

## CCC students protest Prop 8



Jessica Korpics | Staff Writer

Pictured above are Kristen Boatwright, '12, and Bekki Tutino, '10, at a rally in Allentown last weekend against Proposition 8.

On Sunday Nov. 17, opposers of Proposition 8 gathered on Seventh Street in Allentown to rally together and express their need for equality and acceptance.

"There is only one equality. Civil rights are human rights, gay rights are human rights. A state cannot tell someone that they cannot be family," said Liz Fear, an opposer of proposition 8.

Another protestor shared the same opinion.

"I feel the equal rights are for everyone. I love love and I do not understand how someone can vote against someone loving someone else, no matter who that person is. I consider myself a Christian, and I was never raised to hate others no matter how they live. Jesus said to love thy neighbor as thy self," said Mary Raymond from Allentown, another protestor opposed to proposition 8.

For more photos from the rally, see page 3.

## Pigliacampi named College Coach of the Year

Sara Messner

STAFF WRITER

After her hard work and dedication, Cedar Crest's tennis coach, Lynn Pigliacampi has won the United States Tennis Association (USTA) Coach of the Year Award. Pigliacampi has coached the Cedar Crest College tennis team for four years and has greatly improved their individual as well as overall performance.

Tennis captain and junior nursing major, Maria Mallery, mentioned her thoughts on Pigliacampi's success. "She has made a 180 degree turn on the team overall. There is proof in the team's records," said Mallery.

Pigliacampi graduated from Drexel University with a degree in business administration, a concentration in marketing and a minor in music. She played Division One tennis there for four years finishing number two in singles and number one in the doubles spot along with her position as captain of the team.

She went on to intern at Interscope Records and then landed a job with an independent record label. Because there were no jobs in the music industry due to music being downloaded for free, she decided to coach and teach tennis.

"I've always wanted to coach tennis, but I thought I wouldn't do it until later," said Pigliacampi. While looking for a job, she saw an ad in the paper for the Cedar Crest College tennis team and thought it would be a great opportunity. "I thought I could make a difference so I landed my first job with tennis," she said.

Since then, she also took a job as a professional tennis instructor at Winning Touch, a racket club located off of Airport Road as well as another club in Princeton, N.J.

Her team speaks highly of her personality and teaching techniques both on and off the courts. Sophomore nursing major Sarah Schopf of the team said, "The fact that she has such a strong tennis background really

makes a difference. She cares about her players as people and not just athletes. She's also very understanding and knows how to be serious but still have fun."

Jules Pigliacampi, assistant tennis coach for Cedar Crest and father of L. Pigliacampi said he enjoys working with his daughter and is very proud of her. "She started off watching my wife and I play tennis. Then she started playing around first grade. In high school she was undefeated with a record of 75-0," said J. Pigliacampi.

"I'm glad I have gotten the opportunity to work my daughter. I was curious about being involved with coaching the tennis team since I had never really had much coaching experience, but I wouldn't have taken the job without her. I really just wanted to be around her, and I thought it would be a good experience," said J. Pigliacampi.

L. Pigliacampi felt very privileged to have received the USTA Coach of the Year Award. "I'm so honored. It's great! Everybody loves to be told they've done a good job," she said with a laugh. "But most importantly, I really think there should be an assistant coach of the year award. My dad (J. Pigliacampi) has been such a great part of this team. I couldn't have done any of this without him."

J. Pigliacampi mentioned his thoughts on her award. "I think she is very deserving of this award. I actually thought she would win this award for the league as well. She had several opportunities in the past few years. Still, I'm very proud of her hard work. I respect what she does. I love her very much and will continue to help her. I'm comfortable with her decisions and confident that she will continue to do a great job."

Along with the USTA Coach of the Year Award, L. Pigliacampi is also Cedar Crest's winningest tennis coach with a record of 37-26 overall which tops Cedar Crest's previous tennis coach, Mikki Smith (1996-1999) who had a record of 29-28. (Records date back to 1993.)



Courtesy | Lynn Pigliacampi

Tennis coach Lynn Pigliacampi is pictured above with her father, Jules, an assistant tennis coach at Cedar Crest. Lynn was named the United States Tennis Association Coach of the Year award.

## Tonight: Theatre unveils *Unveiled Truths*

Lindsey Jancay

STAFF WRITER

"When we think of war, we think of it as something that happens to men." - Eve Ensler in her introduction to *Necessary Targets*.

Ensler was inspired to write the play *Necessary Targets* after a trip to the former Yugoslavia where she was able to interview a few female Bosnian refugees. Ensler realized that women were neglected victims of warfare, and so she decided to give them a voice in her play.

In *Necessary Targets*, Ensler depicts a young writer named Melissa, and middle-aged psychiatrist named J.S. who travel to Bosnia to meet with women who are left to live with the trauma of war. As the two American women learn about the lives of the Bosnian refugees, the audience is also being taught. As Hauna Colista, a sophomore communications and theatre major with a concentration in business and stage management, stated, "The show's really

unique. The audience won't just be entertained, they'll be educated... and 'educated' is not a scary word."

*Unveiled Truths* utilizes *Necessary Targets* in combination with diary entries, poetry and monologues from women in other war-torn third world countries. The effect is eerie and almost timeless. Also, paired with the texts is a mixture of traditional and more contemporary music.

The result is an emotional experience of joy and shame, poise and disaster, and most importantly pity and pride for the Bosnian women. The conflicting feelings are a result of the unusual circumstances and way in which these women meet and bond. "For me this play has been about learning the stories of some of the strongest women in the world," said Beth Statham, a junior theatre major from the production's cast.

When asked what students can expect from *Unveiled Truths*, director Kashi Johnson declared, "You will not leave the same. You will be changed, affected, moved..."

continued | page 2



# Speed networking: women for women

**Lizz Nagle**

SENIOR EDITOR

On Thursday, Nov. 13, Career Planning's Women's Leadership Series hosted a Speed Networking session for Cedar Crest students. Seven Cedar Crest alumnae attended the event.

Current students were invited to come and rotate speaking with each of them about job searching, past experiences and to hear helpful advice.

This event is an updated version of Junior and Senior Java where, "Students have a limited amount of time to sit with an alumna before the bell rings and they must move to the next alumna's table," said Diane Gehringer, the Associate Director of alumnae Affairs at Cedar Crest.

This new format was designed to take students out of their "comfort zone" and encourage them to speak with alumnae outside of their major or interests.

Melissa Faulkner, the Director of Career Planning at Cedar Crest, was in charge of the event as part of the Women's Leadership Series.

"This event fits into the theme of women's leadership because it focused on alumnae presenting a powerful tool that will help students advance professionally," said Faulkner.

"Nowadays, students rely on IM, Facebook, Myspace, text messaging and e-mail to communicate. The generations already in the workforce often prefer face-to-face contact. It's so important for current students to realize this and practice their interpersonal skills.

"This event gave students the opportunity to do that and to learn how to network. Networking is one of the best ways to find a job."

Gehringer was also at Speed Networking. Gehringer was responsible for gathering the alumnae for the event

"Our alumnae love to connect with current students. It's part of

our tradition - helping the students that follow in your footsteps by providing assistance to make their journey a bit easier...Alumnae serving as mentors and attending networking sessions are the true essence of leadership by women for women," said Gehringer.

One of the reasons networking is so important for college students to do is because businesses today are looking for candidates who communicate well with others.

The Speed Networking event helped condition students for this.

"I think it's important for students to know how valuable networking really is. Its important to get out there and join industry-specific clubs and organizations. Many offer student memberships, as well.

"Students can attend the

events and network with professionals in the field of their choice. It's important to have confidence, be willing to meet new people and smile. Additional information on networking can be found in the Office of Career Planning," said Faulkner.

All students are encouraged to visit the Career Planning Office for more information about networking.

"Sign up for an Alumnae Mentor - they are there to help! Try to connect with as many people as possible, you just never know if an informal conversation will lead to your next job interview or internship!" said Gehringer.

Another Speed Networking session will be held in the spring semester.

## UNVEILED TRUTHS

continued | page 1

How can you not be with these stories?"

Beginning today, Nov. 20, Cedar Crest will be showing *Unveiled Truths* in Samuels Theatre. The performance begins at 8 p.m. The show will begin at the same place and the same time on Nov. 21 and 22. On Sunday Nov. 23, *Un-*

*veiled Truths* will show at 2 p.m. Tickets are \$15 for adults, \$10 for seniors and \$5 for students.

Come and open your eyes to the effects war has on people. As Melissa states when J.S. asks her if the idea of a "traumatized population" scares her: "Yes, definitely, but it scares me more not to see it, not to know what's going on." So here's your chance to learn about "what's going on." Don't miss it!



Lindsey Jancay | Staff Writer

AnTionette Byers-Paredes (left) and Katie Walsh in the Cedar Crest Stage Company's performance of *Unveiled Truths*.

## Sobriety theme of Mocktails



Cathy Meyett | Staff Writer

For clubs, students and faculty, Mocktails is a tradition that is unsurpassed in teaching the importance of sobriety. Clubs create themes and base non-alcoholic drinks on that theme. (Above)Maira Cruz (left), sophomore, and Amanda Dobbs, sophomore, sport outfits that are themed with the CCC Radio Club.

## KING GEORGE INN

ON HAMILTON AT CEDAR CREST BLVD.  
WEST ALLENTOWN



OPEN 7 DAYS

Cocktails  
Dinner 4 p.m.

610.435.1723

1/2 Portions

On 12 Entrees

## The Crestiad

Fall 2008

**Megan Ammons**

Arts and Entertainment Editor

**Thersia Ault**

Athletics Editor

**Brea Barski**

Front Page Editor

Lifestyles Editor

Study Break Editor

Asst. Athletics Editor

**Lizz Nagle**

Corresponding Editor

Opinions Editor

**Leann Pettit**

News Editor

Gadget Manager

Online Editor

**Liz Skoczylas**

Managing Editor

Circulation Editor

Features Editor

**Faculty Adviser**

Elizabeth Ortiz

**Staff**

Gabrielle Augustine

Stephanie Bennett

Hauna Colista

Dannah Hartman

Kristen Isaacson

Lindsey Jancay

Elizabeth Kern

Jessica Korpics

Emmalee Lesko

Jocelyn Ludwig

Sara Messner

Cathy Meyett

Kathryn Jessica Monro

Elizabeth Saleb

Leslie Savadge

Allie Scott

**Photographers**

Alex Edgington-Giordano

Amanda Osborn

*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 <http://www.cedarcrest.edu/crestiad>. Its primary goals are to keep students informed about events and issues of concern to 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 welcomes Letters to the Editor on any subject as long as it is tasteful, responsible, and signed with the full name of the writer. 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 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 610-606-4666 ext. 3331 or e-mail [crestiad@cedarcrest.edu](mailto:crestiad@cedarcrest.edu). Cedar Crest College is located at 100 College Drive, Allentown, PA 18104.

