**Protecting yourself: ways to stay healthy**

With increasing fear and paranoia of getting ill, people are going the extra mile to stay healthy. Here are some easy tips that people can follow to prevent getting sick this flu season.

1. **Don’t touch your face**
   - Your eyes, mouth and nose all serve as pathways for viruses to enter your respiratory tract. By keeping your hands, which are often susceptible to germs, away from your face you can reduce your chances of getting H1N1.

2. **Wash your hands**
   - Computer labs, the bathroom, the classrooms, the dining hall…all places where you’re touching items and coming in contact with germs. By washing your hands frequently, you can reduce your risk for contracting the flu. Not a sink in sight? No problem! Use an alcohol-based hand sanitizer, cover both hands and wait for it to dry (usually takes 10-15 seconds).

3. **Cover your nose and mouth**
   - Coughing and sneezing is a common way of transmitting germs and viruses, by simply covering your nose and mouth when you cough or sneeze you’re not only protecting yourself, but others around you as well.

4. **Keep your distance**
   - Crowd surfing at a concert is probably not the best idea when H1N1 has become incredibly widespread. Avoid an unnecessary social contact, specifically from crowds and people who are experiencing flu-like symptoms.

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**Tracking H1N1 infections**

By early October 2009, the Lehigh Valley had been greatly affected by H1N1. The Morning Call reported that approximately 75 samples sent to Health Network Laboratories in Allentown tested positive for H1N1 in October alone.

Children, teenagers and young adults from ages 10 to 20 years old make up the majority of the cases that tested positive.

While H1N1 can be found all over the Lehigh Valley, the vaccine is not always available, and many students have been unable to get it.

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**Prevention tips**

With cases on the rise, here are some tips for avoiding the flu:

1. **Don’t touch your face**
2. **Wash your hands**
3. **Cover your nose and mouth**
4. **Keep your distance**

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**Sources**

- [huffingtonpost.com](http://huffingtonpost.com)
- [scientificamerican.com](http://scientificamerican.com)
- [compcare.com](http://compcare.com)

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**CCC Forensic Speech Team**

**Small but mighty**

Lindsey Jancay

**OPINIONS EDITOR**

Cedar Crest’s Forensic Speech Team has taken on a mantra this year: “We are small but mighty,” declares advisor Tim Brown. The team has demonstrated such by recently hosting a successful Forensic Speech Tournament here at Cedar Crest for 14 colleges and universities from around the nation.

According to Forensic Speech Team Advisor, Brown, this is the third year a tournament has been hosted at Cedar Crest College. Each year, the Forensicators take on the complicated job of hosting the event.

“When you’re hosting a tournament, it is more about having the party [than being the guest],” explained Brown. The team’s focus goes into the planning of the event and ensuring that the guests are taken care of. They have to consider things like judges, planning schedules, making sure schools aren’t competing against each other and reserving the correct amount of rooms.

The team went to great lengths to provide for their guests. “We are consistently praised for it,” stated Brown who explained that small details, such as supplying umbrellas for people to use in the rain, were not overlooked.

As hosts of the event, Cedar Crest’s Forensic Speech team did not compete on Saturday, and only competed on a small level on Sunday.

“When you’re hosting, you’re not looking to be the champion at your own Tournament,” explained Brown. That doesn’t mean that the team fell flat.

“At our own competition, we were exhausted, but we still took a good shaving,” said Megan Newton, junior Chemistry and Forensic Science major.

Turn out for the competition was good despite the hit on Forensic Speech Team travel budgets due to the economy. Cedar Crest actually hosted more teams at this year’s competition than last. “We had people fly in from Texas this year and we never had that before,” explained team captain Alisha Heilman, senior Chemistry, History, and Political Science major.

The Forensic Speech Team has had a successful season thus far. They recently took fifth place in team sweeps with only four team members competing. The opposing teams competed with more people and were among the highest ranked in the nation. “We have one piece that’s already qualified for Nationals in April,” said Brown of Heilman.

Heilman was among the competitors in the recent “Match made in Heaven” tournament in Harrisonburg, Va. Four Cedar Crest students participated in the two one-day tournaments, competing against several teams ranking in the top 20 forensic speech teams in the nation. The Cedar Crest team placed fifth overall during both days of the competition.

Individual results for the competition were:

- Chelsea Anagnoson, senior: impromptu speaking (Saturday, fifth place), poetry interpretation (Saturday, sixth), impromptu speaking (Sunday, sixth).
- Alisha Heilman, senior: communications analysis (Saturday, fourth), communication analysis (Sunday, sixth).
- Samantha Hyson, senior: poetry interpretation (Saturday, fifth), poetry interpretation (Sunday, sixth).
- Megan Newton, senior: ex-temporaneous speaking (Sunday, sixth).

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**SAB hosts Halloween Masquerade ball:**

Scary, pretty and funny costume pictures

**Baseball’s best mascot:**

The Phillie Phanatic

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**CCC sports given excellence award**

Cedar Crest College, Allentown, Pennsylvania

Vol. 92 No. 8 | November 5, 2009
Dr. Wendy Robb presents at an international exchange in Greece

Sarajane Sein  STAFF WRITER

Dr. Wendy Robb, Assistant Professor of Nursing, has presented at the 1st International Congress on Nursing Education, Research & Practice, which was held in Thessaloniki, Greece, from October 15th to the 17th.

She presented two papers, entitled “How to Incorporate Student-Produced Case Study Simulations into the Classroom” and “Is Nursing Ready for the Cooperative Exam?” Creative Collaboration as an Evaluation Method”. Both of these papers developed out of work that she did with students she taught in the class Complex Health Problems.

