Unusual weather patterns make way across US

Lori Gallagher
Staff Writer

As winter approached temperatures began dropping and people put away their lawnmowers and got out their shovels to prepare for the snowstorms ahead. However, this year residents living in Boston, Massachusetts got more snow than they had anticipated. On Thursday, January 27, five inches of snow left the already white city with a total of 45.1 inches. Boston had received more snow in January than in any other month since the National Weather Service began keeping records in 1892. Boston Mayor Tom Menino said that the $7 million that had been allotted to the city for snow removal has already been depleted. In an attempt to help the blizzard stricken city, Massachusetts Governor Mitt Romney requested that the President declare a federal emergency in eastern Massachusetts. This would give the city desperately needed aid. Despite the more than three feet of snow that covered the streets and sidewalks, district superintendents attempted to open the schools after only two days. However, complaints from concerned parents caused the schools to close for the remainder of the week. Worcester, Massachusetts also experienced a lot of snow. January was the snowiest month since February 1993. By January 27, 51 inches of snow had accumulated.

New England was not the only region that experienced unusual winter weather. In two weeks, twelve feet of snow had covered Sierra Nevada. This was the most snow the region had seen in almost a century. At the same time, 19 feet of snow fell on the Sierra Nevada Mountains. MSNBC described the snow as “white gold” for the farmers that have been living in a drought for more than five years. California also saw phenomenal weather patterns in January. Los Angeles had 17 inches of rain in 15 days, which was two inches more than the city’s annual rainfall average. The rain that started on December 27, 2004 caused mudslides that destroyed homes and families. Southern and Southwest California also saw the heaviest rains on record.

Considerable amounts of precipitation also fell on Indianapolis, Indiana. Since January 1, the city had nine inches of rain, which is seven inches more than it usually has at the end of January. The unexpected precipitation that fell in New England, Nevada, and California also made its way to Brownsville, Texas. The 1.5 inches of snow that covered the city on Christmas day was the first measurable snow since 1895. In fact, snow in southern Texas is so rare that on eBay, a Brownsville snowball sold for $92.

During January, temperatures in certain areas were also very unusual. Minnesota, for example, saw temperatures reaching as low as 54 degrees, only six degrees above the record low. The description of the suspect is of a Hispanic male, 5’3”, light complexion, approximately 25 to thirty years old, with a large goatee and baggy black pants. He was wearing a dark cap with two white tassels, a dark cap with two white tassels, and baggy white sneakers, and was approaching an unlocked vehicle that did not belong to him.

The Muhlenberg Weekly

Security asked students to move their cars to Parking Lot C. Sophomore Brittany Smith clears off her car.
OPINIONS

The Campus Corner

What is Your New Year’s Resolution?

Laura Sciolli
Senior Communication and Management

“...to graduate.”

Marie Mazz- Sophomore Political Science and Art

“...to lose fifteen pounds!”

Carmen Quaglieri
Senior Management

“...start a healthier diet and shed five pounds.”

Gina Lewis-
Sophomore Psychology

“...to drink more water.”

Compiled by Nicole Rubertelli

Cottage comfort among chaos

Alison Vande Bunte
Staff Writer

Coming back to school after winter break was tough. Many people I’ve talked to were by no means ready for their vacation to end. Many people, I’m sure, would rather be snowed-in someplace else, or would rather be somewhere distant and exotic where the temperature is eighty degrees and snow is unheard of.

I’ve never heard anyone answer, “right here,” to the question, “if you could be anywhere in the world right now, where would you be?” Everyone can always think of somewhere they’d rather be or something they’d rather be doing.

Personally, I love to travel and see new places, but my answer to that question never changes.

My immediate and extended family own property on a small inland lake in Michigan, my home state, and if I were given the chance to spend every waking moment there, it would be a hard thing to say no to. I’ve spent summer after summer there, and every Fourth of July, I always know where I’ll be.

One of the two cottages my grandfather owns has been the family’s summer home since my dad was a kid. Naturally, the family expanded, and by the time I was a kid, sleeping capacity for the two cottages was its limit, even with beds in the hallways. People would have to pitch tents in the yard in order to stay the night.

But a few years ago, a neighboring cottage went up for sale, and my parents decided to buy it. We go there year round on weekends, but there’s nothing I love more than to be there during the summer when I can go without shoes, sit in the sun, swim, walk through the woods, sail, and eat grapes straight off of the vine growing next to our dock.

Of course, there are ups and downs to owning a cottage. Having ants drop from the ceiling onto the couch you’re sitting on is certainly disconcerting. So is having squirrels and chipmunks crawling through the walls and attic. The time that I was sitting on my bed, in the room I share with my sister, and something started lifting up the cardboard cover of the trap door leading to the attic, was not a calm moment. We weren’t exactly utilizing that space, so I suppose they felt they had a right to it, but I drew the line at sharing my bedroom with a squirrel.

Still, I always look forward to packing the car and heading up to the lake – only the thrill of going back home after being at college for three months can compare – and it’s always interesting to see “how things have held up,” as my dad would say.

Once when we went up, we were informed by the neighbors that a possum, a stray cat, and a skunk were all residing under our deck, which we found out also meant our deck. We weren’t exactly utilizing that space, so I suppose they felt they had a right to it, but I drew the line at sharing my bedroom with a squirrel.

The wildlife there is really amazing. There are moles in the yard, snapping turtles in the lake, and beautiful swans, one of which likes to attack jet skiers.

It always rains when we’re there too, a fairly light, refreshing rain that comes and goes, as Michigan weather fluctuates every fifteen minutes or so. And when it rains it normally thunders too, which sounds magnificent over the lake. When there’s a thunder storm, the power inevitably goes out. Normally, I

continued on page 3
SpongeBob: getting your squarepants in a bunch?

Alexandra Doward  Staff Writer

As Americans, we are very lucky to have right-wing groups such as Focus on the Family and the American Family Association to protect us and our children from all that is bad in this world. It seems that there is a danger that kids are being exposed to everything in this country, and it lurks in a pineapple under the deep, dark sea.

Believe it or not, SpongeBob SquarePants is under attack from a number of right-wing Christian groups that claim his character promotes homosexuality.

These groups claim that a new video that features SpongeBob, Bubble, the Busker, Bob the Builder, and other popular cartoon characters is encouraging acceptance of different sexual identities.

"The video was made by a non-profit group called the We Are Family Foundation and they say that its purpose is to teach children about tolerance and diversity."

Well, I have some time to get my thoughts straight and I think that it's important not to dismiss right-wing claims like this, no matter how ridiculous. After all, who would have thought six years ago that Roe v. Wade being overturned and a constitutional amendment banning same-sex marriage would be issues in 2005?

As for SpongeBob, his creator, Stephen Hillenburg describes him as "peculiar" and an "oddball." We all need to laugh sometimes, and that is what he's there for. The best way to fight prejudice is to keep living each other's story, for exactly who we are, goofy sponges included.

Check out Maureen Dowd's column on January 23.

For more information, visit www.msnbc.com/news/121405.htm

In other news: Outlines

Caricature: Are they gay or just drawn that way?

"Since this country has made a shift to the right in recent years, it can sometimes be a scary place for us more liberal, open-minded people. But there are things we can do and ways we can react to make it easier to keep our sanity."

For even more events, visit www.pridev.org.

The Crestiad - February 3, 2005 - Page 3

OPINIONS

SpongeBob: getting your squarepants in a bunch?

Who’s “out” in a pineapple under the sea?

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Elderly
Chemists
Catherine
Sawhill
Paris
Ivan
Sam
And
Wanda
Howard

Mr. Chemist’s Neighborhood
by David Raker

Greetings all,

Thanks for re-joining me in this journey through life.

I’d like to address what seems to be a problem here on campus.

Perhaps you have heard of a situation at Midnight Breakfast last semester. I understand one girl had to be treated for possible alcohol poisoning, and another was arrested for being drunk.

“But Beth,” you may be saying, “it’s only natural to get a bit lit for Midnight Breakfast.”

Maybe it is. I’ll admit to having a few drinks at joyful occasions. I was in Florida over winter break and celebrated being in Key Largo with some rum drinks. I ate, drank, danced, and tried to pet a great white heron. I think that final act shows my level of intoxication.

However, I had three drinks over a two-hour period and then stopped. This is what I see as the biggest difference between responsible drinking and what is occurring on college campuses everywhere.

The first time I heard about doing 21 shots on one’s twenty-first birthday, I couldn’t believe it. Celebrate legal drinking with alcohol poisoning? It is such an insane tradition.

For my twenty-first, I simply wanted to be carded. I understand coming of age in 1982 was a bit different. Alcohol wasn’t really big for parties then. Boone’s Farm sweet wine was about the only drink of choice; for the taste, not for the effect.