Guest columns and letters to the editor may be submitted for publication by any student, faculty or staff member of CCC. Columns should be e-mailed to the *The Crestiad* as MSWord attachments. Letters to the editor may be e-mailed as MSWord attachments. 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.



# Allentown, NYC protest California's Proposition 8



Jess Korpics | Staff Writer  
(Above left) The Silent Witnesses join hands during Allentown's rally against Proposition 8.



(Bottom left) Allentown's rally against Proposition 8 was held Nov. 16 on 7th and Hamilton Streets.

Megan Ammons | Junior Editor  
(Above right) During New York City's Rally Against Proposition 8, people from all walks of life gathered to make a statement about the California ban on gay marriage on Nov. 15.

(Bottom right) In New York City, NY a rally against California's Proposition 8 was held. The rally covered several blocks of the City. Rallies against proposition 8 were held all over the U.S. including Boston, Philadelphia and various cities throughout California.



## STUDENT GOVERNMENT ASSOCIATION Changes to Tompkins Gallery discussed

Leslie Savadge  
STAFF WRITER

On Wed. Nov. 12 Student Government Association (SGA) approved Accounting Club as an official club with many determinations and activities planned. Some of their many goals are to create networks for people that have accounting as their major, meet others and browse the many career opportunities in the field. While it may seem that the club is just for Accounting majors it is not, everyone is welcome from dance to a science.

One main issue discussed at the SGA meeting was the changing of the design of the TCC and taking down the gallery next to the bistro. The discussion was open for everyone and President Ambar was available to answer any questions.

Gabrielle Buzgo who is opposed the taking down of the gallery next to the bistro, asked President Ambar what was really going on.

President Ambar, in summary, stated that this is a new idea and even a suggestion, there are designs just being suggested now. The idea came about from students' opinions on trying to make the TCC a more student friendly place to go to socialize and hangout, or even just a different environment to study in.

There is no definite decision yet whether this is really happening, it is just an idea that was suggested and the different options are up for discussion.

There is also a new idea that was brought about that all of the Presidents from each of the clubs on campus get together and decide a few different events to hold for the whole campus to join in on other than what is already offered. It is a good idea to get more students together and to have more activities for us to do on campus.

SGA meetings are held every Wed. at 6 p.m., all are welcome to voice their opinions and give some fresh ideas!

## Harry Potter at Parkland Library

Jessica Korpics  
STAFF WRITER

Professor John Granger of Allentown spoke on Wed. Nov. 12 at the Parkland Community Library. Granger, who has written six books, edited a collection of essays and is finishing his seventh book next month.

He travels to speak to audiences about the Harry Potter series to explain the hidden Christian message behind the books and the connection to English literature.

"I gave four talks at a Carnegie Library in Washington about 'Taking Harry Seriously,' and a friend asked me to write them up. That became Hidden Key for Harry Potter, which turned me from a Latin teacher to a Potter Pundit," said Granger.

"It was a happy conjunction of something to say, the ability to write, and folks wanting to read about the subject I was discussing."

When the Harry Potter series first came out, there was a lot of

controversy over whether or not the book was promoting witchcraft. Granger himself was wary at first of allowing his children to read it.

"A coworker told me all about the book and told me that I had to read it to my kids. The way that she described it, made me want to keep it away from my children even more," said Granger.

"My daughter's pediatrician gave her a copy of the book and she spent the day walking around hiding it behind her back. I took the book and told her I would read it over night and then tell her in the morning all of the reasons why she could not read books like that. Needless to say, I got hooked on the book and now read them to all of my children."

In one of Granger's books, he explains about how in *Harry Potter and the Deathly Hallows*, four of the different characters try to understand the Triangle Eye in four different ways. All four of these ways symbolize the interpretation of English Scriptures and Artistry.

Both of these types of works

should be interpreted literally, morally, allegorically and symbolically.

"I didn't want my children to get the message that sorcery was okay or that it was some kind of joke. There is no invocational magic in the books, though, and the stone is a 'Philosopher's Stone,' a traditional symbol of Christ, both of which points are made clear to a reader in the first chapters."

"Seeing that, I moved from a 'No Harry in my house' position to 'Harry is required reading,' a flip which really pleased my twelve year old daughter," said Granger in an interview with Marcella Delaurentiis from the University of Chicago paper.

If you would like more information on Professor John Granger, his speeches or books, or where his next stop will be, visit hogwartzprofessor.com. You can also join in on the conversation with other Harry Potter Fans and discuss all aspects of the books and many other things.



# Proposition 8: Separate, but not equal

**Dannah Hartman**  
STAFF WRITER

On Election Day, Californians voted in favor of Proposition 8, a constitutional amendment banning same-sex marriage. Prior to proposition 8 passing, same-sex marriage had been through its share of ups and downs. In March 2000, Californians voted against same-sex marriage, passing Proposition 22, which specified only marriage between a man and a woman is valid or recognized in California.

In response to this, the California Supreme Court ruled that Proposition 22 violated the equal protection clause of the California Constitution, and as a result same-sex marriage became legal in May earlier this year. However now, only six months after legalization, same-sex marriage has once again been denied.

The thought of Proposition 8 passing not only makes me incredibly frustrated and irate, it also

makes me feel sympathetic for all of the same-sex couples who once again lost their equal rights. Obviously, the California Supreme Court ruled that Proposition 22 violated equal rights for a reason, so why did Proposition 8 even exist? Allowing same-sex couples to marry in May and then revoking it in November of the same year is simply cruel and unfair.

Agitated as I was, I tried to understand why voters favored Proposition 8 because I personally see no reason to prevent someone from having equality.

As I visited the official YES on Proposition 8 website, I was offended to see that the website URL was actually protectmarriage.com. Protect marriage? With divorce rates around 50%, I'm not sure that same-sex marriage would be detrimental to the union of marriage.

As I continued to read, the website listed three arguments as to what will happen if Proposition 8 passed. The first point read "restore

the definition of marriage". Well, let's think about this for a second...why do couples get married in the first place? Hopefully it's because they love one another, which is no different than the basis of same-sex marriage. Love is love, and you should not be able to amend love.

Secondly, the website said, "it overturns the outrageous decision of four activist Supreme Court Judges." I was not aware that providing individuals and couples with equal rights was such an outrageous idea.

Last time I checked, it was actually pretty ethical which in no way correlates with "outrageous". Simply stated, if you think same-sex marriage is so outrageous, then don't get one!

Lastly, "it protects our children from being taught in public schools that same-sex marriage is the same as traditional marriage...we should not accept a court decision that may result in public schools teaching our

kids that gay marriage is okay." This sort of "gay marriage is not

“ Love is love and you should not be able to amend love...If you think same-sex marriage is so outrageous, then don't get one! ”

okay" attitude is unacceptable, especially when it involves children. Accepting people for who they are and being respectful of one another whether their beliefs or actions are

the same as yours is what parents should be teaching their children instead of worrying that the school systems will somehow corrupt their children when teaching about same-sex marriage.

Ironically, the website, referring to gays having the right to their private lives, states "they do not have the right to redefine marriage for everyone else." Well, that's exactly what the passing of Proposition 8 did, defined marriage in California for everyone as between a man and a woman.

Despite their disappointment and struggle, the NO on Proposition 8 campaign released an optimistic message, "And while victory is not ours this day, we know that because of the work done here; freedom, fairness and equality will be ours someday."

Hopefully, they're right...freedom, fairness and equality should be something all citizens have, not just heterosexual citizens.

## A Feminist Perspective



Mary Snyder

## Women Incorporated

I'm teaching slightly more than forty first-year students this semester. When the discussion of women's rights came up in my classes not too long ago, I asked them what their biggest concern was for their future as women. I was surprised by their response.

The concern expressed by almost all of them was combining career and family. In fact, some expressed being so worried about having to sacrifice their career to have children that they were considering not having children. A few actually were adamant about their plan to not have children.

Well, based on what health insurance companies cover when it comes to women, these young women have every reason to be concerned. Not all plans cover contraception, but even some that have are choosing not to, and some bills passed are encouraging these changes rather than discouraging them.

So, for working women who don't want to have children or who want to control when they have children, it could become increasingly expensive to utilize certain contraceptive methods, more specifically those that are the most convenient and reliable.

In 1997, the Equity in Prescription Insurance and Contracep-

tive Coverage Act (EPICC) was first introduced to Congress. It was introduced again in 1999, 2001, and again in 2005. It has not been passed yet, but twenty-two states have adopted laws and/or regulations requiring equal coverage of contraceptives. However, it is federal legislation that is needed. According to the Center for Reproductive Rights, an estimated 31 million American women are at risk for unintended pregnancy, clearly enough women to warrant federal regulation of contraceptive care.

The Center for Reproductive Rights also reports that among women aged 20 to 44 who have ever been sexually active, 85% have used oral contraceptives at some point in their lives. Three-fourths of American women of childbearing age rely on private insurance to defray medical expenses. Yet on average, women aged 15 to 44 pay 68% more for out-of-pocket medical costs than their male counterparts. This is due in large part to the cost of reproductive health care such as contraceptive coverage.

The Center also cites a study of private insurance that found almost half of all large group health insurance plans do not routinely provide contraceptive coverage.

Yet, 86% of all plans cover tubal ligation and 97-98% of large group plans and HMOs cover maternity care.

