Hometown Hero award given to Cedar Crest student

On January 19, 2004, Melissa Hottenstein was awarded The Philadelphia 76ers Hometown Heroes Award. Hottenstein was nominated by a friend for her tireless involvement in community service, especially her dedication to Parents of Murdered Children (POMC).

The 76ers Hometown Heroes program was introduced during the 2001-2002 season and one hometown hero has been selected for each home game ever since. According to Lara Price, senior vice president of business operations, the program is to “shine a spotlight on the true heroes in our community and thank them in front of our home crowd.”

Hottenstein became involved with POMC after her nephew, James Brennan, Jr. was murdered in 1996. POMC is a national organization that provides ongoing emotional support to parents and other survivors of those who have died by violence. Their mission is “to make the difference through on-going emotional support, education, prevention, advocacy, and awareness.”

The vision statement of POMC is “to provide support and assistance to all survivors of homicide victims while working to create a world free of murder.”

Hottenstein is a board member to the Delaware County chapter of POMC and is also editor of its newsletter. This past year, she was asked to take on the responsibilities of Outreach Coordinator. She also assisted in the clearing of 3.5 acres of land to create a Living Memorial Garden.

For the past three years, Hottenstein has also served as the fundraising volunteer at the James Brennan Jr. Memorial Golf Tournament. The proceeds of this event will go to the Delaware County POMC and the Parents Reward Fund.

Hottenstein says she enjoys painting and studying Spanish and history. She was also involved with stopping the shipping of mercury in the Lehigh Valley and the Freedom to Marry Day events at Northampton and Lehigh County courthouses. On the Cedar Crest campus, she is a member of the Spanish Club and Out There. “As a lifelong learner, it is not always easy to find time to get involved with activities on campus, but I would like to stay involved with the community.”

Continued on page 5

Technology fair

The first annual Technology Fair was held at Cedar Crest on February 17, 2004. Kathy Cunningham, Director of Information Technology, said that the idea of a Technology Fair at Cedar Crest grew from the desire to bring in educational technology vendors for demonstrations for the faculty and while planning the event. Information Technology decided to incorporate all kinds of technology and invite the entire campus community.

Cunningham also said that students were involved with the planning of the Technology Fair. “We asked the students who work in the IT office what kinds of technology they wanted to see at the Tech Fair and invited those vendors,” she noted. Nicole Lupco, a senior psychology major and computer lab assistant, said, “It was very interesting to see. There was a lot of good information— and the zip disks come in handy.”

Lupco is referring to the free zip disks that were given to the first sixty people to stop by the IT table. There was also popcorn, snacks, and other free items available at various tables.

“All of the vendors were very eager to attend and were more than willing to donate some really great door prizes,” Cunningham added. Office Depot had chances to win $100 money cards.

Terry Collings, Instructional Technologist at Muhlenberg College, said that he was encouraged to come by Matthew Kile, Cedar Crest’s Educational Technology Specialist, at a recent meeting held at Lehigh University. Lydia Orban, secretary in Hartzel Hall, said that she enjoyed the Technology Fair very much. “I think it’s very helpful [for the students].”

Cedar Crest College’s first Technology Fair appears to have been a success, for both students and faculty.

Continued on page 5

Adviser speaks out on censorship

Jessica Eyn, Cedar Crest Reporter

“Freedom of expression is important for the protection of all individual rights,” said Elizabeth Ortiz during a teach-in sponsored by the Peace Coalition on January 28.

Ortiz, who is in her second term as faculty adviser to The Crestiad, holds passionate views about First Amendment rights, the role of the student-run newspaper at a private college, and the relationship between an adviser and her staff.

As adviser, Ortiz said that her responsibility is to serve as a resource for college media law and ethics. Her goal is to help students “put together the best paper possible, with as little intervention as possible.” She enjoys her reputation as one of the most hands-on advisers the college has had in recent years. “I don’t stay quiet at meetings,” Ortiz said during a recent interview. Yet she’s a strong advocate of hands-off approach when it comes to the content of student’s stories.

It may surprise some Cedar Crest students to learn that Crestiad reporters currently enjoy free reign when it comes to what they can print in the newspaper. In fact, the role of the student reporter should be to “criticize administration and the school if necessary,” insisted Ortiz. So far, she said, the newspaper has received nothing but positive feedback from administration despite some scathing editorials published by students last fall criticizing Food Services.

The relationship between administration and student reporters is not so agreeable at many private colleges and universities. Unlike their public counterparts, private schools are under no legal obligation to protect a student’s freedom of expression. But “just because they can censor, it doesn’t mean they should,” said Ortiz.

The biggest reason private colleges
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The Campus Corner

Why did you choose Cedar Crest College?

Lori Kunkle-Senior, Biology

"I started here in 1984 and I decided to come back and finish what I started."

Kathleen Hutchinson-Senior, Environmental Science

"I moved here from Arizona to take care of my aunt. I needed a challenge and Cedar Crest had an excellent reputation."

Farrah Roy-Sophomore, Nursing

"Because it was the closest. It's an easy commute."

Leanne Follweiler-Junior, Genetic Engineering

"I was looking for a small private school that was well known for the sciences and Cedar Crest offers an excellent G.E. program."

I often

As you now understand, I am not typically known as a "public speaker." I have always had a fear of making presentations to groups of people. This fear was magnified, as I had competitors as well as judges watching my every move at forensics competitions. However, I felt that I performed well in our duos, and so I told Linda that I would be happy to enter a solo event this year. After a few months of preparation, I had finally cut a poetry program worthy of taking to competition. I performed the piece dozens of times in front of my coach, family, friends, team members, and faculty. As we headed off to Montreal, I felt ready and excited. Things changed when I actually arrived there.