“I loved the international exchange of the conference. Although English was the official language of the conference, English was a second language for the majority of the presenters. The format was very different from a traditional nursing conference in the United States. I thoroughly enjoyed participating in the international atmosphere.” Robb remarked, discussing the change of pace that a conference in Greece offered.

Robb was also excited by the chance to be traveling in Greece and visiting Thessaloniki, the second largest city in Greece, for the first time.

“I was most excited to learn about the Greek healthcare system. In many of the countries I’ve visited, I have been able to tour a local healthcare facility and speak with clients, physicians and nurses. Most recently, I toured a health care facility in Singapore last year with Cedar Crest colleague, Dr. Sandra Leh, and I was hoping to have a similar experience in Greece. However, the conference committee had cancelled the arranged tours and there were many less natives who spoke English than I expected,” Robb recalled.

However, her goal of touring a local health care facility was accomplished, though not in the way she had planned.

“On the evening of my arrival to the city, I ended up as a patient in the Emergency Room for several hours. It wasn’t quite the experience that I had expected, but it was quite eye opening. I was on the ‘other side of the bed’ as we say in nursing,” she remembered.

This conference also gave Robb a chance to learn more about different interests that she had in the field of Nursing.

There were several presentations that focused on the use of complementary and alternative therapies in the treatment and prevention of various illnesses as well as the maintenance of health. One of my nursing interests is in this area,” she explained, “Herbal and alternative treatments are not used as a major focus of treatment as much in the U.S. as they are abroad. I enjoyed listening to the most current nursing research on a variety of complementary and alternative treatments that are accepted as mainstream interventions in different cultures.”

In regards to how academic conferences and the overall experience relate to furthering academic scholarship, Robb stated, “I think it is important for educators to engage in professional conferences whether it is as a participant or presenter. In order to be on the cutting edge of your profession regardless of the field of expertise, it is important to keep up to date on the most current advances and areas of interest.”

Alternative Medications

Alternative treatments and herbal remedies are popular around the world but less known in the U.S. Here are some alternative medications and for what ailments they’re used.

- **Acupuncture**
  - For healing pains

- **Bitter Orange**
  - For nausea

- **Lavender**
  - For anxiety

- **Fenugreek**
  - For inducing childbirth

- **Noni**
  - For joint pain

- **Mistletoe**
  - For treatment in certain cancers

Source: ncacm.nih.gov

Compiled by Jessica Heiser

SAB hosts Halloween Masquerade Ball

Jessica Kue  STAFF WRITER

Music, dancing and a wide array of unique customs took over the TCC Dining Hall on Oct. 31 as SAB (Student Activities Board) launched its second annual Masquerade Ball.

The dining hall was transformed into a Halloween hotspot with various decorations including “tombstones” with popular faculty members’ names on them, fake bones, cobwebs and ghosts hanging from the ceiling. Halloween-colored lights and streamers topped it all off.

The D.J. kicked off the party with Halloween-themed songs, later switching to popular dance songs that got everybody dancing.

Alcoa A of the dining hall held a few Halloween activities provided by various clubs on campus.

“I think it was great that the D.J. mixed it up and played some Halloween songs as well as normal dance songs,” said Jennifer Schwab, freshman genetic engineering major.

“It really helped set the Halloween theme while still giving us something to dance to,” she said.

The big hit of the night was the enthusiasm that went into many of the costumes. The vast majority of students at the ball were decked out in creative costumes with hair and makeup to match.

Wolves, Star Wars Jedi and fairies, to name a few, gathered around the dance floor as awards were given out to the best and second best costumes in different categories.

Some prizes were even awarded to a pair of students with complementary costumes.

“Thank you to theSAB committee for bringing the Masquerade Ball to the TCC.”

The ball continued and the students with the most creative costumes were awarded, and the ball soon came to an end as an undisputed success.

Jessica Kue  STAFF WRITER

Top: A group of people dance the night away in classic Halloween times like the Time Warp and Thriller.

Left: Two of the Seven Deadly Sins, Wrath,Freshman Collin Aquinas, and Eary, Freshman Ellyn Allen strut their stuff at the Ball.

Right: A group in front of the Dinning Hall including tombstones with names of popular professors in costume.

The Crestiad is a student-run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available both in print and online at www.cedarcrest.edu/crestiad. Its primary goals are to keep students informed about campus and local events and issues of concern to the Cedar Crest community and to provide staff members with an open 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 reserves the right to edit for content, length, language and grammar. The Crestiad is the student-run newspaper of Cedar Crest College and every member of the community is entitled to one copy of the issue. Additional copies of the paper are $1.00.

Questions or concerns

If you have any questions or concerns, please call the editorial staff and leave a message at 610-606-4666 ext. 3331 or e-mail crestiad@cedarcrest.edu. Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.
Forensic Science students present at long branch N.J.

Hauna Colista | News Editor

Blood spatters and gun residue are not just found in CSI: Las Vegas but right here at Cedar Crest.

Nine Forensic Science students traveled to Long Beach, NJ on Nov. 4 to present research presentations at the Northeastern Association of Forensic Scientists’ (NEAFS) 35th annual meeting. However, each student was able to practice their presentation in front of the students and professors the day before they departed. The NEAFS is a professional organization for scientists working in the forensic science field.