Most recently, the cost of birth control at student health centers on college campuses nationwide increased. A change in a Medicaid rebate law reduced the incentive for pharmaceutical companies to provide large discounts on some drugs to universities. In July of 2007, NBC10.com reported that "drug companies are telling colleges the discounts are done." It was the Deficit Reduction Act signed by the president that stopped these discounts that gave college students access to affordable birth control.

I don't know if it's these most recent developments in access to contraceptive care that has college women nervous about their ability to control their reproductive destiny, but it certainly can't be helping them feel in control. However, the National Women's Law Center has been working tirelessly to gain equity for women's health insurance coverage. They explain why women need insurance coverage for prescriptive contraceptives.

One, pregnancy prevention is central to good health care for women. Most women have the potential to become pregnant for over 30 years of their lives. And, for approximately three-quarters of her reproductive life, the average woman is trying to postpone or avoid pregnancy.

Two, access to contraception is critical to preventing unintended pregnancies and enabling women to control the timing and spacing of their pregnancies. This in turn reduces the incidence of maternal death, low birth weight babies, and infant mortality. (It also allows women to choose how to combine work and family, in a way that

works best for them and their families!)

Three, and most importantly, the exclusion of prescription contraceptives from health insurance coverage unfairly disadvantages women by singling out for unfavorable treatment a health insurance need that only they have. Failure to cover contraception forces women to bear higher health care costs to avoid pregnancy, and exposes women to the unique physical, economic, and emotional consequences that can result from unintended pregnancy.

The National Women's Law Center has taken on this inequity with a fervor that has resulted in many successful cases being won by female plaintiffs challenging their employers' lack of contraceptive coverage for their female employees. One such case involved Wal-Mart, who on January 1, 2007, began offering contraceptive coverage to its employees.

In October of 2002, Wal-Mart employee, Lisa Smith Mauldin of Dallas, Georgia filed a sex discrimination class action lawsuit against Wal-Mart because it did not cover her birth control pills. The National Women's Law Center was part of Mauldin's law team. As a result of Wal-Mart's decision made after five years of litigation, the case was voluntarily dismissed. Although the plaintiff didn't officially "win" the case, the result is considered a "win" for all women who work for Wal-Mart. Other such cases have been fought, and although step by step women are getting the coverage they need, federal legislation has not followed closely behind.

This past summer, Planned Parenthood posted a press release praising members of the Senate Appropriations Committee who stood up for women's health care by vot-

ing to restore affordable birth control. The Senate's Appropriations bill includes language that would restore affordable birth control for low-income women and college students. This legislative fix, according to Planned Parenthood, is necessary to correct the mistake made in law that has placed the price of birth control out of reach for millions of women.

That women are still fighting these battles seems ludicrous to me.

What do I tell my students? Certainly I can't tell them their fears and concerns about combining their career with a family are unwarranted. Women fought to be accepted into the work force, which was a battle that shouldn't have had to be fought, since women have always been more than capable of being there. Yet I think women were "accepted" into the work force under one condition that hasn't changed all that much. "You are a woman in a man's world; adjust."

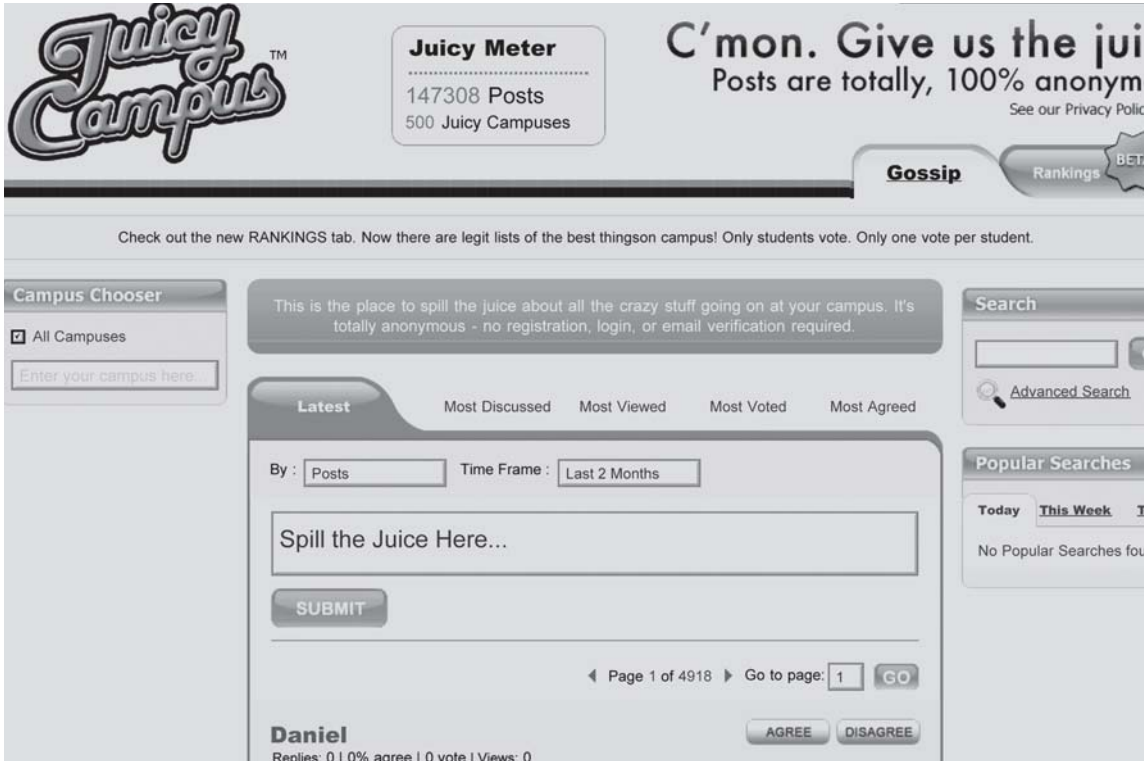
The work force, instead, needs to adjust to women being there. Women have had to learn to fit within the male-defined confines of the work force for far too long. Very few companies have truly opened their doors to what would make it easier for women to work there.

A few have, with on-site daycares and comprehensive health care that addresses women's health issues as well as men's, among other equitable policies. These companies always make the yearly list in Working Mother magazine of top companies that serve working women's needs best.

When such a list seems outdated and unnecessary, women will know that the work force hasn't merely "accepted" them but incorporated them. No pun intended?

# Juicy Campus:

## An inexcusable site to spread rumors



**Leslie Savadge**  
STAFF WRITER

Everyone knows that there is always one mean girl or guy that everyone is afraid of and they talk about so much, but will never say it to the person’s face. Well, there is a website for that called juicycampus.com. On this website anyone that has internet access can go to this site and receive information or post information about anyone that goes to a college or university, with some schools not included and one being Cedar Crest! The information given is the type that is really not necessary and hurtful to others, and

is available for the whole world to see.

When first signing onto this website there is a clear disclaimer given on what the reader will be coming onto with an eighteen point terms and conditions contract letting the reader know exactly what the site is about. In the contract one of the statements are, “The Site contains a variety of information, data, messages and other materials (the "Content") that users of the Site create and post.

Please use caution and common sense when viewing the Site. You understand and agree that any Content is the exclusive responsibility of the person who posted it,

and that you will be solely responsible for any Content that you post via the Site. You acknowledge that JuicyCampus is not responsible for, does not control, does not endorse and does not verify the Content posted to the Site or available through the Site, and that it makes no guarantee regarding the reliability, accuracy, legitimacy or quality of any such Content.

You agree that you will bear any and all risk of reliance on the accuracy, validity or legitimacy of such Content. You agree that JuicyCampus has no obligation to monitor the reliability, accuracy, legitimacy or quality of such Content, nor to enforce any standards

www.juicycampus.com

(including those standards described in Section 7 below) in connection with such Content.

Under no circumstances will JuicyCampus be liable in any way to you for any Content, including, but not limited to, any errors or omissions in any Content or any loss or damage of any kind incurred as a result of the use or existence of or exposure to any Content posted or otherwise transmitted via the Site.” Quoted directly from terms and conditions on www.juicycampus.com.

This statement basically says that no matter what is said on this website it cannot be taken off or removed from the Internet in anyway and to make “responsible” judgments. While looking on the website it is very clear that many people did not “follow” the rules given in the terms and conditions contract. When on the website there is a box on the left hand side where one can type in any college or university and then let the gossip flow.

There can be any topic created from who is the best looking, to who is the dirtiest girl. The website was meant to let students get together and voice their opinions on which classes are easiest and where the best places are to go on campus but some took it a little too far.

While on the gossip column for Salisbury University there was a girls name, which will not be mentioned, and underneath her name it states, “WHY is this girl such a whore? I swear I see her doing the walk of shame every god damn weekend!!!”

The worst part about it is that anyone can leave comments for this

thread for the rest of the world to see, and also are able to agree or disagree. This website was meant for socializing and making friends but it actually just degrades people and gives them bad reputations.

On this subject, Amanda Cloud, a Senior Theatre major with a Business concentration said, “this website is absolutely awful, it is just a place to go write horrible things about people for the whole world to see.”

Another Cedar Crest student, Lyndsay Hosak, a Senior Marketing major said, “This is a horrible website, it is so mean and does nothing but degrade people. Also people think that this is an anonymous website for people who can’t say what they really want to peoples’ faces it is just down right mean.”

It is horrible that people you do not even know can be reading information put up on this website about you from some stranger that may just dislike you for some ridiculous reason.

Lately, in the past few years it seems that girls especially are getting meaner and meaner. No one has respect for each other anymore and it is getting out of hand, especially with putting tags on people as if they had the plague.

It is websites like this that people take advantage of and just use it to rip people apart that they do not like because they did something mean to them, or they just think it’s funny. Well it is not funny and many people are getting hurt from this website and it is certainly not okay.

# Choosing quality over quantity:

## Friends that last a lifetime

**Allie Scott**  
STAFF WRITER

I had a revelation this week. The saying “quality is much better than quantity” really is true. Yes, I would much rather have three pairs of Manolo Blanik’s than thirty pair of wear’em-once-and-the-heel-snaps pumps I would prefer to have one tube of Stila lip gloss rather than forty-five tubes of chapstick. But I am not talking about material things here, I am talking about friends.

