President Carmen Twillie Ambar's Inauguration this week will mark the 13th presidency at Cedar Crest College. Ambar, the mother of two-year-old triplets, is the first black college president in the Lehigh Valley. Her Inauguration will be marked by speakers, panels, special meals and an installation ceremony.

**Wednesday, Oct. 21**

- **Alumnae and Friends Reception**
  - South Annex
  - Tompkins College Center
  - 6:15 p.m.
- **Faculty Roundtable Discussion**
  - Samuels Theatre
  - Tompkins College Center
  - 7:00 p.m.
  - Former and current faculty discuss the past and future of higher education in a roundtable on “Cedar Crest College Then and Now.” Moderated by Dr. Saladin Ambar, President Ambar’s husband and visiting professor at Lehigh University. Includes a short description of the history of Cedar Crest.

**Thursday, Oct. 22**

- **Student Showcase: Arts and Humanities**
  - Samuels Theatre
  - Tompkins College Center
  - 3:00 p.m.
  - Art, theatre, music, dance and literary arts will be presented by students and faculty.
- **2009 Reimert Lecture**
  - Samuels Theatre
  - Tompkins College Center
  - 7:15 p.m.
  - Former New Jersey governor Christine Todd Whitman will speak on “Women’s Leadership.” A question and answer session is scheduled to follow.

**Friday, Oct. 23**

- **Student Inaugural Breakfast**
  - Bistro
  - Tompkins College Center
  - 8:30 a.m.
- **Presidential Installation Ceremony**
  - Lees Hall
  - 1:30 p.m.
  - The culmination of the week’s event: The official installation of the thirteenth president.
- **Inaugural Reception**
  - Harmon Hall of Peace
  - 3:00 p.m.
Michelle’s Law protects students forced to take a leave of absence

Injured students find hope

Michelle’s Law, effective as of Oct. 9, 2009, will now give college students extended coverage of private health care if they become seriously ill while a full-time college student.

This new federal law, formally called the N.H. (New Hampshire) House Bill 37, will cover college students for one year under their parent’s private insurance or C.O.B.R.A. (Consolidated Omnibus Budget Reconciliation Act) premium if they have to withdraw from college or drop below the full-time student status of 12 credits due to a medical emergency.

“Michelle’s Law” only applies to full-time students who are already under a parent or guardian’s private insurance, and students with a doctor’s written consent to resign from college. After a year of being out of school, the health insurance will be allowed to reduce.

Victoria Kuebler, president of the class of 2013 and Nutrition major, realizes the advantage of this new law.

“Oh, from what I have read and heard, ‘Michelle’s Law’ comes across in a way that I feel, will benefit many college students who may become seriously ill and have to drop below full time status,” Kuebler said.

Prior to this, if a student had a serious health ailment and had to leave school, they would lose insurance because they were covered under their parents’ private insurance. For students who were a full-time college student. In America, an individual at 19 years of age will be taken off of their parent’s health insurance plan unless they are enrolled full time in a specialty or technical school, college or have a job with benefits.

The New Hampshire Bill was dubbed “Michelle’s Law,” because of Michelle Morse, a full-time student at Plymouth State University who was diagnosed with colon cancer. Morse was advised to limit her college studies, since cancer treatment would make the studies hard to balance with her health concerns. To make matters worse, Morse would lose her insurance coverage if she did not stay enrolled in school, since she was only covered on the plan as a full-time college student. With this insurance dilemma in mind, Morse stayed enrolled as a full-time student until she passed away in November 2005.

In December 2005, her mother went forward to get a law passed that students would be able to have a year of coverage after leaving school before the coverage would reduce. After almost three years of hard work in the Morse family and Congress, President George W. Bush signed the Bill and declared it effective a year from Oct. 9, 2008.

Nancy Roberts, the Director of Health Services at Cedar Crest, has had personal experience dealing with insurance companies regarding college, since she needed to “Cobra” her son’s insurance after he graduated from college. Roberts believes that every United States citizen deserves to have insurance coverage in any case, whether they have serious conditions or not.

“I understand ‘Michelle’s Law’ and understand the need for insurance coverage for college students. However, I firmly believe that all individuals in the United States should have insurance coverage regardless of age, gender, or pre-existing conditions,” Roberts said. “A universal health plan would eliminate the need for ‘Michelle’s Law’ as all individuals would be covered. To me, the question is ‘Why doesn’t the United States have universal health care as a right of citizenship?’

Jessica Planck, a graduate student and Education major, feels that “Michelle’s Law” is critical for those who cannot balance a full-time job and being a full-time student.

“I think it’s definitely a good thing to cover full-time students because if you’re a full-time student, you can’t afford to have a full-time job,” Planck said.

Students participating in equality march

After traveling five hours, 18 students and one faculty member marched in Washington, D.C. on Oct. 11 in support of Lesbian, Gay, Bisexual and Transgendered rights.

Top left: The trip, hosted by the club Out There and sponsored entirely by Student Government Association (SGA), included members of the club and other students and faculty. From top left: Jessica Gilman, Katherine Nevins, Shay Andrews, Tamara Martin, Chelsey Phillips, Bryan Morse, Sharon Himmanen, Middle Row from left: Laura Skirelis, Amber Miller, Stephanie Carroll, Bryanne Hammer, Victoria Sterri, Professor Sharon Heiman, Bottom Row from left: Alixi Morris, Jordyn Saxamon, Michelle Zerkich. Left: People from all walks of life and of all ages carried picket signs expressing support for the LGBT movement. Tamara Martin, Psychology major and President of Out There said “Love is a unifying entity. People from all backgrounds and lifestyles can relate to it.” The March, and all other efforts to secure LGBT members comparable rights, was impelled with love and will continue forward down the path for rights with love as a driving force.

Above-Thousands of people gathered in front of the White House were exhibition, like Lady Gaga and spokesperson for the long-time gay activist David Minzer and Judy Sheppard, the mother of murdered gay college student Matthew Shepard spoke to the crowd.

Stephanie Augustine, Molly Bair, Autumn Drury, Kristen Isaacson, Morgan Keschl, Jessica Kuc, Jocelyn Ludwig, Sarajane Sein, Stacey Stangl, Rena Wallace

The Crestiad is a student-run newspaper organization. It publishes one issue every week throughout the Fall and Spring semesters, available both in print and online at www.cedarsun.com/crestiad. Its primary goal is to keep students informed about events and issues of concern in the Cedar Crest community and to provide staff members with an on-campus internship-quality media experience. Students participating in The Crestiad may receive academic credit for their participation. The final responsibility for news content and decisions rests with the editorial staff.

The Crestiad is the student-run newspaper of Cedar Crest College and every member of the community is entitled to one copy free of charge. Additional copies of the paper are $1.00.

Questions or concerns?

If you have any questions about The Crestiad or concerns regarding content, please call the editorial staff and leave a message at 603-646-4606 ext. 3133 or e-mail content@cedarsun.com. Cedar Crest College is located at 100 College Drive, Albionton, PA 15010.

Letters and columns to the editor may be submitted for publication by any student, faculty or staff member of CCC. Columns and letters to the editor should be e-mailed to the The Crestiad at mkev1@cedarsun.com. All submissions should clearly state the name, address and phone number of the author or authors. Student authors should include major and class standing and faculty or staff members should include his or her position and title.
Expo fights Breast Cancer

Rena Wallace  STAFF WRITER

Over 5000 females filled Lees Gym on Fri., Oct. 16, at the annual Women’s 5K Health Expo held at Cedar Crest College from 3 p.m. until 7 p.m. Many women crowded around vendors and computer terminals preparing for the “race for life” on the following Saturday morning.

“It’s just a great cause. I’ve participated in the walk in the past,” said Cailey Bittner, Account Executive at the Lehigh Valley Style magazine.

Bittner alongside her coworker were promoting Lehight Valley Style and supporting the women who would be running in the race. The event also featured other companies who showed their recognition towards breast cancer awareness, prevention and treatment.

Lynda Evans ’89, provided free samples for Taste-Tully Simple, a food company. Evans was a business administration major who lived in the Steinbright dormitory.

In 2005, at age 38, she had a beautiful family; two children and an island. That year, doctors diagnosed Evans with stage three breast cancer. At the event, there were representatives from Sacred Heart Hospital distributing flyers. They urged women to find out if they were eligible for a free mammogram, pap test and more at the hospital.

St. Luke’s Hospital revealed the Personalized Breast and Ovarian Health Program that was recently developed. The program will help women evaluate their risks of developing cancer and provide them with options that are available to reduce their risk.

Donna Bydlon, an oncology nurse at St. Luke’s Hospital for 22 years has been participating in the Health Expo for the past nine years. “My sister-in-law was diagnosed with breast cancer and passed away,” said Bydlon.

Evans was told that she would not survive her cancer as well but she was optimistic and searched the opinion of other physicians. After seeking help from John Hues, she began receiving chemotherapy radiations and reconstruction.

“Don’t be afraid,” Evans stated, “I found the right doctors to take care of me.”

To express her appreciation for other women who have been through the same experience, Evans also provided onlookers with homemade white chocolate lollipops in the shape of the pink ribbon.

Her advice to everyone is, “Value today! Do today what you could do tomorrow.” Evans has helped many others who have been diagnosed with cancer and she is glad to assist anyone who may think that they may have cancer.

The Health Expo provided participants with support groups as well. The YWCA Breast Cancer Exercise and Support Group are combined with women both young and old who have been your fellow group members to provide items that the active members made.

The wellness community also has a free program available for people with breast cancer called CARE-ing and COPiEing. There were a variety of sponsors ranging from Strands of Hope, a specialty boutique for wigs and stylish headwear for Mary Kay.

Health care specialists and law firms offered their services. There were free food samples, and even free massages being given out. The Cedar Crest Nurses’ Association also took part in the event by passing out breast cancer calendars.

The Annual Women’s 5K Health Expo provides the runners with enough time to get organized for the race. They are given their t-shirts and they are provided with a lot of information about breast cancer as well. Overall, the event was successful and pumped up the women for the race the following morning.

New Bistro is almost here

Krisen Isaacson  STAFF WRITER

Over the summer, a major change that has been made to Cedar Crest College is the renaming in the Tompkins College Center ground floor level made to the bistro.

The construction has been going on for months and the Bistro is now scheduled to open on Wed. Oct. 28 but will be open to view on Fri., Oct. 23, during Breakfast with the President event.

There will be a lot of differences to the Bistro, but students will still be able to use their meal plans and flex dollars in the Bistro. The policies previously with the Bistro will stay the same, just improved.

There is new furniture, including high tables and chairs and new equipment in the Bistro. There is new lighting, a sound system, and flat panel televisions.

Many menu items will also be improved and have many choices for students. There is a new Barista connected to the Bistro and expanded the Bistro out in the Tompkins College Center.

All students were reminded that the student breakfast will be held in the Bistro at 8:30am on Oct. 23 with the inauguration ceremony scheduled to take place at 1:30pm in Lees Hall, and to be sure to register online ahead of time.

Billow also informed the students present of the change in name of Campus Police. They will now be referred to as the Campus Police instead.

Corns said the newly forming TCC Committee. Two to three students are encouraged to join this committee as student input is requested in deciding any changes or additions to TCC.

SGA Treasurer Christine Saithe introduced eight petitioners. Each of the eight petitioning clubs received the full amounts reserved for trips, activities, and events.

The specifics of these events and allotments can be found in the SGA minutes sent out to all faculty, staff and students.

SGA Recording Secretary Lauren Levengood reminded the students that they must give at least 24 hour notice if they are unable to attend a meeting or a mandatory event. She also discussed binders that will be distributed to each senator. The binders include minutes, notes and handy in order.

The next SGA meeting will be held on Oct. 28 at 6:00 pm in Butz Basement Lounge.

Allotments given at two meetings

Jessica Kuc  STAFF WRITER

Numerous allotments given at two SGA meetings.

The Oct. 7 Student Government Association (SGA) meeting was held in the 1867 Room in the Tompkins College Center (TCC).

SGA President Caitlin Billow began the meeting by going over the most recent student feedback and encouraging senators to volunteer. She suggested that everyone get involved and help to get Cedar Crest known in the community.

SGA Administrative Vice President Tasha Cornish brought up the upcoming election. With a few spots open in the Senate and the Honor Judicial Board, the election was scheduled to take place from Oct. 8 – 20.

