Nursing Professors return from Africa

Four Cedar Crest Nursing professors returned recently from their two week trip to Ghana, Africa in which education was their main focus. Nancy DalPezzo, Sandy Leh, Wendy Robb, and Amy Edgar all jumped at the chance when a Lehigh Valley Hospital Doctor, Dr. Richard Larley, brought up the prospect of a trip to Ghana. Nancy DalPezzo was first approached by Dr. Larley and asked if she would be interested in the opportunity of a lifetime. She brought it up at a staff meeting and that’s when Edgar, Leh, and Robb jumped at the chance.

Edgar believes that the trip was a great experience that brought hope and support. “I believe that as a group we were able to provide a level of human engagement with nursing students in Ghana that supported and reinforced their hope for the future. Through discussion and interaction in the classroom, we shared our enthusiasm for nursing, our beliefs about improving the human condition, and our varied technical expertise.”

Ghana, a country in which fishing is the main source for making money, is in the middle of a shortage of medical necessities. They are experiencing a shortage of medicine, doctors, and nurses. The average nurse there makes $75 a month, so many of the doctors leave to other countries in search of higher paying jobs. They have very little medicine to treat patients and are receiving much of their current supply from the generosity of other countries. Part of the country does not even have electricity or running water, which is necessary for medical treatment.

Ghana’s hospitals located in the big cities; tribal villages do not have hospitals and must drive to the nearest one, many patients die during the drive) are much different than those in the United States. They don’t have the technological advancements such as diagnostic equipment that are standard in the United States. They don’t have the technological advancements such as diagnostic equipment that are standard in the United States.

The Cedar Crest nursing professors shared information with the Narh-Bita School of Nursing in Ghana. As of Tuesday evening, according to the AccuWeather snowfall map, the Allentown area is expected to receive anywhere from 6 to 12 inches of snow in the next two days. However, what happens when support for a tradition begins to dwindle? Should the event be canceled, should it be changed, or should it continue despite low attendance?

This was the case of the holiday party that, for the last several years, had been a December tradition at Cedar Crest. The holiday party was a celebration of both Hanukkah and Christmas traditions. Last year, a Rabbi joined the Cedar Crest community as members of Hillel lit a menorah and explained the meaning of Hanukkah. The audience helped with the singing of songs such as, Spin the dreidel and I am a Latke, as well as traditional Jewish songs.

This was followed by a celebration of Christmas. Members of the Christian Fellowship lit an advent candle. The story of Christmas as well as the singing of traditional Christmas songs, such as Silent Night followed. After the candles had been extinguished, everyone was invited to have latkes and Christmas cookies.

Attendance at this event was low and this year Student Affairs asked the Student Government Association (SGA) if they thought the event should continue, or if it should be changed. Two SGA meetings were spent discussing the fate of this traditional celebration. There were suggestions to include more holiday celebrations.

Traditions are a strong part of the Cedar Crest community. Students participate in big snowfall programs, dunk donut night, midnight breakfast, and ring ceremony, just to name a few.

However, what happens when support for a tradition begins to dwindle? Should the event be canceled, should it be changed, or should it continue despite low attendance?

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The Campus Corner: Nicole’s Farewell

“Just four of the reasons I’ll miss Cedar Crest…”

My Comm. Mom and Dad

“…for their respect and guidance.”

The Campus

“…for its inviting beauty.”

Lydia Orban

“…for being the absolute superhero of the humanities department.”

Compiled by Nicole Rubertelli


does it feel to be fat?

Stacey Solt

Lifestyles Editor

About a week ago, I stumbled across a video clip on MSN.com that shocked me.

“How does it feel to be fat?”

NBC’s Today, with Katie Couric at the helm, was busy exploring what it is like to be different. What exactly is it like to be large in today’s world? To find out, they recruited Ford model and actress Rebecca Mader. They dressed her in a fat suit equivalent to 300 pounds, and had her hit her usual “hot spots” in NYC.

Surprise, surprise. Mader was very uncomfortable in her “fat” role, and was utterly shocked to realize how most people treat the overweight. “I found people were trying to steal a glance at my body… I did get a few looks of disgust, which made me very uncomfortable,” she said.

Once weighing 180 pounds, I am unfortunately no stranger to the message that society sends overweight people: “Lose weight, or go away.” You don’t fit into chairs right, it’s difficult and embarrassing to push yourself out of a low chair, and people generally treat you with less respect.

Mader was shocked at the response she got from one restaurant owner—the wait for a table would be 30-40 minutes,maybe longer. When she visited without her fat suit, the waiter was more than happy to give her the best seat in the house after just a five minute wait.

Even at my current weight, I still feel uncomfortable in classroom chairs—the plastic seats cut into my legs, and I feel like every ounce of fat is on display with that metal bar digging into my upper thigh. I often look at the other women in my class jealously—why do their legs fit? How can I get my legs that skin-tight?

Submission of letters to the editor:
Letters may be submitted via campus mail to The Crestiad mailbox or e-mailed to crestiad@cedarcrest.edu. Please include your name, contact information, relationship to the Cedar Crest community, and class year (if applicable)

We do not print anonymous letters. The Crestiad cannot guarantee the publication of any letters or commentaries.
Greetings all, I decided to write a few words about the events that have unfolded over the past few days. The situation in Iraq continues to evolve, and it is becoming increasingly clear that the situation is far from simple or straightforward. The United States and its allies are working to stabilize the region, but the challenges they face are significant.

The situation in Iraq is complex, and it is not easy to see a clear path forward. There are many different perspectives and opinions on what needs to be done, and it is not clear what the ultimate outcome will be. However, it is important to remember that the situation in Iraq is not just about the US and its allies. It is about the people of Iraq, who are the ones who are paying the price for this conflict.

In a wider scheme of things, I think the number of same sex relationships on campus is purely beautiful. Love is a form of expression and it can be shown in many different ways. It is beautiful when two people love each other, and it is beautiful when those people happen to be of the same sex.

How does it feel to be fat? (continued) page 2

Stacey, the (almost) normal-looking woman. Being overweight is like any other stereotype. Its power perpetuates until it takes over every aspect of your life. It both pains and thrills me that a power- ful woman in the media, Katie Couric, could bring such a sensitive topic to her daily show. She did mention that overweight viewers might find this show offensive. After all, she’s just repeating what we already know - fat people are not accepted in society. I think the idea behind “How does it feel to be fat” was not to remind overweight people how they feel - it was meant to make other people aware of the problems we go through every day.

Women of all ages need to accept themselves for their size, and embrace the idea that men, women, and children of all sizes are beautiful. Do not treat someone different because they weight more than you - treat them like a beautiful being, because all people are beautiful both on the inside and outside.

In a wider scheme of things, I think the number of same sex relationships on campus is purely beautiful. Love is a form of expression and it can be shown in many different ways. It is beautiful when two people love each other, and it is beautiful when those people happen to be of the same sex.
My favorite season is upon us; no, not winter... the holiday season, of course! Many of us are packing up computers and cars, bidding farewell to Cedar Crest family, and heading for home sweet home.

Spending Christmas with my family affords me the ability to spoil three very special people I know, my nieces and nephew. However, I hope that during the holidays and otherwise, the most valuable gift they may receive from me is my appreciation for what you already have within your own relationships.

One of my nieces is seven this year, and she (perhaps more than the others) has set the tone of the moment for a younger day. Through the slightest action, you may act as a role model each day. Through the slightest action, you may set the tone of the moment for a younger cousin, older sister, or even parent or professor without even realizing it.

In paying attention to such small actions, I am more adept to appreciating every moment in my life, and I continue to act according to my conscience and my consciousness.

Inspirational author Dan Millman writes that there are “no ordinary moments.” So please take time during this break from classes to set the example of changes you would like to see, or of appreciation for what you already have within your own relationships.

Either way, you are making the most of the moment, and to me, nothing is more worth a hearty celebration!

― Sarah Wagner
Opinions Editor
Grabbing the sun: An adventure in tattooing

Beth Coulter
Crestiadian

I started thinking about getting a tattoo five years ago. Something about getting a peace sign tattooed somewhere on my body appealed to me. But the cost and the thought of pain made me put it off.

The desire stayed with me, however, never really leaving my mind. When I met my boyfriend, I told him I wanted one and in discussing the design with him, I drew a sun with a peace sign in the middle of it.

In the beginning of this October, at the Pennsylvania Renaissance Faire, I had my design drawn in henna on my left upper chest so I could live with it for a while. I truthfully suggest doing this if you are thinking of getting a tattoo. Get a temporary one and live with it for a while. I was decided, and went to Chalice Body Art in Quakertown. I chose them because I knew the licensing requirements for the area were especially stringent, and that made me feel safe. I had also seen a lot of their work on people in the area (I could tell from the bumper sticker who did the work), work on people in the area (I could tell especially stringent, and that made me want to put it off.