The NEAFS website describes its priorities as “exchanging ideas and information within the field of forensic science and to foster friendship and cooperation among the various laboratory personnel.” The NEAFS strives to encourage an elevated level of skill among professionals in forensic science, promote the importance of forensic science in the criminal justice system, and to “stimulate increased implementation of existing techniques, along with research and development of new techniques within the field, and to promote financial support for these efforts,” says neafs.org.

There are a variety of topics represented by Cedar Crest NEAFS meeting. Csilla Hauna Spoon, a senior Biology major did her research on blood splatters. “I was looking at the distance that small blood drops are thrown,” she explained.

Spence, a senior Biology major did her research on age the recovery of students experiencing flu-like symptoms.

The Health Preceptor Program will have HOSA members who will transport food and beverages from the dining hall as well as course work from professors to students who reside in the dorms that either already have the flu or have flu symptoms. Each residence area will have two or more Health Preceptors stationed in it, and these individuals will check their e-mail accounts several times a day in order to best fill requests for assistance.

O’Neill explained that in order to ensure that the Health Preceptors do not get themselves ill while assisting the sick students, “communications occurs via e-mail” and “Health Preceptors are cautioned from entering the room of anyone who has the flu.”

Even though commuters cannot get assistance from this program, O’Neill still believes that they will find various ways to get aid if needed. “It is our hope that commuter students will receive assistance from families as well as classmates and preceptors. As a community of scholars, and individuals who care about one another, it is my hope that we will find ways to go the extra mile and assist students no matter where they are residing.”

The health preceptor program was originally started to ensure the health of the Cedar Crest community but because it was anticipated that H1N1 would be spreading, O’Neill did so. She does, however, wish for this program to continue becoming more popular as the program continue every year. Serv- ice is a part of the mission of the College, and it reveals itself in many ways. It is not only measured by how much knowledge that we have obtained but it is measured in acts of care and compassion. The members of HOSA have demonstrated both.”

The students agree. Shortell said, “This is the first time we have done a preview night. I feel more prepared.”

The final presentations were held in Long Branch and the meeting lasted from Nov. 4 to Nov. 7.

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STUDENT GOVERNMENT ASSOCIATION
Student Concerns and President’s Breakfast

Jessica Kuc | Staff Writer

The Oct. 28 Student Government Association (SGA) meeting was held in Butz Basement Lounge.

The Oct. 28 Student Government Association (SGA) meeting was held in Butz Basement Lounge.

The meeting was called to order by SGA President Caitlin Billow, who discussed current and upcoming events as well as student concerns. Students are encouraged to take part in the School Supply Collection Drive by donating school supplies in the designated boxes. These boxes are located in Curtis, Moore and Buzz Halls and in the Tompkins College Center (TCC) near the information desk.

Billow and Dean O’Neill stated that the student breakfast on the day of President Obama’s inauguration was representative of the שיהם. 250 almost 250 students attended this event, mak- ing it a huge success.

Billow also mentioned the possibility of putting up a historical market where the college first stood. This was discussed fur- ther as a possible SGA project.

Student concerns such as the arrival of garbages trucks early in the morning and the overload of emails were addressed. While some of these concerns such as the overload of emails cannot be fixed as they are out of SGA’s hands, any possible solutions or ideas are welcome for concerns regarding anything administered within the college, such as emails and plans.

As the President of SGA, Billow will be holding office hours in the SGA office in hopes that stu- "The students agree. Shortell said, “This is the first time we have done a preview night. I feel more prepared.”

The final presentations were held in Long Branch and the meeting lasted from Nov. 4 to Nov. 7.
Rachel Edgar
CRESTIAD SPECIAL

My five days in India were filled with oppressive heat, spicy curries, dust and dirt, incessantly honking horns, brightly colored saris, and the mixed smell of sewage and incense. India is an attack on all the senses – everything swirls together in a dynamic, sometimes overwhelming, pattern.

I spent my time in India exploring the port city of Chennai and the surrounding province of Tamil Nadu. I listened to a lecture by author Tulsi Badrinath about her new novel Meeting Lives, visited several famous Hindu temples in Mahabalipuram, participated in an Indian cooking class and demonstration for the local TV station, and visited Andhra Mahila Sabha, a home for physically and mentally handicapped children. Each experience broadened my worldview and provided me with the opportunity to understand India’s people and culture.

On my second day in India, I attended the 100th Voyage Celebration of Semester at Sea and a seminar entitled “Youth Leadership Through Global Education & Travel” hosted by the Ethiraj College for Women.

As my friends and I stepped off the bus in front of Ethiraj College for Women, musicians greeted us; one beating a drum while another played a kuzhal, a reed instrument with a shrill, penetrating tone. Their exotic tune vibrated throughout the air. Accompanying the musicians were dancers, including men on stilts dressed like horses and peacocks and women dressed in colorful saris of scarlet, gold, and navy blue. The women strung garlands of fragrant jasmine around our necks and led us to a classroom where we were served masala chai, milky tea mixed with spices and herbs, and cookies.

When we finished our snack, we were led to an auditorium for the 100th Voyage Celebration and leadership seminar. As we entered the building, women from the college applied dots of kumkum paste made of red and yellow turmeric powder to our foreheads as an auspicious symbol. We were then sprinkled with holy water and given bright pink flower blossoms.

The program began with a number of dance performances, both by children from the local schools as well as young women from the college. The program incorporated a mixture of traditional and modern dances, and included a dance number to the song Jai Ho from Slumdog Millionaire. Another piece was choreographed to traditional Indian music, and the dancers were dressed in saris in the colors of the Indian flag.