Picture this, if you will. Silent a.m. The steps out of the elevator at about 11:30 a.m. in jeans and slippers to read the schematics telling me my rooms and times for my rounds. Here, in the extremely elegant hotel lobby of the Queen Elizabeth, I am met by dozens of suit-clad, binder-carrying students from twelve colleges and universities. Some of these students are majoring in public speaking. Intimidating? You betcha.

Later on in the day, I looked the part in my blue suit with my script in hand as I wait-ed outside of the room where my first round was to be held. Fellow team members Tonesha Baltimore and Maxine Tam accompanied me to the road to offer support to their anxious teammate.

I was scared out of my mind. My hands were shaking, my mouth was dry, and my legs were trembling as I walked into the room. I shivered uncontrollably as I waited outside of the door of the elegant hotel room for my chance to perform.

On Thursday, January 29, 2004, Cedar Crest’s Forensic Speech Team took off for Montreal, Canada for the annual Collegiate Forensic Association Tournament. We affectionately call this type of competition as “forensics,” but, as you may have seen printed on our team shirts, it’s “NOT THAT kind.”

Our team attends such tournaments to perform poetry, prose, and drama, as well as to deliver speeches of varying types and topics. I am a varsity member of the team, and I have participated in two events thus far: dramatic duo and poetry.

In the spring of 2003, Sarah “Dakota” Farney (my duo partner) and I placed third at the Great Eastern Tournament as well as first at the Canadian Novice Tournament. At the start of the fall 2003 semester, my coach, Linda Buss, encouraged me to enter another category in addition to duo. Now, so that you are able to understand why this frankly scared the bejesus out of me, let me provide you with a bit of background.

At my very first tournament, I almost made a terrible decision. As Dakota and I delivered our introduction to our dramatic piece, my legs began to shake, and my knees nearly buckled. I was seconds away from feeling as if I needed to just give up and leave the room. However, I managed to make it through the piece, and, to our great surprise, Dakota and I placed first in that round as well as first in the ones that followed.

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Why are parents so silly?
Gabrielle Rouleau
Editor-in-Chief

Why do parents act so odd? I do not think that I will ever understand my parents. I believe that once an individual becomes a parent, his or her outlook on life changes. I think that an individual becomes permanently changed for life.

My parents are the greatest people on earth, but sometimes they can drive me nuts. I only knew my parents when they were not parents, although it seems like they are the most overprotective individuals in the world. I have been watching the same faces of my parents for so long that I sort of know what they will say before they say it. I also know what they will do before they do it. I can count the number of times that my mother has told me that it is not my business what a boy is wearing, but those that surround me.

Most of my parents’ outlook on life comes from the fact that they both work for the New York State Department of Correctional Services, or just from the fact that they have been married a long time and that they had me later in life. My parents always used to have to know where I was going, who I was going with, and what time I was going to be home. If I was not home on time, there was always an angry mom yelling at me for being late. They said the table.

I have had a cell phone since I was twelve years old. I always thought that it was cool that I was allowed to have a cell phone, but that none of my friends were allowed to have one. I later realized that I was allowed to have a cell phone because my parents needed me to call them even if I was going to be a half a second late getting back home from wherever I had been. I guess that they were always worried with me somewhere or something killer lurking in our small rural area.

My mom has always been a little bit of a worrier when it comes to me. I can remember her yelling at me after I stepped into a California laid-back style. I’m from California, laid-back style. I’m a small girl. I’m not anorexic or bulimic. I don’t play sports. I’m just skinny. I’ve been called a “California Girl,” you must be obviously this.

Girls who already have issues with physical appearance in this image-based society are being drawn farther and farther away from reality.

Surname is a graphic design developed by Amie Fox. Photo courtesy of Gabrielle Rouleau

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www2.cedarcrest.edu/crestiad

Beck Ciccokella
News Editor

When I was younger, watching the Grammy’s was a fun thing to do. When I was a little, watching the Grammy’s involved watching a group of famous people sit in front of a stage. They would then call five of their names, pick one name, and that person would go up on the stage, and make a very long speech about how happy he or she was, and name just about every person he or she has ever known. Quite frankly, it was boring. But it was supposed to be boring, it was an awards show.

This year, I really would like an answer to one question: if the Grammy’s are an awards show, WHERE WERE ALL OF THE GRAMMYS? This year’s Grammy’s seemed to fall into a pattern. First, we have a performance. Then, a speech that seemed, to some people, comical. I don’t think, however, that Sting and Sean Paul turning Roxanne into a Reggae beat, and a funk performance that seemed to last approximately fifteen minutes really were unnecessary. At least we got to see George Chakiris at the end of the routine. Unfortunately, after that performance, they didn’t have the time to give an award, or even do a tribute. I yet again have two words for the reader to keep in mind: Grammy Awards. If the Grammy’s were truly what they were supposed to be, no one would put that in a separate time slot? They might even make more money from advertisment, and those of us that don’t want to watch Beyoncé in a small pink shit with a Muppet hanging off the bottom don’t have to tune in to watch.

I heard someone say that Janet Jackson was “uninvited to perform at the Grammy’s because her breast was accidentally exposed at the Super Bowl halftime show, and this offended people.” According to CBS news, both Janet and her mother were in the audience, and could be on the show- as long as they apologized. Justin apologized when he won his award, which seemed, to some people, completely inappropriate. I have a newfound respect for Janet Jackson. I pity people who can’t appreciate the classics. Can’t people get over things?