Four petitions took place and allotments were given out. SAAC petitioned for money for basketball Spirit Days and received $500.

The College Republicans received $125 for their 9/11 memorial and BSO was allotted $290 for their single sold event. Additionally, Out There requested money to go to an Equal-ity event in Washington D.C. and received $1375.

The Oct. 14 SGA meeting took place in Butz Basement Lounge.

Billow began the meeting by reminding all of the senators that if they had not already registered for the inauguration events, they should do so.

Forensic Science students receive first research grant

Sarajane Sein  STAFF WRITER

When it comes to advances in Forensic Science methods, Cedar Crest students are again paving the way as they continue their research.

Michelle Schmidt and Caitlyn Hauke, both senior Forensic Science students, have earned grants from the National Institute of Justice (NIJ), in partnership with the Forensic Science Foundation, in order to further their research.

Although their methods regard two different issues tackled in the forensics field, both have the opportunity to be influential to the future of this science.

Schmidt was awarded $1,600 to study the detection of cocaine in a person’s hair, using “a technique known as Pyrolysis-Gas Chromatography/Mass Spectrometry”, Schmidt explained. “This method has never been investigated before and thus if successful could serve as a new technique for the detection of cocaine in this type of matrix,” he said.

Schmidt explained that hair testing is an important medium to study due to the fact that it is less invasive than other types of testing that are often utilized, such as urine or blood testing for drugs. It also gives those testing the hair a longer period of time to detect the drug use, as opposed to shorter retention times for urine or blood testing.

“Cocaine is also retained for longer amounts of time in hair and the pattern of abuse and use can usually be tracked if enough hair is present,” Schmidt explained. Hauke received an $1,800 grant for her research in bloodstain pattern analysis.

“The grant is to fund my research in bloodstain pattern analysis, in which I am trying to sequence the deposition order of two different types of overlapping bloodstains,” Hauke explained. “My project is looking at an area of forensic science that hasn’t really been researched much before.”

Bloodstain pattern analysis can help forensic scientists to figure out events surrounding a crime based on the bloodstains left at the scene.

The NIJ is “the research, development and evaluation agency of the U.S. Department of Justice,” and is dedicated to researching crime control and justice issues,” explains the group’s website. “NIJ provides objective, independent, evidence-based knowledge and tools to meet the challenges of crime and justice, particularly at the state and local levels.”

“Cocaine is also retained for longer amounts of time in hair and thus could be used as a forensic tool to evaluate and forensics fields,” Hauke received an $1,800 million.

“All I would be honored to be receiving a grant. The fact that a National Institute of Justice supports my research means a great deal to me and I am excited to be able to use the grant to enhance my research,” said Hauke.

“Receiving this grant was very exciting and was definitely a rewarding way to end my fourth years here at Cedar Crest,” agreed Hauke.
Man found sleeping in closet with corpse
Cody Jean Plant was charged with a misdemeanor drug offense after being found in the closet of a vacant house with a corpse. Plant, 21, was found after a break in of the house called the police to report signs of a forced entry. Plant was charged with abuse of a corpse after prosecutors alleged that he treated the corpse in an offensive manner but the charge was reduced to a lesser charge of probable cause. Plant was charged with one count of possession of a dangerous drug and two counts of possession of controlled substances each which are punishable up to a year in prison.

Half naked man gets dragged by train
A 22-year-old journalist student was nabbed allegedly taking the platform of a station after putting his backside too close to the train. The German man confessed the train after he was ejected off the train by the staff for traveling without a ticket. The man was unharmed except for few cuts and bruises. He faces charges of interfering in rail transport and insulting the staff.

21-year-old arrested after stealing ambulance
A 21-year-old man was arrested by Kansas police after stealing an ambulance while intoxicated. Lawrence police Sgt. Says that the man believed that he had no other way home so he stole the ambulance and led the police on a short slow speed chase. The man was arrested and charged with theft of an ambulance and driving while under the influence.

Former Dallas Cheerleader recovers from year-long hazing
Melissa Rycroft, former Dallas cheerleader and dancing with the stars contestant, is recovering from a hazing incident. Melissa Rycroft was dragged by train after putting his backside too along the platform of a station student was dragged naked along the platform of a station.

Local companies find going green not so hard to do
Dannah Hartman
MANAGING EDITOR
As the push for sustainability continues, U.S. companies are catching on and doing their part to reduce their carbon footprint on the planet.

Newswise has recognized these efforts with their first ever “green rankings,” which acknowledges the top 500 companies who have done their part to go green.

For a year, Newswise collaborated with environmental researchers KLD Researchers & Analytics, Trucost, and CorporateRegister.com to rank the 500 largest and most environmentally conscious U.S. corporations based on three components: environmental, performance, policies, and reputation.

The environmental impact score is standardized performance measurement compiled by Trucost that captures the total cost of all environmental impacts of a corporation’s global operations. Newswise reports that over 700 variables are summarized in the environmental impact score, which is normalized against a company’s annual revenue in order to compare companies from different industries and of different sizes.

KLD Researchers & Analytics created the green policies score. Newswise reports it “reflects an analytical assessment of a company’s environmental policies and performance.” The scoring encompasses the corporation’s policies and initiatives, regulatory infractions, lawsuits and community impacts.

The final aspect of the green score is the reputation score, which is based on an opinion survey of corporate social responsibility professionals, academics and other environmental experts.

Pennsylvania has made its mark on the list, with several Pennsylvania based having high enough green scores to land in the top 50.

Based out of Pittsburgh, H.J Heinz appears on the list at number 90. Newswise states that the food and beverage company has landed on the list for its “innovative efforts to create more environmentally sensitive products, such as developing tomato strains that require less pesticides.” In addition, H.J Heinz is exploring potential solar power projects, as well as looking into using potato peels as biofuel.

Also based out of Pittsburgh is the company that landed at number 104—PNC Financial Services Group. In the bank and insurance industry, PNC Financial Services ranked at number 4 because of its environmental impact score of 99.30, and 6th because of its reputation survey score of 41.65.

Alcoa, the world leader in the production and management of aluminum, is at number 139 on the overall list, however it’s 4th in its industry of basic materials. Both the green policies and performance score and the reputation survey score of Alcoa make it first in its industry. The company has an administrative headquarters based in Pittsburgh and other operating sites found in Bloomsburg and Lancaster. Newswise reports that Alcoa “has strong policies, targets and goals, and programs to reduce carbon emissions” and has “reduced its GHG emissions by 36% from 1990 levels, derives over 5% of the energy used in its operations from renewable sources and uses 36% of recycled input materials for its products.”

At number 309 is Teckerton based Air Products & Chemicals. The company ranks high in the basic materials industry, with its green policies and performance score 46.86 which makes it 8th in the industry, and the reputation survey score 37.56 making it 10th in the industry.

Food and beverage company Hershey, based out of Hershey, appeared at number 401. Although the company’s overall green score was 401, its environmental impact score was 12.30, ranking it 11th in the food and beverage industry.

Allentown based PPL landed at the end of the list at number 488, however it’s reputation green score was 13.74, making it 22nd in the utilities industry. Its environmental impact score was 2.60, landing it at 29th in its industry and its green policies and performance score was 23.88, once again landing it at 29th in its industry. Although the headquarters may not be located in PA, many corporations that were on the top 500 have operating sites located in Allentown or nearby. Of some of these corporations include: Starbucks (#10), Kohl’s (#18), McDonald’s (#22), Gap (#38), Macy’s (#50), Wal-mart (#59) and Target (#87).

For more information on the other “green” corporations in the top 500, visit greenrankings.newsweek.com.

Unintended acceleration brings recall
Elizabeth Kern
LIFESTYLES EDITOR
The auto industry is dealing with yet another unintended acceleration problem.

This time it’s not Audi with the issue but the Japanese automaker, Toyota. It has that rather large inexperience to its faithful drivers.

On Sept. 29 Toyota Motor Corporation recalled 3.8 million vehicles in the United States.

This is the company’s largest recall since their 2005 steering issue which recalled about 900,000 vehicles.


Toyota has been working with the National Highway Traffic Safety Administration (NHTSA) to advise the owners, of the previo1usly mentioned vehicles, how to stay safe.

NHTSA recommends that you take out the drive-ver’s side floor mat and not to replace it.

“A stuck open accelerator pedal may result in very high vehicle speeds and make it difficult to stop a vehicle, which could cause a crash, severe injury or death,” Irv Miller, a Toyota spokesman said.

NHTSA says there are been roughly 102 incidents recorded but the numbers are still unsure of how many have resulted in death.

One fatal accident has been documented back in August. California Highway Patrol Officer Mark Saylor and three members of his family were driving in the family’s 2009 Lexus ES 350 on State Route 125 in Sanite. The vehicle was traveling over 120 mph when it hit another vehicle that ran off the bank and then burst into flames.

With a last breath, one of the family members calls 911 and explained to police that their accelerator was stuck and that the breaks wouldn’t work.

“We don’t know what the actual cause was of that accident other than preliminary reports that have been published so it’s impossible for us to comment on that particular incident,” commented another Toyota spokesman, John Han-son.

If you think that your vehicle is accelerating on its own you should check to see whether the floor mat is under the pedal. In the instance that you can’t remove the floor mat safely, the Japanese automate advises to stop the brake with both feet. Do this until the vehicle slows and then try to put it in neutral and turn off the en-gine.

For newer vehicles with the stop/start engine option, Toyota recommends holding the button down for three seconds the engine can be shut off.

The recall has affected some students such as Catherine Brophy, whose chemistry major.

“It’s a tad bit of an inconvenience, although I only recently just heard about this recall situation,” she said. Brophy said that Toyota has yet to contact her on what to do about her floor mats or when she will get safer ones.

As far as driving her vehicle while the recall is still underway she comments, “I’m more cautious.”

If you haven’t received any information from Toyota Motors yet involving this recall feel free to contact your local Toyota dealership or the National Highway Traffic Safety Administration’s hotline at 888-327-4236 with any questions or concerns.
2016 Olympics to be held in Rio de Janeiro

Sarajane Sein
STAFF WRITER

Despite President Barack Obama’s personal appeal for the 2016 Olympics to be held in his hometown of Chicago, the games will be held in Río de Janeiro.

This is the first ever South American city to be chosen as the site of the Olympics. In fact, Chicago failed to make it past the first round of voting and ended up last in the running.

This has led to a mix of reactions: disappointment on Obama’s side as well as those who wanted an American Olympic games, but rejoicing on those who are excited to have a South American games, including those who are from Brazil or even simply from other places on the continent.

Chicago’s loss as the chosen Olympic city coincides with several problems plaguing not only Obama but the city itself.

An article on the web newspaper, Bloomberg lists the statistic that forty-seven children of school-age in the city of Chicago have been murdered since Obama’s inauguration in January.

Obama’s attempt to bring the Olympics to Chicago has resulted in ridicule and critique, such as by Republican strategist Todd Harris.

“I think there’s an arrogance that permeates just about everything the Obama administration does,” Harris stated in a Washington Times article.

“I don’t think the [Olympic committee]’s decision will hurt him politically, but it is illuminating and hopefully will be a learning experience about how much influence he does or does not have abroad.”

Before Obama’s pitch, many felt that he would be successful, including opponents in the Republican party, and even the Brazilian president.

The last time that the United States had held the Olympic games was 1996, in which they were held in Atlanta.

The president of Brazil’s saddened predictions that Rio would lose out did not come true. Rio was chosen above all of the other contenders, including Spain’s Madrid and Japan’s Tokyo as well, to host the 2016 Olympics.

“For others it would be just another Olympics, but for Brazil it would be something to raise the self esteem of the people,” Brazilian President Luiz Inacio Lula da Silva said in his appeal to the Committee, as quoted in the Associated Press. “No other city needs to host an Olympics. Brazil needs it... Do only rich countries have the right to host the Olympics?”

The International Olympic Committee, or IOC, votes by secret ballot to select the Olympic city every four years. Rio has come before the IOC before, but has lost out each time.

The other South American city to be presented as a possibility was Buenos Aires in Argentina, which also fell short of gaining the vote.

“The triumph of this Brazilian city feels like a triumph for all South American countries,” said Dr. Amelia Moreno, Cedar Crest’s new Spanish professor, commenting on the importance of this historic choice.