A week later, I am glad I got it, even though it still hurts. It is something that defines me, like “peace rising” and it looks sort of sun-kissed there.

If you are thinking about your first tattoo, keep a few things in mind. Don’t be impulsive; think about it for a while, maybe six months, and live with a temporary for at least a week. Next, go to a reputable shop and an artist who makes you feel comfortable. Expect intense pain during, and uncomfortable pain after (depending on where it’s put), for quite a while. Lastly, it is a wound, so leave it alone except to wash it with plain soap and water a couple of times a day and put a tattoo healing ointment (with vitamins A and D) on after you pat it dry for two weeks. Then enjoy, because you have it for life, at least a week. Next, go to a reputable shop and an artist who makes you feel comfortable. Expect intense pain during, and uncomfortable pain after (depending on where it’s put), for quite a while. Lastly, it is a wound, so leave it alone except to wash it with plain soap and water a couple of times a day and put a tattoo healing ointment (with vitamins A and D) on after you pat it dry for two weeks.

The worth-while, yet painful result.

Beth Coulter
Crestiadian

The Crestiad - December 8, 2005 - Page 5

Happy Holidays from The Crestiad!

Look for our first issue on the newsstand January 26, 2006!

Interested in joining The Crestiad?
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Saturday sabbath

Bethany Mason
Staff Writer

“...Six days shalt thou labor and do all thy work, but the seventh-day is the Sabbath of the Lord thy God. In it Thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant nor thy maidservant neither nor thy cattle nor thy stranger that is within thy gate for in six days the Lord made the Heaven and earth, the sea and all that in them is, and rested the seventh day wherefore the Lord blessed the Sabbath day and Hollowed it.” (Exodus 20:8-12, Ten Commandments/ the Bible)

We repeat that every Friday night during worship, or should it. My home which is located in Baltimore, MD is an Adventist home. Many of my friends and even some family members don’t quite understand the doctrine of my religion. Besides the fact that I go to church on Saturday, some would say that my religion resembles denominations such as Baptist, Episcopalian, Methodist, and some even say Pentecostal, but it isn’t in fact it is so much more.

I was born and raised a Seventh - day Adventist and one of our many beliefs is that we observe Saturday (the Sabbath) as the real and true Sabbath. Our beliefs are derived from the Bible, which means the guidelines set in our faith constitute the lifestyle we should be living as Christians and those guidelines are given directly to us from God through the Bible. Some believe that Sunday is the day the Sabbath should be observed, but if the Bible is what many hold to be steadfast and true, then scripture says that the Seventh-day (the Sabbath) should be kept the seventh day of the week as stated above in Exodus. The Creator (God), after the six days of Creation (Genesis 2:1-3), rested on the seventh day and instituted the Sabbath for all people as a memorial of Creation.

The fourth commandment of God's unchangeable law requires the observance of this seventh-day Sabbath as the day of rest, worship, and ministry in harmony with the teaching and practice of Jesus, the Lord of the Sabbath.

The Sabbath is a day of delightful communion with God and one another. It is a symbol of our redemption in Christ, a sign of our sanctification, a token of our allegiance, and a foretaste of our eternal future in His kingdom (excerpted takenhttp://www.adventist.org/beliefs/fundam/index.html).

The Sabbath is observed Friday night (sunset) to Saturday night (sunset) which makes up one day. In these hours time is spent in devotion, worship (attending church, home etc), and communion with friends and family. During this time, all worldly pleasures are put aside such as work, watching television, partying, anything [secular or worldly] that you would do during the regular work and school week that keeps your mind off God, this allows you to be completely focused and engaged in growing in the Lord.

Growing up I enjoyed reading and worshipping with my family during the Sabbath and often looked forward to it because it was peaceful and it brought my family together from doing things that usually kept them very busy and stressed during the week.

Being in school has definitely changed the routine that I followed so much at home growing up through the years, I haven’t attended church as regularly and I haven’t been keeping the commandments like I know I should, and I feel disconnected, not from the world but from God. Observing the true Sabbath goes far more than just attending a building on a day of the week, it’s communion with God on His day He created, and with his strength I’m going to continue to do what is right- His Commandment.
**Forensic Speech Team places in finals at three tournaments**

Lori Gallagher  
News Editor

The Cedar Crest Forensic Team is advised by Linda Baas, who received the advisor of the year award from Cedar Crest last year. Chelsea Toth, a sophomore team member said, “This year would have to thank Linda Baas for all her hard work and dedication.”

This year, the Forensic Speech team has traveled the east coast following competitions. Most of the tournaments are part of the Collegiate Forensic Association, but they also attended American Forensic Association tournaments.

The group placed in two categories at the Shepherd’s University tournament in West Virginia. Nadine Brosnan, a junior communications major, placed second in finals for her impromptu sales analysis.

Wallace placed first for her impromptu sales analysis. The team also saw a sixth place win from Sarah Magner and sophomore Chelsea Toth won fourth place for their act from Sex in the City.

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The team also saw a sixth place win from the dynamic duo of Magner and Toth during the Bloomsburg, Mad Hatter tournament.

Magner described this particular competition as an enjoyable event for almost everyone on the team.

Even though the team did not place at the New York University tournament, because it was a different division, it was a learning experience.

During the tournament in Brockskile, the team placed in finals three times. Chaquetta Wallace placed first for her impromptu sales speech. During her presentation, Wallace was given an item and asked to spend ten minutes trying to sell it. Allison Kazaras placed second in this same category. This time, the dynamic duo of Kazaras and Joanna Craig placed fifth in finals.

Along with the recognition the team receives at the tournaments, some members also participate in Pi Kappa Delta, the Forensic Speech Honor Fraternity.

Magner said, “It is nice to have an organization that exposes us to more competition and recognizes up as experienced and dedicated forensicators.”

The Forensic Speech team can currently be taken as a one-credit class or as an elective. The credit count towards the oral interpretation requirement.

The November 16 and 30 Student Government Association meetings were mostly comprised of end of the semester duties.

One of the items discussed was the club binders that were distributed at the beginning of the year. These binders must have the treasurer spreadsheets, hard copies of the minutes and an updated copy of the constitution when they are turned in to Student Government. The binders are due on December 12.

According to the club contracts that were signed the beginning of the year, a club failing to pass in the binder containing all the items, an allotment will not be given for next semester. This is only one of the potential consequences of not turning in this documentation.

Reminders have been sent to all club e-mail accounts and reminders to check club e-mail accounts were sent to all students. Reasons for turning a binder in late will be evaluated by the Student Government Association.

Spring budgets were also discussed at both meetings. The budget forms will be sent in to e-mail to all club accounts. Clubs have the option of turning in a completed budget form before the end of the semester or the spring semester. This does not mean that they will receive an allotment any earlier. There will still be time to turn in budget requests at the beginning of next semester. Along with the housekeeping issues that was covered, the final exam policies were also discussed at the meetings. A concern was brought up at the November 16 meeting regarding exams held during reading days. Some students thought that the class had to vote to have an exam on a reading day.

This concern was addressed on the 30. President Sabrina Kulakowski had spoke to the Provost regarding the matter. She explained that on no uncertain terms are exams to be held on reading days unless they are for a night class. The class may not vote to have exams on reading days.

Also regarding exams, there has been a concern that students are requesting to take exams early so they can leave early. Exams are supposed to be taken on the day they are scheduled.

On a more festive note, the plans are in full swing for the holiday party. SOA and Student Affairs have worked to organize this event. The holiday party will be held on December 14 from 4:00 p.m. until 6:00 p.m. They plan to have singing, music and food. This will take place in Harmon Hall of Peace. There is one final meeting of the semester for the Student Government Association. This will be December 7 at 6 p.m. in the 1867 room of the Tompkins College Center (TCC).

Meetings for the spring semester will be held at the same time and in the same room, 6:00 p.m., Wednesdays evenings in TCC, 1867. For questions or concerns, the SOA can be contacted at studgov@cedarcrest.edu.

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**Student Government News**

Christa Hagan  
Staff Writer

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**NEWS**

**Keeping safe:**

Don’t drink and drive this holiday season

Heidi Gioia  
Staff Writer

Cedar Crest is not a dry campus. Though it is not permissible to drink alcohol if you are underage or to get drunk, alcohol can be found.

Many students, winter break coming up and alcohol can be gotten on any corner if you are of age.

People do it everyday: have a drink or two with friends and then find themselves turning the key in the ignition with their hands on the wheel. Some students seem to think it is a big deal when you have only one or two drinks.

People often don’t understand the effect that alcohol has on them. Often they believe that one could not hurt and the buzz they get might even make them more aware. But, more often than not, individuals are so inebriated that they are past the point of reason and feel like they can have control over their vehicles. Driving under the influence, often shortened to DUI, is a serious action that has many negative results.