Personally, I was much more offended by the “Hey Yo” performance (where girls dressed in very revealing costumes resembling Native Americans jumped out of a giant tee pee set and proceeded to “shake it like a Polaroid picture”) than I was by Janet Jackson’s breast at the Super Bowl. At least Jackson’s breast, however, was not exposed to the audience.

Many of the people who won extra awards really deserved them, but this really isn’t surprising. I think that there are far too many awards shows used to list different awards that they didn’t have the time to give out on the same night. While I know that there are so many performances that we are getting fewer awards. What happened to all the performances, I ask you??

The Grammy Awards show is neither the place for a talent show or a mixed concert. It is both the time and the place, to give out the Grammy Awards. This year, however, it seems as though there are not going to be as many because of Janet Jackson’s breast being exposed at the Super Bowl. Hopefully the Academy will do better.

Why is the Grammy Awards show such a thing?
Amie Fox
Crestiad Columnist

The Grammy Awards show is neither the time nor the place for a talent show or a mixed concert. It is both the time and the place, to give out the Grammy Awards. This year, however, it seems as though there are not going to be as many because of Janet Jackson’s breast being exposed at the Super Bowl. Hopefully the Academy will do better.

Where have all the Grammy’s gone?
Jenni Wendes
Crestiad Reporter

I am 5’5” and 115 pounds. Translation? I’m a small girl. I’m not anorexic or bulimic. I don’t play sports. I just seem to have small dreams that seem to be achieved with the aid of a couple of inches. I have been happy with the performance I gave. I believe that being surrounded by my wonderful positive team members is an important reason why I was successful at this competition. Karen Babson, T Stephens, Amie Fox, Allison Kazaras, Tonesha Fitch, is telling girls that, to some people, seems to be the most overprotective individuals in the world. They worry about me, but their worries are not worth her love. As I closed the piece, I could not help but feel, oddly enough, completely relaxed. It was a wonderful feeling.
I occasionally miss my long hair – I've used it as an outlet for my emotions – up or down? Wavy or straight? I used it as an outlet for my emotions – up or down? Wavy or straight? I
It’s your season again, and so it’s time for an opinion you’ll be fascinated to the water cooler. Forced to hang out with the laggards who are stuck with the same opinion you’re not keen on the Super Bowl halftime foibles. Not sure what the issues are? Unfamiliar with the candidates? Don’t feel like anything American to have a completely uninformed opinion, and there are plenty of mass media outlets out there to help you. The 24-hour cable news networks seem to be falling on public opinion polls as they rely on media opinion polls as they rely on main source of information on the primary elections. The thing about public opinion polls is that they rely on you – you guessed it – public opinion, which, as we all know, is completely reliable and predictable. They keep on inferring the flavor of the moment without providing any sort of context or useful information. The news today all we have to say is ‘surviving cooler is on gun control. That’s why we rely on cable news network. We do not have to spend a lot of money or piss off advertisers by doing any real hard-hitting or independent journalism. And we do not have to worry about boring stories about the jobless economic recovery or Middle East trouble. What we do want is that new paper can’t be constantly entertaining. And if it’s not, then there’s no reason why it can’t be, because we will have a media that focuses on the mud-slinging and point-scoring aspects of the primary elections. Besides, short clips leave more air time for what is happening in the polls. No matter how different, there must be a reason Kerry’s ahead besides his distinguished (and electable) good looks. He’s the one with the big hair. The best thing for us to do is just follow the crowd and root for whoever is leading in the polls. Nobody wants to be the one who’s wrong. And there must be a reason Kerry’s ahead besides his distinguished (and electable) good looks and has less hair. Our national obsession with opinion polls and public opinion is turning out to be a win-win situation for both viewers and networks. They don’t have to spend a lot of money or piss off advertisers by doing any real hard-hitting or independent journalism.
Celebrate Black America

Courtney Lomax Crestiad Reporter

"We want the campus to recognize the story of Black America," said Allegra Gravely, President of Sister's Inc. Sister's Inc. and the Black Awareness Student Union hosted events and learning experiences in which Cedar Crest students may actively participate for the 78th annual Black History Month.

Black History Month was created to inform Americans about the sufferings and accomplishments of Black Americans. Sister's Inc. plans to run a trip to the Blacks in Wax Museum in Baltimore, Maryland on February 21, 2004. They plan to sponsor a day of silence on February 23, 2004 in remembrance of Black Americans who suffered because of their skin color.

Felisha Mitchell, a member of Sister's Inc., said that not only does Sister's Inc. want to inform Americans about the sufferings of African Americans, but also to "show the positive impact black Americans have had on society."

Sister's Inc. has a mission "dedicated to awareness of minorities," Mitchell said. "We want people to develop an understanding of why black Americans are different from white Americans, but also to see the similarities," Gravely said. She explained that blacks are different because of the struggles they have gone through.

The Black Awareness Student Union had displays in the TCC for the first two weeks of February. The display included a quiz testing students' knowledge on issues of black history. The cases also exhibited black Americans who had an impact on society and history but may go unrecognized by the general public.

Chloe Robinson, president of the Black Awareness Student Union Student said, "I'm proud that more things are being done this year in celebration of the Month."

The Black Awareness Student Union is in its second semester of membership. There will be a dinner serving African cultural foods on February 26, 2004. After dinner, Revered Edwards will speak about African and black cultures. The club will also be sponsoring a black history knowledge quiz until February 27, 2004. Students have the opportunity to win prizes such as $10.00 added to flex or a McDonald's gift card.

Before the development of the Black Awareness Student Union "there was not much awareness of black cultures on campus," Robinson said.

