, or even help get Cedar Crest out there as a great school to go to, log onto campus.discovery.com, and give input to the college to go to, log onto campus.discovery.com, and give input to the marketing professionals.

Website helping to create resumes

Leslie Savage
STAFF WRITER

There are many different ways to present a resume and to create one to stand out above the rest of their competition. With a new website zolio.com, one goes through the process of creating a resume, while also having the advantage of putting the information online for all businesses to see. Users can be contacted about job openings, and internships. This website is very easy to use, and will help get the job desired.

While logging onto the website there are many options to choose from such as a free resume builder, building a zolio, and even search for different peoples’ resumes. This website lets users create their own personal profile, including information, limited to what the person wants to put about themselves, and also their resume so that different businesses can just simply go on zolio.com and look for the exact type of employee or intern that is needed for the job to be filled.

Zolio.com offers a set up that can give the employer enough detail, but not too much to where it is getting too personal.

One convenient option that the website offers is that their are options as to whether the person wants to just put their resume on the internet for a full time or part time job, an internship, networking, freelance, or consulting positions. This website is extremely helpful because it does not only give users resumes to businesses pertaining exactly to their degree and experiences, but it also has a step by step process creating a resume, therefore minimizing all, if any, mistakes.

Once an account is created (the use of the website is free), the user can then log in and start creating their personal profile, as well as go through a step by step procedure to create a resume that is connected with their own personal profile.

Each process on the website gives a detailed explanation as well as exactly what is supposed to be stated where, so there are no mistakes and the information is nothing but professional.

There is also a part of the users’ profile that they can upload files, different movies, or presentations that the user has accomplished in order for the employer to get an even more detailed view on what type of work they should be expecting.

Although the resume building on this website is very helpful and step by step there are also many other places that one can go to and create their resume. On campus one can go to Career Planning and they can help one create their resume, and make sure that they have all the proper essentials.

There is also a program in Microsoft Office 2007 that has resume templates, and is very self explanatory and simple so anyone could do it.

Creating a resume is important parts of getting future employers know everything of one’s full potential.

Getting help to create a resume is something that is necessary in order to make sure everything is just right, because resumes are the first thing that employers look at.

Wanna be famous? Join CCCRadio,
Cedar Crest College’s fabulous radio club! Learn how to broadcast your very own radio shows, as well as make advertisements and more!

Join CST 156 for 0, 1, 2 or 3 credits for the Spring 2009 semester!

Alumnae meet President Ambar at meet and greet

President Carmen Twillie Ambar spoke to alumnae during November’s Alumnae Meet and Greet.

New: Reusable options for to-go customers

Katherine Stevenson
CRESTIE SPECIAL

In the past few weeks the Sustainability Committee has continued their work to create a more sustainable environment for our college. There will soon be a sign along-side every recycling trash can, and new, old, that will clearly show what can be recycled and what cannot, as this can be quite confusing. We are also looking to be able to recycle the large amount of Styrofoam used in our dining services.

Reusable containers will also be offered in the Bistro in hope to reduce the amount of Styrofoam trash.

Cedar Crest will also be joining in on the National Teach-In on Climate Change on February 5! The Committee hopes to educate and boost awareness on climate change for students, faculty and staff and is in process of planning this event.

The goal is to recruit more interest and awareness to the urgency of this issue, and show the hope to a better future with our known solutions.

If students, faculty or staff have any suggestions regarding the sustainability process of Cedar Crest it has been projected that a suggestion box will be available in the TCC.

There is also a suggestion box on the Sustainability section of CCC’s website. We hope to hear from you!
events would attract Cedar Crest students, the presidents also brainstormed about more effective advertising. They acknowledged the flaws in overwhelming emails, and instead suggested banners, buttons, and tabs on Cedar Crest’s Website. Also brought up was the idea of the common hour which used to exist at Cedar Crest. It was a time, once a week, where absolutely no classes were scheduled. Although there is a set common hour on Fridays from 1-3 pm, apparently it is not being adhered to. Another issue discussed was the difference between types of students. The group’s mission is to unite all of campus, however, doing so proves to be a difficult task when traditional and life long learners, as well as commuters must cope with different time schedules.

The final decision was made that all clubs should encourage their members to participate in Frolic, which the Presidents hope to make their trial event. Frolic has been having a difficult time with involvement, which has dropped drastically. Although, much was discussed, one hour was not enough. The Presidents will be having their second meeting today at 11 am in Alcove C.

Christmas brings out the best in a lot of people, but it can be an environmentalist’s worst nightmare. Christmas means more garbage, chopped down trees and megawatts of lights, but with a little green investigation, we can celebrate without a worry. Our holiday traditions can celebrate the environment too. In the month of December alone, American’s throw away over one million tons each week. But here are ten tips to reduce this catastrophic number.

1. Recycle: You can reduce amount of garbage by recycling your gift wrap and packaging.
2. Reuse: Iron used wrapping and it will often look like new, with this you are also saving money!
3. Wrapping: Saving recycled brown paper bags, coloring them and using them as wrapping makes an authentic gift wrap and can allow for a fun craft activity.
4. Ribbon: Reuse it. Lilienfield, who has published a newsletter on reducing waste since 1996, notes that if every family reused just 2 feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet.
5. Gift: a gift that doesn’t need packaging at all often holds more meaning, such as tickets to a live event like a game or concert.
6. Tree: It may be a misconception that fake trees are better for the environment than a real tree. Real tree’s are grown on a pine tree farm specifically for Christmas use so no forests are harmed in this process. If you have a reusable fake tree, the energy used to manufacture the tree is something to take into consideration. Yet, the gas used to get to the pine tree farm each year should also be noted.
7. Packaging: Save Styrofoam and boxes to reuse as storage each year.
8. Silverware: Don’t use Styrofoam or Disposable silverware. It may take more time to use real silverware, but it’s a small price to pay to protect our planet.
9. Wreath: Make a homemade wreath using branches trimmed from your garden or somebody else’s.
10. Decorations: Purchase handmade décor made from recycled or eco-friendly materials. If possible by Fair Trade as well, as they provide eco-friendly products which are often recycled and they provide developing country producers a fair price. Or make handmade decorations yourself!

The Future of Accounting: Traditional and Non-Traditional Careers featured Kellie O’Neill (center), a CPA, Finance Manager at Clear Channel Interspace Airport Advertising. O’Neill is a Cedar Crest graduate with a B.S in Accounting and Management.
Amanda Osborn | STAFF WRITER

Making connections

As this semester comes to an end, many of us are tired of thinking about school, I do not need to hear that same song played on so many stations in such a relatively short period of time. I never had any particular dislike for that song until I started hearing it so incredibly often. The problem has continued all through this year, with ‘Big Girls Don’t Cry’ along with several others. I never noticed this problem with radio in past years, even though for the past several years I’ve generally been listening to the same stations, for about the same amount of time per week.

I even remember hearing “no repeat” days on the radio when I was in elementary school, where listeners could actually call in and win money if they heard a song played twice in the same day. What happened to radio stations striving to provide that level of variety? There were some songs that I heard for the first time at some point this year on the radio, and within about a month or two I practically had them memorized, not because I loved them so much that I looked up the lyrics and sang them all the time, but simply because I heard them enough times on the radio that I picked up the words and the tune without even trying. When I hear songs that many times, I start to consider those songs repetitive and I stop wanting to listen to that radio station, or at least I want to listen to it a lot less often. At this time of the year I frequently hear people complaining that the radio stations begin to play Christmas music way too early, and I usually completely agree with them. However, this year when I started hearing Christmas songs on the radio before November was even half over, I felt more relieved than annoyed, and I couldn’t believe I felt that way.