Some states have laws that focus on DUI while others focus on DWI. What is the difference? DUI stands for driving under the influence, as stated above. DWI stands for driving while impaired. DUI includes alcohol, drugs, and other substances that may impair a driver. DWI, however, focuses on anything that could impair a driver from lack of sleep to not wearing glasses or contacts, in addition to drinking with a chemical substance.

Pennsylvania is a DUI state and officers and travelers are out in full force during this holiday season. The police chief has said that someone is killed every 31 minutes due to an alcohol-related automobile accident. In 2003 alone, 17,013 people were killed in crashes that involved alcohol.

What people sometimes do not think about is the effect that someone else’s drinking may have on them. Some students may go home for the holidays and some may attend with friends, but almost everyone will spend at least some time in a car before the month-long break is over. Whether or not you drive or drive is up to you. However, whether or not someone else on the road decides to have a few drinks before he/she puts his/her foot on the gas pedal is completely out of your control.

**Holidays Party**

This year, the holiday party will still be held in the Harmon Hall of Peace, however, it will be an open house. Refreshments, such as cookies will be served throughout the evening. Live piano music will also be playing throughout the party.

Student Government has agreed to help Student Affairs prepare advertisements. The party is scheduled for December 14 from 4:00 p.m. until 6:00 p.m. It is an open house, so everyone can come at anytime.

Hillel Society is also hosting a party on Thursday, December 8, at 6:30 p.m. in the Moore Main Lounge in honor of Hanukkah. They will be playing dreidels, watching movies, and making iron-on bead designs, while eating latkes and other refreshments.
**“Passion” prevalent for 2005 Women in Business Award winner**

Jennifer Woytach
Editor in Chief

On November 17, 2005, Cedar Crest Colleges held its fifth annual Women in Business Award and Lecture. This year’s recipient was Cynthia Frickie Wollman, the chief financial officer of Wal-Mart Stores Incorporated. She is a 2001 graduate of Cedar Crest College. According to a December 2 Reuters article, a poll conducted by Zogby International, and commissioned by WakeUpWalmart.com (a union funded group that has been pressuring Wal-Mart to raise wages, which has a positive economic impact), 56% of United States consumers think that Wal-Mart Stores Incorporated is bad for America, while only 35% agreed that Wal-Mart is good for America. Wal-Mart, however, questioned the timing of the poll which was conducted during a time when the retailer’s critics organized events to voice their concerns about the store and screened the new documentary, Wal-Mart: The Empire Strikes Back.

Kelly O’Donnell
Staff Writer

Are Wal-Mart stores wearing halos or horns?

Does your Christmas “to do list” include 20 of your closest family members? Are you getting stressed out about money and not sure where to buy all the gifts? Are you getting stressed out about money and not sure where to buy all the gifts? Do you work in business, support these changes, and want to be respected for your knowledge.

On Wal-Mart’s facts website, an independent study shows that in 2004 Wal-Mart saved an average of $2,329 for each American household. It also showed that Wal-Mart created a total of 210,000 jobs across the nation (10% of all jobs created), and had a 20% increase in real wages, which has a positive economic impact.

The chief financial officer of Wal-Mart Stores, said on the internet study, “What’s the bottom line? Wal-Mart has a substantial positive impact on a working family’s bottom line. When Wal-Mart enters a market, we compete with some businesses, which can result in job losses. But we expand opportunities for many other businesses, which result in job growth. Overall, Wal-Mart’s economic impact on communities is a big net positive.”

Cedar Crest students have mixed feelings on these issues. “It’s taking business away from small businesses. You have a mom and pop shop and all of a sudden Wal-Mart rolls in and they’re done,” said Cecilia Gerlache, a sophomore education major. She explained that although it may not be the best business it’s hard to stop shopping there because of their low prices. “I’m not that far on one side because I go to Wal-Mart at least every single week. It’s one to say ‘Ok, Wal-Mart is a bad thing and I’m not going to shop there’ but when it comes down to it and you need those $2.50 pack of Oreo [you’re going to] go to Wal-Mart, your not going to go to the corner store down the street that sells them for $4.00.”

When Deborah Bascombe, freshwater biology major, was asked whether she thought Wal-Mart was good or bad for America she said, “I think it’s good for America because people who can’t afford Gucci and Versace can go to Wal-Mart.” Bascombe had never been to a Wal-Mart before coming to school because they didn’t have one in her area and they are opening one shortly there and she is excited that everyone in her area will be able to enjoy the low prices and the good customer service.

The Crestiad - December 8, 2005 - Page 7

www2.cedarcrest.edu/crestiad

Linda Minnins | Photo Editor

The chief financial officer of Wal-Mart Stores, said on the internet study, “What’s the bottom line? Wal-Mart has a substantial positive impact on a working family’s bottom line. When Wal-Mart enters a market, we compete with some businesses, which can result in job losses. But we expand opportunities for many other businesses, which result in job growth. Overall, Wal-Mart’s economic impact on communities is a big net positive.”

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News

Cedar Crest Sergeant promoted to Assistant Chief

Kelly O’Donnell
Staff Writer

Don Frehulfer has been a Cedar Crest employee for 15 years. He was recently promoted to the position of Assistant Chief of Safety and Security. Prior to his promotion, Frehulfer had been working as a Sergeant. Moving up the chain of command in any organization, such as from sergeant to assistant chief has its pros and cons. There is more responsibility, which ultimately means more challenges.

With his promotion, Frehulfer is willing to attempt these new challenges that will be presented to him. He is also looking forward to continuing his career at Cedar Crest. This is where he feels like he is part of an extended family because new people keep joining the organization and he gets to know all of them.

In the little spare time he has, Frehulfer likes to fish and play EverQuest, a 3-D fantasy game on the computer. He also likes to spend time with his family.

Frehulfer is a father of three. He speaks very fondly of his all of his sons. His oldest son is a graduate of Bucknell University. While in college, he had an internship that allowed him to create the info net that teachers at Cedar Crest use.

Frehulfer’s middle son is currently a junior at West Point. His youngest is a senior in high school. He is currently looking at attending Muhlenberg to become a Social Studies teacher and drama instructor.

Frehulfer also used to play guitar, sing and play in a rock band when he was younger.

When asked what he likes most about Cedar Crest College, Frehulfer said, “The family type atmosphere. Everyone is so friendly.”

He likes the atmosphere here because people do not get lost as they would in other colleges.

Frehulfer was born in Weissport, PA. He has lived there his whole life and was mayor of the town until just last year. He still lives there and commutes to work every day.

Frehulfer is excited to be doing something different and continues to look forward to his job at Cedar Crest.

Nursing professors in Africa

Kelly O’Donnell
Staff Writer

At the end of their trip they stopped in Paris to view a nursing museum. This museum showed nursing techniques throughout the world and was a very worthwhile stop on their trip. Coming back to Cedar Crest they were excited to share their experiences of both Paris and Ghana to their students.

Cedar Crest College and Narh-Bita School of Nursing are going to keep on an ongoing relationship and even hope in the years to come to be able to send students from Cedar Crest to observe Narh-Bita School Students and Vice Versa. All the woman agree that after the trip they more grateful for everything they have.

DalPezzo says she will never again complain about anything. They all agree that this trip has been a very peaceful country. DalPezzo and Leb said that the people there welcomed them with open arms and were very friendly. They appreciated what they had even though it was very little. The people of Ghana also utilized the little they had to the best of their ability, not wasting any of it.

Ghana, one of the more progressive countries of Africa, is in the process of launching a new insurance program in which the goal is to make sure every one of its citizens is covered with medical insurance. If they are working it will be taken out of their paychecks, the same as Social Security would be taken out in America. If they do not have jobs then they will have to pay the equivalent of $7.50 U.S dollars to have the insurance for a year.

A new study has found that obese children are more likely to have broken or fractured bones and joint problems than their counter parts. Left untreated these can lead to permanent disabilities. The pain and immobility caused by these bone conditions can lead to less activity and even greater obesity levels.

Childhood obesity found to cause more concerns

A new study has found that obese children are more likely to have broken or fractured bones and joint problems than their counterparts. Left untreated these can lead to permanent disabilities. The pain and immobility caused by these bone conditions can lead to less activity and even greater obesity levels.

European Union preps for more air traffic

A new plan, Secur, developed by the European Union is trying to make flying over Europe better. The goals of the plan are to increase safety of the flights, make the flights more environmentally friendly and to make air traffic control easier. The plan is to update many systems that are 50 years old as well as to link governments with airlines and airports.

GM shedding over 30,000 jobs

The only good news for many GM employers is that the company is planning to continue paying its employees throughout the duration of their contract with the United Auto Workers union, which ends September 2007. Those who have worked for GM for over 30 years will be receiving their full pensions. One real question facing even retirees is whether GM will continue paying healthcare for them.
Global warming is an issue that has long been ignored by the media, to the point where people, uneducated on the issue, claim to “not believe in it” or simply choose to ignore the issue all together.