My entire life I have always been friends with ‘everyone.’ I would consider myself a pretty friendly and outgoing person who can hang out with everyone. But there are always those select few that we hang out with and I am starting to see how it just may be the select few that you spend a majority of your time with, those are the people that complete your life.

Now, in middle school I was friends with like, two girls. That’s it. A majority of my friends were all boys because I just got

along with them better. I have always gotten along with boys better and at the time I didn’t care and thought it was great to be one of the guys.

And because I was friends with all the boys that made all the girls not want to be my friends, which made them mean. Well, to make a long story short, I changed schools because let’s face it, middle school years are not the easiest years to go through especially with no girlfriends to have your back.

The next couple of years were the same. I was friends with all the guys, except for this time I joined the cheerleading squad and met my best friend, whom I am still close with today. Throughout the duration of high school I had two girlfriends and I didn’t even want to have any others because they were all I needed. I spent four years with them. We did everything together and I would never have changed a thing. At that time in my life I just thought it was great to have such wonderful ladies in my life.

After graduation a lot of things changed.

That summer was a little bit different. Our hangouts went from every-other-day to every-other-week and a year passed and another summer went, but those every-other-weeks turned into every other month. And that was alright, because we all have very busy lives, but when we do get to spend time together it is as if no time passed at all.

Now I am a sophomore in college and I don’t see my friends from high school very often, but now I am a little older and a little wiser and instead of trying to be friends with everyone, I have become friends with a select few that I know will be a part of my life forever.

Through the past year and a half I have been searching for the girlfriends that I will have for the rest of my life. I looked for my future bridesmaids, my shopping partners in crime, my lunch buddies and the girls that I can tell all my secrets to, cry with, laugh with and share many memories with. I can proudly say that I have found them; I have found my Samantha, my Charlotte and my

Miranda, of course that makes me Carrie, which is fine with me. That woman and I have a lot in common- bad taste in men and a fabulous taste in shoes.

But what I am getting at is, you only go through college once, unless your Van Wilder and have to go like seven years or something like that. So while you’re here ladies, make sure you find your real friends, the ones that aren’t going to screw you over. The ones that will be here no matter what. The ones that will know how to cheer you up when you are having a horrible day. You need to find those girls that will complete your life.

Because at the end of the day, you only have yourself. And you don’t want it to be yourself, and a crappy bunch of friends. You’re going to want it to be you, and your ‘people’. The quality of your friends is so much more important than how many friends you have. It took me like 8 years to figure that one out, so I figured I would give you a heads up before you spend any more time trying to figure out this one for yourself.



# No equipment? No problem!

## Staying in shape without a gym

**Dannah Hartman**  
STAFF WRITER

With the overwhelming number of exercise equipment advertisements on television, it's almost as though in order to exercise you need your own personal Boflex machine. In reality, exercising to achieve a healthy body does not require a machine.

With Thanksgiving break approaching, many students will be traveling home, away from the privilege of Cedar Crest's free gym and away from the access to gym equipment. Sophomore Nursing Major, Tawnia Tardiff, is in that situation explaining, "I don't go to a gym [at home] because I cancelled my membership when I went off to college since I am here more than at home."

Also, an upcoming break brings less leisure time due to more homework, tests and studying not to mention packing to go home. Cortney Rieck, sophomore psychology major, agrees explaining that she used to use Cedar Crest's gym at least five days a week, but she can no longer because of her busy class schedule.

However, don't let your lack of exercise equipment prevent you from exercising, there are several easy and creative exercises that can

be done with little to no equipment at all in the comfort of your own home.

How could anyone forget about the phenomenon of the Wii? The Wii sports software allows individuals to play sports without any actual sporting equipment; the wireless Wii remote is the only necessity. Boxing is part of the Wii sports program, which is a great cardio workout as well as a calorie burner. In addition to the Wii itself, Nintendo also released the Wii fit, a program that combines both fun and fitness.

Players have the opportunity to choose between four types of training modes — yoga, balance games, strength training and aerobics. The program, which also measures your weight and body mass index, allows you to set weight loss goals while tracking your progress. The Wii balance board, which is required to play Wii fit, is small and can travel easily.

If you don't have a Wii, don't worry, Valerie Donohue, Assistant Director of Athletics and Wellness, knows some creative ways to exercise with minimal to no equipment. Hula hooping, she said, is a "cheap fitness toy that really works your abs and takes your mind off stress."

According to the Cooper Institute, a health-based, nonprofit research center, one minute of Hula

Hooping burns as many calories as running an eight-minute mile.

Another way Donohue mentioned to effectively exercise for a low cost in a small space is with the help of workout videos or DVDs. The DVDs, often ranging from \$9 to \$25, offer a variety of workouts such as aerobics, kickboxing, Pilates, belly dancing and more. Dancing with the Stars: Cardio Dance, Hip Hop Abs and Carmen Electra's Aerobic Striptease are all among the bestsellers for exercise videos.

Purchasing a stability ball, usually \$10-\$20, can help make home workout sessions easier while maintaining effectiveness. Instead of the traditional method of doing crunches on the floor, a stability ball adds resistance and increases abdominal activity. However, a study published in the Journal of Strength and Conditioning Research found that using a stability ball while doing crunches only significantly increased abdominal activity when the ball was placed under the lower back. Using the stability ball "in place of your office chair to build muscle" is another simple suggestion Donohue made.

In addition to Hula hooping, purchasing workout DVDs and a stability ball, Donohue encourages



students to sign up for a fitness class. Cedar Crest of-

fers a mixture of fitness courses—Hatha Yoga on Tuesdays at noon and Thursdays at 6:00 pm, Circuit & Sculpt on Mondays at noon and Wednesdays at 8:00 am, Aerobics on Tuesdays at 8:00 am and Core & More on Tuesdays at noon.

Whether it be Hula hooping or Hip Hop Abs, there are a variety of exercising methods that do not require gym equipment to be done effectively. Visit [healthdiscovery.net/calculators/calorie\\_calculator.htm](http://healthdiscovery.net/calculators/calorie_calculator.htm) to find out how many calories you're burning in your favorite workout!

## Upcoming stress: Holiday shopping, finals, and MEETING THE PARENTS

**Elizabeth Kern**  
STAFF WRITER

The holidays are stressful enough so don't make meeting your boyfriend's parents one of them. Leave the stress for final exams!

So take a deep breath and enjoy these tips on how to make the moment special and not end up on Jerry Springer.

Allwomenstalk.com offered 10 keywords that make great tips. Wait, Research, Venue, Punctuality, Gifts, Attire, Conversation, Flattery, Opinions, and Leave. Now let me elaborate on these.

Wait: You shouldn't rush into meeting your boyfriend's parents. You need to make the moment special not forced. If you've only been dating a few months and don't know your boyfriend very well yet, it's probably not a good idea to meet the family just yet.

Research: Make sure you know who key family members are. Know their names and be polite until they tell you to be informal. Ask your boyfriend if you can see pictures of his family so you can connect names with faces. Even the phone company played a commer-



Amanda Osborn | Staff Photographer

Meeting a significant other's parents for the first time can be scary, but there are many tips that can help and tips that can make the event run much smoother.

cial last holiday season displaying this method, when the couple pulled up to the house the boyfriend asked the girl who members of the family were by identifying pictures on his phone.

Venue: Make sure the setting is comfortable. Most of you will be meeting the parents at your

boyfriend's home but maybe some of you will meet them at a restaurant, so in that case be prepared to show off your eating etiquette.

Punctuality: Nothing worse than being late for anything. Make sure you're on time. No one likes to be waiting on someone, especially someone they've never

met. First impressions are everything you don't want to be known as the girl who can't tell time. If necessary, move your clock ahead 10 minutes to allow extra time.

Gifts: This doesn't mean go out and buy the family what's at the top of their Christmas lists. It would be nice to bring something that would go along with dinner like a nice wine (if you're of age) or a homemade dessert.

Attire: Find out from your boyfriend what he will be wearing so that you can plan accordingly. It's always better to be overdressed than to be underdressed. Make sure your butt isn't hanging out of your clothing or that your chest is about to fall out of your top either, we don't want the parents getting the wrong impression. Cosmogirl mentions that you should opt for the lighter version of your everyday makeup routine.

Conversation: Try to include everyone in the conversation. Number one rule, don't brag. Cosmogirl also recommends leaving sensitive topics out of the conversation, these would include but are not limited to politics and religion.

Flattery: Everyone likes to be

complemented — just don't overdo it. Some easy complements would be that you like the food or that their home is very clean or decorated nicely for the holidays. Make sure you sound sincere and that you're not just saying it to say it.

Opinions: For the first time meeting the family I think it's best to keep them to yourself.