But I realized that it was because this year I have become so frustrated with the lack of variety of songs that it was pleasant to hear something that was actually different, even if it was Christmas music. Maybe most listeners like “Time of My Life,” “Say,” or “Standing Ovation” so much that they like hearing them time and time again. Maybe they don’t notice or don’t care. Or maybe everyone else just listens to iPods. But listening to the radio would be far more enjoyable to me if the radio stations gave some of these songs a break.

Not this song again...

Lizz Nagle | Senior Editor

Amanda Osborn | Photographer

Not Your Typical Female

Some things are better left unsaid

Cathy Meyett | STAFF WRITER

I was sitting in front of my computer screen and thinking about what to write about this week when it hit me. I had said something I really didn’t want to appear by your side, for the sake of my own sanity as well as fear of life and limb, I will not repeat it here but let’s just say this: it came out in the heat of an argument and it was something I had been thinking for a very long time. While thinking things is generally okay, saying them is a whole different can of worms.

We all do it. Be honest with yourself here, no one is going to know what you thought but you’ve said it. Maybe you’re afraid to tell someone about a group of people maybe. I know I have. And while you can think them to your heart’s content, biting your tongue often seems to be the best option in most cases right? I’ll use myself as an example. My roommate and I got into a huge disagreement about history, since anything before World War One (WWI) bores me to tears and she’s a Civil War buff. We got into whether or not our involvement in WWI and WWII was justifiable and of course said yes, and an argument ensues. She then replies: “You are one of the most outspoken people I have ever met. I could be cowering and depressed and you would say ‘It’s okay; at least you didn’t have this happen to you at this age.’ You always find a way to turn things back to you.” So in a sense she called me a selfish word that rhymes with witch.

How did this comment apply to us discussing the wars? Well, I was outspoken. But last time I checked, I wasn’t around for either World War. And it didn’t change the fact that it hurt and I spent the rest of the night upset and plotting her demise.

And it’s not just what you say either, it’s the situation. When I was a high school senior, my grandfather, a police officer for over 35 years, had just passed away. I went into school the day after he died and was not my usual self. Timmy, a friend of mine who liked to try and make himself fit in with everyone else just to ‘fit’ he’d sometime, took a cue from my friend Chrissey and made a bad joke. A really really bad joke. His exact words, which I still don’t let him live down were “Cheer up! The only good cop is a dead one anyway!” Obviously, this upset me and after Chrissey kept me from killing the little jerk, I yelled something I had been thinking for awhile but hadn’t dared to say. “Screw you you little freaking fairy! At least I came out to my mom and dad they’d still love me!”

We all have a venomous thought or two. Maybe it’s just me, but lately I’ve really begun to notice several songs on the radio (mostly newer popular songs) that I hear a lot more often than I would like to. Generally, I do not particularly dislike these songs, nor do I think they are “bad.” In fact, I liked a lot of them the first few times I heard them. I just have become quite annoyed because I hear them over and over.

I understand that radio stations will logically play songs that are popular to attract listeners, and I certainly do not think they should stop playing these songs altogether. But I do think they need to play them far less frequently. If I heard a song on the radio while driving to school, I do not need to hear that same song later that day while I’m driving to gymnastics practice, even if it is one of my favorite songs.

If I heard the song in a short 25-minute drive and an even shorter five-minute drive in the same day, how many times must that station have played that song during the whole day? It seems like way too many to me.

I first noticed this problem late last year, when I heard Fergie’s “Big Girls Don’t Cry” at least five times during a fifteen-minute trip (not to mention a few other times it apparently played while I was sleeping, according to other people who were in the car). Of course the radio station was changed several times on that trip because of traveling through so many areas, but it certainly seems like more than a coincidence that the same song played on so many stations in such a relatively short period of time. I never had any particular dislike for that song until I started hearing it so incredibly often. The problem has continued all through this year, with “Big Girls Don’t Cry” along with several others. I never noticed this problem with radio in past years, even though for the past several years I’ve generally been listening to the same stations, for about the same amount of time per week.

I even remember hearing “no repeat” days on the radio when I was in elementary school, where listeners could actually call in and win money if they heard a song played twice in the same day. What happened to radio stations striving to provide that level of variety? There were some songs that I heard for the first time at some point this year on the radio, and within about a month or two I practically had them memorized, not because I loved them so much that I looked up the lyrics and sang them all the time, but simply because I heard them enough times on the radio that I picked up the words and the tune without even trying. When I hear songs that many times, I start to consider those songs repetitive and I stop wanting to listen to that radio station, or at least I want to listen to it a lot less often. At this time of the year I frequently hear people complaining that the radio stations begin to play Christmas music way too early, and I usually completely agree with them. However, this year when I first heard Christmas songs on the radio before November was even half over, I felt more relieved than annoyed, and I couldn’t believe I felt that way.

But I realized that it was because this year I have become so frustrated with the lack of variety of songs that it was pleasant to hear something that was actually different, even if it was Christmas music. Maybe most listeners like “Time of My Life,” “Say,” or “Standing Ovation” so much that they like hearing them time and time again. Maybe they don’t notice or don’t care. Or maybe everyone else just listens to iPods. But listening to the radio would be far more enjoyable to me if the radio stations gave some of these songs a break.

Not this song again...

Lizz Nagle | Senior Editor

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Some things are better left unsaid

Cathy Meyett | STAFF WRITER

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And it’s not just what you say either, it’s the situation. When I was a high school senior, my grandfather, a police officer for over 35 years, had just passed away. I went into school the day after he died and was not my usual self. Timmy, a friend of mine who liked to try and make himself fit in with everyone else just to ‘fit’ he’d sometime, took a cue from my friend Chrissey and made a bad joke. A really really bad joke. His exact words, which I still don’t let him live down were “Cheer up! The only good cop is a dead one anyway!” Obviously, this upset me and after Chrissey kept me from killing the little jerk, I yelled something I had been thinking for awhile but hadn’t dared to say. “Screw you you little freaking fairy! At least I came out to my mom and dad they’d still love me!”

I edited the language here and would like anyone in the readership who would be offended by this to know that I am in no way shape or form anti-homosexual. But he hit me at a point when I was most vulnerable and to see the little jerk cry made it worth it then. But now? I’d take it back. I’d take back a million and one venomous things I have said to many different people back if I could.

But the truth is, you can’t take something back once it is said. It’s out there and most of the time you regret it after it’s said but it can’t be unheard. And if you think that being drunk is an excuse for something you said, you’re dead wrong. Drunken words are sober thoughts that you bit your tongue to keep from releasing into the world. Being intoxicated doesn’t give you a get out of jail free pass. Just keep this in mind next time you decide to tell someone what you really think about them when you argue.
Remembering the limit during the holiday season

Liz Skoczylas
MANAGING EDITOR

Usually when I’m writing one of these end-of-semester articles, I talk about holidays and traditions and family. In the past, I’ve joked that my mother’s love for Christmas trees (if you didn’t know it, I live on a Christmas tree farm). But, this year, it’s a little bit different, and I’ve taken on a more serious note.

Over this past Thanksgiving break, two of my close friends had friends of theirs from their separate hometowns pass away in car accidents; one was the result of another drunk driver, and the other was a freak accident.