"We want people to experience more cultures than just their own."

Although Robinson is pleased that more is being done to celebrate Black History Month, she said that it is "disappointing that there are so few faculty and staff members who are minorities." She said this absence leaves minority students with "no one to look up to in a cultural aspect."

Laura Scoolid Crestiad Reporter

Rosa Parks is undoubtedly one of the most powerful and influential women in history. Everyone knows her story and her role in the Civil Rights Movement of the 1950s and 60s.

Parks was 42-years old when she refused to give up her seat on a bus to a white passenger. As a black woman in 1955, Parks was indeed a minority. Even more astounding is that she was a minority living in Alabama.

Segregation laws in Montgomery, Alabama were complex in 1955. After paying their fare, blacks were required to re-board through the rear entrance of the bus and take their seats in the back. Section 10 of the Montgomery City Code of 1955 stipulated that negro nurses or patients and white children or sick or infirm white persons, may be assigned seats among white people. This was the exception, the rule.

If there were no vacancies in the front white section, blacks were expected to get up their seats. By fighting this oppressive law, Parks was arrested and thus started the Montgomery Bus Boycott. The boycott was one of the first organized large movements of blacks in the 20th century.

Chloe Robinson, president of the Black Awareness Student Union "there was not a positive impact black Americans have had on society."

Both aspects of the boycotts proved to be assertive, effective, and successful. Over a year later, the boycott ended and the face of Alabama and other states forever.

Parks is an icon to many women and men, black and white alike. Maynard Cherry said, "Most of our leaders live up to our potential like Rosa Parks did."

Her books are sold almost everywhere in the county, and everyone is taught her story. Textbooks retell the account of the woman catalyst over and over. "She should be a great inspiration to women," Cremsan said. "She helped a society recognize the suffering that black people endure." Minority student at Morgan University, said, "Rosa parks should be an inspiration to both men and women. Her courage, tenacity, and pride are qualities that men and women of all nationalities should strive to emulate."

Often referred to as "the woman who changed a nation," Parks has had an impact on many lives. "She has taught me about perseverance and determination, which I definitely need in college," Payne said. "1955 was not a kind year to blacks or women, and Parks defied the domination of a white-controlled America. "We went to sleep, we woke up," Cremsan said. "Rosa Parks had courage, insight, and action, that's what the Democratic Pri-

To view the Montgomery law regarding segregation on buses, visit http://home.att.net/~reniqua/code1.htm.


Sitting her ground

Linda Mission Crestiad Reporter

Just 50 short years ago, white children and black children were forced to attend separate schools, and a law stated that black passengers must give up their seats to white passengers on all public buses. There were separate drinking fountains and separate bathrooms. Even though African Americans were freed from slavery, they were a long way from being accepted as equals of whites in America. In the 50 years since the Civil Rights Movement, America has made a few changes.

Dr. Conoleezza Rice was born on November 14, 1955, the same year that segregation in schools was declared unconstitutional by the Supreme Court. In an interview with Newsworld magazine, Rice said that despite growing up with racial segregation, personal expectations were high. "My parents had me absolutely convinced that, well, you may not be able to have a hamburger at Woolworth's, but you can be President of the United States."

By the time she was 15, Rice had graduated high school and was accepted at the University of Denver, where she graduated with a degree in political science four years later. It was while she was at Denver that Rice first became interested in Russia. This however, was no where near the end of Rice's education, who has been said to be the most educated person in the White House.

Rice went on to receive her Masters degree a year later from Notre Dame University, and her Ph. D from Graduate School of International Studies at the University of Denver.

At the age of 26, Rice became a part of the faculty at Stanford University's Centre for International Security and Arms Control. In 1989, she served as the Soviet affairs advisor to President George Bush Senior.

Rice returned to Stanford in 1991 where she was named to be provost. She was not only the first woman provost but also the first non-white, and the youngest to ever take this title at the University. This was one of many "firsts." On January 22, 2001, at the age of 47, Rice was appointed to the position of National Security Affairs, otherwise known as the National Security Advisor, of the Bush administration. She was the first woman ever appointed to the position, adding another first to the already long list, and the youngest.

Not only does Dr. Rice have amazing leadership and teaching capabilities, she also has written several books in recent years, including Germany Unified and Europe Transformed with Philipp Zeltikom, The Geostrategy Era with Alexander Dalin, and Uncertain Allegiance: The Soviet Union and the Czechoslovak Army.

Ivy Tchomakover Crestiad Reporter

One candidate in the Democratic primary that did not become entrenched in the media hype and was consistently overlooked was the one that deserved a different kind of attention. Carol Moseley Braun was not only one of two African-American democratic candidates, but she was the only woman to enter the platform. Often overlooked, her candidacy for the democratic post was short and obscure, causing her early withdrawal from the race. Most notably Braun was ignored at the democratic debates and was asked only one question as to the nature and significance of the "black vote." Perhaps Braun's ambiguity in the race was due to the fact that she was the only female candidate running against such powerhouse names as Lieberman, Kerry, and Dean.

Braun is indeed a veteran in the political arena, as she served between 1992 and 1997 as assistant secretary of the Department of State, and as assistant secretary of Defense for International Security Affairs, otherwise known as the National Security Advisor, of the Bush administration. She was the first woman ever appointed to the position, adding another first to the already long list, and the youngest.