In fact, we saw the boozers and barflies as losers. We got lit using “natural” means, not by “polluting the temple.” I’m not sure when drinking became so popular. I suppose it’s not important. What is important is the seemingly lack of control against further poisoning.

Let’s get real – projectile vomiting is not the key to sobering up. Passing out is not the sign that your body is in trouble. It may well be a sign that you are close to dying. Passing out is the body’s attempt to defend itself from over amounts of alcohol taken in.

I hope that we will soon understand the inherent danger in overindulgence as well. I will say that I disagree with the drink-age being 21. It’s my belief that if you are old enough to fight and kill in a war, you are old enough to drink. This will only change when people vote for it to change.

Upon reflection, I realize that my silence was in fact a breaking of my oath of honor. It would be extremely hard for me to confront friends, much less tattle on them. I’m not sure I could.

But what I can do is remind you all of your own oath of honor. Do not supply alcohol to those underage. You have a duty to protect and support these young adults.

Do not encourage excessive drinking among those who can drink legally. Peer pressure is a strong influence. It is a dis-service to compel others to conform to excess.

When I was young, drunken driving was treated as a joke. People would brag about how drunk they were. They didn’t know how they got home. It was all too common for people to drive while intoxicated. Now it is a crime, for we all understand the dangers.

I hope that we will soon understand the inherent danger in overindulgence as well. I will say that I disagree with the drinking age being 21. It’s my belief that if you are old enough to fight and kill in a war, you are old enough to drink. This will only change when people vote for it to change.

Until that time – drink legally and responsibly.

Your honor is at stake.

Beth Coulter

February 23, 2005
6:30 – 7:30 CEO Panel (Learn the truth of trade from top CEOs)
7:30 – 8:30 Networking Reception (Food Provided)
Procter & Gamble, Harvard Union Building – Mountain College

All Major from all colleges/universities Can and SHOULD Attend

This event is designed to connect undergraduate and graduate students to opportunities and careers in the banking and financial services industry.

Special Raffle for Students: Students that attend the entire event will be entered into a raffle drawing with two grand prize winners receiving a Day with a Bank CEO. Other prizes include a MP3 Player and a $25 Book Store Gift Certificate.

For more information or to register, visit: http://www.moravian.edu/banking

Before February 21

Beth Coulter
Crestiad Columnist

Just blowin’
my mind

Beth Coulter

The Crestiad - February 3, 2005 - Page 4
When paradise is your classroom...

Everyone dreams about going away on vacation to a magnificent tropical paradise; baking your body in the warm sun, swimming in the lustrous blue water, or just simply relaxing. Luckily enough I had the opportunity over winter break to experience this tropical paradise.

Last semester while I was sitting in biology lecture, Dr. Hale announced that there was a class that was going to be held in the Turks and Caicos Islands. Taking full advantage of this opportunity, I emailed Dr. Cigliano immediately. Considering I am a freshman, I didn’t think I would be able to go, but because of my interest in marine biology, Dr. Cigliano agreed to bring me along.

The course mainly consisted of classes in the mornings and then field work after lunch. Our classes covered fish, oceanography, different marine species, conch, reefs, coral, animal habitats, sea grass, algae, marine diversity crisis, and marine protected areas. After the class work came the fun part: snorkeling.

Every day the weather was gorgeous; eighty degrees, partially cloudy with a warm breeze. The gorgeous; eighty degrees, partially cloudy with a warm breeze. The weather was a bit chilly when you stepped in, but after a minute or so it became comfortable. Every experience this tropical paradise. Baking your body away on vacation to a magnificent tropical paradise; baking your body in the warm sun, swimming in the lustrous blue water, or just simply relaxing. Luckily enough I had the opportunity over winter break to experience this tropical paradise.

The group from Cedar Crest who studied this past winter break in South Caicos.

The highlight of the trip for me, and many others, was night snorkeling. It was so scary, and I don’t get scared of many things! Just swimming in that dark quiet water with only a glow stick on our snorkel and a flashlight in our hand was bad enough! After about five minutes I got used it, but in my mind I kept thinking, “oh my gosh, what if a huge shark comes up behind me and eats me, what do I do!” On the night snorkel, I saw many spiny lobsters, eels, many squirrel fish (my favorite fish!), a nurse shark, a squid who changed colors in front of me, barracudas, bloodworms, many large turtles and giant crabs.

This trip was such an experience for me and all the students that went. If anyone has the opportunity to ever go on a trip to do field work, go! I learned so much about marine life and it opened many doors for my career in the future. I hope that everyone had as much fun as I did, not just because we all got great tans, but because we did hands on activities and learned about the things that we love.

The Crestiad would like to congratulate all the 2005 winter graduates

Clara Bower, former staff writer and photographer, graduated with a B.A. in Communication.

Sierra Blue, former staff writer, graduated with a B.A. in Spanish.

From the January 19
SGA Minutes:

News from Faculty meeting:

There will no longer be weekend WR12 classes, as they don’t provide adequate time for drafting and revision.

Student can now have a self-designed minor

Must be declared before 90 credits are completed

Talk to your advisor for more information

So far 1201 applications have been received for admission in the fall! Of those, 267 have already put down a deposit.

1 in 5 of the 1201 students are interested in the Forensics program, and the other 80% are spread fairly equally among all other programs.

The Admin 8 computer room is now a classroom. It is also now equipped with an interactive white board!

Curtis 110 and Admin 202 now have projection systems and new, bigger podiums.

A new CCC view book is out for prospective students.

As of January, the Forensics program is officially accredited!

From the February 1
LLSU minutes:

The following events are in the works:

Hawaiian Pool Party
Proposed date of February 19, 2005
Watch for additional information

LLSU 2nd Annual Family Health and Safety Carnival
April 30, 2005
1 - 5 pm

Photo courtesy of Gillian Maffeo
Web list of schools aims to stop ‘diploma mills’

Kathryn Fiegen
Scripps Howard Foundation Wire

WASHINGTON – Obtaining a college degree takes many hours of study in the library and plenty of money, or as more and more people are finding out – $17.95, plus shipping, off the Internet.

At a press conference Tuesday, several members of Congress and federal agency experts announced the creation of a Department of Education Web site containing a list of schools that are diploma mills, or trade schools. The site was created to help employers decide if employees’ degrees are valid. Rep. Mike Genscher, D-Calif., said, “What we are doing today is a first step.”

“Mills” estimated “diploma mills” grossed approximately $200 million last year. A Government Accountability Office study in 2002 showed nearly 500 such workers, including 28 top officials in eight agencies, held fake degrees.

The study has called serious attention to the issue, the officials said Tuesday. Rep. Howard McKeon, R-Calif., said the time had come to do something about diploma mills, and hopefully the Web site will act as an easy reference for employers.

“It’s terrifying. I don’t even have a PhD,” he said. “This is a problem on a federal level. This is a giant step forward.”

Bob Lucas, 53, co-owner of the Web site BoxFreeConcepts.com, manufactures novelty diplomas. Lucas said his company tried hard to let consumers know they aren’t getting the real thing.

“People ask, can I use this on my resume or get it past the HR department?” he said. “And we let them know they can’t do that. If you spend a little time, you can see that our stuff is novelty.”

To stay out of trouble, the company doesn’t use state or college seals, but Lucas said he couldn’t prevent people from trying to use a phony degree to get ahead.

“I think there is the occasional person who does that,” he said. “And that is very disconcerting.”

The list on the new Web site, although large, is not complete, panelists said. Sally Stroup, assistant secretary of post secondary education, said institutions that don’t want government financial aid aren’t on the list, but many are legitimate.

“This is a first source,” she said. “Hopefully if a college isn’t on this list, it will lead the employer to do some more research. We hope it’s a valuable tool.”

Castle said legislation on this issue in unlikely because of the complexity of determining what constitutes a real school.

“It’s not that simple,” he said. “Maybe they aren’t accredited, but they are still real and serve a valuable purpose. It is up to the postal services and the FBI to step forward and make their cases.”

As for Lucas, he thinks the diploma mills don’t tell customers the truth, but not always, a night on which alcohol violations occur, he said. “I worked hard to get my degree that’s from a real school. I am a real education.”

The school list is available at http://www.sped.gov/accreditation

Midnight violations:
Ungender drinking

Courtney Loxom
Co-copy Editor

Midnight Breakfast is a time for the college community to let loose and celebrate the end of the semester. The celebration includes dancing, eating, contests and for some students- under-aged drinking prior to the event.

There have been alcohol violations associated with Midnight Breakfast, Dean of Students Joan Laffey said. “The actual number of violations has been quite small in comparison with the number of students who participate in Midnight Breakfast,” she said.