The losses of such young lives got me thinking about the way that people drive. I will be the first to admit that I am not a safe driver. I rarely use my Bluetooth adapter for my cell phone, because most of the time I am busy texting and driving rather than talking on it. I have been known to eat while driving, and anyone that’s been in the car with me can tell you that I am very impatient with other drivers.

Knowing my own faults, began doing some research about people’s driving around holidays. And, the statistics were startling.

The most recent statistics are from 2006. And, a website that broke down the statistics for Pennsylvania very nicely is edgarsnyder.com. In 2006, there were 545 fatalities from alcohol-related crashes. 94% of these fatalities were in the same vehicle as the drunk driver; 77% were the driver themselves. 79% of these crashes occur at night, and 47% of fatalities that occurred during holiday weekends were related to alcohol use.

According to cdc.gov, “In general, holiday periods were characterized by an increased rate of traffic fatalities and a higher proportion of deaths involving drunk driving. Overall, 48.9% of traffic deaths during the holiday periods involved drunk driving, compared with 38.6% during nonholiday periods.”

When I was home for Thanksgiving, my boyfriend and I went out to a few different bars, where we ran into what I’m sure was the majority of my graduating class, as well as several other people that I knew from high school.

So, the alcohol was flowing, everyone was having a good time, and we all knew that the cops were circling the streets. Before getting to the point that I couldn’t hit a speed dial button anymore, I called my little brother to come and pick us up. That, boys and girls, is called a designated driver.

I know that it sounds so simple and we hear it every single day, but if everyone thought to do it every time they had a few drinks, well, then, the friends of my friends would still be alive right now.

The legal limit for alcohol in the United States is .08, provided that you’re of legal age. If not, of course you’re automatically handed an underage drinking and driving charge. The website insurance.com has a blood alcohol content calculator that will calculate approximately how much alcohol it takes for you to be over the legal limit. Of course, this cannot be considered 100% accurate, but it will give you a fairly good idea of how little alcohol it takes.

I can’t even tell you how many people I know that have been pulled over and given DUIs. I have gone on dates with these people, I have driven these people, and I have watched them tear families apart. And I am devastated every time I hear that another life has been taken due to these careless people.

But what about other distractions on the road? Parenting.com says, “A study, released in July 2007 and conducted with more than 900 teens from 26 high schools nationwide, revealed that text-messaging while driving is becoming as dangerous as drinking and driving.”

And, The National Highway Traffic Safety Administration reports that distracted drivers account for almost 80% of all crashes and 65% of near-crashes in the United States.

Just last year, four female students that lived near my hometown died in a car accident right around Memorial Day. The driver had been texting messaging friends in another car.

This article really isn’t to bum you out, but it’s to make you think about your own driving habits, especially around the holidays. Calling a younger sibling or parent to come pick you up from a holiday party may annoy them, but it’s a whole lot better than you climbing into a vehicle that you’re in no shape to operate. And, really, how important are those text messages that you can’t wait to check them when you get to your destination? So, everyone out there, have a happy and safe holiday season!

Jessica Koprics
STAFF WRITER

Black Friday-The day after Thanksgiving where thousands of people flock to the stores at all crazy hours of the morning to shop and get the best sales, which changes the stores profit from being negative to well over positive.

Why in the world would anyone in their right mind be at the crack of dawn to stand in line, fight the crowds, and wait in long lines, all just to save money on their shopping? Even after seeing my mother and my uncle get up early after year, and then watching them come back home with all of their bags in tow, I still don’t understand what is the frenzy.

As I was reading over the newspapers and the stories on the internet, I came across several stories of violence, all which occurred at stores during shopping hours. One story in particular really got to me. In a California Toys R Us, two men were shot dead after the women that they were with got into a fight. Both men ran around the store, chasing each other and shooting their weapons, all while worried and frightened customers tried to find a place to hide.

Another story that I found was absolutely appallingly to me was the story about a worker at Walmart in Phoenix. He was trampled to death on Friday morning after opening the store and trying to control the crowd. Shoppers knocked him to the ground and several hundred people trampled on him until emergency crews could get to him.

Even after emergency crews were able to get into the store and to the worker, the massive amounts of crowds were pushing them out of the way just to get to that desperately sought after Christmas present that would only be on sale that day. Information courtesy of www.aolnews.com. Is that 50% or more off of an item really worth taking someone’s life? This year I went out at about ten o’clock because I just needed to pick up a few items. Well needless to say, two hours later I was still out shopping, and fighting the crowds.

Everywhere you looked people were grabbing items and trying to squeeze their way through the aisles. Lines wrapped all the way around the store, making it hard for anyone to look at items, let alone shop. Outside on the roads was not much better. Impatient drivers all cutting each other off and racing to be at the front of the line, only to be stopped by the red light.

I really cannot see any point in going out to shop on black Friday. It is dangerous, time consuming and all to save a couple of bucks. I think I’ll stick with shopping on my own time on some random day of the week, just like I always have in the past.

Black Friday shopping gone wrong

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STAFF WRITER

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In this time when our country is so vulnerable and at risk of absolute chaos, it disheartens me to see such disregard for humanity. After Sept. 11th, this country united behind the newly elected George W. Bush with full force.

Why does it take such a tragedy like that to unite our country? It is entirely understandable during an election for people to be divided supporting their candidates.

That’s the beauty of this thing called democracy, that we are given that freedom to support the candidate of our choice.

However, now that the election is over, why is it so hard for us to erase the division lines? Why is it so hard to remove the democrat and republican masks, the con-servative mask, the liberal mask, the anti-American citizen who is simply trying to help our country and turn it into the country that embraces diversity, not just in race or gender identity, but everyone in between: come to-gether. Fighting. Let’s start respecting each other for who they are?

In our country, we divide her into left and right, gay and straight, white and black. When will we see through all these labels and learn that we are Americans and embrace humanity? When will we learn to get along and allow people to just be happy with who they are, who they love and what they believe? This is about the human heart, and if that sounds corny, so be it.

The passing of Prop 8 in Cali-for-nia is a perfect example of this. Would it matter who someone marries? If they’re in love, why can’t we let them be in love and be happy? Gay people are people too just like any other person on this planet. A gay marriage does not make a straight marriage any less important, and the gay community does not want to take away any rights from anyone else, so why take away the rights to be happy and get better in a legally recognized union?

Who gives us the right to take away someone’s right to be happy? Wasn’t there a line somewhere in some old document about an inher-ent right given to everyone to pur-sue happiness? Or do you think we live in today, I think we could use a little more happiness. And in a country that embraces diversity, why is it so hard to accept people for who they are?

Stop this bitter tooth-and-nail fighting. Let’s start respecting each other and allow each other to live our lives the way we wish to live it. Right-wing nuts, left-wing nuts, gays, straights, blacks, whites, Lati-nois, abinins, men, women, Chris-tians, Jews, Pagans, Wiccans, and everyone in between: come to-gether and let’s go back to being the unified Americans we were once proud to say we were.

-Laura Moore
Residence Life. Butl R4
Butler: Society, President
Christmas seems to be a messy time in this house. Help Santa find these fifteen items so that he can continue with his route and get to your house in time for Christmas morning! Don’t forget anything anything, or he’ll have to go back and might not get to your chimney in time!

Hint: Circle the items as you go, so that you don’t forget which items Santa still needs.

- Spoon
- Cup
- Two keys
- Holding hands
- Glasses
- Candy Cane
- Scarf
- Stocking
- Antlers
- Button
- Leaf
- Hat
- Pipe
- Book
- Bell

Submitted by Sara Messner
Astrological Meditations

SCORPIO: (Oct. 23 - Nov. 21) This semester has been very difficult and it seems that no one really understands. You have tried talking to your friends but nothing seems to be getting through to them. Maybe it is time you start branching out. You have friends that you haven’t spoken to in awhile. They will be good for you. They will listen.