The seminar following the dance performances included speeches from Semester at Sea Students, two Indian students, and several Indian and American dignitaries including the mayor of Chennai, as well as the Semester at Sea Dean Executive Dean Nicholas Inmarino. Each speaker was presented with a bouquet of flowers and a beautiful handmade silk scarf following their speech.

What interested me most, however, was a simple saying on a banner hanging up in the background of the stage: “All towns are our home town, all persons are our kin.” stated the ancient Tamil verse. This completely describes my experience throughout this entire voyage around the world – each new country, each new city becomes my home town as I move through parts of Europe, Africa, and Asia. In each place, I learn about a new culture, meet people, form a small family; then I share meals and experiences, hugs and goodbyes as I move on to my next hometown. I’m happy to say that I now have seven hometowns – all the way from York, Pennsylvania to Chennai, India plus five more to add before my journey is complete.

After the program ended, we were served a traditional Indian lunch, which included an unleavened bread similar to a tortilla called chapati, Basmati rice, a spicy lentil dish called sambar. We were also given a dry curry made with potatoes, vegetable kootu cooked with tamarind and coconut, and curd rice made with yogurt and garnished with pomegranate. The food was flavorful and delicious, and sharing lunch with the Indian students was an enjoyable experience. I felt completely at home at the Ethiraj College for Women.

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 sixth article about her experiences, her previous five articles are available in back issues of The Crestiad on cedarcrest.edu/crestiad.
In this age of technology it’s no surprise that books have gone digital. E-readers have been around for a few years now, the most popular one on campus is Amazon’s Kindle. As an avid reader I have to say I’ve been tempted to purchase one. Having access to an entire library of books at the push of a button is the ultimate dream for many readers. The Amazon Kindle is one of the most popular e-readers on the market. It wirelessly downloads books to your device, and can hold about 1500 - 3500 books depending on which version you buy. However, you cannot add to the memory on the device. You can access some web sites through it, but that’s what my computer is for (I really don’t understand why the so-called new gadget has to have a browser on it). And you can play MPs, but with limited space you won’t be able to fit many songs onto it and still have room for your books. There is no way to share books that you buy on your Kindle, and though Amazon backs up your purchases, I’d prefer backing them up myself on my computer.

Just reading the user reviews on Amazon.com keeps me from purchasing a Kindle. You cannot share books with other Kindle users, and there was even a case where Amazon removed the ability to share books.

According to an article in the New York Times by Brad Stone “In a move that angered customers and generated waves of online pique, Amazon remotely deleted some digital editions of the books [1984 and Animal Farm by George Orwell] from the Kindle devices of readers who had bought them.” A company that did not have legal rights to them had submitted the books to the Kindle store. A spokesperson for Amazon.com, Drew Herdener, told the New York Times that “We are changing our systems so that in the future we will not remove books from customers’ devices in these circumstances.” I’m dubious of any company that would delete books I’ve paid for without notifying me first. Amazon needs to prepare for some competition. Barnes and Noble has already released its own e-reader, the Nook. This reader has everything that the Kindle does but is a little cheaper. You can download books wirelessly, as well as read excerpts before buying. You can read any book on the Nook just as you could pick up any book off the shelf and read it while you are there. It uses the same E Ink display that most e-readers are using these days. However, it also has a color touch screen that you use to buy books and access the different areas of the Nook. The Nook has a Micro SD slot that allows you to expand the memory. The most exciting feature of this e-reader is the ability to share books. You can send books you have downloaded to other Nook users, as well as to Apple iPhones, blackberries, and computers.

The Nook also offers a wide selection of free books, mostly public domain or older titles, such as Pride and Prejudice and Treasure Island.

The Nook comes out on November 10, and may have you on display for customers to come in and try out, something you can’t do before purchasing a Kindle. If I were ever to switch to a digital reader, the Nook would be it. It will be some time before we have left the paper world of books and completely enter the digital one, but with products like the Nook on the market the transition may be easier than it seems.
Accessibility, comfort, luxury and trust are just a few things that I look for when I am shopping, and I can proudly say that I do not need to spend an arm and a leg to find these qualities in their clothing. I have no fear in thrift stores and flea markets and I welcome generic brands, because I have confidence in my choices and do not need to prove anything to anyone by buying things less expensive than others.

Like most shoppers, I love to buy clothes that make me feel good. I stand firmly by my opinion that I do not need to buy brand name clothing to feel confident and luxurious. I also firmly believe that just because you are buying something that is generic or does not have a designer name slapped on it does not make you any less of a person then a person who does afford “superior brands.”

I find shopping to be one of my favorite things to do. In fact I love it so much that I will shop almost anywhere I can because it is that much fun. On my most recent shopping trip I passed by stores that seem to enjoy is just as much as I do, but as I pass I receive smirks, and stare downs from other women as well as men.

I am not the only one who notices it! People, especially other women, look at other women and look straight up and down at what the other person is wearing. It is so obvious and so rude it makes me sick. I will even admit to have done it before, I am not perfect.

When you look at someone else you see not only their clothing, but their hair, you see their clothes. You use the style and of course usually the brand right on the article of clothing, so bystanders will know “who” you are wearing. I think this stupid. “Who” are you wearing? Who cares! Would you like to know what really sits me off? I don’t understand girls who wear designer as soon as they think that they have a lot of money. First of all, if you are in college, no one has money, so I find it very odd when you wearing designers to show off when you should be showing off your books instead.