Around 250 students fake degree to obtain pay raises or promotion. The government reimbursed employees for nearly $170,000 of non-existent course work.

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Tsunami devastates Indonesia; spurs global support

Alexandra Dorward
Staff Writer

On the morning of December 26, 2004 at about 7:58 a.m., a 9.0-magnitude earthquake occurred off the west coast of Sumatra Island, Indonesia. The quake caused a tsunami that resulted in significant damage and loss of life.

According to Indonesia’s health minister, as of January 25, the dead or missing has reached 228,164. The ministry said that 95,992 deaths have been confirmed, while 132,172 people are unaccounted for and many of them are presumed dead.

According to U.S. Geological Survey (USGS), the earthquake was the largest in the world since the Prince William Sound, Alaska earthquake of 1964, and the tsunami caused more devastation than any other in history.

USGS reported that as well as the casualties in Indonesia, 29,854 were killed in Sri Lanka, 10,749 in India, 5,313 in Thailand, 150 in Somalia, 82 in Maldives, 68 in Malaysia, 59 in Myanmar, ten in Tanzania, three in Seychelles, two in Bangladesh, and one in Kenya.

According to Pacific Tsunami Warning Center, tsunamis are caused by displacement of water. They can be caused by landslides, and volcanic eruptions, as well as earthquakes.

The December 26 tsunami was caused by the India and Burma tectonic plates underneat the earth’s surface overlapping each other due to the magnitude of the earthquake.

The tsunamis have triggered a huge response from the rest of the world and aid is pouring in to meet the immediate needs of the affected areas as well as their needs of the near future.

The European Commission and the 25 EU member states will be donating 1.5 billion euros (82 billion U.S.) as well as an additional $130 million for immediate needs and $455 million to help with reconstruction and rebuilding the economy.

European Commission President Barroso said in a January 6 press release, “While final reconstruction costs will only be known when the needs assessments currently underway are finalized in March, it is clear that the bill will be huge and the task will span several years.”

The U.S. has pledged $353 million dollars so far to tsunami relief, and there has been a strong nationwide response to organizations accepting private donations.

As of January 24, the American Red Cross of the Greater Lehigh Valley has collected $117,107 donated by local residents. To make a donation to Red Cross tsunami relief efforts, visit their website at www.redcross.org or call their main office at 610-865-4400.

Also, for a list of local non-profit organizations that are accepting donations for tsunami relief, visit www.maruni.com/all-angstlist.html.

Wednesday, March 2, 2005
10:00 a.m. - 5:00 p.m.
The Holiday Inn, Fogelsville, PA
(Junction Route 100 & 22/L-78)
Sponsored by Lehigh Valley Association of Independent Colleges (LVIAIC).
Albright College, Alvernia College, Cedar Crest College, DeSales University, Kutztown University of Pennsylvania, Lehigh Carbon Community College, Lehigh University, Lehigh Valley College, Moravian College, Muhlenberg College, Northampton Community College, PSU-Berks-Lehigh & Reading Area Community College

This is a FREE EVENT.
One copy of your resume required.
Professional interview attire is required.
Bring 30-50 copies of your resume.
Come prepared to be interviewed.

Log on to www.lvcece.org for more info
Contact the Career Planning Office for resume/interview advice

Contact the Career Planning Office for resume/interview advice

Seniors! Juniors! Prospective Interns!
Tired of seeing job announcements requiring years of experience? Interview with employers seeking NEW COLLEGE GRADUATES! Reach 100 Lehigh Valley and Pennsylvania employers under one roof!
On Friday, August 13, 2004, Hurricane Charley hit Port Charlotte, SW Florida as a Level 4 hurricane, with winds at 145 miles per hour. Punta Gorda, just south of Port Charlotte had winds of 180 mph, flattening the community. The main thoroughfare is the Tamiami (Tampa to Miami) Trail, where most of these pictures were taken on January 5, 2005. I started my ten day winter break vacation in Southwest Florida. I was aware that the town had been hit by a hurricane. I never dreamed so much devastation would remain five months later. Sixteen people were reported dead and dozens were seriously wounded. The damage was estimated to be in the billions of dollars. Much of the destruction remains. Blue plastic tarp covers the majority of roofs, and the landscape is still littered with debris.

A local McDonalds honors tsunami victims with the flag at half mast while the damage from Charley has yet to be repaired.

Many businesses were so damaged, the owners simply abandoned them. Some properties are for sale, as this roofless motel shows.

Just one of the many destroyed buildings in Punta Gorda, the town south of Port Charlotte.

On Sanibel Island, about 40 miles south, the Lighthouse trail that once had a full canopy of Mangrove and Palm trees is broken and barren.

Photo Essay by
Beth Coulter
The morning of January 7 dawned bright and warm in Key Largo. We arrived at Dolphin Cove a little before 9:00 a.m. for the first part of our dolphin day, the structured swim. We met Michelle, our trainer for the morning, who took us out on a small boat for our orientation. As Captain John slowly drove us out and circled Florida Bay (following a manatee for a while), Michelle educated us on Atlantic Bottlenose Dolphins in general, and eight dolphins residing in particular.

Only my boyfriend, Henry, and I were scheduled, so we had a very personalized session. Coming up on the lagoon, I got my first sight of dorsal fins, making it difficult to listen to the orientation.

Dolphins have a matriarchal society, where females rule. Genie is the alpha (leader) of the Dolphin Cove pod (or family). Her son is Alphonse. The other dolphins are Nicky and her son, Leo, Spanky and five-month-old Elvis, and the two teenage half-brothers, Duke and Kimbit, our swimming partners. Kimbit was named by a Make-A-Wish child.

Dolphins are conscious breathers, having to think about each breath, so they sleep with only half their brain at a time. This divided brain works each side independently, even in sight and hearing. They can process two separate images and or sounds at the same time.

The “nose” is actually the rostrum. Breathing is done via the blowhole, which also produces all sound. The dolphins can swim up to 45 miles per hour and jump up to twenty feet.

Unlike “dolphin amusement parks,” swims are limited to six people for the structured swim and eight for the natural swim.

Henry paired up with Kimbit and I was matched with Duke. We started with giving Henry a good rub and petting. Dolphins are warm and soft to the touch, silky smooth.

I was instructed to hold my arms out in a “T.” Duke rose in front of me and held his side fins for what was supposed to be a handshake, but turned into a dance as he spun me in a circle.

Floating on my back, Duke and Kimbit pushed the bottoms of my feet, making me fly backwards through the water. Later, the dolphin fin pull made me fly again. Henry and I were able to get them to jump over a rod and through a hoop, but my favorite part was the kiss. Holding my hand to the side of my face was the kiss cue for Duke. It was a long kiss as he tried to put his rostrum in my mouth. At the end of the swim, two hands signaled Duke and Kimbit to give me a double kiss.

Before the afternoon swim, I had a chance to talk to Tara Jordan, originally from Indiana. Jordan earned her B.A. in Biology and found her calling during an internship at Chicago’s Shedd Aquarium with the Marine Mammal department.

Two and a half years ago, she found Dolphin Cove, which worked with animal strandings and dolphin-assisted therapy, the two areas in which she had the most interest.

Dolphin-assisted therapy is a motivational tool for physically and mentally disabled humans. In a forty-minute therapy session, the dolphins are both motivation and reward for completed tasks.

Since Dolphin Cove was founded in 1998, March to December is therapy season, only open to the public on weekends. The dolphins find satisfaction and enjoyment meeting and working with new people.

Each trainer has a bachelor’s degree, and then learns how to work with the dolphins on the job. All the trainers I spoke to had unbridled joy at what they get to do for a living.

At 1:45 p.m., Henry, three other guests and I suited up with masks and snorkels, and jumped into the lagoon for the natural swim. Because dolphins have no way to protect their eyes, we were instructed to swim with our hands behind our backs. Contact was forbidden, only to be initiated by the animals. For thirty minutes, we swam with all eight dolphins.

The trainers had us engage in activities that excite the dolphins, most having to do with creating waves where they like to swim. The dolphins enjoyed it most when Henry and I got on a large green mat and swam together. At one point, all eight surrounded us.

My favorite moments happened when Spanky and little Elvis swam with me. Below me and beside me, they studied me, turning when I turned. I was so tempted to reach out and touch them, but I obeyed the rules.

It was a lifelong dream fulfilled. The staff was friendly and showed how much they care for these gentle, giant creatures, which only added to the joyful time.

Dolphin Cove is located on U.S. 1 at mile marker 101.9 in Key Largo, Florida. Web: www.dolphincove.com. Email: info@dolphincove.com - 1-877-365-2083.