SAGITTARIUS: (Nov. 22 - Dec. 21) Why so sad? Look around, you have it great. Your grades are good, your love life is better than it’s ever been and you have been getting plenty of sleep. You need to stop being melodramatic and appreciate how much you have going on. Now stop complaining and smile!

CAPRICORN: (Dec. 22 - Jan 19) You have been so caught up in all of your own fun and excitement that you haven’t been paying attention to someone. They have been left out and they need to have fun too. Next time you go out invite them along too. Letting them sit around alone isn’t good for them or your friendship.

AQUARIUS: (Jan. 20 - Feb. 18) It creeps, it crawls, it eats you alive, it’s stress! Your stress has seeped into your brain and now you feel too weak to fight it off. But do not panic. While Steve McQueen may not be here to fight it off you still have some weapons in your arsenal. Dig deep and now you feel too weak to fight it off. But do not panic. While Steve McQueen may not be here to fight it off you still have some weapons in your arsenal. Dig deep and

PISCES: (Feb. 19 - March 20) Although Google can be fun at 11:45, so is sleep. It is important that you may not want to sleep, there is all this time you need to catch up on. You can see what Brimley Spears is up to, do laundry, or catch reruns of Golden Girls. However, falling asleep everywhere on campus but your bed is a sign that you need to start hitting that mattress before the infomercials start. And if you miss Sophia, Blanch, Dorothy and Rose there’s always disc sets.

ARIES: (March 21 - April 19) A is for always and B is for boring. It is time to add some spice to your life. That does not mean putting red pepper in your spaghetti sauce or replacing mild salsa for medium. You need to go out and have some fun. You do have assignments due but with your time management skills you can have it all done before some fun. You do have assignments due but with your time management skills you can have it all done be-

TAURUS: (April 20 - May 20) Motivation seems to something you lack recently. Doing well is important to you so you try to accomplish your work but a mental block stops you in your tracks. It is hard to see what it is, you have tried everything to get going but nothing gets the fire lit. If you don’t find a way to get motivated the hole may not want to sleep, there is all this time you need to start hitting that mattress before the infomercials start. And if you miss Sophia, Blanch, Dorothy and Rose there’s always disc sets.

GEMINI: (May 21 - June 21) It’s as easy as cake. You work, you get a check, you go to the grocery store, you buy the mix, you buy all the ingredients, you go home, you eat your supplies … wait, that’s easy? Even the things that are generally simple are never completely such. There are always more steps than you originally thought of or planned on. Lately things have seemed rather easy so you should be weary. Easy is a four letter word.

LEO: (July 23 - Aug. 22) It’s an easy as cake. You work, you get a check, you cash it, you go to the grocery store, you buy the mix, you buy all the ingredients, you go home, you eat your supplies … wait, that’s easy? Even the things that are generally simple are never completely such. There are always more steps than you originally thought of or planned on. Lately things have seemed rather easy so you should be weary. Easy is a four letter word.

VIRGO: (Aug. 23 - Sept. 22) Times are changing. You have entered new territory and you are not alone. Many people are feeling the same way for you is it very significant. You have been searching and waiting for change. Now that it’s here you are sure what to do and you may feel a little scared. Don’t worry, just go with it and don’t look back.

LIBRA: (Sept. 23 - Oct. 22) You have been seeing green everywhere. I am not referring to all the environmentally friendly changes but I’m talking about money. You don’t even know where it is coming from all you know is you can feel it. Your checking account went from $10.45 to well over $1000. As you already know it will not last forever but will stop suddenly. You won’t remember when your last pay check was but no worries, your quick, amazing flow of cash will survive the drought.

Submitted by Hauna Coluta

Birthday Happenings

December 2

Mr. Chemist’s Neighborhood

By David Raker

That Bob is not the same as our southern Pal. Hey, Bob!

He said,~ "That Bob is not the same as our southern Pal. Hey, Bob!

I see Y'all brought that dump dog with you. I just think, he thinks A is a Common saying in Canada instead of an instrument.

Snick! Snick! Snick!

That Bob is not the same as our southern Pal. Hey, Bob!

Birthday Happenings

December 2

By Jessica Heiser

Contest

In last week’s Study Break there was a contest printed where members of the college community could submit guesses for the date that the column “Here’s the Latest” was run originally run in the paper. The column was run on Jan. 22, 1942. There were no guesses that were close. To read this column, you can view Crestiad archives at www.cedarcrest.edu/crestiad.

SCORPIO: (Oct. 23 - Nov. 21) This semester has been very difficult and it seems that no one really understands. You have tried talking to your friends but nothing seems to be getting through to them. Maybe it is time you start branching out. You have friends that you haven’t spoken to in awhile. They will be good for you. They will listen.

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A confusing campus experience

Your finals schedule is a little crazy and you only have a few minutes to get from an exam in Alumnae Hall from Curtis Hall. You’re running late and don’t have time to stop for a snack in the TCC or to see friends in Moore. Get to Alumnae as quickly as possible and don’t be late!

Submitted by Brea Barski

Submitted by Amanda Osborn
### Historical Happenings

**December: Read a New Book Month**

**Facts of the Week:**

**Dec. 4**
One of Albert Einstein’s manuscripts sold for $1,160,000, 1987  
10,000,000 Nintendo systems had been sold in the U.S., 1988

**Dec. 5**
Phillis Wheatley, poet, died, 1784  
Mozart died a pauper, 1791  
Levi Strauss invented blue jeans, 1880  
Martin Luther King’s bus boycott started, 1955

**Dec. 6**
U.S. Constitution 13th Amendment ratified, 1865  
First American woman to appear on a stamp, Martha Washington, 1902

**Dec. 7**
Delaware became the first state in the union, 1787  
Pearl Harbor Day, 1941  
National Fire Safety Council was founded, 1979

**Dec. 8**
The USSR dissolved, 1991

**Dec. 9**
Roller skates were patented, 1884  
Computer mouse developed, 1968

**Dec. 1**
Mississippi becomes 20th state, 1817  
Alfred Bernhard Nobel died, 1896

**Dec. 11**
Aurora borealis were first spotted, 1719  
Indiana became 19th state, 1816

**Dec. 12**
Pennsylvania became second state, 1787  
Golf tee was patented, 1899  
The first motel was opened in the U.S., 1925

**Dec. 13**
Saint Lucia’s Day  
Sir Francis Drake set sail for the Pacific Ocean, 1577

**Dec. 14**
South Pole was reached, 1911  
Raggedy Ann doll went on sale, 1914  
The last day of Finals!!!  
The Bill of Rights went into affect, 1791  
Sitting Bull was killed, 1890

### Holiday Sudoku

*Submitted by Brea Barski*

It’s important during the holidays to fit a nice variety of activities into your life. Here you can practice by making sure that each row, column and box has each of the nine symbols in it.

**Key:**

![Key Image]

---

*Jigsaw Jumble*

*Submitted by Lindsey Jancay*

Copy each box’s image into the corresponding box below, for a Holiday work of art!
Tips for a study break that won’t break your focus

Sara Messenger  
STAFF WRITER

That time is coming. Finals and research papers are threatening the enjoyable Christmas season! Fortunately, it is possible to conquer the curriculum without feeling like you might just die of information overload.