“I was particularly moved watching President Inacio Lula da Silva cry at the moment of the announcement. This is proof of how developing third world countries, seen as irrelevant for many years, are now attracting the global eye,” stated Moreno.

Laura Werner, President of the Spanish Club at Cedar Crest, agreed. “I think Rio de Janeiro deserves this opportunity to host the Olympics. They have come so far in stabilizing their economy and working hard to become a world power, and now they will be able to prove it by hosting the Olympics. It gives their people a sense of national pride, and it sets an example for other South American countries. It is amazing what you can do if you are given an opportunity and you have a goal.”

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end up going to other schools. In 1973 Muhlenberg College followed this practice, but a problem arose when more students thought they were expected to attend the school. There wasn’t enough housing for everyone. So, Muhlenberg rented dorms at Cedar Crest and sent twenty to thirty men and a few women to live in them.

The Muhlenberg students lived in what is today Curtis Hall, a building with a few dormitory rooms – known mostly for being the quiet hall on campus – graduate housing, health services, academic services, information technology and several department offices.

At that time, the Cedar Crest College campus was surrounded mostly by fields and some farm land. A shuttle ran between Muhlenberg and Cedar Crest at every half hour for students to commute back and forth.

Men lived at Cedar Crest for three years, first, in the upper floor on the College Drive side, and for the other two years on the second floor near Butz. Some of the men had no choice in where they would live, but others came for the food in the newly built Tompkins College Center, while still others came for the girls.

Read on to find the stories of three individual men who lived at Cedar Crest in the 1970’s.

Gary Kinyon had many friends from Cedar Crest. “I remember having a lot of fun with the women that went to Cedar Crest, specifically the ones who lived in our dorm,” Kinyon said, recalling sledding down the hill behind the library on dining hall trays, going to concerts with them and just hanging out.

“I remember there were some rules about males not going into the female section after certain hours and females not going into the male section, but it was easy to skirt those rules.”

By Kinyon’s senior year at Muhlenberg, the housing situation had been corrected and all students were moved back onto campus.

“I would have been happy to [keep living there] if they had let me,” Kinyon said. “It was fun. I liked the access to two campuses. It was always fun to tell people that I lived at a co-ed dormitory at an all-girls school.”

Gary Kinyon is a lawyer in Norristown, N.H. He graduated from Muhlenberg in 1977 with a degree in political science. He lived at Cedar Crest from Fall 1973 through Spring 1976 with Dean Kashner.

Dean Kashner, Kinyon’s college roommate, was also given no choice about living at Cedar Crest his first year at Muhlenberg. For his sophomore year, he could have moved to Muhlenberg, but chose not to and for his third, and final year, at Cedar Crest people were volunteering to go over.

“It went from being something freshmen had to do, to something some people wanted to do,” Kashner said.

Kashner has many fond memories of Cedar Crest. Sledding down the hill behind the library was a favorite. In those days, alcohol was involved with this pastime that still occurs each winter. Across the open fields, the nearby King George Inn was a frequent Thursday night hangout. The basement bar would be taken over by a pretend radio station “WKGI” and students would gather to start the weekend early.

At Cedar Crest, Kashner went to events on campus and in the dining hall and made friends with students. “Cedar Crest students were some of my best friends in college,” Kashner said. “Women are generally more mature than men at that age. We got to meet lots of people who were mature.”

While Tim Burke remembers the fun of playing hockey in the hall (see story at left), Kashner recalls that everyone was punished for it. The third year that he lived at Cedar Crest, enough damage was done to the building that each of the students was billed $30-40 (the modern day equivalent of approximately $150).

The good things about living at Cedar outweighed the rest, Kashner, though. “I have nothing but happy memories of Cedar Crest,” he said. “It never seemed that unusual to me, but it’s a great story to tell later in life.”

Dean Kashner is a newspaper editor in Bloomsburg. He earned his degree in English literature from Muhlenberg in 1977. He lived at Cedar Crest from Fall 1973 through Spring 1976 with Gary Kinyon.

When Tim Burke began his junior year, he wanted to live at a school. He graduated from Salisbury High School, he had been living at home in Allentown, but helping out around the house and with his two younger siblings got in the way of his studies. A problem occurred, though, when Muhlenberg College didn’t have the space to give him a room.

“It was either move back home or live at Cedar Crest,” Burke said. Choosing Cedar Crest, Burke moved into Curtis Hall joining other students who had been living there the year before also.

“The main reason we went over? Obviously, college guys think ‘we can meet girls who will actually talk to us,’” Burke joked.

There were some Cedar Crest students that Burke knew from high school and he soon made friends with others at the school.

Living at Cedar Crest was more than just residence halls for some of the Muhlenberg students. They were all able to eat in the dining hall and had the option to take classes.

At this point in time, the Lehigh Valley Association of Independent Colleges (LV AIC) had just formed. Much like today, the program allowed students to get books from other local college libraries and to take some classes at those schools. While living here, Burke took advantage of the LV AIC program and attended classes at Cedar Crest.

As a biology major attending a liberal arts college, Burke was required to take humanities classes, that he chose to take at Cedar Crest.

“At Muhlenberg they treated you like a major, but at Cedar Crest you could actually find fun with [humanities classes],” Burke said. He took Jazz and Electronic Music and History of Theatre and Dance at Cedar Crest, both with Charles MacAnil, and Comparative Animal Behavior, a psychology class with Dr. Ellis Honig.

Of course, college wasn’t only about education. “We used to get fined all of the time,” Burke said. One of the main activities that caused fines was playing hockey in Curtis.

“It started at Muhlenberg,” Burke said. “We would play hockey in the halls with super balls. At Muhlenberg the lighting was re-cessed, but not at Cedar Crest. We got fined for that.”

Noise violations were also common occurrences with the men on campus. Burke’s roommate was a keyboard player in a band and they had an electric piano and organ in their room. For the most part Burke doesn’t remember people on campus having a problem with the noise, but complaints would come from the residential area across the street from campus.

At least once a month, they hosted a keg party where a bed sheet sign would be hung on Butz inviting Cedar Crest students to attend. Sometimes the pranks were more rowdy. “There was one time when the guys at the other end of the hall had an exam,” Burke said. They were studying in a lounge in Curtis when a couple of male students went in and emptied a fire extinguisher throughout the room.

Gary Kinyon is not given a choice about living at Cedar Crest his freshman year at Muhlenberg. It was the first year that students were being housed at Cedar Crest and he was assigned to live there.

“My father was not too pleased about it since he was paying for his son to go to Muhlenberg but he was living at an all girls school,” Kinyon said.

Like many other men that lived at Cedar Crest, one of the best things about living there was the dining hall. The Tompkins College Center had been built in 1969, so the new building was often a better option for meals, though the students could choose to eat at either college.

“The dining hall was also a place where Cedar Crest students spent a lot of their time.

“That was such a social thing. That was where you really interacted,” Kinyon said. “The Cedar Crest women, I think, to the extent that they had parties on campus, weren’t as much mixed parties. So I think their tradition and habit was to go to schools like Lehigh, as well as – or maybe rather than Muhlenberg. So there weren’t mixed parties at Cedar Crest that we would go to. So the main social connection we had with the women there was living on the floor and in the cafeteria.

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Say goodbye to the old...

and hello to the revamped!

According to atticclothes.com, The Attic is looking for jeans, shirts, shoes, outerwear (hats, coats, gloves, scarves), jewelry and accessories (belts, purses, wallets).

STAFF WRITER
Jocelyn Ludwig

Need a place where you can get extra money and get rid of your unwanted apparel at the same time? The Lehigh Valley has a place for you, The Attic, which now has three locations in Kutztown, Bethlehem and most recently Manayunk. The Attic is a place where you can buy, sell and trade your clothes, shoes, accessories and so much more. This is the only place in the Valley that does this type of transaction.

The whole process works by bringing in the items that you want to try and get money for. The employees will then work through your items by taking what is currently in fashion and what is in the mall, but you never know you may have a treasure they are waiting to buy, so bring it all! In the past few weeks, employee said, “It’s a pretty cool experience, you get amazing things you wouldn’t expect to find.”

Not only will you find countless shirts, jeans and skirts, you will find shoes, scarves, tons of jewelry from costume to classy, old pins, purses, hats, you name it and you will probably find it.

“From the past three weeks I’ve worked here this has been the best job I’ve had. Our boss Anne Kurons is very upbeat and goal oriented,” says Dani Riccardi.

When passing by customers in the store, they are always making comments on how they love the pieces they find and some memories that other pieces may remind them of.

Right now their main attractions are their Halloween costumes and they are endless. They are also running a 15 percent off coupon for any costume item. So whether you need cash, a new wardrobe or a costume, The Attic is the place to go, affordable with a lot of unique styles.

Lux and Forever 21 just to name a few. Not all are name brands though and that adds to the uniqueness of the store. However, be advised that they take items that are relative to the season we are in and they do not take a lot of collared or plain colored shirts. They stick to what is trendy and what is in the mall, but you never know you may have a treasure they are waiting to buy, so bring it all!

The Attic is open Monday through Saturday from 11 a.m. until 8 p.m. and Sundays from 11 a.m. until 6 p.m.
Rachel Edgar
CRESTIAD SPECIAL

My experiences in Cape Town, South Africa were varied and exciting. I hiked 3,500 feet up Table Mountain, visited penguins at a place called Boulder's Beach, walked around the lavish Victoria and Alfred Waterfront, and went on a safari to see zebras and lions.

Each experience gave me a chance to understand the local culture and learn more about the country, but an experience on my final day in South Africa gave me insight into the everyday lives of the people who scratch out a living in places called townships, racially segregated residential developments inhabited by blacks, "coloreds," and Indians, that are still a remnant of Apartheid today.

Although Apartheid, the legalized segregation of whites and non-whites in South Africa, ended in 1994, its effects are still deeply rooted in the country's society, and it will take years to close the gap.

Many of the people I talked with on the street throughout my time in South Africa said that things had improved somewhat in the country since Apartheid had ended, but mentioned that there are still so many problems yet to face. The townships are just one of the many visible signs of Apartheid's legacy today.

The inhabitants of the townships live in houses made of corrugated metal, cardboard and whatever other materials they can find. I once read about townships in history books and looked at the accompanying photos curiously without actually comprehending their meaning. Now I believe you can never truly know a place until you see it for yourself.

On my last day in South Africa, I took a trip into the townships with a group of Semester at Sea students to learn more about Operation Hunger, a non-governmental organization designed to improve the nutritional wellbeing of vulnerable communities such as the townships around Cape Town.

The day's schedule began with a visit to a local day care center to assist the Operation Hunger coordinator with her project of taking each child's measurements to screen for malnutrition.

The children were shy at first as we entered the main room of the day care center, but quickly warmed up when they saw our cameras. The faces of the little ones were the first to see the camera's digital screen fascinated them, and soon they were running and jumping around noisily, posing for photographs and taking ones of their own.

There was time to play with the children, and I found a little friend who loved my sunglasses. She plopped down in my lap and took the sunglasses on and off, playing a game of peek-a-boo with me.

After some playtime, the Operation Hunger coordinator quoted the children down, and then assigned each Semester at Sea student with a task. My job was to measure the arm circumference of children in the toddler group, little boys and girls aged two to four.

I began coralling the wriggling, squirming children to one side of the room and with the help of another Semester at Sea student named Brittany, began to work. As it was still wintertime in Cape Town, Brittany helped the little ones take off their sweaters so that she could roll up their sleeves. Then I came with the measuring tape to measure their arm circumference in centimeters, hoping they would stand still long enough for me to get an accurate reading. I would read off the number and record it onto a blue card that contained their other measurements of height and weight.

Once the process was over, Brittany and I compiled the information onto two graphs and a chart to show how common malnutrition was among the children. Our findings suggested that a fair amount of the children were within normal limits, but quite a few children showed signs of moderate malnutrition, and there were several cases of severe malnutrition.

The Operation Hunger worker then presented the graphs and chart to the day care supervisor so that she could see how her children were doing, with the promise of a follow-up in a few months to see if things improved.