Christa Hagan
Crestiad Special

Perhaps what infatuates so many people when it comes to the United States is that its citizens are given the opportunity of choice and freedom and tend to take those liberties for granted. And while people in this land of opportunity are carrying on in their lives, not even realizing the magnitude of their decisions and the choices they are able to make, others live lives of silenced oppression.

Voting in the United States is a right which often thought of as a chore, rather than a privilege. According to many political scientists, young people are the most jaded in the voting process. The 18-34-year-old demographic seems to be the most apathetic when it comes to the United States is that its citizens are given the opportunity of choice and freedom when it comes to voting. This is partly preserved.

In Iraq, however, the voters’ fingers are dyed with purple ink, creating a form of registration to make sure that nobody has the ability to cast a vote more than once. This not only proves an efficient way to deter those who voted and who did not, but it also assigns a dangerous and perhaps even deadly marker for those who are violent and opposers of the election process.

Regardless of the potential threats and consequences, many Iraqis went to the polls to exercise their right to vote. To certain terrorists groups in Iraq, this is an easy way to target those who have voted and to prey on those who believe in the system of democracy. It has been documented that one group has used this tactic of pinpointing the voters and has allegedly thrown grenades and killed those who have exercised their right to vote.

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Regardless of the potential threats and consequences, many Iraqis went to the polls none-the-less. Women could also be seen placing their ballots, something that was before unseen in Iraq.

One has to observe the appreciation that the US holds for the opportunity to vote, and question why we as Americans do not frequently exercise our right to do so as well. After all, our ability to vote has been established for quite some time now and is even simplified with each election so as to attract a greater voter population.
This year’s inauguration ball was held on January 20, and it not only marked the end of the elections and a new beginning of a second term for President Bush, but also a new opportunity to showcase style going from the fashion house to the White House. White House was prepping for its inauguration speech, Laura Bush, and her twin daughters Jenna and Barbara were receiving numerous offers from designers. Ultimately, the twins donned Badgley Mischka couture dresses at the inaugural ball. Mischka is a designer to the stars, clothing some of the most recognizable and glamorous bodies in Hollywood and television.

The designer, based in New York City, is known for his sleek and sexy evening wear. Most often his couture designs are seen as sheer works of art and can be purchased in the most prestigious of stores such as Neiman Marcus, Nordstrom, and Saks Fifth Avenue.

Among other accolades, the designer has been named by Vogue Magazine as one of the “Top 10 American Designers.” Celebrities that have made Mischka a staple of Hollywood prestige include Madonna, Halie Berry, Jennifer Lopez, Catherine Zeta-Jones, Ashley Judd, and Sara Jessica Parker.

This year, Mischka had the opportunity to clothe the most popular presidential children to ever step foot in the White House— the Bush twins. Creating special designs for both, Mischka took into consideration their individuality and created gowns to suit their unique sense of style.

Jenna’s dress portrayed a sleek and sophisticated Grecian look that suited her individuality and created gowns to suit their unique sense of style. Barbara’s gown consisted of a green silk crepe column gown with metallic green banding and jewelled stones at the top. Barbara Bush, on the other hand, went for a romantic dress with a dramatic flare. Looking radiant she wore a jeweled strapless aquamarine silk chiffon gown with an impressive neckline, and ruffle seamed skirt.

For the second time in a row, Anthony Nak Jewelry Company had the honor to provide the jewelry for the inauguration ball. Anthony Nak brought various jewelry designs providing the girls with ample choice.

Nak provided styles from the signature collection that the twins have been partial to since their first inauguration. Jenna and Barbara selected diamond jewelry from Nak’s new collection, which is set to hit stores sometime later this year.

Aside from looking radiant for the occasion the twins also looked rather grown up and very different in both demeanor and occasion the twins also looked rather grown up and very different in both demeanor and attire from the previous inauguration ball four years ago.

The dresses this year reflected a transition from teenaged awkwardness to womanhood and sophistication. The fit and cut of the dresses were made to flatter and impress. The sweet prom-like dressed girls of four years ago are no more.

The choice of apparel then was created by designer Susan Dell, who is the wife of Dell Computer Corp. founder Michael Dell. The dresses reflected their youth having cute flowers imprinted all over them. Four years later sexy straps and plunging necklines more closely resembled the style of Jenna and Barbara Bush. The perfect ingredients for a last minute impression at a gala event seems to be hot popular girls and one hot designer!

It happens every year. The party is over, the booze (if you are 21, of course) is put away, the ball has dropped, and suddenly it’s a new year. You sing your choral of “Auld Lang Syne” (I sing this song every year and still have no idea what it means) and realize that the time has come: it’s time to make some resolutions or provide some coherent human solutions to old problems.

Why do we make New Year’s resolutions? According to English-Zone.com, the Babylonians started the tradition over 4,000 years ago. Back then the most popular resolution was to return borrowed farmed equipment. We still make resolutions all these years later, but lets face it, not many of us own exchange farmed equipment on a daily basis. If anything our resolutions have taken on a bit more personal variety.

Cedar Crest students generally follow the norm when it comes to resolutions, especially when it comes to popular resolution number one: thinning down. gin, a freshman Psychology major, resolved to “go to the gym more often.” Jessica Dominick, a freshman studying Chemistry and pursuing a Forensics major, resolved “to make a commitment to something, I’m starting with Healthy U.”

Even the professors are making resolutions. Linda Bass, a professor in the Performing Arts Department at Cedar Crest, resolved “to eat more healthy foods and to learn how to walk in the winter, and to join the gym.”

Allyssa Bedard, a freshman Psychology major, made a resolution that could fall under number ten: “To get to know more about myself...I haven’t figured out yet how,” she said with a laugh.

My personal resolutions fell under number six this year: getting organized. I resolved to get more sleep, stop procrastinating, watch less television and play fewer video games in an effort to stay on track with my schoolwork.

Not all Cedar Crest students made resolutions that hit really into the year. Some people avoid New Year’s resolutions all together. Sarah Norcross, a Psychology major, agrees with Norcross: “I don’t make resolutions because I know I’ve never been able to keep them,” she said.

Some people oppose the idea of New Year’s resolutions all together. Sarah Relation, a sophomore English major, said, “I don’t believe in New Year’s resolutions. If you are going to make a change, do it now.”

Adam Fleming, a meat department manager for Wegman’s Food Market, opposes them as well. “I don’t believe in New Year’s resolutions because I think Americans are lazy, and they wait all year long to change something about themselves, make a commitment to do so, then fall a few days later.”

With the failure rate of most resolutions, it’s a wonder we still make them. However, for those of us that continue to make them, there is a trick to making those commitments last: find a resolution buddy. Charles Golden, a professor of psychology at Nova Southeastern University, told Fox News, “The goals that you keep secret are usually the ones that you don’t do.” If you don’t want to share your goal with someone you know, there are entire websites devoted to helping people keep their resolutions, such as www.goalsguy.com and www.newyears-resolutions.com.

New Year’s resolutions have made their way onto the long list of American traditions, and it looks like they are here to stay. Whether you resolved to lose weight, become a better person, or become more organized, or anything else, I hope you all do your best not to fail the 46 percent of people that do.

Oh, and if you know what “Auld Lang Syne” means, please let me know. I’ll give you a cookie.

Spring clothing jive in ‘05: Top fashion picks

Tootsie and totes are definitely in again as the season’s most fashionable bags. Juicy, Marc Jacobs, and Kate Spade have made sure that there is plenty of color and vibrancy in their collections this season.

As with the previous several seasons the colors pink and green are definitely on the hot list for bags. The famous brands also have a gold and silver collection for those few fashion conscious or those that are able to pay for it. Ladies are encouraged to pair up colorful, bright polo shirts with silver handbags and maybe the occasional matching bag. The younger crowd can go to those summer concerts in their Lacoste polo shirts. That’s right! Lacoste’s popping collar polo shirts are definitely making a statement on and off the runways. Ladies are encouraged to pair up colorful, bright polo shirts with nice fitting jeans. Don’t forget about stylish shoes.

For men, blazers are in style. Every man should own at least one well cut blazer in this season’s appropriate cut and color. Jean blazers are great for most occasions, as you can de-skimpy them with khakis or add them to black pants. The blazer will dress up your white tee any day.

Take that lucky lady out to dinner, and feel just as comfortable as you would be staying at home.

Here are some tips to remember when shopping for Spring 2005:

- Make a list of necessities. This way you will get all the things you need instead of random shopping for items that are difficult to pair.
- Scope out the hottest sales around.
- Look for major discounts, go out have a good time now that the weather is bound to improve. “It’s a wonderful world!”
- For alternatives to Lacoste or Neiman Marcus one could go for cheaper buys. The Gap and Banana’s are definitely two stores to watch out for this season as both are incorporating spring’s hottest colors and trends at affordable prices. Gold heels and a matching clutch bag can cost upwards of $400 dollars at Neiman Marcus, but can be found for only $70 at Bakers.