It is not unusual for your brain to become a bit tired after two to three hours of studying. By that point and words may become jumbled and you find yourself rereading the same paragraph five times. However, number one rule for effective studying: Don’t wait until you mind begins to shut down to take a break! Most sources advise to take a study break for 15 minutes to an hour and then reward yourselves with short, 5 to 15 minute breaks.

Now, you’ve got the time: what to do with it? Often the first inclination is to log in to Facebook and see what kind of notifications you have, or what stories pop up on your news feed. Facebook is usually a poor choice for a study break activity, as it tends to be a bit too distracting and can really suck a person in! One moment you’re laughing at a photo your best friend from home posted, the next, she’s chatting with you, and when you finally exit the window, you realize you unconsciously extended your break from 5 minutes in an hour, to an entire session study.

Another choice that has the potential to be a study break activity depends greatly on what you choose to view. Zencollege.com advises, “If you must watch TV, make it educational.” The site recommends channels like Animal Planet and Discovery Channel. Others will advise what is known as mindless television, such as reality television to give the brain a much needed break. However, it is much more likely that the educational programs will keep your mind alert while remaining an enjoyable break from work.

If television isn’t really your thing, try reading a novel. Sure, you already read a lot for school, but many college students give up reading for pure entertainment. So try it! Choose a book that interests you, without being too complex, and you will be well on your way to a rested, yet active, mind that is ready to do some more studying!

SC: They live forever.
TC: Can all reindeer fly?
NC: No, they fly using magic, but not all can tell you for legal reasons.
SC: Why is your nose always red?
TC: The wind from the fireplace gives me wind burn. That’s another reason why they should have given me a closed sleigh!
NC: With all of the information that you know about snow, don’t you think you should be wearing a hat?
TC: The elves used to make all of the toys and they still make most, but they buy some, too. We want to fulfill all of the requests that we can and many boys and girls ask for name brand items that we can’t make for copy right reasons.
NC: Do you exercise to stay healthy?
TC: No. I don’t like the cold weather. (No, it’s not snowing.) I prefer to keep my body weight up and stay warm.
NC: So the elves do all of the work all year except Christmas Eve, so I’ve got pretty easy.
TC: Where do elves come from?
NC: They love flying. They take all of the extra presents if you don’t let the elves take them. Some people only need two or three minutes to up their productivity level considerably according to Elizabeth M. Stough.

According to a study by the sleep researchers at the University of Britain at Loughborough, the most effective way for a driver (or studying student) to battle drowsiness is to take a nap. For a ten minute run is appropriate, while others prefer a longer, leisurely stroll. Even a run up a flight of stairs, or taking a dance break in your room is bound to get blood pumping and it will wake you from any trance you may have fallen asleep as you were studying.

So, as you are pulling your next all-nighter, don’t wait for the words on the page before you to start working. Instead, have a fun-filled minuet breaks to keep your study sessions from becoming overwhelmingly monotonous. And who knows, the lyrics to a song, the taste of a food, or something you read may just be the connection you need to remember that elusive bit of information on test day! Best of luck!

SANTA

continued | page 1

and kittens to children as Christmas presents, do they go in the bag with the first choice. was a budgetary thing — not my

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SC: Yes — the elves are very efficient and fill my bag with everything that I need. I won’t have to read any letter up through the day before Christmas Eve.
SC: I wear it all year. I like it.
TC: Why do you work from the North Pole when you can be back in time. For one, the ushers were dressed in smart, red uniforms back in the 1920’s. (You can’t tell I’ve been there a lot, right?) The ceiling and walls have beautiful architecture and paint work details, not just the plain black soundproof walls in modern theaters. An organ and the orchestr- ica pit have been left as a reminder of this place’s history. And— maybe the best part of the theater is the heavy red velvet curtain that hides the screen.

Since it is not a multiple the- atre cinema, only one film plays at a time and tickets are there for a whole week. The tickets are only $3 apiece — a much better deal than the $15 for an all-day pass or something you read may just be the connection you need to remember that elusive bit of information on test day! Best of luck!

Contacting Santa Yourself

Santa’s number care of military person- nel at Fort Bragg, North Carolina, is 910-396-1471.

Santa will be on campus for the annual Breakfast with Santa on Saturday, Dec. 6 at either 8:30 or 10:30. For a cost of $15 for children over three and $10 for children under two and adults, children receive breakfast, crafts, games, a special gift and a photo with Santa. People are encouraged to bring a children’s book to don-
Renting textbooks benefit financially struggling students

Kristen Isaacson
STAFF EDITOR

With the rising costs of college and the practice of renting vs. owning textbooks on students, we are always looking for new ways to save money. Books re-ent can be huge chunk out of our weekly budget and are usually seen trying to save up enough for the next semester. Now, students may need to pay for textbooks each semester for one reason instead of buying textbooks, rent them.

Renting textbooks is just like renting movies; you open an ac-count, decide on a payment method which usually depends on how many books you want for how long, and then pick your books out. Sites such as chegg.com and skoob-itz.com are helping students save money by either paying a set amount each month for how many months you have the books. We usually spend between $300-$500 on books, new and used. And then at the end of the sem-ester, most students sell the books back to the bookstore. The process runs about the same as Skoobit. Rachael Diff-enderfer uses this site. “This was my first time using this kind of pro-gram, before I would just buy my books from amazon.com. For the most part, chegg had my books within a week.” She did have one problem with chegg when she did not receive one book within a few weeks, and had to contact customer service. This can be due to the downside of renting, if you don’t get the books you need on time. But these are nice to overall please people and save college students much needed money. “I plan on using Chegg next semester, but I’m going to be sure to order my books as soon as possible, in order to avoid any sort of delay.”

When you need to return the books, the site you are using will send you a notice to let you know the date is approaching. You print out a return shipping label and send the books back in the same condi-tion as which you received it. You may not write in the books, but highlighting is ok, which can be an-other downside of renting. You have to remember the book is not yours, you have to return it to the school, so it may not be so bad.

Saving money is always a pri-ority for college students. This may just be the way to help and still get the necessary books needed.

Free shipping and handling for both renting and returning of the textbooks. Skoobit’s services, in some cases, can help students rent every text book they need for around the cost of purchasing just of their overpriced textbooks.” Textbook publishers have raised book prices at the expense of stu-dents across the nation, and with lit-tle competition, these price raises have gone unnoticed. Chegg.com does not give a set amount per book; rather, they price the books for a fraction of the nor-mal cost. The process runs about the same as Skoobit. Rachael Diff-enderfer uses this site. “This was my first time using this kind of pro-gram, before I would just buy my books from amazon.com. For the most part, chegg had my books within a week.” She did have one problem with chegg when she did not receive one book within a few weeks, and had to contact customer service. This can be due to the downside of renting, if you don’t get the books you need on time. But these are nice to overall please people and save college students much needed money. “I plan on using Chegg next semester, but I’m going to be sure to order my books as soon as possible, in order to avoid any sort of delay.”

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To manly for a man's college

Hauna Colista
STAFF EDITOR

One area of Cedar Crest Col-lege that gets overlooked is its male population. This side of Cedar Crest is discussed less often then the numerous squirrels. This admitt-edly small population of the cam-pus can go ignored and forgotten. However, a person cannot help but ask what’s like for a male student at all women’s col-lege? Three male students Cody Hedglin and Ryan Schwartz, both from Kutztown before he visited Cedar Crest. Hedglin was attending another school, so it may not be so bad. On the other hand, a bitter taste is the appeal of some drinks, states the report. Drinks such as coffee and tea are bitter when warmer than body temper-ature sweet when cold. For wines and beers when served warm, are generally found to be too bitter. White wines are typically served directly out of the refrigerator while red wines are generally served warm.