Next, the Semester at Sea group piled back on the bus, and journeyed to another nearby township to visit to a soup kitchen and help serve the afternoon meal to the residents of the community. The organizer of the soup kitchen was a kind old woman who had a little more money than some of the other people in the township. She ran the soup kitchen with money from her own pocket, food donations from local restaurants and some support from Operation Hunger.

The meal included a thick, rich stew filled with vegetables and meat and pieces of bread donated from a local bakery. Semester at Sea students had also donated some food from their lunches – apples, hard boiled eggs and some juice boxes. These items were special gifts that the old woman only gave out to the children who came to the soup kitchen.

Once everyone had gotten in line, the old woman began with a prayer. As I stood there listening, I wished we had more to give. Everyone in line was so grateful for what we had shared with them, but I couldn't help but think we hadn't given nearly enough. Only half the children that showed up that day would end up with an apple. On normal days, they wouldn't receive an apple at all.

Once the blessing was over, I helped break bread into smaller pieces so that everyone could have their share. Others doled out stew from big pots.

Once everyone had their share, the Semester at Sea students walked around to meet the people. I sat down next to two children sipping their stew and enjoying their bread, and we talked. They told me that their favorite subject in school was math. I gave them each a piece of candy. All too soon, it was time to go and I said goodbye to my new friends.

It is hard to say how this experience has affected me. I am still so close to it, and there hasn't been enough time to reflect on everything I have seen. Each week I am meeting new people, seeing new countries, experiencing new things.

One thing I can say for certain is that I hope the children I met that will have the same opportunities that I have had – a safe place to live, food on their tables and a chance to get a good education. These are the things that everyone in the world deserves.

Rachel Edgar is a Cedar Crest College student who is participating in the Semester at Sea program. She writes a weekly series that chronicles her adventures around the world. This is Edgar's fourth article about her experiences, her previous three articles are available in back issues of The Crestiad on cedarcrest.edu/crestiad.

Around the World in 101 Days... Adventures in South Africa “The things that everyone in the world deserves”
9 OPINIONS

Anxious adolescence

Morgan Kescli

STAFF WRITER

What calms you down? Is it a favorite song, comfort food, or hearing your beloved’s voice? What makes you feel lonely? What calms you down? Is it a favorite song, comfort food, or hearing your beloved’s voice? What makes you feel lonely?

For me, what calms me down is music. Music can be soothing, uplifting, and relaxing. It can take me away from the stresses of daily life and transport me to a different place and time. Music is a form of therapy for me, and it helps me to manage my anxiety and stress.

I have been interested in music since I was a child. My parents were both musicians, and they instilled in me a love for music from an early age. I started playing the piano when I was five years old, and I continued to play throughout my childhood and adolescence. I also became involved in various music ensembles and bands during my high school years.

Music has been a constant presence in my life, and it has helped me through some of my toughest times. When I was struggling with anxiety and depression in my teenage years, music was a source of comfort and hope. It helped me to feel less alone and gave me a sense of purpose.

As I continued on my journey through life, music has remained an essential part of my life. It has helped me to express my emotions, to connect with others, and to find a sense of peace and balance. Music has given me a way to cope with the challenges of life, and I will always be grateful for its healing power.

I believe that music has the power to change the world. It has the ability to bring people together, to inspire change, and to create a positive atmosphere. Music has the power to lift us up and to make us feel better.

As I look back on my life, I see how much music has helped me. It has been there for me through the good times and the bad. It has helped me to understand myself and to connect with others. Music has been my constant companion, and I will always be grateful for its presence in my life.
Relationship violence and choosing respect

May I have your attention please? If you are between the ages of 10 and 18, you are a member of Generation Me; and I have an announcement to make. You are an amazing representation of our youth...and you are driving everyone absolutely crazy.

Yes, I am a college student, therefore I am 21 and a part of the ‘Me’ generation, and yes I have tendencies to be extremely selfish and only concerned with myself and absolutely no one else. So, what is wrong with that? EVERYTHING.

I have recently associated with my selfish side. I had a curveball thrown at me which made me realize just how selfish I was. I thought that my actions were my own, not caring about who I am, not making any effort to be the person I am. And this pattern of thought is not uncommon.

I knew something wasn’t right. My boyfriend was complaining about me. I didn’t listen. And I didn’t give him the time of day. I just wanted him to say the right thing.

I was only belligerent with him. I felt like I had to fight for myself. You should also be fighting for yourself. You should be fighting in our relationship. You shouldn’t be in the fight because you want to be, or because you want to be with him, you should be fighting for yourself.

And important thing, you have to believe in yourself. You have to realize that you need to be confident in yourself. You need to be confident in your abilities. You need to be confident in your own worth.

I thought that I was not only important to get answers, but get them immediately. I wanted immediate satisfaction in almost every area of my life.

But Thank God for parents, because my mother set me straight. She told me that sometimes in life, you can’t always get the answers you want, and sometimes, you even have to just try things with not having any answer at all.

For me that was a wake-up call. I felt so guilty for being so selfish and dragging everyone else into my circle of toxic selfishness. So this mini-event in my life made me try to look at things a little differently.

I tried not to be so indulged in myself and all the things that were only about me. I started to notice other people acting selfish, people I love. I also noticed how the people I love affected the way others saw them, the others didn’t like it.

It was everywhere; this constant selfishness was flooding everywhere I looked. If I turned on the television, it gave me headache. I started noticing these young people treating others like they didn’t deserve anything, like they were unlovable and indefeatable.

If you look at the people you see on television, everyone wants to be famous. There are people on television that go on these shows to lose weight and next thing you know they are millionaires.

If you are married with 8 kids, you’re famous. If you are a “reality show” who can’t get a date, don’t worry – we’ll find you one, and also give you a billion dollars because you deserve it.

I was starting to see a trend, these people were just so selfish and wanted their name out there. They would do it at any cost.

Now I know why my great grandparents and grand parents stick to the Wheel of Fortune and Jeopardy. Because there you’re allowed to wear crazy knitted sweaters and you’re allowed to show off your knowledge and cover to cover because that is acceptable.

Trying to get them to watch some of the newer reality shows is like pulling teeth, they think its sick and twisted that someone would ever want to watch a reality show on national television or even try to win the heart of a burnt-out rock star by jumping on a trampoline in a string bikini.

Let me tell you something, they got that right. Their generation knows that there is something wrong with my generation.

To me, it seems that there was something wrong with my generation and everyone else knew it but us. This led me to some mild research, and I came across a passage in a literature that called “us” the Genera- tion Me. This name that they are using to describe my generation is better described, I think, as a narcissistic epidemic. Which ap- parently previous to my recogni- tion, people have already diagnosed us with this selfish disease.

Why? Why are we like this, how come an entire genera- tion of young brilliant minds have gone to self absorbed mush? I would love to be completely honest here and give you answers, but even I do not know why I am the way I am. I will admit though, my par- ents never really cared with me or my sibling being rude and selfish. That kind of superstar attitude was never accepted, but even we, the good kids, have these selfish tendencies every once in a while and I am the def- inition of a work in progress.

I see this selfish character that is shown on television all the time, that is what I want to be. All these people walk around like they own the place and inside they are just as sad as any other starving person.

Even worse, we have strug- gles, but our generation tries to play them off as an over-exerted ego which makes them look like a pompous moron.

I don’t want to look like a moron, so what concerns me is why doesn’t everyone else want to? Apparently it is so cool that an entire generation is dancing to the beat of that drum now. It makes me sad, even driving in a car can be a challenge because my entire generation got sucked in to this narcissistic way of life.

At this point I feel like self- ism is the new lifestyle and turn- ing back may not be an option. It seems that no matter what person trying to make a differ- ence I urge the youth of our world to check themselves. Try and be your own critic and try to mold your weaknesses into new strengths, that will help others than yourself.

As for my generation, I am at a loss for words, as for myself. Thank God for curveballs, those bumps in the road can certainly straighten you out.
It has been since a year that President Ambar has joined Cedar Crest College and in only a year she has brought many changes to the campus that have made quiet a difference around campus.

If you take a walk around the campus or even go on the schools website you may notice some changes that have been made. Those would be the doings of our president. Since she has started she has made a strategic plan, a blueprint for the future of Cedar Crest that involves all the changes that she would like to put into framework to get changes rolling on our campus.

The strategic planning has been a tedious one, coming down from eighty proposals to thirty-four now they down twenty different proposals that include additions to our school; such as a multicultural center, more study abroad options, women studies and even possibly making Cedar Crest an evening school as well. Being the president of a college is not an easy task, “One of the toughest parts of being a president is you can’t think out loud. Because then what you say sometimes is then something that is expected of you to do.” And when it comes to strategic planning, there are so many things to. Out of all the things on the list, President Ambar has put the students first and made sure all of our needs were met.

As for the changes that she has already made you may have been seen around campus. Ambar had created a board of students who helped her design the new lounges around campus; she wanted the students to have a space where they wanted to be, “Some of the best ideas of what’s happening (the bistro, the furniture etc.) have come form the voices of students” said Ambar. “I wanted the students to design, pick the furniture and pick the colors because they were the ones that would be using it the most.” Ambar is excited about her office hours. “It is interesting and really nice to connect to the students” she says. She also appreciates the emails that students send to her about the changes that she has been making. She is proud of the small changes and the open line of communication.

Ambar has also changed Cedar Crest musicians, students, and helped Cedar Crest to recognize that they are a women’s college and it is something that we should not fear to show. She mentioned, “I always want you to know that what you want to achieve is absolutely possible. You can achieve it and do it better than it has already been done.” These inspiring words are something that will linger with the Alumnae. Ambar’s involvement thus far in the college has been a tedious one, coming down from eighty proposals to thirty-four now they down twenty different proposals that include additions to our school; such as a multicultural center, more study abroad options, women studies and even possibly making Cedar Crest an evening school as well. Being the president of a college is not an easy task, “One of the toughest parts of being a president is you can’t think out loud. Because then what you say sometimes is then something that is expected of you to do.” And when it comes to strategic planning, there are so many things to. Out of all the things on the list, President Ambar has put the students first and made sure all of our needs were met.

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The president’s double life

Rena Wallace

STAFF WRITER

"It is 6:29 a.m. Carmen and I have just completed a three-mile run and I’ve just finished feeding the kids (bran cereal with raisins and pop tarts). They are relaxing now and Carmen and I will go up stairs to bathe and dress them before our narrow comes at 7," said Din Ambar, President Ambar’s husband.

Road trips, airplane flights and vacations are out of the question when you’re a mother of triplets, a wife and the president of a college.

One family is difficult to support, but imagine being in President Carmen Ambar’s shoes. She has to manage her time wisely in order to look after her hereditary family and the Cedar Crest family.

How does she master this double lifestyle?

Trying to balance a career and family is one goal that everyone strives for. Ambar admits that it is very challenging, but her advice to others is to plan. She and husband, Din, were married for 13 years until they finally had children in 2007. Since the birth of the triplets, Gabrielle, Luke, and Daniel, both President Ambar and her husband learned to grasp great control over their schedule.

“This takes coordination and bottom line, the attitude that each person will give 100% effort," said Din “Seriously, it is nothing more than being supportive of Carmen in whatever she needs. She does the same for me.”

Earlier this year, Din had back surgery and as he healed, President Ambar’s parents came up to help with the children. "Carmen was terrific in doing the things around the house I would do ordinarily," said Din.

And as the President of a college which was on Forbes top ten Best Women’s Colleges, Ambar’s equal partnership with Din has allowed her to excel as the leader of this school.

"He is an incredible spouse and also very supportive," said Ambar.

At the age of 7, Ambar also remembers her father taking on most of the responsibilities in the household, when her mother decided to get her PhD at Texas Women’s University. The university was about six hours away from their Arkansas home; therefore her mother lived on campus for about a year. Eventually Ambar came to realize that her mother’s success, was the family’s success.

Witnessing her mother’s achievements along with accomplishments from past generation females, Ambar became very ambitious. "Carmen has always been assertive, extremely competitive and very busy," said her mother Gwendolyn.

Witnessing her mother’s achievements along with accomplishments from past generation females, Ambar became very ambitious. "Carmen has always been assertive, extremely competitive and very busy," said her mother Gwendolyn.

Her past has furthermore dictated her future and Ambar has become a mother to us all. From taking the triplets to the Strawberry Festival pumpkin patch, to running with the cross country team, Ambar believes that it is important to be family oriented. "I try to have events in the house because I want people to think of it as their place as well," Ambar explained.