There are people out there that are like that, I know them. Even worse than that though, I thoroughly dislike people who refuse to wear anything but designer, generics are not acceptable and they are embraced to wear them. I love thrift stores, I think they are so much fun to go through and wear other people’s clothes, there is something historical about it; it makes me smile. There are people out there, that inside cringe at the thought of wearing someone else’s clothes. Well, hey, what does a woman turn old clothes into the Salvation Army? There is no one that would want to wear clothes, what’s wrong with that? Those jeans that someone bought that used to be yours, well someone else’s butt is in them now. Big deal! Your butt is no better than someone else’s.

On Collegecandy.com, there was an article discussing why designer brands are better. They came up with a list of things you benefit from buying designer clothing, Product quality, consistency, self identity, social status and uniqueness and rarity. Now I hope it is not just me but doesn’t that seem a bit ridiculous that designer clothes give you a sense of self identity and uniqueness? Now, as an educated woman I have learned that my strength, morals, knowledge and personality are where I get my self identity from, I do not need to wear expensive clothes for people to know who I am. I feel that whoever wrote that article was rather shallow.

This concept of “superior brands” goes beyond clothing. Some people talk down generics and brands of foods and household items that are less expensive, calling them “cheap and poor quality.” I have found that through some vigorous shopping adventures, sometimes generic is better and that whole “poor quality” rumor is just a giant crap. I love trying generics because most of the time, I have personally found to like the generic better.

No matter what brand you wear, whether it is designer or not, you should buy it because of how much it cost and how much of an impact it will make, you should buy it because it makes you feel good and it will be something that you can enjoy. For myself all I know is that I do not want to judge others for what they wear or what products they use, so I would expect the same out of them. I will still continue to shop at thrift stores and outlets, and enjoy my Suave shampoo, because the scent makes me happy.
With all the hype over the Phillies, sometimes we forget about the big green mascot cheering the team on.

The Phillie Phanatic made his debut on April 25, 1978 at old Veteran’s Stadium playing against the Chicago Cubs. The Phanatic has been a part of the team ever since but instead of a number he is given a star and he prefers to wear his hat backwards.

He was a success in 1978 and remains a big hit with fans of all ages. When the Phanatic was formally introduced to the public on the Captain Noah and His Magical Ark show, then-Phillies player Tim McCarver, gave him the title of “baseball’s best mascot.” The Phanatic has also been voted “best mascot ever” by Sports Illustrated and Sports Illustrated for Kids.

While some might consider him a bird because of his black and red feather tail he is known by most as a creature or even an alien. The Phanatic is not only known nationally but with China, Japan and Mexico.

The Phanatic is not only known nationally but with China, Japan and Mexico. With the advent of China in 2016, the Phanatic has become China’s favorite mascot.

The Phanatic is known by many as a creature or even an alien.

The Phanatic was featured on an episode of “It’s Always Sunny in Philadelphia” where he and his lady friend, Phyllis, were visiting and even “Me and Mrs. Jones” when he brings his lady friend, Phyllis, out. The SPCA is visiting and even “Me and Mrs. Jones” when he brings his lady friend, Phyllis, out.

He has been on national television shows such as “Today” and “Good Morning America.” Most recently, he was featured on a television special called “The Phillie Phanatic’s Parade of Champions.” In 2006, he even came out with his own movie, “Phillie Phanatic Goes to Hollywood.”

He has been on national television shows such as “Today” and “Good Morning America.”

Most recently, he was featured on an episode of “It’s Always Sunny in Philadelphia” where he and Charlie have a misunderstanding and get into fight.

His entertainment has also spread smiles over children’s hearts when he comes to visit them in the hospital. It’s hard not to smile when you’re lucky enough to get one of his signature kisses with that bright red tongue!

It’s easy to forget that there is a man behind this costume. The Phanatic has become a pro at that too. He has now six children’s books published about him and his adventures such as, “The Phillie Phanatic’s Parade of Champions.” In 2006, he even came out with his own movie, “Phillie Phanatic Goes to Hollywood.”

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Albinism: The Real Facts

Rena Wallace
STAFF WRITER

Before the 1980s, there were not many successful treatments for albinism, and people with albinism were often subject to ridicule. In the 1980s, however, treatment options improved, and people with albinism began to have more opportunities to live a fulfilling life. Today, there are many resources available for people with albinism, and many organizations work to promote awareness and acceptance of people with albinism.

Birth control pill more problematic than ever

Rena Wallace
STAFF WRITER

In previous years, not as many contraceptive options were offered to young women as there are now. Condoms and various forms of birth control are available for female fetishes who wish to be sexually active. However, if fetishes are not careful, they might choose to take young women’s health into their own hands. This might mean deciding to use a contraceptive that has been raised 20 percent after six months. Though the economic situation has been an issue in the economy, keeping the business, but due to the recent plummet in the economy keeping the business, many women will improve for those of us with albinism may come to the understanding of the condition.

In the heat of the moment, if birth-control is not handy, they may be tempted to go without it. However, in the heat of the moment, if birth-control is not handy, they may be tempted to go without it.

Who’s lovin’ it?

McDonald’s faces hard times trying to flourish in other countries

Nicole Magloire
ADVERTISING MANAGER

McDonald’s, the beloved fast food restaurant that is known by all in the United States, is being cast out as a thing of the past in other countries. Federal officials decided to close down the three McDonald’s restaurants in their country because the demand for the need to close down the stores. The McDonald’s chains arrived in Reykjavik in 1993 and have been open to the public ever since. Since opening, the company had no issues with running the chain, but due to the recent plummet in the economy keeping the chain running was not an option. Magnus Gudmundsson, the managing director of the McDonald’s franchise holder in Iceland, was quoted by Yahoo Finance saying “the economic situation has just made it too expensive for us, the environmental complexity of doing business in Iceland combined with the very challenging economic climate make it finan-

tial prohibitive to continue the business.”