Consumer Reports recom-mends that lighter white wines be served at mid-40s while heavier whites are served at mid-50s. On the other hand, red wines should be served between the mid-50s to the low 60s. On the other hand, a bitter taste is the appeal of some drinks, states the report. Drinks such as coffee and tea are better when warmer than body temper-ature sweet when cold. However, the bitter taste is the draw of these drinks.

The study, published in a 2005 issue of Nature, found that the channels called TRPM5 are responsible for a different percep-tion of taste at different tempera-tures. When the temperature of food or liquid is warmer, it sends a stronger signal to the brain, re-sulting in an enhanced taste. The example that the study gives is ice cream. When ice cream begins to melt and rises to room temperature, it is too sweet to eat or drink. Because the manu-facturer’s ice cream need to add so much extra sugar and sweeteners to keep its cold prod-uct taste sweet when cold. It can go without saying that renting textbooks benefit financially struggling students.

Newman has also experienced the same feeling. He attended a women’s art class. “A lot of it was feminist art and the conversation was feminist oriented. It did feel awkward.”

Describing a separate experi-ence, Newman’s says, “The women’s reactions to a guy being in class made me kind of uneasy. Everyone’s here for a purpose but some came here because there are no guys.” For a long time New-man would walk into class with his head down; not making any kind of connection with other students. His shyness was the main culprit but the reactions he received in the be-ginning made it difficult to over-come.

Schwartz finds it uncomfort-able at times when just casually walking on campus. If a person does not know that he is a student, they watch him as he goes by. “It’s not very often that it happens but there were sometimes when it was very awkward.”

Although Hedglin, Schwartz and Newman have all felt like out-casts that is by no means the gen-eral feeling they get from the community. All three describe being on this campus as a great ex-perience. With every up there is a down and feeling like an outcast happens sometimes but they have felt welcomed and have made many great friends since they ar-rived. They even have a sense of humor with it all.

Hedglin says that in class “Everybody knows your name pretty fast...but they always notice if I’m not there; you can’t get away with anything.” When it all comes down to it, the fact that Cedar Crest is an all women’s campus did not effect their decision to come here. Actu-ally, for them it was an obvious de-cision. “Cedar Crest had the best nursing program that was close to my home,” says Schwartz. Hedglin came for similar reasons.

Hedglin was attending another university and wanted to transfer to a college closer to home. He was planning on going for nursing and basic science but “being an outcast” changed his mind. Schwartz, “First se-mester, it was a little bit to get used to. But all the people here are re-ally nice.” For Newman he went on a pretty thorough college search be-fore finding Cedar Crest. He looked at Albright, Alvernia and Kutztown before he visited Cedar Crest. He knew instantly that this was the right school. “I could tell that there was a lot of different am-bitions. I really got the impression that this was a great school, being all women didn’t effect my deci-sion. I knew this was the right place. Something here, it just drew me here.”

When it all comes down to it, it male students at Cedar Crest have a fairly similar experience to the fe-male students. At times they feel like an outcast but it’s rare and nor-mal, they have made great friends and they knew that the school was just right for them. Not only are they receiving an education inside the classroom but also outside. Simply being surrounded by women can give male students new perspectives.

“I think I have more respect for women and I have become more open to my feelings. This campus really does being out the best in people. ‘I’ve become a bet-ter person,” said Newman, “More guys...But we don’t have that on campus, give them a life here.”
Have yourself a merry little do-it-yourself Christmas Holiday

As the holidays fast approach, many of us are pinched for gift ideas, and even more pinched for the cash to buy those gifts with. Fear not, trusty Crestiad reader, for our staff has compiled several DIY gift ideas for this holiday season, great for anybody on your gift-giving list. So, crank up the holiday tunes, don your reindeer antlers, and prepare to get crafty!

Homemade Truffles

Adapted from Alton Brown of the Food Network

Ingredients
- 10 ounces bittersweet chocolate, chopped fine
- 3 tablespoons unsalted butter
- 1/2 cup heavy cream
- 1 tablespoon light corn syrup
- 1/2 cup cocoa powder, finely chopped nuts, and/or toasted coconut, for coating truffles
- 8 ounces semisweet or bittersweet chocolate, chopped fine

Directions
- Place the 10 ounces of chocolate and butter in a medium size mixing bowl. Microwave for 30 seconds. Remove and stir, and repeat this process 1 more time. Set aside.
- Heat the heavy cream and corn syrup in a small saucepan over medium heat until simmering. Remove from the heat and pour the mixture over the melted chocolate mixture; let stand for 2 minutes. Using a rubber spatula, stir gently, starting in the middle of bowl and working in concentric circles until the mixture is smooth and creamy. Gently stir in the brandy. Pour the mixture into an 8 by 8-inch glass baking dish and place in the refrigerator for 1 hour.
- Using a melon baller, scoop chocolate onto a sheet pan lined with parchment paper and return to the refrigerator for 30 minutes.
- Place the cocoa powder, nuts, and/or toasted coconut each in its own pie pan and set aside.
- In the meantime, place the 8 ounces of chocolate into a medium mixing bowl which is sitting on top of a heating pad lined bowl, with the heating pad set to medium. Depending on the heating pad, you may need to adjust the heat up or down. Stirring the chocolate occasionally, test the temperature of the chocolate and continue heating until it reaches 90 to 92 degrees F. Do not allow the chocolate to go above 94 degrees F. If you do, the coating will not have a nice snap to it when you bite into the chocolate. Once you have reached the optimal temperature, adjust the heat to maintain it.
- Remove the truffles from the refrigerator and shape into balls by placing the chocolate-coated truffle in the dish with the cocoa powder, nuts or coconut. Move the truffle around either the cocoa powder, nuts or coconut. Repeat this process 1 more time. Set aside.
- Remove the truffles from the refrigerator and shape into balls by placing the chocolate-coated truffle in the dish with the cocoa powder, nuts or coconut. Move the truffle around either the cocoa powder, nuts or coconut. Move the truffle around the chocolate and continue heating until it reaches 90 to 92 degrees F. Do not allow the chocolate to go above 94 degrees F. If you do, the coating will not have a nice snap to it when you bite into the chocolate. Once you have reached the optimal temperature, adjust the heat to maintain it.
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Teacup Candles

Materials
- craft store wicks
- wax
- old teacups
- fragrance teacups

Directions
- Melt the wax in a double boiler, adding a fragrance if you so choose. Support the wick standing in the teacup, then carefully filling the cup with wax. Allow the wax to cool.

Holiday Gift Certificates

Materials
- Blank shirt (a t-shirt is $2.50)
- Iron-on paper (a pack of 6 sheets is $8.00)
- Iron and hard surface

Directions
- In the computer program, draw your design, use clip art, text, a photo, etc.
- Make sure that if the program does not have a feature that automatically reverses your picture for iron-on, you reverse your design (because it will be the opposite way when you iron it onto the shirt).
- Print the design, making sure to put the paper in the printer the appropriate way (depending on your specific printer) so that the design will print on the front side of the paper.
- Cut out the design.
- Lay the shirt flat on the hard surface and lay the paper face down on the shirt.
- Iron over the paper firmly. Remove the paper when it is cool.
- Decorate to your likeness using fabric paint.