Living in such close proximity to campus makes her feel like she is always at work, but it has allowed her to build stronger relationships with the students. Ambar has planned a series of events which will take place at her residence. For instance, she thought it would be a great idea for the basketball team to come over and watch the game on the big screen television as they prepare for their games.

At Annual Fall Family Weekend, Ambar and the children enjoyed a test-run carnival ride around campus after their trip from the zoo. The triplets were too young to attend all of the events however, so they stayed at home with a babysitter as Ambar and Din went to the reception and the play later that night.

Cedar Crest College was very welcoming and has embraced President Ambar’s family. Her three, 15-month-old babies light up a smile on people’s faces and her family gives them a sense of stability.

Ambar believes that Cedar Crest takes their community seriously and is protective of their family. They value it, believe in it and think of new programs. Her family is that way as well.

"When you have a young family, you have a view and aspiration to do more and more. You’re always in that mode," said President Ambar “I look into the future optimistically and I’m proud of my past and very forward-looking of how I see the new world.”

Cedar Crest adds new artifacts

Elizabeth Kern

LIFESTYLES EDITOR

Look over there! It’s a banner! It’s a flag! No… it’s a gonfalon! Gonfalons are actually a mix of both. They are usually made out of flag material (appliquéd nylon), are long in shape like a banner, but hang vertically from a crossbar.

These flags date all the way back to the 1800s and can be seen at other college and university graduations. Now they will become part of Cedar Crest’s history as well.

On Oct. 23, five gonfalons will make their debut by proceeding in at the Inauguration. The gonfalons range in sizes (four or five feet) and design. Each of which will lead in a different group of trustees, faculty, alumni, staff and delegates of other colleges and universities.

Our gonfalons were designed in-house by Kim Harrison, graphic artist.

Marie Wilde explains what they look like: “All of the new gonfalons are essentially yellow and white or gold with some black accents. Some are embellished with the traditional college seal, others use the modern gingko leaf logo. All have a bright gold fringe across the bottom.”

Although it was President Carmen Ambar’s wish to have them, she had no involvement in the planning. She does however, have plans for their use after the ceremony. Ambar would like to see the gonfalons be used for Convocation and start a new tradition of passing them down to future generations.

“I also think they are great for admission and recruiting events,” said Ambar.

Carmen Twillie Ambar, pictured at four months at right, names her family as one of the biggest influences of where she is today. Ambar is pictured at left with her daughter, Gabby.

"When you have a young family, you have a view and aspiration to do more and more. You’re always in that mode," said President Ambar “I look into the future optimistically and I’m proud of my past and very forward-looking of how I see the new world.”

70 marching in procession

Dr. Elizabeth Meade

CRESTIAID SPECIAL

Students accustomed to the academic processions that open most of the College’s academic ceremonies will notice a sizable addition to the usual line-up at the October 22 Inauguration of President Carmen Twillie Ambar. Along with the groups of trustees, faculty and students who march at Convocation and Commencement, a group of delegates representing 70 colleges and universities will be present to honor this historic occasion.

According to Marie Wilde, Director of Institutional Research and Planning, invitations to send delegates were sent to all colleges and universities east of the Mississippi River. The response Cedar Crest received to the invitation was “very impressive,” said Mrs. Wilde. Delegates will march in order of the year of the founding of their institutions, so the delegate from Harvard University (founded 1636) will march first, followed by Yale University (founded 1701). Fifth on the list and first among local universities will be Maranor College (founded 1742).

Some Cedar Crest faculty will be marching with the delegates as well, rather than with their fellow faculty members. John Cigliano, Chair of Biology, and Elizabeth Meade, Chair of Humanities, are among the faculty who will be marching as representatives of their undergraduate institutions. Also to be found among the delegates is a man with a very special historic tie to the College and to this ceremony. He is Joel Bagnal, former Professor of Art at Cedar Crest College and the artist who designed the College mace that leads in all academic processions at Cedar Crest. According to Marie Wilde, Joel Bagnal created the mace in silver and rosewood in 1973. The mace was the sensor gift of the Class of 1973, whose faculty sponsor was Joel Bagnal. He is marching in the procession as a delegate of Boston University.
New medallion for new president

Lauren Panepinto
COPY EDITOR

During President Ambar's inauguration many Cedar Crest College artifacts will be used as a part of the traditional ceremony. One of these is the President's medallion.

The presidential medallion descended from various chains of office worn by high officials in the Middle Ages and was first presented at the President's Inauguration and worn by the president during academic convocations as a symbol of the authority and responsibility vested in that office, says James A. Blaney, the Director of Institutional Research and Planning.

This year a new medallion has evolved greatly since this time and after Ambar takes her oath into office a Board of Trustees member, Charles Stelling, will present the new medallion to her.

“Academic protocol requires that the President wear the medallion at all ceremonies, as a sign of her authority and responsibility, and that the medallion be displayed in the President’s Office when it is not in use,” Wilde said.

When asked about her belief on the importance of ceremonial artifacts Ambar said that it is befitting of the outer sun.” J. Robert Halma, assistant professor of biology at the time described this version of the medallion in 1967.

The medallion has evolved greatly since this time and after Ambar takes her oath into office a Board of Trustees member, Charles Stelling, will present the new medallion to her. A distinguished scholar, Tompkins was the first woman president of Cedar Crest and the first president who was not a member of the clergy. Serving from 1967 to 1978, her most obvious accomplishment was the construction of the modern student center that bears her name.

In the 1980s many college's women’s colleges suffered from declining enrollments. Cedar Crest was no different. Under Dr. Gene S. Cesari, inaugurated on Jan. 25, 1979, the college expanded the size of the Science Center, and in 1987 U. S. News & World Report ranked Cedar Crest among the top ten liberal arts colleges in the East.

Dr. Dorothy Gulbenkian Blaney became president in 1989. During her tenure enrollment increased significantly, and the campus was enhanced with sculpture and important additions to the science complex. Blaney invited to campus many distinguished guests. Speakers such as Kofi Annan, the former-secretary-general of the United Nations, brought national attend and presige to the college. Blaney served as president until her death in 2006.

When Allentown Female College was established 142 years ago, only the most foolishly optimistic would have expected it to amount to much. Its first class was held in a basement, it was constantly in want of money, and for nearly half a century it possessed only one building and a two-acre campus. Yet the institution managed to survive and flourish. Two months ago, Forbes magazine ranked Cedar Crest among the best women’s colleges in the United States. The school had come a long way from its beginnings at Clover Nook.

Sarajane Sein
STAFF WRITER

Inaugurations at Cedar Crest have always been an important affair, though they have changed very much through the ages. Longstanding President William F. Cusatis, the seventh president of Cedar Crest, was inaugurated in 1908, even before Cedar Crest moved to its current location.

The Inauguration invitation sent out by the Board of Trustees in that year listed date as Oct. 1, and the place was Salem Chapel. The speeches of the day were primely religiously based, given that Curtis was a Reverend, including several hymns, a scripture lesson, and two vocal performances by “Miss Althea L. Kline,” a graduate of the Cedar Crest class of 1903.

After the death of Curtis in 1941, he was followed by Dale Moore on June 5, 1942. Again, the ceremony was very grounded in religion, and held at the Zion Reformed Church. Several board members stood on the steps of the building and dormitory.

Through the years, Allentown governmental officials, and, of course, students and alumnae. This leads Cedar Crest to its thirteenth president: Carmen Twille Ambar, who will have an Inauguration to undoubtedly complement and yet rival the rest.

Students react to Ambar’s first year

Nicole Magloire
ADVERTISING MANAGER

One important part of being a president of a university is to interact with the students and lucky for the students here at Cedar Crest the thirteenth president does just that.

Since ever beginning her job as president of Cedar Crest at the beginning of the 2008-2009 school year President Carmen Ambar has made an impact on all of the students that she has encountered.

Christen Corby sophomore Biology major.

Ambar has mentioned that the changes that she plans to implement in the campus and the ones that have already occurred such as the Bistro and Tompkins Center are things that the students themselves have expressed that they wanted. “I’m excited to be a part of what she has planned for the campus I feel like she has great things in store for us,” said Kenzie Buckhart sophomore Biology major.

The students feel that their voices are being heard and their concerns are being answered because the president acknowledges...
Ambar, first black president in the Lehigh Valley

Dannah Hartman
MANAGING EDITOR

When it came time to plan the Inauguration, President Carmen Ambar wanted to have a “strong theme around women’s leadership” present throughout the three-day celebration. Dalrymple was found to be right on Ambar’s track. Put “Ms. Ambar at the top” at Cedar Crest is a compliment to the role she is assuming as the first black college president in the Lehigh Valley.

Ambar’s invitation to the college was a compliment to the role she is assuming as the first black college president in the Lehigh Valley. President of the Black Student Union, she is the first minority. In fact, Ambar is different from the educators who came before her.

As President Ambar’s Inauguration draws near, Hudgins is proud to say, “She is a very distinguished person and how McCartney worded it. “She is even more ‘folksy,’ reachable,” Marshall said. “Ambar is a sisterhood that you shouldn’t have asked her something. She is also tolerant of your ideas,” Marshall said.

“I think she is such a great inspiration to young women to speak at CCC,” said Abston. “As a young woman, I don’t think that’s the same thing. It definitely gives hope to all of us and shows that hard work and dedication can pay off.”

One thing that most agree on is that Ambar was a good selection for president for multiple reasons. “Ambar is a first-rate choice,” is how McCartney worded it. “She is a very distinguished person and hard work and dedication can pay off.”

First female N.J. governor to speak at CCC

From January 2001 until June of 2003, Whitman served as Attorney General of New Jersey, which is just one of her many accomplishments. During her time as the Governor, she appointed New Jersey’s 50th and first female Attorney General. Despite her many leadership roles, Whitman still finds the time to serve as the co-chairman of the National Smart Growth Council. In addition, she serves on the Steering Committee of The Cancer Institute of New Jersey, the Leadership Council of the Republican Pro-Choice Coalition; the Governing Board of the Oquirrh City Public Library; and is a member of the Board of the New America Foundation.

Current in her political career, Whitman is also a New York Times best selling author for her book, It’s My Party Too. Currently, the Whitman is President of The Whitman Strategy Group, a consulting firm that specializes in energy and environmental issues. The Whitman Strategy Group, or WSG, offers solutions to problems facing businesses, organizations and governments as well as helps companies find innovative solutions to environmental challenges. She is a corporate director for the Republic Bank, and serves as a member of the Board of Directors of the Oquirrh City Public Library.

As President of the Black Student Union, Ambar said, “Our goal is to put the spotlight on women who are minorities, it shows that despite the color of your skin you can be successful.”

Though not the first female president of the Black Student Union, Ambar is the first black president in the Lehigh Valley. In the 1950’s, Cedar Crest had just begun to accept black students for admission. DeLoris Marshall was the third such student to attend the school. Marshall, a member of the Alumnae Executive Board, returned to Cedar Crest in the 1970’s, as a Lifelong Learner to earn a degree in Social Welfare. The differences between her two periods as a student and this Inauguration mean a lot to Marshall.

“She’s so smart and very impressive,” Marshall said.

As the festivities of the Inauguration drew on, Hudgins recognized that you shouldn’t have asked her something. She is also tolerant of your ideas,” Marshall said.

Ambar is taking care of everything well. Shea is only one of many students that feel that "Ambar is the first black president at Cedar Crest." She is very dispensable to the college the same year that they did. It’s been said that she is a better president than the ones that we’ve had in the past and though she’s the only president most students have had their still happy to hear the news.

Another transition: people who looked like me, more black students. I feel President Ambar has resulted from social organization and responds and reacts to social stimuli. The world turns, so does Cedar Crest. Never in my wildest dreams did I think we’d have just had a black president at Cedar Crest." Alumnae aren’t the only ones excited about this historic first. Jade Abston, a sophomore communication major and the Acting President of the Black Student Union says she expected it.

“I’m very excited about Cedar Crest having the first black president in the Lehigh Valley,” Abston said. “I think it is definitely a great accomplishment on President Ambar’s part and for the college as well.”

While Abston credits Ambar and the college, others are noting this as a significant step for the Lehigh Valley. Dr. John McCart- t. A professor at nearby Lafayette College, he teaches government and African Studies, two departments that he has headed in the past.