Not to be a downer, but global warming is everywhere. Take for example the rising levels of the oceans which have been concerning scientists, since the levels are rising so fast. The waters are rising because the global temperature is getting so warm, causing enormous glaciers to melt and sometimes break off (the latest glacier to break off was the size of Rhode Island). The water seeping from the melted glaciers then makes the water levels rise.

Dr. Howard Klopp is not necessarily a local educator. In November 2002, Klopp passed away resulting in the creation of the Klopp Award for Exemplary Teaching. This award centers on outstanding teaching throughout the Lehigh and Northampton Counties, especially in elementary, middle, and secondary schools. It is given every year during National Education Week in an effort to put attention on the many noteworthy teachers of the region.

One reason Montes has made such a noticeable impact as a Teacher are his leadership, community and genuine concern for his students and diversity education. For example, over the years, Mr. Montes has developed an academic project that the students at the school look forward to completing in his class. Every year, each of his students publishes a book for young children that is written in Spanish. The efforts and rewards put into projects like these caused Cedar Crest College to take notice of this local educator.

Klopp Award presented to Parkland teacher

Dr. Howard Klopp is not necessarily a name students recognize at Cedar Crest today, but 25 years ago, students knew him just as we all know our Professors today.

According to the College Relations Office, Klopp taught as a Professor emeritus for 25 years until he retired in 1986, leaving behind many years of knowledge.

In November 2002, Klopp passed away resulting in the creation of the Klopp Award for Exemplary Teaching.

This award centers on outstanding teaching throughout the Lehigh and Northampton Counties, especially in elementary, middle and secondary schools. It is given every year during National Education Week in an effort to put attention on the many noteworthy teachers of the region.

Among those noteworthy individuals is Carlos Montes, an 8th grade Spanish teacher at Orefield Middle School. Montes was nominated for this award by the Principal of Orefield Middle School, Victoria Hersh. A November ’02 college press release quoting Hersh, saying: “Mr. Montes’ exemplary accomplishments are above and beyond the expectations of anyone in his profession. He possesses a strong work ethic, believes in student success and is a positive role model for the students and teachers at our school.”

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Cedar Crest joined the Parkland school district in congratulating Montes on a fine job of teaching. He was the 2005 recipient of the Howard Klopp Award for Exemplary Teaching.
HOLIDAY SPECIAL

Kwanzaa

Emily Pulham
Staff Writer

Tis the season — but not just for Christmas trees and menorahs. It is also a time of year for red, green and black candles, celebrating family, and giving thanks. It is the time for the celebration of Kwanzaa. Starting on December 26 and ending on January first, Kwanzaa is a celebration for African-American and Pan-African values.

Kwanzaa is a celebration in the African culture dedicated to giving thanks for the first harvest. According to the Official Kwanzaa Website, the word means “first fruits” (officialkwanzaawebsite.org). Although the tradition of giving thanks for the first dates back to the ancient Egyptians, Kwanzaa was “created” as an official holiday in 1966 by Dr. Maulana Karenga.

Kwanzaa is a holiday meant for more than celebration; it is also a time for reaffirming and restoring knowledge and a connection with African roots. It is a holiday for learning, giving thanks, paying respect to one’s culture, and honoring values and traditions unique to African American history. There are seven principles of Kwanzaa, all of which “contribute to building and reinforcing family, community and culture among African American people as well as Africans throughout the world African community” (officialkwanzaawebsite.org).

Each night in Kwanzaa, one of these principles is honored: The principles are Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, and Faith.

Each of the seven principles is represented by a colored candle that is lit on its respective day. The red, green, and black candles represent bloodshed, land, and people respectively. In terms of the seven principles, red candles represent self-determination, cooperative economics, and creativity. Green represents collective responsibility, purpose, and faith. Unity is represented by a black candle, and is always lit on the first night, to symbolize the unity of the people as being of foremost importance. Ears of corn, crops, the unity cup, and beautiful works of African art are placed out on a mikka mat to honor ancestors.

As with most holidays across the world, means of celebrating Kwanzaa differ from family to family. Although most families typically celebrate by eating, honoring ancestors, and spending time with loved ones. Leni Johnson, a sophomore, said that her family’s celebration “couldn’t be more different” from others. They place their Kwanzaa alter up and enjoy food. What makes their celebration unique is the type of food — they have a large potluck dinner, instead of limiting the menu to traditional foods.

The Johnson-Hopkins family also passes around the unity cup, and each family member shares what they are thankful for. Another aspect of their unique celebration is in their introductions to the other people at the dinner. According to Johnson, they introduce themselves by “announcing my name, and then the name of my mother, and her mother, and so on.”

Regardless of how it is celebrated, Kwanzaa is about “approach[ing] 39th year of honor, tradition, thanksgiving, and love.”

Hanukkah: The festival of lights

Jillian Churchill
Staff Writer

Most people have heard of Hanukkah, but do not know the real meaning behind the Jewish celebration.

The word Hanukkah means “dedication” in Hebrew. The celebration is meant to commemorate the rededication of the Jewish Temple of Solomon that was taken over by Greeks in 168 BC. After Greek soldiers took over the temple and changed it to a temple to worship Zeus, many Jews decided to fight back.

It took three years for the Jewish soldiers to defeat the Greek soldiers and rededicate their temple. One of the first things that they wanted to do once they reentered the temple was to light the Menorah. In those days, oil was used to keep the flames going, but only enough oil for one day was found. Miraculously the oil lasted for eight days, which allowed enough time for more oil to be found and the Menorah to remain lit.

The traditional Hanukkah celebration lasts eight days, to remember the miracle that lasted for eight days. On the first night of Hanukkah, one candle is lit to symbolize the miracle of the eternal light. A blessing is also said. An additional candle is lit each night, until all of the candles are lit on the eighth night.

The holiday menorah has nine candles — the center candle is used each night to light the other eight candles. While oil may have been used in ancient times, most now have candles for the eight flames.

Menorahs come in all shapes and sizes. The one restriction on them is that the individual flames must be spread far enough apart that the Menorah does not look like a pagan flame. While most Menorahs are about 18 inches tall, several groups have claimed to have created the world’s largest. One group made one that was more than 60 feet tall, and the rabbi had to be lifted by a crane every night to light the flames.

A traditional Hanukkah treat is latkes. The soldiers that reclaimed the temple had latkes made of cheese, vegetables and fruit. Today the traditional Hanukkah specialty is potato pancakes that are made from grated potatoes, eggs, onions, and flour. While they are fried in oil, because oil was burned in the original Menorah, oil now plays an important symbolic role in many fried foods.

Hanukkah is celebrated on the 25th of the Jewish month of Kislev and usually falls in December. This year, the festival of Hanukkah begins on December 25 at sundown.
Christmas: A time for giving

Stacey Solt | Lifestyles Editor

Christmas is a time of peace, goodwill, and giving. While Christmas has largely become a commercial holiday, it was intended to commemorate the birth of Jesus Christ. Christian leaders chose December 25 as a day to celebrate Christ’s birth in 336 A.D.

The tradition of gift-giving started with the Magi, or Wise Men, who brought gold, frankincense, and myrrh to baby Jesus. They were looking for the King of Kings, and stumbled upon His beginnings. One baby wrapped in swaddling clothes, lying in a manger.

The 12 days of Christmas are the 12 days that separate Christmas Day from Epiphany (Jan. 6). The tradition of gift-giving is associated with the Magi, who wept over the birth of Jesus Christ. According to legend, the first visit to the baby Jesus was made by three wise men, or magi, who traveled from the east. According to the Christmas story, the three wise men were revealed to be representatives of the Christian faith.

One symbolic tradition of Christmas is the evergreen—all around Cedar Crest campus, evergreens are decorated with colorful lights. In Victorian times, evergreens were decorated with candles and cakes strung on ribbons. Martin Luther (the father of the Lutheran Church) is credited with being the first to put small candles on Christmas trees in the 16th century. The first electrically lighted tree appeared in 1882, and ceremonies lighting of communal trees has become an important tradition in many towns and cities.

The family awoke to find a Christmas tree, and decorated it with beautiful strands of silken ribbons. For Allison Fritchman, a freshman and Lifelong Learner...

Warming wassail

1 gallon (16 cups) apple cider
1 cup lemon juice
1/2 cup sugar
10 2-inch cinnamon sticks, broken in half
White cloves (about 1 teaspoon)
6 oranges, each cut into 6 to 8 wedges

In a 6-quart Dutch oven or kettle, stir together cider, lemon juice, and sugar. Add cinnamon sticks. Insert a whole clove in the peel side of each orange wedge. Add to cider mixture.

Bring to a boil; reduce heat. Cover and simmer for 30 minutes. Remove orange wedges and cinnamon sticks with slotted spoon, if you like.

Makes 16 to 18 (8-ounce) servings.