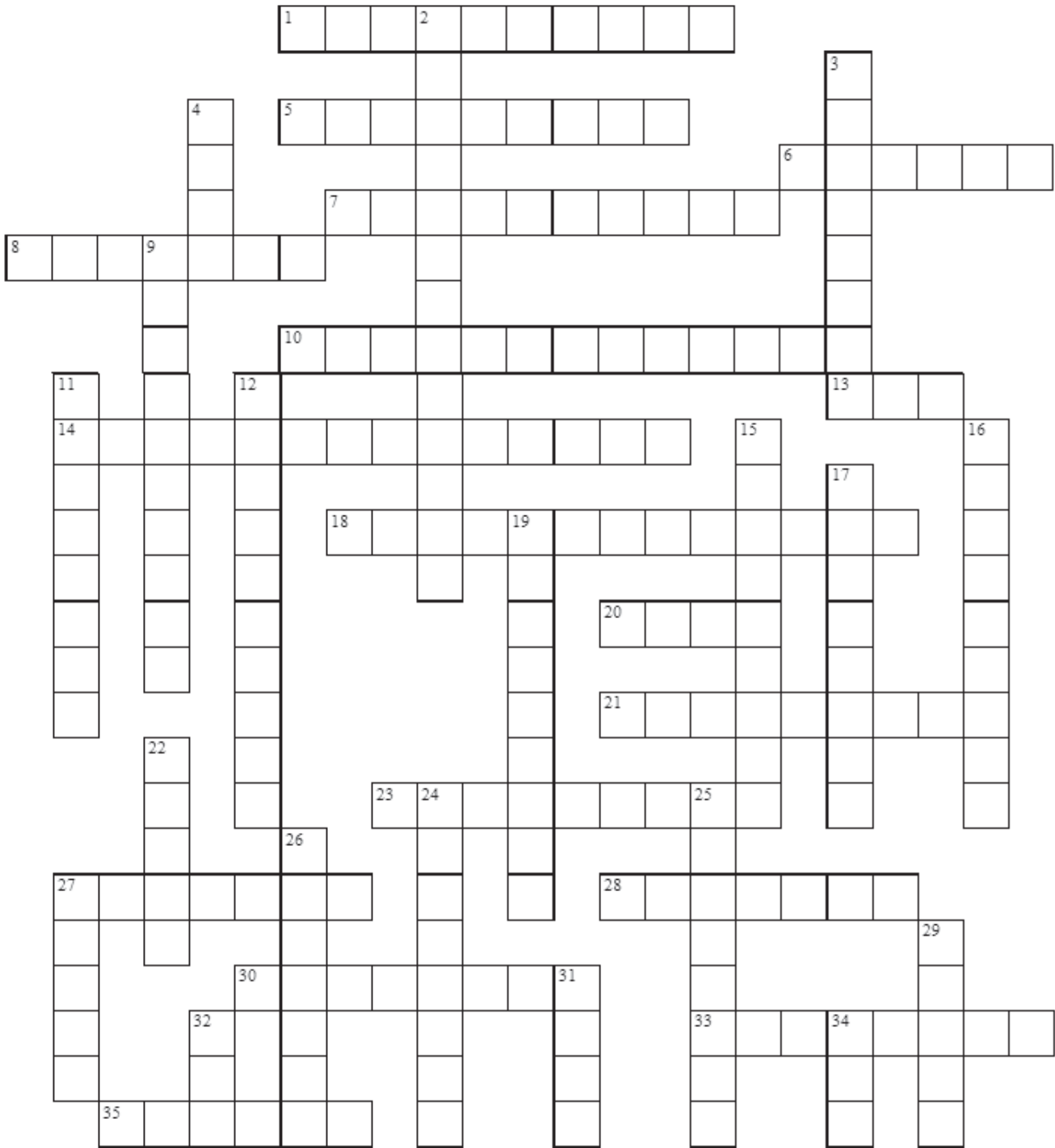
Leave: Don't stay longer than your welcome. Stay and have dessert and if the conversation is still flowing stay a little longer. Just remember that you're a guest in their house and you shouldn't wear out your welcome.

Courtney Matoushek, freshman, has been in a relationship for three years now and she recommends "to be yourself." She adds "Just be comfortable in your own skin, just don't act like you're out with the girls!"

Don't make yourself nervous over nothing. Chances are they are going to love you because their son loves you. It's not an interrogation they just want to find out who their son is hanging out with all the time. Good Luck this holiday!

## The Crestiad is 85!

### CROSS-WORD PUZZLE



What do you know about *The Crestiad* both now and in the past 85 years? Find out with this puzzle. Look in an upcoming issue for the answers!

#### DOWN

- 2 Students can get this type of credits for work on the paper
- 3 Extended stories appear here
- 4 The newsroom is located in this building
- 9 Popular celebrity gossip column
- 11 This is the section letters to the editor are printed in
- 12 This section covers health, fashion
- 15 The last section in the paper
- 16 Opinions editor; Features editor; Adviser
- 17 The newspaper is online at [www.cedarcrest.edu/](http://www.cedarcrest.edu/) \_\_\_\_\_
- 19 One copy of *The Crestiad* is free to everyone; how much do other copies cost?
- 22 Advisor
- 24 The last Crestiad staff shirts, from 2006, say this on the front
- 25 The longest running comic in Crestiad history: "Mr. \_\_\_\_\_ Neighborhood"
- 26 The public online \_\_\_\_\_ date back to 2003
- 27 At the turn of the century, *The Crestiad* logo on the front of every issue read "\_\_\_\_\_ full of news"
- 29 Early issues of *The Crestiad* were dominated by \_\_\_\_\_ instead of news
- 31 The spot color
- 32 The section with restaurants, films, plays, music
- 34 Most frequently, the paper is \_\_\_\_\_ pages long

#### ACROSS

- 1 On *The Crestiad* website, click the \_\_\_\_\_ to see the current issue
- 5 The first issues of *The Crestiad* were produced from here
- 6 In the early years of the paper, this was the editor that put the pages and layout together; had nothing to do with cosmetics
- 7 The newest section in *The Crestiad*
- 8 Last year, *The Crestiad* newsroom was in this building
- 10 The only colors inside the paper
- 13 This semester *The Crestiad* has \_\_\_\_\_ editors
- 14 The first issue of this semester had a large picture of who on the front page
- 18 The staff is made up of editors, writers, and \_\_\_\_\_
- 20 This popular news magazine was first printed the same year as *The Crestiad*
- 21 *The Crestiad* is an \_\_\_\_\_ of the college; independent
- 23 New "sports"
- 27 Images that frequently substituted pictures in the 1990s
- 28 This is the day of the week each paper is finalized
- 30 This is the day of the week each paper is on campus
- 33 How many years the school went without a paper
- 35 For the first few decades of printing, *The Crestiad* printed which students had gotten engaged or were \_\_\_\_\_

## Contest

In early issues of *The Crestiad*, columns were frequently printed publicizing student gossip. Many of these columns were anonymously written and some were written in rhyme. Below is a copy of one such column. The column, titled "Here's the Latest" was one of the gossip columns that ran in the early issues. Students, faculty and staff are invited to submit a guess as to the date that this particular column was run. The winner(s) will be announced in the next issue. Please submit all guesses to [crestiad@cedarcrest.edu](mailto:crestiad@cedarcrest.edu) with "Study Break Contest" in the subject line of the e-mail. Good luck!

Dear Pat,  
Your letter just came – was I glad you wrote!  
Hope you like my promptness in answering your note.  
The usual approach is what I claim;  
So here goes the news; to please you my aim.

The weather's been snowy; exams on their way;  
The following girls have pins on display:  
Ellen Chaplain, from Dick; and Betty Barthell;  
Livy Ward from her Ken; and Jeanny Caldwell.

One girl with a "rock" that couldn't be sweller,  
She got it from Lee. Who? Iggy Keller.  
Two engagement rings not made of plaster,  
Belong to Helen Wilson and Ann Singmaster.  
Our Daisy, too, is flashing a ring;  
Rumor has it that Charlie will be Pribble's king!

Weekends at Dartmouth, houseparties at Lehigh,  
(Due to the war, and without a sigh)  
Have all been cancelled and I'm one who'll say  
"Hurray for the boys who want to do more than play.

Out here on the hill, the way things now stand,  
Boys nicknamed "Bub" are now in demand;  
Carol Peart, pin from Bub, Jean Caldwell the same.

I've given some news, it was the best I could do,  
So I'm signing off, until I hear from you.

Love,  
Gordy

P.S. – Please excuse this rotten verse;  
It might have been better, but it couldn't be worse!

#### Term Paper Panic Prevention



#### Fast copyediting:

**Term papers  
Theses  
Dissertations**

**Easy online  
ordering**

**25%  
Studygroup  
Discount**

**Lehigh Valley  
Editing Service**

[www.lvediting.com](http://www.lvediting.com)



# Becoming knowledgeable about STDs

**Allie Scott**  
STAFF WRITER

Let’s face it, we all know what goes on when we go away to college...you are finally away from the rents, independent and not having to check in with anyone every five minutes, your hormones are raging ten times more than when you were in high school which makes you want to get down with your bad self (and a buddy) and have lots and lots of sex, because, well, you can! Yes, that does sound wonderful, but there is only one problem; as much as you would like to just go crazy, you can’t anymore, there are too many STDs out there that you have to worry about, and it just so happens that two thirds of people giving and getting STDs are all under 25, and that means that those people are most likely college kids.

There are many STDs that are becoming more and more prevalent in college students. STDs come in two different forms, viral and bacterial. Viral sexually transmitted diseases have no cures, they are dormant diseases. Some examples of viral STDs are Genital Warts, Herpes, Hepatitis and HIV. These viruses can only be helped with medicines to keep you from pain and breakouts. Bacterial STDs on the other hand can be taken care of with an assortment of antibiotics. Some examples of bacterial STDs are Gonorrhea, Chlamydia and Syphilis. Unfortunately some of these STDs are asymptomatic which means there is no sign of being infected, so you could have one of these diseases and not even know you are infecting someone, which is basically a fun-sucker for everyone.

All of these STDs can be contracted from any type of sex: vaginal, oral, anal and any other kind you can think of. The only way you can protect yourself from being infected one hundred percent is completely abstaining from sex. So unless you want to take that route, I suggest you start wrappin’ it up, because other than not having sex at all, using condoms CORRECTLY is the only other way you can help save yourself from these diseases.

Unfortunately, the most common STD is Human Papilloma Virus (HPV) which is known as the most commonly contracted STD on college campuses nationwide. There are a few different kinds of HPV, and most



Liz Skoczylas | Managing Editor

of them can lead to cervical cancer which is rapidly becoming more diagnosed in young women these days. HPV is a dormant disease that is difficult to treat, the only vaccine for this disease is GARDASIL. GARDASIL is a set of three shots given in a period over six months. GARDASIL is for woman between the ages 9-26, whether you are sexually active or not, it is a series of shots that will help protect and fight off the virus. It is the ONLY vaccination that will help protect you from cervical cancer.

Being at an all women’s college, there are many women who are very pro-GARDASIL. Senior Communication major, Rachael Diffenderfer said, “This is the only shot that can help prevent certain strands of HPV. Women should take advantage of this because 80 percent of women will become infected with some form of HPV by the time they hit their fifties. Also, as coming from someone who has high-risk HPV, I think it is extremely important to protect my health in any way possible. I found out I was infected the spring of my sophomore year; it is now my senior year and my body is just now starting to fight it off. I would encourage any female to talk to their gynecologist about the shot the next time they go for their yearly

exam, especially if they are sexually active. HPV is much more common than you think.” If you are interested in getting the shots you need to speak with your doctor or gynecologist to set up your appointment, it is extremely important as a woman to protect your body as much as possible. Now, not all people are all for these shots. Cedar Crest Nursing Graduate Amber Moyer had some things to say about why she did not get the shots, “I personally didn’t get it, it kind of scares me because it’s so new. To be honest I think it could be good thing for like young teens (12-17), but honestly like 85% of sexually active people have some form of HPV. So for a lot of people it’s not very helpful. And also, is it really worth the risk of not knowing long-term side effects?” There have been cases of extremely bad reactions to the side affects that have caused many deaths, so when some women hear that they are turned off to the idea of getting the shots at all.