“Putting Ms. Ambar at the top at Cedar Crest is a compliment to people in the Lehigh Valley, especially blacks,” McCartney said. “Forty years ago this wouldn’t have happened. It shows how far blacks have come. As far as blacks are concerned, this is a breakthrough.”

“I think it shows how much things are changing in the world and hopefully we can see this change all over the Lehigh Valley.”

Ambar recently said. “Maybe I’m that image for somebody.”

“I think she is such a great inspiration to young women to speak at CCC,” said Abston. “As a young woman, I don’t think that’s the same thing. It definitely gives hope to all of us and shows that hard work and dedication can pay off.”

The William D. Reimert Lecture featuring Whitman will be held Thursday, Oct. 22 at 7:15 p.m. in Samuels Theater. Registration is required — to register call 610-740-3791 or visit www.cedarcrest.edu/inauguration.

Dannah Hartman, Managing Editor at The Spirit of Women Conference at DeSales University. One of the things that the table had a table and had a chance to meet her for the first time in the community. There were ten of us at this table, and although I knew her, the other people did not. She took command of the table by talking about women’s education, but not in an aggressive way. With her personality, people wanted to listen to what she had to say,” Skinner said.

“Putting Ms. Ambar at the top at Cedar Crest is a compliment to people in the Lehigh Valley, especially blacks,” McCartney said. “Forty years ago this wouldn’t have happened. It shows how far blacks have come. As far as blacks are concerned, this is a breakthrough.”

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I remember crayons. There were thousands of them in boxes that I seemed to get as a gift every year. I would make drawings for hours, in the lines or out of them, it didn’t seem to matter. Well, until a certain age. Suddenly there were no more crayons as gifts and the brilliant rainbow colors seem to fade in my mind. However, around this time other colors started to matter. My friends were no longer just seen by their names. They were now black, brown, white, or yellow.

This never made a difference to me, but to some children color started to matter in their lives. Friends were no longer friends. “Enemies” became the norm, and to some children color started to matter. They were now seen by their names. They were now black, brown, white, or yellow.

I’m an outgoing, friendly person. A child is the same way, playing with toys and friends, while inside they have an underlying anxiety about school, for instance.

I never asked to be this way, with obsessing to the point that I make myself sick sometimes, but I know there are better ways to deal with it that I need to grasp. I’m hoping as this young millennial progresses, we will consider the youth who are targeted for pictures and promotional materials to practically any of the programs.

There are students at the college today – intelligent students who were deceived – that arrived at Cedar Crest after being accepted, sometimes even after putting down a deposit, to discover that the school they had decided was not a traditional liberal arts institution, but a college for women’s higher education.

There’s even the occasional story of students from further away that arrived on campus to move in or orientation the week before classes, only to notice that there were no men moving onto campus.

Last year, when Ambar arrived at Cedar Crest, though, things began to change. One of the first things that she did in her presidency was to publicize Cedar Crest as a women’s college. Promotional materials label the college as one almost exclusively for women.

The website for prospective students refers to the school as “Cedar Crest Undergraduate College for Women.”

One of Ambar’s most commonly used phrases when she first arrived at Cedar Crest was “this is not your mother’s women’s college.” While that’s something that Cedar Crest, a school grounded in tradition and history, did not necessarily like to hear, it is something that needed to be acknowledged. In the United States there were once nearly 300 women’s colleges. Now, according to the College Board, there are less than 50.

Women’s higher education is changing and it’s happening quickly. Since 2000, a dozen women’s colleges have gone co-ed and others have closed. The advantages and benefits to women’s colleges aren’t encouraged and publicized as they once were.

Lindsey Jancay | Opinions Editor

From the newsroom:
Cedar Crest: Coming out loud and proud

Over her first year at Cedar Crest, President Carolina Twillie Ambar has made some commendable changes, but none as evident on everyday basis, or one which we are prouder of than the college’s coming out.

Strategic planning results and changes to the Tompkins College Center are important and appreciated. The move toward a focus on global leadership as well as the renewed concentration on liberal arts programs are both changes that will benefit students for decades to come and immensely improve the college. However, few changes that Ambar has made are as significant to the college as and pleasing to students, alumni and family and staff as the move to openly becoming a women’s college.

Since its founding as The Allentown Female College in 1867, Cedar Crest has focused on educating women and helping them grow to be strong, intelligent leaders in the face of discrimination. Recently, though, the college has been on a strong suit and hide that aspect from the world. The website featured nearly equal pictures of men and women, with males on campus targeted for pictures and promotional materials for the college left out the fact that men aren’t admitted to practically any of the programs. There are students at the college today – intelligent students who were deceived – that arrived at Cedar Crest after being accepted, sometimes even after putting down a deposit, to discover that the school they had decided was not a traditional liberal arts institution, but a college for women’s higher education.

This is a recent phenomenon that I have witnessed, but I find it to be the most disturbing. I was at a bar a few weeks ago and a man came over to talk to me. He told me that he was from Mexico and I was impressed with his English. We shared small talk and then he asked to buy me a drink. I told him no thank you, but he didn’t seem to like that answer and quickly told me, “Don’t worry I’m a good guy.” I promisse, I’m not like those Puerto Ricans. I almost fell off of my bar stool when he said that to me. I just didn’t want to say.

Within an entire race there is discrimination and prejudice. I don’t personally see a big enough difference between a Mexican and a Puerto Rican in order to categorize one or the other as bad people. In my eyes they are Spanish and maybe that is a “closed-minded white girl” thing to say, but everyone sees color differently.

Women.

From the newsroom: Cedar Crest: Coming out loud and proud

October 21, 2009 | 11

www.cedarcrest.edu/crestiad
Lindsey Jancay | Opinions Editor
GET INFORMED:
Understanding Crohn’s Disease

Sarajane Sein
STAFF WRITER

Everyone, from time to time, ends up with symptoms such as diarrhea and abdominal cramps. However, these unpleasant symptoms may not be as harmless as one might think at first glance. They could be a disease known as Crohn’s Disease, in which the lining of a person’s digestive tract becomes inflamed. This disease can even be life-threatening, so it is important to know whether you are at risk. People are often diagnosed with Crohn’s Disease between the ages of 20 and 30, so college students should especially be aware of this illness.

“I think it is important for people to be educated about Crohn’s Disease (CD) because the majority of individuals with CD are young adults between 16 and 40 years old. Very often, this illness starts in the late teens and early adulthood which can make a college student’s life extra demanding and challenging. Because the symptoms of CD fluctuate, one day a student may be fine, and the next they may have severe pain and exhaust,” said Mae Ann Pasquale, Assistant Professor of Nursing.

There has been no specific cause for Crohn’s identified, according to the National Institute of Health website, are “abdominal pain, often in the lower right area, and diarrhea,” and, less commonly, “[rectal bleeding, weight loss, arthritis, skin problems, and fever may also occur.” The illness can cause physical exam in order for a doctor to diagnose someone with Crohn’s Disease, so it is important for anyone who has these symptoms to make an appointment with their physician. Treatment for the disease can range from nutritional supplement to medication to surgery.

“Crohn’s disease is a little talked about condition. Lack of knowledge may contribute to delayed consultation of primary care providers, late diagnosis, and development of potentially preventable complications of the condition,” said Dr. Sandra Leh, Assistant Professor of Nursing.

College students with Crohn’s Disease face extra challenges as well.

“Students may not see themselves as having a disability, but having CD means they may often need extra support and services during their time at a college or university. It is important for faculty to be aware if a student has CD as they may need special accommodations with certain things such as bathroom needs during classes and exams or excused absences because the student is not feeling well or having a flare-up,” said Pasquale. “I encourage students with CD not to feel embarrassed talking about their disease, as it is important for them to seek out appropriate resources, friends, faculty, and staff so they can feel more confident and less anxious about their concerns. Having a supportive and well-rounded network available can help students with CD be successful academically and socially.”

Dr. Micah Sadigh | Columnist

In part one of our explorations of daydreams, we established that they are unconsciously driven, mental phenomena, which tend to occur under two circumstances: Most commonly, we tend to subtly and unconsciously fall into a state of reverse when we are under-stimulated. This particularly occurs when we are bored, or have no interest in what is transpiring in the external world. Conversely, we may experience similar mental detachments from the environment when we are overly-stimulated; such as when we are in an extremely stressful situation and the opportunity to escape is elusive. Suggestions for addressing the potential problems that may arise from each of the above situations were presented in our first installment.

Now, let us explore a third reason for daydreaming, which, in my view, is a mode of tapping into our creativity. The human psyche are indeed vast, but in today’s world of distractions, we, unfortunately, do not put aside the time to explore the gifts that reside within us. From this vantage form, some daydreams may be viewed as a “knock” from within, when a part of us is trying to communicate a solution to an existing problem, or a way of contributing to life in a most extraordinary fashion.

For a number of years, I have been exploring the lives of highly creative people in various disciplines. It is interesting to note that the majority of them gave a great deal of credit to persistent images that “knocked” entering their conscious awareness. Gradually, such images became more defined and captivating, as though they had a life of their own. What is special about these “creative” people is that they stopped looking at such flowing daydreams as mere mental entertainment and began to bring them to life. Your cell phone, your laptop, your iPod, You Tube, My Space, and Your Space (my invention), were once nothing but thoughts and daydreams in the minds of those people who, instead of dismissing them, recognized them as possibilities. Then, through some hard work, they turned such possibilities into actualities, which, of course, made them very rich. Meanwhile, we have all benefited from their inborn genius, or should I say, persistent, creative, thematic daydreams. What I wish to emphasize here is that there is a genius within you waiting to be discovered, and you are worth every bit of energy necessary to make such a self-discovery. Above all, listen to that “knock” from within! Journaling on a daily basis is a most expedient way of recognizing such inner messages.

Finally, last time I promised to address the question, “Do women and men daydream about similar themes?” This is an area that was extensively researched in the 80s and the 90s; however, not much exciting research on this topic has been published in the past decade. Generally speaking, and I really mean generally speaking, it appears that women’s daydreams tend to center upon relationships, past, present, and future. On the other hand, men’s daydreams tend to focus on the use of power, with an emphasis on the future. If a young woman is daydreaming about becoming the next American Idol, chances are that she is also entertaining themes of renewing old friendships, meeting people, and starting new relationships. On the other hand, a young man winning the same award may consider starting a new business, making a name for himself, and perhaps releasing a way into the music business. As I mentioned, we need more research to address such inclinations, especially with the ever changing world that surrounds us. Ultimately, we are all individuals with different dreams, aspirations, and daydreams.

In the next installment of The Dreamers Corner, we shall explore the nature of nightmares and their potential healing powers!
Does chronic back pain have you down? No need to call the docor, there's a simple remedy that can be found here on campus—it's yoga.

A recent study concluded that the practice of yoga helps relieve chronic lower back pain, which often stems from improper posture. Christi Sowers, Cedar Crest’s yoga instructor further explained, “A lot of lower back pain comes from simply sitting with an unhealthy posture, especially in the car, at the computer, in classes and on the couch.

She continued, “Lower back pain is also a place many people "put" their stress, rather than deal with it or acknowledge it. Also, if we are not breathing properly, the body does not get the oxygen it needs to perform to its optimum health, which then turns that emotional or mental stress into physical pain.”

The Los Angeles Times reported that the study, published in the September issue of the journal Spine, was a three-year, $400,000 research project funded by National Institutes of Health. The researchers assigned 90 individuals with chronic back pain to either a yoga-style yoga group or a control group that received standard medical care. According to Reuters, lyangar is a form that emphasizes proper body alignment and often utilizes props during the session such as blocks, blankets, and the wall.

Over the course of 24 weeks, the individuals assigned to the yoga group participated in a biweekly yoga class specifically designed for people with back pain. Six months after the study concluded the individuals in the yoga group reported a significantly higher improvement in pain compared to those in the control group. In addition to less back pain, those in the yoga group yoga practices and extremely passionate about what she does. For her personally, yoga has been a life changing experience. “My personal practice has increased my strength, both outwardly and inwardly, and given me purpose and direction for my life. Overall, I feel healthy, physically, mentally, emotionally, and spiritually.