Make-believe champagne

3 3/8 ounces bottle carbonated water, chilled
3 3/8 ounces bottle ginger ale, chilled
24ounce bottle unsweetened white grape juice, chilled
Ice cubes or Party Ice Cubes (recipe follows)

In a large pitcher combine carbonated water, ginger ale, and grape juice. Pour over ice cubes in chilled champagne glasses or wine glasses. Serve immediately.

Makes about 20 (4-ounce) servings.

For Party Ice Cubes: Place small pieces of fruit (berries or tiny citrus wedges), small sprigs of fresh mint, or 1/2-inch strips of orange peel into the compartments of ice cube trays. Add enough water to fill, then freeze.

Ginger snaps

1 cup packed brown sugar
3/4 cup vegetable oil
1 cup molasses
2 cups all-purpose flour
2 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/3 cup white sugar for decoration

Preheat oven to 375 degrees F.

In a large bowl, mix together the brown sugar, molasses, and egg. Combine the flour, baking soda, salt, cloves, cinnamon, and ginger; stir into the molasses mixture.

Combine the egg and 1/4 inch balls. Roll each ball in white sugar before placing 2 inches apart on ungreased cookie sheets.

Bake for 10 to 12 minutes in preheated oven, or until center is firm. Cool on wire racks.

www2.cedarcrest.edu/crestiad

Stacey Solt | Lifestyles Editor

Happy and healthy holidays

Christa Hagan  Staff Writer

It is often easy to forget about Healthy U, exercise and a balanced diet when staring at piles of cookies, platters of fried food and festive holiday platters brimming with other delicious party foods. However, the holiday season is often the time where many start to put on weight. The National Institutes of Health posted a health alert which contained a study concerning Americans and the pounds gained around the winter months, stating that, “A new study suggests that Americans probably gain a pound about during the winter holiday season - but this extra weight accumulates through the years and may be a major contributor to obesity later in life.”

There are many theories on this weight gain. One of these is that people tend to exercise less in the colder months than in the warmer parts of the year. Instead of going to those hikes in the woods or walks in the parks, people might be more inclined to sit inside.

Also, holiday season is a time of year with lots of people coming home, parties and other social get-togethers. Often what occurs at these gatherings is eating. Valerie Donahue, from Cedar Crest’s athletic department, recently shared hints on being a careful holiday food contributor from Cedar Crest’s athletic department.

Donahue pointed out that it is not hard to indulge in gingerbread cookies, mashed potatoes or sweet pies, but portion control is something to keep in mind. “Use smaller plates when serving food to limit the amount you can physically put on your plate. The less you can carry away, the less you will be able to eat.”

Often when party goers are preparing for an evening’s affairs, they might not eat meals beforehand to “save themselves” for the treats which will be waiting for them at the event. Donahue advised against this tactic. Instead, she suggested eating a small healthy snack such as a salad before going to the party. Water is also another healthy item to fill up with before going to a gala where chocolate-covered, sugar-saturated and fat-heavy delectables will probably be lurking around most festivities.

Though they might not always be the most tempting at a party scene, Donahue encouraged munching on vegetable trays and fruit platters instead of the cookies, cakes and chicken wings. She emphasized listening to your body when you have really had enough.

Eating slowly was also another thing she commented about, saying that “it takes approximately 20 minutes for your stomach to tell your brain it’s full, so don’t inhale your food. Enjoy the conversation of the company around you.”

It can be hard to maintain a diet around this time of year, but Donahue urged everyone not to let one slip-up lead to an entire avalanche of abandoning a healthy diet. Instead, she suggested letting dieting mistakes be an encouragement to eat better. Donahue points out that “with so many holiday treats, no one expects you to be perfect. But portion control and some regular exercise will help to maintain the healthy lifestyle you had pre-holiday season.

Sticking to a healthy and balanced diet is not the only problem in the winter months. Often people stop exercising or do it a lot less. Donahue urges all not to let this happen. Though it may not be as warm as it was in April, try bundling up and enjoying a winter walk. Take safely advantage of skiing, skating, hiking, snowshoeing and other enjoyable winter activities.

“Try parking a little further down the road from the party and walk a bit” is another exercise strategy that she recommended. This is a technique which can also be used if at the mall or other common locations during the holiday season.

While enjoying the company of family and friends, keep in mind to:

1) Eat Slowly
2) Use smaller plates
3) Step away from food while socializing
4) Eat healthy meals before attending a party
5) Participate in winter fun activities
6) Park a little further away from destination

Have a happy and healthy holiday!

Linda Misiura  Photo Editor

International Corner

World-wide AIDS

Christa Hagan  Staff Writer

On Thursday, December 1st, some people got out of bed donning red ribbons and with plans on donating their money to charities which benefit those suffering of a certain illness, other people had no idea what significance December 1st was.

December 1 is World AIDS day. Though many people are aware of how deadly Auto Immune Deficiency Syndrome is, they might misunderstand that it is not just found in the slums or throughout Africa, it is much more widespread than that.

The 2004 AIDS Epidemic Update, put out by The Joint United Nations Programme on HIV/AIDS, estimated that about 39.4 million people living with HIV in the world. UNAIDS also reported that “Sub-Saharan Africa has just over 50 percent of the world’s population, but is home to more than 60 percent of all people living with HIV’’ (http://www.unaids.org). That is an estimated 25 million people living with AIDS in Sub-Saharan Africa.

Though this is a huge number, other countries and regions with thousands and millions suffering cannot be forgotten. It is estimated that throughout Eastern Europe and Central Asia there are 1.4 million people infected with HIV.

South and South East Asia have estimates of 7.1 million people with HIV inhabiting the area while East Asia has 1.1 million.

The list goes on to include hundreds of thousands of people suffering with the disease throughout Western and Central Europe, the Caribbean, Oceania, North Africa and the Middle East.

Despite efforts to prevent the disease and stop its spread, HIV and AIDS are still very much at large. It is also all over the place. Even with organizations such as UNAIDS, which works to bring attention to the disease as well as promote ways to prevent it, this is still a huge and dangerous issue.

World AIDS Day was started in 1988 to bring attention to the disease. If you are interested in learning more about UNAIDS, feel free to visit their website, www.unaids.org.

Linda Misiura  Photo Editor

The Class of 2008 recently held a Black and White Party in honor of World AIDS Day, money raised was donated to local AIDS foundations in the Lehigh Valley area.

International Corner

World-wide AIDS

Christa Hagan  Staff Writer

Linda Misiura  Photo Editor

“AIDS Awareness” by Jillian Churchill  Staff Writer

For those who attended the November 15, talks on core strengthening, they were rewarded with information on how your core is responsible for most of what your body does, as well as how to improve your core muscles.

Your core muscles are those in your abdomen, hips, and lower back. Olympic and other professional athletes have been using this information for years to improve their physical abilities. This information is not only for the best of athletes, it is also being used in physical therapy and health clubs across the country.

The majority of the talk was concerning stability ball workouts. The benefit of using a stability ball quite simply is that it rolls. This means that no matter what you are doing on the ball, from sitting to more advanced exercises, your core muscles have to work to keep you balanced.

Even just sitting on the ball for an extended period of time will make your core muscles sore. The benefit includes being in better shape and, if you do things right, better posture.

“Studies have shown that poor posture due to imbalances of the core leads to the increased risk of injury during exercise.”

- Scott Rowlands, Director of the Rodal Aquatic Center

A ten week sample workout program was distributed by Scott Rowlands, Director of the Rodal Aquatic Center, and also a USA Triathlon Certified Coach and USA Cycling Coach.

The program, designed by the National Strength and Conditioning Association, gradually increases from basic exercises to intricate advanced workouts all including the stability ball. As part of the talk, students were able to learn how to do the exercises. According the Rowlands, “studies have shown that poor posture due to imbalances of the core leads to the potential of the increased risk of injury during exercise.”

Students were first shown how to select the right sized ball for their height, because using the wrong size can lead to greater damage to your body. Then they started with the basics, including how to sit on the ball and what makes it easier or harder. Then, with the help of the stability ball workout program, originally published by the NSCA Performance Training Journal, students were shown the article learning how to do more advanced drills.

When looking for a core strengthening program, you should look for one that “incorporates all planes of motion of the core muscle group,” said Rowlands.

Students also got more information about why it is important to strengthen their core muscles, as well as other ways to strengthen them without using the stability ball.
**Fresh off the shelf:**

**Fuze Refresh Peach Mango**

Emily Pulham  
Staff Writer

**The claim:** Fuze is a drink that contains “Healthy Infusions” that “refresh.” Fuze is “fortified with these essential vitamins and calcium. A, C, B3, B5, B6, & B12.”

**The facts:** Fuze does appear to contain a good deal of vitamins — included in the drink is 100 percent of your recommended daily allowances (RDA) of the following vitamins: B3, B5, B6, B12, and C, and 50 percent of your RDA for vitamins A and E. It also contains 20 percent of your daily calcium needs. There are 90 Calories per serving, and two servings per bottle.