Abstent from the spotlight: Carol Moseley Braun

Carol Moseley Braun's campaign ended and changed the face of Alabama. In the 50 years since the Civil Rights Movement of the 1950s and 60s, blacks were black. After learning of Parks' arrest, the black community decided to suffer no more. Black citizens posted to assertive, effective, and successful. Over a year later, the boy-

After reviewing her slim chances of gaining momentum in the race, Braun dropped out of it gracefully and endorsed Howard Dean's campaign. "I am here today to thank those Iowans who were prepared to stand for me in Monday's caucuses and ask that you stand instead for Howard Dean," she said.

Braun's camp commented that she was no longer hopeful that her campaign would influence the general election and subsequent votes as she had hoped. She issued an official statement on her website thanking her followers and seeking their blessings, and Braun ended and changed the face of Alabama.

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Oasis Sun Spa
Tanning Salon
Bath & Body Shoppe

Customer Appreciation Weekend!

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www.oasissunspa.com
On February 2, President George W. Bush declared February 2004 the 41st annual American Heart Month.

“During American Heart Month, I urge all Americans to learn more about heart health and to reduce their risk factors for serious heart conditions. By making healthy choices, we can live longer and better lives,” said Bush.

Over 64 million Americans suffer from heart disease. Forms of heart disease include stroke, congestive heart failure, and high blood pressure. Many of the factors that cause these diseases are often avoidable through diet, exercise, and other healthy habits.

For example, diabetes (a major cause of heart disease in America) can be prevented or better controlled through regular exercise, healthy diet, and possibly medication. Obesity can also be prevented or overcome through moderate diet and exercise.

“Research has shown that men and women who lead healthy lifestyles, including making healthy food choices, getting regular exercise, maintaining a healthy weight, and choosing not to smoke or drink excessively, can significantly decrease their risk of heart disease,” said Bush.

In a team effort to improve the nation’s health, first lady Laura Bush is also campaigning nationwide for women’s heart health. Because the traditional signs of heart disease, such as chest pain and shortness of breath, are less likely to be seen in women, the idea of a female heart attack is often dismissed by doctors and female patients.

Women suffering from a heart attack are more likely to experience indigestion or backache, fatigue, or numbness - symptoms not often associated with a heart attack.

More women than men die of heart disease each year, possibly due to this lack of knowledge.

Just in time for American Heart Month 2004, the American Heart Association has released guidelines for the prevention of heart disease in women.

Their figures show that roughly half a million women die of heart disease and stroke each year. This is more than the next seven causes of death combined – including breast cancer and other types of cancer.

“(Heart Disease) develops over time and every woman is somewhere on the continuum,” stresses Dr. Lori Mosca, who helped in the creation of the American Heart Association’s new guidelines. This means that while all women are at risk for heart disease, as young women we have the best chance to reverse our bad habits now and reduce our risk of dying from heart disease later in life.

The new prevention guidelines encourage 30 minutes of exercise most days, quitting smoking, and nutritional supplements of omega-3 and folic acids. They also discourage the over-prescribing of hormone replacement therapy in postmenopausal women.

Healthy U contest winners

The Crestiad would like to congratulate the winners of the Fall 2003 Healthy U contest. Please take time to congratulate these students in their health achievements.

struction

Butz Hall
1st Place ($100.00): Stefanie Frace
2nd Place ($75.00): Larissa Hall
3rd Place ($50.00): Andrea Azlin
4th Place ($25.00): Karen Cook
5th Place ($10.00): Meghan Barr

Sprinbright Hall
1st Place ($100.00): Kate Brown
2nd Place ($75.00): Renee Crane
3rd Place ($50.00): Bri O’Neil
4th Place ($25.00): Stacey Solt
5th Place ($10.00): Melissa Green

Steinbright Hall: Moortis
Steinbright had the most participants, but Moor & Curtis had the highest average score of all the halls! The hall will be added to a plaque in the Fitness Center.

I had the...Time of my life

The 2004 winter formal was held at the Hotel Bethlehem on February 13. It was organized by the class of 2005. The night began with a formal dinner and ended with dancing until midnight.

Left: Laura Scioli and her date, Josh Daymean.
Above: Students on the dance floor.
Photos by Tonesha Baltimore.
When working out, it's easy to feel somewhat sluggish. Doing the same routine workout at the same gym while looking at the same people can get pretty dull very quickly. Need a fast fix? Changing a lethargic attitude can be as simple as stocking your gym bag with a new workout apparel. In this first segment of a two-part article, we'll take a look at cool new trends and fitness staples that are perfect for working out and helping you stick to your program.

Studies have shown that 80 to 90% of women are dissatisfied with their bodies and are uncomfortable displaying them for others to see. Yet it's a commonly known fact that when you feel good in an outfit, your mood is boosted. The same goes for workout clothing.

The key here, though, is that you choose exercise clothes that not only feel and look good, but also perform well for whatever activity you are doing. The best dressed and most successful exercisers dress for function, not fashion. 

New workout clothing lines offer the latest in body-cooling technology. Regular cotton absorbs water, leaving you damp and sticky, so it's best to select clothes made of synthetic fabrics such as CoolMax and other brands. These innovative materials allow sweat to evaporate quickly, keeping you dry and comfortable. They come in the form of shirts, tank tops, shorts, and other attire. They also come in a rainbow of colors!

Speaking of rainbows, when considering what colors and patterns to wear, keep in mind that black is slimming and that the darker shade is darker. If you wear the shade down the side of the leg can make your legs look longer. However, glowing, vibrant colors like hot pinks, oranges, lime greens, and yellows automatically brighten your senses because they attract attention.

Wearing such hues can up your energy level. Ors like hot pinks, oranges, lime greens, and yellows come in the form of shirts, tank tops, shorts, and other attire. They also come in a rainbow of colors!