Since all the residents on campus are women, Cedar Crest RA’s throw sex-ed get-togethers and informational sessions in the common area of the dorms to keep the girls updated on the latest info and to have a good time. This year, Steinbright Hall’s RAs, Cara Goss and Kara Malysza, did a sex jeopardy

program, where the girls played jeopardy with questions to test their knowledge on STDs and sex. Leah Koutroulelis, a Sophomore Nursing major, commented on how she felt about Cedar Crests sexual education programs. She feels that, “The programs are nice to keep us informed and reminded of sex.”

As a college it is important to keep students safe and informed at all times. Health Services also offers as assortment of pamphlets with all types of sex information. Also, if you make an appointment you can get screened for HIV, and the best part of that is it’s F-R-E-E! Health Services also has male and female condoms that are free as well, and just for fun they come in all different colors. Cedar Crest is clearly making a huge effort to promote safe and fun sex in every way possible.

Now that you are well informed on what not to do, and what you need to do to keep you and your partner(s) safe, put it to good use. Health Services is always there if you have any questions and need advice or better yet, go to the pro’s and visit [www.plannedparenthood.com](http://www.plannedparenthood.com) where you can go anonymously and get everything you need for safe sexual education.

## Quick Facts about STDs

### 1. Women are more susceptible to STDs than men

Women are more vulnerable to infection than men because of our anatomy. It’s easier for men to transmit infections to women than vice versa. STDs are also more difficult to detect in women.

### 2. There are more than 25 known STDs

The most common STDs are chlamydia, gonorrhea, hepatitis B, genital herpes, HIV, human papillomavirus (HPV), syphilis, pubic lice/crabs, and trichomoniasis. Since 1980, more than eight new STDs, including HIV/AIDS, have been identified. Infections can be viral, bacterial or parasitic.

### 3. STDs can be transmitted through oral sex

Contrary to popular belief, having oral sex doesn’t mean you’re playing it safe. In fact, having unprotected oral sex puts you at especially high risk for gonorrhea, syphilis, herpes, and hepatitis B.

### 4. STDs are treatable, but not all are curable

Bacterial STDs like chlamydia, gonorrhea and syphilis can be cured. Viral STDs like herpes, hepatitis B, HIV, HPV, and genital warts are incurable, though they can be managed.

### 5. Some STDs are asymptomatic

Since certain diseases have no visible symptoms, you may not know that you or your partner has been infected.

### 6. Untreated STDs can have serious health consequences

Women suffer more frequent and serious health complications from STDs than men do. And by the time women notice symptoms or see a doctor, complications from the untreated infection may already have jeopardized their health.

### 7. Chlamydia is the most commonly reported infectious disease in the U.S.

The CDC estimates that 2.8 mil-

lion new cases of chlamydia are contracted each year. Most go undiagnosed.

### 8. Most doctors don’t routinely screen for STDs

The American Social Health Association reports that fewer than one-third of physicians routinely screen patients for STDs.

### 9. Condoms aren’t a 100% guarantee against STDs

They’re not failsafe, but aside from abstinence, condoms are the best and only protection against STDs. Use a new latex condom every time you have oral, anal or vaginal sex with a new partner outside of a monogamous rela-

tionship.

### 10. About 50% of sexually active women acquire genital HPV infection at some point in their lives

Out of 100 strains of HPV, about 30 are sexually transmitted. About 10 are “high risk” and can lead to cervical cancer. “Low risk” types may cause genital warts.

*All facts are from: [www.life-script.com](http://www.life-script.com) from the article “10 things you need to know about STDs” written by Emily Battaglia, written in 2007. Compiled by Liz Skoczylas, Managing editor; The Crestiad.*



# Awareness Spotlight:

## HIV and AIDs portrayed in media

Lizz Nagle  
SENIOR EDITOR

There is an epidemic sweeping the world, sending millions upon millions of people into early graves each year. There is a virus taking parents from young children, spreading like the plague across continents. This virus is the Human Immunodeficiency Virus, better known as HIV, which leads to AIDS virus, or, Acquired Immunodeficiency Syndrome.

Everyone should be familiar with what this article is referring to. If not, visit [www.AIDS.gov](http://www.AIDS.gov) and read up on it before continuing with this article.

HIV/AIDS is affecting people across the entire world. According to the Centers for Disease Control and Prevention, the estimated number of HIV/AIDS cases diagnosed in 2006 was 36,817. 509,681 people were reported living with HIV/AIDS in the United States and dependent areas in that same year.

According to [youthaids.org](http://youthaids.org), 33.2 million people now live with HIV or AIDS across the world. In 2007, approximately 2.5 million people were infected with HIV. Every day, over 6800 people become infected with HIV - almost five people per minute. 5700 people die from AIDS every day, and every minute one of those deaths is a child death. 15 million children around the world have been orphaned by AIDS, losing one or both parents to the disease. Every fifteen seconds, another person is infected with HIV/AIDS.

These statistics are heavy. If this many

people around the world are living with, dying of and being affected by this virus, why is it so shocking to look at the numbers? Why isn't every news channel covering this epidemic daily? Why aren't television shows and movies exposing the realities of this disease? Wait. Some do. Some are.

HIV/AIDS isn't something people like to talk about. The topic makes people uncomfortable. But people need to be exposed to it to be able to fight back against this virus. Media is getting knowledge and realities of HIV/AIDS out in the open. But is it enough? There are thousands of characters in movies that are murdered or die of cancer. How many die of or are infected with HIV?

Kids, a movie from 1995 that won the Independent Spirit Award, is another film that enforces AIDS awareness. It tells the story of Telly, a teenage boy in New York City on a mission to deflower as many virgins as he can. When one of his past sexual encounters learns she is HIV positive, the plot takes a harsh twist towards the realities and dangers of unprotected sex.

Jonathan Larson's Pulitzer Prize-winning rock opera RENT is a story about a group of friends in the mid 1980's struggling to express themselves through different art forms, struggling through addiction, poverty, loss and the AIDS pandemic. Some of the lead characters are infected with HIV, and one dies from the virus. The musical and movie versions of RENT are one way that media are bringing AIDS back into the public's consciousness. Off stage, the performers are involved in AIDS awareness campaigns

which enforces the AIDS awareness message of the musical.

Another example of HIV/AIDS awareness can be found in In Search Of, an independent movie filmed in the Lehigh Valley. Written, directed and produced by Zeke Zelker, In Search Of is about sex and the consequences and repercussions of people's sexual actions (including...you guessed it, HIV). This film is yet another great example of media getting HIV/AIDS issues out in the open, however it was difficult raising funding for In Search Of because of its content, and has yet to hit theaters nationwide. Zeke's production team is taking on the task of distribution of the film because of its controversial we sought dist. But had to take it on ourselves because distributors

AIDS awareness can be found on cable, too, not just in movies. An MTV reality show, The Real World, puts seven strangers, aged 18-25, in house to live together, work together and have it all videotaped and shown on national television. In 1994, the third season of The Real World took place in San Francisco.

One of the participants in the reality show, Pedro Zamora, was one of the first openly gay men with AIDS Zamora was one of the first openly gay men with AIDS to be portrayed in popular media. His story brought AIDS awareness to a whole new level. Zamora died on November 11, 1994, just hours after the final episode aired on television. Judd Winick, Zamora's best friend and roommate on the show, published a graphic novel called Pedro and Men, about



www.ew.com  
Pedro Zamora of Real World was one of the first openly gay men with AIDS to be portrayed in popular media.

his friendship with Zamora, and also has gay and AIDS-related themes. MTV was a pioneer in getting HIV/AIDS awareness into popular media. The network also airs commercials promoting safe sex, STD and HIV testing and honesty between sexual partners.

While all of these media are getting information about HIV/AIDS out there, these are just a few movies out of thousands. One channel out of hundreds. The media representations and awareness efforts don't quite measure up the global statistics and realities of this virus.

6616 Ruppsvill Rd.  
Allentown, PA 18106  
[www.rascalsfoodandfun.com](http://www.rascalsfoodandfun.com)  
610.366.1130

FREE Laser Tag  
Game with the  
purchase of a \$10  
card w/college ID

Table Pong  
Tourney  
Thursday Nov. 20  
at 10 p.m.

60 Games  
Plus Attractions  
Mini Bowling  
Laser Tag  
Rock Wall  
Bumper Cars  
Juke Box

Directions: From Cedar Crest  
Bld. make left on Tilghman, 3  
miles, Left on Ruppsville Rd.

NOVEMBER CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NFL Sunday Ticket All the Games All Day!	NFL Texas Hold'em Poker Tourney 7 & 9pm	2 for 1 Laser Tag 11am - 11pm!	1/2 Price Ballocity All Day!	College Night! 318 Speed Cards Drink Specials	Harrynandaddy Live! 10pm	College Football On 171" TV Leechboy Live 10pm
NFL Sunday Ticket All the Games All Day!	NFL Texas Hold'em Poker Tourney 7 & 9pm	2 for 1 Laser Tag 11am - 11pm!	1/2 Price Ballocity All Day!	College Night! 318 Speed Cards Drink Specials	Dylan Peters Live! 10pm	College Football On 171" TV Open Jukebox 10pm
NFL Sunday Ticket All the Games All Day!	NFL Texas Hold'em Poker Tourney 7 & 9pm	2 for 1 Laser Tag 11am - 11pm!	1/2 Price Ballocity All Day!	Lehigh Valley College Night! Table Pong Tourney 10pm	Hip/Hop D2000 Party Jukebox 10pm - 3am	College Football On 171" TV Kyle Herring Live 10pm
NFL Sunday Ticket All the Games All Day!	NFL Texas Hold'em Poker Tourney 7 & 9pm	2 for 1 Laser Tag 11am - 11pm!	Party Now Kyle Herring & Right Hand Red Live 10pm	Every Thanksgiving Sorry, We Are Closed Today! But Look at TOMORROW!	Parents Child Day BUMP Attractions For the Parents ALL DAY!!!! Starter Band Live 10pm	College Football On 171" TV Dr Jim Band Live 10pm



# Cyanotic, more than metal

Allie Scott

STAFF WRITER

You could feel the beat throughout your entire body. Between the flashing lights and my body pulsing I thought at one point I was going to go into cardiac arrest. But I will admit, with the waves of music that were beating through my chest, it was the most entertaining heart attack ever...