DIY Paper Mache Ornaments

Materials
- Medium sized bowl
- Several small balloons (water balloons will work)
- Newspaper
- Paint, markers, spray paint, or other similar products
- Ribbon, glitter, or any other decorations
- Glue
- Paperclips
- 1 cup glue

Directions
- In an old plastic bowl, mix glue and boiling water to make a smooth paste.
- Blow up several balloons to the size you want them.
- Tear newspaper into small strips about 1/2 an inch to an inch wide and slightly shorter than the length of the circumference of the balloon. (Size isn’t very important)
- Dip newspaper into paste and completely cover it. Run your fingers down the newspaper to get any excess glue off of the newspaper.
- Place the strip of newspaper onto the balloon.
- Repeat several times until you have about three to five layers covering the balloon. (How you place the newspaper on the balloon does not matter) Be sure to leave the tied end of the balloon free of the newspaper for later use.
- Set balloons on newspaper or an old cloth to dry for several hours.
- Once they are completely dry, use a paperclip or pin to pop the balloon.
- Use a paper clip and poke two holes where the balloon was tied. Stick the paperclip through those holes and twist the ends together to form a hook.
- Now decorate the newspaper with paint or other similar products as well as glitter and other decorations. You may also use the ribbon to tie a bow to the top or place it anywhere else on the ornament using glue. Once the ornament is dry, it is ready for you to hang on your tree.

Christmas Holiday

Materials
- Fancy paper
- Either a fun word program
- Or your own artistic skills

Directions
- Decide on what kind of certificate you are giving, depending on what the recipient likes, whether it be a parent out for dinner, picking up a chore that your sibling hates, or offering a backrub to a significant other. Take your time decorating the certificate, and it’s sure to be a gift that they love!

Fancied Paper

Materials
- 11 x 17 paper
- Glue
- Paint, markers, spray paint, or other similar products

Directions
- Place the paper face down on the shirt.
- Lay the shirt flat on the hard surface and lay the paper face down on the shirt.
- Iron over the paper firmly. Remove the paper when it is cool.
- Decorate to your likeness using fabric paint.

DIY

DIY Paper Mache Ornaments

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Feng Shui your way over the end-of-semester slump

Liz Skoczylas
Managing Editor

“You’ve even read about how it’s upon entering Virgin Airways. Literally translated as auspicious energy flow within their philosophy of Feng Shui to create years the Chinese have applied the turn. Time to Feng-Shui your stress among the stress of finals and now I like doing that for my family.”

Tip One: “Move your books so they do not face you while you sleep. Feng shui says that books act as sharp instruments, cutting through your sleep patterns and good vibrations.”

Tip Two: “Attach molded rubber table corners to sharp edges on your desk or bureau, it will help soften the effect of the furniture in your dorm room.”

Tip Three: “Hang soothing posters on the walls to brighten your moods if you cannot paint the walls a soft, pleasing color. Pictures of your friends and family also can help reduce the starkness of dorm walls.”

Tip Four: “Dangle a crystal in front of a window, no matter how small it may be. Use fishing line or a heavy string to attach the crystal to the top of the window to allow the light to move through the room.”

Tip Five: “Stack your papers neatly every night when you are finished with them and when you leave the room. Clutter breeds clutter and waking up to or walking in on a mess will set off a negative spark to your time in the room, even if you clean when you first wake up.”

Tip Six: “Put purifying sage in a bowl with some uncooked rice. This mixture will soak up the negative energy in the room.”

Tip Seven: “Place your desk against a wall that faces east if at all possible. Feng shui says that east is a direction and is the darker, more passive element in contrast to the brighter Yang element. While sleeping, position your body and your bed so that your headboard rests against a solid wall and your feet point away from the door. The idea here is to not arrange your bed similar to a coffin because you will lose energy from your feet if you do so.”

“Remember that harmony is a great way to bond, and skip the open house where family and friends can get together.”

Compiled by Liz Skoczylas
The Lucky One
Reminds Us of Destiny and Love

Kristen Isaacson
STAFF WRITER

For all romantics out there, Nicholas Sparks has once again returned to satisfy our need of a happy ending. With his 14th book (13 fiction and 1 non-fiction), he restores our belief in destiny and shows everyone that inevitably, what is meant to be will happen. His newest edition to the collection is The Lucky One.

U.S. Marine Logan Thibault finds a picture in the dirt, which was half buried and had a smiling woman in it. At his first wants to discard it, but then decides to bring it in to return it. No one claims it, so he holds on to the picture. Suddenly, he has a huge streak of luck leading up to surviving an explosion that killed two of his friends.

The only thing he can think of is the picture he keeps with him. He decides to walk across the country from Colorado to Hampton, North Carolina, believing the woman in the picture is the key to his destiny. He is accompanied by his dog, Zeus.

Elizabeth is a single divorced mother of Ben, and takes care of her Nana. She has trouble dating, her Nana. She has trouble dating, and Logan decides to keep the picture and his new-found luck back, but he is unable to at first.

The attraction between Logan and Elizabeth catches them off guard, and Logan decides to keep the picture and his newfound luck a secret. They embark on an all-consuming love affair, but Logan’s secret and Beth’s ex threaten to destroy both their love and their lives.

What happens? Well, you will have to read to find out.

I have always loved reading Nicholas Sparks’ books, and this one was no exception. While it was very cliché, there was still the suspense and romance that we all expect from his books.

Clayton and Elizabeth meet when Clayton is taking pictures of women (in various states of undressing), and Thibault interrupts him. They speak for a couple of minutes, and then Thibault leaves, but not before slashing Clayton’s tires and stealing the camera. Clayton tries to find Thibault and get him back, but he is unable to at first.

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Sculptor Jeronimo Martinez Featured in Holiday Show

Leslie Savadge
STAFF WRITER

Wanting to see something different or are into the art of sculpting? Jeronimo Gpe. Martinez is being featured in the holiday show at The GoggleWorks Center for the arts, located in Reading, Pa., a convenient and close location that is only about 30 minutes away.

His show is named Busted and features about 20 lifesize clay busts of artists, staff, and art partners associated with GoggleWorks.

These sculptures are so detailed and precise that it almost seems as if there are a few extra people in the room with you. The exhibit will also contain some of Jeronimo’s other work as well.

His work is very different and has an interesting appeal that almost anyone can enjoy, even if sculptures are not of interest, the exhibit is a fun place to go and see something new.

Jeronimo has been sculpting for about 30 years and has taken technique and talent from watching his father, Reuben Mugro Martinez making Jeronimo a self-taught artist. Jeronimo has been volunteering and sculpting at GoggleWorks for about two years, where he also learned how to create many other different objects into sculptures or objects using the wheel.

The wheel is a device used to create objects out of clay such as vases, bowls, and cups. The wheel is commonly used with all sculpting artists, and although the same shape can be formed from artist to artist, they can all put their own original flair into their creation using the wheel.

The exhibit has many options of dates and times to make it accommodating for everyone. It is located on the second-floor of GoggleWorks in the Schmidt Gallery and will be open from Dec. 2 to Dec. 28.

There will be an opening reception tonight from 5:30 to 8 p.m., which is part of the traditional First Thursday celebration that GoggleWorks holds. As well as the Thursday celebration there will be a public open house during the GoggleWorks second Sunday celebration Dec. 14 from 11 a.m. to 4 p.m.

Goggleworks also has regular hours during the week for the public to come enjoy the artwork. Monday through Saturday the exhibit is open from 9 a.m. to 9 p.m. and on Sundays 11 a.m. to 7 p.m.

There are plenty of options with times and dates that the exhibit is open, and there is no fee for admission, as well as having an accommodating parking lot with no fee.