Heart health tidbits

Cardiovascular diseases (CVD) are the number one killer of women and men. These diseases cause more than half of all deaths among females, which is about half a million females every year. CVD kills more people than the combined seven causes of death combined, including breast cancer for women, and prostate cancer for men. In every year since 1984, cardiovascular diseases have claimed the lives of more women than men, especially after the age of fifty-five.

While many people believe that CVD only affects elderly people, children are also at risk for heart disease. CVD ranks as the third highest cause of death, after conditions originating in the perinatal period and accidents, for children under age 15. In 2001 about 197,000 cardiovascular procedures were performed on children age 15 or younger.

Thousands of babies are born each year with congenital cardiovascular defects. These defects claim more lives than any other kind of congenital defects—about 2,200 lives a year of children under age 15. About one million Americans have congenital cardiovascular defects and twenty-five percent of these are children.

Recently, President George W. Bush proclaimed February 2004 as American Heart Month. During this month, the U.S. Department of Health and Human Services will be encouraging everyone to consider their risk factors for heart disease and alter their lifestyles.

More than sixty-four thousand Americans suffer from one or more forms of cardiovascular disease, including high blood pressure, coronary heart disease, congestive heart failure, stroke, and congenital heart defects.

There are many preventative measures one can take to lower their chances of suffering from CVD. The most common form of heart disease is coronary artery disease. This disease represents the gradual buildup of primarily fat and cholesterol on the inside walls of the coronary arteries. These coronary arteries supply the heart muscle itself with the oxygen and nutrients it needs. The buildup on the vessels slows (or even stops) the amount of blood that flows to the heart muscle. When the heart no longer receives enough blood to function properly, part of the heart can die causing a heart attack or even death.

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FLIBBERTIGIBBETY

Skrape lead singer, Billy Keeton, talks with The Crestiad

Nadila Mohammed
Managing Editor

While Florida was pumping out teeny-bop-pers there were bands trying to keep the soul of rock music alive. Now, we’re not talking about Creed, but a more hard-core edgier version there were bands trying to keep the soul of rock music alive. While Florida was pumping out teeny-bop-pers there were bands trying to keep the soul of rock music alive. Now, we’re not talking about Creed, but a more hard-core edgier version there were bands trying to keep the soul

The Crestiad: How’s your music scene evolving? What kind of feedback have you been getting?

Billy Keeton: So far, so good. We’re right in the middle of it, it’s been going well.

TC: What song on the album do you like to play live best?

BK: I prefer playing The Ocean best.

TC: How do you think the band has evolved since making New Killer America?

BK: We’ve evolved tremendously. Our first record was put together with a different guitar player. So it had a different sound, a different metal quality. This album is more indicative of the core of the band. We wanted to have a more universal sound and not make the same record twice.

TC: There’s a bit of a mystical sound in some of the songs, whose idea was that?

BK: It was actually a sound that was in us from the beginning. I think when we switched guitar players and got Randy we got a newer sound, it’s more organic, ‘mystical’ as you put it.

TC: The lyrics are pretty dark and somber, are they reflective of personal experience?

BK: Absolutely. Everybody has things that they like to talk about in this business. We just took everything that we were going through and had gone through up to that moment and made a record.

TC: What is the key to playing in Japan and Korea? How do the crowds compare to here in America?

BK: You’d be surprised how many people speak English over there. Something about their culture they’re tightly knitted, stick 30-40,000 of their friends together at a concert and they’re all jampacked in unison - there are no mosh pits, they all jump together, a lot different than here.

I like it all. Playing here... like these are my roots.

I think theirs is a big rock scene. I don’t think they’ve noticed us before. We make some choices that put a roadblock in front of that. You just want to switch gears and make some different plans. That particular tour was a great tour but it could have been better. Right now, we are working the video for our new single Up The Dose. We’ll probably be right back in tour at the end of February or early March.

TC: What did you want to do growing up? Did you have any other jobs before settling on music?

BK: My mother could probably attest to this - I started out wanting to be exactly where I am right now. Around 14 I started performing in my church. I knew I wanted to do this as a very young age. I was happy with my parents really nurtured my desire.

TC: Do you listen to mainstream rock, or are you more interested in bands that are original and not make the same record twice.

TC: How do you see music change in the next decade?

BK: I would definitely like to see a change in the bands that are out there. The market is so saturated. Fifteen years ago record labels weren’t signing as much, you had to be special to get signed. I’d like to see labels take more interest in bands that are original and genre defining.

TC: That seems to be a trend, Favorite Golden Girl?

BK: My favorite Golden Girl would probably be the one that was in the middle, age-wise. She was the cute one...

TC: Blanche?

BK: Yeah, there you go.

TC: When are you guys going to hit the road again? Think you’ll stop by N.Y.?

BK: An all female school, absolutely, all you gotta do is give us an invite.

TC: OK. We’re giving you a few seconds to convince our readers to buy your album.

In 15 words or less do your best promo.

BK: We will start out with a great effort with New Killer America. We went back to the woods, came up with this masterpieces of audio that stands out from any other. Put on it and crank it up, you will hear that it sounds nothing like any other record out there.

The result is a bit calmer than her 1993 CD, Puddle Dive. That recording had tunes like 4th of July and Ego Like Harold that offered a thrower, harsher sound that exuded much more anger than this latest effort. 1998’s Little Plastic Castle seemed to be a middle ground, showing DiFranco’s audience something a bit more gentle, but still with an edge.

Educated Guess starts out with a 21-second poem read by DiFranco entitled ‘Platform’ that exhibits her exquisite ability to rhyme and set a stage in only a few words. She flips back and forth from song to spoken word so effortlessly with the minimalism of one guitar and her voice that the two fuse together from one into the other with the listener never missing a beat.