Gillian Maffeo
Staff Writer

This year’s ‘Spring’ brings about change, and we can decorate ourselves!

Photo by Linda Misura

Spring clothing jive in ‘05: Top fashion picks

Erica Fleming
Staff Writer

Top ten resolutions:
1. Lose weight
2. Stop smoking
3. Stick to a budget
4. Save or earn more money
5. Find a better job
6. Become more organized
7. Exercise more
8. Be more patient
9. Eat better
10. Become a better person

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Oh, and if you know what “Auld Lang Syne” means, please let me know. I’ll give you a cookie.
The choice is really up to you. In general, people tend to eat more during the winter, which ultimately can lead to unwanted weight gain. So instead of having our fitness centers close and just stand, we can lose weight. And for late night munchies, sprinkle some Parmesan cheese on plain popcorn or skip the bag and go for a salad. When all else fails, just think of the health benefits of the holiday meal is eaten without the wine. It's important to continue a balanced diet even through the winter. Winter is not the time to eat more because you're feeling cold or the flu. To avoid dehydration any time of the year, drink at least six to eight cups of liquid daily, part of which can come from water, fruits, vegetables, juices and milk.

As for healthy alternatives, try substituting white breads with whole or whole grain. English muffins pizzas are a smart way to still eat what you like for breakfast, but just try one portion. And for late night munchies, sprinkle some Parmesan cheese on plain popcorn or skip the bag and go for a salad. When all else fails, just think of the health benefits of the holiday meal is eaten without the wine. It's important to continue a balanced diet even through the winter.

The USDA has also added a new level of fun into its recommendations. Discretionary calories are new to 2005. “There are ways to treat yourself,” Scanavino said, “depending on how ‘good’ you’ve been.” Think of discretionary calories as a reward program. “They are calories to be used if you still have calories left in the bank,” she explained. If you are eating a balanced diet and not eating too many calories, the 2005 guidelines allow a 250 calorie periodic spheroid. This might be a half cup of Haagen Dazs, or a 20 ounce soda. Small southern states, try a high-calorie intake over three to five days. For those on a budget, eating fruits, vegetables and whole grains are a must if you want to maintain a healthy weight. A small portion of ice cream may have 250 calories, but a pint of ice cream is almost half of your calories for the day! “It’s all about finding what works best for you,” said Scanavino. “Changing your lifestyle habits for any reason . . . it’s probably one of the hardest things to do.” Rewards may be one way to remain motivated. The key to making this plan work, to avoid or prevent obesity, is to balance calories in with calories out. Exercise more and reduce calories by eating a balanced diet to reduce your risk of chronic disease. For most inactive people, 30 minutes of physical activity a day is a good start. For weight loss or maintenance, up to an hour on most days may be needed. This does not have to be an hour-long sweat session; exercise can be broken into 10-minute increments. A brisk walk around campus counts, too — exercise does not have to be painful to be beneficial. Regardless of the time you have to commit, any amount of exercise will do the body good. For those who are not cut for walking, there are many other options. Watch for the next edition of the Crestiad, where we will discuss portion sizes.
SPORTS

LVAIC Men’s Sports Schedule

Saturday, February 5
Lehigh Tennis vs Temple, 2 PM
Lafayette Swimming, Diving vs Colgate, 1 PM
Moravian Basketball vs Juniata, 2 PM
DeSales Basketball vs Kings, 3 PM

Sunday, February 6
Lehigh Basketball vs Bucknell, 1 PM
Lafayette Basketball vs Colgate, 1 PM

Friday, February 11
Lehigh Wrestling vs Army, 7 PM

Saturday, February 12
Lehigh Tennis vs Howard, 9 AM
Lehigh Tennis vs Monmouth, 1 PM
DeSales Basketball vs Scranton, 3 PM
Moravian Basketball vs Messiah, 4 PM

Sunday, February 13
Lehigh Wrestling vs Oklahoma State, 6 PM

Monday, February 14
Lafayette Fencing vs TBA, 11 AM

* HOME TEAM IN BOLD

LVAIC Women’s Sports Schedule

Saturday, February 5
Cedar Crest Basketball @ Wesley, 1 PM
Lafayette Swimming, Diving vs Colgate, 1 PM
DeSales Basketball vs Kings, 1 PM
Moravian Basketball vs Juniata, 4 PM

Wednesday, February 9
Cedar Crest Basketball vs Misericordia, 7 PM

Friday, February 11
Lehigh Tennis vs Rutgers, 3 PM
Lehigh Basketball vs Army, 7 PM
Lafayette Basketball vs Holy Cross, 7 PM

Saturday, February 12
Cedar Crest Basketball @ Neumann, 1 PM
DeSales Basketball vs Scranton, 1 PM
Moravian Basketball vs Messiah, 2 PM

Sunday, February 13
Lehigh Tennis vs Howard, 9 AM
Lehigh Tennis vs Towson, 1 PM
Lehigh Basketball vs Holy Cross, 1 PM
Lafayette Basketball vs Army, 1 PM

Monday, February 14
Lafayette Fencing vs TBA, 11 AM
Cedar Crest Basketball vs Rosemont, 7 PM

Wednesday, February 16
Cedar Crest Basketball vs Marywood, 7 PM

*HOME TEAM IN BOLD

Super Bowl predictions: who are you rooting for?

With the Eagles making to the Super Bowl for the first time in a good number of years, fans in Pennsylvania have been going a little haywire. But here on campus, where there are people from all over the country including the New England states, more than a few are rooting for the Patriots. The Crestiad interviewed several people on campus about who they were rooting for, and a score prediction if they had one. Here are the results, some with enveloping enthusiasm in anticipation of the big game this coming Sunday. Of course, there are also the people on the campus who will be watching just to see what outrageous commercials will be aired this year, and also to see if any shocking stunts will slip through the hands of FOX Network.

Amanda Skelton
“New England rocks”

Kara Kaskiw
“Patriots”

Betsy Bauer
“Eagles, 17-10”

Aelen Mabille
“Eagles all the way”

Kelly McCloskey, Athletic Director
“Eagles 27, Patriots 24”

Michael Vincovitch
“Eagles will win, 24-14”

Stef Harrington
“31-24, Pats”

Jamie Kistner
“14-17, Eagles”

Bri O’Neill

Eric Bastardi
Food Services
“Eagles by 10”

Kirsten Gustafson
“30-15 New England”

SPRING BREAK 2005
Travel with STS, America’s #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring on-campus reps. Call for group discounts. Information/Reservation 1-800-648-4849 or www.STStravel.com.

Place a classified in The Crestiad! Rates starting at $4.50/30 words for multiple runs. Contact crestiad@cedarcrest.edu.
Back on the court
Andrea Zajac
Staff Writer

While many of us were relaxing over break, the basketball team was busy back on the court doing drills and getting in shape. Having not won any of their games before break, could it be a different team that had returned? Their first game back against Valley Forge Christian was won by 21 points. They went on to lose against Wilson, but not after battling intensely back and forth in overtime.

After two postponements because of inclement weather the Falcons are sure to be facing in the next few weeks a very active schedule. The key is to continue preparing themselves like they have been since the beginning of the season. Head Coach Chris Heery already has big plans for the rest of the season.

“My goal is to go 500 with half of games for the rest of the season,” Heery said. “We have the potential to make it.”

Indeed the team is working hard. The coaches and team have both been watching game films. Focusing on what needs to be done in their game to accomplish their goals for the rest of the season.

“The girls are improving every practice,” Heery said. “This season is better than last year, more depth, more experience, and we still have all our players, except for one, returning for next year.”

The team has been progressing since the beginning of the season. The record may not show it, but it is physically there on the court. There is still a lot of heart left in the Falcon’s team.

“The freshmen are starting to take a more active role and the three captains are doing a great job,” Heery said.

The players have gone through a lot this season and there is still more to come. In the upcoming weeks they have to face tough competition from Cabrini, Wesley, and Misericordia, among the other opponents they will play. With a captain like Junior Maria Stefani behind them anything is possible. On the sidelines it is visible that the Falcons have molded into a team. “Our team is working together better than any team we have been here,” Stefani said. “We’re still a young team, having so many freshmen, we have so much potential.”

It is potential that both team and coach agree they have. The belief that basketball isn’t over just yet and there is still a chance to make things happen on the court.