Cyanotic...Webster's likes to define it as a bluish or purplish discoloration of the skin due to deficient oxygenation of the blood; I have another definition for it... metal, metal and more metal. But don't let me deter you, metal is not

a bad thing especially when you throw in some techno and extremely awesome vocals.

I am talking about the band Cyanotic, who were just here on their Cracknation tour Nov. 14 at the Sterling Hotel, along with other bands from their label Bit Riot Records. The band came to debut new songs off their new EP *Prehab 25 mg.*

The EP debuted on Nov. 11, with only 1000 copies available, you could order them online or if you went to the concert they were available there. The EP album is a first listen to what songs will be coming up on their next album. *The Medication Generation*, which is the bands second album.

Previous to their new album they have one other called, *Transhuman* (released in 2005). Along with other collaborations, since 2002 the bands fanbase is constantly growing due to their faithful fans spreading the good word, and of course they have been getting around due to My Space.

With a metal undertone the band is extremely unique. The EP album is extremely experimental. It is much more than metal. They mix electronic dance and rock which makes you want to totally jam out, but the lyrics are so aggressive you're not sure if you should be dancing to it or not, especially when they throw in the occasional sound of girls screaming mercilessly. For example, in their song "Sensory Overload," it can get a bit intense. Cyanotic's music is very loud and powerful to say the least.

The lyrics to one of their older songs says a lot, they really open up about a lot of feelings. The song AXIOM says, "A bitter sense of bliss/So easy to dismiss/Cast away the remaining doubts and repeating all the faults in me/ Open eyes begin to strain upon recalling all the pain/ My thoughts begin to blur as it all becomes so absurd to me/Reflecting on the past in times of haunting regret/ I can barely begin to stand on my own two feet again/

The weight of worry brings me down to my knees/ With every passing thought comes the wavering of ease." The song "Alt. Machine" is most definitely my favorite on their new EP; it makes me want to grab a glow stick and a hammer and go to town, as will other songs on the album like the songs "Dream It Dead" and "Efficacy."

Sterling Hotel was a small venue so naturally, it was packed. But was worth it because most of the crowd that was there were fans and it made the experience a lot of fun. Crammed in, jamming out and dancing was what my night consisted of.

Cyanotic's energy was unbelievable. These guys really put in a lot of effort to give a good show and you could really tell that they love what they are doing because along with us in the crowd they were having a good time too. The lead singer Sean Payne, puts a lot of passion into his music, you can see it on his face when he performs and just to add he is a total cutie pie.

You can check out the entire steaming EP on [bitriotrecords.com](http://bitriotrecords.com), and listen to some of the bands previous work on their My Space. After a long night of head banging and raving you'll have to excuse me, I need some Tylenol.



(c) 2007 Matt Croll

The members of Cyanotic pictured from the left, Drew Rosander (Guitars, Programming), Sean Payne (Vocals, Programming), and Chris Hryniewiecki (Guitars).

## The Last Victim: A journey through serial killers' minds

Cathy Meyett

STAFF WRITER

Back in 1993, a young man by the name of Jason Moss was in college in Nevada and decided to do research on serial killers to see what makes them tick.

What would ensue would lead to internships with the U.S. Secret Service and the Bureau of Alcohol, Tobacco and Firearms. He also met President George W. Bush.

The book that he wrote about his experiences with his "research" that he later presented to his college is a haunting tale of a young man's journey into the darkest depths of society.

Moss had relationships with some of the most notorious serial killers in our lifetime. Charles Manson, John Wayne Gacy, Richard Ramirez, and Jeffrey Dahmer were the men he had these relationships with, but most intimately with Gacy.

This book is written especially for fans of true crime novels or those who are curious about the

minds behind the serial killers and what could have driven them to the point that they would kill.

The book is highly intelligent and extraordinarily well written. It divulges actual letters that he wrote to the killers themselves as well as their answers back to him.

The language may be a little intense for some people as well as some of the material covered in the letters. Overall, Moss did a great job writing the memoir about his experiences with the killers as well as describing the visit he had with Gacy on death row in St. Louis.

There are however a few things in the book that could have been done a little better was the background of each killer.

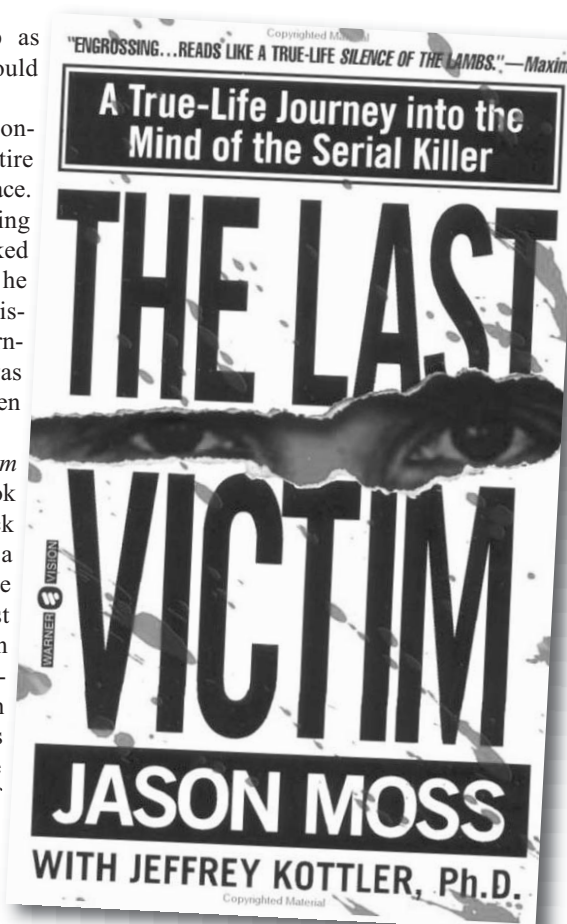
Moss goes off the impression that everyone who reads the book knows who all of these men are. I had to personally look up Richard Ramirez since I was unsure of who he was and originally had Gacy and Dahmer confused.

Also, Moss tries to set up what his home life and his academic life were like before and during the relationships with these men, but he

doesn't set it up as neatly as he could have.

Lastly, the conclusion to the entire book was out of place. Instead of telling about how he talked to a high school, he should have discussed his internships if he was allowed to or even his present job.

*The Last Victim* is a fascinating book as well as a quick read. It gives a glimpse into some of the darkest places that even primetime television will not even cover as in depth as this book does: the inner recesses of the human mind, most notably that of a serial killer.



TINSELTOWN

"Betsy Skotch"

So, I don't normally watch MTV, but when I was flipping through the channels looking for something to watch Sunday afternoon, I really was left with no other choice. I mean, it was either *Bizarre Foods* on Travel Channel or re-runs of *America's Next Top Model* on MTV. You can guess what won.

Right. So, I'm laying in bed, watching girls fight over who took the better picture, and it flips to commercials. And did you know that Sunday night was the last episode EVER of *TRL*? I was devastated!

Naturally, this meant that I endured another seven hours of ANTM, just so that I could pay my bittersweet goodbyes to one of the finest MTV shows ever, *TRL*.

They brought back **Carson Daily** to co-host with **Damien Fahey**, and did a top ten video countdown of the most influential MTV videos that have ever graced the countdown. And, now, I know that some of you freshmen may not remember this, but back in the day *TRL* actually showed more than five seconds of a video clip as they either went to or returned from commercials. But, Sunday night, they showed almost a full minute of video clips during their two hour special.

It was a star-studded night as well, as more celebs were present than were for even the VMA's. **Hilary Duff** was around, as were **Diddy**, **Kid Rock**, **Beyonce**, **Nelly**, **Snoop Dogg**, **Justin Timberlake**, **Taylor Swift** and more. And every single one of them spoke about how they got their start on *TRL*.

My only problem with some of these people, though, was the fact that they were performing songs from ten years ago, songs that the crowd inside the *TRL* studio wouldn't even remember. They should have brought back some of the original viewers of the show, the **Betsy Skotch**'s of the world.

**Travis Barker** even chimed in via satellite for his first live interview since the plane crash months ago. While he obviously wasn't his normal self, it was great to see and hear from him.

So, for once I'm not making fun of these celebs, but I'm bidding a fond fairwell to the days where I used to rush home from school to catch **Hanson** on *TRL*. This show will be missed.



Reel Review

Not your typical *Role Models*

Elizabeth Kern  
STAFF WRITER

Lately everyone’s had their fill of scary movies from Halloween and don’t want to ruin their movie night by going to see a depressing film such as *Changeling*. That’s when you go see a comedy and one of the few out there is *Role Models*.

This movie is about two guys, Wheeler (Seann William Scott) and Danny (Paul Rudd), who work for an energy drink company talking to kids about how drugs are bad and that they should drink energy drinks instead. Sounds all happy doesn’t it?

Well Danny is in a relationship with Beth (Elizabeth Banks), who seems to be everyone’s desired leading lady these days, and she decides that things just aren’t going the way she wanted them and that its time to break up. Umm, maybe it was the hilarious scene at the coffee shop where Danny gets in a verbal disagreement with the lady behind the counter that did her in.

Regardless this break up brings Danny’s world to a low place and he winds up drinking too much energy drink and talking to the kids in an angry tone and storms out of the place. He returns to the company car, which looks like a minotaur, mascot of the drinks, to

find it being towed away. Danny and his accomplice, Wheeler, drive the car off the truck and then get it “mounted” on the school’s statue of a horse. This situation is what lands the two at their community service, being role models to two very unique kids at a center called Sturdy Hands.