It is something very fun and different to do with friends and family, especially with the holidays coming up it is a good place to just go and spend the day with someone special without having to spend a cent!

For more information on this interesting artist, or if there are just any question about the exhibit GoggleWorks can be contacted by phone 610 374.4600 or even email which is info@goggleworks.org.

Also if there isn’t enough time there is also just simply the goggleworks website which can give the information needed as well www.goggleworks.org.

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His name is Bond... James Bond. He’s back and better than ever. Opening with a high-speed car chase through traffic, gunfire and an unknown individual locked in the trunk of Bond’s Aston Martin, *Quantum of Solace* continues the action packed adventures of secret agent James Bond, played effortlessly by Daniel Craig.

Heartbroken and spiteful, Craig’s new Bond is out for revenge. Daniel Craig has proved himself once again to be the perfect James Bond with his confidence and commanding presence on-screen.

The theme song for *Quantum of Solace*, “Another Way to Die”, is somewhat untraditional in Bond standards however it fits nicely with the opening credits of the film. Performed by Alicia Keys and Jack White, “Another Way to Die” is the first duet to be used as the theme song for a Bond flick. In addition to lending vocals, White also plays drums on the track.

The film picks up where the previous *Casino Royale* ended, after being betrayed by Vesper Lynd, the woman he loved, Bond learned she had been blackmailed. Now Bond is back in *Quantum of Solace* mixing duty and revenge to uncover the truth about the organization that blackmailed Vesper.

The continuation of the story from *Casino Royal* to *Quantum of Solace* can ultimately lead to some serious confusion if you’ve never seen *Casino Royale* or, like myself sort of forget what happened.

Out of the 22 James Bond movies already created, director Marc Forster’s *Quantum of Solace* is the first to link the plot to the previous installment; this helps provide a smoother flow and steady pace for the movie.

The man in the trunk turns out to be Mr. White, played by Jesper Christensen, the elusive murderer of Bond’s former love Vesper Lynd. As Bond’s boss, M, played brilliantly by Judy Dench, interrogates Mr. White he reveals that the organization behind Vesper’s blackmail is far larger, more complex and entirely more dangerous than anyone had ever expected.

Bond’s mission leads him to Haiti, where a case of mistaken identity introduces him to the feisty Camille, played by Olga Kurylenko. Beautiful, powerful and aggressive Kurylenko’s character Camille is a strong leading lady with her own vendetta.

I found her to be far more interesting than Eva Green’s character Vesper Lynd from *Casino Royale*. Camille leads Bond right to Dominic Greene, played by Mathieu Amalric, a ruthless and arrogant businessman heavily involved with the mysterious organization Bond is trying to uncover.

Successful in the box office, *Quantum of Solace* grossed $67 million in its opening weekend alone compared to the $30 million its predecessor *Casino Royale* opened with.

Will Bond ever get his revenge? Will Camille’s vendetta be revealed? Will we ever find out why Vesper was blackmailed? Find out for yourself!

It’s a movie you don’t want to miss this year. If nothing else, it certainly provides eye candy in the form of Daniel Craig as the most gorgeous, pleasing to look at, Bond yet. *Quantum of Solace* is now playing in theaters nationwide.
Falcon swim team beats their own expectations in first meet

Thersia Ault
JUNIOR EDITOR

The Cedar Crest Swim Club hosted and competed in their first meet against Desales University on Sunday Nov 16.

“I feel like it went really smoothly considering it was the first meet and the first swim meet ever for a few of our team mates,” said Junior Mackenzie Lee. “I liked how it only lasted 1 1/2 hours.”

“We had a great time and all the swimmers said they had a blast,” said Coach Nancy Puckett.

The swim meet started at 9 a.m. and the Falcons had swimmers in both the men’s and the women’s events. The final score for the women was Desales 39, Cedar Crest 28.

“Our score does not show our true potential,” said Puckett.

“When I did the lineup I was thinking about giving every one experience versus really winning something,” said Puckett. “We will be more focused on the win and we will definitely be driven to do better on our times.”

Members of the women’s team include Kristin Agostini, Amanda Dombroski, Amber Funk, Vanessa Ganger, Lauren Jacob, Kassidy Lee, Lee, Lauren Masci- broda, Leslie Suttile, Sara Thompson, and Liona Williams.

“As a team we did awesome,” said Lee. “Everyone was cheering for everyone else even if we had no idea who they were and only saw they had a Cedar Crest cap on.”

The men’s final score was Desales 42, Cedar Crest 20. Their score was pretty good considering Desales men had six swimmers and Cedar Crest only had two.

“Secretary of the club, Matt Rathburn took first place in all his events, 100 Free, 50 Free, and 100 IM.”

The basis of this meet was to gain experience. This was the Falcon’s first swim meet so their main goal was to get the feel of a real swim meet. Going into the meet Lee had no specific expectations for herself or the team except to perform like one.

“We definitely beat my expectations,” said Lee. “I was interested in how it was going to go and how meet-like it was going to feel. I know I felt like it was a real meet. [I had] huge butterflies and all.”

“The club’s plan is to have a meet against Muhlenberg in February and the again against Desales in the spring.

“There were so many close races and I do believe we will be training differently for our next meet,” said Puckett. “We will be more focused on the win and we will definitely be driven to do better on our times.”

Club has accomplished a multitude of success this fall season. Not only have the Falcons placed and won ribbons in numerous events, they have created depth in their team.

“Third place showing, two third, four fifth and one sixth place showing. The November 16th show brought back one first and one third place showing. Members of the women’s team include Ziegler, Logan, and Katie Walsh.”

Through the semester, with every practice and show the riders have passed everything I ever thought it would be,” said Sarah Worden.

“We went from four members and only two showing last year to 12 showing members this semester.

In one semester the team has had to reorder several fresh- men, two lifelong learners, and one senior. The whole team has meshed perfectly together. Through the semester, with every practice and show the riders have gotten to get to know each other pretty well, on and off the field.

“Although we are all incredibly different in personality, everyone really seems to get along well,” said Sophomore Eryn Ziegler. “The entire team is incredibly encouraging [and they are] always there to cheer you on!”

The Falcons have a wonder- fully supportive team mom, Anne Mabille, a hilarious head coach, Jane Lucrez, and an amazing faculty advisor Jane Ward, who never fails to be accompanied by the team mascot, Hudson the Jack Rus- sell, who even sports his own team jacket.

“We practice hours and hours before a show that lasts only about eight minutes, said Ziegler. “You have eight minutes to get everything you’ve been working on for weeks correct all at once. It’s a rush.”

At every show this year the team has had almost, if not all of their showing members place in their respective classes. Results from the November 8th show in- clude two first place showings, one third, four fifth and one six place showing. The November 16th show brought back one first and second place showing, two third, one forth, three fifth, and one sixth place showing.

“This was my first season competing with the team and there’s that rush of anxiety right before you enter the ring,” said Ziegler. “But as coach likes to say you get in the zone and go in the ring ‘with a go and a whoa’.

Members of the Falcons equestrian team include Ziegler, Lynda Syers, Worden, Sam DeVenuto, Amanda Anderson, Jackie Tuttle, Leah Koutoulis, Martie Lennox, Tatiana Balleich, Trish Logan, and Katie Walsh.

The girls never gave up and didn’t let any of their teammates.

“Even if you’re frozen like a Popicicle, wearing layers and layers of clothing and wrapped in blankets with warmers in your boots and hands we have a great time,” said Ziegler.

“Great season girls, lets work towards next semester!”

Equestrian enters ring with a go and a whoa