“I never realized how much I was causing my own suffering through unhealthy breathing, eating, sleeping, speaking, thinking and moving,” said Rutkowski. During the hour-long session, also reported lower levels of depression than those in the control group. Luckily for Cedar Crest students, faculty and staff, yoga classes are offered for free on campus weekly. The instructor, Christi Rutkowski is knowledgeable about also allots grants internationally to the Cure international affiliates, one of which is the world’s largest organization working towards worldwide breast cancer awareness and encouraging the constant work in science to develop new cures and ideas. One billion dollars has been achieved so far through Komen for the Cure international affiliations such as Puerto Rico, Italy and Germany.

Susan G. Komen for the Cure also allot grants internationally to fund community understanding and research in other countries. 38 million dollars has been given for these purposes to countries including Brazil, Romania and Costa Rica. Additionally, this association has raised awareness and funding through many initiatives around the world.

In 2007 Komen for the Cure held an event titled “Ignite the Promise: Global Breast Cancer Advocacy Summit.” Representatives from over 25 different countries participated in this Summit, all with the similar goal of discussing the overall effect of breast cancer throughout the world.

2007 also began the Global Initiative for Breast Cancer Awareness, also created by Susan G. Komen for the Cure. This initiative began with the goal of encouraging professional and activist network across numerous countries in order to form successful breast cancer response techniques. The Institute of International Education West Coast Center oversees and directs this program, while organizations in eight countries contribute as well.

These examples only begin to scratch the surface of the powerful, impactful work being done today. In regards to community education and involvement, some countries are actually very similar to ours.

For instance, October is dedicated to breast cancer awareness in the United Kingdom as well. Organizations such as Breast Cancer Care that are very similar to our fundraising and awareness based institutions in the United States promote events such as “Pink Fridays.”

“Pink Fridays” are held through October in attempts to fundraise money for people suffering with breast cancer. These events can be seen in parts of Ireland as well.

Numerous countries across the world are fighting together to cure victims of breast cancer, fund research and increase awareness on a daily basis. Remember, just be aware, and don’t forget to learn more about the disease or to help someone affected by it first-hand.
Suprise public art attack!

Junior Art Seminar fills campus with overly interesting artwork

Jessica Heiser
ASSISTANT NEWS EDITOR

On Oct. 6, Cedar Crest campus got an unwritten art overhaul thanks to the Junior Art Seminar class.

As part of an assignment on public artwork, students were paired up with fellow classmates and asked not only to create, but display a collaborative piece of artwork around the campus area.

Given two weeks to complete the assignment, students also chose whether to set up their creations an assigned due date, or set their artwork out early, allowing both positive responses from the community, as well as risking damage or destruction to their pieces.

The Junior Art Seminar class is of itself unique to Cedar Crest, recently designed by Professor Casey McDonough, who believed in the necessity of bringing art majors together prior to their senior year.

The Junior Art Seminar class also takes a much different approach from other classes in that it is collaborative, fully connecting art students together in order to garner unique experiences and different approaches to art. "Non-traditional" art is also an interest in the course’s workload, as collaborations of performance, music, sculpture, and many others will be discussed.

Public artwork, also falling into the sphere of art that students rarely get the opportunity to explore, was perfect for the Junior Art Seminar class to collaborate on for several other reasons.

"I chose public art as a medium for my students to explore because of the opportunities that a public setting can provide for an artist," stated McDonough. "Public art is intended for a much wider audience and can be an excellent platform for my students to explore, was perfect for the Junior Art Seminar."

Throughout the two weeks the project was assigned, Cedar Crest’s campus was “forced” to interact with several of the pieces displayed by students. One collaboration that spurred many curious discussions was the red yarn spun throughout each of the buildings around campus, created by Mackenzie Lee and Molly Thrall.

“We wanted a whole community project,” said senior Bair. "We got inexpensive yarn, and added an element of surprise by going at 6:00 a.m. to put up the web. As the project progressed, we got bolder, putting webs on the TCC 30 day challenge poster and on the security building."

The spider-web like patterns that began to emerge throughout early October not only brought sponsped, “I don't really mind because it was something we put out there for the students to enjoy or destroy. Just like a spiderweb, some people would destroy it while cleaning, or admire it as a part of nature’s wonder.”

Another piece that drew a commotion, as well as a few laughs, were the “additions” to campus artwork already in place. By donating the sculptures with either clothing, cutouts, or both, students from multiple disciplines commenting on the uniqueness and the element of surprise that each of the works contains, as well as the response that was garnered from the entire college community,” said McDonough.

"I think that the students who participated in this project took it seriously and saw great potential for exchange in the methodology behind it."

Editors note: The writer of this article is in the Junior Art Seminar class.

Hanna Colotta
News Editor

Above: Students, also joined by Art Professor, Casey McDonough, observe the statue in the middle of the quad which was decorated in a pink and yellow cardboard bikini by the Junior Art Seminar.

Welcome to another wonderful week in Hollywood! We have lots of interesting news to discuss so let’s not delay!

First things first, there is something we would like to say. Megan McCain. Next time you decide to show the world how you spend your girls night in, please put on a shirt! No one needs to see your rack. That picture may have been acceptable if Joe “boobby-lover” Simpson was involved. If not, John McCain is and we’re gonna take a guess and say he wasn’t too proud of that move.

Ok now that we got that out of the way. Next on the list! This past weekend The Hills faux-star Stephanie Pratt was arrested for a DUI. She was bailed out by none other than flesh beard himself, her brother, Spencer Pratt. The bail posted was $5,000, we’re hoping Spencer sold his stupid black cowboy hat to pay for the bail.

Madonna was threatened with eviction from her New York apartment for numerous complaints about extremely loud club music at all hours of the day. Wouldn’t you love to live next to that? She also confirmed this week on Ryan Seacrest’s radio show that she is indeed dating someone. Hmm… couldn’t possibly be the 22 year old man she has been seen snuggling up to ALL THE TIME!?!

Thanks Madge, but this is no news to the Gossip Queens.

There was some excitement in Kourtney Kardashians’ life this week and no, it’s not contractions, she was rubbish! She and her baby’s daddy, Scott Disick’s Calabasas townhouse was burgled out of several high priced items that include her $30,000 Cartier watch and a few sentimental trinkets from her late father Robert Kardashian.

Speaking of babies, rap artist extraordinary Lil Wayne just announced this week he is going to be a father for a fourth time, with his fourth babymama! It is not a worry, his first child’s mother is here to back him up shortly after the world found out he was fathering another child, she said he is a great father and she and him still get along just fine.

And last but not least, we have two words for you… Balloon boy. First off we would like to say, that was not a surprise to us, especially if you watched that family previously on Wife Swap. That Quiet is absolutely off the rocker and is dying for his 15 minutes of fame. Well Mt. Heeneys, you got your time in the sun and the trash mutations you beat Jon Gosslin this week for the fame snob daddy award.

Until next week,
The Gossip Queens

GOSSIP QUEENS
The night Max wore his wolf suit and made mischief of one kind... and another... "reads Maurice Sendak’s 1963 picture book “Where the Wild Things Are," a book that has captured generations of parents and children and become one of the most beloved children’s books of all time.

The book tells the story of Max, a mischievous five-year-old boy, who, after chasing his dog with a fork, gets called a "wild thing" by his mother. "I’ll eat you up!" he fires back at her, however she was not amused, as he then gets sent to his bedroom without supper. Sendak’s pictures come alive with action in the new film, Where the Wild Things Are.

The challenge is to take Sendack’s book, a 10-sentence picture book, which takes all of five minutes to read, and express it on the screen. The new film, Where the Wild Things Are, is a surprisingly beautiful and peaceful family film that has captured generations of parents and children and become one of the most beloved children’s books of all time.

Where the Wild Things Are is a quirky, emotional film about childhood, family, and finding your place in a world which seems big and frightening that will certainly entertain and please all moviegoers, not just fans of the book.

The soundtrack is another standout for the film; it has just as much raw energy and vulnerability as Max does and perfectly compliments his imaginative journey throughout the film. Accomplished composer Carter Burwell wrote the original score for the film in collaboration with Karen O of the Yeah Yeah Yeahs, who along with Karen O of the Yeah Yeah Yeahs, has outdone the film’s music with a few hums here and there to result in the birth of a soundtrack that are cohesive with the film, but can also be appreciated independently from the film as well.

The music of Where the Wild Things Are is a mixture of music and beautiful voices. The soundtrack includes voices that are cohesive with the film, but can also be appreciated independently from the film as well.

The album will make you proud. The third song on the album "Capsize" reminded me very much of “The Yeah Yeah Yeahs” with the way they mixed symbols and echoes like sounds to result in the birth of a track that left you biting your nails to see what came next. After listening to the entire CD twice in a row I was still ready to listen to it again.

For a movie like Where the Wild Things Are one would think that it would be almost an impossible task to make a soundtrack that could stand with and compliment the film. Well have no fear because Karen O and The Kids, has out done herself with a soundtrack that is nothing less than amazing.

The album includes voices that are in the movie and makes you feel as if you are a part of the film. Each new song begins. Though some tracks are strictly instrumented with a few hums here and there the tone of the album is set by the way that Karen O and The Kids relate each song to the next by flowing them into each other perfectly. My personal favorite “All is Love” is a perfect mixture of a pure passion for music and beautiful voices. The song ends with children yelling “all is love” over and over in a way that makes you believe that love is really all you need in the world.

The music of Where the Wild Things Are is a mixture of music and beautiful voices. The soundtrack includes voices that are cohesive with the film, but can also be appreciated independently from the film as well. The third song on the album “Capsize” reminded me very much of “The Yeah Yeah Yeahs” with the way they mixed symbols and echoes like sounds to result in the birth of a track that left you biting your nails to see what came next. After listening to the entire CD twice in a row I was still ready to listen to it again. For all of you fans of Where the Wild Things Are that were hoping that the soundtrack would do it justice, fear no more because this album will make you proud.
B A C K S T R E E T S  B A C K... b u t  n o t  a l i g n .

Sarajane Sein
STAFF WRITER

Coming out almost exactly two years after their previous effort, "Unbreakable," the now-four Backstreet Boys (A.J. McLean, Nick Carter, Howie Dorough, and Brian Littrell) have released a new album, "This Is Us." This album’s release date did not go as planned, as album signings and other album events had to be cancelled due to Littrell coming down with H1N1 (making the author very glad she had a chance to attend Unbreakable’s album signing at the now-defunct Virgin Megastore).

Each of the Backstreet Boys’ previous albums had a distinct genre sound to them: the self-titled debut and “Millennium” were both clearly in the pop range, “Black & Blue” was more R&B-based, their strongest album “Never Gone” seemed to channel some kind of early 1990’s rock, and “Unbreakable” was something along the lines of Euro-Pop. “This Is Us” is... I don’t know what else, other than frankly, a disappointment. There is a lot of base boost but very little substance to the songs, and it was sad to see such a lackluster follow-up to Unbreakable which was, while not SGT. Pepper’s Lonely Hearts Club Band (or even its own predecessor, Sgt. Pepper’s Lonely Hearts Club Band (or even its own predecessor, High School Musical) was, while not the emotional, intense Never Gone) other than that, it is a waste of 3 minutes and 48 seconds of CD time and of the listeners’ time. Sample lyric: “We be at the club, the restaurant, the grocery store or the movie, kissing and touching with my hands all over your booty.” Enough said.

The BSB, having taken two years to come out with this album, could have really come out with something much more substantial! Even the best song on this dud (probably either “Masquerade” or “This Is Us”) doesn’t even match up to a standard song on Unbreakable like “One In A Million” which includes lines about frappuccinos and the tremendously clichéd “she screams from the pain”, but is at least listenable. Unfortunately, while the Backstreet Boys do clearly have talent, they did not show it on “This Is Us”. All I can say is: This is Bad.

There is nothing to say about “PDA” other than that I sincerely hope BSB never records anything like it ever again. It perhaps has a future as a video to be played during a Christmas montage in a slightly depressing movie (maybe it’s that it’s inescapable terrain in the background).

The audience was blown away by how thankful Pink was to every audience member who came to see her. She even risked falling off the stage so that she could shake hands with some of the fans and accept gifts.