There are no artificial colors, no artificial flavors, and no preservatives in the drink. There are several scientific-looking ingredients that I am unable to pronounce. And it is important to note that the facts on the container have not been evaluated by the Food and Drug Administration.

It does look to be a very healthy drink, but how does it taste, and just how refreshing is this 18 oz bottle going to make me feel?

**You asked for it... Advice from Gillian**

**Gillian Maffeo**  
Crestiad Advice Columnist

I want to lose weight for the summer, and I want to start now so I won’t have to starve myself towards April. How should I go about this?

-Diet Desperate

Dear Diet Desperate,

It’s good to hear that you want to take action now. Here are some pointers that can help you shed some pounds before the summer.

You can start by making a workout plan and do at least thirty minutes of cardio, five days a week. You don’t have to work out every single day because your body needs to rest. Also when you work out, make sure to mix up your routine because if you do the same thing every day your body is going to get used to it, which means you’ll hit a plateau and won’t see any change.

If you don’t like to hit the gym, then go walking, running, or do any activity for thirty minutes or more. Or if you don’t want to leave your house, check out Fit TV, they have cardio, yoga, muscle strengthening, and many more exercises.

Next you should watch what you eat and do at least eight glasses of water. Water is so good for your body and skin.

Stick with a lot of fruits and vegetables and healthy foods. Stay away from those French fries and onion rings, and don’t eat late at night or before you go to bed. Ditch the junk food and go for some nice fresh salad or veggies.

Also watch out for alcoholic beverages, because they contain many calories. Speaking of calories, you can also count your calories. Taking a daily vitamin is also good for your body.

Have a positive attitude and believe in yourself, because everyone is capable of losing weight and getting fit!

I was wondering for the winter what types of colors are in? This winter I am clueless on what color to buy.

-Winter Wonders

Dear Winter Wonders,

This winter is calling for rich warm colors — such as browns, nudes, reds, greens, grays, and purples. When you go shopping, look for these colors that will fit with your skin tone the most. Black is also in this winter, too. Almost all clothing stores will have these nice winter colors now, so you can stock your wardrobe.

My top favorite color that I think looks good on everyone is an earthy brown. I love brown colors on everyone! Silver and gold jewelry is also in, along with shiny jewelry. I have been breaking out, and I was wondering what I can do to not only make my blemishes disappear, but to help my dry skin.

-Bad Blemishes

Dear Bad Blemishes,

Acne is such a pain! Don’t we just wish it could all go away? Breaking out is the worst, but here are some ideas you can take into consideration.

Personally my favorite facial washes are Physicians Clear Confidence facial wash and Aveeno Clear Complexion foaming cleanser. First, the Physicians treat acne, cleans your face, prevents acne, and gives your face nutrients. It doesn’t make your face dry like the other acne washes.

Aveeno Clean Complexion helps prevent breakouts and makes your skin clear and even looking. It is very moisture rich and contains many soy extracts.

If your face is dry after you wash it, try Morning Glow Moisture by Clean & Clear. It contains SPF 15 and hydrates your face with luscious moisture.

For something that treats those unexpected blemishes, try Maximum Strength Acne Treatment Cream by Clearasil. It comes in a small tube and it vanishes zits right after use. Also, it’s important that you wash your face before you go to bed. You can find all these products at CVS, Walmart, or any drug or retail store. Each product is under $10.00.

To treat dry skin, look for any lotion that says “Ultra Healing” or “Intense Healing.” “Dry Skin,” etc. I personally like Jergens, it treats extra dry skin and moisturizer your body. In order for your skin to stay nice and rich you must moisturize after you shower and try to apply lotion to your skin whenever you can. Good luck!

Dear Winter Wonders,

Almost all clothing stores will have these nice colors and looks. The most is in, too. Black is also in this winter, too. Almost all clothing stores will have these nice winter colors now, so you can stock your wardrobe.

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Hold the Pepsi, please

A recent study of 155,000 women has shown that drinking cola can raise blood pressure in some women. A team of researchers at the University of Leicester, UK, found that women who consumed one or more half-liter cola drinks per day had higher blood pressure than those who did not. The study, published in the journal Hypertension, is the first to examine the relationship between cola consumption and blood pressure in women. The researchers followed 155,000 women for 12 years, and found that those who consumed more cola were more likely to develop high blood pressure. The study also found that the risk of high blood pressure increased with the amount of cola consumed. The researchers suggested that the high sugar content of cola may be contributing to the increased risk of high blood pressure. They recommended that women limit their intake of cola to avoid any potential health risks.

LIFESTYLES

Life after college

On October 15, 2006, Career Planning director Amy Saul had two sessions on surviving life after college. Although most college students can be caught off guard until midnight, not all of those hours are spent working in front of a computer.

The first topic for discussion was how to adjust to your new professional life. Although most college students can be caught off guard until midnight, not all of those hours are spent working in front of a computer.

Some helpful insight into when you first begin your 9 to 5 job from Saul: be prepared for the change in routine, because you may be very tired after your first few weeks of work.

Also watch how you will be perceived during the first few weeks at a new job. First impressions are forever. It may be hard to watch what you are doing, so make sure that you are doing what you should be doing.

Saul also discussed the importance of having a professional wardrobe. Avoid buying pieces that can’t mix and match. The money you can reuse a piece, the better that piece is. Key pieces are in a wardrobe which is all black, suit, which is easy to mix and match.

An important section of Saul’s talk was about living on your own, and information about renting or leasing apartments. Included were tips for finding apartments (try the internet, newspapers and most importantly friends), and items that you should be prepared to pay for the first and last month’s rent, as well as a security deposit right away.

You should also be aware of what utilities are included in the rent and which ones you have to pay for separately. This way you won’t be caught off guard at the end of the month when bills come due.

Having a car is extremely important in most places where public transportation will not take you to where you need to “point B.” Saul discussed buying and leasing cars, and what the benefits and low points of each are. Leasing, lessers monthly payment, but at the end of the lease, you have to turn the car back in. Keep this in mind during the buying process.

Important to any college student or new graduate is living on a budget. Living on a budget in the “real world” is very different from staying within budget while living on campus. You have to account for rent, car payments, and various other expenses.

The most important tip not to get trapped into is to see your paycheck, think that it is a lot of money, and immediately spend it. To help with budgeting, the packet distributed by career planning has an income and expense worksheet to help you balance your budget as well as many tips for living on a budget, including how to save on water, electric, food, and phone bills.

There was also talk on the subject of college debt. Bank of America is one of the biggest lenders to college students. This section gave the students information about using money and dealing with credit in a responsible way. According to Saul, “it’s never too early to begin investing money in retirement accounts. It may seem like a large number, but it’s something you can set aside for the future.”

For more details on the information presented, contact the Career Planning office, or check out youcandeal-with.com.
The Cedar Crest College Falcons were preparing all week for this contest against the number one rated team in the southern division of the PAC. Coach Val Donohue expected her team to bring rigid competition to the court. “To come against a strong team, they have good guards and they have a good inside game, so it was kind of hard to see what we expect, but I expected us to play hard the whole way through,” said Donohue.

The Falcons started off chanting the word hustle from the team huddle. The first minutes of the game reflected this word as the Falcons drove to the basket. They were the first to put points on the board. Control of the ball fell to the Falcons as they shot defensively winning jump balls and rebounds. Missed foul shots brought the Falcons in a stall while the Wolverines took the lead. Wesley put the pressure on as they pressed the Falcons on the court. The team got some of their momentum back late into the half, but not enough to get ahead. The half ended 47-22.

Wesley came out in the second half keeping their lead. The Falcons tried hard to get back in the game taking some shots and running plays. They struggled to keep up for most of the half with Wesley’s commanding 30 point lead. The Falcons lost 58 points to Wesley’s 81 points.

Senior Amanda Swartz helped lead the team on the court. “Amanda played almost the entire game. She didn’t give up and took the ball to the basket. She hustled even when she was tired,” Donohue said. “I think Amanda stood out, but we also had everybody else coming off the bench and doing a good job.”

Freshmen Janelle Morcom also led the team in scoring with 17 points and rebounding. The whole team took it to the court. Donohue felt that even with the aggressive competition her team did well. She mostly was glad to see that her team hustled even when they were down.

“We were able to really fall back on our fundamentals and make things happen even when a play wasn’t there,” Donohue said.

Despite the loss the Falcons are looking at it a positive perspective. In last year’s season going up against teams like Wesley they usually didn’t score any higher than 30 points. The game proved to be a good experience for the Cedar Crest team.

“Just the fact that we were able to pull together and score 58 points against a really strong team shows that we are moving in the right direction,” Donohue said. “We still have things to work on, but I think we are much stronger.”

The Cedar Crest Falcons played the Cabrini Cavaliers on Monday evening, December 5. The Falcons lost 40 points to Cabrini’s 57 points.