Softball team strives “to give it their all”
Andrea Zajac
Staff Writer

It may look like winter outside, but for the softball team spring is already on their minds. Practices have begun and it’s the first chance for the team to brush the dust off their gloves.

Last year’s season ended in few wins and too many losses. This year the softball team already has big plans to turn that around. Led by Head Coach Krissy Gear, a former softball player for Kutztown University, the Falcons are hitting the ball hard. “I expect this year to break losing traditions and finish in the top four of the PAC,” Gestl said. One thing that is on the top of the list is ultimately preparing for that first game. Visualizing the ball flying over the fence may be easy, but it is the practices that make all the difference. Gestl wants to be prepared for this season. And one way she is going to do that is that “drill fundamentals and mentally prepare the players for success.”

Success wasn’t found as often as the team would have liked on the field last year. Gestl relied heavily on Janine Perna’s arm. “By the end of the season Janine Perna was exhausted,” Gestl said. “If we had more depth to our pitching staff we would have been more successful.”

Now that Janine Perna has graduated that leaves a vacant spot on the mound, another priority for the Falcon’s softball team. Nothing they can’t handle as proven by the many new and returning players practicing in the gym. The players are eager to get their season started and not afraid to get sweaty. Even the coach is expecting the new players “to be competitive, dedicated, and hard working” and the returning players “to give it their all.” Which by any means they are already accomplishing.

It’s a long stretch before that first game, but it’s the perfect time for all the players to learn each other’s weaknesses and strengths and to become a team. Not only does Coach Gear have high goals for her team, but so does her team as well.

Captains, Senior Jess Sterfass and Junior Stef Harrington, both agree it’s all about working as a team and having unity. When it comes to the new players Jess expects them “to have good work ethic and give 110 percent.”

The captains even have expectations for their fellow returnees. “To lead the team and work as hard as they can,” Harrington said.

That doesn’t go to say that there won’t be games where the outcome isn’t what they expected, but with their positive attitude they will be able to continue on and manage those home runs they hoped for. When spring does decide to show up the Falcons will be able to face their opponents head on.

Falcons results through February 3
1/6 vs Valley Forge Christian
60-39 W
1/12, vs Gwynedd-Mercy*
80-31 L
1/15, vs Alvernia*
90-34 L
1/17 vs Wilson
72-66 L (OT)
1/26 Marywood* 69-58 L
1/29 Arcadia*
71-45 L
1/31 Cabrini*
54-30 L
*indicates PAC contest

The next Student Athletic Advisory Committee (SAAC) meeting will be Thursday, February 10 at noon in the locker room!

Warming up the season with teamwork and practice
Linda Misiora
Photo Editor

There’s eight inches of snow on the ground and the temperature averages about 20 degrees outside, but the Cedar Crest lacrosse team is already warming up to their season with daily practice sessions. In the gym, of course, so that none of their extremities are threatened by the weather.

Lacrosse is a sport that involves much coordination on the part of the players. A good lacrosse player must be quick and agile in order to run with the stick and be able to catch the flying ball. Simply being in good athletic condition and in a healthy state is also important. To get onto the team next year, right now you should be “working on fundamentals and conditioning,” senior captain Bri O’Neill said.

Often times the practice methods twice a day: once in the morning to work on conditioning with things like sprints and squats to build endurance, and then again in the afternoon where the girls spend more time concentrating on just playing the game.

Teamwork, as with all sports, is a major part of playing lacrosse. “I’m really looking forward to this season and just getting to know everyone and coming together and working as a team,” said Rachel Lightfoot, a senior captain who is graduating this year.

“There is a good amount of new people, and we have the potential to be as awesome team this year.” O’Neill described the team as a dedicated and talented group of girls and said “With all our returning players and all the new talent from the freshman, we have a great chance to be successful this season.”

Kirsten Gustafson, a returning sophomore, agrees with the team’s potential. “The team looks really good. It’s really awesome that it’s only been a week and a half of practice and the team is bonding in anticipation of the season.”

The first game of the season will be home on March 2 at 4:00 against Muhlenberg, but team’s real rival has been Cabrini, whom they’ll be playing later on in the season. The team is also looking forward to playing Neumann and Wesley “because these games are always very close and exciting” said O’Neill. The season will then last throughout most of the spring with games being played through the end of April with a chance to play in the PACs in early May.

The best thing about lacrosse? “Being part of a team and the fast paced game,” Lightfoot said. O’Neill agreed, adding that they are just like one great big family.
The Crestiad: How long have you taught at Cedar Crest?

James Scepansky: This is my second year as a full-time professor.

TC: Have you always wanted to be in Psychology?

JS: Depends what you mean, I always knew I wanted to be a teacher. I originally started college in pursuit of teaching secondary Biology. In my freshman year I changed to Psychology after taking a class.

TC: How do you feel about teaching a mostly female population here at Cedar Crest?

JS: I love it. It isn’t very different but then again, psychology tends to be a more female subject. When I taught in Virginia, most of my students were female. If there are differences between teaching male and female students then they aren’t very significant.

TC: If you could have one piece of information that you wish all your students would never forget, what would it be?

JS: I would tell them to work hard and take advantage of advice given to you.

TC: We noticed that not only are you an APO advisor but also in the 2004 Lehigh Valley Undergraduate Psychology Conference you were involved in nine research projects. What drives you to do this?

JS: Well for one, I teach the Psychology Capstone Experience. I also do it because I love working with the students. It is the best part of my job.

TC: If there was one thing you wish you could change about Cedar Crest, what would it be?

JS: I would want an all female football team.

TC: Who do you think would make a great president come 2008?

JS: I do not know any names but someone who could collaborate with both parties. We need someone honest who could appeal to middle ground without being wishy-washy.

TC: We heard that you are afraid of bees and have some funny stories related to that. Mind telling us one?

JS: I went to a picnic with my son when he was 4 years old. We went to the drink table which had sodas already poured in the cups. I started to get swarmed by bees. I sort of freaked out and ran forgetting my son still at the table. I did go back and get my son, though.

TC: If you could have dinner with any three people throughout the world, living or dead, who would it be?

JS: Wow! I guess I would pick my dad, my grandmother, and my grandfather.

TC: What is the one song you love to sing?

JS: Pride and Joy by Stevie Ray Vaughn.

TC: What is the greatest Valentine’s Day gift you ever got?

JS: I got a kiss from my kids one year.

TC: Do you have any hobbies?

JS: Yes, I consider my cooking a hobby. I am also into photography and sports. I play in a touch football team in the fall.

TC: Is there anything that you want all of Cedar Crest to know about you?

JS: Well, if they do not already know, I am a die hard Eagles fan. Go Eagles!!!

What Went Down on Campus

Lea: She is who she is; she loves who she is in this world

Allison Capik
Pearl Walker

On Tuesday, January 25, contemporary folk singer Lea lit up the TCC with a raw and endearing acoustic set. The lack of people in attendance did not seem to affect Lea as she gave it her all from the very first song. She used the power of her guitar and the beat of her fingers on the instrument to emphasize her presence even before she gave the audience a chance to hear her remarkable lyrics. Not only did she play a continuous set of original songs, but Lea also covered favorites such as Follow the Drinking Gourd, Girls Just Wanna Have Fun, What a Wonderful World, and Best of What’s Around by Dave Matthews Band, and encouraged everyone to sing along. Mary Rish, junior, who stayed for the entire show thought the performance was “good, ‘very relaxing just go out on stage and give it your all.”

With her musical influences casting from both her mother and soul musician father, it’s no surprise Lea’s been strumming the guitar for thirteen years. She grew up in the 1980s listening to New Kids on the Block and New Edition and sang in church a lot, which has stayed with her. Brought up as a Southern Baptist, Lea writes songs about her faith, her unique outlook on life, and her own personal experiences. In between songs Lea would take time out to chat about her life and how she feels about the songs that she writes. By asking the opinion of her audience about new pieces, it allows her to evaluate her performance and get to know her listeners better. It was a joy for many of the audience members to have the opportunity to take time out of their week to listen to some wonderful music from a person who really seems to have such a passion for what she does. By relating to her lyrics, you can see the emotion in all of her songs and you find yourself not wanting to leave even when her set is over, making her an ideal performer.

Every song leaves you feeling positive about who you are and happy that you came to see her perform. This was the case for senior Cedar Crest student Rebekah McClure who “found it very insightful and moving.”

“The Crestiad: How long have you taught at Cedar Crest?”

James Scepansky: This is my second year as a full-time professor.

The Crestiad: Have you always wanted to be in Psychology?

James Scepansky: Depends what you mean, I always knew I wanted to be a teacher. I originally started college in pursuit of teaching secondary Biology. In my freshman year I changed to Psychology after taking a class.