Vanishing Vitamins?

Yes, true vitamins can be lost in your favorite drink and condiments. Keep track of when you buy the following items because certain nutrients are unbalanced when exposed to oxygen, heat and light.

Orange Juice: According to EatingWell Magazine, “One cup of OJ can offer a full day’s dose of vitamin C. But OJ that has been opened loses all antioxidant benefit after just one week. Try using frozen concentrate because it’s exposed to less light and heat.”

Green Tea: A study in Journal of Food Science found, “That catechins (antioxidants linked with a reduced risk of some cancers) in green tea decreased markedly over time. After six months, catechins (antioxidants linked with a reduced risk of some cancers) in green tea decreased markedly over time.”

Olive Oil: Extra-virgin olive oil is by far one of the healthiest oils to use when cooking. However, researchers from the University of Foggia in Italy say, “After six months of storage their [antioxidants] potency decreases by about 40 percent. The oxygen bubbles in the bottle actually destroy the antioxidants.

Honey: Researchers at the University of Illinois discovered, “The antioxidant power of clover and buckwheat honey decreased by 50 to 50 percent after six months.” If you’re looking for a healthier honey try the buckwheat over the clover because it generally has more antioxidants.

Compiled by Elizabeth Kern

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Who’s lovin’ it?

McDonald’s faces hard times trying to flourish in other countries

Nicole Magloire
ADVERTISING MANAGER

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Compiled by Elizabeth Kern
Celebrate National Peanut Butter Lover’s Month

Fill in the answers about peanuts and peanut butter from the clues below into the spiral. Start each word in the box with the corresponding number. Answers are below if needed.

1. Largest country in South America, where peanuts originated
2. Peanuts are not actually nuts but instead are _________, which is in the same family as beans
3. Used on a lot on plain peanuts, this mineral also goes with pepper
4. The third president of the United States, he was a big cultivator of peanuts
5. This month is National Peanut Butter Lover’s Month
6. If you get Bubble gum in your hair, to do this, peanut butter works great!
7. Combine peanuts, sugar, and _________ to get peanut butter cookies!
8. Who patented the peanut butter process?
9. The peanut is this state’s state crop
10. The scientific name for peanuts
11. The fear of peanut butter sticking to the roof of your mouth
12. This is one of the southern states that produces 70 percent of the U.S.’s peanut crop
13. Only .5 percent of Americans are _________ to peanuts
14. The first fossilized peanut was found in this country
15. (Adult/Kid)s eat more peanut butter per year
16. The U.S.’s peanut crop
17. Peanut butter has a lot of this type of amino acid
18. Bacteria that is famous for being found in peanut butter

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Wish your professors a Happy Birthday!

Whether your favorite professor has had a birthday or will be celebrating, you can give them best wishes!

1. Brazil
2. Legumes
3. Salt
4. Thomas Jefferson
5. Texas
6. Arachis hypogaea
7. Milk
8. Kellog
9. Georgia
10. Arachis hypogaea
11. Allergic
12. Alabama
13. Allergic
14. The first fossilized peanut was found in this country
15. (Adult/Kid)s eat more peanut butter per year
16. The U.S.’s peanut crop
17. Arginines
18. Salmonella

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Astrological Meditations

LIBRA: (Sept. 23 - Oct. 22) It seems like these last couple weeks have been a balancing act - school, friends, family - keep up the good work! But you are on the right track - that is all life is... one big balance beam.

SCORPIO: (Oct. 23 - Nov. 21) You can’t get mad at people for not doing things you never told them to do! Be kind and people will get along with you easier.

SAGITTARIUS: (Nov. 22 - Dec. 21) - The weekend is coming up, and you can’t wait! But don’t forget about the assignment due on Monday - if you put it off, you will regret it.

CAPRICORN: (Dec. 22 - Jan 19) Life seems to be pretty blissful, but don’t miss the small details. They get you every time. Make sure you are especially watchful in the coming week.

AQUARIUS: (Jan. 20 - Feb. 18) Don’t stress out! You’ve been so frantically studying; you’re missing out on the fun. Try some time management - race against the clock to see how much you can get done, then give yourself a rewarding break.

PIECES: (Feb. 19 - March 20) You feel like you’ve bitten off more than you can chew, but you feel guilty to back out on anything now. Don’t fret. Life will go on and you will be fine.

ARIES: (March 21 - April 19) It’s fun to hang out with friends, but beware of becoming a clique. Be more observant of the world around you and don’t be afraid of corners; you’d be surprised at what you’ll find.

TAURUS: (April 20 - May 20) - You are so ready for the semester to be over—the holidays are the perfect way to unwind all that stress. But don’t start planning during finals!

GEMINI: (May 21 - June 21) Your mood swings are really hard for people to understand. Take some time to relax, pamper yourself a little! Your friends will thank you for it.

CANCER: (June 22 - July 22) That grade has been eating away at you. Don’t think about it! Just concentrate on studying, and you’ll do better.

LEO: (July 23 - Aug. 22) You have way too much to do—but if you take a deep breath, and relax, things won’t be so bad. Take a short break, but not too long of one - otherwise you are procrastinating.

VIRGO: (Aug 23 - Sept. 22) How are you supposed to finish that ten page paper by tomorrow morning? Eat something sweet—it’ll clear your mind.