DiFranco’s way with lyrics seem to come so simply, yet shine through with such vivid imagery that you have to stop and read the liner notes to be sure you heard it right. In the song Oregami she announces that she’s an ‘all powerful amazon warrior’ in the first verse then says, ‘I’ll be your never ending vending machine,’ in another.

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Singing of love’s turmoil and her obvious

The Crestiad: If you could vacate to one place in the world, where would you go?

Mariah: Hawaii. I’ve always wanted to go there.

TC: Do you have children?

MQ: Yes, two. That’s enough.

TC: What do you like most about Cedar Crest?

MQ: The girls. I’ve always said it.

TC: What’s your biggest fear?

MQ: Not knowing how I’m going to die.

TC: If you could have one super human power, what would it be?

MQ: X-ray vision.

Ani DiFranco takes an Educated Guess

Rose Strong
Crestiad Reporter

This new release by DiFranco shows her to be a bit more mellow than her prior achievements, but no less feisty. She takes this whole ball of wax into her hands and mashes it into a recording worth a listen. DiFranco not only wrote and sings all the tunes but, for the first time in her career, produced and engineered the recording by herself in her home studio.

The result is a bit calmer than her 1993 CD, Puddle Dive. That recording had tunes like 4th of July and Ego Like Harold that offered a thrower, harsher sound that exuded much more anger than this latest effort. 1998’s Little Plastic Castle seemed to be a middle ground, showing DiFranco’s audience something a bit more gentle, but still with an edge. Educated Guess starts out with a 21-second poem read by DiFranco entitled ‘Platform’ that exhibits her exquisite ability to rhyme and set a stage in only a few words. She flips back and forth from song to spoken word so effortlessly with the minimalism of one guitar and her voice that the two fuse together from one into the other with the listener never missing a beat.

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The Crestiad: If you could vacate to one place in the world, where would you go?

Mariah: Hawaii. I’ve always wanted to go there.

TC: Do you have any hidden talents?

MQ: I’m an awesome cook.

TC: What’s your most precious CD in your collection?

MQ: Kenny G. I love jazz.

TC: What makes you most happy?

MQ: My job. I get up every morning looking forward to coming to this place.

TC: And lastly, who’s your favorite TV character?

MQ: John Ritter. It was so sad when he passed. I really liked him.

Bet you didn’t know...

Meet Marian Quiniones from Parkbust!

Laura Scodl
Web Editor

The Crestiad: If you could vacate to one place in the world, where would you go?

Marian: Quiniones greets students and faculty every day with a smile at lunch

Photo by Jessica Brabant

TC: What’s your favorite TV show?

MQ: The morning... just to see my kids and my husband are up and safe.

TC: What’s your favorite time of the day?

MQ: The morning... just to see my kids and my husband are up and safe.

TC: What’s your most precious CD in your collection?

MQ: Kenny G. I love jazz.

TC: What makes you most happy?

MQ: My job. I get up every morning looking forward to coming to this place.

TC: And lastly, who’s your favorite TV character?

MQ: John Ritter. It was so sad when he passed. I really liked him.

Jillian Dawson
Crestiad Reporter

Alex Trebek, host of the game show Jeopardy, was not seriously hurt after an automobile accident earlier this month. The 63-year-old had fallen asleep in his pickup truck and sailed off the road.

After a man at the Hard Rock Hotel’s jewelry store in Las Vegas tried to escape with a $40,000 diamond ring on his hand, Backstreet Boy AJ, McLean came to the rescue. Apparently the raspy voice singer took the thief down in the parking lot.

B2K have a new front man. Brandy’s little brother, Ray J, will be filling in the spot of Omari, who left earlier this year to pursue a solo career.

Due to Justin Timberlake’s scandalous performance at the Super Bowl halftime show earlier this month, Nuytsia, J.C. Penney was bumped from performing at the NFL Pro Bowl game.

Since Janet Jackson was knocked from the Grammy Awards, which are presented by the National Academy of Recording Arts and Sciences, her boyfriend, Jermaine Dupri, showed his support for her by reissuing his position of president of the Recording Academy, Atlanta chapter.

Also, Barbara Walters has called it quits after 25 years of being on ABC’s 20/20. She will be leaving the famous show in September but will continue her daytime talk show, The View.

Talk has it that super R&B couple Rozonda “Chilli” Thomas and Usher Raymond haven’t ‘got it bad’ for one another anymore. Supposedly their long time romance has come to an end.

Ben Stiller and Robert De Niro will be back on the big screen together. The duo will be teaming up to film the sequel to Meet the Parents. Dustin Hoffman will also be joining the cast as Stiller’s father, and rumor has it that Barbara Streisand may be playing the part of his mother. Original cast members Blythe Danner and Teri Polo will also be returning. Meet the Facekers will be coming to a theater near you in late December.

Rumor has it that Beyoncé may be planning a wedding soon. It’s been said that she and her boyfriend, Jay-Z, may be ready to tie the knot in the near future.

Adam Sandler’s English bulldog, 4-year-old Meatball, has died of a heart attack. Meatball was the ring bearer at the comedian’s wedding, and was also featured in a short film that can be seen in the recent Crazy Nights DVD and MTV’s Diary of Adam Sandler.

Chitter Chat

Jill diles the latest gossip on your favorite celebs!

MQ: I’m an awesome cook.

TC: What’s your most precious CD in your collection?

MQ: Kenny G. I love jazz.

TC: What makes you most happy?

MQ: My job. I get up every morning looking forward to coming to this place.