The Crestiad: How do you feel about teaching a mostly female population here at Cedar Crest?

James Scepansky: I love it. It isn’t very different but then again, psychology tends to be a more female subject. When I taught in Virginia, most of my students were female. If there are differences between teaching male and female students then they aren’t very significant.

The Crestiad: If you could have one piece of information that you wish all your students would never forget, what would it be?

James Scepansky: I would tell them to work hard and take advantage of advice given to you.

The Crestiad: We noticed that not only are you an APO advisor but also in the 2004 Lehigh Valley Undergraduate Psychology Conference you were involved in nine research projects. What drives you to do this?

James Scepansky: Well for one, I teach the Psychology Capstone Experience. I also do it because I love working with the students. It is the best part of my job.

The Crestiad: If there was one thing you wish you could change about Cedar Crest, what would it be?

James Scepansky: I would want an all female football team.

The Crestiad: Who do you think would make a great president come 2008?

James Scepansky: I do not know any names but someone who could collaborate with both parties. We need someone honest who could appeal to middle ground without being wishy-washy.

The Crestiad: We heard that you are afraid of bees and have some funny stories related to that. Mind telling us one?

James Scepansky: I went to a picnic with my son when he was 4 years old. We went to the drink table which had sodas already poured in the cups. I started to get swarmed by bees. I sort of freaked out and ran forgetting my son still at the table. I did go back and get my son, though.

The Crestiad: If you could have dinner with any three people throughout the world, living or dead, who would it be?

James Scepansky: Wow! I guess I would pick my dad, my grandmother, and my grandfather.

The Crestiad: What is the one song you love to sing?

James Scepansky: Pride and Joy by Stevie Ray Vaughn.

The Crestiad: What is the greatest Valentine’s Day gift you ever got?

James Scepansky: I got a kiss from my kids one year.

The Crestiad: Do you have any hobbies?

James Scepansky: Yes, I consider my cooking a hobby. I am also into photography and sports. I play in a touch football team in the fall.

The Crestiad: Is there anything that you want all of Cedar Crest to know about you?

James Scepansky: Well, if they do not already know, I am a die hard Eagles fan. Go Eagles!!!!
The “King of the South” is back and ready to reclaim his title

Kasabian themselves have claimed “we’re the best band in Britain.”

Kasabian, RCA’s latest U.K. bad boys: Don’t believe the hype

T.I. graduates from the streets to his self-acclaimed title “King of the South” on his third album release, accurately labeled, Urban Legend. He had underground success with his 2001 debut album I’m Serious, even though it was overlooked by the BET and MTV crowd. However, that didn’t stop him from moving on and creating his first official chart recognized album Trap Muzik. Unfortunately, he couldn’t bask in the spotlight because his tribulations and probation charges had him seeing the inside of a jail cell instead of witnessing the growing popularity of his hit singles Robberband Man and Let’s Get Away.

Now free of the government’s rein, his new album Urban Legend is gaining the respect of 106Park fans and mainstream America. With the shadow of Jay Z and producer Swizz Beatz, they helped T.I. create a party-starter and street anthem titled Bring ’Em Out, currently staining the Billboard charts. The album also showcases a variety of tracks that avoid repetitive lyrics by providing street worthy beats and smooth champagne sipping tracks. Urban Legend threatens all sides of the U.S. with west and east coast influenced singles, while appropriately representing his hometown of Atlanta. Unlike the increasing mass produced “dirty south” style taking over the air waves, T.I. keeps it distinctively south with the help of hit making producers like Lil John, Mannie Fresh and Jazze Pha. The album’s guest lyrists, Nelly, Pharrell of the Neptunes, Trick Daddy, and Lil Wayne also pump up the CD with chart deserving tracks like Stand Up and club anthem Get Loose.

Urban Legend’s 17 tracks boast power and bravado assuring you the title of “the king” isn’t up for grabs without a battle. Anyone who questions his place in the south can refer to tracks: Motivation, U Don’t Know Me, and ASAP, concentrating his rigid exterior.

T.I.’s third album proves that he can talk the talk and walk it with egotistical presence and a watchful eye for his obvious competition. Now a free man with a new CD, T.I. is in the spotlight returning with a riveting bass line for the ears.

To the band’s credit, if you take away the volatile lyrics and unorthodox mixture of music, there are some songs worth listening to. L.S.P. (Last Souls Forever) is a catchy song that went Top Ten, and Processed Beats (which was claimed to be one of the top songs of the year 2004) has an amazing bass hook and beat.

Meanwhile, if one listens seven minutes into track 15 (U Boat), there is an amazing remix of track three’s Reason is Treason. This remix may even be a favorite for many who get shied on the album.

Low points on Kasabian’s CD are U Boat, which is a bad display of vocal ability. Also, Butcher Blues is just a repetition of the same lyrics and beat, and Test Transmission is a semi-psychadelic mess of music.

With darkness, violence, distinction, and attitude, the hype that Kasabian has received falls quite short of being one of the best bands or albums of 2004.}

For more information on Kasabian check out their website at www.kasabian.co.uk.

Amanda Rachel Goodman
Staff Writer

The music of Kasabian, comprising of Tom Meighan (vocals), Sergio Pizzorno (songwriter, lead guitar, keyboards), Chris Edwards (bass), and Christopher Karloff (guitar, keyboards) has been hailed as some of the best in Britain. Their music, seen in their self-titled debut, not only has been favored by the likes of The Who and Led Zeppelin, but Kasabian themselves have claimed “we’re the best band in Britain.”

They’ve been compared to what Oasis was in 1994, an attitude and cocky sense of confidence that just took over Britain by storm, having numerous Top 10 hits. They also have pure intentions, just pure love for the music. Songwriter Sergio Pizzorno explains, “at the gigs when the lights go bright, you see faces and they’re in another world. People work hard, but for that moment you make them forget, you make them realize that we’ve got somethin’ here to get excited about. Music is the purest thing left. We can give you that little smile and that extra swag.”

Their electronic rock can only be described as a conglomeration of textures of music. A mixture of somewhat psychedelic songs followed by songs with amazing bass hooks preceded by an electronic disary of sound. Their lyrics can only be described as dark, gloomy, and downright sinister.

As for some background information, the band gets their name from the pregnant getaway driver (Brenda Kasabian) for Charles Manson. So one might not be surprised by the intriguing and disturbing lyrics heard on Club Foot, track one off their self-debut album. The lyrics are about “having something you love so much, the only way to deal with it is kill it.”

Track ten’s Cut Off deals with drugs and bombs. Overall, the lyrics have crossed the line from being obscure to being offensive. Shockingly, through the offensive and the obscurity, the band still has managed to be named a top band by numerous magazines such as Maxim, Sunday Mirror, Heat, and The Sun.

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ARMS & ENTERTAINMENT

Leisurely Reading

Small town America meets the 21st century

Linda Misisara
Photo Editor

Despite the book job for a 40 year old woman, a lesbian marriage between the famous town baker and the young missionary fresh from a trip to Africa, and the affair of a middle-aged man with his high school sweetheart, who had the baby after the marriage, because of all these things, Liberating Paris is a book that keeps you turning pages, even if you're a little tired on the conservative side.

The novel begins with problem number one: the death of Woodrow McIlmore III's father, both of whom shared a family practice in the small town of Paris, Arkansas. Wood, as he is affectionately known in town, is sent into a midlife crisis by his father's death, and forced to examine decisions he has made since, oh, about the time he was 20. To things up, his daughter comes home to announce that she is marrying a boy's she's crazy head-over-heels-in love with who she met while at college. Problem number two, the boy is the son of Wood's high school sweetheart.

Problem number three occurs when the boy's mother, Duff, comes to visit Wood and his family at Thanksgiving, and the can instantly feel the connection that once was between them, making for an uncomfortable meal and an even more uncomfortable weekend, especially for Wood's beautiful yet porcelain wife, Milan.

The novel follows the trials of Wood, Milan, and Duff, along with three other friends from high school: Maris, the town harbinger of despair; Jette, a quadriplegic since high school who lives in a nursing home; and Brundige, a single father with two young girls,山顶 whom Jeter lives at the nursing home comes in to add to the humor and drama of the novel. Two of my favorites were the former schoolteacher and the old town sheriff, who give the reader a pleasant surprise in the closing pages.

In the novel, Thomas, former screenwriter of Designing Women and M*A*S*H, among others, takes a daring look from different perspectives at issues facing America today, such as the invasion of rap music on the unsuspecting elderly and interracial dating.

Don't worry if you think that I've given away all the surprises; instead read the novel, and find all the other ones that tend to jump out when you least expect. Though the first few chapters are slow going, since you meet all of the characters, you'll be rooting for some, wishing you were there to scold others, and boycotting the Fed-Mart Superstore with the three boys in order to save Main Street in small town Paris, Arkansas.