Danny gets paired with Augie (Christopher Mintz-Plasse) a cape wearing weirdo who’s life is all about L.A.I.R.E, a game involving sword fighting and protecting your colony, set in the medieval times. Wheeler is set up with Ronnie (Bobb'e J. Thompson) a younger boy with a potty mouth and a love for breasts. That was a match made in heaven.

Not everything is so easy for them though. At first, both Danny and Wheeler say that they would rather be in jail then deal with either of their kids. But once Danny actually gets to know Augie a little better a friendship comes about. As does one with Wheeler and Ronnie, they become almost like wingmen to each other.

But this movie isn’t all rainbows and picnics. Danny actually gets Augie hated by his family members even more by encouraging him to play silly games and even gets Augie kicked out of L.A.I.R.E. Wheeler gets too close to his buddy and takes him out to a



Genre: Comedy

Ratings: Rated R for crude and sexual content, strong language and nudity.

Duration: 99 Minutes

party with him and pawns him off on some other guy to watch him while he gets friendly with some girl upstairs. Ronnie, only being eight years old, gets scared when he can’t get find his role model anywhere and ends up walking all the way home.

This movie offers laugh out loud moments from not only the main characters, but from people like Gayle (Jane Lynch) the once, possibly still, addicted to drugs, owner of the center. She had some memorable quotes, most of them cannot be repeated here.

The whole movie is entertaining and within it all is actually a love story between Danny and Beth. Go see for yourself how the movie ends but be prepared for it to be sealed with a “KISS”, if you get the hint.

Tsang’s Bistro:

ideal Chinese cuisine

Leann Pettit  
SENIOR EDITOR

Finding homemade Chinese cuisine in Allentown, or anywhere, is difficult. However, Cedar Crest is very fortunate to have Tsang’s Bistro.

Less than ten minutes away, Tsang’s makes all of their food from scratch – and the difference is in the taste. Nothing is greasy or oily and everything is very health conscious. Fried foods are lightly fried – it’s Chinese take out that you can feel good about after eating.

Unlike Chinese from other restaurants in the area, the chefs at Tsang’s know what they are doing when it comes to cooking.

The wonton soup, which was my first experience with Tsang’s, keeps me coming back for more. The broth is fresh and not greasy. Many other Chinese restaurants’ wonton soup has a layer of grease on the top that customers must get through before reaching the

mediocre soup. It is not this way at Tsang’s.

The soup broth is fresh chicken stock and the wontons are made with homemade wonton wrappers and fresh pork inside. The wonton soup is the perfect thing for cold days and nights, when you’re feeling under the weather.

When customers are first seated, their waiter presents them with crispy noodles and hot tea. The crispy noodles are made in house, along with the accompanying sauce. The tea is a jasmine tea, a lighter tea than served at most Chinese restaurants.

The tea is very aromatic and pairs with the food at Tsang’s very well – it is light and not overbearing the way oolong tea is, the tea traditionally served at Chinese restaurants.

The appetizers are just the beginning of Tsang’s menu. The scallion pancakes are unlike the typical scallion pancakes, and the sauce that accompanies them is homemade, too. Because the scallion

pancakes are more pancake than they are scallion, the usual vinegar sauce is too heavy.

So instead, the sauce is a combination of dark and white vinegar cut with chicken stock and traditional spices and herbs.

The steamed dumplings will change the way steamed dumplings are thought about. I, personally, am not a fan, but gave them a try. The dumping wrappers are homemade, like the rest of the menu.

The sauce is even different – a soy sauce mix that is served exclusively at Tsang’s. The dumplings are delicate and light while still decadent.

Having sampled numerous entrée’s from Tsang’s, I can attest that everything is delicious. The House Special Lo Mein includes shrimp, chicken, pork and vegetables. The noodle and sauce combination is unlike any other I have tried before. It is not greasy, the way that lo mein has a tendency to be.

The noodles were soft, but generous with the add ins of meats

and vegetables and simply flavored. While eating the House Special Lo Mein, there wasn’t a distinction between the components, they all worked together into a coherent lo mein dish.

The menu offers selections in vegetarian, chicken, pork, beef and duck. However, vegetarians and those with food allergies should make no assumptions regarding the menu and ask the ingredients of menu items

The food at Tsang’s is delicious and the atmosphere of the restaurant adds to the experience. The restaurant is upscale and

classy, and the wait staff is friendly.

Tony, the owner of the restaurant, is not afraid to sit down with customers to talk. He also gives suggestions on what to order.

He is very passionate about his cooking and loves sharing his passion with his customers.

Tsang’s is located on Walbert Street in Allentown, less than ten minutes from Cedar Crest College. Delivery is available to the College, but Tsang’s treats students who dine in during lunch and dinner hours to 15 percent off their bill with their student ID.

Pistachio  
Bar & Grille®

Great Food,  
Drinks,  
People and Fun!

Cedar Crest and Hamilton, Allentown  
Phone: 610-435-7007  
PistachioGrille.com  
Illustration: Ann Elizabeth Schlegel



# A new kind of Falcon basketball: Team Wins Falcon Classic Tip-Off Tournament

**Thersia Ault**  
JUNIOR EDITOR

*Editors Note: The editor is a basketball team manager.*

"It feels good to see them work so hard and finally get what they deserve," said head basketball coach Valarie Donohue about the Falcon's win over Eastern University in the Falcon Classic Tip-Off championship game. "I'm really proud of the entire team."

This past weekend, Cedar Crest hosted their first annual Falcon Classic Tip-Off Tournament. Teams that came to participate include Bay Path College, Eastern University, and Lancaster Bible College.

The first game was played at 1 p.m. on Saturday, November 15 with the Falcons and Lancaster Bible fighting for a spot in the championship game. Cedar Crest took control of the game from the very start, taking the lead in the first ten minutes 24-12. At the half, the Falcons led over Lancaster Bible 48-28.

"I was kind of nervous before the game," said freshman forward Lizzy Sunderhaus.

Nerves or not, Saunderhaus didn't let it show as she posted a game high of 31 points and seven steals in her career debut as a Falcon. She was 100 percent from the foul line making 9-9 free throws. Sunderhaus' performance this weekend earned her the tournament's MVP award.

"I wouldn't have been named

MVP if my teammates didn't trust me and pass me the ball," said Sunderhaus. "We are all very unselfish with the ball and do our best to help each other."

Also debuting as a Falcon, junior guard Keema Jones tallied eight points, six boards and a team-high of five assists. Returners junior Kelly Oakes and sophomore Leann Wallower both scored double digits for the Falcons, with 10 points each. Sophomore Keri Lasky contributed nine points to the Falcon's victory and together the team had a 53 percent shooting average. The Falcons defeated Lancaster Bible, 82-56.

"It feels great to win this first game," said Wallower. "But we still have stuff to work on for the championship game."

Eastern University defeated Bay Path College 72-28 in game two of the tournament advancing to the championship game against the Falcons.

Lancaster Bible and Bay Path College started off the second day of the tournament and fought back and forth for third place in the consolation game. Bay Path took the initial lead in the first half, proving that they wanted to win, and they were going to put up a fight to do just that. Lancaster Bible fought back and took the lead by half time, 35-20.

Coming back into the second half it was all or nothing for Bay Path, and they ended up tying the game 41-41. The score was back and forth for the rest of the half, but with 22.29 seconds remaining Ashley Cimmino, number 24, scored



The Falcon Basketball team celebrates their victory over Eastern University to win the Falcon Classic Tip-Off. Courtesy | Kelly Gonzalez

the winning shot off of an offensive rebound. Bay Path upset Lancaster Bible 57-56, and took third place in the tournament, the whole gym was ecstatic with their victory.

The championship game followed the consolation game, and was just as intense as the consolation game, if not more exciting. The Falcons stepped onto the court knowing exactly what they wanted and what they needed to do to achieve it.

The game was close to begin, with the Falcons scoring and then Eastern scoring back and forth. The second half ended with Eastern in

the lead, 38-36.

"We definitely came out as a completely different team in the second half," said freshman guard April Johnson.

The Falcons played harder and smarter. In the second half they showed Eastern University that they were going to protect the nest, and that's just what they did.

The Falcons took an eight point lead and though Eastern put up a decent fight, they couldn't rise to the occasion. The Cedar Crest Falcon's won the championship game 83-75.

As soon as the buzzer went off

to end the game, the team celebrated with shouts of joy as they came together on the court. The crowd was pumped up too; everyone had been waiting for this.

"We have been building [the team] for this moment for the past three years," said Donohue.

"It feels good to be on top," added sophomore guard Lauren Seale.

Contributing to the Falcon's victory included five players scoring in the double figures. Sunderhaus had yet another great game scoring 16 points and grabbing 15 rebounds.

Oakes also earned a double-double with 13 points and 12 rebound. Seale added 15 points to the board and Jones added 12. Lasky scored a team high 20 points and had a perfect 12-12 from the foul line. The team was also 81.8 percent from the foul line sinking 36 of 44 shots.

"We are setting the tone for the season," said Sunderhaus. "More teams are going to have to look out for us."

The team's overall consensus is that it feels "really good" to start their season off with this tournament win and they are filled with excitement for their upcoming season, which officially started last night, Wednesday November 19 at Penn State Berks, and The Falcons enter their regular season 2-0, which is a first in a very long time.

"The way the girls are playing is not only going to bring us success in terms of wins and losses, it will also earn us respect among our peers and in our conference," said coach Donohue. "My hope and expectation is that they continue to work just as hard as they have this weekend."

Players named for the All-Tournament team were Kelly Oakes, Bekah Roland (Eastern), Kelly Long (LBC), and Ashley Cimmino (Bay Path).

Fine Chinese Cuisine

## TSANG'S Bistro

### STUDENT DISCOUNT

# 15% OFF

DINE IN ONLY.  
Lunch or dinner  
with student I.D.

610.433.8188  
2730 Walbert Avenue  
Allentown, PA

Less than  
20 minutes from  
Cedar Crest College!

Spacious Contemporary  
Dining room

Lunch & Dinner

Take Out Available

Lunch Specials  
All Under \$10  
with soup & rice

Full Bar

Fruit Smoothies

Cocktails

Private Party Room  
Seats up to 50

Delivery to Cedar Crest  
Available