Senior Courtney Porzio led the team as the high scorer with 11 points. Junior Ashley Bechel and Sophomore Nicole Parker also helped the Falcons by playing a great game.

“It was a very physical game and we sent them to the free throw line pretty often, but they shot 18 for 21 from the line so that hurt us. Defensively we played well, but we didn’t play quite as well, but we need to be able to score more than 40. Considering that Cabrini just beat one of the top teams in the PAC, we’re pretty pleased with how we did. The season is still early!” Assistant Coach Dan Donohue said.
Sixth Annual Lehigh Valley Music Award Winners

WINNERS of 2005 taken from The Express Times

BEST MUSIC PHOTOGRAPHY
Lisa Lake

BEST CD STORE
Compact Disc Center

BEST MUSIC STORE
Dave Phillips Music

BEST LIVE SOUND TECH
City Entertainment

BEST RECORDING STUDIO
Dan's House

BEST MUSIC PRODUCER
Dan MacCrone, Dan's House

BEST MUSIC REVIEWER
Jodi Durr, The Morning Call

BEST MUSIC SUPPORTER
A.J. Fritz, WLVR and WZZO

COMMUNITY INVOLVEMENT
Musikfest

BEST COMMERCIAL RADIO
Blake Damon, WZZO

BEST COMMUNITY / COLLEGE RADIO
WLVR, Lehigh University

BEST CLUB DJ
tie: DJ Sinister & Mike Mittman

BEST OPEN MIC/JAM
Todd Wolfe and Friends at The Bhelrote Cafe

BEST PERFORMANCE VENUE
Crocodile Rock

THE MUSICIANS:

BEST ALL AROUND PERFORMER
Todd Wolfe and Sarah Ayers

BEST FEMALE VOCALIST
Sarah Ayers

BEST MALE VOCALIST
Todd Wolfe

BEST SINGER-SONGWRITER
Steve Brokoff

BEST Lyricist
Steve Brokoff

BEST ELECTRIC GUITARIST (JIMI HENDRIX AWARD)
Todd Wolfe

BEST BASSIST (AL GUERRERO AWARD)
Suvaek Zanzieko

BEST BLUES GUITARIST (THE BUDDY GUY AWARD)
Todd Wolfe

BEST KEYBOARDIST
Craig Kastelnick

BEST DRUMMER
Dave Hollingsworth

BEST WIND INSTRUMENT
Peter Fluck (tuba)

BEST ACOUSTIC GUITAR
Craig Thatcher

BEST HARMONICA
Jonny Suppa

BEST STRING INSTRUMENT
Sheila Maloney

BEST BLUES VOCALIST
Sarah Ayers

BEST PIANO PLAYER
Tommy Zhao

FAN BALLOT:

DUO
Steve Brooksy & Jim Meyer

ACOUSTIC GROUP
The Girls (Sarah Ayers, Bev Conklin, Lori Danoway)

HISPANIC/MULTICULTURAL GROUP
Jesse Rivera

BEST BAND / BAND WEB SITE
www.crazyheart.com

BEST NEW ARTIST
The Girls

BEST LIVE JAZZ PERFORMANCE
Up Jump

BEST TEENAGE BAND
SETTL

BEST LIVE BLUES PERFORMANCE
Craig Thatcher Band

BEST LIVE ROCK PERFORMANCE
Insidious Rays and Jake Kalasik Band

BEST ORIGINAL SONG
“Hard Times” Craig Thatcher

BEST HISPANIC GOSPEL
Jesse Rivera

BEST HISPANIC/ LATINO GROUP
Jesse Rivera

BEST MUSIC RELATED WEB SITE
www.pulseweekly.com

BEST LIVE URBAN/HIP-HOP/R&B/GOSPEL
Konnist

BEST KARAOKE
Uncle Mugs

BEST CD COVER DESIGN
“Hard Times” Christine and Craig Thatcher

BEST BLUES CD
“Hard Times” Craig Thatcher & Jimmy Suppa

BEST OVERALL CD
“Hard Times” Craig Thatcher & Jimmy Suppa

BEST ROCK CD
Insidious Rays, “Exotic Handshake”

BEST HISPANIC/GOSPEL/HOP/HIP-HOP/REGGAE/R&B/GOSPEL
Konnist, “Things Happen For A Reason”

BEST PUNK CD
Ambitious, “A Day Late and A Dollar Short”

BEST COUNTRY CD
Ledfoot, “Diner”

BEST HISPANIC CD
Stereo Agency, “Escape Plan”

BEST HISPANIC/Americana / ROOTS / ROCKABILLY
The Ultra Kings, “Streamline Deluxe”
Looking for a quick bite? A snack to take along, or even while your grocery shopping? Or a place to eat lunch or dinner with friends? Well, my suggestion is to check out Wegmans Café.

Yes, for those of you that are semi-familiar with Wegmans know of it as a grocery store, but there’s more behind this fabulous food chain; there’s Wegmans Café!

Wegmans Café is filled with an array of different foods that are made fresh daily. The first time I went into Wegmans Café, I went crazy. It’s actually kind of overwhelming because they have so many different choices of food! Now, since I’ve been in Pennsylvania for college I am a Wegmans addict and eat it for lunch and dinner everyday.

Sushi is ultimately my favorite food, and what do you know, Wegmans has it! The café actually has a very nice sushi bar. There is sushi already made so you can pick it up and go, or you can order whatever you want and the sushi chefs will make it for you. They have every kind of sushi you can imagine and it’s not that expensive either. The typical and most popular item, the California Roll, runs at $5.25. But if you choose the selection, you will find that the prices vary from $3.10 to $10.00. At the sushi bar there is also seaweed salad, miso soup, and edamame beans to go.

Before you can even walk to the sushi bar, there is a huge Chinese food buffet table. Every Wegmans has a gigantic Chinese food buffet table that has every kind of Chinese food you can imagine. For example, there is vegetable lo-mein, sweet and sour chicken, egg rolls, green beans, shrimp, sesame chicken, egg-fried young, dumplings, white rice, pork fried rice, and the list goes on! The food is very fresh and always nice and warm. Dishes usually are priced around $7.00 for a complete meal.

Don’t want sushi or Chinese food? Well Wegmans Café also has subs. They have every kind of sub and you have the choice of putting it on any kind of bread. The bread is absolutely amazing; it’s very moist, fresh, and tasty. Also, you can get any toppings put on for free. The subs are made on the spot and the portions are surprisingly big. You definitely get your money’s worth! A medium sub usually costs about $5.00.

Next, Wegmans Café has a nice pizza section. They have a variety of freshly made pizza that is very appetizing! You can even ask them to make whatever kind of pizza for you. Pizza usually costs around $2.00, depending on what kind you get and the toppings you choose. The soup selection at Wegmans is also amazing. The soup is fresh and the types of soup switches mostly every day. They usually have clam chowder, minestrone, chili, shrimp, bisque, corn chowder, broccoli and cheddar, and the list goes on. The vegetables, squash, coleslaw, potato salad, individual meals, salads, and more. Chefs at Wegmans serve you the food that you can either take home, or can heat it to eat at Wegmans.

Wegmans also offers desserts and fresh fruit. When you get fruit, you have a choice of getting toppings, like Cool-Whip, ambrosia, cucumber cheese, yogurt, and more to add a little more flavor to your fruit.

There is a bakery section so you can get fresh bread of any kind. It also has bagels too. Another thing to add is they have coffee, tea, cappuccino, hot chocolate and a variety of drinks. Don’t want to take your food to go? Well you don’t have to! Wegmans has a very nice area where you can eat your food and chat with your friends.

I haven’t named every single thing that Wegmans Café has to offer, but I came pretty close to everything. It’s such a great place to eat and every variety of their food is spectacular. I suggest that everyone visit Wegmans.

The café has a refrigerated food section that has pasta salads, meats, potatoes, pizzas, vegetables, soup, coleslaw, potato salad, individual meals, salads, and more. Chefs at Wegmans serve you the food that you can take home or heat to eat at Wegmans.

Wegmans is an amazing food chain and a great place to put your stomach with tasty food!
Reel Review
Take a ride watching The Polar Express

by Jillian Churchill
Staff Writer

If you are looking for a hilarious book, or feeling down about the subject of men, I highly recommend you run out (as fast as you can) to get The Sweet Potato Queens’ Field Guide to Men by Jill Conner Browne. Now, normally I am the type of person to skip introductions to books, but tell you honestly, do not skip this one. It sets the tone for the book in terms of humor—of a decidedly serious sort, I might add—which gives the reader background as to how the logic in the Boss Queens’ (the author’s) thinking.