ARTS & ENTERTAINMENT

Steel Reviews

The Phantom of the Opera: Stage vs. Screen

Starring: Gerard Butler, Emmy Rossum, Patrick Wilson
Rated: PG-13
Duration: 143 minutes

You see his pleadings and short-comings, but the audience is never led to understand his character as thoroughly as Christine's.

In the 2004 movie, the phantom's past and personality is uncovered. It shows him being bitter and starved as a child but it also shows him strange his circus master. The audience sees him cry in anguish over Christine yet threatens to kill her lover. He is portrayed as a villain yet viewers find themselves drawn to him. The movie takes a deeper look into the phantom not only as the bad guy, but as a man with feelings and desires. The film showed how he was not just a physically and emotionally scarred man, but he was a sexual being with hope for the future.

The film did not, unfortunately, place the Phantom in the best light. Although beautiful with an amazing voice, she is only ever seen as the emotionally weak and easily controlled. Both Raoul and the Phantom lead Christine around and try to convince her to be with them. She is mostly seen crying; the audience sees her smile twice.

One of the most amazing aspects of seeing the play in person is the way the story draws the audience in. There is nothing similar on Broadway as the scene where the chandelier swings through the actual audience onto the stage. There is also a real feeling of the Phantom's presence as viewers watch him move through the theater and around the stage.

The film does express that feeling, but not as hauntingly as that felt from the stage. The film does, however, present the life of the theater in its realistic sense. The costume changes and problems. Set and prop creation is shown in many animated and fast-paced scenes. The viewers see into this other world of acting and performing. There is a wonderful look into the emotion, hard-work, and intensity that goes into carrying out a performance.

Phantom of the Opera is an event that I recommend to all. Whether you are a play-watcher, music-lover, or not; I guarantee that you will enjoy this immensely. Both the play and the movie are completely out of this world. They are both different and amazing in their own aspects. A+

Carrabbas sure to make your mouth water

Carrabbas sure to make your mouth water

The first time I ever heard of Carrabba's was when my cousin listed it as a restaurant she'd miss while she was away in London. At first I thought she was over exaggerating when she told me she craved their food so much that it made her salivate, but I decided to give it a try anyway. So far, Carrabba's has hosted three boisterous Thursday night, two birth- day celebrations (one late, the other early), and two reunions.

Carrabba's is the only place I can think of that upon entering or leaving, the doors are opened for you by hostesses, or greeters. The environment is pleasant, decorated to look like the Tuscan countryside with armoirs hanging over the booths and memorabilia all around, along with various pictures of the Carrabba family hanging about. I especially love the open kitchen, so if so desired, you can sit by the counter and watch the food being made. The wait staff is also very courteous (in fact, once, we wrote a letter of recommend- ation for a particularly good waiter).

The first thing they do is take your drink orders, after which they come with a basket of warm bread with delicious herbs on the side (which you are free to request more of). Thin comes the ordering of the meal, which continued on page 16

FOOD REVIEWS

The End of the Moon

THURSDAY, FEBRUARY 3, 8 PM
Who taught you what beauty is?

In the End of the Moon, Anderson weaves stories, music, songs and words into epic portraits of American culture with her remarkable music for violin and electronics. Challenging and entertaining, NASA's first artist-in-residence explores the meanings of beauty, freedom, time and war.

STUDENT TIX $16-20

THE END OF THE MOON

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HOROSCOPES

SALOME'S STARS

Week of February 14, 2004

ARIES (March 21 to April 19)
All that flattery and fawning shouldn't affect any decision you have to make. Keep your focus on the facts and ignore all the hyperbole, especially if it gets uncomfortably personal.

TAURUS (April 20 to May 20)
Your bovine instincts are on the mark about what's going on. Don't do anything you haven't thought out first, of course.

GEMINI (May 21 to June 20)
A somber but unrelenting recent period should give way to a smoother time going through the week. Use this quieter time to catch up on matters you might have had to let slide.

CANCER (June 21 to July 22)
A feeling of confusion is understandable with all those mixed messages. Take time to put the questions you have in perspective.

LEO (July 23 to August 22)
Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy feelings to paired Leos and Leonas who already share a special love line.

VIRGO (August 23 to September 22)
Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion.

LIBRA (September 23 to October 22)
Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions.

SCORPIO (October 23 to November 21)
Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other plusses as well, including being noticed by all the right people. Good luck.

SAGITTARIUS (November 22 to December 21)
Make time to deal with family matters, especially where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later.

CAPRICORN (December 22 to January 19)
Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them!

AQUARIUS (January 20 to February 18)
A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be quiet but events to matters in your private life.

PISCES (February 19 to March 20)
What might appear to be a very much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you.

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ARTS & ENTERTAINMENT

Small Screen Debuts

Napoleon Dynamite takes over your television set

Amanda Swartz
Staff Writer

-Amanda Swartz

You know, there's like a butt-load of gangsters at this school. This one gang kept wanting me to join because I'm pretty good with a bow and arrow.

Meet Napoleon Dynamite: a super-geek, oddball outsider with lots of energy and strange ideas. Like anyone who has seen the film, quotes from characters such as Napoleon's equally quirky brother, his best friend Pedro (Efren Ramirez), his Uncle Rico (Jon Gries), and grandma (Sandy Martin) seem to roll off my tongue at any given moment.

And that may have been this movie's ultimate goal.

Set in the middle of a small Midwestern town around a high school crawling with bullies, jocks, bad fashion and bad food, Napoleon and his trusty sidekicks give young audiences everywhere the flavor of true bizarre-ness that just won't leave our taste buds.

Living with his thirteen-year-old unemployed brother Kip (Aaron Ruell), who spends his time chatting with “babes” on the internet daily, Napoleon is left to find for himself once grandma leaves town on her four-wheeler. Still responsible for feeding Tina, the family’s pet llama, Napoleon manages to find time to use his “skills” and help best friend Pedro win the election for Student Body President. All this while, the dorky high school student with faded moon boots manages to steer clear of Uncle Rico and his sales of herbal breast enhancers and win the heart of the girl with the side ponytail.

The film is chock-full of “flippin’ sweet” scenes that will leave you laughing in utter amazement. A must-see for anyone who wouldn’t enjoy a good chuckle.

Napoleon Dynamite is sure to please.

A

Mouth-watering Italian favorites at Carrabas

Carrabba’s Italian Grill is located at 510 S Cedar Crest Blvd. Check them out when you’re looking for something yummy to eat! Give them a call at (608) 439-6100.

continued from page 15
Can sometimes be the biggest adventure of all. The menu is filled with so many delicious options that you may want to order the entire menu (which is not recommended for cost reasons). The people you are with will most likely have you in over the selections, which range from spaghetti or manicotti (my personal favorite) to lobster ravioli or wood-fired pizza.

When the food is served, you will find it has a different taste from many of the other restaurant chains out there, the main difference being that Carrabba’s food is made with special ingredients and is often delivered fresh, at which point the food is prepared by hand (and unique Carrabba’s flavors and recipes make the food taste even more delicious). So when the meal is served to you and a burst of flavors explode inside your mouth, you won’t be so worried about any decision you have to make.

Napoleon Dynamite is now open in the TCC gallery! Check out Kim Sloane’s art exhibit now open in the TCC gallery.

Here’s what’s happening on campus and beyond:

FEBRUARY

4 - 5 8:00pm Theatre: Student Dance Concert Samuels Theatre

5 9:00am Student Activities: Road Trip - The Lion King on Broadway

9 12:00pm Diversity: Bluesworks Jazz Band Cafe

10 12:00pm / 6:00pm Career Planning: Resume/CoverLetter Workshop Alcove A

10 9:45pm SAB: Valentine’s Day Bingo Cafe

11 4:30pm Student Activities: Road Trip - Snowtubing (Terry Hill Winter Sports)

15 7:00pm SAB: Coffee House featuring Sons of Pitches Cafe

Starring: Jon Heder, Jon Gries, Aaron Ruell, and Efren Ramirez
Rated: PG
Duration: 86 minutes

Wishing anyone on campus what you need?
Place a classified in The Crestiad
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Single insertion: Student rate: $6/30 words
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Contact crestiad@cedarcrest.edu

Top: students admiring the art of Sloane. Bottom: The art he’s self, on of CCC’s finest!

Photos by Lisa Stewart

Upcoming A&E Exclusives!
Keep an eye out for interviews with RCA’s Kasabian and Luna Records’ Unwritten Law! Small Screen Debuts and The Sound Booth feature The Notebook. Also, do Coach Carter score with audiences?