Hanna Colista
NEWS EDITOR

I was excited, I was jovial, and I believe I even experienced some euphoria. However, these moments of joy were cruelly interrupted with some not so pleasant, even slightly insulting elements that did not past me or any other audience members. This farce looked at Greek mythology in a unique and fun way that often does not occur in a typical classroom. Flying through myths like the Iliad and the Odyssey, 99 Greeks explored tragedies with the point of view of a toddler that broke into a candy stash; moving quickly and running out of time. Especially in this show, time was precious.

I had heard positive remarks from people as they existed the theatre, or even night leaving me with high expectations and 99 Greeks lived up to it. I laughed till I rolled off my seat. Combining such ancient stories with modern dialogue, comedy styling’s and music really made for an interesting evening.

Beyond the show being a great laugh, set and costumes stood out to me almost as loud and the humor. The actors seemed incredibly comfortable moving around on what seemed to be modern interpretation of a Greek stage, something exceptionally important for a show that required such strenuous movement. The versatile costumes worked so well and for someone that wasn’t paying attention, may have completely missed that the dresses worn by the actors were also the same pants worn a second before.

With all of these positive qualities there must be something missing, right? Perhaps it is an element listed in the title of the show? What some thought was a “technical difficulty,” the clock on the upper right corner of the Proscenium that counted down the 99 minutes disappeared briefly in the first act and reappeared with extra time. To say it bluntly, the show titled The Iliad, the Odyssey and All of Greek Mythology in 99 Minutes or Less, took longer than 99 minutes.

I admit, I did not notice the clock even disappeared at first for I was too busy rolling over my seat in laughter. But when I did notice this little trick I felt deceived, fooled and a little insulted. I am an intelligent audience member, I pay attention and I am not alone. Others around me noticed this as well. I heard one person say, “I am not falling for that.”

Perhaps this was their solution for the impossibility of it actually being completed in 99 minutes but you know what I say; sometimes it’s more appropriate to embrace your problem rather than fighting or hid- ing it.

In the end I was pleased and a little deceived but carpe diem! I had fun, and that’s what it was really all about anyway.

HALLOWEEN IS COMING TO THE ARTS SECTION! LOOK OUT FOR...

-Your Professors and Crestad staff’s favorite Halloween costumes
-Scary movie reviews and more recommended movies to scare your skin off!
-Great music suggestions for Halloween party playlists.

Don’t forget to read next week’s issue for some ghously good stuff!

Nicole Maguire
ADVERTISING MANAGER

This weekend was the highlight of my year thanks to Alicia Moore, also known as Pink. She performed at the sold out Wachovia center in Philadelphia and the crowd could not get enough of her. Pink was energetic, expressive and she was performing in her hometown and explained that it was her first time performing in the Wachovia center.

She began the show with her new single “Bad Influence On You”. It was hard for anyone to stay in their seats with lyrics like “Lordy, Lordy, I can’t help that I like party, it’s genetic” flowing into our ears.

Throughout the show there were nonstop costume changes that left you wondering how it was possible to change outfits so quickly. Her dancers left nothing to the imagination with their barely there costumes worn a second before. Her concert was full of acrobatic stunts and included an amazing trapeze act that was also featured on the VMAs. Though this time she was not the person doing the tricks it was still incredible. As she bolted her lyrics “I’m safe up high, nothing can touch me,” from her song “Sober” her trapeze artist flipped around and around to the beat.

Towards the end of the show when we all felt like she should be tired, she conjured up this burst of energy and kept going. She said goodbye at least three times, and every time the audience thought that she was done she would come back on stage and surprise us with another song.

She ended out the show with my personal favorite song, “Glitter in the Air.” While suspended in the air from a white ribbon and surrounded by four female dancers wrapped in red ribbons Pink serenaded the whole crowd. With lyrics like “Have you ever wished for an endless night? Lassoe the moon and the stars and pulled that rope tight,” she showed us her heart and soul and left us with unforgettable memories.

After wiping away tears I left the concert feeling honored to have witnessed something so amazing. If you’re a fan of real artists that display their love for music in every performance I promise that you will not be disappointed by Pink and should definitely go see her.
History of CCC

1. Cedar Crest Ceremony started in 1926
2. Founded in 1867
3. Cedar Crest’s most well-known major which was accredited only in the 1970s.
4. Building that hosts a haunted literature event each year
5. With over 100 species of trees, Cedar Crest is a registered arboretum
6. One of Cedar Crest’s school colors
7.Tomkins
8. When first founded, Cedar Crest was a _____________’s college
9. One of Cedar Crest’s school colors
10. Month when Cedar Crest was first named to U.S. News and World Report’s top ten liberal arts colleges in the East
11. Curtis
12. First president of Cedar Crest
13. One of Cedar Crest’s school colors

Answers: 5 b) 13 a) c) 21 b) 49 d) 13

How well do you know President Ambar?

1. What president is President Ambar?
a) 5 b) 13 c) 21 d) 49
2. What is President Ambar’s maiden name?
a) Twillie b) Robinson c) Brown d) Timothy
3. Which is her husband’s first name?
a) Sam b) Joshua c) Saladin d) Timmy
4. President Ambar is a:
a) Mother of 2 - one boy, one girl b) Mother of 3 - triplets c) Mother of 5 - 3 older girls and 2 boys d) Mother of one
5. Which is not a name of one of President Ambar’s children?
a) Gabriele b) Luke c) Julia d) Daniel
6. Where did President Ambar grow up?
7. Her first degree from college was a
8. Before she became president of CCC, President Ambar was
a) President of Princeton b) Dean of Douglass c) Professor at Pennsylvania Culinary Institute d) Advisor at Arizona State
9. Her best friend’s first name is
a) Twillie b) Robinson c) Brown d) Timothy
10. Her freshman year was at
a) Hartzel Hall b) Pemberton Hall c) Pemberton Hall d) Pemberton Hall
11. Curtis
12. First president of Cedar Crest
13. One of Cedar Crest’s school colors

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

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

Notes:
Winners will be picked on a first come basis, based on the time the e-mails are received.

The Crestiad is distributed on campus on Thursday morning, but is also available on Wednesdays at www.cedarcrest.edu/crestiad. The Crestiad is also available on campus mail.

Happy Birthday Allie Scott!!!
The tennis team worked hard all season long. Mallery recognized for outstanding tennis skills

**Tennis Season Wraps Up, Serves Up Many Victories**

Sarajane Sein  
**STAFF WRITER**

The season is coming to an end for Cedar Crest’s tennis team, culminating in a 12-4 overall and an 8-1 CSAC record.

The season included many big wins, including 9-0 shutouts against the College of St. Elizabeth, Keystone College, and Immaculata University. The Falcons fore-handed, backhanded, and served their way to many victories and resulted in a winning season.

However, despite their wins, there were some difficulties along the way. Dealing with the opposing teams was not always a positive experience, according to freshman Forensic Psychology major Cassandra Bejar. “Nothing like a great day to play tennis when you have to miss a class, squeeze the opponent’s courts, and have a girl with a big mouth ask you if you are black or Hispanic,” Bejar said regarding a less than ideal match-up.

Despite these obstacles, the Falcons on the team are extremely enthusiastic about the how the season has gone.
Mackenzie Lee acknowledged as Athlete of the Week

NFL is thinking pink for Breast Cancer Awareness Month

Any NFL fan that has been watching football in October should have noticed some changes; things are getting a lot pinkier. In order to support breast cancer awareness month this October, the NFL has designated that games running this month will be dedicated to support the cause. According to the Center for Disease Control and Prevention's website (CDC), breast cancer is the second most common cause of cancer death in black, white, Asian/Pacific Islander and American Indian/Alaska Native women.

Throughout each of the games, the league will be doing several things to promote education and awareness for breast cancer. Partnered with the American Cancer Society, the NFL's campaign this year is called "A Crucial Catch: Annual Screening Saves Lives". This slogan touches on how crucial it is that women, especially those over forty, receive a yearly mammogram in order to achieve early breast cancer detection. According to an article from profootballweekly.com, players will be donning pink cleats, gloves, wrist bands, helmet decals and towels. Alongside of them will be coaches and staff members, who will be wearing pink sideline caps, as well as ribbon pins. The support does not stop there, however, as stadiums have gotten an overhaul as well. Not only do there wall banners and ribbons stretch throughout the field, there is also pink goalpost padding over at the end zones. Even the footballs and coins used in the coin toss are getting a pink makeover.

This is not the first year that the NFL has reached out to support breast cancer awareness, as in the past they have teamed up with the Zeta Tau Alpha Sorority to distribute pink ribbons to stadium-goers, as well as video game company EA Sports to distribute a pink edition of their popular Madden Series. However, this year's efforts seem to appear more notable (as well as brighter) to the public's eye.

The items worn by players during the games, as well as the game ribbon decaled footballs, are autographed after the game and then auctioned off at the NFL auction, which can be found at www.NFLAuction.NFL.com. The money raised will go on to the American Cancer Society, as well as other various team charities. If any sports fan is looking for a way to support the cause of early breast cancer detection, as well as their favorite team, pink merchandise is also available inside stadium stores, as well as the NFL's official internet shop.
Orlen awarded Athlete of the Week

Khyla (Brandt) Flores
ATHLETICS EDITOR

Being able to excel at everything you do is quite a tough thing to accomplish, but it looks like Senior Rachel Orlen is on her way there. She has been rightfully awarded with Cedar Crest’s Athlete of the Week for her outstanding performance. Rachel has also since been acknowledged as ranking 17th in the nation as a goal keeper for save percentages with a .852.

In regards to being awarded athlete of the week, Rachel states, “It feels really nice. There are a lot of great athletes here and it feels good to know that I rank up there with the rest of them.”

This year will mark Orlen’s fourth year as a field hockey team mate and she also involves herself on the softball team. Orlen is no rookie when it comes to accepting awards of such prestige. She has received athlete of the week previously at Cedar Crest and she was also named MVP for field hockey for the 2007-2008 school year. In addition, she was named MIP for softball after the 2008 season. Orlen has proven herself worthy as a field hockey goal keeper, as she has since been ranked 17th in the nation. She has brought many wins to the field hockey team with her outstanding performance in saves. As for being ranked, Orlen says, “It feels good. My goal is to be ranked in the top 10 by the end of the season.”

Her involvement in sports has always been a factor in her school years. Rachel played field hockey for four years at Hightstown High School in Robbinsville, N.J. When comparing the difference between college sports and high school sports, Rachel claims, “College is more intense and the skill level for the most part is elevated above most high school athletes.”

Orlen is “enjoying the lab experience that I am getting at Cedar Crest,” while majoring in Genetic Engineering and holding minors in Mathematics and Chemistry. After college, she hasn’t really set any plans in stone but she hopes to continue sports and, “find a club team where ever I end up once I graduate, but as of right now, I have no clue.”

“This season has been very exciting. We’ve had a lot of 1-0 losses and overtime games, but our record doesn’t reflect our skill; the team this year is great. I’m looking forward to winning our last three conference games and making it to the playoffs.” Orlen states as she reflects on this season of field hockey.

Orlen doesn’t necessarily look to anyone person when it comes to needing inspiration for her sports or academics. She states, “It mostly comes from within. When it comes to sports I want to be the best that I can and just try to bring something beneficial to the team. I love being part of something that’s bigger than me and just working together toward the same goal. In academics it’s the same. I just try my best in whatever I do.”

One of the upcoming events the cross country team is very excited about is championship race on November 7th, and the team is emphasizing their enthusiasm and their potential to succeed.

“It’s been a strong season thus far and we’ve been building strength all the way through, if all is well and we stay relatively injury free this strength should continue to build and give us a great finish at Championships in November. There’s quite a few newcomers on the team so we’ve been creating bonds that have helped a great team dynamic; this has really been a great season thus far in every sense. We’ll have a very strong finish in a few weeks - we’re all about endurance!” said Chelsea Amaginon, a senior Fine Arts, Theatre, Secondary Education, General Science and Art and Integrated Education major.

“We have all been working very, very hard all season and our individual goals have all come together in preparation for CSAC’s. We have a chance of placing in the top 3 this year, but it won’t come without some serious effort. The stars all have to be aligned and we have to really push ourselves and prove how hard we’ve worked and how much we really want it. In addition to our hard work, we have to really believe that we can do it,” agreed Samantha Barbato, a senior Nursing major.

The CSAC championship game will be held November 7th at Immaculata University, and the Falcon’s last race is set for Nov. 14.