My personal favorite chapter is about how to classify men. Most women are looking for the Stud Spud, that amazing man who will be prefect in every single way and is slightly different for everyone. We have all had at least one Dud Spud, a man who seems fine, but has at least one fundamental flaw. Although not to be missed, this chapter is a Blood Spud, a man who makes you want to kill him, although actual killing is not suggested because a judge may not see that it was better for him to die, and thus, must obviously be a male judge. The book has many more “Spuds” including stories of how to detect them and deal with them. For your education, the author also delves into the difference between men and women.

Included is a chapter about Man Ears. The evolution of Man Ears has led to the final product of where no matter what a woman says it is twisted around so that what is actually heard is that the woman wants sex, preferably right then and there. There are many hilarious examples of how common phrases are twisted into “how about right here and right now.” This may be a good time to state that this book is constantly joking about sex, and anyone who is adverse to the subject better steer clear of the field guide.

There is even a section on how Queens throughout the country have gotten even with their Spuds. Some of them are so extremely hilarious, yet somehow wrong, so I can’t mention them here, or else we would have an overabundance of men in the area with poison ivy in some very sensitive areas.

Throughout the book, the author tells about her stories about dealing with men, as well as others submitted to the website sweetpotatoqueens.com. They are all hilarious and will have you laughing out loud. This is the fourth book in the Sweet Potato Queens’ movement and already has quite the following. I can tell you that after reading the book, I have jumped on the bandwagon as well.

This book is perfect for anyone wanting a laugh, is having boy problems, or is just looking for something amusing to read over winter break.
Meet Bart Shaw, History, Law and Politics Professor at Cedar Crest

Barton C. Shaw was born and raised in Annapolis, Maryland. He attended Elon College, the University of Wisconsin, Milwaukee for his Master’s, and received his Ph.D. from Emory University. He came to CCC in 1980 and teaches all of the courses in American history and a course on China and Japan.

The Crestiad: François Voltaire, 18th-century historian and philosopher claimed that, “History is a beast, nothing but a pack of tricks that we play upon the dead.” What do you make of this statement?

Bart Shaw: There are obviously many perspectives on the subject. Some hold that history is an art form, and others believe it is a science. I think both are valid. History is a fascinating subject, full of stories and lessons.

Chitter Chat: Speaking of books, what was your purpose in writing about the Georgia Populist party?


Chitter Chat: When you and Dr. Ward traveled to Hungary, what were your impressions of “Stadium Park” that is filled with figures of Stalin?

Bart Shaw: It was a fascinating experience. Stalin was a controversial figure in the 20th century.

Chitter Chat: Which place have you traveled to that captured your interest most?

Bart Shaw: I traveled to Italy and was captivated by the art and architecture. It was a memorable experience.

Chitter Chat: Can you share a personal story that has influenced your perspective on history?

Bart Shaw: As a child, I was fascinated by ancient civilizations and their stories. It sparked my interest in history.

Chitter Chat: Do you have plans for future books, and if so, on what subjects?

Bart Shaw: I am currently working on a book about the American Civil War and its impact on modern society.

Bart Shaw: My book was generally well-received, and in 1985 it won the Frederick Douglass Award for the best book of the year.

Chitter Chat: What did you learn from your research that surprised you?

Bart Shaw: I was surprised to learn about the complexity of the African American experience in the United States.

Chitter Chat: How do you think your research has influenced your teaching?

Bart Shaw: My research has provided me with a deeper understanding of the past, which has enriched my teaching experience.

Chitter Chat: How do you think the study of history can influence our lives today?

Bart Shaw: History can teach us valuable lessons about the present and future. It can help us understand the complexities of society and the importance of social justice.

Chitter Chat: What do you think is the most important aspect of history that we should focus on today?

Bart Shaw: I believe that understanding the past is crucial to understanding the present and shaping the future.

Chitter Chat: What advice would you give to students who are interested in studying history?

Bart Shaw: I would advise students to be open-minded and critical thinkers. History is complex, and it requires a collaborative and diverse approach to fully understand it.

Chitter Chat: Do you have any final thoughts or words of wisdom to share with our readers?

Bart Shaw: Remember, history is not just about the past. It is about the present and future as well.
ARTS & ENTERTAINMENT

Holiday Events On and Off Campus

The Cedar Crest College Dance Company will present its annual holiday dance concert, "Sounds of the Season," on December 9 and 10 at 8:00 pm in the Samuel's Theatre, Tompkins College Center at Cedar Crest College. The concert brings the vocal talents of the College's Madrigal Singers on stage to accompany the dancers for five of the evening's nine dance pieces. The concert will also feature a very special performance by senior members of the dance company. The holiday dance concert, "Sounds of the Season," runs Friday, December 9 and Saturday, December 10 at 8:00 pm in the Samuel's Theatre, Tompkins College Center. Tickets for the concert are $15 for Adults and $10 for Students/Students and are available by calling the Box Office at 610-606-4608.

Saturday, December 17, 3:00 pm & 8:00 pm
Lehigh University, Stabler Arena, Allentown, PA
Christmas Spectacular
Saturday, December 17, 3:00 pm & 6:00 pm
Wachovia Center Philadelphia, PA
Trance Siberian Orchestra

Local Holiday Music Events

Do you live locally? Staying on campus for winter term? Check out The Insidious Rays, a local Lehigh Valley band. They have toured up and down the East coast and are playing locally in Bethlehem and Allentown throughout the winter season. The Insidious Rays are the house band this month for "Christmas City Follies," a vaudeville play at the Touchstone Theatre in Bethlehem. The Rays have played with G-Love and Special Sauce, The Sound of Urich, Chris Hartford and the Band of Changes, Project Object and many others. Their style is a combination of funk, punk, psychedelic, reggae, surf, metal...you name it, they play it. Their latest album, Exotic Handshaker was produced and recorded by Andrew Weiss, who has produced many of Ween's albums. On Monday, December 5, The Insidious Rays won Best Live Rock performance and Best Rock CD at the sixth annual Lehigh Valley Music Awards. So if you're looking for a rockin' Christmas experience, check out The Insidious Rays this winter. For dates and more information visit www.insidiousrays.com.

ON-CAMPUS:

Thursday, December 8, 8:30 p.m.
Hanukkah Party (MH Lounge)
Friday, December 9 & Saturday, December 10, 8:00 p.m.
Sounds of the Season - Winter Dance Concert
Monday, December 12, 9:00 p.m.
Student/Faculty Prolis
Monday, December 12, 10:00 p.m.
Classes End
Monday, December 12, 11:00 p.m.
SAB: Midnight Breakfast (Dining Hall)
Tuesday, December 13 & Wednesday, December 14
Presentation Days
Tuesday, December 13 & Wednesday, December 14
Reading Days
Tuesday, December 13 & Wednesday, December 14 (evening exams only)
Thursday, December 15 - Saturday, December 17, Monday, December 19
Final Exams

Visit: www.desales.edu; www.lafayette.edu; www.muhlenberg.edu; www.moravian.edu; www.lehigh.edu; www.muhlenberg.edu; www.wachovia.com/marketplace for more information on events through the LV AIC Institution

Off-Campus:

Lehigh University
Saturday, December 10, 8:00 p.m.
LU Philharmonic: Prokofiev and Beethoven
Visit: www.desales.edu; www.lafayette.edu; www.lehigh.edu; www.moravian.edu; www.muhlenberg.edu; for more information on events through the LV AIC Institution

Concerts & Events:
Saturday, December 10, 7:30 p.m.
Crocodile Rock Allentown, PA
Static-X
Saturday, December 10, 8:00 p.m.
Lehigh University, Stabler Arena, Allentown, PA
Christmas Spectacular
Saturday, December 10, 10:00 p.m.
Wachovia Center Philadelphia, PA
Trance Siberian Orchestra

Know of Local Underground Bands from Pennsylvania, New Jersey, or New York?

Let The Crestiad know for their upcoming new section on the local music scene at crestitad@cedarcrest.edu;

ATTENTION: ARTS & ENTERTAINMENT

Holiday Crossword Puzzle

ACROSS
1. Santa uses this to deliver presents
2. A common Christmas drink
3. The most famous reindeer of all
4. Round decoration often found on doors
5. Found on top of a tree
6. A nine-branched candelabrum used in celebration of Hanukkah
7. Not one of these are alike
8. They make the toys for Christmas
9. Not one of these are alike
10. Traditionally used as a Christmas decoration
11. 17. How many days Hanukkah lasts
12. Swahili for "first fruits"
13.exotic Handshaker
14. Songs of the season
15. "Not a creature was stirring, not even a"
16. A nine-branched candelabrum used in celebration of Hanukkah
17. How many days Hanukkah lasts

DOWN
1. Santa uses this to deliver presents
2. A common Christmas drink
3. The most famous reindeer of all
4. Round decoration often found on doors
5. Found on top of a tree
6. A nine-branched candelabrum used in celebration of Hanukkah
9. Not one of these are alike
10. They make the toys for Christmas
13. Traditionally used as a Christmas decoration
14. Decoration found on a present
15. “Not a creature was stirring, not even a”