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Crestiad Bingo Week 7

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 crestiad@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.

WINNERS: 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. Past numbers can be found in Crestiad archives. Visit www.cedarcrest.edu/crestiad to view old issues.

Answers:

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Do you like to write...fiction? Non-fiction? Poetry? Want to see your work published and possibly win CASH prizes? Then submit your work to: preterite@cedarcrest.edu as a Word attachment for this year’s edition of In Other Words and the Writing Contest. Also seeking digital photography or other art work reproducible in black and white to feature in the Lit magazine.

Deadline is December 7th, 2009

For Questions, contact preterite
Jack Johnson’s En Concert proves a cd and dvd are “Better Together”

Dannah Hartman
MANAGING EDITOR

The audience screams as the acoustic guitar begins, accompanied by an accordion with a very French sound. Then singer/songwriter Jack Johnson starts his song “Believel”, “Oh lewa, Bella chi a? Bonita, bonita que tal? He sings as the crowd goes wild.

While still singing in French Johnson starts playing the tune to “Oi que tal?” He sings as the crowd jams throughout the song that shows Fuga’s incredible voice, you gave me even though you made me.” Fuga has an incredible voice, and sings the majority of the song without overpowering Johnson. 

The clear standout on the album is “Constellations,” which features Pearl Jam front man Eddie Vedder on acoustic guitar as well as vocals. Vedder’s usually powerful vocals are quiet and relaxed on this track to match Johnson’s laid-back style. Vedder and Johnson’s voices are extremely complimentary to one another, hopefully these two will continue to work together in the future.

The best part of the album? The proceeds. According to jackjohnsonmusic.com, 100% of 2008’s Sleep Through The Static tour profits and profits from En Concert will be contributed to the Kokua Hawai’i Foundation and The Johnson Ohana Charitable Foundation that supports environmental, art, and music education around the world.

Gossip Queens

Halloween has come and gone but the celebrity costumes are still something to talk about. The cutest couple costume award goes to Jessica Alba and Cash Warren as Dora and Diego! We can imagine that daughter Honor was quite pleased to see her parents’ costumes. No surprise here, most popular costume this year was Jon and Kate Gosselin. This year it seemed most appropriate to dress the dynamic duo as the pantless pop queen, mini dress and all. 

Derek Hough please just come out already! He arrived to Heidi Klum’s annual Halloween party as Clark Kent but it gets worse... he arrived with “BFF” Mark Ballas’s mom! Can we just say that mommy Ballas looked sexier than Derek.

Nick Lachey and girlfriend Vanessa Minnillo hosted a Halloween bash at their Bel Air pad where they dressed as Mr. and Mrs. Frankensteins. The guests of honor or “horr”, Heidi and Seal, were dressed as crows this year. Each of them were donning black faces and featherly garb. 

Speaking of Heidi, she will not be walking in the annual Victoria Secret Fashion show this year. However, she will still be a crowd pleaser by being the emcee for the evening. We understand that since having baby girl, Lou, she might not feel comfortable parading around in things and bras yet. We still think you’re one hot mom though!

Ryan Seacrest is trying to make news about himself because he must have tons of free time with American Idol not filming yet. He claims that he has an alleged stalker, Chidi Uzomah Jr. (who looks eerily like Tyra Banks), a week. Oh myyy Lady “no pants” Gaga makes headlines again. She recently won the People’s choice Award at the 13th annual Accessories Council’s Excellence Awards. Maybe this time she will actually win an award for best costume for 365 days of the year but for having no pants on! Our apologies, hot mom! Jessica Alba’s mom and all! 

The Gossip Queens

Allie Scott, Editor
She and Him, here’s to Volume Two

Lindsey Jancay
OPINIONS EDITOR

What do you get when you combine two quirky and successful celebrities? Sometimes a disaster, but in the case of M. Ward and Zooey Deschanel, the product is success. Together, the well known actress and successful musician create a unique blend of music from the past and innovative lyrics.

The sound is timeless and echoes the sentiments of Elia Fitzgerald and John Fogerty. While a jazz singer seems a strange musical companion for the lead singer of Creedence Clearwater Revival, that is exactly the quirky feel emitted by M. Ward and Zooey Deschanel, the “she” and “him” of She and Him, an up and coming indie folk duo that has recently bridged the gap between film and the music that accompanies it.

Many are surprised by Zooey Deschanel as the offbeat actress featured most recently in 500 Days of Summer. What people don’t know is that Zooey is an excellent singer. While the influence of aforementioned Fitzgerald is quite evident in Ella Fitzgerald is quite evident in the influence of afore mentioned Creedence Clearwater Revival, that has recently bridged the gap between film and the music that accompany it.

Deschanel took a little convincing to share her music, but once Ward convinced her, a beautiful collaboration began. Volume One, their first endeavor tracks the emotional ups and downs of romance from the female perspective.

Deschanel was the primary writer and singer, while Ward acted more the part of producer and recorder. Ward’s sensitive vocals are the perfect complement to Deschanel’s thoughtful lyrics and soulful voice.

Together, the duo creates a unique sound that draws influence from multiple eras. The sound is simply ideal for the timeless tales of love narrated throughout the album. One can only hope that the sound will blend as effortlessly with the themes in Volume Two.

CRESTIAD STAFF
FAVORITE BOOK PICKS

The EDITORIAL and WRITING STAFF open up
ABOUT OUR FAVORITE BOOKS

Gabrielle Augustine
STUDY BREAK EDITOR

According to perseveranceunlimited.com, reading helps you improve your memory and improves your concentration and focus.