TC: And lastly, who’s your favorite TV character?

MQ: John Ritter. It was so sad when he passed. I really liked him.
“And now ladies and gentlemen, our feature presentation...”

Monster:
A sure contender for the Oscars

By Iva Tchomakovova
Crestiad Reporter

Monster is one of those movies that stands out in my mind as being very vivid and violent, yet the shock value is not in the images to which you are subjected, as is the realization that it is based on a true story. The movie is multi-faceted and could even be viewed as a love story.

Based on a true story, Hollywood bombshell Charlize Theron brilliantly portrays Aileen Wuornos, a prostitute who was on a murder rampage in the early 90’s, eventually killing seven men in the span of a year.

Aileen was a troubled child and teenager, experiencing much abuse and angst, which lead her down the path of prostitution at an early age.

After being brutally raped by one of her clients, she seeks to find revenge on any other that might cause harm unto her. Theron’s performance is highly realistic and captivating, definitely worthy of the Golden Globe she received, and of her Oscar nomination.

Selby (Christina Ricci) is bound to evoke pity and rage from the audience, as she finally finds Mr. Right. Although Notaro has encapsulated the trials and tribulations of finding every possible loser a woman could in her attempt to “couple-up.”

There’s the guy who she catches moving out on her without leaving even a goodbye note and stealing her stereo to boot. He later comes back to haunt her with the possibility of having given her a venereal disease!

She reminisces about the boyfriend she visited and realized there was more than just a drinking problem going on with him when she noticed a Special Olympics trophy on his shelf and he tells her it’s his.

She finally finds Mr. Right. Although she thinks the only way to keep him in that role is to keep him drunk, Notaro realizes that’s not the way to a man’s heart. So, she cooks him cutlets. Her Italian ancestry gives her the innate ability to batter, bread and fry anyone but yourself.

Notaro’s performance is deranged and neurotic best friend. She’s the one who calls you in the middle of the night to figure out where the thong came from in the dryer, swearing her husband is having an affair only to find another, more mundane outcome. I’ll let you read that one to find out the ending.

A refreshing book to take your mind off the weather or a good read before hitting the pillow, Autobiography of a Fat Bride is like taking a walk with your best friend and hearing all those thoughts she wouldn’t say to anyone but yourself.

Attention Cedar Crest Seniors! Juniors! Prospective Interns!

Meet with employers seeking NEW COLLEGE GRADUATES!

Wednesday, February 25, 2004
10:00 a.m. – 5:00 p.m.
Holiday Inn, Fogelsville, PA
(Junction Routes 100 & I-78)

This is a FREE EVENT, one copy of your resume required at the door.

Sponsored by Albright College, Allentown Business School, Alvernia College, Cedar Crest College, DeSales University, East Stroudsburg University, Kutztown University, Lafayette College, Lehigh Carbon Community College, Lehigh University, Moravian College, Muhlenberg College, Northampton Community College, PSU-Berks-Lehigh, Reading Area Community College, Lehigh Valley Association of Independent Colleges (LVAIC) and secretcareers.com.

PROFESSIONAL ATTIRE IS REQUIRED - BRING PLENTY OF RESUMES

Log on to www.lvce.org for a list of participating employers
Contact the Career Planning Office for further details.

Transportation will be provided for students who sign up in the Career Planning Office.
Proof to open this weekend

Jennifer Wyotsch
Crestiad Reporter

Cedar Crest College will be presenting the play Proof beginning this weekend. Proof, written by David Auburn, is one of the most acclaimed new American plays and in 2001 was awarded a Tony for best play and Pulitzer Prize for drama. Proof is the story of Catherine, an young woman who has spent years caring for her ill father. Catherine is in a dispute with her sister Claire over the responsibility of her father's care. More complications in the relationship rise when a mathematical proof is found in their father's notebook. Catherine claims it was she, not her father, who discovered this proof. She is now worried about whether she has inherited her father's instability, rather than his genius.

Brenna O'Keefe, a senior English major/gender studies minor, stars as Catherine and Angela Romano, a sophomore fine arts and psychology major stars as Claire.

Both O'Keefe and Romano have started in and worked behind the scenes on several plays here at Cedar Crest. Their combined efforts include The Children's Hour, As You Like It, Beautiful Bodies, Stepping Out, Holiday Punch II, Dear Edwina, and Just So. When asked if she could compare Proof to any of these, O'Keefe stated, "No. Proof is a drama, but it definitely has its funny moments. David Auburn [the playwright] uses language in such a clever and poignant way. It makes the show like real life—a drama and a comedy."

Romano also noted the different aspects of the play. "I thought it [the script] seemed very interesting. It has a mix of different things in it. Things such as comedy, seriousness, lessons learned, and interesting relationships. It is very entertaining."

Both stars of the play agree that working with director Tim Brown was a positive experience in itself. "Tim is a fabulous director with an uncommon insight into the hearts and minds of characters. He also has a great sense of humor and is a pleasure to be involved in making a show with him," said O'Keefe.

"I worked with Tim Brown when he directed Dear Edwina. I was Assistant Stage Manager. When I worked with him on that, I was really looking forward that I would get the opportunity to act in one of his shows, so I was very pleasantly surprised when he chose me for Proof. Tim is an amazing director," Romano added.

Proof runs February 19, 20, 21, 27 & 28 at 8:00 p.m. and February 22 at 2:00 p.m. in the Samuels Theatre in the Tompkins College Center. Tickets are $10, $8 and $5 in advance and $12, $10 and $6 at the door. For more information, please contact the Cedar Crest College Box Office at 610-606-4608.