There are just a few of the 26 reasons stated on the site as to why reading is healthy for you. It may be the middle of the semester, and everything is starting to pile up, but take a breather and read a book (or at least part of it). Here are The Crestiad’s editors and staff writer’s fall favorite picks – books that they can read over and over again.

Allie Scott
Arts Editor

Something Borrowed by Emily Giffin

I am not a big reader, but I absolutely devoured this book in a few days. It’s a juicy story about love, best friends and little secrets. I am a huge fan of Giffin’s, her writing is amazing, you feel like you’ve known the characters for years, I love being able to connect with the characters.

Brea Barski
Editor in Chief

Scarlett by Alexandra Ripley

I love Gone With The Wind, but Scarlett is just a little better. It’s the more scandalous, less description-filled sequel to the classic novel. It’s creepy and romantic and keeps you on the edge of your seat.

Jessica Heiser
Assistant News Editor

Anna Karenina by Leo Tolstoy

This Russian classic is beautifully crafted, emphasizing the differing lifestyles of the lavish upper class and the humble workers of the field. Leo Tolstoy’s moving prose and heart wrenching, memorable characters are just a few of the reasons this has been ranked as one of the greatest books of all time. You won’t walk away from it unchanged.

Elizabeth Kern
Lifestyles Editor

Bless Your Heart Tramp by Celia Rivenbark

The funnier the book is the more scandalous, less description-filled sequel to the classic novel. It’s creepy and romantic and keeps you on the edge of your seat.

The funnier the book is the more interesting books I have ever read. It gives you a chance to step out of reality and love your fantasy love story.

Stephanie Augustine
Staff Writer

Heir Apparent by Vivian Vande Velde

Both science fiction and fantasy, Heir Apparent is a story of adventure, love, and suspense all within an advanced video game, and I could read it again, again, and again.

Dannah Hartman
Managing Editor

A Clockwork Orange by Anthony Burgess

This was by far one of the most interesting books I have ever read. Although it’s somewhat disturbing, it’s definitely a book that’s hard to put down.

Lindsey Jancay
Opinions Editor

Tess of the Durbervilles by Thomas Hardy

The book is fairly long, but cliff hangers and plot twists keep it interesting and the themes are thought provoking and timeless.
Cedar Crest has been awarded the First Institutional Academic Excellence Award by the Colonial States Athletic Conference (CSAC). This award means that Cedar Crest’s student athletes had the highest combined, overall GPA (3.20) in the CSAC. The CSAC consists of twelve Division III schools.

This award cements Cedar Crest’s athletes’ ability to be both successful athletes as well as good students. This award, of which Cedar Crest is the first winner, will be given annually to whichever institution garners the highest GPA.

“Winning this award proves that Division III athletes in the CSAC are well-rounded by being talented and keeping up with academics. It proves that we truly work hard to keep our grades up while working hard on our teams,” said Katey Dauble, a sophomore Outside Hitter for the Volleyball team as well as an Elementary Education major.

This statement was echoed by Lakeisha Packer, a sophomore Attackman for the lacrosse team and a Chemistry major. “I think being awarded this award shows our hard work both on the field and in class. We give it 110 percent in class and on the field,” she said.

Keeping up with rigorous academic work as well as rigorous practices when not in the classroom can be a difficult task, but Cedar Crest students have shown that they are up to the challenge by winning this award.

“This award shows how well-rounded our athletes are here,” said Marci Lippert, the Director of Athletic Communication.

As reported in the Morning Call, the criteria for how the award is decided is as follows: students who have a “season of eligibility” (which the NCAA defines) are included in an overall GPA, of which CSAC takes the average, using all of the quality points achieved by the students. This results in the institution’s overall grade point average, which CSAC uses to determine the winner.

Student-athletes at Cedar Crest are honored to have received this award and are eager how their combined hard work has paid off, both in the classroom and on the playing field.

“I have had a lot of privileges coming here and playing on the volleyball team as a sophomore. It’s an honor to be working and playing side by side with so many great student athletes, and I’m proud to represent my team, my school, and all of the people who worked so hard to make all of it possible,” said Kim Katsigianis, a freshman Middle Blocker for volleyball and Psychology major.

“Being recognized for being smart and for being tough is an honor. Lacrosse is my outlet and so I plug in,” said Maureen Manning, a junior Attackman for lacrosse as well as a Biodiversity and Conservation Biology major.

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The administration of Cedar Crest is very proud of its student-athletes, who have now made history by being the first winners of this sure to be prestigious award.

“I am so pleased that CCC has been awarded the first CSAC Institutional Academic Excellence Award. This demonstrates that our athletes are successful both on and off the field. This award is also a team award, requiring all of the athletes to perform well to reach a cumulative high average. We could not be prouder of their success and we look forward to similar results on the playing field,” said President Carmen Ambar.

“We are so proud of our athletes and the honor of being recognized as the inaugural recipient of the CSAC Institutional Academic Excellence Award. It demonstrates what we have always known to be true – that successful athletics and academic achievement is a combination that is attainable and sustainable. It is a testament to these students and coaches and how much they value their education. I couldn’t ask for a better group of students to represent Cedar Crest,” said Dr. Kimberly Owens, the Senior Executive Vice President for Enrollment Management and Student Affairs.

The Morning Call states that Cedar Crest will be officially presented with this award on Saturday, Nov. 7. It will take place during the half-time period in the midst of the Field Hockey Championship at Immaculata University. The game itself will start at noon.